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Monday, February 25, 2019



Volume 53, Issue 4

www.tridentnewspaper.com

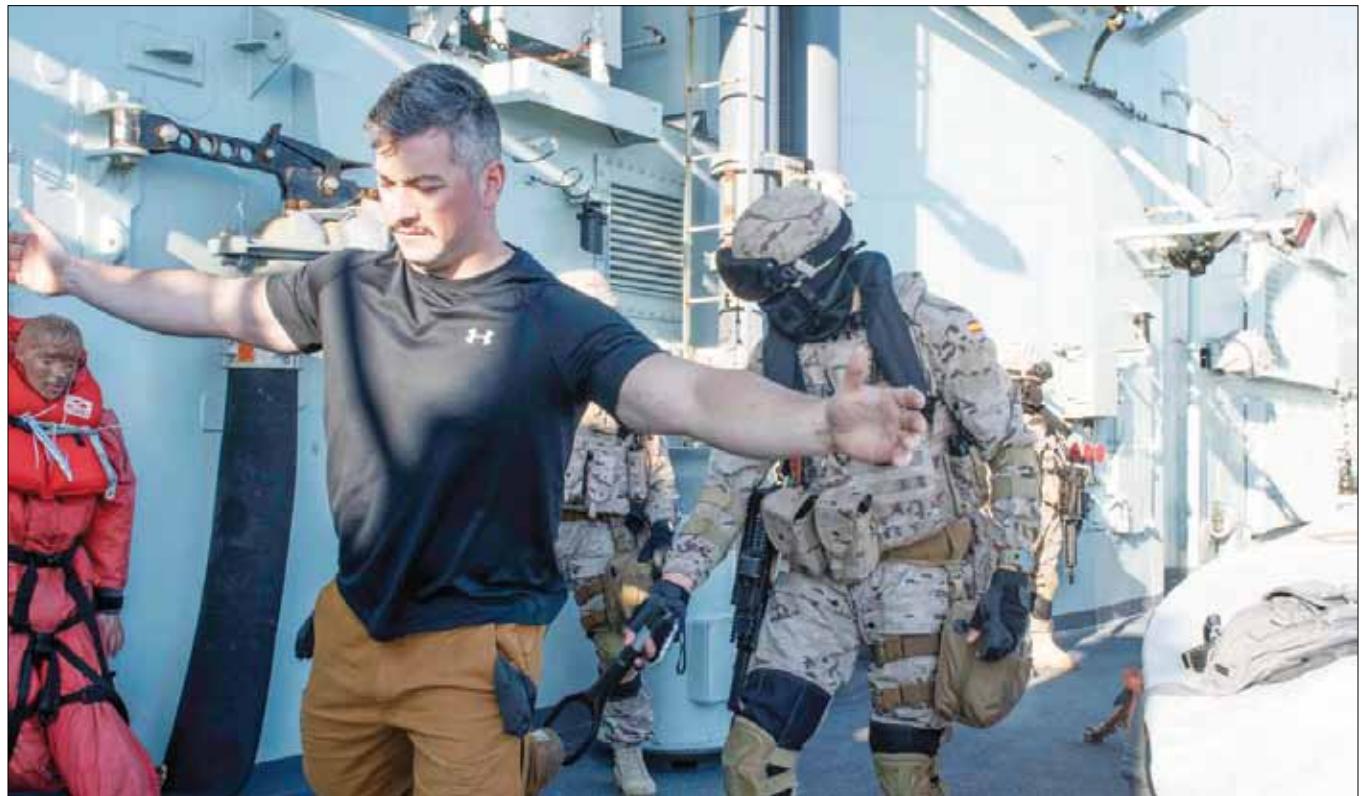
TRIDENT

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

Training with the Spanish Armada

A member of the Marine Boarding Party from the Spanish Armada's ESPS Santa Maria, conducts a search on a crewmember playing a role in a training scenario onboard HMCS Toronto during Op REASSURANCE, February 11, 2019.

MCPL MANUELA BERGER, FIS HALIFAX



Wound stripe for HMCS Kootenay survivor Pg. 3



Promotion ceremony for new PO2s Pg. 5



HMCS Toronto on Op REASSURANCE Pgs 12-13



CAF Regional Squash Championship Pg. 21



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Design chosen for future Canadian Surface Combatant fleet

By Ryan Melanson,
Trident Staff

A winning design bid has been selected for the Canadian Surface Combatants, the future fleet of ships that will eventually replace the Royal Canadian Navy's current Halifax-class frigates.

The design will be based off the BAE Systems Type 26 Global Combat Ship, which was offered by a consortium known as Canada's Combat Ship Team, led by Lockheed Martin Canada and also including BAE Systems, CAE, L3 Technologies, MDA and Ultra Electronics.

The announcement was made on February 8 at Irving Shipbuilding's Halifax Shipyard, where 15 Canadian Surface Combatants will eventually be built, following the completion of the Harry DeWolf-class Arctic and Offshore Patrol Ships (AOPS) that are currently under construction. The initial design contract to Canada's Combat Ship Team is worth \$185 million, and is expected to increase as design work progresses. The total value of the combat portion of Canada's National Shipbuilding and Procurement Strategy will be roughly \$60 billion.

Federal Minister of Public Services and Procurement Carla Qualtrough, in announcing the awarding of the design contract, said the bidding process for the design was done in an open and transparent manner, yielding the best design and design team possible for the project.

"Our government is providing the Royal Canadian Navy with the ships it needs to do its important work of protecting Canadians for many years to come. As the largest procurement project in Canadian history, these ships will form the backbone of the Navy and also contribute to fueling our economy," she said, while highlighting other shipbuilding milestones like last year's launch of the future HMCS *Harry DeWolf*, to soon be followed by five more ships under the AOPS program.

Construction on the Canadian Surface Combatants is scheduled to begin in the early 2020s. A media release from the winning design team touted the Type 26 ship design as being acoustically quiet, versatile, highly survivable, and allowing for significant growth margins for future modernizations.

In a message sent to members of the defence team following the announcement, VAdm Ron Lloyd, Commander RCN, described the awarding of the contract as an exciting moment for the Navy. He added that work has already begun across the RCN to ensure sailors will be ready for the new technology and innovation being



An artist rendering of the Type 26 Global Combat Ship, Lockheed Martin's proposal that has been selected as the design for Canada's fleet of Canadian Surface Combatant Warships.

LOCKHEED MARTIN
CANADA

Minister of Public Services and Procurement Carla Qualtrough speaks at Irving Shipbuilding in Halifax on February 8, at an event announcing the awarding of a design contract for the Canadian Surface Combatant project.

IRVING SHIPBUILDING

built into the future fleet, which will mean plenty of close work with Irving Shipbuilding, Lockheed Martin and their partners in the years ahead.

"These warships will be combat-effective across all naval warfare dis-

ciplines, crewed for sustained high-intensity operations, able to contribute meaningfully to joint action ashore, highly interoperable with our allies and defence partners, globally deployable, adaptable and agile," he said.

"The Canadian Surface Combatant is a core component of a revitalized Canadian Armed Forces that will be strong at home, secure in North America and engaged in the world."

HMCS *Kootenay* survivor receives Wound Stripe 49 years after engine room explosion

By Ryan Melanson,
Trident Staff

Nearly 50 years after being badly injured at sea as a result of the 1969 HMCS *Kootenay* explosion, a member of that ship's company has been recognized for his sacrifice in service to his country.

AB (Ret'd) Allan "Dinger" Bell was awarded the Wound Stripe by VAdm Ron Lloyd, Commander RCN, during a ceremony at Juno Tower on February 8, with his family and a number of former *Kootenay* shipmates in attendance.

AB (Ret'd) Bell was working inside *Kootenay's* engine room on October 23, 1969, when a gearbox explosion occurred during full power trials off the coast of England. He was one of only three sailors inside the engine room who survived the blast; nine men were killed in total, and more than 50 suffered burns or other injuries, as the explosion sent fire, smoke, hot oil and other dangerous substances throughout the ship. AB (Ret'd) Bell himself had burns on more than half of his body, and required three surgeries through a difficult recovery process. The *Kootenay* explosion is now regarded as the RCN's worst peacetime disaster.

In thanking him for his sacrifice and awarding him the Wound Stripe, VAdm Lloyd did not shy away from the fact the recognition has been long overdue, and he described the presentation as 'righting a wrong.'

"The good thing is that, as an organization, we've been able to make great progress since the tragedy that took place in *Kootenay*," VAdm Lloyd said, referencing the many changes to safety designs and protocols that came in the wake of the tragedy.

"But that doesn't make up for the fact that it took nearly 50 years of

bureaucracy and challenges and obstacles to be able to recognize the service and sacrifice of one of our own in this way."

While the day was focused on remembering his own sacrifice, AB (Ret'd) Bell spoke mainly about his shipmates and their families after receiving his award. He recalled his nine colleagues who died due to the explosion 1969, along with the eight wives who lost husbands, and the 18 children who lost fathers on that day. Many of those who survived have struggled with PTSD for years because of what they witnessed and went through in the ship.

Those survivors, he added, are also worthy of recognition for their heroic actions in saving the ship and preventing an even greater tragedy from occurring. As the 50th anniversary of the *Kootenay* tragedy approaches, AB (Ret'd) Bell said it's his hope for the former crew to receive the Unit Commendation for their actions.

"Hopefully that will happen, because it's not just about me, it's about everybody. I would love to see the entire crew recognized officially for what they did."

AB (Ret'd) Bell is the first *Kootenay* crew member to receive the Wound Stripe. His shipmate Al Kennedy, who was also in the engine room when the blast took place, is set to receive the same award in the near future once paperwork and other requirements are complete. A third shipmate who escaped the engine room alive, John MacKinnon, died in 2008, and the Wound Stripe unfortunately can't be awarded posthumously.

A ceremony marking 50 years since the *Kootenay* explosion is being planned to take place at the Bonaventure Anchor Memorial in Point Pleasant Park on October 23 of this year.



AB (Ret'd) Allan "Dinger" Bell, right a survivor of the 1969 HMCS *Kootenay* explosion, was presented the Wound Stripe on February 9 by VAdm Ron Lloyd, Commander RCN.

AB JOHN IGLESIAS, FIS

Manitoba honours its HMCS *Kootenay* sailors

By Virginia Beaton,
Trident staff

The province of Manitoba has honoured two sailors, originally from that province, who died in the explosion and fire aboard HMCS *Kootenay* on October 23, 1969.

In July 2018, an island was named to commemorate LS Thomas Gordon Crabbe, originally from Neepawa, who was one of the nine sailors to lose their lives in the fire, considered to be the worst peacetime disaster in the history of the Royal Canadian Navy.

Crabbe Island is located in Goldsand Lake at 57° 06' 19" latitude and 101° 11' 31" longitude. This island is

located approximately 30 kilometres northwest of Lynn Lake.

Then in September 2018, a lake was named to commemorate PO1 Eric G. Harman, who was originally from Winnipeg. Harman Lake is located at 57° 04' 23" latitude / 101° 34' 20" longitude, approximately 45 kilometres northwest of Leaf Rapids. Harman Lake is approximately 20 kilometres west of Crabbe Island.

Manitoba has named geographical features to honour of all of its Second World War, Korean War, and Afghanistan fatal casualties. As well, a feature has been named in honour of a casualty who lost his life serving with the UN Forces in 1996 in Bosnia-Herzegovina.

The nine sailors who lost their lives as a result of the *Kootenay* disaster are as follows: CPO2 Vaino Partanen, CPO2 William Boudreau, PO1 Eric

Harman, PO1 Lewis Stringer, LS Serge Bourret, LS Thomas Crabbe, LS Gary Hutton, OS Nelson Galloway, and OS Michael Alan Hardy.

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

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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 Göttingen 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.

Bluenose: On Board a Legend

Time: 7 p.m.

Date: Tuesday, February 26

Location: Maritime Museum of the Atlantic

Join Devyn Kaizer, the author of the new book *Bluenose: On Board a Legend*, for this discussion on the story of the original Bluenose and its newly-

restored replica, as well as the interesting people who have been linked to the ship through the years. Kaizer is the Research Assistant at the Fisheries Museum of the Atlantic in Lunenburg, she sits on the Board of Directors of the Lunenburg Heritage Society, and she spent the 2017 sailing season as the travelling interpreter for Bluenose II. Her new book also features photography from Lunenburg's Peter Zwicker.

