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TRIDENT

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Merry and bright

CFB Halifax may be quiet over the holidays, but plenty of work goes into creating a festive atmosphere for those who are at work. Decorations, like these inside the Sea Room in Juno Tower, help spread Christmas cheer around different base facilities.

RYAN MELANSON, TRIDENT STAFF



Stad Band Christmas tour Pg. 3



Canadian leaders head to sea Pg. 7



Indigenous contributions to CAF Pg. 9



MEGA Volleyball championship Pg. 20

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Message des Fêtes du commandant de la Base

Par Capv David Mazur,
commandant de la BFC Halifax

Bonjour au personnel de la BFC Halifax.

Je regarde mon agenda et j'ai du mal à croire que la période de congé des Fêtes est déjà là! Il me semble qu'hier encore j'ai été nommé au poste de commandant de la Base, par une journée chaude d'été, dans le Centre de conditionnement physique, de sports et de loisirs de Stadacona (STADPLEX). Je remercie toute l'équipe de la Base et tout le personnel de la Formation d'avoir pris le temps de me tenir au fait des aspects importants de leurs rôles et responsabilités.

Les quatre derniers mots ont été bien chargés. Beaucoup de choses se sont passées à la Base, dont, bien sûr, la fermeture du STADPLEX. Faire passer le nombre de gymnases de trois à deux n'a pas été une mince tâche, cependant, le personnel des PSP Halifax, de l'Unité des opérations immobilières et de l'Administration de la Base, et bien d'autres groupes nous ont appris ce que c'est de travailler en équipe pour atteindre un objectif. Le prolongement des heures d'ouverture du gymnase de la Flotte, les nouveaux gymnases dans les tours Juno et Tribute qui ressemblent à ceux que l'on trouve dans les hôtels et les services novateurs de santé et de conditionnement physiques offerts semblent plaire à nos membres alors que nous continuons à aller de l'avant avec nos projets à moyen et à long terme.

Nous avons beaucoup de chance d'avoir accès à ces types de services gratuits à la Base. En fait, nous pouvons nous estimer chanceux à maints égards de faire partie de l'Équipe de la Défense. Beaucoup de personnes ont de la difficulté à subvenir aux besoins de base de leur famille pendant les Fêtes et tout au long de l'année. Je suis persuadé que des militaires et des familles de militaires se trouvent dans cette situation. La période des Fêtes, qui est une occasion de se réjouir pour bon nombre d'entre nous, peut être particulièrement stressante pour d'autres, dont certains membres de notre

personnel civil et militaire. Nous avons d'excellents services ici, à la Base, et dans la grande région d'Halifax, mais la pauvreté, la maladie et d'autres difficultés touchent toutes les couches de la société. Nous pouvons, et devons, tous venir en aide à nos collègues et nos voisins qui sont dans le besoin, chaque fois que cela est possible.

Dans un esprit d'entraide, je vous invite à faire de cette période des Fêtes une période de partage. Faites du bénévolat à une soupe populaire locale, donnez des aliments non périssables à la banque alimentaire ou achetez un cadeau pour un enfant qui, sinon, ne recevrait pas grand-chose le matin de Noël. Si vous n'avez pas encore participé à la CCMTDN et que vous êtes en mesure de le faire, n'hésitez pas à faire un don à l'organisme de bienfaisance de votre choix au moyen de retenues à la source. Faites une bonne action pour un autre membre de l'Équipe de la Défense, un voisin ou un membre de la communauté. On ne sait jamais l'effet qu'une petite action peut produire dans la vie de quelqu'un; vous ne pouvez jamais savoir non plus à quel moment vous pourriez avoir besoin d'aide.

Au moment où nombre d'entre s'apprêtent à prendre des congés pour passer du temps avec leurs proches et leurs amis au cours des prochaines semaines, je tiens à remercier les marins, les soldats et les aviateurs, hommes et femmes, qui doivent rester déployés pendant les Fêtes. D'une année à l'autre, un si grand nombre de nos militaires sont prêts à renoncer à du temps avec leurs proches pour servir leur pays. Je veux aussi remercier les membres du personnel qui auront encore fort à faire à la Base au cours des prochaines semaines afin de préparer le NCSM *Toronto* en vue de son prochain déploiement, ainsi que les pompiers, la police militaire, les équipes de recherche et de sauvetage et le personnel des autres services de sécurité qui portent notre Base toute l'année. Ma famille et moi vous souhaitons de joyeuses Fêtes et une nouvelle année 2019 remplie de bonheur, de santé et de prospérité.



Base Commander's Holiday Message

By Capt(N) David Mazur,
CFB Halifax Base Commander

Greetings, CFB Halifax.

Looking at my calendar, it's hard to believe that we're already entering into the holiday leave period. It seems like only yesterday that I took the post as Base Commander on a hot summer day inside the Stadacona Fitness, Sports and Recreation Centre (STADPLEX). Thanks to the Base team and all within the Formation for taking the time to get me up to speed and for showing me the important aspects of what they do.

It has been a busy four months. Much activity has been happening on Base including, of course, the closure of STADPLEX. Transitioning from three gyms to two has been no easy task, however PSP Halifax, Real Property Operations, Base Administration and many other groups have exemplified what it means to work as a team to accomplish a goal. The extended hours at the Fleet gym, new hotel-style gym facilities at the Juno and Tribute accommodations towers and other creative health and physical fitness offerings seem to be working well for our members as we continue pushing forward with our medium and long-term projects.

We are extremely lucky to have access to these types of free services on Base. In fact, we should consider ourselves lucky in many ways as members of the Defence community. There are many people who struggle to provide even the basic necessities for their families during the holidays and year-round. I have no doubt that there are Defence Team members and families who fall into this category. The holiday season, a joyous time for many, can be a particularly stressful

time for others including our military and civilian personnel. We have amazing communities both here on Base and in the greater Halifax region, but poverty, illness and other challenges do exist across all walks of life. Helping our colleagues and neighbours in need is something we can—and should—be doing whenever possible.

In the spirit of helping others, I challenge you to make this a season of giving. Volunteer at a local soup kitchen, donate non-perishable food items to the food bank or purchase a gift for a child who might otherwise receive very little on Christmas morning. If you haven't involved yourself in the NDWCC yet and are able to do so, consider donating to a charity of your choice via payroll deductions. Do something kind for another Defence Team member, a neighbour or a member of the community. You never know how one small action could positively impact someone's life; you also never know when you might find yourself needing that help.

So as many of us go off to spend time with family and friends in the coming weeks, I'd like to recognize and thank those sailors, soldiers, airmen and women who remain deployed over the holidays. Year after year, so many of our own sacrifice time with loved ones to serve their country. I also want to thank those who will remain busy across the Base in the coming weeks preparing HMCS *Toronto* for her upcoming deployment as well as our fire crews, military police, members working in the Search and Rescue community and other security services personnel for keeping our Base safe all year. My family and I wish you all the best this holiday season with hopes for a happy, healthy and prosperous 2019.



Stadacona Band spreads holiday cheer across province

By Ryan Melanson,
Trident Staff

The talented musicians of the Stadacona Band are always kept busy entertaining audiences and supporting the RCN at home and abroad, and things are no different at Christmas time.

Fresh off a milestone trip to Belgium commemorating the centenary of the end of the First World War, the band is back at home and already diving into a holiday schedule that includes the annual Beary Merry Christmas Concert tour.

"It's a great program. We'll have a number of familiar favourites, but there's actually going to be a few surprises as well. We'll also throw a bit of humour in there, and hopefully we can help pass along some holiday joy to the various communities," said Lt(N) Brad Ritson at the band's office in Windsor Park recently, where they invited members of the media to hear a short preview ahead of the tour.

The band ran through renditions of *Christmas in Killarney*, *Frosty the Snowman*, and *A Christmas Festival Medley*.

"We're just focusing on getting all our notes in tune and making sure everything's ready to go," said Lt(N)



Stadacona Band CO Lt(N) Brad Ritson leads his musicians during a recent rehearsal for the Beary Merry Christmas Concert tour.

RYAN MELANSON, TRIDENT STAFF

Ritson, who took over as the Stadacona Band's CO and conductor in August of this year. He's a newcomer to Nova Scotia as well, and said he was look-

ing forward to getting out of Halifax and seeing a bit more of the province during the band's trips to Sydney and Liverpool for Beary Merry Christmas shows.

The annual concerts are presented in partnership with the Salvation Army Maritime Division, and all proceeds from ticket sales will go to the charity's Christmas Assistance Programs, while patrons are also encouraged to bring a bear or stuffed toy to contribute to the Christmas toy drive. According to the Salvation Army, the band's tour brought in nearly 4,000 toys in 2017.

"We're always happy to work with the Salvation Army and we have a lot of fun with these concerts," said PO2 Brad Davidge, who provides vocals for

a number of tunes, along with concert emcee and CTV personality Liz Rigney.

"It's going to be a great show and we've really tried to get the word out this year to encourage people to come see us."

The tour is already underway, and with concerts in Halifax and Sydney under their belt, the band is preparing for the finale, set for Thursday, December 13 in Liverpool at the Astor Theatre. The show starts at 7 p.m. Tickets are \$12 and available at the Astor Box Office or by calling 902-354-5250. For those not able to attend a concert, donations in support of the Beary Merry Christmas Concert tour can be made at <http://salvationarmy.ca/donate>.



Liz Rigney and PO2 Brad Davidge team up on vocals during the first concert of the Beary Merry Christmas tour on November 26 at the Rebecca Cohen Auditorium in Halifax.

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

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Community Calendar

Reunion and event notices must be submitted by email.

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

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

615 (Bluenose) Royal Canadian Air Cadet Squadron

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

Date: Wednesdays

Location: CFB Halifax

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

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 chocolate at the Emera Oval, with fireworks at 8 p.m. and again at midnight.

Bounty: The Greatest Sea Story of Them All

Time: 7 p.m.

Date: Tuesday, December 11

Location: Maritime Museum of the Atlantic

Join author and filmmaker Geoff D'Eon for a story of two thrilling generations of Bounty. First, the original 18th century British naval transport ship, on which an infamous mutiny played out. D'Eon tells the tale of a harsh leader cast out to sea who miraculously finds his way back to England. Then comes the twentieth century Hollywood recreation of Bounty from Lunenburg, Nova Scotia. Her crew spend delightful weeks in the South Pacific, but years later, in 2012, Bounty fights for survival as her captain sails her straight into Hurricane Sandy. D'Eon brings his experience as the writer and director of the documentary film *Bounty: Into the Hurricane* to this new book and presentation.

Beary Merry Christmas Featuring The Stadacona Band

Time: 7 p.m.

Date: Thursday, December 13

Location: Astor Theatre, Liverpool

An annual holiday favourite returns to The Astor, with The Salvation Army presenting The Stadacona Band of Maritime Forces Atlantic. Tickets are \$12 and available through the Astor Box Office at 902-354-5250. Guests are also welcome to bring a stuffed bear or toy to contribute to the Salvation Army toy drive.

Santa Double Feature Puppet Show

Time: 10:30 a.m.

Date: Monday, December 17

Location: Halifax Central Library Lindsay Children's Room

It's a double-feature holiday themed puppet show for the kids. Santa has a lot to do to get ready for Christmas but he has a terrible cold. Can Christmas be saved? Tickets are free of cost and will be given out 30 minutes before start time.

