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Monday, January 28, 2019



Volume 53, Issue 2

www.tridentnewspaper.com

TRIDENT

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

Paying their dues

During a port visit to London on November 19, 2018, HMCS Halifax conducted the ceremony of Constable's Dues at the Tower of London. According to an ancient Royal decree, any ship passing the Tower on the River Thames is required to pay the Constable's Dues but in the modern era it happens only once a year. This is the first time a Royal Canadian Navy ship had ever been given the honour. Members of the ship's company, led by Cdr Scott Nelson, were escorted into the Tower by the Yeoman Warders and presented to the Constable on Tower Green. The dues consisted of a barrel of rum, presented by the ship's Executive Officer, LCdr Nicholas Buxton (third from left).

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Canada takes command of CTF 150
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OK, Blue Jays, let's play ball

Members of the Toronto Blue Jays, together with team mascot ACE, visited CFB Halifax as part of their Winter Tour on Saturday, January 12. During their time in the city, the mascot and the players found time to visit HMC Ships *Toronto* and *St John's*, as well as to see an Army display at HMCS *Scotian*.

The Blue Jays, their mascot ACE, and HMCS Toronto's Command Team display the Blue Jays' pennant. From left: ACE, Toronto Blue Jays Mascot; Ryan Borucki (Player); Devon Travis (Player); Cdr Martin Fluet, Commanding Officer, HMCS Toronto; CPO1 Alena Mondelli, Coxswain, HMCS Toronto; 2nd row, Luke Maile (Player); Dan Jansen (Player); back row: Kevin Pillar (Player) and LCdr Matthew Woodburn, Executive Officer, HMCS Toronto.

MONA GHIZ, MARLANT PA



Here, the Blue Jays players dress in fire suits. Following this, the HMCS Toronto fire team conducted a live hose exercise on the flight deck.

MONA GHIZ, MARLANT PA



5th Canadian Division members and their families were thrilled to meet players from the Toronto Blue Jays and their mascot, ACE. A display set up at HMCS Scotian gave the Blue Jays a chance to learn about the Army. A member of Army Intelligence talks to the team members.

MCPL BRIAN WATTERS, 5 CDN DIV PA



From left: Toronto Blue Jays players Ryan Borucki and Dan Jansen take a turn steering the ship.

MONA GHIZ, MARLANT PA



*Toronto Blue Jays Mascot ACE strutted his stuff aboard HMC Ships *Toronto* and *St John's* during the visit to CFB Halifax, during the Blue Jays Winter Tour in Halifax.*

MONA GHIZ, MARLANT PA

A shilling, some mussels, and a keg of rum: HMCS *Halifax* pays Constable's Dues at Tower of London

By SLt Jenn Grant,
HMCS *Halifax*, Naval Warfare Officer

On November 19, 2018 while alongside for a port visit, HMCS *Halifax* conducted the ceremony of Constable's Dues at the Tower of London, in the United Kingdom.

In medieval times the King or nobleman would appoint a constable to look after their castle's affairs in their absence. Those constables were permitted to levy dues on travelers and merchants to improve their personal wealth. As a Royal Palace, the Tower of London's Constable, normally a former military officer, is appointed by Her Majesty The Queen. The current Constable is General The Lord Nicholas Houghton, former Chief of Defence Staff of the British Armed Forces.

According to ancient Royal decree, any ship passing the Tower on the River Thames is required to pay the Constable's Dues. This once consisted of one shilling a year from each ship carrying herring to London, or a sample of the goods like pigs, sheep, mussels or wine depending with what the vessels were laden. Over time as river traffic on the Thames increased, such demands were eventually foregone, except for a single ceremonial remnant: the annual Ceremony of the Constable's Dues. In 2018, *Halifax* was permitted to pay those dues, the first time a Royal Canadian Navy ship had ever been given the honour.

The old-fashioned and sophisticated ritual of Constable's Dues sees the crew of a visiting warship present rum, brandy or fine wine to the Constable for payment of passage and protection. The dues are transported to the Tower in a ceremonial wooden keg, suspended from an oar that is carried on the shoulders of two sailors from the ship's company. The central task of transferring the dues was assigned to OS Bernard and MS Milbury who carefully managed the additional weight on the wet cobblestone pathways. The parade commenced with the ship's captain, Cdr Scott Nelson, marching his crew to the outer gate of the Tower, which upon their arrival, was quickly slammed shut by an axe-wielding Yeoman Warder - more commonly known as Beefeater. After explaining to the guard that the reason for their presence was that they intended to present Constable's Dues, the gates swung open. Led by the Beefeaters and a band from the Royal Marines, HMCS *Halifax* marched into the Tower of London



Led by Cdr Scott Nelson, the ship's company of HMCS *Halifax* is escorted by the Yeoman Warders into Tower Green to present the Constable's Dues to the Constable of the Tower of London.

SUBMITTED

with the cask of rum suspended from the spar.

After being escorted to Tower Green by the Yeoman Warders, an ancient dialogue transpired between the Tower's Deputy Governor and ship's captain, after which the barrel was presented by the ship's Executive Officer, LCdr Nicholas Buxton. The bounty was graciously accepted by the Constable who delivered a few words of thanks and invited all to tour the Tower surroundings before returning to the ship. The band struck up Heart of Oak and led the ship's company through the march past. Upon dismissal, the crew toured the UNESCO World Heritage Site where they could stand on the site of Anne Boleyn's execution, observe the Crown Jewels, and most memorably be hosted by the Beefeaters, all veterans themselves, in their private club to enjoy their hospitality and fellowship. "It was a proud and emotional experience," said AB Andrew Iddon. "It was a once in a lifetime opportunity to participate in such a grand historical event, dating back to the Middle Ages," added PO1 Darren Clark.



The Constable's Dues formerly consisted of one shilling a year from each ship sailing on the Thames to London, or a sample of the ship's cargo such as pigs, sheep, mussels, or wine. The ship's company of HMCS *Halifax* paid the Constable's Dues with a keg of rum.

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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 quinze semaines. Le rédacteur en chef se réserve le droit de modifier, de condenser ou de rejeter les articles, photographies ou annonces publicitaires jugées contraires aux objectifs d'un journal militaire selon la définition donnée à politique temporaire des journaux des forces canadiennes. L'heure de tombée des annonces publicitaires ou des articles est fixée à 1000 le jeudi précédant la semaine de publication. Les textes peuvent être soumis en français ou en anglais; ils doivent indiquer le nom, l'adresse et le numéro de téléphone du collaborateur. Les opinions et les annonces publicitaires imprimées par le Trident sont celles des collaborateurs et agents publicitaires et non nécessairement celles de la rédaction, du MDN 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.

CAF/DND Mental Health

Information Fair

Time: 11:00 a.m. – 2:00 p.m.

Location: Tribute Tower main lobby, Building S117, 2815 Pusser Lane

On Bell Let's Talk Day, January 30, representatives from CAF/DND and affiliated organizations will be at CFB Halifax for a Mental Health Information Fair. Who? Canadian Forces Health Services Centre (Atlantic), Canadian Forces Member Assistance Program, Employee Assistance Program & more. Come learn about the clinical and non-clinical mental health supports, resources and referral services available to our Defence Team members and their families and stick around for a live panel discussion on mental health at 2:00 pm at Mr. Mac's, Tribute Tower room #144. All are welcome.

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 Gttingen and Almon. For more information, go to www.615aircadets.ca or email 615air@cadets.gc.ca

2632 Royal Canadian Army

Cadet Corps

Time: 6:30 p.m.

Date: Mondays

Location: Bayers Lake

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

The Golden Age of Ocean Liners

Time: 7 p.m.

Date: Tuesday, January 29

Location: Maritime Museum of the Atlantic

They were the largest, most powerful and most luxurious vessels of their era, the "Floating Palaces" that represented the maritime powers of nations during an age of incredibly intense competition to rule the North Atlantic. Companies such as Cunard, White Star, the Hamburg-America Line and the French Line all created floating masterpieces in an age when the great liners were the only way to cross. Join Richard MacMichael, Coordinator of Visitor Services and Interpretive Programming at the Maritime Museum of the Atlantic, for an illustrated talk on these maritime marvels and their tales of triumph and tragedy featuring rare images from the Museum's collection.

The China Project

Time: 7 p.m.

Date: Tuesday, February 19

Location: Maritime Museum of the Atlantic

This presentation isn't about China the country itself, but rather a group of local scuba divers who spend years picking up broken bits of china throughout Halifax Harbour to document the many shipping lines that traded in and out of our busy harbour. The group recovered bottles, crockery and china from the many users of the harbour in the past and saved impor-

tant artifacts from destruction from anchors, dredging and infilling of the harbour. Join local scuba diver Bob Chaulk, author of *Time in a Bottle: Historic Halifax Harbour from the Bottom Up*, for this free museum talk.

Food Demonstration & Tasting: African Cuisine

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

Date: Thursday, February 7

Location: Halifax North Memorial Public Library

Discover the flavours of Africa with Chef Mary Nkrumah of Mary's African Cuisine, just in time to celebrate African Heritage Month. This event is presented by TD Bank as part of an African Heritage Month series at Halifax Public Library branches.

African-Canadian Women in Business

Time: 5:30 - 8 p.m.

Date: Monday, February 11

Location: Halifax Central Library

In honour of African Heritage Month, join the Black and Immigrant Women's Network to celebrate the achievements of local African-Canadian women doing business. Celebrate their achievements through stories and experiences from keynote speaker, Cynthia Dorrington, Chair of the Halifax Chamber of Commerce. Presented in partnership with Ashanti Leadership and Professional Development Services.

African Heritage Concert

Time: 7:30 - 8:30 p.m.

Date: Thursday, February 14

Location: Halifax North Memorial Public Library

The public is invited to the third annual African Heritage Month concert, hosted by the Halifax North Library in partnership with the TD Halifax Jazz Festival. Come celebrate culture in our community through this fun musical performance.

As a supervisor, how do I reach an informal resolution?

Dear CCMS,

I received a Notice of Intent (NOI) to grieve on my desk and I don't know how to proceed with resolving the issue informally. How can the CCMS help me? - Supervisor Needing Support

Dear SNS,

The CCMS can help you by assigning an Agent in a timely manner to provide you with the applicable policies and guidebook references specific to the issue wishing to be grieved. The CCMS Agent will also discuss with you the possible informal resolution options that are available to you. As with every Notice of Intent (NOI) to grieve, an As-

sisting Member (AM) must be assigned to assist the member with the grievance process (as per QR&O 7.07(2)). Depending on the circumstances and level of assistance requested, the CCMS could assign a CCMS Agent to help the Assisting Member (AM) navigate the process and/or a CCMS Agent to work with the individual who submitted the NOI.

As the member has opted to submit a Notice of Intent to grieve instead of moving directly to an official grievance, this often indicates that the member is willing to work towards an informal resolution. Remember, though, that if the issue isn't resolved within 90 days, the member will have

to submit an official grievance in order to respect the grievance filing timelines (as per QR&O 7.06). However, even after an official grievance is submitted, the issue being grieved can still be resolved informally if both parties are willing. Once an official grievance is submitted it will be tracked in the ICRTS computer system, so the CCMS Agent can access the file, when required, to provide updates and work towards a timely resolution of the grievance. As with any conflict or complaint, the Agent's role is to help you resolve the issue early, locally, and informally whenever possible. –Respectfully, your CCMS Agent

Sailor of the Quarter known for promoting fitness, helping others

By Ryan Melanson,
Trident Staff

He may not have been born in Canada, but LS Eric Saenz, originally from Costa Rica, has become a valuable member of the Royal Canadian Navy, and was recently named the Atlantic Fleet's newest Sailor of the Quarter.

A weapons engineering technician aboard HMCS *Charlottetown*, LS Saenz moved to Toronto with his family in the early 90s and joined the RCN in 2009. He's since become known as an energetic member who excels in his role as a supervisor and technician, while never passing up an opportunity to help out his peers.

He was specifically credited with coordinating mission critical repairs to communication equipment like the UHF and HF suite prior to the ship's deployment to Op NANOOK in 2018, and LS Saenz said those opportunities to use his expertise are some of the most rewarding moments on the job.

"It's a nice feeling to be the person who can fix things, especially when it's communications, which is one of the most important functions on the



From left, HMCS *Charlottetown* Coxn CPO1 Fraser Beazley, CO Cdr Nancy Setchell, Sailor of the Quarter LS Eric Saenz, Deputy CCFL Capt(N) Andrew Hingston, and Acting Fleet Chief CPO1 Dan Tooke.

