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TRIDENT

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

A selfie with new friends

AB Kristopher Cholette of HMCS Shawinigan takes a selfie with students at the Foyer Don Bosco school in Cotonou, Benin. Sailors from HMC Ships Kingston and Shawinigan visited the school during Op PROJECTION West Africa on March 1, 2019.

CPL DAVID VELDMAN, FIS



Sailor of the Year

Pg. 3



Op PROJECTION

West Africa Pgs. 10-11



Posting Season

Pgs. 12-14



CISM Athlete of

the Year

Pg. 21



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HMCS *Toronto* on Op REASSURANCE

During the deployment to Op REASSURANCE, HMCS *Toronto* continues to participate in events ranging from a gunnery exercise to a memorial service at the Agira Canadian War Cemetery in Enna, Sicily.

Members of HMCS Toronto hold a memorial service at the Agira Canadian War Cemetery in Sicily, during their port visit to Catania, Italy during Op REASSURANCE, March 9, 2019.

MCPL MANUELA BERGER, FIS HALIFAX



Sgt Richard Royer, a member of HMCS Toronto's air detachment, pays his respects to a fallen soldier at the Agira Canadian War Cemetery on March 9, 2019.

MCPL MANUELA BERGER, FIS HALIFAX

MS Christina Boros pays her respects to a fallen soldier at the Agira Canadian War Cemetery during Op REASSURANCE, March 9, 2019.

MCPL MANUELA BERGER, FIS HALIFAX



Crewmembers in HMCS Toronto stand by as they receive fuel during a Liquid Replenishment at Sea (RAS) with French Oiler FS VAR (A608), while deployed on Op REASSURANCE, March 4, 2019.

MCPL MANUELA BERGER, FIS HALIFAX



HMCS Toronto fires the Close-In Weapon System during a GUNEX as part of Op REASSURANCE, March 7, 2019.

MCPL MANUELA BERGER, FIS HALIFAX

Sailor of the Year making his mark at FDU(A)

By Ryan Melanson,
Trident Staff

When LS Jeffery Haskins joined the CAF in 2011, he had one goal: become a diver.

The road to get there wasn't easy, but now, two years after joining Fleet Diving Unit (Atlantic), he's become a key junior member of the team, known for punching above his weight and looking out for his colleagues.

As recognition for what he's accomplished at FDU(A), LS Haskins was recently presented one of the Atlantic Fleet's most prestigious awards, being named the Sailor of the Year for 2018. The presentation was made at FDU(A) in Shearwater on February 28, with Capt(N) Andrew Hingston, Deputy Commander CANFLTANT, delivering the award along with Fleet Chief CPO1 Tim Blonde.

"I was completely surprised, I didn't expect anything like this. In my mind, I'm just going full speed ahead with my job because it's what I love to do," LS Haskins said.

He spent the early part of his RCN career as a cook on ships, and as a healthy member in a seagoing trade that was high in demand, he was often busy sailing. This meant, however, that being freed up for his initial Ship's Team Diver course wasn't an easy request. He finally got that wish in early 2016, was able to follow it up with his Port Inspection Diver training, and began working at FDU(A) later that year.

"I'm trying to put my best foot forward at all times. I waited for years to get here, so I just want to be my best every day," he added.

Over the past year, he's taken over the lead Port Inspection Diver role within FDU(A)'s underwater engineering section, meaning he's overseeing more junior divers and taking on new responsibilities. In addition to those regular duties, he's also volunteered to begin teaching the initial diving courses to new members.

"This has allowed me to take on more of a leadership role, and it's a lot of work that often means coming in early and staying late," LS Haskins



LS Jeffery Haskins of Fleet Diving Unit (Atlantic) was presented the Atlantic Fleet's Sailor of the Year award on February 28 by Capt (N) Andrew Hingston (right), Deputy Commander CANFLTANT, and Fleet Chief CPO1 Tim Blonde, left.

MARLANT PA

added. Other highlights in 2018 included his deployment supporting the Avro Arrow recovery dives in Lake Ontario last summer, as well to ARDENT DEFENDER, an EOD exercise held in Meaford, Ontario last fall, involving more than 20 countries.

He's also been lauded by supervisors for the way he conducts himself outside of the office; he's one of the first to volunteer for unit community events like the annual Christmas Daddies run, he's been known to help out elderly neighbours with outdoor chores, and even used his diving skills to help rescue a child in distress at a local lake last summer.

LCdr Patrick Fournier, the Commanding Officer at FDU(A), had nothing but praise for the young sailor, and noted he's often sought out by senior members at the unit to help with complicated or delicate assignments. He's willing to help regardless of the circumstances,

and always gets the job done, LCdr Fournier said.

"LS Haskins' performance exceeds all standards expected of a Leading Seaman. His professionalism and positive attitude are a pleasure to remark, and his presence improves the performance of the entire section."

The sailor stressed that he didn't do it alone, and said the tight-knit family of divers has taken him in and provided him with the support and camaraderie needed to thrive as he continues to pursue his goals.

"This is the best unit in the Canadian Forces to work with. We're a brotherhood here and we either succeed as a team or fail as team."

LS Haskins is now preparing to move on to the next phase of his diving career. He's expecting to start his Clearance Diver course this fall, and said he knows he knows his colleagues will continue to be there backing him up as he transitions to a new role.

HMCS Calgary set for Cyclone helicopter training

By Peter Mallett,
The Lookout

The crew of HMCS *Calgary* has returned to home waters after a month-long deployment to Southern California but they won't be coming alongside right away. First they will be in the Strait of Juan de Fuca training with a CH-148 Cyclone helicopter.

Halifax-class frigates are required to complete Ship Without Air Detachment training roughly every six months. This qualification allows the ship's crew to conduct helicopter operations when there is no Royal Canadian Air Force detachment embarked.

"It's a collaboration of members from different trades and elements all working together," says CPO2 Mark Stevens, who runs *Calgary's* Deck Department. "Training will not just involve the deck crew. There are a lot of moving parts going on with landing a helicopter, which includes the Ops Room, Bridge, LSO (Landing Signal Officer) and FLYCO (Flying Coordinator)."

The exercise provides the ship's company training to perform helicopter landings, personnel transfers, supply transfers and refueling operations.

CPO2 Stevens says sailors need to keep these skills refined because there are times while deployed when they need to interact with helicopters from other nations, as was the case last year during their Op PROJECTION deployment in the Asia-Pacific region.

"We worked with helicopters of navies from all around the world and it was our sailors doing those helicopter operations. It's really important to get everything perfect," he says.

Calgary returned from that deployment just before Christmas but was deployed back to sea in early January to assist the United States Navy in readying three warships for a NATO deployment to the South China Sea, the Middle East and the Atlantic.

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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

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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.

Pirates & Privateers of the North Atlantic

Time: 7 p.m.

Date: March 26

Location: Maritime Museum of the Atlantic

Not all tales of piracy belong to the Caribbean. Ned Low and the dread pirate Roberts sailed eastern Canada's waters too! Captain Kidd and Blackbeard are said to have left vast treasure hauls along the Nova

Scotian shore. Our coasts brought both pirates and privateers success or failure, riches or capture. Bring your sense of adventure and discover the differences between villainous pirates and patriotic privateers in this engaging talk and tour with our own heritage interpreter Andrew Aulencback. Andrew has been a heritage interpreter at the Maritime Museum of the Atlantic for more than 10 years and is highly active around the province as a historical re-enactor from Liverpool to Louisbourg. He is also a folklorist, a member of the Jules Verne Phantastical Society and if that wasn't enough, his Monday to Friday job is as a librarian with the Halifax Regional School Board.

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.

Remembering Canada's Heroes

Time: 7 p.m.

Date: Tuesday, April 30

Location: Maritime Museum of the Atlantic

As we approach the commemoration of the Battle of the Atlantic, the Maritime Museum of the Atlantic is pleased to welcome Bill Green of Remembering Canada's Heroes, a registered charity bringing interesting Canadian historical events to the

attention of high school students in Atlantic Canada. Green's presentation takes Second World War, Korean War, Cold War and Peacekeeping Veterans into High School History classrooms to deliver one hour presentations describing several important Canadian achievements since September 1939. Join Green for this free talk that explores a number of themes centering around the roles played by the sailors and ships of the Royal Canadian Navy and our Merchant Navy during the Second World War.

