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TRIDENT

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

Standing on guard



LS Harveer Gill of HMCS Fredericton stands as the RCN sentry on Remembrance Day at the War Memorial in Ottawa. He was one of seven military and RCMP personnel to participate in the 2018 Remembrance Day Sentry Program.

AB ANNE-MARIE BRISSON, CFSU OTTAWA IMAGING SERVICES



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events Pgs. 12-13**



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balance at sea Pg. 16**



**CAF Sports Official
of the Year Pg. 20**

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Serving CAF personnel, RCMP members, veterans, and cadets attend the Remembrance ceremony in the Grand Parade.

CPL DAVID VELDMAN, FIS

Remembrance ceremony commemorates Armistice centenary

By Virginia Beaton
Trident Staff

At the 11th hour, of the 11th day, of the 11th month in 1918, the guns of war stopped.

At 11 a.m. on November 11, 2018, a crowd of several thousand people stood silently in Halifax Grand Parade as the clock on City Hall chimed the hour, and a 21-gun salute from Citadel Hill thundered across the city.

As this year is the 100th anniversary of the Armistice that ended the First World War, the Remembrance ceremony in the Grand Parade, presented by the Nova Scotia/Nunavut Command of the Royal Canadian Legion, made numerous references to the First World War.

The sentries standing guard around the memorial wore period military uniforms from 1914-1918, and banners around the Grand Parade carried

images from both the First and the Second World War.

Master of ceremonies Jay Tofflemire, First Vice President of Nova Scotia/Nunavut Command, read a commentary written by Maj (ret'd) Ken Hynes, curator of the Army Museum Halifax Citadel. Maj Hynes' commentary concluded with the observation, "We stand on the shoulders of those who made the ultimate sacrifice. The murmuring ghosts of tens of thousands still linger on distant battlefields and oceans. As long as we are free, we owe a debt of gratitude that can never be fully repaid. At the very least, we owe them a promise to remember the human cost of war and to never repeat the mistakes that lead to armed conflict."

Following the minutes of silence, a Cyclone helicopter flew over the site and a bagpiper played the lament, *Flowers of the Forest*.

The ceremony also included the reading of the Act of Remembrance. Fourteen-year-old Sara Pluta, a student from Port Hawkesbury, read her original poem that won her first place in a literary contest offered through the Royal Canadian Legion.

As the Queen's representative, His Honour Arthur LeBlanc, Lieutenant Governor of Nova Scotia, laid the first wreath at the memorial. Memorial Cross recipient Gail Wheeler laid the next wreath, in memory of her husband, the late CPO2 (ret'd) David Wheeler.

RAdm Craig Baines, Commander JTFA and MARLANT, laid a wreath, followed by military and diplomatic entities such as Veterans Affairs Canada, and consuls from the United States, Norway, France, and Britain.

SISIP, the Canadian Naval Memorial Trust, the Last Post Fund, Personnel Support Programs Halifax, and many more civic, professional and academic groups and organizations also participated in the wreath laying.

HMCS *Scotian* also hosted a ceremony at the Sailors' Memorial in Point Pleasant Park.

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Wearing a period uniform, a cadet stands at vigil during the Remembrance Day Ceremony at Grand Parade, Halifax, on November 11, 2018.

CPL DAVID VELDMAN, FIS

Mooseheads take 5-2 victory on DND Appreciation Night

By Ryan Melanson
Trident Staff

The Halifax Mooseheads hadn't earned a victory on DND Appreciation Night in five years heading into their November 9 meeting with the Cape Breton Screaming Eagles, but were able to break that losing streak in front of a crowd of 8,540 that included many members of the defence community.

The Mooseheads took down the Screaming Eagles 5-2 on a night that was all about supporting men and women in uniform and honouring some of this year's military milestones. Once again, the Mooseheads wore special DND-inspired jerseys for the game, with the latest design honouring the 100th Anniversary of 12 Wing Shearwater. Raffle tickets were sold throughout the night for a chance to win one of the special jerseys.

"Over the years, the Mooseheads, along with the fans, have raised close to \$170,000 all in support of the Camp Hill Veterans' Memorial Garden. It's something that's very important for the team each year," said MooseTV announcer Scott MacIntosh prior to the game. With sales from this year's raffle tickets, along with more jerseys that will be auctioned off at a later date, the total amount raised through this 15-year partnership will be approaching \$200,000. The money goes entirely toward the Memorial Garden, which is one of the most popular recreation areas for the more than 175 veterans who call the Camp Hill facility home. A number of CAF members, serving and retired, volunteered to sell the raffle tickets at the game, while others enjoyed a night out in the crowd, with reduced ticket prices for those in uniform as well as DND civilians.

RAdm Craig Baines, Commander MARLANT and JTFA, performed the ceremonial puck drop, accompanied by the MARLANT Flag Party along with 12 Wing OSS Commanding Officer LCol William Reyno.

"I just want to say how much we all appreciate the Mooseheads organization for this special event each year recognizing our men and women in uniform. It's something we always look forward to," RAdm Baines said. He added his thanks to the fans for always filling the arena and raising thousands of dollars for Camp Hill, and to the HRM community at large for always being supportive of the large Armed Forces presence in the region.

With the game falling two days before Remembrance Day and the marking of 100 years since the Armistice and end of the First World War,

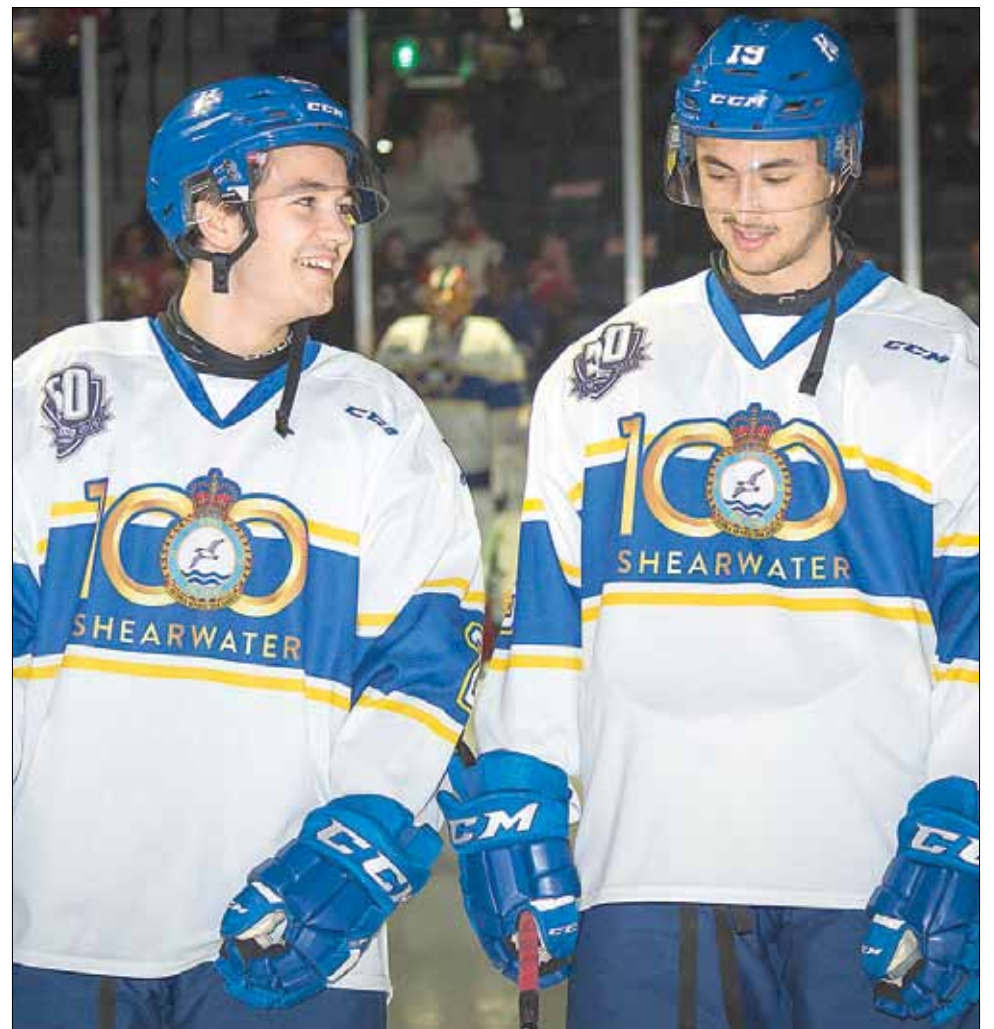


RAdm Craig Baines, Commander MARLANT and JTFA, was on the ice for the ceremonial puck drop, along with 12 Wing OSS CO LCol William Reyno, at the 15th annual Halifax Mooseheads DND Appreciation Night on November 9.

HALIFAX MOOSEHEADS

RAdm Baines also expressed the importance of honouring those who served in the past, from the soldiers of the First World War, to those who now reside at Camp Hill, to the many veterans who were in the crowd at the Scotiabank Centre. The crowd agreed with thunderous applause.

On the ice, the Mooseheads got things going early with a pair of goals in the first from Raphael Lavoie at the 6:04 mark and from Samuel Asselin in the final 30 seconds of the period. Cape Breton got one back in the second period, and netted a second goal early in the third, but Halifax kept the lead and the momentum throughout. Ben Higgins scored the Mooseheads' third at the 18:05 mark of the second period, while Walter Flower and Arnaud Durand each scored in the third to make the 5-2 final score. Ben Higgins was named first star of the game for his game-winning goal in the second, while Samuel Asselin was named second star and Cape Breton's Declan Smith got the third star. The win put Halifax at a record of 15-4 for the season.



The Mooseheads took a 5-2 victory over the Cape Breton Screaming Eagles while wearing jerseys that honoured the 100-year anniversary of 12 Wing Shearwater.

AB TYLER ANTONIEW, FIS



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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Trident is an authorized military publication distributed across Canada and throughout the world every second Monday, and is published with the permission of Rear Admiral Craig Baines, Commander, Joint Task Force Atlantic. The Editor reserves the right to edit, condense or reject copy, photographs or advertising to achieve the aims of a service newspaper as defined by the Interim Canadian Forces Newspapers Policy dated April 11, 2005. Deadline for copy and advertising is 10a.m., 11 business days prior to the publication date. Material must be accompanied by the contributor's name, address and phone number. Opinions and advertisements printed in Trident are those of the individual contributor or advertiser and do not necessarily reflect the opinions or endorsements of the DND, the Editor or the Publisher.

Le Trident est une publication militaire autorisée par le contre-amiral Craig Baines, Commandant la force opérationnelle interarmées de l'Atlantique, qui est distribuée partout au Canada et outremer les lundis toutes les quinze semaines. Le rédacteur en chef se réserve le droit de modifier, de condenser ou de rejeter les articles, photographies ou annonces publicitaires jugées contraires aux objectifs d'un journal militaire selon la définition donnée à politique temporaire des journaux des forces canadiennes. L'heure de tombée des annonces publicitaires ou des articles est fixée à 1000 le jeudi précédant la semaine de publication. Les textes peuvent être soumis en français ou en anglais; ils doivent indiquer le nom, l'adresse et le numéro de téléphone du collaborateur. Les opinions et les annonces publicitaires imprimées par le Trident sont celles des collaborateurs et agents publicitaires et non nécessairement celles de la rédaction, du MDN ou de l'éditeur.