MONA GHIZ, MARLANT PA

ship. I love troubleshooting and trying to find the answers to problems we get with our equipment."

He's also a avid athlete, and along with being a member of the championship-winning CFB Halifax Men's Soccer team, he holds a secondary position as Sports Custodian in *Charlottetown*, and recently helped organize sports days for the ship during

stops in Greenland and Iceland late last year.

LS Saenz has also earned Bravo Zulus for helping to prevent an electrical fire in *Charlottetown* during a recent evening watch, for working as a VIP tour guide during the DEFSEC 2018 conference, and for being an active member in his community and volunteer leader with his Church.

"This is an auspicious moment for LS Saenz. He's an important member of our ship's company, and it's great to see one of our own being recognized in this way," said Cdr Nancy Setchell, *Charlottetown*'s Commanding Officer.

The official presentation of the Sailor of the Quarter award was made in *Charlottetown*'s hangar on January 16 by Capt(N) Andrew Hingston, Deputy Commander of CANFLTANT. It also comes with a \$50 Falls Lake gift card and two extra days of leave, though colleagues joked that LS Saenz may need to be forced to use them.

For his part, LS Saenz said the recognition was unexpected, and that it was a special moment to receive his award in front of his peers and with his wife and children present. He added that

his command team, department supervisors and his peers in *Charlottetown* all deserve some of the credit for his successes.

"It is an big honour, but I was very surprised. You never really expect things like this, I just try to do the best that I can at my job, and I have a great, supportive group of people to serve with."

Getting unstuck

By Lt(N) Haupi Tombing,
Chaplain, 12 Wing, FDU (A)

In 2006, the Lena Highway in Russia (also known as, The Russian Highway from Hell) made it onto the list of the most dangerous roads in the world. It takes its name from the mighty Lena River that runs north-south. When the summer rain falls, the 1,212 kilometre road turns into impassible mud that is capable of swallowing smaller vehicles. In one particular event, motorists who were stuck for days broke locks on other vehicles in search of food and warm clothing. Construction teams were afraid to appear on this site because during a previous visit, rescuers were beaten by people who had been stranded for too long.

There is yet another highway where many people can get stuck as well. It is perhaps the oldest highway in human history that has trapped and destroyed countless lives and homes. This highway is paved, not of slimy mud, but of self-pity, anger, and bit-

terness that can hold us hostage for a lifetime - It is the highway of unforgiveness.

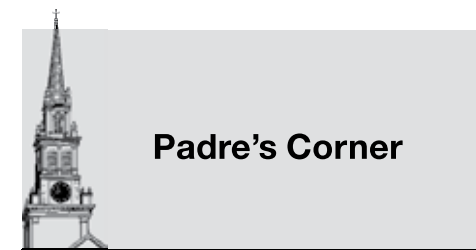
Unforgiveness is no respecter of persons. It has a strangle-hold on our overall well-being. Prolonged rumination on hurts, as true as the situation may be, or as entitled we are to feeling hard done by and underappreciated, can result in psychosomatic and psychological manifestations: cardiovascular issues, high blood pressure, chronic stress and depression among others. It can lead to mental and emotional isolation from relationships.

Conversely, forgiveness has definite benefits to one's well-being in many ways. It facilitates the recovery and healing process of someone who has been hurt. It allows us to express negative emotions appropriately. It empowers us to move beyond the toxic captivity, to freedom and health. Forgiveness enables one to find peace, which positively impacts our mental, emotional and social well-being.

After being tortured and impris-

oned for 27 years for objecting to apartheid, Nelson Mandela chose forgiveness instead of revenge, even to the dismay of his supporters. It must not have been easy, but it was possible. With forgiveness, he essentially disarmed the grip of apartheid, ushered in a new day in South Africa, and the world took note of it.

If you've been hurt in some way and held captive by unforgiveness, determine to be courageous and for



Padre's Corner

the sake of freedom and peace, choose to forgive.

"As I walked out the door toward the gate that would lead to my freedom, I knew if I didn't leave my bitterness and hatred behind, I'd still be in prison." - Nelson Mandela

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- Gospel according to John

HRM Mayor and city councillors pay namesake visit to HMCS *Halifax*

By Lt(N) John Morrow,
Weapons officer, HMCS *Halifax*

On Friday, January 11, HMCS *Halifax* had the pleasure of hosting His Worship Michael Savage, Mayor of Halifax and 12 city councillors for a visit, tour and lunch aboard the ship. The occasion was designed to welcome the elected leadership of Halifax, invite them to see life aboard an operational warship, and to strengthen ties between the city and her namesake ship. Sailors took councillors from their municipal districts on a tour of the ship making all the normal stops at the bridge, operations room, and machinery control room, but also taking time for impromptu breaks to speak to constituents along the way.

The City Hall officials brought with them the kind gift of a dozen street signs from the various districts of Halifax. The signs are intended to be hung in the passageways of the ship. The tradition of naming the flats of a ship after streets of their namesake city physically connects the unit with its city. Convening in the Wardroom for lunch, Commanding Officer, Cdr Scott Nelson presented Mayor Savage with a plaque to commemorate the event and to thank the city for their continuing support. "We are truly lucky to be homeported in our namesake city, which creates a special bond. *Halifax* is this city's ship, her crew are your citizens, neighbours and volunteers, which makes our relationship stronger."

Over the course of lunch numerous photos were taken with sailors and their councillors holding the street



During the visit to the ship, Mayor Savage presented Halifax Street signs to place in the flats of the ship, to reflect its namesake city.

MONA GHIZ, MARLANT PA

sign from their district. City Hall was well represented with councillors from 9 districts present: David Hendsbee - District 2, Bill Karsten - District 3, Lorelei Nicoll - District 4, Sam Austin - District 5, Tony Mancini - District 6, Lindell Smith - District 8, Shawn Cleary - District 9, Lisa Blackburn -

District 14, Steve Craig - District 15 as well as the city's Chief Administrative Officer, Jacques Dube.

The day's visit was fruitful in strengthening the relationship between the city of Halifax and her namesake ship. As *Halifax* prepares to deploy on NATO operations later

this summer, she is planning another event to cement her relationship with the city. Along with HMCS *Scotian*, HMCS *Halifax* intends to exercise Freedom of the City by parading through Halifax with drums beating, colours flying, and bayonets fixed during Memorial Cup week.



Mayor Savage (centre) and the councillors had the opportunity to meet and talk to members of the ship's company.

MONA GHIZ, MARLANT PA



Cdr Scott Nelson, Commanding Officer HMCS Halifax, welcomes Mayor Savage on board for a tour during a namesake visit. The Mayor was accompanied by a number of city councillors.

MONA GHIZ, MARLANT PA



CFB Halifax to host national Bell Let's Talk Day event

By Ryan Melanson,
Trident Staff

Mental health issues have impacted PO2 Chevonne Fisher's life in a number of ways. She's sought professional health for her own issues, including postpartum depression, has helped immediate family members with their struggles, and in her supervisory role at work, has helped her CAF colleagues access mental health resources as well.

She's open about her story, and passionate about destigmatizing mental health and mental illness within the CAF. That's why she'll be sharing what she's learned during a national CAF discussion panel on mental health, taking place January 30 at CFB Halifax as part of Bell Let's Talk Day.

"I've worked with people to get them the help they need, but I've also been in the position of being the person who needed help. I'm happy to talk about it, and if my story can help anyone else, that's a positive thing," she said.

PO2 Fisher cited helpful resources like CFHS, MFRC, civilian and CAF Member Assistance Program, and Base Chaplains, but said she also plans to discuss the importance of peers, colleagues and supervisors, whose support has helped her stay mentally fit.

"Having someone else looking out for you can make a big difference. The support that I've needed has always been there for me, and I feel very fortunate for that. I want to make sure people know help is available to them."

She'll be joined on the national discussion panel by Cpl Travis Weir, another local CAF member with a mental health story to share, along with Cmdre Chris Sutherland, Bell Let's Talk Ambassador and former clearance diver LS (Ret'd) Bruno Guévremont, Jerry Ryan, Mental Health Co-Champion (employee level) for the Defence Team, and clinicians LCol David Coker and Chimene Jewer.



The CAF and DND have put a focus on Bell Canada's mental health advocacy day in recent years as a way to help open the conversation about mental health and mental illness among the ranks, and this is the first time the military's signature event will be held in Halifax.

"I think on any given day we have clinicians and doctors and chains of command, friends and others doing their best to support those who need it. Having this event, this time in Halifax, just brings it home to talk about real experiences and how we can get help," said Jennifer Eckersley of CFHS, the coordinator of the national event.

She added that hearing firsthand stories from CAF colleagues about struggling with mental illness or mental health issues can encourage others not to suffer in silence.

"Those stories resonate with others, and may cause people to think to



Cmdre Chris Sutherland, centre, is seen participating in last year's Bell Let's Talk panel discussion in Ottawa. Cmdre Sutherland will once again be participating in this year's national event, being held in Halifax.

DND

LS (Ret'd) Bruno Guévremont, a former RCN clearance diver and current Bell Let's Talk Ambassador, will be speaking as part of a national CAF panel discussion on mental health happening in Halifax as part of Bell Let's Talk day events on January 30.

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themselves 'maybe it's time I asked for help.'"

The panel in Halifax will take place in Tribute Tower and be live streamed online starting at 2 p.m. on January 30, and for locals who can't be there in person, satellite viewing locations will be set up at the Piers Military Community Centre Multipurpose Room in Windsor Park, the FMF Cape Scott Harbourview Room in D200, and at the 12 Wing AMS Canteen in building SH344.

The panel discussion will be live streamed on the CAF Facebook page at www.facebook.com/Canadian-Forces

The base will also host a Mental Health Information Fair earlier in the day from 11 a.m. - 2 p.m. in the Tribute Tower main lobby to provide information about the clinical and non-clinical mental health supports, resources and referral services available to defence team members

and their families, with professionals on hand from groups like CF H Svcs (A), CF Member Assistance Program, H&R MFRC, PSP Health Promotion, Office of Disability Management, Veterans Affairs and others.

CFB Halifax Base Commander Capt(N) David Mazur said he's thrilled CFB Halifax is hosting the CAF's national Bell Let's Talk Day event, and that it's a great opportunity for members to learn about resources available and show support for their colleagues.

"The mental health of our Defence Team is absolutely critical, and I want our local members to always feel like they have access to the help and support that they need at all levels. I encourage our members, both military and civilian, to take a few hours on January 30 to attend this important event, and to continue the conversation all year."

En tant que superviseur, comment puis-je parvenir à un règlement à l'amiable?

Services de gestion des conflits et des plaintes (SGCP),

J'ai reçu un avis d'intention de déposer un grief sur mon bureau et je ne sais pas la façon de procéder pour parvenir à un règlement à l'amiable. Comment les SGCP peuvent-ils m'aider? – Superviseur ayant besoin de soutien

Superviseur ayant besoin de soutien,

Les SGCP peuvent vous aider en affectant un agent en temps opportun qui vous fournira les politiques applicables et les guides de référence pro-

pres au problème pour lequel on veut déposer un grief. L'agent des SGCP discutera aussi avec vous des options de règlement à l'amiable qui sont à votre disposition. Comme avec tout avis d'intention de déposer un grief, un officier désigné (OD) doit être affecté pour aider le militaire avec le processus de grief (conformément à l'alinéa 7.07(2) des ORFC). Selon les circonstances et le niveau d'aide demandé, les SGCP pourront affecter un agent des SGCP pour aider l'officier désigné (OD) à suivre le processus ou pour travailler avec la personne qui a soumis l'avis d'intention.

Comme le militaire a choisi de soumettre un avis d'intention de déposer un grief plutôt que de passer directement au dépôt d'un grief officiel, cela indique souvent que le militaire est disposé à obtenir un règlement à l'amiable. N'oubliez pas, cependant, que si le problème n'est pas résolu dans les 90 jours, le militaire devra soumettre un grief officiel pour respecter les délais relatifs au dépôt des griefs (conformément à l'article 7.06 des ORFC). Toutefois, même après le dépôt d'un grief officiel, la question qui fait l'objet d'un grief peut encore être résolue à l'amiable, si les

deux parties sont d'accord. Une fois que le grief officiel sera déposé, nous assurerons son suivi au moyen du Système intégré d'enregistrement et de suivi des plaintes (SIESP) pour que l'agent des SGCP puisse avoir accès au dossier, au besoin, afin de fournir des comptes rendus et de travailler pour obtenir rapidement le règlement du grief. Comme dans tout conflit ou toute plainte, le rôle de l'agent consiste à vous aider à régler le problème de façon rapide, locale et informelle dans la mesure du possible. – Veuillez agréer les salutations distinguées de votre agent des SGCP.