CAF Transition Group Information Sessions

Time: 9:30 - 11:30 a.m.

(Shearwater), 1:30 - 3:30 p.m. (Stadacona)

Date: Wednesday, February 27

The newly stood-up Canadian Armed Forces (CAF) Transition Group will host an info session for CAF members of all ranks and their families to outline how the group will be supporting CAF members, not only those who are ill and injured but anyone who will be transitioning out of the CAF. Family members attending the info session should have a Military Family ID card or provincially-issued driver licence/identity card available to access the facilities where the info sessions will be taking place. The Shearwater session will take place at the Sea King club while the Stadacona session will take place at the CFMWC Auditorium.

International Women's Day: Celebrating HRM Women

Time: 1 - 4 p.m.

Date: Friday, March 8

Location: Halifax Central Library

The African Nova Scotian and Racially Visible Women's Network, in collaboration with the Office of Diversity and Inclusion and the

Halifax Central Library, invite you to an International Women's Day Event celebrating women across the diversity spectrum in the fields of Science, Math, Technology, and Innovation. Featuring Keynote Speaker Rita Orji, Asst. Professor Faculty of Computer Science, Dalhousie University, as well as Elder Peggie Wentzel, Dyerika Prov, Courtney Arsenault, and Leslie Anderson. All are invited to this free event! Come to enjoy a host of activities, information booths, entertainment, and healthy snacks. Please email Lillian Ash at ashli@halifax.ca to confirm your attendance.

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 sailors and ships of the Royal Canadian Navy and our Merchant Navy during the Second World War.

Menstrual hygiene product donations sought from local Defence Team members

By CFB Halifax PA

CFB Halifax, in cooperation with the Defence Women's Advisory Organization (DWAQ) Halifax, will be collecting menstrual hygiene product donations from members of the local Defence community from February 20 to March 8 to help combat "period poverty".

The collection will be registered through Dignity Period., a local campaign that helps supply menstrual hygiene products to people across Nova Scotia who struggle to afford or access the supplies they need. All items collected will go directly to local organizations including The Margeurite

Centre, Adsum for Women & Children and the Halifax & Region Military Family Resource Centre (H&R MFRC).

Donations of tampons, sanitary napkins (pads), menstrual cups, cloth menstrual pads and period panties in full, unopened boxes/consumer packaging are graciously accepted.

Donation boxes will be set up in the following locations starting on February 20: Dockyard: MARLANT HQ (D201) main lobby; D206 main entrance; FMF Cape Scott main lobby; New Wave café.

Stadacona: Base Headquarters (S90) main lobby; Tribute Tower (S117) main lobby; Canadian Forces Health

Services Centre Atlantic (S80) main lobby; Juno Tower (S90) main lobby/reception area.

Willow Park: TEME building (WL57) main lobby; Real Property Op building (WL7) main lobby.

Windsor Park: H&R MFRC (WP106) main reception area.

Donations will also be accepted at the DWAQ Halifax-hosted International Women's Day event at Tribute Tower (Mr. Mac's, room # 144) from 9 a.m.

to 12 p.m. on March 8. Those who donate at the event will be entered into a draw for a Google Home Mini.

Thank you in advance to all who donate to this worthwhile cause.



Royal Canadian Navy Chief Petty Officer CPO1 Michel Vigneault, centre, with Fleet Chief CPO1 Tim Blonde (left) and Cmdre Craig Skjerpen (right), and 14 sailors who were recently promoted from the rank of Master Seaman to Petty Officer, Second Class.

MCPL NEIL CLARKSON, FIS

PO2 promotion ceremony marks major career step for sailors

By Ryan Melanson,
Trident Staff

For non-commissioned members of the Royal Canadian Navy, the promotion from the rank of Master Seaman to the rank of Petty Officer, Second Class is seen as a significant moment in the progression of a naval career. The move comes with membership in a new mess, new responsibilities aboard a ship, and a greater degree of influence within the organization.

Because of this, the Navy has chosen to recognize the career step with special ceremonies that celebrate groups of Master Seamen as they receive their promotions. This new initiative kicked off in Halifax on February 7, with RCN Chief Petty Officer CPO1 Michel Vigneault coming to HMCS *St. John's* to personally congratulate and present scrolls to a group of 14 newly promoted Petty Officers from across the Formation.

"This promotion is not solely about seniority or passing examinations," he said to the group of sailors and their colleagues, friends and family members who were gathered in *St. John's*' hangar, adding that factors like work ethic, vision, leadership skills and other intangibles played a role for each member in determining whether they were ready for the next rank.

"Don't underestimate the power and significance of this rank, both for

your subordinates and for command."

Senior NCMs are a crucial component of the RCN, he said, and will become even more so in the coming years as Canada begins to receive a steady supply of new naval vessels, beginning later this year with HMCS *Harry DeWolf*.

"The Navy is going to need leadership and expertise to move these changes along, and that's going to come from people like you."

Cmdre Craig Skjerpen, Commander CANFLTANT, said he was pleased to see the extra recognition for the sailors as they begin the transition to a new, more supervisory position. Adjusting to the change and navigating an environment where friends and colleagues may become subordinates can be difficult, and the job comes with plenty of new challenges, he added.

"It takes time to adjust to such a big step up the ladder, but never forget all of the hard work you put in to get here."

The full list of sailors promoted to Petty Officer, Second Class at the ceremony includes: PO2 Anthony Banfield, PO2 Kris Bunleon, PO2 Brad Burden, PO2 Travis Carrier, PO2 Jeffrey Elliot, PO2 Jeremy Hiscock, PO2 Nicholas Holden, PO2 William Kerr, PO2 Donald Munro, PO2 Frederick Pickett, PO2 Steven Prince, PO2 Jason Tofflemire, PO2 Trevor Vincent, and PO2 Jeremy Warford.

7 steps for emotional and spiritual First Aid

By Padre Lt(N) Corey Pickens,
BAdm

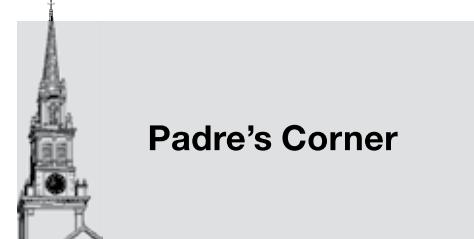
It is vitally important to maintain your spiritual and emotional health, as it is to maintain your physical and mental health. Working together toward whole-body holistic health means we can reach out to those who are hurting and walk with them along their journey. Here are seven basic steps of emotional and spiritual first aid:

1. Pay attention to emotional pain. Pain is the body's warning system to tell us something is wrong. The same is true of emotional pain. If feelings of rejection, failure or isolation aren't easing up, or if a bad mood isn't getting better, you might have sustained a psychological wound and need to treat it.

2. Redirect your gut reaction when you fail. Learn to recognize and work through your gut reaction of feeling helpless or demoralized by making a list of factors you can control. Think about your preparation and planning, and how you might improve things next time. This will reduce feelings of helplessness and improve future success.

3. Monitor and protect your self-esteem. Self-esteem is your emotional immune system that buffers you from emotional pain and strengthens your ability to cope with stress and major disappointments. One way to heal damaged self-esteem is to be kind to yourself. When you feel self-critical, try this exercise: Imagine a friend or colleague in your situation. Write them an email expressing support and understanding. Then re-read the email. These are the kinds of messages you should be giving yourself.

4. Disrupt negative thoughts with positive action. Break the cycle of negativity with something requiring mental concentration: do a Sudoku, build something, recall your childhood friends by name. Studies show that just two minutes of concentrating on a minor task can reduce our urge to focus on the negative.



Padre's Corner

5. Find meaning in loss. One way to ease the pain of loss is to look for meaning or a greater purpose in it. It can be tough, but also a valuable growth opportunity. If you are struggling to find relief or meaning from your grief, reach out to a chaplain or social worker or a trusted friend.

6. Let go of the excessive guilt. This is important. Guilt can be useful. In healthy doses, it prompts us to change and mend relationships. But extreme guilt is toxic – it wastes emotional energy, distracts us from other tasks, and prevents us from enjoying life. Apologies are important, but often more complex than simply saying "I'm sorry." A sincere apology is an empathy statement. In other words, it should focus less on explaining your actions and more on how your actions (or inaction) hurt the other person. It is much easier to forgive someone when you feel they really understand.

7. Build your spiritual resilience. It takes time to recover from a soul wound, but cultivating a personal spiritual practice will help you develop the necessary resilience to help you move forward. Yoga, Tai Chi, prayer or meditation, or finding a faith community will strengthen your soul and prepare you for tough times.

Practicing spiritual and emotional first aid takes a little time and effort, but it will greatly improve your quality of life and your relationships. For more dialogue or specific support, you can always reach out to your unit chaplain. They are trained to listen and provide specific support to members with questions or those who may be wrestling with personal issues.

Halifax Military Chaplains: Fleet – 427-0521; Base – 721-8660; 12 Wing – 720-2441; Emergency Chaplain (After Hours) 427-7788, MFRC – 722-4662

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- Gospel according to John



Asterix helps warships flex their naval muscle

By Peter Mallett,
The Lookout Staff

Two naval officers who recently commanded Naval Replenishment Unit (NRU) Asterix say the navy's newest oiler has become a vital part of Canadian naval operations.

The NRU is the military wing that oversees replenishment at sea (RAS) operations aboard Motor Vessel (MV) Asterix.

On Feb. 6, the commercially-owned auxiliary replenishment vessel left CFB Esquimalt with a crew of 45 military and 36 civilians in support of HMC Ships *Ottawa* and *Regina*.

LCdr James Classen, who commanded RAS operations on board Asterix from August 2 to December 18, 2018, says from a military technology perspective there is nothing advanced or noteworthy about Asterix. It is not well-equipped for battles at sea like a warship. But that's not its purpose, says LCdr Classen.

What Asterix does do is deliver the goods, thereby providing something vitally important to Canada's naval fleet: endurance.

"It's all about endurance, plain and simple, for warships," said LCdr Classen, who is currently the officer in charge of HMCS *Chicoutimi*. "It's fulfilling our requirement of replenishing our ships at sea. We are able to keep our warships out in our theatre of operations for extended periods and provide them with fuel, food and rations."

For this most recent deployment, Asterix will operate in support of *Regina*, and *Ottawa* as the ships transit to Hawaii. From there, it will accompany *Regina* to the Indian Ocean in support of Operation Projection and Operation Artemis.

Project Resolve

MV Asterix is leased to the navy by private firm Federal Fleet Services as part of Project Resolve. The modern, German-built container ship had previously operated for five years by Capital Ship Management of Greece and was turned into a supply ship under a procurement contract with the Government of Canada. It was stripped down and converted by Davie Shipbuilding in Quebec to meet the navy's supply needs.

The intent of the service contract is to fill the gap between the decommissioning of the Protecteur Class replenishment vessels and the arrival of the next generation of oilers. The Joint Support Ship Project will see the delivery of two new Protecteur-Class auxiliary vessels; the first is expected to be launched in 2023.

Measuring Up

Measuring approximately 182m long with a displacement of 26,000 tons, Asterix can carry approximately 10,497 cubic metres of marine diesel and up



Naval Replenishment Unit Asterix experiences rough seas while conducting a Liquid Replenishment at Sea HMCS Calgary during Op PROJECTION, in the Pacific Ocean on December 5, 2018.

LS MIKE GOLUBOFF, MARPAC IMAGING SERVICES

to 1,332 m³ of aviation fuel. Moving that weighty cargo across the ocean requires some muscle. The main fixed propeller engine and retractable bow thruster aboard Asterix can push the vessel to a maximum speed of 20 knots (37 km/h) with a range of 10,000 nautical miles (19,000 km).

Although fitted with small arms weaponry, it is not intended to be put in a high-risk environment. The vessel is also designed to carry four Rigid Hulled Inflatable Boats and two fast rescue craft.

Fueling the Fleet

NRU's main purpose is to conduct RAS operations at sea. Along with fuel stores, its two 30-tonne cargo cranes and a forklift are capable of moving and storing 38 sea containers in its hold and up to 800 pallets on its tween deck. Storage items can include small arms ammunition, hammerhead targets, spare parts for warships, food, and medical supplies.