- Annual Subscription (25 issues):
- NS: \$37.38 (\$32.50 + 15 % HST)
 - ON, NB & NFLD: \$36.73 (\$32.50 + 13% HST)
 - BC: \$36.40 (\$32.50 + 12% HST)
 - Remainder of Canada: \$34.13 (\$32.50 + GST)
 - United States: \$45 US
 - Abroad: \$65 US

Courier address:
2740 Barrington Street,
Halifax, N.S.
B3K 5X5

Publication Mail Agreement No.
40023785

Return undelivered Canadian address to:
Trident Newspaper Bldg. S-93
PO Box 99000
Station Forces, Halifax, NS B3K 5X5
Return Postage Guaranteed
ISN 0025-3413

Circulation: Minimum 8,500

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.

HMCS Sackville and the Battle
of the Atlantic

Time: 7 p.m.

Date: Tuesday, November 27

Location: Maritime Museum of
the Atlantic

Bert Walker, a Trustee of the Canadian Naval Memorial Trust, will be joining the museum for a presentation that will focus on HMCS *Sackville*, the last remaining Second World War Corvette of the 123 Corvettes that were built in Canada. Along with our allies, she and her sister ships, escorted over 25,000 merchant ships across the violent North Atlantic Ocean during the Battle of the Atlantic.

Walker has an Air Force background, but after settling in Halifax, became an enthusiastic sailor, CNMT Trustee, a ships tour guide and a storyteller for HMCS *Sackville*.

Languages of Nova Scotia

Time: 7 - 8:30 p.m.

Date: Thursday, November 29

Location: Halifax Central
Library

Join the Atlantic Filmmakers Cooperative for a screening of five new short films made through the Languages of Nova Scotia program, a film training initiative celebrating language diversity. Films will be presented in Farsi, French, Gaelic, Maritime Sign Language/American Sign Language, and Mi'kmaq. The Languages of Nova Scotia initiative has been supported by the Canada Council New Chapter program and the provincial 150 Forward Fund.

The Halifax Explosion and the
Law with Joel Zemel

Time: 7 p.m.

Date: Tuesday, December 4

Location: Maritime Museum of
the Atlantic

Historian Joel Zemel, author of

Scapegoat and Betrayal of Trust, discusses the civil and criminal legal proceedings which followed the 1917 Halifax Explosion. These proceedings, which spanned a three-year period, included an inquiry into the causes of the explosion, a preliminary hearing, a hearing before a Grand Jury, a criminal trial with charges of manslaughter and criminal negligence, and appeals to the Supreme Court of Canada and the Judicial Committee of the Privy Council. Joel Zemel resides and works in Halifax, and his name is on the list of Professional Researchers for HRM Archives.

Holiday Concert: 36 Canadian
Brigade Group

Time: 2 - 3 p.m.

Date: Sunday, December 9

Location: Halifax Central

Library Paul O'Regan Hall

Join the 36 Canadian Brigade Group Band as they present a delightful concert of holiday favourites with free admission. The band proudly performs for the public in support of Canadian military personnel.

New Years' Eve 2018

Time: 10 p.m. - 12 a.m.

Date: December 31

Location: Grand Parade Square

Bundle up and head to the Grand Parade for the city's biggest NYE celebration. From 10 p.m. - midnight, enjoy fireworks and a free concert from *A Tribe Called Red* and Halifax's very own *Neon Dreams*. Earlier in the evening, enjoy skating and free hot cocoa at the Emera Oval, with fireworks at 8 p.m. and again at midnight.

Career
progress at
Whidbey
Island

At the Naval Ocean Processing Facility
Whidbey Island (NOPFWI) on September
26, PO1 Devaney was promoted to CPO2
by his wife Aiyana, and by LCdr Mac-
Donald, NOPFWI DET Commander.

ET2 BLACK, USN





Front row, from left: Anne-Tamara Lorre, Canadian Ambassador to Iceland, Cdr Nancy Setchell, Col Darcy Molstad, Canadian Military Attaché to Iceland, and Alison LeClaire, Senior Arctic Official DG Nordics, are with members of HMCS Charlottetown at the memorial for HMCS Skeena on Videy Island on October 20, 2018.

JACEK SZYMANSKI, RCN

HMCS Charlottetown holds memorial service for HMCS Skeena

By SLt James Melville
HMCS Charlottetown

On October 20, 2018, members of HMCS *Charlottetown* paid a sombre visit to Videy Island, near Reykjavík. The Icelandic island is home to the memorial for HMCS *Skeena*, overlooking the site where the ship ran aground nearly 74 years to the day in 1944. The memorial stands near the site of the grounding, and is marked by the ship's propeller whose blades were destroyed during the foundering.

HMCS *Skeena* was a River-class destroyer, commissioned into the Royal Canadian Navy on 10 June 1931. One of the first two ships built specifically for the RCN, she won battle honours for her duty in the North Atlantic, actions against the enemy in the English Channel and for her role during the landings in Normandy. While escorting convoys during the Battle of the Atlantic, HMCS *Skeena* recorded her first victory, sinking German submarine U-588 in 1942. She escorted a total of 31 convoys, the majority between Northern Ireland and Newfoundland, prior to meeting her tragic fate.

While seeking refuge from a storm on the night of October 24, 1944, HMCS *Skeena* was anchored in Reykjavík Harbour. Despite maintaining



HMCS Skeena's propeller, seen in the foreground, is part of the ship's memorial site on Videy Island.

JACEK SZYMANSKI, RCN

a vigilant anchor watch, worsening conditions and a loose seabed caused her anchor to drag. This led to the ship's grounding a mere 100 yards off Videy Island. 15 crew members lost their lives during subsequent efforts

to abandon ship, an order revoked shortly after its issue. The remaining 198 sailors were rescued in an effort led by Icelandic sea captain Einar Sigurosson, and Einar's own niece was among the guests present during

HMCS *Charlottetown's* reception held while alongside Reykjavík. Her husband serves as Iceland's Ambassador to Canada.

Canada's Ambassador to Iceland, Anne-Tamara Lorre, Global Affairs Canada's Senior Arctic official, Alison LeClaire, Canada's Defence Attaché to Iceland, Colonel Darcy Molstad, and representatives from HMCS *Charlottetown* visited HMCS *Skeena's* memorial during the port visit. Travel to the memorial requires a boat ride and a hike across the nearly barren island. It was there that Commanding Officer Cdr Nancy Setchell led a service in honour of those who lost their lives. Following the ceremony, the weather took a turn for the worse, and the boat ride back from Videy Island was quite rough through the waves.

"It was very fitting on a cold and rainy day to honour shipmates lost in *Skeena*. To have met the niece of the man who saved so many Canadians that night was particularly meaningful. His actions are legendary in his own family and in the RCN's history. It was a privilege to pay our respects," Cdr Setchell added.

It was a powerful experience, and a unique opportunity for HMCS *Charlottetown's* sailors to pay respects and remember the sacrifices of those who came before us.



The group of award recipients at the latest Commander MARLANT/JTFA Honours & Awards Ceremony, which took place October 25 inside Juno Tower. Seated front row, centre are RAdm Craig Baines, Commander MARLANT and JTFA, and Formation Chief CPO1 Derek Kitching.

CPL DAVID VELDMAN, FIS

Exemplary service recognized at Honours & Awards Ceremony

By Ryan Melanson
Trident Staff

Lt(N) Victoria Barrie spent nearly three years in the difficult and demanding role of Flag Lieutenant to the Commander of Canadian Fleet Atlantic, working under then Cmdre Craig Baines. She moved on from that job in summer 2017, but recently found herself in front of her old boss, now a Rear-Admiral, once again.

Barrie was awarded the Commander Royal Canadian Navy Commendation on October 25 for her exceptional professionalism, dedication and work ethic during her time with the Commodore, ensuring he was always prepared for the events of the day.

When asked by RAdm Baines what the hardest part of working for him was, Lt(N) Barrie answered carefully. "The hardest part was dealing with all the stress the job brings," she said.

Lt(N) Barrie was just one of 30 individuals who were recognized during the Commander MARLANT/JTFA Honours & Awards Ceremony held October 25 inside Juno Tower. The ceremonies are held multiple times a year in order to recognize CAF members, as well as civilian members of the defence team, who have gone above and beyond their regular duties and provided exceptional service to the CAF and to Canada.

The highest honour awarded on the day was one NATO Meritorious Service Medal, the personal award of the NATO Secretary General, which was received Cdr Sheldon Gillis, former Commanding Officer of HMCS *St. John's*. Cdr Gillis and his ship deployed to Op REASSURANCE during the first half of 2017, and he was awarded for his outstanding leadership and contribution to NATO during that time.

The Commander Royal Canadian Navy Commendation, recognizing deeds or activities in support of the RCN that go beyond the scope of normal duty, was awarded to 10 individuals, including:

- LS Charles Burrridge, for successfully performing CPR on a civilian

casualty in April of 2016 while in Victoria, British Columbia.

- CPO1 Douglas Currie, for his work as Engineering Chief of the Maritime Component during Op NUNAKPUT 2017 in Canada's North.

- Lt(N) Barrie, for her work as Flag Lieutenant to the Commander, Canadian Fleet Atlantic.

- CPO2 Jason Greene, for his positive attitude and mentorship of junior personnel as the Chief Bosn's Mate in HMCS *St. John's* during Op REASSURANCE in 2017.

- LS Nathan Ling, for selflessly jeopardizing his own life to prevent a suicide attempt by a shipmate, while sailing in HMCS *Athabaskan* in February 2016.

- PO1 Jess Malaidack, for his quick action responding to a fire in the Four Mess Flats on board HMCS *Toronto* in June of 2017.

- PO1 Patrick Monk, for supporting the implementation of the new Marine Technician trade while deployed with HMCS *Fredericton* from January - March 2017.

- LCdr Jennifer Price, for her work since 2014 as Personnel Selection Officer during the development and standing up of the RCN's Naval Tactical Operations Group.

- CPO2 Vincent Prosper, for his ingenuity in modifying the Black and Grey Water System in HMCS *Toronto* during the Great Lakes Deployment in 2017.

- MS Stewart Riggs, for his extraordinary work as a Marine Technician in HMCS *Charlottetown*, along with a number of non-departmental initiatives, that led to his selection as the Atlantic Fleet's 2017 Sailor of the Year.

A single Commander Canadian Joint Operations Command (CJOC) Commendation was also awarded during the ceremony, with LS Jonathan Nervais being recognized for his work as a Marine Engineer in HMCS *Kingston* during Op CARIBBE in 2016, where he spent countless hours repairing and overhauling the ship's reverse osmosis desalinator.

The remainder of the ceremony

saw individuals receive the Commander Maritime Forces Atlantic and Commander Joint Task Force Atlantic Certificates of Achievement. Those awarded include:

- Capt Christopher Quillan, for his work as the lead planner for Exercise Sable Island Surveyor from September 2015 to May 2016, supporting Parks Canada in demolishing derelict structures on the island.

- WO Rachel Boucher, for outstanding support to NDWCC as a member of the CFB Halifax BIS team from 2016 to 2018.

- PO2 Eric Caron, for the strong example he set for others aboard HMCS *Fredericton* in adapting to the new Marine Technician occupation in early 2017, quickly earning new qualifications needed to keep up with the trade's demands.

