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Monday, January 14, 2019



Volume 53, Issue 1

[www.tridentnewspaper.com](http://www.tridentnewspaper.com)

# TRIDENT

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

## Welcome home

*When HMCS Moncton returned home on December 11, LS Mike Chacon won the ship's lottery and received the first kiss from his fiancée, Jessie Leudi. The ship completed a two-month deployment on Op CARIBBE, Canada's contribution to regional security and to counter illicit trafficking in the Caribbean region with US partners.*

MONA GHIZ, MARLANT PA



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# Gunners get creative during St. Barbara's Day gunnery contest

By Ryan Melanson,  
Trident Staff

One of CFB Halifax's most entertaining end-of-year traditions was once again held on board HMCS *Sackville* on December 7, with a number of teams participating in the annual St. Barbara's Day gunnery competition.

The event honours St. Barbara, the Patron Saint of gunners, and has been held in some form for more than a century. While it once existed as a true test of weaponry skills, it now takes the form of a skit show, with the focus on costumes and laughs, often at the expense of senior chiefs or other leadership figures. Competency in basic gunnery drill is still required, however, with each team firing a series of blanks into the harbour from *Sackville*'s deck gun.

The official description of the event calls it an opportunity for weapons crews from the Atlantic fleet and associated lodger units of CFB Halifax to display their prowess and enthusiasm through simulated gunnery.

"It's a tradition and there's some superstition around it, but it's really about the sailors having some fun and

giving each other a laugh," said Master of Ceremonies CPO2 Bruce Lilly, who has been involved with the St. Barbara's Day event at CFB Halifax for nearly 20 years.

After an opening blessing from St. Barbara herself, portrayed by LS Meghan Johnston, each team presented their irreverent sketches. The day's judges awarded the winning trophy to the HMCS *Montreal* team "Legalization Stations", who poked fun at the CAF's new cannabis policy with their skit, while second place was awarded to the team from HMCS *Fredericton*, who came in character as a group of Vermont state police officers instantly recognizable to fans of the *Super Troopers* movie franchise.

The winning performance means HMCS *Montreal* will take possession of the St. Barbara's Day trophy until December 2019, when they'll field another team in hopes of holding on to it.

The event has been held in Halifax by the Naval Weapons Association for the last 34 years, and the 2018 shootout marked the 19th year that it has been hosted by HMCS *Sackville*, thanks to the support of the Canadian Naval Memorial Trust.



Teams each had a chance to fire blanks into the harbour to show off their gunnery skills.

RYAN MELANSON, TRIDENT STAFF



LS Meghan Johnston portrayed St. Barbara, the Patron Saint of gunners, during the event.

RYAN MELANSON, TRIDENT STAFF



Participants in the St. Barbara's Day competition, including the Super Troopers from HMCS Fredericton, line the deck of HMCS Sackville.

RYAN MELANSON, TRIDENT STAFF



# New Year's message from Commander MARLANT and JTFA

By RAdm Craig Baines,  
Commander MARLANT and JTFA

As we begin 2019 I would like to take this opportunity to wish everyone on the Maritime Forces Atlantic and Joint Task Force Atlantic teams a Happy New Year. I hope you were able to rest and enjoy some quality time over the holidays with your loved ones after what was a very busy 2018.

This past fall was one of the busiest in recent memory as, at one point, we had 11 ships deployed overseas. The excellent work done to support OPERATION REASSURANCE, OPERATION PROJECTION Indo-Asia Pacific and West Africa, and OPERATION CARIBBE will carry on as our ships return to these regions over the next 12 months.

We also had a very busy 2018 in responding to a variety of search and rescue missions and we can expect that to continue in 2019. With the flooding in New Brunswick, we were able to provide excellent support to the people there and we remain ready to assist our government counterparts in their efforts to keep Atlantic Canadians safe and secure.

I know many are excited, as am I, to see our new capabilities come on-line as we prepare to welcome the first of the *Harry DeWolf*-class to the Fleet later this year. These new Arctic and Offshore Patrol Vessels will provide our sailors with a robust and versatile platform to respond to challenges on

behalf of our Government and the people of Canada.

2019 promises to be one filled with new opportunities and challenges. In the coming months we will once again deploy our people to the four corners of the world as they continue to contribute to international stability, promote the rule of law, conduct capacity building operations and bolster interoperability with our partner nations.

Of course this could not be accomplished without the support of our civilian workforce here at home. The work that you do to keep our equipment and people in fighting form is always outstanding and I know that will endure in the New Year.

As I sit back and look at all the things that we do, I am always amazed at the variety of tasks and missions we undertake on a daily basis. Everything from coastal surveillance, to search and rescue, to drug interdiction, to support to international partners, to capacity building efforts at home and around the globe. I know you all work hard to achieve these goals through your skill, professionalism and determination and it is your efforts that will ensure our continued success in the coming year.

2019 is here and I want to thank each and every one of you for your hard work and commitment over the past year. You should all take great pride in our achievements and the contributions you have made to the Defence Team.

# Message du Nouvel An du cmdt FMAR(A)/FOIA

Par Le contre-amiral  
Craig Baines,  
commandant des Forces maritimes  
de l'Atlantique et de la Force  
opérationnelle interarmées  
(Atlantique)

Au moment où nous commençons l'année 2019, j'aimerais prendre le temps de souhaiter bonne année aux membres des équipes des Forces maritimes de l'Atlantique et à la Force opérationnelle interarmées de l'Atlantique. J'espère que vous avez pu vous reposer et passer du bon temps avec vos proches pendant les Fêtes, après une année 2018 très remplie.

L'automne dernier a été l'un des plus occupés des dernières années. À un certain point, 11 navires étaient en mission outre-mer. L'excellent travail accompli à l'appui de l'opération REASSURANCE, de l'opération PROJECTION en Indo-Asie-Pacifique et en Afrique occidentale, et de l'opération CARIBBE se poursuivra, puisque nos navires retourneront dans ces régions au cours des 12 prochains mois.

L'année 2018 a également été très occupée en matière de missions de recherche et sauvetage et nous pouvons nous attendre à ce que cette tendance se poursuive en 2019. Lors des inondations au Nouveau-Brunswick, nous avons pu offrir un excellent appui sur place et nous restons prêts à aider nos homologues

du gouvernement dans leurs efforts pour assurer la sécurité des gens du Canada atlantique.

Je sais que beaucoup parmi vous sont aussi fébriles que moi de voir les nouvelles capacités du premier navire de la classe *Harry DeWolf* qui sera accueilli dans la flotte plus tard cette année. Ces nouveaux navires de patrouille extracôtiers et de l'Arctique donneront à nos marins une plateforme robuste et polyvalente pour réagir aux défis au nom de notre gouvernement et de la population canadienne.

L'année 2019 promet d'être pleine de nouvelles occasions et de nouveaux défis. Au cours des prochains mois, nos gens repartiront à différents endroits sur la planète pour continuer à contribuer à la stabilité internationale, à promouvoir la règle de droit, à mener des opérations pour rehausser les capacités et à promouvoir l'interopérabilité avec les pays partenaires.

Évidemment, ces activités ne seraient pas possibles sans l'appui de notre effectif civil au pays. Le travail que vous accomplissez pour entretenir l'équipement et garder nos gens en état de mener des opérations est toujours exceptionnel et je sais que vous poursuivrez votre travail au cours de la nouvelle année.

En prenant du recul et en tenant compte de tout ce que nous faisons, je suis toujours stupéfié par la variété des tâches et des missions que nous entreprenons sur une base quotidienne, de la surveillance côtière aux opérations de recherche et sauvetage, en passant par la lutte contre le trafic de drogues, l'appui aux partenaires internationaux, les efforts de renforcement des capacités au pays et ailleurs dans le monde. Je sais que vous ne ménagez aucun effort pour atteindre ces objectifs grâce à vos compétences, votre professionnalisme et votre persévérance, et ce sont ces efforts qui permettront d'assurer notre réussite continue dans la prochaine année.

L'année 2019 est arrivée et je veux en profiter pour remercier chacun et chacune d'entre vous pour votre excellent travail et votre détermination au cours de l'année qui vient de se terminer. Vous devriez tous être fiers de nos réussites et des contributions que vous avez faites à l'Équipe de la Défense.

RAdm Craig Baines speaks to a group of sailors onboard a ship.

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Publication  
Schedule  
for 2019

January 14 — MFRC & Money Matters  
January 28  
February 11 — MFRC  
February 25  
March 11 — MFRC & Posting Season  
March 25  
April 8 — MFRC & Spring Automotive  
April 22 — Battle of the Atlantic  
May 6 — MFRC & Spring Home and Garden  
May 21  
June 3 — MFRC & Family Days  
June 17  
July 2 — MFRC  
July 15  
July 29 — MFRC  
August 12 — Back to School  
August 26 — MFRC  
September 9  
September 23 — MFRC & DEFSEC  
October 7 — Fall Home Improvement  
October 21 — MFRC  
November 4 — Remembrance Day  
November 18 — MFRC & Holiday Shopping  
December 2  
December 16 — MFRC & Year End Review

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

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

**Annual Subscription (25 issues):**

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

**Courier address:**

2740 Barrington Street,  
Halifax, N.S.  
B3K 5X5

Publication Mail Agreement No.  
40023785

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

Circulation: Minimum 8,500



# Community Calendar

Reunion and event notices must be submitted by email.

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

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

**615 (Bluenose) Royal Canadian Air Cadet Squadron**

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

**Date: Wednesdays**

**Location: CFB Halifax**

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

**Steamships of Eastern Canada**

**Time: 7 p.m.**

**Date: Tuesday, January 22**

**Location: Maritime Museum of the Atlantic**

The public is invited to a presentation by Bob Chaulk about the early days of steamships, the river steamboats and coastal steamers that carried people and freight around Atlantic Canada and farther afield. Learn about how Canada not only adopted steam but helped lead the way, of the great Canadian lines like the Allan Line, Dominion Line and Canadian Pacific Steamships and of the smaller players like Pickford and Black and the New York, Newfoundland and Halifax Steamship Company. Chaulk is the author of Time in a Bottle: Historic Halifax Harbour from the Bottom Up. The event is presented as part of the Maritime Museum's Tuesday Night Talks series, and will be followed on January 29 by a talk from the museum's own Richard MacMichael, titled The Golden Age of Ocean Liners.

**An Evening with Halifax's Poet Laureate**

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

**Date: Thursday, January 24**

**Location: Halifax Central Library**

Halifax's Poet Laureate, Dr. Afua

Cooper, shares her aspirations for the role of poet laureate and discusses her poetic interests with fellow poet, Sue Goyette. After the conversation, Cooper will introduce two new rising talents in Halifax: Andre Fenton and Kanaar Bell. Presented in partnership with Halifax Regional Municipality and the Writers' Federation of Nova Scotia.

**African Heritage Month:**

**Opening Night**

**Time: 7 - 9 p.m.**

**Date: Thursday, January 24**

**Location: George Dixon**

**Community Centre**

Share in this special community event and celebrate the launch and 35th anniversary of African Heritage Month in Nova Scotia. The evening features the traditional Opening Night ceremony, musical entertainment, and greetings from special guests. A reception and refreshments will follow the official program. The full calendar for the months of January and February is available from the Department of African Nova Scotian Affairs at <http://ansa.novascotia.ca>, and includes events at Halifax Public Library branches, local universities, performances at the Neptune Theatre, and more.

## The value of a dollar

**By Lt(N) Krystal Sheremeta, BTL Chaplain**

It's that time of year again. We start taking down the decorations, get back into our routines of work and school and activities, and try to recover from our holidays... and getting those holiday bills in the mail!

How many of us have had those moments of, "Wait, how much was that?" or walked out of a store, and two days later thought, "Why did I buy that again?" It's easy to get caught up in spending over the holidays, and then regret it come January. It can lead to moments of guilt, or if debt becomes an issue, it can lead to a large increase in stress and anxiety, feelings of loss of control and power.