Herring Cove Polar Bear Dip

Time: 2 p.m. (Registration starts at noon)

Date: Monday, January 1

Location: St. Paul's Church Hall, Herring Cove

This popular New Year's Day event in support of Feed Nova Scotia is celebrating its 25th anniversary in 2019. There is no cost to take the dip, but participants are encouraged to help raise much-needed funds. Donations can be collected by cash using the pledge form that will be handed in on the day of the event or by online donations. Find more information or pre-register for the dip at <http://herringcovepolarbear.com>.

Holiday shopping at its best

CF Health Services Centre Atlantic recently hosted a Crafter's Welcome. Several vendors such as Arbonne, Mary Kay, Avon and Epicure; along with local crafters were on hand to assist the Defence Team with some early Christmas shopping. There were draws, raffles and door prizes. Sales were brisk and the event also doubled as a NDWCC fundraiser.

MIKE BONIN, BASE PUBLIC AFFAIRS OFFICER



Bidding farewell to the Sea King

By Peter Mallett,
The Lookout Staff

When the Royal Canadian Air Force's remaining Sea King helicopters are phased out, retired RCAF pilot Maj (Ret'd) Paul O'Reilly admits it will be akin to losing a close friend.

That's because he spent much of his 34-year career in the CAF flying the Cold War era, Sikorsky-built twin engine amphibious helicopter on and off the decks of Canadian warships.

O'Reilly, 71, says saying goodbye to them will be a teary affair. "You can't help but get a little bit misty eyed. For any pilot who flies an aircraft, you grow attached to it as the years roll by, and you would forever recognize it instantly."

Today O'Reilly spends two days of his week volunteering at the CFB Esquimalt Naval and Military Museum. He is a military history buff and founding member of the Vimy Flight group, which, in 2017, took First World War replica planes to the 100th Anniversary ceremony at Vimy.

His love of history, and also living some of it, gives him an interesting perspective on the Sea King.

In 1987, he was a pilot onboard HMCS *Huron* as it sailed through the Panama Canal from 12 Wing Shearwater heading to Esquimalt Harbour with two Sea Kings onboard. They were the first two helicopters to arrive for naval operations on the West Coast.

"I'm surprised they [Sea Kings] are still here," he says. "When I came out to the West Coast with the first Sea Kings, the whole idea was these aircraft would last three or four years and



Maj Paul O'Reilly, on the day of his last flight as a Sea King pilot, June 6, 2002.

SUBMITTED

a new, more modern helicopter would show up and we would move to that."

A hasty replacement for them in Canada did not happen, and so the decades went by.

"One of the reasons why they lasted so long was because with constant technological upgrades over the years, they could still do the job. Why would you change and get a new aircraft when the one you are using does everything the navy wanted it to do?"

The Sea King's compact design,

combined with a fold-up rotor and tail, enabled it to fit neatly in the hangar of a warship after landing on the deck, and its amphibious hull enabled it to conduct water landings in an emergency.

"They got the job done because they handled well. The flight deck on most ships was about 48 by 78 feet wide, so the biggest challenge with the Sea King, as with other helicopters of their size, was landing it as the ship bobbed up and down in the water, especially in stormy seas. Your timing had to be perfect so

the ship's company could hook the helicopter in with its Beartrap system."

The haul-down mechanism was developed in Canada. It uses a line and probe lowered from the helicopter to the deck and then attached to the ship.

"The Royal Canadian Navy was at the forefront of learning how to put a big helicopter on a small ship, and these helicopters were much more capable than smaller ones because they could travel longer, carry more supplies, and had a more sophisticated suite of detection equipment."

But their usefulness has gradually been eclipsed by new helicopters with modern technology. Today, very few countries still use Sea Kings. That includes the British military which said farewell to their remaining Sea Kings in 2016, and the U.S. military who replaced them 12 years ago.

"The main reason the helicopter is being phased out is because nobody makes the engines or replacement parts anymore, making it next to impossible to make repairs," says O'Reilly.

This year marks the replacement of the Sea Kings – the CH 148 Cyclones, which are being phased into service.

As the future generation of aviators prepare to take to the cockpits of the new Cyclone, O'Reilly's advice is "expect the unexpected", as with any new technology.

"The main trouble of switching to another aircraft is that a pilot truly doesn't know what it is capable or incapable of," he says. "But I have a feeling this one may also stand the test of time, so I advise today's pilots to look at their grandchildren because they may be flying it too."

What are you celebrating this season?

by Cdr (Padre) Jennifer Gosse,
Formation Chaplain

The holiday season is now in full swing. Most of the seasonal parades are already over, some lucky ones among you may have already completed your shopping lists and many of the traditional treats you enjoy this time of year have already been eaten or drunk with expectations of more to come in the weeks ahead.

So many faith traditions and cultures celebrate at this time of the year. If yours is one of them you may have family or religious traditions that you are looking forward to that will remind you of who you are and where you come from. It is not a coincidence that at this time of the year here in the northern hemisphere, when hours of daylight are at a minimum and cold is reaching its maximum, we turn our thoughts inwards, looking for joy and hope in the people who are important to us

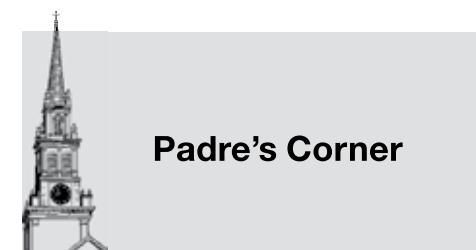
and in the traditions that comfort and sustain us.

This time of the year brings up memories for all of us. For many those will be good memories, thoughts of years past when we felt loved and cared for. For others however, the memories that arise can be painful ones – perhaps reminders of past hurts or loved ones lost who we still miss and long for.

Whatever this season is for you, I pray that you will be able to find something to celebrate: a year well lived; a difficult time survived; a new relationship begun; an old hurt forgiven; a stronger connection to the Holy in your life (however you may name or define it); and a greater sense of how precious you yourself are and what a blessing you are to your family and friends.

If you are struggling to find something to celebrate, something that will bring you joy and satisfaction in your life, know that your chap-

lains are here for you. Though we ourselves are from different faith backgrounds and traditions, we all believe that every human life has a dignity and value that far exceeds anything we can begin to understand. You are one of the reasons we chaplains celebrate this season. We are proud of you and the tremendous work you do, and we feel privileged to be able to wear the uniform you



Padre's Corner

wear and share in your joys and sorrows.

Whatever you celebrate this year, your MARLANT Chaplain Team celebrates with you. May hope, peace, joy and love be yours as 2018 comes to an end and a new year begins.



CHRISTMAS

at
CF CHAPELS

STADACONA

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

MERRY CHRISTMAS

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

Defence scientists team up for underwater sensor trials

By Mark Baldin
and Michael Simms,
DRDC – ARC

In September and October of 2018, Sweden hosted research teams from Canada and Norway to conduct the second of three joint international trials of the Distributed Underwater Sensor Network (DUSN). The Swedish Defence Research Agency (FOI) and SAAB teams worked with the Canadian research team at DRDC – Atlantic Research Centre (ARC) and the Norwegian (FFI) team to test the ability of each agency's underwater nodes to perform surveillance, to track targets, and to be interoperable with all other nodes. Canada hosted the first of these trials back in 2017 at the Canadian Forces Maritime Experimental Test Ranges (CFMETR) with the third planned for 2020.

All nodes, regardless of where they were developed, are autonomous passive sonar systems capable of communicating with each other underwater using acoustic modems. These nodes work together as a group for detecting a contact, obtaining its location through cross fixing, and then relaying the information to an operator.

Each country designed and built nodes for operating in their own national waters. DRDC-ARC constructed six DUSN nodes. FOI and FFI each brought four nodes. These fourteen independent nodes formed an underwater acoustic network over a small area. September 19, 2018 was the first time that nodes from all countries successfully worked together to acoustically cross fix and track a contact in an autonomous manner.

FOI and the Royal Swedish Navy

(RSN) provided test facilities and four vessels while SAAB provided and operated an Autonomous Underwater Vehicle (AUV) in support of the field trial. The four vessels helped deploy and recover the nodes and other equipment while also acting as contacts for tracking purposes. One vessel was also used to deploy and tow a Canadian sound source which is used to simulate the acoustic signature of a passing contact. The AUV was also loaded with predefined signatures and tones to simulate different types of contacts and was sent through the sensor field.

The preparations for these trials began years ago. Every trial undertaken by DRDC – ARC is the culmination of the efforts of multiple internal sections such as procurement, administration, material and technical support. Outside agencies such as Base Logistics and HAZMAT staff worked diligently with DRDC to ensure that our equipment made it safely to Sweden and back.

The 2018 field trial demonstrated many successful achievements in autonomous tracking and highlighted a few areas that will be improved upon moving forward. The scientific successes achieved during this trial are proof that strong collaborative relationships with international partners act as multipliers in research efforts. Our Swedish hosts provided every support possible during the conduct of the trial and their hospitality was second to none. The professionalism, dedication and hard work of the RSN sailors was instrumental in the success of all trial partners. DRDC – ARC is proud to provide the Royal Canadian Navy with cutting edge research in support of their objectives.



Canadian sound source being deployed.

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The Canadian, Swedish, and Norwegian node systems.

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A few members of the three-country research team who participated in the field trial.

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My unforgettable experience with the CLaS program

By **Himaly Fernando**,
MARLANT PA Co-op Student

It's not every day that a civilian university student gets a chance to live and sleep aboard one of Canada's major warships. Yet, that's exactly what happened to me during the Royal Canadian Navy's (RCN) Canadian Leaders at Sea (CLaS) Program.

I have zero experience with life at sea, aside from the rare occasion when someone has coaxed me into a canoe. I had no idea what to expect in a ship, let alone a Halifax-class warship. On November 14, 14 CLaS participants (and two co-op students) climbed aboard HMCS *Charlottetown* for a once-in-a-lifetime opportunity to experience life at sea with RCN sailors. All of whom were very helpful and proud to showcase their work.

The CLaS program is designed to engage influential Canadians from various backgrounds and provide them the chance to experience the RCN firsthand. The program runs various times throughout the year and on all three coasts. The two-day trip consisted of navigation, seamanship, weapons and mechanical briefings, tours of the entire ship, and hands-on participation in many exercises and drills. This was a physically demanding, action-packed adventure and I did my best not to wobble around the ship and fall down any open hatches.

Participants in the program had different levels of previous experience with the RCN. The program was able to shine a new light on how sailors live and what they do, so we could have a deeper understanding of their mission and their service to Canada.

"I've been working with the Navy for years, I've edited a journal about maritime security, written books, and been to conferences and workshops, but that theoretical/academic stuff only takes you so far," said Dr. Ann Griffiths from the Department of Political Science at Dalhousie University, who was one of the participants in the CLaS program.

"This was a chance to learn what it's like to go to sea, and the fact that it was cold and rough was a bonus."

Our glimpse into what life entails for a sailor was a whirlwind ride. The ship itself was very impressive. We were taken to various areas and shown the different roles of sailors and functions of equipment. There



Participants onboard HMCS *Charlottetown* during the Canadian Leaders at Sea program on November 14, along with the ship's CO, Cdr Nancy Setchell.

CPL KAREN-ANN LEATE, FIS

were some exciting exercises we participated in as well. From helicopter fly-bys, machine gun firing and being suited up in firefighting gear for demos, we got a glimpse of the many things that need to happen to form a fully functioning naval warship. I left with so much appreciation for what our sailors do. After everything we did that day, I was exhausted.

