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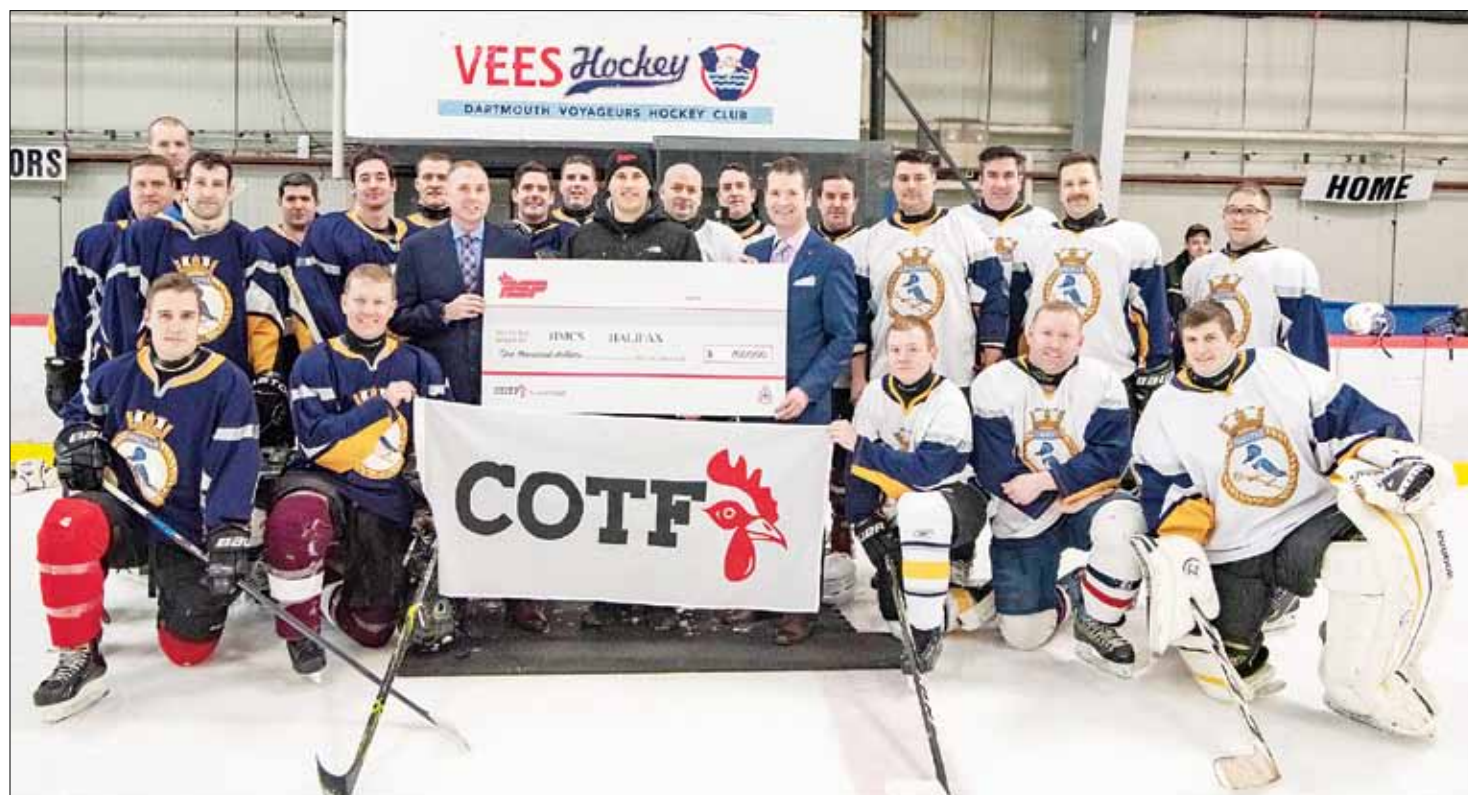
# TRIDENT

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

## HMCS Halifax hockey heroes

*PSP Fitness and Sports Coordinator Kevin Miller (second row, fourth from left) presents the COTF Banner for both the 16/17 and 17/18 seasons to Cdr Scott Nelson (second row, fifth from left) CO of HMCS Halifax, and HMCS Halifax prior to the crew's annual inter-ship hockey game at the Shearwater Arena on February 27.*

MONA GHIZ, MARLANT PA



**HMC Ships deploy  
to Africa**

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**International Women's  
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**RCN sailors lend a hand  
in Vietnam**

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**Regional Basketball  
Champions**

**Pg. 20**

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# HMC Ships *Kingston* and *Shawinigan* deploy to Op PROJECTION West Africa

By RCN

HMC Ships *Kingston* and *Shawinigan* arrived in West Africa on February 23, 2019. The ships departed Halifax in January 2019 and have now completed their trans-Atlantic crossing, arriving in the Gulf of Guinea region of West Africa to conduct Operation PROJECTION West Africa. Their deployment will include engagements with West African nations to build partner capacity, promote maritime security, and foster relationships in the Gulf of Guinea region by conducting stakeholder engagements and community relations activities.

While deployed, *Kingston* and *Shawinigan*, a detachment of personnel from the Naval Tactical Operations Group (NTOG), and a Maritime Operations Center (MOC) mentorship team will also participate in OBAN-GAME EXPRESS 2019 (OE19) from March 9-22. Led by U.S. Naval Forces Africa, OE19 is designed to improve cooperation among participating nations in order to increase maritime safety and security in the Gulf of Guinea. The NTOG will work with regional partners to build partner capacity for maritime interdiction operations.

As well, from March 31 to April 4, the ships will participate in PHOENIX EXPRESS (PE19), along with a MOC mentorship team. The engagement is designed to improve regional cooperation, increase maritime domain awareness, information-sharing practices, and operational capabilities in order to enhance efforts to promote safety and security in the Mediterranean Sea.

Port visits by HMCS *Kingston* and *Shawinigan* during this West Africa deployment aim to improve cooperation among participating nations in order to increase maritime safety and security in the Gulf of Guinea. They will include interactions with the navies of our African partners as well as stakeholder engagement and community relations activities. The port visits are scheduled to include: Abidjan, Côte d'Ivoire; Cotonou, Benin; Lome, Togo; Takoradi, Ghana; and Dakar, Senegal.



*Members of the Royal Canadian Navy pose for a photo with students of Le Lycée Moderne de Jeunes Filles after taking part in a handball game while at port in Abidjan, Côte d'Ivoire.*

CPL ANGELA GORE, 17 WING IMAGING



*LCdr Teri Share, Commanding Officer of HMCS Shawinigan, presents staff of Le Lycée Moderne de Jeunes Filles with a donation of supplies while at Port in Abidjan, Côte d'Ivoire.*

CPL ANGELA GORE, 17 WING IMAGING



*HMCS Kingston arrives in Abidjan, Côte d'Ivoire during Operation PROJECTION West Africa, February 23, 2019.*

CPL DAVID VELDMAN, FIS



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# First Change of Command ceremony for Base Comptroller unit

By Ryan Melanson,  
Trident Staff

When LCdr Robert Cyr began his role as the first Commanding Officer of the Base Comptroller unit in summer 2017, the newly-formed entity was in its very early stages. His entrance was quiet, with no formal ceremony, and he began working with a small group to establish the unit.

The change came after a 2013 study that recommended the Base Comptroller lead a new group, separate from BLog, that would serve as a home for Financial Services Administrators (FSAs) within CFB Halifax, with a focus on budget and risk management, financial training and verification, and other basic financial services.

“We had an opportunity to think about what we want to achieve with this new unit, and to start charting the course for what will come next,” LCdr Cyr said as he prepared to hand over command of the unit to incoming Base Comptroller LCdr Natalie Hiscock at a Change of Command ceremony on February 12.

The first year saw a focus on training, with leadership identifying a gap in training as financial specialists progress from the junior ranks to the NCO level, LCdr Cyr added. He also spoke about the work that went into building a level of camaraderie among his people, with team-building exercises, unit gatherings, and the collecting of traditional unit mementos or decorations that help establish identity.

“We’ve been trying to create the culture of a unit, which helps build esprit de corps, and I can honestly say it’s been working,” he said, mentioning the recent BCompt Christmas gathering as a highlight and an ex-



From left, outgoing Base Comptroller LCdr Robert Cyr; CFB Halifax Base Commander Capt(N) David Mazur, and incoming Base Comptroller LCdr Natalie Hiscock sign the documents marking the change of command.

AVR BRADEN TRUDEAU, FIS HALIFAX

ample of how far the team has come.

CFB Halifax Base Commander Capt(N) David Mazur, presiding over the ceremony, said as a Naval Warfare Officer, he’s always valued those who do important logistics work behind the scenes while others focus on operations.

“With the size and all the functions of this base, executing the budgets and all our finances is a big task, and I never once had a concern with LCdr Cyr in charge. I’m sure that strong leadership is going to continue under LCdr Hiscock.”

After signing the documents and officially assuming command as the new Base Comptroller, LCdr Hiscock said she’s passionate about finance and excited to step into the role, and believes that having good financial stewardship and accurate financial information allows for the base to make the right decisions when it comes to money and budgets.

“I feel like I’ve won the lotto. Base Comptroller is a position I’ve wanted for a long time and I’m very happy to be here,” she said.

She added that she’s pleased to pick up on the advancements in training that have already begun, which ties in well with her plan to put a focus on supporting her people, so they can in turn deliver the best financial service

possible to the base.

“I’m from Newfoundland, so being a people person is very much one of my strengths. I love our people and I think they’re the greatest resource our organization has. Nobody does it all on their own, and I know if we support people and give them the opportunity, they’ll do amazing things,” LCdr Hiscock said.



LCdr Natalie Hiscock speaks to members of her unit after officially taking over as CFB Halifax Base Comptroller on February 12.

AVR BRADEN TRUDEAU, FIS HALIFAX



NAME	HARRISON, GORDON //
ENROL DATE	1962 //
RETIRED AS	PETTY OFFICER 2 <sup>ND</sup> CLASS //
DEPLOYMENTS	OSBORNE HEAD GUNNERY RANGE // MONTREAL OLYMPICS – 1976 //
LOCATION	HALIFAX //
TITLE	SECURITY GUARD //
SERVICE	1997–PRESENT //

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Publication Schedule for 2019

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

Editor: Virginia Beaton

editor@tridentnews.ca  
(902) 427-4235

Journalist: Ryan Melanson

reporter@tridentnews.ca  
(902) 427-4231

Editorial Advisor: Margaret Conway

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

www.tridentnewspaper.com

Advertising Sales

Dave MacNeil

902-209-0570

davemacneil@advocatemediainc.com

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Community Calendar

Reunion and event notices must be submitted by email.

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

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

615 (Bluenose) Royal Canadian Air Cadet Squadron

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

Date: Wednesdays

Location: CFB Halifax

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

2632 Royal Canadian Army Cadet Corps

Time: 6:30 p.m.

Date: Mondays

Location: Bayers Lake

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

What Lies Beneath: An Acadian Ancestry Project

Time: 7 p.m.

Date: Tuesday, March 12

Location: Maritime Museum of the Atlantic

Join Ted Dolan, Site Manager at Fort Anne National Historic Site, Heather Leblanc from the MAPAN-NAPOLIS project and Sara Beanlands from Boreas Heritage for a fascinating presentation on one of the most exciting archaeological projects currently ongoing in Nova Scotia. The team has used ground-penetrating radar on Fort Anne's Garrison Graveyard to detect unmarked burials, and identified numerous anomalies believed to repre-

sent the remains of unmarked burials. The application and integration of various modern technologies also revealed the presence of additional historic features within the Graveyard. Come learn about the discoveries thus far and plans to expand the search in hopes of finding more buried features at Fort Anne National Historic Site.

CFB Halifax Walk

Time: 10:30 a.m.

Date: Wednesday, March 27

Location: CFB Halifax Stadacona

The CFB Halifax Walks are now taking place on the last Wednesday of every month. Both military and civilian members are welcome to participate. The group will convene at the STAD gardens in front of S-90 for a PSP led warmup. The walk will take approximately 30 minutes and will cover 2.5 - 3 kilometres, heading towards Fort Needham and back. For more information, please contact Lucas Hardie at 902-427-6335.

Pikiskwe-speak: Screening & Conversations in Reconciliation

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

Date: Wednesday, March 20

Location: Halifax Central Library

This cross Canada touring Installation features the artwork of Indigenous artist Lana Whiskeyjack and the documentary film *Lana Gets Her Talk* by Beth Wishart MacKenzie. The installation explores the inter-generational wounding of Canada's Indian Residential School system and the power of art with Indigenous pathways to heal the wounded. All are invited to a screening of the film and conversations in reconciliation. Reception with guest artists to follow.

Remembering Canada's Heroes

Time: 7 p.m.

Date: Tuesday, April 30

Location: Maritime Museum of the Atlantic

As we approach the commemora-

tion 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.

Evenings at Government House

Date: March 26 & April 9

Time: 7 - 8:30 p.m.

Location: Government House, 1451 Barrington Street

Members of the public are invited to attend two upcoming presentations as part of the Evenings at Government House series. The first, on Tuesday, March 26, will feature Royal Canadian Air Force Honorary Colonel Dan Hennessey, who will screen and speak about his video *Time to Remember*, a poignant series of stories from Nova Scotian veterans of the Second World War. Then, on Tuesday, April 9, Government House will welcome historian Dr. Jay White to mark the 75th Anniversary of the Second World War D-Day Landings on 6 June 1944. White's professional portfolio includes commissioned research for Canada Post Corporation, Parks Canada, the Maritime Museum of the Atlantic, and the Nova Scotia Archives. These events are free of charge, but seating is limited to 90 and those who wish to attend must register by calling 902-424-7001 or by visiting the Evenings at Government House section under News & Events on the official website at <http://www.It.gov.ns.ca>.