For we live in a world where we are constantly bombarded with ads on TV, in magazines, on social media, constantly trying to tell us our worth as individuals is increased with that

bigger tv, newer house, and flashier car. So when money is tight, it can feel like we are out of step with society, like we are failing.

But, there's a different way to live.

Where we recognize the value of a dollar for what it is. It's not about the cost of what the money can buy, but the value that is added to, or removed from our lives. For our lives are about more than money, or even what money can buy. You are worth more than your bank account balance.

What does that look like when we try to live it out? It starts with asking yourself why you're spending. What value is added to your life? Is it momentary joy, which we certainly need sometimes, or the realization of a longterm goal for yourself or your family with the house or car or vacation? What matters to you, and is this in line with those values?

There is no one right or wrong



### Padre's Corner

way to make those decisions, from going out for a meal, or cooking at home, stopping at Tims or filling your travel mug before leaving the house. Each little decision adds up, leading to the questions of, how do I want to live? What value does it hold for me?

For ultimately, you are not your bank account balance. You are worth far more than dollars and cents, and no amount of debt, or lack thereof, will change that. So I encourage you to begin 2019 living into that reality. Your value is not based on your things or your money.



# Max Bernays keel laying marks another milestone for AOPS program

By Ryan Melanson,  
Trident Staff

Construction has officially begun on the third of the Royal Canadian Navy's new Arctic and Offshore Patrol Ships (AOPS). A keel-laying ceremony on December 6 at the Irving Shipbuilding Assembly Hall in Halifax marked the beginning of work on the future HMCS *Max Bernays*. The ship will follow the future HMC ships *Harry DeWolf* and *Margaret Brooke*, which are both currently under construction, with *Harry DeWolf* set for delivery in late 2019.

The keel laying is an important moment in the early life of a ship, marking its birth and the start of full production work. The ceremonial action itself was performed by Irving Shipbuilding welder Vicki Berg, who laid a Royal Canadian Mint Second World War Battle Series coin into the first keel unit of the future ship's centre module, and then announced the keel to be "well and truly laid." The coin will stay embedded within the ship through the duration of its life, and is meant to bring good fortune and luck to all those who sail in it.

The small, informal ceremony was attended by Irving Shipbuilding representatives including President Kevin McCoy, along with RAdm Craig Baines, Commander MARLANT and JTFA, MARLANT Formation Chief



*From left, Atlantic Fleet Chief CPO1 Derek Kitching, RAdm Craig Baines, Commander MARLANT and JTFA, Irving Shipbuilding employee Vicki Berg, Pacific Fleet Chief CPO1 Sylvain Jaquemot, and Irving Shipbuilding VP, Production Rene Belliveau. All those in attendance at the keel-laying ceremony on December 6 received a plaque as a memento.*

MONA GHIZ, MARLANT PA

CPO1 Derek Kitching, AOPS Project Director Cdr Guillaume Cote and Deputy Director LCdr James Brun. As the future *Max Bernays* will be the first of the AOPS to join the RCN's Pacific Fleet following its delivery, the keel laying was also attended by West Coast Fleet Chief CPO1 Sylvain

Jaquemot and CPO1 Mike Miller of the Naval Personnel and Training Group.

In naming the future ship after CPO Max Leopold Bernays, the Navy is continuing with the AOPS theme of honouring Canadian naval heroes. Bernays, originally from Vancouver,

first joined the RCNVR in 1929 and was serving as the Cox'n of HMCS *Assiniboine* in August of 1942 during the Battle of the Atlantic; he was awarded the Conspicuous Gallantry Medal by the British Admiralty for his actions while engaging the German submarine U-210. Under heavy fire and while breathing in smoke, Bernays famously ordered his junior sailors to safety and manned the helm on his own, steering the ship and eventually getting in position to ram and sink the U-boat. Only one sailor from *Assiniboine* was killed during that battle, with 13 more injured, and *Assiniboine's* fate could have been very different if not for the heroic actions of Max Bernays.

In addition to the honours he's already received, Bernays' legacy will now live on through the ship that will bear his name.

"It is fitting that an Arctic and Offshore Patrol Ship has been named in the honour of Chief Petty Officer Max Bernays, a hero renowned for his valour and dauntless devotion to duty," said VAdm Ron Lloyd, Commander RCN, in a media release.

"The keel-laying of the future HMCS *Max Bernays* is another notable milestone on the road towards Canada's future fleet. The *Harry DeWolf*-class will enhance the Royal Canadian Navy's ability to safeguard the interests and security of all Canadians.

## Commemorating the Halifax Explosion

*On Thursday December 6, 2018, a ceremony at the Halifax Explosion Bell Tower commemorated the 101st anniversary of the Halifax Explosion. Capt(N) David Mazur, Base Commander CFB Halifax, lays a wreath on behalf of Maritime Forces Atlantic.*

MONA GHIZ, MARLANT PA







# Canada assumes command of multinational naval task force

By the RCN

Commodore Darren Garnier of the CAF officially assumed command of Combined Task Force 150 (CTF 150) on December 6, 2018 during a change of command ceremony held at Combined Maritime Forces (CMF) Headquarters in Manama, Bahrain.

Through maritime security operations, regional engagements and capacity building, CTF 150 works to deter and deny terrorist organizations from using the high seas for smuggling weapons, illicit cargo and narcotics while ensuring the safe passage of merchant ships in some of the busiest shipping lanes in the world.

Gen Jonathan H. Vance, Chief of the Defence Staff expressed his support and confidence in Commodore Garnier's ability to fulfill the requirements of this command.

"I'm extremely proud of our commitment to counter-terrorism through enhanced maritime security in the Middle East, which ultimately makes us safer at home" said General Vance.

"This is another example of Canada's strong military leadership on the world stage, and I have the utmost confidence in Commodore Garnier's ability to com-

mand this task force with the highest levels of excellence for which Canadian military leaders are well-known."

The Canadian command contingent consists of 29 CAF military personnel and one Department of National Defence civilian employee. They will join over 100 coalition members currently supporting the CMF.

The command contingent will be supported by personnel of the Royal Australian Navy. The combined nature of this team demonstrates the close relationship between Australia and Canada.

"On behalf of Canada and the entire incoming CTF 150 staff, I am honoured to assume command of CTF 150 and I can assure you that our joint Canadian and Australian Task Group has worked extremely hard to prepare for this important counter-terrorism mission," said incoming Commander Commodore Garnier.

"This deployment is a team effort and we will engage tirelessly to enhance regional cooperation and coalition interoperability, while helping to ensure maritime security and the free-flow of international trade and commerce in some of the world's busiest and most challenging waterways."



Commodore Darren Garnier (right) takes command from Commodore Al-Shahrani (left) on December 6, 2018, in Bahrain. The ceremony was presided over by Commodore Steve Dainton (centre), Royal Navy, Deputy Commander Combined Maritime Forces.

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## FDU(A) runs for Christmas Daddies Telethon

Fleet Diving Unit Atlantic ran through the streets of Halifax raising \$13,000 for the annual Christmas Daddies Telethon. Thanks to everyone who donated and supported our #RCNavy divers along the way, to help less fortunate children in the area have a better Christmas.

CPL DAVID VELDMAN, FIS





# Sailors, firefighters team up for Movember spinathon

By Ryan Melanson,  
Trident Staff

PO2 Rick Mamye was diagnosed with testicular cancer two years ago, and though he's now back to work and on the road to a full recovery, the experience still greatly impacted his life. In hope of helping other men who may face similar battles in the future, he's gone all in on supporting the Movember Foundation's annual campaign in support of men's health.

"Testicular cancer is one of the three main pillars of Movember, along with prostate cancer and mental health issues," PO2 Mamye said.

"This was already something I felt was worth getting behind, but being personally impacted by cancer obviously drove that home further."

This year, in addition to a number of other fundraising activities, PO2 Mamye gathered his former teammates from last summer's MARLANT Nijmegen contingent, including a couple of his HMCS *Fredericton* shipmates, for a 24-hour fundraising spinathon. SPINCO Halifax offered to host the event, and members of Halifax Regional Fire and Emergency (HRFE) were recruited to spin against the military



MARLANT Fleet Chief CPO1 Tim Blonde, left, pedals alongside PO2 Rick Mamye during the CFB Halifax vs. Halifax Fire Spinathon, which was held as a Movember fundraiser at SPINCO Halifax on November 30.

RYAN MELANSON, TRIDENT STAFF

team for some friendly competition. The cycling went from 2 p.m. on Friday, November 30 to the same time on December 1, and while the main teams stayed for the duration, a few

guests also dropped in throughout, including Fleet Chief CPO1 Tim Blonde, who covered some distance alongside PO2 Mamye to kick things off.

In the end, the team of CAF personnel came out on top by a small margin, pedalling a total of 1,179 kilometres to the HRFE team's 1,158 km. What really mattered, however, was the \$1,760 the group raised in support of the Movember foundation.

Prizes were awarded to the top spinners thanks to donations from Rodd Resorts, Nova Spinal Care, and Salvatore's Pizza, with Nova Spinal Care staff also providing recovery equipment and physio treatments for the participants.

PO2 Mamye wished to thank SPINCO and the other sponsors, the team members on both sides, and all those who made individual donations toward the spinathon and the overall Movember campaign.

"It was a great event thanks to a lot of amazing people. We hope we can do it again next year and make it an annual staple," he said.

The full CFB Halifax team roster for the spinathon included PO2 Mamye, PO2 Peter Fitzgerald of NTDC(A), PO2 Matt Reiner of the Stadacona Band, MCpl Crystal Riley of the Shearwater Dental Unit, Pte Isabelle Haazen of CFHS(A), PO2 Jon Claxton and LS Harveer Gill of HMCS *Fredericton*, and LS Justin D'Eon of HMCS *Toronto*.



## Fun with fingerprints at MPU Halifax

Navy Co-op students had the opportunity to visit Military Police Unit (MPU) Halifax at Windsor Park on December 20, 2018. They toured the MPU facility and police vehicles before learning how to perform fingerprinting. MPU Halifax's primary mandate is to provide security and policing services to CFB Halifax, 12 Wing Shearwater and the various annexes and armouries in the Halifax area.

MARGARET CONWAY, A/BPAO

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Members of 12 Wing Shearwater attend a gala dinner following the parade marking the retirement of the CH-124 Sea King Helicopter at 443 Maritime Helicopter Squadron Hangar in Patricia Bay, BC on December 1, 2018.

LS LAURANCE CLARKE 12 OPERATIONS SUPPORT SQUADRON IMAGING

## The Sea King – lift and thrust into retirement

By Peter Mallett,  
The Lookout Staff

Heartfelt tributes flowed freely during the official Sea King helicopter retirement parade December 1, when the military and DND community bade farewell to the longest serving aircraft in the RCAF.

Inside the hangar at 443 Maritime Helicopter Squadron at Pat Bay, more than 500 people gathered to witness the historic send-off.

“To our magnificent Sea King, though you were an inanimate object, you were a living presence in the lives of so many of us in the navy and air force; we will certainly miss you,” said LGen Al Meininger, Commander of the RCAF, to the crowd. “I see all of the people here today that have worked on the Sea King, many of whom spent 20, 30 or more years around the aircraft. It really was the catalyst for the mission, and for the friendships and bonds we established within the air force and with our navy teammates.”

When RAdm Art McDonald, Deputy Commander of the RCN, stepped to the podium, he also noted the partnership between the two environments that was forged by the aircraft and its role with navy warships. The former Commander MARPAC said that over the years, from the Cold War era to present-day operations, the Sea King served an integral part in naval deployments.

“Today is the day we retire a stalwart workhorse and celebrate how it provided the foundation for continued naval-aviation success in a navy-air

force industry partnership,” said RAdm McDonald. “The Sea King was more than just a helicopter; since its introduction in the 1960s it fundamentally changed the nature of naval operations worldwide.”

When the Sea King was procured in 1963 its intended use was for naval anti-submarine warfare. But as the flight hours mounted it proved its versatility and reliability for countless other tasks and missions. Those included anti-surface warfare, maritime engagement and narcotics interdiction operations, counter-terrorism and anti-piracy, humanitarian assistance, search and rescue, and domestic disaster relief operations.

