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Volume 53, Issue 3

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# TRIDENT

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



## Working with RAPTOR

*From RAPTOR, the CH-148 Cyclone helicopter embarked in HMCS Toronto, OS Matthew Shinner is lowered to the ship's flight deck during training while on Operation REASSURANCE, January 23, 2019.*

MCPL MANUELA BERGER, FIS HALIFAX



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# HMCS *Ville de Québec* welcomed home after six months in Mediterranean

By Ryan Melanson,  
Trident Staff

After 190 days at sea and nearly 33,000 nautical miles sailed, HMCS *Ville de Québec* made its triumphant return home on January 19, with about 250 personnel ready to start the new year with friends and family after a long deployment.

The ship was participating in Operation REASSURANCE, which is Canada's contribution to NATO assurance and deterrence measures in the Mediterranean sea. The six-month sail included a number of operational patrols as part of Standing Nato Maritime Group 2 (SNMG2), interoperability training with partner navies, and participating in NATO exercises, including TRIDENT JUNCTURE in Norway, NATO's largest multinational exercise in years.

"I am incredibly proud of the hard work and accomplishments of the crew of HMCS *Ville de Québec* over the past six months. Since deploying in July 2018 as part of Operation REASSURANCE, we conducted highly effective patrols and participated in key NATO exercises in the Atlantic Ocean, the Mediterranean, and the Norwegian and North Seas," said Cdr Scott Robinson, the ship's Commanding Officer.

"On behalf of the entire crew, I extend a heartfelt thank you to the families of all our sailors, soldiers and aviators who supported us during this six-month deployment."

And hundreds of those family members were anxiously awaiting the ship's arrival at the jetty on the cold morning, with plenty of hugs, kisses and tears to go around as members of the crew began disembarking. The traditional first kiss lottery was won by MS Scott Chatterton, who was met on land by his wife Erin Dawe and his son Clarence.

"It was a good trip, but I'm happy



The same CH-148 Cyclone that accompanied *Ville de Québec* on its six-month deployment provided a flyover as the ship approached HMC Dockyard for its return home.

MONA GHIZ, MARLANT PA

to be home," MS Chatterton said to reporters on the jetty.

Op REASSURANCE deployments in the Mediterranean have been continuous for the RCN since 2014, with the NATO mission serving as a response to Russian actions in Ukraine at that time. This tenth rotation, however, had the added significance of being the first operational deployment for Canada's new maritime helicopter, the CH-148 Cyclone. Ships that previously deployed on Op REASSURANCE were accompanied by Sea King helicopter crews.

"We've had a chance to bring this modern tool to the fleet. It's the job we've been doing for years, but now we get to do it with equipment that's delivering real new capabilities to the ship," said Maj Erik Weigelin, the Commander of *Ville de Québec's* Helicopter Air Detachment. His crew was able to begin integrating the new aircraft with the Halifax-class frigate during the trip, as well as validating the interoperability of the new equipment with NATO allies and other partners at sea. They also began refining and improving existing tactics

and procedures to fit the Cyclone's advanced technology and capabilities.

In total, the 21-person Cyclone crew flew 185 sorties through the deployment, accumulating 525 hours of flight time.

"This deployment marked a historic moment for both the Royal Canadian Navy and Royal Canadian Air Force," Cdr Robinson added.

*Ville de Québec's* replacement on Op REASSURANCE, HMCS *Toronto*, departed Halifax on January 19, along with its own Cyclone crew, and has already joined NATO SNMG2 allies in the Mediterranean.



Some of the first sailors to disembark HMCS *Ville de Québec* make their way down the gangway to meet friends and family.

MONA GHIZ, MARLANT PA



MS Joseph Willock is reunited with family following HMCS *Ville de Québec's* return to Halifax on January 21.

MONA GHIZ, MARLANT PA



# CH-148 Cyclone and RCAF HELAIRDET complete NATO deployment

## By the RCAF

After six months away on Op Reassurance, 21 members of the Royal Canadian Air Force who deployed as the first Helicopter Air Detachment (HELAIREDT) to operate and maintain a CH-148 Cyclone during deployed operations returned to Halifax on January 21, 2019.

Last July, the CH-148 Cyclone from 12 Wing Shearwater, Nova Scotia, embarked in HMCS *Ville de Québec* along with the ship's HELAIREDT. The detachment comprised eight aircrew, one mission support member, and 12 technicians from the aviation systems, avionics systems, aircraft structures, and air weapons trades.

*Ville de Québec's* embarked Cyclone flew more than 500 hours, and 170 missions that included surveillance and maritime security patrols, anti-submarine and anti-surface warfare sorties, passenger and cargo transfers, and general-purpose machine gun firing proficiency, as well as training for the HELAIREDT and for various teams from across many of the ship's departments.

"This first operational deployment of the Cyclone has been a great experience for the members of the HELAIREDT and myself, as we have all been involved in the Cyclone project for many years," says Maj Erik Weigelin, the ship's HELAIREDT commander. "The Maritime Helicopter community has long been waiting to finally see the Sea King replacement in action. The Cyclone has performed beyond our expectations for a first deployment, and that success is a direct result of the motivation and dedication of the members of the detachment. To be the ones who deliver the new 'Wings for



The CH-148 Cyclone Helicopter detachment onboard HMCS *Ville de Québec* as she departs Halifax in July 2018 to participate in Op REASSURANCE.

MCPL ANDRE MAILLET, MARPAC IMAGING SERVICES

the Fleet' was a great honour."

Op Reassurance is Canada's contribution to NATO's assurance and deterrence measures in Central and Eastern Europe. *Ville de Québec*, the HELAIREDT, and CH-148 Cyclone (call sign Avalanche) were assigned to Standing NATO Maritime Group 2. In October, they participated in Exercise TRIDENT JUNCTURE, which provided the opportunity to work and train with naval ships, submarines, helicopters, and fixed-wing aircraft from Canada, Norway, Spain, Japan, the United States, and the Netherlands.

"To achieve this level of success and interoperability with our Allies on the first operational deployment of the CH-148 Cyclone is outstanding, and reflects the collective results of years of hard work," says LCol Cory Kwasny, 423 Maritime Helicopter Squadron's commanding officer. "The detachment

set a strong foundation for 12 Wing to build upon as we continue to develop the capacity of the aircraft and, more importantly, has shown us that the future of maritime helicopter aviation in Canada is looking great."

This deployment was a collection of

firsts for the Cyclone. For example, the HELAIREDT's technicians carried out the first-ever 400-hour inspection. This would have been impressive if they had conducted the inspection while operating at their home base. But these technicians were also faced with the unique challenges associated with operating in the constrained environment of the hangar of a warship at sea.

"It has been an incredible and rewarding opportunity to share the experience of the first CH-148 deployment during Operation Reassurance," says MWO Shane Ringer, the HELAIREDT's maintenance crew chief. "I am very proud of what the HELAIREDT has achieved specifically, ensuring that the CH-148 capability was readily available to *Ville de Québec* Command, and that the Cyclone program as a whole will benefit from our experiences.

"The HELAIREDT and its close working relationship with 12 Wing, the weapons system manager, the in-service support contractors, and Sikorsky personnel have proven that hard work, dedication, and determination enable extraordinary accomplishments."



HMCS *Ville de Québec's* CH-148 Cyclone, Avalanche, hovers while performing a fuel transfer, while sailing in the Atlantic Ocean during Operation REASSURANCE on January 12, 2019.

MCPL ANDRE MAILLET, MARPAC IMAGING SERVICES



NAME	<b>GRADY, STANLEY //</b>
ENROL DATE	1971 //
RETIRED AS	<b>SERGEANT //</b>
	1 RCR, 3 CDO CAR //
DEPLOYMENTS	<b>UNFICYP (CYPRUS) - 1973</b>
	4 CMBG (GERMANY) - 1975-1981 //
LOCATION	<b>HALIFAX //</b>
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SERVICE	1989-PRESENT //

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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

Editor: **Virginia Beaton**

editor@tridentnews.ca  
 (902) 427-4235

Journalist: **Ryan Melanson**

reporter@tridentnews.ca  
 (902) 427-4231

Editorial Advisor: **Margaret Conway**

margaret.conway@forces.gc.ca  
 902-721-0560

www.tridentnewspaper.com

## Advertising Sales

**Dave MacNeil**  
 902-209-0570

davemacneil@advocatemediainc.com

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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 ou de l'éditeur.

### Annual Subscription (25 issues):

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

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

Publication Mail Agreement No.  
 40023785

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

Circulation: Minimum 8,500

# Community Calendar

Reunion and event notices must be submitted by email.

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

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

## 615 (Bluenose) Royal Canadian Air Cadet Squadron

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

**Date: Wednesdays**

**Location: CFB Halifax**

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

## 2632 Royal Canadian Army Cadet Corps

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

**Date: Mondays**

**Location: Bayers Lake**

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

## Black Women in Leadership: Fighting for Change

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

**Date: Monday, February 11**

**Location: Dalhousie SUB Room 307**

The Dalhousie Black Student Advising Centre presents Canadian Senator Wanda Thomas Bernard, who has been invited to campus to speak on her life journey as a social worker and teacher. She will also talk about her current experience as a senator and

how she has used her various positions to combat racism and advance the interests of African Canadians. The event is open to the public and will be Moderated by Dr. Chike Jeffers.

## Lift Every Voice: African Heritage Month Musical Showcase

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

**Date: Wednesday, February 13**

**Location: Halifax Central Library**

It's back! Lift Every Voice is ready for its fourth annual Gala performance night. The African Nova Scotian Music Association (ANSMA) is proud to present another lineup of stars from our African Nova Scotian music community. The evening promises to be good for the soul, energizing for the heart, and one more demonstration of a grand-scale celebration of amazing Nova Scotia talent.

## 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 important 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.

## International Mother Language Day

**Time: 2 - 5:30 p.m.**

**Date: Sunday, February 24**

**Location: Halifax Central**

**Library**

This special community event will feature speakers, cultural performances, and ceremony to mark this important date and promote the importance of multilingualism and diversity. One's mother language is deeply connected to our sense of identity, but many languages around the world are becoming endangered, impacting the preservation and transmission of heritage and culture. UNESCO has designated February 21 of each year as International Mother Language Day, to honour the martyrs of the Bangladesh Language Movement of 1952. Presented in partnership with the Bangladesh Community Association of Nova Scotia, Halifax Regional Municipality, and the Province of Nova Scotia.

**Remembering Canada's Heroes**  
**Time: 7 p.m.**

**Date: Tuesday, April 30**

**Location: Maritime Museum of the Atlantic**

As we approach the commemoration of the Battle of the Atlantic, the Maritime Museum of the Atlantic is pleased to welcome Bill Green of Remembering Canada's Heroes, a registered charity bringing interesting Canadian historical events to the attention of high school students in Atlantic Canada. Green's presentation takes Second World War, Korean War, Cold War and Peacekeeping Veterans into High School History classrooms to deliver one hour presentations describing several important Canadian achievements since September 1939. Join Green for this free talk that explores a number of themes centering around the roles played by the men and ships of the Royal Canadian Navy and our Merchant Navy during the Second World War.

# RCN building on previous deployments with Op PROJECTION West Africa

**By Ryan Melanson,**  
 Trident Staff

For the third year in a row, two of Canada's Kingston-class ships are headed toward the Gulf of Guinea for a four-month deployment to Op PROJECTION West Africa.