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.lt.gov.ns.ca.

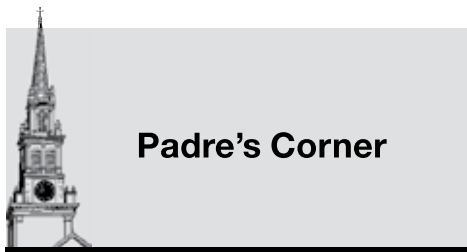
The Royal Canadian Chaplain Services (RCChS) Crest

By Capt Robin Major,
CD, Clinical Chaplain, CF Health Services Centre (Atlantic)

The Royal Canadian Chaplain Services (RCChS) Crest before you reflects the current state of religious freedom in this great country and speaks to how military chaplains are meant to be ambassadors in the Canadian Armed Forces of this core Canadian value. This symbol of religious inclusion replaced the previous Christian symbol and reflects

the current policy of the RCChS to provide pastoral services to people of all faith backgrounds. This does not exclude me from functioning, in my case, as a Christian priest of the Anglican Church of Canada. Rather, as chaplains we distinguish between religious services which we provide to those of our own religious tradition and pastoral services which we provide in support to the care for all.

The following provides an explanation of the specific details of the crest itself:



"The crown and wreath of maple identifies us as servants of the Crown, the government and citizens of our great country, Canada. We share this identity with all members of the Canadian Forces.

Continued on page 5

Équité procédurale?

Au SGCP,

Je suis un nouveau superviseur et j'ai récemment reçu une plainte de harcèlement de la part d'un membre de mon unité qui a nommé un autre membre de l'unité comme défendeur. Je prends très sérieux toute plainte de harcèlement et je veux m'assurer que toute enquête est juste pour le plaignant et le défendeur, mais cette situation est complexe. Que dois-je faire??

Bonne question! Il est toujours important que tout processus officiel (p. ex. grief, plainte de harcèlement, procédure disciplinaire, etc.) soit juste, transparent et impartial. L'« équité procédurale » est le terme utilisé pour décrire ce à quoi vous faites référence... un processus qui permet de prendre une décision juste, impartiale et transparente.

Conformément à la section 4.1 – Principes de base des Instructions pour la prévention et le règlement du harcèlement, l'agent responsable (AR) qui traite une plainte de harcèlement doit respecter les principes d'équité procédurale, notamment :

- a) le droit du défendeur d'être informé des allégations portées contre lui et le droit à une possibilité raisonnable de répondre;
- b) le droit à un enquêteur impartial;
- c) le droit des deux parties d'être entendues (de présenter leur version des faits) et de présenter la preuve;
- d) le droit des deux parties d'être accompagnées (par exemple les assistants);
- e) le droit de chacun (plaignant,

défendeur et tout témoin) d'examiner sa déclaration pour vérifier et confirmer son exactitude;

- f) le droit des deux parties d'avoir accès aux conclusions et de les réfuter ou d'y répondre avant qu'un rapport final ne soit rédigé.

Il est important de se rappeler que la partialité ou l'impartialité est une question de perception, de sorte qu'une communication claire et opportune avec les deux parties impliquées dans une plainte de harcèlement (ou tout processus de plainte) est essentielle pour assurer un processus équitable. Bien que les étapes décrites ci-dessus soient propres au processus de traitement des plaintes de harcèlement, la plupart des processus de plainte et des procédures disciplinaires officiels suivent les mêmes principes d'« équité procédurale ». Il arrive parfois que la meilleure façon d'assurer un processus équitable ne soit pas tout à fait claire ou qu'une partie craigne que le processus soit biaisé. Si vous voulez vous assurer que les principes d'équité procédurale sont respectés dans tout processus de résolution de conflit ou de plainte, les agents et les praticiens du mode alternatif de résolution des conflits (MARC) de votre bureau local des Services de gestion des conflits et des plaintes (SGCP) seront heureux de vous aider. Nous pouvons vous fournir des options particulières à votre scénario, qui pourront vous aider à assurer le respect des principes d'équité procédurale. Vous pouvez nous joindre au 902-721-7533 ou courriel à ++CCMS Halifax@VCDS DGICCM@Halifax

The Royal Canadian Chaplain Services (RCChS) Crest

Continued from page 4

“Vocatio ad Servitium” which is Latin for “Called to Serve” reminds us that while we may choose military ministry, and we may be trained and experienced in our own tradition; we are first and foremost, called to serve all.

The Tree of Life is part of Egyptian, Assyrian, Chinese and Abrahamic traditions. It may represent wisdom, strength, protection, beauty, bounty and redemption. It can be seen to provide protection, sustenance, and regeneration. Since the Tree of Life is part of many faiths,



belief systems and cultures; it resonates with a simple and strong message of unity.

The Sun burst represents light. Every major world religion speaks a language of light. Religions of the Abrahamic traditions recognize the command: "Let there be light." During Diwali, Hindus, Sikhs and Jains light lanterns to awaken awareness of God and the triumph of good over evil. Muslims speak of Allah as the source of light — inspiring, motivating and guiding God's people. Light can be seen as revelation, awareness, awakening and can said to dispel darkness and reveal the truth.”

Procedural fairness?

Dear CCMS,

I am a new supervisor and I recently received a Harassment Complaint from one member of my Unit naming another Unit member as the Respondent. I take any harassment complaints very seriously and I want to be sure that any investigation is fair to both the Complainant and the Respondent, but it is a complicated situation! What do I do??

Great question! It is always important that any formal process (e.g. grievance, harassment complaint, disciplinary procedure, etc.) be fair, transparent, and unbiased. ‘Procedural fairness’ is the term used to describe what you’re referring to ... a process that allows for a fair, unbiased, transparent decision to be made.

In accordance with the Harassment Prevention and Resolution Instructions, Section 4.1 - Basic Principles, the Responsible Officer (RO) dealing with a Harassment Complaint must adhere to the principles of Procedural Fairness which include:

- a) the Respondent's right to be informed of the allegation(s) made against them and a right to a reasonable opportunity to respond;
- b) right to an impartial investigator;
- c) both parties' right to be heard (present their version of the facts) and to present the evidence;
- d) both parties right to be accom-

- panied (e.g. Assistants);
- e) everyone's (Complainant, Respondent, and any Witnesses) right to review their statement to verify and confirm their accuracy; and,
- f) both parties' right to access and to rebut/respond to the findings before a final report is drafted.

It is important to remember that bias or impartiality is in the eye of the beholder, so clear, timely communication with both parties involved in a Harassment Complaint (or any complaint process) is essential to assuring a fair process. While the steps laid out above are specific to the Harassment Complaint process, most formal complaint processes/disciplinary procedures follow the same principles of Procedural Fairness. Situations do arise where it is not entirely clear how best to ensure a fair process or where one party may have concerns that the process is biased. If you want to assure that the principles of Procedural Fairness are followed with any conflict or complaint resolution process, Agents and Alternative Dispute Resolution (ADR) Practitioners in your local Conflict and Complaint Management Services (CCMS) office will be happy to assist you. We can provide you with options specific to your scenario that can help assure the principles of Procedural Fairness are respected. You can reach out to us at (902) 721-7533 or email ++CCMS Halifax@VCDS DGICCM@Halifax.

Canada extends its military training mission in Ukraine

By DND

On March 18, the Honourable Harjit S. Sajjan, Minister of National Defence, and the Honourable Chrystia Freeland, Minister of Foreign Affairs announced that the Government of Canada is extending Op UNIFIER, the CAF military training mission in Ukraine, until the end of March 2022. While Ukraine's defence and security forces continue to make considerable progress, ongoing insecurity in the region underscores the importance and relevance of Canada's military mission.

Through Op UNIFIER, the CAF will continue to provide military training and capacity building assis-

tance to Ukraine's defence and security forces. The training provided by the CAF directly helps Ukraine's defence and security forces to uphold domestic security and territorial integrity, contributing to regional and international stability.

