



TRIDENT

THE NEWSPAPER OF MARITIME FORCES ATLANTIC SINCE 1966 - LE JOURNAL DES FORCES MARITIMES DE L'ATLANTIQUE DEPUIS 1966

Fire truck pull

Military members participate in a fire truck pull. The event is part of 12 Wing Shearwater's kickoff of its annual National Defense Workplace Charitable Campaign. The kickoff happened at the Sea King Club at 12 Wing Shearwater on October 25, 2018.

LS BRAD UPSHALL, 12 WING IMAGING SERVICES, SHEARWATER



Stad Band deploys on Op DISTINCTION Pg. 3



STADPLEX closes its doors Pg. 5



From HMCS Protecteur to MV Asterix Pgs 12-13



Fleet Club takes 49th Mini Grey Cup Pg. 20

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Another successful CAF Sports Day

By Virginia Beaton,
Trident Staff

From an early morning 5K run, to ball hockey, to yoga, CFB Halifax's annual CAF Sports Day, held on Friday, October 19, was another success.

PSP Halifax fitness and sports staff organized wide variety of fitness and sports activities for civilians and military alike. There was a 5K run through the Dockyard and along the waterfront, games of basketball and volleyball, ball hockey, and to end the event on a quiet note, yoga. Events took place at STADPLEX, the Fleet gym, and outdoors.

Not to be outdone, 12 Wing Shearwater held fitness and sports events as well. There was a run, as well as games of volleyball, softball, pickleball, and ball hockey.

Corporate sponsor Subway provided an array of sandwiches for lunch, which were much appreciated and eagerly consumed by participants in the day's events.



Members of the Royal Canadian Navy, CAF and the Defence team participate in a variety of sports to jump start their day during CAF Sports Day at CFB Halifax on October 19, 2018. The Canadian Armed Forces values sport as a means to keep physically fit, boost morale, and develop leadership skills among the troops.

MONA GHIZ, MARLANT PA



A 5K run took runners from HMC Dockyard to the Halifax waterfront as far as The Wave outside the Maritime Museum of the Atlantic, and looped back to the Dockyard.

MONA GHIZ, MARLANT PA



12 Wing Shearwater presented a variety of fitness and sports activities on CAF Sports Day. Softball was one of the outdoor game options.

LS LAURANCE CLARKE, 12 OPERATIONS SUPPORT SQUADRON IMAGING



The Fleet gym hosted volleyball games.

MONA GHIZ, MARLANT PA



Basketball was one of the indoor sports in which CAF Sports Day athletes could participate.

MONA GHIZ, MARLANT PA

Stadacona Band marks armistice centenary in Belgium

By Ryan Melanson,
Trident Staff

The Stadacona Band of the Royal Canadian Navy is often called on to represent Canada at special events and commemorations at home and abroad, but few have carried the importance that comes with the band's most recent tasking.

The Stad Band deployed to France and Belgium from November 4-11 to participate in Operation DISTINCTION 2018, the CAF mission supporting events commemorating the 100-year anniversary of the Armistice and the end of the First World War.

"We've done anniversaries and commemorations related to the wars before, but because Canada played such a big role in the finish of this war, and the value that brought to the entire world, I expect this to be even more meaningful for all of us," said Lt(N) Bradley Ritson, the band's new commanding officer as of this past August.

Members of the band participated in a number of different ceremonies, mainly from November 9-11, beginning in Quiévrain near the French border, where Canadian troops first entered Belgium during what's now known as Canada's Hundred Days, and ending at the Grand-Place in Mons, where the largest commemorative ceremony took place.

"That ceremony will essentially be a complete recreation of the original liberation parade," Lt(N) Ritson said. The parade was embellished with period materials and composed of regiments past and present from Canada, the United Kingdom, Belgium and France, and was followed by a presentation including archival films, witness readings, and of course, music. The band performed a special piece in collaboration with the combined pipes and drums, featuring members of the Nova Scotia Highlanders and Black Watch bands, written by a local musician in Mons in honour of those who participated in the liberation, titled 1918: *Returning Home to the Sound of the Bagpipes*.

"The last time the band was in Mons was 1976, and our bands and Canadians in general are always well received in Belgium, so I'm sure that will be the case once again," Lt(N) Ritson said.

"To march into a square surrounded by people who are welcoming you and excited to see you there is one of the greatest feelings we get in this job."

There was also a Nova Scotia con-



The Stadacona Band of Maritime Forces Atlantic in Windsor Park on October 24, prior to deploying to Belgium for Op DISTINCTION 2018, marking the centenary of the end of the First World War.

MCPL NEIL CLARKSON, FIS

nection as part of the events, with the band participating in a ceremony on November 10 in the town of Le Rœulx, where a new monument was unveiled commemorating George Price, from Port Williams, who is recognized as the last Commonwealth soldier to be killed before the fighting ended.

During the deployment, bandmembers had a chance to take part in battlefield tours led by historians over the next few days, and some, like Lt(N) Ritson himself, could seek out the burial places or other connections to relatives who were lost in the war.

Ahead of his first major overseas trip with the band, the new CO said he couldn't be more confident. His musicians have been out practicing drill and fine tuning the musical pieces ahead of the deployment, and they'll stop in Ottawa for more training with other members of the Canadian contingent before flying to Europe.

"I think it's going to be a very moving and emotional event. We're all excited to take part. I'm extremely proud of the work they've put in and I'll be proud, as always, to stand in front of them when we get over there."

NAME	NEVILLE, TOM //
ENROL DATE	2001 //
RETIRED AS	PETTY OFFICER 2 ND CLASS //
	HMCS MONTREAL //
DEPLOYMENTS	OP HESTIA (HAITI) - 2010 //
LOCATION	HALIFAX //
TITLE	SECURITY GUARD USE OF FORCE QUALIFIED //
SERVICE	2017-PRESENT //

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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.

Tuesday Night Talks: HMCS Kootenay

Time: 7 p.m.

Date: Tuesday, November 13

Location: Maritime Museum of the Atlantic

On 23 October 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.

Panel Discussion: Indigenous in Halifax

Time: 6:30 - 8:30 p.m.

Date: Thursday, November 15

Location: Halifax Central Library

Former Halifax poet laureate Rebecca Thomas will lead this panel discussion about life for indigenous people in our city. The event is presented by StarMetro Halifax.

Disaster Preparedness with the Canadian Red Cross

Time: 2:30 - 4 p.m.

Date: Sunday, November 18

Location: Alderney Landing Public Library

Preparedness is an important component in the disaster management cycle, and the Red Cross encourages all Canadians to know the risks, make a plan, and get a kit. This presentation will help you better understand and advocate for emergency preparedness in your area, with a focus on winter storm preparedness.

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 to 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.



Welcome aboard!

The 2018-19 high school Navy co-op began on October 25 at CFB Halifax. For the next several months, nine local high school students will be learning about life at DND, the Canadian Armed Forces culture and the many career opportunities available within the Royal Canadian Navy and the larger DND/CAF community.

MARGARET CONWAY, BASE PAO



Members of the CFB Halifax and PSP community gathered outside STADPLEX after Base Commander Capt(N) David Mazur locked the doors of the now-closed facility on October 31.

RYAN MELANSON, TRIDENT STAFF

STADPLEX doors officially closed after 75 years

By Ryan Melanson,
Trident Staff

It was the end of an era for fitness and sports at CFB Halifax on October 31, as the STADPLEX gym, open on the base since 1943, officially ceased operations.

To mark the bittersweet moment, a small group of PSP employees, Base leadership, and others who had

special connections to the building gathered in the lobby for cake and to say goodbye to the facility.

“This building has supported the fleet and supported Army, Navy, and Air Force men and women, as well as the civilian community and veterans, and served us well for 75 years,” said Base Commander Capt(N) David Mazur, who also explained the efforts being made in the short term to

mitigate the impact on CAF members until a permanent replacement for the gym is in place. These include extended hours at the Dockyard and in Shearwater, hotel-style gyms in Juno and Tribute Towers, and more. Complete information on the short and long-term plans for the future of fitness and sports at the base can be found at <http://cafconnection.ca/halifax>.

“It’s not going to suit everyone’s needs while we go without a purpose-built facility like we’ve always had, but there is a future ahead of us and we’re moving on to the next steps right away,” Capt(N) Mazur said.

PSP Halifax Senior Manager Joni Sawler thanked the patrons who made such good use of the facility, the PSP staff members who’ve provided services there for the last two decades, and others who supported events or gave back to the gym in other ways. A

special mention was made for CPO1 (Ret’d) Doug Wright, who worked to establish the Niobe trophy room and get other historical photos and artifacts on display throughout the building.

“We appreciate everything he and others have done, because it’s not just about lifting weights and running around the track; this building has had an impact on people’s lives over the years,” Sawler said.

While a new, permanent fitness facility for CFB Halifax is years away, CPO1 (Ret’d) Wright hoped that the old photos, memorabilia and information will be preserved, and that the tradition of excellence in sports for Navy and CAF members in Halifax continues into the future.

“We need to make sure the legacy goes on and that we honour those who came before us, because it was a very important part of our history,” he said.



CPO1 (ret'd) Doug Wright speaks to members of CFB Halifax and PSP leadership, among others, who attended a small gathering to officially mark the closure of the STADPLEX gym on October 31.

RYAN MELANSON, TRIDENT STAFF

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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

Kootenay survivors mark 49 years since peacetime tragedy at sea

By Ryan Melanson,
Trident Staff

Steve Rowland was only 18 years in old, in the first year of his naval career, when he was posted to HMCS *Kootenay* in May of 1968. He recalled meeting up with a few sailors he already knew, being shown the ropes on board, and expecting to make good memories with his new shipmates.

That all changed, however, on October 23 of the following year. The ship was returning from exercises in Europe, and had broke off from the task group for full power trials, about 200 nautical miles off Plymouth, England, when disaster struck. Rowland recalled that he was supposed to be in the engine room at the time, and got permission from his chief to finish a cigarette before heading there. He had one foot on the ladder when he heard a noise and felt his ears pop.

"I looked up the top of the hatch and saw a solid wall of black smoke moving forward. Then we heard the pipe that there was a fire in the engine room, and that this was not an exercise," he said.

That fire, stemming from a gearbox explosion, would kill nine of his shipmates and leave more than 50 others injured, leading to lifelong chronic issues for many. If not for the heroic actions of the crew, many of whom ventured into the black smoke to help their colleagues, the result may have been even worse.

The 1969 explosion in HMCS *Kootenay* is now known as the Royal Canadian Navy's worst peacetime disaster, and often referenced as the catalyst for the modern damage control and firefighting procedures that



Surviving members of HMCS *Kootenay*, who were on board during the gearbox explosion in 1969, pose for a photo at the ceremony marking 49 years since the incident. Many are wearing the newly created HMCS *Kootenay* ribbon.

LS BRAD UPSHALL, 12 WING IMAGING

have since been adopted. A ceremony marking 49 years since the tragedy took place on Monday, October 23, at Damage Control Training Facility Kootenay, which is also named in commemoration of the *Kootenay* explosion. It was attended by survivors from the 1969 crew, along with friends and family members, and others, including Base Commander Capt(N) David Mazur and Naval Fleet School

(Atlantic) Commandant Cdr Danny Croucher. The Halifax Regional Municipality and Provincial Government were also represented, with Mayor Mike Savage and Hammonds Plains - Lucasville MLA Ben Jessome each reading proclamations.

As the survivors enter the 50th year since the explosion and begin planning for the milestone commemoration in 2019, a new HMCS *Kootenay* ribbon has been created, which will be worn in future years from October 1 - 23.

"We wanted our own symbol that Canadians could uniquely identify with *Kootenay*. The poppy will always represent all veterans, but the HMCS *Kootenay* ribbon will identify those that died aboard *Kootenay*," said AB (Ret'd) Allan "Dinger" Bell.