The CLaS program is just one of the great ways Canadians can get to know their navy, and learn how their efforts support Canada at home and abroad.

"It was a pleasure to host an extraordinary group of professionals onboard HMCS *Charlottetown*. Programs like CLaS help to strengthen the relationship between Canadians and their Navy. Living among our sailors, who are our biggest ambassadors, gives participants a perspective of what life is like at sea, especially when the seas are rough. Once they return home, they can take that message back to Canadians," said Cdr



Dr. Ann Griffiths, from the Dalhousie Political Science Department, fires a .50 Calibre Heavy Machine Gun on board HMCS *Charlottetown*.

HIMALY FERNANDO, MARLANT PA CO-OP STUDENT

Nancy Setchell, Commanding Officer of HMCS *Charlottetown*.

The chance to live as a sailor at sea gave me a crash course on the RCN. I'm now leaving my co-op term with a deeper understanding, a greater appreciation and some hands-on sailor experience. But this was more than

just an experience for me. As a Canadian, I am more aware of how lucky we are to have these brave women and men serving and representing our country. From now on, when I gaze upon the Halifax Harbour it will be a completely different view for me, and somehow it's even better.



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PAST, PRESENT AND FUTURE!**

BRENDAN
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MND emphasizes strength of Canada-US relations at Security Forum

By Ryan Melanson,
Trident Staff

Despite the volatile nature of American politics in recent years, and the sensational headlines often generated by the White House, Canada's Minister of National Defence recently made it clear that the relationship between the CAF and the US Armed Forces has not been impacted.

"The work we're doing and our relationship with the US, whether it's bilaterally, within the Five Eyes or within NATO, hasn't changed. We've actually been working even more closely together in Ukraine and in other parts of the world, and the defence relationship between our two countries remains very strong," Minister Harjit Sajjan said while speaking to reporters in Halifax. He also mentioned the ongoing sharing of intelligence and interoperability during NATO exercises as other ways in which the two militaries remain closely linked.

"This is something that's been built over decades of bilateral work, and something far greater than any one government or administration."

The Minister made the comments at the Halifax International Security Forum (HISF), an annual event that brings hundreds of representatives from more than 80 countries to the Halifax waterfront for three days of discussion and debate on some of the world's most pressing issues around defence, security and conflict.

"This is a unique event where a lot of important discussion happens every year. The conversations are always lively, always relevant, and I would argue they've never been more necessary than they are today," Sajjan added.



Chief of the Defence Staff Gen Jonathan Vance attended the Forum and participated in a plenary panel titled *Inclusive Security: Playing the Winning Team*. Seated next to him is Jacqueline O'Neill of the Woodrow Wilson International Centre for Scholars, and other participants were US Air Force Gen (Ret'd) Janet Wolfenbarger and Baroness Pauline Neville-Jones, Chair of the UK Cyber Security Challenge Advisory Board.

HALIFAX INTERNATIONAL SECURITY FORUM

This year marked the 10th edition of the Forum from November 16-18 and along with Minister Sajjan and other representatives of DND and the Canadian government, the CAF contingent at HISF included Chief of the Defence Staff Gen Jonathan Vance, Commander MARLANT/JTFA RAdm Craig Baines, Commander RCAF LGen Al Meininger, Canadian Army Commander LGen Jean-Marc Lanthier, Commander 5 Cdn Div BGen Derek MacAuley, and many others.

Gen Vance represented the CAF as part of a panel discussion titled

Security: Playing the Winning Team, which focused on the changing nature of warfare, the changing needs of militaries around the world, and the ways in which having a more diverse fighting force can help deal with those changes.

"Warfare is changing even faster than we're able to articulate it, and the nature of war, and the military virtues that we need to underpin the capability of warfare, is also changing. It is required to become diverse so we can attract the best talent from the very depths of our population," he said.

And beyond the strength that comes from diversity in things like gender or racial makeup of the Forces, he again mentioned the possibility of changing or loosening some criteria for new recruits to take advantage of expertise in STEM fields as warfare becomes more technologically advanced.

"We know the future of war is going to involve different domains and different ways of thinking. If we're operating in a domain that is increasingly becoming less physical, it makes no sense to make all of your barriers to entry and all your military virtues based strictly on physicality," Gen Vance added.

The military and government delegations from around the globe were also joined at HISF by individuals from private industry, academia, and the media, creating a mix that always brings out tough questions and interesting discussion, said HISF President Peter Van Praagh. It's not the only conference of its kind that dives deep into issues like peace on the Korean Peninsula, war in Syria and Yemen, or cyber attacks targeting democratic elections, but Van Praagh argued that HISF puts a focus on supporting democracy and ostracizing populist or totalitarian governments that sets it apart from similar events.

"There are conferences in Europe and in Asia that attract everyone from every country as if democracies and dictatorships were equals. Halifax International Security Forum is not like that," he said.

"Halifax was specifically designed to strengthen strategic cooperation among the world's democracies, and for the past 10 years, that is what we've been working toward."

Exceptional sailors recognized during Navy and Coast Guard Day

By the RCN

Six exceptional sailors from the Royal Canadian Navy (RCN) were recognized along with members of the Canadian Coast Guard on Parliament Hill in Ottawa November 20, 2018, during Navy and Coast Guard Day.

MS Curtis Ancil Chambers, LS Evan Stuart Gilbert, Lt(N) Stephanie Maxim, MS Annie Poirier, PO1 Lee Richardson, and SLt Andrew Torchia were welcomed as distinguished visitors in recognition of their significant accomplishments in the RCN at home and abroad.

Navy and Coast Guard Day, hosted by The Navy League of Canada, is a

unique opportunity to bring together Canadians from all walks of life to recognize the important work performed by Canada's sailors and to reinforce the notion that Canada is a maritime nation.

"The Navy League of Canada is extremely proud to once again host this truly unique event, bringing together parliamentarians, the RCN, the Canadian Coast Guard, defence industry, like-minded organizations, and individuals who contribute to, and care so deeply about, the maritime security of Canada," said Capt(N) (ret'd) Harry Harsch, Vice-President Maritime Affairs, The Navy League of Canada.

"The Navy League has been part of the nation since 1895 when it was formed to promote an interest in maritime trade and defence, playing a role in the creation of an independent Canadian Navy in 1910. We continue that role today, while also supporting Canada's youth through the Royal Canadian Sea Cadet and Navy League Cadet programs," he added.

The sailors were presented with certificates of appreciation during a ceremony in the Senate Chamber.

"Navy and Coast Guard Day 2018 allows us to highlight operational excellence and recognize a number of exceptional sailors from both seago-

ing services," said VAdm Ron Lloyd, Commander RCN.

"This year's event also provides us with an opportunity to celebrate the 100th anniversary of the Royal Canadian Sea Cadets," he noted. "This outstanding program provides Canadian youth with seamanship and leadership skills and valuable life experience that will benefit them and their communities. Bravo Zulu to The Navy League of Canada for organizing this outstanding day."

Following the ceremony a reception was held, attended by Parliamentarians and industry partners, as well as members of the RCN and the Canadian Coast Guard.

Historian highlights contributions of Indigenous CAF members

By Ryan Melanson,
Trident Staff

The relationship between Canada's Indigenous people and its Armed Forces has not always been a smooth one, beginning with the First World War, when about 4,000 Status Indians fought through obstacles to sign up for military service to Canada.

But despite a history that includes barriers to entry, racism within the service, and other dark spots, 100 years on, the impact and cultural contributions of Indigenous members to the CAF as a whole have been significant and overwhelmingly positive. That's the message historian John MacFarlane of DND's Directorate of History and Heritage hoped to get across during a recent presentation to the Royal United Services Institute of Nova Scotia.

"A theme I'm trying to get across with my work is that diversity is strength," he said.

"Today, Indigenous people are welcomed into our Forces, and their cultural heritage has not only been appreciated and accepted, it has also significantly transformed the Canadian military."

Through his work with the Directorate, MacFarlane has interviewed 70 Aboriginal veterans about their CAF experiences, and peppered anecdotes from those interviews throughout his presentation, while also highlighting the institutional shifts over the years, such as the hair policy regarding braids, meant to accommodate Indigenous personnel.

Regarding the First World War, he referenced testimony from veterans that they enjoyed the equality and camaraderie with their white colleagues, but did not enjoy that same sense of equality upon returning home, and fought for changes to the Indian Act.

"They were also joined by some of the white veterans in that push, because they served with those aboriginal veterans and considered them their equals," MacFarlane said.

He also noted that the cultural knowledge of nature, rifles, and hunting was a benefit for Aboriginal soldiers, and those who served alongside them, in the First and Second World Wars. He referenced an anecdote from veteran Stephen Simon of Big Cove New Brunswick, who helped his colleagues during a field training exercise in 1955, erecting a teepee, boiling water and catching a rabbit after instructors had taken away all of their kit. Survival tactics with Indigenous origins have in fact often been adopted by the military, with a recent example involving Canadian Rangers in a rescue operation after the 1999 avalanche in Kangiqsualujjuaq, Québec,



CPO2 (Ret'd) Debbie Eisan speaks to members of RUSI(NS) on November 19 about her experience as an Indigenous woman in the CAF.

RYAN MELANSON, TRIDENT STAFF

Unfortunately, MacFarlane's research shows that veterans who served from 1968 to the present are more likely to complain of discrimination during their service, though they are also the group who have successfully fought for changes on that front and have been more likely to emphasize their Indigenous culture as part of their career.

Modern changes like the creation of the Defence Aboriginal Advisory Groups, and training programs like the CF Aboriginal Entry Program, Black Bear, and Raven programs, along with a greater emphasis and promoting diversity in the CAF and weeding out discrimination at all levels, have helped move the needle.

"The Canadian military has learned, over the past century, that while a great deal of conformity is essential for efficient military training and operations in most situations, there are occasions when a certain amount of accommodation for individuals or cultural groups is appropriate and beneficial," he said, while noting much room remains for improvements.

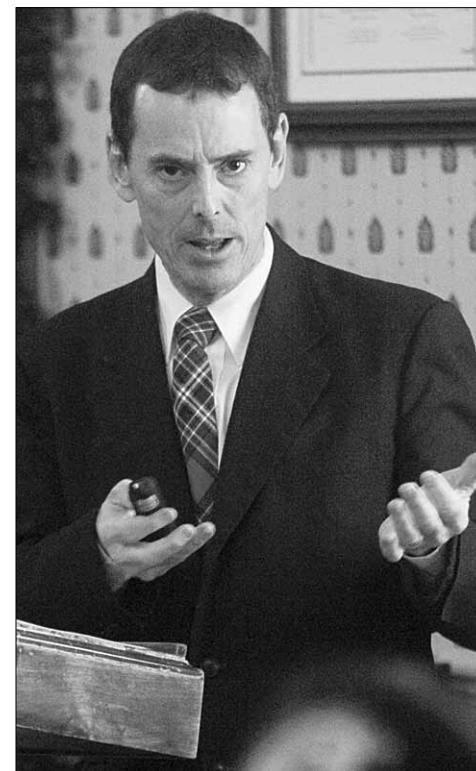
The audience also heard from CPO2 (Ret'd) Debbie Eisan, a former supply tech who has now become an advocate for Indigenous CAF members and a frequent presence at local military ceremonies and events. She was most recently on hand to perform a smudging ceremony at the naming event for the future HMCS *Harry DeWolf*. CPO2 (Ret'd) Eisan is also an elder with Halifax's Mi'kmaq Native Friendship Centre.