At the conclusion of the parade everyone stepped outside the hangar’s giant bay doors to watch the ceremonial flypast of three CH-124 Sea Kings. Under grey skies and a light drizzle, many of those in attendance grabbed their cell phones and pointed their devices skywards as the helicopters made two passes above the hangar before returning to the tarmac.

LGen Meininger said approximately 10 Sea Kings will find their way into museums or be used for monuments, while the remainder will be disposed of under normal disposal plans for Crown assets.

When the military’s longest-serving helicopter officially retires at the end of this month, it will conclude 55 years of service, and approximately 550,000 hours of flying time, which is the equivalent to the shortest distance between the earth and Mars or 7,200 trips around the globe.

## Upgrade announced for Halifax-class threat detection systems

By Ryan Melanson,  
Trident Staff

New radar equipment soon to be installed on Halifax-class frigates will allow for better detection and faster response when dealing with incoming threats at sea, says the Commander of Maritime Forces Atlantic and Joint Task Force Atlantic.

The upgrade will add a new electronically-stabilized antenna set to the Sea Giraffe 180 radar currently installed on the ships. The federal government announced the news, along with the \$21.7 million contract to procure the equipment from Saab Microwave Canada, during a press conference inside the hangar of HMCS Charlottetown on December 7.

“When we’re out on the water, we have to be very concerned about other aircraft and ships that are out there, and if a missile ever gets fired at us, the ability to detect that missile and have a reaction ready is critical to saving the ship. This equipment will allow us to do that much more efficiently,” said RAdm Craig Baines, Commander MARLANT and JTFA.

“We know the Canadian Navy needs to modernize to be able to face modern-day threats. Getting this new piece of equipment will help us do that.”

The new antenna will increase the range of the existing radar from 150 to 180 kilometres and provide the crew with more data, including elevation levels and the surrounding environment for any incoming potential threats.

Dave Monahan, DND’s Project Manager for the Halifax-class Modernization Frigate Life Extension, said the first installation should take place in 2021 on *Ville de Quebec*.

“Once we prove the system, we’ll carry on with the remaining ships as they enter their docking work periods,” he added. The initial \$21.7 million contract with Saab includes the option to purchase 12 more antenna sets for the fleet, which would bring the total up to \$97.5 million.

The announcement was also attended by government representatives, including Halifax MP Andy Fillmore, Dartmouth-Cole Harbour MP Darren Fisher, and Sackville-Preston-Chezzetcook MP Darrell Samson.

“Our modernized Halifax-class Frigates safeguard and protect Canada’s waters, and they contribute to peace and security around the world,” Fillmore said.

“This upgrade to one of the critical sensor systems will allow them to keep doing that work, and allow the Sea Giraffe system to remain functional until the end of the life of the ships.”



Halifax MP Andy Fillmore speaks during an announcement regarding upgrades to the Sea Giraffe radar system on Halifax-class frigates. The event was held on board HMCS Charlottetown on December 7.

RYAN MELANSON, TRIDENT STAFF



# Enhanced medical and dental capabilities return to the Fleet

By Capt Chris Dare,  
Dental Officer, NRU Asterix

Toothache while at sea? Naval Replenishment Unit (NRU) Asterix can take care of that!

Since the decommissioning of the last Auxiliary Oiler Replenishment (AOR) vessel in 2016, the Royal Canadian Navy (RCN) has been without a ship-borne dental clinic or dental officer. With the launch and deployment of MV Asterix in January 2018 and its embarked CAF personnel, NRU Asterix, the RCN has re-established its full medical and dental capabilities while at sea.

On the medical side, NRU Asterix employs not only a Physician Assistant and Medical Technician, as many sailors are accustomed to onboard a Canadian Patrol Frigate (CPF), but also a medical officer. A doctor onboard, with their expanded scope of practice, allows for a greater ability to treat the many ailments that sailors may encounter over the course of their deployment. The medical officer also acts as the senior medical authority for the ships sailing in consort with MV Asterix, affording medical teams onboard nearby CPFs sound and timely advice. The ship also has portable x-ray and ultrasound equipment that further enhance our capabilities when a Medical Radiography Technician is embarked.

MV Asterix features a well-de-



*Lt(N) Drake (left, foreground) leads a casualty treatment exercise onboard MV Asterix. LS Stowell (right, foreground) applies a blood pressure cuff while MS Peer (Left) and MS Robillard (right) look on.*

SUBMITTED

signed and capable medical facility. In addition to two offices/examination rooms there is a trauma bay, a five bed hospital-style ward, x-ray suite and pharmacy. The trauma bay is designed to allow for a surgical team to embark and perform surgeries onboard giving the platform further mission-specific capabilities. MV Asterix is also capable of responding to humanitarian aid and disaster response operations.

"My team is privileged to work in Asterix's modern medical facility and I'm pleased the RCN has a new platform to allow CAF Medical Officers to deploy, once again, to sea," said Lt(N) Drake, the Medical Officer aboard NRU Asterix.

In terms of dental services, MV Asterix features a full dental operator, complete with a dental x-ray, sterilization and dental lab space. On board, a dental team comprised of a



*The dental clinic onboard MV Asterix. This is the same dental chair and equipment as all the CAF dental clinics across the country.*

SUBMITTED

dental officer and dental technician can provide a wide range of dental treatment while at sea. Whether it is simple fillings, tooth extractions or root canals, the dental clinic is able to perform almost all of the services sailors would expect from a shore based clinic. Being able to provide dental treatment at sea makes the fleet more operationally effective as our sailors no longer have to endure dental problems until the next port.

As MV Asterix continues its operations in the Pacific and around the world, both Canadian sailors and our allies can rest assured that NRU Asterix's medical and dental teams are ready to help.

## A reflective look at accomplishments of the ACPOA

By CP01 (ret'd) Gaylord Kingston,  
Atlantic Chiefs' and Petty Officers' Association (ACPOA)

As we prepare to close the doors and turn out the lights of the Atlantic Chiefs and Petty Officers Association, we take a reflective look at our accomplishments. We would like to give thanks to other service organizations, the outstanding people of Halifax and beyond who supported each and every one of our projects. We after all were the lucky ones as many of Canada's gallant sailors never returned to port and shall not be forgotten. We trust our efforts on their behalf will forever remain a visible sign of remembrance. ACPOA, Halifax, Nova Scotia in the year of 2018:

1. Gathered and shipped 3 containers of clothing to Bosnia
2. Gathered and shipped 3 containers of medical supplies to Haiti
3. Annual presentation of plaques to outstanding cadets at HMCS Acadia Sea Cadet Summer Camp in Cornwallis, Nova Scotia

4. Continuing support of food banks
5. Placing of stained glass windows in the Veterans Memorial Chapel
6. Purchasing of large screen TV for Veterans Memorial Building
7. Purchase of TV for smoking lounge in Veterans Memorial Hospital
8. Sponsoring of sitting bench for Veterans Memorial Garden
9. Sponsor of plate on memorial stand in Veterans Memorial Garden
10. Monthly sing-a-long at Veterans Memorial Building
11. Sponsoring of restoration of St. George's Church, Halifax
12. Sponsoring of Navy Pew in St. George's Church, Halifax
13. Aiding in restoration of St. George's Church, Lunenburg
14. Placing of Murmansk Memorial Mast in Point Pleasant Park
15. Initiated the naming of Sailors Memorial Way, Point Pleasant Park
16. Initiated the naming of the Fleet Fitness Centre in honour of deceased member, CPO Ralph "Jigger" Mott.
17. Plaque for the Sea Gull Club in recognition of service for thousands of sailors who enjoyed a variety of

pleasures of home away from home

18. Plaque on South Street in remembrance of Naval HQ Building
19. Plaque for Maritime Foundation tugs on Halifax Waterfront
20. Inspiration for the Sailor statue in Burlington Ontario
21. Supplied school supplies for Pitcairn Island via Picton Castle
22. Sponsoring of carpet bed in Public Gardens for Naval Centennial
23. Placing of Warship Memorial on Halifax waterfront.
24. the construction and placing of the sailor statue on Lower Water

Street in Halifax.

25. Inspired and assisted in the placing of the Sailor statue in Londonderry, Northern Ireland.

26. Saving the Carleton House from demolition by purchase

27. Donated the remainder of our funds to 21 various organizations with the closing of our books.

We will continue to support our veterans in the Veterans Memorial Building with our monthly Saturday afternoon concerts with volunteers and the support of the membership after we have weighed anchor.

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

- Gospel according to John





# MV Asterix played key role in Op PROJECTION

By Ryan Melanson,  
Trident Staff

HMCS *Calgary* recently completed a five-month Op PROJECTION deployment accompanied by MV Asterix, marking the first major west coast mission for the civilian-owned supply ship currently being leased by Canada to support the RCN at sea.

As the ships conducted operations off Australia, Japan and elsewhere in the Asia-Pacific region, the presence of Asterix was hugely important for both *Calgary* and RCN allies.

"In terms of the actual capabilities of the ship and refuelling, we got really great reviews," said Cdr Blair Saltel, HMCS *Calgary*'s Commanding Officer.

"This brand new capability was instantly well received by our partners."

Specifically the navies of Australia, New Zealand and India gave good feedback about the precision and professionalism of the RAS carried out by NRU Asterix personnel under the command of LCdr James Classen. Counting both *Calgary* and ships from partner navies, Cdr Saltel said Asterix refueled ships at sea more than 50 times through the deployment.

Having a source of fuel nearby at all times allowed *Calgary* to operate more freely, and the ship was also able to tap into the experience of Asterix's civilian master mariners, who brought experience sailing in the South China Sea and Indonesia sea lanes.

"They brought a lot of suggestions and useful tips to the table, so it was very good to have some open mindedness and proactive communication with them," Cdr Saltel said.

"Every task that we were expected to fulfil we were able to do safely within the boundaries of everyone's contract and expectations."

The main portion of the Op PROJECTION deployment began just after Exercise RIMPAC 2018, with *Calgary* and Asterix rendezvousing in Guam with a number of allied ships before sailing toward Australia for Exercise KAKADU, a biennial event involving more than 20,000 personnel, with ships and aircraft from 27 different countries participating. From there, the RCN contingent proceeded toward the South China Sea and eventually to Vietnam for the first ever visit to Da Nang harbour for a Canadian warship, where they conducted training alongside ships of the Vietnamese Navy.

*Calgary* was also the first Canadian ship to conduct operational patrols in the East China Sea in support of the United Nations Security Council Resolution targeting North Korea.



HMCS *Calgary* conducts a Replenishment at Sea with MV Asterix during Operation PROJECTION in the Pacific Ocean on December 2, 2018.

LS MIKE GOLUBOFF,  
MARPAK IMAGING

Cdr Chris Leece, CO of HMAS *Stuart* on the starboard bridge wing during a replenishment at sea with MV Asterix during Exercise Kakadu 2018.

YURI RAMSEY,  
AUSTRALIAN NAVY  
PHOTO

Cdr Saltel said the ship collected important information on the behaviour of shipping vessels in the area, and witnessed activity that intelligence suggests was likely in violation of those sanctions.

"From the first minute to the last, it was a good learning experience, and I think we really did move the yardstick in terms of showing what

we can do in a coalition setting. I hope that our products prove useful for the next round of patrollers," he said.

The remainder of *Calgary* and Asterix's time in the Asia-Pacific included Exercise KEEN SWORD off of Japan alongside Japanese and American Navy ships, participation in the Republic of Korea's International Fleet Review, and a second operation-

al patrol in the East China Sea, before a final stop in Hawaii to refuel before returning to Esquimalt just before Christmas.

"The expectation was to engage as many partner nations and stakeholders as we could, and to essentially show what Canada can bring to the table. I believe we've done that," Cdr Saltel said.



# FMF personnel thanked for a job well done

By Ryan Melanson,  
Trident Staff

HMCS *Sackville*, Canada's Naval Memorial, is currently resting comfortably in the water at her winter berth in HMC Dockyard, but that may not be the case if not for the significant hull restoration work completed throughout 2018.