\$179K raised for Camp Hill through DND, Mooseheads partnership

By Ryan Melanson,
Trident Staff

A partnership between the Halifax Mooseheads and the local CAF/DND community has been going strong for nearly 15 years, and shows no signs of slowing down.

The 2018 edition of the annual Mooseheads DND Appreciation Night, held on November 9 against the Cape Breton Screaming Eagles, raised a new record total of \$20,100 from jersey raffles at the arena and online jersey auctions following the game, allowing people a chance to own the custom DND-inspired Mooseheads jerseys produced for the special occasion each year. As always, all of the money raised from the game will go toward the Camp Hill Veterans' Memorial Hospital, specifically towards the upkeep of the Veterans' Memorial Garden, a private sanctuary located just outside the facility.

The 2018-2019 hockey season marks the Mooseheads' 25th year in Halifax, and the partnership with DND, in support of Camp Hill, is just one of the ways the team has proven itself to be a strong supporter of its community, said PSP Halifax Corporate Sponsorship Manager Missy Sonier. With the totals for 2018 now included, the partnership has brought in a total of \$178,854 for Camp Hill since the first DND Night in 2004.

"This organization has created a platform, with the assistance of the Canadian Armed Forces, that has allowed Camp Hill to be the recipient of thousands of dollars each year," Sonier said.

"These are huge numbers, and it's the Halifax Mooseheads, the men and women in uniform who volunteer their time, and the wonderful support of the Mooseheads patrons and season-ticket holders that makes it all happen."

The most recent game saw the Mooseheads wearing jerseys that honoured the 100th anniversary of 12 Wing Shearwater, while the previous year focused on Canada 150 as well as Camp Hill's own 100th year anniversary of caring for veterans, which was especially meaningful for the facility and the veterans who call it home, said Heather White, Camp Hill's director of veterans' services. She added that the care and maintenance of the Memorial Garden wouldn't be possible without the generosity of donors.

"The Mooseheads Jersey Raffle and Auction has for many years now been our single largest fundraising effort and we are so very grateful for all the support we have received,"



The 2018 Mooseheads DND Appreciation night raised nearly \$18,000 through a raffle and online auctions to win one of the special Shearwater 100-inspired jerseys worn by the Mooseheads on November 9.

AB TYLER ANTONIEW, FIS

she said, adding that along with the financial support, the annual hockey event helps foster pride among the Camp Hill community and showcases respect for Camp Hill's veterans.

The DND Appreciation Nights have been a hit for everyone involved since they began, and the organization hopes to keep the partnership going well into the future, said team President Brian Urquhart.

"Even after 15 years, I'm still being told many times by Mooseheads' fans that their favourite game each season is DND Appreciation Night. Our organization and our fan base has a lot to be proud of. At the top of that list is our partnership with the Canadian Forces."



Volunteers, including CAF members, veterans, and other members of the defence community, help sell jersey raffle tickets each year on DND Appreciation Night.

AB TYLER ANTONIEW, FIS

2018 NDWCC: Campaign Season Wrap-up

By CFB Halifax,

It started on Tuesday, September 11, when the sounds of a live band could be heard throughout HMC Dockyard. The 2018 Fleet Maintenance Facility (FMF) Cape Scott National Defence Workplace Charitable Campaign (NDWCC) kick-off event was in full-swing.

The FMF Cape Scott NDWCC kick-off was the first of four such events in the local area, with MARLANT, 12 Wing Shearwater and 5th Canadian Division hosting their own unique versions of the campaign kick-off at Stadacona, the Sea King Club and D201 in early October. The well-attended NDWCC Leadership Breakfast was held shortly after on October 10 at Juno Tower, the final campaign launch event that signified the MARLANT Formation's 2018 NDWCC season was officially in motion.

"We saw a lot of creativity this campaign season from various units throughout the Formation," says Capt(N) David Mazur, CFB Halifax Base Commander and MARLANT's NDWCC Champion. The local Defence community was indeed busy, planning and executing a large assortment of fundraising events from mid-October to mid-December. Capt(N) Mazur and a group of Base Executive Services employees tried their hand at the Base Information Services (BIS) NDWCC Escape Room fundraiser, a one-hour team building event that challenged all participants until the very end. "We escaped with only two minutes to spare, and were only one of five teams to make it through in the allotted time," he reflects. "It was a great initiative by BIS and certainly one for the memory books." In total, 26 teams participated in the BIS Escape Room that raised more than \$1300 for the NDWCC. Other unit-led events this campaign season included TEME's annual Ex Dirty Hands fundraiser, a BIS mock jail, chili cook-offs, curling bonspiels, bake sales and a variety of raffle draws that included opportunities to win anything from a free parking on Base for a month to a Christmas gift card tree. All fundraisers, large and small, contributed to the success of the campaign and the volunteer hours put into these initiatives are much appreciated.

Several annual traveling fundraisers are always big hits in the communities through which they transit, and this year was no exception. The HMCS *Fredericton* Sailors for Wishes bike ride and HMCS *St. John's* Run the Rock relay raised \$68,500 and \$113,00, respectively, for Children's Wish Foundation chapters in New Brunswick and Newfoundland while the Fleet Diving Unit (Atlantic)'s Christmas Daddies run raised \$13,000 to help less fortunate children in the Maritime provinces



CFB Halifax Base Commander and NDWCC Campaign Champion Capt(N) David Mazur (left) and NDWCC Campaign Director for the Base, Cdr Derek Vallis (right) with representatives from local and national charitable organizations who spoke at the NDWCC Leadership Breakfast at Juno Tower on October 10, 2018.

MARGARET CONWAY, BASE PUBLIC AFFAIRS

have a better Christmas. Here at home, PSP's much anticipated Halifax Mooseheads DND Appreciation Night jersey raffle and subsequent auction raised an incredible \$20,100 for Camp Hill Veterans' Memorial Garden. The jersey fundraiser has raised \$179,000 in 11 years. Amazing work all around!

The Defence Team not only showed great initiative in its fundraising efforts, but also worked hard volunteering with local community groups. Whether serving meals at Ward 5 Neighborhood Centre holiday dinners or helping set up and tear-down at non-profit community events, our members exemplified the importance of giving back to the community in the currencies of time and physical presence.

In total, \$406,275 was raised during the 2018 NDWCC campaign season. But we aren't finished yet. The NDWCC Chase the Ace lottery jackpot, currently valued at \$1700, is still up for grabs until the ace of spades is drawn. Draws occur every Friday, and tickets can be purchased through individual unit reps. Call 721-8662 or 721-8307 with any questions regarding Chase the Ace lottery.

The 2018 campaign couldn't have been run without the help of many individuals. Special thanks go out to: Cdr Derek Vallis and Cdr Michele Tessier, NDWCC Campaign Directors; 2Lt Nicolas Plourde-Fleury, NDWCC Campaign Assistant Director; the NDWCC coordination team comprised of A/SLTs Sneha Bhatt, Monika-Isabel Pinto Lee and Far-

han Shah; canvassers; charitable organizations whose representatives attended our various NDWCC events to educate our Defence Team; and of course all those from within the local Defence community who donated, organized events, volunteered, shared their stories of giving and participated in NDWCC functions.

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Working at CFB Halifax like ‘coming home,’ says new Museum director

By Ryan Melanson,
Trident Staff

Visitors to the Naval Museum of Halifax will see some new faces the next time they stop by, including a new museum director.

The base welcomed Jennifer Hevenor to the position this past November, and she’s had a busy first few months, with the museum recently hosting both a Parks Canada Hometown Heroes event and a 200th-year birthday party for Admiralty House, the building it calls home.

But with the transition from her predecessor now complete and the new year underway, she’s ready to start planning and guide the museum through the next phase of its life.

“This is a great opportunity for me; I’ve spent time here before, and the dedicated group of volunteers, who really make this place special, is what brought me back each time. I’m very fortunate to be able to work with them,” she said.

While originally from Ontario, she’s no stranger to naval history or the history of Halifax harbour in general, having held previous positions with the Maritime Museum of the Atlantic as well as her most recent role as the Collections Manager with the Canadian Museum of Immigration at Pier 21.

Hevenor said she’s thrilled to work at CFB Halifax and take over from former director Rick Sanderson, who she previously worked under as a volunteer. She describes herself as an old-school collections manager, and said moving from Pier 21’s digital archive to the Naval Museum, where she’s already familiar with the exten-



Jennifer Hevenor, left, the new Director of the Naval Museum of Halifax, with Jennifer Gamble, right, the museum’s new Curator, inside the museum’s newest Arctic exhibit, expected to be completed later this year.

RYAN MELANSON, TRIDENT STAFF

sive collection of artifacts, photos and documents, feels like coming home.

“Give me guns and torpedoes and I’m a happy camper,” she joked.

In addition to having a new director, the museum has also added a second full-time staff member, with Hevenor being joined by new Curator Jennifer Gamble. A graduate of both Dalhousie University and Fleming College in Ontario, Gamble also comes with a rich background in RCN history, having previously worked as the curator for the museum ship HMCS *Sackville*

and as a volunteer with the Naval Museum before coming on as staff.

She described her time working with *Sackville* as rewarding, and the Second World War focus of that job led to her previously contributing to the Naval Museum’s Battle of the Atlantic exhibit as a volunteer. She said she’s excited to dive even deeper into Canada’s naval history in her new curatorial role.

“*Sackville* was great. I had knowledge of the Royal Canadian Navy beforehand, but the history I learned

there and all the veterans I was able to interact with made it a very enriching experience, and I expect I’ll have the same type of experience here.”

The new duo are working on finishing up a few ongoing projects at the museum, like putting the finishing touches on the North Arctic 60 exhibit and working with the Submariners’ Association of Canada on new ways to tell the Canadian submarine story, but the main focus for their first months will be taking stock of the massive collection now in their hands, and planning for the future.

“We have an expanded staff, which means we can do more, but with so many things to find and explore in the collection, there’s also the danger of falling down rabbit holes,” Hevenor said, adding the importance of setting priorities before jumping into new initiatives.

“Once we have a better sense of that, we can really focus on some strategic and interpretation planning to figure out how to tell these stories seamlessly, fill any gaps that currently exist, and give people an overall picture of the history of the RCN, the personnel and the communities they serve.”

The Naval Museum of Halifax is open from 9 a.m. - 3:30 p.m. Monday to Friday, and while the target audience is CAF members, veterans, and their friends and families, the museum is open to the public as well, and all are encouraged to come explore the museum.

“We’re really excited to be here to help move the museum forward, and we love to have visitors, so come by anytime,” Hevenor said.

Tribute Tower residents enjoy new tech capability

MS Shane Ritchot, Formation Master Seaman, connects to Wi-Fi at Tribute Tower. Wi-Fi is a newly added capability within the junior ranks accommodations facility, now available to all short-term and long-term residents of Tribute Tower. The WiFi username and password is provided to each member individually as part of the check-in process at the facility’s front desk.

MARGARET CONWAY, A/BPAO



HMCS *Fredericton* sailors pay tribute to victims of gender-based violence

By LS Harveer Gill,
HMCS *Fredericton*

On Friday, December 6, the Ship's Company of HMCS *Fredericton* took to Tribute Tower at CFB Halifax for the Annual Hands to Dinner. Immediately following the CO's address - the room filled with laughter and celebration fell silent, if just for a moment, as two sailors addressed the Ship's Company to lead a vigil.

Friday, December 6, 2018 marked the 29th anniversary of the massacre at l'École Polytechnique de Montréal, a senseless act of violence where fourteen women were murdered because they were women. Following this act, December 6 was designated as National Day of Remembrance and Action on Violence against Women, an opportunity to reflect on the lives lost, the victims of the tragedies of the past - as well as victims of gender-based violence today. In addition to a small speech and a moment of silence, HMCS *Fredericton* set up a small display in the foyer of Tribute Tower - 13 white roses to represent the students, as well as one single red rose representing the administrator, all of whom had their lives taken on that day of December 6, 1989.