She said she found a lot to relate to in MacFarlane's presentation, from examples of discrimination and ignorance like the ones she dealt

with early in her career, to anecdotes that describe the sense of pride that comes with service, and the desire to blend aspects of her traditional culture into the military lifestyle. One of her main contributions on that front, along with being involved in the aforementioned entry and training programs, was helping to develop the CAF Eagle Staff, along with others like Sgt. Tony Parsons and PO2(Ret'd) Chris Innis.

"This was a dream we had as a way to unite these people together, our Aboriginal soldiers, sailors and air personnel," she said. The staff, originally held by MARLANT and now housed in Ottawa, has a dual purpose – it honours the service and sacrifice of Aboriginal veterans from the past, while emboldening those Indigenous members who wear the uniform today.

In her current role as an elder and advocate, CPO2(Ret'd) Eisan speaks of



John MacFarlane from DND's Directorate of History and Heritage in Ottawa delivered a presentation on the cultural contributions of Indigenous people in the CAF since the First World War.

RYAN MELANSON, TRIDENT STAFF

'teachable moments,' when discussing the racism and discrimination that still exists within the CAF, just as it does within Canada as a whole.

"If I hear somebody saying something that is out of line, or if they're spreading wrong information, or using the wrong terminology, I'll make that a teachable moment. It doesn't matter where I am," she said, adding she doesn't hesitate to offer corrections or education to Generals or Admirals if required.

"You can do this while being very respectful. For me, it's all about teaching our culture, our spirituality, our traditions and our customs. That's how we make progress."

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Naval historians recall wreck of HMCS *Galiano*

By Peter Mallett,
The Lookout Staff

The 100th anniversary of the sinking of HMCS *Galiano*, the Royal Canadian Navy's (RCN) only ship lost on the West Coast during the First World War, was recently marked.

But the patrol vessel didn't fall prey to German torpedoes or underwater mines; instead her demise is described as a unique "tale of accidents and misfortunes" according to retired RCN Commander Joe E. Cunningham, a contributor at the CFB Esquimalt Naval and Military Museum.

Many maritime historians who have written on the subject are in agreement.

One thing is certain, the steel-hulled, steam powered ship sank in heavy seas while undertaking a re-supply mission in the Queen Charlotte Sound in the early morning hours of October 30, 1918. However, how it sank and the location of the wreck remain a mystery to this day.

"Holds full of water, send help" read the frantic last dispatch from wireless operator Michael Neary. But help never arrived in time and all 36 of *Galiano's* crew perished.

Most historical accounts are in agreement with Cunningham that a perfect storm of factors, including a ferocious Pacific gale and danger-



HMCS *Galiano*, circa 1913-1918.

ous sea conditions, were the primary causes. The plight of *Galiano* was also exacerbated by the Spanish flu pandemic sweeping the globe that led to several crew falling sick. The depleted and largely inexperienced replacement crew also had to deal with a malfunctioning boiler.

A century after its sinking, on the morning of October 30, members of the of the Naval Association of Canada, Vancouver Island Branch

laid a wreath at the Commonwealth War Graves Commission's *Galiano* memorial at Ross Bay Cemetery.

Cmdre (ret'd) Jan Drent was among those who attended the ceremony. He is a volunteer-historian and creator of a *Galiano* exhibit at the B.C. Maritime Museum that debuted in September.

Like Cunningham, Drent is also well-versed in *Galiano's* story and says "the blame for the sinking couldn't be attributed to anyone specifically, but instead the horrific weather conditions that existed."

The ship was named for Spanish Navy Commander Dionisio Alcala Galiano, and perpetuated by Galiano Island, which he explored in 1792. It was built in Dublin, Ireland, for the Fishery Protection Service and launched October 18, 1913.

The RCN's tiny fleet at the time was made up of two outdated cruisers, HMCS *Niobe* based out of Halifax and *Rainbow* on the West Coast plus C1 and C2 submarines.

When *Galiano* arrived in Esquimalt in February 1914, along with sister ship *Malaspina*, it assigned to police foreign fishing vessels that strayed inside Canadian waters.

In September 1917 *Galiano* was requisitioned for war and staffed by members of the Royal Naval Canadian Volunteer Reserve (RNCVR) for minesweeping trials, while also continuing to carry out fishery protection duties.

As the war drew to a close, *Galiano* was called to assume *Malaspina's* duties of resupplying West Coast lighthouses and wireless stations with fuel and supplies. Its sister ship had been disabled by a cracked bow suffered by a strike with a jetty.

The ship made a stop in coaling stop Ladysmith and replaced its sick crew with inexperienced replacements. Shortly after delivering supplies to a wireless station on Triangle Island, the ship's Commander, Lieutenant Robert Mayes Pope gave the order to set out for Ikeda Wireless Station on the east side and south end of Morse-



A gravestone commemorates the crew, including four boy seamen, of HMCS *Galiano*.

SUBMITTED

by Island.

It is speculated *Galiano* and crew were met with 30-foot waves driven from the southwest and sank.

Following their final message and desperate plea for help, U.S. tug *Tatoosh*, the Grand Trunk Pacific tug *Lorne*, trawler *G.E. Foster* and three whalers from Rose Harbour whaling station headed out to help.

"The only traces that were found were a life belt, a skylight with a ditty bag hanging from it containing a few articles of clothing, and three bodies," writes James.

Jacques Marc of the Underwater Archeological Society of British Columbia has researched *Galiano* extensively, and says the ship most likely became overwhelmed and flooded by successive high waves breaking over the stern.

"This would have made her unstable in large seas, and then potentially two things could have happened. She simply took on more water with additional waves and dropped like a stone or, more probable, a large wave lifted her stern and drove the bow down in which she may have slewed to the starboard and rolled. In either case her sinking would have been immediate."

Galiano's demise came only days after the sinking of Canadian Pacific Steamship *SS Sophia*, which was also overcome in severe weather near Juneau, Alaska, and was the Pacific Northwest's worst maritime disaster.

Although *Sophia's* wreck has been discovered, no clues have turned up as to the location of the *Galiano* wreck.

Canadian Hydrographic Service has done mapping surveys of the slope break between the north end of Vancouver Island and Haida Gwaii in the area believed to be where the *Galiano* sank, but to date have turned up no evidence of the wreck. Marc believes one day a future hydrographic mapping survey will inadvertently find it on the bottom of Queen Charlotte Sound.

| | |
|-------------|--|
| NAME | MOORE, PAUL // |
| ENROL DATE | 1976 // |
| RETIRED AS | CHIEF PETTY OFFICER 1ST CLASS // CANADIAN FORCES NAVAL ENGINEERING SCHOOL // |
| DEPLOYMENTS | STANAVFORLANT (NATO) - 1978, 1980, 1982, 1992 // |
| LOCATION | HALIFAX // |
| TITLE | HRM DISTRICT MANAGER // |
| SERVICE | 2009-PRESENT // |

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Full spectrum targeting

By the RCN

The Royal Canadian Navy (RCN) is successfully forging ahead with full spectrum targeting that will allow seamless interoperability across the CAF as well as with allies for future operations.

In 2016, the Chief of Defence Staff, Gen Jonathan Vance, directed the CAF to establish a Joint Targeting Enterprise to conduct full spectrum targeting, which for the RCN includes the use of both munitions (missiles and naval gunfire support) and non-munitions (influence and information operations) capabilities.

The enterprise, involving the RCN, the Canadian Army, and the Royal Canadian Air Force, is a commanded and intelligence supported staff process. Although the concept of targeting is not new to the RCN, it is now formalized with clear lines of responsibility between organizations involved in the targeting cycle – from approvals to weapons effects.

The RCN has developed the requisite staff procedures and incorporated targeting tools such as the Joint Automated Deep Operations Coordination System (a command and control tool that helps provide strategic coordination and situational awareness at the operational and tactical level of operations), as well as communication systems and weapons (like the land attack version of the Harpoon missile), to conduct targeting missions in support of land or air campaign objectives.

“From the RCN’s perspective, the new targeting process involves ships reaching back to higher headquarters to receive targeting orders that have been approved by a higher command authority,” says Capt(N) John Tremblay, Director Naval Information Warfare. Importantly, he confirms that the joint targeting capability does not prevent the commanding officer of a Canadian warship from taking appropriate action to protect one of Her Majesty’s Canadian Ships.

Testing Targeting Concepts

Planners determined early on that the best way to confirm how well the new system would function, was to test it during an existing weapon firing exercise.

As such, the new targeting concepts were overlaid onto a Harpoon Block



A Harpoon missile is fired from HMCS Ottawa as part of JOLTEX 2018.

II missile firing during a Joint Land Targeting Exercise (JOLTEX). Three JOLTEXs have now been successfully completed off the coasts of San Diego, and Norway. During each exercise, lessons learned were gathered and used to validate the new process and highlight where improvements needed to occur.

“During JOLTEX 18, the targeting process was conducted thoroughly, as if operating in a coalition against a hostile nation,” says Cdr Victoria DeVita, Maritime Component Commander, Plans and Targeting Officer. “All three exercises were deemed successful based on where progress had been achieved, and the RCN met every objective in fully developing a maritime targeting capability.”

Cdr DeVita adds that the strategic goal of JOLTEX 18 was to connect every targeting stakeholder across the CAF. The firing unit was HMCS *Ottawa*, a west coast ship, while the target development occurred in the RCN node of the Joint Targeting Intelligence Centre located in Ottawa at the Canadian Joint Operations Command (CJOC). The mission was planned by the Maritime Component Commander’s staff in Halifax.

“CJOC has been working hand in glove with the RCN through the Maritime Component Commander and fleet staffs to ensure that the existing RCN weapon systems and targeting capabilities are fully nested within

the overall CAF targeting enterprise,” says LGen Michael Rouleau, CJOC Commander. “The extremely successful JOLTEX 18, building on previous readiness events, provided a tremendous opportunity to train multiple staffs across the spectrum of CAF targeting and to push this important capability forward.”

Conducting complex missions like this involves the production of a significant amount of intelligence to support detailed planning and eventual execution, explains Cdr DeVita. “It required many moving parts and coordination among the different staffs. The penultimate step involved presenting the targets at a strategic targeting board to the Chief of Defence Staff wherein he approved the targets for HMCS *Ottawa* to engage.”

Overall, “the RCN’s successful application of joint targeting means that Canada’s navy now possesses the necessary means to bring the full weight of the CAF’s targeting capabilities to bear in any future conflict,” says Gen Vance. “Bravo Zulu to the RCN!”

Training to better understand targeting process

During the initial stages of the journey towards the delivery of a CAF joint targeting capability, Capt(N) Tremblay notes it became obvious that staff officers required training to better understand the targeting

process. These were officers who were assigned staff duties to write procedures, deliver communications tools and develop the intelligence doctrine. The courses for Canadian targeting officers are run at the Canadian Forces Warfare Centre in Ottawa. Canadian targeting staff officers have also participated in targeting courses in the United States and at the NATO school in Oberammergau, Germany.

“The development of this capability keeps us aligned with our NATO and Five Eyes (Canada, Australia, New Zealand, the United Kingdom and the United States) partners,” says Defence Minister Harjit Sajjan. “It is a significant step forward and highlights one of the main pillars of Strong, Secure, Engaged - proactively adapting to emerging challenges by harnessing new technologies, fostering a resilient workforce and leveraging innovation, knowledge and new ways of doing business.”