NRU Asterix has a total of six rotating RAS teams, four based on Canada's East Coast and two on the Pacific Coast that switch out approximately every four months.

Life Onboard

What is it like working and living aboard MV Asterix?

The vessel's first Pacific Coast commander, LCdr Meghan Lobb, took command of NRU Asterix from April to August 2018 and says sailing it is an entirely new experience for her and RCN members who never got a chance to sail aboard the Protecteur class.

She says Asterix provides something different than most RCN vessels - interaction between military personnel and civilian staff members.

"It's a large ship with a comparatively small crew, and with half the crew coming from a civilian maritime background, we have a lot to learn from each other. From a military standpoint, we learn how a merchant ship runs, and the civilian mariners get a peek into some military operations. It's great to see the teams coming together as one to accomplish the mission."

The amenities of Asterix provide much more in the way of comfort and privacy than most warships such as Wi-Fi throughout, private catering and full gym facilities designed by Goodlife Fitness.

The vessel also includes enhanced

medical and dental capabilities. On the medical side, those include x-ray and ultrasound equipment, a five-bed hospital trauma bay and pharmacy. Asterix employs a physician assistant, medical technician and medical officer. Asterix' staffing also includes a dentist and dental technician who work from a well-equipped dental office and lab.

LCdr Classen says the massive size of the Asterix and many private quarters can sometimes produce a sense of isolation. He likens life on the ship to that of a modern city, as after work hours most people often retreat to their cabins and close their doors for the night. That privacy and lack of interaction is something he and other sailors are not accustomed to when sailing aboard a frigate or submarine.

It didn't become an issue for too long during his time at the helm. Instead of staying isolated he and the rest of the crew held movie nights in the ship's messes along with friendly competitions in ping-pong and basketball in the vessel's gym.

"On a warship it's all about the camaraderie and I think we were successful in recreating some of that," he concluded.

Siblings visit grave of RCAF father 57 years after his death overseas

By Ryan Melanson,
Trident Staff

Kerry Balcom was only seven years old in 1962 when his father, Sgt Gordon Balcom, suffered a heart attack while on operations on the Mediterranean island of Sardinia with the Royal Canadian Air Force.

While his family was living on an air base in Germany at the time, Sgt Balcom was flown to France for medical care, and though initially released,

he died a short time later from complications. In the weeks that followed, Kerry Balcom and his sister Anne Marie Pearle, who was 15 at the time, were quickly moved off base with their mother, and soon left Germany for their mother's home country of England.

The siblings were not permitted to attend their father's burial, and though they had a chance to quickly visit his grave site in France a year later before returning to Canada,

they've both felt a lack of closure around their father's death for decades.

"Everything just happened so quickly, we felt like we there was no closure and we never really said goodbye. We felt quite sad about it for many years," Balcom said.

They had long wished to return to their father's grave site in the French village of Choley-Ménillot, but for financial reasons, and other obstacles, it never happened. Balcom is now 64, his sister is 72, and he said the trip to France seemed like something that would always be out of reach.

This was until Balcom connected with the charity Wish of a Lifetime Canada in 2017, shared his family's story, and after an interview process, was chosen to be a recipient of one of the life-enriching wishes the organization grants to Canadians each year. Wish of a Lifetime, along with corporate partner Astellas Pharma Canada, funded a trip to France for the siblings last fall, where they were able to visit Royal Canadian Air Force Cemetery Choley and pay proper respects to their father, nearly 60 years after his passing.

"They were amazing, we can't thank them enough," Balcom said of the charity and their sponsorship partner.

"They made our dream come true and this was truly a life-changing moment for us."

He and his sister spent four days in the area; they visited the cemetery each day, left mementos, met with other relatives from England who were able to visit, and enjoyed reconnecting with the memory of their father.

"The day that we walked into the cemetery and through those gates was everything I could have ever imagined. It was an incredible relief and a wonderful feeling to finally be there."



The siblings had a brief chance to visit their father's grave a year after his death.

SUBMITTED

The Wish of a Lifetime Canada charity focuses on granting wishes to older Canadians to create meaningful experiences and combat isolation, and they focus on wishes that involve fulfilling lifelong dreams, reconnecting loved ones, renewing and celebrating passion, and commemorating service.

Balcom said he came across the charity by chance and didn't expect his wish to be granted, so he encouraged others to visit the website at <http://wishofalifetime.ca> to learn more about the organization does and potentially submit a wish.



Kerry Balcom, right, and his sister Anne Marie Pearle, recently visited the grave of their father, RCAF Sgt. Gordon R. Balcom, in France, for the first time in more than 50 years. The trip was made possible by the charity Wish of a Lifetime Canada and their corporate partner Astellas Pharma Canada.

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Members of the Defence Women's Advisory Organization (DWAO) Halifax invited Defence Team personnel to 12 Wing Shearwater in December 2018 for one of its regular lunch and learn sessions; this particular event featured LCol Tara Willis, 12 Air Maintenance Squadron's Commanding Officer. DWAO Halifax is hosting the local International Women's Day event at Tribute Tower on March 8.

SUBMITTED

DWAO Halifax to host International Women's Day event at CFB Halifax

By Margaret Conway,
Base PAO

The Defence Women's Advisory Organization (DWAO) Halifax will bring members of the local Defence Team together to discuss women's challenges and successes in the workforce during an International Women's Day (IWD) event at CFB Halifax on March 8. This year's IWD theme, #BalanceforBetter, is all about building a gender-balanced world in which everyone has a part to play – all the time, everywhere.

"To achieve the powerful benefits of true diversity, inclusivity and gender equality, it is important that everyone in the Defence community be active in the conversation. One way to demonstrate your commitment is to attend this premier event," says Capt(N) Dave Benoit, Champion for the Atlantic DWAO. The local IWD event will take place from 9:00 am to 12:00 pm at Tribute Tower (Mr. Mac's – room #144) and will feature keynote speaker Karen Hutt, CEO of Nova Scotia Power, and a panel discussion led by female Defence Team

members, both military and civilian. Representatives from local charities and CAF/DND organizations such as Health Promotion Services and The Marguerite Centre will also be on hand to provide information to attendees.

"It's vitally important that our entire Defence community—including women, men and those of all gender identities—be involved in the discussion around women's experiences at work," explains LCdr Dawn MacDonald, military co-chair of DWAO Halifax. "This event is really about highlighting how women have navigated their careers as military members and public servants, and where there might be room for improvement that can be of benefit to everyone," adds DWAO Halifax civilian co-chair, Holly Scothorn.

A collection box will be available at the IWD event for those wishing to donate full, unopened boxes of feminine hygiene products to local organizations including The Marguerite Centre, Adsum for Women & Children and the H&R MFRC. The collection of tampons, sanitary napkins (pads),

menstrual cups, cloth menstrual pads and period panties will be registered with Dignity. Period., a local campaign that helps supply menstrual hygiene products to people across Nova Scotia who struggle to afford or access the supplies they need. Those who donate at the event will be entered into a draw for a Google Home Mini.

About the DWAO

The DWAO works to identify systemic barriers to women in the CAF and DND. DWAO Halifax works to provide a local network for military and civilian members of the Defence Team to raise ideas, provide support, mentorship and education on women's challenges and successes.

For more information on DWAO Halifax or to become involved, you can request to join the DWAO Halifax Facebook group (<https://www.facebook.com/groups/1832247323461580/>) or email the co-chairs at +DWAO-Halifax@CFB Halifax@Halifax

For more information on International Women's Day 2019, please visit <https://www.internationalwomensday.com/IWD2019>.

HMCS Ottawa to fine tune warfare skills in Hawaii

By Peter Mallett,
Staff Writer

HMCS *Ottawa* recently departed Esquimalt for a month-long bilateral engagement with the United States Navy (USN) off the coast of Hawaii.

Once the warship and crew arrive in Hawaii they will participate with the USN perfecting their interoperability with this Pacific naval partner.

Ottawa's Commanding Officer, Cdr Alex Barlow, says the value of brushing up on core war-fighting skills in a task group setting will be "extremely beneficial" for him and his crew.

"Being close allies [with the United States] we are often operating with them, so getting the opportunity to practice those skills in an exercise helps," said Cdr Barlow. "Being able to work in that multi-ship, multi-unit environment is challenging, but it is the key thing we need to practice because it prepares us for deployment, and any eventualities that we may experience."

Cdr Barlow says the seven-day sail to the Hawaiian Islands provides a perfect opportunity for him and his crew to brush up on their skills, this time in a smaller task group with HMCS *Regina* and the supply ship, NRU Asterix, which departed Esquimalt the same day as *Ottawa*. The two ships are on a seven-month deployment in the Asia-Pacific and Middle East regions where they will participate in Operation Projection and Operation Artemis.

Ottawa will act as the command platform for the small task group. It will be under the leadership of Commander Canadian Fleet Pacific, Commodore Angus Topshee. He will be exercising his command unit at sea with some of his staff. Cdr Barlow said his crew have also been focused on integrating the command platform onboard *Ottawa* to ensure Commodore Topshee and his staff get the support they require to carry out their objectives.



NRU Asterix at sea with HMC Ships *Regina* and *Ottawa*

HMCS Regina, NRU Asterix, and HMCS Ottawa sail in formation with Patrol Craft training vessels near Constance Bank, Victoria, British Columbia on February 6, 2019.

CPL STUART EVANS, BORDEN IMAGING SERVICES

Music, youth, and the Navy

By **LS Matthew MacLean**,
Stadacona Band of the Royal Canadian
Navy

If you ask a young person in the Maritimes, “What does the Royal Canadian Navy mean to you?”, there is a good chance that the answer may have changed in the last few months. Your Stadacona Band has been hard at work in the Maritimes. Connecting with and inspiring young people is among the most important ways that the Royal Canadian Navy can invest in continuing its legacy. This is one of the ways that the Stadacona Band shines.

Many fond memories are shared by Maritimers of the time when the Stadacona Band came to their school. This month, the band is performing in nine schools in the Halifax Regional Municipality and reaching over 3200 students. In January, Stadacona Band travelled to PEI to host a workshop with the provincial grade 9 Honour Band and to Pictou, NS to perform a concert for students and families and raise funds in support of their local band programs. On February 10, the band performed a joint concert with the Nova Scotia Youth Wind Ensemble at Acadia University. As part of the Stadacona Band’s ongoing commitment to support Cadets Canada, it is performing a joint concert with the

Tri-Service Cadets on April 7 at the Halifax and Region MFRC. The band is also hosting Air Cadet Sgt Alex Bessant as he works towards credits with his high school co-op program. He is joining the unit once a week, sitting in on rehearsals, and benefitting from hands-on experience with daily operational tasks, under the supervision of LS Marie-Neige Dupuis-Carbonneau.

These are a few examples of the support to Maritimes youth that the Stadacona Band is committed to providing on a continuous basis, and has provided for years; this year however, the band is working harder to do more. From among their ranks, the band has formed a brass ensemble, which performed at the Maritime Conservatory of Performing Arts on February 16, in support of their Musical Scholarships Fund. This brass contingent will travel to Newfoundland in March. Their mandate will include a joint concert with the Royal Newfoundland Regiment Band, performances at public schools, as well as a concert at Memorial University of Newfoundland.

The Stadacona Band is uncompromising in its duties to the RCN, and can be heard on parade, at ship arrivals, and at a myriad of other military functions throughout CFB Halifax and 12 Wing Shearwater.



Lt(N) Bradley Ritson, Commanding Officer and Music Director of the Stadacona Band, directs the band during a recent concert.

PO2 HAMISH GORDON, STADACONA BAND



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Why is Pink Shirt Day important to MARLANT?

MARLANT is going beyond the anti-bullying message of Pink Shirt Day this year to promote and emphasize **Respect and Civility in the Workplace**. On Wednesday February 27, wear your pink shirt to support the message of creating a safe and healthy workplace at MARLANT through respect and civility.

We don't necessarily have to be best friends with everyone we work with, but we do have to create a respectful workplace where employees are courteous, caring, and considerate in their interactions with one another, as well as with customers, clients and the public.