HMC Ships *Shawinigan* and *Kings-ton* departed Halifax on January 22

for the trip, which will involve multinational military exercises, capacity building with partner navies in the region, and a number of community outreach activities.

The RCN sent a pair of MCDVs to the region during the same time period in 2017 and 2018, and after two successful deployments, the key is to maintain momentum, said RAdm

Craig Baines, Commander MARLANT and JTFA.

"To really have an impact in that part of the world you need to have a persistent presence, you can't just go once and come back. What we're doing is building on the previous two deployments."

Continued on page 5



# RCN building on previous deployments with Op PROJECTION West Africa

Continued from page 4

RAdm Baines said Canada is now becoming recognized as a persistent partner to its allies in the region, and that deploying to West Africa annually offers a real opportunity to help out in an area where governments struggle with criminality at sea, including smuggling and illegal fishing.

The previous two years have seen Canadian sailors, including members of the Naval Tactical Operations Group (NTOG), conducting exercises with counterparts from Ghana, Senegal, Côte d'Ivoire and elsewhere. Community visits have allowed RCN personnel a chance to provide real labour and electrical/engineering support to schools and orphanages, while also meeting with local youth and community leaders for discussions promoting education and diversity.

It's expected that this year's Op PROJECTION deployment will deliver many of the same types of successes, said LCdr Terry Share, CO of Shawinigan.

"The specific objectives are to conduct strategic capacity building with all of the nations in and around the Gulf of Guinea, and also to conduct cooperative deployments with those nations," she said. This will include *Shawinigan* and *Kingston's* participation in Exercise OBANGAME EXPRESS 2019, the region's largest



*HMCS Kingston is seen off the coast of Halifax on January 22. The ship conducted hoist training with a CH-148 Cyclone while it began its transit to West Africa for a four-month Op PROJECTION deployment.*

LS LAURANCE CLARKE, 12 WING IMAGINE

annual military exercise, which is led by US Africa Command and typically includes more than 30 countries. Following that, the ships will take part in Exercise PHOENIX EXPRESS, another American-led initiative focusing on Northern Africa, alongside militaries from Mauritania, Morocco, Algeria, Tunisia, Libya, and Egypt.

It's a long sail across the Atlantic, and a long deployment for the two 33-member crews, but LCdr Share has



*HMCS Shawinigan departs Halifax on January 22, along with HMCS Kingston, to sail to West Africa for Op PROJECTION.*

AB TYLER ANTONIEW, FIS

no doubt her people are ready.

"Right now, I can say Shawinigan has an incredibly passionate crew. They've worked so hard to get us to this point, and I know I'll be thanking them again and again for putting in that extra time," she said, adding that the same is surely true for their counterparts in *Kingston*, sailing under the command of LCdr Jeremy Samson.

And while members of the two crews are looking forward to the

warm weather in the Gulf of Guinea, exciting exercises at sea have already begun while they're still in the cold, with *Kingston* being the first MCDV to perform hoist training with the CH-148 Cyclone helicopter shortly after leaving Halifax harbour.

The ships are expected to return to Halifax in May, and plan to bring along exchange members of different West African navies for the trip back home.

# The practice of discernment

By Lt(N) the Rev'd Robert Parker, Interim Senior Fleet Chaplain

Looking at the Liturgical calendar, we are in the middle of the season of Epiphany, heading toward Lent. Christmas Leave is a distant memory, New Years has been ushered in and the kids have been back to school for over a month. Winter has gripped us in its icy fingers and one can only dream of the warm touch of the sun. It is a time of transition and a time of renewal, as we hunker down to ride out the snow and cold.

It can be a time when people often take a moment and look ahead to the future and wonder what the next few months or even years will bring. Thinking about what you might want to do with your life can be a part of that reflection. Thinking about what you will become, whom you will meet, and where you might go are all apart of something called discernment.

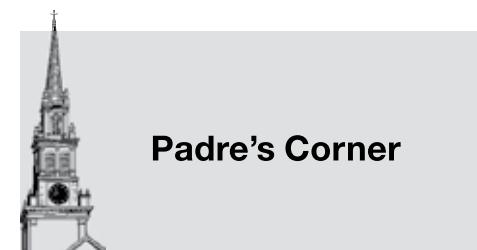
As an Anglican priest, I am actively engaged in the practice of discernment as apart of my prayer life. Trying to feel the movement of God's Holy Spirit in my life is something that I do to cultivate a life worthy of Christ's sacrifice. I can not remember where I have heard this saying, and I

have used it often, but we are to be the hands, feet and face of Jesus in our communities and to those around us. It starts with discerning God's call for you. In the very same way that you tried to figure out what you wanted to do when you grew up, is what we are all called to do when we make Christ the centre of our lives.

It starts with your decision to be a follower of Christ, but that is only the start. Once you have made that choice, you need to move forward, to grow in faith, and to experience the love of God. If you want to move forward in faith, you must be willing to figure out what you are going to do when you become a grown up Christian. How is your faith going to be made manifest in what you do and how you live your life? How will you show others what it means to be the hands, feet and face of Jesus to the rest of the world? How will people see the light of Jesus Christ in you?

First, you need to find a community that is supportive of your choice to follow Jesus. Too many times I hear people say, "I'm not religious, I'm spiritual, I believe in God, but I can't bring myself to going to church." Everyone is spiritual, everyone has that spark that reaches for the divine

or the transcendent, but you cannot grow alone. You can not cultivate your faith in a vacuum. It's not about religion, it's about community. Religion becomes the way in which you communicate your spirituality. You need to have a community of people who will support you and help you in your own discernment process. Jesus did not do it alone, he gathered around him those people who would help and support him in his ministry. We are called to do the same, to gather those around us who will help and support us in our growing understanding of how God is working in our lives. We need other people to discern for us as well. We need other



## Padre's Corner

people praying for us, other people feeling the movement of the Holy Spirit in our lives.

Just like on a ship at sea, many people in different departments doing their part of the mission, but all striving for the same outcome, we need to find a community of faith that has the parts that we don't have so that we can all work together for the glory of God and for God's kingdom here on earth. God's blessings to you all and may you find your time of discernment fruitful and rewarding.

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

# Exceptional service recognized at Honours and Awards Ceremony

By Ryan Melanson,  
Trident Staff

As the Executive Officer of HMCS *St. John's* while deployed to Op REASSURANCE in 2017, then LCdr Scott Nelson spent weeks tracking Russian naval forces near Syria, including a Kilo-class diesel submarine.

Now, as the Commanding Officer of HMCS *Halifax*, Cdr Nelson recently had a chance to look back on that 2017 deployment as he received the Chief of the Defence Staff Commendation for his judgement and tactical acumen during the tense situation at sea.

“We train a lot, as you know, and to actually have a chance to use that training against a real peer adversary is quite exceptional,” he told RAdm Craig Baines, Commander MARLANT and JTFA, at the Honours and Awards Ceremony held on January 25.

The CDS Commendation is awarded for a deed or activity beyond the demands of normal duty that is of benefit to the CAF or Canada, and the official narrative for Cdr Nelson's award claimed that his leadership at sea brought great credit to the Canadian Armed Forces.

In addition to the CDS Commendation for Cdr Nelson, another significant individual award was presented to a civilian member of the defence team at the ceremony, with Robert Keddy receiving the Canadian Forces Medallion for Distinguished Service. In his role at the Canadian Forces Maritime Warfare Centre from 2012-2018, Keddy was credited as being critical to the Royal Canadian Navy's ability to analyze data collected from new hardware and weapons systems in Halifax-class ships, providing unprecedented feedback on combat performance.

A number of members also received the Commander Royal Canadian Navy Commendations at the ceremony, presented by RAdm Baines on behalf of VAdm Ron Lloyd. These recipients included:

- LCdr Alexandre Duguay, for the professionalism he displayed while leading the development of new decision-making command analytics products from August 2017 to April 2018. His work helped reinforce the reputation of Naval Force Readiness Officers in the RCN as pioneers in command analytics
- MS Jeffrey Grandy, who served as HMCS *Montreal's* Fire Control Section supervisor during Op NEPTUNE TRIDENT 17-2. He was credited for going above and



All of the recipients from the Commander MARLANT's Honours and Awards Ceremony sit for a group photo with RAdm Craig Baines, Commander MARLANT and JTFA, and Formation Chief CPO1 Derek Kitching, on January 25.

MS PETER FREW, FIS

beyond in researching the source code and scripting for the ship's Combat Management System, allowing for advances in new technical and strategic initiatives while *Montreal* was serving as the fleet's experimental X-Ship.

- CPO2 Edward Hopkins, for his exceptional actions during the 2016 Remembrance Day ceremonies at the Donkin Legion in Cape Breton. Responding to a veteran in urgent medical distress, then PO1 Hopkins directly contributed to saving a life by ensuring emergency services were contacted and providing first aid.
- SLt David LeBlanc, for his leadership and technical acumen shown while onboard HMCS *Fredericton* during Naval Forces Sensors and Weapons Accuracy Check Site trials and United States Navy Task Forces Exercises from January to March 2017. He was essential to conducting complex repairs to the ship's diesel generators, both alongside and while at sea.
- Capt(N) (Ret'd) Christopher Ross, for his work as Deputy Commander of the Naval Reserve from 2015-2017. His energetic influence helped the Naval Reserve implement positive changes and embrace the Strengthening the Primary Reserve directive and the One Navy construct.
- MS Colin Schnare, for his work supporting the evolution of the Canadian Surface Combatant project, as well as the CFMWC's Battle Lab Upgrade projects. Specifically, he was credited as being key in completing building upgrades that enhanced the CFMWC's ability to host high-level naval conferences.
- LCdr Jason Walsh, for serving as the Commanding Officer of Naval Replenishment Unit Asterix from April 2017-2018, where he was described as being instrumental in driving the initial crewing, training and integration required for the ship's first operational deployment in the Spring of 2018. His leadership helped the unit overcome numerous hurdles to achieve operational milestones and restore replenishment at sea capability to the RCN.
- CPO2 Owen Walsh, who has served as senior storesman for HMCS *Fredericton* since 2015. He was lauded for leading de-storing and stocktaking efforts that delivered 100 percent accountability for every item, as well as for dedication shown after being tasked as the designated assistant to a sailor who required use of a wheelchair.
- CPO2 Gordon Williamson, for his leadership and innovation as the Clearance Diving Chief of the Underwater Engineering Department at Fleet Diving Unit

(Atlantic). Most notably, his development of a standard operating procedure for underwater replacement of main shaft bearings has enabled Halifax-class ships to remain deployed while undergoing repairs.

The next awards presented were the Commander Canadian Joint Operations Command Commendation, which were received by:

- LCdr Emily Lambert, for serving as the Commanding Officer of HMCS *Summerside* during Op PROJECTION West Africa from February to April 2018. LCdr Lambert led her crew to success in multinational exercises, helped build the capacity of regional navies to defend their coasts, and strengthened strategic and diplomatic ties with allies.
- Lt(N) Guillaume Desjardins, also for his work with HMCS *Summerside* during Op PROJECTION West Africa 2018. As the ship's Operations Officer, Lt(N) Desjardins planned *Summerside's* participation in a key naval exercise involving maritime interdiction operations boarding and search and seizure techniques. He also coordinated a donation campaign that saw more than 2,000 French-language books donated to schools in the region.