Op UNIFIER supports Ukraine's broader reform agenda and contributes to current Canadian efforts that invest in democracy, human rights and the rule of law in Ukraine.

The CAF supports the professional development of Ukraine's defence and security forces through a range of training activities including combined arms training, military engineering, logistics, military policing, and medical training.

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- Gospel according to John



LGBT Purge class action settlement:

Who is eligible for compensation?

Current or former Federal Public Servants, Canadian Armed Forces (CAF) and Royal Canadian Mounted Police (RCMP) members who were affected by unfair federal policies due to their sexual orientation, gender identity or gender expression during the period now known as the LGBT Purge (between the mid-50s to the mid-90s) may be eligible to submit a claim for financial compensation and individual reconciliation measures. Claims can be submitted to Deloitte, the court appointed administrator, until April 25, 2019.

In June 2018, the Federal Court approved the Final Settlement Agreement (FSA) in a class action lawsuit launched against the Government of Canada on behalf of CAF and RCMP members and Federal public servants who were discriminated against, harassed, investigated, sanctioned, released, or forced to terminate their employment due to their sexual orientation or gender identity during the LGBT Purge.

The settlement includes all current or former members of the CAF, current or former members of the RCMP, and current or former Federal public service employees,

who were alive as of October 31, 2016 and who were affected by one or more of these unfair measures, between December 1, 1955 and June 20, 1996. Family members of a deceased individual who was directly affected by actions stated above may be eligible to receive individual recognition measures, however are not eligible for financial compensation.

The Final Settlement Agreement includes financial compensation at four levels between \$5,000 and \$100,000 and individual reconciliation measures that include the Canada Pride Citation, Personal Letter of Apology, Records Access and File Notation. Class Members who experienced exceptional harm, such as PTSD, or who were sexually assaulted may be eligible for additional amounts. The claims period started on October 25, 2018 and individuals have until April 25, 2019 to submit a claim to Deloitte to request compensation and/or individual reconciliation and recognition measures.

For information on eligibility and how to submit a claim, please visit Deloitte's website (www.lgbtpurge-settlement.com) or call 1-833-346-6178.

Qui est admissible à une indemnisation?

Les membres actuels ou anciens du gouvernement fédéral, des Forces armées canadiennes (FAC) et de la Gendarmerie royale du Canada (GRC), qui auraient été affectés par des politiques fédérales inéquitables, en raison de leur orientation sexuelle, de leur identité de genre ou de leur expression de genre, lors de la purge LGBT (entre le milieu des années cinquante jusqu'au milieu des années 90), peuvent être éligibles pour soumettre une demande de compensation financière et de mesures de réconciliation individuelles. Les réclamations peuvent être soumises à Deloitte, l'administrateur nommé par la Cour, jusqu'au 25 avril 2019.

En juin 2018, la Cour fédérale a approuvé l'Entente de règlement définitive (ERD) dans le cadre d'un recours collectif intenté contre le gouvernement du Canada au nom des FAC, de membres de la GRC et de fonctionnaires fédéraux, discriminés, harcelés, ayant fait l'objet d'enquêtes ou de sanctions, libérés, ou contraints de mettre fin à leur emploi en raison de leur orientation sexuelle ou de leur identité de genre pendant la période de la purge LGBT.

Le règlement vise tous les membres actuels ou anciens des FAC, les membres actuels ou anciens de la GRC et les employés actuels ou anciens de la fonction publique fédérale qui étaient en vie

au 31 octobre 2016 et qui ont fait face à une ou plusieurs de ces mesures inéquitables, entre le 1er décembre 1955 et le 20 juin 1996. Les membres de la famille d'une personne décédée qui a été directement touchée par une ou plus des actions précitées peuvent être éligibles à des mesures de reconnaissance individuelles, mais ne seront pas admissibles à une compensation financière.

L'Entente de règlement définitive prévoit des compensations financières à quatre niveaux, allant de 5 000 à 100 000 \$, et des mesures de réconciliation individuelles comprenant la citation Fierté Canada, une lettre d'excuses personnelle, l'accès aux dossiers et l'ajout d'une note au dossier de service. Les membres qui ont subi un préjudice exceptionnel, tel que le Syndrome de stress post-traumatique (SSPT), ou qui ont été agressés sexuellement peuvent être admissibles à des montants supplémentaires. La période désignée pour soumettre des demandes d'indemnisation et/ou de mesures individuelles de réconciliation et de commémoration à Deloitte a commencé le 25 octobre 2018 et continuera jusqu'au 25 avril 2019. Pour en savoir plus sur les conditions d'admissibilité et sur la façon de soumettre une demande, visitez le site web de Deloitte (www.lgbtpurgesettlement.com) ou appelez le numéro suivant : 1-833-346-6178.

CFB Halifax feminine hygiene product collection a success



Through the generosity of the local Defence Team, our two-week feminine hygiene product collection yielded 13,460 individual pads and tampons; that's enough product to help 40 women with periods for an entire year. On top of that, we also received \$300+ to buy even more supplies. Many thanks to the Defence community for the incredible show of support. All products were delivered to the Halifax & Region Military Family Resource Centre, Adsum for Women & Children and The Margeurite Centre on March 14. Photo (from left): LCdr Dawn MacDonald, Defence Women's Advisory Organization (DWAO) military co-chair; Lisa Mullin, The Margeurite Centre; Erin Casey, Dignity. Period. campaign founder; Sarah Carrier, Adsum House; and Holly Scothorn, DWAO civilian co-chair with the feminine hygiene product collection on display at the DWAO-hosted International Women's Day event at Tribute Tower on March 8.

Keep pushing for equality, female leaders tell crowd on International Women's Day

By Ryan Melanson,
Trident Staff

As the Commanding Officer of HMCS Charlottetown, Cdr Nancy Setchell is an example of a woman excelling in a leadership role in the Canadian Armed Forces. She's found opportunities and successes throughout her career, and because of that, she said, the need to continue pushing towards equality for women in the CAF, or the importance of observing events like International Women's Day, wasn't always clear to her.

"I thought women had already made it," she said.

"I naively assumed that equal opportunity would mean equal outcome, but I realize now there are a number of personal and policy barriers that still exist. I think it's important to talk about these things, but we can also celebrate the successes at the same time."

That theme of celebrating successes, while highlighting the work still to be done, continued throughout the day on March 8, as CFB Halifax and the MARLANT Defence Women's Advisory Organization (DWAOW) hosted an International Women's Day event and panel discussion at Tribute Tower.

Cdr Setchell shared the stage with guest speaker Karen Hutt, CEO of Nova Scotia Power. Following their lively discussion, a larger panel discussion ensued which included women who work in a variety of military and civilian roles in Halifax or Shearwater. The panel discussions were moderated by DWAOW co-chairs LCdr Dawn Macdonald of NFS(A) and Employee Assistance Program Coordinator Holly Scothorn.

The women spoke about the evolutions in roles of women in the workforce in different industries, the highs and lows of their careers, juggling demanding jobs with home and family life, and their hopes for the next generation of female leaders, along with offering advice and answering questions from the audience.

As the CEO of Nova Scotia Power, which is owned by Emera, Hutt said she's benefited from the learning and mentorship that comes with being part of a network that includes strong female leadership at all levels.

"We're a billion dollar corporation that has women who run our biggest operations, and I'm fortunate enough to be one of them," she said, adding that Nova Scotia Power had created a diversity and inclusion strategy that aims to ensure those same opportunities are open to women and other marginalized groups at all levels of the company.

A number of the day's speakers noted that both women and men will need to be part of the solution to eliminate barriers like the wage gap and continue the push for equal opportunity within their respective organizations. That's one the reasons Hutt said



Panel participants, organizers and audience members get together for a photo following the International Women's Day event at Tribute Tower.

AB JOHN IGLESIAS, FIS

her advice for women beginning their careers isn't much different from her advice to men.

"Put your head down and do good work, show up, treat people respectfully, help others be successful, and use your voice. That's what we need people to do," she said.