There are numerous benefits to creating a civil and respectful workplace for the employees, supervisors and the organization. It can lead to higher job satisfaction, greater perceptions of fairness and a more positive attitude among employees. The organization benefits from improved morale, better teamwork, enhanced supervisor-staff relationships, and reduction in sick leave and turnover. People also take a greater interest in personal development, engage in problem solving and enjoy their environment more when people are treated with respect and civility.

Practicing small, everyday acts of civility, care, and consideration can go a long way to help everyone feel safe, comfortable, and respected at work.

Tips for Respect and Civility in the Workplace

1. Train and Develop

Provide training and resources on civil and respectful workplace behaviours such as listening, giving feedback, conflict resolution, anger management, and dealing with difficult customers. It's also important that staff learn to recognize what constitutes uncivil behaviour and how to address it. Health Promotion

offers numerous courses that address these issues and are offered to military members, civilian employees and military family members. It is also important that time and support are given to individuals who choose to pursue training and education on civil and respectful workplace behaviours.

2. Incorporate Respect and Civility in Your Communications

Adopt non-discriminatory language and maintain the confidentiality of employees' personal information in all communications. Ensure that communications are easy to find and accessible to all by prominently displaying on bulletin boards, in employee handbooks, or online.

3. Give Your Full Attention

Basic respect is the foundation of working relationships. A civil workplace is one where everyone's input is recognized, valued and where our attention is focused on the conversation at hand. This focus means giving people and meetings your undivided attention. Be sure to turn off your cell phone or any other device that may distract you. If you're going to be late for a meeting, let the organizer know in advance.

4. Use Respectful Language

Please... Thank you... Excuse me... I'm sorry... are words that you can use regularly to establish civility. Express appreciation to co-workers for their help, avoid interrupting others when they are speaking, and apologize with sincerity if you have mistakenly offended someone. These seemingly small gestures all help to contribute to an overall culture of a respectful workplace.

5. Say Hello

In an uneasy work environment, it is commonplace for co-workers to not even greet each other. Next time

you're passing a colleague in the hallway or seeing them in the lunchroom, acknowledge them by saying hello. Courtesy is infectious and helps build positive morale.

6. Be Considerate When You Speak

Humour in the workplace can take many forms and not all of them are appropriate nor appreciated by everyone. Before making a joke, pause to consider your audience. Is the joke at someone else's expense? Might it be embarrassing or demeaning? If the answer is yes to any of these, then don't share the joke.

7. Be Inclusive

Be courteous, friendly – these actions foster a positive working culture. Look for opportunities to include others that you may not generally socialize with by acknowledging their birthday, inviting them to lunch, or asking for their input. Everyone wants to be recognized and have a sense of belonging. It can be very rewarding to bridge social barriers to discover new associations.

8. Practice Humility

Give others credit when they do a good job. By being modest and raising others, you can contribute to building a culture of generosity and trust, while allowing others to share in the satisfaction of a job well done.

9. Be a Role Model

Promote and reinforce respectful leadership behaviour. Provide managers and supervisors with appropriate training and supports, and ensure that they are available, present, and in contact with workers to be able to recognize and resolve issues.

10. Address Uncivil Behaviour

In addition to demonstrating the type of behaviour we expect from others, it is equally important for

employers to address situations that affect civility. Create and enforce guidelines and policies detailing expectations, and consequences for inappropriate behaviour. Allow for constructive problem-solving. Manage conflicts in an effective and timely fashion, and ensure follow-up with all parties involved.

Canadian Centre for Occupational Health and Safety. (2018). Health and Safety Report, Volume 12, Issue 10. Retrieved from <https://www.ccohs.ca/newsletters/hsreport/issues/2018/10/ezone.html#hsreport-tipstools>

Dress With A Difference for Pink Shirt Day!

All personnel are encouraged to wear a pink shirt on Wednesday 27 February to show their support. It is our intention to use this day as another opportunity to have Dress With A Difference, civilian clothing day. It is not the plan to move the normal Friday DWD to Wed, but rather have this as another opportunity to wear civilian clothing with a Pink Shirt to promote and emphasize respect and civility in the workplace.

Pink Shirt Photo Challenge

Take a photo of your unit on Pink Shirt Day and send it to Holly Scothorn (holly.scothorn@forces.gc.ca) so we can see which unit had the most participation. Let's take this opportunity to spread respect and civility – write a caption with your photo submission telling us what your unit does to foster respect and civility in your workplace.

Resources

<https://www.workplacestrategies-formentalhealth.com/free-training-and-tools/on-the-agenda/Civility-And-Respect>

<https://www.ccohs.ca/newsletters/hsreport/issues/2018/10/ezone.html#hsreport-tipstools>

Support Our Troops- National Scholarship Program

Support Our Troops is now accepting applications for the National Scholarship Program. The Scholarship Program is entering its fifth year; it was launched to address the increasing need for scholarship opportunities for military family members. The goal is to assist more youth in military families to pursue their continuing post-secondary education. In 2018, more than \$75,000 was awarded to military family members through 45 scholarships with winners selected from 388 competitive applications.

"Thank you so much for this bursary! Receiving this bursary reaffirms

my belief that the military really does care about its members and their families. This bursary will motivate me to do the best I can in school because I have the military on my side. The money will help ease my family's worries with financing for college. It means so much to me that, because of you, I will be able to reach my full potential. You have inspired me to push myself for the better and you have showed me that I will always be supported. Thanks again!" - Logan Stewart, Broadcasting Television, Algonquin College.

This year, 41 scholarships are available and range from \$500 to \$2,000.

Both full-time and part-time post-secondary students of accredited academic institutions, career and vocational colleges are eligible. Eligible candidates are: a dependent (includes spouse) of a serving or former member of the Canadian Armed Forces; a Canadian citizen or permanent resident of Canada; and enrolled in an undergraduate program leading to a degree, diploma or certificate at an accredited Canadian college or university. Post-graduate and career college students are also eligible to apply.

This year there is a new application process in place. The 2019 applica-

tion process consists of the following components:

- A three-part essay
- A letter of reference
- Most recent academic transcript
- Proof of enrollment from academic institution
- A point form list of volunteer/civic engagement activities

For more information on application requirements, eligibility and restrictions visit www.supportourtroops.ca/get-support/scholarships. For any application questions please email scholarship-sandcamps@cfmws.com

Raising the issue

By CCMS ADR Practitioner

I'm constantly being interrupted by the same person at our meetings. I'm not sure what my colleague has against me, but it's causing me to feel like I'm not contributing anything of value. What can I do?

Alternative Dispute Resolution (ADR) doesn't only happen within the Conflict and Complaint Management Service (CCMS) office. There is a great opportunity for anyone to participate in ADR through one-on-one conversations. This approach is early, local and informal (ELI) and helps nip conflict in the bud. Should you choose to address this situation directly with your colleague, here is a three-step approach for raising the issue and setting a time to have the conversation.

Step 1. State the situation as you see it, focusing on the

problem (not the person), using a neutral non-accusatory tone and words.

Example: I've noticed we've had trouble communicating during meetings and there isn't always an opportunity to finish sharing our thoughts.

Step 2. Explain why it is important for you to have this discussion.

Example: It's important for us to talk about this so that we are able to fully express ourselves in meetings, which can lead to a stronger team.

Step 3. Seek agreement on the issues and invite the other person to work with you to resolve them.

Example: Do you agree that there is a benefit to talking about this? We can take some time this afternoon if you are available.

For more information, contact your local CCMS office.

Aborder le problème

Par le Praticien MARC SGCP

Je suis constamment interrompu par la même personne lors de nos réunions. Je ne sais pas ce que mon collègue a contre moi, mais cela me fait penser que je n'apporte rien de valeur. Que puis-je faire?

Les modes alternatifs de résolution des conflits (MARC) ne se produisent pas uniquement au sein du bureau du service de gestion des conflits et des plaintes (SGCP). Tous puissent participer au MARC par le biais de conversations individuelles. Cette approche est précoce, locale et informelle (PLI) aide à écraser les conflits dans l'œuf. Si vous choisissez de régler cette situation directement avec votre collègue, voici une approche en trois étapes pour aborder le problème et définir un moment pour la conversation.

Étape 1. Énoncez la situation telle que vous la voyez, en vous concentrant sur le problème (pas

sur la personne), en utilisant un ton et des mots neutres et non accusateurs.

Exemple: j'ai remarqué que nous avons du mal à communiquer lors de réunions et qu'il n'était pas toujours possible de finir de partager nos pensées.

Étape 2. Expliquez pourquoi il est important pour vous d'avoir cette discussion.

Exemple: il est important que nous en parlions afin de pouvoir nous exprimer pleinement lors de réunions, ce qui peut renforcer l'équipe.

Étape 3. Recherchez un accord sur les problèmes et invitez l'autre personne à collaborer avec vous pour les résoudre.

Exemple: Êtes-vous d'accord pour dire qu'il ya un avantage à en parler? Nous pouvons prendre du temps cet après-midi si vous êtes disponible.

Pour plus d'informations, contactez votre bureau SGCP local.

Correction

In the January 14 edition of Trident, the article regarding the closing of the Atlantic Chiefs and Petty Officers' Association had incorrect information regarding the naming of Sailors' Memorial Way in Point Pleasant Park.

This was an initiative of the NS Naval Officers Association (NSNOA) which is now known as the NS Branch of the Naval Association of Canada in order to become more inclusive and to represent all those with an interest in naval affairs. In 1999 NSNOA succeeded in obtaining the unanimous approval of Halifax Regional Council to re-name Shore Road in Point Pleasant Park as Sailors' Memorial Way, to honour the generations of sailors and merchant mariners who have served here since the founding of Halifax in 1749.

The street sign was unveiled by HRM Councillor Sue Uteck during the 1999 Remembrance Day parade as participants returned from the ceremony at the Sailors' Memorial. The ceremonial street sign was subsequently presented to the Naval Museum of Halifax where it can still be seen.

Programme national de bourses d'études Appuyons nos troupes

Appuyons nos troupes accepte maintenant les demandes dans le cadre du Programme national de bourses d'études. Ce programme a été lancé il y a cinq ans en réponse au besoin grandissant des membres des familles des militaires de se prévaloir de bourses d'études. L'objectif est d'offrir à un plus grand nombre de jeunes des familles des militaires l'occasion d'entreprendre et de poursuivre des études postsecondaires. En 2018, plus de 75 000 \$ ont été remis aux membres de familles de militaires, soit 45 bourses d'études, et nous avons reçu 388 demandes de bourses.

« Merci beaucoup pour cette bourse d'études! Le fait de recevoir cette bourse réaffirme ma conviction que les Forces armées canadiennes ont vraiment à cœur le bien-être des militaires et de leur famille. Cette bourse me motivera à faire de mon mieux dans mes études sachant que vous êtes à mes côtés. De plus, cette aide financière apaisera les inquiétudes de ma famille en ce qui concerne le financement de mes études collégiales. Si vous saviez ce qu'un tel soutien signifie pour moi. Grâce à vous, je pourrai réaliser mon plein potentiel. Vous me motivez à repousser mes limites, et je sais que je pourrai toujours compter sur votre appui. Merci encore! » - Logan Stewart, Télédiffusion, Collège Algonquin.

Cette année, 41 bourses d'études

dont le montant varie entre 500 \$ et 2 000 \$ sont offertes. Les étudiants à temps plein et à temps partiel inscrits à un établissement d'enseignement postsecondaire ou de formation professionnelle reconnu sont admissibles à ce programme. Les conditions d'admissibilité sont les suivantes : être une personne à charge (y compris le conjoint) d'un membre actif ou libéré des Forces armées canadiennes; être un citoyen canadien ou résident permanent du Canada et être inscrit à un programme de premier cycle menant à un baccalauréat, à un diplôme ou à un certificat d'une université canadienne ou d'un collège canadien reconnu. Les étudiants poursuivant des études supérieures ou inscrits à un établissement de formation professionnelle peuvent également soumettre une demande.

Cette année, un nouveau processus est en place pour la soumission des demandes. La demande de bourse de 2019 se compose des éléments suivants :

- un texte divisé en trois parties;
- une lettre de recommandation;
- le relevé de notes le plus récent;
- une preuve d'inscription à un établissement d'enseignement;
- une liste en style télégraphique des activités de bénévolat/d'engagement communautaire.