Continued on page 7

# African Heritage Month 2019 events in HRM

By Trident Staff

February is African Heritage Month. The following is a list of some of the events happening in and around Halifax Regional Municipality.

**February 11:** African Canadian Women doing Business in our Community. 6 – 8 p.m., Paul O'Regan Hall, Halifax Central Library, 5440 Spring Garden Road, Halifax.

**February 11:** Black Women in Leadership: Fighting for Change.

6 – 8 p.m., Room 307, Dalhousie Student Union Building, 6136 University Ave, Halifax.

**February 12:** The Lynn Jones African-Canadian & Diaspora Heritage Collection of Patrick Power Library, Saint Mary's University. This panel discussion will explore overlap, intersections, and variations in institutionalized racism, apartheid, white supremacy, and Black Freedom struggles in Nova Scotia and South Africa. Panelists will include researcher and filmmaker Francesca Ekwuyasi, South African scholar Gugu Hlongwane, and community educator, leader and activist Lynn Jones. Presented by Saint Mary's University Archives, Patrick Power Library, and Department of Social Justice and Community Studies. 6:30 – 8 p.m., Saint Mary's University, 923 Robie St., Halifax.

**February 13:** Lift Every Voice 4: African Heritage Month Musical Showcase. 7 – 9 p.m., Paul O'Regan Hall, Halifax Central Library.

**February 14:** Black Cultural Centre Display (pop-up museum) 9 a.m. - 3 p.m., Alderney Ferry Terminal, 88 Alderney Gate, Dartmouth.

**February 19:** The Color Purple Series. The feature documentary film,

*Alice Walker: Beauty In Truth*, tells the compelling story of a woman's journey from her birth in a shack in the cotton fields of Georgia to her recognition as a key writer of the 20th century. Alice Walker made history as the first Black woman to win the Pulitzer Prize for fiction for her novel, *The Color Purple*. Celebrate all things *The Color Purple*, including its many connections to Halifax past and present. This Library series features exciting special guests, film, discussions, and a sneak peek behind the scenes of Neptune Theatre's Canadian premiere of *The Color Purple: the musical*. 7 - 8:30 p.m., Halifax Central Library.

**February 21:** Fun with Djembe Drums. Playing the African Djembe drum gives joy to girls and boys alike. Experience the fun of creating rhythm with Dr. Henry V. Bishop, Djembe drum specialist (Djembefola). 3:30 – 4:30 p.m., Halifax North Memorial Public Library.

**February 28:** Join us for a panel event on Race Relations, Black Experience and the Future of Municipal Government.

**Keynote:** Raymond Tynes – Former Councillor and Mayoral Candidate from Truro. Panelists are Késa Munroe-Anderson – Manager, Race Relations Human Rights Commission; Shakira Weatherdon, Equity and Inclusion Consultant, NSCC; Carolann Wright-Parks: Director Community Economic Development and Strategic Engagement (Halifax Partnership); and Wayne Talbot: Councillor, Ward 1, Truro. Moderator is Councillor Lindell Smith, District 8, Halifax Peninsula. 1 - 4 p.m. Please note that RSVP is required for the panel event due to limited space. Halifax City Hall.

# Exceptional service recognized at Honours and Awards Ceremony

Continued from page 6

- MS Allan Petrie, also for his deployment with HMCS *Summerside* to Op PROJECTION West Africa. As the ship's main propulsion supervisor, he led vital repairs to the ship's diesel engines, as well as to a firemain leak that threatened to take all combat systems offline. His leadership helped the crew maintain the ship's systems and keep them running in extreme conditions at sea.
- MS Alex Mullaly, for his work during the Op REASSURANCE deployment with HMCS *St. John's* from January to July 2017. As a NES Op on board *St. John's*, he helped contribute to the ship achieving a record number of electronic intercepts and sea search collects. LS Mullaly also proved instrumental to the ship's tracking of the Russian submarine off the coast of Syria.
- MS Josh Oldford, who deployed as the senior diver as part of Canada's contribution to a NATO initiative in Latvia in August of 2017. Tasked with disposing of the explosive remnants from war in the Baltic Sea, MS Oldford coordinated all manning, equipment, and dive site preparations leading to the safe disposal of two Russian-moored Mk-08 contact mines from the First World War.

The final awards for the day were the Commander MARLANT/JTFA Certificates of Achievement, received by:

- PO2 Ross Adams, a Weapons Engineering Technician, awarded for his support enabling the development of the new Specialist Technical Inspector course since 2017. He's helped generate

standardized lesson plans and a higher level of training, and was lauded for his dedication, professionalism, and innovation in this work.

- Capt Bobby Vincent, for his work during a humanitarian relief mission in September 2017 with HMCS *St. John's*, following hurricanes Maria and Irma in the Caribbean. As part of the ship's helicopter crew, Capt Vincent's leadership and courage was key in the extraction of multiple casualties from isolated areas in challenging conditions.
- Cmre CWO Chuck Deviller, for his work as the MARLANT Headquarters Building Security Officer from 2012 to 2018. He was credited with improving security through modernizations to the building's aging infrastructure, consistently exceeding expectations.
- MWO Victor Burke, for his work in support of Exercise BRUNSWICK ALPHA in June of 2018. MWO Burke showed experience and leadership as the J7 Coordinator at JTFA Headquarters during this New Brunswick based emergency preparedness exercise.

The final award presented went to Capt Matthew Elliott, for his performance as JTFA Lead Planner during Exercise FRONTIER SENTINEL in June of 2018. He was specifically credited for work that expanded JTFA's interoperability with the United States Coast Guard and United States Navy Fleet Forces Command.

Following the ceremony, recipients were invited to take photos with family members and colleagues before attending a small reception inside Juno Tower.



## Co-op students complete program at CFB Halifax

Bravo Zulu to the nine high school Navy co-op students who completed their program on January 24 at Base headquarters. They gave presentations on their experiences exploring life at CFB Halifax and learning from our Defence community. We hope to see them join the ranks in the future. Many thanks to all of the unit representatives who hosted the students this year.

MARGARET CONWAY, A/BPAO CFB HALIFAX

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# DND Psychologists serving CAF Members

By Dr. Emily Orr,  
R.Psych, CF H Svcs C (A)

February is National Psychology Month. It is therefore a great opportunity to define the typical occupational responsibilities of psychologists, while also highlighting the role and contributions of DND psychologists serving CAF members in MARLANT. At the conclusion of this article, you will find upcoming presentations from psychologists in the civilian community during National Psychology Month.

Psychologists' primary roles are to provide assessment, consultation, and counselling/therapy services. They can diagnose and treat mental illnesses, and often work in collaboration with psychiatrists, family physicians, mental health nurses, social workers, addiction counselors, case managers, and chaplains.

According to the Canadian Psychological Association (CPA), a Psychologist "studies how we think, feel and behave from a scientific viewpoint and applies this knowledge to help people understand, explain and change their behaviour." Psychologists may specialize in certain areas; for example, mood disorders, anxiety disorders, personality disorders, eating disorders, addictions, developmental disorders, and posttraumatic stress disorder (PTSD). They work in clinical settings, research and/or education.

Psychologists have extensive training in the variety of empirical treatment methods. The methods they employ will depend on the particular circumstances of the patient they are working with. Treatment is significantly more than just talk! For example, one method is specifically designed to assist patients in increasing their motivation. Another method involves changing negative patterns of thinking and behaviour. Yet another example is a method that focuses on changing behaviours to better match the patient's values and beliefs. Several of the Psychologists here at Canadian Forces Health Services Centre (Atlantic) (CF H Svcs C (A)) also have additional training in highly specialized treatment methods, such as Eye Movement Desensitization and Reprocessing (EMDR) therapy and Dialectical Behavior Therapy (DBT).

CF H Svcs C (A) employs seven Psychologists in Mental Health Services. In general, CAF members in MARLANT have more timely access to Psychology services than the general civilian population. At a ratio of approximately one Psychologist for every 1,400 members, MARLANT has nearly double the number of Psychologists compared to what is available to the general civilian population of Nova Scotia. This means that CAF members have relatively fast access to Psycholo-



*The psychologists based at CF H Svcs C (A) have a wide range of skills and expertise in areas ranging from general mental health, to addictions, trauma, anxiety, and PTSD.*

gists, with wait times much shorter than they are for the general civilian population.

Meet our Psychologists! They are working in different departments.

General Mental Health Program (GMH): non-service related mental health conditions:

- Chimène Jewer, M.Sc.: speciality areas include anxiety, depression, personality disorders, eating disorders, chronic pain, and trauma/posttraumatic stress disorder (PTSD); 13 years of experience (3 years with the CAF).
- Dr. Tina Oates-Johnson: speciality areas include anxiety disorders, depression, eating disorders, personality disorders and trauma-related disorders; 19 years of experience (15 years with the CAF).

Addiction Prevention and Treatment Program (APT): substance use disorders and other addictions

- Mary McGrath, M.Sc.: Program Manager; speciality areas include addictions (alcohol, drugs, gambling, and gaming), sexual behaviour problems and concurrent disorders such as depression, anxiety, trauma, and personality disorders; background in forensic

psychology; 24 years of experience (17 years with the CAF).

- Dr. Emily Orr: speciality areas include addictions, posttraumatic stress disorder, and extensive history working with people with eating disorders across the lifespan; 8 years of experience (3 years with the CAF).
- Operational Trauma and Stress Support Centre (OTSSC): trauma-related mental health conditions
- Dr. Sheila MacNeil: in addition to general mental health, speciality areas include trauma-related disorders, sexual health, chronic health conditions, individual and couple therapy, 17 years of experience (1 year with the CAF)
- Patricia Roache, M.Sc.: Program Manager; speciality areas include posttraumatic stress disorder, anxiety, and depression; background in forensic psychology and outpatient general mental health; 14 years of experience (7 years with the CAF).
- Susan Young, M.Ed.: specializing in trauma-related disorders such as post-traumatic stress, and extensive experience with general mental health in community/hos-

pital/secure settings; 14 years of experience (4 years with the CAF) with individual, couples and group therapy.

All of our Psychologists are registered with The Nova Scotia Board of Examiners in Psychology (NSBEP), whose mandate is to protect the public by ensuring that providers are properly trained and qualified. For more information about Psychologists, consult NSBEP, the Association of Psychologists of Nova Scotia (APNS) [www.apns.ca](http://www.apns.ca) and/or the Canadian Psychological Association (CPA) [www.cpa.ca](http://www.cpa.ca).

For more information on Mental Health programs, consult CF H Svcs C (A), <http://halifax.mil.ca/cfhs-vcsca/>. In the civilian community, the Association of Psychologists of Nova Scotia (APNS) will be sponsoring several presentations during Psychology Month. These are free to attend if members or others are interested.

For an up-to-date list of presentations in the community, visit [www.apns.ca](http://www.apns.ca). For more information about psychology month, visit [www.apns.ca](http://www.apns.ca) or [www.cpa.ca/psychology-month/](http://www.cpa.ca/psychology-month/)

# CAF members speak out on Bell Let's Talk Day

By Ryan Melanson,  
Trident Staff

Cpl Travis Weir is a Medical Technician on board HMCS *Montreal*, and while his trade focuses on caring for the health of his colleagues, he recently opened up about a time when he needed a break to take care of himself.