The National Day of Remembrance



MS Joseph Ryan (BAdm) alongside LS Harveer Gill, LCdr Nicole Robichaud (XO), Cdr Blair Brown (CO), and CPO1 Darryl Dejong (Coxn) of HMCS *Fredericton*.

SLT ANDRIY KOLOMYITSEV, HMCS *FREDERICTON*

& Action on Violence against Women takes place within the period known as the 16 Days of Activism against Gender-Based Violence. This takes place annually, beginning with the

International Day for the Elimination of Violence against Women on November 25 and ending with the International Human Rights Day on December 10. Each day is associated

with an event that allows opportunities to increase awareness about the disproportionate levels of violence faced by women and across various groups and populations.

Security Awareness Week, February 4-8, 2019

By CFB Halifax Base Security Program

Security Awareness Week this year runs from February 4-8. Here is the local opportunity to increase security awareness.

The Regional USS Symposium is on February 7, from 1-4 p.m. in the multipurpose room at the Piers Military Community Centre, WP 106.

All USS and Command Teams are

invited. Topics of interest include the following: WebSCPS and security clearances (invited guest from DP-SIM); security zoning and physical security; contract security and risk mitigation plans; and use of escorts.

This is an opportunity for USS to update security clearance lists, change combinations, provide unit level awareness, and meet unit Command Teams to discuss areas of concern.





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Wear your pride on your sleeve

By RCAF Public Affairs

The rules governing Royal Canadian Air Force personnel wearing badges or insignia on their operational uniforms are about to change.

An upcoming amendment to the Canadian Air Division Orders (CADO) on operational dress will allow aviators who wear flight suits and Enhanced Combat Uniforms (ECUs)/CADPAT to add certain optional Velcro-backed badges and insignia on their sleeves.

This change in the CADO is intended to enhance squadron and tactical unit morale and *esprit de corps*. The spirit of the RCAF unit is centred on the members and how well they work together. Part of this spirit comes from the symbols they wear: the badges and crests of the unit.

The CADO amendment will allow badges, especially a unit's heraldic badge, to be embroidered in full colour as well as low visibility green.

All other badges can be embroidered in full colour, which will be up to the unit as part of their design process. Yes, a unit can design their own patch!

So, what other kinds of patches can there be?

Units can now create and wear badges to mark a special anniversary or participation in an exercise or operation. Courses could have their

own patch as well.

In addition, personnel at wings, squadrons and tactical units will soon be able to wear blue t-shirts with an embroidered logo at the neck—or, on Fridays, their own squadron coloured T-shirt.

LGen Al Meininger, Commander RCAF, and CWO Denis Gaudreault, RCAF Command CWO, “recognize the fundamental importance of our squadrons and tactical units within the RCAF. As such, this forthcoming direction will serve to enhance esprit de corps and identity.” RCAF aviators are encouraged to “take the opportunity to embrace and contribute to this next chapter of our traditions.”

Each new patch design must be endorsed by the chain of command and approved by 1 or 2 Canadian Air Division or the RCAF Aerospace Warfare Centre as applicable. Some items will be available through the Canadian Forces Supply System, while others will be available through unit kit shops or through CANEX.

This change could mean that some badges currently in use may become obsolete. For example, the multi-colour (low-visibility green and colour mix) heraldic badge will be phased out over the coming year, to be replaced with the full-colour heraldic badge and/or the low-visibility green heraldic badge.



Samples of aircraft or employment designator patches in low visibility green. An upcoming amendment to the Canadian Air Division Orders on operational dress will allow aviators who wear flight suits and Enhanced Combat Uniforms/CADPAT to add certain optional Velcro-backed badges and insignia on their sleeves. Voici des exemples d'insignes indicateurs d'aéronefs ou de groupes professionnels verts à faible visibilité. Les Ordonnances de la Division aérienne du Canada touchant la tenue opérationnelle feront bientôt l'objet de modifications de manière à permettre aux aviateurs qui portent une combinaison de vol, un uniforme de combat amélioré ou un uniforme à camouflage canadien d'y ajouter des insignes fixés à l'aide de bandes adhésives de type Velcro.

RCAF/ARC



An example of a unit heraldic badge embroidered in low visibility green (the 1 Canadian Air Division badge, left) and full colour (the 425 Squadron badge, right). An upcoming amendment to the Canadian Air Division Orders on operational dress will allow aviators who wear flight suits and Enhanced Combat Uniforms/CADPAT to add certain optional Velcro-backed badges and insignia on their sleeves.

Voici deux exemples d'insignes

héraldiques d'une unité : l'un brodé en vert à faible visibilité (insigne de la 1re Division aérienne du Canada, à gauche) et l'autre en pleine couleur (insigne du 425e Escadron, à droite). Les Ordonnances de la Division aérienne du Canada touchant la tenue opérationnelle feront bientôt l'objet de modifications de manière à permettre aux aviateurs qui portent une combinaison de vol, un uniforme de combat amélioré ou un uniforme à camouflage canadien d'y ajouter des insignes fixés à l'aide de bandes adhésives de type Velcro.

RCAF/ARC

Affichez votre fierté sur vos manches

Par Affaires publiques de l'ARC

Les règles qui régissent le port d'insignes sur les uniformes opérationnels du personnel de l'Aviation royale canadienne changeront bientôt.

Les Ordonnances de la Division aérienne du Canada (ODAC) touchant la tenue opérationnelle feront bientôt l'objet de modifications de manière à permettre aux aviateurs qui portent une combinaison de vol, un uniforme de combat amélioré ou un uniforme à camouflage canadien d'y ajouter des insignes fixés à l'aide de bandes adhésives de type Velcro.

Ce changement vise à rehausser le moral et l'esprit de corps dans les escadrons et les unités tactiques. L'esprit des unités de l'ARC repose sur les membres de leur personnel et sur la capacité de ces derniers à travailler en équipe. Cet esprit tire en partie ses origines des symboles

que portent les militaires, à savoir les insignes et les drapeaux de leur unité.

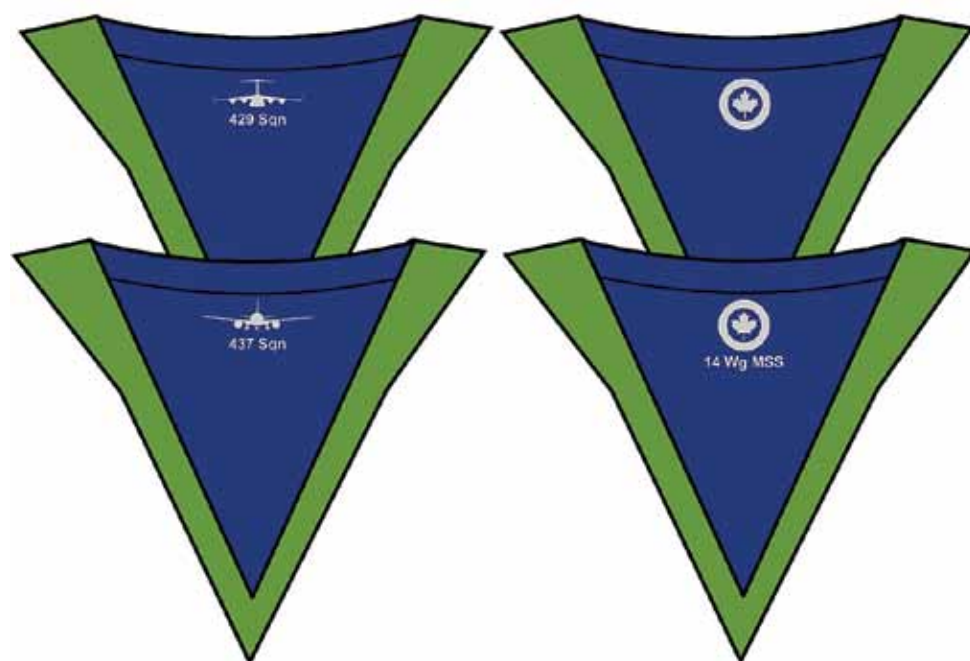
La modification des ODAC permettra de faire broder des insignes, particulièrement l'insigne héraldique de l'unité, en pleine couleur ou en vert à faible visibilité.

Tous les autres insignes pourront être brodés en pleine couleur; ce qui sera laissé à la discrétion des différentes unités dans le cadre du processus de conception. Vous avez bien lu : les unités pourront concevoir leur propre insigne!

Quels autres types d'insignes pourra-t-on utiliser?

Les unités peuvent désormais créer et porter des insignes afin de souligner un anniversaire important ou la participation à un exercice ou à une opération. Même les cours pourront faire l'objet d'un insigne.

Continued on page 13



Voici des exemples d'éléments distinctifs d'unités brodés sur l'encolure de t-shirts. Les membres du personnel des escadres, des escadrons et des unités tactiques pourront bientôt porter un t-shirt bleu présentant un logo brodé sur l'encolure ou, les vendredis, un t-shirt aux couleurs de leur escadron. Samples of unit identifiers embroidered on the necks of T-shirts. Personnel at wings, squadrons and tactical units will soon be able to wear blue t-shirts with an embroidered logo at the neck—or, on Fridays, their own squadron coloured T-shirt.

ARC/RCAF

Affichez votre fierté sur vos manches

Continued from page 12

De plus, les membres du personnel des escadres, des escadrons et des unités tactiques pourront bientôt porter un t-shirt bleu présentant un logo brodé sur l'encolure ou, les vendredis, un t-shirt aux couleurs de leur escadron.

Le lieutenant-général Al Meinzinger, commandant de l'ARC, et l'adjudant-chef Denis Gaudreault, adjudant-chef du commandement de l'ARC, « sont conscients de l'importance fondamentale que revêtent les escadrons et les unités tactiques de l'ARC. C'est pourquoi ils estiment que cette directive permettra de rehausser l'esprit de corps et le sentiment d'appartenance. » Les aviateurs sont invités à « profiter de l'occasion d'adopter cette nouvelle

tradition et à y contribuer. »

La conception d'un nouvel insigne devra toutefois recevoir l'approbation de la chaîne de commandement et de la 1re ou 2e Division aérienne du Canada ou du Centre de guerre aérospatiale des Forces canadiennes de l'ARC, le cas échéant. Certains objets seront offerts par l'intermédiaire du Système d'approvisionnement des Forces canadiennes, alors que d'autres seront distribués par les magasins de fourniture des unités et le CANEX.

Ce changement pourrait entraîner l'abandon de certains insignes actuellement en usage. À titre d'exemple, l'insigne héraldique multicolore (vert à faible visibilité et mélange de couleurs) sera progressivement retiré au cours de la prochaine année pour faire place à l'insigne héraldique pleine couleur et vert à faible visibilité.



Voici des exemples d'insignes indicateurs d'aéronefs ou de groupes professionnels pleine couleur. Les Ordonnances de la Division aérienne du Canada touchant la tenue opérationnelle feront bientôt l'objet de modifications de manière à permettre aux aviateurs qui portent une combinaison de vol, un uniforme de combat amélioré ou un uniforme à dessin de camouflage canadien d'y ajouter des insignes fixés à l'aide de bandes adhésives de type Velcro. Samples of aircraft or employment designator patches in full colour. An upcoming amendment to the Canadian Air Division Orders on operational dress will allow aviators who wear flight suits and Enhanced Combat Uniforms/CADPAT to add certain optional Velcro-backed badges and insignia on their sleeves.

ARC/RCAF

FMF Cape Scott personnel volunteer with Feed Nova Scotia

By MS Stanley Parker,
FMF Cape Scott

FMF Cape Scott is making a difference in the community, happily volunteering their time and energy while assisting with a program that helps Nova Scotians in a meaningful way, by volunteering for Feed Nova Scotia on a monthly basis as warehouse assistants. The sailors of FMF Cape Scott see this as a perfect way to give back to the community and are grateful to be helping others while using skills that they have built while being a part of the Royal Canadian Navy. The requirements include the ability to repeatedly lift 25 kg, be comfortable on your feet for three hours, read and understand food labels, have attention to details, and be comfortable in warehouse temperatures. These requirements are extremely similar to life on a ship as we do these things every time we store ship.

However, it is the responsibilities that make this job worthwhile. As warehouse assistants, volunteers are on the front lines of food safety and it is their job to ensure that only foods



These Royal Canadian Navy personnel working at FMF Cape Scott, volunteered their time at Feed Nova Scotia. From left to right: PO2 Mark Goodine, MS Sheldon Feltmate, LS Elliot Keeping, LS Jake Haybecker, MS Stan Parker, MS Daren Gilbert, LS William Bonvie, CPO2 Todd Wall, LS Danica O'Regan, LS John Brooks, PO1 Dany Girard, MS James MacIntyre, and MS Mitchell Sheppard.

that are safe for consumption make it out of the warehouse and into the hands of the public.