*Sackville* was hoisted up on the Syn-crolift early last spring and remained in the hands of FMF Cape Scott until October. While the full list of repairs isn't yet complete, with more issues being identified as the process went along, major work has already been done to help extend the life of the vessel.

To celebrate the successes so far, the Second World War ship and her volunteer crew from the Canadian Naval Memorial Trust (CNMT), along with FMF Commanding Officer Capt(N) David Benoit, hosted a group of the FMF employees on December 17 for coffee, food, and to express appreciation for their hard work.

"Today is about looking back at a very intense period of time for FMF. The Navy asked for the facility to take on an extra demand to support *Sackville*, and many of our individuals poured their hearts and souls into that work," Capt(N) Benoit said.



A group of FMF Cape Scott workers visited HMCS *Sackville* on December 17 for an informal luncheon and thank you from the Canadian Naval Memorial Trust and unit CO Capt (N) David Benoit for the recent work done on the Second World War Corvette.

MONA GHIZ, MARLANT PA

"That's one of the reasons the ship is back in the water."

A number of unexpected obstacles and issues made for a difficult start to the project in the spring, but despite the fact some work was done under constraints, CNMT Chair Cdr (Ret'd) Wendall Brown said he was encouraged and impressed each time he visited the site.

"Everybody who came here and worked on the ship gave it their all under difficult circumstances, that was very clear and we very much appreciate all that's being done for us."

Brown added that support for the project at the Navy leadership and Federal Government level has also been encouraging, with *Sackville* now slated to go back into FMF's hands

this coming March for further maintenance, repair and restoration. When the ship is lifted a second time, it will be positioned differently, with sections of the hull that sat on blocks in 2018 opened up for work.

"The spots that we couldn't address the first time will now be exposed, so that will be one big aspect of the project," said LCdr (Ret'd) Jim Reddy, a CNMT trustee who serves as *Sackville*'s Commanding Officer.

A special gift presentation was also made during the luncheon to FMF's Project Manager for the *Sackville* project, Bob Naugler, who many know as a musician in his spare time with Bob Naugler and the Midtown Blues Band. CNMT Trustee Cdr (Ret'd) Bill Gard presented the gift on behalf of the Trust and thanked Naugler for his large contribution to the work on *Sackville*.

Capt(N) Benoit said he was looking forward to once again having his staff work on the ship, which he described as an important asset in telling the RCN story and inspiring the next generations of sailors.

"The ship isn't just about the World War II legacy that's embodied within it. The ship represents service and sacrifice and commitment, and those values were also demonstrated by the employees who took on this task."

## Welcome to your virtual library

By Royal Canadian Air Force  
Library staff

The Royal Canadian Airforce (RCAF) Library is the national virtual library which has been established to promote the library's collection of online resource materials to facilitate research, learning and personal development. The resources available are diverse, current and relevant and include but are not limited to eBooks, audiobooks, theses, technical reports, and conference papers.

Members of the Defence Team, both military and civilian, can access the online collection on the Defence Team Intranet or on the Internet. Mobile access is also available and allows users to download materials onto a personal device. Downloads require a membership, which can be acquired by completing and submitting our application form at <https://www.cfc.forces.gc.ca/188/333-eng.html>

Browse our virtual collection by visiting the RCAF Library site on the Defence Team Intranet at <http://w08-ttn-vmweb01/rawc/en/library/>

Alternatively, you can browse our collection online at <https://cfc.overdrive.com/>

For all inquiries and suggestions, you are welcome to contact us at [RAWC.Library@forces.gc.ca](mailto:RAWC.Library@forces.gc.ca)



Santa joins RCAF members and library staff in his fondness for reading.

SUBMITTED



# Second World War RN veteran

By PO1 Wayne Rose,  
NFS(A)

*Newfoundland native AB (ret'd) Hedley Lake, now 100 years old and a resident of Fortune, NL, describes his wartime service in the Royal Navy to fellow Newfoundlander, PO1 Wayne Rose. AB Lake's wartime experiences included patrols in the Mediterranean, and surviving the sinking of SS Caribou in October 1942.*

Born on August 12, 1918, Hedley Whitfield Lake grew up and was a farmer in Fortune, NL. After the war broke out, he was recruited as part of the 10th contingent of Newfoundlanders destined for service in the Royal Navy. He signed up for King and Country on July 28, 1940. He left his hometown of Fortune onboard the MV Home, becoming seasick for the first and last time, and once in St. John's he boarded the SS Nerissa. (That ship was torpedoed and sunk on April 30, 1941 by U-522.) Lake sailed for 21 days in a convoy to England where he landed in South Hampton and was assigned to HMS Ganges for training.

After completing his 10 weeks of seamanship, gunnery and drill he was sent to Devonport and drafted to Bristol for about a month. He was issued with tropical gear and boarded SS Salween. Not knowing his destination, he knew it was somewhere warm because of the kit he was issued. There were stops in Freetown, where the sailors threw nickels over the side for the locals to dive and retrieve, and also in Durban, he went ashore for a brief period and took a ride in a rickshaw. After transiting the Red Sea, Suez Canal, Port Said, the ship arrived in Canopus where Lake was trucked to his new homeport of Alexandria on February 4, 1941 to join the crew of HMS Hyacinth (K84), a flower class corvette.

*Hyacinth* served in the Eastern Mediterranean where she protected the Palestine coastline and escorted numerous convoys along it. She also took part in the Malta convoys. *Hyacinth* was a part of the 10th Corvette Group of the Mediterranean Fleet based in Alexandria together with her sister ships *Peony* and *Salvia*.

Trips to Cyprus, Beirut Lebanon and assisting in the defence of Tobruk kept OS Lake closed up most of the time. He remembers the ammunition ship Clan Fraser getting bombed in Piraeus and one of the officers on the bridge getting killed from the massive explosion that devastated the port. He and the crew spent a night on a beach when *Hyacinth* was grounded near Famagusta, Cyprus, *Hyacinth* was damaged by four aerial torpedoes and the next morning the crew boarded *Hyacinth* and *Peony* and *Salvia* towed her back to Alexandria for repairs.



PO1 Wayne Rose presents an HMCS Sackville coin to Hedley Lake.

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OS Lake was promoted to Able Seaman on October 28, 1941. He was billeted in the seaman's mess up forward below the fo'c'sle but slept on the upper decks frequently due to the heat and general lack of space. During action stations he was part of the starboard depth charge throwers crew on the quarterdeck during ASW and during AAW he was part of the three-inch main gun crew on the fo'c'sle when attacked by Italian/German aircraft. The food wasn't great due to wartime rationing, but the Jack Dusty did his best. They dried their washed clothes in the engine room and there was a native of Malta who cooked for them on a small stove back aft.

AB Lake had three attacks of appendicitis that got him landed and admitted to hospital for surgery, spending 13 days in hospital. During his recovery he was a sentry on gate duty for a month before being assigned on June 20, 1942 to the battleship HMS *Queen Elizabeth* (31000 tons compared to *Hyacinth's* 1000 tons) that had been damaged in a sneak attack by Italian manned torpedoes on December 19,

1941. She was being escorted to Norfolk, USA at a speed of five knots for repairs and AB Lake was a passenger who was being posted to a new type of amphibious landing vessel, the LST 303.

Arriving in Norfolk on September 6, 1942, he remained part of *Queen Elizabeth* until September 30. Posted to LST 303 on October 1, he traveled to New York to join her. Granted 28 days of leave, he met up with another Newfoundlander from Fortune, Mack Piercey while in the breakfast lineup at the Brooklyn naval yard. Although AB Lake wasn't due for his leave, Mack was able to talk their way into traveling to Fortune together. Arriving in Sydney, NS, Mack met up with his brother Harvey, who was in HMCS *Medicine Hat*. Like any sailor reunion, they indulged in a few libations before Mack and Hedley boarded SS Caribou on October 13.

At 0351 NST, U-69 torpedoed the Caribou sending her to the bottom. Of the 237 total number of crew and passengers, 127 perished. Luckily Mack and Hedley survived after spending more

than four hours in the cold water. After spending a week in Sydney at the Jubilee Hotel, the men were transported to Port aux Basques on the SS Burgeo. They arrived in Fortune to enjoy their 28 days of leave. AB Lake noted he lost all his souvenirs including photographs of *Hyacinth*, and the pyramids, as well as a German Luger.

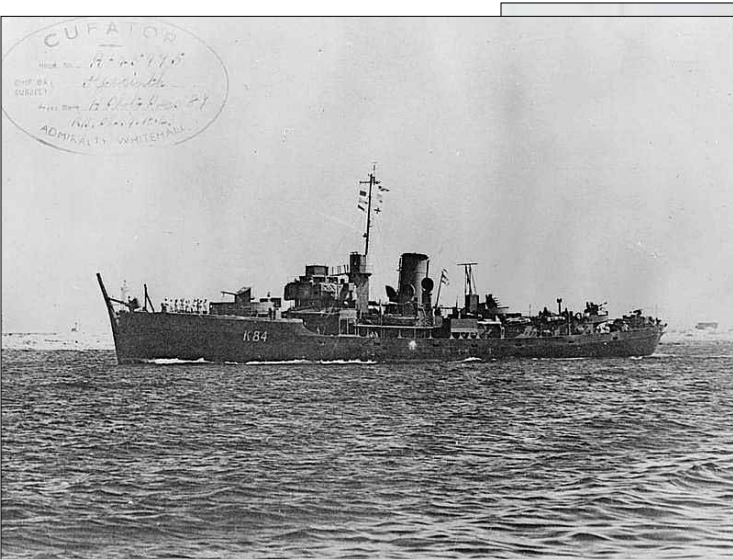
With the 28 days nearly complete, Mack wired the RN to inform them of the Caribou incident to request an extension of leave. The return telegram stated, "Extension not granted. Unless unfit to travel." AB Lake told Mack, "We're still in the Navy, we gotta go back". They never met again until after the war.

AB Lake arrived in New York and met LST-303 to further his training. He was assigned the role of Quartermaster and told he was on watch right away. The 1st Flotilla departed New York, with a stop in Hamilton, Bermuda, heading for the Mediterranean. They stopped in Gibraltar to fuel and headed off for training with the British 8th Army in preparation for Op HUSKY.





# recalls wartime service



*HMS Hyacinth.*

SUBMITTED

LST-303 left Ferryville, Tunisia with a load of Sherman tanks and lorries on July 8, 1943, headed for the invasion of Sicily. They were part of the Eastern Task Force landing at Bank South. They ferried supplies back and forth to North Africa, assisting the 8th Army.

LST-303 took part in the invasion of the Italian mainland at Salerno on September 9. The Italians had reached an armistice with the Allies. The Germans now manned the defensive positions and the Allies were tested.

Aboard were Royal Engineers, who when the ramp went down, marked mines to establish a path for the tanks and lorries to land on the beach. They transited back to North Africa bringing more troops and supplies and encountered many bombing runs by the German air force.

With the Gustav line holding up advancement, the Allies prepared to land at Anzio on January 22, 1944. LST-303 carried DUKW boats loaded with dismantled 25-pounders and troops. After unloading, they began to ferry lorries loaded with empty jerry cans to Naples and return with lorries loaded with full jerry cans full of petrol, all whilst getting bombed by the Germans.

LST-303 was next headed for South Hampton, England to begin training with Canadian troops for the eventual landing at Juno/Sword beach on D-Day as part of the Assault Force S 1st LST (2) Flotilla. After unloading their Sherman tanks and lorries on Juno/Sword beach, they were immediately loaded with stretcher bearers and wounded and transited back to South Hampton to unload the wounded. They continued to ferry back and forth from England, but were damaged in a fierce three-day storm around June 19.

After beaching, LST-303 was given temporary repairs and towed back to London after the storm where she was repaired at the London Docks as V1 doodlebugs or buzz bombs were drop-



*OS Hedley Lake while he was in HMS Ganges for recruit training.*

SUBMITTED

ping on London. People would hear the chug chug of an engine, silence, and then an explosion. AB Lake narrowly missed such a fate when the bar where he had been with friends was destroyed by shortly after they had left.