Pour plus de renseignements sur les critères d'admissibilité, les lignes directrices et les restrictions, visitez <https://www.appuyonsnostroupes.ca/Obtenir-du-soutien/Bourses-d-etudes>. Pour toute question relative aux demandes, veuillez envoyer un courriel à bourseset-camps@sbfmc.com.



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HMCS *Toronto* continues Op

HMCS *Toronto* is deployed on Op REASSURANCE as part of NATO assurance and deterrence measures. These measures aim to reinforce NATO's collective defence. It also shows the strength of Allied solidarity. During this operation, the CAF is conducting training, exercises, and some NATO-specific tasks. The CAF support to NATO helps make Central and Eastern Europe more secure and stable.



Crewmembers of HMCS Toronto participate in a yoga class on the flight deck during Op REASSURANCE.

MCPL MANUELA BERGER, FIS HALIFAX



Members of the Naval Tactical Operations Group conduct small arms training on the flight deck of HMCS Toronto during Op REASSURANCE.

MCPL MANUELA BERGER, FIS HALIFAX



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REASSURANCE deployment



SLt Samuël Blanchette brings food supplies onboard HMCS Toronto at Antalya, Turkey during Op REASSURANCE.

MCPL MANUELA BERGER, FIS HALIFAX



LS Uyliem Ngo, a Weapons Engineering Technician (Radar), performs fault finding on HMCS Toronto during Op REASSURANCE.

MCPL MANUELA BERGER, FIS HALIFAX

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AFRICAN HERITAGE MONTH 2019

RCN Sailor Profile: SLt Greygory Wagner-Conserve

First Name: Greygory
Last Name: Wagner-Conserve
Rank: SLt
Current role: Diving Officer /
 Bridge Watchkeeper
Hometown: Quebec City
Years of Service: 6 years
Home Unit: HMCS *Toronto*

Why did you join the Royal Canadian Navy?

I joined the Royal Canadian Navy because I wanted a career that would be challenging. I was never interested in being cooped up in an office, so the Navy seemed like the perfect opportunity to avoid the office and see the world. From a very young age I was intrigued by the maritime environment and the operation of ships so pursuing a life at sea made sense for me.

How important is your job to you and why?

My job is important to me because in the macro sense, the Navy protects the safety of our country, our citizens and particularly our families by supporting global operations and initiatives. As Canada's representative on the global stage, I am very proud of what I do. I do not see my career as a Naval Warfare Officer as a job, but as a profession.

What is the biggest challenge you've faced during your time as a member?

My day-to-day job at sea can be very challenging. As a Bridge Watchkeeper, I am the Captain's representative on the bridge so I always have to be two

steps ahead of the ship movements in order to keep the ship safe and on schedule. This career also brings a lot of challenges at home. It is not easy to leave to go to sea for long durations, leaving behind my young family. However, my patient and loving wife and I have always found balance by communicating as often as possible. I deployed on Operation REASSURANCE when my daughter was just six months old, and for me that was the biggest challenge that I have faced in my career.

What is the best part about being in the Royal Canadian Navy?

The best part about being in the Royal Canadian Navy is our culture of improvement. We always strive to improve and find innovative solutions in an ever changing global military environment. It never ceases to amaze me, how the RCN is able to find new capabilities and new ways to conduct the mission. The success of the mission is dependent on our ability to work as a team and we always rise to meet the challenge. My Chain of Command supports the ship's company and our families. When my son and daughter were born, all the arrangements were made for me to spend these special moments with my wife.

What is your most memorable experience?

My first port visit is one of my most memorable experiences. After a long stint at sea, arriving in a new place with all of my shipmates was exhilarating. The feeling throughout the ship was that of celebration and

excitement to explore. Crossing the brow with my friends that time was a special feeling, one of accomplishment. I look forward to every port visit but I will never forget how I felt that first time.

What are some additional highlights from your naval career?

During my career I had the opportunity to sail with the Chilean Tanker which helped me understand how other navies around the world operate. As an A/SLt I sailed in HMCS *Oriole* for a summer, going as far as Portland, OR for the Rose Fest which was an amazing opportunity. Sailing all over the North Atlantic, and the Mediterranean and visiting Europe has been a dream come true.

Why have you stayed in the Royal Canadian Navy?

I stay in the RCN because it provides a good work environment and multiple opportunities to learn either through career courses or toward higher learning. My experience with the Navy so far has been positive, although it was not always easy. I have experienced failure at times but I have grown as a leader and as a person by taking these as learning opportunities.

What would you say to someone that is considering a career in the RCN?

The RCN has great opportunities and great challenges at all levels. If you want to learn new things every day and be part of the action you should consider it. The positive ex-



periences outweigh the hardships. I have travelled far and wide, to places I never thought I would see. I have formed some incredible friendships with fellow sailors in my six years of service. If you are ready for a challenging but rewarding career, you could be the perfect fit.

What is the most unique thing about yourself, outside of the Navy?

Since I was young I have always been involved in sports teams. Even now, with a busy family life, I still find the time to play basketball for my Base's team. I also used to coach basketball to high school students, which was very rewarding. Passing on your knowledge to the next generation is fulfilling and sometimes that passage of knowledge also extends outside the court. For about a year now, I have also been a volunteer firefighter with HRM.

HMCS *Charlottetown* steward proud to serve her country

By Ryan Melanson,
Trident Staff

After 23 years of service and more than 1,200 days at sea, the Senior Steward aboard HMCS *Charlottetown* said she's proud of a CAF career that has allowed her to serve her country, help others, and see the world.

PO1 Joyce Farmer, originally from Glace Bay, Nova Scotia, first joined the Canadian Army Reserve in 1996, inspired by her father and his Army service with the former Canadian Guards regiment. But after five years in an infantry role, including a deployment to Bosnia in 1998, she found her way to the Navy, where a background in accounting led her to consider the steward trade.

Since then, PO1 Farmer has progressed to the top of her trade and deployed internationally with multiple ships, including in operations off the coast of Libya, in Canada's North, and in the Mediterranean sea.

"I love what I do, and I wouldn't be

here if I didn't love it," she said.

Stewards serve an important function on a warship, looking after things like canteen and bar supplies, hosting receptions and VIP events on board, and making sure the ship's bills are paid, just to name a few tasks. It's demanding work, with the department often busy while other sailors enjoy downtime, but PO1 Farmer said good cooks and stewards boost morale, and she enjoys giving her shipmates access to some of the comforts of home while at sea.

"There are some long days for my stewards and I, and our feet get tired, but it's nice when we see how much people appreciate the work we do."

As an African-Nova Scotian woman who has excelled in her naval career and holds a key role within the ships' company, PO1 Farmer is happy to be a success story and a mentor to those who



PO1 Joyce Farmer, originally from Glace Bay, Nova Scotia, is the Senior Steward aboard HMCS *Charlottetown*. She's seen here in her office below decks in the ship.

MONA GHIZ, MARLANT PA

come after her, but she doesn't focus on being a minority among the ranks.

"I don't put myself into any special category, that's not the way I was raised," she said, adding she's been encouraged by the RCN pushing strong

and capable female personnel to make the most of their CAF careers, and that she tries to do the same with the junior members under her supervision.

"I try to stay out of the limelight. As a senior member, I can teach my stewards how to do their job well, and how to be strong and have confidence in what they do. I love to see my people succeed and get credit for their hard work."

In her free time, PO1 Farmer said she enjoys spending time with her friends, family and her Maltese Shih Tzu Apollo, who gets his name from a love of Greek mythology. She's also been working on connecting with her lineage; she's searching for records of her father's ancestors entering the country through the slave trade, and also hopes to eventually connect with maternal relatives in Barbados for the first time.

Continued on page 15

AFRICAN HERITAGE MONTH 2019

RCN Sailor Profile: PO1 Norman Phee

First Name: Norman
Last Name: Phee
Rank: Petty Officer First Class
Current role: Curriculum Control Documentation Analysis
Hometown: Antigonish, Nova Scotia
Years of Service: 28 +
Home Unit: Naval Training Development Center (Atlantic)

Why did you join the Royal Canadian Navy?

I joined the Royal Canadian Navy because, from the time that I can remember I have always wanted to be a part of the military and protect the country. I started as an Air Cadet at 12 years old, and joined the Canadian Armed Forces at 19 right out of high school.

How important is your job to you and why?

My job is very important because I supervise the development of teaching plans as well as standards for all the Above Water Warfare courses. This is very important because the sailors leaving the school have to be proficient in their job when operating with allied navies around the world. It is nice to know that I in a small way I am providing the RCN with qualified and capable sailors.

What is the biggest challenge you've faced during your time as a member?

The biggest challenge I faced during my time as a member was being posted to Ottawa on Imposed Restriction. This means I was posted to Ottawa and worked at the Canadian Forces Electronic Warfare Centre without my family. This was our choice since my daughter just started school and we just finished renovating our house. We knew I would be posted back to Halifax, so we chose not to disrupt our daughter and her friends, or to sell our house and risk not being able to find a similar house at reasonable price.



How did you overcome this challenge?

I overcame this challenge in several ways: I would Skype every night and talk to my wife and daughter about their day. During the March break they would come and stay with me for the week, and we would do activities around Ottawa. For some of the summer break they would stay with me, then I would take leave to come home with them. During Christmas and New Years the military does reunification flights, and I took 20 days of vacation to spend with my family.

What is the best part about being in the Royal Canadian Navy?

The best part about being in the Royal Canadian Navy are the port visits. In my first five years, I visited the United States and Caribbean at least once per year; did two sails to Europe, and visited Iceland and Greenland, as well two cities in Russia. As a sailor on a ship you may be deployed to an area of hostiles to enforce peace, however you dock in safe ports. While in the ports the ship organizes trips of the

surrounding areas and local attractions.

What is your most memorable experience?

The most memorable experience came in 1994 when I was on a ship conducting training. I was the junior member of the team, and was reviewing tactical messages when I noted that the ship was entering a simulated minefield. I informed the Operations Officer, who was extremely busy, but took the time to listen to my concerns. At which time he did a double check and confirmed that I was correct and ordered the ship to reverse course. I later received a well done from the ship and the sea trainers for my due diligence.

What are some additional highlights from your naval career?

A highlight of my naval career was being posted to Canadian Forces Recruiting Centre Toronto. While at the recruiting centre I was able to help people who were interested in joining the forces, but not sure how to go about it, or what jobs were available. I also attended a ball for

African Canadians within the Scarborough community. Prior to the ball, these young men and women were taught what was required to succeed in life. This ball was the final stage of this program for young men and women of African descent, where they were able to meet members of the business community in a formal setting.

Why have you stayed in the Royal Canadian Navy?

I have stayed in the RCN for over 28 years because I love what I do. The RCN has provided me with experiences that I would not have had in any other branch. I have sailed halfway around the world and I've seen more countries than I can name. I have met a prince and had drinks with mayors and premiers. All this was because of the RCN, and as a representative of Canada.

What would you say to someone that is considering a career in the RCN?

I would say to anyone wanting to consider a career in the RCN, that it would be an excellent choice. You will see the world and make friends that will last a lifetime. I would recommend that if they have a loved one that they talk to them first and let them know that you could be away from home for up to 6-9 months of the year. If their loved ones are in agreement, the rewards are huge.

What is the most unique thing about yourself, outside of the Navy?

The most unique thing about myself outside the navy is my membership with my daughter's Home and School committee. The committee fundraises for different school needs as well as runs evening activities such as school dances. Being in the RCN with a home port of Halifax allows me the chance to connect with my daughter after being away for 4 years.

HMCS Charlottetown steward proud to serve her country

Continued from page 14

It hasn't always been easy. She's long struggled with keeping her work and family life in balance through postings around the country, and tense moments came on operations as well, including a 2003 at-sea rescue in the Arabian sea that involved casualties with serious burns covering their bodies. But PO1 Farmer said she has no regrets after more than two decades of service. As she prepares for

an intensive French course later this year, likely to be followed by a posting to a new ship, she's excited for what will come next.

"I'm ready for it because the Navy has always encouraged me to push myself forward, and they've always made me feel like no task is too difficult to take on. I've always felt very supported," she said.

"It's been the experience of a lifetime."