These responsibilities include ensuring that the food is not expired

and that any packaging has not been ripped or broken. This includes making sure that cans are not dented on the seams and that bags or inner liners are whole. It is also the respon-

sibility of the volunteers to ensure that the food items are sorted according to the specific categories that the food bank maintains and that none of the boxes are over the safe weight for a single person to lift. The last responsibility of the volunteers is to help the staff fill orders that will be sent throughout the province to the various dispersal locations.

There are also a few times a year that the food bank needs extra help and FMF Cape Scott is there to help. The busiest of these times is during harvest when the food bank receives fresh produce donated from the local farms. This produce is received in bulk and it is up to the volunteers to ensure that it is of good quality before being packed into smaller boxes to be distributed.

The second time of year when the food bank needs the most help is during the holiday season. This is because of the large push that the food bank put on to ensure that people have food during the holidays, this in turn requires the assistance of numerous volunteers to sort, pack and send out the food in a timely manner.



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Canada-led CTF 150 mission starting off strong

By Lt(N) Linda Coleman,
Public Affairs Officer, CTF 150

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

It had been a day of anticipation for the 38-member contingent of combined CAF / Department of National Defence and Royal Australian Navy (RAN) personnel after several months of preparations and training. “I’m excited beyond words to take command of CTF 150 and have the opportunity to work with a group of talented and professional men and women from Canada and Australia,” said Cmdre Garnier during the change of command ceremony.

“Maritime security and our contribution to this mission are extremely important to the CAF and Australian Defence Force. We’re carrying on a legacy of professionalism and hard work to help ensure the sea lines of communication remain open to commerce in a very challenging part of the world. The legitimate global trade that Canada and the world depend on for their respective economies must be able to proceed without the threat of terrorism or exploitation for illegal activities. It’s an exciting time to be at CTF 150.”



Commodore Darren Garnier, Commander CTF 150, and supporting members of the Canada-led CTF 150 Task Force meet with the Royal Oman Navy in Muscat, Oman on December 30, 2018.

CTF 150 PUBLIC AFFAIRS

It certainly has been exciting. Within the first three days of Cmdre Garnier’s command, HMS *Dragon*, a Type 45 destroyer operating under

CTF 150, conducted a drug seizure on December 8. The ship found and destroyed more than 500 kg of drugs, including nearly 200 kg of heroin and

nine kg of crystal methamphetamine.

Less than a week later, on December 14 and 15, HMS *Dragon* conducted two more boardings, which resulted in the largest drug haul in CMF history, seizing and destroying nearly 10,000 kg of illegal narcotics from two different dhows – a traditional sailing vessel used in the Arabian region.

Then on December 21 and 23, Her Majesty’s Australian Ship *Ballarat* seized and destroyed more than 900 kg of heroin during two separate boarding operations while under CTF 150 command.

“It’s been an incredible first three weeks of command. The CTF 150 headquarters and the ships operating under our command are making an outstanding contribution in deterring and denying terrorist activities on the high seas,” said RAN Captain Leif Maxfield, CTF 150 Deputy Commander and Chief of Staff. “This is a team effort, and our success demonstrates the value of international naval partnerships and CMF coalition efforts in the region.”

To date, ships operating under the Canada-led CTF 150 Task Force have seized approximately 12,000 kg of illegal narcotics in the Arabian Sea and Indian Ocean.

“Had CTF 150 not intervened, the profits of the drugs sold would have benefited organized crime and terrorist networks. This is hugely important work,” added Cmdre Garnier.

Over the past month, CTF 150 also commenced its regional engagement program with visits to the Royal Bahrain Navy, the Royal Oman Police Coast Guard, and the Royal Oman Navy, including their new state-of-the-art Maritime Security Centre, highlighting impressive growth in regional capacity. The purpose of the visits was to establish important points of contact. Strengthening relationships with regional navies improves interoperability and allows CTF 150 to build trust, share information, and remain engaged in regional efforts and challenges.

CTF 150 is a Task Force under CMF, which is a naval coalition of 33 partner nations that promotes security and stability in international waters of the Middle Eastern region. 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 ship in some of the busiest shipping lanes in the world.

This current combined Canadian/Australian CTF 150 Task Force joins over 100 coalition personnel currently supporting CMF in Bahrain. For Canada, this deployment is part of Operation ARTEMIS, the CAF’s ongoing contribution to counter-terrorism and maritime security operations in the Middle Eastern and East African waters.



HMS Dragon and ship’s company with the drug haul from December 15, 2018 – the largest in CMF history.

ROYAL NAVY PUBLIC AFFAIRS.



Wreaths Across Canada ceremony honours veterans

By Nova Scotia Chapter,
Wreaths Across Canada

On a bitterly cold Sunday in December 2018, with bagpipes playing, pairs consisting of a cadet and either a veteran or currently serving military member placed 115 balsam wreaths at the markers for Canada’s veterans at

Fairview Cemetery in Halifax. Inspired and modeled on a similar program in the United States, the Wreaths Across Canada program is meant to inspire Canadians to make a personal connection with our veterans. Taking place on the first Sunday in December, the initial Wreaths Across Canada Service of Remembrance was

held at Mount Pleasant Cemetery in St. John’s NL, with the inaugural National Service being held in 2011 at the National Military Cemetery, Beechwood Cemetery in Ottawa. Following on, chapters were established across the country with Halifax being the most recent. As Nova Scotia Chapter President, CPO1 Craig Mac-

Fadgen stated, “Whereas Ottawa typically will place 4000 wreaths, it is our intent to grow with each subsequent year spreading East and West across the province.” Wreaths Across Canada is a registered charity. The public can donate and learn more about the program online at <http://wreathsasscanada.ca>

RCAF Airwomen planning June reunion

By The Aurora

Thousands of Canadian women served in the Second World War: there were 4,480 Nursing Sisters and, in 1941, the Royal Canadian Air Force’s women’s division was created. There were 50,000 women in the Canadian Armed Forces, of which approximately 17,000 served in the RCAF, working in both traditional and non-traditional trades. In 1951, the Canadian government declared women would be recruited into the RCAF, as it needed greater numbers of personnel because of the construction of three radar lines across the country: the Distant Early

Warning Line, the Mid-Canada line and the Pinetree line. July 3, 1951, the first 80 enlisted women arrived for basic training at St. Jean, Quebec. By 1953, the number of women had increased to 3,133 and, by 1955 the number had dropped to 2,903. By the early 1960s changes in radar technology meant the RCAF’s personnel needs had dropped considerably and it decided to stop recruiting women. In 1960, there were over 2,800 women, in 1962 there were 2,024, in 1963 there were 1,830 and in 1966 there were only 530 women left in the RCAF. In 1958, there were 63 trades open to women; by 1963, there were only 13 trades open to women. In 1967, the Army,

Navy and Air Force were unified. One day in Vancouver in 1988, Diane White and Shirley Duff met at a department store “by chance” and made a luncheon date to talk over old times. During that luncheon, they thought it would be a great idea to hold a reunion of all airwomen from the 1951 to 1966 era. They set about planning a reunion and held a very successful one in Vancouver in June 1990, attracting women from all across Canada, the United States and Mariana Islands. A second reunion was held in Ottawa in June 1993. After that, it became a periodic occurrence. These RCAF Airwomen reunions have attracted anywhere from 200 to 450

ex-airwomen and a good time is had by all, renewing old friendships and making new ones. Reunions continue every second year. The next reunion is June 7 to 9 at the Marriott, 100 Kent Street, Ottawa. Visit www.rcfairwomen.ca to join and register for the reunion. You’ll also receive our monthly newsletter. If you were a member of the Royal Canadian Air Force’s women’s division, or an airwoman in the Canadian Armed Forces, retired or not, you may join the RCAF Airwomen. Get to know many of the ladies who lived history, including Second World War veterans, and hear from women in active roles in today’s RCAF.



Government of Canada
Gouvernement du Canada

VETERAN FAMILY PROGRAM

For Medically Releasing CAF Members, Medically Released Veterans and their Families



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The Veteran Family Program supports medically releasing Canadian Armed Forces members, medically released Veterans and families. If you are transitioning visit your local Military Family Resource Centre, CAFconnection.ca, or call the Family Information Line at **1-800-866-4546**.

Ce programme appuie les militaires en voie de libération pour des raisons médicales, les vétérans libérés pour des raisons médicales et leur famille. Si vous êtes en transition, visitez **ConnexionFAC.ca** ou votre centre de ressources pour les familles des militaires, ou appelez la Ligne d'information pour les familles au **1-800-866-4546**



Military Family Services Program



Programme des services aux familles des militaires

163002



Rejoignez-vous à l'équipe de l'ARC

Par Major Jim Hutcheson,
l'organisation du directeur du personnel de la Force aérienne.

Vous étiez militaire de l'Aviation royale du Canada ou vous connaissez quelqu'un qui l'était?

L'équipe de la Force aérienne cherche activement d'anciens membres du personnel de l'ARC qui, grâce à leur formation et à leur expérience militaires, pourront contribuer immédiatement au renforcement des capacités aériennes et spatiales du Canada.

Les anciens militaires sont inestimables, puisqu'ils sont en mesure d'agir comme formateurs et mentors de la prochaine génération d'aviateurs de l'ARC. De plus, les connaissances et perspectives qu'ils ont acquises dans le cadre des emplois qu'ils ont occupés après leur carrière militaire peuvent se révéler très utiles pour augmenter l'efficacité des opérations de la Force aérienne.

Tout en maintenant et en modernisant ses capacités actuelles, l'ARC élargit également ses activités, notamment en ce qui concerne les aéronefs télépilotés et les opérations spatiales. Grâce à leurs compétences, leur leadership, leur maturité et leur expérience, les anciens militaires de l'ARC peuvent contribuer de façon considérable à cette entreprise.

L'ARC a mis sur pied une équipe dont le travail vise précisément à faciliter le réenrôlement d'anciens militaires de la Force aérienne. L'Équipe d'attraction et de liaison de la Force aérienne (EALFA), située à Ottawa, collabore étroitement avec le Groupe du recrutement des Forces canadiennes et les gestionnaires de carrières pour simplifier le processus de réintégration. L'EALFA peut aussi être appelé à fournir du soutien et des conseils personnalisés dans chaque dossier, veillant ainsi à ce que le processus se déroule aussi harmonieusement et rapidement que possible.

Il existe de nombreuses raisons pour lesquelles les anciens militaires de l'ARC peuvent envisager de réintégrer l'organisation comme réguliers ou réservistes : sécurité et stabilité d'emploi, rémunération et avantages

sociaux concurrentiels, milieu axé sur le travail d'équipe, possibilité de jouer un rôle utile dans la société canadienne et dans le reste du monde, programmes de soutien individuel et familial, plaisir de participer à des opérations et de travailler à l'aide d'équipement aérospatial de pointe, sécurité d'une pension plus élevée, horaire souple (possibilité de travailler à temps plein ou à temps partiel), etc.

Certaines de ces raisons vous semblent attrayantes? Ou peut-être avez-vous vos propres motivations? Quoi qu'il en soit, si vous joindre de nouveau à l'équipe de l'ARC vous intéresse ou peut intéresser quelqu'un que vous connaissez, visitez le site Web sur le réenrôlement dans l'ARC (<http://www.rcaf-arc.forces.gc.ca/fr/reenrolement.page>) ou communiquez avec l'EALFA :

officiers

courriel : AFILT-EALFA@forces.gc.ca
téléphone : 1-877-877-2741

militaires du rang

courriel : AFILT-EALFA@forces.gc.ca
téléphone : 1-866-355-8195

Rejoin the RCAF team

By Maj Jim Hutcheson,
Directorate of Air Personnel

Are you a former member of the Royal Canadian Air Force, or do you know someone who is?

The Air Force Team is actively seeking to attract former members who can make an immediate contribution to Canada's air and space capabilities based on their previous RCAF training and experience.

Re-enrollees are also invaluable in the training and mentoring of the next generation of RCAF aviators. Furthermore, the fresh knowledge and perspectives gained from their subsequent non-military employment can also greatly enhance Air Force operations.