The RCN will continue to grow and develop this capability in the coming years, alongside the Canadian Army and the RCAF, according to Capt(N) Tremblay.

“The next steps will involve understanding how to conduct information operations in a naval context, along with further development of our staffing procedures and training a cadre of targeting qualified RCN personnel in Ottawa, on both coasts and within our fleet.”

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2018: the year in photos

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MV Asterix arrives in Halifax

MV Asterix alongside in Halifax on January 8, 2018. Having recently arrived in HMC Dockyard, the ship began sea trials soon afterward. Asterix is deployed and has participated in RIMPAC 2018 and is currently on Op PROJECTION.

LS TRENT GALBRAITH, FIS HALIFAX



Final operational flight

Three Sea King helicopters fly past HMCS Charlottetown during the final operational flight of Sea Kings from 423 Squadron, 12 Wing Shearwater, on January 26, 2018.

MCPL ALEXANDRE PAQUIN, 12 WING IMAGING

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2018: the year in photos

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Logistics Branch flag relay in Halifax

As part of the celebrations marking the 50th anniversary of the CAF Logistics Branch, the BLog flag made its way around the country and world, with stops at each location where CAF Logisticians are posted or deployed. On April 9, the flag relay reached Halifax, where BLog members brought it to the Halifax Citadel National Historic Site for a photo opportunity.

RYAN MELANSON, TRIDENT STAFF



2018 Navy 10K run

Runners take off from the starting line at the 33rd annual Navy 10K outside Stadacona on August 19.

RYAN MELANSON, TRIDENT STAFF



Welcome home, HMCS St. John's

Friends and family, including four-footed friends, welcome home HMCS St John's as the ship returns to its homeport on July 23 after completing a six-month deployment on Op REASSURANCE in the Baltic Sea, Northern Atlantic Ocean and the Mediterranean Sea.

MONA GHIZ, MARLANT PA



The Veterans, families and staff at Camp Hill Veterans' Services would like to offer sincere thanks to all members of the Canadian Forces who give so generously of their time and talent to support the Veterans who live at Camp Hill and the Veterans' Memorial Garden.

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2018: the year in photos

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HMCS Ville de Québec deploys to Op REASSURANCE

Families watch from the jetty as HMCS Ville de Québec fades into the fog while departing Halifax on July 18.

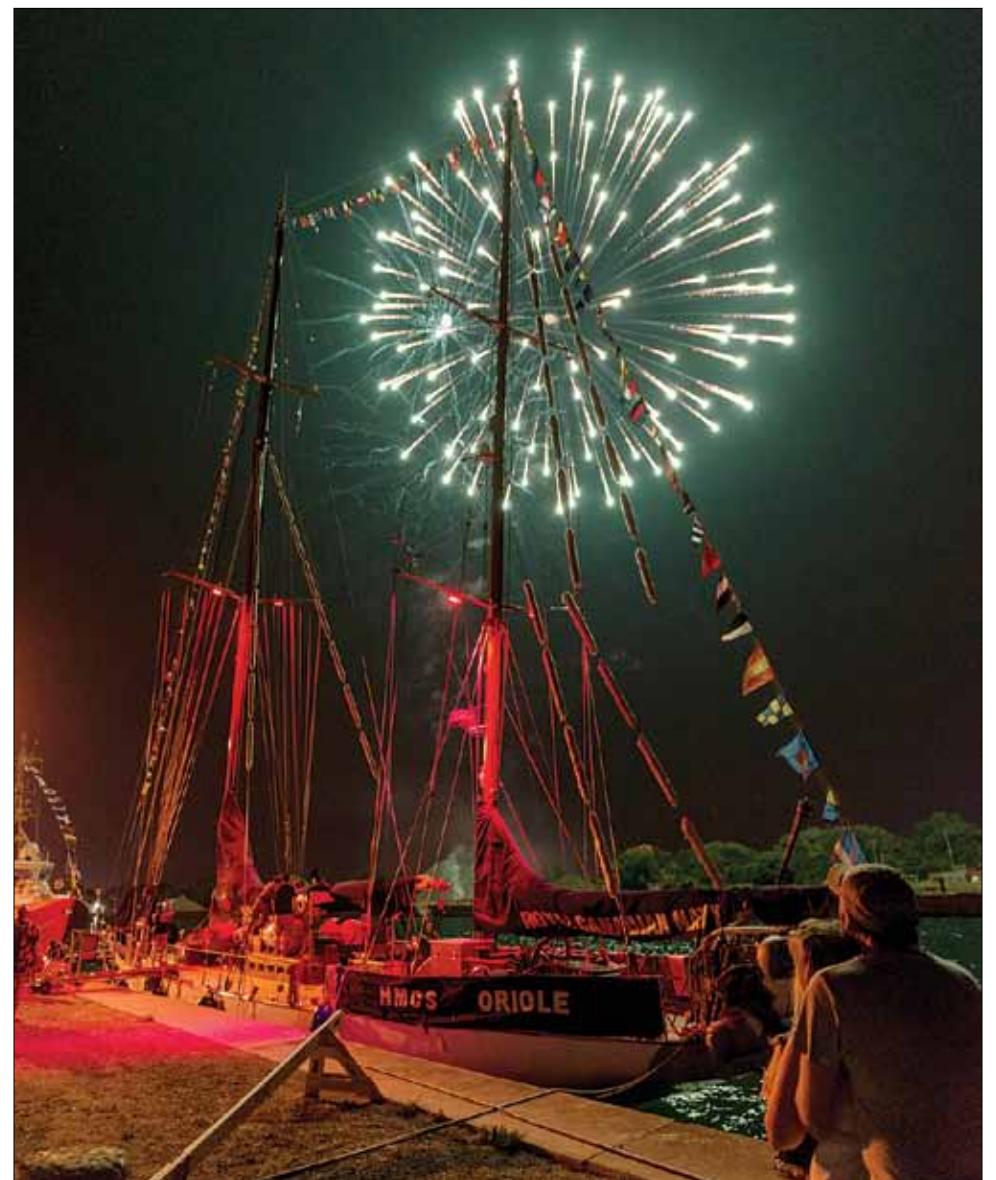
RYAN MELANSON, TRIDENT STAFF



Named for a hero

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

AB TYLER ANTONIEW, FIS



Fireworks and festivities

HMCS Oriole lies alongside in Port Colborne, Ontario as fireworks celebrate 2018 Canal Days, highlighting Port Colborne's marine heritage. The sail training vessel was in port as part of its 2018 Great Lakes Deployment on August 5, 2018.

MCPL NEIL CLARKSON, FIS

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2018: the year in photos

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12 Wing Shearwater celebrates its 100th anniversary

12 Wing personnel on parade in front of the new Shearwater Aviation Park on August 2, as part of the Wing's 100th anniversary celebrations.

RYAN MELANSON, TRIDENT STAFF

STADPLEX closes after 75 years of service

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

RYAN MELANSON, TRIDENT STAFF

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Virtual Programming from the H&R MFRC

Sometimes a chilly evening, slippery roads or other challenges can keep us from attending programs. The H&R MFRC is committed to reaching families in a variety of ways, including offering some of our programs, workshops and information sessions virtually.

Virtual programs allow family members to join us from the comfort of your own home or wherever else you might be. If the original dates and times are not convenient for you, we record our virtual sessions so you can access the recording on our website. There is no cost to participate in these online sessions, and all you need is an Internet connection and a comfy seat.

Interested in learning more? Below are some of the virtual programs we will be running over the winter. Be sure to check out our website (www.halifaxmfr.ca) for more information and for recordings of previous programs. Do you have an idea for a virtual program? We'd love to hear from you! Let us know by connecting with Kara MacNeil: kara.macneil@forces.gc.ca / 902-427-7800.

Preparing Children for Deployment – Virtual Workshop

Do you have children preparing for a reunion with a deployed parent or loved one? Are they prepared for the joys and challenges of reintegrating with their deployed parent/ loved one? During this workshop we will share helpful strategies for parents to help children adjust to the reunion, and reconnect with the returning parent.

Date & Time: Tuesday, January 8, 2019 | 8 – 9 p.m.

Registration Deadline: Tuesday, January 8, 2019

Preparing for Reunion – Virtual Workshop

Are you preparing for your loved one's return and looking for tips and tricks to make reintegration go smoothly? Homecoming is the most anticipated part of the deployment, however after months of waiting it may take some time and patience for your life to settle down again. This workshop provides you with information in managing the transition and reintegration phase of the deployment. Learn the same language and

tools for understanding the stress, joys and challenges of reunion that your loved one will receive prior to homecoming.

Date & Time: Thursday, January 10, 2019 | 8 – 9:30 p.m.

Registration Deadline: Thursday, January 10, 2019

Scholarship Workshop Series – Virtual Workshop

These workshops show students of all ages how to find scholarship dollars, and provides pointers on how to write the winning scholarship essay. This series shows that scholarships are for everyone from 16 to 96 and from entry level post-secondary to doctorate degrees. Did you know that there are more than \$7 million of scholarships that go unclaimed each year simply because no one has applied? Learn more during the following sessions:

Session 1: Scholarships: How to Find the Hidden Dollars Workshop

Date & Time: Tuesday, January 22, 2019 | 8 – 9pm

Registration Deadline: Tuesday, January 22, 2019

Session 2: Scholarships: Open Forum Discussion with Organizations that Offer Scholarships to CAF community

Date & Time: Tuesday, January 29, 2019, 8 – 9 p.m.

Registration Deadline: Tuesday, January 29, 2019

9 Strategies for Supporting Children Through Deployment – Virtual Program

Do you have children who are experiencing the deployment of a loved one? Join us to learn nine ways you can support children during deployment. This class is designed for parents or caregivers.

Date & Time: Thursday, February 7, 2019 | 8 – 9:30 p.m.

Registration Deadline: Thursday, February 7, 2019

Where is all Begins: Information Session for Families of New Recruits – Virtual Workshop

Is your loved one going to basic training? Is this your first experience as a military family? Are you unsure as to what to expect? Do you have lots of questions? This interactive virtual session will help you understand what to expect and will give you an opportunity to have your questions answered by knowledgeable, experienced staff. In collaboration with the London MFRC, the H&R MFRC is hosting this information session, which is open to all military families.

Date & Time: Thursday, February 21, 2019 | 8 – 9 p.m.

Registration Deadline: Thursday, February 21, 2019

Winter Book Club – Virtual Program (18+)

Have you always wanted to join a book club? Maybe reading more books is on your New Year's Resolution list. Join us from the comfort of our own home as we offer our first online Book Club, to discuss the book, express your thoughts, opinions, likes, dislikes, etc. February's book is *The Night Circus* by Erin Morgenstern.

Date & Time: Wednesday, February 27, 2019 | 8 – 9:30 p.m.

Registration Deadline: Wednesday, February 27, 2019

Women's Day Self Care – Virtual Program (19+)

Join us for an hour of inspiration and self-care to empower women.

Date & Time: Thursday, March 7, 2019 | 8 – 9 p.m.

Registration Deadline: Thursday, March 7, 2019

The wait is over. Our Winter Program Guide is ready

Staff has been busy planning a variety of programs and events to keep the fun going throughout the fall. Be sure to visit our website for more details, registration deadlines, and the full calendar of events at www.halifaxmfr.ca or call 902-427-7788. Pick up our Winter Program Guide today to discover an array of programs designed to help you and your family connect with other military families, have fun and feel supported by your local MFRC.