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Recherche de candidatures pour le groupe professionnel de Plongeur-Démineur

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. 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 la mer 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.

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.

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 MRC 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.

Candidates wanted for the Clearance Diver occupation

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.

Clearance Divers operate in a variety of environments both at home and abroad, from the Arctic to the deserts of Afghanistan. Their primary mission is to locate, identify and neutralize explosive ordnance and Improvised Explosive Devices (IEDs) whether under the sea, on land, during times of peace or in combat. Clearance Divers also conduct underwater engineering and salvage tasks while employing sophisticated equipment and the latest technologies to achieve their mission. They are highly trained specialists who undergo rigorous training and are selected from the few who have what it takes to achieve mission success under extreme conditions.

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

to become a Clearance Diver are now open to all regular and reserve force CAF members (Non-Commissioned) from any occupation, with or without previous dive training/qualification. Candidates must be OFP qualified in their current occupation, meet the medical and fitness requirements, and have 48 months of continuous service.

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 beginnings, 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.



A Canadian Clearance Diver prepares to dive using the Canadian Clearance Diving Apparatus near Victoria, BC. Un Plongeur Démineur Canadien se prépare à plonger avec l'Appareil de Déminage de Plonger Canadien près de Victoria, CB.

CL DVR Recruitment/ Information Sessions 25 Feb - 14 March 2019

Date	Base	Location	Time
EASTERN REGION			
Mon, 25-Feb-19	NCR	Carling Campus	1000-1200
Mon, 25-Feb-19	NCR	101 Col by drive	1400-1600
Tue, 26-Feb-19	CFB Valcartier	Cadet Camp, CC-117 Building, Room 151	1000-1200
Tue, 26-Feb-19	NAVRESHQ/ Montcalm	HMCS <i>Montcalm</i>	1900-2100
Wed, 27-Feb-19	CFB Gagetown	Building H-5, Room 202	1300-1430
Wed, 27-Feb-19	CFB Gagetown	Building H-5, Room 202	1600-1800
Thu, 28-Feb-19	CFB Halifax	PSO Classroom	1100-1200
Thu, 28-Feb-19	Scotian/ Armory	TBD	1800-2000
CENTRAL REGION			
Mon, 04-Mar-19	Nav Res (HMCS <i>York</i>)	TBD	TBD
Mon, 04-Mar-19	CFB Borden	Multi-Media Rm	1400-1600
Tue, 05-Mar-19	CFB Trenton	Bldg 29 - HQ / 8 Wing Theatre	1000-1200
Wed, 06-Mar-19	CFB Petawawa	Specialised Employment Days	1600-1700
Thu, 07-Mar-19	CFB Petawawa	Specialised Employment Days	1000-1100
WESTERN REGION			
Mon, 11-Mar-19	CFB Shilo	MPTF Classroom 16	1400-1600 / 1600-1800
Tue, 12-Mar-19	Winnipeg	Rm 111, Bldg 135, 17 Wing	1130-1330
Wed, 13-Mar-19	Edmonton	LTF	1300-1500
Wed, 13-Mar-19	Edm Res Unit		0900-1100
Thu, 14-Mar-19	Cold Lake	4 WG Theatre	TBD
WEST COAST REGION			
Wed, 27-Feb-19	Canadian Scottish Regiment	Bay Street Armoury	1930-2030
Thu, 28-Feb-19	HMCS <i>Malahat</i>	<i>Malahat</i> classroom	2000-2100
Sat, 02-Mar-19	HMCS <i>Discovery</i>	TBD Vancouver	1500-1600
Tue, 05-Mar-19	CFB Comox	Classroom 2, Bldg 22, 19 Wing Comox	1100-1200
Wed, 06-Mar-19	39 CBG (Headquarters)	39 CDN Brigade Gp HQ, Vancouver	TBD
Thu, 07-Mar-19	CFB Esquimalt	BLDG N30 Rm 315	0800-0930

Plongeur-Démineur Séance d'information Recrutement 25 Fév. - 14 Mars 2019

Date	Base	Lieu	Heure
RÉGIONS DE L'EST			
Lundi, 25-Feb-19	Region Capital National	Carling Campus	1000-1200
Lundi, 25-Feb-19	Region Capital National	101 Col by drive	1400-1600
Mardi, 26-Feb-19	BFC Valcartier	Cadet Camp, CC-117, Local 151	1000-1200
Mardi, 26-Feb-19	NAVRESHQ/ Montcalm	HMCS <i>Montcalm</i>	1900-2100
Merc, 27-Feb-19	BFC Gagetown	Building H-5, Local 202	1300-1430
Merc, 27-Feb-19	BFC Gagetown	Building H-5, Local 202	1600-1800
Jeudi, 28-Feb-19	BFC Halifax	PSO Classe	1100-1200
Jeudi, 28-Feb-19	Scotian/ Armory	TBD	1800-2000
RÉGIONS CENTRAL			
Lundi, 04-Mar-19	NCSM <i>York</i>	TBD	TBD
Lundi, 04-Mar-19	BFC Borden	Local Multi-Media	1400-1600
Mardi, 05-Mar-19	BFC Trenton	Bldg 29 - HQ / 8 Wing Theatre	1000-1200
Merc, 06-Mar-19	BFC Petawawa	Specialised Employment Days	1600-1700
Jeudi, 07-Mar-19	BFC Petawawa	Specialised Employment Days	1000-1100
RÉGIONS DE L'OUEST			
Lundi, 11-Mar-19	BFC Shilo	MPTF Classroom 16	1400-1600 / 1600-1800
Mardi, 12-Mar-19	Winnipeg		1130-1330
Merc, 13-Mar-19	Edmonton	LTF	1300-1500
Merc, 13-Mar-19	Edm Res Unit		0900-1100
Jeudi, 14-Mar-19	Cold Lake	4 WG Theatre	TBD
RÉGION DE LA COTE OUEST			
Merc, 27-Feb-19	Canadian Scottish Regiment	Bay Street Armoury	1930-2030
Jeudi, 28-Feb-19	NCSM <i>Malahat</i>	<i>Malahat</i> Classe	2000-2100
Sam, 02-Mar-19	NCSM <i>Discovery</i>	TBD Vancouver	1500-1600
Mardi, 05-Mar-19	BFC Comox	Classe 2, Bldg. 22, 19 Wing Comox	1100-1200
Merc, 06-Mar-19	39 CBG (Quartier Maître)	39 CDN Brigade Gp QM, Vancouver	TBD
Jeudi, 07-Mar-19	BFC Esquimalt	N30 Local 315	0800-0930



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Advanced unmanned aircraft to provide eye in the sky for Kingston-class ships

By RCN

Kingston-class ships are equipped with a visual line of sight intelligence, surveillance and reconnaissance (ISR) capability, but have lacked a similar capability for vessels of interest beyond their visual line of sight.

Enter PUMA, a Maritime Miniature Unmanned Aircraft System (MMUAS) equipped with powerful enhanced optical and infrared cameras that are able to capture still imagery and video.

It is capable of staying in the air for approximately two hours and can fly at an altitude up to 10,500 feet with a range of 20 km (12 nautical miles) providing “over the horizon” intelligence and surveillance capability to the ship.

“With PUMA they’re able to detect these vessels, get over the horizon intelligence and surveillance on these vessels so the crew is able to see if there’s anything suspect,” explained Lieutenant-Commander Atkinson.

It is also equipped with an infrared illuminator. “The infrared illuminator highlights a target of interest. At night, if you were to put on night vision goggles, it would appear as though someone had pointed a flashlight on the ship.”

Additionally the system is able to provide higher quality intelligence such as the movement of personnel aboard a ship of interest using its infrared illuminator.

“It helps the Commander then make a decision on how they want to approach, if there any risks, and what the concerns may be.”

Another advantage of PUMA is that it can be launched by hand. This is of particular use to the Navy as moving and setting up a launch platform aboard ships is more complex than on land because they need to be bolted to the deck before use.

Since PUMA will be deployed at sea, finding a system that could operate in both the cold and the heat was important.

“RCN ships including the Kingston-class sails in waters of widely varying

temperature and solidity, from ice to tropical and desert coast lines.”

PUMA will be operated by two new detachments with one on each coast.

The newly minted detachments, comprised of select personnel from the Naval Combat Information Operator and Weapons Engineering Technician trades, recently completed their initial training with Canadian Special Operations Forces Command personnel at 4th Division Canadian Support Base Petawawa.

The three-week course included theory of flight, mission planning, launch and recovery procedures, and flight maneuvers. Although most of the training was land-based, the theory and principals learned on course will seamlessly translate over to PUMA’s intended shipborne operations.

“The training and experience gained on the course was unique and specialized,” said LS Meghan Heal, of the west coast detachment.

“I’m enthusiastic about the capability that PUMA will now bring, and how we can employ these systems for intelligence, surveillance, and reconnaissance locally and abroad.”



LS Meghan Heal showcases the Royal Canadian Navy’s new Maritime Miniature Unmanned Aerial System, a CU-175 PUMA. Le matelot de première classe Meghan Heal présente le nouveau Système maritime d’aéronef miniature sans pilote de la Marine royale canadienne, un PUMA CU-175.

Les aéronefs sans pilote perfectionnés : les yeux dans le ciel des navires de la classe Kingston

Par le MRC

Les navires de la classe Kingston sont dotés d’une capacité visuelle de renseignement, de surveillance et de reconnaissance (RSR) directe, mais ne disposent pas de capacité similaire pour les navires d’intérêt hors de leur portée visuelle.

C’est là que le PUMA intervient, un système maritime d’aéronef miniature sans pilote (MMUAS), doté de puissantes caméras optiques et infrarouges améliorées, capable de capturer des images fixes et des vidéos.

Le PUMA peut rester en l’air pendant environ deux heures et voler à une altitude maximale de 10 500 pieds. Avec une portée de 20 km (12 milles nautiques), il fournit au navire une capacité de renseignement et de surveillance au-delà de l’horizon.

« Grâce au PUMA, l’équipage peut détecter des navires, obtenir des renseignements et effectuer de la surveillance au-delà de l’horizon afin de voir s’il y a quelque chose de suspect, » explique le capitaine de corvette Atkinson.

Le PUMA est aussi équipé d’un illuminateur infrarouge.

« L’illuminateur infrarouge permet de mettre en évidence un objectif

d’intérêt. De nuit, si vous portiez des lunettes de vision nocturne, vous auriez l’impression que quelqu’un pointe une lampe de poche sur le navire. »

De plus, grâce à l’illuminateur infrarouge, le système est en mesure de fournir des renseignements de meilleure qualité, comme les mouvements des membres de l’équipage à bord d’un navire d’intérêt.

« Cela aide le capitaine à décider la façon dont il souhaite aborder un navire, et à cerner tout risque ou préoccupation éventuels. »

L’autre avantage du système PUMA c’est qu’il peut être lancé à la main. Ce qui est particulièrement utile pour la Marine, car le déplacement et la mise en place d’une plateforme de lancement à bord d’un navire sont plus complexes que sur la terre ferme dans la mesure où elle doit être boulonnée au pont avant son utilisation.

Étant donné que le PUMA sera déployé en mer, il est important de trouver un système qui sera en mesure de fonctionner tant par temps froid que chaud.

« Les navires de la MRC, y compris les navires de la classe Kingston, naviguent dans des eaux de température et de solidité très variables, allant de la glace aux côtes tropicales ou désertiques. »

Le système PUMA sera opéré par deux nouveaux détachements, un sur chaque côte.

Les détachements nouvellement constitués, composés de membres des groupes professionnels Opérateur d’équipement d’information de combat et Technicien en génie des armes, ont récemment terminé leur instruction initiale auprès du Commandement des Forces d’opérations spéciales du Canada (COMFOSCAN) de la 4e Division du Canada, à la Base des Forces canadiennes Petawawa.

Le cours de trois semaines a abordé la théorie du vol, la planification des missions, les procédures de lancement et de récupération, et les manœuvres de vol. Bien que la majeure partie de l’instruction se soit déroulée à terre, la théorie et les principes tirés des cours s’adapteront sans problème aux opérations embarquées prévues du système PUMA.

« L’instruction et l’expérience acquises dans le cadre du cours étaient uniques et spécialisées, » a déclaré le matelot de première classe Meghan Heal, du détachement de la côte ouest.