The ribbon is dark blue with white capital letters. A section is left blank, representing the lives unlived, while the straight pin represents those who selflessly went to the aid of others. Credit went to the Royal United Services Institute of Nova Scotia, as well as DB Embroidery, for help bringing the project to fruition. Also new for the 50th year will be a *Kootenay* ship model recently delivered DCTF *Kootenay* from the west coast and now on display. The model was previously owned by the late RAdm John Pickford, who commanded HMCS *Kootenay* in 1959.

Rowland said he still thinks about his lost friends, and the disaster itself, every single day.

"But I believe there are positive things that came about because of the disaster in HMCS *Kootenay*. The proof is in this building, and the training that goes on here," he added.

Cdr Croucher, as the head of the training school, assured the former *Kootenay* crewmembers and their families that their story will not be forgotten, and will continue to shape the RCN's damage control practices and policies.

"The tragedy led to better training, thorough inspections, and more firefighting and damage control equipment onboard ships," he said.

"We have learned from this disaster and we continue to learn from it. We will continue making improvements and making our work safer as we move forward."

Members of HMCS *Kootenay* lost on October 23, 1969:

CPO1 Vaino 'Ski' Partanen
CPO2 William Alfred 'Billy' Bourdreau
PO Eric George Harman
PO Lewis John Stringer
LS Pierre 'Pete' Bourrett
LS Thomas Gordon Crabbe
LS Gary Wayne Hutton
OS Michael Allen Hardy
OS Nelson Murray Galloway



Kootenay survivors Steve Rowland, right, and Chris LeGier, perform the roll call for shipmates who died on October 23, 1969, as well as those who survived the explosion but have since died.

LS BRAD UPSHALL, 12 WING IMAGING

“I give because...”

2018 NDWCC Member Profile

By Margaret Conway,
Base PAO

Have you ever met someone who was married in a hospital? I hadn't until I met Base Administration Unit Chief CPO1 Ed Hardy.

Twelve years ago, CPO1 Hardy and his spouse Nathalie stood face-to-face in room 505 at the IWK children's hospital. CPO1 Hardy's best 'man' was a nurse who'd just started her shift; Nathalie's maid of honour was another nurse working in the same unit. With the minister from their church present and two rings that had been picked out and delivered by a family member, the two were married in the simplest of ways.

A wedding is a happy occasion, of course. At the time of their union, however, CPO1 Hardy and Nathalie were facing the most challenging time in their lives. They wanted to be married in the presence of their two daughters and had already been planning a formal ceremony to be attended by close family and friends. Unfortunately, a scary medical prognosis meant that their youngest daughter might not live to witness that special day. A wedding in room 505 allowed CPO1 Hardy and Nathalie to exchange their vows, as they'd wished, with their two daughters by their side.

Not long before they were married in that hospital room, their three-month-old daughter Elizabeth was diagnosed with a rare liver disease. Her diagnosis was followed by seven months of continuous hospitalization during which she endured in excess of 90 blood transfusions, 13 surgeries, a transplant and two life flight airplane trips between their home in Halifax and a hospital in London, Ontario. For three and a half months of that hospital stay, Christmas included, CPO1 Hardy and Nathalie lived at the Ronald McDonald house in London while their two-year-old daughter Sarah remained in Nova Scotia under the care of family and friends.

“During [those seven months] in the hospital and support centres, the amount of support we received from outside agencies was amazing,” explains CPO1 Hardy. “The amount of giving was phenomenal.” He also makes special mention of the help he and Nathalie received from their families and the incredible care shown by the Defence community as they - both CAF members at the time - navigated the challenges of life with a sick child.

Today, 12-year-old Elizabeth attends regular check-ups, or her



The Hardy family: Sarah (left), Ed, Elizabeth and Nathalie.

SUBMITTED

routine “oil, lube and filter change” as CPO1 Hardy likes to call them, to ensure that her liver is functioning properly. There is no cure for her illness, and she will take medication and visit the hospital for tests and check-ins for the rest of her life. “Life with Elizabeth is not a game of cards that you can fold if you have a bad hand,” says CPO1 Hardy, going on to explain that despite the challenges, this is simply the life his family knows and is one they cherish and enjoy.

And the realities of her life as a transplant recipient certainly haven't slowed Elizabeth down. She plays volleyball and lacrosse and competes on a PeeWee AAA boys hockey team. She also swims, attends Girl Guides and volunteers weekly with a local recreational skating program. “To date, she's overcome every obstacle,” reflects CPO1 Hardy. “And without the support of others, we wouldn't have her today. [Nathalie] and I could never have done it alone!”

All of that support has inspired the

Hardy family to continue giving back to their community. CPO1 Hardy is now in his 20th year as a volunteer firefighter with the Lawrencetown & District Volunteer Fire Department. His wife is a Girl Guide leader and taught Sunday School for several years. As a family, the Hardys have volunteered at the IWK Telethon and continue to speak at fundraisers and galas to support charities related to Elizabeth's illness including Canadian Blood Services.

“We keep giving because of what

has been given to us. There was no way that Elizabeth could have survived without the medical care and support we received,” CPO1 Hardy explains. “You really don't know what [support] is out there until you need it, and you never know what the person sitting next to you is experiencing or has experienced.”

For 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.



Elizabeth Hardy participates in an event for the Canadian Transplant Association.

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HR-Civ celebrates new Office of Disability Management

By Ryan Melanson,
Trident Staff

The opening of a new Office of Disability Management (ODM) at CFB Halifax is being celebrated as a major step towards the development of a new Total Health and Wellness Strategy for civilian members of the defence team.

The Halifax ODM is now the third office of its kind in the country, and though it began operating in the summer, staff and stakeholders gathered at the Piers Military Community Centre on October 22 to officially cut the ribbon with a grand opening celebration.

The ODM provides one-on-one case management services for injured, ill or impaired employees, offering personalized support to help navigate through the process, which can be confusing and stressful. According to management of the new office, the ODM's role is to be an impartial, collaborative and inclusive entity that facilitates a supportive, safe and healthy work environment, enabling ill, impaired and injured employees to stay at work or return to the workplace as early as medically feasible. ODM staff are aiming to help both employees and employer navigate through things like proper accommodation for employees, facilitating leave and return to the workplace, and working through medical retirements when required. This applies in cases of injuries that



Staff at the new Halifax Office of Disability Management cut the ribbon, officially opening their office at the Piers Military Community Centre. From left, Dianne Tilley-Vickers, Carol Thomas, MARLANT Chief of Staff Capt(N) Guillaume Lafrance, ODM National Manager Chantal Lussier, Federal Dockyard Trades and Labour Council East President Jerry Ryan, Associate Deputy Minister (HR-Civ) Kin Choi, Denise Chisholm and Sabrina DeWolfe.

occur at the job as well as non-occupational cases.

While dealing with a workplace injury, or an illness that takes an employee away from their job, is never easy, the four disability management advisors at the new office will bring positive change to the process, said Kin Choi, Associate Deputy Minister (HR-Civ). He was at the grand opening

along with ODM National Manager Chantal Lussier, ODM staff, Capt(N) Guillaume Lafrance, representing MARLANT, and many others.

“Don’t let the word ‘disability’ turn this into a negative. This office is here to help people get back to work, help them be productive and improve their overall wellbeing.”

Government data shows that DND

has a high injury frequency compared to other departments, as well as longer than average delays in reporting incidents. In cases when employees require leave from work, statistics show those out for as long as six months have only a 50% likelihood of returning to their job, and after two years away from work, that number drops to just 10%. While the introduction of a centralized service to support employees and managers through this process is intended to reduce claim costs, there is also a focus on the people, and the extra support is meant to benefit workers.

Jerry Ryan, president of the Federal Dockyard Trades and Labour Council East, said ODM has been developed collaboratively and with union support, and will help make the process less stressful for DND employees.

“These programs are about putting people first. We all want to do the right thing by our people, but often times we don’t have the tools, the equipment, or resources that we need to do it. This is a great

step toward improving that.”

Ryan added he’s seen too many workers deal with stress, mental health issues and financial hardship after needing to take time away from work for reasons beyond their control, and many never return. Getting people the support needed to overcome these difficult situations is seen as a win for all involved.

MCPL NEIL CLARKSON, FIS

“Virtually” there

By Lt(N) Matthew Noiles,
Naval Training Development Center
Atlantic

The preparations for battle were daunting, the conflict tense, victory was uncertain and the path was littered with obstacles. Sailors, Soldiers, and Airmen of the U.S.A., Australia, U.K. and Canada endeavoured to defeat an opposition unlike those of conflicts past. They trained to engage the enemy on the high seas, in the air, and on the land but unlike other training they burned no fuel and spent no ammunition. Coalition Virtual Flag 18 (CVF 18) set a furious pace as Canada took part in effective combined joint training to further develop the acuity of our war fighters in a dynamic real time synthetic environment.

From the RCN’s perspective the training and advancement of synthetic training objectives were key, CVF 18 pushed us closer to a full spectrum

training environment capable of honing the skills of sailors in all areas of warfare without the wear and tear on valuable equipment and the depletion of resources.

From September 10 to 21, 2018, in the RCN’s East Coast Distributed Mission Operations Center (DMOC), an unassuming room filled with desks and computers, the RCN met key technological objectives with the utilization of an effective and jointly interoperable network infrastructure. Remote locations across North America and the Globe linked together in real time to engage the full spectrum of air, surface, and sub-surface threats as both a proof of concept for force generation and validation of force development. The myriad scenarios have attracted increased interest within the CAF as multiple units from 22 Wing North Bay, 14 Wing Greenwood, 12 Wing Shearwater and NTDC(A) par-

anticipated and linked together with our allies. Synthetic training has gained momentum within the RCN as we seek to gain advantage over potential adversaries through more robust but less resource intensive force generation. Lt(N) Alexander Liebersbach, (AWW CCD Manager) had this to say:

“CVF-18 provided members of the Royal Canadian Navy with an exceptional opportunity to exercise the duties of senior warfare commanders in a highly complex Joint warfare scenario. Conducting these operations with Air and Naval forces from the RCN, RCAF, USN, and USAF provided the team with unique challenges, but it also enabled the team to practice allied interoperability and achieve training objectives seldom realized during conventional exercises.”

His comments have been echoed by many of those involved, the training offered continues to evolve

and will enable future operators to benefit through the development of training aids, technology enabled learning, and active integration of networked systems to increase participation in warfare training taking place in a fully synthetic environment. In place of an individual unit or a small series of units linked together at sea, we can utilize a multinational simulated exercise to provide unparalleled opportunities to strengthen our capabilities and cohesion. As this technology evolves, NTDC(A) will shape training outcomes to ensure the sea-going warfighter is prepared for the multitude of potential scenarios provided by an ever-changing global environment, through leveraging the capabilities inherent in synthetic environments. This will provide the Fleet with combat effective operators capable of meeting the needs of the current and future RCN.

National Day of the Child – the power of play and recreation

By CFMWS

“On December 20, 2015 at the age of 10, Janelle was diagnosed with High Risk Stage 3 Favourable LOH+ Wilms tumour, a form of kidney cancer). She's been through surgery, 12 rounds of radiation, and 33 weeks (11 cycles) of chemotherapy,” said Liane Haviland, Janelle's mother.

Like many kids her age, Janelle attends a camp over the summer, but during the summer of 2016, Janelle was undergoing treatment for her cancer, which made it impossible for her to attend the Winnipeg PSP sports camp, something she was looking forward to. Before her cancer diagnosis, Janelle was an energetic kid who loved the sports themed camp, where a different sport was played every week.

Studies have shown that recreation, sports and play are integral to building resilience in children, and that by participating in activities they are able to develop core characteristics that will help overcome challenges.

