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TRIDENT

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Named for a hero



The first of the Harry DeWolf-class Arctic and Offshore Patrol Ships is officially named Harry DeWolf during a ceremony in the Halifax Shipyard on October 5.

AB TYLER ANTONIEW, FIS



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DEFSEC Atlantic highlights Pg. 9



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PSP Sports Recognition Breakfast Pg. 20



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Future HMCS *Harry DeWolf* given official title at naming ceremony

By Ryan Melanson,
Trident Staff

The Royal Canadian Navy has marked yet another milestone on the way to accepting its first Arctic and Offshore Patrol Ship (AOPS), with the future Navy vessel being officially given the title *Harry DeWolf* during a naming ceremony at Irving Shipbuilding's Halifax Shipyard on October 5.

And while there was plenty of excitement from RCN, federal government and industry representatives who gathered for the occasion, the day brought extra emotion for members of the DeWolf family, 13 of them in total, who were also on hand.

"It's a huge moment for us, and an overwhelming moment really," said Jim DeWolf, the son of the late VAdm Harry DeWolf. His father was one of the most decorated officers in Canadian naval history, known for being the first to command HMCS *Haida*, the RCN's fightingest ship, during the Second World War. He received battle honours for his courageous service, and would eventually lead Canada's Navy before his retirement. When the new ship is accepted into service in 2019 as HMCS *Harry DeWolf*, it will be the first time an RCN ship is named after a Canadian hero.

"I think he would be so very honoured," Jim DeWolf said

"And he would be especially proud to see all the Haligonians who are here with us today and who worked so hard to build this ship."

Hundreds of those workers lined the shipyard to witness the ship's sponsor Sophie Gregoire Trudeau, the wife of Prime Minister Justin Trudeau, smash a bottle of Nova Scotia sparkling wine against the bow and officially declare the name of the new vessel to be *Harry DeWolf*.

Gregoire Trudeau said she was privileged to serve as the ship's sponsor.



Sophie Gregoire Trudeau, the ship's sponsor of the future HMCS Harry DeWolf, prepares to pull the lines to smash a bottle of Nova Scotia sparkling wine on the hull to officially name the ship

AB TYLER ANTONIEW, FIS

The sponsor is meant to bestow good luck on the ship and its crew, and to spiritually guide the ship through its service life. To name the future HMCS *Harry Dewolf* after such a lauded Canadian naval officer, she added, is an extra bonus.

"We thank the DeWolf family for allowing us to honour their father, and the things he stood for and lived for, through this ship. He had a perseverance and a hope for a better country that we all need more of," Gregoire Trudeau said.

"We've heard many stories about his strength, his wisdom, his professionalism, his heart, and also his humility...Now, this ship with his name is going to provide capabilities that will benefit Canadians and people all around the world."

HMCS *Harry DeWolf* will be the



The bottle of sparkling wine is smashed against the ship's hull.

AB TYLER ANTONIEW, FIS



Representatives of the Government of Canada, the Royal Canadian Navy, the Indigenous nations of Canada, and Irving Shipbuilding gather to celebrate the naming of the future HMCS Harry DeWolf.

AB TYLER ANTONIEW, FIS

first of up to six AOPS to be delivered by Irving Shipbuilding in Halifax, as part of Canada's National Shipbuilding Strategy. The first vessel was launched in September, and sat floating in Halifax Harbour during its naming ceremony, while construction is currently progressing on the future HMC ships *Margaret Brooke* and *Max Bernays*. The next step for *Harry DeWolf* will be acceptance and at-sea trials in 2019, followed by commissioning and entry into active service.

The AOPS will provide the RCN with a globally deployable platform that can respond to search and rescue and humanitarian missions anywhere in the world, along with the capability to operate in Arctic waters in sea ice up to one-metre thick. The ships will also be compatible with the RCAF's new maritime helicopter, the CH-148 Cyclone.

"That means we can extend our naval presence farther north and remain there later into the Arctic season, and we can send a tremendous message of sovereignty," said Minister of National Defence Harjit Sajjan. He

was joined at the ceremony by federal colleagues including Public Service and Procurement Canada Minister Carla Qualtrough and Treasury Board President Scott Brison, along with Irving Shipbuilding President Kevin McCoy and CEO James D. Irving.

The ship's first command team and crew have already been selected, and were all present for the naming ceremony, including Commanding Officer Cdr Corey Gleason and Coxswain CPO1 Gerry Doucet. The unit has been training and preparing for more than a year, and VAdm Ron Lloyd, Commander RCN, said he's confident they'll make Canada proud when they eventually take over *Harry DeWolf*.

"The ship will be crewed by tremendously talented Canadians who have dedicated themselves to serving our country at sea," VAdm Lloyd said.

"They're the luckiest sailors in Canada today, and we look forward to the significant contributions they'll make to keep Canada strong, secure, and engaged, both at home and around the world."

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Harry DeWolf's CO and crew ready for the next step

By Ryan Melanson,
Trident News

While the recent naming ceremony for the future HMCS *Harry DeWolf* marked a major milestone for the government's National Shipbuilding Strategy and for the team at Irving Shipbuilding, it was also a special day for the crew of sailors who will eventually take control of the RCN's first Arctic and Offshore Patrol Ship.

"We've had a lot of milestones along the way so far, but this is a very big one," said Cdr Corey Gleason, Harry DeWolf's first Commanding Officer.

"We're finally in the position where we can start that engagement process of actually being a part of the ship. It still belongs to Irving, but it's moving closer and closer to us. In less than 10 months, I'll be taking command of the ship, and these sailors are going to get the opportunity to go on board and put all their training to use."

That training began more than a year ago, but will ramp up this January. Training will be an experience of its own for the Harry DeWolf engineering team, all 25 of whom will be travelling to the United States and to the UK for contractor-supplied training in high-voltage systems. That's a significant section of the 65-person crew, and Cdr Gleason said he's thrilled to see them get the opportunity, and comforted by their ability to represent the unit and the RCN overall when they go outside the country.

"They're very committed and determined to bring the ship into service to the best of their ability."

The unit members also started wearing their newly-designed patch on the day of the ship's naming ceremony. Its design features a number of elements with significant meaning – a wolf pays homage to VAdm DeWolf's surname, a sword indicates his status as an officer and represents the warrior spirit, while the shield invokes protection and also displays the traditional insignia of a Vice-Admiral, a Saint George's Cross with a red disc in the top corner. Finally, the patch's white background represents the icy waters of the Arctic. Cdr Gleason said the patch on the uniform helps hammer home how close they are to receiving the completed ship and taking HMCS *Harry DeWolf* to sea for the first time.

It's a culmination of nearly a decade of work that began for Cdr Gleason when he started sailing in

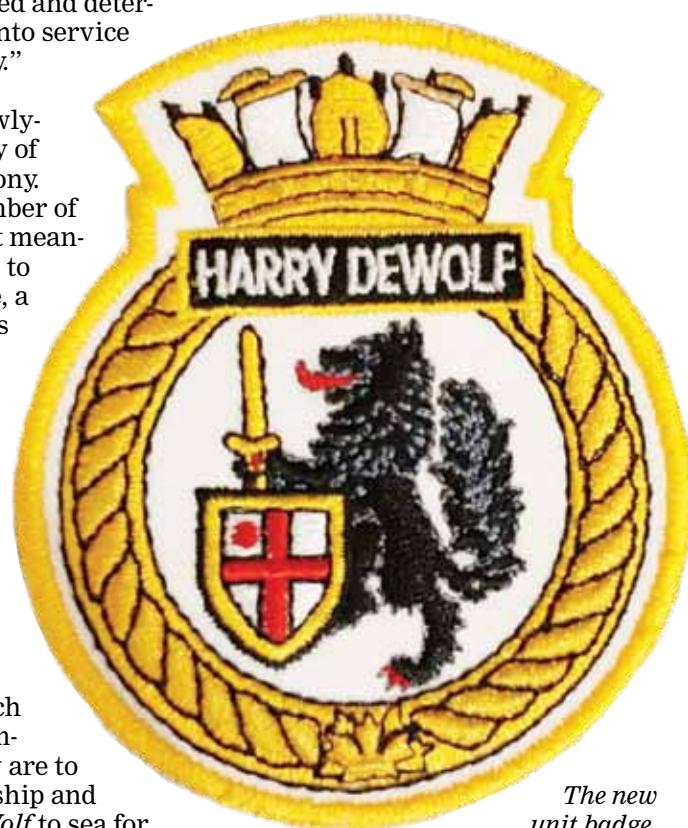


The crew of the future HMCS *Harry DeWolf* together at the ship's naming ceremony, proudly wearing their unit badge for the first time. Cdr Corey Gleason, the ship's CO, is at the far right, next to Jim DeWolf, the son of VAdm Harry DeWolf.

RYAN MELANSON, TRIDENT STAFF

the Arctic in 2009. He became passionate about the region and studied Arctic operations extensively in the following years. He said he didn't expect murmurs about a class of Arctic patrol ships to come to fruition before his retirement, but now that it's a reality, being at the helm of the first vessel is a dream job.

"For me to get command of this ship is huge. I couldn't ask for a better way to enter the end of my career, by bringing a whole new class of ships online."



The new unit badge for crewmembers of the future HMCS *Harry DeWolf*.

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TRIDENT

Publication Schedule for 2018

January 8 — MFRC; 12 Wing Shearwater centenary special
 January 22
 February 5 — MFRC; Money Matters
 February 19
 March 5 — MFRC
 March 19 — Posting Season
 April 2 — MFRC; Car Sales, used
 April 16 — Spring Automotive Maintenance
 April 30 — Battle of the Atlantic special
 May 14 — MFRC
 May 28 — Spring Home & Garden
 June 11 — MFRC and DND Family Days special
 June 25
 July 9 — MFRC
 July 23
 August 6 — MFRC
 August 20 — Back to School
 September 4 — MFRC
 September 17
 October 1 — MFRC, Fall Home Improvement
 October 15 — Fall Automotive Maintenance
 October 29 — Remembrance special
 November 13 — MFRC
 November 26 — Holiday Shopping
 December 10 — MFRC and Year End review

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Community Calendar

Reunion and event notices must be submitted by email.

editor@tridentnews.ca include the sender's name and phone number.

A notice will not be published if the event is to happen more than one year from publication date. Submissions may be edited.

615 (Bluenose) Royal Canadian Air Cadet Squadron

Time: 6:15-9:15 p.m.

Date: Wednesdays

Location: CFB Halifax

Flight principles, air navigation, meteorology, first aid, airframes, engines, marksmanship, effective speaking, instructional techniques and leadership are some of the things you will learn as a member of 615 (Bluenose) Squadron. If you are 12-18 years of age, you can join. Air cadet activities are centered on aeronautics and leadership. There are no fees to join and uniforms are provided. Summer training courses from 2-7 weeks in length are available. 615 (Bluenose) Squadron meets Wednesdays from 6:15-9:15 pm at Stadacona. The main entrance to Stadacona is at the corner of Gottingen and Almon. For more information, go to www.615aircadets.ca or email 615air@cadets.gc.ca

2632 Royal Canadian Army Cadet Corps

Time: 6:30 p.m.