He's struggled with anxiety and depression in recent years, and while symptoms first began surfacing during his QL3 trade course, he initially ignored the problems.

"It's like other people have said. I didn't want it to slow me down or have an effect on my job so I just pushed through, and started doing things like drinking a lot to get through it. That lasted for years until I basically hit rock bottom," he said.

Cpl Weir shared his story during a national CAF panel discussion on mental health, held inside Tribute Tower at CFB Halifax on January 30, as part of events marking Bell Let's Talk Day on the base. Bell Canada's mental health advocacy and awareness day began in 2010, and has since raised more than \$100 million for mental health related charities and initiatives. The CAF has partnered with Bell Canada with events at bases and wings across the country to help spur more open conversations within the CAF and DND about mental health, mental illness, and the CAF and DND-specific mental health resources available to Defence Team members, both military and civilian, and their families.

Cpl Weir, who is married and has young children, said he eventually sought help with the encouragement of his wife, spent time in rehab deal-



The ship's company of HMCS Halifax pose for a photo with their blue Bell Let's Talk hats.

MONA GHIZ, MARLANT PA

ing with his alcohol abuse, and was able to begin the road to recovery before it was too late. He was concerned about the potential career implications of seeking help, and encouraged others who may be struggling to move past those worries, as being diagnosed with depression or other mental health problems does not mean the end of a CAF career.

"It doesn't work like that anymore. I was originally on a medical release, but that was overturned, and the system around these things is changing for the better," Cpl Weir said.

Others on the discussion panel included PO2 Chevonne Fisher, a budget supervisor with CFB Halifax Base Comptroller, former RCN clearance diver turned Bell Let's Talk Amba-

sador LS (Ret'd) Bruno Guévremont, Dockyard Trade and Labour Council President Jerry Ryan, Cmdre Chris Sutherland, Regional Base Surgeon LCol David Coker, and local CF H Svcs Psychologist Chimene Jewer. All spoke about their own experiences with mental health issues, whether struggling themselves or supporting others in their recoveries.

Cmdre Sutherland was Base Commander at CFB Halifax from 2015-2017, and has previously been open about his struggles with mental illness and subsequent alcohol abuse problems, and the fact that he's received professional help multiple times through his career.

He said he's received nothing but support in these cases, and that he held more internal stigma about mental illness than anything he experienced from colleagues or medical professionals, but he still understands the intimidation factor. As a junior of-

ficer attending a mental health clinic, he recalled wearing dark glasses and taking the stairs instead of elevator so as to not be recognized.

"Now I go proudly, in uniform, when I check in to help maintain my recovery, but I know from my own experience and I've heard from others, and their family members, about the fear of reaching out for help. I want people to be able to do this without fear, and have confidence that help will be there waiting," he said.

Cmdre Sutherland added that initiatives like the peer-support focused Sentinel Program, as well as base Padres, offer a way for junior members to seek guidance and help navigating mental health resources in a confidential way.

Other important services discussed during the day included the Canadian Forces Member Assistance Program (CFMAP) and civilian Employee Assistance Program (EAP), along

with others like the MFRC, CAF Transition Group, and of course the mental health professionals who work with CF H Svcs. Representatives of these groups and others were also at Tribute Tower for a mental health information fair held earlier in the day, where visitors could learn a bit about resources available to them and snap a photo in a Bell Let's Talk photo booth.

LS (Ret'd) Guévremont, who used his struggles while in the CAF as the catalyst to eventually become a successful entrepreneur and Invictus Athlete, said the most important message of the day was that help is available, and that CAF members, DND employees, or anyone else, need not suffer in silence.

"It's about the importance of recognizing what you're going through. Don't wait, stay ahead of it, get help, and find out what works for you," he said.

"It's important and nobody will think any less of you."



LCol David Coker speaks during the CAF national panel discussion on mental health held in Tribute Tower on January 30 as part of Bell Let's Talk Day.

AVR BRADEN TRUDEAU, FIS HALIFAX

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Clearance Diver from Fleet Diving Unit (Atlantic) jumping out of a CH-148 Cyclone during a Wet Hoist training on January 17, 2019, near 12 Wing Shearwater.  
Un plongeur-démineur de l'Unité de plongée de la Flotte (Atlantique) effectue un saut d'un hélicoptère CH-148 Cyclone lors d'un entraînement au treuillage, le 17 janvier 2019, tout près de la 12<sup>ème</sup> Escadre Shearwater.

CORPORAL / CAPORAL JESSICA FOX

## Candidates wanted for the Clearance Diver Occupation

By Lt(N) Eliane Trahan,  
PAO FDU(A)

Canadian Armed Forces (CAF) members interested in becoming Clearance Divers will be able to learn more during information sessions being held at bases and wings across Canada near the end of February and during the month of March 2019.

Voluntary Occupational Transfer (VOT) or Component Transfer (CT) is

now open to all CAF members (Non-Commissioned) from any occupation, with or without previous dive training/qualification. Provided they are OFP qualified in their current occupation, meet the medical and fitness requirements, and have 48 months of continuous service, members are eligible to apply for VOT to Clearance Diver.

*Continued on page 11*

## Recherche de candidatures pour le métier de plongeur-démineur

Par Ltv Eliane Trahan,  
APO, FDU(A)

Les membres des Forces armées canadiennes (FAC) qui souhaitent devenir plongeurs-démineurs pourront en apprendre davantage au cours des séances d'information qui se tiendront dans les bases et escadres partout au Canada vers la fin février et au cours du mois de mars 2019.

Le reclassement volontaire ou le transfert de catégorie de service sont maintenant offerts à tous les membres des FAC (militaires du rang), tous groupes professionnels confondus, même à ceux qui ne possèdent pas la qualification de plongeur ou qui n'ont jamais suivi un entraînement pour plongeurs. Pourvu qu'ils aient atteint le niveau opérationnel de compétence dans leur groupe professionnel, qu'ils satisfassent aux exigences médicales et de condition physique, et qu'ils aient accumulé 48 mois de service continu, les militaires ont le droit de faire une demande de reclassement

volontaire pour se joindre au groupe professionnel de plongeur-démineur.

Les plongeurs-démineurs travaillent dans divers milieux au pays et à l'étranger, de l'Arctique aux déserts arides de l'Afghanistan. Leur mission principale consiste à localiser, à reconnaître et à neutraliser les explosifs et les munitions, ainsi que les dispositifs explosifs de circonstance, que ce soit sous l'eau ou à terre, en temps de paix ou en temps de guerre.

Les plongeurs-démineurs sont aussi capables d'accomplir diverses tâches d'ingénierie et de récupération sous-marines. Ils utilisent des équipements complexes ainsi que les dernières technologies pour mener à bien leur mission. Ce sont des spécialistes hautement qualifiés qui suivent une formation intense et rigoureuse et qui sont choisis parmi les rares personnes qui ont ce qu'il faut pour endurer des conditions extrêmes et réussir une mission.

*A suivre à la page 11*



**PLAYSAFE:**  
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The War Amps 



# Candidates wanted for the Clearance Diver Occupation

*Continued from page 10*

Clearance Divers operate in a variety of environments both at home and abroad, from the Arctic to the dry deserts of Afghanistan. The Clearance Diver's primary mission is to locate, identify and neutralize explosive ordnance and Improvised Explosive Devices (IEDs) whether under the sea or on land, times of peace or in combat.

The Clearance Diver is also capable of various underwater engineering and salvage tasks. They employ sophisticated equipment and the latest technologies to achieve their mission. They are highly trained specialists who undergo intense and rigorous training and are selected from the few who have what it takes to endure extreme conditions to achieve mission success. The Clearance Diver occupation has a long and storied history. The first units were formed during the Second World War to disarm sea mines throughout Europe and the South Pacific. From their auspicious begin-

nings, Clearance Divers have been at the forefront of Royal Canadian Navy and CAF operations throughout the world, including operations in Afghanistan, The Baltics, and most recently, Ukraine.

Consider becoming a part of one of the most thrilling, challenging, and rewarding occupations in the CAF. Any CAF member interested in finding out how to become a Clearance Diver is invited to attend.

#### Information session:

Thursday, February 28, 2019 from 11 a.m. to 12 p.m., Personnel Selection Office, S-90, room # 317, Stadacona.

For more information, contact Fleet Diving Unit (Atlantic): Training Officer, 902-720-1346; Chief Instructor, 902-720-1345.

Fleet Diving Unit (Pacific): Training Officer, 250-363-4773; Training Chief, 250-363-4720.

Information session schedule and training requirements (<http://esquimalt.mil.ca/FDU/Training/howtobeCD.htm>)

# Recherche de candidatures pour le métier de plongeur-démineur

*Suite de la page 10*

Le groupe professionnel de plongeur-démineur a une longue et riche histoire. Les premières unités ont vu le jour pendant la Seconde Guerre mondiale pour désarmer les mines marines en Europe et dans le Pacifique Sud. Depuis leurs débuts prometteurs, les plongeurs-démineurs ont été au premier plan des opérations de la Marine royale canadienne et des FAC dans le monde entier, notamment en Afghanistan, dans les pays baltes et, plus récemment, en Ukraine.

Envisagez de faire partie de l'un des groupes professionnels les plus passionnants, les plus stimulants et les plus gratifiants des FAC. Tout membre des FAC qui souhaite savoir comment devenir un plongeur démineur est invité à y assister.

#### Séance d'information :

Jeudi 28 février 2019, 11h à 12h, Bureau de sélection du personnel, S-90, bureau # 317, Stadacona.

Pour de plus amples renseignements :

Unité de plongée de la Flotte (Atlantique) : Officier de l'instruction, 902-720-1346; Chef de l'instruction, 902-720-1345.

Unité de plongée de la Flotte (Pacifique) : Officier de l'instruction, 250-363-4773; Chef de l'instruction, 250-363-4720.

Horaire des séances d'information et exigences concernant l'entraînement (<http://esquimalt.mil.ca/FDU/Training/howtobeCD.htm>)

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# RCN sailors get taste of

By Ryan Melanson,  
Trident Staff

A long deployment away from home is nothing unusual for Canadian sailors, and there are normally certain constants they can look forward to,

like the daily routines of life at sea, camaraderie with shipmates, and hot soup every morning.

For a group of RCN members currently deployed to Operation UNIFIER in Ukraine, however, the experience has been a little different.

The mission, which has been ongoing since 2015 and focuses on training and support to the Security Forces of Ukraine, is led by members of 1st Battalion, RCR, and entering the Army environment can be an adjustment for those with Navy backgrounds.

Trident recently spoke with some of the sailors who have been in Ukraine since mid-September as part of Op UNIFIER ROTO 6. For operational security reasons, they will be referred to only by their rank and trade.

“One of the big differences is just that nobody knows what your rank is called,” said a Lieutenant(Navy) working in the Intelligence Section.

“You’re just a little different from everybody else, and people might look at you a little strangely until a couple of months pass, people get to know you, and you become part of the team.”

He added that his naval experience has also been beneficial on occasion, such as after a recent security incident in the Black Sea/Kerch Strait, an area he was previously familiar with.

“Having the Navy background came in handy in that it enabled me to speak intelligently on the topic and other naval matters that might affect Ukraine.”