Fast forward to the summer of 2017. With her treatment complete Janelle was able to attend camp. However, there were some concerns as her treatment had left her weak and with no stamina. The PSP recreation staff encouraged Janelle's parents to send her with a promise that they would take good care of her.

That promise turned out to be the best thing for her. The counsellors encouraged her and pushed her a little more every day. They found appropriate ways for her to be able to participate in all the activities, ensured she had time to rest when needed, and took special care to keep her well hydrated.

By the end of the summer, Janelle's stamina and energy levels had greatly

improved, so much so that even her oncologist was impressed. She is now going on two years in remission.

“The fact that PSP Rec staff encouraged us to send her and were willing to go above and beyond to work with her is huge. We are very thankful for them and the help they provided. They are now encouraging our daughter to become a volunteer for camp in 2020 when she is 14 and too old to attend. Now due to her positive experience with the camp and the counsellors, she can't wait,” said Liane Haviland.

Every year on November 20, National Child Day is recognized across the globe, giving children the opportunity to have a voice, be protected from harm and be provided with their basic needs to reach their full potential. These rights include the promotion and participation in cultural, artistic, and recreational and leisure activities.

“Janelle's story is one of many we hear,” says Ryan Cane, PSP Senior Manager Recreation Program and Community Services. “Across the country at all of our Bases and Wings, children from military families are building their resiliency when they play in our programs and work with our specially trained coaches and instructors.”

To celebrate National Child Day and the integral role that PSP recreation plays in the physical, emotional, social and cognitive development of children from CAF families, PSP on bases and wings will be hosting a free creative workshop for children in their community on Saturday, November 17, 2018. The art the children will create will be on display at the National War Museum November 28, 2018.

For more information and to register: CAFconnection.ca/child-day



Janelle Haviland, a cancer survivor, enjoys a cake and candles to celebrate her 13th birthday.

Journée nationale de l'enfant – le pouvoir du jeu et des loisirs

Par SBMFC

« Le 20 décembre 2015, Janelle, alors âgée de 10 ans, a reçu un diagnostic de tumeur de Wilms de stade III avec histologie favorable et perte d'hétérozygotie (une forme de cancer du rein). Elle a subi une opération, a reçu 12 séances de radiothérapie ainsi que des traitements de chimiothérapie pendant 33 semaines, soit 11 cycles, » a dit Liane Haviland, la mère de Janelle.

L'été, comme la plupart des enfants de son âge, Janelle participe à un camp, mais à l'été 2016, elle a suivi un traitement pour combattre son cancer, ce qui l'a empêché de participer au camp de sports des Programmes de soutien du personnel (PSP) à Winnipeg, ce qu'elle attendait avec impatience. Avant de recevoir son diagnostic, Janelle était une enfant énergique qui aimait les camps de sports où l'on s'adonne à un sport différent chaque semaine.

Des études ont révélé que le jeu, les sports et les loisirs font partie intégrante du développement de la capacité de résilience chez les enfants. En participant à des activités, ils se dotent de caractéristiques essentielles pour surmonter les défis.

À l'été 2017, Janelle avait terminé ses traitements et était en mesure d'aller au camp. Cependant, ses parents étaient inquiets puisque les traitements l'avaient affaibli et qu'elle n'avait plus aucune endurance. Le personnel des loisirs des PSP les a encouragés à inscrire Janelle au camp et il leur a promis qu'il en prendrait soin, ce qui a été bénéfique pour elle. Les conseillers l'ont encouragée et l'ont poussée à se dépasser un peu chaque jour. Ils ont été en mesure de trouver des solutions adéquates pour que Janelle puisse participer à toutes les activités, tout en s'assurant qu'elle se repose et qu'elle s'hydrate bien.

À la fin de l'été, son niveau d'endurance et d'énergie s'était grandement amélioré, tellement que son oncologue en était impressionné. Janelle est maintenant rendue à sa deuxième année de rémission.

« C'est immense ce qu'a accompli

le personnel des loisirs des PSP en nous encourageant à l'envoyer au camp et en étant prêt à dépasser les attentes en travaillant avec elle. Nous remercions le personnel et nous sommes reconnaissants de l'aide apportée. Les conseillers encouragent notre fille à devenir bénévole pour le camp en 2020 quand elle sera âgée de 14 ans et trop vieille pour s'y inscrire. Grâce à son expérience positive au camp et aux conseillers, elle a hâte, » mentionne Liane Haviland.

Le 20 novembre de chaque année, la Journée nationale de l'enfant est célébrée partout dans le monde. Cette journée permet aux enfants de s'exprimer et nous rappelle qu'ils ont le droit d'être protégés et de satisfaire leurs besoins primaires afin de s'épanouir pleinement. Parmi ces droits figurent la promotion et la participation à des activités culturelles, artistiques, récréatives et de loisirs.

« Des histoires comme celle de Janelle, nous en entendons beaucoup, » mentionne Ryan Cane, directeur principal du programme de loisirs et des services communautaires des PSP. « Partout au pays, au sein de nos bases et nos escadres, les enfants des familles de militaires développent leur capacité de résilience lorsqu'ils participent à nos programmes et qu'ils collaborent avec nos instructeurs et nos entraîneurs spécialement formés. »

Afin de célébrer la Journée nationale de l'enfant et le rôle important que jouent les loisirs des PSP dans le développement des capacités cognitives, sociales, émotionnelles et physiques chez les enfants des familles de membres des Forces armées canadiennes, les PSP dans les bases et les escadres organiseront un atelier de créativité gratuit pour les enfants dans leur communauté, le samedi 17 novembre 2018. Les œuvres créées par les enfants seront exposées au Musée canadien de la guerre le 28 novembre 2018.

Pour obtenir plus d'information ou pour inscrire votre enfant, consulter le site <https://www.connexionfac.ca/Nationale/S-impliquer/Journee-nationale-de-l-enfant.aspx>

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Networking Fair attracts large crowd

Defence Team members and students attend the National Defence Team Career and Networking Fair on October 17 at the Piers Military Community Centre. Personal development specialists, career transition program experts and hiring managers were on hand to help attendees learn more about the diverse and available occupations within the Public Service, Regular Force and Reserves.

MCPL MANUELA BERGER, FIS

Base Gagetown's scuba club holds annual underwater pumpkin carving contest

By Michelle Savage,

Army Public Affairs with files from Gagetown Gazette newspaper

The recreational Tankers Scuba Club located at 5th Canadian Division Support Base Gagetown puts a twist on a Halloween tradition with their annual underwater pumpkin diving and carving contest.

Teams of two divers each take the plunge, sometimes clad in full Halloween costumes over their diving gear.

The challenge for each team of pumpkin divers is to bring a buoyant pumpkin down into the water to the three-metre limit before making any cuts into the pumpkin.

"Pumpkins do float," noted club president Maj (ret'd) Robert Bissonnette, who is also the base's Deputy Personnel Support Manager.

Once all the dive teams and their pumpkins make it to the bottom, the carving and creativity begins. Spectators cheer on their carving contenders.

"This event has taken place each year for as long as the club has existed, which is more than 20 years," said Maj (ret'd) Bissonnette.

He noted that the club's size is fluid due to postings but it generally has from 15 to 25 members, both military and civilian, at any time. Club members take part in the annual contest free of charge at the Scotch Settle-



Members of the Gagetown base's Tankers Scuba Club begin their underwater diving event on October 27, 2018. Left to right: WO Warren Reid, MWO (ret'd) Chris Hanrahan and daughter Abigail, Pat Bernard, Maj (ret'd) Bob Bissonnette (in clown costume), Dakota Bernard, Sgt (ret'd) Peter Hall, Capt (ret'd) Gilles Turner, Cpl Steve Yank, Randal Thorpe.

MARIE-EVE BEAUCHAMP

ment Quarry near Oromocto, New Brunswick.

The 2018 event had 10 teams of two divers each, while six teams of divers took part in the carving contest in 2017. "The temperature was colder than last year but attendance was still great," said Maj (ret'd) Bissonnette.

The day is always an enjoyable success, with a potluck meal and prizes for best carving and best costume.

The Tankers Scuba Club is a recreational dive club located at 5th Canadian Division Support Base Gagetown. The club welcomes military

families and members of the community of Oromocto. They primarily certify through American Canadian Underwater Certification (ACUC) and teach all levels of courses. For information, contact tankersclub@gmail.com

New book describes role of Canadian Jews in Canada's wartime military

By LCdr (ret'd) Doug Thomas,
Executive Director,
Canadian Naval Memorial Trust

Double Threat: Canadian Jews, the Military, and World War II, by Ellin Bessner, describes the contribution of the 17,000 Canadian Jewish men and women who served in our armed forces and the merchant navy in the Second World War. Many of those who did not come home lie in foreign cemeteries with the Star of David on their headstones, or in the case of the RCN and merchant mariners, were lost at sea and have no known grave.

Young Jewish men, some of them recent arrivals from Europe where persecution of members of their faith had been increasing for years, lined up at recruiting centres after war was declared. There was a great deal of discrimination against Jews in Canadian society in those days, and it was not easy for them to join the armed forces. Apparently this was particularly so in the Royal Canadian Navy, with fewer than 600 Jews (0.53 % of the RCN) on strength. Having said that, there were a number who served with distinction in the Senior Service. Petty Officer Irv Kaplan of Montreal was one of only 38 survivors of HMCS *Valleyfield*, the only RCN frigate loss. He was Mentioned in Dispatches (MiD) for his heroic efforts to save lives, and received another MiD for his contribution to HMCS *Assiniboine's* sinking of three German vessels in 1944.

Harry Hurwitz was one of the 87 Canadian sailors who were recovered from the sea by German warships, after the sinking of *Athabaskan* in 1944. He spent the rest of the war in a German Prisoner of War camp, keeping his religious faith a secret from his jailors. Another Jewish Canadian, merchant navy radio operator John Lazarus, was lost in the British passenger liner *City of Benares*, that was evacuating British children to other Commonwealth countries. One of the survivors from Montreal told Lazarus' family that he stayed at his post in the ship's wireless office while the ship sank:

"He could have saved himself. But stayed there after we had all left the ship."

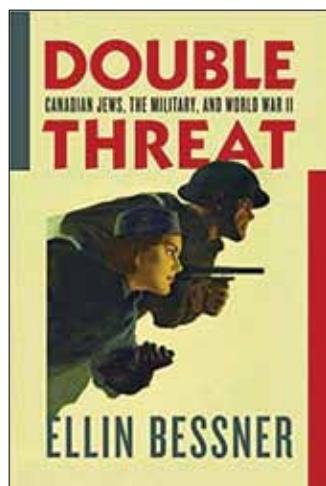
Double Threat is well-researched and includes many anecdotes from those who served, reminiscences from family members who remember them and their families, and the reactions of friends and families who lost their loved ones. Throughout the book there is much discussion of individuals trying to practice their religion – in some cases it was made difficult by those in authority, and in others it was encouraged: Lt. Cdr. John Stubbs, commanding officer of HMCS *Athabaskan*, was aware that Harry Hurwitz was Jewish, and insisted he take leave while the ship was undergoing repairs in Plymouth to celebrate Yom Kippur.

There certainly were difficulties, but for many Jewish servicemen their time mixing with people from other backgrounds, and the skills they picked up along the way, led to opportunities. Navy veteran David Hart went back to school to become an engineer, but it was the training he received during the war that he credits for his success later in life. "In the service you run across a wide variety of people, some of whom you would never dream of associating with in normal life, and it was a real education."

Prime Minister MacKenzie King sent a letter to the Canadian Jewish Congress in 1947, thanking them for the contribution of Jewish troops to the Allied victory. He called the war and Hitler a "double threat" to the country's Jewish servicemen: they had fought not only against "Nazi and Fascist aggression" but "also for the survival of the Jewish nation."

I found the book to be very interesting, and particularly enjoyed the experiences of the many individuals whose stories are recorded in it.