L'attente est terminée. Notre guide du programme d'hiver est prêt

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

Holiday Wishes

On behalf of the Board of Directors and Staff at the H&R MFRC, we send you warm wishes during this holiday season. Please visit our website for hours of operation, and as always, for urgent matters, we can be reached 24/7 by calling: 902-427-7788.



I get dressed with a little help from my friends

High school Navy co-op students try on flight suits in the Aircraft Life Support Equipment shop during a tour of 12 Wing Shearwater on November 22. The students also visited the Aircraft Structures and Armament shops and took a look inside the new CH-148 Cyclone helicopter before heading to Fleet Diving Unit (Atlantic) to learn about the diving trade.

MARGARET CONWAY, A/BPAO

Naval Warfare Officers come together for annual Symposium

By Ryan Melanson,
Trident Staff

The pool of Naval Warfare Officers within MARLANT collectively contains years of experience and knowledge from exercises and operations at sea, but with the busy nature of the role, collaborating or building relationships beyond unit and ship colleagues can be difficult.

The Naval Warfare Officer Symposium, an annual gathering held this year on November 20, aims to help combat that. More than 100 NWOs gathered at the CF Maritime Warfare Centre for the day to share experiences and best practices, raise issues related to the job, and to catch up with their colleagues.

“It was essentially a Professional Development day for us, so we were able to gather all the NWOs from the different ships across the Fleet. It gives us a chance to touch base, talk about our jobs, and get some interaction between the junior members of the trade and those farther up the ranks,” said Lt(N) Jordan Hope, who helped organize the event on behalf of host ship HMCS Fredericton and under the direction of CO Cdr Blair Brown.

Because sea time is at a premium



Capt(N) Andrew Hingston speaks to Naval Warfare Officers from across the Atlantic Fleet and Formation Halifax at the annual Naval Warfare Officer Symposium, which took place at the CFMWC through the day on November 20 and continued into a mess dinner that same evening.

RYAN MELANSON, TRIDENT STAFF

for RCN officers, and each short sail, deployment or exercise can bring unique experiences, it's critical that NWOs share stories of successes or failures at sea and of lessons learned while doing the business, rather than

relying only on their own experiences as they progress through their careers, said Capt(N) Andrew Hingston, Deputy Commander of CANFLT-LANT.

“Professional curiosity is a necessity for us. We need to constantly be learning from our own experiences, but also from the experiences of others as well, both formally in training, and informally, when we get together in groups like this.”

The group spent time through the day focusing on four main pillars identified as key to the job of a professional NWO – Mariner, Warrior, Manager, and Leader. Capt(N) Hingston spoke on what it means to be a mariner, sharing a story from a near collision at sea earlier in his career, while others including Cdr Travis Blanchett, Cmdre Craig Skjerpen, Commander CANFLT-LANT, and

RAdm Craig Baines, Commander MARLANT and JTFA, spoke on the other three pillars.

The day led into some socializing and fun during a mess dinner in the Juno Tower Wardroom later that evening, but the group also kept things lighthearted during the Symposium itself, with entertaining debates in the afternoon pitting officers against each other on topics related to life as an NWO.

“Along with focusing on all the different aspects of our job through the day, we wanted to throw something fun in there as well; that's where the debates came in,” Lt(N) Hope said.

The first debate – Be it resolved that Wi-fi, not flexibility, is the true key to sea power – saw officers from HMCS *Fredericton* face off against others from *Montreal* and *Toronto*, with Cdr Setchell moderating, while the second topic – Be it resolved that Navigation Training is no longer required in the age of Google Maps – saw MOG 5 go back and forth with a team from HMCS *Charlottetown*, with LCdr Drew Foran doing the officiating.

“These were meant to be entertaining. People prepared well, took it in a good direction, and it ended up being a good laugh for all of us,” Lt(N) Hope added.

RAdm Baines described the Symposium as a very worthwhile event for his officers, and with the Formation's senior leaders in the room, he encouraged those in attendance to speak frankly, ask difficult questions and make the most of the PD time.

“It's rare that we're able to get together and just talk about ourselves and our jobs, so this is a great opportunity for us to hear from our officers. We want to know the concerns. If things are happening on the ships that aren't working for them, and they think there's a better way, they can stand up and talk about it.”



Garden cleanup at Camp Hill Veterans Memorial Hospital

CAF members and civilian volunteers from CFB Halifax participate in the fall cleanup of the Camp Hill Veterans Memorial Hospital Garden.

CPL DAVID VELDMAN, FIS

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Military Policeman honours his great-grandfather

By **LCdr Colleen O'Brien**,
NRU Asterix Executive Officer/ Logistics Officer

Cpl Nathan James Emo has spent most of his adult life researching the military service of his great grandfather, Warrant Officer James T. Emo, whose life ended in sacrifice during the Second World War.

Cpl Nemo is a Military Policeman on a six-month deployment on OPERATION CALUMET in Egypt. He orchestrated his mid-tour mission leave to include a visit to his great-grandfather's grave, which no one in his family has had the opportunity to visit, at the Yokohama War Cemetery in Japan.

His travels while on leave, included Thailand, Vietnam and, of course, Japan, but Cpl Emo says the plan revolved completely around honouring his great-grandfather in Japan on November 11.

WO Emo was a member of the Canadian Provost Corp, the predecessor to the Canadian Forces Military



Cpl Nathan Emo kneels beside the grave of his great-grandfather, WO James Emo, who was a member of the Canadian Provost Corps, the predecessor of the CAF Military Police. WO Emo and his comrades were imprisoned following the fall of Hong Kong in December 1941, and he spent several years as a prisoner of war in a labour camp until his death at the age of 34 in April 1944.

Police. Given this close professional connection, Cpl Emo left a Canadian Forces Military Police patch, as well

as a poppy and a Canadian flag at his great-grandfather's tombstone. He also carried with him sufficient

poppies to leave at each Canadian grave, as well as poppies from his New Zealand comrades on operation, to honour the New Zealand graves that are co-located with those of the Canadians at the cemetery.

Cpl Emo arrived in Tokyo late at night on November 10 and was aiming to be at the cemetery at 11 a.m. on November 11, which also marked the 100th anniversary of the end of the First World War. He did not expect to encounter an international ceremony, which included an 80-person contingent of Canadian military personnel from HMCS *Calgary* and Naval Replenishment Unit Asterix, both of which were in Yokosuka, Japan for a Rest and Maintenance Period during their participation in OPERATION PROJECTION. Also present were the Deputy Head of Mission in Tokyo, and the Canadian Defence Attaché for Japan, Capt(N) Hugues Canuel.

Cpl Emo was very pleased to be able to attend the formal ceremony, stating, "It was way more than I expected or planned for."

SUBMITTED

Commandant du Collège militaire royal de St-Jean: Les milléniaux sont un excellent choix pour les FAC

Par **Yves Bélanger**,
Le Servir

Qu'entend-on par le terme génération du millénaire? Nés entre le début des années 1980 et le début des années 2000, les milléniaux, également connus sous le nom de génération Y, ont grandi avec la technologie informatique à portée de main. On considère qu'ils maîtrisent parfaitement les technologies de la communication, des médias et du numérique.

Les milléniaux se distinguent des générations précédentes, notamment à l'égard de leur relation avec la technologie et de leur vision du monde. Le colonel Gervais Carpentier, commandant du Collège militaire royal de Saint-Jean (CMR Saint-Jean), soutient toutefois qu'ils ont plus de similitudes que de différences avec les générations précédentes et que les Forces armées canadiennes (FAC) ont beaucoup à leur offrir.

Le col Carpentier, qui compte 31 ans de service en tant qu'officier dans les FAC, a eu l'opportunité de côtoyer des gens de diverses générations tout au long de sa carrière.

Pour lui, les différences entre ces dernières ne sont pas aussi importantes qu'on veut le laisser croire. « Jamais une génération n'a été étudiée autant que celle des milléniaux. On a toutefois tendance à les observer en silo. Il ne faut pas oublier que nous évoluons tous dans la même société. »

Il soutient qu'au fil des décennies, les FAC ont évolué et que les milléniaux peuvent facilement s'y intégrer. « Depuis quelques années, les FAC tiennent plus compte des individus qui les composent. Les membres sont au cœur des nouvelles politiques qui sont adoptées, » soutient-il en rappelant que la devise, « Notre personnel d'abord, la mission toujours. »

Avec les nombreuses possibilités d'emplois et d'opportunités que les FAC offrent, elles représentent un employeur tout indiqué pour les jeunes d'aujourd'hui. « Les milléniaux sont reconnus pour changer d'emplois aux trois ou quatre ans. Chez nous, ils peuvent le faire tout en demeurant au sein de l'organisation, » mentionne le commandant du CMR Saint-Jean.

Il poursuit en rappelant que les valeurs de l'organisation correspondent en plusieurs points à celles de la nouvelle génération. « Entre autres, en matière de diversité et d'inclusion, nous avons fait de grands pas. »

En ce qui a trait au besoin de reconnaissance de la nouvelle génération, celle-ci trouve facilement chaussure à son pied dans les FAC. « Les opportunités de relever des défis sont nombreuses dans notre organisation, pensons par exemple aux missions à l'étranger ou aux différentes opérations. Toutes sont des occasions pour les hommes et les femmes d'en retirer beaucoup de fierté et de reconnaissance. »

Conscient que les milléniaux ont souvent tendance à ne pas se fixer de buts à moyen et long termes, le militaire n'y voit toutefois rien d'inquiétant. « C'est à nous de les aider à en fixer. C'est le rôle d'un leader. »

Le col Carpentier termine en soutenant que les FAC ont beaucoup à

gagner avec l'arrivée des milléniaux au sein de leurs rangs.

« Ils ont grandi avec l'ordinateur, les téléphones intelligents et les tablettes électroniques à la maison. La technologie fait partie de leur vie et nous avons entre autres grand besoin de leurs compétences en ce domaine. »



Escaping the room

BIS recently created an Escape Room where groups of people had to discover clues, solve mysteries, and find their way out of a locked room. With a Christmas theme created by WO Rachel Boucher, teams navigated such clues as video messages, reading Morse Code or finding hints behind photos, all before time ran out. This NDWCC fundraiser tested a team's ability to react quickly, unravel cryptic messages, solve puzzles, decipher riddles, figure out subtle messages, and find solutions to get them free.

MIKE BONIN, BASE PUBLIC AFFAIRS OFFICER

Anchor station provides all ops support from, basically, a tent

By Sara White,
Managing Editor, The Aurora

With “sand still in the cracks” from its most recent use in Kuwait, 14 Wing Greenwood’s deployable mission support centre (DMSC) is back on the ground, ready for the next round of at-home training.

At its simplest a tent, the DMSC becomes a high-tech office and communications hub for Canadian Armed Forces members on deployed operations. Yvon Lachance, 14 Operations Support Squadron’s tactical systems manager, hosted a tour of the DMSC on October 9, 2018, for wing officials.

“It’s a typical sea can,” Lachance says.