In baseball it's called a trade.  
In the military, it's called a posting

By Capt Mark Sceviour,  
BTL Chaplain

In our house Josh Donaldson is our favorite baseball player. So much so, that my son followed Josh to Cleveland last Sept, and declared that the Indians were now his favorite team. For Blue Jay fans, Josh is a superstar.

But he wasn't always that. While playing for the Oakland Athletics he had a batting average worse than the starting pitchers.

Josh Donaldson had always been a gifted athlete. Yet it was baseball where he was in a league of his own. At age 14 he could hit a home run at will. He went to Auburn University



Padre's Corner

and for three years he was a solid hitter. He was drafted in 2007 by the Chicago Cubs. He was traded to Oakland and made it to the majors in 2010 as a stubborn 24-year-old.

Continued on page 5

## RCN officer receives Medal of Bravery for saving fellow sailor

By Mike Avery,  
CANSOFCOM

On February 23, 2017, HMCS *Fredericton* was conducting a replenishment at sea with a foreign tanker. *Fredericton* had just begun receiving fuel from the tanker when the span wire connected to both ships snapped.

The fueling probe and receiver fell to the deck. The fueling hose began falling into the water and pulled the probe from the receiver, bending over metal barriers as it left the ship.

The light and heavy messengers, two lines that guide and support the fueling probe as it is heaved from the tanker to the frigate had not yet been disconnected and these lines were rapidly being pulled from the frigate into the ocean.

When SLt David LeBlanc turned to make sure that no one had been hurt, he saw one of the ship's line handlers tangled in the lines aft of the Port Deck Crane.

The sailor was about to be dragged across the deck by the lines. Without hesitation SLt LeBlanc sprinted five metres, hurdled over the lines and pulled on them to create some slack. Thanks to his quick thinking, the line handler was untangled without suffering any injuries.

"I didn't really have time to consider my own safety. I just reacted to what I saw, someone in need of help."

SLt LeBlanc has his instincts and training to thank for reacting to an emergency situation.

"We are trained to respond to a number of different types of emergency situations and if the time comes when you are in this situation you should trust your instincts."



SLt David LeBlanc received the Medal of Bravery on November 5, 2018 at Rideau Hall in Ottawa. L'enseigne de vaisseau de 1re classe David LeBlanc a reçu la Médaille de la bravoure le 5 novembre 2018 à Rideau Hall, à Ottawa.

SGT JOHANIE MAHEU

His act of courage in a hazardous situation earned him the third highest award for bravery in the Canadian system of honours. Soon after, he was contacted by RAdm Baines, who informed him that he was being awarded the Medal of Bravery.

He and his wife Tracy flew out to Ottawa on November 5, 2018 for the official medal presentation at Rideau Hall. "I feel honoured to have received such recognition for helping a fellow shipmate," he said after the ceremony.

Later the same year, SLt LeBlanc was selected for the Commissioning from the Ranks Plan and commissioned as a Marine Systems Engineering Officer. He's eager to continue serving his country and seeing the world at the same time, which he said were his main reasons for joining the Royal Canadian Navy.

## Un enseigne de vaisseau de 1re classe reçoit la Médaille de la bravoure pour avoir sauvé un autre marin

Par Mike Avery,  
COMFOSCAN

Le 23 février 2017, le NCSM *Fredericton* effectuait un ravitaillement en mer avec un navire-citerne étranger. Le *Fredericton* venait tout juste de commencer à recevoir du carburant du navire-citerne lorsque le câble reliant les deux navires s'est rompu.

La sonde de ravitaillement et le réservoir sont tombés sur le pont. Le tuyau de ravitaillement a commencé à tomber dans l'eau et a tiré la sonde du réservoir. Il s'est courbé sur des barrières métalliques au moment où il tombait du navire.

Les tournevires légers et lourds, deux lignes qui guident et soutiennent la sonde de ravitaillement alors qu'elle est tirée du pétrolier à bord de la frégate, n'avaient pas encore été débranchés, et ces lignes avaient été rapidement arrachées de la frégate avant de tomber dans l'océan.

Lorsque l'enseigne de vaisseau de 1re classe (ens 1) David LeBlanc s'est retourné pour s'assurer que personne n'avait été blessé, il a vu l'un des préposés aux cordages du navire se prendre dans les lignes qui se trouvaient en arrière de la grue de bord.

Le marin était sur le point d'être entraîné sur le pont par les lignes.

Sans hésiter, l'ens 1 LeBlanc s'est mis à courir à toute vitesse sur cinq mètres, s'est jeté sur les lignes et a tiré dessus pour les détendre. Grâce à sa vivacité d'esprit, il a pu libérer le préposé aux cordages sans que celui-ci se blesse.

«Je n'ai pas vraiment eu le temps de penser à ma propre sécurité. J'ai réagi à ce que j'ai vu, et j'ai vu quelqu'un qui avait besoin d'aide.»

Grâce à son instinct et à l'entraînement qu'il avait reçu, l'ens 1 LeBlanc a pu réagir à une situation d'urgence.

« Nous sommes formés pour intervenir dans toutes sortes de situations d'urgence, et s'il vous arrive d'être dans cette situation, vous devrez vous fier à votre instinct. »

Son acte de courage dans une situation dangereuse lui a valu la troisième distinction pour bravoure en importance dans le système canadien des distinctions honorifiques. Peu de temps après, le contre-amiral Baines a communiqué avec lui pour lui annoncer qu'on lui décernait la Médaille de la bravoure.

Lui et son épouse Tracy se sont envolés pour Ottawa le 5 novembre 2018 pour la remise officielle de la médaille à Rideau Hall. « Je me sens honoré d'avoir reçu une telle reconnaissance pour avoir aidé un compagnon de bord, » a-t-il déclaré après la cérémonie.

Plus tard la même année, l'ens 1 LeBlanc devrait être choisi pour recevoir sa commission d'officier grâce au Programme d'intégration (Officiers sortis du rang) et nommé officier du génie des systèmes de marine. Il est impatient de continuer à servir son pays et à voir le monde en même temps, ce qui, selon lui, est la principale raison pour laquelle il s'est joint à la Marine royale canadienne.

## In baseball it's called a trade. In the military, it's called a posting

Continued from page 4

For whatever reason, Josh was hard to like. He was angry and he didn't get along with his teammates. Josh was fine with that. Even when he was helping the team win, he kept his teammates at arm's distance and purposely rubbed them the wrong way. Eventually the struggle in the dugout crept onto the field. In less than two years, he went from being a future superstar to riding the bench. Josh knew he was at rock bottom and about to get demoted to the minors, and most likely never playing in the big show again. "I needed to take control of what was going on. I needed to be able to look myself in the mirror," Josh reflected.

He started looking at tape and analyzing his swing. A swing that had worked for him since he was 14. He decided that things needed to change on and off the field. That being a lone

wolf and thinking the world was out to get him wasn't working.

When he was traded to Toronto, he decided this was the change he needed. He needed to look at his teammates as allies, not people to tolerate. He decided that a move was the perfect time to become his better self. The rest is history. He became the 2015 American League MVP and a loved member of the team and the city.

The Israelites of the Old Testament knew better than most about starting over. Time and time again, God and His prophets tried to steer God's chosen people. And time and time again they went awry. Yet time and time again, God reached out to them and said, "this move, this transition is the new start you need." That even with a posting/trade God is with you. "It is the Lord who goes before you. He will be with you; He will not leave you or forsake you. Do not fear or be dismayed." – Deuteronomy 31:8.

Posting season is daunting, scary and hard work, but let's also look at it as a fresh start. A time to adjust our batting stance. A time to leave behind the baggage of the past. "Lay also aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us." – Hebrews 12:1.

I hope we are able to look forward to

posting season as a time to restart and reimagine ourselves.

We choose how we run the race of life. Do we look at hurdles and challenges as character building or character destroying? We can choose to live a life full of regret, or we can choose to start afresh. The choice isn't our career manager's to make, it is ours.

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165096



# Cadet Sgt upping his musical game thanks to the Stadacona Band

By Ryan Melanson,  
Trident Staff

The Stadacona Band of the Royal Canadian Navy recently completed a series of concerts at elementary schools in and around the HRM, and as they rolled into Joseph Howe School to entertain the young students on February 19, they brought a little extra help along.

Cadet Sgt Alex Bessant, from the 342 Bedford Lions Air Cadet Squadron, brought his tuba and joined in with the band as they ran through a setlist that included *Bananaphone*, *Yellow Submarine*, a medley from the TV show *Glee*, and other tunes meant to engage the young audience. He's been spending one day a week with the band since January as part of his school co-op program, and the 17-year-old said joining in for his first concert was another highlight on top of the valuable experience he's already gained.

"My time with the band has been great so far. I'm practicing with professionals, I'm getting tips on how to play better and get away from some bad habits I had. It's really been helping my own musicianship."

Bessant is a member of his Squadron band, and has played for three summers with the Greenwood Cadet Training Centre Band, but working with and learning from the Stad Band's seasoned military musicians offers him a chance to take his skills even further.

"Every day that Alex comes to us, he gets about an hour of private one-on-one lessons, and he gets the opportunity to play with us as well," said LS Marie-Neige Dupuis-Carbonneau, who is acting as Bessant's sponsor through the co-op program. He's also been working closely with Stad Band tuba player LS Tony Taylor to focus in on his particular instrument.

Bessant said he credits his involvement in Cadets, specifically summer camp in Greenwood, for helping to grow his interest in music. As he starts to consider what might come after high school, he said he's very interested in exploring opportunities to play with the CAF in the Regular Force or as a Reservist.

"From Cadets I realized that music was my passion. I write music, I play music, and it's kept growing from there. Now I'm a senior in my squadron and I get to lead other cadets as they enter this world," he added.

As he completes his work term with the Stadacona Band, he'll eventually get a chance to shadow members as they go about their secondary duties in areas like ad-



*The Stadacona Band performed for students at a number of local elementary schools during the month of February, including at Joseph Howe School, seen here, on February 19.*

RYAN MELANSON, TRIDENT STAFF

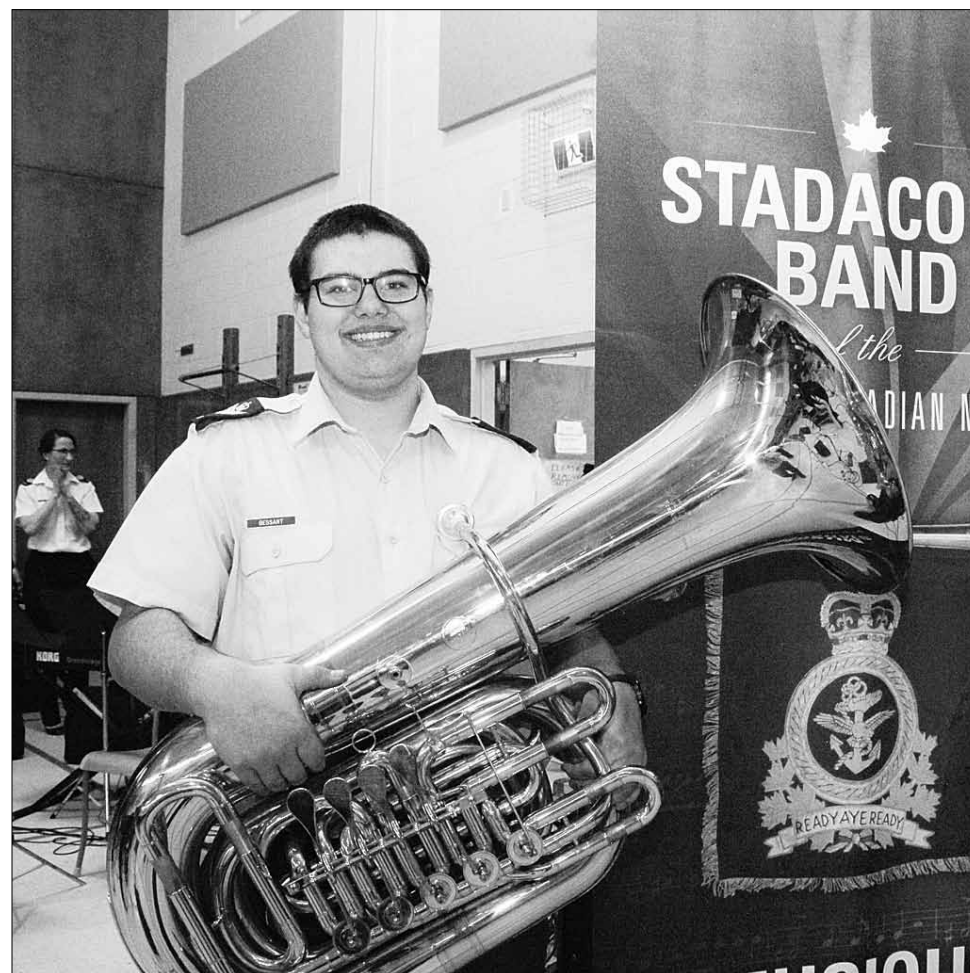
*Air Cadet Sgt Alex Bessant has been enjoying learning from and playing alongside professional military musicians as he completes his school co-op program with the Stadacona Band.*

RYAN MELANSON, TRIDENT STAFF

ministration, finance, production, or public affairs. Music remains the main focus, however, and LS Dupuis-Carbonneau added that the band will be open to hosting other musically inclined co-op students in the future after having a positive experience with the Cadet.