After repairs, LST 303 continued to transit back and forth to Normandy and as the beachhead broadened, LST 303 ferried troops and supplies as far as the Scheldt and into Antwerp.

Eventually AB Lake and four other Newfoundlanders were landed and

began the process of returning home to Newfoundland. He was fitted with a new suit and sailed to Halifax on the ocean liner Queen Elizabeth. He took another ship to St. John's where he made his way back to Fortune, NL, completing his war service.





# Promotions at Whidbey Island

The Canadian detachment at the Naval Ocean Processing Facility Whidbey Island held its Christmas party on December 6. The celebrations were augmented by several well-deserved promotions. All photos were submitted.



*LS Epple was promoted to MS by LCdr MacDonald, and LS Epple's wife, Madeleine.*



*At the detachment's Christmas party on December 6, 2018, MS Grilo Peredo was promoted to PO2 by LCdr MacDonald, DET Commander, and PO2 Gillan.*



*LS Learning was promoted to MS by LCdr MacDonald, and LS Learning's wife, Maggie.*



*LS Park was promoted to MS by LCdr MacDonald, and LS Park's wife, Kyra.*



## Happy to serve up a holiday feast

*Military cooks worked quickly (and cheerfully!) to plate a delicious holiday meal for a larger group local CAF members during the Junior Ranks Christmas Dinner held at Juno Tower on December 12, 2018.*

MARGARET CONWAY, A/BPAO



## Feeling festive with Camp Hill

*Veterans from Camp Hill Veterans' Memorial Building in Halifax attended a Christmas Social held in the Juno Tower Wardroom on December 5, 2018. The event was hosted by President of the Mess Committee Royal Artillery Park, LCol P.D. Madic.*

MCPL NEIL CLARKSON, FIS



# MONEY MATTERS



## Do you have what it takes to manage your own investments?

(NC) You might be thinking about taking the reins of your investment portfolio. To help you with your decision, RBC Direct Investing has identified four qualities that DIY investors share. How many do you have?

**1. You like the idea of financial control.** No one cares about your financial success more than you do. By doing it yourself, you're in control of your money and you might save on fees, which means there's potential for larger returns on your investments.

**2. You can handle ups and downs.** You're likely aware of the technical aspects of investing – choosing investment products and strategies, and reading annual reports and financial statements – but emotions can also impact investment outcomes. How would you respond to a big market uptick or downturn, or to a hot stock tip from a friend?

As a DIY investor, you'll be navigating these situations without input from a professional advisor. If you're unsure of your emotional and behavioural tendencies, treat yourself as a test subject. Start a risk-free practice

account or open a small investing account so you can observe your reactions to market and business cycles. Understanding your tolerance for volatility can help you avoid common investing mistakes.

**3. You're a lifelong learner.** Are you naturally curious? Do you enjoy reading and doing research? As a DIY investor, you'll need to stay on top of market and business news. Lifelong learning is key to successful investing. Self-directed investors with a personal interest in a particular sector or cause, for example, often like to explore how this could fit with their investment goals.

**4. You have a plan.** Most people wouldn't go on a road trip without a map, yet self-directed investors sometimes jump in without a plan to guide their decisions. Your financial goals, budget, life stage and tolerance for risk are just some of the factors to consider. Don't skip this step – having an investment plan will also help you stay the course during any market turbulence.

Find more investing inspiration at [rbcdirectinvesting.com](http://rbcdirectinvesting.com).

## Take control of your finances with a budget

(NC) Taking control of your finances can improve your financial well-being, and your overall mental and physical health. It reduces your stress by putting you in the driver's seat. The good news is that there are concrete steps you can take to improve your financial well-being.

A budget is the foundation. It's a simple but highly effective way to make sure you live within your means, and it allows you to have control over your finances.

Having a written budget that lays out your income and expenses can help you commit to a spending plan, set a debt repayment plan, include a savings plan, determine your needs versus wants, and set priorities for making purchases.

Don't know where to start? The Financial Consumer Agency's (FCAC) online budget calculator is a free online tool that can help you manage your finances – where your money is coming from and where it's going. It can also help you identify your priorities, needs

versus wants, where to cut expenses, and where you can save money.

Once you've drafted a budget, you can begin to make a plan to pay down debt, and avoid taking on more. FCAC's online resources include other tools to help you manage your finances, such a step-by-step process for paying down debt, a financial goal and credit card payment calculator, information on debt management options, and other valuable resources.

Taking control of your finances means taking the time to review your budget on a regular basis. It can put you in better control of your finances and reduce your stress. You can also save more money by reviewing the financial products and services you currently have, to make sure you're actually using them. If you review your budget and your goals on a regular basis, you will be taking a major step toward financial well-being, and achieving your dreams and plans.

Learn more at [canada.ca/financial-literacy-month](http://canada.ca/financial-literacy-month).

## Save time and money with these essential saving tips

(NC) If you're like many Canadians, you may not find it easy to set aside additional savings. You may not even know if you have anything extra, after monthly payments and purchases.

Here are some tried and true tips to help you start saving:

**1. Before you make a purchase, ask yourself "why?"** Is this something you need or something that's just caught your eye? Hot trendy items can easily grab your attention; don't let them grab your money too.

**2. Pay yourself first.** Every payday, put some money aside before you take care of your other expenses. Even if you start small, this helps you get into the habit of saving regularly.

**3. Save separately.** Let your savings build up separately from your spending money. You may have the very best saving intentions, but if you mix your savings in with your everyday cash, it can be very tempting

to dip into those savings for in-the-moment spending. To make it even easier to stick to your savings plan, you can set up automatic transfers between your chequing and saving accounts.

You can also try a new way that makes saving money easier than ever before. Artificial intelligence (or AI) is a technology that's already familiar to us in many areas of our lives, including through appliances and home entertainment systems.

AI technology from RBC called NOMI Find & Save works by learning customers' transaction patterns, finding extra money in their bank accounts and then automatically saving that money for them in a separate account. On average, active customers are finding and saving an extra \$140 a month.

Find more information at [rbc.com/nomifindandsave](http://rbc.com/nomifindandsave).

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# Volunteer Recognition Night

By Sarah-Jean Mannette,  
H&R MFRC

Volunteers with the H&R MFRC and Personal Support Programs (PSP) Community Recreation enjoyed an evening of holiday-inspired fun. The annual Volunteer Recognition Event has been held for more than 16 years. This year's event was sponsored by CANEX. Ninety-five H&R MFRC and PSP Community Recreation volunteers and their guests enjoyed Neptune Theatre's Cinderella, on Thursday, December 13, 2018.

This is CANEX's third year as the national sponsor for the event, which provides the H&R MFRC and PSP Community Recreation the opportunity to show their gratitude and thanks to the amazing contributions volunteers make throughout the year. To show the value of volunteer time that is given to both organizations, Glenn Banfield, CANEX Manager, and Base Commander Capt(N) Dave Mazur, presented a mock cheque to Shelley Hopkins, H&R MFRC Executive Director, and Joni Sawler, Senior

Manager at PSP, for \$116,352.00. This cheque reflects the dollar value of cumulative hours volunteers have donated in one year, a huge benefit for both organizations.

"The H&R MFRC has an engaged and active group of volunteers who have contributed over 3,500 hours this year," says Shelley Hopkins. "Without their commitment we could not provide the wide range of programs and services we do, to support military families. We genuinely appreciate their efforts, and are pleased to provide recognition opportunities in collaboration with PSP, through the generous support of CANEX."

Gathering for a pre-show reception in a beautifully decorated rustic Christmas room, guests mingled and enjoyed cheesecake from Sweet Hereafter Cheesecakery. Feedback from the event was unanimous: everyone left feeling in the holiday spirit. On behalf of the H&R MFRC and PSP Halifax, sincere thanks go out to all of the volunteers who go above and beyond to support military families and CAF members.

## A New Year's welcome from the Executive Director

By Shelley Hopkins,  
H&R MFRC Executive Director

As we begin 2019, this is a great time to reflect on the past 26 years, when the Military Family Services Program (MFSP) began, and Military Family Resource Centres (MFRCs) were officially stood up to provide programs and services to their local military community.

Over the past quarter century, the family makeup has evolved quite significantly in Canada. For this reason, MFSP and locally, the H&R MFRC, must be responsive to meet the needs of military families. But what does 'family' mean? For us, 'family' is: *the CAF member (Regular Force, Reservist) and Veteran, and those they care about: spouse, partner, parents, children and relatives*. We want military families to see themselves in us.

To ensure the H&R MFRC is responsive, we are constantly learning and evaluating what programs and services we offer, and how we offer them. When families participate in feedback forums, they inform us, thereby ensuring programs are services shaped to meet the current needs of military families living in Nova Scotia.

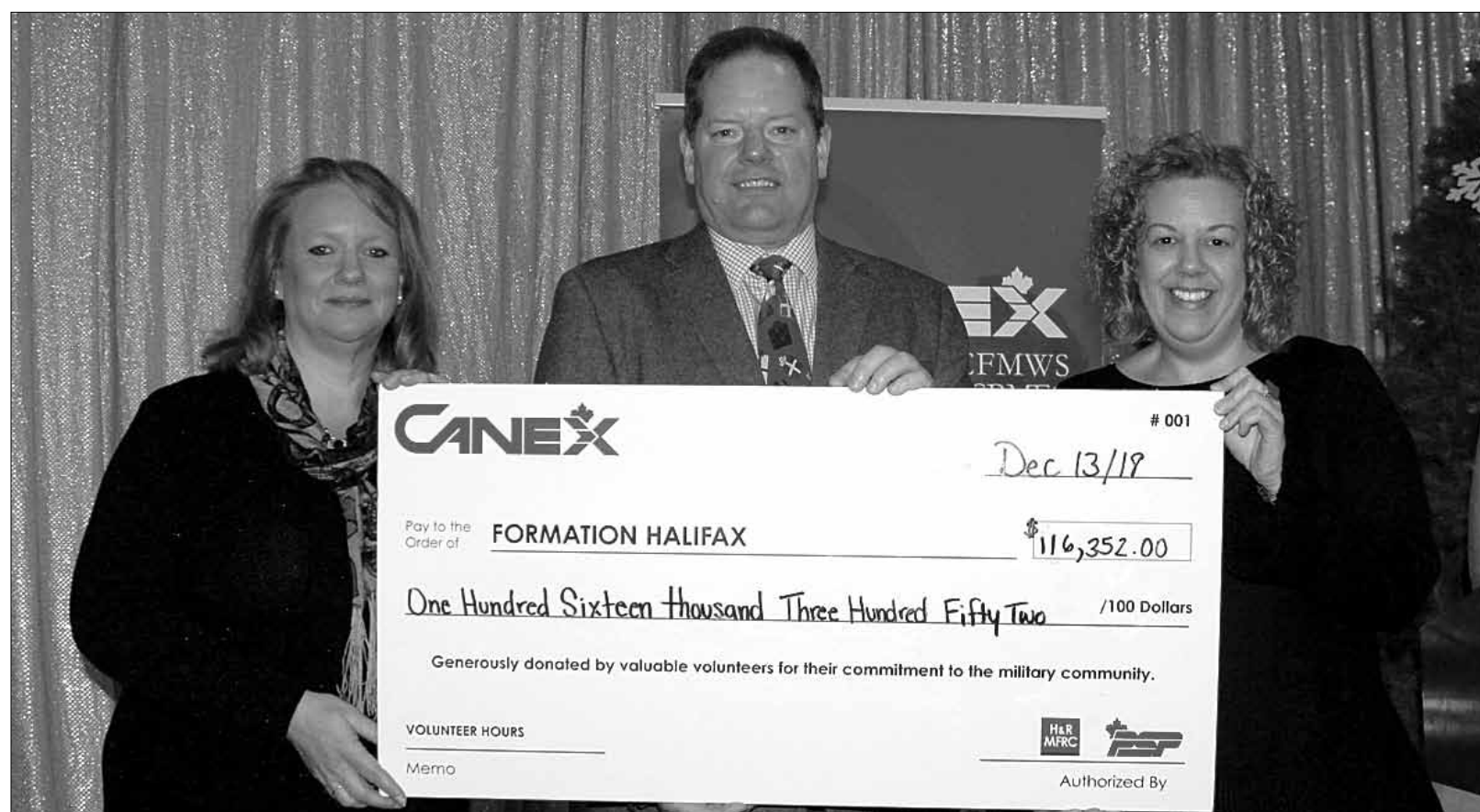
For example, one of our primary goals is to create a sense of community. A community that fosters opportunities for military family members to meet, connect and support each

other. Just as the meaning of family has evolved, so too have our methods to build this community. In response to the hectic schedules of today's military families, we improved our online presence by revamping our website, offering online registration, and a variety of virtual programming, so that families can meet and share information, virtually and more conveniently.