The top splits open lengthwise, with the sides folding down to become the tent’s solid floor. Heavy tarps make the walls and ceiling, the end is pre-built as a double-entry doorway, and interior packing puzzles out to provide interior heating and cooling systems, desks, work stations and stacks of technological computer drives. Antennae and both a 60-kilowatt generator and a 20-kilowatt back-up travel with the DMSC. All told: 17,000 pounds (7,711 kilograms) of gear or, grab and go even faster with just the computer stacks at 1,000 pounds (454 kilograms) on their own.

“A Herc or a C-17 takes it where we need to go,” says Lachance. “We’ve used this system for many, many years and it has served us well. We



14 Wing Greenwood’s deployable mission support centre was last set up in Kuwait, but is now completely refurbished and back up for training at home in Nova Scotia. The tent ships in two containers anywhere it needs to be to support CAF operations and includes power, environmental systems, technology, and communications links.

SARA WHITE, MANAGING EDITOR, THE AURORA

stay right with the airplanes on the airfield and offer direct support to the aircraft.”

14 Wing’s DMSC configuration includes two of the sea can units, connected as one complex with specially designed openings in the tarps. There are a couple ways to configure the set-up, but “wherever we set up, it’s always the same—whether it’s in Comox or here or in Kuwait. A desk,

a box—everything is the same. Within 24 hours, wherever we go, we’re ready to go. Other forces start from scratch.”

The DMSC’s strict adherence to template—“we take a picture”—means technicians and operators trained to provide the operational support and essential communications for aircraft in theatre can do just that, with no hesitation; equipment is exactly where it’s supposed to be,

every time, no matter where personnel were trained or where they are working.v

“We do mission support: UHF, VHF and satellite radios, satellite communications, VOIP,” Lachance says. “We make our own cables and wires as we need them. We know what satellite we’re going to hit, where. We do bulk encryption, for everything in and out. We have multiple monitors and intelligent workstations. We have 100 terabytes of storage. We’re a beehive when it gets going: crowded, phones going crazy, radios, people looking for messages.... And,” he jokes, “we have the most popular piece of equipment on a deployment: the photocopier. Go figure!”

The DMSC takes all the intelligence, surveillance and reconnaissance information gathered by the CP-140 Aurora aircraft and “pushes it to whatever customer needs it, wherever in the world they are,” he says. “The guys in the places don’t have time to deal with IT: they need to do their jobs. We’re the anchor station.”

It takes about a year to train a Royal Canadian Air Force aerospace telecommunication and information systems technician; technicians start work in an operations centre, then they enter the DMSC environment. With the set-up now sitting alongside 14 Wing’s airfield, base aerospace telecommunication and information systems technicians will regularly work and train there for future deployments.

Commandant of Royal Military College St-Jean: Millennials a great fit for the CAF

By Yves Bélanger,
Le Servir

What does the term Millennium generation mean? Born between the early 1980s and the early 2000s, millennials, also known as Generation Y, grew up with computer technology at their fingertips. They are considered to have excellent command of communication, media and digital technologies.

Millennials are perceived as different from previous generations, particularly regarding their relationship with technology and their world view. However, Col Gervais Carpentier, Commandant of the Royal Military College Saint-Jean (RMC Saint-Jean), maintains that millennials have more similarities than differences when compared to previous generations and the CAF has a lot to offer them.

Col Carpentier, who has 31 years of service as a CAF officer, has had the opportunity to meet people of different generations throughout his career.

In his view, the differences between them are not as great as one might think. “No generation has ever been studied as much as that of the Millennials. However, they tend to be observed in silos. We shouldn’t forget that we all live in the same society.”

He states that, over the decades, the CAF has changed and millennials can be easily integrated into it. “In recent years, the CAF has taken its membership more into account. Members are at the heart of the new policies that are adopted,” he explained, recalling the motto, People First, Mission Always.

With the many jobs and opportunities offered by the CAF, it is an excellent employer for today’s youth. “Millennials are known to change jobs every three to four years. In the CAF, they can do it while staying in the organization,” stated the commandant of RMC Saint-Jean.

He pointed out that the organization’s values correspond in many ways to those of the new generation, “We have made great strides in terms

of diversity and inclusion, among other things.”

As for the new generation’s need for recognition, it is easy for them to find what they are looking for in the CAF. “There are many opportunities in our organization for people who want to take up challenges. For example, there are foreign missions or various operations. These are all opportunities for men and women to take pride in their work and garner recognition for their accomplishments.”

Aware that millennials often tend

not to set medium- and long-term goals, the CF member does not see anything to worry about. “We will help them to set goals. That’s the role of a leader.”

Col Carpentier ended by maintaining that the CAF has a lot to gain from the arrival of the millennials in its ranks.

“They grew up with computers, smart telephones and electronic tablets at home. Technology is part of their lives, and we need their skills in this area.”



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TRIDENT Sports

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

Team BIS takes MEGA Volleyball championship

By Ryan Melanson,
Trident Staff

The team representing Base Information Services (BIS) had a strong showing at the recent MEGA Volleyball Championship, held at the Fleet Fitness and Sports Centre. They lost just one match through the round-robin tournament, and were victorious in the semi final en route to another victory in the championship match on November 22. The four-team pool included players representing BIS, Campus Atlantic, FMF Cape Scott and HMCS Charlottetown.

Full MEGA Volleyball results:

Round Robin

- HMCS Charlottetown def. Campus Atlantic (forfeit)
- BIS def. FMFCS 2-1 (25-12, 19-24, 15-6)
- FMFCS def. HMCS Charlottetown

- 2-1 (21-25, 25-19, 15-7)
- Campus Atlantic def. BIS 2-0 (25-19, 25-17)
- Campus Atlantic def. FMFCS 2-0 (25-17, 25-18)
- BIS def. HMCS Charlottetown 2-0 (25-16, 25-17)
- Semi Final
- Campus Atlantic def. HMCS Charlottetown 2-1 (23-25, 27-25, 15-12)
- BIS def. FMFCS 2-0 (25-9, 25-18)
- Championship
- BIS def. Campus Atlantic 2-0 (25-17, 25-22)

Base Information Services (BIS) fielded the winning team at the recent MEGA Volleyball tournament held at the Fleet Fitness and Sports Centre.

RYAN MELANSON, TRIDENT STAFF



Four teams competed during MEGA Volleyball

RYAN MELANSON, TRIDENT STAFF

BIS defeated Campus Atlantic by a score of 2-0 (25-17, 25-22) in the MEGA Volleyball championship game on November 22.

RYAN MELANSON, TRIDENT STAFF



Super Crossword

Sports potpourri

By Stephen Stone

- Who are the only NFL quarterbacks to record a win against all 32 NFL teams?
- As of 2018, which is the only NFL city not to have either been in a Super Bowl or hosted one?
- What is the only city to have claimed three championships in the same year?
- Despite not playing basketball after high school, Bruce Jenner, who is now Caitlin, won the Decathlon at the 1976 Olympics and was drafted 139th by which NBA team?
- During the 1961-62 season, Wilt Chamberlain AVERAGED 50.4 points and 22.9 rebounds PER game which is truly amazing. Yet he was not the league MVP. Who was?
- Who were the only U.S. Presidents to grace the cover of Sports Illustrated?
- Which Boston Red Sox player had 61 more career hits than The Splendid Splinter – Ted Williams?
- Who set an NBA record of most games played in a single season without registering a single assist?
- This player never went up to bat, he never played the field, he just took over as a pinch runner. Ignominiously, he was picked off base in the 9th inning of game 2 of the 1974 World Series. Who is he?
- Which U.S. President was instru-

mental in having the Flying Wedge banned from football?

- Who was the 1st PGA player to use the now common lob wedge?
- Drafted by the Buffalo Bills of the upstart AFL. This player was the first professional kicker to use the soccer style of place kicking.
- He was the last placekicker to use the standard front-on approach toe kick style.
- Why is Tony Franklin best remembered in the NFL, besides his scored feats (LOL)?
- This Pirate pitcher was the 1st to throw the eephus pitch an over-hand lob ball.
- Dick Fosbury is credited with a new high jumping technique known today as The Fosbury Flop. An unheralded Canadian jumper was the first woman to use the backward jump style. Who is she?
- Who won the 1960 Olympic marathon in Rome, 1960, running bare foot?
- What world record does 11-year-old Cen Xiaolin hold?
- Who is the 1st player since Wally Pipp to hit a walk off home run in his 1,000th game?
- Which goalie has the record for consecutive games played for the same team?
- Who was the first Australian gold medalist in the Winter Olympics?

Answers on page 22

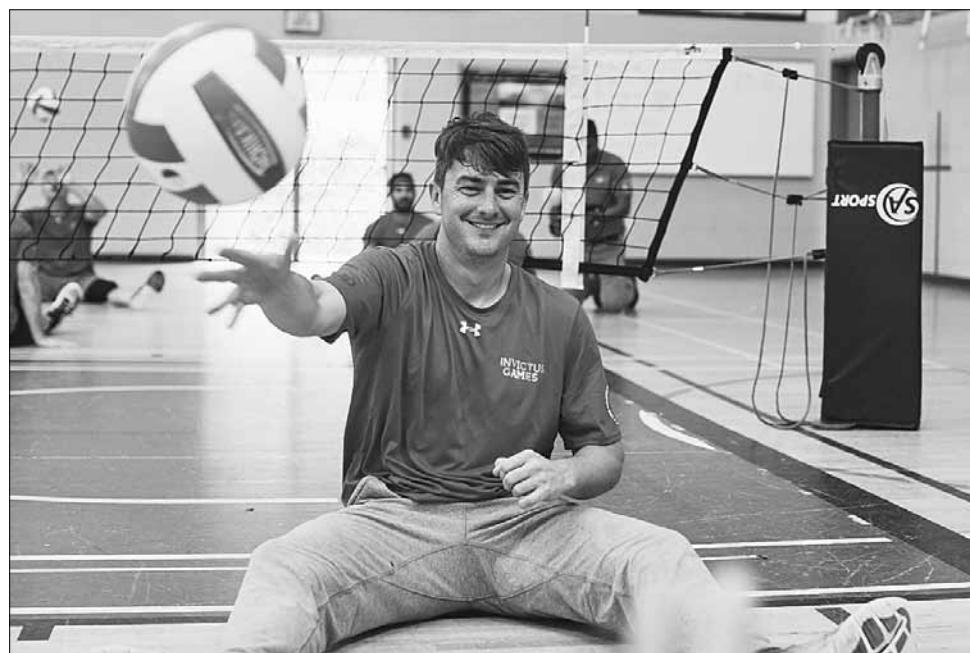
Individual Canadian University football records

By Stephen Stone

Here is a little quiz for those who follow Canadian University Football. I know, there must be a few of us still around. I'll provide the question. All you need do is supply the player and university.

- In the AUS (Atlantic University Sports) who holds the single game scoring record in football?
- He threw 30 touchdown passes in the 1989 season and lead the AUS in TDs three consecutive years – 1988-90. He also won the Hec Creighton trophy those same 3 years.
- Who holds the AUS record for most interception return yards in a 3 year career?
- Who holds the Réseau du sport étudiant du Québec (RSEQ) football record for points scored in a season?
- Who is the RSEQ record holder for yards rushing in a single game?
- Who holds the RSEQ record for pass completions in a single game?
- Who holds the RSEQ record for most field goals in a game?
- Which OUA (Ontario University Athletics) football team holds the record for most points scored in a single game?
- In a 7 game season which OUA team allowed the fewest points?
- Which player and future CFL great scored the most points in an OUA season?
- Who is the OUA record holder for touchdowns in a game?
- In the CW (Canada West Universities Athletic Association) who holds the record for the longest field goal in the playoffs?
- Who holds the record for the longest field goal in a regular season game?
- Which CW player holds the record for most touchdowns in a career?
- This outstanding QB holds the CW record for pass yards in a career.
- He is the current CW record holder for receiving yards.
- Before the shortening of the end zones in 1986, who holds the record for a punt return of 130 yds?
- Who holds the Usports single game record for passing yards?
- Who holds the single season record for passing yardage?
- Who holds the single game record for TD passes?