"For us, it's also a nice experience to be able to sponsor a younger musician like this and help them improve," she said.

"Even if this doesn't become his career, it's a great chance to learn and he's getting good information about the types of opportunities that exist for musicians in the CAF."







# Police dispatcher battles terminal cancer diagnosis

By Peter Mallett,  
The Lookout Staff

Members from Military Police Unit Esquimalt (MPU) are rallying support around a long-serving employee following his terminal cancer diagnosis.

Since 1997, MPU dispatcher Phil Meredith has been that friendly smiling face behind the front desk at the Naden guardhouse who greeted visitors when they arrived. To 911 callers and MPs on the two-way radio, Cmre Meredith has been a calming voice at the other end, says Lt Gueorgy Zatonskikh, MPU Esquimalt Support Operations Officer.

"He does a very difficult job very well and often deals with emergency callers who are in desperate situations. For members of the MP unit, he tries to make light of the worst situations and doesn't let things get to you, and in our line of work that is extremely important."

Cmre Meredith, 66, also acted as dispatcher for members of the security Commissionaires team who staff the front gates at CFB Esquimalt.

But he no longer occupies his desk at the main entrance. Approximately three months ago he was told by his doctor he had terminal stomach cancer and has between six and nine months to live.

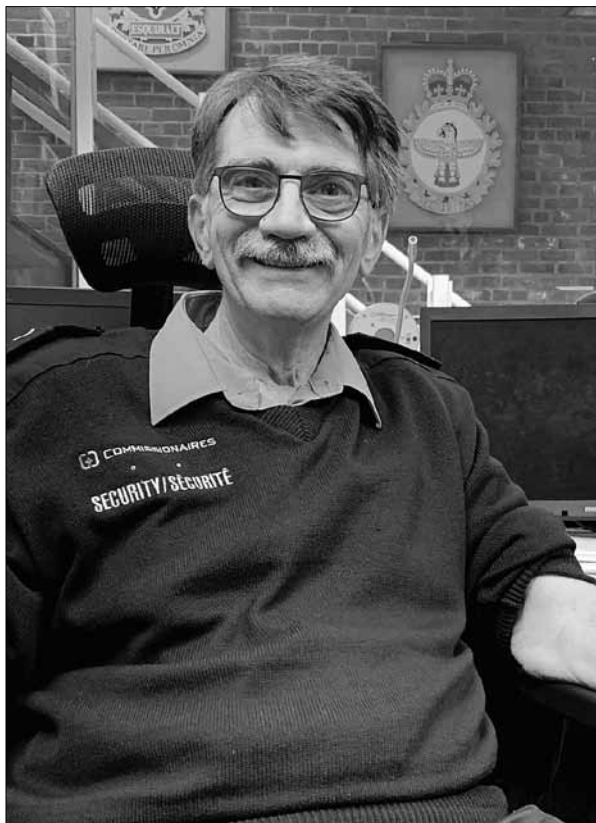
Lt Zatonskikh and the rest of the department heard the prognosis from Meredith just after the Christmas break and it wasn't easy to take.

"We were all shocked when we heard the news and very concerned because so many people care about Phil," said Lt Zatonskikh "He is our go-to-guy that keeps people going through tough times; somehow he is staying positive throughout this ordeal."

To help Cmre Meredith pay for medical expenses, lost wages and funeral costs Lt Zatonskikh launched a Go Fund Me page. Starting with a fundraising target of \$10,000, in only a few weeks he raised over \$6,000.

"We have seen an outpouring of generosity from people here in our department and from other MP units across Canada because so many people know Phil and have worked with him," said Lt Zatonskikh.

Cmre Meredith is being cared for



*Despite the bad news re his cancer diagnosis, MPU Esquimalt dispatcher Phil Meredith remains cheerful*

SUBMITTED

at his home by his wife Patricia. He makes frequent trips to and from the hospital for checkups with his doctor and to undergo treatment. Lt Zatonskikh says Cmre Meredith has lost approximately 80 pounds since his diagnosis and has been severely weakened by the cancer treatment.

Despite his condition, Cmre Meredith remains upbeat and optimistic. In a recent email to Lt Zatonskikh and the MPU unit, Cmre Meredith reported he had completed his radiation treatment and was starting chemotherapy with the hope of extending his life.

"This is part of my life I never expected or was prepared for so thank goodness for Patricia and the wonderful support by my co-workers," wrote Meredith.

The encouragement and support of colleagues has also helped boost his spirits. Lt Zatonskikh is reaching out to members at the base to contribute to the fundraising campaign, and if they are financially unable, to leave messages of encouragement for Cmre Meredith and his wife on the Go Fund Me page: <https://www.gofundme.com/help-for-phil-meredith>

"He is reading these posts and wants to thank people for their continued support," said Lt Zatonskikh.



*From left: Sgt Paul Fraser, PO2 Edward Fowler, and PO2 Maurice Hodder stand together in earning their Canadian Forces Decoration 1st Clasp. The three men first met at the CF Leadership and Recruit School in St-Jean-Sur-Richelieu in 1996, and last year they met once again when all three were posted to Trinity MOSIC.*

AVIATOR BRADEN TRUDEAU, FIS

## From recruits to Senior NCOs: friends reunited thanks to Trinity posting

By PO2 Maurice Hodder,  
TRINITY MOSIC

PO2 Maurice Hodder, PO2 Ed Fowler and Sgt Paul Fraser first met in 1996 in St-Jean-Sur-Richelieu, Quebec, at the Canadian Forces Leadership and Recruit School (CFLRS). All three members arrived as Ordinary Seaman (OS) and they were excited to begin their military careers. Two were Naval Acoustic Operators (NAC OPs) and one was a Naval Communicator (NAC COMM); regardless of occupation, their first challenge was the Basic Military Qualification (BMQ) Course otherwise known as Boot Camp.

Upon graduation both Maurice and Paul were posted to CFFS(E) at CFB Esquimalt in British Columbia for their QL3 trades training, while Ed remained in St-Jean. He was injured during training and once fully recovered would be subject to a re-course. Ed arrived in Esquimalt for his trades training a few months behind his two friends; however, the trio who met and quickly formed a friendship were separated.

Maurice and Paul remained in contact with each other, making time to play golf and tennis until Paul decided on an occupational transfer (OT) that not only changed his trade to Air Traffic Controller (ATC), but also his DEU to Air Force. When Paul departed for trades training they lost all contact with each other, until recently when they found themselves posted to the only possible location that ATCs and NAC Ops (now SONAR Ops) would ever be employed together on the coast - Trinity MOSIC - in February 2018. The posting re-united Paul and Maurice, and then much to their surprise they realized that Ed was there too.

The friendship was brought home on February 11, when the three were officially reunited in the same room during a Trinity Honours and Awards ceremony, where the three now Senior NCOs, were awarded their Canadian Forces Decoration 1st Clasp by Cdr Corey Steiro. It was a celebration of service within the CAF and a celebration of friendship, 22 years in the making.

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### Just arrived? Welcome!

On behalf of the staff and Board of Directors of the Halifax & Region Military Family Resource Centre (H&R MFRC), welcome to Nova Scotia! With open arms we extend a warm maritime welcome to you and your family. We understand that relocation due to postings is a unique challenge of living the military lifestyle, but not to worry. We have resources and professional staff to help ease your journey and transition into your new community.

The H&R MFRC is the largest MFRC in the country, with three sites to serve you in Halifax, Shearwater and Sydney. Our programs and services are varied and diverse to best meet the needs of military families living in this region. To us, family is the CAF members and those they care about: spouse, partner, parents, children and relatives. There really is something for everyone in the family at the H&R MFRC.

We invite you to just drop in to one of our sites for a tour, attend a program or register for several great programs and services that will give you an opportunity to meet people in your new community. If you sign up for our eNews it will be easier still to stay connected to H&R MFRC events and activities. You can always check out our website, Facebook and Twitter for the most up-to-date information and news.

No matter where you may have come from, you're a Maritimer now. Enjoy the hospitality this province and the H&R MFRC have to offer. Our caring team of professionals are happy to assist. Please do not hesitate to contact us for more information, offer us feedback and suggestions and get connected:

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Email: [info@halifaxmfr.ca](mailto:info@halifaxmfr.ca)

### Venez d'arriver? C'est génial!

Au nom du personnel et du conseil d'administration du Centre de ressources des familles militaires d'Halifax et régions (CRFM H et R), on vous souhaite la bienvenue en Nouvelle-Écosse. C'est avec les bras grands ouverts et un accueil chaleureux typique des Maritimes que nous vous souhaitons la bienvenue à vous et votre famille. Nous savons que la relocalisation due à une nouvelle affectation est un défi unique lié au style de vie militaire. Nous avons des ressources et un personnel professionnel qui vous aideront à faciliter votre transition au sein de votre nouvelle communauté.



Charlie Reid, (second from left), Outreach Coordinator at the Sydney site, H&R MFRC, receives a certificate of appreciation from the 36 Signal Regiment in Glace Bay at the unit's Soldiers Appreciation Dinner.

Le CRFM H et R, avec ces trois emplacements situés à Halifax, Shearwater et Sydney, est le plus gros CRFM au pays. Nos programmes et services sont variés et diversifiés afin de répondre efficacement aux besoins des familles militaires vivant dans cette région. Pour nous, la famille signifie : le membre des FAC et ceux qui lui sont chers : conjoint, partenaire, parents, enfants et proches, vous trouverez, aux CRFM H et R, quelques choses pour tous les membres de la famille.

Nous vous invitons à venir faire un tour à l'un de nos emplacements afin de faire une visite, de participer à l'un de nos programmes ou pour vous inscrire à quelque uns de nos excellents programmes et services qui vous donneront l'occasion de rencontrer de nouvelles personnes de votre communauté. Si vous vous inscrivez à notre Info

lettre, vous serez plus facilement au courant des événements et activités organisés par le CRFM H et R. Vous pouvez aussi visiter notre site Web, notre page Facebook et notre compte Twitter afin d'être informé plus rapidement sur les dernières nouvelles et les activités. Peu importe l'endroit d'où vous venez, vous êtes maintenant un Maritimer. Profitez de l'hospitalité que cette province et que notre CRFM ont à vous offrir! Notre équipe de professionnels est heureuse de vous aider. Pour de plus amples renseignements, pour des commentaires et des suggestions et pour rester branché, n'hésitez pas à nous rejoindre :  
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### Hooray for summer camp

Children ages 5 to 12 of CAF members can spend their weeks filled with fun and educational activities. Offered at both the Shearwater and Halifax sites, children enjoy themed weeks, crafts, field trips, swimming, guest speakers, outdoor activities, games and much more. For more information, please visit our website: [www.halifaxmfr.ca](http://www.halifaxmfr.ca).

Families will have the opportunity to register their children for the 2019 Summer Camp on the following nights:

Halifax Camp: April 3, 2019 from 4:30 - 7:30 p.m.

Shearwater Camp: April 4, 2019 from 4:30 - 7:30 p.m.

### Hourra pour le camp d'été

Les enfants de 5 à 12 ans des membres du FAC passeront du temps à faire du bricolage, des excursions ou de la natation. Des camps d'été sont offerts aux sites de Shearwater et d'Halifax, et les enfants participeront aussi à des conférences, des activités en plein air, des jeux et beaucoup plus encore! Pour plus d'informations, visitez notre site Web : [www.halifaxmfr.ca](http://www.halifaxmfr.ca).

Les familles auront l'occasion d'inscrire leurs enfants pour le camp d'été de 2019 les nuits suivantes:

L'inscription pour le camp au site d'Halifax : le 3 avril 2019 de 16 h 30 à 19 h 30 (site d'Halifax)

L'inscription pour le camp au site de Shearwater : le 4 avril 2019 de 16 h 30 à 19 h 30 (site de Shearwater)

### Spring/Summer Programs and Events at the H&R MFRC

Staff has been busy planning a variety of programs and events to keep the fun going throughout spring and summer. Program Guides will be available online and in paper format on March 18, 2019. Be sure to visit our website ([www.halifaxmfr.ca](http://www.halifaxmfr.ca)) or call (902) 427-7788 for more details, online registration, and the full calendar of events.

### Les programmes et événements printemps / été du CRFM H et R

Le personnel s'affaire à organiser une belle variété de programmes et d'événements afin que vous puissiez continuer à vous amuser tout au long du printemps et l'été. Notre Guide de la programmation sera disponible en ligne et en format papier à partir du 18 mars 2019. Assurez-vous de visiter notre site Web au [www.halifaxmfr.ca](http://www.halifaxmfr.ca) ou téléphonez au (902) 427-7788 afin de consulter le calendrier complet en plus de connaître les détails, les inscriptions et les dates limites des événements.

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LS Robbie McDougall joined the CAF as a cook and is currently posted to CFB Esquimalt.

SUBMITTED

# New recruit cooking

By Peter Mallett,  
The Lookout Staff

A cook with formal culinary arts training says a career with Canada’s military is providing him a permanent port of stability from the topsy-turvy restaurant industry.

LS Robbie McDougall, 39, is a certified Red Seal chef with an impressive list of credentials. He has close to 20 years of experience cooking at high-end eating establishments in British Columbia, Europe, and Britain.

But early last year he decided to end his career in the private sector and join the CAF as a cook. He is currently behind the grill at Nelles Block Galley in Esquimalt.