Date: Mondays

Location: Bayers Lake

Join 2632 Royal Canadian Cadet Corps in Bayers Lake. We provide the experience, you provide the memories. Find us at 6:30 p.m. on Mondays at 73 Hobsons Lake Drive in Bayers Lake.

Halifax 1749, A Retrospect

Time: 7 p.m.

Date: Tuesday, October 30

Location: NS Museum of Natural History, 1747 Summer Street, Halifax

A panel presentation with Leo J. Deveau (*Nova Scotia/Acadia/Mi'kma'ki to 1749*); Dr Gordon Pollock (*Early Cemeteries: Glimpses of Lives Lived*); Sara Beanlands (*Searching for Fort Luttrell and Connecting Forts*), and Capt(N) (ret'd) Tom Tulloch (*Defending Halifax, Military Challenges*). Hosted by the Halifax Military Heritage Preservation Society: <https://hmhps.ca>

Commemorating Nova Scotia's War Dead

Time: 7 - 8:30 p.m.

Date: Monday, November 5

Location: Halifax Central Library

This free presentation, offered in partnership with the Commonwealth War Graves Commission, will focus on the Commission's work in Nova Scotia from its early days in the 1920s to the present day as they continue to care for graves, memorials, and horticultural features throughout the province. The Commonwealth War Graves Commission was established in 1917 and currently commemorates 1.7 million servicemen and service-women who died while serving with Commonwealth Forces during the First and Second World Wars.

Space or the Ocean?

Time: 7 - 9 p.m.

Date: Monday, November 5

Location: Rebecca Cohn Auditorium

Join Dalhousie University as they welcome some of the world's greatest minds in ocean science and space exploration to campus for a fun and engaging debate inspired by the question: What is the next frontier: space or the ocean? Dal alumna Kathryn Sullivan (PhD '78), former NASA astronaut, will be joined by Canadian astrophysicist Christian Marois on the team representing space. Mark Abbott, president and director of the Woods Hole Oceanographic Institute, German marine biologist Antje Boetius and Dal's own Boris Worm join forces on the ocean side. Author, speaker and TV science broadcaster Jay Ingram of Daily Planet fame will serve as emcee. Free admission with limited seats available.

'Til We Meet Again

Time: 2 p.m.

Date: Saturday, November 10

Location: Halifax Central Library

Maritime Forces Atlantic is proud to present the 16th annual 'Til We

Meet Again concert, Saturday, November 10 at 2 p.m. at the Halifax Central Library, 5440 Spring Garden Rd. The concert features the 36 Canadian Brigade Group Band and special guest performers in support of the Camp Hill Veterans' Memorial Garden at the QEII Health Sciences Centre. Don't miss this inspiring afternoon of war-time favourites and modern music. Admission is free.

Tuesday Night Talks: HMCS Kootenay

Time: 7 p.m.

Date: Tuesday, November 13

Location: Maritime Museum of the Atlantic

On October 23, 1969 an explosion and fire in the engine room of HMCS *Kootenay* killed nine men and injured 53 others. This incident changed the way Canada and other Navies around the world trained their crews for disasters at sea. This presentation will be given by *Kootenay* survivor Steve Rowland, and will address some of the changes that came about as a result. Rowland served in the Navy for seven years during the 60s and 70s, and has moved back to Halifax after nearly 40 years in Ontario. He is also currently the Director of Education for the Canadian Naval Memorial Trust.

The RCN and the Battle of the Atlantic

Time: 7 p.m.

Date: Tuesday, November 20

Location: Maritime Museum of the Atlantic

Come listen to CPO1 (Ret'd) Pat Devenish talk about the contributions of Canadian industry and the men who sailed the ships of the Royal Canadian Navy as well as Canada's Merchant Navy during the war years of 1939 to 1945. Pat served 33 years in the Canadian Navy retiring 3 years ago. He now continues to serve as a volunteer on board Canada's National Naval Memorial HMCS *Sackville* as her engineer, as a tour guide and as a general volunteer maintaining this important link with our past.



New Commanding Officer at Sea Training Atlantic

Capt(N) Jean Couillard (left), Outgoing Commanding Officer (CO) of Sea Training Atlantic signs command over to Cdr Nathan Decicco during the Change of Command ceremony held in D-166. Cmdre Craig Skjerpen, Commander Canadian Fleet Atlantic, was the presiding officer during the Change of Command ceremony on September 21, 2018.

CPL TONY CHAND, FIS



Hometown Heroes honoured

Norman Crewe, a Merchant Navy Veteran addresses the audience during the celebration of Hometown Heroes and Canadian Shipbuilding, during a ceremony held at the Naval Museum of Halifax on September 29, 2018. The ceremony was presented by Parks Canada in partnership with the Royal Canadian Navy and the Royal Canadian Legion. Other Hometown Heroes honoured during the event were the late VAdm Harry DeWolf and the late Mrs. Martin, who worked in the Pictou shipyard during the Second World War.

CPL TONY CHAND, FIS



Base Logistics personnel volunteer at Ward 5 holiday dinner

Military members from CFB Halifax's Base Logistics branch were on hand to help serve meals to community members during the Ward 5 Neighborhood Centre Thanksgiving dinner on October 5.

JOE CHAPUT, BASE EXECUTIVE SERVICES

10 tips for winter well-being

By **Brittany Conrad**,
PSP Health Promotion Specialist

As the days get shorter and the weather gets colder, healthy habits can get pushed to the wayside and, as a result, our health can suffer. You can enjoy winter and maintain your health if you embrace the season and include wellness as a priority in your daily life.

Here are Health Promotion's 10 tips for winter well-being:

- 1. Aim for 30 minutes of activity per day.** Although it can be tempting to spend your evenings hibernating under the covers, it is important to achieve at least 30 minutes of physical activity every day. Aside from the physical benefits, exercise is also known to improve mood by causing the release of serotonin and endorphins.
- 2. Try snowshoeing.** Snowshoeing is an inexpensive way to take advantage of the winter months— you can borrow or rent snowshoes from your local community center or from business's around HRM. Find rental snowshoes here:
<https://www.hikenovascotia.ca/filemanager/files/Central-Snowshoe-Borrow-Rent-Buy-Guide-NS-2017-18.pdf>
Places to snowshoe in HRM:
 - Sport Park (Waverly, along Lake Thomas)
 - The Bluff Wilderness Trail (Timberlea, Highway 103)
 - Sir Sandford Fleming Park (Purcell's Cove Rd along Frog Pond)
 - Shubie Park (Dartmouth)
- 3. Skating at the Oval.** Skating at the Halifax Oval has become a popular winter activity.
You can borrow helmets, hockey skate, figure skates, speed skates, snowshoes and sledges. Enjoy solo skating or bring friends and family.
Find more information here:
<https://www.halifax.ca/recreation/facilities-fields/emera-oval>
- 4. Join an indoor recreational sports team.** Joining a recreational sports team is a great way to maintain fitness and make new friends during the winter months. The options are endless, so choose your favorite sport, or try something new. You can find rec leagues on base or in the community. For more information on CAF facilities and schedules visit: <https://www.cafconnection.ca/Halifax/Adults/Fitness.aspx>
For intramural sports in the community, try Halifax Sport and Social Club:
<https://halifaxsport.ca/>
- 5. Contact Health Promotion Services.** Health Promotion has numerous resources to help you maintain your health and wellness during the winter. You can borrow a pedometer for yourself or for your unit and start a step challenge, or sign up for one of our free Health Promotion programs.
Find more information here:
<https://www.cafconnection.ca/Halifax/Adults/Health-Wellness/Health-Promotion.aspx>
- 6. Try Light Therapy.** Light Therapy is a treatment designed to help alleviate the winter blues by mimick-

ing the light levels found in Spring and Summer. You simply sit in front of this light for 20-30 minutes to experience the benefits. You can book a time to sit and enjoy the light or borrow one from any branch of the Halifax Public Library.

For more information please visit: <https://www.halifaxpubliclibraries.ca/blogs/post/how-to-find-your-light-with-light-therapy-lamps/>

- 7. Practice your breathing.** Although this may sound simple, we often don't realize how our breath is connected to stress. If you're feeling stressed, try this technique: breathe in deeply for 4 seconds and then breathe out for 4 seconds. Repeat this for at least 4 minutes. You'll want to feel your belly (diaphragm) inflate on your inhale and deflate on your exhale. This will help you return to a more relaxed state.
- 8. Eat nutritious foods.** It can be difficult to avoid foods high in sugar, saturated fat and sodium as the holiday season approaches. In order

to avoid unhealthy options, try filling half your plate with vegetables and consume those before you eat the other items on your plate. Eating nutritious foods, especially those high in vitamin C and zinc such as citrus fruits, red peppers, nuts and seeds, will help to your immune system to fight off those winter colds and flus.

- 9. Maintain a regular sleep schedule.** Lack of sleep may contribute to anxiety, mood disorders, and depression. To keep a regular sleep-wake cycle, go to sleep and wake up at the same time every day, even on weekends. Most adults need between 7-8 hours of sleep for good health. To help get you energized and ready for the day try to get out into the bright light as soon as possible.

- 10. Build and maintain social networks.** When the shorter days have you feeling down, call a friend or a family member, or join a social event. The Halifax MFRC is a great way to get connected.

Find more information here:
<http://www.halifaxmfr.ca/>

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"In the beginning was the Word, and the Word was with God, and the Word was God"

- Gospel according to John

Saying goodbye to a piece of Navy history

By Ryan Melanson,
Trident Staff

In 1943, at the height of the Second World War, the Royal Canadian Navy had a much larger footprint in Halifax than it does today, and with tens of thousands of young men signing up to serve their country, that meant the talent pool for military sports was very deep.

“In the Maritimes the Navy has dominated the (sports) picture. The teams representing the tars have done wonders in providing entertainment for men of the three services and civilians alike,” wrote Crow’s Nest columnist Lou Zwerling in December of 1943.

“The sailors have done so much all over Canada in boxing, basketball, track and field, as well as aquatics, that space doesn’t permit any sort of complete review of the year’s achievements in Dominion sports. But sportdom knows that where you see a Navy team it is one that provides keen competition and good sportsmanship.”

Of course, such a large number of sailors required a state-of-the-art fitness facility to help them stay in shape, both for athletics and for war. That’s exactly what the STADPLEX gym was when it opened its doors in 1943, with modern weight equipment, a double gymnasium, squash courts, a wooden banked running track, 27-metre pool, and even a five-pin bowling alley.

“This would have been a very important facility in 1943,” said CPO1 (ret’d) Doug Wright, who enlisted in 1955 and wore the uniform in different capacities for nearly 50 years.