Booths were set up around the room with information about the various Defence Advisory groups, Health Promotion, the Employee Assistance Program, and other services available to CAF members and DND/CFMWS civilians. Donations were also being accepted, at the event and in the weeks leading up to it, of feminine hygiene products in support of Dignity. Period., a local group that helps get these essential supplies to people in Nova Scotia who struggle to afford them. More than 13,000 individual pads and tampons were collected, enough to supply 40 people for an entire year, along with an additional \$300 in cash donations.

CFB Halifax Base Commander Capt(N) David Mazur thanked the DWAOW and all of the day's participants for putting the spotlight on an important issue and giving helpful advice to a room full of their colleagues and other local CAF/DND leaders.

"This is a great way to recognize the diversity and strength that women bring to the Canadian Armed Forces and the Defence Team, and to remind us that there's more work to be done," he said, referencing current statistics that put women at 15.3 percent of current CAF members. This represents progress compared to 11 percent in 2001.

"But it needs to go further. Fifty percent of our population is not being leveraged to their maximum capacity, and we will never achieve the most that we can achieve as Armed Forces if we don't correct that," he said.



Cdr Nancy Setchell, left, the Commanding Officer of HMCS Charlottetown, speaks alongside Nova Scotia Power CEO Karen Hutt at an event marking International Women's Day at CFB Halifax's Tribute Tower on March 8.

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Westville Military Museum volunteer receives Sovereign's Medal for Volunteers

By Trident Staff,
with files from Natasha Joyce

On Saturday March 9 in Westville, NS, Vincent Joyce received the Sovereign's Medal for Volunteers.

In 2006, Joyce established the Pictou County Military Museum and has been instrumental in its progress since that time.

In his remarks during the March 9 presentation, Vincent Joyce thanked and stated his appreciation for many people including his wife, of whom he said, "Thank you to my wife Pearl who supported me right from the beginning. I had a lot of military artifacts collected for years and some from others who gave [them to] me along with some from the Nova Scotia Highlanders."

Joyce is a former member of the Nova Scotia Highlanders and he noted that before the museum was started, the Joyces' basement housed the military artifacts and he joked that there were so many that "when I mentioned to Pearl that I thought I would start a military museum, she quickly agreed but I just think she grew tired of dusting them."

Those present at the ceremony



Vincent Joyce and his son, SLt Mark Joyce, display the Sovereign's Medal for Volunteers that Vincent Joyce received during a ceremony in Westville on Saturday, March 9.

included Roger MacKay, Westville's mayor; members of the military; and community members and supporters.

The museum was formerly located in New Glasgow but the artifacts were moved to a building in Westville in

2008. Joyce observed that the building is wheelchair accessible, which is an advantage for veterans. He also thanked current museum president David Avery "and the executive for continuing the hard work to keep the doors open to the Museum and improving all the time."

The Pictou County Military museum holds more than 15,000 items ranging from a M113 Armored Personnel Carrier, a C1 Howitzer Cannon, books, photos, and maps, to dress uniforms donated by Her Excellency Governor General Michaëlle Jean, VAdm (ret'd) P. Dean McFadden, and Gen (ret'd) Rick Hillier.

The Sovereign's Medal for Volunteers is a national award to recognize outstanding volunteer achievements across Canada and abroad. It acknowledges Canadians who have made a significant sustained and unpaid contribution to their communities. An advisory committee makes medal recommendations to the Governor General and the program is administered by the Chancellery of Honours, part of the Office of the Secretary to the Governor General.

SUBMITTED

And they're off!

Members of the Defence community took to the streets of Halifax's North End for the inaugural CFB Halifax Walk on March 7. Walks are approximately three kilometres in length and will take place the last Wednesday of every month, beginning with a PSP-led warmup in front of Base Headquarters, Stadacona building S90 at 10:30 a.m.

MIKE BONIN, CFB HALIFAX BPAO



Futuristic USN vessel rolls into Esquimalt

By Peter Mallett,
The Lookout Staff

The United States Navy's newest, largest, and most expensive destroyer ever built pulled into Esquimalt Harbour last week as part of its first voyage to a foreign country.

It was hard not to notice the massive 16,000 tonne, futuristic 610-foot-long guided-missile destroyer as it pulled alongside A-Jetty guided by a Queen's Harbour Master tug on March 11. Despite its stealth-like design intended to thwart enemy detection while at sea, USS Zumwalt was an eye-popping attention grabber.

Commissioned in 2016, it is the lead ship of the Zumwalt-class. It is designed as multi-mission stealth ship with a focus on land attack.

"The ship you see behind me is one of the newest platforms in the United States Navy and assists in our mission to ensure free and open flow of trade through international waters," said Commanding officer Capt(N) Andrew Carlson. "It is equipped with cutting edge technology in its combat systems, weapons systems and engineering control systems."

Members of the media were welcomed onboard Zumwalt for a brief tour conducted by Surface Warfare Officer, Lt(N) Briana Wildemann.

The tour began on the massive flight deck capable of landing two medium-sized helicopters and proceeded through the ship's hangar.

The group then moved down a massive service corridor measuring approximately 15 feet wide dubbed Broadway and included a pictorial tribute to the ship's namesake, Admiral Elmo R. Zumwalt, Jr., Chief of U.S. Naval Operations during the Vietnam War; and renowned champion of equal rights and inclusion in the USN.

Lt(N) Wildermann noted to the visitors it was a pleasure for her to serve on board a ship named after a man who championed the cause of racial and gender equity in the U.S. military.

"For me being able to come aboard this vessel every day is an honour because of what Admiral Zumwalt stood for."

The Bridge and Big Guns

At the bow of the ship visitors got a quick glimpse of the ship's Advanced Gun Systems (AGS) and its two 30 mm MK 46 guns capable of firing long-range missiles that can reach up to 63-nautical miles. Weaponry on the ship's fo'c'sle also includes 80 launch cells capable of firing Tactical Toma-



USN Zumwalt arrives at CFB Esquimalt.

hawk and Sea Sparrow missiles, and two 155-mm guns equipped with a 920 round magazine.

The tour concluded on the bridge where Lt(N) Wildemann showed off the ship's high-tech control centre with its wheel-less helm. The ship's steering is guided by four computer touch screens and a device like a computer mouse and a system of small nobs. Eight giant television screens above the vessel's narrow front windows allow the four-person navigation crew an enhanced panoramic 360-degree view of the ship.

"This ship is the new model that is taking the navy into the future and it's important to note that there are approximately 12 new systems working on one platform," said Lt(N) Wildemann. "We are looking at what works and also what doesn't work on board Zumwalt all in an effort to shape ships of the future in the U.S. Navy."

Zumwalt has a sister ship in operation, USS Michael Monsoor, which was commissioned on Jan. 26 at North Island Naval Station California. The final Zumwalt-class vessel still waiting in the wings is the USS Lyndon B. Johnson which is expected to be commissioned at some point later this year.

High Tech Ship

Some of the vessel's key features include a state-of-the-art electronic propulsion system, a wave-piercing tumblehome hull, and the latest war-fighting technology and weaponry.

Perhaps the most intriguing feature is its stealth design that includes its composite superstructure hull that reduces acoustic output and radar detection by opposing forces.

While at sea, it uses a Multi-Function Radar capable of conducting air surveillance on the ocean and over land.

Another big advantage comes its two energy-saving gas turbine Rolls Royce engines that can drive

the ship to a maximum speed of 30 knots. Called the Integrated Power System (IPS), the engine provides power to propulsion, ship's service and combat system loads. The IPS can generate approximately 78 megawatts of power, which is almost as much as a nuclear-powered aircraft carrier.

HMCS Ottawa was Zumwalt's host ship for the week, and tours to military members of both ships and cultural exchanges were conducted during the visit.

When asked where the ship is headed next, the Captain said he "wouldn't be a very good stealth ship captain" if he divulged details about our comings and goings.