- Jonathan Clark, for his work with BIS in the development of both the Operational Readiness Measurement Tool and the One-Fleet Schedule.

- Ian Johnston, also for his work with BIS on Operational Readiness Measurement Tool and One-Fleet Schedule, particularly his creativity in finding solutions and organizing activities of the programming team.

- Lt(N) James Ross, who also organized the development of the Operational Readiness Measurement Tool and the One-Fleet Schedule, implementing new solutions to operationalize readiness reporting.

- MS Anthony Francis, for his work reestablishing fresh water to an emergency shelter in South Caicos during a humanitarian mission with HMCS *St. John's* following Hurricane Irma in September 2017.

- Lt(N) Michael Gooderham, for his support in the authoring, organizing and development of new decision-making products for the Commander RCN Quarterly Reports.

- Lt(N) Michel Vezina, also for his work developing new decision making Command Analytics products for the Commander RCN Quarterly Reports.

- LS Sebastien Hamel, for assisting a civilian exhibiting signs of a stroke

while off duty at a local car dealership in May of this year.

- LS Brandon Humphrey, for safely transporting numerous work parties shore in debris-filled waters during HMCS *St. John's* humanitarian mission in September 2017 following Hurricanes Irma and Maria.

- LS Russell Kennedy, who also transported work parties, showing strong navigation and seamanship skills, during during St. John's humanitarian relief efforts.

- PO2 William Koshowski, also for his humanitarian relief work with HMCS *St. John's*, where he helped in the fabrication of several structures meant to enable water delivery by air via helicopter.

- MS Peter Pope, whose hard work helped ensure St. John's retained fresh water production ability while providing relief to the islands of South Caicos and Dominica.

- Sgt Andrew Shain, who conducted helicopter reconnaissance missions during the disaster relief operations with HMCS *St. John's*, supporting the extraction of multiple casualties from mountainous terrain.

- Lt(N) Thomas Vincer, for his work as the MARLANT Staff Officer, Ship System Readiness, coordinating the diesel generator replacement in HMCS *Charlottetown* while alongside in Croatia in fall 2017.

- SLt Kyle Williams, for his outstanding support to the logistics department of HMCS *St. John's* prior to the ship's deployment to Op REASSURANCE in late 2017, working many evenings and weekends to ensure the ship was logistically prepared.

- Lt(N) Jason Pike, who showed selfless courage in responding to the fire in HMCS *Toronto's* Four Mess Flats in June 2017, despite heavy smoke and lack of proper equipment when first responding.

RAdm Baines congratulated all the award recipients, and said the ceremonies are an important way to have individuals honoured for their hard, often dangerous work, among colleagues, family and friends.

New Formation Master Seaman focused on communication between ranks

By Ryan Melanson
Trident Staff

MS Shane Ritchot has been serving in the RCN for just over 10 years, with time logged in HMC ships *Iroquois*, *Toronto*, and *Charlottetown*, including deployments on Op CARIBBE in 2011 and, more recently, Op REASSURANCE in 2016.

With his recent promotion to Master Seaman, however, he'll be taking a break from his naval communicator trade and staying ashore to act as an advocate for junior-ranked members across Formation Halifax. MS Ritchot recently took over the position of Formation Master Seaman and President of the Mess Committee for Fleet Club Atlantic, a demanding job that has a lot of importance when it comes to making sure the Master Seaman and below ranks are properly represented among base and formation leadership.

"A fundamental part of this role is that The Formation Master Seaman is the voice of the junior ranks. Any time they have issues or concerns they can come to me, and then I can go to the senior chiefs and make them aware," MS Ritchot said.

After serving on the Fleet Club Executive Committee over the past year and spending most weekends at the club working security, outgoing Formation MS Rebecca Charlesworth suggested MS Ritchot put his name forward to replace her in the position. While initially hesitant, he was nominated for the role by his most recent Chain of Command at FMF Cape Scott, and was happy to take advantage of the opportunity.

"I sat down and thought about it



MS Shane Ritchot has recently taken over as the MARLANT Formation Master Seaman and President of the Mess Committee for Fleet Club Atlantic. He can be found at his office on the ground floor of Tribute Tower.

RYAN MELANSON, TRIDENT STAFF

for a while. I recognize the importance of the mess and this job, and decided it was something I'd like to do," he said.

"It's always good to do something

that's outside of your trade and get the breadth of knowledge that comes with that."

He answers to the Formation, Base and Fleet Chiefs, and is responsible

for both bringing the voice of the junior ranks to them, as well as taking messages and intent from leadership and communicating that down to his junior-ranked colleagues. Other main tasks include tending to Fleet Club and Tribute Tower business, like planning events and booking bands, or in the immediate, working to get wifi installed throughout the building, which will hopefully be complete soon.

Another top priority is the ongoing project to name each floor in Tribute Tower after a junior-ranked RCN sailor, one that MS Ritchot hopes significant progress can be made on during his time in the job.

"Right now we're in talks with historians in Ottawa, and we're focusing on ships, hopefully highlighting junior-ranked members from some of those RCN ships of the past."

Originally from Winnipeg, Manitoba, MS Ritchot now lives in Halifax with his partner, and said he's excited for the year ahead as he settles into his busy new job. He gave credit to the senior chiefs of Formation Halifax for making things easier thus far by being approachable and for always valuing the input of the junior ranks. MS Ritchot said he'll continue to push for even better communication between the junior and senior ranks, and to be an advocate for the interests of his colleagues when big decisions are being made.

"Everyday is something different. It all depends on who comes to my door and what's happening around the base. I've never had to rely on my calendar more, but it's great and I'm enjoying the big change so far," he said.

RCN to receive a sixth Arctic and Offshore Patrol Ship

By DND

As part of Strong, Secure, Engaged: Canada's Defence Policy, the Government of Canada is acquiring the Arctic and Offshore Patrol Ships (AOPS) to bolster the Royal Canadian Navy's capabilities while equipping its women and men with versatile and reliable vessels to complete their vital missions.

On Friday November 2, the Honourable Harjit S. Sajjan, Minister of National Defence announced that the Royal Canadian Navy will receive a sixth patrol ship, which will help sustain hundreds of highly-skilled middle class jobs at Irving shipyards.

A sixth patrol ship will greatly

increase the capacity of the Royal Canadian Navy to deploy AOPS simultaneously, at home or abroad. Additionally, a fleet of six AOPS will allow our frigates to focus on further tasks, allowing the RCN to use its fleet more effectively.

The Government of Canada is also committed to providing the best economic opportunities for Canadians. Through the National Shipbuilding Strategy, the Government of Canada is providing the Royal Canadian Navy with safe and effective vessels to carry out their missions, while providing meaningful economic opportunities for Canadians.

"The National Shipbuilding Strategy continues to create social and

economic benefits for Canadians from coast-to-coast-to-coast. The construction of the sixth Arctic and Offshore Patrol Ship underscores our commitment to maximizing stable employment for our skilled shipbuilders, while supporting the brave women and men of the Royal Canadian Navy in their important work," said Carla Qualtrough, Minister of Public Services and Procurement and Accessibility.

The decision for a sixth ship was made possible after ensuring adequate funding for the acquisition of the ship, as well as the modified production schedule.

The Arctic and Offshore Patrol Ships will significantly enhance the

Canadian Armed Forces' capabilities and presence in the Arctic, as well as augment their presence on the Atlantic and Pacific coasts, better enabling the Royal Canadian Navy to safeguard Canadian Arctic sovereignty.

The AOPS are highly versatile platforms that can be used on a variety of missions at home and abroad, such as coastal surveillance, search and rescue, drug interdiction, support to international partners, humanitarian aid, and disaster relief.

Three ships are in full production and steel cutting for the fourth ship is planned for this winter.

The first AOPS is now in the water and is expected to be delivered to the RCN in summer 2019.



Beyond cooks – the full picture of cooks at sea

By Capt Jenn Jackson,
Op CARIBBE PAO

When we think of a cook, typically we understand they are responsible for preparing and serving food. However, when it comes to being a cook on a ship in the Royal Canadian Navy, meal preparation is only the beginning of the story.

As the Public Affairs Officer for Op CARIBBE, my first days at sea were quite eye opening when I observed the full scope of a cook's duties.

In addition to food preparation, the cooks on a ship are also the primary casualty clearers during any emergency, line handlers when needed on deck, and even help to manage seasickness. These are all roles for which cooks receive basic training that is enhanced throughout their careers at sea through mentorship, coaching and experience.

"The Senior Cook is the primary casualty clearer in an emergency," says the Chief Cook on HMCS *Nanaimo*, who cannot be named for security reasons. "I learned a lot of skills throughout my career thanks to the coaching and mentoring of the various physician's assistants I have sailed with, and in turn, I pass on that knowledge to the junior cooks."

It is a similar experience for learning how to handle lines on deck and manage sea sickness – cooks become more proficient the longer they sail



A cook in HMCS Nanaimo works as a casualty clearer during a damage control exercise to splint the arm of a crewmember with a mock injury on October 17, 2018.

CAPT JENNIFER JACKSON, OP CARIBBE PAO

and thanks to the guidance from specialists, such as boatswains, for line handling.

These duties are in addition to their primary function of preparing and serving food to a crew of up to 47 on

a Kingston-Class ship, only three of whom will be cooks.

It's a long day for a cook at sea as they rise at 5 a.m. to prepare breakfast and typically work until 7 p.m. after supper cleanup. During daytime emer-

gencies, it is necessary for one cook to monitor the cooking food while the others respond.

For the Chief Cook, other duties need to be completed to make sure the crew is properly fed.

"As the Senior Cook, I am responsible for liaising with the Executive Officer on budget matters, planning the menus and placing the food orders," adds *Nanaimo's* Chief Cook. "I also have to keep track of whether any crew member has dietary restrictions, such as being vegetarian or allergies, and ensure there is food aboard they can eat. This is especially important for an extended operation like CARIBBE."

While we have only just begun our sail for CARIBBE, I have also already observed how vital good food is for the overall morale of the crew. We have been busy undergoing Mission Specific Readiness Training that requires a lot of effort from the crew as they complete drills such as fire and flood damage control, engineering exercises, and boat work to fully prepare for the operational phase of CARIBBE.

Nothing brings a smile to the faces of the crew than seeing a good hot meal between bouts of hard work, or even the occasional freezie after a sweaty, sustained fire exercise. We are well taken care of on HMCS *Nanaimo* – whether we are hungry, injure ourselves, need an extra hand on deck or suffer from seasickness. We have great cooks for all of that.



Badges for ship's company of Harry DeWolf

The ship's company of Harry DeWolf poses for a group photo after the badging ceremony held on October 5, 2018.

AB TYLER ANTONEW, FIS



The MARLANT Employee Assistance Program volunteer team, along with, on the far right, MARLANT Chief of Staff Capt(N) Guillaume LaFrance, EAP Champion, with EAP Coordinator Holly Scothorn on his right.

RYAN MELANSON,
TRIDENT STAFF

Employee Assistance Program team thanked for their volunteer efforts

By Ryan Melanson
Trident Staff

The DND Employee Assistance Program has been supporting the wellbeing of civilian members of the defence team for 36 years, and an annual luncheon gathering was held on November 6 to thank the local members of the EAP team for their work over the past year.