While maintaining and modernizing existing capabilities, the RCAF is also expanding into new roles, including remotely piloted aircraft and the domain of space operations. The skills, leadership, maturity and experience of those with previous RCAF service can make a dramatic contribution to this effort.

The RCAF has a specific team that is dedicated to facilitating the re-enrollment of former Air Force members. The Air Force Intake and Liaison Team (AFILT), based in Ottawa, works closely with Canadian Forces Recruiting Group and Career Managers to streamline the re-entry

process. In addition, they can provide individualized support and guidance to each re-enrollee's file, ensuring that the process is as smooth and timely as possible.

There are many reasons why former members may consider rejoining the RCAF Team as a Regular or Reserve member.

You may consider job security and stability, better pay and benefits, a team-oriented working environment, making a meaningful contribution to Canada and the world, improved individual and family support programs, the excitement of operations and working with leading-edge aerospace equipment, the lifetime security of an increased pension, the flexibility of full or part-time work...

You may recognize some of these reasons, or have reasons of your own. If rejoining the RCAF Team sounds interesting to you, or may sound interesting to someone you know, check out the RCAF re-enrollment website (<http://www.rcaf-arc.forces.gc.ca/en/re-enrollment.page>) or contact the Air Force Intake and Liaison Team:

Officers

Email: AFILT-EALFA@forces.gc.ca
Phone: 1-877-877-2741

Non-commissioned members

Email: AFILT-EALFA@forces.gc.ca
Phone: 1-866-355-8195



Cpl Trina Kozlik, an aircraft structures technician, rivets the exterior of the tail end of a CT-114 Tutor aircraft at the Aerospace Engineering Test Establishment at Cold Lake, Alberta. La caporal Trina Kozlik, technicienne en structures d'aéronefs, rivette l'extérieur de l'extrémité arrière d'un aéronef CT-114 Tutor au Centre d'essais techniques (Aérospatiale), à Cold Lake, en Alberta.

PTE KATHRYN POUDRIER

A Remembrance road less traveled

By Peter Mallett,
The Lookout Staff

A Nova Scotia photographer who captured images of Europe's most famous battle sites wants her work to be a permanent reminder of the horrific human cost of war.

Justine MacDonald, a self-described former military brat, says the inspiration and vision for her newly released pictorial book *Remembrance Road: A Canadian Photographer's Journey Through European Battlefields* draws heavily from growing up on Canadian Forces bases in the 1980s.

"Not every military child develops an interest in military history, but I did. I think my interest in history in general and my love of travel mixed with my family background led me to this point," says the 40-year-old resident of Annapolis Valley. "A better photographer now than when I visited these sites with my family as a young adult, I wanted to return and re-photograph them – to try and do the sites justice and share the experience with those who are unable to make the journey themselves."

Her parents met in Cyprus in the mid-1970s while her father, Stephen MacDonald, was part of the Canadian Army's United Nations Peacekeeping mission, and her mother, Moira, was a Leading Aircraft Woman with the Women's Royal Air Force.

When they married and returned to Canada, her father transferred to the Royal Canadian Air Force, working as a flight engineer before eventually retiring as a Sergeant at 14 Wing Greenwood in 2002. Prior to that, the family lived on military bases in Cold Lake, where Justine was born, Winnipeg, and Geilenkirchen, Germany.

Though never a member of the military herself, MacDonald had a front row view of life on military bases at the end of the Cold War. She says those experiences had a lasting impact and spurred her interest in travel, writing and photography.

"It piqued my interest and I never would have had this experience if my

father was not posted to Germany," she says. "When I was younger, we observed Remembrance Day in a Commonwealth Graves Cemetery and attended the Nijmegen March [in Holland], and I think that was the start of it."

Remembrance Road is based on MacDonald's tours of battle sites, cemeteries and monuments in Western Europe in 2001 and 2017. It features a combination of black and white and colour imagery, and short essays organized chronologically.

She began as a hobbyist photographer, but after years of experimentation she learned to use her camera to create photographic art with each image offering a deeper message.

She references an image taken at Tyne Cot military cemetery near Ypres, Belgium, in 2017 entitled Countless.

"The photo is filled with headstones from corner to corner as if they go on forever. The headstones in the first few rows of the photograph are nameless, blank, as just a small portion of the bodies buried in that cemetery were ever identified. Out of all the images this one I feel best represents the First World War for me."

Other favourites include *Ghosts of Flanders* shot in black and white in 2017 at a cloth market in Ypres, Belgium, that was destroyed during the war and now houses the Flanders Museum. The symmetry of the bricks and arching architecture enhance the contrast of a narrow corridor in the centre of the photo that features a ghost-like figure off in the distance.

Trench Warfare was shot in colour and is more direct and in your face. It depicts a muddy, flooded out trench that has been preserved at Sanctuary Wood Museum. MacDonald says it drives home the point about the terrible living conditions and harsh weather conditions soldiers faced.

She became fully focussed on photography approximately 10 years ago and advanced her skills through practice, YouTube videos and attending photography workshops in Nicaragua (2014), Turkey (2015), Morocco (2015) and Jordan in November (2018).

To pay for her hobby she has two jobs: an administrative assistant at Nova Scotia Community College, and as a file clerk the Victorian Order of Nurses.

"People have found the photographs striking and educational, giving them a unique perspective on what they may have only seen

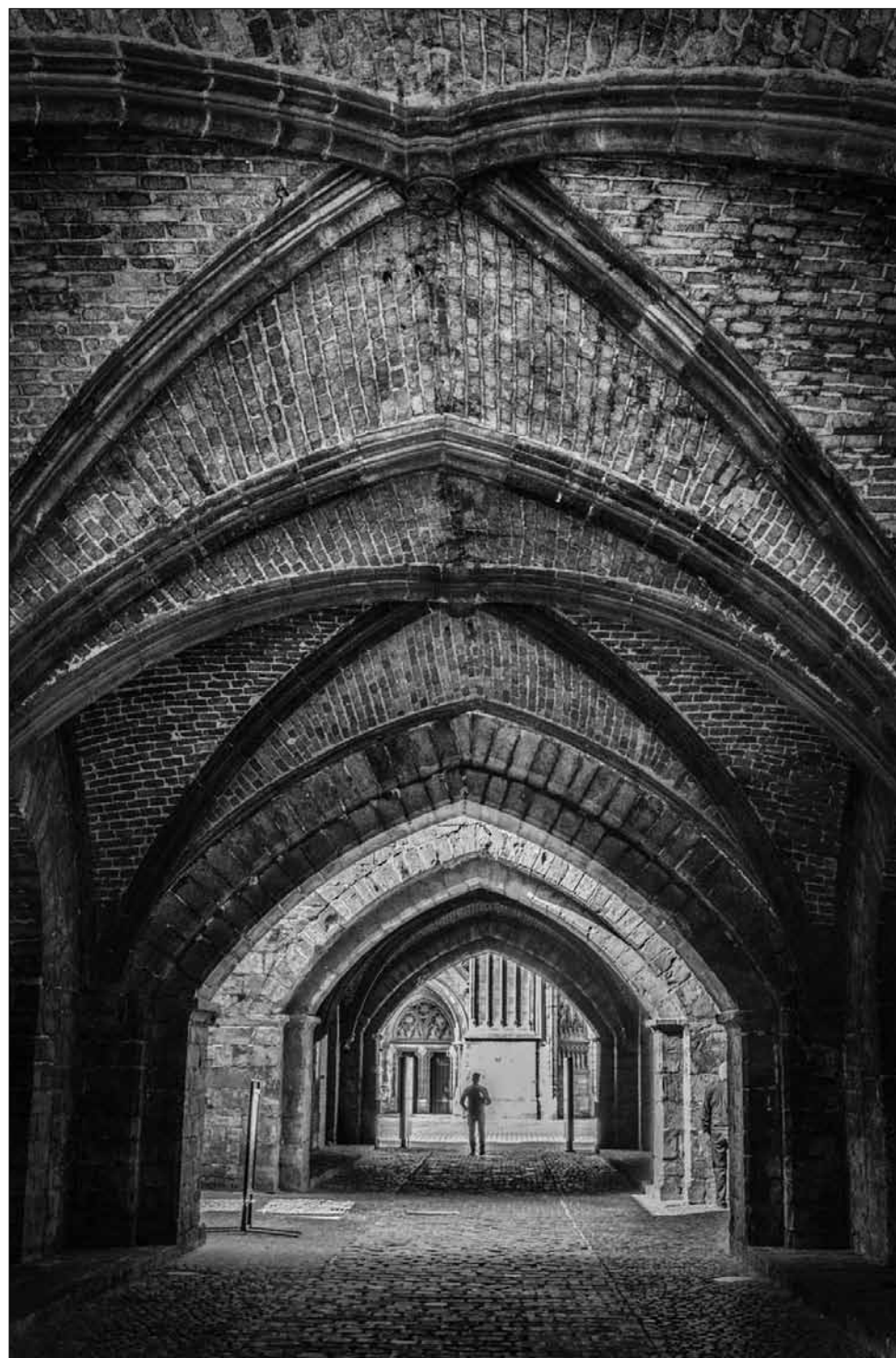
through text books," says MacDonald. "I'm glad to be able to offer more context."

Remembrance Road is published by SSP Publications, a small Halifax-based publisher, and is available for purchase at <http://sspub.ca/book-remembrance-road.html> and in Indigo, Chapters and Coles locations.



Justine MacDonald

SUBMITTED



This photo is titled *Ghosts of Flanders*.

JUSTINE MACDONALD

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Tears and cheers as HMCS *Toronto* departs for Op REASSURANCE

By Ryan Melanson,
Trident News

Despite it being a weekend morning, HMC Dockyard was crowded on January 19 with the sailors of HMCS *Toronto*, along with their family members, friends and colleagues on hand to see the crew off as they sailed for a six-month deployment to the Mediterranean sea as part of Operation REASSURANCE.

The mission, which will see *Toronto* join NATO allies as part of Standing NATO Maritime Group 2, has a goal of reinforcing NATO's collective strength in Central and Eastern Europe and assuring allies in the region that NATO is dedicated to maintaining security and stability in the face of Russian aggression and other threats.

RADM Craig Baines, Commander MARLANT and JTFA, said he's been impressed by the crew of *Toronto* recently as they've worked overtime to ensure their weapons, communications, radar and engineering systems are all operating at full tilt ahead of their departure. He's confident the ship is fully prepared for what's ahead.

"This is Canada's continuous support to our NATO allies in the European theatre, and I know *Toronto* is ready to take up that mantle," he said.

"The ship has had a very ambitious program over the last six months leading to this, and now they're going to have a very interesting mission downrange. I know they'll make the most of it, and I know they'll make their country proud."

Leaving with *Toronto* was also the second ever RCAF air crew to deploy on a ship with the new CH-148 Cyclone, Canada's replacement for the long-serving Sea King helicopters. And in a grand gesture of support for



HMCS *Toronto* departed Halifax for a six-month deployment to Op REASSURANCE on January 19.

MONA GHIZ, MARLANT PA

their colleagues, the ship was given a flypast from six additional Cyclones as it sailed out of the harbour, providing a show for both the crew and the many friends and family at the jetty.

Col Sid Connor, Wing Commander 12 Wing Shearwater, where the air detachment is based out of, said the initial Cyclone deployment was a success for the new platform, and that the airmen and women from 423 Squadron already have a lot to be proud of as they send out their second crew.

These first Cyclone deployments will help set standards and precedents that will guide future air crews for years to come, and this particular helicopter will allow *Toronto* to operate much more effectively over the next six months.

"We're giving the ship's captain the ability to see further. As they fly further ahead, they can sense what's out there, whether it's above water or below water, and they can give the crew the information they need about

any potential adversaries," Col Connor said.

"It flies faster, it goes further, it has better sensors and it's capable of conducting more missions. It's an all-around better capability."

Of course, leaving home for this type of extended deployment is difficult for sailors and their families, and departure ceremonies are never without sad moments and a few tears.

Continued on page 19



Col Sid Connor, Wing Commander 12 Wing Shearwater, speaks with members of HMCS *Toronto*'s air detachment prior to the ship's departure on the morning of January 19.

MONA GHIZ, MARLANT PA



LS Lyndon Eustache and his family prepare to say goodbye at HMCS *Scotian* prior to HMCS *Toronto*'s departure.