« Je suis enthousiaste quant à la capacité qu’offre maintenant le système PUMA et la façon dont nous pouvons utiliser ces systèmes pour le renseignement, la surveillance et la reconnaissance à l’échelle locale et à l’étranger. »

Logan's Run: Logistics Officer heading to Baffin Island

By Peter Mallett,
The Lookout Staff

A Logistics Officer is getting ready to fulfill a lifelong dream when she embarks on an Arctic excursion in Canada's far north in the weeks ahead.

On April 3, LCdr Kathryn Logan and an all-women team of 18 hikers will embark on an 11-day journey on Baffin Island. Their excursion is one of the outdoor adventure programs to benefit injured current and former military members organized by True Patriot Love. The national charitable organization provides Canadian military, veterans and their families access to support programs and funding.

"For me it's an incredible opportunity, I have always wanted to visit north but haven't had the opportunity, so I am really excited to be a part of this expedition."

The 36-year-old grew up in Meadow Lake, Saskatchewan, and is married to a police constable with the Victoria Police Department. She joined the Royal Canadian Navy in 2000 and currently works as Logistics Officer for Canadian Fleet Pacific.

Her military career has included deployments to the Arabian Sea, Afghanistan and Libya. However, at the beginning of her career, she experienced a major physical setback when she suffered a knee injury in 2001. She tore the Anterior Cruciate Ligament while playing basketball in 2001 at Royal Military College.

It's been a number of surgeries and years of recovery with her athletic activities shifting to long-distance endurance sports including hiking and triathlons, but LCdr Logan has made a mostly complete recovery.

The True Patriot Love expedition will cover over 100 kilometres of scenic, but extremely isolated terrain. Accompanied by two Inuit guides, the women will snowshoe across the Arctic Circle passing landmarks such as Akshayuk Pass and a rarely visited section of the Owl River Valley.

They plan to cover approximately 10 kilometres per day; they will lug their tents, food and other supplies in backpacks and on sleds, and will face extreme weather conditions, with typical temperatures in the region for the month of April ranging from -5 to -30 Celsius.

LCdr Logan has experience at hiking in remote locations. She has previously summited Kilimanjaro in Tanzania and Hyuna Potasi in Bolivia, and hiked the Annapurna circuit in Nepal. Locally, she has hiked the West Coast and Juan de Fuca trails.

"I'm extremely grateful to be a part



In April, LCdr Kathryn Logan and an all-women team of 18 hikers will embark on an 11-day journey on Baffin Island.

SUBMITTED

of this expedition. True Patriot Love does amazing work for thousands of military families across Canada, and I feel very lucky to have been selected for an adventure like this."

The expedition aims at raising one million dollars for True Patriot Love's mental health initiatives, and veteran transition services. LCdr Logan aims to raise \$7,500 for the charity.

The journey will be arduous, but the end result will be worth it, she says.

"It's a great opportunity to meet other women from all walks of life. It will be interesting to hear from the other ladies, and hear how they manage their careers and families, and to find out what drew them to the far north."

To support LCdr Logan and her fundraising campaign visit <https://truepatriotlove.akaraisin.com/pledge/Participant/Home.aspx?seid=17122&mid=9&pid=4730218&sgid=18335>

Since 2009, True Patriot Love has provided \$25 million to fund innovative research and 750 community-based programs across the country while assisting over 25,000 military families in Canada.

For more on the charity visit truepatriotlove.com.

Drink beer, support veterans, say brewing duo

By Peter Mallett,
The Lookout staff

The founders of a new micro-brewery, with an aim to support veterans' programs, say their motto is the age-old military battle creed of "leave no one behind."

V2V Black Hops Brewing Company founder, Capt (ret'd) Graeme Hafey, an ex-RCAF pilot, says it is not a hollow cliché. With business partner, MCpl (ret'd) John Bowker, the brewery donates part of the profits to Cockrell House, a West Shore facility that provides transitional housing and support for homeless and at-risk veterans.

"Everyone has to get over the fence, not just the most agile and best climbers. It's a unit, a cohesive bond of brothers and sisters in arms who can trust each other when things go wrong," says Hafey.

The brewery was born following their lengthy careers in the Canadian Armed Forces, which left them both battling Post-Traumatic Stress Disorder from their work in war-torn countries and on several deployments. Their logo features the silhouette of a kneeling Canadian soldier paying homage to a fallen comrade represented by a lone helmet on top of a rifle.

Brewed under licensing from the Victoria's Caledonia Brewery Distillery, they turned out their first batch of beer on November 1, 2018, just in time for Remembrance Day and the centenary of the end of the First World War.

As a nod to mark the Armistice they called the English-style bitter Victory Ale.

Currently, they are a three-person operation with a head brewer, who is also a chemist and University of Victoria student.

Gaining a foothold in a competitive West Coast micro-brew market isn't easy admits Hafey. They don't have the distribution, marketing, budget, or aggressive sales techniques of larger breweries, which makes getting into local pubs a battle. They are hoping their support of veteran programs



The owners of V2V Black Hops Brewing Company turned out their first batch of beer in early November 2018. They currently are looking for a navy-themed name and label for their next line of beer.

SUBMITTED

will get them in front of customers.

"The doors are slowly opening to support us," says Hafey.

V2V recently signed a letter of intent to have proceeds of their sales go to support Alberta-based equine therapy group Can Praxis, an organization that helps military and first responder veterans and their families cope with the impact of PTSD and mental health issues through riding and caring for horses.

In the coming months, V2V plans on expanding their donations to more organizations that provide support to former and current first responders also suffering from mental health problems.

For more information about V2V Brewery visit their Facebook page or their website V2Vblackhopsbrewing.ca

To get a taste of their ale, visit the Pacific Fleet Club, the Wardroom, or The Churchill pub downtown. Their ale will be available in liquor stores after March 12.

V2V Black Hops Brewing Company is looking for a navy-themed name and label for their next line of beer – a pale ale. Graphic designers, artists and aspiring illustrators can send their ideas to v2vbrewing@gmail.com by March 11.

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Commander RCN hosts Honours and Awards ceremony in Halifax

By Ryan Melanson,
Trident Staff

During his recent visit to Halifax, VAdm Ron Lloyd, Commander RCN, hosted a small group of MARLANT members and their families at an Honours and Awards ceremony on February 8 inside Juno Tower, where he presented three Commander Royal Canadian Navy Commendations and one Commander Canadian Joint Operations Command Commendation. The commendations are presented to recognize deeds or activities that go beyond the demand of normal duty and bring credit to the RCN or the CAF as a whole.

The first RCN Commendation was presented to LCdr Richard Decker, who served as the former Canadian Naval Operations School Future Naval Training System's lead planner from 2015 to 2016. He was said to be instrumental in the revolutionary modernization of the Royal Canadian Navy's training systems, and achieved great success despite the challenges of a compressed timeline and the enormous structural and cultural changes required.

The next RCN Commendation went to CPO1 Dan Degaust, who served as the Unit Chief Petty Officer at the former Canadian Forces Naval Operations School from December 2016 - June 2017. Similarly to LCdr Decker, CPO1 Degaust was credited with providing inspirational leadership during the planning and implementation of the RCN's Future Naval Training Strategy, which saw the former CFNOS and CFNES reconfigured as the new Campus Atlantic, including Naval Fleet School (Atlantic) and Naval Training Development Center (Atlantic).

VAdm Lloyd said the modernization of Naval Training is key to the Navy's future and a successful transition to a new generation of warships, making both LCdr Decker and CPO1 Degaust's work all the more important.

The Commander RCN Commendation was also awarded to LCdr Kray Robichaud, who has served as the Senior Staff Officer, Strategic Outreach for Atlantic and Arctic Canada since 2016. Specifically, he was lauded for his work on the Canadian Leaders at Sea and CAF Parliamentary Programs, which has included four arctic sailings and a number of shorter trips to sea through recent years. VAdm Lloyd said LCdr Robichaud demonstrated exceptional vision in carrying out the programs, which see influential figures in government, business or academia introduced to the Navy through sails in HMC ships or submarines. He added that feedback from the trips has been overwhelmingly positive and LCdr



LCdr Richard Decker receives the Commander RCN Commendation from VAdm Ron Lloyd, Commander RCN.

AB JOHN IGLESIAS, FIS



CPO1 Dan Degaust receives the Commander RCN Commendation from VAdm Ron Lloyd, Commander RCN.

AB JOHN IGLESIAS, FIS



LCdr Kray Robichaud receives the Commander RCN Commendation from VAdm Ron Lloyd, Commander RCN.

AB JOHN IGLESIAS, FIS



LCdr Jeffrey Price received both the Commander RCN Commendation and the Commander CJOC Commendation from VAdm Ron Lloyd, Commander RCN.

AB JOHN IGLESIAS, FIS

Robichaud's input has allowed the program to change and improve through each iteration.

The last to receive the Commander RCN Commendation was LCdr Jeffrey Price, who was awarded for his work as the Operations Officer aboard HMCS *St. John's* in the lead up to an Operation REASSURANCE deployment in early 2018. He was credited for developing a Master Implementation Plan that helped successfully prepare the operations department and ensured that force generation readiness training stayed on schedule. VAdm Lloyd noted that

St. John's was working under a compressed schedule as they prepared for the six-month sail, and LCdr Price showed great organizational skill in successfully working under those constraints.

VAdm Lloyd also awarded a single Commander CJOC Commendation, which he presented on behalf of LGen Michael Rouleau, and this award also went to LCdr Price. This time, he was awarded for his work during HMCS *St. John's*' disaster relief mission in the Caribbean, which happened just months prior to the aforementioned Op REASSURANCE deployment. His

efforts to coordinate with the Royal Marines on South Caicos and with the Dominican Emergency Operations Centre in Dominica proved instrumental in conducting four medical evacuations, 129 personnel transfers, and in delivering 128,000 pounds of food and water to shore where it was sorely needed.

VAdm Lloyd congratulated each of the recipients, and said he was thrilled to have the rare opportunity to make the presentations face to face and speak with the members responsible for some of the RCN's latest success stories.



TRIDENT Sports

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

CFB Halifax victorious at CAF Regional Squash Championship

By Ryan Melanson, Trident Staff

For the second year in a row, the team from CFB Halifax accumulated enough points to take the banner at the 2019 Atlantic CAF Regional Squash Championship, held at Saint Mary's University from January 28 - February 1.

This means some of the team members have also qualified for the Atlantic team at CAF Nationals later this spring. One of them is AB Darren Mullins of HMCS *Montreal*, who impressed his teammates at Regionals in 2018 during his first year of competition, and came back this year to take first place in the men's Under-30 Division. A tough third place loss in his division kept him from bringing back a medal from CAF Nationals in 2018, so he's hoping for a better result this year on his second attempt.

"We had a good time last year so I'm looking forward to it. This is really only my second year playing squash so I'm hoping to get a medal and help out the Atlantic team," he said.

Another member from Halifax heading to nationals is Lt(N) Victoria Bertling, currently posted to CFRC, Halifax who took second place in the women's division.

"I've been playing off and on for years and I've been to nationals once and qualified a number of times, but the competition level at Regionals was high this year. It was tougher than usual," she said, adding that she'll also be hoping to secure her first ever National medal during this year's tournament.

"When we get to Nationals, we'll

really have all of the top women in the CAF competing, so it's very competitive," she said.

The CAF Atlantic Regional Badminton Championship was also held during the same period at the Fleet Fitness and Sports Centre, with CFB Halifax also taking the team banner in that sport, and a number of individuals qualifying for nationals. The CAF National Championship for both sports will be held from April 27 - May 2 at a location that is still to be determined.

CAF Atlantic Regional Squash team and individual results

- 1st Place Team: Halifax
- 2nd Place Team: Greenwood
- 1st Place Masters: WO Alain Chalfoux (Greenwood)
- 1st Place Senior: SGT Martin Du-bois (Shearwater)
- 2nd Place Senior: LCdr Sammy Kamoun (Halifax)
- 1st Place Women's: MCpl Dominique Poulin (Greenwood)
- 2nd Place Women's: Lt(N) Victoria Bertling (Halifax)
- 1st Place Under 30: AB Darren Mullins (Halifax)
- 2nd Place Under 30: Cpl Jonathan Provost (Greenwood)
- 1st Place Open: WO Doug Junkin (Shearwater)
- 2nd Place Open: LCol Stephane Racle (Goose Bay)

CFB Halifax took the championship banner for the second year in a row after the CAF Atlantic Regional Squash Championship, which was held at Saint Mary's University in Halifax from January 28 - February 1.