"The program was developed by both management and unions, and is still jointly supported by all those who have a vested interest in its success. It helps contribute to a healthy and respectful workplace by taking care of our people," said EAP Coordinator Holly Scothorn, explaining the peer-referral services that are the main function of the program, and that they could not exist without the volunteer referral agents across the formation who take time to help their colleagues when requested.

"Our agents are deeply committed to the wellbeing of their colleagues, and volunteer to perform these referral agent tasks in addition to their regular jobs."

Along with the referral agents themselves, Scothorn also thanked the various managers, supervisors and Commanding Officers who support their people being involved in the program, as well as the unions who support EAP and fund the thank-you luncheon each year. The supporting unions include the Dockyard Trades and Labour Council East, Nova Scotia Union of Defence Employees, Professional Institute of Public Service of Canada, International Brotherhood of Electrical Workers, and Federal Government Dockyard Chargehands Association.

Scothorn also thanked Formation



leadership, including RAdm Craig Baines, who attended the luncheon, and MARLANT Chief of Staff Capt(N) Guillaume LaFrance, who helped secure funding for this year's referral agent training, and has also agreed to act as the new local champion for the program.

"I've now become aware of the importance of EAP, and it's been a pleasure to work with Holly and her team to help energize and promote the program," Capt(N) LaFrance said.

"This is a critical function for supporting our employees and for allowing the successes we see across the formation to continue."

The two senior officers, along with

union representatives, also used the occasion to sign the local EAP declaration, signifying ongoing support for the program through the next year.

EAP Coordinator Holly Scothorn presents a Certificate of Appreciation to MARLANT Chief of Staff Capt(N) Guillaume LaFrance, for supporting referral agent training this year and for recently stepping up as the new MARLANT EAP Champion.

RYAN MELANSON, TRIDENT STAFF

The declaration outlines the importance of maintaining the health and welfare of all DND employees, something that is heavily supported by the EAP's system of internal peer-referral services and external short-term counselling through Health Canada Employee Assistance Services.

"Through this Declaration, we wish to indicate clearly to the employees of DND that we endorse the intent and the objectives of the EAP. Together, we encourage employees to make use of these services," it reads.

Scothorn also presented individual plaques and certificates to people who've supported EAP through the year, including her team of a referral agents.

"The reason we do this event every year is to thank the people who work to make the EAP program a reality. We couldn't do it without them," she said.



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MS Franklyn Gosse, CANFLTLANT Sailor of the Quarter

MS Franklyn Gosse of HMCS St John's was named Canadian Fleet Atlantic's Sailor of the 3rd Quarter in 2018 for his outstanding organizational skills over a broad range of responsibilities during Op REASSURANCE on October 26, 2018. Left to right: Cdr Peter Sproule, Commanding Officer, HMCS St John's; Capt(N) Andrew Hingston, Deputy Commander, Canadian Fleet Atlantic; MS Gosse; CPO1 Tim Blonde, Fleet Chief, Canadian Fleet Atlantic; and CPO1 Cavel Shebib, Coxswain, HMCS St John's.

MONA GHIZ, MARLANT PA



OS Vandersleyen (centre) and OS Charest (right) are joined by Cdr Sauvé (left) Commanding Officer of the Naval Training Development Center (Pacific), in their investigation of a defective diaphragm valve. OS Vandersleyen and OS Charest have just begun their Marine Technician training at the Naval Fleet School (Pacific).

Marine Technician training evolves for the future

By LCdr Adrian Deutekom
NTDC(P)

In 2017, the Royal Canadian Navy stood up the Marine Technician trade.

This new trade replaced the legacy trades of Marine Engineer, Hull Technician and Electrical Technician.

The vision for the Marine Technician trade was to train sailors to be capable and flexible in an ever-evolving technological environment. Given the emerging technologies, such as electric drive ships, changing power generation technology, and even composite hulls, the old divisions between trades were breaking down at an ever-greater rate.

Marine Technicians are being trained as generalist technicians across a broad swathe of machinery, skills and capabilities. This allows all members of a ship's Marine Systems

Engineering department to be capable in all aspects of the operation of the ship's equipment. No matter which ship class a Marine Technician is assigned to, they will have the knowledge needed to operate the equipment on board, be it electrical, mechanical or even physical repairs to the ship's structure.

The new organization of Naval Personnel and Training Group has created Training Development Centres (Pacific) and (Atlantic). On the West Coast, the Training Development Centre is tasked as the Curriculum Control Authority to oversee and plan for the development of all MARTECH training and education.

As new technologies mature and become available and deployed on Royal Canadian Navy platforms, the training will be updated to match, keeping personnel flexible and ready to deploy on any platform.



Holiday Shopping

ADVERTISING SPECIAL



How to be a better gift giver this season

(NC) When you've got a lot of people to buy presents for during the holidays, it can be easy to grab the first thing you see and call it a day. To help check off that shopping list – and support small businesses and communities – check out these tips for shopping with a social conscience.

Support local businesses. Certain online marketplaces offer the option to filter by location, so you can browse items from businesses and artisans in your area. Craft sales, holiday markets and bazaars are also another good way to introduce yourself to your local arts scene – and pick up some goodies for friends and family.

Know where your gifts come from. Sometimes shopping at a big

box store is the easiest way, but in recent years several online groups have been launched to help you learn where products from bigger companies come from and if they're being made in an ethical and sustainable fashion. It might take a little googling, but this way you can ensure you're supporting companies with values that match yours.

Give a gift that gives back. Select online retailers like UNICEF Market by UNICEF Canada are designed to support local artisans around the world. When you make a purchase here, not only are you getting a great gift for someone you love, you're also helping to support a global artisan, their family and community



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Halifax school welcomes veterans

LCdr Paul Smith speaks with students at Sir Charles Tupper Elementary School on the importance of remembering and honouring Canada's veterans during a Remembrance Day ceremony on November 8, during the 2018 National Veterans' Week Speakers Program. Walking past the students are, from left: Patricia Woodbury, Principal, Sir Charles Tupper Elementary School; LCdr Paul Smith; and Norman Crewe, 97-year-old Merchant Navy veteran.

MONA GHIZ, MARLANT PA



Remembrance ceremony at Eastern Passage

RCAF personnel stand on sentry duty during the Remembrance Day ceremony at the Cenotaph in Eastern Passage Nova Scotia on November 11, 2018.

LS LAURANCE CLARKE, 12 OPERATIONS SUPPORT SQUADRON IMAGING



Family of late Gulf War veteran awarded memorial cross

By Ryan Melanson
Trident Staff

Ten years after his death from an aggressive brain tumour, the family of Gulf War veteran PO1 Richard Mohr was awarded the Memorial Cross during a ceremony at Stadacona's St. Brendan's Chapel on November 11.

The Memorial Cross is an award granted to loved ones of a member whose death is the result of an injury or disease related to military service. PO1 Mohr served as a Naval Communicator in HMCS *Athabaskan* during Operation FRICION in support of the Gulf War in 1990 and 1991, and his family has long contended that his illness was caused by exposure to chemicals during his deployment to the Gulf region.

"I'm very proud to see this happen. I'm very proud of his service, obviously, and this is the final box that needed to be ticked for him to rest peacefully. There's a lot of closure today," said PO1 Mohr's wife Natasha, who was presented the Memorial Cross at the ceremony, along with her children Andrew and Elizabeth. She was married to PO1 Mohr for 17 years and has been a public advocate for her husband since his death. She's also been vocal in her criticism of Veterans Affairs Canada and the Federal Government, but said she's proud her work has now paid off in having the cause of her husband's death properly recognized, along with the compensation for her family that comes with it.



Gulf War veteran PO1 Rick Mohr died in 2008 after a bout with brain cancer. On November 11 of this year, his wife and children were presented with the Memorial Cross in recognition that he died from causes attributable to his service in the Gulf War.

SUBMITTED

"I'm glad it's over and it's time to move forward," she said.

Mohr said her husband's naval career was very important to him, and he spent time in HMC ships *Nipigon*, *Gatineau*, *Athabaskan*, *Fraser*, *Charlottetown*, *Preserver*, *Provider*, and *Toronto* during his 22 years with the RCN. She described him as a true soldier, who also worked to instill military traits of strength and determination in his two children, who were his top priority.

"He loved his job and was a soldier in all aspects of his life, but he was a father first and foremost," Natasha Mohr said.

PO1 Mohr's daughter Elizabeth spoke at the Memorial Cross service, along with former colleague CPO1(Ret'd) Art Forward, who performed a reading, and family friend and neighbour CPO1 (Ret'd) Earle Corn, now President of the Navy League of Canada, who also shared some memories of PO1 Mohr.

CPO1 (Ret'd) Corn described his late friend as a rare type of individual who kept calm, composed and ready to lead during any difficult situation that presented itself, including in the Gulf. As a Fleet School chief working with members of *Athabaskan* as the ship prepared to deploy in 1990, he saw PO1 Mohr's dedication to the job firsthand, in addition to knowing him as a loving husband and father at home.

"He always protected his troops; he looked after his people with all his heart and soul, and he was very good at his job. I was also extremely proud to get to know him as a neighbour and to watch his kids grow up," CPO1 (Ret'd) Corn said.

Presenting officer Capt(N) Jean Couillard presented Mrs. Mohr and her children each with a Memorial Cross, along with the Sacrifice Medal, Memorial Scroll and Memorial Bar, presented the family as a group. PO1 Mohr will now have his name added to the Seven Books of Remembrance in Ottawa, and his wife expressed hope that her work in having his cause of death acknowledged will benefit other veterans or their families dealing with similar cases in the future. She thanked everyone who supported her family over the last decade, with special thanks to Harold Davis, president of the Persian Gulf Veterans of Canada Association, and to Norman Doucet, who works as an assistant for Sackville—Preston—Chezzetcook MP Darrell Samson and provided key assistance in dealing with the federal government.



Candlelight ceremony at Camp Hill Veterans Memorial Hospital

Veterans, CAF members, cadets and civilians take part in the annual Camp Hill Veterans Memorial Hospital Candle Lighting Ceremony at the cenotaph outside the hospital.

CPL DAVID VELDMAN, FIS



36 Canadian Brigade Group (NS) Band vocal trio Cpl Mark, Cpl Cumming and MCpl Mayka sing *Don't Sit Under the Apple Tree* and *Boogie Woogie Bugle Boy* during MARLANT'S 17th annual 'Til We Meet Again concert at the Halifax Central Library on November 10.

MARGARET CONWAY, A/BPAO

Army Band plays 'Til We Meet Again concert

By Virginia Beaton
Trident Staff

It was an afternoon of music, memories, and laughter at the 17th annual 'Til We Meet Again concert at the Paul O'Regan Hall of the Halifax Central Library.

Held on Saturday, November 10, the concert was presented by the 36 Canadian Brigade Group (NS) Band, under the direction of Capt Patrick Forde. Usually the Stadacona Band of the Royal Canadian Navy is the presenting group, but that band was in Europe for parades and ceremonies marking the 100th anniversary of the Armistice that ended the First World War.

The concert is a fundraiser for the Camp Hill Veterans' Memorial Garden at the QE II Health Sciences Centre, and Heather White, Director of Veterans' Services and Geriatrics, thanked MARLANT for all the support it provides. She noted that support comes from the CAF "all year round", with volunteers who help to maintain the garden, and

who visit the veterans residing at the hospital.