Double Threat: Canadian Jews, the Military, and World War II, by Ellin Bessner, is published by New Jewish Press, University of Toronto, Toronto, Ontario, 2018, paperback, 358 pages. The book contains photos and an extensive bibliography and reference section.



A Boatswain in HMCS *Nanaimo* works to sew some privacy curtains on October 26, 2018 during OPERATION CARIBBE.

CAPT JENN JACKSON

Boatswains... sew what?

By Capt Jenn Jackson,
Op Caribe PAO

When one thinks of the job of a Boatswain, sewing is probably not something that comes to mind. But sewing is in fact part of a Boatswain's job on ship and during OPERATION CARIBBE, one Boatswain is doing just that.

"It was a last minute decision to add a sewing machine to our kit," explains the LS Boatswain, who cannot be named for operational security.

"But it has already come in handy, allowing me to make some additional privacy curtains for around the accommodations pod."

Halifax-Class ships usually include a Boatswain as a sailmaker as part of their crew, but it is unusual to find a Boatswain at a sewing machine on a Kingston-Class ship like HMCS *Nanaimo*.

"You'd be surprised how much sewing is needed on a ship," adds the Boatswain. "Uniform repairs, covers for boats, name tags; I have even sewn some fancy napkins for a reception."

Learning the basics of using a

sewing machine is part of QL-3 Boatswain training and at the QL-5 level they are required to make bags and other small projects to hone their skills. While it is part of the core training for the trade, it's not always a Boatswain's first exposure to sewing.

"I first learned in junior high, and then learned more from my grandmother," adds the Boatswain.

"I actually like doing it. There's a rhythm to it that clears the head and it is great to see your finished project and the results of your hard work."

For this Boatswain, sewing is a regular part of his shift as a day worker during CARIBBE when he is not working on other duties, such as special sea duty helmsman or as a small boat coxswain.

"I am working on curtains now, but I am sure other projects will come up. There is almost always something to do on a ship at sea – sewing included. I am glad we brought a machine – it saves having to do big projects by hand."

As HMCS *Nanaimo* continues on OPERATION CARIBBE, our sewing needs will be well mended.







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Former HMCS *Protecteur* crew adapting

By Sgt R.D. MacPherson,
NRU Asterix

HMCS *Protecteur*, the lead ship of the decommissioned *Protecteur*-class replenishment oilers, had a storied and illustrious 46 years of service with the Royal Canadian Navy. For the majority of her crew, from her launch in 1968 leading all the way to 2015, this would be the only class of tanker they would sail in through their entire military career.

For a small group of CAF sailors, *Protecteur* was not the end, but only the beginning. With the launch of MV Asterix in 2018, some of the former HMCS *Protecteur* crew have returned to the Replenishment at Sea (RAS) deck and are rapidly adapting to the new ship. These veteran sailors have been quick to note there are many differences between their former ship, built in 1968, versus their new home in 2018.

MV Asterix is unlike any ship in the fleet as its crew is a mix of CAF members and Federal Fleet Services (FFS) civilian personnel. The combination introduces a different dynamic on how day-to-day business is conducted for the crew. CAF members work alongside FFS civilians in all aspects of operations and maintenance.

"Whether it be on the RAS deck, the bridge, the helo-deck or even in the gym, both military and civilian personnel are fully integrated together. Working with civilian personnel has its challenges but the FFS crew are excellent and have proven to be extremely valuable members of the team," said PO2 Ley Ireland, a five-year *Protecteur* veteran.

The new RAS equipment aboard Asterix makes operations easier and more efficient. The technologically advanced digital operating system now requires only a single cage operator vice the two operators that were required onboard *Protecteur*. It also offers many innovative options and presets that were just not possible on the analog system it has replaced. Mechanical systems such as the winches, motors and pumps have also been upgraded compared to those used on *Protecteur*.

While technologically more effi-



MV Asterix sails in a task group formation with USS Michael Murphy, HMAS Melbourne and HMCS Calgary while on route to Vietnam through the South China Sea during Operation PROJECTION on September 19.

LS MIKE GOLUBOFF, MARPAC IMAGING SERVICES

cient, Asterix still has some growing pains as trialing and troubleshooting is still required as experience develops. *Protecteur*, on the other hand, had the benefit of more than 40 years of experience passed on from generations of seasoned sailors, enabling a tried and true method of operation.

Both PO1 Nicholas Major and PO2 Jason Bosdet, Navcomms with 7 and 4.5 years on board *Protecteur* respectively, agree communications has also changed a great deal on the newship.

"On *Protecteur*, the communication equipment was a little outdated, so we had to learn how to do make old things meet new requirements. On the other hand, everything on the Asterix is brand new so we've had to come up

with new solutions to meet our old procedures," PO2 Bosdet said.

RAS operations on *Protecteur* used a combination of hand signals and vocal commands specific to every evolution. Each of the four cages onboard *Protecteur* was equipped with an open window, so Cage Operators could speak directly with the Station Captain. MV Asterix has an enclosed RAS Control (RASCO) which requires the use of UHF radios in addition to hand signals to ensure commands are communicated correctly and efficiently. Also, Asterix does not routinely use ship-wide pipes for daily activities and instead pipes are strictly reserved for emergencies and important general announcements. It is not used for piping personnel around the ship or

daily routines.

"We've had to adapt by utilizing handheld UHF radios to ensure information to personnel is relayed efficiently. On the upside, it is nice not to wake up to the sound of a boatswain's call or the testing of the general alarm first thing in the morning. It really places the responsibility on our junior sailors to make good decisions and show up on time," says PO1 Tim Rose, a four-year *Protecteur* veteran.

Accommodations aboard MV Asterix are "without a doubt impressive and the envy of the RCN," says PO2 Justin Schnob. Quality of life has improved drastically. Most crew members have the privilege of having their own personal cabin. Within each cabin is a desk, single

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to life on board MV Asterix

bed, TV, 3 lockers, as well as their own heads and shower. Not only that, MV Asterix has ship-wide Wifi internet, allowing easy contact with family and friends back at home. On board *Protecteur*, depending on your rank level, sailors were shar-

ing a mess ranging anywhere from 2 to 18 other people. As well, crew were sharing heads and wash places with multiple large messes. Asterix, however, has only a single combined galley for meals, whereas *Protecteur*, like all other ships in the RCN, had

three dining messes segregated by rank.

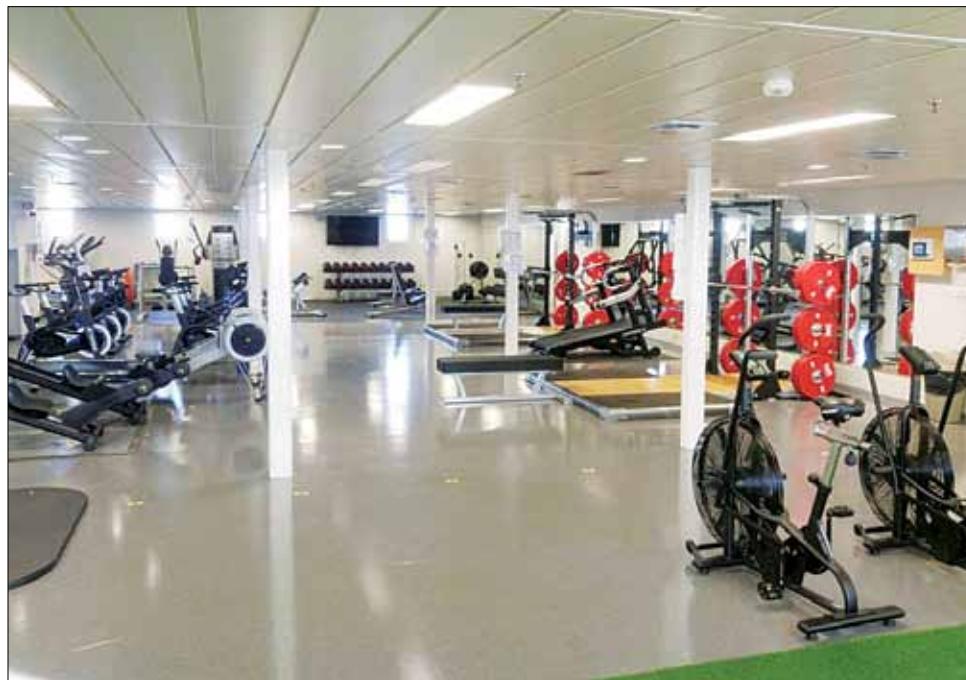
Many years have passed between the launch of HMCS *Protecteur* and MV Asterix. With the passage of time also brought significant change. Asterix and *Protecteur* are stark contrasts in terms of cage opera-

tions, RAS equipment, communications and accommodations. Despite all their differences, *Protecteur's* veteran sailors have adapted to their new environment, remain flexible, and are ready to conduct RAS operations safely and effectively whenever duty calls.



The combined ranks galley is shared by all members of MV Asterix, civilian and CAF alike.

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MV Asterix's gym facilities are also shared by all personnel.

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Hispanic Day on the Hill

By Capt Rey Garcia-Salas,
33 Signal Regiment

A group of Latin-American Canadian Officers and NCMs (men and women) from the Navy, Army, and Air Force as well as DND civilians were invited to celebrate the Hispanic Day on the Hill last October 16, 2018 at the Canadian Parliament. This year, the celebration had an additional connotation, because the Latin-American Heritage Month Bill S-218 has been approved at the federal level in both the Parliament and the Senate. Therefore every October, there will now be an official celebration of the Latin-American Heritage month in Canada.

This activity had speeches explaining the importance of celebrating the Latin-American Heritage and the presence of some Senators/MPs, and the Minister of Immigration, Refugees and Citizenship. Also, there were folkloric dances from local Latin-American dance groups and local authentic Latin-American food.

Within the attendees were Capt Milton Hoyos and I, who began organizing CAF Latin-American activities some eight years ago. Also, there were Capt Grisaura Gutierrez, and Sergio Rodriguez NCR-DVMAG Civilian Co-Chair representing the Latin-American Canadians Women and Civilians respectively. These four members promote activities at DND/CAF such as the CAF Latin-American Christmas Dinner, various participations in the Festival Latino Parades, and The Encuentro Internacional Latino Gala Dinner in the National Capital

Region. All belong to the Defence for Visible Minority Advisory Group – DVMAG.

With a very dynamic Latin-American Canadian community, we would like to have the opportunity to celebrate the Latin-American Heritage Month within DND/CAF every year, starting for the first time next year. We are a multicultural country, therefore, this celebration will reflect the wider community of our great nation. It will also provide the opportunity for the senior officers, managers and colleagues to learn more about our culture and interact with other members of the Defence Team, in harmony with the new Defence Policy “Strong, Secure, and Engaged” respecting recruitment, training and retention, leveraging Canada’s diversity, inclusion, and promoting a culture of leadership, respect and honour.

Some of the planned activities include a DND/CAF Military Latin-American History Exhibition. This activity will provide a graphic exposure of the Latin American Community contribution to the CAF in Canada and overseas as Latin-American Canadians on missions. The importance of this exhibition is to show graphically stories of Latin-Canadians in war-zones or on peace-keeping missions.

Also, the Distinguished Latin-Canadians Guest Speaker Series: A panel of important Latin American Canadians who contribute to Canada in different areas such as medicine, military and defence, academic, scientific, politics, etc.

Journée hispanique sur la colline

Par le Capt Rey Garcia-Salas,
33e Régiment des transmissions

Un groupe d’officiers, de militaires du rang et de civils (femmes et hommes) canadiens d’origine latino-américaine de la Marine, de l’Armée et de l’Aviation ainsi que du MDN a été invité à venir célébrer la Journée hispanique sur la Colline le 16 octobre dernier au Parlement canadien. Cette année, cette célébration avait un cachet particulier, car le projet de loi S 218, intitulé Mois du patrimoine latino-américain, a été approuvé au niveau fédéral, tant par la Chambre des communes que par le Sénat. En conséquence, le mois d’octobre sera dorénavant une occasion de célébrer officiellement le patrimoine latino-américain au Canada.