Another member, a Leading Seaman working as one of six CAF linguists on the mission, said he’s enjoyed a deployment that allows for more fresh air and less time below the decks of a ship. He added, however, he’s been a bit overwhelmed by the number of people he interacts



CAF members have been involved with building up the capacity of their Ukrainian counterparts on Op UNIFIER since January 2015.

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# Army life on Op UNIFIER

with each week in his linguist role, and has trouble recalling names, as opposed to speaking with the same colleagues each day during an at-sea deployment.

“I find that part a bit strange. There are people on this deployment who I might not see for weeks at a time,” he said.

The most significant part of the deployment for the Leading Seaman, however, has been returning home. His family moved to Canada from Ukraine in 2002, and he’s been lobbying to join Op UNIFIER as a linguist since Canada began supporting the mission.

“My job is to link people who can only speak English with the people from our host nation and facilitate the dialogue between the two on whatever topic is required,” he said.

“I feel like I have a unique set of skills among CAF members, so I saw it as a chance to utilize that and contribute to the mission. It’s a bit weird being here in uniform, and the country has changed a lot since we left in 2002, but I’m honestly just happy to be useful to the CAF.”

Another linguist on the deployment, a Lieutenant(Navy) who has previously sailed on a six-month Op REASSURANCE trip, said he enjoyed

being in a supporting role working alongside Army colleagues, but that he’s now looking forward to his next chance to head to sea.

“Everytime I would step on a jetty during my 2015 Op REASSURANCE, it would be a different country with all kind of opportunities to explore.

Op UNIFIER has definitely changed my look on operations, and I will definitely appreciate more of what we are doing in Navy.”



Canadian and Ukrainian military members conduct winter warfare training in January as part of Op UNIFIER in Ukraine.

JOINT TASK FORCE UKRAINE

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# Practice makes perfect

HMCS *Toronto* departed Halifax on January 19. En route to Op REASSURANCE, the ship's company carried out a variety of measures ranging from painting the ship to readying for flight operations.



*A member of HMCS Toronto Boarding Party Team descends into a Rigid Hulled Inflatable Boat (RHIB) as part of boarding party training during Operation REASSURANCE, January 23, 2019.*

MCPL MANUELA BERGER, FORMATION IMAGING SERVICES HALIFAX

*HMCS Toronto's crew members paint the ship while sailing the Mediterranean during Operation REASSURANCE, January 28, 2019.*

MCPL MANUELA BERGER, FORMATION IMAGING SERVICES HALIFAX



*Technicians from HMCS Toronto Helicopter Air Detachment prepare the CH-148 Cyclone helicopter, RAPTOR, for a training mission while crossing the Atlantic Ocean during Operation REASSURANCE, January 21, 2019.*

MCPL MANUELA BERGER, FORMATION IMAGING SERVICES HALIFAX



*Members of the Naval Tactical Operations Group onboard HMCS Toronto conduct small arms training on the ship's flight deck during Operation REASSURANCE, January 23, 2019.*

MCPL MANUELA BERGER, FORMATION IMAGING SERVICES HALIFAX





# Toronto Raptors host CAF Appreciation Night

*Maj Bayode Ajayi (right) greets one of the Toronto Raptors during the Canadian Armed Forces Appreciation Night on January 17.*

TORONTO RAPTORS



*The Toronto Raptors hosted more than 400 CAF members, including a number of Naval Reservists from HMCS York, at their 12th annual Canadian Armed Forces Appreciation Night on January 17. The team played to 111-109 victory over the Phoenix Suns at Scotiabank Arena in Toronto. Tickets for CAF members are donated each year by Maple Leaf Sports Entertainment and season ticket holders.*

TORONTO RAPTORS



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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](http://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](http://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**




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902.427.7788

## Bell Let's Talk (Day and Every Day)

In support of the movement, #BellLetsTalk, staff at all three H&R MFRC sites (Halifax, Shearwater and Sydney) participated in Bell Let's Talk day on January 30. Here at the H&R MFRC, however, support for mental health is not limited to one day a year. Our Mental Health & Well-Being team offers a range of services, resources and programs to support military families, including counselling services. Our Family Well-Being Counsellors are comprised of professionals with experience in counselling, family and peer support, and crisis intervention.

Support can be accessed for a variety of reasons, including: work-related separations, parenting challenges, relationship issues, separation and divorce, grief and loss, and family violence. Counselling sessions are short-term and requests for support are typically addressed within one business day; evening appointments outside of regular business hours can be accommodated upon request. Counsellors work closely with community agencies and partners to identify the most appropriate course of action to support a family's well-being.

As a member of the Mental Health & Well-Being Team, a Family Liaison Officer, working in partnership with the Integrated Personnel Support Centre (IPSC), provides services and support to military families coping with a CAF member's illness, serious injury or death.

There are a range of short-term support resources available to military families during exceptional circumstances. These support services are managed by the Mental Health & Well-Being Team and include, but are not limited to, the following:

### Short-Term Accommodations

We manage six apartments in Halifax for CAF members and their families to use when a crisis, compassionate or exceptional circumstance affects the family's ability to remain in their home. The stay is subsidized by the H&R

MFRC and an established criteria is used to determine priority stays and length of stay. We work with families on a case by case basis.

### Financial Resources

There may be times when families are faced with personal financial challenges. There is an established criteria to determine eligibility for financial support (i.e. Financial Assistance Fund, funds, grocery cards) and we work with families on a case by case basis.

### Emergency Child Care

The H&R MFRC, through the Military Family Services Program (MFSP) Emergency Child Care (ECC) Policy supports families by facilitating short-term emergency child care requirements. There is an established national criteria to determine eligibility. Families are encouraged to develop a comprehensive child care plan and in the event this plan fails, families are eligible to access MFS Emergency Child Care. This care is available 24/7 however, it may take several hours to put into place. In discussion with the family, application of resources will be decided on a case by case basis.

### Deployment Respite Child Care

We recognize that sometimes families need a break, especially during a deployment. If a situation is not considered an emergency but child care would be considered beneficial to a family's well-being, a period of respite child care may be available to a family. This service is a local enhancement to the MFSP Emergency Child Care Policy. Our Family Well-Being Counsellors work with families to address their specific needs. Please note that certain eligibility criteria apply.

To speak with a member of the Mental Health and Well-Being Team regarding any of these services or any questions you may have, please call 902-427-7788 and ask to speak with the Family Well-Being Counsellor.

## La journée Bell Cause pour la cause (et tous les jours)

Pour soutenir le mouvement, #BellCause, le personnel des trois CRFM H & R (Halifax, Shearwater et Sydney) a participé à la journée Bell Cause pour la cause du 30 janvier. Ici, au CRFM H et R, l'aide à la santé mentale ne se limite pas à un jour par an. Notre équipe Santé mentale et bien-être offre une gamme de services, de ressources et de programmes pour soutenir les familles de militaires, y compris des services de conseil. Nos conseillers en bien-être familial sont composés de professionnels expérimentés dans les domaines du conseil, du soutien familial et par les pairs et de l'intervention en situation de crise.

Le Centre offre une gamme de services, des ressources et de programmes de soutien aux familles, notamment des services de counseling. Nos intervenants en bien-être auprès des familles sont des professionnels ayant de l'expérience en counseling, en soutien par les pairs et en soutien des familles, ainsi qu'en intervention en situation de crise.

Les familles peuvent avoir besoin de soutien pour différentes raisons : séparations liées au travail, difficultés parentales, problèmes relationnels, séparation ou divorce, chagrin ou deuil, violence familiale. Les séances de counseling s'échelonnent sur une courte période et les demandes d'aide sont habituellement traitées dans la journée ouvrable qui suit. Il est aussi possible d'obtenir un rendez-vous en soirée, en dehors des heures normales. Les intervenants travaillent en étroite collaboration avec les organismes communautaires et les partenaires afin de cibler le meilleur plan d'action pour assurer le bien-être des familles.

En tant que membre de l'équipe de la santé mentale et du bien-être, l'officier de liaison avec les familles, en partenariat avec le centre intégré de soutien du personnel, offre des services et du soutien aux familles des militaires blessés, malades ou décédés.

### Services de soutien

Il existe différentes ressources de soutien à court terme dont les familles des militaires peuvent bénéficier dans les moments difficiles. Ces services, gérés par l'équipe de la santé mentale et du bien-être, comprennent ce qui suit, sans s'y limiter :

### Hébergement de courte durée

Nous gérons six appartements à Hali-

fax que nous mettons à la disposition des membres des FAC et de leur famille lorsqu'une situation de crise ou des circonstances exceptionnelles empêchent la famille de rester chez elle. Le séjour est subventionné par le CRFM H et R, et la priorité ainsi que la durée des séjours sont établies en fonction de critères définis. Notre travail auprès des familles se fait au cas par cas.

### Ressources financières

Il arrive parfois que des familles soient aux prises avec des difficultés financières. Le cas échéant, si ces familles sont admissibles à une aide financière (fonds d'aide financière, argent, cartes d'épicerie) en vertu des critères établis, nous travaillons avec elles au cas par cas.

### Garderie d'urgence

En vertu de la politique sur les services de garderie d'urgence du Programme de services aux familles des militaires, le CRFM H et R aide les familles en leur donnant, sur une courte période, des services de garde en cas d'urgence. L'admissibilité à ce service est établie en fonction de critères nationaux. Il est important que les familles prévoient un plan de garde, mais dans l'éventualité où ce plan ne fonctionnerait pas, elles sont admissibles au service de garde en cas d'urgence. Ce service est disponible en tout temps, mais il faut compter plusieurs heures pour l'organiser. Le recours aux différentes ressources est convenu au cas par cas, avec la famille.

### Service de garde de relève

Il arrive que les familles aient besoin de repos, particulièrement lors d'un déploiement. Si la situation n'est pas considérée comme étant une urgence mais que le fait de confier l'enfant à un service de garde pourrait être bénéfique pour la famille, cette dernière peut obtenir un service de garde de relève. Ce service constitue d'un complément local à la politique de service de garde en cas d'urgence du CRFM. Nos intervenants en bien-être auprès des familles travaillent avec celles-ci pour répondre à leurs besoins. Il est à noter que certains critères doivent être respectés.

Pour parler à un membre de l'équipe de la santé mentale et du bien-être au sujet de ces services, veuillez composer le 902-427-7788 et demander à parler à l'intervenant en bien-être.

# Strengthening naval partnerships in the Middle East: Commander MCC visits Bahrain

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

RAdm Craig Baines, Commander MARLANT and Maritime Component Command (MCC), visited Manama, Bahrain from January 14-15, 2019 for a series of key leadership engagements and to visit Commodore Darren Garnier and the Canada-led Combined Task Force (CTF) 150 team responsible for counter-terrorism and deterring illicit maritime activities in the Western Indian Ocean and Middle Eastern waters.

RAdm Baines' first meeting with VAdm James Malloy, USN, Commander Combined Maritime Forces (CMF), enabled discussions on Canada's valued contribution to CMF and the great achievements of the CTF 150 Task Force since the Canadian Armed Forces (CAF) took command on December 6, 2018. Only a week prior to RAdm Baines' arrival, CTF 150 conducted its sixth drug seizure in six weeks, adding up to a total of 14,357 kg of illicit narcotics seized to date.