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From St. John's to Benin: Medical Officer shares knowledge in West Africa

By Lt(N) Jeff Lura,
PAO, Op PROJECTION West Africa

On March 1, 2019, sailors from HMC ships *Kingston* and *Shawinigan* arrived at Foyer Don Bosco, a small school in Cotonou, Benin nestled within West Africa's largest open-air market. Deployed on Op PROJECTION West Africa, most of them would spend the day painting, repairing furniture, and playing games with local school children, demonstrating Canada's commitment to being a friend and partner in the region.

Lt(N) Greg Morrow, however, had a different task to perform. He was there to ensure that, in a country with limited emergency medical services, the children laughing and playing around the campus stood the best chance possible in an emergency situation.

Lt(N) Morrow hails from St. John's, Newfoundland and completed his medical training in 2018. He joined the CAF shortly thereafter. Mere months into his career, he was selected to join HMCS *Kingston* and deploy to West Africa.

"Medical officers don't get to sail very often," he explained, "so I jumped at the opportunity. That said, I knew I had my work cut out for figuring out life in a ship."

Despite a steep learning curve, by the time the ships arrived in Africa a month later, Lt(N) Morrow had adapted to navy life, and was eager to put his expertise to use and support those in need.

In Cotonou, Lt(N) Morrow was asked to provide basic first aid training to a group of enthusiastic teachers. His lessons were made all the more important by the fact that



Lt(N) Greg Morrow provides casualty clearing training onboard HMCS Kingston while at sea during Operation PROJECTION West Africa on February 28, 2019.

CPL ANGELA GORE

ambulances and hospitals are not widespread in Benin; in many cases, the teachers would be the only care available to injured students.

"It was a challenge," said Lt(N) Morrow after the training.

"We take for granted that medical care and supplies are available everywhere in Canada, but that's not the case here. I had to really keep it simple, since these villages lack basic services and emergency response."

And so, with the help of a translator, Lt(N) Morrow demonstrated how to deal with cuts, scrapes, fractures, and spinal injuries in a way that would be useful to the teachers after his departure. By all accounts, his instruction was well-received.

"It was perfect," recalled teacher Pascal Akakbo after the training.

"We're confronted with problems and injuries here all the time, so a better understanding of how to respond will do so much good. We will

use (this newfound knowledge) very often."

When he's not spreading his expertise to the far corners of the globe, Lt(N) Morrow spends his time at sea mentoring the ship's casualty clearing teams, providing care to the crew, and generally expanding his knowledge of the Royal Canadian Navy. For those considering life as a CAF medical officer, he has a few words of wisdom:

"My military career has been amazing so far, and I'd recommend it to any of my colleagues. In addition to the medical challenges and professional development opportunities, I've fired a .50 calibre machine gun, driven a small boat, undergone a traditional "crossing the line" ceremony, and so much more. You just don't get to experience things like this in civilian practice."

On his return from West Africa, Lt(N) Morrow will serve as a General Duty Medical Officer at Canadian Forces Health Services (Atlantic), providing care to personnel at CFB Halifax and the surrounding area. The Canadian Armed Forces are currently hiring medical officers, and more information can be found at <https://www.canada.ca/en/departement-national-defence/services/caf-jobs.html>.



Lt(N) Greg Morrow supervises while local teachers practice first aid at Foyer Don Bosco school in Cotonou, Benin during Operation PROJECTION West Africa on March 1, 2019.

CPL ANGELA GORE



Lt(N) Greg Morrow chats with Canada's Ambassador to Benin, Edmond Wega, at Foyer Don Bosco school in Cotonou, Benin after providing first aid training during Operation PROJECTION West Africa on March 1, 2019.

CPL ANGELA GORE

Royal Canadian Navy ships conduct first ever visit to Togo

By Lt (N) Jeff Lura,
Public Affairs Officer, Operation
PROJECTION West Africa

On a beautiful Tuesday morning, HMC ships *Kingston* and *Shawinigan* came alongside in Lomé, the capital city of Togo. Deployed on Operation PROJECTION West Africa, the ships had already visited a number of other African countries, but the reception this time was different. Uniformed Togolese military personnel – including the commander of Togo's largest naval base – lined the jetty. A camera crew filmed the ships as they arrived, preserving the event for posterity.

The reason? No RCN ship had ever before visited the country.

"We're honoured to be the first Canadian warships to visit your country," LCdr Jeremy Samson, *Kingston's* Commanding Officer, told journalists shortly after arriving.

"Building and reinforcing relationships is a large part of our mission here in Africa, and we look very much forward to spending time with you."

The visit was a busy one for the ships' crews. Hours after entering the harbour, sailors exchanged their working uniforms for gleaming whites, and welcomed members of Togo's military, government, and community organizations onboard. Representing Canada, Ambassador Heather Cameron spoke to guests of the importance of cooperation between Canada and African partners, and the strength of the Canada-Togo relationship in particular.

"Relations between Canada and Togo are founded on almost 60 years of history," she told attendees.

"Cooperation is essential in order to ensure regional maritime security, maintain international trade, and develop coastal communities."

Following the official presentations, military personnel from both nations made fast friends, posing for photos and discussing the many similarities between the RCN and the Marine Nationale de Togo.

The next day, sailors visited L'Espace de Fraternité, a centre that welcomes mistreated youth in search of a better life from all over the region. There, sailors provided a fresh coat of paint to the facility's 40-bed dormitory, and played a game of soccer with newly-donated soccer balls and nets from Canada.

"You cannot imagine how much these past few hours have restored hope and a taste for life to our children, and given needed encouragement to we who guide them," the centre's Director Mack Adodo gratefully explained after the visit.

In the final hours of the visit, *Kingston* crewmembers were joined by Togolese Search and Rescue professionals, discussing the respective nations' procedures and strategies for responding to vessels or people in distress.

"My favourite part of international deployments is meeting new people," said Lt(N) Steve Bartholomew, who organized the visit on behalf of the ship.

"Today, we had a great opportunity to share some of our practices with the Togolese SAR community, and to learn how they do things in return. Overall, it was a great event."

Spirits were high as the crews prepared to leave after a hectic and rewarding few days in Lomé. Their collective focus already shifting to their next set of regional engagements, each sailor was now part of the history of Canada's warm and ever-strengthening relationship with Togo.



HMCS Kingston Navigating Officer Lt(N) Graham Austin discusses search-and-rescue strategies with Togolese military and government personnel on March 7, 2019.

CPL DAVID VELDMAN



LCdr Jeremy Samson, Commanding Officer of HMCS Kingston, is interviewed by Togolese military journalists shortly after arriving in Lomé, Togo on March 5, 2019

CPL DAVID VELDMAN



The Commanding Officers of HMCS Shawinigan and Kingston present donated school supplies to the director of L'Espace de Fraternité in Lomé, Togo on March 6, 2019.

CPL DAVID VELDMAN

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Sold a home? Know your tax obligations

(NC) If you've recently sold a home, there are some things you need to know at this time of year.

When you sell your own home (or principal residence) you usually don't have to pay tax on any profit from the sale. But what you might not know is that even if you are entitled to the principal residence exemption, you need to report the sale on your income tax and benefit return. This became mandatory in 2016.

It is also important to remember that on your tax return, you need to include income from property sales other than your principal residence. For example, if you sell a property you bought with the intention of re-selling it and you make a profit, your profit is taxable. If you bought a home to renovate and re-sell, or bought a pre-construction condo unit to re-sell, your profit is also taxable. In the case of the sale of a

secondary home, such as a cottage or a rental property, there are also tax implications. In some situations, this profit is considered business income; in other situations, it is considered to be a capital gain. There may also be GST/HST implications.

In recent years, the Canada Revenue Agency has increasingly been identifying cases where taxpayers did not report their income from real estate transactions. The penalties and interest associated with unreported real estate sales can be substantial, so make sure you get some advice from a trusted source on how to report correctly if you are unsure.

If you didn't fully declare this income on a past tax return, the Voluntary Disclosures Program at the Canada Revenue Agency may give you a second chance to correct your tax affairs. Find out more at canada.ca/taxes-buy-real-estate-to-sell-for-profit.