So what's to come in 2019? One of our objectives is to increase awareness of today's H&R MFRC. Many people either do not know that we exist, or they have misconceptions of what we do. We will spread the word about what the H&R MFRC offers today and how our programs and services are flexible and evolve to meet the changing needs of the community. We will reach out to units to participate in events and professional development days, and increase partnerships within the civilian community.

Of all the changes that have taken place, one thing has remained the same, and which is validated by research: military families are the strength behind the uniform. On behalf of the staff and Board of Directors, I sincerely wish all military members and their families a healthy 2019. Please connect with us today.

www.halifaxmfrc.ca  
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From left, Joni Sawler, Senior Manager PSP Halifax, Capt(N) Dave Mazur, Base Commander CFB Halifax, and Shelley Hopkins, Executive Director H & R MFRC, display the mock cheque for \$116,352.00. This cheque reflects the dollar value of cumulative hours volunteers have donated in one year.

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# IDPWD event puts focus on accessibility

By Ryan Melanson,  
Trident Staff

From finding employment opportunities for people on the autism spectrum, to eliminating societal barriers for those with physical impairments, the spotlight was on accessibility and inclusion at the MARLANT event marking the International Day for Persons with Disabilities on December 3.

Members of the Defence Advisory Group for Persons with Disabilities (DAGPWD) hosted speakers over lunch and invited outside groups and services to set up information booths inside Mr. Mac's Room in Tribute Tower for the occasion, which ran as an open house through the day and allowed people to stop in at their own convenience.

PO2 Jo Franklin, military co-chair for the DAGPWD, spoke about the importance of the Defence Advisory Groups, not just for people impacted by the various topics they focus on, but also for those who aren't impacted, to gain a better understanding of the issues faced by their friends and colleagues.

"I was hit by a car. I have a ton of hardware in my leg and I'll never sail on a ship again, it sucks. But what's even worse is the stigma that gets attached to this, and the best way to address those attitudes is through education," she said.

The DAGPWD will soon be seeking a new military co-chair, and along with looking to fill that position, PO2 Franklin encouraged anyone interested to start attending the regular meetings and events hosted by any of the four MARLANT Defence Advisory Groups.

"All of our DAGs are open to every-



Information booths for both internal and external groups were set up inside Tribute Tower for the MARLANT IDPWD event on December 3.

RYAN MELANSON, TRIDENT STAFF

body, regardless of whether you identify with a particular group or issue, which is something we really need to get across to everyone," she added.

To hear about the Nova Scotia Government's new Accessibility Act and the Access by Design 2030 plan, which will develop new accessibility standards for streets, sidewalks, buildings and other shared public spaces, the group invited senior Justice Department analyst Lashauna Smith as one of the days Lunch & Learn speakers. The goal, according to the Province, is to develop communities that are inclusive and accessible to all people, and to improve public awareness and cooperation with existing and future

regulations and standards.

A key change, Smith noted, is that the former Accessibility Act was administered by the provincial Department of Community Services, whereas it will now fall under the Department of Justice.

"Accessibility is about more than just social services. It needs to go beyond support for those core people with disabilities, and that's been the impetus for the change. Accessibility now falls under the same department responsible for the Human Rights Act," she said.

"We know there are obstacles that can prevent people with disabilities from fully participating in society, and

there are a variety of areas outlined in the act where we need to make change."

These areas include not just the built environment, like ramps, elevators and other infrastructure, but also things like education, employment, and information services. Her presentation outlined the government's plan to implement meaningful change and new standards by 2022, as well as steps that can be taken now by individuals, workplaces, and communities to help make environments and services more accessible.

The group also welcomed back David Paterson, regional coordinator for the Federal Government's Ready, Willing and Able program, a Canada-wide initiative focused on job placements for people on the autism spectrum or with other intellectual disabilities. Nova Scotia has punched above its weight in terms of hires through the program, with strong feedback from employers and very low turnover rates. It's the second time Paterson has spoken at CFB Halifax, sharing success stories of successful placements for his pool of more than 300 job seekers in Nova Scotia.

The program is about matching employers with highly qualified workers who may have difficulty navigating the job application process or settling into a new workplace without a bit of support. Paterson said he hopes to eventually have local DND workplaces match up with potential employees through the program.

"The applicants still have to interview and compete for their jobs, and there's no pressure to make a hire, but we're working on breaking down those initial barriers, and we're having a lot of success doing that," he said.

## Game changing mast installation underway for RCN subs

By Peter Mallett,  
The Lookout Staff

HMCS *Corner Brook* will become the first of the Royal Canadian Navy's four Victoria-class submarines to be equipped with a new modern mast system.

The Halifax-based hunter-killer submarine is currently stationed in dry dock at Victoria Shipyards as workers from Babcock Canada install the L3 Calzoni Universal Modular Mast (UMM). The system, similar to the one fitted in the US Navy Virginia-class submarines, was acquired under the US Foreign Military Sales program.

Masts are vital to the functioning of any submarine. In Canada's diesel-powered subs they provide air supply, communications, radar, and periscope capability. LCdr Darryl Gervis, RCN Deputy Director Submarine Combat Systems, described the technology as putting Canada's submarine program on a new course. Coupled with the

Protected Military Satellite Communication (PMSC) antenna, it will provide high-speed communications with the shore in near real-time.

"This will allow for improved picture and video transmission, and quicker transmission of messages, and therefore reduce counter-detection opportunities as the submarine will spend less time with its mast out of the water," he said.

The new equipment will also include the ability to plug-and-play a Communications Intercept Suite antenna that will provide the class new capability. This is because the UMM has two multi purpose ports that work like data ports on a computer. This will enable other antennas and intelligence-gathering equipment to be swapped in and out to better suit the needs of a specific deployment or changing technology.

Cdr Mike Mangin, Deputy Commander, Operations for the Canadian Submarine Force, said he's encouraged by the upgrade, and that the

Universal Modular Mast with PMSC will truly bring Canadian submarine communications capabilities into the modern era.

"It improves the Victoria class as an intelligence, surveillance and reconnaissance platform. It increases our utility so much, the upgrades to the comms fit that UMM enables could be compared to using an old dial up modem to one of today's high-speed modems."

*Corner Brook* travelled from its home port of Halifax for the contractor conducted extended docking work period and is expected to be completed in 2020. Work is expected to commence on the UMM install in HMCS *Chicoutimi* in 2019, with subsequent work to be performed in HMCS *Victoria* and HMCS *Windsor*.

The plan is to have all four submarines retrofitted with the new equipment by 2026.



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# Canada's first Sea King takes final flight to Trenton

By Makala Chapman

One of the RCAF's longest-serving helicopters has landed and is now calling Quinte West home.

A modest crowd gathered at 8 Wing Trenton to watch as CH-12405 Sea King emerged from the grey horizon, savouring its final moments of flight on November 20. Having arrived from Patricia Bay, British Columbia, the aircraft will soon be put on display at the National Air Force Museum of Canada (NAFMC), where it will continue to serve as a reminder of Canada's rich aviation history.

On hand to marshal the maritime helicopter was Wing Chief Warrant Officer Troy Zuorro. While not a normal duty of the wing chief, with an extensive career working with the Sea King, he noted it was an opportunity he didn't want to miss and was honoured to have been a part of the arrival.

First procured by Canada and put to work in 1963, the maritime aircraft has been at the forefront of missions both domestically and abroad, as well as having worked extensively with the Royal Canadian Navy. Initially tasked with keeping watch for enemy vessels, as the aircraft is equipped with sonar equipment, radar and homing torpedoes, it is evident that the role of the Sea King has since evolved. Boasting a compact design with a fold-up rotor and tail, the Sea King is a versatile aircraft that's been used from search and rescue (SAR) operations to disaster relief. Overseas, the aircraft has been used during peacekeeping operations to help transport troops and for surveillance.

Since it is maritime aircraft, it operates primarily on the coasts of Canada out of 12 Wing Shearwater, Nova Scotia and Patricia Bay, British Columbia. On hand to watch the arrival of the Sea King was the NAFMC's executive director Kevin Windsor. He noted that he couldn't have been more thrilled to have a Sea King join the museum's current collection and added that CH-12405 was a particularly special acquisition.

"This is historic," said Windsor. "This was the first Canadian-built Sea King. It's the iconic helicopter of Canada." The first four Sea Kings in service in Canada were built by Sikorsky Aircraft at their factory in Connecticut, whereas CH-12405 was built in Montreal. Windsor went on to share his delight at having a piece of the Maritimes at home in Trenton. "Not many people around here get to see things like (the Sea King) or the CP-140 Aurora, which we also have here," he said. "A lot of the guys at the museum who are working on the aircrafts in the restoration department are old Sea King maintainers and will continue to work on it. They're really excited."

Windsor added that those looking



*The final crew of CH-12405 at 8 Wing Trenton on November 20, 2018.*

MAKALA CHAPMAN

to catch a glimpse of the Sea King will be able to do so by the end of the week, with an official unveiling set for next spring. But before the museum can have possession of the helicopter, a lot of work goes into ensuring it's safe to be put on display. That's where aviation systems technicians (AVN) technicians from British Columbia's 443 Maritime Helicopter Squadron come in.

Having travelled with the Sea King to Trenton was MCpl Mac Neilson, an AVN tech. He noted the final journey was bittersweet as it marked the end of an era. "I've worked on this one here on and off for the past 12 years,"

he said. "But overall, this aircraft is in really great shape." He added he was glad it would be preserved at the museum so that its legacy could continue. "That's where it should be since that's where the rest of the history of the air force is," he shared. "Honestly, I'm very proud to have been part of the final flight because I've put a lot of blood, sweat, tears and a lot of hours into it."

But before it can be handed over, he said it was important to ensure a safety check was completed. That includes removing any explosive carts on emergency equipment, draining nitrogen, stabilizing the blades and

any other necessary safety measures. While the aircraft arrived fully serviceable, once on display, there will be no potential dangers to the public and it won't be able to fly.

Also speaking about his fondness of CH-12405 and having taken part in its last journey across Canada was Maj Chris Inchley of 443 Maritime Helicopter Squadron. For the seasoned pilot, this trip was both a historic moment and a milestone in his career. "I just so happened to break 3,000 hours on the Sea King during this trip," he said with a smile. "That's 14 years of flying. We just did the last shut down there and in 12 hours it will be a museum piece. It's pretty significant."

As for his favourite part of flying the aircraft, he said it was its maneuverability. Since it's not electronic and engaging autopilot isn't really an option, Maj Inchley noted it's like the helicopter and the pilot become one. "It goes where you want it to go and you have to make it do that," he explained. "What we do with the aircraft is amazing. We can put it on the back of a small ship or we can take 11 technicians and eight aircrew and fly it all over the world in all crazy sea state, day or night. It's just an amazing aircraft. It always has been and always will be." The final trip from B.C. to Ontario took approximately 25 hours. Despite having to wait for some coastal rain in Victoria, B.C., and a snowstorm in Medicine Hat, Alberta to clear, Maj Inchley said the trip went well.



*8 Wing Chief Warrant Officer Troy Zuorro marshals in CH-12405 Sea King at 8 Wing Trenton.*

MAKALA CHAPMAN



# Seamless Canada initiative progresses during Ottawa symposium

By Richard E. Gower,  
Military Strategic Communications –  
Personnel and Legal Services, ADM PA

CAF members and their families are now one step closer to experiencing a Seamless Canada, when they relocate across the country during the course of their careers.