Dans le cadre de cette activité, des discours expliquant l’importance de célébrer le patrimoine latino-américain ont été prononcés en présence de quelques sénateurs et députés ainsi que du ministre de l’Immigration, des Réfugiés et de la Citoyenneté. On a également assisté à des danses folkloriques exécutées par des groupes de danse latino-américaine locaux. D’authentiques plats latino-américains préparés localement ont également été servis.

Parmi les personnes présentes se trouvaient le Capt Rey Garcia-Salas et le Capt Milton Hoyos, qui ont commencé à organiser des activités latino-américaines pour les FAC il

y a huit ans. Sur place également se trouvaient le Capt Grisaura Gutierrez et M. Sergio Rodriguez, coprésident civil du GCMVD RCN, représentant respectivement les femmes canadiennes d’origine latino-américaine et les civils. Ces quatre personnes font la promotion d’activités du MDN et des FAC, par exemple le repas de Noël latino-américain des FAC, différentes participations aux défilés des festivals latinos et au souper du gala latino Encuentro Internacional tenu dans la région de la capitale nationale. Tous font partie du Groupe consultatif des minorités visibles de la Défense (GCMVD).

La communauté latino-américaine canadienne étant très dynamique, nous tenons à célébrer le mois du patrimoine latino-américain au MDN et dans les FAC chaque année et ce, à partir de l’an prochain. Nous sommes un pays multiculturel, cette célébration témoignera donc de l’ensemble des collectivités de notre grand pays. Elle permettra aussi aux officiers supérieurs, gestionnaires et collègues d’en apprendre davantage sur notre culture et de rencontrer d’autres membres de l’Équipe de la Défense, ce qui est conforme à la nouvelle politique de la Défense Protection, Sécurité, Engagement en matière de recrutement, d’instruction et de conservation de l’effectif, encourageant à tirer parti de la diversité et de l’inclusion et à faire la promotion d’une culture de leadership, du respect et au sens de l’honneur au Canada.

Parmi les activités prévues : Une exposition sur l’histoire militaire latino-américaine au MDN et dans les FAC : cette activité présentera des images de la contribution de membres de la communauté latino-américaine canadienne aux missions des FAC, au Canada et à l’étranger : grâce à ces témoignages graphiques, cette importante exposition va raconter l’histoire des Latino-Canadiens dans les zones de guerre ou dans les missions de maintien de la paix; et conférences données par des invités latino-canadiens de marque : activité regroupant des Latino-Canadiens importants qui ont apporté leur contribution au Canada dans différents domaines (médecine, militaire, universitaire, scientifique, politique, etc.).



From left: Capt Anton Rios-Zimienko, Cpl Eddy Castillo, Lt(N) Saul Andres Vasco Fonseca, Maj Eric Willich, Capt Milton Hoyos, Gonzalo Rodriguez, Capt Grisaura Gutierrez, MCpl Guillermo Garza-Risueño, Sergio Rodriguez, MCpl Carlos Vilca-Cevallos, Douglas Vidal, and Capt Rey Garcia-Salas.



Canada participates in NATO's Exercise TRIDENT JUNCTURE 18

By DND

The Canadian Armed Forces participated in NATO's Exercise TRIDENT JUNCTURE. This exercise took place in Norway and the surrounding areas of the North Atlantic and the Baltic Sea, including Iceland and the airspace of Finland and Sweden, from October 25 to November 7, 2018.

The live exercise included a collective defence scenario. It trained NATO and partner nations to work together seamlessly.

TRIDENT JUNCTURE included 50,000 participants from 31 NATO and partner countries. It was the largest in a series of long-planned NATO exercises to ensure that NATO forces are trained, able to operate together and ready to respond to any threat from any direction.

Canada sent approximately 2 000 personnel. The CAF contribution included: two frigates and two maritime coastal defence vessels from the Royal Canadian Navy; a Canadian Army light infantry battalion supported by



A member of HMCS Ville de Québec tracks contacts in the vicinity of the ship during Ex TRIDENT JUNCTURE 18, while deployed on Op REASSURANCE on November 3, 2018.

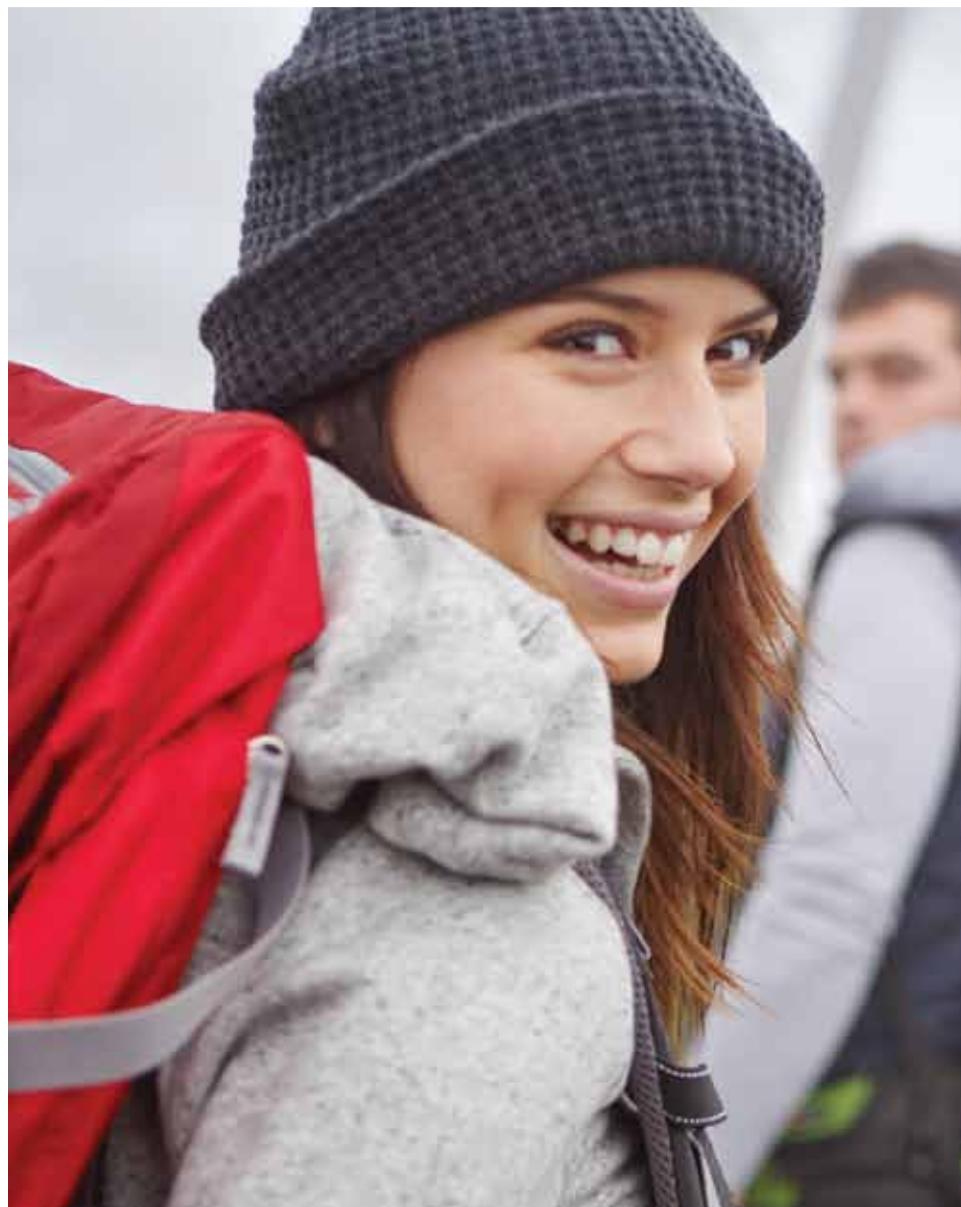
MCPL GABRIELLE DESROCHERS, CANADIAN FORCES COMBAT CAMERA

a Brigade Headquarter; eight CF-188 Hornets, one CC-150 Polaris aerial refueller, and two CP-140 maritime patrol aircraft from the Royal Canadian Air Force; a Joint Task Force Support

Component from Canadian Forces Joint Operations Support Group; and a National Command Element from 1st Canadian Division HQ.

Participating in NATO exercises

and training provides CAF members with an excellent opportunity to develop their skills and enhance their ability to operate with NATO allies and partners.



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SISIP.com/mlf



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November 21 **1000hrs to 1400hrs**

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In September 1918 at Fort Edward, near Windsor, Nova Scotia, the Jewish Legion marks Yom Kippur 5679.

COURTESY ARMY MUSEUM HALIFAX CITADEL

Centenary of the Jewish Legion at Fort Edward, Windsor, Nova Scotia

By Sara Beanlands,
Senior Archaeologist,
Boreas Consulting

At the 50th anniversary celebrations of the Jewish Legion, held in London, Bernard Joseph, a Canadian volunteer who trained at Fort Edward in 1918 and became military governor of Jerusalem in 1948, expressed the following:

The Jewish legion was a living symbol of the will and fervent aspirations of the Jews to national revival. The very idea of establishment of a Jewish Legion ... was in the nature of a revolution in the life of the Jewish people dispersed as it was among the nations of the world... [See Shlomit Keren & Michael Keren, "The Jewish Legion in the First World War as a Locus of Identity Formation," *Journal of Modern Jewish Studies*, 6:1 (2007), 81-82.]

A half century later, more than 200 people gathered on the slopes of Fort Edward National Historic Site in Windsor, Nova Scotia to mark

the centenary of the training of the Jewish Legion in 1918. Although the presence of the Jewish Legion in Nova Scotia is not well documented in the chronicles of twentieth-century military history, Fort Edward was the backdrop against which a group of displaced immigrant Jewish men were converted into the first modern Jewish military formation and where David Ben-Gurion – destined to become the first Prime Minister of the State of Israel – became a soldier. Indeed, Nova Scotia played a brief, yet significant, role in these events, as all North American recruits of the Jewish Legion received initial training at the Imperial Recruits Depot at Fort Edward.

On September 23, 2018, a ceremony was held to honour those who trained with the 39th Battalion, Royal Fusiliers and all those who served with the Jewish Legion. Among the attendees were David Levy, Consul General of Israel for Quebec and the Atlantic Provinces, local, municipal and provincial rep-

resentatives, members of the Jewish community and Windsor residents. Parks Canada presented a new interpretive panel about the Jewish Legion that will soon be on display at the National Historic Site and letters of David Ben-Gurion, written to his wife Paula, while he was training in Windsor, were read. Most specially, descendants of those who trained with the Jewish Legion in Windsor were present, including Bernard Alter, of Virginia, and Iska Alter, of New York, whose father Sol Alter trained at Fort Edward a century ago. James Bremner, whose grandfather, Major W.F.D. Bremner, was second in command at Fort Edward during the First World War was also present, as was Robert Dimock, who read the original letter his grandfather received from David Ben-Gurion in 1966, while he was Mayor of the Town of Windsor.

As Robert Levin, the grandson of Philip Petrovsky – who also trained at Fort Edward recently wrote:

It is always important for those of us

born after the birth of Israel to remember that for 1900 years, the Jewish people were stateless and defenseless. These brave men, just 100 years ago, decided to change that equation forever. We are in their debt for their efforts."

The training of the Jewish Legion in Windsor was an important event in the history of the First World War. Its historical significance, however, lies more in its symbolism to the Jewish people.