Most popular handyman jobs for spring

(NC) As the weather warms, it's an ideal time to tackle home renovation projects. Here are the top jobs worth hiring a handyman for this spring:

Deck and patio repairs. If you have one of these outdoor spaces, it's a safe bet that you're planning on spending a lot of time out there over the summer. Since decks see so much action, they require proper maintenance and upkeep. Fixes can include warped or rotten wood, popped up nails or loose handrails.

Power washing. A small task that is often overlooked is maintaining the overall cleanliness of the outside of your home. Have the exterior, back deck and driveway power washed to easily freshen it up.

Window washing. From snow and rainstorms to heat waves, there's a lot of muck that can build up on your windows. A professional will get those hard-to-reach places clean and make your windows and your sills sparkle.

Continued on page 13



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Minor renovations that make a major difference



Most popular handyman jobs for spring

Continued from page 12

Caulking and weather-stripping. Weather-stripping and caulking can have a significant impact on keeping cool air in and hot air out—and vice versa come winter. If there's a significant leak it will also help save money on your energy bills.

Updating doorbells and locks. Keeping your home secure is always a priority. With so many new smart locks and doorbells available, consider an update that allows you to keep

an eye on your home from afar. From video doorbells to smart security cameras [KM1], it's one less thing to think about when away from home.

Updating the backsplash. This small job makes a big impact. It's a great way to inject some personality and make it look like you've done a lot more to the space than you have. If you want to go all out, have your handyman also paint your kitchen cabinets for a quick and easy kitchen makeover.

Find the perfect handyman for your spring jobs at homestars.com.

(NC) Renovations can be a daunting task. If your goal is to increase your property value, smaller upgrades can provide a higher return on your investment.

Here are some budget-friendly projects for key areas of your home that can boost your property value:

Kitchen. You don't need a complete remodel to increase the value of this space – it can be as simple as focusing on one thing, such as cabinets or countertops. Refacing old cabinets by adding a fresh coat of paint, a new finish or updated knobs can bring new life to your kitchen. Adding new granite countertops is an easy way to modernize an older kitchen. Make sure to choose a countertop that fits with the price point and aesthetic of your home.

Bathroom. The bathroom is where most of us begin and end our day; modernizing it is a great way to

increase your property value. New floors or shower tiles will give the illusion of a complete makeover.

Updating the vanity, sink or mirror are also inexpensive options. Smaller bathroom projects like these can have high appeal to future buyers.

Windows. These are often overlooked in renovations. However, upgrading windows is a great idea for both aesthetic and energy-saving purposes. In cooler climates you can purchase windows with insulating properties, and in warmer climates you can purchase those that reflect sunlight.

Deciding on the right budget to suit your needs can be hard, but worrying about the financing shouldn't hold you back. For an easy way to finance these renos, check out The Home Depot Project Loan, available across Canada.

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How to afford a home renovation that fits your life

(NC) Changing seasons always bring about the desire to update our living spaces. But your life stage and budget can influence what kind of upgrades you can make. Here are some tips to get you started.

Assess the investment. The first step is to gauge how much value your investment will bring, whether you're looking to sell or grow into a family home. A common misconception among homeowners is that all renovations will increase a home's value; unfortunately, this is not always the case. It's always a

good idea to strategically renovate the space to fit your life plan and goals.

Plan for both long- and short-term value. As a homeowner, it is important to assess what kind of value items can contribute to your life plan. Searching for products that are energy efficient, like an eco-friendly washing machine or water filtration system, can help you save on your monthly bills. A long-term investment, such as hardwood floors or bathroom tiles, can spruce up a living space for years to come. While sometimes this requires a larger bud-

get, the project can be both appealing to future buyers and stand the test of time in a family home.

Create a renovation budget. Once you have a clear plan, you'll need to create a budget to align with your financial goals. Always ensure your budget includes any interest you'll be paying. Ask multiple sources for competitive quotes.

Use a payment plan. For those high-ticket investment items, consider using a payment plan. Payment solutions such as The Home Depot

Project Loan can help with bigger renovations. This allows you to stick to your budgeting goals while using a flexible payment plan to make larger purchases more accessible.

Use DIY to offset costs. In addition to using a payment plan, taking on a few safe and simple renovation projects yourself is an easy way to offset renovation costs. Your local hardware store can help source materials and provide helpful tips to make those do-it-yourself projects, such as refinishing cabinets or sanding old hardwood floors, a breeze.



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#CFBHalifax in the Community: PO1 Charles Bressette

By Margaret Conway,
CFB Halifax BPAO

PO1 Charles Bressette has a busy work life at CFB Halifax. Currently employed as a Weapons Engineering Course Director with Naval Fleet School (Atlantic), he manages eight instructors who teach Royal Canadian Navy sailors about communications and radar equipment. In addition to this role, he also teaches the management course required for members promoting to the PO1 rank and is the health promotions representative for Campus Atlantic.

Outside of work, his high tempo lifestyle doesn't stop. To feed his passion for health and fitness, PO1 Bressette is involved in a karate group, Halifax World Kanreikai Karate and The Eastern Watchmen lightsaber combat group. And when his wife Lyndsay was diagnosed with epilepsy in December 2016, he added volunteer work with the Epilepsy Association of Nova Scotia (EANS) to his list of extra-curriculars.

Epilepsy is a condition of the brain characterized by recurrent seizures, and is a disorder about which PO1 Bressette and wife have been continuously learning. "I have been with Lyndsay for over a decade but she was only formally diagnosed in the last few years," he explains, speak-



March 26 will be a Purple Day at CFB Halifax thanks to this dedicated sailor: PO1 Charles Bressette (right), Purple Day founder Cassidy Megan (left), Lyndsay Bressette and Epilepsy Association of Nova Scotia (EANS) Executive Director Debbie Tobin at the 2018 EANS Purple Day Gala.

PHOTO SUBMITTED

ing about the effects the diagnosis has had on his family. "It makes life more challenging, and her safety is always on my mind. The medication is expensive and it was difficult to find her employment so it brings financial concerns as well."

Through their membership with EANS, PO1 Bressette and Lyndsay have attended and volunteered at local events, all of which have provided them with valuable education on the help that's available to families affected by epilepsy. Many of EANS' larger

public events are planned around Purple Day, an international day for epilepsy awareness held annually on March 26. Last year, Lyndsay delivered a speech at the EANS' Purple Day Gala and they both attended a Purple Day flag raising at Halifax City Hall.

Now recognized internationally, Purple Day saw its humble beginnings in Nova Scotia in 2008 after its founder, Halifax native Cassidy Megan, became motivated by her own struggles.

"Cassidy is someone I met through EANS," explains PO1 Bressette. "She is probably one of the best known advocates for epilepsy awareness and started Purple Day when she was just eight years old. I now consider her a friend and inspiration."

PO1 Bressette is taking that inspiration as fuel to help spread epilepsy awareness to the Defence community at CFB Halifax. On March 26 during morning colours at 8 a.m., PO1 Bressette, Lyndsay and representatives from EANS will be on-hand to witness a Purple Day flag raising at Base Headquarters (S90). All Defence Team members are welcome to attend. After the flagraising, the representatives will gather in the Stadacona chapel for anyone looking for more information on epilepsy.

"The more education and awareness that happens will assist people in knowing the resources, getting help and reducing stigma," explains PO1 Bressette, who hails from Honey Harbour, Ontario but has nothing but good things to say about the epilepsy supports available here in Nova Scotia. "If you, a family member or friend has epilepsy, please reach out for assistance. It is a very difficult illness but Nova Scotia has lots of resources to help including an amazing Epilepsy Monitoring Unit at the QE2. Don't suffer in silence."



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Support Our Troops- National Scholarship Program

By CFMWS

Support Our Troops is now accepting applications for the National Scholarship Program.

The Scholarship Program is entering its fifth year; it was launched to address the increasing need for scholarship opportunities for military family members.

The goal is to assist more youth in military families to pursue their continuing post-secondary education. In 2018, more than \$75,000 was awarded to military family members through 45 scholarships with winners selected from 388 competitive applications.

This year, 41 scholarships are available and range from \$500 to \$2,000. Both full-time and part-time post-secondary students of accredited academic institutions, career and vocational colleges are eligible.