MONA GHIZ, MARLANT PA

Tears and cheers as HMCS *Toronto* departs for Op REASSURANCE

Continued from page 18

"You get used to it when you've been away from home before, but it doesn't really get easier. It's a hard day," said LCdr Anton Korets, the ship's Combat Systems Engineering Officer, who was saying goodbye to wife Gwyneth.

"There's no joy in leaving our loved ones behind, but the beginning of a mission is also an exciting moment," added Cdr Martin Fluet, *Toronto's* Commanding Officer, who said the coming days will help ease the pain of being away from families as personnel get into the swing of their busy program and time begins to fly by.

"The crew will be kept very busy. We'll have daily operations, lots of flight operations with the new he-

licopter, and many exercises with various navies; that will include Italy, Greece, Turkey and others."

In addition to the embarked Cyclone crew, *Toronto* also sailed with an Enhanced Naval Boarding Party from the Naval Tactical Operations Group (NTOG), who will provide the ship with enhanced protection and a stronger ability to board any suspicious or adversarial vessels. The team will also exercise extensively with allies to help build capability and share best practices.

The RCN has been supporting Op REASSURANCE since 2014 through the continuous deployment of one Halifax-class Frigate to NATO SNMG2 in the region. *Toronto* is expected to return to Halifax early in the summer.



Six CH-148 Cyclones from 12 Wing Shearwater provided a flypast for HMCS *Toronto* as she sailed out of Halifax Harbour.

MONA GHIZ, MARLANT PA

Like mother, like daughter: family members deploy together with HMCS *Toronto*

By Ryan Melanson,
Trident Staff

For most CAF members, separation from family and loved ones can be one of the most difficult aspects of a long international deployment. For two members of the crew of HMCS *Toronto*, however, an upcoming sail to Operation REASSURANCE will actually be a bit of a family reunion.

LS Melanie Shering, a Naval Combat Information Operator who's been with *Toronto* for nearly three years, was recently joined on board by the ship's new Imagery Technician, MCpl Manuela Berger, who also happens to be her mother. The pair departed Halifax along with the rest of the ship's company on January 19, and will be shipmates for the next six months in the Mediterranean sea.

"I know there are going to be other people crying and missing their family, and I'll have a piece of mine here with me, so I'm very lucky that way," MCpl Berger said.

While the family is originally from Ontario, she just recently joined Formation Imaging in Halifax after previously spending six years posted to 4 Wing Cold Lake, and with her daughter posted thousands of kilometres away on the east coast, they haven't often had a chance to see each other in recent years. MCpl Berger arrived in Halifax in the late fall, and they've had some time to catch up, but now that she's joined the crew of *Toronto* and gets to see her daughter in action, it's been hard not to have proud mom moments.

"I'm so proud. Just seeing the way she handles herself so professionally



LS Melanie Shering (right), an NCI Op aboard HMCS *Toronto*, is joined by her mother, MCpl Manuela Berger, who is also the ship's new image tech. Both are deploying for six months to the Mediterranean Sea as part of Operation REASSURANCE.

MONA GHIZ, MARLANT PA

on the ship, and the things I've heard from people who work with her, it's been awesome," she said.

"She's also been instrumental in helping me get settled into the Navy way, meet people on the ship and learn little trips and tricks."

MCpl Berger has served off and on since 1982 in both Reserve and Regular Force roles, while LS Shering was sworn into the CAF in 2013. LS Shering said her inspiration to pursue the Navy route came during a visit to HMCS *Montreal* while the ship was in *Toronto* for the RCN's annual Great

Lakes Deployment.

"I knew I wanted into the Forces, but I really didn't know which direction I wanted to go in," she said.

"My mom thought taking me on a warship would turn me off from the Navy, but it actually did the complete opposite. I loved it right from the beginning."

They say that aside from a bit of friendly teasing, their shipmates and messmates have been fully supportive since MCpl Berger joined the crew, and that the command team, including Commanding Officer Cdr Martin

Fluet, have remarked on how interesting it is to have the family element on board. It hasn't been confirmed if they're the first mother/daughter pair to deploy together on a Canadian warship, but it's a unique and unlikely scenario regardless.

While they're certainly looking forward to port visits and other chances to spend time together, they both stressed that the mission comes first. MCpl Berger said she's excited for the change of scenery and different tasks after spending six years working with the RCAF, and LS Shering, who said she enjoys being in the hard sea trade of NCI Op, added she's most looking forward to working with NATO allies in the Mediterranean.

"We're going to be working with a lot of different Navies, and I always enjoy that. It's fun to see how they do things, where the differences are, and find ways that we learn from each other."

MCpl Berger said she'll still be missing her other daughter and her son while deployed, and that there may even be a bit of jealousy from those family members who remain on land. LS Shering's twin sister is also hoping to soon complete her Basic Training and is eyeing an RCAF trade, meaning the CAF element of their family may get larger in the future.

For now, they'll enjoy the experience of deploying together in support of the NATO mission in the Mediterranean, and any extra family time will be an added bonus.

"This is pretty special, and I'm looking forward to every aspect of it," MCpl Berger said.

TRIDENT Sports

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



PSP Fitness and Sports Instructor Caleb Howitt (third from left) leads a lunchtime Tactical Athlete Conditioning class, which is a new offering from PSP and one of the classes included in the Winter Boot Camp Challenge.

RYAN MELANSON, TRIDENT STAFF

Get fit for 2019 with Winter Boot Camp Challenge

By Ryan Melanson,
Trident Staff

As the new year resolutions begin to fade and the February blues start to kick in, keeping up with your fitness routine can be even tougher than usual. For those looking to push themselves and go hard at the gym through the winter, PSP Halifax Fitness and Sports staff are challenging personnel to take part in the Forces in Training: Winter Bootcamp Challenge.

The goal is to attend 15 PSP Forces in Training (FIT) classes over the next month; those who complete the challenge will get a free Dri-Fit t-shirt, and will also be entered into a draw for a larger grand prize.

Credits can be earned by participating in any FIT class, including Yoga, Spin, Force Prep, TRX, Step Aerobics, and others. Those looking for an extra challenge are also encouraged to try the new Tactical Athlete Strength and Tactical Athlete Conditioning classes offered at

the Fleet Fitness and Sports Centre. The classes incorporate a number of different movements and exercises through the hour, taking a scientific approach to determine the type of training most beneficial for military members. The program is currently running as a six-week trial, and is likely to continue beyond that, introducing new exercises and modalities in the future.

"We think of military members as athletes, rather than as bodybuilders, so they need a well-rounded fitness

program, rather than a specialization in one area," said Fitness Coordinator Lucas Hardie.

The Winter Boot Camp Challenge runs from January 28 to February 28, and those registered must attend 15 classes during that time period to earn their free Dri-Fit shirt. To register, contact Lucas.Hardie@forces.gc.ca for the Dockyard, or Ashley.Stewart2@forces.gc.ca for Shearwater. Full FIT class schedules are available at <http://cafconnection.ca/halifax>



Sports potpourri trivia

By Stephen Stone

Questions

1. Who was the most recent major league pitcher to hit an inside the park grand slam?
2. In 1965 major league baseball held its first draft of high school and collegiate baseball players. Who did the Kansas City Royals choose with the very first pick?
3. Before the merger of the NFL and the AFL, which team won the most NFL championships?
4. Which team recorded 2 consecutive shut-outs in the NFL Championship game?
5. Which teams competed in the 2nd NFL sudden death championship game?
6. Here is the gift...Which NFL team is the only team to cap a perfect season by winning the Super Bowl?
7. Who is the most recent player to hit at least one home run in 8 straight games in Major League Baseball?
8. Who is Major League Baseball's charter member of the 40-40 club?
9. The Juice is the Buffalo Bills all-time leader in yards gained by the rush. Who is the former CFL All-Star who holds the Bills' 2nd place rushing spot?
10. Which team was the only team to win 3 consecutive championships twice?
11. Which team was the last to win the Ed Thorp Memorial Trophy as NFL Champions?
12. Who was/is the most recent pitcher to hurl a no-hitter in major league playoffs?
13. Who was the 3rd out in the only perfect game, so far, in the World Series?
14. Who is the most recent player to record an unassisted triple play in major league baseball?
15. Who was the first ice hockey goalie to wear a mask in the Olympic games?
16. Who is the most recent jockey to ride a triple crown winner?
17. Which horse is the first to win the triple crown with an undefeated record?
18. Which team suffered the greatest loss in the NFL Championship game?
19. This Broadway Joe holds the old AFL record for yards passing in a season. Who was the Bright Light that won the Super Bowl for the Jets?
20. Who was the coach for all four Buffalo Bills Super Bowl Loses?

Answers on page 22

HMCS York sailor nominated for CISM Athlete of the Year

By Ryan Melanson,
Trident Staff

Fresh off a recent gold medal win at the 2018 World Military Taekwondo Championships, the RCN's own AB Yvette Yong has now been nominated as the world's top military athlete for 2018.

The CISM Athlete of the Year award, presented by the International Military Sports Council (CISM), is meant to recognize the year's most significant sporting performance, along with the promotion of CISM military values and the enhancement of the organization's visibility. Along with excelling in sport, consideration is given to factors like fair play, discipline, and respect. All of the eligible athletes are active duty military members from different countries around the world.

AB Yong, a sailor with HMCS York in Toronto, is no stranger to competing at the highest levels of Taekwondo, having previously represented Canada multiple times at the Taekwondo World Championships and Pan American Championships, among other competitions, but her latest accomplishments have taken her to new heights. Her gold medal at the 2018 World Military Championships, won for the third time, along with a Pan American gold earlier in 2018, have led to her now being ranked #1 in the world at the -46kg weight class. She'll be back to competition soon, and currently has her sights set on the 2020 Olympic Games in Tokyo, Japan.

"I am so grateful to have been identified as an athlete promoting CISM values in and out of sport and military. As I travel the world for many competitions, one of my proudest identities is as a member of the Canadian Armed Forces," AB Yong said in a news release. The winner of the CISM Athlete of the Year award will be announced in the coming months, with voting having closed on January 16.

While she spends a lot of time away from Toronto in her role as a military athlete, AB Yong performs military duties, including search and rescue

missions, while on duty with HMCS York, and has also been credited with teaching Taekwondo and leading fitness lessons with her shipmates.

AB Yong 2018 Achievements:

- 2018 World Taekwondo Ranking #1
- 2018 Pan American Championships – Gold Medal
- 2018 Belgium Open – Gold Medal
- 2018 German Open – Gold Medal
- 2018 Pan American Open – Silver Medal
- 2018 WT President's Cup – Silver Medal
- 2018 U.S. Open – Bronze Medal

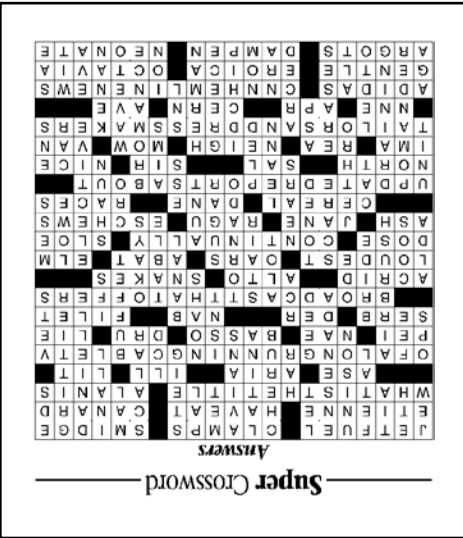
AB Yvette Yong, a member the Naval Reserve Division HMCS York, has been nominated for the CISM Athlete of the year 2018 Award for her international taekwondo accomplishments.

RCN



AB Yong most recently won her third World Military Taekwondo gold medal at the 2018 CISM Taekwondo Championship, which took place in Brazil from November 27 to December 3.

CISM



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Fitness and sports updates

By Trident Staff

The FORCE Rewards Program is designed to recognize CAF personnel who achieve high levels of health-related fitness and operational readiness on their FORCE Fitness Profile, as part of their annual FORCE Evaluation. In line with the CAF objective of maintaining high levels of health-related fitness and operational readiness, this program is being implemented to motivate CAF personnel to pursue physical activity while recognizing those who achieve excellence. FORCE Program location: Fleet Gym location, D216, Mondays, 10 a.m. and Tuesdays, 1:30 p.m. HMCS *Scotian* location: Fridays, 10 a.m. and 1:30 p.m.