The Jewish Legion Centennial Society was formed in 2017 to commemorate the 100th anniversary of the Training of the Jewish Legion in Windsor and to establish a permanent memorial to mark the significance of this historic event at Fort Edward. Indeed, there is no place more fitting, in all North America, to commemorate the Jewish Legion. The intention is to create a meaningful space where people can reflect upon, honour and remember the past - a place of memory for the Jewish Legion and for all those who have sacrificed to make this world a better place in which to live.

Energy Awareness Week 2018, November 18-24

By MARLANT Safety and Environment

Energy plays a critical role in the daily lives of every Canadian. We use energy every day, whether it is for transportation, heating or powering appliances and electronics, energy is a fundamental part of how we live. Energy powers our country, the economy and most of the world.

MARLANT's Energy Awareness Week (EAW) aims to educate personnel about energy use, including sources of energy and ways to save

energy at home and work. The theme this year is "Save a Watt; Save a Lot!" encouraging personnel to consider how conserving energy not only saves money but also helps the environment in multiple ways.

Making a conscious effort to conserve energy will allow us to save money on our power bills and help reduce the strain on our natural resources. Energy production often has negative effects on the environment with different energy sources producing different results. Conserving energy and being energy efficient

reduces the demand for energy. Reducing the amount of energy needed will decrease the amount of energy produced. Since the majority of energy produced for consumption in Canada is non-renewable, decreasing the amount produced will immediately reduce the impact on our natural resources.

An Energy Awareness information booth will be set up at various locations throughout MARLANT. Stop by and chat with personnel from MARLANT Safety and Environment to learn more about energy

efficiency/conservation.

Onsite Information Booth Schedule – Energy Awareness Week 2018:

Monday, November 19 – D200 Cafeteria

Tuesday, November 20 – D201 Cafeteria

Wednesday, November 21 – S37 – Sail Cafe

Thursday, November 22 – WL-57

Friday, November 23 – SH-343.

In addition to visiting the information booth, look for daily tips on energy efficiency on the MARLANT Home Page.



From left: CPO2 Ben Broome, FMF Cape Scott; Ahmed El Shair, Halifax Regional Police; Tanya Lambert, Halifax Regional Police; Cdr Tom Sheehan, FMF Cape Scott; Serge DeSerres, RCAF (Ret'd); Johnny Kilbride, MCpl (Ret'd), Home Depot; Jacques Dussault, RCAF (Ret'd); Jay Tofflemire, 1st Vice President Nunavut Command; CPO1 Eddie Laing, FMF Cape Scott; and Cpl Helene Heroux, Military Police. CPO2 Broome is also Nova Scotia Provincial Representative, Veterans UN NATO Group of Canada.

SUBMITTED

A Remembrance tribute at Home Depot

By CPO2 Ben Broome,
PM1 Trials Coordinator, FMF Cape Scott

For the past two years since his employment at Home Depot, located at 368 Lacewood Drive Halifax Nova Scotia, Johnny Kilbride has been supported by store manager Steven Mitchell in his endeavors to create a Remembrance tribute for CAF service members and police services in support of all armed conflicts and United Nations missions.

Johnny's passion for creating this tribute stems from his 20-year military career as a firefighter in the RCAF, having served at numerous military establishments, and in HMC ships including *Assiniboine* and *Ottawa*. He explains that as a retired Master Corporal from the CAF, he continues to enjoy working with retired colleagues at this location where he is employed as the store greeter.

Johnny's family heritage also includes a father and two uncles who have served Canada during time of war. After his retirement he chose to continue working to support the

community through his current job and saw the need to acknowledge his military retired coworkers and military community through the creation of this Remembrance display.

The entire store supports Johnny in this endeavor from the human resource management official, Lisa Jackson, to the marketing managers Dan Mckim and Andrew Hartling. As the general public enters the store Johnny is continually acknowledged through questions and appreciation expressed by those who have witnessed the display that he so painstakingly takes the time to assemble.

On Monday November 5, CPO2 Ben Broome of FMF Cape Scott, Ahmed El Shair and Tanya Lambert, both of Halifax Regional Police, Cdr Tom Sheehan of FMF Cape Scott, Serge DeSerres, RCAF (Ret'd), Jacques Dussault, RCAF (Ret'd), Jay Tofflemire, 1st Vice President Nunavut Command, CPO1 Eddie Laing of FMF Cape Scott, and Cpl Helene Heroux of the Military Police assisted Johnny Kilbride in acknowledging the Home Depot's Remembrance Display.

Creating and maintaining healthy work environments

By Samantha Noseworthy,
Health Promotion Specialist

A work environment in which all employees support and encourage respect and professional behaviour is vital to having a workforce that is physically and mentally healthy. Maintaining a respectful and inclusive workplace is the responsibility of every member of the Defence Team. Importantly, supervisors, managers and the chain of command have a duty to model the behaviour they expect from their subordinates and employees.

Unfortunately, certain types of negative behaviours do exist. These behaviours can have a detrimental impact on creating and maintaining a healthy work environment. Some examples of disrespectful and harmful workplace behaviours include:

1. Aggressively shouting at subordinates as a way to get a task accomplished;
2. Assuming a threatening stance or posture with the purpose of intimidating a subordinate or colleague;
3. Belittling a subordinate or colleague;
4. Use of inappropriate language; and
5. Any form of harassment (verbal, emotional or otherwise)

Many of these negative behaviours were once accepted in the workplace, but over the last two decades the Defence Team has moved forward. There is no longer a place for disrespectful and outdated behaviour within the Defence community. Although these behaviours should no longer exist, there are some instances in which individuals still believe that aggression, offensive language, and belittling are suitable ways to motivate others to accomplish a task. In fact, these types of actions have the opposite effect. Disrespectful language and behaviour can be demoralizing, demotivating

and damaging to those who are on the receiving end. It will eventually decrease morale, reduce productivity and create an undesirable work environment.

Understanding the impacts of disrespectful behaviour in the workplace helps to highlight the importance of promoting a positive and respectful work environment. There are many ways in which all Defence Team members can encourage respect, therefore creating a mentally healthy space to be enjoyed by the entire Defence community.

Some examples of how you can demonstrate respect at work include:

1. Treating colleagues and subordinates with kindness, courtesy and politeness regardless of gender, race, ethnicity, sexual orientation, rank, etc.;
2. Encouraging all unit members to express ideas and opinions, and valuing all ideas that are shared;
3. Promoting active listening and avoiding speaking over others; and
4. Providing constructive criticism and opportunities for subordinates to learn new skills

Practicing respectful behaviours in the workplace helps to promote comradery, boost morale and increase levels of motivation. It also decreases conflict, turnover and absence due to illness.

Promoting respect is everyone's responsibility. Encouraging positive behaviours will help to create a healthier working environment for all members of the Defence community.

If you are experiencing conflict at work, make sure you report it to your supervisor. If you need help, you can contact Conflict and Complaint Management Services at:

<http://www.forces.gc.ca/en/caf-community-dispute-resolution-centres/index.page>

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Leadership, Respect and Honour training

By SLt M.X. Déry,
MARPAc PA

Leadership, Respect and Honour (LRH) are lead mark principles for the Royal Canadian Navy; they are not only part of its culture but instilled via training throughout a sailor's career.

As part of Operation Honour, these principles have been reinvigorated with updates to training in leadership, administration, bystander intervention and the divisional system.

The Royal Canadian Navy (RCN) Leadership Respect and Honour Professional Development Program curriculum provides a baseline understanding of the conduct requirements for all personnel in the RCN, providing guidance and procedures for reporting incidents of improper behavior.

Junior non-commissioned sailors and naval officers will continue to receive an introduction to military values and ethics at Canadian Forces Leadership and Recruit School, and as they progress through their training on either coast they will encounter the first of several levels of LRH training recently approved for implementation at both fleet schools.

Leadership, honour, and Respect

ROYAL CANADIAN NAVY MARINE ROYALE CANADIENNE

1	Orientation	Rank - Duties OS - NCdt
2	Junior member - Duty watch	Rank - Duties AB - LS; Brow WK, MCR WK
3	Junior supervisor	Rank - Duties MS - A/SLt
4	Supervisor - Sr Duty Watch	Rank - Duties PO2 - SLt; OOD, DCoxn, Dtech
5	Assistant Head of Department	Rank - Duties PO1 - Lt(N)
6	Head of Department	Rank - Duties CPO2 - Lt(N)
7	Command	Rank - Duties Coxn - XO/CO

An evolving discussion on:

- Discipline
- Divisional System
- Defence Ethics / Military Ethos
- Operation HONOUR
- Code of Conduct
- Role within Chain of Command
- History / Culture
- Role of Supervisors
- Administration / Business tools
- Communication in Leadership
- Teams (Supervisory)
- Succession Planning

with increasing levels of complexity while not repeating the training," said LCdr Angus Fedoruk, leadership manager at Naval Training Development Centre (Pacific) command and leadership division.

Fleet school core instructional staff, Lieutenants and Petty Officers, underwent the higher levels of training themselves recently in order to be able to teach their trainees.

"The instructor knows the class, they are the ones that are most integrated with them," said LCdr Fedoruk, adding that the topics of leadership, respect or Operation Honour can be taught by a guest lecturer, but the goal is to have the topics discussed seamlessly during training.

In the coming months, all seven planned levels, from Ordinary Seaman/Naval Cadet to Chief Petty Officer First Class/Commander will be completed and implemented throughout the RCN.

This will provide not only specific administrative and leadership guidance on Operation Honour, but a reinforcement of general leadership and understanding of the RCN Code of Conduct, the Divisional System and one's role within the Chain of Command.

This foundational shift in training equips sailors with bystander intervention techniques, and leaders with the knowledge of how to handle the complex realities of inappropriate sexual behaviour within the divisional system.

As every sailor earns their occupation and rank qualifications, seamlessly integrated into that training will be small group facilitated discussions on those concepts meant

to build on what has been instilled previously.

As personnel progress in rank, the program focus shifts from simple understanding and individual actions to identifying the actions and expectations to be taken by supervisors at each level to resolve incidents and prevent future occurrences.

"Some of the topics may be covered, from level to level, but the conversation around the topics will evolve



CANEX and SISIP give \$186,573 to CFB Halifax

Representatives from CANEX and SISIP presented CFB Halifax Base Commander Capt(N) David Mazur (second left) with a Base/Wing Unit Grant Cheque for \$186,573 during a formal presentation ceremony and celebration at CANEX Stadacona on November 1. This was the fourth annual cheque presentation of its kind, representing the organizations' continued commitment and support to our local Defence community. On hand for the presentation (from left) were Jim Boylan, Halifax Manager and Financial Planner for SISIP; Glenn Banfield, Base Store Manager for CFB Halifax and 12 Wing Shearwater and Base Chief Petty Officer CPO1 Kent Gregory.

MARGARET CONWAY, BASE PAO



HALIFAX & REGION MILITARY FAMILY RESOURCE CENTRE

www.halifaxmfr.ca
902.427.7788

Mrs. Grégoire Trudeau visits the H&R MFRC

Mrs. Sophie Grégoire Trudeau was warmly welcomed by staff from the Halifax & Region Military Family Resource Centre (H&R MFRC), Health Promotions and Learning Career Centre, at Windsor Park on Friday, October 5, 2018.

During her one-hour stop, Mrs. Grégoire Trudeau divided her time, spending the first half with children at the Windsor Park Children's Centre. She was engaged with the pre-schoolers while chatting with Early Childhood educators.

For the second half of her visit, she sat down with staff at the H&R MFRC and the Defence Women's Advisory Organization (DWAO) military co-chair, LCdr Dawn Macdonald.

"There's nothing without community." Mrs. Grégoire Trudeau said, affirming the importance of the work MFRCs do to strengthen the well-being of all those who share the unique experience of military life.

She was curious to hear from staff, who work with military families every day, the largest challenges military families face, which include: health care, work related separations (deployment) and child care. She was encouraged to hear about the mental health & well-being services that the H&R MFRC provides to military families.