“The sailors were at war, and there were close to 100,000 of them. They needed space for their workouts and for recreation, and they would come here. They had all the sports on the go and a lot of people played professionally or in university.”

Wright still works out at STADPLEX every morning, and plans to continue being there each day until the building closes permanently at the end of October. While it has served the military community well for 75 years, the building has reached the end of its life, and further repairs have become infeasible.

“I was devastated, and even now I can barely believe it’s really happening,” Wright said of learning the news that the CAF will say goodbye to this major piece of Stadacona history. His connection to the building is especially personal due to the long hours he and others spent developing STADPLEX’s Niobe room, a showcase of Navy sports history in Halifax that goes right back to 1910, along with the additional collections of photos and historical information that line the walls throughout the facility.

“It was just about bringing some of the history back to the building,” said



CPO1 (ret’d) Doug Wright joined the RCN in 1955 and is still a regular at the STADPLEX gym today. He worked extensively to help create the Niobe Room and other collections of historical photos and information displayed on the gym walls.

RYAN MELANSON, TRIDENT STAFF



One of the trophy cases inside STADPLEX’s Niobe room. Opened in 2004, the room contains trophies, photos and other memorabilia dating back to the first years of the RCN.

RYAN MELANSON, TRIDENT STAFF

Wright, a CAF Sports Hall of Famer in his own right for his accomplishments in basketball and football.

“A lot of the people pictured aren’t with us anymore, and I’ve had people come through and see their grandparents in these pictures, which is a great feeling.”

The collection includes photos and write ups of famed teams from the Halifax area, like the 1950s Shearwa-

ter football squads, as well as individual standouts like Hoss Watson, Ed McSweeney, and LCdr Frank Mackintosh, a boxing stalwart also known for being the first manager of the CFB Halifax Fleet Club in 1963. Four oak cases show off the trophies amassed over the years, many won against top civilian or university-league teams, and outside of the Niobe room, photos capture the countless regional and na-

tional championships won in the modern era in sports like squash, hockey, basketball, badminton, volleyball, and other sports.

But STADPLEX has meant a lot to many people over the decades, and not just those who reached the pinnacle of military athletics.

“There are a small amount of people who excel at that very high level, but there’s a much larger number of people who just like to play sports – basketball, ball hockey, whatever, and this has always been the place for that,” said Kevin Miller, the current Fitness and Sports Coordinator at the gym. He joined the team soon after the end of the Physical Education and Recreation Instructor (PERI) trade, and the transition to fitness and sports services under the PSP banner. With 15 years in the building as an instructor and coordinator, he knows the importance the facility has held for CAF members, their families, retirees and even the wider Halifax community.

“There’s just an endless number of people who have ties to this building and who’ve spent years playing sports and working out here. There’s been a lot of hours and a lot of sweat,” he said.

A renovation project in the late 90s saw upgrades to the squash courts and modernization of the office spaces in the building, but other aspects, like the rare banked track and bowling alley, were left relatively untouched, preserving the building’s old-school character.

Continued on page 7

Living the dream - Cdr Nancy Setchell, Commanding Officer, HMCS Charlottetown

By Mike Avery,
MARLANT PA

Born and raised in Midland, Ontario, Cdr Nancy Setchell is currently living a dream come true as the Commanding Officer of HMCS *Charlottetown*.

Her journey in the Royal Canadian Navy began in 1995 when she attended the Royal Military College of Canada in Kingston, Ontario graduating with Honours in 1999 and receiving a Bachelor of Arts in English. She then embarked on her career as a Naval Warfare Officer, a career which has taken her to both coasts, the mainland and overseas on Operation APOLLO. "I joined because I wanted to attend the Royal Military College of Canada and to become a ship's Captain," said Cdr Setchell. "I grew up sailing on tall ships in Georgian Bay."

Cdr Setchell went on to complete a Masters in Defence Studies before she served as Executive Officer of Montréal from 2014 to 2016. She was then promoted to the rank of Commander and became the Chief of Staff (Administration) to the Commander of Canadian Fleet Atlantic for one year. This path prepared her for the prestigious appointment of Captain of *Charlottetown*.

Her first day in the Captain's seat of *Charlottetown* was on September 25. It was a day sail which hosted



Cdr Nancy Setchell, CO of HMCS Charlottetown

MONA GHIZ, MARLANT PA

senior leaders attending the Canadian Forces Chief Warrant Officer Conference in Halifax. It was everything that she wanted and more, but also a very nerve-racking experience due to the fact that she was being closely watched by her superiors during her first sail. Everything went extremely well thanks to her experience and the efforts of the ship's crew. Cdr Setchell would like everyone to know that the sailors of the Royal Canadian Navy are dedicated citizens who willingly

sacrifice the time they could spend at home with their families in order to represent Canada's interests at home and abroad. They truly represent the very best of Canadian values.

"Commanding HMCS *Charlottetown* means so much. As a person, it's the summit of my professional goals," says Cdr Setchell, "As a mom, it feels great to serve as an example of what women can do. As a proud Canadian, I am humbled by the responsibility and opportunity to serve my country,"

This accomplished trailblazer is only the second woman to have ever commanded a major Canadian warship since Cmdre Josée Kurtz commanded *Halifax* in 2009. She is one of many women furthering the advancement of females in the Royal Canadian Navy. She cites Cmdre Kurtz as a role model. Cdr Setchell's own mother, a kindergarten teacher who taught her own daughter while concurrently completing a degree and raising a family, is another role model.

Cdr Setchell is a busy mother of two girls. Her husband retired from the Navy over a year ago to manage their family's work/life integration. In their spare time, the family's favourite activities include skiing and going to the cottage. She also serves on the Advisory Board to the Dean of the Faculty of Management at Dalhousie University and volunteers with Women United at the Halifax United Way.

Now that Cdr Setchell has accomplished her most significant career-related goal to date, her plan is to enjoy the time she will spend as the commander of a Canadian warship. *Charlottetown* is currently preparing for an upcoming deployment and Cdr Setchell is looking forward to further experiences and adventures as she continues to live the dream in the Royal Canadian Navy.

Saying goodbye to a piece of Navy history

Continued from page 6

"Now the building is exhausted. It's unfortunate, but there's no doubt that it's time," said PO1 (Ret'd) Rocky Thorne. He remembers indoor bike races, diving competitions and bowling as being highlights inside STADPLEX in the 60s and 70s, but he's made new memories recently as a PSP employee at the front desk, getting to know the regulars and chatting with the thousands who pass through the gym each week.

"This is the first gym I went to in 1967, when I was just a young kid, and 52 years later I'm here at the front desk as they're closing it down. It's pretty amazing," Thorne said.

CPO1 Stephane Gagnon, a self-described gym rat in his 31st year with the RCN, spent his career almost entirely in Halifax, and said it's difficult to fathom the number of exceptional sailors and other CAF members who've passed through STADPLEX, or the number of hard-fought competitions that took place on the gym floor, the squash courts or in the pool.

"It's very sad to see the building go, as it's one of the last great pieces of Stadacona history that we have, but that doesn't erase good memories we have in there. I've played every sport you can think of at Stad, and watched so many regional and national sports, and I'll always remember that."

The closure of STADPLEX will mark the end of an era at CFB Halifax, and for those like CPO1 (ret'd) Wright who've come to see the building as a second home over the years. While October 31 will be a difficult day, plans are currently being rolled out to ensure the current generation of CAF members in Halifax have the equipment and space they need to remain operationally fit and continue racking up accomplishments at all levels of military sport.

"They've got a smaller Navy than they did in my day, but they still put out some great athletes, and I know they'll keep doing that without this gym, but it's very sad to see it go," Wright said.



Gym staff at STADPLEX, like the 1988 group seen here, were CAF members under the Physical Education and Recreation Branch. The PERI trade was disbanded in 1997, and a number of staff were hired back as civilians under the PSP banner.

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Provincial health officer talks cannabis at CFMWC

By Ryan Melanson,
Trident Staff

As of October 17, recreational use of cannabis has become legal in Canada, though with a number of restrictions on the drug that vary from province to province. For CAF members, the new policy DAOD 9004-1 covers the rules around use of cannabis, and a related policy lays out the framework for civilian DND employees.

Many still have questions and concerns about the drug, and in an effort to help its employees make informed choices regarding cannabis, the Canadian Forces Maritime Warfare Centre (CFMWC) recently invited Dr. Robert Strang, Nova Scotia's Chief Medical Officer of Health, to speak about the changes around this long-prohibited substance. His presentation was part of an ongoing Total Health and Wellness initiative at CFMWC that includes monthly presentations or activities focused on the physical and mental health of personnel.

"The more we can help people understand this, the better. I know the Canadian Armed Forces has produced their own set of rules for their members around the use of cannabis, but I'm talking about what they can expect more broadly out in their communities, and about the effects of cannabis on their health," Dr. Strang said.

With regards to the health impact of consuming cannabis, Dr. Strang wasn't shy to admit that research and science needs time to catch up before making definitive statements. Long-term research on cannabis users has been difficult due to the drug's legal status, and the hesitation of potential test subjects to admit to criminal activity.

"It's been hard to talk about can-



Dr. Robert Strang, Nova Scotia's Chief Medical Officer of Health, spoke to CFMWC staff on October 11 about cannabis legalization, answering a wide range of questions about the drug, including potential health risks and benefits for users.

RYAN MELANSON, TRIDENT STAFF

nabis, because it's been illegal, so that creates a lot of barriers. There's now a lot of mythology around cannabis; some people talk about reefer madness and the terrible things that can happen, while other folks believe it can cure every health ailment out there. The truth is likely somewhere in the middle," he said.

"Cannabis does have potential benefits that we need to see some more research on, and it also comes with some health risks, so we need to be careful. That's not much different than tobacco, alcohol, or many other legal and illegal substances."

While the only medical uses for cannabis currently backed up by science include as treatment for certain

types of seizures, cancer pain, and a small list of other ailments, Strang said proper research will likely bring others into the fold. Adverse health effects, though, are still a real concern, whether using cannabis for recreational or medicinal purposes. Dr. Strang cautioned that smoking the plant comes with risks comparable to smoking any substance, including damage to the throat, lungs and increased risk of heart disease. While it may be safer to consume cannabis orally or topically, the drug can still induce anxiety and other unwanted effects, especially in large doses, and has also been linked to the development of certain mental illnesses. Research also shows the drug can be

increasingly harmful when used by young people who have still-developing brains.

Dr. Strang's presentation also went beyond health considerations into some of the details of new federal, provincial and municipal laws, including the types of cannabis products that will be available for sale, limits on personal possession and growing cannabis, impaired driving, and the rules around smoking the drug on public property, which will be stricter in Halifax than most municipalities.

Capt(N) Jamie Tennant, the Commanding Officer of CFMWC, said he was happy to take a bit of time out of the day to help his team get more knowledgeable about cannabis and the rules and restrictions that surround it.