The band played a varied selection of music ranging from a brisk march titled *Emblem of Unity*, to *Bugler's Holiday*, a showoff piece for three of the band's trumpet players.

Concert MC Liz Rigney not only sang a solo on *A Nightingale Sang in Berkley Square*, but urged the audience to participate in the Second World War singalong featuring tunes such as *The Quartermaster's Stores*.

A trio of the band's female musicians stepped out front to sing *Don't Sit under the Apple Tree*, and also *Boogie Woogie Bugle Boy*, in the style of the Andrews Sisters.

For the Service Salute, Liz Rigney invited audience members to stand in acknowledgement of their service in a branch of the CAF as that service's ceremonial march was played: *Heart of Oak*, *Great Little Army*, and the *RCAF Marchpast*.

The Colour Party and ushers were cadets from the 305 Sackville Royal Canadian Sea Cadet Corps.

NDWCC update

By Margaret Conway
CFB Halifax A/PAO

It's hard to believe that we're nearing the conclusion of the fall 2018 campaign season. Our NDWCC canvassers have been hard at work visiting all Base and MARLANT units and ships within the Formation, and individual units have been busy planning and executing a wide variety of events, bake sales and raffles all in support of the campaign. But we're not finished yet! The following events and raffles will take place in the coming weeks.

Upcoming NDWCC events and raffle draws

- Base Information Services Escape Room (November 28 – December 11)
- Hutch & Buffet Raffle (draw date of November 30)
- MARLANT HQ Curling Bonspiel & Winter Cook-off (December 6)
- Campus Atlantic Halifax Mooseheads Game Night Raffle (draw date of December 10)

Visit the MARLANT NDWCC website for more information on these upcoming events and raffles: <http://halifax.mil.ca/NDWCC/index.html>

Chase the Ace and 50/50 sales

- The NDWCC Chase the Ace lottery is ongoing, with a card drawn every Friday. After a card is drawn, all tickets purchased that week are discarded, so you need to purchase tickets every week for your chance to win.

- The 50/50 will be drawn only once. That draw will take place on December 14.

Every unit in the Formation has an NDWCC representative who can be contacted if a member is inter-



MWO Don Cox was the NDWCC Chase the Ace consolation prize winner for the week of November 5-9. The Chase the Ace lottery is ongoing and tickets can be purchased through unit NDWCC representatives or during the lunch hour (11:30 am – 12:30 pm) at select locations throughout the Base.

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ested in purchasing Chase the Ace or 50/50 tickets. If you don't know who your unit representative is, please contact 2Lt Plourde-Fleury at Nico.Pourde-Fleury@forces.gc.ca. Chase the Ace and 50/50 tickets can also be purchased at the following locations:

- Mondays: New Wave Café, 11:30 a.m. – 12:30 p.m.
- Tuesdays: MOG5 Galley, 11:30 a.m. – 12:30 pm
- Wednesdays: Tribute Mess/Galley, 11:30 am – 12:30 p.m.
- Thursdays: Juno Galley, 11:30 a.m. – 12:30 p.m.

Many thanks to all who have supported the campaign so far by donating their money or time or by attending NDWCC events. Let's make these last few weeks count.



TEME member thanked for work cleaning vandalized war memorial

After an incident of vandalism in Point Pleasant Park in October that left the Sailors' Memorial covered in graffiti, Cpl Benjamin Hovinga, an MSE Op, led the charge to begin to cleaning the monument and the surrounding area. He was at Point Pleasant Park the morning after the graffiti appeared to begin scrubbing it off, and helped inspire others to do the same. To recognize Cpl Hovinga for his efforts, BGen (Ret'd) David Kettle, Secretary General of the Commonwealth War Graves Commission Canadian Agency, came to Cpl Hovinga's TEME workplace in Halifax November 7 for a special presentation. BGen (Ret'd) Kettle said it was important to recognize the initiative of Cpl Hovinga and all others who helped restore the memorial to its proper state.

SUBMITTED.



HMCS Nanaimo rescues a sea turtle

By Capt Jenn Jackson,
Op CARIBBE PAO

On November 1, 2018 while on patrol in the Eastern Pacific during Op CARIBBE, HMCS Nanaimo’s lookout spotted something suspicious in the water. Upon further investigation, the ship’s Bridge Watchkeeper determined it was a fishing buoy and contacted the Commanding Officer who decided to investigate it for contraband.

When the ship investigated, they discovered an unfortunate sea turtle with one of its flippers tangled in the fishing buoy’s rigging. Unable to free the turtle and fully investigate the buoy from the side of the ship, the Commanding Officer made the decision to launch a Rigid Hull Inflatable Boat (RHIB), providing a unique opportunity for a boatswain.

“We got the order to launch the boat and I was lucky enough to be available as boat coxswain – the boat driver,” says the Boatswain in Nanaimo, who cannot be named for operational security. “Acting as a boat coxswain is one of the last things I needed to do to complete my Qualification Level-4 Package and going to investigate a fishing buoy for drugs and free a

turtle was a great way to do it.”
“The Royal Canadian Navy has a reputation for rescuing sea turtles during Op CARIBBE and I didn’t want to miss out on the opportunity on this deployment,” said LCdr Jason Bergen, Commanding Officer of Nanaimo. “I also wanted to check the buoy for contraband and knew one of the boatswains needed to act as a boat coxswain to complete his training package, so it turned out to be a win-win for everyone”.

Another boatswain from Nanaimo also embarked in the RHIB.

“When we came upon the buoy in the RHIB, I quickly pulled it up and freed the turtle who swam away,” adds the second boatswain with a smile. “After that I checked the buoy for anything unusual, but it was clear. Some days we help keep drugs off the street, some days we help turtles, the best days we get to do both.”

Once the fishing buoy was cleared and turtle was free the RHIB returned to HMCS Nanaimo and was recovered.

HMC Ships Edmonton, Nanaimo and Moncton are currently deployed on OP CARIBBE to disrupt illicit trafficking operations in the Caribbean and off the Pacific coast of Central America.



Sailors from HMCS Nanaimo free a sea turtle that had entangled one of its flippers in a fishing buoy.

CAPT JENNIFER JACKSON, OP CARIBBE PAO



Take Our Kids to Work Day 2018

During Take Our Kids to Work Day on November 14, grade 9 students accompanied their parents to the Fleet Diving Unit Atlantic. PO1 Bouchard gave a tour of the facilities, insights into a Royal Canadian Navy diver career, and let participants trial the equipment.

MONA GHIZ, MARLANT PA

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Maintaining work/life balance at sea to stay in the green

By Capt Jenn Jackson
Op CARIBBE PAO

When deployed on ship, sailors live in the same place as they work. While there is a regular watch rotation in place, it can become far too easy to allow work time to blend into rest time until it feels as though life at sea has become an endless cycle of work broken up by sleep.

So how do sailors work to maintain balance on ship?

In many cases, it takes some discipline to recognize that without appropriate rest and relaxation time, a sailor's productivity and effectiveness will go down as the move along the mental health spectrum from green to yellow to red.

"It's a question of stamina and longevity," offers HMCS *Nanaimo's* Physician Assistant, who cannot be named for operational security. "If you can take time to bring yourself out of the yellow or red back to the green then you are increasing your capacity for longevity and maintaining your mental health for the duration of the sail."

In HMCS *Nanaimo*, while deployed on Op CARIBBE the crew is working hard to maintain the ship while sailing, but as we progress, there are some interesting and unique "down time" activities that are coming out in the messes and flats.

"I brought an easily portable project with me," says *Nanaimo's*



When not on watch, working out is the favourite activity aboard HMCS Nanaimo.

CAPT JENNIFER JACKSON, OP CARIBBE PAO

Deck Officer who crochets in her spare time. "Crocheting is something I don't often have time to do at home so I take advantage of the time between my watches to work on a sweater."

"I actually really like lying in my rack and reading before bed each night," adds a Boatswain. "The reading helps me prepare for sleep by giving some separation from the work I do during the day."

For command, ensuring morale

and mental wellness while deployed at sea is a priority.

"Our job at sea is hard work that is often stressful," says LCdr Jason Bergen, *Nanaimo's* Commanding Officer. "It is important to take time to decompress each day to maintain the green. Mental health is an important key to maintaining morale on the ship and that directly affects our overall mission capability."

As *Nanaimo* continues on her deployment, the crew has settled into a regular routine balancing operations with time off watch. Morale remains high and a recent survey revealed that when it comes to decompressing while off watch, working out is the most popular choice, with reading a close second. Other popular activities include sleeping, hanging out with fellow sailors in the mess and watching movies.

Ship's Survey - What is your favourite thing to do on ship when not on watch?

Work out – 9

Read – 7

Hanging out with
fellow sailors – 6

Sleep – 6

Watching movies - 4

Other (gaming, crafts, music)
– 7



In between patients, the Physician's Assistant in HMCS Nanaimo works on learning to drum.

CAPT JENNIFER JACKSON, OP CARIBBE PAO



A crewmember in HMCS Nanaimo works on her crocheting while off watch.

CAPT JENNIFER JACKSON, OP CARIBBE PAO

World wide radio

By Capt J.A. Manney
39 Sig Regt PAO

"Papa Echo two two this is Charlie Alpha five four, radio check, over."

It's day three of Exercise Noble Skywave, a friendly radio competition involving NATO nations and civilian radio affiliates around the world.

Cpl Ryan Plamondon repeats the call from 39 Signal Regiment's Nanaimo operations centre, his words riding skyward on 400 watts of high frequency (HF) radio energy. First, they'll hit the ionosphere, then, if his settings are correct, they'll bounce to a similar radio half a world away.

An accent breaks through the ever-present hiss of radio static.

"Charlie Alpha five four, this is Papa Echo two two. You are loud and clear. How me, over."

Cpl Plamondon eyes the other signallers. They've just reached Peru.

"Cool," he says to the room.

In 2018 Cpl Plamondon and his Peruvian counterpart could have been Snapchat buddies hours earlier, without the need to mobilize a literal army to talk on the radio.

But in a natural disaster, an earthquake or flood, the vital communication infrastructure British Columbians take for granted may not be working.

"In the event of an emergency, HF radio is one of the tools we'd use to talk with Ottawa or international agencies," says Cpl Plamondon. "Among our many roles, signallers would help re-establish critical communication links, so government agencies can begin the recovery effort."

Overseen by the Canadian Army's Joint Signal Regiment in Kingston, Noble Skywave is intended to keep Regular and Reserve Force signals skills fresh. The competition awards points based on the number of communications links made. A portion of the event requires signallers to eschew any automatic HF technology, like digital data links, and focus on simple voice calling.

"It's a great training opportunity," Cpl Plamondon says. "We get to experience the same troubleshooting issues you get with wires, antennae and environmental conditions but without the pressures of real consequences, so that we can be ready when it really matters."

The hiss from the radio erupts into chatter again. Someone somewhere is reaching out to Vancouver Island.

"I think connecting to some remote station is fascinating," Cpl Plamondon says as he prepares to key the microphone. "And it's important."

"...station calling, this is Charlie Alpha five four, say again, over..."



FDU(A) has done a fundraising run for the Christmas Daddies for more than 30 years. This photo shows the run in 2010.