RAdm Baines was also invited to join the CMF Command Team for the Command Update Brief (CUB) located at United States Naval Forces Central Command (NAVCENT) Headquarters. It was an opportunity for RAdm Baines to witness the CMF coalition partnership at work. Countries from all over the world are represented at the CUB, including Canada, the United Kingdom, Australia, France, Kuwait, Italy, Denmark, and Brazil to name a few.

"I'd like to thank CMF for the warm welcome and outstanding hospitality," said RAdm Baines when addressing coalition members at the CUB. "It's very inspiring to see the CMF coalition operating. The Royal Canadian Navy operates all over the world, and we gain understanding of the importance of establishing these relationships."

On January 15, RAdm Baines and Commodore Garnier visited Commodore Mohammed Yousif Al Asam, Commander Royal Bahrain Naval (RBN) Force, who are also members of the CMF coalition. The CAF and Royal Canadian Navy (RCN) have been deploying personnel to Bahrain for Operation ARTEMIS and Operation FOUNDATION successfully for many years, contributing to counter terrorism and providing continual CAF presence. The meeting was an opportunity to thank Commodore Al Asam for RBN support to CAF operations in the area, and to strengthen RCN / RBN relationships.

"Thank you for being so welcom-



RAdm Craig Baines, Commander Maritime Forces Atlantic and Maritime Component Command, and Commodore Darren Garnier, Commander CTF 150, visit the Royal Bahrain Naval Force Headquarters in Manama, Bahrain on January 15, 2019.

SUBMITTED

ing to Canadians. We feel very comfortable sending our sailors to Bahrain, and it's an honour to visit," said RAdm Baines. "We look forward to investigating opportunities to work together and collaborate in the future. We can learn a lot from each other."

"It's great to have friends like the RCN and develop these important naval partnerships," said Commodore Al-Asam. "It was an honour to have you here and we look forward to future collaboration."

RAdm Baines also spent time with the combined Canadian – Australian CTF 150 team during his visit and thanked them for their hard work.

CTF 150 is under CAF command from December 2018 until April 2019. Through maritime security operations, regional engagements, and capacity building activities, CTF 150 works to deter and deny terrorist organizations the use of benefits from using the high seas for smuggling illicit cargo including narcotics, UN embargoed weapons, and Somali charcoal.



RAdm Craig Baines, Commander Maritime Forces Atlantic and Maritime Component Command, meets with Commodore Mohammed Yousif Al Asam, Commander Royal Bahrain Naval Force, on January 15, 2019.

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# DND Fire Services responds to shipboard fire at former refinery site

By **Brian MacDonald**,  
Deputy Fire Chief, CFB Halifax

I received a phone call at home in the early hours on Sunday January 27, from Senior Platoon Chief (SPC) Chris Wagner requesting permission for the Dockyard Fire Department to respond to a shipboard fire at the Imperial Oil refinery site in Dartmouth.

A decision was taken to dispatch one fire truck from HMC Dockyard and a support vehicle from each of HMC Dockyard and CFAD Bedford. Responding Platoon Chief Randell Davidson, who is himself both a senior member of the CFB Halifax Fire Department a volunteer Fire Captain with the Hantsport Fire Department, recognized the need for additional DND support and made the request to have a utility crew from 12 Wing Shearwater meet the dockyard firefighters on site.

Living in Dartmouth, I responded from home and met the duty crews onboard the ship as they arrived from Halifax. SPC Wagner, in close cooperation with the HRM Fire Department and ship crew, was able to provide valuable insight into shipboard firefighting systems and made critical recommendations that resulted in the timely activation of fitted fire systems onboard the ship. The activation of the fitted systems immediately reduced the threat posed from the fire and made entry into the space safer for the Dockyard Fire Department.

As the HRM Fire Department prepared a water supply the Dockyard Fire Department prepared to enter the space as the primary attack team. In a coordinated effort with HRM above and the Dockyard Fire Department below, the fire was quickly brought under control and reported as extinguished in short order. The Dockyard Fire Department conducted salvage and overhaul within the fire space and confirmed that the fire had not spread beyond the generator room. In the overhaul it was noted that significant fire debris had spread to the engine room and the situation could have been far worse.

Senior Officials from the HRM Fire Dept noted that it was an "exciting morning" and a call that went well.

According to the blog Halifax Shipping News, the fire was aboard the tanker Kivalliq W. The blog noted that the fire started in a generator compartment.

When the Imperial Oil refinery was operational, there was a fire department on site but when the refinery was shut down, that department also was closed and its fire engines were sold.

Kivalliq W is operated by Coastal Shipping, part of Newfoundland's Woodward Group.



*PC Davidson of the CFB Halifax Fire Department preparing to gas-free the space following the extinguishment of the fire.*

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*Firefighters from DND, HRM and the tanker fought the fire for more than two hours before it was extinguished.*

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*CFB Halifax Fire Department Attack Team, from left to right: FR J. Ridgeley, FR T. Dyke, FR W. Jenkins, FR R. Stewart, FR A. Newell, FR A. Lockyer, SPC C. Wagner, PC R. Davidson.*

SUBMITTED



*12 Wing Shearwater Fire Department, from left to right: MCpl M. Mitton, Cpl M. Nadeau, Avr J. Mallett.*

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*CFB Halifax Fire Department aerial fire truck on scene with HRM Fire next to tanker Kivalliq W at the Imperial Oil Pleasant St refinery site.*

SUBMITTED

# Hometown Hockey festival setting sail for Esquimalt

By Peter Mallett,  
The Lookout Staff

Anticipation amongst sports fans at the base and throughout Victoria is mounting for the arrival of the Rogers Hometown Hockey event.

CFB Esquimalt is one of 24 chosen locations to host the ultimate National Hockey League fan experience with Sportsnet hosts Ron MacLean and Tara Slone.

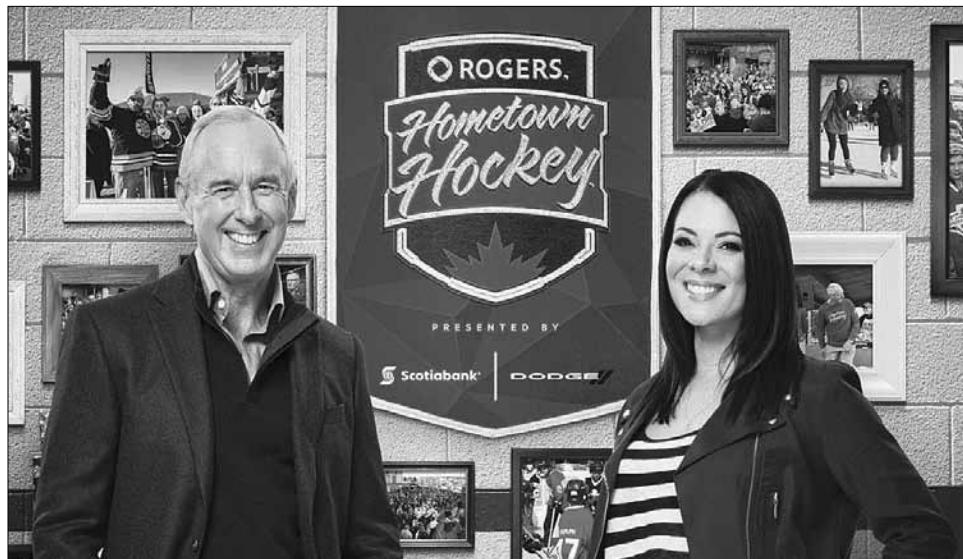
Naden will open to the public Saturday February 16 and Sunday February 17 for two afternoons of family-friendly fun with interactive activities, displays, entertainment, and an autograph session with former NHL goaltender Kirk McLean.

On Sunday afternoon, MacLean and Slone will broadcast a Hockey Night in Canada game from the Sportsnet Mobile Studio.

Live out takes will be shown from the Wurtele Arena during the Montreal Canadiens and Florida Panthers game. The broadcast will also feature an outtake of MacLean and Slone aboard HMCS *Vancouver* for an intimate look at life in the navy.

Base Commander, Capt(N) Jason Boyd will join Coaches' Corner icon and former Boston Bruins coach Don Cherry as special guest on the broadcast. Capt(N) Boyd says that he, much like the rest of the hockey fans at the base, is excited by the outreach opportunity for the Royal Canadian Navy and the men and women of the Pacific Fleet.

"Local hockey is something the base wants to support because many of our military and civilian members devote



*Sportsnet hosts Ron MacLean and Tara Slone will host the ultimate National Hockey League fan experience on Saturday February 16 and Sunday February 17 at CFB Esquimalt.*

SUBMITTED

so much of their time to the game. They coach, they officiate, they play, and they volunteer at every level of the game from Atom to Old Timer."

Capt(N) Boyd has a strong connection to Canada's national sport. He excelled playing youth hockey in tiny Rosetown, Sask. He was originally recruited by the Canadian Armed Forces to play hockey at Royal Military College of Canada back in 1984.

Canadian Forces Morale and Welfare charity Support Our Troops has partnered with Rogers Hometown Hockey. Capt(N) Boyd says, "the event will help shine the spotlight on a national organization that does so much

for members of the Canadian Armed Forces veterans and their families."

For more information about Rogers Hometown Hockey follow them on Facebook, Twitter or Instagram or visit [hometownhockey.com](http://hometownhockey.com)

## Events and activities include the following:

**Fan Hub:** interactive experiences that feature an autograph signing with NHL alumni Kirk McLean, video game stations, ball hockey and popcorn.

**Virtual Photo Booth:** Get close to your favourite NHL players through virtual technology, take photos with virtual images of NHL stars, show off

your hockey skills to NHL stars and have a chance to win prizes.

**The Hockey Circus Show:** World renowned hockey acrobat Paz juggles everything from pucks to flaming hockey sticks.

**Community Hockey Rink:** A family-friendly outdoor ball hockey rink allowing fans to interact with NHL alumni while playing some ball hockey. Scotiabank will donate \$15,000 to minor hockey associations in the community during this event.

**Haul of Fame:** Ram 1500, hockey-themed obstacle course allows fans to test their skills and win a \$5,000 prize for their local minor hockey association.

**Live Entertainment:** A variety of music featuring The County Lin and The Temps.

**Ted Rogers Community Grants:** Will be awarded to local and national organizations in support of educational programs.

**Food and Drink:** Sample a complimentary slice of Giuseppe Pizzeria pizza or Tim Hortons coffee and hot chocolate, or purchase a meal from one of two food trucks Saltchuck Pie Company and Deadbeetz.

## From the Military Community:

Naval Display Bus and Sonar (mas-cot)

NTOG - interactive displays - large boat that attendees can step in/take photos and a weapons display

PSP and MFRC - children's games and bouncy castle

SISIP and CANEX will have games and giveaways

# Former shipmates hailed as 'heroes' after Sooke water rescue

By Peter Mallett,  
The Lookout Staff

Two sailors transformed into holiday heroes for a family in Sooke after performing a water rescue just before Christmas that saved the lives of two young men.

The incident occurred December 14 when the 20-year-old stepson of LS Chris Moorhouse and his friend flipped their canoe in the frigid waters of Kemp Lake.

After capsizing, the canoe quickly took on water and sank leaving his stepson Corey and his house guest, who was visiting from the United Kingdom, stranded in the lake. The temperature that day was 4 Celsius, and LS Moorhouse says hypothermia set in minutes after they entered the water. The two, he adds, were not wearing life jackets.