DND and CAF representatives met for two days in Ottawa on December 5-6, 2018 with counterparts from all 13 provinces and territories to advance the Seamless Canada initiative, first initiated this past summer.

National Defence launched Seamless Canada on June 27 to improve the coordination of relocation services across the country, when CAF members and their families move to a different province or territory. The Ottawa symposium focussed on finding ways to streamline and enhance services across governments on issues specific to CAF members and their families.

CAF members are required to relocate across Canada throughout their careers. A CF Ombudsman report released in 2013 found that relocation is a major cause of stress and strain for military families, who can expect to move three times more frequently than the average civilian over the course of a member's career in the CAF. Specific stressors include access to healthcare, employment, child care and education, which all come under provincial and territorial jurisdictions.

Gen Jonathan H. Vance, Chief of the Defence Staff, and Jody Thomas, Deputy Minister of National Defence, set the tone for the December meetings with their opening remarks.

"Improving services across Canada for Canadian Armed Forces members and their families is a must," Gen Vance said. "Moving is a challenging experience even in the best conditions, and I am committed to helping make things easier and less stressful when they relocate across the country." Thomas added, "With military families moving frequently in service of their country, relocation is absolutely one of the most difficult parts of military life."

The Ottawa roundtable discussions centred on health care, spousal employment, and education and childcare. The participants also worked on shaping the governance of the Seamless Canada framework and deciding on a strategic, long-term path to improving how military families can better transition between the provinces and territories.

A number of military spouses, both male and female, have also featured prominently in shaping the



Representatives from Canada's provinces and territories and military spouses met with DND and CAF leadership and other notables at the second Seamless Canada meeting in Ottawa on December 5 and 6, 2018.

PTE TORI LAKE, CFSU (OTTAWA) IMAGING SERVICES

Seamless Canada dialogue. They spoke to the assemblies in June and again in Ottawa this month about their personal experiences with relocation and how it has affected their families over the years.

Seamless Canada builds on steps already taken by provincial ministries in Alberta, Ontario, and New Brunswick that enhance services for military families. Several other provinces have also worked hand in hand with MFRCs in the past to streamline some services in those jurisdictions. Following the Toronto meeting in June, New Brunswick reiterated its support for Seamless Canada and announced a joint pilot project to help military families, according to a news release issued by the province.

The Ontario government has announced that it will set up a new hotline in support of military families, to help them navigate provincial government services when they are transferred to Ontario bases.

The Honourable Harjit S. Sajjan, Minister of National Defence, also emphasized his support for the Seamless Canada initiative during the two-day Ottawa symposium.

"The wellbeing of the women and men of our Canadian Armed Forces and their families is my priority. Relocations can be a difficult experience for members and

their families, and we are committed to resolving issues and easing that burden. We thank the provinces and the territories for working collaboratively to find solutions that will improve the lives of Canada's military families."

The Seamless Canada working group has agreed to continue meeting regularly to improve services across provinces and territories to help ease the burden placed upon CAF members and their families when they relocate.

Seamless Canada supports Canada's Defence Policy, *Strong, Secure, Engaged* (SSE) by helping the CAF retain the talented people it recruits, while ensuring their wellbeing and looking after the best interests of their families. For additional information on how military members will be supported under Canada's defence policy initiatives from when they join, throughout their careers, and after they become veterans, go to Chapter One of *Strong, Secure, Engaged* (SSE).

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# Ex NIHILO SAPPER 2018

By Capt Jamie Tobin,  
PAO, 5th Canadian Division

Before any expeditionary mission can be conducted, one team is the first to go in, search for and eliminate threats, and build the operating bases and infrastructure that is required to execute and sustain operations. That team is the dedicated military engineers from 4 Engineer Support Regiment (4 ESR), the Canadian Army's only general support engineering unit and theatre opening is their specialty, a specialty that is practiced during Ex NIHILO SAPPER, the unit's annual confirmation exercise.

In addition to adversarial threats, the troops were challenged by torrential rains, gale force winds, an early season blizzard, and an extensive collection of community based engineering tasks that needed to be completed in tight timelines.

"Our troops were subjected a lot of challenges, many of which were beyond the scope of our exercise," said LCol Jason Gale, Commanding Officer of 4 ESR. "Despite these challenges, our troops harnessed their soldier spirit and proved that they were Strong, Proud, and Ready to confirm our theatre opening capability."

4 ESR was also Strong, Secure, and Engaged with communities across PEI completing 10 complex engineering tasks in support of community initiatives. They completed a facility renovation and built a 1,600 metre walking trail in the Abegweit Mi'kmaw Nation; constructed an elevated walkway and bridge at the Lennox Island First Nation; and com-



*Heavy Equipment operators from 4 Engineer Support Regiment's 42 Horizontal Construction Squadron build a section of the Sapper Erik Bernard Memorial Trail in the Abegweit Mi'kmaw Nation during Ex NIHILO SAPPER 2018.*

pleted an extensive renovation on the Boys and Girls Club of Summerside.

"The partnership has been.....it's more of a relationship," said Adam Binkley, Executive Director of the Boys and Girls Club of Summerside. "It's not just a construction crew that is coming here to do a job. The soldiers have actually taken time out to talk to our children and youth because we see what the Canadian Armed Forces has, what they are doing for our country and we are so appreciative."

On completion of the Abegweit Mi'kmaw Nation trail project, the walking route was named the Sapper Erik Bernard Memorial Trail in honour of a member of the regiment

who died in a car accident in the fall of 2016.

"These troops came into the Abegweit Mi'kmaw Nation as strangers, and left as our friends with sincere intentions," said Roddy Gould, a representative of the community leadership. "Great bonds were made in the short time they were here and they all worked hard for our small community."

Of all of the successes that can be celebrated by Ex NIHILO SAPPER participants, the strengthened relationship between the Canadian Army and its neighbours across PEI may be the most significant.

In addition to these community based initiatives, 4 ESR was able to conduct

valuable joint training with the RCAF which provided air support with a CH-146 helicopter and a CC-130 Hercules and they conducted Ground Search and Rescue (GSAR) training with GSAR P.E.I, the Royal Canadian Mounted Police, HMCS Queen Charlotte from the Royal Canadian Navy, the Civil Air Search and Rescue Association.

"We owe the success of Ex NIHILO SAPPER to the outstanding support that we received from communities across PEI and the contributions that were made by our inter-agency partners. We wouldn't have been able to do it without their help," stated LCol Gale.

In the exercise scenario, 4 ESR was tasked to deploy to the Gorgan province of Prince Edward, build a 600 person main operating base, establish forward operating bases across the province, search for and eliminate explosive threats, deter further aggression from adversaries, build positive community relationships, and complete a range of challenging engineering tasks. On completion of these task, the infrastructure that they developed would be occupied by a battle group from 2 Canadian Mechanized Brigade Group that would sustain operations in Prince Edward.

At this year's Ex NIHILO SAPPER, 4 ESR successfully opened a theatre and sustained operations in various locations across PEI from October 25 to November 22. By doing so, they proved once again that they are able to execute any theatre opening task that the CAF requires and they remain Strong, Proud, and Ready to execute their unique capability anywhere in the world.

## Sailors maintain mission aboard HMCS Ville de Québec

*LS Jordan Sampson welds to repair a guardrail stanchion while onboard HMCS Ville de Québec while sailing in the Mediterranean Sea during Op REASSURANCE in December 2018. The ship will return to its homeport of Halifax early in 2019.*

MCPL ANDRE MAILLET,  
MARPAK IMAGING SERVICES





# TRIDENT Sports

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

## 36 Svc Bn WO hopes to jumpstart Aerobic Excellence program

By Ryan Melanson,  
Trident Staff

For nearly 30 years, WO Jim Hasteley has been working his way through the CF Physical Fitness Award of Aerobic Excellence program, which has been in place since 1971 to provide recognition for CAF members who go above and beyond in their commitment to a high standard of aerobic fitness.

After logging countless hours of activity and thousands of kilometres of distance covered, WO Hasteley has made significant progress, earning recognition along the way and now holding three of the seven possible Aerobic Excellence scrolls that can be awarded.

Participation in the program, however, isn't anywhere near the levels that existed when WO Hasteley was first introduced the idea and began logging his activity while posted to Germany in the late 80s.

"Now, I'm trying to give this program a bit of a revival or a jump start," he said.

He's started with his own unit, introducing 36 Svc Bn soldiers to the program and official log books used to tally physical activities. Progress

is tallied through units that are earned by completing set distances or timed exercises, with activities like walking, running, swimming, cycling, rowing, skiing, snowshoeing and more all included. By completing 2,000 units within a span of two years or less, members earn their first seal. Seven seals, or 14,000 units of aerobic activity, earns a scroll, and the program maxes out at the seventh scroll, representing nearly 50,000 units of activity.

WO Hasteley said he normally reaches the 2,000 unit mark every six months, through a combination of trips to the gym 3-5 times a week along with counting steps through a pedometer, which encourages extra walking and other healthy moves like choosing the stairs over the elevator.

He's stuck with the program for a number of reasons. The recognition after each seal, which is normally presented by a Commanding Officer, is a bonus, and as he approaches the end of his career, setting an example is also important.



WO Jim Hasteley, Supply & Transport Platoon WO for 36 Svc Bn, shows off the certificate marking his accomplishments under the CF Physical Fitness Award of Aerobic Excellence program inside the gym at the new Willow Park Armouries.

RYAN MELANSON, TRIDENT STAFF

"As I get older, I believe it's important to provide leadership from the front, so I'm very diligent with my fitness and I want to be just as fit as my youngest soldier," he said.

As he tries to set his own example, WO Hasteley also credits his command team, who lead busy professional lives while serving as part-time soldiers,

with also being a great influence on the battalion when it comes to physical fitness.

CWO Michael McWatters, the Battalion's Regimental Sergeant Major, said he's been supportive of efforts to introduce the Aerobic Excellence program among his troops. Fitness isn't any less important for Reserve CAF members, but finding the time for it can be a challenge.

"It's something we have to keep on the fire at all times. As reservists, it's very difficult to get the whole unit or company doing PT together, we can't send everyone out for a run whenever we want," he said.

"To have them buy into something like this is great, because we need people doing this on their own accord. Plus, we've got a great new gym facility they can use," he added, referring to the fitness centre located inside the new Willow Park Armouries.

Those interested in learning more about the program or beginning a log book can visit the CAF Connection website or speak to local PSP Fitness and Sports staff.

## Sports movies 3

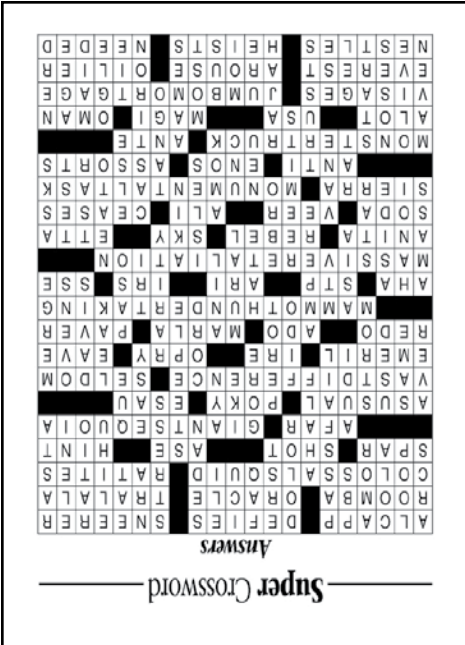
By Stephen Stone

Sports have often been the inspiration of a lot of movies, whether in the cinema or on television. These questions are about sports movies. You may have seen some, heard about some, or read about some. Have fun and I hope you get a chance to see them sometime. I'll give you the title. See if you can guess the sport.