Before departing, Mrs. Grégoire Trudeau acknowledged staff most sincerely, "Thank you for your daily dedication to something good."

Coming Up: The Annual H&R MFRC Holiday Breakfast, presented by Eastlink

Be sure to mark Saturday, December 1 on your calendar for our H&R MFRC holiday event. We are very pleased to be hosting our annual H&R MFRC Holiday Breakfast, a fun-filled morning for military families that will take place at the Halifax and Shearwater MFRC sites.

Enjoy a complementary pancake breakfast as well as live music performed by the Stadacona Band. What a great way to get your spirit going. There will be face painting, Mad Science, as well as activities for both children and youth. Write a letter to



H&R MFRC staff along with LCdr Macdonald pose for a group photo with Mrs. Grégoire Trudeau during her visit to the H&R MFRC Halifax site on October 5, 2018.

SUBMITTED

Santa and even meet the jolly fella.

Date: Saturday, December 1, 2018
Time: 9:30 a.m. – 11:30 a.m.

There is no cost, but tickets are required for entrance to the event, including for children under 24 months. Tickets are available from November 13 – 28, or until we run out! For more information, please visit: www.halifaxmfr.ca.

À venir: Holiday Breakfast du CRFM H et R, présenté par Eastlink

Assurez-vous d'inscrire samedi le premier décembre 2018 à votre calendrier pour ne pas manquer Holiday Breakfast au CRFM H et R. Ce matin amusant pour toute la famille se tiendra aux sites du CRFM à Shearwater et à Halifax. Restez à l'écoute pour plus d'informations. C'est un rendez-vous.

Profitez d'un petit-déjeuner aux crêpes gratuit ainsi que de la musique live interprétée par le groupe

Stadacona. Quelle belle façon de faire travailler ton esprit! Il y aura du maquillage, Mad Science, ainsi que des activités pour les enfants et les jeunes. Écrivez une lettre au père Noël et rencontrez même le joyeux gars.

Date: samedi 1^{er} décembre 2018
Heure: 9h30 à 11h30

Il n'y a aucun coût, mais des billets sont nécessaires pour participer à l'événement, y compris pour les enfants de moins de 24 mois. Les billets sont disponibles du 13 au 28 novembre ou jusqu'à ce que nous manquions de billets. Pour plus d'informations veuillez visiter notre site Web : www.halifaxmfr.ca.

Winter Programs and Events at the MFRC

Staff has been busy planning a variety of programs and events to keep the fun going throughout the fall. Be sure to visit our website for more details, registration deadlines, and the full calendar of events at www.halifaxmfr.ca or call (902) 427-7788. Pick

up our Winter Program Guide available December 1, 2018, to discover an array of programs designed to help you and your family connect with other military families, have fun and feel supported by your local MFRC.

Les programmes et événements d'hiver du CRFM

Le personnel s'affaire à organiser une belle variété de programmes et d'événements afin que vous puissiez continuer à vous amuser tout au long de l'hiver. Assurez-vous de visiter notre site Web au www.halifaxmfr.ca ou téléphonez au (902) 427-7788 afin de consulter le calendrier complet en plus de connaître les détails, les inscriptions et les dates limites des événements. Ramassez notre Guide des programmes d'hiver dès le premier décembre 2018 pour découvrir une série de programmes conçus pour vous aider et votre famille à vous connecter avec d'autres familles militaires, amusez-vous et bénéficiez du soutien de votre CRFM local.



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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

Fleet Club Slackers take fifth straight Mini Grey Cup victory

By Ryan Melanson,
Trident Staff

The Fleet Club Slackers took the lead just minutes after kickoff, and despite a push from the competitive Wardroom team, never let it go, leading to a 31-21 Slackers victory at the 49th annual Mini Grey Cup at CFB Halifax.

This year's game took place on October 26 on Porteous Field, and despite the Fleet Club's impressive streak of wins (four in a row and 17 out of the last 18 heading into the game), nobody was counting out the Officers, who nearly ran away with it in the 2017 edition of the classic match-up.

The game was tight for the first half, with early touch-downs from the Slackers answered by the Wardroom in the second quarter, leading to a 17-15 score at halftime. Adjustments heading into the second half, including bringing a few receivers over to act as defensive backs, got things back on track for the Fleet Club team, led by coach Sean Parker and Assistant Coach Rob Jeannot.

"We got together and made some changes on defence, and that was

really the turning point for us. We changed up our offence a bit as well, after struggling in the second quarter," Jeannot said.

Two more touchdowns in the third quarter, brought in by OS Andrew

Oak and OS Javon Parris, sealed the deal, and a final 6 points late in the game from the Wardroom brought the game to its 31-21 conclusion.

Jeannot said the Officers still deserve credit for another hard-fought

game, with quarterback Capt Matt Elliott, a former player for St. Mary's University, stepping up to fill the role at the last minute, and other key players being taken out due to injury.

OS Parris was named the game MVP, while Jeannot said others like OS Oak, OS Tristan Manson and quarterback LS Mark Latter all deserved special credit, along with MS Mike Stainton, one of the team captains who provided exceptional leadership and kept the team focused until the end.

While 2019 will mark the milestone 50th edition of the Mini Grey Cup, it will also bring the end of an era, with longtime players turned coaches Parker and Jeannot deciding to make the 50th game their last. The pair are the last of a core group that played under the late Clinton Adams, the well-known coach who brought the Slackers to winning ways starting in the 1980s.

"We made the announcement after the game that the 50th will be our final Mini Grey Cup, so we'll be looking for somebody else to step up in that role for the next generation," Jeannot said.



OS Andrew Oak carries the ball up the field for the Fleet Club Slackers, who went on to take a 31-21 victory over the Wardroom.

MONA GHIZ, MARLANT PA



The Fleet Club and Wardroom teams came together for a photo following the 49th annual Mini Grey Cup on October 26.

MONA GHIZ, MARLANT PA



New Forum Ice Times

FORUM ICE MONDAY			
Time	Unit	Contact Name	Phone Number
1330 - 1500	BIS/TRINITY/BADM	MS BAUNHOUR STEVE	902-427-2046
		CPL Fraser	902-721-8171

FORUM ICE TUESDAY			
Time	Unit	Contact Name	Phone Number
1330 - 1500	5TH CDN/MPU/RPO(U)	CAPT BUTTERWORTH KEN	902-427-5340

FORUM ICE WEDNESDAY			
Time	Unit	Contact Name	Phone Number
1100 - 1200	Blog/TEME	MCpl Neal Marshall	902-722-4045
1330 - 1500	MEN'S BASE TEAM	Ms Robyn Nicholson	w: 902-427-4728 C: 902-471-4168

FORUM ICE FRIDAY			
Time	Unit	Contact Name	Phone Number
1330 - 1500	WOMEN'S BASE TEAM	LT(N) SIMMONS REGGIE	902-440-7394

CIVIC ICE FRIDAY			
Time	Unit	Contact Name	Phone Number
1400 - 1530	CFB Hfx Old Timers	LT(N) SIMMONS REGGIE	902-440-7394

Fitness and sports updates

By Trident Staff

The Atlantic Regional Squash Championship is currently planned for January 28 - February 1, 2019. The CFB Halifax team will be comprised of the following positions: 4x Open category, 2x Female category, 1x Junior category (age 30 and under), 1x Senior category (age 40 and above), and 1x Master category (age 45 and above).

We are looking to start practice sessions as early as possible which will lead up to the tryouts/play-down in December or January in order to select the team members. If you are interested in trying out for the Base Squash Team, please contact LCdr Chris Lien at Christopher.Lien@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@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

World Series home runs and grand slams, and NHL penalty shots

By Stephen Stone

Questions

1. What do Pablo Sandoval in 2012, Albert Pujols in 2011, and Reggie Jackson in 1978 have in common?
2. Who hit the Cubs' grand slam in 2016 when they finally won another World Series?
3. Who hit the Braves' grand slam off Jack Morris of the Blue Jays during the 1992 World Series?
4. Who gave up Oakland's Jose Con-seco's grand slam in game one of the 1988 World Series?
5. Who hit the Yankees' grand slam off Cardinal pitch Gordie Richardson in the eighth inning of game six of the 1964 World Series?

6. Who hit the first grand slam in World Series history?
7. Which team has hit the most grand slams in World Series history?
8. Who hit the Yankees' first World Series grand slam?
9. Who is the only pitcher to hit a World Series grand slam?
10. Which Boyer brother hit a grand slam for the Cardinals in game four of the 1964 World Series?
11. Who was the first player to attempt two penalty shots in one game?
12. Who are the only players to have taken a penalty shot in consecutive NHL games?
13. Who scored the first goal off a penalty shot in the Stanley Cup Final?
14. Who is the first player to score two

15. Which goalie has faced the most penalty shots in the playoffs?
16. Who was the first player awarded a penalty shot in overtime in the playoffs?
17. Who was awarded the first Stanley Cup penalty shot?
18. Who was the first player to score on a penalty shot in Stanley Cup playoff history?
19. Who is regarded as the first player to be awarded a penalty shot in the Stanley Cup playoffs?
20. Which goalie stopped two penalty shots in three days in the Stanley Cup final?

Answers on page 22

Answers

Super Crossword



Cérémonie du mérite sportif des FAC 2018

Par SBMFC

Le 18 octobre, à l'occasion de la 30e Cérémonie du mérite sportif des Forces armées canadiennes (FAC) organisée par les Services de bien-être et moral des Forces canadiennes, on a rendu hommage aux meilleurs athlètes, entraîneurs, officiels et équipes de l'année des FAC.

Au cours de la soirée qui s'est déroulée au Musée canadien de la guerre à Ottawa, on a souligné les exploits sportifs les plus remarquables de l'année. Trois membres des FAC ont été inscrits au Tableau d'honneur des sports des FAC pour leur carrière exceptionnelle et deux personnes ont reçu le Prix du dévouement aux sports des FAC, en reconnaissance de leur engagement exceptionnel dans les sports militaires.

Le Lgén Michael Rouleau, commandant du Commandement des opérations interarmées du Canada (COIC), a prononcé le discours d'ouverture. Il a précisé que le sport joue un rôle primordial au sein des FAC et ajouté que, « La profession des armes exige que les

troupes soient en forme et résilientes pour réussir lors d'opérations difficiles. Les hommes et les femmes dont nous soulignons les réalisations dans le cadre de cette Cérémonie du mérite sportif des FAC sont le reflet de notre éthos, et nous célébrons leur excellence. »

Outre les récipiendaires des prix, deux athlètes militaires accomplis, soit l'Ens 1 Kyle Deveau, de la BFC Esquimalt, et l'Adj Alain Chalifoux, de



RArmBob Aucherlonie (left) and CPO1 Mike Dionne (right), present Capt Steven Stuart (centre) with the Official of the Year award at the CAF Sports Awards Ceremony at the Canadian War Museum in Ottawa, Ontario on October 18, 2018.

PTE TORI LAKE, CFSU OTTAWA IMAGING SERVICES

la BFC Greenwood, étaient en vedette dans une courte vidéo intitulée Le sport dans l'âme. Cette vidéo a souligné l'impact du sport sur le développement des habiletés physiques et du leadership, ainsi que sur la famille et la communauté.

Les inscrits au Tableau d'honneur des sports des FAC sont :

Maj Serge Faucher, athlétisme; Adj (ret) Stan Poirier, balle rapide; et Sgt Ivan Karin, volley-ball.

Les récipiendaires du Prix du dévouement aux sports des FAC sont : Adjum Chuck Harvey, volley-ball; et Cpl Kevin Cardinal, hockey.