"This is a big change in the law, it's coming at us fast, and it's something many of us don't know much about, so we very much appreciate Dr. Strang coming in to help us get a little bit more informed on the topic," he said.

"I think there's some very valuable information that can be taken from this, and it's something they can absorb themselves and then share with their families and anyone else who might benefit from it."

For further information, Dr. Strang recommended consulting federal and provincial guidelines on cannabis that are easily available online. Information specifically for CAF members and DND employees can be accessed through DWAN computers at the link <http://intranet.mil.ca/en/policies-orders-directives/cannabis-what-you-need-to-know.page>. Members locally should refer to R HALGEN 2018289000507 for information on policies specific to cannabis consumption at CFB Halifax.



Sparky participates in Fire Prevention Week 2018

Members of 12 Wing Shearwater Fire Department conduct a fire drill at 12 Wing Headquarters as part of the opening ceremony for Fire Prevention Week on October 9, 2018. They are joined by Sparky the Fire Dog.

LS LAURANCE CLARKE, 12 WING IMAGING

MV Asterix making friends at sea, says Federal Fleet CEO

By Ryan Melanson,
Trident Staff

MV Asterix, the Royal Canadian Navy's interim supply ship, has been in service supporting RCN ships for less than a year, but is already proving itself worthy of the role, according to the CEO of the firm that operates the auxiliary vessel.

Spencer Fraser, the head of Davie Shipbuilding sister company Federal Fleet Services, said Asterix's recent deployment to Exercise RIMPAC 2018 off Hawaii and Exercise KAKADU off the coast of Australia have seen the ship and crew excel at refueling both Canadian and allied ships.

Asterix left Halifax earlier this year, operated on the Eastern Seaboard and sailed through the Panama Canal en route to San Diego before heading towards Hawaii for RIMPAC. When the ship and its crew left San Diego, they weren't only joined by their Canadian counterparts in HMC ships *Ottawa* and *Vancouver*.

"We ended up bringing with us a Chilean Type-23 frigate, a Peruvian frigate, a US Coast Guard Deepwater Project, and a bunch of American destroyers along with our own ships," Fraser said.

"What we didn't anticipate, but what is now becoming a de facto reality, is that because of a world-

wide shortage of AORs right now in fleets around the world, if you have a tanker, you start collecting friends. This held true all the way across the Pacific."

Fraser spoke about Asterix's first six months in service, and plans for the future, at the 2018 Canadian Defence Security and Aerospace Exhibition (DEFSEC) Atlantic, a large defence industry trade show held in Halifax from October 2-4.

The ship has now performed replenishment at sea with vessels from 15 different countries. Asterix is currently deployed to Op PROJECTION in the Asia-Pacific alongside HMCS *Calgary*, is due back in Victoria for December, and will likely return to the East Coast in about 18 months, Fraser said.

While DEFSEC attendees heard presentations from Federal Fleet Services, Irving Shipbuilding, the Atlantic Canada Aerospace & Defence Association, and other industry representatives, they also heard from Public Services and Procurement Canada and the Department of National Defence.

Troy Crosby, Chief of Staff, Materiel for DND, delivered a defence procurement update and outlook, an annual feature at the event.

"We really do appreciate the work our industry partners do to make sure the Canadian Armed Forces have the

best services, equipment and most innovative solutions available as our needs evolve. That's what's going to keep our operations and missions successful for years to come and that's one of the reasons it's important for us to be here at DEFSEC," Crosby said.

While he acknowledged the frustrations industry has felt with the slow timeline of procurement projects, he said things are improving on that front, mentioning recent successes like an early start to construction on the Joint Support Ships, the first Arctic and Offshore Patrol Ship now in the water in Halifax, the CH-148 Cyclone heading out on its first deployments, and the progression of the RCAF Future Fighter Capability project, with a request for proposals to be issued in 2019.

"It's true that procurement is a lengthy process, but in the year and a half since Strong, Secure and Engaged was released, we've seen progress on many of our biggest and most complex files."

DEFSEC Atlantic, the second largest trade show of its kind in Canada, also hosted a number of other events through the week in Halifax, including a women's networking event in partnership with Women in Aerospace Canada, and the annual Clash



Troy Crosby, Chief of Staff, Materiel for DND, speaks to DEFSEC Atlantic attendees about the federal government's ongoing defence procurement projects.

RYAN MELANSON, TRIDENT STAFF

of the Titans hockey game at the Halifax Forum, where an RCN squad took on the Commandos of Esprit de Corps Magazine in support of the Navy League of Canada.



French Navy nuclear submarine visits Halifax

Marine Nationale FS Amethyste, a nuclear-powered attack submarine of the Rubis class, arrives in Halifax for a port visit on October 5, 2018.

MONA GHIZ, MARLANT PA

Photo caption error in October 1 Trident

On page 3 of the October 1 Trident, a photo on page 3 had incorrect caption info. The United States Navy helicopter depicted in the photo oper-

ating with HMCS *Halifax* is an SH-60 LAMPS III Seahawk, not a Cyclone. Trident regrets this error.

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2018 NDWCC Member Profile

Name: LS Autumn Soucie
Occupation: Bos'n, Harry DeWolf

By Margaret Conway,
CFB Halifax PA

At first glance, LS Autumn Soucie seems like any young sailor in the Royal Canadian Navy, dressed in her blue and black NCDs and a ball cap that reads HMCS *Harry DeWolf*, the ship to which she's currently posted. This sailor, however, is anything but ordinary.

LS Soucie was six years old when her parents separated. She spent the majority of her childhood and adolescence living with her mother, a woman plagued by extreme substance abuse issues including a severe drug addiction. As a result, LS Soucie and her younger brother found themselves in poverty, provided with very little food, clothing, money or school supplies. There were no regular trips to the doctor or dentist, and routine tasks such as showering were not often a reality.

Due to her addiction, LS Soucie's

mother was often physically or mentally unavailable to her children. In her absence, LS Soucie was left to raise her younger brother much of the time. Fortunately, at such a tough time in LS Soucie's life, her father was a great source of strength and positivity.

“Dad was always an amazing father. He didn't have a lot of money, but would provide for [me and my brother] and spend time with us,” she explains, describing how he, a car factory worker, would buy her winter clothing repeatedly when her mother, in the throes of addiction, would keep her daughter's warm clothes for herself.

Another one of LS Soucie's biggest supporters and mentors was her friend's mother, a selfless woman who worked for a juvenile detention centre and recognized the challenges faced by the young girl. “When I met [my friend's mother], I'd never even eaten dinner at a table. She brought me to school, taught me manners, and invited me in [to her family],” LS Soucie reflects. “I aspire to be like this mother.”

Somehow, LS Soucie's tumultuous upbringing didn't stop her from pushing forward and finding success and purpose as an adult. At her father's suggestion, LS Soucie enrolled in the Royal Canadian Navy, and has been doing great things for her country and community ever since.

In early October, on her own initiative, she organized a Thanksgiving food drive for the Brunswick Street Mission for families in need during the holiday, and is getting involved with the Big Brothers, Big Sisters program. She's also looking to adopt a family through Veith house this Christmas, is a volunteer at the local SPCA and will be canvassing during the 2018 NDWCC campaign.

She understands the immense stress that goes along with poverty and childhood trauma, and wants to help others who may not have support or positive role models like she did. “I volunteer and give back because I know that one positive voice definitely changes someone's life,” explains LS Soucie. “It's the little things I remember that these people did for



LS Autumn Soucie

me. They gave me what I needed by showing love and showing that they care.”

For more information on the 2018 NDWCC campaign and to find out how you can get involved, please visit <http://halifax.mil.ca/NDWCC/index.html> or call 902-721-8622.

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LS Jon Frey, OS Josh Honasan, LS Jeff Haskins and AB Tony Hart all are currently posted to FDU(A).

LT(N) ELIANE,
TRAHAN, PAO
FDU(A)

Un rassemblement de plongeurs d'inspection portuaire à l'Exercice ARDENT DEFENDER 18

Par Ltv Éliane Trahan,
Officier des affaires publiques

Onze plongeurs d'inspection portuaire provenant de différentes divisions de la Réserve navale de partout au Canada, dont le Matelot de 1^{ère} classe Jeff Haskins, Matelot de 1^{ère} classe Jon Frey, Matelot de 2^e classe Tony Hart et Matelot de 3^e classe Josh Honasan travaillant tous les quatre à temps plein à l'Unité de plongée de la Flotte (Atlantique), ont participé dernièrement à l'Exercice ARDENT DEFENDER, au Centre d'instruction de la 4^e Division du Canada, à Meaford, On.

Il s'agit d'un exercice annuel interarmées, multinational et inter-organisationnel mené par les Forces armées canadiennes en vue de mettre à l'essai les capacités interarmées de lutte contre la menace explosive.

Les plongeurs réservistes y participaient pour effectuer des recherches, des inspections et des levées sous-marines, dans le but de détecter des dispositifs explosifs. Ils ont travaillé conjointement avec des plongeurs-démoneurs du Groupe de l'unité de plongée expérimentale à Toronto. Bien qu'il s'agissait d'un exercice, les plongeurs ont réellement trouvé des munitions non explosées datant de plusieurs décennies dans un endroit isolé et

les plongeurs-démoneurs les ont fait exploser de manière sécuritaire.

Le nombre de plongeurs d'inspection portuaire a doublé comparativement à l'an dernier. Selon un des superviseurs plongeurs-démoneurs de l'exercice, le Maître de 2^e classe Dan Larche, « nous sommes ravis de voir la participation grimper, ça nous permet de faire une seule équipe et de travailler conjointement, plongeurs d'inspection portuaire et plongeurs-démoneurs. »

Les plongeurs d'inspection portuaire effectuent habituellement leur service en occupant des postes à temps partiel au sein de leur unité d'appartenance, les soirs et les fins de semaine. Toutefois, ils peuvent également effectuer leur service à temps plein au sein de certaines unités pour des périodes déterminées, selon la nature des tâches à exécuter.

Ils sont appelés à faire des tâches pour veiller à la sécurité maritime du pays. Ils travaillent souvent en collaboration avec les équipes de sécurité navale et portuaire afin de mettre leurs compétences sous l'eau au profit de la souveraineté et de la sécurité des nombreux ports, havres et cours d'eau du Canada. Ils peuvent également participer à des opérations ou à des exercices à l'étranger.

Port inspection divers gathering at Ex ARDENT DEFENDER 18

By Lt(N) Éliane Trahan,
Public Affairs Officer

Eleven Port Inspection Divers from various Naval Reserve Divisions from across Canada, including LS Jeff Haskins, LS Jon Frey, AB Tony Hart and OS Josh Honasan, all working full time at Fleet Diving Unit (Atlantic), recently participated in Exercise ARDENT DEFENDER at the 4th Canadian Division Training Centre, Meaford, ON.

This is a joint, multinational and inter-agency annual exercise hosted by the CAF which tests joint Counter Explosive Threat capabilities.