CTV

FDU(A) again to participate in Christmas Daddies Run

By Virginia Beaton
Trident Staff

On Saturday, December 1, divers from the Fleet Diving Unit Atlantic (FDU(A)) will do their annual 50-K run around HRM.

The run is a fundraiser for the Christmas Daddies telethon broadcast on CTV each year. This year is the 36th year that FDU(A) divers have undertaken the run, which to date has raised more than \$300,000 in funds for the Christmas Daddies.

The run begins at 8:30 a.m. at the unit's home at the lower base at 12 Wing Shearwater. FDU(A) divers and some family members will then take it in turns to run the route, which goes on Route 322 and Pleasant St. to Prince Arthur Avenue, east on Portland St, north on Forrest Hills Drive, and west on Main Street to the Smitty's, which will complete the Dartmouth segment of the run. Then at the Sackville PetroCan Station, runners proceed

northwest on Sackville Drive to the Downsview Mall before turning around to go southeast on Sackville Drive and returning to the PetroCan Station to conclude the Sackville segment.

The Bedford segment begins at the Royal Canadian Legion, Bedford Branch 95, then south along Bedford Highway. After a lunch break, the run continues into Halifax, down Windsor St to Young St and finally the CTV station on Robie St where the divers will present the donations collected en route, together with the pledges.

In addition to the run, each year the unit donates the MK5 Navy Divers helmet for auction during the telethon, thus raising even more money for the fund.

The telethon begins at 11 a.m. on December 1 and continues until 6 p.m. that day. Updates on the run will be broadcast on C-100 radio during the day.



DWAO invites CEO of Stewart McKelvey to speak at meeting

Lydia Bugden, CEO Stewart McKelvey, speaks to audience members at the Sea King Club at 12 Wing Shearwater on October 18. The Halifax Defence Women's Advisory Organization (DWAO) hosted Bugden, the CEO and Managing Partner of Stewart McKelvey law firm, at its October Lunch and Learn event. Bugden spoke about opportunities throughout her career and her experience as the first female CEO of a major law firm in Canada.

LS BRAD UPSHALL, 12 WING IMAGING

CHRISTMAS

at
CF CHAPELS

STADACONA
Dec 23: Lessons & Carols Ecumenical Service
- 1400hrs
Dec 24: Protestant Christmas Eve
- 1630 hrs

SHEARWATER
Catholic:
Dec 23: Communion Service - 1000 hrs
Dec 24: Christmas Eve Mass - 1700 hrs
Dec 30: Communion Service - 1000 hrs
Jan 6: Epiphany of the Lord Mass - 1000 hrs

Regular Sunday services (Stad - 8h30 & Shearwater - 10h00) continue throughout season

"In the beginning was the Word, and the Word was with God, and the Word was God" - Gospel according to John

159975

HMCS *Edmonton* makes drug bust

By Peter Mallett,
The Lookout Staff

The crew of HMCS *Edmonton* overcame a malfunctioning propulsion system to help seize approximately 750kg of cocaine during a drug bust in the Eastern Pacific on November 5.

"My crew overcame amazing odds for this interdiction," says LCdr Kristina Gray, Commanding Officer of HMCS *Edmonton*. "This was not only a first for the ship, but also a first for me as a Commanding Officer. The ship has been working hard and all that effort paid off when we were able to effect a bust resulting in the embarkation of 750kg of cocaine."

Edmonton and its crew are participating in Op CARIBBE, an international operation that facilitates the interdiction of illicit trafficking of drugs, weapons, money and people.

Maritime patrol aircraft had been conducting surveillance patrols in close vicinity of the Royal Canadian Navy Maritime Coastal Defence Vessel on November 5 when suspicious activity was spotted in the water.

The location of the incident was then relayed to *Edmonton*, which was called on to investigate. *Edmonton* then made its way to the area with law enforcement officers from the US Coast Guard on board.

As *Edmonton's* Rigid Hull Inflatable Boats (RHIBs) arrived, the alleged smugglers spotted them, dumped their bales of drugs in the water and fled the scene. The bales of cocaine were later plucked from the water using RHIBs and brought onboard. The bales were analyzed and tested positive for cocaine.

During the incident, *Edmonton* experienced a loss of propulsion. A malfunctioning electronic control of the propulsion system and two blown fuses were the cause of the problem. With propulsion restored, *Edmonton* continued operations.

MS Forrester on TRIDENT JUNCTURE: "It's a good feeling."

By RCN

In 2017, MS Nicole Forrester's son was born. A year later she is deploying on TRIDENT JUNCTURE, the largest NATO co-operative deployment to occur in over three decades involving around 50,000 personnel.

"It is going to be the longest I have been away from my son since he was born, so I find it very difficult," MS Forrester said.

"Knowing that we are out here serving our country and doing the important job that we are doing, and having my husband, who is a great father, at home with my son, makes it a little bit easier."

Though life away from family can be difficult at times, MS Forrester is still able to see the positives of her situation. The crew is a source of strength while she is away from her family.

"Being able to bond with the people on the ship is a big help. When you are at sea, they become your family, and we all have people at home that we are missing."

Travel and education are wonderful advantages of being a member of the Navy, but MS Forrester soon realized it was not the best part.

"When I joined I thought that the best part about being in the RCN would be the travelling and the money," she said.

"But now, I am beginning to learn it is more about the friendships that you make. Being on a ship with the same group of people for such a long



MS Forrester in HMCS Halifax's Forward Engine Room.

SUBMITTED

time, you get to know a lot about each other and you do become a family. Those relationships are the most important thing."

Wanting to see the world is a common motivation for those who choose to enroll in our RCN. MS Forrester shared this motivation, but it was more than just seeing the world that encouraged her to answer the call.

"When I joined, I was able to join a program called the Marine Engineering Technical Training Plan so I was able to stay in my province for two years and have my schooling paid for," MS Forrester said.

"Having my school paid for, being able to travel and serve my country

are the main reasons why I joined the RCN."

MS Forrester is a Maritime Technician Cert 2 Engineer who is planning on being a Cert 3 Engineer. That promotion would make her the Engineer Officer of the watch, a role requiring leadership and with more responsibility. Being deployed on TRIDENT JUNCTURE is another step toward that goal.

"What I would say to someone considering a career in the RCN would be that it was the best decision I have made in my life. It's not only a great career but you learn and grow as a person. You serve your country so you are doing your part to make sure Canada is safe. It's a good feeling."



Canadian Leaders at Sea visit HMCS *Windsor*

Participants in the Canadian Leaders at Sea group tour HMCS *Windsor* on November 15, 2018. The submarine is currently in a transitional docking work period for maintenance and some capability upgrades.

CPL KAREN NEATE, FIS

Free one-year Legion membership

By Jay Tofflemire,
1st Vice President, NS/NU Command,
The Royal Canadian Legion

The Royal Canadian Legion is pleased to offer currently serving and retired CAF and RCMP members with a free one-year Legion membership, including a subscription to Legion Magazine and access to the Member Benefit programs. Our Veteran

Welcome Program, available to all veterans who have not yet joined the Legion, is a great way to get to know the organization.

Being a Legion member offers opportunities to improve the lives of those who served, remember the fallen and support your community — and every member makes a difference. To get more involved with Legion activities in your community

and to add your voice to our advocacy efforts and the future of the Legion, apply through Dominion Command's Veteran Welcome Program and bring your membership card to any Legion Branch to request a transfer to that Branch.

To apply, please complete the Veteran Welcome Program Registration Form, available at <http://www.legion.ca/join-us/free-membership-caf-rcmp>.

The completed form can be emailed to info@ns.legion.ca or dropped off to the Command Office, 61 Gloria McClusky Ave. Burnside.

NS/NU Command has a holding branch that members may transfer into. This branch is a vital branch with no building or meetings. It allows veterans to become members and support the Royal Canadian Legion.

The little engineering team that can

By Capt Jenn Jackson,
Op CARIBBE PAO

The role of the Kingston-class Maritime Coastal Defence Vessels has certainly evolved in recent years. Originally used mainly for coastal surveillance, these 55-metre patrol vessels are now conducting extended operations such as Op CARIBBE and have crossed the Atlantic.

With longer blocks of time spent at sea, the engineering section in a Kingston-Class is one of the busiest teams – both at sea and while along-side.

“The scope of the engineering team is quite diverse on this class of vessel,” says the Chief Engineer of HMCS *Nanaimo*, who cannot be named for operational security reasons. “During our deployment on Operation Caribbe, we are responsible for propulsion, power generation, water production, overseeing the maintenance programs for all departments, damage control monitoring, minor plumbing repairs and maintaining the radars and communications systems.”

Typically, nine non-commissioned members, from the Regular Force and Primary Reserve, including Marine Technicians with various qualification levels, and a Weapons Engineering Technician, make up the team. Two of the team members are critical for the ship to leave port.

“In order to sail, a C-ticket or CERT 4 qualified Chief Engineer and a legacy Senior Electrician must be embarked,” explains the Chief Engineer. “Other members of the team vary from ship to ship depending on mission and availability of personnel and it is common to have two to three



A Marine Technician in HMCS Nanaimo records information from one of the ship's Diesel Alternator as part of rounds on November 1, 2018 during Op CARIBBE. Photo altered for Operation Security.

Marine Technicians in the section working towards their next certification.”

Mentoring and on-the-job training are key components to Marine Technician training. Almost every day on the ship, the section spends up to two hours doing engineering drills both in practical and tabletop formats.

“In addition to working towards initial qualification, Marine Technicians also have to maintain their cer-

tifications,” adds the Chief Engineer. “Doing engineering drills regularly allows senior members of the team to mentor junior members. Knowledge and lessons learned from real-world experiences are passed down ensuring information isn’t lost simply because a tech hasn’t had the opportunity to address an uncommon situation.”

When asked about the advantages of working on a Kingston-Class vessel, the Chief Engineer offers, “It’s an

interesting opportunity. Because the section and crew of the ship is smaller, developmental opportunities to progress to supervisory positions and through the ranks are more available and you learn skills you wouldn’t on a larger platform. For example, as there is no logistics section on the ship all departments are responsible for knowing how to order parts through the stores system or purchase during a foreign port visit to ensure we are operationally ready for the deployment.”

Storing and obtaining parts also presents challenges for the engineering section during extended sails – especially when parts have to be shipped to foreign ports on short notice.

“We have limited space to store equipment and parts on the ship, so we have to be smart about what we bring. Sometimes we must be innovative with repairs to keep the ship moving until we reach our next port and can get specific parts or have a contractor meet us to conduct full repairs.”

Despite the challenges, the engineering section of *Nanaimo* has already demonstrated its innovation during Op CARIBBE. The team installed and is maintaining a system of air conditioning units and fans to cope with the humidity and average temperatures of 30 degrees Celsius. They have also installed showerheads that can be easily turned off to conserve water, all while maintaining existing systems to keep them going.

Whether the task is simple or complex, *Nanaimo*’s small engineering section is consistently maintaining the systems that keep us Ready Aye Ready and moving on Op CARIBBE.

CAPT JENNIFER JACKSON, OP CARIBBE PAO

CANEX gaming series gaining steam

By Peter Mallett,
The Lookout Staff

This year’s CANEX Championship Gaming Series (CCGS) reported upswings in participation, prize value and online buzz after the third annual online competition concluded Oct. 21.