PO2 Don Merlo and his friend LS (ret'd) Jon White had just arrived at the lakeshore to do some fishing when saw the flipped canoe and its two occupants in the water.

"I spotted them and saw a splash

and immediately pointed it out to Don," says White. "We both knew how to react and kept calm and collected, but we could see the kids were going into panic mode and would need our help sooner than later."

They called 9-1-1 but concerned it might take the volunteer fire department too long to arrive, the two sailors hatched a plan.

They were able to retrieve a kayak from a nearby cottage and set off to collect the two men.

"Within a few strokes of us getting into the lake they immediately started screaming for help, they were clearly panicking," said PO2 Merlo. "When we got to them the younger one [Corey] was coughing up water and struggling to keep his head above the surface. If we weren't able to get him out of the water everything would have gone bad very quickly."

White and PO2 Merlo managed to lift the victims onto the kayak and ferry them ashore.

Both were hypothermic. Corey lost consciousness three times, says PO2 Merlo.

They stripped the young men of their wet clothing and used blankets and their own dry clothing to keep them warm. When first responders arrived on the scene, the two men were transported to Victoria General Hospital where they were treated and eventually released.

A grateful LS Moorhouse said the pair became instant heroes to him and his family.

"The hero moniker is definitely warranted. It was really a huge stroke of luck that anyone at all was

there to see the boys capsize. It is a credit to the training and skills by the navy that these two men were able to effect a successful water rescue with virtually no preparation or resources."

After thanking both men for saving the life of their child and his friend, the Moorhouse family invited PO2 Merlo and White to join them as the guests of honour for a Christmas Eve dinner.

All three men said this past Christmas was one they will never forget.



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*We look forward to speaking with you!*



# Rolling up sleeves for Canadian Blood Services



*Canadian Blood Services held its first CFB Halifax blood drive of the year on February 1 at Juno Tower. Seventy-nine Defence Team members attended the clinic, surpassing the goal of 58 donations. The next blood drive will take place on May 10 in the Juno Tower Atlantic Room.*

MARGARET CONWAY, A/BPAO CFB HALIFAX

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**Two Info Sessions for All Ranks  
and Family**

**Deux seances d'information pour les militaires de  
tous grades et les membres de leur famille**

**Date: Feb 27 fév**

**Time/heure: 0930 – 1130**

**Time/heure: 1330 – 1530**

**Place: Seaking Club, 12 wing/12e Escadre**

**Place: CFMC Auditorium, Stadacona - Halifax**

**Transition affects every member and their family.**

- Do I know how the new Canadian Armed Forces Transition Group can help?

**La transition concerne tous les militaires et leur famille.**

- Est-ce que je sais de quelle façon le nouveau Groupe de transition des Forces armées canadiennes peut me venir en aide?

# TRIDENT Sports

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

## PSP Reconditioning Program

By Kerianne Willigar,  
PSP Reconditioning Manager

This is a fitness program designed to meet the demands of serving CAF members that are dealing with injury and illness. This program was created in response to information gathered from military personnel through the Health and Lifestyle Information Survey (HLIS). The survey's results showed injuries, physical inactivity and depression as the major attributes limiting deployability. With the goal of creating a multi-disciplinary approach to address these issues, it was identified that there was a gap in service. There was no exercise programming for members who were unfit to do unit PT and were dealing with barriers related to illness and injuries.

As a result of this gap, PSP nationwide has hired trainers who are qualified to prescribe safe and effective exercise to members with illnesses/injury. Due to the size of the base in Halifax, we have three trainers that offer programming to this clientele. Members who would benefit from enrolling this program include but are not limited to those with metabolic disorders, chronic



PSP fitness and sports instructor Mike Dodge (left) examines his client's range of motion as part of the reconditioning program.

RYAN MELANSON, TRIDENT STAFF

illness, chronic pain, cardiovascular conditions, physical disabilities, arthritis, musculoskeletal conditions, pulmonary disorders, lung disease,

osteoporosis, cancer, diabetes, stroke, and heart conditions.

To enroll in this program CAF members must be referred into the service

by a CAF Health Service professional (ie. medical officer, nurse practitioner, physician assistant, and physiotherapist) via a medical chit noting professionally directed PT.

While in this program, each member will receive safe exercise prescription based on his or her health and fitness ability/needs, specialized group PT, progression tracking, attendance tracking, fitness education and support systems. Our goal is to teach members to exercise the proper way within the limitations of their medical situation. In doing so, we ensure that proper exercise habits are formed before members leave the program to exercise on their own (self-directed PT) or potentially to return to unit PT.

One of the most important factors to maintaining or regaining fitness levels while injured or ill is to seek a fitness professional's help as soon as possible. The longer someone is sedentary or inactive, the more your health/fitness deteriorates. Early intervention will minimize the negative impact of physical inactivity that affects both the body and mind.

To learn more about this program or to see if you are a candidate, please contact Kerianne Willigar, Reconditioning Manager at [Kerianne.Willigar@forces.gc.ca](mailto:Kerianne.Willigar@forces.gc.ca)

## 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 Triidents 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](mailto:samuel.kehler@forces.gc.ca) or search Navy Triidents 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](mailto:Isaac.habib@forces.gc.ca)

**The CFB Halifax Old Timers**

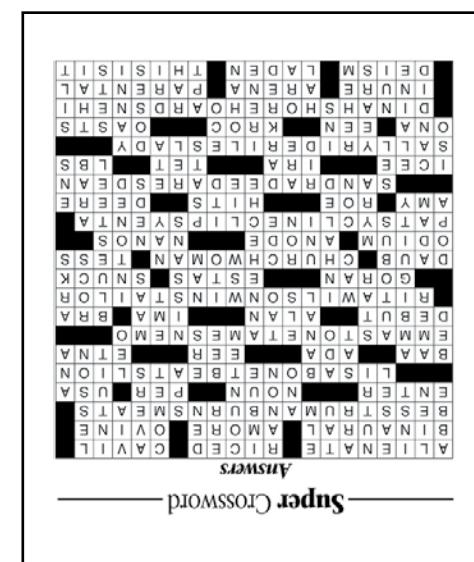
**Hockey Team** is looking for new players. All interested players wishing to participate should contact Reginald Simmons at [Simmons@forces.gc.ca](mailto:Simmons@forces.gc.ca) / Office Tel.: 902-427-3381 / Cell : 902-440-7394. Practices are from 2-3:30 on Fridays starting October 12 at the Halifax Civic 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](mailto:rick.austin@forces.gc.ca)

**12 Wing Shearwater drop-in bas-**

**ketball** 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](mailto:philip.gagnon@forces.gc.ca)





# Sports trivia

By Stephen Stone

## Questions

1. Who is the most recent pitcher to hit an in-the park grand slam?
2. Which professional American football team suffered the greatest loss in a championship game?
3. Which is the only NFL team to win consecutive Super Bowls twice?
4. Which team is the only NFL team to cap a perfect season by winning the Super Bowl?
5. Who was the second major league pitcher to hurl a no-hitter in the playoffs?
6. Who was the last out in Don Larsen's perfect in the 1956 World Series?
7. Who was the first player in major league baseball's 40-40 club?
8. Who is the most recent player to hit at least one homer in 8 consecutive games?
9. Who is the most recent player to complete an unassisted triple play in the major leagues?
10. Which horse was the first to win the Triple Crown while being undefeated in previous races?
11. Who was the jockey riding the most recent Triple Crown winner?
12. Who, along with Bud Grant are the only to professional football coaches to appear in a Grey Cup game and a Super Bowl?
13. As of publication date, which NFL team appeared in the most Super Bowls?
14. On June 8, 1965, Major League Baseball held the first draft for high school and collegiate players. With the first pick, who did the Kansas City Athletics pick?
15. Which CFL All-Star went on to become the Buffalo Bills second leading rusher behind the "Juice" OJ Simpson?
16. Which championship game between the NFL and the AFL was the first Super Bowl named game?
17. Which franchise was the first American Football League champion and which team did it defeat in the championship game?
18. Before the league disbanded, which team was the AFL's last championship team?
19. Who was the first NHL player to wear a goalie mask on a regular basis?
20. Who was the last goalie to play in the NHL without a mask?

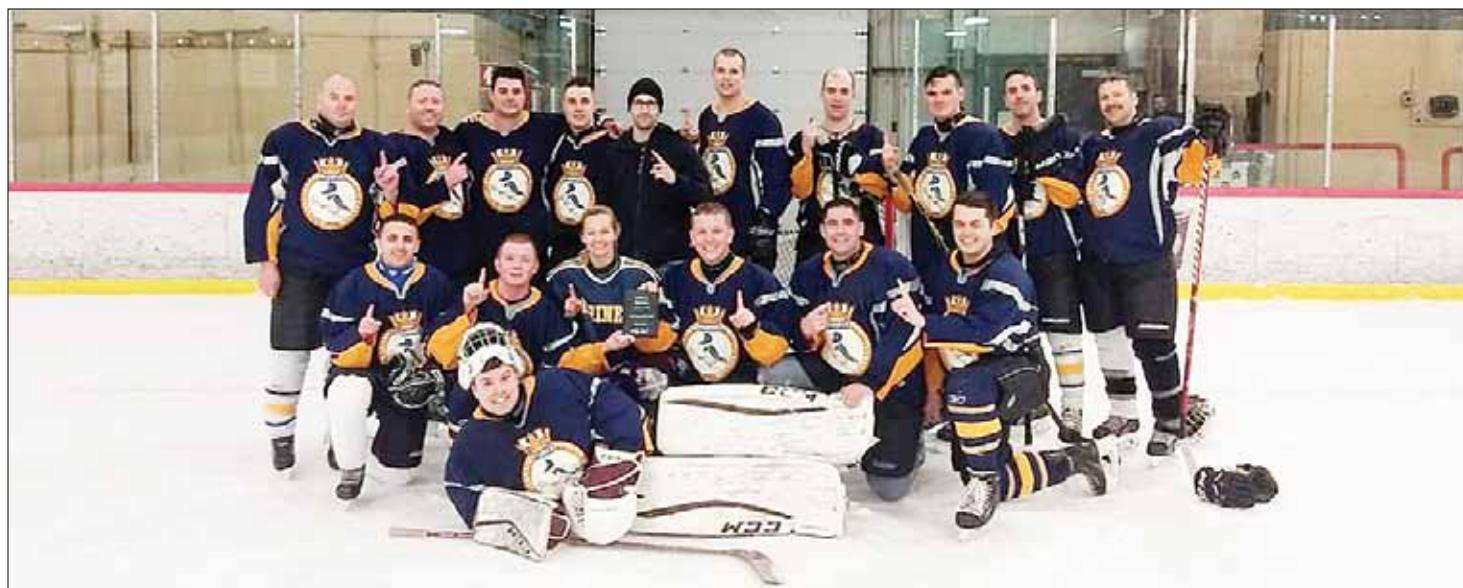
Answers on page 23



## 12 Air Maintenance Squadron takes Wing Cup hockey

*Congratulations to 12 Wing AMS, winners of the 2018 Wing Cup for ice hockey. The final game was held on December 8 at the Shearwater Arena.*

SUBMITTED



## HMCS Halifax sailors are MEGA Hockey champions

*The team from HMCS Halifax were victorious in the finals of the 2019 MEGA Hockey Championship on January 18, taking a 4-3 victory over HMCS Charlottetown. Other participating teams included HMC ships Fredericton, Montreal, and St. John's, along with Trinity, Campus Atlantic, FMF Cape Scott, and MOG 5.*

SUBMITTED

## Jason Price named Atlantic Regional Sports Manager

By Trident Staff

After 13 years as a member of Personnel Support Programs Halifax, Jason Price has recently been named the organization's new Atlantic Regional Sports Manager.