Reservist divers were involved in conducting underwater searches, inspections and surveys to detect explosive devices. They worked jointly with Clearance Divers from the Experimental Diving Unit Group in Toronto. Although it was an exercise, the divers actually found unexploded ordnance from decades

ago in an isolated area and the Clearance Divers safely detonated them.

Compared to last year's participation, the Port Inspection Divers doubled in numbers. According to an exercise Clearance Diver supervisor, PO2 Dan Larche, "We are thrilled to see the participation climb, it allows us to be one team and work together, Port Inspection Divers and Clearance Divers."

Port Inspection Divers usually serve part-time with their home unit for scheduled evenings and weekends, although they may also serve in full-time positions at some units for fixed terms, depending on the type of work that they do.

They are called to do tasks to ensure the maritime security of the nation. They often work with naval port security teams to provide underwater skill sets in support of the sovereignty and safety of Canada's numerous ports, harbours and waterways, and may also be deployed outside Canada for operations or exercises.

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Remembrance 2018

Vimy oak sapling planted at Camp

By Virginia Beaton,
Trident Staff

A bit of Vimy Ridge is now part of the Veterans Memorial Garden at Camp Hill Veterans Memorial Hospital.

Richard Ratcliffe, a Royal Canadian

Navy veteran who served in HMCS *Nootka* during the Korean War, travelled to Halifax to bring the oak sapling. It's a part of a legacy project, he told the audience of veterans, family members and Camp Hill staffers who had gathered in the garden for the event.

The oak planting not only symbolizes the battle of Vimy Ridge, but also the 100th anniversary of the signing of the Armistice in November 1918. Noting that his father was a First World War veteran, Ratcliffe said, "I hope I don't get too emotional during this." Ratcliffe described how the Vimy

oak project came to be. After the battle of Vimy Ridge on April 9, 1917, a young Canadian Army officer named Lt Leslie Miller picked up some acorns from an oak tree on the site and sent them home to Canada. The acorns were planted on his family farm in Ontario.



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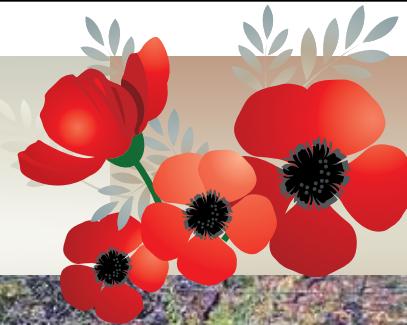

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Remembrance 2018



Hill Veterans Memorial Garden

Currently, 1500 saplings that trace their existence back to the oaks on Miller's farm, and from there back to the Vimy Oak acorns, are in a greenhouse in Hamilton "and now you are about to receive one of those saplings," said Ratcliffe.

Now living in the veterans' centre at Sunnybrook Hospital in Toronto, Ratcliffe said that one day at lunch he was talking to fellow veterans at Sunnybrook about the Vimy oaks and they came up with a plan to donate them for planting at veterans' centres all across Canada. "This one today is the first one to be planted at a veterans' facility," said Ratcliffe.

Ratcliffe's children Rick and Stephanie were present for the occasion and his son assisted with the planting, to applause.

Following the ceremony, Ratcliffe told Trident that he joined the Navy in 1945 following the Second World War and retired in 1970, with the rank of Commander. His career included his appointment as Commanding Officer of HMCS Qu'Appelle.

An oak sapling whose lineage can be traced back to acorns picked up by a Canadian Army officer at Vimy Ridge, is now planted in the Veterans' Memorial Garden at Camp Hill Veterans Memorial Hospital.

EMILY A'COURT, VETERANS' SERVICES, NOVA SCOTIA HEALTH AUTHORITY



Remembering the end of the First World War

By Virginia Beaton,
Trident Staff

It was at 11 a.m. on November 11, 1918, that the guns finally fell silent.

This year marks the centenary of the Armistice that ended the First

World War. It had been a long and bloody war for Canada, which had been in the fray since August 4, 1914 when Britain declared war on Germany and Canada, with the rest of the then British Empire, joined in.

Continued on page 16



A Canadian battalion goes over the top.

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Remembrance 2018



'Til We Meet Again concert to feature 36 Brigade Group Band

By Sgt Jason Haughn,
36 Brigade Group (NS) Band

Maritime Forces Atlantic is proud to present the 17th annual 'Til We Meet Again concert in the Paul O'Regan Hall of the Halifax Central Library on Saturday, November 10 at 2 p.m. This popular event in support of Camp Hill Veterans' Memorial Garden at the QEII Health Sciences Centre will feature the 36 Canadian Brigade Group Nova Scotia (36 CBG (NS)) Band. This is the first time that the 36 CBG (NS) Band will be the featured ensemble for this event and the band is honoured to perform.

The 36 CBG (NS) Band is a Reserve unit under the baton of Director of Music, Capt Patrick Forde. The band is made up of musicians from diverse professional backgrounds as well as post-secondary students. The band reg-

ularly provides ceremonial support for units of the 5th Canadian Division in Nova Scotia. In addition to its military commitments, the band performs at community functions, public concerts, and parades across the province.

The 'Til We Meet Again concert will be an enjoyable event for the whole family. There will be some classic tunes from the war era, marches, and a very special solo performance by Rodney Bona. The band will be joined by the 12 Wing Pipe and Drum band from 12 Wing Shearwater for some exciting combined music and of course, there will be a Second World War singalong medley led by special guest Liz Rigney – always a fan favourite. Don't miss this inspiring afternoon of wartime music and memories. Admission is free, and we hope to see you there. The Halifax Central Library is located at 5440 Spring Garden Rd.



The 36 Brigade Group(NS) Band will be the featured performers at the 17th annual 'Til We Meet Again concert, taking place this year on Saturday, November 10 a 2 p.m.

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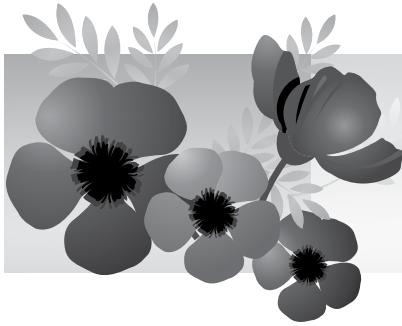
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Remembrance 2018



Remembering the end of the First World War

Continued from page 13

During the next four years there were battles that tested Canada's fighting forces to the utmost. The Battle of the Somme, Passchendaele, and especially Vimy Ridge, were scenes of endless danger and difficulty, but frequently heroism as well. Canadians rose to the occasion, winning respect

and recognition from their allies. Approximately 650,000 men and women from Canada and from Newfoundland (then still a British colony), served during the First World War and of that number, more than 170,000 were wounded and more than 66,000 died.

At 11 a.m. on November 11, 2018, we will remember them.



Canadian soldiers wait in a front line trench in February 1918.

VETERANS AFFAIRS CANADA WEBSITE



Soldiers find ways to entertain themselves.

VETERANS AFFAIRS CANADA WEBSITE



Wounded soldiers are carried off the field following Vimy Ridge, April 1917.

VETERANS AFFAIRS CANADA WEBSITE



Victorious Canadian troops following the Battle of Vimy Ridge, April 1917.

VETERANS AFFAIRS CANADA WEBSITE

Starboard thirty, full speed ahead...

Editor's note:

This poem describes life aboard an RCN ship: the routines, the crises, the tensions, the teamwork, and the victories. In the season of Remembrance, it reminds us to think of those in peril on the sea.

By LCdr (ret'd) Robert Gwalchmai

My stunted dreams droned softly and rolled side to side
A voice by my feet awoke me into the darkness
One eye noted the glowing watch face – 0320
The throbbing engines and pitching sea helped me dress
Red lights and sloshing coffee lead me to the bridge
In absolute black, under a sky full of stars, I took the Watch
Starboard thirty, full speed ahead...
Helmsman, starboard thirty, full speed ahead.

Orange sunrise spilled onto the smokey undulating sea
Wafts of coffee and bacon a backdrop to murmurs of a rousing ship
Sudden shrill notes of the bos'n pipe pierced the morning solitude
Curious faces half asleep checked our position – marks on the chart
A faint cry from the cool and misty decks abaft shattered the calm
In the softening grey - Hands to Rescue Stations – Man Overboard
Starboard thirty, full speed ahead...
Helmsman, starboard thirty, full speed ahead.

Two grey thoroughbreds, close apart, raced to the rain spattered horizon
One hundred feet of frantic sea boiled between the two conspirators
Pink hands and yellow shrouds handled dripping connecting threads
A wind beaten shout brought pre-

cision out of chaos – a taut line
Coloured paddles swirled and a wild-eyed face zipped across the raging chasm
Back aft, a shadow stood ready – a life-saving hand if the sea rebelled
Starboard thirty, full speed ahead...
Helmsman, starboard thirty, full speed ahead.

A flapping red square warned the expansive blue sky
White hooded techs swarmed over the forward mount “doing preps”
Anxious words and scurrying clipboards amplified the impending exhilaration
Gravelly voices coming from grey boxes coaxed all eyes to the distant horizon
One decisive command... one ear-shattering report... the “smell of victory”
The sleek greyhound shuddered repeatedly as golden tubes bounced into the sea
Starboard thirty, full speed ahead...
Helmsman, starboard thirty, full speed ahead.

Excitement scurried about the ship making spotless even more so
Dawn broke over a new yet familiar horizon – green trees and grey rock
A quiet stillness revealed a welcoming refuge and growing anticipation
Curious eyes glanced over the awaiting smiles, hearts raced and faces gleamed
With calm precision, the sleek ship was fastened to the shore – “open the brow”
Warm embraces and tear-streaked faces covered the ship... “meet your new son”
Midships, stop both engines
Helmsman, midships, stop both engines.

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Legion  **Public Notice**

The members of the Royal Canadian Legion Centennial Branch 160, 703 Main St. Dartmouth wish to thank all residents of our Dartmouth community for your generous donations and support during our 2017 Poppy Campaign. Donations totaled a little more than \$81,000 and with a combination of those donations and existing funds we were able to provide the following:

- just over \$9,000 was provided to Veterans, Veterans Outreach Program, Paws for Thought Program and NS/NU Command Benevolent Fund;
- just over \$31,000 was provided to Call to Remembrance Literary and Poster contest, support to our local Cadet Corps and High School Bursaries;
- and \$15,000 was provided to Dartmouth General Hospital towards the purchase of an IV Fluid Warmer to support both Veterans and Seniors within our community.