The CCGS is organized by CANEX, Canada’s Military Store. This year’s series pitted six-player teams from across the country competing in the popular multi-player, first-person shooter video game *Overwatch*.

Insomnia Gaming, a team comprised of players from CF Bases Kingston, Saint Jean, and Valcartier, were declared the overall champions of the three-day competition. For their feat of cyber savvy, the victors claimed a prize package of gaming accessories valued at \$2,969.

CANEX Segment Marketing Manager Michael Prouty was excited to report CCGS participation numbers increased again this year. This year’s edition saw 126 players registered on 19 teams from 19 military bases; up from last year’s totals of 16 teams and 109 players from 17 bases. The total value of prizes also increased by over \$1,200 to \$8,539. He emphasized that overall interest in the gaming series has increased ever since it was launched in 2016 and has been spurred by social media buzz and improved prizes packages.

“We are excited to present this event every year and are thrilled that our members are enjoying this entertaining event that promotes fun, teamwork and competition,” said Prouty. “We created this game to help connect like-minded individuals in the CAF,

and the overall feedback from players and live stream viewers has been overwhelmingly positive.”

Other CCGS winners included the team Fix Phoenix from CFB Halifax who claimed second place. Esquimalt did not field an entire team in the

competition but instead had a total of six players participating on the following teams: OverwatchforGen, Quantum Gaming and The Drunken sailors. For results of this year’s event, visit the web page at www.canex.ca/ccgs.

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TRIDENT Sports

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RJOC(A) officer named CAF Official of the Year



By Ryan Melanson
Trident News

After refereeing volleyball at the provincial and national levels for more than a decade, Capt Steven Stuart took his officiating career to new heights in 2017.

The year saw him serve as an official at the CAF National Championships, the Canadian Volleyball Championships, and at the 2017 Canada Games in Winnipeg, along with his very first international appointment at the CISM World Military Women's Volleyball Championship in Jacksonville, Florida. He also officiated a number of tournaments and meets at the provincial or regional level

Capt Steven Stuart with his CAF Sports Award for Official of the Year, which was presented at the annual ceremony at the Canadian War Museum in Ottawa on October 18.

PTE TORI LAKE, CFSU OTTAWA IMAGING SERVICES

through 2017, along with serving as the CAF Chief Official for Volleyball.

He's since been recognized by the CAF for his accomplishments during this banner year, being selected first as the MARLANT Official of the year, then as the RCN Official of the Year. And at the CAF National Sports Awards Ceremony, held October 18 in Ottawa, he took the year's top honour, being named CAF Official of the Year for 2017.

It's actually the second time that Capt Stuart, who works as a surveillance officer inside the Regional Joint Operations Centre (Atlantic), has won the trio of CAF officiating prizes. He was named CAF Official of the year in 2007 as a multi-sport referee, when he was focusing on hockey, with his volleyball career just getting started.

"It was a surprise to get the award again 10 years later, and I'm very appreciative," said Capt Stuart, who has since given up hockey to focus more

of his time on volleyball officiating.

"The CISM tournament was definitely the highlight of the year for me, especially getting the chance to referee in the gold-medal match between China and the USA, which was great fun."

Watching the gold-medal winning Chinese team, which included some of the country's top players from the China's national team, was especially exciting, he added.

"That was my first international tournament, so it was an interesting new challenge as well, just being

*"I do it for the love of the sport."
~ Capt Steven Stuart*

the new face on the block, getting to know the protocols and what was expected of me."

Capt Stuart was never a high-level volleyball player himself, with hockey being his sport of choice, but when his son took up the game at the high school level in 2005, he decided to get his officiating certification, also took up coaching, and generally became more involved with the game. He said he's gained more appreciation for the sport as he progressed up the skill levels, and doesn't plan to slow down anytime soon. He was back refereeing international military action at the 2018 CISM Championships for men and women in Edmonton, and is currently planning a trip to Florida in February to serve as court manager at an elite-level beach volleyball event featuring some of the world's best, including former Olympians. Officiating locally at the university level is also a common activity for Capt Stuart, and he recently finished a five-year stint as Nova Scotia's volleyball Referee in Chief.

"I do it for the love of the sport," Capt Stuart said.

"One of the big things is the camaraderie between you and your fellow referees, and even with the players that you run into across different tournaments. Of course, referees get yelled at once in a while too, but it's still a great hobby and I have a lot of fun."



Capt Steven Stuart in action as a volleyball referee during a match at St. Mary's University.

SUBMITTED



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/playdown 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

Sports trivia: female athletes

By Stephen Stone

Questions

1. She was the first filly, and the favorite at race time, to win the Kentucky Derby.
2. She is the first of only three swimmers in Olympic history (Krisztina Egerszegi of Hungary and Michael Phelps of the United States being the two others) to have won individual gold medals for the same event at three successive Olympics (100 metres freestyle – 1956, 1960, 1964).
3. Canadian soccer player and captain of the Canadian national team. She scored all 3 goals for Canada in the 2012 Olympic gold medal game versus the USA which won with help from biased officiating
4. These two ladies are the only other two fillies to win the Kentucky Derby.
5. This retired professional race car driver was the first woman to qualify and compete in both the Indianapolis 500 and the Daytona 500.
6. She is an American professional motorcycle racer. She made history in 2010 as the first female to win an AMA Pro Racing sprint road race. She is also the first woman to win a professional motorsports race of any kind at Daytona International Speedway, on March 17, 2012
7. She is the most successful woman in the history of American open-wheel racing—her victory in the 2008 Indy Japan 300 is the only win by a woman in an IndyCar Series race
8. She is an American professional wrestler, actress, author, mixed martial artist and judoka. She is currently signed to WWE, performing on the Raw brand where she is the current Raw Women's Champion in her first reign.
9. This daughter of “The Greatest” before her retirement held the WBC, WIBA, IWBf and IBA female

- super middleweight titles, and the IWBf light heavyweight title.
10. She was the first woman to play full-time professional hockey in a position other than goalie.
 11. This Olympic silver medalist achieved a number of historic firsts during her career, including becoming the first woman to play in any of the major North American pro sports leagues.
 12. She is a retired gymnast and a five-time Olympic gold medalist, all in individual events. She is the first gymnast to be awarded a perfect score of 10.0 at the Olympic Games, and then, at the same Games (1976 Summer Olympics in Montreal), she received six more perfect 10s en route to winning three gold medals.
 13. Before she retired this American professional golfer was a founding member and then leading player on the LPGA Tour during the 1940s, 1950s and 1960s. Her 15 major title wins remains the all-time record for most major wins by a female golfer.
 14. This Canadian athlete, won a gold medal for the 400 metre relay and a silver medal for the 100 metre at the 1928 Summer Olympics in Amsterdam. She was called the "best Canadian female athlete of the half-century" and a star at basketball, hockey, softball, and tennis. She was named Canada's Female Athlete of the First Half-Century (1900–1950). The Canadian Female athlete of the year trophy is named for her
 15. She was the first American woman, to win three gold medals in a single Olympic Games.
 16. She is a two-time Olympian, having represented her country at the 2012 and 2016 Summer Olympics. She is the 2017 World all-around silver medalist, making her the first Canadian gymnast to win a world all-around medal. She is also the 2018 Commonwealth and 2015 Pan American all-around champion
- and a five-time Canadian national all-around champion
17. She is an American auto racer. She was the first woman to receive a license from the National Hot Rod Association (NHRA) to drive a Top Fuel dragster. She won the NHRA Top Fuel championship in 1977, 1980, and 1982, becoming the first person to win two and three Top Fuel titles.
 18. A five-time Olympian, her five Olympic medals at the 2018 Pyeongchang games brought her total number of medals up to fifteen, the most by any athlete (female or male) in Winter Olympics history. She is ranked first in the all-time Cross-Country World Cup rankings with 114 individual victories and is also the most successful sprinter in Cross-Country World Cup history, with twenty-nine victories
 19. She is a former Canadian competition swimmer, Olympic medalist, and former world record-holder. She won two bronze medals in the 100-metre backstroke and 200-metre backstroke at the 1976 Summer Olympics in Montreal at the age of 14, behind two East German athletes, Ulrike Richter and Birgit Treiber, who later were confirmed to be longstanding participants of the East German doping scandal. She was also Canada’s female athlete of the year and winner of the trophy named after question 14.
 20. She was world No. 1 for a total of 332 weeks in singles, and a record 237 weeks in doubles, making her the only player in history to have held the top spot in both singles and doubles for over 200 weeks. She was year-end singles No. 1 seven times, including a record of five consecutive years, as well as year-end doubles No. 1 five times, including three consecutive years during which she held the ranking for the entire year.

Answers on page 23

EDVATGARRBWOHSSEASYS
VIDVNTONVHSENESTIRK
NOIITNIEBEMOTENIEDOO
NHVZOTOCDAWI
HTESHOAAVALICRKOAMEN
OIGWVORERINVAUET
CINEDERREOIAOJSTV
ENUTDNNOSGNIOOWVEXW
ETLIHSSEWMDVDDONO
TNTGTAVLETENETOOO
NOISSERPEDEIRHPSOWTV
EPVHSSCUCOSSCPAVAT
AVTOENVIDETORHCO
DNROREHETOESOTCISE
ASVATASNVPSJNEGV
SITWVMSOIRORLEONAV
ETBEXIDSPETETETEDMO
REXETSTAYETETEDMO
EITETSTAWOOTOGNITFE
EGVLTOLA TINAVMINOGOT
CAPFINISTETEMPOSSAVAS