Has competing a triathlon been on your bucket list? Don't know where to start? Join the Navy Tridents Triathlon Club. Membership is \$50 for military members and their families, \$60 for DND employees and their families, and \$65 for civilian friends. Contact club president Lt(N) Sam Kehler at samuel.kehler@forces.gc.ca or search Navy Tridents Triathlon Club on Facebook. Stay tuned for announcements for our race in early June with distances for all abilities.

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

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

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

Sports potpourri trivia

Questions on page 21

Answers

1. Mel Stottlemeyer. Pitching a complete game for the Yankees, he hit his grand salami on July 20, 1965 against the Boston Red Sox of Bob Monbouquette in the 5th inning. The Yankees won, btw.
2. Rick Monday. Coincidentally, the Mets in round 10 picked Nolan Ryan
3. The Green Bay Packers won 11 of the 50 NFL championships
4. The Philadelphia Eagles 1948; 1949. In 1948 they beat the Chicago Cardinals 7-0 and in 1949 they defeated the L.A. Rams 14-0
5. New England Patriots 34 – Atlanta Falcons 28 in Super Bowl LI. James White scored on a 2 yd run
6. 1972 Miami Dolphins – winners of Super Bowl VII
7. Ken Griffey, Jr. He hit a solo shot against the Yankees in New York on July 20, 1993 and hit one in the eighth straight game against the Twins in Seattle on July 28
8. Jose Canseco hit 40 home runs and stole 40 bases in 1988 becoming the first to do so.
9. Carlton Chester “Cookie” Gilchrist.
10. The Philadelphia Eagles in 1929-1931 and 1965-1967
11. The Minnesota Vikings in 1969.

There are replicas of the trophy in the respective teams' display cases but the original trophy has disappeared.

12. Roy Halladay of the Phillies against the Cincinnati Red October 6, 2010 in game 1 of the National League Division Series
13. Dale Mitchell was called out on strikes. He was batting for Dodger pitcher Sal Maglie. In 4358 major league plate appearances, he struck out only 119 times. No wonder he was called on to pinch-hit. He claims the called 3rd strike wasn't.
14. Eric Bruntlett, Philadelphia Phillies versus New York Mets, 9th inning, 8-23-09
15. Teiji Honma, playing for Japan in 1936. He used a mask similar to a baseball catcher's mask
16. Mike E. Smith
17. Seattle Slew – 1977
18. The Washington Red Skins suffered a humiliating 73-0 defeat, being mauled by the Chicago Bears in the 1940 NFL championship game
19. Joe Namath
20. Marv Levy. Despite this, he did lead the Bills to 6 division titles. He and Bud Grant are the only 2 coaches to appear in a Grey Cup game and the Super Bowl. He won the Grey Cup twice with the Alouettes.

WINTER BOOT CAMP CHALLENGE

Attend **15 PSP FITNESS CLASSES** between 28 January and 28 February and earn a **FREE DRY-FIT T-SHIRT!**

Complete the challenge to be entered into a **Grand Prize Draw.**

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Super Crossword

THE LATEST FASHION

ACROSS

- 1 Stuff pumped into a 747
- 8 Bracing devices
- 14 Teeny bit
- 20 "Stephen," to the French
- 21 Rip into
- 22 Untrue rumor
- 23 Start of a riddle
- 25 "Ironie" singer Morissette
- 26 Enzyme name ender
- 27 Solo for a 41-Across
- 28 Not feeling well at all
- 30 Set aflame
- 31 Riddle, part 2
- 39 Shar- --
- 40 No, to Burns
- 41 Certain opera singer
- 42 Actress Joanne
- 43 Bit of slander
- 44 Neighbor of a Croat
- 46 The, to Josef
- 48 Apt rhyme of "grab"
- 50 -- -O-Fish (McDonald's sandwich)
- 52 Riddle, part 3
- 59 Very pungent
- 61 Certain opera singer
- 62 Adders, e.g.
- 63 Most blaring
- 66 Sculling tools
- 68 As blind as --
- 69 Elegant tree
- 72 Pharmacy amount
- 73 Riddle, part 4
- 76 Blackthorn
- 77 Fire residue
- 78 Lady Grey
- 79 Sauce brand since 1937
- 80 Stays away from
- 82 Total or Life
- 84 Neighbor of a Swede
- 86 Goes fast
- 87 Riddle, part 5

- 93 NATO part
- 94 Mineo of "Tonka"
- 95 Knighted one, e.g.
- 96 Pleasant
- 99 The Beatles' "-- Loser"
- 100 "Citizen X" actor Stephen
- 103 Equine noise
- 107 Do a lawn chore
- 109 Relo vehicle
- 110 End of the riddle
- 115 Dir. from Del. to Vt.
- 116 Busy mo. for a CPA
- 117 Big particle physics lab in Switz.
- 118 "Hail, Nero!"
- 119 Big name in sneakers
- 121 Riddle's answer
- 128 Lenient
- 129 Beethoven's Third, familiarly
- 130 Mark Antony's wife
- 131 Local lingoes
- 132 Wet slightly
- 133 Wee baby

DOWN

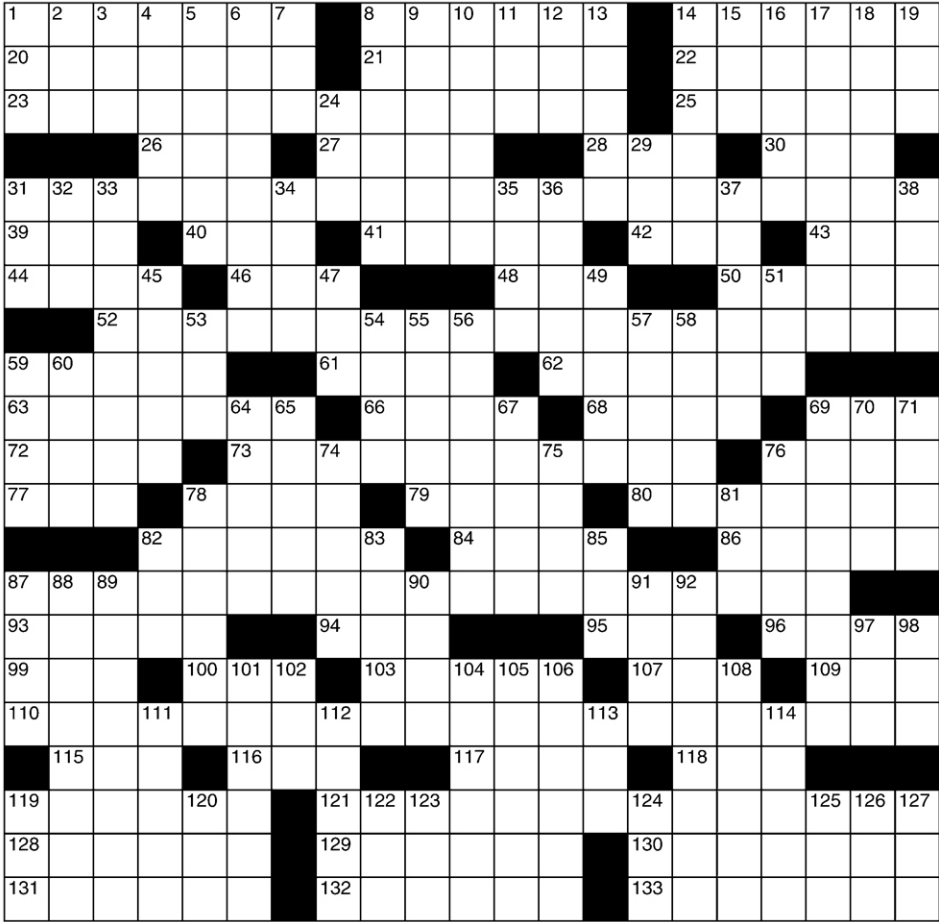
- 1 Seder celebrant
- 2 Ordinal number ender
- 3 Carrere of "True Lies"
- 4 Beyond embryonic
- 5 Oneness
- 6 Baja California resort port
- 7 Permit to
- 8 Biblical angel
- 9 Chicana, e.g.
- 10 Many flying creatures
- 11 Got together
- 12 Compadre
- 13 "Shrek!" author William
- 14 Like time, speed and temperature
- 15 Bad, to Luc
- 16 Including everything

- 17 Author Steel
- 18 More sandlike
- 19 MS markers
- 24 "Yuk" relative
- 29 PC screen variety
- 31 Special -- (mil. group)
- 32 Toll, for one
- 33 Atomizer for spraying paint
- 34 Turned right on a horse
- 35 Has no life
- 36 -- Ark (biblical boat)
- 37 With 57-Down, supporter for a caterer's dishes
- 38 Pets' docs
- 45 Groom's partner
- 47 Microwave brand
- 49 Unoriginal
- 51 Indefinite things
- 53 Keats verse
- 54 Gobs
- 55 Railing locale
- 56 Hurricane relative
- 57 See 37-Down
- 58 Green-lights
- 59 Alan of "White Mile"
- 60 Doves' calls
- 64 Horrify
- 65 Reasonably muscular
- 67 Lactose, e.g.
- 69 Unrequired course
- 70 Rob of the Brat Pack
- 71 Disorder
- 74 Gets close
- 75 Mom or dad's sister
- 76 "Da Doo Ron Ron" singer Cassidy
- 78 -- Tull (rock band)
- 81 -- -Magnon man
- 82 Persian, e.g.
- 83 Country singer Rimes
- 85 Suffix with lion
- 87 Army group

- 88 Ball of perfume in a closet
- 89 Exhausting
- 90 Urged in defense
- 91 Intentions
- 92 Close friendship between guys
- 97 "Wheels"
- 98 Nav. officer
- 101 Expunges
- 102 African viper

- 104 Implant that helps in returning a lost pet
- 105 Athens' land
- 106 Husband of Lily Munster
- 108 Greet with a hand motion
- 111 Resulted in
- 112 Followed a curved path
- 113 Hit skit show since '75
- 114 "-- & Kel" (1990s teen show)

- 119 -- Khan
- 120 Height fig.
- 122 Hunters' gp.
- 123 -- de plume
- 124 Cyclotron bit
- 125 Actress Longoria
- 126 Apt humor
- 127 Letter encl. to facilitate a reply



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Ask the Expert: Exercise pills: are they real?

By Dr. Darrell Menard OMM MD, Dip Sport Med

Q: I've never been an enthusiastic exerciser but I've been physically active throughout my adult life. I heard someone on the radio discussing research on drugs that provide the benefits of exercise without having to move a muscle. Is this possible, and if so, are these products safe? - *Intrigued*

A: Dear Intrigued, bravo on staying physically active. Scientists are working hard to understand how we benefit from exercise on a molecular level. They have discovered that exercise triggers the production of substances that help the body build muscle, improve circulation and enhance muscle biochemistry. They have also discovered that they can synthesize these substances, so people can experience

the same benefits without losing one drop of sweat.

Currently there are at least 10 so-called exercise pills, and they work by a variety of mechanisms. None of these products are approved for human use but they are sold online to those who hope to benefit from them. It is important to note that these pills are designed to mimic the effects of exercise but none of them comes even close to providing the extensive number of benefits that physical exercise offers.

While exercise pills sound like a dream come true, they are far from it. The following are some of the concerns about using these products:

1. These substances have not been thoroughly tested to ensure they are safe for human use, and at least one of them has caused cancer in rats.

2. There is no reliable dosing advice available to those who buy these products online.

3. Physical activity is proven to be effective in preventing and treating many chronic medical problems such as diabetes, depression and osteoarthritis. No exercise pill provides all of these benefits.

4. These pills target muscle function and cardiovascular performance. They do not provide other important benefits of exercise, such as those related to mental health and bone strength.

5. Using these substances encourage people to be less active, which can increase the incidence of the chronic diseases; and

6. Social interaction and fun - I doubt they will ever design a pill that is as much fun as a game of ultimate Frisbee.

The bottom line: In the future, exercise pills may offer some benefits to people who are unable to exercise because of disease or disability. However, using these pills would be a giant step backwards for the able-bodied. The reality is that if you want to safely enjoy all the benefits of exercise, you need to stay physically active.

While medication isn't exercise, exercise continues to be medicine!

Dr. Menard is the Surgeon General's specialist advisor in sports medicine and has worked extensively with athletes from multiple sports. As part of the Strengthening the Forces team, he works on injury prevention and promoting active living.

Strengthening the Forces is the CAF healthy lifestyles promotion program providing expert information, skills and tools for promoting and improving CAF members' health and wellbeing.



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