Thank you so much and we look forward to your continued support for the 2018 Poppy Campaign from 26 Oct – 11 Nov 2018.
Prepared by Comrade John Quilty, Poppy Campaign Chair, RCL Centennial Branch 160

158534



Remembrance 2018

Remembrance 2018 events

By Virginia Beaton,
Trident Staff

On Tuesday October 30 at 7 p.m., Evenings @ Government House will mark the centenary of the end of the Great War. Maj (ret'd) Ken Hynes, Chief Curator at The Army Museum Halifax Citadel, will give a presentation on The Last Steps Memorial Arch in Halifax, Canada Gate at Passchendaele, and the enduring link between Canada and Belgium. In 2016 The Last Steps Memorial Arch was unveiled on the Halifax Waterfront and dedicated to the lives of more than 300,000 Canadians who left this port city for overseas service during the First World War. In November 2017 a companion memorial, Canada Gate, was dedicated at Passchendaele. The scale of sacrifice given by Canadian soldiers on Belgian soil, particularly in and around Ypres Salient, forged an unbreakable bond between the people of Flanders and the people of Canada. This is a free public event but seating is limited. For more information and to register please call 902-424-7001 or to register online go to www.lt.gov.ns.ca. Location is Government House, the residence of the Lieutenant-Governor of Nova Scotia, at 1451 Barrington Street, Halifax.

On Monday November 5 at 7 p.m., there will be a presentation titled Commemorating Nova Scotia's War Dead. This free presentation, offered in partnership with the Commonwealth War Graves Commission, will focus on the Commission's work in Nova Scotia from its early days in the 1920s to the present day as they continue to care for graves, memorials, and horticultural features throughout

the province. The Commonwealth War Graves Commission was established in 1917 and currently commemorates 1.7 million servicemen and servicewomen who died while serving with Commonwealth Forces during the First and Second World Wars. Location is the Halifax Central Library, Spring Garden Road, Halifax.

On Saturday, November 10 at 2 p.m., Maritime Forces Atlantic presents the 17th annual 'Til We Meet Again concert. The concert features the 36 Canadian Brigade Group Band and guest performers in support of the Camp Hill Veterans' Memorial Garden at the QEII Health Sciences Centre. Admission is free. Location is the Halifax Central Library, 5440 Spring Garden Rd.

On Sunday November 11 at 10:45 a.m. there will be a commemorative ceremony at Camp Hill Veterans Memorial Building, 5955 Veterans Memorial Lane, Halifax. Weather permitting, the ceremony will take place at the Veterans Cenotaph in Camp Hill Veterans Memorial garden. If there is inclement weather, the ceremony will be held in the main Camp Hill atrium.

On Sunday, November 11 at 10:45 a.m., HMCS *Scotian* will present a Remembrance ceremony in Point Pleasant Park. The ceremony will include a parade, a religious ceremony, and wreath laying. The event is open to the public and the location is the Sailors' Memorial in Point Pleasant Park.

On Sunday, November 11 at 11 a.m., Parks Canada and the Halifax Citadel will join in Remembrance Day commemorations in Halifax. Starting at 11 a.m., the 1st Field Artillery Regiment will fire a 21-gun salute followed

by the noon gun. The Halifax Citadel and Army Museum will be open from 10 a.m. until 3 p.m. There will be the opportunity to visit the First World War trench exhibit and to tour the Army Museum's First World War exhibit, Road to Vimy and Beyond, which honours the sacrifice of the soldiers, many of them from Nova Scotia.

On Sunday November 11 at 11 a.m., the Nova Scotia/Nunavut Command of the Royal Canadian Legion will present a Remembrance Ceremony. The event will include a parade, wreath layings and a 21-gun salute from the Halifax Citadel. The event is open to the public. Location is the Grand Parade in downtown Halifax.

On Tuesday November 13 at 7 p.m., Evenings @ Government House will again mark the centenary of the end of the Great War. Col (ret'd) John Boileau, historian and author,

will give a presentation on Armistice and Remembrance. During the three days of negotiations leading up to the Armistice that ended the First World War, soldiers continued to fight and die, some even in the minutes before word of the truce got to them. This presentation will highlight the stories of the last British, French, Canadian, American and German soldiers to die on the Western Front. It will also describe various Canadian memorials - such as Vimy Ridge, Menin Gate, Beaumont Hamel and others, as well as the standard features of Commonwealth War Graves Commission Cemeteries that contain our fallen, with special emphasis on soldiers from Nova Scotia. This is a free public event but seating is limited. For more information and to register please call 902-424-7001 or register online at: www.lt.gov.ns.ca. The location is Government House, 1451 Barrington Street.



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your service
and bravery

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NDWCC Leadership Breakfast spotlights personal stories

By Virginia Beaton,
Trident Staff

Find a cause that speaks to you, and support it.

That was the message that came through loud and clear during the annual Leadership Breakfast for the National Defence Workplace Charitable Campaign (NDWCC), which took place at the Wardroom on Wednesday, October 10. Campaign chairman Cdr Derek Vallis and NDWCC Champion Capt(N) Dave Mazur both spoke as did several guests who described their experiences with various charities, not for profit groups, and the United Way.

For Bob Shaw, the cause that motivated him was Parkinson's. Shaw told the audience at the breakfast that his wife Sheri was diagnosed with Parkinson's 14 years ago. "She was my high school sweetheart," said Shaw. He stated that more than 100,000

Canadians are affected by Parkinson's, a neurodegenerative disease. Sheri has had deep brain stimulation surgery, which has been a benefit, and Shaw spend years as the CEO of the Parkinson Society, which helped him to inform the public and to spread awareness of this illness.

Capt(N) Dave Mazur noted that early in his career, he was frequently at sea while his wife was at home managing their home and children. "I realized that we all rely on our communities, and that community helped my family cope while I was away." Capt(N) Mazur stated that RAdm Baines has asked him to remind the local DND community, both military and civilian, that they should look at participating in NDWCC either by contributing their time, or money.

"I don't always realize the impact that my donations have on our community," said Åsa Kachan, Chief

Librarian and Chief Executive Officer of Halifax Public Libraries. Noting that in her household, "we give as a family," Kachan observed that "struggles are out there, everywhere in our community." There are kids who go to school hungry and people who suffer from loneliness and isolation, she said. At the various public libraries, "we meet and talk to seniors who haven't talked to anybody else all day."

Emma Halpern of the Elizabeth Fry Society described the mission of that organization, which serves girls and women who are at risk or who are involved with the criminal justice system. "Many of them have been marginalized or have dealt with poverty, violence, addiction, sexual abuse, or mental health challenges," said Halpern. Helping these women be re-integrated into society is one of the society's goals, and Halpern recalled an occasion when volunteers from

DND came to the society's facility to help with chores such as painting and yardwork. Several of the residents later told Halpern that the volunteers treated them with such courtesy that they felt hopeful about re-joining the community.

Eighty-seven per cent of Canadians will be impacted directly or indirectly by serious or chronic diseases such as cancer, diabetes, arthritis, or Alzheimers, stated HealthPartners' Jennifer Richards. That organization represents the top 16 health charities in Canada. She stressed that donations to HealthPartners go to support the member organizations to do research as well as to provide patients and families with programs and services.

More information about NDWCC 2018 is available on the MARLANT splash page.



Base Logistics member receives Sacrifice Medal

Sgt Ernest White, a member of Base Logistics, was presented the Sacrifice Medal by CFB Halifax Base Commander Capt(N) David Mazur at base headquarters on October 17. The medal recognizes Sgt White's sacrifice and commitment for his multiple tours completed while a member of the Canadian Armed Forces (CAF) including the Golan Heights 1991, Haiti 1996, Kosovo 1999 and Afghanistan 2005, 2007-2008, 2009 and 2011. His commitment to CAF operations makes him a very deserving recipient of this award. Fellow Base Logistics members CPO2 Curt Evans (right) and Brad Hutchinson (left) were on hand for the medal presentation.

MARGARET CONWAY, CFB HALIFAX PA

New ships' divers complete course at FDU(A)



The Ships' Diver course that started on August 31 ended October 12 at Fleet Diving Unit (Atlantic). Congratulations to the six new members and welcome to the diving community! From left: MS Corey Bilodeau (HMCS Jolliet), AB Ben Laurin (HMCS Charlottetown), Lt(N) Nicolas Hull (HMCS Fredericton), SLt Jonathan Tallis (HMCS St. John's), AB Charles Trahan-Gallant (HMCS Jolliet) and OS Aaron Speare (HMCS Star). Le cours de plongeur de bord s'est terminé le 12 octobre dernier à l'Unité de plongée de la Flotte (Atlantique) (a débuté le 31 août 2018), nous tenons à féliciter les six nouveaux membres et bienvenue parmi la communauté des plongeurs! Matelot-chef Corey Bilodeau (NCSM Jolliet), Matelot de 2e classe Ben Laurin (NCSM Charlottetown), Ltv Nicolas Hull (HMCS Fredericton), Enseigne de vaisseau de 1ere classe Jonathan Tallis (NCSM St. John's), Matelot de 2e classe Charles Trahan-Gallant (NCSM Jolliet) et Matelot de 3e classe Aaron Speare (NCSM Star)

LT(N) ELIANE TRAHAN, PAO/OAP FDU(A)

Lest we forget

By Capt(Padre) Inienwe Innocent,
CFB Halifax

On the eleventh day of the eleventh month, and the eleventh hour, Canada come together at cenotaphs and memorials to remember the ultimate sacrifices of more than one and half million Canadians; soldiers; sailors aircrew and merchant seamen.

On this day, we pause in a solemn, silent reflection to acknowledge with grateful thanks those who paid the ultimate prize that has brought us relative peace, freedom and security.

Sometimes it can be easy when care is not taken in our fast-paced society to take for granted or even forget the great sacrifices by so many men and women of our great nation for our freedom. And so this year we take time once again, to pause and honour them.

On this day we observe two minutes silence at the eleventh hour of the eleventh day of the eleventh month which marks the end of the First

World War as a way to remember and honour those who paid the ultimate price. The exhortation is read:

"They shall grow not old, as we that are left grow old. Age shall not weary them, nor do the years condemn. At the going of the sun, and in the morning we will remember them." All will respond, "We will remember them."

Remembrance Day is about honouring those who served and sacrificed, it is not a holiday or a day of leisure. So whether we are at work or at home, we can participate in a celebration marking this special day.

On this day, poppies are worn as a symbol of remembrance, a reminder to us of the blood-red flower that still grows on the former battlefields of France and Belgium.

We read and listen to the lovely poem LCol John McCrae, a doctor serving with the Royal Canadian Army medical Corps, wrote of these flowers which lived on among the graves of the dead soldiers:

"In Flanders Fields the poppies blow

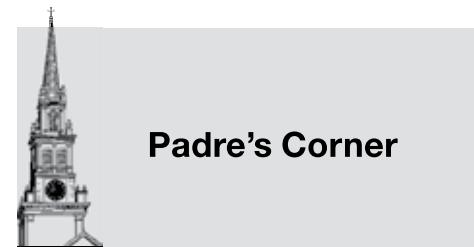
*Between the crosses, row on row
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below."*

Those flowers and the larks serve as reminders of nature's ability to withstand the destructive elements of war by men, a symbol of hope in a period of human despair.

War is an awful and terrible experience. For those who lived through these wars, remembering means thinking of comrades. It brings to memory men and women who never returned home.