Originally from Lawrencetown, he brings years of corporate knowledge and an extensive sports administrative background to the job. He first came to PSP as a fitness instructor after a successful stint as an athletic therapist at the hockey major junior level, working with Canada's National team as well as the QMJHL's Cape Breton Screaming Eagles. He's also brought his

hockey knowledge to PSP, serving as an instructor during skills camps hosted at the Shearwater Arena and on other occasions. On his own time, Price volunteers as a coach and manager for community hockey and baseball leagues.

Many also know Jason from his side career as a country singer/songwriter. He's released an ECMA-nominated album and performed at a number of venues across the region, including the Dockyard stage during PSP's annual Family Days.

Price takes over in the role from Kevin DeLong, another longtime member of the PSP Halifax team who recently began his retirement.



*Jason Price is PSP's new Atlantic Regional Sports Manager.*

SUBMITTED

# Super Crossword

## HER MIXED-UP ACTIVITIES

### ACROSS

- 1 Make hostile
- 9 Sliced to bits, as a potato
- 14 Quibble
- 19 Used with both ears
- 20 Love, in Lido
- 21 Like a lamb
- 22 Eleanor Roosevelt's successor chars beef and pork?
- 25 Step foot in
- 26 Pluralizable word
- 27 By means of
- 28 D.C.'s nation
- 30 "The Cosby Show" actress defeats a jungle beast?
- 37 Lamb's cry
- 40 Org. for cavity fillers
- 41 Suffix with election
- 42 High volcano in Europe
- 43 "La La Land" co-star makes an animated fish docile?
- 52 First episode
- 53 Actor Hale
- 54 "-- big girl now"
- 55 Piece of lifting lingerie
- 58 "Mixed Nuts" actress successfully woos a seamster?
- 65 Ivanisevic of tennis
- 66 "Como --?" (Jorge's greeting)
- 67 Tiptoed about
- 68 Smear (on)
- 70 Female pastor, e.g.
- 75 Poet Gallagher
- 76 Deep dislike
- 78 Battery pole
- 79 Some iPods
- 81 "Crazy" singer cuts a gossipy meddler's fingernails?
- 87 Comedian Schumer
- 88 Wade's rival
- 89 Top 40 tunes
- 90 Big name in tractors
- 92 "Gidget" star challenges the head of a college?
- 98 Frozen drink brand
- 101 Savings plan, for short
- 102 Holiday in Vietnam
- 103 Divs. of a ton
- 104 1980s astronaut irritates a peeress?
- 113 -- tight leash
- 114 Poet's p.m.
- 115 Ray of McDonald's
- 116 Brewery kilns
- 120 "Buttons and Bows" singer stashes away dozens of cases of classic soda?
- 127 Habituate
- 128 Circus venue
- 129 Part of PG

### DOWN

- 1 Singer Lane
- 2 Debt security
- 3 Research center: Abbr.
- 4 Prop for art
- 5 -- -Grain (cereal bar brand)
- 6 Airport landing abbr.
- 7 Greek letter #19
- 8 Graceful tree
- 9 Talked too long
- 10 Permeate
- 11 "See how many there are," informally
- 12 Be off target
- 13 Fox's home
- 14 Sky stalker
- 15 Declares
- 16 By means of
- 17 Know instinctively
- 18 Classroom instruction
- 23 Year, to Jorge
- 24 Hot tub site
- 29 Gasteyer of "Mean Girls"
- 31 Roosted
- 32 Busyness
- 33 Ho-hum
- 34 Queen, e.g.

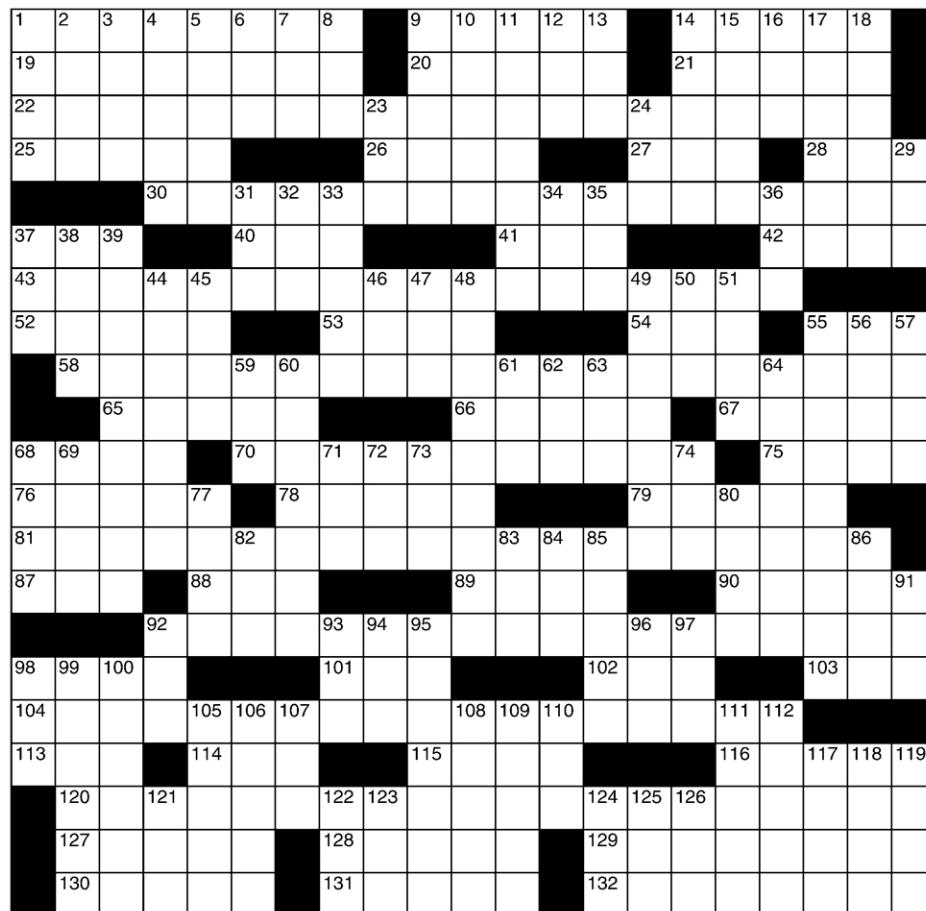
- 35 Hosp. sites
- 36 Singer Sayer
- 37 Queen, e.g.
- 38 ABA or AMA part: Abbr.
- 39 Uncertainty of meaning
- 44 Large tour vehicle
- 45 Sky shiner
- 46 Loop trains
- 47 Eastern ideal
- 48 Actress on NBC's "The Brave"
- 49 Leaf, Sentra and Maxima
- 50 Ambulance VIP
- 51 "Serpico" author Peter
- 55 1990 Jamie Lee Curtis action thriller
- 56 Birds of Arabian myth
- 57 Torah cases
- 59 WWII female enlistee
- 60 Got some air
- 61 Toronto-to-Detroit dir.
- 62 Midori on ice
- 63 War zone of the '60s
- 64 Spoke slowly and solemnly
- 68 L -- (drug treating Parkinson's)
- 69 Actor West
- 71 Prefix with lateral
- 72 Actor Silver
- 73 Pre-F string
- 74 Vetoing vote
- 77 Gore Vidal's Breckinridge
- 80 Beatty and Buntline
- 82 Cheat
- 83 Tell untruths
- 84 "-- be a pleasure!"
- 85 Exams for some jrs.
- 86 Yemeni, e.g.
- 91 Navy off.
- 92 Salt, in Paris
- 93 Disposed
- 94 "... and yet here we --"
- 95 Burgundy or maroon
- 96 Kinsman: Abbr.
- 97 Greek letter #7
- 98 Prefix with lateral
- 99 Frank
- 100 May of film
- 105 A long time
- 106 Alter, in a way, as a skirt
- 107 Seat holders
- 108 Actress Rich
- 109 Actress Lindsay
- 110 -- warrior
- 111 Prescription amounts
- 112 One-named New Age musician
- 117 Tennis units
- 118 Baht earner
- 119 Sediment
- 121 Rapa -- (Easter Island)
- 122 TV's Linden
- 123 Man-mouse linkup
- 124 Disposed
- 125 Cheer yell
- 126 Soft & --

## Sports trivia

Questions on page 22

### Answers

1. Mel Stottlemyer. July 20, 1965 – he hit the grand salami off Bob Monbouquette of the Red Sox in the 5th inning. Mel pitched a complete game for the win.
2. The Washington Redskins were mauled by the Chicago Bears 73-0 in 1940
3. Pittsburgh Steelers 1974-75 and 1978 – 79
4. Miami Dolphins won Super Bowl VII to complete the only undefeated season since the AFL-NFL merger
5. Roy Halladay of the Phillies on October 6, 2010 against the Cincinnati Reds in Game 1 of the National League Division Series.
6. Dale Mitchel struck out on a called 3rd strike by Babe Pinelli. Mitchell, who pinch hit for Dodger Sal "The Barber" Maglie, played 11 seasons, had 4358 plate appearances and struck out only 119 times. He swears that the called 3rd strike wasn't.
7. Jose Canseco hit 40 home runs and stole 40 bases in 1988 becoming the first player to do so.
8. Ken Griffey, Jr. He started the streak in Yankee Stadium on July 20, 1993 and finished, 8 games later in Seattle against the Twins
9. Eric Bruntlett, 2nd baseman with the Phillies did the deed on Aug. 23, 2009, in the 9th inning against the Mets. It was also the first National League game ending triple play.
10. Seattle Slew.
11. Mike E. Smith, at age 52, became the oldest jockey to ride a Triple Crown winner – his horse – Justify 2018 Triple Crown winner and only the second horse to win it while being undefeated in previous races.
12. Marv Levy. He won 2 cups with the Alouettes and coached the Buffalo Bills to 4 consecutive Super Bowls. Unfortunately, he didn't win any.
13. New England Patriots appeared in 10 Super Bowls and won 5.
14. Rick Monday, destroyer of Montreal Expos dreams with a 9th inning, game winning homerun in the 1981 National League Championship Series. Incidentally, the Mets in round 10 of that draft chose HOF pitcher Nolan Ryan.
15. Carleton Chester "Cookie" Gilchrist
16. Super Bowl III in January 1969 was the first labelled Super Bowl. The 2 previous were AFL-NFL World Championship games.
17. The Houston Oilers defeated the Los Angeles Chargers 24-16
18. Kansas City Chiefs.
19. Hall of Fame great Jacques Plante. He started wearing a mask after a shot by Andy Bathgate of the Rangers cut him severely on the face.
20. Andy Brown. He played his last NHL game on April 7, 1974, a Penguins 6-3 loss to the Atlanta Flames. He finished his career with the Indianapolis Racers of the WHA, without a mask.



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