Answers on page 23



Capt (ret'd) Casey Balden, who used to work at Joint Task Force Pacific, competed in sitting volleyball and athletics at the Invictus Games.

SUBMITTED

Invictus Games inspire recovery for injured veteran

By Peter Mallett,
The Lookout Staff

When retired RCAF Cpl Gina Pinangat of Victoria heard Prince Harry's address at the Opening Ceremony for Invictus Games 2018 in Sydney, Australia, his words rang true for her.

"You are role models for us all and we are going to put on one hell of a show over the next week," said Prince Harry. "Be inspired, get excited. Allow the example of service and determination that you all see to change something big or small in your lives."

Cpl (Ret'd) Pinangat, 53, was one of 39 Team Canada members that included 17 serving and 22 veterans who gathered at the Sydney Opera House on Oct. 20 for the kickoff event. Her teammate, recently retired Capt Casey Balden, who used to work at Joint Task Force Pacific, competed at the Games in sitting volleyball and athletics.

Created by Prince Harry, the Invictus Games help ill and injured veterans and military personnel realize the

value of healing through sport and exercise. This year's fourth edition of Invictus wrapped up October 27 and brought together 500 competitors from 18 nations competing in 11 adaptive sports.

At this year's Games Cpl (Ret'd) Pinangat competed in power lifting, sailing and wheelchair basketball. She suffers from chronic lower back pain, migraines, gerd, tinnitus, and Post-Traumatic Stress Disorder (PTSD) and, until recently, depression.

Being selected by the Canadian Forces Morale and Welfare Services non-profit Soldier On from the hundreds of applications they received was a surprise, but getting a chance to compete for Canada and attend the opening ceremony was "truly inspirational."

"I had tears in my eyes, tears of joy at the Opera House," she said. "I was so happy to be there and hear the Prince speak in person; it was the memory of a lifetime."

Continued on page 23

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Sports potpourri

Questions on page 21

Answers

1. Peyton Manning after he was traded to Denver from Indianapolis, Brett Favre after being traded from Green Bay, and Drew Brees beating his old team, the Chargers
2. Alas, the only city is home to the Browns – Cleveland
3. Detroit – The Lions won the NFL championship, the Tigers won the World Series, and the Red Wings hoisted the Stanley Cup – 1935
4. Kansas City Kings – now Sacramento
5. Bill Russell of the Boston Celtics.
6. John F. Kennedy, Gerald Ford, Ronald Reagan twice, and Bill Clinton
7. Bill Buckner. In a 22-year career which included time with the Cubs, Dodgers, Red Sox, Angels, and Royals he amassed 2 715 hits. I mentioned career not just Red Sox stats. Even so, poor Bill is remembered for the error in game 6 of the 1986 World Series.
8. Yinka Dare of the New Jersey Nets. He ended his career with 4 assists against 96 turnovers.
9. Herb Washington – Oakland As. Interestingly, his baseball card lists him as designated runner.
10. Theodore Roosevelt. A popular formation was the flying wedge, in

- which a phalanx of blocking linemen (often grabbing handles sewn to the pants of the man in front) thundered down the field linked together, with the ball carrier right behind, usually leaving bodies strewn all over the field.
11. Tom Kite.
 12. Pete Gogolak from Cornell U.
 13. Mark Mosley who retired from the Redskins in 1986
 14. He was the 1st barefoot placekicker in the NFL.
 15. Rip Sewell
 16. Debbie Brill – owner of the Brill Bend
 17. Abebe Bikila. He won in 1964 in Tokyo, this time wearing track shoes.
 18. The boy recently set a new rope skipping world record by completing a whopping 108 skips in just 30 seconds.
 19. Anthony Rizzo became the first player to hit a walkoff HR in his 1,000th career MLB game since Wally Pipp in the bottom of the 11th inning for the Yankees on April 24, 1922.
 20. Glen Hall. Starting in 1955 and spanning 7 seasons he played in 502 consecutive games for the Chicago Blackhawks. The streak was stopped because of a back injury.
 21. Steven Bradbury. 1000 metres short track speed skating 2002.

Fitness and sports updates

By Trident Staff

Fall intersection curling games are held at 12:30 p.m. every Tuesday at the CFB Halifax Curling Club. Cancellations due to COTF/COTW/Wing Cup, Regionals and Club Bonspiels TBC. Winter I/S Curling will run January-March. Registration for winter I/S will take place in December and it is recommended that teams have min 7-8 players. I/S curling is open to military members only. Anyone not curling for their team that day is invited to arrive at the curling club to spare for other teams. All levels are welcome. Individual curlers can submit their names to the spare list by contacting Isaac.habib@forces.gc.ca

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 interest-

ed 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

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GYMNASSE DE SHEARWATER GYM

| DATE | TIMES / HEURES |
|--------------------|-----------------------|
| Dec 17-21 & 27-28 | 0600 – 2100 hrs |
| Dec 22-23 & 29-30 | 0900 – 1700 hrs |
| Dec 24 & 31 | 0900 – 1300 hrs |
| Dec 25, 26 & Jan 1 | CLOSED / FERMÉ |

GYMNASSE DE LA FLOTTE / FLEET GYM

| DATE | TIMES / HEURES |
|--------------------|-----------------------|
| Dec 17-21 & 27-28 | 0600 – 2100 hrs |
| Dec 22-23 & 29-30 | 0900 – 1400 hrs |
| Dec 24 & 31 | 0900 – 1300 hrs |
| Dec 25, 26 & Jan 1 | CLOSED / FERMÉ |

PATINOIRE DE SHEARWATER ARENA

| DATE | TIMES / HEURES |
|-------------------------------|-----------------|
| Shinny Hockey / Hockey Libre | |
| Dec 17, 18, 20, 21 | 1200 – 1300 hrs |
| Public Skate / Patinage libre | |
| Dec 27 - 30 | 1400 – 1530 hrs |

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REGULAR SCHEDULE RESUMES **2 JAN 19**

Invictus Games inspire recovery for injured veteran

Continued from page 21

She never dreamed she would meet the Prince and the Duchess of Sussex, Meghan Markle in person. But that happened two days into the Games. She and her sailing teammates were sitting on board their boat after their fourth place finish and at that moment they had an unexpected visit by the British Royalty.

"They pulled their boat alongside ours and I thought to myself, is this really happening?" said Cpl (Ret'd) Pinangat. "I forgot to take my sailing gloves off before I shook their hands, it all happened so quickly and my teammates and I were caught by surprise. What a memory."

But there were more memories to come. Two days later when she was competing in the weight lifting competition – Games Ambassador Gus Worland not only met and shook hands with her but the two exchanged an emotional hug.

Worland, 49, is a childhood friend of actor Hugh Jackman and founder of the Australian mental health and suicide awareness charity Gotcha4Life. In a video posted on Twitter, Worland filmed his encounter with Cpl (Ret'd) Pinangat after he saw her competing in the power lifting competition. That moment brought him to tears.

Cpl (Ret'd) Pinangat immigrated to Canada from the Philippines in 1991 under the old Foreign Domestic Movement Program and worked as a caregiver. After that she found work with Nortel Networks, but in 2001 the former telecom giant suffered bankruptcy and she was out of work.

She eventually joined the CAF as an Aerospace Telecommunications Systems Technician. She worked at this job for nine years and called it a

"life-changing" experience", until her health problems led to her medical release.

Being involved in the Games, says Cpl (Ret'd) Pinangat, has been good medicine for her recovery.

Even though she did not win a medal at the Games, she says that she and all of the other athletes who competed were victorious.

"I am ecstatic about competing in the Games and it exceeded my expectations about what it will do for me down the road. I am learning to enjoy life again, starting the healing process and avoiding depression and dwelling on the bad things in my life. I will continue on the process of self-care, mindfulness, and meditation to keep me grounded. I'm learning to live again."

A record 18 nations participated at the 2018 edition of the games: Afghanistan, Australia, Canada, Denmark, Estonia, France, Georgia, Germany, Iraq, Italy, Jordan, The Netherlands, New Zealand, Poland, Romania, Ukraine, the United Kingdom, and the United States.

Medals Won

Canada won a total of six medals at this year's Games: four bronze and two silver.

The winners:

Bombadier (Ret'd) Naomi Fong - two bronze medals in cycling

Gunner (Ret'd) Dave Innes - silver in men's indoor rowing

Lt(N) Nicole Murillo - silver in women's archery

Capt (Ret'd) Cavell Simmonds - bronze in women's archery

MCpl (Ret'd) Derek Anderson, Cpl (ret'd) Mathew Belear, and Sgt Francois Gauvin - bronze in men's team archery.

Individual Canadian University football records

Questions on page 21

Answers

1. Paul Brule – 48 points – Saint Francis Xavier University – Oct. 20, 1967 – against Dalhousie
2. Chris Flynn – Saint Mary's
3. Al Charuk – Acadia – 396 yds – 1972-74
4. Christopher Milo – 117 – Laval – 2008
5. Jamall Lee – Bishop's – 391 yds – Sept. 19, 2008 against McGill
6. Jeremi Roch – Sherbrooke – 41 – Sept. 15, 2012 against Saint Mary's
7. Warren Kean – Concordia – 9 – Oct. 21, 2006 against Saint Mary's
8. Laurier – 90 – Oct. 19, 1974 – against York
9. Windsor – 34 points – 1975
10. Neil Lumsden – 148 – Ottawa – 1975
11. Jim Reid – 6 – Laurier – Oct 22, 1977 – against Guelph
12. Nick DiFonte – Calgary – 59 yds – Nov. 11, 2017 – against UBC
13. Jerry Foster – Saint Mary's – 57 yds – Oct. 18, 1986 – against Mount Allison
14. Dominic Zagari – 48 – Manitoba
15. Noah Picton – 11 494 – Regina
16. Mitch Hillis – 2961 – Saskatchewan
17. John Kelly-Guelph – Nov. 1, 1975 vs Laurier; Steve Valeriote – Waterloo – Oct. 21, 1978 vs York
18. Greg Vavra – Calgary – 627 vs Saskatchewan – Oct 7, 1983
19. Noah Picton – 3186 – Regina – 2016
20. Brent Schneider – 8 – Saskatchewan vs UBC Oct. 8, 1994

Dear Trident Readers,

During the holiday season, it's a good time to acknowledge and to thank everyone who has contributed to our progress over the last year.

As your community newspaper, Trident appreciates the interest and encouragement that we receive from you, our readers.

When you send us articles and photos, or call with a request for us to attend and cover a ceremony, or suggest ideas for articles that we should pursue, you are helping us with our mission.

Thank you for the work that you do and for the support that you give us. We take pride in being the newspaper for CFB Halifax, and we look forward to serving you in 2019 and beyond.

Please accept Trident's best wishes for a happy holiday season, and for health and happiness in the New Year.

The Trident Staff | editor@tridentnews.ca | reporter@tridentnews.ca

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