The important thing for us all is that they fought to preserve a way of life, Canadian values, and the freedom we enjoy today.

This year as we commemorate the bravery and gallantry of those Canadian men and women, their service, their sacrifice made to preserve that which as a country we hold to be good and true, let us think about the lessons learned.



Padre's Corner

We learned that wars do not end wars; we learn to honour those who fell or who returned bringing with them scars of the soul that would not heal; we learn to put much sweat and grit and courage into building justice and peace – because war, while occasionally unavoidable, too often represent failure to solve problems by intelligent means.

As we commemorate in peace and safety, we remember those who have served us and sacrificed for us, we remember those who are serving at home and abroad today, and say, thank you.

Get the flu shot, not the flu

By CFB Halifax PA

As the thermometer starts to dip, winter cold season is sneaking up on us. Do you plan on getting vaccinated against the flu virus? Like most Canadians, the answer is usually yes. For some of us though, there is still the mindset that it will never happen to them, or they can tough it out for a few days. Some of us feel that the influenza vaccine is ineffective against some strains of the flu and the vaccine does not always guarantee you will not get sick.

The flu can be a serious disease, is very contagious and can spread quickly and easily. Before you even know you are sick, you can pass the virus onto others. It can be transmitted through airborne droplets when you sneeze, cough or talk. The flu can affect everyone, including those who are healthy. Some others need protection from the flu even more, as a bout of influenza could be life threatening, so it is in our best interest to get a vaccine in order to keep them safe. Elder people, pregnant women, young children, infants, people with respiratory diseases, people who have chronic health conditions or those with compromised immune systems are at a higher risk of getting very ill, and in some instances, dying. During last year's flu season, 63 Nova Scotians

died from influenza.

The flu vaccine is safe and effective and has benefited millions of Canadians since 1946. Most people don't have any reaction to the flu vaccine; those who do may have soreness, redness or swelling at the injection site. Severe reactions to the vaccine are extremely rare.

Routine annual influenza immunization is strongly recommended for all CAF members, Regular or Reserve, who obtain their usual medical care from the Canadian Forces Health Services. Here on base, flu vaccine clinics will be held at the Stadacona Clinic and CDU 4 (Shearwater) until mid-November. A schedule of clinics has gone out to all members. For more information on these clinics, contact the Stadacona Clinic (721-8780) or CDU 4 (720-1558/1559). The influenza vaccine is also available by appointment at the Stadacona Clinic by calling 721-8780.

For Reserve Force Class A and Class B (<180 days), civilian DND employees and members of the public, influenza vaccine is publically funded for those in possession of a valid Nova Scotia health card. Influenza vaccine is available through your family physician, walk-in clinics and pharmacies throughout the province.

Get the flu shot, not the flu. Help protect you, your family and everyone around you.



Roll up your sleeve for the vaccine! CFB Halifax Base Commander Capt(N) Mazur receives his annual flu shot at CF Health Services Centre (Atlantic) on October 15.

MARGARET CONWAY, CFB HALIFAX PA

100 years
The War Amps
1918-2018

The War Amps programs have grown over the years from assisting war amputees – whom we still serve – to all amputees, including children. Today, we still have much to do to ensure amputees have the artificial limbs they need to lead independent and active lives. To achieve this, we need you!

Thanks to donations to the Key Tag Service, our programs will carry on long into the future.

To order key tags, please visit
waramps.ca or call **1 800 250-3030**.
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TRIDENT Sports

What's the score with local sports in your community? Send write-ups, photos, and results to editor@tridentnews.ca

Sportsnet analyst impressed by Formation Halifax athletes

By Ryan Melanson,
Trident Staff

As a former NHL head coach and general manager, and now as a hockey analyst with Sportsnet, Doug MacLean has seen it all through his 30+ year hockey career. But despite that experience at the pro level, the accomplishments, medals, and championships racked up by the athletes of the Canadian Armed Forces are no less impressive.

"I really do appreciate the chance to come here and marvel at the careers some of these people have, and the way they're able to excel in sports and win these championships while also serving our country," MacLean said during his keynote speech at the 16th Annual CFB Halifax Sports Recognition Breakfast on October 16.

"Us hockey guys talk about needing to win battles, or being in the trenches, or that we're going to war on the ice, and it all seems a little misguided when I meet the folks here and hear about what they do everyday in their jobs."



Sportsnet hockey analyst and former NHL head coach and general manager Doug MacLean was the keynote speaker at the 16th Annual CFB Halifax Sports Recognition Breakfast on October 16.

MacLean, originally from Prince Edward Island, is a former coach of the University of New Brunswick hockey team who found his way to NHL head coaching jobs with the Florida Panthers and Columbus Blue Jackets, along with nearly a decade as President and GM, also with the Blue Jackets. He spoke to attendees about the thrill of coaching hockey at the highest level, the enjoyment he's found in moving his career to the broadcasting side of the sport, and joked about the frustrations of constantly being mistaken for Ron Maclean, his broadcasting colleague and sidekick to Don Cherry on *Hockey Night in Canada*.

MacLean got a warm introduction at Juno Tower courtesy of PSP Halifax Sports Stores Technician and event emcee Wally Buckoski, who suited up with a jersey, helmet and hockey stick to give a recap of MacLean's career. He highlighted the way MacLean worked to get NHL opportunities for other maritimers, including current Las Vegas Golden Knights head coach Gerard Gallant and former NHL player and current Blue Jackets front office employee Joey Shelley.

"That's just the kind of guy he is; he's a great guy and a true maritimer. We're so happy to have him here," Buckowski said.

MacLean gave credit to the many who've supported him through the years during long playoff runs, constant travel and the other day-to-day aspects of professional sports, with a focus on his wife Jill and kids Clark and Mackenzie.

"It's amazing how critical the family support is when you're in the NHL and trying to go through your career, and I know the same is true for members of the Armed Forces."

Of course, the main focus of the Sports Recognition Breakfast are the awards themselves, presented to athletes who've worked hard over the past year. Winners included:

COTW
Campus atlantic (winners for both



Doug MacLean signs an autograph for WO Charlene Arsenault, a recent inductee to the CAF Sports Honour Roll.

16TH ANNUAL CFB HALIFAX SPORTS RECOGNITION BREAKFAST

2016-2017 and 2017-2018 seasons)

COTF

HMCS *Halifax* (winners for both 2016-2017 and 2017-2018 seasons)

Wing Cup

423 MH Squadron (2016-2017) and 12 AMS (2017-2018)

CAF Sports Honour Roll

2017 inductee WO Charlene Arsenault

CAF Sports Hall of Fame

2017 inductee the late Sgt (Ret'd) Rob Sneath

Rob Sneath Memorial Award

Formerly the CFB Halifax Dedication Award, now renamed after Sgt (Ret'd) Sneath to honour his dedication to CAF hockey and willingness to give back to the sport. This year's award was presented to PO1 Denny Wilson for his dedication to the CFB Halifax curling club.

Alexander Keith's Award

Shearwater Old Timer's Hockey team - 2018 CAF National Champions
Admiral Jones Shield Award

Presented to LS Chris West for his conduct, sportsmanship and character in supporting Formation sports.

Excellence in Health Promotion Award

PO1 Charles Bressette

Environmental nominee - MAR-LANT Male Athlete of the Year

Lt(N) Michael Bergeron -running/jogging

Environmental nominee - MAR-LANT Female Athlete of the Year

WO Charlene Arsenault - hockey/running

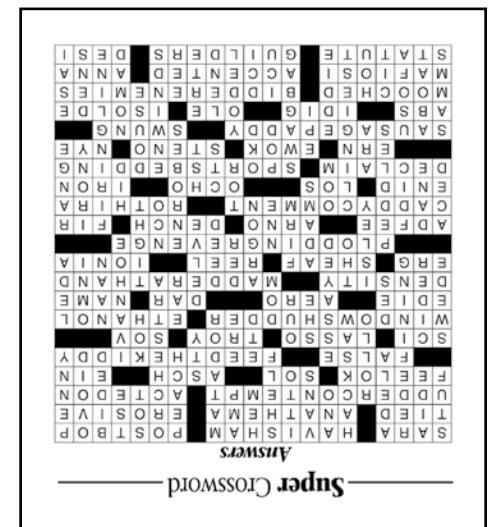
Environmental nominee - MAR-LANT Team of the Year

CFB Halifax Men's Basketball - CAF regional champions for 16 years in a row.

Environmental nominee - MAR-LANT Official of the Year
Capt Steven Stuart - volleyball

Environmental nominees move on to be considered for awards at the upcoming CAF National Sports Award Ceremony in Ottawa. Also recognized at the ceremony were the many teams and individuals from Formation Halifax who won Regional and National gold medals over the past year.

Organizers of this year's Sports Recognition Breakfast gave thanks to the many sponsors who made the day possible, including Alexander Keith's, Ultra Electronics, Lasik MD, Via Rail, Canadian Springs, the Halifax Mooseheads, CANEX, and many more.



Training camps part of promoting CAF rugby

By Ryan Melanson,
Trident News

About 20 CAF rugby players from across the Atlantic Region spent a week at CFB Halifax from October 9-5, hoping to up their game with a week-long training camp.

Building on progress made during a similar regional camp last year, participants spent the bulk of their time on Porteous field practicing drills and scrimmages, with Rugby Nova Scotia provincial head coach Jack Hanratty on hand for part of the camp to provide extra instruction. The camp was also organized in part by PSP Halifax.



Rugby Nova Scotia's Jack Hanratty gives instruction to the rugby camp participants on Porteous Field.

RYAN MELANSON, TRIDENT STAFF

Continued on page 23

Baseball ineptness

By Stephen Stone

Not all players who make The Show are above the Peter Principle. These questions are about those who have shown a tremendous ineptness in the bigs. There is one who even made into the Hall of Fame.

Questions

1. The voice of the Milwaukee Brewers, a Miller Lite pitchman, and drunken announcer Harry Doyle in the movie Major League, in six seasons this catcher amassed a staggering 200 lifetime batting average.
2. He was the worst player on the worst team of all time – the 1962 Mets who lost a record 120 games. He once hit a triple but was called out after missing first and second base on his way to third.
3. He stood three feet, seven inches tall, and made only one plate appearance for the St. Louis Browns. His lifetime on base percentage is 1.000.
4. He once owned a car with the licence plate E3. He holds the Boston Red Sox record for errors by a first baseman in a single season – 29 in 1963. On June 28, 1963, he became the first first-baseman to record three assists

in one inning. Even the inept are ept at least once.