“I have a lot of friends cooking for the private sector who are my age and are grinding it out. I realized what I wanted for me and my wife Sylwia going forward was stability, and doing what I was doing really wasn’t getting me anywhere and I wanted to explore other options.”

He notes the benefits that include: no seasonal work stoppage unlike many private sector restaurants, the rewards of a steady income, and a solid benefits package. His career move was also spurred by the encouragement of a military member who lives next door.

“I wanted the stability that he had in his life and while I was talking to him, I gradually began to ask the question to myself: Do I really want to be slinging burgers when I’m 64?”

**A never-before offered signing bonus**

LS McDougall also received a \$20,000 signing bonus, a new incentive for the trade. It was offered about a month before his formal enrolment because of his culinary training; this also earned him an advanced promotion to Leading Seaman at the graduation parade for Basic Training.

LS McDougall says the money, and

the promotion, have made it possible to make a down payment on his first home.

In the spring of 2018 signing bonuses were introduced for the first time for the cook occupation.

PO2 Heather Smolinski, a recruiter with the CAF Recruiting Centre Pacific Detachment Victoria, says cooks aren’t the only professions being offered signing bonuses. The CAF is currently recruiting to fill 100 full and part-time employment opportunities.

“Signing bonuses have been offered on and off over the years for a wide range of occupations,” says PO2 Smolinski. “Signing bonuses are not considered a program or entry plan; they are a recruiting tool to attract the right applicants to specific roles and targeted positions within the Forces.”

There are a handful of other occupations currently offering signing bonuses such as Army Communications Information Systems Specialist, Medical Officer and some naval occupations for former fully trained service personnel.

**Life in the military**

Today LS McDougall helps lead a 10-person team of cooks who prepare lunch and dinner for approximately 200 guests per meal at Nelles Block.

While spending most of his days working in the mess, he is sometimes called on for other tasks. In November he was part of a team of base cooks who prepared a four-course meal for a South Korean delegation at RAdm Auchterlonie’s residence.

“My career in the navy has opened up a world of possibilities where I can go to exotic places and work in new environments and that is very enticing and exciting for me,” said LS McDougall. “Quite frankly I’m grateful for the opportunity to serve in the RCN.”

To learn more about signing bonuses and job opportunities with the CAF visit the Forces.ca website or stop by your local Recruitment Detachment to speak to a Recruiter.

# Irish Hot Pot

*Editor’s note: This is a new feature in Trident. We will be publishing recipes sent to us from the expert chefs and cooks at Juno Catering.*

*The following recipe is well timed for your dining pleasure on St. Patrick’s Day.*

**This recipe provided by Kevin Ouellette, Banquet Chef of Juno Catering.**

Also known as Dublin Coddle, this is a traditional Irish supper dish dating back to the early eighteenth century.

Serves: 4-6  
Ready In: 4 hours

**Ingredients:**

- 2 kg Potatoes
- 2 large Onions
- 450 g Pork Sausage
- 450 g Bacon, sliced
- 500 ml Chicken Stock
- 3 Tbsp Parsley, fresh
- Salt and Pepper to taste

**Directions:**

1. Preheat oven to 300F.
2. Grill or sear the sausages and bacon just long enough to color them. Drain on a paper towel.

3. Cut bacon into one-inch pieces. Slice the sausages into thick pieces.
4. Peel the onions and slice into thick rounds. Peel the potatoes and slice into thick rounds as well.
5. Chop the fresh parsley. In an ovenproof heavy pot layer the ingredients: onions, bacon, sausage, potatoes. Season with salt, pepper, and parsley.
6. Continue layers until all of the ingredients are used up.
7. Add the chicken stock to the dish. Place on a burner and bring the mixture to a boil. Immediately cover the pot with a tight fitting lid and place in the oven and bake for 3 hours. If you do not have a tight fitting lid, you can use aluminum foil tightly wrapped around the top.
8. After two hours, check the pot to see how much stock is in the pot. You should have about one inch of liquid. If not, add more stock, cover again and continue to cook.
9. Check the potatoes for tenderness and serve.

Traditionally this dish is served with soda bread and a refreshing Guinness.



# Out in the cold

Members from the 129 Battery of the 4th Artillery Regiment General Support conduct a C7 and C6 range during an exercise at 5th Canadian Division Support Base Gagetown, Oromocto, New Brunswick, February 21, 2019.

CPL NICOLAS ALONSO, TACTICS SCHOOL, COMBAT TRAINING CENTRE GAGETOWN

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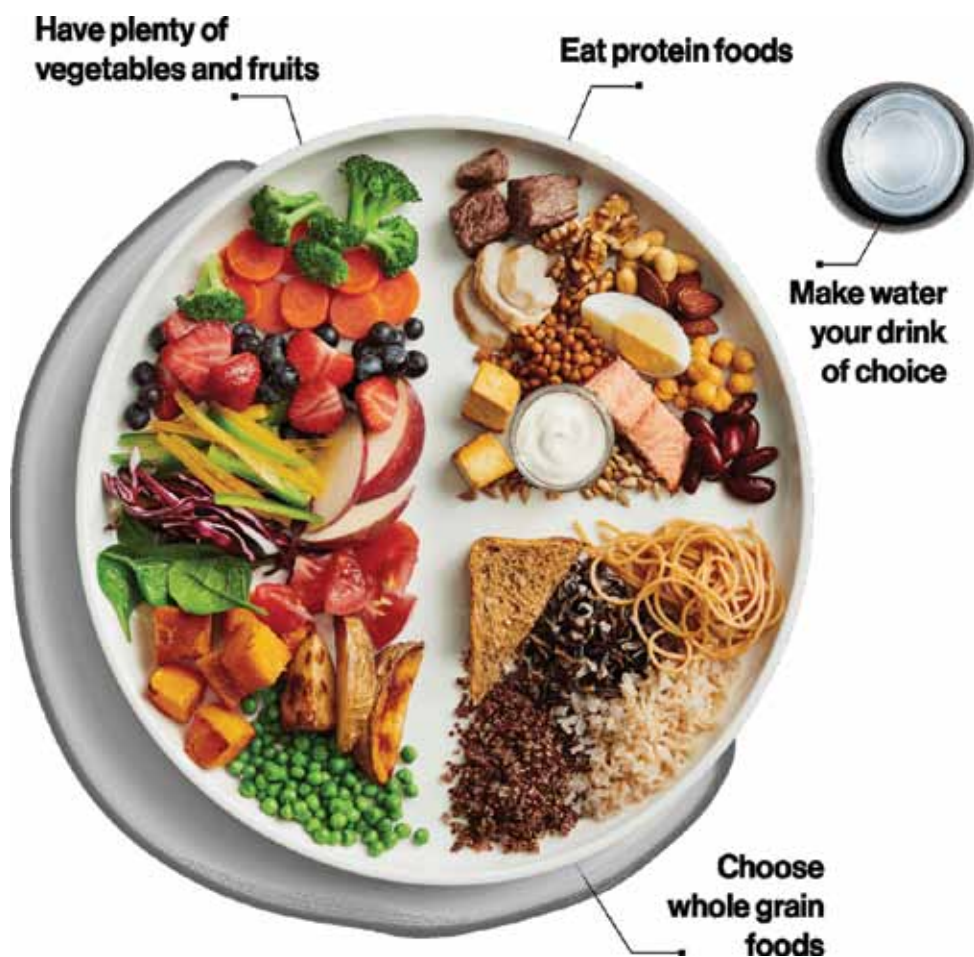
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# Canada's Food Guide - \*2019 Updates\*



By Samantha Noseworthy,  
PSP Halifax Health Promotion Specialist, on behalf of the Nutritional Wellness Working Group

The new, highly anticipated, version of Canada's Food Guide was released in January with a new focus that highlights a shift in how we think about food. Some of the most noticeable changes are as follows:

**1. New Design:** The rainbow style food guide that we are used to has been replaced with a plate. The plate is a visual representation of how your meals should be a balance of 50% vegetables and fruits, 25% whole grains and 25% protein.

**2. Removal of Serving Sizes:** There are no longer recommendations for serving sizes. Canadians are instead encouraged to look at the proportions of their meals and try to achieve the 50/25/25 split.

**3. Creation of the Protein Group:** Previous versions of this food guide had seen milk and milk alternates as a separate food group to meat and meat alternatives. Now, all protein sources have been grouped into one category to give Canadians a clearer understanding of what constitutes a protein food. There is also a greater emphasis on choosing more plant-

based proteins.

**4. Focus on Eating More Fruits and Vegetables:** Vegetables and fruits make up 50% of the Canada's Food Guide plate. Many Canadian's are overconsuming protein and under consuming vegetables and fruits. This new food guide is hoping to change that.

**5. Social Aspects of Food and Eating:** There are also many recommendations within the food guide concerning the social aspects of food. Recommendations include: eating with others, cooking more at home as opposed to eating out, becoming more mindful of your eating habits, and taking time to enjoy your food.

The list above is just some of the changes that have brought new life to Canada's Food Guide and made it more appropriate for the current food culture that exists in Canada. To learn more please visit: <https://food-guide.canada.ca/en/>

If you would like more information, you can contact Health Promotion at: [hfxhealthpromotion@forces.gc.ca](mailto:hfxhealthpromotion@forces.gc.ca) or 902-722-4956.

If you would like to meet with the Base Dietitian for further discussion, you will need to first be referred by your primary care provider such as your doctor, nurse practitioner or physician assistant.

## Alongside training for HMCS *Glace Bay*

By SLt Samantha Crocker,  
UPAR HMCS *Donnacona*

For the past several years, the Royal Canadian Navy (RCN) has been transitioning into a One Navy concept. Men and women from the Regular and Reserve Force are the foundation of the RCN's service. They are among the most professional, highly educated and highly trained sailors in the world. Regular and Reserve Force members train and prepare in the same manner in order to be operational at home and abroad through part- and full-time service. As a result, the RCN's ships, which are manned by a mixture of Regular and Reserve Force members, are able to deploy around the world and make a difference for Canada.

Alongside training, such as that conducted onboard HMCS *Glace Bay*, in Halifax, Nova Scotia, is an example of the One Navy organization at play. Naval Reservists from across Quebec, and from HMCS Carleton attended the training weekend on February 23-24, 2019.

Naval Reservists were greeted with a lunch visit by Cdr Christopher Chalmers and CPO1 Dan Campbell, Commanding Officer and Unit Chief Petty Officer of CFB Halifax Base Logistics, on February 23. The meal was prepared by Naval



Naval Reservists from HMCS Carleton and from across Quebec visited HMC Dockyard for training.

PTE SARINA MCNEILL, FIS

Reserve cooks onboard the ship.

The alongside training supported sea readiness, as well as quality of training. Due to the location of Naval Reserve Divisions across Canada,

Naval Reservists are not able to train on Maritime Coastal Defence Vessels, like HMCS *Glace Bay*, regularly. An Alongside Training Weekend allows Naval Reservists to progress

in readiness and proficiency in shore and water-based tasks so that they are ready when called upon.

*Continued on page 11*





# HMCS *Toronto* at Op REASSURANCE



HMCS *Toronto* continues to participate in Op REASSURANCE as part of NATO assurance and deterrence measures. These measures aim to reinforce NATO's collective defence in the waters off Central and Eastern Europe.



*Members of the Augusta Degaussing Range are hoisted onto HMCS TORONTO while in Sicily, Italy during Op REASSURANCE, February 20, 2019.*  
MCPL MANUELA BERGER, FIS HALIFAX

*A member of the Dive Team in HMCS Toronto dives into the water to conduct routine maintenance and inspection of the ship upon arrival to Piraeus, Greece during Op REASSURANCE on February 15, 2019.*  
MCPL MANUELA BERGER, FORMATION IMAGING SERVICES HALIFAX

## Alongside training for HMCS *Glace Bay*

*Continued from page 10*

Throughout the weekend, 24 Naval Reservists were able to spend two days familiarizing themselves with the layout and equipment onboard a Kingston class vessel – so that when the RCN is required to deploy, Canadian's can be assured that the RCN is prepared to meet those changing demands. MCDVs are very flexible and inter-changeable. Through dedication and hard work of their sailors, the MCDVs, are able to do everything from fighting a battle to building an orphanage.

“Alongside weekends gives you a hands-on experience that you could otherwise not acquire when working at home,” said AB Ronald Hiscock, a Marine Technician at HMCS *Donnacona*. “It helps to be able to visually see the platform. It turns the theory that you learn in a classroom into reality.”

*PO2 Gauthier-Villeneuve instructs students aboard HMCS Glace Bay.*  
PTE SARINA MCNEILL, FIS

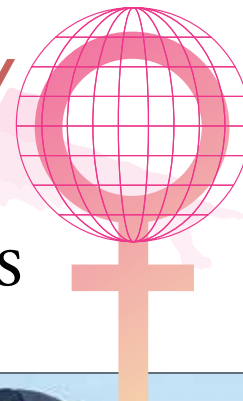






# INTERNATIONAL WOMEN'S DAY

## RCN SAILOR PROFILES



### SLt Michelle-Ashley Ellerington

**Current role:** BWK U/T (under training)  
**Hometown:** Dartmouth, NS  
**Years of Service:** 3  
**Home Unit:** HMCS *St. John's*

#### Why did you join the Royal Canadian Navy?

I joined the Royal Canadian Navy because of my father. I grew up with in a military family (my father was in the Navy for 26 years) and I have always known the lifestyle that military members have. Being a part of the RCN, even just the Canadian Armed Forces as a whole, is like being part of a large family. I knew at a young age that this was where I wanted to be and a family that I wanted to be a part of.