Les récipiendaires des prix du mérite sportif des FAC sont : Capt Sarah Graves, Athlète féminine de l'année, triathlon; Lcol Eric Travis, Athlète masculin de l'année, triathlon; Capt Gérard Caron, Entraîneur de l'année, multisports; Capt Steven Stuart, Officiel de l'année, volley-ball; et Équipe masculine de hockey-balle de la 3e Escadre Bagotville, Équipe de l'année. Félicitations à tous les candidats mis en nomination et aux récipiendaires des prix de cette année.

World Series home runs and grand slams, and NHL penalty shots

Questions on page 21

Answers

- All three hit three consecutive home runs in a World Series Game. Sandoval for the Giants against Detroit in game one, Pujols for the Cardinals against Texas in game three, and Jackson for the Yankees against Los Angeles.
- Addison Russel during the third inning of game six against Cleveland.
- Lonnie Smith in game five.
- Tim Belcher in the second inning with two out.
- Joe Pepitone.
- Elmer Smith for Cleveland against Brooklyn in game five.
- The New York Yankees with seven.
- Tony Lazzeri against the Giants in game two.
- Dave McNally for the Orioles against the Reds in game three of the 1970 series off Wayne Granger in the sixth.
- Ken Boyer hit the grand slam off Al Downing in the sixth. Both he and his brother Cleto (with the Yankees) played third base.
- Erik Cole of Carolina was awarded them against Buffalo on Nov. 9, 2005 – he scored on one.
- Erik Cole and Esa Pirnes on Oct. 10 and 12, 2003.
- Edmonton's Chris Pronger beat Carolina's Cam Ward on June 5, 2006.
- Michael Frolik on April 24, 2011 scored Chicago's first penalty shot goal, against Vancouver's Cory Schneider in game six of the western final; and on May 27, 2013 against Detroit's Jimmy Howard.
- Dominik Hasek faced four with Buffalo and one with Detroit.
- On April 24, 1996, Washington's Joe Juneau was stopped by Pittsburgh's Ken Wregget.
- Babe Dye of Toronto in 1922.
- On April 9, 1968, the Minnesota North Stars' Wayne Connelly scored on Terry Sawchuk of the Los Angeles Kings.
- Lionel Conacher of the 1937 Montreal Maroons is generally regarded as the first player in NHL playoff history to have been awarded a penalty shot. He was stopped by Boston's Tiny Thompson on March 25, 1937.
- Edmonton's Grant Fuhr stopped two penalty shots in the span of three days in the Stanley Cup Final. On May 28, 1985 he stopped Philadelphia's Ron Sutter. Two days later he stopped Dave Poulin.

2018 CAF Sports Awards Ceremony

By CFMWS

On October 18, Canadian Morale and Welfare Services hosted the 30th Canadian Armed Forces (CAF) Sports Awards Ceremony at the Canadian War Museum in Ottawa, honouring the best CAF athletes, coaches, officials and teams of the year.

In addition to honouring the best sports performances of the year, three members were named to the CAF Sports Honour Roll for their excep-

tional sports careers, and two were presented with the Dedication to CAF Sports Award for their outstanding commitment to military sports.

The evening began with remarks from LGen Michael Rouleau, Commander for Canadian Joint Operations Command (CJOC). He highlighted the important contribution sports play in the Canadian Armed Forces and went on to say, "The military profession of arms requires our troops to be fit and resilient to succeed on

difficult operations. The women and men that we are celebrating at the CAF Sports Awards embody the best of our ethos and we celebrate their excellence."

In addition to honoured award recipients, two accomplished military athletes, SLt Kyle Deveau at CFB Esquimalt and WO Alain Chalifoux at CFB Greenwood, were featured in a short video entitled The Heart of Sports. The video highlighted the contribution of sports to physical ability, teammanship, family and community.

The CAF Sports Honour Roll inductees are: Maj Serge Faucher, Track and Field Athlete; WO (Ret'd) Stan Poirier, Fastball Athlete; and Sgt Ivan Karin, Volleyball Athlete.

The Dedication to CAF Sports Award winners are: MWO Chuck Harvey, Volleyball; and Cpl Kevin Cardinal, Hockey.

The Achievement Award winners are: Capt Sarah Graves, Female Athlete of the Year, Triathlon; LCol Eric Travis, Male Athlete of the Year, Triathlon; Capt Gérard Caron, Coach of the Year, Multi-sports;

Capt Steven Stuart, Official of the Year, Volleyball; and 3 Wing Bagotville Ball Hockey Team, Team of the Year. Congratulations to this year's nominees and award winners.

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Super Crossword

ACROSS

- 1 Not rough
- 7 Small digital images expressing ideas
- 13 Bus schedule abbr.
- 16 Bouquet-bringing co.
- 19 Oahu greetings
- 20 Extreme eccentricity
- 21 Ivy -- (Yalie, e.g.)
- 23 Diamond events
- 25 Any of 13 Catholic leaders
- 26 Experts at CPR
- 27 Prefix with gauge
- 28 On -- streak (winning big)
- 30 Was in need of restocking
- 31 Strong Italian cheese
- 34 They're over gables
- 36 Lakota's language family
- 38 Linting syllable
- 40 Parris Island mil. branch
- 41 Sticky, chewy candy
- 42 Shelters for backpackers
- 45 Sash for Cio-Cio-San
- 47 Texter's "As I see it ..."
- 48 Election day, often: Abbr.
- 49 Hold fast (to)
- 52 "Pieces of Me" singer Simpson
- 57 They often include spiels
- 60 LuPone who played Evita
- 63 Bygone autocrat
- 64 Grimm bully
- 65 "Dash it all!"
- 66 The "A" of ACLU: Abbr.
- 67 Mu -- beef
- 69 Some NFL linemen
- 71 With 83-Down, like Rudolph
- 72 "Behold!" in Latin
- 73 Dirt-dishing Barrett
- 74 Dear old dad
- 76 "-- dog's life"
- 78 Super-angry
- 79 Orchestral array
- 84 Reply to "Am so!"
- 85 More chancy
- 86 Mauna --
- 87 Prefix with angle or fold
- 90 "Not impressed"
- 92 Thrown-away items
- 95 Tricky pool shot

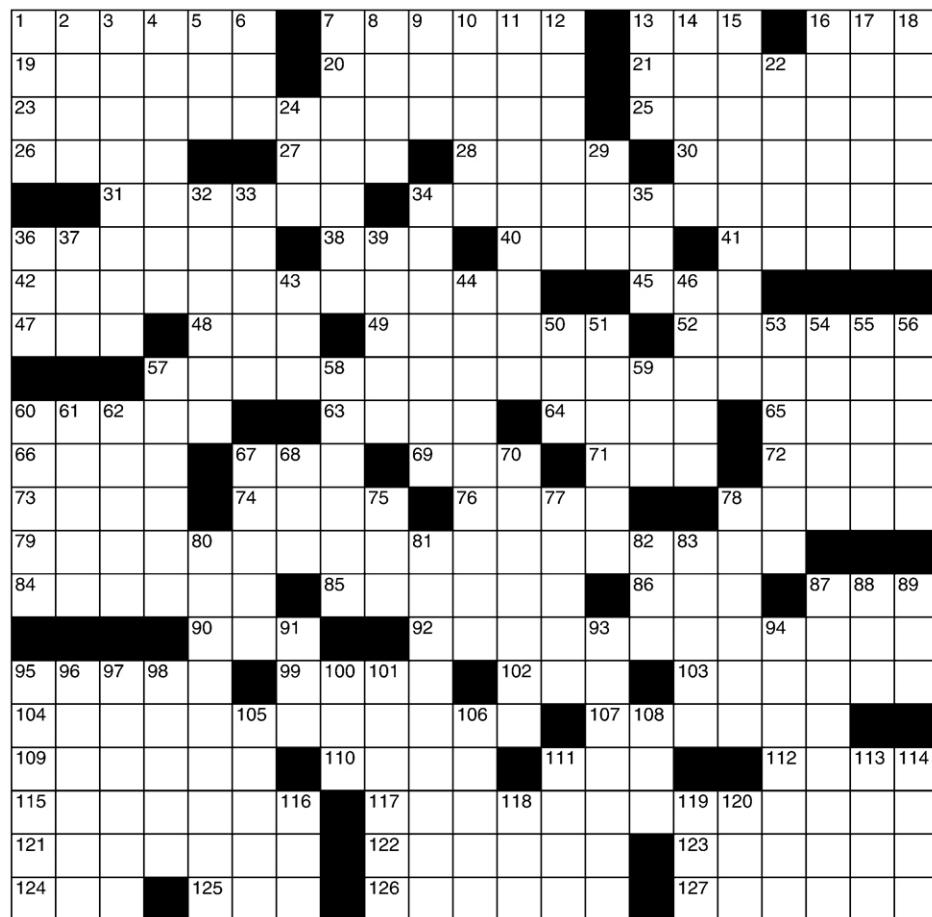
- 99 Kosovo native
- 102 Norse god of battle
- 103 PC-sent holiday greetings
- 104 Some paved arteries
- 107 "Phooey!"
- 109 Capital of Albania
- 110 New attempt
- 111 Palmtop device, for short
- 112 "-- yellow ribbon ..."
- 115 Salon colorant
- 117 Theme of this puzzle
- 121 Whole number, e.g.
- 122 Writer Waugh
- 123 Tackled energetically
- 124 Niger-to-Zambia dir.
- 125 Tram rock
- 126 Beat back
- 127 Luanda's country

DOWN

- 1 Mr. Kotter
- 2 Jack of old Westerns
- 3 Spaceship in "Alien"
- 4 2004-15 sarcastic recap series on E!
- 5 R&D room
- 6 Sofia's "that"
- 7 "E.T." boy
- 8 Steins, e.g.
- 9 Bump -- log
- 10 Actor Malcolm -- Warner
- 11 Places to store frozen blocks
- 12 B-board runners
- 13 Skiing peak
- 14 Co. shuffling
- 15 Hip-hop performer
- 16 Rife with
- 17 Drive, in golf
- 18 Half-asleep
- 22 Largest port in Italy
- 24 K-O middle
- 29 Cook with Apple
- 32 Luau cocktail
- 33 Make invalid
- 34 Desert rodent
- 35 Cpl. or sgt.
- 36 Ecol., e.g.
- 37 Sam- --
- 39 Gets, as profits

- 43 "No kiddin'!"
- 44 Declaration while pointing
- 46 Bleated
- 50 Car of the early 1900s
- 51 Memory trace
- 53 People in concealment
- 54 Poet Federico Garcia --
- 55 Sign into law
- 56 Lauder of perfume
- 57 Virus variety
- 58 Half-witted
- 59 Half of sei
- 60 City ENE of 22-Down
- 61 Love, to Luc
- 62 Wrought up
- 67 Sudden rush
- 68 Actor Sparks
- 70 Curb locales
- 75 "Shy" singer DiFranco
- 77 Ill-tempered
- 78 Lake -- (Mississippi River source)
- 80 Be sporadic
- 81 Explore a reef, maybe
- 82 High RRs
- 83 See 71-Across
- 87 Become
- 88 Rustic mail abbr.
- 89 What- -- (conjectures)
- 91 '48 electee
- 93 Tending to wear down
- 94 Adorning tawdrily, with "up"
- 95 Singer Johnny
- 96 Mongolians, e.g.
- 97 Elfish one
- 98 Allotment
- 100 Require a 110-Across, maybe
- 101 Movie critic Richard
- 105 Onion part
- 106 Is a little too fond
- 108 "I've -- it!"
- 111 -- ed (gym)
- 113 The same, in France
- 114 "The Thin Man" dog
- 116 Afore
- 118 151, to Nero
- 119 Old rival of Pan Am
- 120 She cackles

HAVING A FLING



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NOPFWI marks CAF Sports Day

On October 19, members of CANDET at Naval Ocean Processing Facility Whidbey Island (NOPFWI) participated in a 5km run for CAF Sports Day.

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