5. Despite a career batting average of .217 and a .259 slugging percentage, he did win four World Series rings with St. Louis and Oakland. In 67 World Series at-bats he hit just .115. In 1968 he went 0 for 22 in the World Series
6. In 1979 he gave up eight runs off seven hits pitching for the Yankees in the only game he pitched. Unfortunately he never recorded an out. He ended the season with an ERA of infinity.
7. He is in the Hall of Fame. He was once thrown out three times trying to steal home. He holds the record for putouts by a short stop with 5,139. Although he stole almost 300, bases he was caught 112 times.
8. He managed 81 extra-base hits in 2,301 career at-bats. By comparison, Babe Ruth had 119 extra-base hits in 540 at-bats in 1921.
9. In 26 games he posted a 6.48 ERA over three seasons. In 1956 for the Kansas City Athletics he volunteered to throw at the heads of Yankee batters, which sparked a brawl – Duh! He also ended up coaching the Los Angeles Dodgers watching Kirk Gib-

son's World Series home run from the dugout.

10. He had no major league plate appearances and never played in the field. As baseball's only designated runner, he scored 33 runs over bits of two seasons (1973-74). He stole 31 bases on 48 attempts. He was picked off in the ninth inning of game two of the 1974 World Series, killing an Oakland rally and giving the victory to the Dodgers.
11. As a back-up first-baseman for the Giants, Astros, Phillies and Rockies, he hit 21 home runs in 545 at-bats. However he batted .186 and struck out 188 times.
12. He stole 74 bases in 1998. He stole 260 in his career that stretched from 1994-2003. His on-base percentage was .310.
13. He shares the record he set in 1976-77 with Larry Littleton (1981) of the Indians of having the most at-bats by a non-pitcher without a hit. Both have a career BA of .000 in 23 at-bats, but at least Littleton managed three walks.
14. In May of 1912, to avoid a forfeit and a fine, and while the Detroit Tigers were on strike protesting a suspension of Ty Cobb for beating a handless fan, the Tigers used re-

placement players. In his only game, this replacement pitcher threw a complete game allowing 24 runs on 26 hits with only 14 earned runs.

15. He has the lowest career batting average of any player with over 2,500 at-bats – .170 – with two home runs.
16. During his career, this pitcher hit a record 277 batters.
17. His career ERA was 6.10, his single-season best was 5.04, and his worst season was 7.71. He played for the Phillies and the Cubs.
18. He was a career .243 hitter who rarely took walks, and when he did get hits, he rarely mustered more than a single. In the tainted World Series, he went two for 25, but drew five walks.
19. Manager Casey Stengel, when he was coaching the Mets, didn't think too highly of this player, saying of him, "You have to have a catcher or you'll have all passed balls."
20. He managed to string together eight seasons as a starting pitcher in the National League despite walking more batters than he struck out. He led the league in walks three times, wild pitches twice, and even hit batters once.

Answers on page 23



**A HUGE
THANK YOU TO ALL
OUR MILITARY MEN AND WOMEN,
PAST, PRESENT AND FUTURE!**

BRENDAN
MAGUIRE
MLA, HALIFAX ATLANTIC

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Super Crossword

TD CONVERSION

ACROSS

- 1 Actress Paxton
- 5 Miss -- (Dickens spinster)
- 13 Small-combo jazz genre
- 20 Even-steven
- 21 Hated thing
- 22 Like waves, to shorelines
- 23 Disdain for cow milkers?
- 25 Heeded, as a suggestion
- 26 Not be under the weather
- 27 Note before la
- 28 "Moses" novelist Sholem
- 30 A, to Klaus
- 31 Ungenuine
- 33 Give a tot some grub?
- 38 Psych., e.g.
- 40 Trail rope
- 43 Priam's city
- 44 Part of USSR: Abbr.
- 45 Tremble resulting from drawing curtains?
- 48 Gas additive
- 52 With 66-Down, she won a 1957 Tony for "Li'l Abner"
- 53 Sleek, briefly
- 54 Tanzania's -- es Salaam
- 55 Moniker
- 56 Quantity in a given area
- 59 More irate about the cards one was dealt?
- 64 Work unit
- 65 Grain bundle
- 68 Rod go-with
- 69 Old region of Asia Minor
- 70 Retaliation plan that's proceeding tediously?
- 74 Mag revenue source
- 77 River of Florence
- 78 Dame Judi
- 79 Larch cousin
- 82 Statement about a tea box?
- 86 Certain tax shelter

- 88 Author Blyton
- 89 LAPD division?
- 90 Julio's "eight"
- 93 Driving club
- 94 Orate
- 96 Sleep furniture designed for athletes?
- 101 West ender?
- 102 Cuddly "Star Wars" critter
- 103 Office scribe
- 104 TV "Science Guy" Bill
- 105 Rice field with a salami factory in the middle of it?
- 110 Used a bat
- 112 What sit-ups work
- 113 "Yeah, bro"
- 114 Cheer for a 12-Down
- 117 Love of Tristan
- 120 Scrounged
- 123 Rivals at auctions?
- 127 Members of the mob
- 128 Underscored
- 129 Elsa's sister in "Frozen"
- 130 Written law
- 131 Euros replaced them in the Netherlands
- 132 Lucy's guy

DOWN

- 1 Double -- Oreos
- 2 Adviser, e.g.
- 3 Changing the nature of
- 4 Author -- Rogers St. Johns
- 5 Tool for cutting metal
- 6 Year, in Brazil
- 7 Movers' vehicles
- 8 "Leave -- me!"
- 9 Library unit
- 10 Skirt border
- 11 Bit of gig gear
- 12 Torero
- 13 Georgia fruit
- 14 Symphony performer

- 15 Boozing type
- 16 Mao -- -tung
- 17 -- one's time (waited)
- 18 Egg-shaped
- 19 1-cent coin
- 24 Rich boy in "Nancy" comics
- 29 Pig holder
- 32 Tried
- 34 Abbr. at JFK
- 35 Before, to Browning
- 36 -- i-noor diamond
- 37 Novel by Sir Walter Scott
- 38 Uppsala native, e.g.
- 39 Apple quaff
- 41 "Thar -- blows!"
- 42 Sharing word
- 46 -- Plaines
- 47 DeLuise of "Fail Safe"
- 48 Head organ
- 49 Indian bread
- 50 Old Dodge hatchback
- 51 Mother of Helen, in myth
- 54 Dig deeply
- 57 -- Brothers ("Fight the Power" R&B group)
- 58 E'en if
- 60 Inert element
- 61 The, to Klaus
- 62 Achievement
- 63 Snug-fitting
- 66 See 52-Across
- 67 Unwavering
- 70 Sells
- 71 L.A.-to-Boise dir.
- 72 Dresses
- 73 SFC or cpl
- 74 Nailed
- 75 Aarhus native, e.g.
- 76 Bank acct. guarantor
- 79 Forefront of an activity
- 80 Wry twist
- 81 Span
- 83 Most tenacious

- 84 -- -pah
- 85 Blue Jays, on a scoreboard
- 87 Covered up
- 91 Euro divs.
- 92 Pres. after FDR
- 95 Parseghian of Notre Dame
- 96 Goodie-filled gala gift
- 97 Pea holder
- 98 Permitted
- 99 Coils around

- 100 Drench
- 102 Dermis or Pen lead-in
- 105 "Dynasty" actress Emma
- 106 "Three Men in --" (novel or film)
- 107 Yank's land
- 108 "Metro" star Murphy
- 109 Sing on a peak, maybe
- 111 Roving type
- 115 Loan out

- 116 Art Deco notable
- 118 Cubs' homes
- 119 Morales of "Caprica"
- 121 Op. -- (kin of "ibid.")
- 122 Astros, on a scoreboard
- 124 Hospital div.
- 125 Roman 601
- 126 At any time, to Browning

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Fitness and sports updates

By Trident Staff

As part of the planned transition of fitness services from STADPLEX to other CFB Halifax facilities, all STADPLEX fitness classes and FORCE testing have been moved to the Fleet (Dockyard) gym, building D216. STADPLEX will still be available to members wishing to access the cardio and weight rooms, squash court and running track for the month of October. Visit www.cafconnection.ca/halifax for more information and new schedules. Any inquiries regarding fitness classes and FORCE testing can be sent to Lucas Hardie, CFB Halifax Fitness Coordinator at Lucas.Hardie@forces.gc.ca

The CFB Halifax Old Timers Hockey Team is looking for new players. All interested players wishing to participate should contact Reginald Simmons at Simmons@forces.gc.ca / Office Tel.: 902-427-3381 / Cell : 902-440-7394. Practices are from 2-3:30 on Fridays starting October 12 at the Halifax Civic Centre and the team will be playing in the BMO Hockey league. Atlantic Region OT Hockey Championship will be held in 14 Wing Greenwood, February 12-15, 2019. Please note that players must be 37 years of age (three under age 40 players are permitted at CAF Regional and Nationals) with the exception of goaltenders who must be 35 years of age.

Intersection/Drop-In Pickleball. Come and learn a fun new sport. Shearwater Gym, Mondays and Wednesdays 12 p.m. – 1 p.m. For more information please contact Sgt Rick Austin, 720-1711 or rick.austin@forces.gc.ca

12 Wing Shearwater drop-in basketball is available Wednesdays from 6-8 p.m. For more information please contact: Cpl Gagnon at 902-720-3214 or philip.gagnon@forces.gc.ca

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Training camps part of promoting CAF rugby



Rugby players from across the Atlantic Region attended a rugby development camp in Halifax from October 2-5.

RYAN MELANSON, TRIDENT STAFF

Continued from page 21

“We’re still working towards the next international tournament, so we’re trying to identify key players for that,” said Capt Parker Horton, who played for Canada at the last International Defence Rugby Competition in 2015. He’ll be releasing from the CAF shortly, but is staying involved with military rugby ahead of the next games in 2019, which will run alongside the Rugby Board World Cup in New Zealand.

“Each region is doing their own regional rugby camp and the results look promising coming out of those.” Efforts are being made to grow the

sport at bases across the country, and while a strong program exists at CFB Edmonton, other regions, including the Atlantic, have had difficulty fielding players. The hope is to eventually establish regional tournaments across the country, leading in to a national tournament and selection process for a Canadian CISM rugby team. For now, having a group of enthusiastic men and women on the field is a positive sign of things to come, Horton said.

“We’re trying to promote the sport and get the numbers up. A CAF national tournament would be great. If we could run a rugby sevens tournament at the regional level, that would be an ideal place to start.”

Baseball ineptness

Questions on page 21

Answers

- | | |
|----------------------|----------------------------------|
| 1. Bob Uecker | 10. Herb Washington |
| 2. Marv Throneberry | 11. J.R. Phillips |
| 3. Eddie Gaedel | 12. Brian L. Hunter |
| 4. Dick Stuart | 13. Mike Porter of the Cardinals |
| 5. Dal Maxvill | 14. Aloysius Travers |
| 6. Bob Kammeyer | 15. Bill Bergen |
| 7. Rabbit Maranville | 16. Gus Weyhing |
| 8. Rafael Belliard | 17. Les Sweetland |
| 9. Tommy LaSorda | 18. Swede Risberg 1919 Black Sox |
| | 19. Choo Choo Coleman |
| | 20. Herm Wehmeier |



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