#### How important is your job to you and why?

My job is an important factor in my life because it is how I support myself. It is also where I constantly strive to push myself and grow my character.

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

One of the biggest challenges I've faced during my time within the RCN has been learning to deal with seasickness. Unfortunately for some people, you are unsure if you will feel seasick until you actually are out on the water to experience it. Even still, some sea states are different than others and some may or may not affect you.

#### How did you overcome this challenge?

One of the ways I've been able to overcome this has been to find some very strong medications to help feel stable. There are multiple methods and treatments people use to help combat seasickness and the way that worked for me was seasickness pills. I remember being out on the water for two weeks and trying multiple things

before finding what worked. Sometimes you just have to fight through it and find what works for you.

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

The best part about being in the RCN, in my opinion, is the family attitude that comes along with it. You are constantly surrounded by others who know what you are going through and who are all there to support you. You never feel like you're alone. It is a community.

#### What is your most memorable experience?

My most memorable experience within the Royal Canadian Navy has been from March-July 2017 when I was attach posted to HMCS *Oriole*, the navy's sailing vessel. I was one of the lucky few who was part of the crew for the Canada 150 sail, in which we sailed *Oriole* from Victoria, BC to Charlottetown, PEI. We travelled for 4



months and visited multiple countries including Mexico, Panama, Bermuda, Jamaica, Turks & Caicos and a few others. My favourite port visit was Costa Rica.

*Continued on page 13*

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### LS Ashley Fletcher

**Current role:** WEng tech Armament  
**Hometown:** Bass River, Nova Scotia  
**Years of Service:** 5 years Infantry in Army reserves, 9 years in Navy  
**Home Unit:** HMCS *Montreal*

#### Why did you join the Royal Canadian Navy?

I joined the Royal Canadian Navy because I was influenced to do so by my family. I joined the Army reserves when I was in high school and worked with them for five years on class B contracts. Eventually it became harder to get contracts, so I decided that going into the Reg Force would be my next step.

#### How important is your job to you and why?

I think my job is just as important as everyone else's. We all rely on each other so we can complete the mission. My job would be pointless without the operator to fire the weapon, and the officer to tell when and where to fire. We are just one big team. It's everybody's job to make sure the team is ready.

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

I believe the biggest challenge that I've had to face during my time as a



member was the academic training that I received on my 3s and 5s. I had been out of high school for a number of years when I started my 3s training so it was very difficult for me to get back into a school routine.

#### How did you overcome this challenge?

To overcome this challenge I had to really hunker down. I concentrated all my time on studying and went to the learning resource centre

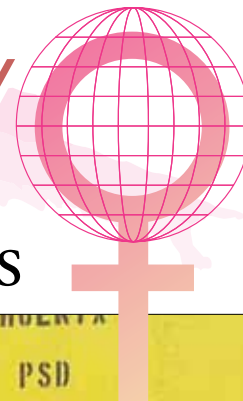
*Continued on page 14*





# INTERNATIONAL WOMEN'S DAY

## RCN SAILOR PROFILES



### LS Brooke Harrison

**Current role:** Supply Technician  
**Hometown:** Ajax, Ontario  
**Years of Service:** 12  
**Home Unit:** Trinity - MOSIC

#### Why did you join the Royal Canadian Navy?

I joined the Royal Canadian Navy so that I could try to make a positive difference in the world. I also wanted to see the world, all of it - even the less desirable and often dangerous areas/countries.

#### How important is your job to you and why?

My job is extremely important to me. It is important to me because I feel like I have an opportunity to have a positive impact on people's lives, whether it be here on our home soil, or abroad. I work in a customer service position, I see people at their best - and at their worst. We often listen to hardships and challenges other people are facing. I love this. I love learning about people, and my job facilitates that.

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

The biggest challenge I've faced during my time as a member is spending time away from loved ones. It's never easy to say goodbye to someone you love, no matter if it is one week, six months, or more. It's just as hard every time.

#### How did you overcome this challenge?

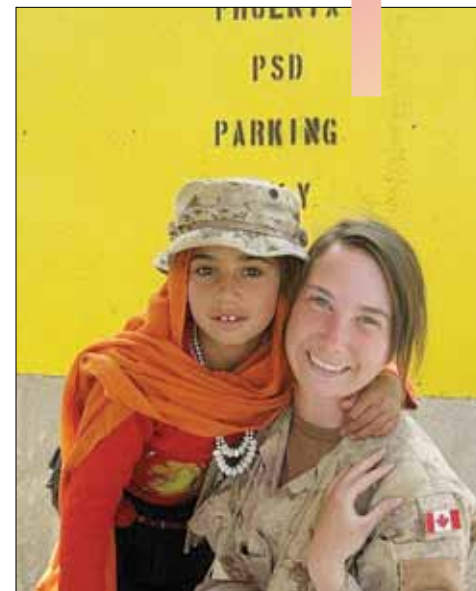
I didn't overcome this challenge alone. We overcame it together, as a family, my husband and I. You can get through anything, as long as you have the love and support of your family and friends. You learn that it's not goodbye, it's see you later.

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

The best part of being in the Royal Canadian Navy is the feeling of pride when you put on your uniform knowing that you are serving your country and making people proud.

#### What is your most memorable experience?

One of my most memorable experiences since I've joined the navy happened last June when I found out that I had earned an award and coin from our Base Commander. It was memorable because I spent years, my entire adult life so far, working hard to earn an award. It's a fantastic feeling being recognized for a job well done. I would say another memorable experience is that I got to deploy with the Army to Kabul, Afghanistan in 2012 as part of the RSAT team supporting 3 CSU from Montreal. I got to learn about a different culture, see a different part of the world and meet wonderful people from different militaries around the world. It was a fascinating and rewarding experience.



#### Why have you stayed in the Royal Canadian Navy?

I have stayed in the Royal Canadian Navy because my job isn't done yet. There are so many more countries to see, things to do, and work to be completed. I'm not done learning and gaining life experience to pass on to my future children.

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

I gain fulfillment from assisting and helping people, especially people in need. I do this by donating, volunteering, etc. As an example, I volunteered a couple years in a row with the Hospital Hustle in Liverpool, NS. This is an event where people donate their items and they are sold off in a yard sale type environment, with all proceeds going to the hospital in Liverpool.

#### How would you describe the availability of opportunities for women in the Royal Canadian Navy?

The opportunities are endless. You

get to see the world, meet new people, and make new friends. Pick a trade - they will teach you everything you need to know, and oftentimes, more. A lot of what you learn can be transferred to civilian life when you retire, too! You get to have a career. You may even get to move around and experience life in different provinces. While you get all of this, you're even paid well, with benefits.

#### What advice would you give new female recruits?

Some advice that I would give new female recruits is: Work hard, everyone else has to. Do a good job in everything you do. Take pride in your uniform, you're the one who has to wear it.

If I have a bad day, my grandmother always tells me "Head up, shoulders back, smile on your face." It works every time. Educate yourself. There is a special power in education. Be in a constant competition - with yourself. Know that you can always do better if you put in the time and effort. Learn about yourself. Figure out what YOU want in life.

### SLt Michelle-Ashley Ellerington

*Continued from page 12*

#### Why have you stayed in the Royal Canadian Navy?

I have stayed within the RCN because of the many different learning opportunities that I have been able to experience. I am constantly being intellectually challenged and pushed to learn more, not only for my trade but to develop as an individual.

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

The most unique thing about myself outside of the Navy is... that I have a home library. I immensely enjoy reading and can always be found with a book close by.

#### How would you describe the availability of opportunities for women in the Royal Canadian Navy?

I would describe the availability of opportunities for women in the RCN to be unlimited. Women have the ability to work in any trade, advance their careers, and enjoy the many experiences that come along with deploying.

#### What advice would you give new female recruits?

The best advice I could give a new female recruit joining would be to just be yourself. Don't think that just because you're in the military you have to lose your femininity. Wear makeup, do your hair, and don't ever lose your voice. Don't let others tell you what you can and can't do, and don't ever give up.

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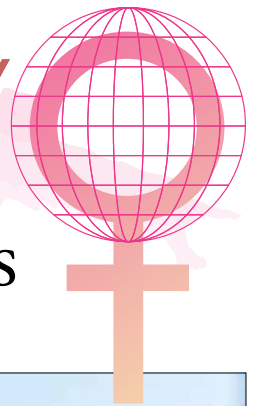
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# INTERNATIONAL WOMEN'S DAY

## RCN SAILOR PROFILES



### AB Morgan Olizarvitch

**Current role:** Naval Communicator  
**Hometown:** London, ON  
**Years of Service:** 3.5  
**Home Unit:** HMCS *Fredericton*

#### Why did you join the Royal Canadian Navy?

I joined the Royal Canadian Navy because of the opportunities it provided me at the time for schooling. I joined the Naval Reserve in the middle of my Grade 11 year in high school and was very encouraged by my family and family friends to do so, as there were many benefits for someone about to go into university. I am part of a rather large military family and I could see all the benefits this type of career could have, all while maintaining a relatively regular lifestyle.

#### How important is your job to you and why?

My job is unbelievably important to me, and in many ways I was not expecting it to be. You don't realize when you join the navy that not only are you signing up for an amazing career, you're signing up for a family hundreds of people strong. My job also allows me to be proud of myself; I am only 20 years old and have been serving my country for three and a half of those years.

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

The biggest challenge I've faced

during my time as a member is being so far away from the family that supported me so much through the entire process. My mom especially. I moved out rather early to go to basic training and then university, and then took a posting on the east coast. It's hard to know what to ask your mom before you move across the country, and I can't exactly go over and steal a pot or pan when I don't have the right size for what I'm cooking.

#### How did you overcome this challenge?

It's an ongoing challenge, one that results in a very large amount of video chats. On labour day weekend last year I was portaging a canoe with friends near Peggy's Cove when all of a sudden my phone started ringing and it was a video call from my mom, there was a family reunion going on back home and the only way I could be there was through that call. I have quite a large family, and being passed around the whole circle answering the same five questions takes a fair amount of time, but it was the best part of my weekend.

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

The best part of being in the Royal Canadian Navy is the life experiences I would never get in any other career. Travelling to so many different countries and getting to see cultures I couldn't possibly imagine otherwise.

#### What is your most memorable experience?

My most memorable experience was meeting my now best friend and roommate at basic training. During Naval basic you are taught how to handle and shoot weapons like the C7 rifle, and have a final shooting test towards the end of basic. Me and another girl from my section both struggled, and had to retake the test. Picture two 17-year-old girls in the prone position beside each other, crying with rifles in their hands, and giggling because of how silly this scenario is. Sometimes you just need a friend beside you and the navy will always provide that.

#### Why have you stayed in the Royal Canadian Navy?

I have stayed in the Royal Canadian Navy because I fell in love with my trade, I fell in love with serving my country and wearing this uniform. I was a part time sailor and decided to leave university to pursue this unknown adventure full time because I get to be proud when I step into work every day.

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

Outside of the Navy I read a lot of books, I have recently filled up my current bookshelf and am going to build myself a new sturdier one that won't sag with all the weight of the books.



#### How would you describe the availability of opportunities for women in the Royal Canadian Navy?

The availability of opportunities for women in the RCN is incredible, there is a spot for us anywhere and everywhere. If you're willing to reach out and ask for something and really work for it, there's nothing you can't do.

#### What advice would you give new female recruits?

To a new female recruit, I would say be one of the women that is excited to see more women in the CAF. The male dominated atmosphere can be tough sometimes, but if you've got your girls by your side I promise you will be unstoppable.

### LS Ashley Fletcher

*Continued from page 12*

to get help with studying and to take a test to determine what type of learner I am. I also attended all of the extra help sessions that I could and had many co-workers that I studied with.

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

There are a number of really good things about the being in the RCN. The people that I have met during my time in the Navy have become some of my best friends. I've also really enjoyed all of the places that I have had the opportunity to go to during my time in the RCN.

#### What is your most memorable experience?

The most memorable experience that I have had during my time in the RCN was when I went up to the flight deck when we were coming into port in Nuuk, Greenland. The views were amazing and I cannot even explain how incredible the smell was. Everyone was so excited to see the icebergs and the local fishing villages. The crew was buzzing with excitement.

#### Why have you stayed in the Royal Canadian Navy?

I have stayed in the RCN because at this point I can't really imagine myself doing any other job. The more time I spend in this job the more rewarding it is. At this point in my career I'm actually able to pass my

knowledge onto the newer members. I'm also very excited for the changes that are happening in the RCN and to see where the Navy will be 10 years from now.

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

I don't feel like I'm very unique. But I guess it would have to be that I live in the same community that I grew up in. I drive into Halifax from the country outside of Truro. I live there with my wife, two cats, two dogs and 21 chickens.

#### How would you describe the availability of opportunities for women in the Royal Canadian Navy?

There are endless opportunities

for women in the RCN. You can look at any of the trades in the RCN today and see a strong female role model. It's very common to find women performing jobs that previously you would only have seen men doing. Women have proved themselves completely capable of doing those jobs.

#### What advice would you give new female recruits?

The advice I would give a new female recruit is to work hard to achieve the future you want for yourself. If you believe enough in yourself then nothing else matters. If you have the confidence in your abilities, then everything else will fall into place.



# March is Nutrition Month: Unlock the Potential of Food!

**By Kathleen Bayliss-Byrne,**  
Dietitian, CF H Svcs C A, Nutritional  
Wellness Working Group, MARLANT  
Health and Wellness Strategy

The 2019 Nutrition Month campaign will help Canadians discover the potential of food to enhance lives, improve health, inspire children, fuel activities and bring people together.