Eligible candidates are: a dependent (includes spouse) of a serving or former member of the Canadian Armed Forces; a Canadian citizen or permanent resident of Canada; and enrolled in an undergraduate program leading to a degree, diploma or certificate at an accredited Canadian college or university.

Post-graduate and career college students are also eligible to apply.

This year there is a new application process in place. The 2019 application process consists of the following components:

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

Applications will be accepted until May 1 at 4 p.m. EST

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



New Commanding officer for HMCS Montréal

Cdr Michael Eelhart (right), outgoing Commanding Officer (CO), signs over command of HMCS Montréal to LCdr Christopher Devita (left) incoming CO, during a ceremony presided over by Capt(N) Andrew Hingston (centre), Deputy Commander Canadian Fleet Atlantic, during the Change of Command Ceremony at HMCS Scotian, on February 19, 2019.

AB J. IGLESIAS, FIS HALIFAX

Canada renews its military contribution to support stability in the Middle East

By DND

The international response against Daesh has reduced the suffering of the most vulnerable, but the crises in Iraq and Syria persist. Continued support by the members of the Global Coalition Against Daesh is critical for long-term, regional stability. Canada remains fully dedicated to the efforts of the Global Coalition and NATO in the region, and will continue to work with its partners and allies to ensure the defeat of Daesh.

On March 18, the Honourable Harjit S. Sajjan, Minister of National Defence, and the Honourable Chrystia Freeland, Minister of Foreign Affairs, today announced that the

Government of Canada is extending Operation IMPACT, the CAF contribution to the Global Coalition and the NATO mission in Iraq, until the end of March 2021.

Under the renewed Op IMPACT, the CAF will continue to provide training, advice, and assistance to the Iraqi security forces, and support the Global Coalition and NATO with highly skilled personnel. It will also continue to advise Iraqi officials in building more effective and sustainable defence and security institutions, and provide capabilities to regional forces.

The CAF's presence in the Middle East helps regional partners' security forces to more effectively plan and execute military operations aimed at improving stability in the region.

Op IMPACT is the military contribution to Canada's whole-of-government Middle East strategy, which covers not only security and stabilization, but also humanitarian assistance and diplomatic engagement in Iraq, Syria and the region.

Since 2016, through the Government of Canada's whole-of-government Middle East strategy, Canada has contributed more than \$2.1 billion toward security, stabilization and humanitar-

ian and development assistance needs in response to the crises in Iraq and Syria and their impacts on Jordan and Lebanon.

The two-year extension of Op IMPACT includes the authority to deploy up to 850 CAF personnel in support of the Global Coalition, NATO Mission Iraq and capacity building activities with the Jordanian Armed Forces and Lebanese Armed Forces.

On July 11, 2018, Prime Minister Justin Trudeau, at the NATO Summit in Brussels, announced that Canada would assume command of NATO Mission Iraq a new non-combat training and capacity building mission in Iraq.

In November 2018, Canada assumed command of NATO Mission Iraq. This leadership role complements Canada's existing efforts in the Global Coalition and Canada's ongoing commitments towards creating a safe and stable Iraq.

Canada's current contribution to NATO Mission Iraq includes approximately 250 CAF personnel, including advisors, trainers, headquarters staff and force protection personnel. Canada has also deployed three Griffon helicopters and associated personnel to enhance in-theatre tactical transport, including casualty evacuations, if required.



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Five Onion Soup

Contributed by Kevin Ouellette,
Banquet Chef of Juno Catering

This recipe is a wonderful twist on the classic French onion soup.
Serves 4 • Ready in 2 hours

Ingredients:

- 60 ml Vegetable Oil
- 3 each Shallots, thinly sliced
- 1 small Yellow or White Onion, thinly sliced
- 1 small Red Onion, thinly sliced
- 1 each Leek, thinly sliced (use only the white and pale green parts)
- 2 each Green Onion, chopped
- 15 ml Garlic, minced
- 165 ml Dry Sherry
- 1000 ml Beef Stock
- 30 ml Butter, melted
- 5 ml Garlic, minced
- 4 slices French Bread
- 125 ml Parmesan Cheese, grated
- 4 slices Mozzarella Cheese
- 4 slices Swiss Cheese
- Salt and Pepper for seasoning

Directions:

1. In a large heavy bottomed sauce pot, heat the vegetable oil over medium heat. Add the shallots, yellow/white onion, red onion and leek and sauté until golden brown, approximately 15 minutes. Stir often so that the natural sugars in the onions do not burn. You just want to caramelize the onions.
 2. Once the onions are nicely caramelized, add the minced garlic and green onions and sauté for 1 more minute. Add the sherry and stir to deglaze the pot and then add the beef stock. Bring to a boil, reduce heat to a simmer and continue cooking for 30 minutes. Taste and season the soup with salt and pepper.
 3. While the soup is simmering you can make the croutons. Preheat the broiler.
 4. Combine the melted butter with the remaining minced garlic. Place the French bread on a baking sheet and brush each slice using half of the garlic butter. Place under the broiler until lightly toasted, approximately 2 minutes.
 5. Turn the bread over and brush each slice with the remaining garlic butter. Place under the broiler until lightly browned. Remove from the broiler and sprinkle the grated parmesan cheese over each crouton.
 6. To finish the soup, preheat the oven to 500 F.
 7. Ladle the soup into oven proof bowls. Top each bowl with 1 crouton. Place 1 slice of the Swiss cheese and the mozzarella cheese on top of the crouton. Place the bowls on a bake sheet and bake in the oven till the cheese is melted, about 10 minutes.
 8. Remove from the oven and carefully place each bowl on a plate as each bowl will be extremely hot. Enjoy.
- Note:** The onion soup can be made ahead and chilled up to 1 day. Reheat the soup in a pot to a simmer before placing in bowls and finishing off with the crouton.

Positive Space Training

By SLt M.X. Déry,
MARPAF PA Office

LS Danielle Dewitt has joined a troop of volunteers across the country dedicated to creating a welcoming and inclusive workplace for everyone, including members of the lesbian, gay, bisexual, transgender, two-spirit, intersex, and questioning (LGBTQ2) community.

She recently completed Positive Space training at the base to become an ambassador at her unit - Patrol Craft Training.

It's not a new role. She completed a similar course at CFB Halifax following her transition from male to female.

After coming out as transgender to her chain of command, LS Dewitt spent years navigating the complex and uncharted waters of the military medical system that did not have a process in place to assist a transitioning military member.

While she was shore-posted she helped create Positive Space training and aided other military members in the same boat navigate the medical system.

Her new posting as senior boat-swain at PCT has her back to sea almost every week in one of the eight Orcas training junior officers.

"I've found a new family at this

unit, so I love it here," she said. "It is a good way to get my feet wet since it has been a couple of years since I've sailed."

Regular interactions with junior officers have the added benefit of introducing future naval leaders to LGBT issues.

"Since being here I have had a lot of questions from junior officers about what is it to be trans. I find that helpful, showing them that LGBT members are sailors first. I've had NWO IV (Naval Warfare Officers) graduates contact me about trans issues. Because of the networking I've done here, I've been able to point them in the right direction."

It hasn't all been positive; not everyone appropriately handles the shift from the male to female pronoun. For those who outright disagree with identifying

her as a woman, LS Dewitt has a stock answer.

"My rank has no gender. Just call me leading seaman, and on this ship call me buffer."

She is looking forward to the day when she can sail in a larger class of ship.

"Eventually I want to be a buffer on an MCDV, and ultimately a frigate," she says.

No matter where her future takes her, she will endeavour to create a positive work environment with her shipmates.

The Positive Space initiative supports the CAF's commitment to promoting diversity, inclusion and a respectful environment, as outlined in Canada's Defence Policy *Strong, Secure, Engaged*.



LS Danielle Dewitt is senior boat-swain with Patrol Craft Training at CFB Esquimalt.

RCN sailors in The Sea in Her Blood exhibit

By SLt M.X. Déry,
MARPAF Public Affairs Office

This summer, the Maritime Museum of the Atlantic in Halifax will open an exhibit centered on Nova Scotian-based women and their experience of, and connections to the ocean.