While Atlantic Regional Squash was held at Saint Mary's University in Halifax, Regional Badminton was held at the Fleet Fitness and Sports Centre. Halifax also won the Regional team title for badminton, and will be sending individuals to CAF Nationals as part of the Atlantic team.

AB JOHN IGLESIAS, FIS



AB JOHN IGLESIAS, FIS

Sports trivia: Nicknames edition

By Stephen Stone

This little quiz is about nicknames, and Babe and Iron Horse are not used.

Questions

1. The Say Kid
2. The Big Unit
3. The Hitman

4. The Admiral
5. The Cinderella Man
6. The Worm
7. Magic
8. Sweetness
9. Cujo
10. The Mongoose
11. Boom Boom - your choice of two
12. The Hammer

13. The Pocket Hercules
14. The Golden Bear
15. The Dream
16. The Fighting Fisherman
17. The Splendid Splinter
18. The Manassa Mauler
19. Chi-Chi
20. Cha Cha

Answers on page 22



Monthly Base Walks coming to CFB Halifax

By CFB Halifax Base PA

Winter days feeling long? Looking to get out of the office for some fresh air and exercise? Need a bit of motivation? You're in luck!

Defence Team members working at CFB Halifax will soon have a reason to get out and about with their colleagues when PSP Halifax hosts its inaugural CFB Halifax Walk on Wednesday, February 27. The walks, open to both military and civilian members of the local Defence community, will take place the last Wednesday of every month.

"CFB Halifax is the largest military base in Canada with an equally large workforce to support," explains Capt(N) David Mazur, CFB Halifax Base Commander. "Holding a monthly Base Walk is just one way we're hoping to enhance workplace health and wellness for our Defence Team members. It's also a great opportunity for our members to get out and explore the North End community in which many of us work every day. I encourage participation from all units, where possible, at the walk on February 27."

The walk will begin at 10:30 am with a PSP-led warm-up in the gardens between the Naval Museum of Halifax and Base Headquarters (Stadacona building S90). Participants will then venture off base and into the community toward Fort Needham and back for approximately 30 minutes.

And if you're looking for a more frequent group wellness activity on



Base in addition to the monthly walk, why not try lunch hour yoga at the Stadacona chapel? This PSP Halifax-run program, launched in January

2019, is another great way to enjoy some low-impact exercise during the work week. Classes are held every Tuesday from 12:00 - 1:00 pm. For

more information on these classes or the CFB Halifax Walk, please contact Lucas Hardie at 902-427-6335 or lucas.hardie@forces.gc.ca.

Sports trivia: Nicknames edition

Questions on page 21

Answers

- Willie Mays of the New York and San Francisco Giants and briefly with the New York Mets
- Randy Johnson, primarily with the Seattle Mariners and the Arizona Diamondbacks
- The most famous is Tommy Hearns – the boxer, and Bret Hart – the wrestler.
- David Robinson of the San Antonio Spurs
- James Braddock, heavyweight champion of the world 1935-1937
- Dennis Rodman of the Detroit Pistons and Chicago Bulls and other NBA teams
- Earvin Johnson of the Los Angeles Lakers
- Walter Payton of the Chicago Bears
- Curtis Joseph primarily with the St. Louis Blues and the Edmonton Oilers NHL
- Archie Moore, longest reigning World Lightweight Champion of all time -December 1952 – May 1962
- Ray Mancini – WBA lightweight champion from 1982-1984; Bernie Geoffrion (HOF) - Montreal Canadiens and innovator of the slap shot
- Dave Schultz of Philadelphia Flyers
- Naim Suleymanoglu – at 4'11" – two-time Olympic 60 kg weight lifting champion – 1988 and 1992 and 64 kg champion in 1996.
- Golf legend Jack Nicklaus
- Hakeem Olajuwon – Houston Rockets NBA
- Yvon Durelle – Canadian middle and lightweight champion
- Ted Williams – Boston Red Sox
- Heavyweight champion Jack Dempsey
- Juan Antonio Rodriguez – PGA professional and first Puerto Rican inducted into the World Golf Hall of Fame
- Shirley Muldowney – first woman given a license from the National Hot Rod Association to drive a Top Fuel dragster.

Fitness and sports updates

By Trident Staff

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

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

lon 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

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

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

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

Super Crossword

BANDS TOGETHER

ACROSS

- 1 Not meant to be heard by the audience, in a way
- 8 Blend in
- 13 Maker of stringed instruments
- 20 Author Huffington
- 21 Nary a soul
- 22 In a group
- 23 Give a nonnative a smooch?
- 25 Causes of sudden fear
- 26 Env. alerter
- 27 Small drink
- 28 Make up for
- 29 Defeat Dorothy's dog decisively?
- 34 Trip to an underworld river?
- 39 Singer Buddy
- 40 Egg
- 42 Stools, say
- 43 Actress Mendes
- 44 Certain Siouan
- 45 "The Jerk" actor M. --

- Walsh
- 47 "Well well!"
- 48 Use a pool
- 49 Specialty of Windy City bakeries?
- 52 Uses Dixie diction
- 54 Door turner
- 55 Expire, as a subscription
- 59 Ballpark fig.
- 60 New princess of '81
- 63 One who doesn't succumb to a potent toxin?
- 68 Clean energy org.
- 69 Bombard with e-junk
- 71 "Zip- -- -Doo-Dah"
- 72 Hard wood
- 73 Glorious state of bliss?
- 79 Military units
- 82 Prefix with hazard
- 83 Achieve
- 84 Obi-Wan Kenobi, e.g.
- 85 Rob
- 88 Desert haven mentioned in the first book of the Bible?
- 94 Guitars' kin, for short

- 95 Actor Rob
- 99 Bits of matter
- 100 Car for a VIP
- 101 Mr., in India
- 102 Have a cow, with "out"
- 103 Ltr. insert
- 104 Arrangement
- 105 Ruler of the Sunflower State?
- 108 Palpitation?
- 111 Menu fish
- 112 Audiotapes' successors
- 114 Cato's 1,052
- 115 Main female character
- 118 Stuff hauled by Beantown trash collectors?
- 124 Not ceasing
- 125 Homer work
- 126 St. -- (capital of Loire)
- 127 Mice and whales, e.g.
- 128 "The Rose" singer Midler
- 129 Plunder

DOWN

- 1 Hard wood

- 2 Wk. day
- 3 Hi- -- (old LP players)
- 4 Moms
- 5 Notoriety
- 6 Noted berry farm founder
- 7 Turn a deaf -- (ignore)
- 8 Musical artist DiFranco
- 9 Barking pets
- 10 Doctrine that reality is one organic whole
- 11 Ham-handed
- 12 Gen --
- 13 Certain boxing punch
- 14 Not firmly implanted
- 15 Pre-liftoff term
- 16 Jenna Bush --
- 17 "Kinda" suffix
- 18 Ballpark fig.
- 19 Scale notes
- 24 Lay to rest
- 28 Skating leap
- 29 Ice cream flavor, briefly
- 30 Writer Philip
- 31 H.G. Wells race
- 32 Smart- -- (cocky)
- 33 At an end
- 35 Fashion inits.
- 36 Synthpop artist, say
- 37 Sinister

- 38 They may be candied
- 41 Wombs
- 45 Self-conceit
- 46 Unruly crowd
- 47 Social Security fig., e.g.
- 48 Delhi dress
- 50 Not only that
- 51 Vienna loc.
- 53 Crank (up)
- 56 -- upswing
- 57 Meat stamp letters
- 58 Wk. day
- 60 The, in Paris
- 61 "The Simpsons" store clerk
- 62 Work at as a dilettante
- 63 Breathe hard
- 64 Leave out
- 65 Intermission
- 66 Bullfight cry
- 67 Apt. units
- 70 Stew veggie
- 74 Eye covers
- 75 Bettor's note
- 76 Tatty clothes
- 77 Strive (for)
- 78 U.N.'s Kofi
- 80 Hubbub
- 81 Call placer
- 84 Actor Parsons

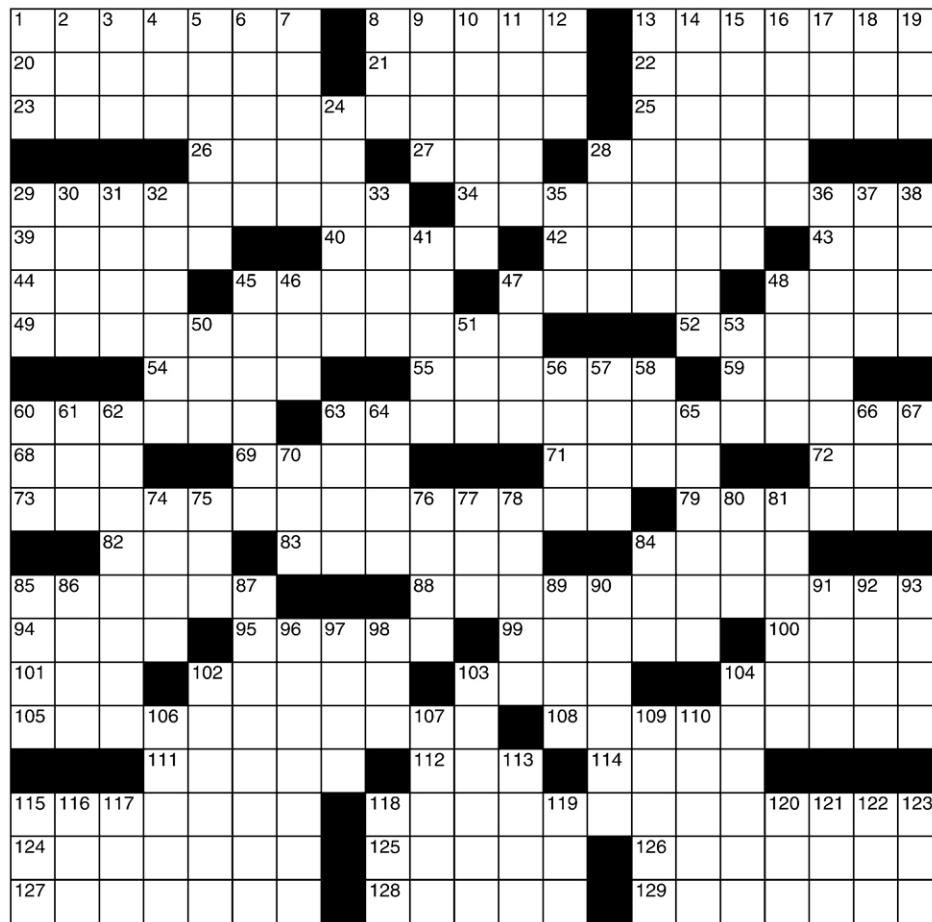
- 85 Corn cover
- 86 Stew veggie
- 87 Part of PIN
- 89 Carve
- 90 Somber
- 91 In -- (as found)
- 92 Don of radio
- 93 Last year's frosh
- 96 "Part II" films
- 97 Tightly strung
- 98 Squeak (out)
- 102 Cereal meal
- 103 Breaks up
- 104 Add to the batter, say
- 106 Charge at
- 107 School, in Nice
- 109 Writer Horatio
- 110 Calf catcher
- 113 ESPN datum
- 115 -- and haw
- 116 Greek vowel
- 117 Dream-time acronym
- 118 Baby's wear
- 119 Lyric tribute
- 120 Wanna- -- (aspirants)
- 121 Santa -- (hot wind)
- 122 Big health supplement chain, familiarly
- 123 "I see mice!"



CFB Halifax women win Regional Hockey gold

The CFB Halifax Mariners women's hockey team recently won gold at the CAF Atlantic Regional Hockey Championships in Gagetown, taking down the Greenwood Raiders with a 3-1 victory in the final game. The Mariners will now compete at the 2019 CAF National Women's Hockey Championships, taking place at CFB Edmonton from March 2-7.

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