Food is impacting every part of our lives by nourishing us, preventing and managing chronic conditions such as diabetes, heart disease, high blood pressure, digestive issues and many more health concerns.

Food is affecting our lifestyle by uniting us in the kitchen as well as at the dinner table.

Families who are gardening, shopping at local farmer's markets or grocers and cooking together are experiencing the joy of whole foods by savouring meals together at the dinner table. Parents are involving their children in the entire process, teaching children about the benefits of healthy food.

Many people are gardening in their backyards or on their deck or in a plot in their community garden. Food is bringing us together at many social events thus enhancing our lives and improving our health.

To find out more about the potential of food please click on the printable factsheets button to find

both English and French versions at [www.NutritionMonth2019.ca](http://www.NutritionMonth2019.ca) on the five topics during this month's campaign.

**Potential to fuel:** Stay energised by planning nutritious snacks for when you are hungry between meals.

**Potential to discover:** Foster healthy eating habits in children by teaching them to shop and cook.

**Potential to prevent:** Understand how food can help prevent chronic diseases like type 2 diabetes and heart disease.

**Potential to heal:** Learn how food can promote healing and how dietitians working in health care teams to make a difference.

**Potential to bring us together:** Enjoy to benefits of bringing families and friends together with food.

While you are on [www.NutritionMonth2019.ca](http://www.NutritionMonth2019.ca):

Click on the feature recipes button to find 10 healthy recipes.

Click on Get the APPS button Cookspiration and Eatracker.

Check out [www.dietitiansns.com](http://www.dietitiansns.com) to find a Nova Scotia dietitian (local services for civilians) or for some tried and tested recipes from some of our local dietitians.

Military members can access our base dietitian through their respective CDUs by requesting a referral from your doctor or physician assistant or nurse practitioner.



## Retired RCN officer donates fire dogs to Canadian Submarine Force

*Cmdre (Ret'd) Eion Edward Lawder, CD, (left) donates his brass dolphin fire dogs to the Canadian Submarine Force, represented here by Capt(N) Chris Robinson, Commander Canadian Submarine Force. Cmdre Lawder joined the RCN in 1958 and was employed in several ships from 1963 to 1972, including HMC Ships Margaree, Gatineau, Nipigon, and Protecteur. These particular dolphins were cast for him by the FMF Cape Breton foundry while then LCdr Lawder was the Senior Technical Officer of the 4th Canadian Destroyer Squadron. The fire dogs are now displayed at the Canadian Submarine Force HQ entrance in CFB Esquimalt.*

SUBMITTED

## Longtime PSP community recreation coordinator retires



*Heather Arbour, PSP Halifax's longtime Community Recreation Coordinator, retired on February 28, 2019. Members of the Shearwater Pickleball Group wanted to show Heather Arbour their appreciation for her management and leadership skills in bringing Pickleball to the Shearwater Fitness, Sports and Recreation Centre. The group has existed for only 16 months but the facility has become the number one spot in HRM to play Pickleball and much of the credit falls to Heather. Pickleball is the fastest growing sport in North America and approximately eight million people around the world now play. Accompanying Heather is Don Beaver (left) and Andre Noel (right), who run the Pickleball timings in Shearwater. They and other members of the Pickleball group surprised Heather with a presentation on Thursday, February 21.*

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# OS Benjamin's leap of faith

By RCN PA

"I joined the Royal Canadian Navy (RCN) because I wanted to challenge myself, experience new things and be a part of something great," said OS Benjamin who joined the RCN in 2016.

During her last year of university she knew she had to decide what she wanted to do with the rest of her life. She didn't know if she wanted to find a job within her degree or do something different.

"One day, I saw a commercial for the Canadian Armed Forces (CAF) and something told me to look into it more. I took a leap of faith, and here I am. I can honestly say that it was the best decision I've ever made."

OS Benjamin is an Intelligence Operator, and she is currently functioning as an Information Exploitation Operator.

"Being an Intelligence Operator, our work is time sensitive and can be very demanding at times. I had a hard time maintaining that balance between work, exercise, friends, and relationships," she recalled.

The demands started to add up and eventually she noticed she was not performing to the best of her abilities. The stress had become overwhelming and too difficult to manage.

"I overcame this challenge by reaching out for help. There are many



OS Tiana Benjamin is an Information Exploitation Operator at Trinity.

SUBMITTED

resources available within the CAF community that are there to help better you."

This self-realization was key to addressing the challenge at hand.

"There is a stigma on mental health and reaching out for help, [but] mental resilience is just as important as physical resilience and the CAF will make sure that if you need help, you

know where to go and how to find it," she said.

After reaching out for support she was able to handle her stress and maintain the balance between those important things in her life.

Plus OS Benjamin has a wonderfully supportive family at home. Being the first and only member in her family to have joined the military,

her mother and family motivated her to advance in her career and take on unique challenges and opportunities.

"My siblings and I were the first generation from our family to be born in Canada. Coming from Guyana, my mother knew that she wanted the best life and opportunities for her children," she said.

"Every time I see her she says how proud she is of me and how great of a woman I have become. That inspires me and allows me to push myself to the highest potential."

For OS Benjamin, life in the RCN is not just overcoming obstacles, it's about the relationships you build with your peers and making a difference. She says the best part of being in the Royal Canadian Navy by far is the opportunity to sail around the world with peers and experience many things that the average person would not be able to.

"It is a very rewarding experience and being part of the CAF as a whole allows you to be a part of another family," she said.

Outside of her work in the RCN, OS Benjamin is an avid dancer.

"My favorite downtime activity is dancing! I danced hip hop all throughout my university years and it is something that keeps me active and healthy. Dance is an important part of my life and it is a key stress reliever for me."

## Op HONOUR – Progress Report 4

By the CAF

The Canadian Armed Forces (CAF) recently released its fourth progress report on addressing sexual misconduct within our ranks.

The goal of these progress reports is to be transparent and to provide an honest and critical assessment of what we have achieved and where we need to go from here.

Over the past three years, we have completed some essential foundational work in order to address sexual misconduct and effectively support those affected by it. We have also learned a great deal—through our own experience and analysis; the assessment of the Office of the Auditor General of Canada; and from feedback of external experts and stakeholders, including those who have been affected by sexual misconduct.

We know that we haven't always got it right. Some of the measures we implemented have resulted in unintended consequences, and some initiatives and changes have not resulted in the desired outcomes. In addition, we have determined that in some areas where we thought we had done enough, we are going to

have to go deeper and do better—specifically with respect to the 10 recommendations from the External Review Authority.

In this fourth progress report, you will see that we are going to course correct, taking into account this external information and advice, and we will push harder in those areas where we are not as far along as we should be.

Support for victims has been, and will continue to be, the CAF's main effort for Operation HONOUR. Going forward, we will also be shifting more of our attention to developing a fully coordinated and resourced long-term response focussed on enhancing victim support and achieving culture change.

The CAF is an institution rich in history and traditions, both of which have a substantial and positive impact on the culture. Nonetheless, the CAF will re-orient and focus on the purposeful, deliberate redefinition of institutional values, attitudes, and beliefs to ensure that every member of the CAF shares a common understanding of our duties and responsibilities, including the obligation to look after each other.

*Continued on page 18*

## Opération HONOUR – Rapport d'étape 4

Par les FAC

Les Forces armées canadiennes (FAC) ont publié leur quatrième rapport d'étape sur la lutte contre l'inconduite sexuelle dans nos rangs.

L'objectif de ces rapports d'étape est d'être transparents et de fournir une évaluation honnête et critique de ce que nous avons accompli et de ce que nous devons faire maintenant.

Au cours des trois dernières années, nous avons mené à bien certains travaux fondamentaux essentiels afin de lutter contre l'inconduite sexuelle et d'appuyer efficacement les personnes affectées par celle-ci. Nous avons aussi beaucoup appris grâce à notre propre expérience et à nos propres analyses, à l'évaluation du Bureau du vérificateur général du Canada et aux commentaires d'experts et d'intervenants externes, y compris ceux et celles qui ont été affectés par l'inconduite sexuelle.

Et nous reconnaissons que nous n'avons pas toujours tout compris. Certaines des mesures que nous avons mises en œuvre ont eu des conséquences imprévues, et certaines initiatives et certains changements n'ont pas donné les résultats escomptés. De plus, nous avons déterminé que, dans certains domaines où nous pensions en avoir

fait assez, nous devrons aller plus loin et faire mieux, en particulier en ce qui concerne les dix recommandations de la responsable de l'examen externe.

Dans ce quatrième rapport d'étape, vous verrez que nous allons corriger le cap, en tenant compte de ces informations et conseils externes, et nous pousserons plus loin dans les domaines où nous ne sommes pas aussi avancés que nous devrions l'être.

Le soutien aux victimes a été, et continuera d'être, le principal effort des FAC dans le cadre de l'opération HONOUR. À l'avenir, nous nous concentrerons aussi davantage sur l'élaboration d'une réponse à long terme entièrement coordonnée et dotée de ressources, axée sur l'amélioration du soutien aux victimes et la réalisation d'un changement de culture.

Les FAC constituent une institution riche en histoire et en traditions, qui ont toutes deux un impact important et positif sur la culture. Néanmoins, les FAC réorienteront et se concentreront sur la redéfinition pertinente et délibérée des valeurs, attitudes et croyances institutionnelles afin de s'assurer que chaque militaire des FAC a une compréhension commune de nos devoirs et responsabilités, y compris l'obligation de veiller les uns sur les autres.

*Continued on page 18*





Sailors from HMCS Calgary and NRU Asterix began a revitalization project at the Social Welfare Centre No. 3 for Agent Orange and Disadvantaged Children in Da Nang, Vietnam. SUBMITTED

# Sailors pitch in to build classrooms

By Peter Mallett,  
The Lookout Staff

Sailors of the RCN are being hailed for their humanitarian efforts in Vietnam last fall that included the revitalization of a centre for Agent Orange and Disadvantaged Children.

On September 27, 2018, 24 sailors from HMCS *Calgary* and NRU *Asterix* got the ball rolling on an extensive revitalization project at Social Welfare Centre No. 3 for Agent Orange and Disadvantaged Children. The work included cleaning, painting, providing new furniture and toys, and teaching equipment for the centre located at Vietnam's coastal city of Da Nang.

Colonel Jeff Drummond, Canadian Defence Attaché Singapore/Cambodia/Vietnam, facilitated the port visit to Da Nang by *Calgary* and *Asterix*, who were at the time deployed on *Op Projection*. He acted as interlocutor between the sailors and centre to determine the scope and tasking of the project. Upon further discussion with the Director, Col Drummond realized there was more work to do: build additional classrooms for the children.

He had a conversation with *Calgary's* Operations Chief, CPO2 Line Laurendeau that resulted in a quick solution. CPO2 Laurendeau, who supervised the ship's outreach programs, offered up money to pay for

supplies to build the classrooms from the ship's Boomer's Legacy funds. She then met with the director and helped them purchase the required building materials, while the centre arranged for contractors to perform the work.

In January, the centre held an inauguration ceremony for the new classrooms, which was attended by school officials, local politicians and members of Col Drummond's staff. A plaque above the entrance to the classrooms unveiled at the ceremony pays tribute to sailors of the RCN and Boomer's Legacy.

"It was very poignant dealing with the Director and staff of the centre. Although they were expecting the agreed outreach activities of the crew, they were incredulous that they could actually commence building the additional classrooms thanks to Boomer's Legacy funding," said Col Drummond.

The Canadian charitable foundation was created in memory of Canadian soldier Andrew 'Boomer' Eykelboom, a medical technician who was killed by a suicide bomber in Afghanistan in 2006. He had worked tirelessly to help children in the war-torn nation before his death.

The centre was provided with approximately \$5,000 in funding to pay for the building supplies.

"This gesture made by the Boomer's

Legacy Foundation will leave an imprint on the students, the school and our sailors for years to come," said CPO2 Laurendeau.

She also noted that interacting with staff and children in September was a priceless experience for her and her shipmates.

"The language barrier was evident but the children's smiles when we played with them proved to have no boundaries and had a lasting impression on everyone," she said.

Their efforts couldn't come at a better time. The classrooms and support for the centre are sorely needed because of the scope and impact of Agent Orange and other toxic chemicals used during the Vietnam War. A recent report by United States think tank The Aspen Institute estimates

the U.S. military sprayed approximately 80 million litres of toxic chemicals during the Vietnam War, 61 per cent of which was Agent Orange that contained 366kg of dioxin.

In a separate report, the Vietnam Association of Victims of Agent Orange/Dioxin says approximately 4.8 million citizens were exposed to Agent Orange with tens of thousands dying from exposure and millions of others suffering from cancer and other incurable diseases including birth deformities by the grandchildren of many of these victims.

The war may have ended in 1975, but Da Nang has 5,000 AO/Dioxin victims including 1,400 children. The centre currently looks after 150 of these children, many of whom come from disadvantaged backgrounds.



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*Narissa Crawford-Daniels recently transitioned from an administrative position at FMF to beginning a new career as a ship repair apprentice.*

MONA GHIZ,  
MARLANT PA



*Angela Bezanson has been at FMF Cape Scott for 12 years, and currently works on repairing and maintaining underwater weapons systems.*

MONA GHIZ,  
MARLANT PA

## Women excelling in skilled trades at FMF Cape Scott

**By Ryan Melanson,**  
Trident Staff

The modern Royal Canadian Navy is one taking steps to promote an increasingly diverse workforce along gender lines, with proud men and women serving alongside each other across ranks and trades. And while women can be found in all roles on RCN ships, these efforts are also taking place behind the scenes, and amongst the largely-civilian teams at the Navy's Fleet Maintenance Facilities.