### Questions

1. *The Junction Boys*
2. *He Got Game*
3. *Invincible*
4. *The Program*
5. *Summer Catch*
6. *One on One*
7. *Bend It Like Beckham*
8. *Murder ball*
9. *The Set-up*
10. *This Sporting Life*
11. *Seabiscuit*
12. *The Loneliness of The Long Distance Runner* – this week's gimme
13. *Breaking Away*
14. *Diggstown*
15. *The Wrestler* – also a gimme

16. *Bring it On*
17. *Fast Girls*
18. *Whip It*
19. *The Hustler*
20. *The Cincinnati Kid*



## MEGA Running winners

The MEGA Running Championship was held in conjunction with a Dockyard Formation Run earlier this fall, and saw teams competing for COTF, COTW and Wing Cup points. The top team was Naval Fleet School (Atlantic), with FMF Cape Scott as the runners-up. For individual results, the top male finisher was Lt(N) Michael Bergeron with a 5K time of 19:17, and the runner up was LCdr Philippe Nault with a time of 21:18. The top female finisher was Lt(N) Natalia Borszczow (21:23) and the runner up was LS Alena Richard (25:07). Pictured from left are PO1 Charles Bressette, Lt(N) Borszczow and Lt(N) Bergeron, all members of NFS(A), with their MEGA Running trophy.

SUBMITTED



# Fitness and sports updates

By Trident Staff

**Intersection curling games** are held at 12:30 p.m. every Tuesday at the CFB Halifax Curling Club. There may be cancellations because of COTF/COTW/Wing Cup, Regionals and Club Bonspiels TBC. Winter I/S Curling will run from January-March. 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 interested in trying out for the Base

Squash Team, please contact LCdr Chris Lien at Christopher.Lien@forces.gc.ca

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

**Intersection/Drop-In Pickleball.** Come and learn a fun new sport.

Shearwater Gym, Mondays and Wednesdays 12 p.m. – 1 p.m. For more information please contact Sgt Rick Austin, 720-1711 or rick.austin@forces.gc.ca

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



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*Members of the Shearwater Scuba Club send Christmas and New Year's wishes from underwater.*



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# Super Crossword

THIS IS REALLY BIG

ACROSS

- 1 He drew "Li'l Abner"
- 7 Stands up to
- 13 Disdainful lip-curler
- 20 Roving vacuum cleaner
- 21 Delphi diviner
- 22 Lilting song syllables
- 23 Big mollusk of Antarctic seas
- 25 Birds such as emus
- 26 Box gently
- 27 Golf stroke
- 28 Ending for enzymes
- 30 Cue or clue
- 31 From quite a distance
- 32 Big tree of California
- 37 Per routine
- 41 Super-slow
- 42 Red-haired biblical twin
- 43 Big dissimilarity
- 46 Rarely
- 51 "Bam!" chef Lagasse
- 52 Choler
- 53 Nashville's Grand Ole --
- 55 Gutter place
- 56 Work over
- 57 Big fuss
- 58 Trump's wife after Ivana
- 60 One laying down asphalt
- 61 Big project
- 66 "I've got it!"
- 69 Motor oil brand
- 70 Actress Meyers
- 71 W-2 org.
- 72 Boise-to-Las Vegas dir.
- 73 Big military counterstrike
- 80 Author Loos
- 81 Revolt
- 82 Cloud setting
- 83 Jazzy singer -- James
- 87 Coke, e.g.
- 88 Deviate

- 89 Boxing legend
- 90 Knocks off
- 92 -- Nevadas
- 94 Big job
- 98 "Nay" caller
- 100 Slaughter of baseball
- 101 Categorizes
- 102 Big pickup in an exhibition
- 107 Pot builder
- 108 See 86-Down
- 109 Yank's home
- 110 Nativity scene trio
- 111 Gulf country
- 115 Facial looks
- 118 Big home loan
- 123 Hillary's peak
- 124 Kindle
- 125 More greasy
- 126 Snuggles
- 127 Robbing jobs
- 128 Requisite

DOWN

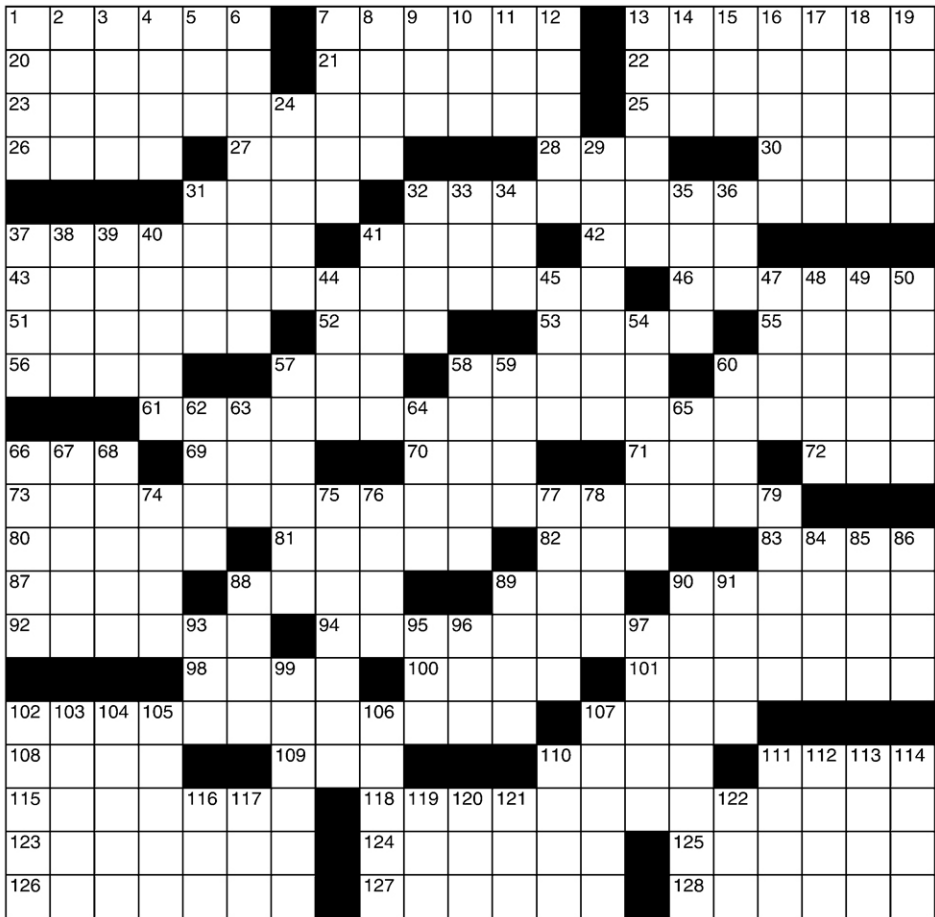
- 1 Pop-up paths
- 2 Lariat end
- 3 Coke, e.g.
- 4 Love, in Peru
- 5 "NewsHour" network
- 6 Two-choice grading system
- 7 Melancholy
- 8 Once, in the past
- 9 E-help sheet
- 10 Hosp. section
- 11 Drug mogul Lilly
- 12 Biggish car
- 13 PTSD part
- 14 Big D.C. lobby
- 15 Dig into
- 16 Former state secretary Root
- 17 Secant, e.g.
- 18 1985 Kate Nelligan drama
- 19 Worshiper of Jah, in brief

- 24 "Two and -- Men"
- 29 Church part
- 31 Q7 carmaker
- 32 "Friday the 13th" staple
- 33 Eisenhower, informally
- 34 Objectivist Rand
- 35 Unhurried
- 36 "-- Sera, Sera"
- 37 State firmly
- 38 Unaltered
- 39 Well-trodden
- 40 Thurmond of politics
- 41 Ross of politics
- 44 Classic canine name
- 45 Power strip attachment
- 47 Plumbing problem
- 48 Bette of film
- 49 Cakes bake in them
- 50 Form a union
- 54 Infrequently seen thing
- 57 Coulomb per second
- 58 Big wall painting
- 59 Deep blue dye
- 60 El --, Texas
- 62 Big continent
- 63 "Scream" network
- 64 Totally dislike
- 65 Prefix with oxide
- 66 Heap up
- 67 Capital northeast of Vientiane
- 68 Parenthetical remark
- 74 Symbol on many flags
- 75 Gives off again
- 76 River in Spain
- 77 Rizzoli's TV partner
- 78 Similar (to)
- 79 "Nifty!"
- 84 Russian ruler of yore
- 85 PSAT part
- 86 With 108-Across, demands much (of)

- 88 Fan blade
- 89 Hectically
- 90 Skillet alloy
- 91 Apart from that
- 93 Squealer
- 95 Opposite of old, in Ulm
- 96 Pop's bro
- 97 Dance that "takes two"
- 99 Believes (in)

- 102 Master
- 103 Antipasto bit
- 104 Snouts, e.g.
- 105 Opening
- 106 Kingly Indian
- 107 Willie of "Charles in Charge"
- 110 Over half
- 111 Stare at rudely
- 112 -- of honor

- 113 "A Death in the Family" writer James
- 114 Uncool type
- 116 Salon stuff
- 117 Suffix of dialects
- 119 Ending with script
- 120 Me, to Fifi
- 121 Greyhound fleet unit
- 122 Game draw



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## Sports movies 3

Questions on page 21

Answers

- 1. Ten days in hell with coach Bear Bryant. His first year as coach of Texas A & M university varsity team: Football
- 2. Denzel Washington portrays Jake Shuttlesworth, father of the top-ranked prospect in the country, Jesus Shuttlesworth, played by Ray Allen. Jake, in prison for killing his wife, is released on parole for a week by the state's governor to persuade his son to play for the governor's alma mater in exchange for a much reduced prison sentence: Basketball
- 3. It is based on the true story of Vince Papale, who played for the Philadelphia Eagles with the help of his coach, Dick Vermeil: Football
- 4. The film touches on the season of the fictional Division I FBS college football team, the ESU Timberwolves as they deal with the pressure to make a bowl game, alcohol, anabolic steroid abuse, receipt of improper benefits, and overall college life
- 5. A young man dreams of making the show: Baseball
- 6. A Scholarship athlete with an attitude is benched but comes back to win the game and tells his mean-spirited coach that he is moving on: Basketball
- 7. 18-year-old daughter of Punjabi Sikhs in London. She is infatuated with football but her parents have forbidden her to play because she is a girl. She joins a local women's team, which makes its way to the top of the league: Soccer
- 8. A documentary about wheel chair rugby: Rugby
- 9. A 35-year-old has-been boxer about to take on an opponent at the fictional Paradise City Arena. His manager takes money for a dive from a mobster, but is so certain of Stoker's failure that he does not inform the boxer of the set-up.
- 10. The story of Frank Machin, in Wake-

- field, a mining town in Yorkshire, whose romantic life is not as successful as his sporting life: Rugby
- 11. A horse overcomes the odds and beats triple crown winner War Admiral in a match race: Thoroughbred racing
- 12. A poor Nottingham teenager from a dismal home in a working class area, who has bleak prospects in life and few interests beyond petty crime turns to long-distance running as a method of both an emotional and a physical escape from his situation: Track and field
- 13. A townie so obsessed with the Italian cycling team that he assumes an Italian accent and shaves his legs (to reduce wind resistance when he cycles)
- 14. Gabriel Caine, a con man, is released from prison in Winfield, Georgia and immediately gets to work on his next scam. Caine and his partner, Fitz, travel to a small town not far from the prison: Boxing
- 15. An aging professional wrestler who, despite his failing health and waning fame, continues to wrestle in an attempt to cling to the success of his 1980s heyday. He also tries to mend his relationship with his estranged daughter and to find romance with a woman who works as a stripper.
- 16. High school cheerleading
- 17. The story of two women as they become professional sprinters and join the British relay team for a World Championship event.
- 18. A teenager from the fictional town of Bodeen, Texas joins a roller derby team.
- 19. A hustler tries to beat Minnesota Fats in a pool showdown
- 20. A young Depression-era poker player, as he seeks to establish his reputation as the best. This quest leads him to challenge Lancey "The Man" Howard, an older player widely considered to be the best, culminating in a climactic final poker hand between the two.





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