—promsury—
Super Crossword

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Super Crossword

MANY MEANINGS

ACROSS

- 1

Build up
- 6

Features of gymnasts' horses
- 13

With a single flat, musically
- 16

Tam or fez
- 19

Start a web session
- 20

"Seriously!"
- 21

Measure in Ohm's law
- 23

See 112-Across
- 25

Metallic marble
- 26

German GM subsidiary
- 27

Ernie of the PGA Tour
- 29

Put forth, as effort
- 30

See 112-Across
- 38

Lake vessel
- 39

"I Go --" (Peter Allen song)
- 40

Hindu masters
- 41

Spies, e.g.
- 43

Kind of violet
- 45

-- kwon do
- 46

With 87-Down, collectively
- 49

TV's Arnaz
- 50

See 112-Across
- 55

Singer King of "Tapestry"
- 57

Barmaid on "Cheers"
- 58

Name of five Norse kings
- 59

Profs.' helpers
- 62

"Man" or "12" lead-in
- 63

Gulf War missiles
- 65

Mold, as clay
- 66

See 112-Across
- 72

"The Wild Swans at --" (poem by Yeats)
- 73

Lawyer on "Ally McBeal"
- 74

H.S. math class
- 75

Blaster's stuff
- 76

Like much music of the '90s
- 77

"You -- both!"
- 79

Many a Muslim
- 82

See 112-Across
- 86

Debussy's "Clair de --"
- 90

Bundy and Unser
- 91

"Mazel --!"
- 92

-- is human ...
- 93

Like a perfect place
- 95

School skipper
- 98

Like back-in-fashion 12-Down
- 100

Buddy
- 101

See 112-Across
- 106

Microsoft ad campaign
- 107

Ear-relevant prefix
- 108

Paula once on CNN
- 109

Sleep-inducing drug
- 112

Not sharp, as a picture on a screen (and what 23-, 30-, 50-, 66-, 82- and

- 101-Across are, literally)
- 120

Comic actress Wiig
- 121

Alcohol in liquor
- 122

Comaneci of gymnastics
- 123

DOS part: Abbr.
- 124

"Assuredly!"
- 125

Wet outside
- 126

Clearing in the woods

DOWN

- 1

Alien of TV
- 2

Stooge of TV
- 3

Get ripper
- 4

Very wise
- 5

Brief excerpt
- 6

Little oinker
- 7

"Holy cow!," in a text
- 8

Singer Tillis
- 9

-- Zedong
- 10

Brian of electronica
- 11

Treated with calcium compounds
- 12

Fashion trends
- 13

ICU sights
- 14

"-- fair!"
- 15

More woolly
- 16

Novelist Carr
- 17

"It's --" (delivery cry)
- 18

Calvin of golf
- 22

Dallas locale
- 24

"-- Blu Dipinto di Blu"
- 28

Dallas-to-Austin dir.
- 30

Gerbil holder
- 31

Singles
- 32

"Fiddler on the Roof" star
- 33

Obliterate
- 34

Quick note
- 35

Ned who manages the Royals
- 36

Plate for the Eucharist
- 37

Picture
- 38

Blackguard
- 42

Scuffle
- 44

"Hey, bro"
- 46

Phrase after "cafe"
- 47

Fasten with a click
- 48

Onset
- 51

Nessie's waters
- 52

Lunar effect
- 53

Door fixture
- 54

Big-top cries
- 56

Church area
- 59

Port near Seattle
- 60

Musically keyless
- 61

Artists' wear
- 63

Tight-lipped
- 64

Quarter of M
- 65

USMC rank
- 67

Merrie -- England
- 68

Inner: Prefix
- 69

Do, --, fa ...
- 70

Sprinkle, say
- 71

Skip over
- 77

Love, to Gigi
- 78

Kim of "Pal Joey"
- 79

Kinda maybe
- 80

Rush
- 81

Rudimentary
- 83

Horrible thing
- 84

Like slasher films
- 85

Look like
- 87

See 46-Across
- 88

Nearly here
- 89

Prefix with law or chic
- 94

Debonair
- 95

Sorts
- 96

Cpl., for one
- 97

Epithets
- 99

How slimy stuff seeps
- 101

Tiny wounds
- 102

University in Atlanta
- 103

Seasonally dry ravines
- 104

Molar, e.g.
- 105

Tore
- 110

Born, to Gigi
- 111

Lt.'s inferior
- 113

"-- is it?"
- 114

Crow relative
- 115

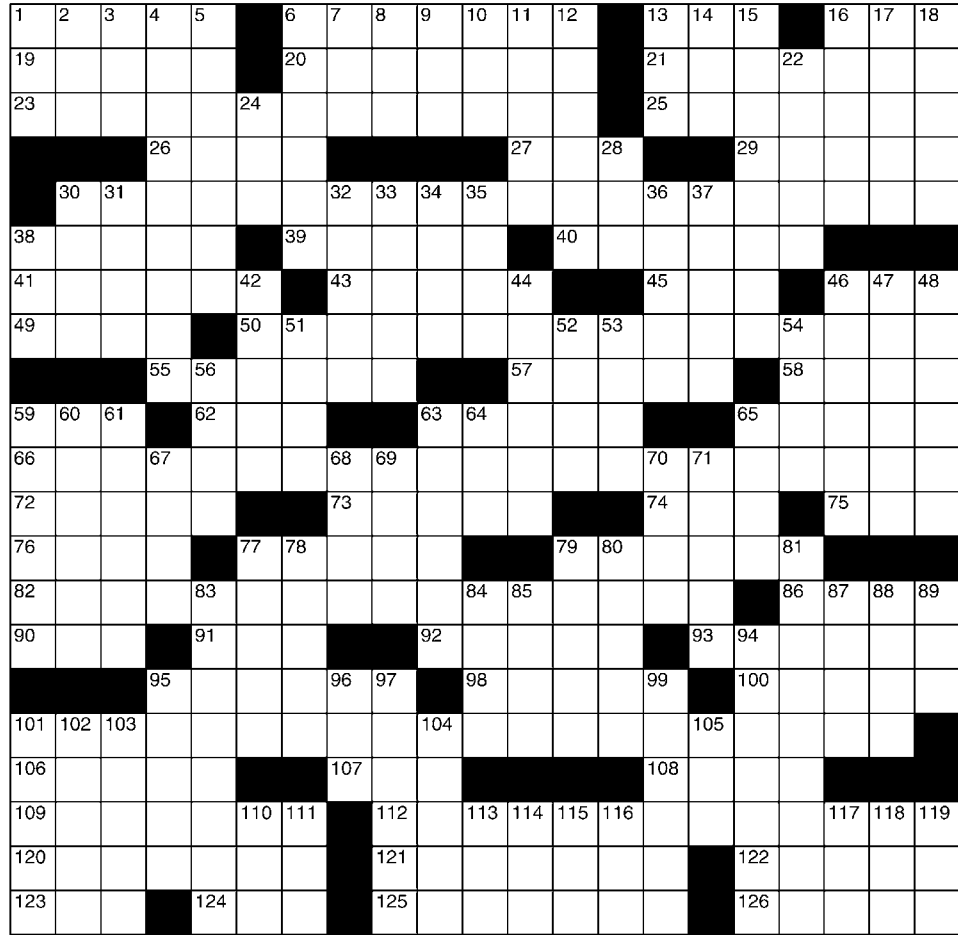
Phenyl ender
- 116

FWIW part
- 117

Ore- -- (food brand)
- 118

Meteor tail?
- 119

Scots' "no"



FRONTLINE UAV SUPPORT ROLES

Attention Career-transitioning Staff

MDA, a Maxar Technologies company, is an internationally recognized leader in space robotics, satellite antennas and subsystems, surveillance and intelligence systems, defence and maritime systems, and geospatial radar imagery. MDA has a number of challenging, exciting overseas opportunities in the leading edge field of Unmanned Aerial Vehicles (UAVs).

These roles will be in direct support of the Canadian Armed Forces on land and at sea: Personnel will be expected to provide embedded support to the CAF's deployment needs. Personnel will receive substantial time off annually and a comprehensive compensation package.

Unmanned Aircraft Operators (UAOs)/Unmanned Payload Operator (UAP0)

Operators will be trained to operate both the UA and the payloads. These roles will oversee mission planning tasks to meet CAF requirements, operate the UA and installed sensors, conduct post-flight briefings, and serve as MDA's assignment manager when assigned that role.

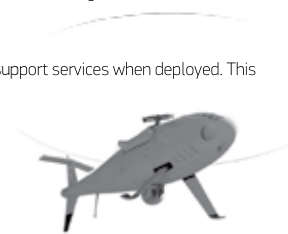
Unmanned Aircraft Technicians (UATs)

UA Technician roles will provide critical daily support for all aspects of the UAV Systems and support services when deployed. This includes the UA, sensors, payloads, ground systems and specialized ground equipment.

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Co-op students try the FORCE fit test

12 Wing Shearwater's PSP Fitness and Sports Coordinator Ashley Stewart (right) coaches high school Navy co-op student Beth Herriott on how to properly execute the FORCE fit test sandbag drag during a Navy co-op visit to the 12 Wing Fitness, Sports and Recreation Centre on November 8.

SUBMITTED



Christmas holiday the time to show your love

By Capt Albert Lee,
Chaplain Campus Atlantic
NFS(A) NTDC(A)

Most of the sailors that come to see me, see me for relationship issues. Whether it's a relationship at work, with their spouse, with their children, or with their family members. We have lost many good sailors due to relationship failures and mental health issues. In fact, building a good and strong relationship is not difficult. There are many different ways to say "I Love You." Understanding the five love languages, put forward in a book by Dr. Gary Chapman, can help you save such a relationship, whether it is with family, friends, or coworkers. If you can identify your own love language, as well as that of the other person, you can communicate your affection and appreciation much more effectively, leading to a happier, more fulfilling relationship for both of you.

Words

Verbal compliments, words of appreciation, positive encouragement, affirmation, and kind and humble words are all ways to show love to someone. Your partner feels love when you express appreciation for the small things that they do every day. Say "I love you," "I am glad that we are together," "I appreciate you," "You're attractive/handsome," and

listen, as well as show genuine interest, to what someone saying.

Time

Enjoy doing things together. Don't just sitting in front of the TV together but really give each other undivided attention. This means looking at each other, talking to each other, and sharing the small things in life with your partner. Sit close to your parents. Spend one-on-one time with close friends and enjoy extended trips with someone. Remember, love for children always spells TIME.

Gifts

Giving gifts can make your partner feel loved. Someone who speaks this love language appreciates thoughtful, personal gifts, that don't necessarily have to be expensive. A homemade card or tiny trinket can speak volumes. Try to give several small gifts to someone.

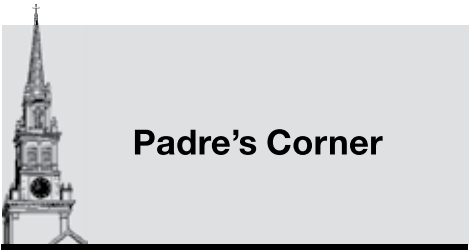
Service

Actions speak louder than words. Examples include: doing things for a loved one such as cooking a meal, giving a massage, cleaning the room... doing chores, helping with daily tasks, taking care of something without being asked. They feel loved when someone goes out of their way to make things more pleasant or smooth for them. I can relate to this love language, and it is extremely impor-

tant to practice out of genuine feeling, rather than duty.

Touch

Touches can be 10 times as powerful and comforting as any words. This love language encompasses all kinds of touch, a hug, a kiss, and squeezes on the shoulder, a reassuring handshake, a pat on the back, a high-five, and an arm around the waist... Not restricted to sexual intercourse or intimacy. If everyone drives the car but no one is willing, or forgets to add gasoline in the vehicle, the vehicle will eventually run out of gas and stop. Let's check our love tank. Is it empty? The best way to fill someone's love tank is to express love in that person's love language. Each of us has a primary love language. Discover your own love language by



Padre's Corner

asking yourself these questions: How do I express love to others? Love is not a feeling it is an action. "Dear children, let us not love with words or speech but with actions and in truth" (I John 3:8). Love is something we do for someone else. Have a Tank Check this Christmas holiday. Ask one another, "How is your love tank tonight?" If on a scale from zero to 10, it is less than 10, ask them "What can I do to help fill it?" Then do it to the best of your ability. Christmas holiday is the time to fill your love tank. And make sure your love tank is always full. That may be the best Christmas holiday gift you will ever give.

Sports trivia: female athletes

Answers

1. Regret – 1915

2. Dawn Fraser of Australia

3. Christine Sinclair

4. Genuine Risk – 1980 and Winning Colors – 1988

5. Janet Guthrie

6. Elena Myers

7. Danica Patrick

8. Ronda Rousey

9. Laila Ali
10. Hayley Wickenheiser

11. Manon Rheume

12. Nadia Comaneci

13. Patty Berg

14. Fanny “Bobbi” Rosenfeld

15. Wilma Rudolph

16. Elizabeth “Ellie” Black

17. Shirley “Cha Cha” Muldowney

18. Merit Bjorgen

19. Nancy Garapick

20. Martina Navratilova

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