At FMF Cape Scott in Halifax, Angela Bezanson, a certified red seal industrial mechanic, is one of the many women among the roughly 1,200 skilled employees who support the Atlantic Fleet. She's been with FMF for 12 years, and as a Marine Mechanical Technician, works on maintaining the underwater weapons systems found in HMC ships and submarines.

"The best part about working in the trades for the RCN is the pride in the

work we do," Bezanson said.

"The work plays a part in protecting our country, and it allows the ship's companies to perform at their best and come home safe."

It's a demanding and often stressful job that brings new challenges each day, and has even taken Bezanson out of the country to help maintain ship equipment as part of a mobile repair parties. Working with, and learning from, experienced colleagues, however, has allowed her to gain confidence and take on new responsibilities over the years.

"I've stayed with the organization because it continues to challenge me. My job builds confidence and allows for individual growth," she added.

Just as the RCN takes pride in creating opportunities for women to excel among the ranks, the organization has also shown a commitment to supporting women in the trades, and it's something employees at Cape Scott feel they can take advantage of.

"It's not a secret that this is still

a male-dominated field, which is the way it's always been, but we're definitely seeing more women moving up and into new roles within the organization. I think there are plenty of opportunities for those who want them," Bezanson said.

"There's a lot of different paths your career can take, which is one of the perks of being here. I didn't realize that before I came to Cape Scott, and it's something I try to share with people. This is a huge organization and there's a lot of room for growth depending on your aspirations."

As someone who's recently taken advantage of one of those opportunities to advance her career, Narissa Crawford-Daniels echoed those comments. After more than a decade supporting FMF from her desk job in administration, she's recently moved to the shop floors to begin an apprenticeship, and says there's no regrets six months into the change.

"It was scary coming into a new

environment after following the same work routine for 13 years, but I've had a lot of support so far."

As a ship repair apprentice, her first jobs have focused on the weatherproof tarps and coverings that are needed for equipment on ships, and Crawford-Daniels said completing the first project in her new shop was a milestone moment.

"To start something from a pattern, put together the materials and actually create and finish it is very different from the work I was doing before. The result of the work was a tangible thing in my hands that I created, to be used on a ship. It felt awesome."

Both women said they saw their workplace as attractive option for women looking to start or advance a career in the skilled trades inside a respectful and supportive environment.

"You won't regret it. The opportunities here allow you to make your career as diverse as you want it to be," Bezanson said.

## Op HONOUR – Progress Report 4

*Continued from page 16*

Expanding the mandate of the Sexual Misconduct Response Centre (SMRC), which is independent from the military chain of command, is central to refocussing and enhancing our efforts. The Centre will ensure coordination of all victim support efforts, and it will lead the development of an integrated, national victim support strategy to ensure victims have access to the most effective and appropriate support possible.

The Centre will also lead the CAF's overall approach on sexual misconduct, as recommended by former justice Marie Deschamps. The Centre will drive institutional culture change by providing expert opinion, subject matter author-

ity and lead in the development of policy, training, strategy and evaluation of programs related to sexual misconduct. The CAF will support the expansion of SMRC's mandate, assign resources as needed, and implement as directed. The CAF's military leadership will always have the overall responsibility for the operational success of the CAF and for the welfare of all its members—as every professional fighting force must.

Sexual misconduct is a difficult and complex issue, and it demands an expert and informed approach. Now that we have a solid foundation in place, it is time to take this next step towards building a workplace that offers respect and dignity for all.

## Opération HONOUR – Rapport d'étape 4

*Continued from page 16*

L'élargissement du mandat du Centre d'intervention sur l'inconduite sexuelle (CIIS), qui est indépendant de la chaîne de commandement militaire, est essentiel pour recentrer et améliorer nos efforts. Le Centre assurera la coordination de tous les efforts d'aide aux victimes et dirigera l'élaboration d'une stratégie nationale intégrée d'aide aux victimes pour faire en sorte que celles-ci aient accès au soutien le plus efficace et le plus approprié possible.

Le Centre dirigera également l'approche globale des FAC en matière d'inconduite sexuelle, comme l'a recommandé l'ancienne juge Marie Deschamps. Il favorisera le changement de culture institutionnelle en fournissant une opinion d'expert, une auto-

rité en la matière et en jouant un rôle de premier plan dans l'élaboration de politiques, la formation, la stratégie et l'évaluation des programmes liés à l'inconduite sexuelle. Les FAC appuieront l'élargissement du mandat du CIIS, affecteront des ressources au besoin et établiront le nécessaire selon les directives. La direction militaire des FAC aura toujours la responsabilité globale de la réussite opérationnelle des Forces et du bien-être de tous leurs militaires, comme il se doit de toute force de combat professionnelle.

L'inconduite sexuelle est une question difficile et complexe qui exige une approche experte et éclairée. Maintenant que nous disposons d'une base solide, il est temps de passer à l'étape suivante vers la création d'un milieu de travail qui offre respect et dignité pour tous et toutes.





Veterans David Parent and Ralph Mayville drop the puck at the annual Hockey Day in Canada: Army vs. Navy game on February 9, 2019 in Windsor, Ontario.

JOSEPH MIGLIORE, DESTROYER PHOTOGRAPHY

## Royal Canadian Navy beats the Army in Hockey Day in Canada game

By Cpl Cody Misner,  
31 CBG Public Affairs

The second annual Army vs Navy hockey game saw the Royal Canadian Navy take home the win 9-5. The real action though, was happening in the stands where over 600 members of the community turned out to watch local soldiers and sailors take to the ice. Compared to the previous year's 150 spectators at an outdoor rink, the event gained momentum this year and showed no sign of slowing down.

The idea for this battle on ice was envisioned by Capt Brad Krewench, Commanding Officer of 2918 Essex and Kent Scottish Royal Canadian Army Cadet Corps and founder of Adopt-A-Vet, the non-profit organization that organized the game.

"We used to compete in floor hockey games between the local reserve Army units, and the Navy was always invited. We decided to organize a game to celebrate Hockey Day in Canada and bring our camaraderie to the community. It's Canada's sport in

my eyes, and what better way to show the community that we are right here in the city," said Capt Krewench.

Support from local business was tremendous. Family and friends showed up with handmade signs, children played with mascots Juno the polar bear and Sonar the puppy, while the Military Family Resource Centre ensured the crowd had warm drinks for the game, all at no cost to the community.

After the game, the crowd in the stands strapped on their skates and took to the ice with soldiers and sailors from their city. It was an afternoon that Capt Krewench thought would have a lasting impact.

"We showed folks that reservists from the area are a part of the Canadian Armed Forces and the community. It's nice to get out and remind everyone that even though we are trained and ready to knock on doors during fires, floods and ice-storms to make sure everyone is safe, we can also skate," concluded Capt Krewench.

## 2019/2020 OnGuard information needed

By Virginia Beaton,  
Trident Staff

The 2019/2020 edition of OnGuard, the annual Canadian Forces in Nova Scotia Information Directory and Shopping Guide, will be sent for printing in April 2019. This updated publication should include information on all CAF units in the Halifax/Dartmouth area, as well as satellite units supported by the Formation. Therefore, it is requested that the 2018/2019 edition be reviewed, the necessary amendments be made, and forwarded by e-mail, in both official languages, to the Trident (Virginia.beaton@forces.gc.ca) NLT March 20, 2019.

To ensure that all DND employees, both military and civilian receive

their own personal copy of the directory it is requested that each ship, organization, and unit forward to the Trident the name and telephone number of the individual who will be responsible for accepting delivery of the 2019/2020 edition, along with the number of copies required for the unit.

If your unit was not previously included, please provide the following general information in both official languages, including but not limited to: to whom your unit is responsible; purpose of your unit; location of your unit; other additional information.

In order to improve the 2019/2020 edition we request your support. Queries may be e-mailed to Virginia.beaton@forces.gc.ca

## Demandes d'ajouts ou de modifications, Éd. 2019/2020 ONGUARD

Par Virginia Beaton  
Trident Staff

L'édition 2019/2020 de la publication citée en référence sera envoyée sous presse en avril 2019. Cette publication actualisée présente des renseignements sur toutes les unités des FAC de la région de Halifax / Dartmouth et les unités satellites qui reçoivent le soutien de la Formation. On vous demande de revoir la version 2018/2019 ci-jointe et d'y apporter les changements nécessaires selon votre navire, organisation ou unité, puis de les acheminer, par courriel et dans les deux langues officielles au Trident (virginia.beaton@forces.gc.ca) on avant le 20 mars 2019.

Pour s'assurer que chaque employé militaire et civil du MDN

reçoit son exemplaire du Guide, on demande à chaque navire, organisation et unité de communiquer au Trident le nom et le numéro de téléphone des personnes qui prendront livraison de l'édition 2019/2020 et d'indiquer le nombre d'exemplaires nécessaires.

Si votre unité n'était pas inscrite, veuillez fournir au moins les renseignements généraux suivants dans les deux langues officielles : responsable de l'unité; mission de votre unité; un emplacement de votre unité; autres renseignements pertinents.

Nous comptons sur votre collaboration pour que l'édition 2019/2020 soit encore plus réussie que les versions précédentes. Veuillez adresser vos questions par courriel à virginia.beaton@forces.gc.ca

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# TRIDENT Sports

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

## COTF banner for two seasons presented to HMCS *Halifax*

By Ryan Melanson,  
Trident Staff

The ship's company of HMCS *Halifax* has been setting the bar for participation in base sporting events in recent years, with high participation and good results in soccer, hockey, basketball, curling, running, softball, volleyball and a number of other activities. For two straight seasons, the crew has accumulated more points from these base tournaments than any other ship in the Atlantic Fleet, earning them the title of Cock of the Fleet Champions for both 2016/2017 and 2017/2018.

Because of deployments and sailing schedules, however, the timing hadn't worked out for PSP Halifax to officially present the COTF Banner and congratulate the members of *Halifax* for their sporting achievements and for being the most active unit in the fleet. This finally got corrected on February 27, when the ship received the banner and prize money marking their two COTF Championships prior to their annual inter-ship hockey game at the



Two teams made up of members of the HMCS *Halifax* ship's company battled it out during the friendly inter-ship contest.

MONA GHIZ MARLANT PA

Shearwater Arena.

"The ship is gearing up to deploy, and we don't have many chances to

organize events like this, so it was a great opportunity to do it," said LCdr Nick Buxton, *Halifax's* Executive

Officer, referencing the upcoming deployment to Op REASSURANCE in the Mediterranean; *Halifax* will deploy this summer, replacing HMCS *Toronto*.

"It's always nice to win, and we're proud of our guys for all the work that went into this. We're using hockey here to show off the banner, but whether it was basketball, curling, or any of the other sports, it's great to be setting an example for the Fleet," he added.

The inter-ship hockey game is normally a Christmas tradition for *Halifax*, but again, due to a high-tempo schedule and preparations ahead of deploying, finding a proper time was difficult. The two teams played to a shootout finish, with the squad coached by Commanding Officer Cdr Scott Nelson winning out over their opponents, led by ship Coxn CPO1 Trent Mahoney. A number of other members of the crew were invited to come along as spectators and enjoy coffee and snacks in the stands, making for a fun morning for *Halifax's* sailors.

## CFB Halifax Mariners continue streak of basketball dominance

By Ryan Melanson,  
Trident Staff

With a roster largely composed of newcomers and tight games through the playoffs, the road to the CAF Atlantic Regional Basketball Championship wasn't as easy this year for the Halifax Mariners, but they still got it done in the end.

The Mariner's Men's Basketball Team took an 88-61 win over the Gagetown Warriors in the final game of the tournament, which was hosted by 12 Wing Shearwater from February 19-22. The team was able to preserve both their gold-medal streak at the annual tournament, which now sits at 17 years in a row, as well as their undefeated regional record, now 64-0.

The Mariners took commanding

wins over Shearwater (97-48), Gagetown (72-60) and Greenwood (76-50) in the round robin portion, but ran into some trouble in a second game against 12 Wing in the semi-final, which stayed tight until the end and finished with a score of 73-66 in favour of CFB Halifax.

In the final game, facing Gagetown, the Mariners were forced to fight their way back after trailing by 19 points near the end of the first half.

"We made some adjustments with our defence, which created some turnovers that translated into easy buckets. That built confidence and once we saw a few shots go in, it was an avalanche of scoring," said Coach Kevin Miller, a Fitness and Sports Coordinator with CFB Halifax.

*Continued on page 22*



The CFB Halifax Mariners Men's Basketball Team have continued their streak of Regional basketball wins, taking the gold medal at the 2019 CAF Atlantic Regional Basketball Championship, which was hosted by 12 Wing Shearwater from February 19-22.

LS BRADLEY UPSHALL, 12 WING IMAGING





# 12 Wing Shearwater undefeated through Regional Old Timers Hockey

By Sara White,  
Managing Editor, The Aurora

14 Wing Greenwood hosted the Atlantic Regional Old Timers Hockey Championship from February 11 through 15, with teams in play from 14 Wing, CFB Halifax, 12 Wing Shearwater and 5 CDSB Gagetown.

12 Wing led the round robin, coming out with a 3-0 win/ loss ratio. Halifax

sat at 2-1, Greenwood at 1-2 and Gagetown 0-3.  
In the semi-finals, 12 Wing defeated Gagetown 9-2, and Halifax beat Greenwood 5-3. Shearwater went undefeated, winning the final over Halifax 6-4. The tournament MVP was MWO Wade Sutton. Shearwater will go on to compete at the Old Timers Canadian Armed Forces nationals.



The 12 Wing Flyers defeated Gagetown in the semi-finals.  
CPL T. MATHESON, 14 WING IMAGING

The CFB Halifax Mariners compete with the 14 Wing Greenwood Bombers for the puck.  
OS JEREMY W. MORRIS, 14 WING IMAGING

## Test your figure skating trivia knowledge

By Stephen Stone

### Questions


- Who is the current Canadian men's singles figure skating champion, crowned Jan. 19, 2019, in Saint John, N.B.?
- She and her partner are Canada's most decorated figure skaters of all time.
- Who, along with Elena Berezhnaya and Anton Sikharulidze, were gold medallists at the 2002 Olympics in Salt Lake City?
- Who was the 2004 Four Continents silver medallist, Skate Canada International Champion, 2004 Skate American silver medallist, two-time Canadian National Champion, and four-time Canadian silver medallist?
- Who was Canada's Sweetheart, the only Canadian Olympic women's singles gold medallist?
- Who was Canada's second Olympic medallist in Olympic women's singles competition?
- She was the 1988 Olympic and World Championship silver medallist and three-time Canadian champion.

- Who was the 1971 North American Ladies Champion, 1972 Olympic silver medallist and 1973 World Champion, as well as Canada's female athlete of the year in 1971 and 1972?
- Who is the 2018 World Champion, member of the 2014 Olympic silver medal and 2018 gold winning team, 2017 World silver and Grand Prix Final bronze medallist and three-time Canadian champion?
- Who, along with partner Eric Radford, is a two-time World Champion, a member of the 2018 gold and 2014 silver medallist team, 2018 bronze medallist, two-time Four Continent champion and three-time Canadian Pairs champion?
- Which team won seven World professional figure skating championships, more than any other team to date?
- Which team was Canadian ice dancing champions seven times from 1982-1988, three-time World bronze medallists, and 1988 Olympic bronze medallists?
- Who were the first Canadians to win an Olympic gold medal in pairs skating?

- Who won Canada's first Olympic medal in pairs figure skating?
- Who are the only skaters to win gold in three Olympics in a single discipline?
- Which skating team currently holds the record for most Olympic medals with five?
- He is a three-time World Champion, two-time Olympic silver medallist and seven-time Canadian champion.
- Here is the gimme – this skater has the following resumé: Olympic gold medallist in the 2018 team event,

- Olympic silver medallist in the men's and team events in 2014, three-time World champion, two-time Grand Prix Final champion, three-time Four Continents champion, 10-time Canadian National champion and 2011 Lou Marsh Award winner as Canada's top athlete.
- Who landed the first ratified quadruple jump (a toe leap) in competition? It is listed as such in the Guinness Book of Records.
- Who was the first skater to perform a triple Lutz in competition?

Answers on page 22



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# Test your figure skating trivia knowledge

Questions on page 21

## Answers

- Nam Nguyen from Ottawa.
- Tessa Virtue and Scott Moir – 2010 Olympic gold, silver in 2014; gold in 2018 team event; three-time World Champions in 2010, 2012 and 2017; and eight-time Canadian Champions.
- Jamie Sale and David Pelletier were awarded a share of the gold after it was discovered the French judge participated in a fix to award the gold to the Russians.
- Cynthia Phaneuf.
- Barbara Ann Scott. She was also the first North American to win three major titles – European Championship, World Championship, and Canadian Championship – in the same year.
- Petra Burka – winning bronze at Innsbruck in 1964. In 1965 she won the World and North American Championships.
- Elizabeth Manley.
- Karen Magnussen.
- Kaetlyn Osmond.
- Meagan Duhamel.
- Paul Martini and Barbara Underhill.
- Rob McCall and Tracey Wilson.
- Robert Paul and Barbara Wagner in Squaw Valley in 1960.
- Suzanne Morrow and Wallace Diestelmeyer won bronze in 1948 at St. Moritz.
- Gillis Grafstrom – men's singles 1920, 1924 and 1928; Sonja Henie – ladies' singles 1928, 1932 and 1936; and Irina Rodrina – pairs – 1972, 1976 and 1980.
- Tessa Virtue and Scott Moir – three gold and two silver.
- Elvis Stojko.
- Patrick Chan.
- Kurt Browning, four-time Canadian and World champion.
- Donald Jackson – bronze medallist at the 1960 World Championships.



# CFB Halifax Mariners continue streak of basketball dominance

Continued from page 20

The team wiped out the deficit and went into the second half only a single point behind, before quickly taking the lead and maintaining the momentum through to the buzzer and the 88-61 victory.

The tournament MVP award went to Lt(N) Cody Brown, a team veteran and member of the crew of the future HMCS *Harry DeWolf*. Lt(N) Brown scored a total of 116 points through the five games, including 34 in the championship match, shooting 61 per cent for two points, 42 percent from the three-point line, and 80 percent for free throws.

"I have had the pleasure of coaching Cody in several Regional, National and CISM competitions. This is perhaps his best performance I have witnessed. He stepped up as a leader on a team full of rookies and set the bar for attitude and effort," Miller said.

"I'm proud to see him still evolving and improving as a player and leader on this team."

Next up for the Mariners Men's



The Mariners took on Gagetown in the final game, coming away with an 88-61 victory.

LS BRADLEY UPSHALL, 12 WING IMAGING

team will be the CAF National Basketball Championship, being hosted in Gagetown from April 6-10, where they'll try to bring home the national gold medal for the first time since 2014.




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# Super Crossword

DELICACY BENEATH THE SURFACE

ACROSS

- 1

Belgradians, e.g.
- 6

Head hair hides them
- 12

Aped
- 20

Irked a lot
- 21

Was released
- 22

In a mannerly manner
- 23

Start of a riddle
- 26

Myrna of "The Thin Man"
- 27

Seasons' first games
- 28

Cried feebly
- 29

Gives in (to)
- 33

PIN point
- 34

TV reporter Burnett
- 36

-- Marian
- 37

Riddle, part 2
- 45

Currently airing
- 47

Like straight lines, for short
- 48

Recycling receptacles
- 49

Notable years
- 50

Riddle, part 3
- 55

Singer Levine
- 56

-- Fridays (restaurant)
- 57

Dalai --
- 58

Freeze Away targets
- 60

Youth org.
- 63

Bitten at persistently
- 67

Penalized monetarily
- 70

Taunt
- 72

Riddle, part 4
- 76

Nero or Livy
- 77

Actress Eva
- 78

Actress Eva
- 79

Ar follower
- 80

Plane parts
- 82

Korbut of gymnastics
- 84

Fleur-de- --
- 86

Tick's cousin
- 87

Riddle, part 5
- 96

Stage decor
- 97

Champ's cry
- 98

Novelist Seton
- 99

"Ask, I might know the answer"

- 100

End of the riddle
- 106

Sword type
- 107

See 9-Down
- 108

Basketballer Ming
- 109

Gift from above
- 111

Test pilot's garb
- 114

Least dry
- 118

Surg. sites
- 119

Riddle's answer
- 126

More ready to hit the hay
- 127

Mexican or Guatemalan
- 128

Wall painting
- 129

Steed riders
- 130

Revises, as text
- 131

Messy types

DOWN

- 1

Toothed tool
- 2

King James Bible suffix
- 3

San Luis --, California
- 4

Really scolded
- 5

Rose to one's feet

- 6

Police rank: Abbr.
- 7

"It's Impossible" singer Perry
- 8

Over
- 9

With 107-Across, give in to despair
- 10

"The 25th Annual -- County Spelling Bee"
- 11

Tampa Bay city, for short
- 12

Stock mkt. debuts
- 13

Floor cleaner
- 14

In bad health
- 15

Neckwear clasps
- 16

Make harmonious
- 17

Blue hue
- 18

Sommer of "The Oscar"
- 19

Like much blond hair
- 24

No, to Dmitri
- 25

Writer Bombeck
- 29

Love, to Nero or Livy
- 30

Walking stick
- 31

French "five"
- 32

Loafer, e.g.
- 34

Revise
- 35

Revive
- 38

With 113-Down, product's ultimate consumer
- 39

Vietnamese celebration
- 40

Hero type
- 41

Nets' org.
- 42

Form-filling
- 43

Millet, fescue and sorghum
- 44

Tuber often candied
- 46

Going gaga, with "out"
- 51

Wedding band
- 52

Lieutenant Geordi on "Star Trek: The Next Generation"
- 53

Exclude
- 54

-- Zone
- 55

Zone
- 59

Disbeliever in God
- 60

Exclude
- 61

Like a worse blizzard
- 62

Confess
- 64

Birth mo. for many Leos
- 65

Job-creating FDR agcy.
- 66

Big shot
- 68

LAX stat
- 69

Cannes' Palme --
- 71

Mag heads
- 73

Hamlet, e.g.
- 74

Ballot site
- 75

Takei's "Star Trek" role
- 81

Close with stitches
- 83

Way out
- 85

Full of tension
- 86

Soup flavor enhancer, for short
- 88

Over
- 89

Not Rep. or Dem.
- 90

Party card game
- 91

Lower Manhattan sch.
- 92

Turf toughs
- 93

Ballyhoo
- 94

"Preach it!"
- 95

Really mad, with "off"
- 97

Krypton-86, for one
- 101

Cries feebly
- 102

Gazing sort
- 103

Baby's toy
- 104

New York City moniker
- 105

Way out
- 110

Instruments with sticks
- 111

Lillian of silent films
- 112

French battle site of '44
- 113

See 38-Down
- 114

Threadbare
- 115

Suffix with sermon
- 116

Where the tibia is
- 117

Minister (to)
- 120

Tiny --
- 121

Tiny
- 122

Set- -- (brief fights)
- 123

Swing to and --
- 124

Test center
- 125

Lofty rails

## 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.

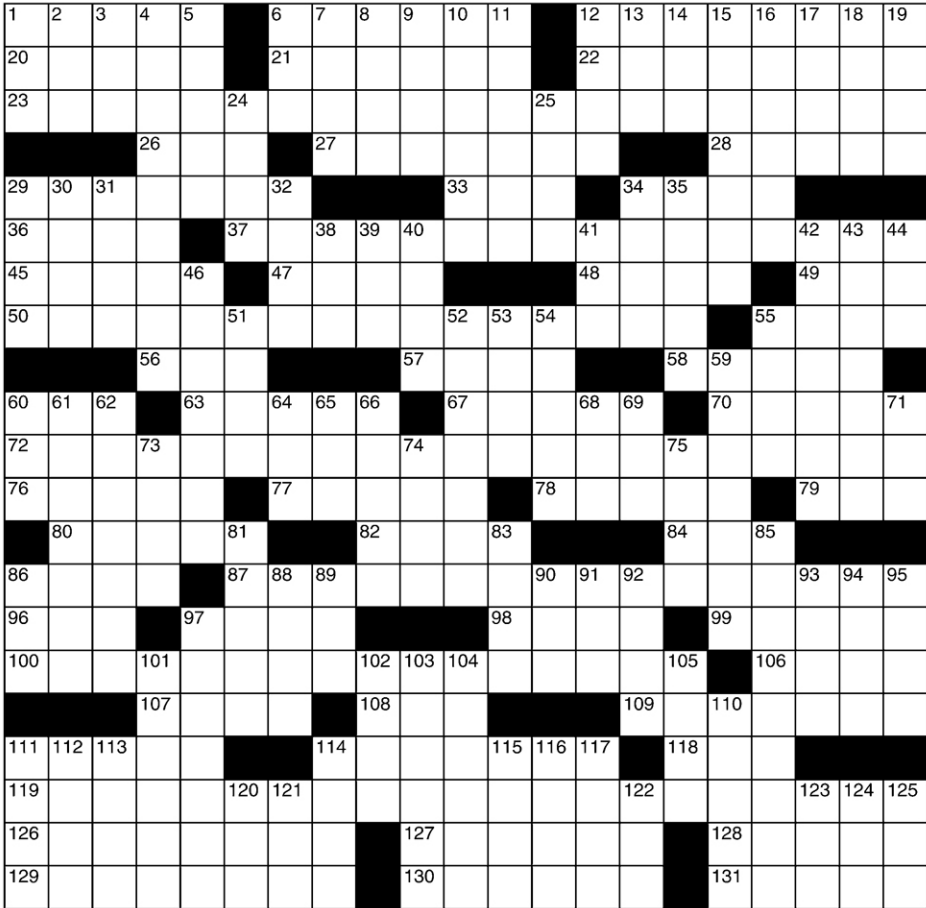
**Has competing a triathlon been on your bucket list?** Don't know where to start? Join the Navy Tridents Triathlon Club. Membership is \$50 for military members and their families, \$60 for DND employees and their families, and \$65 for civilian friends. Contact club president Lt(N) Sam Kehler at samuel.kehler@forces.gc.ca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



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# Hurry hard

PSP Halifax hosted a MEGA Curling tournament from February 26 - March 1, with teams from HMC ships Fredericton, Halifax, Montreal (two teams), and St. John's all competing, along with teams from BIS, Trinity, Campus Atlantic (two teams) and FMF Cape Scott.

RYAN MELANSON, TRIDENT STAFF



# Staying fit at sea during Op PROJECTION West Africa

Members of HMCS Kingston conduct physical training at the Port of Abidjan, Côte d'Ivoire during Operation PROJECTION West Africa, February 23, 2019.

CPL DAVID VELDMAN, FIS



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