Entitled *The Sea in Her Blood*, the exhibit will highlight up to 20 women who live, work, and play with the sea, including female Royal Canadian Navy sailors.

LS Dewitt was asked to participate in the exhibit. Her portrait and an interview will form part of the exhibit that includes the challenges of traditional gender assumptions about maritime work and play.

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Dare dreaming big on 7 Summits

By Peter Mallett,
The Lookout Staff

Capt Chris Dare is trading his dentist's drill for a mountaineer's axe.

The 35-year-old army dentist who works at the Esquimalt dockyard dental clinic is set to ascend 8,850 metres to the top of Mount Everest.

If successful, the accomplished outdoorsman's latest expedition will bring to fruition a nine-year journey to hike the Seven Summits, considered one of the top bench marks of accomplishment in the world of mountain climbing. They are the highest mountains of each of the seven continents.

He tackled the first mountain while deployed to Afghanistan nine years ago.

"When I returned back to Afghanistan I was feeling a down as there were a lot of people I was working with getting seriously injured, dying, and there always seemed to be a consistent wave of ramp ceremonies going on. I decided I would climb the Seven Summits even though it seemed like an impossible task."

While on leave, he summited Africa's Mount Kilimanjaro, a 5,895 metre climb to the top.

From there he travelled the globe climbing the continental geological behemoths in Europe's Mount Elbrus (5642 m), Alaska's Mount Denali (6104 m), South America's Aconcagua (6962 m), Oceania's Carstensz Pyramid (4884 m) and Antarctica's Mount Vinson (4892 m).

Capt Dare was scheduled to fly from Vancouver to Nepal March 21 and complete several weeks of altitude training under the guidance of a Sherpa guide named Nuru. Then in late May, when conditions are good, the two will begin the journey up the mountain from Tibet. It should take between two to three weeks to reach the summit. Weather and the amount of time waiting behind other hikers could prolong their journey.

While he says Alaska's Mount Denali climb was his toughest to date because of the thin air and Arctic weather, the Everest ascent presents a new challenge in that he has never hiked above 8,000 metres. The last 895 metres are considered the most dangerous and are dubbed the Death Zone among mountaineers. That's because altitude sickness and lack of oxygen at these heights has led to the death of approximately 288 people since records began in 1924.

Capt Dare says he is aware of the statistics and confesses the Everest challenge will be his greatest.

"As I've never been that high before, I'm expecting to be completely exhausted despite my use of oxygen in the final stages of my climb. It's going to be another element of complexity to manage that oxygen supply and the flow rate so that I don't end up running out."



Capt Chris Dare is a CAF dentist posted to the dental clinic in the dockyard at CFB Esquimalt.

LS MIKE GOLUBOFF, MARPAC IMAGING

To complete the climb, he will need approximately 150 lbs of food and equipment including harnesses, ascenders, carabiners, an ice axe and high performance clothing that include base layers, multiple jackets and waterproof gear.

The equipment will be broken up into two back packs, one with equipment needed for climbing lower levels of Everest below 5,000 metres and the rest will be shipped to the Everest base camp located at an elevation of approximately 5,000 metres. The most expensive item he will be bringing along are a pair of La Sportiva Olympus hiking boots, which cost over \$1,600.

Throughout his journey Capt Dare will be able to stay connected and send spectacular imagery back to the base courtesy of a rocket stick provided to him by the Maritime Forces Pacific (MARPAC) public affairs team, which he will attach to his cell phone.

For higher up the mountain, when he is out of cell phone range, the Canadian Armed Forces have provided him with a small satellite dish for photo and communications.

Planning his trip has been a journey unto itself. Capt Dare estimates the total cost of the Everest trip from beginning to end will be \$60,000.

He also attained sponsorship through Vancouver-based Ener-C, who has agreed to supply him with their highly portable electrolyte powders, which he likens to an IV bag full of essential nutrients and vitamins.

In recent weeks he decided to dedicate his climb as a fundraiser BC Children's Hospital. Those wishing to donate funds on behalf of Capt Dare's expedition can do so at his Summits of Hope web page https://www.summitsofhope.com/climbers/chris_dare



Capt Dare at Antarctica's Mount Vinson, 4892 m to the top.

SUBMITTED



Capt Dare at Alaska's Mount Denali, a 6104 m climb to the top.

SUBMITTED



Capt Dare summits, Africa's Mount Kilimanjaro, a 5,895 metre climb to the top.

SUBMITTED



Change of command in HMCS Ville de Québec

Cdr Scott Robinson (centre), outgoing Commanding Officer of HMCS Ville de Québec, and his wife, LCdr Sylvie Robinson, receive a gift from the members of HMCS Ville de Québec during the Change of Command Ceremony on board HMCS Ville de Québec in HMC Dockyard on February 21, 2019. Cdr Michael Eelhart is the new Commanding Officer of Ville de Québec.

AB J. IGLESIAS, FIS HALIFAX

Recruiters looking to hire military spouses at Virtual Career Fair

By Kristy Fallon,
Community Development and
Stakeholder Relations Manager,
Military Family Services

On March 27, Military Family Services will be hosting its second virtual career fair for military spouses across the country as part of the Military Spousal Employment Network.

The beauty of a virtual career fair is that regardless of location, people from coast to coast will have access to employers looking to hire. This is an opportunity to connect people with opportunities – and not just in their communities but with remote work options too.

Currently in Nova Scotia, there are more than 45 positions that recruiters

are looking to fill as well as several remote positions available. This is in addition to new opportunities added to the Network daily.

Recruiters from Network employers including: Advanis, Air Canada, Alorica, Bank of Montreal, Bayshore Medical Personnel, Bell, Calian Group Ltd., Canadian Forces Morale and Welfare Services, Department of National Defence, Garda World, LiveCa, and Sykes Assistance Services, will be looking to fill a large number of jobs in military communities across the country, including several work from home opportunities. These national employers have agreed to offer military spouses with equal and fair access to employment opportunities within their organizations.

Following the conclusion of a

similar employment network, Military Family Services saw the need for a dedicated network for military spouses as spousal employment remains one of the top three issues for approximately 50,000 Canadian military spouses.

Growing steadily, the newly minted Military Spousal Employment Network has more than 1,235 users since it launched in the fall. The Network is a self-directed online resource with access to job postings, tools, resources, and events such as training sessions and virtual and in-person career fairs.

Military spouses can register for the Military Spousal Employment Network at <http://msen.vfairs.com> and the virtual career fair at <http://bit.ly/Mar27VirtualCareerFair>.



Ex NORTHERN SOJOURN

The US National Guard and 5 Canadian Ranger Patrol Group help the 5th Canadian Division troops reach their patrols by Light Over Snow Vehicles on Ex NORTHERN SOJOURN 2019 in Goose Bay, Newfoundland and Labrador on March 7, 2019.

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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

CFB Halifax, Shearwater hockey teams compete at CAF Nationals

By Ryan Melanson,
Trident Staff

Both the CFB Halifax Mariners Women's Hockey Team and the Shearwater Flyers Old Timers' team recently had strong showings at CAF National Championships, with each placing first in the round robin portions of the tournaments. Unfortunately, both teams also lost in the semifinal rounds, preventing them from bringing home any national medals.

At the CAF Women's National Championship, hosted in Edmonton from March 2-8, Halifax scored wins over Esquimalt (6-2), Trenton (3-1) and CFSU Ottawa (1-0) in the round robin, but fell by a score of 0-1 in a second hard-fought game against Trenton in the semifinal. Game MVP awards for Halifax through the tournament went to Pte Hardie, Cpl Goble, and Lt(N) Carrat. The gold medal was eventually brought home by CFSU Ottawa, besting Trenton 4-0 in the final game.

On the Old Timers' side, held dur-

ing the same time period in Edmonton, Shearwater's first place ranking in the round robin came from wins over Esquimalt (5-0), and Trenton (8-4), along with a 4-4 tie against Valcartier. Going up against Trenton again in the semifinal, the Flyers lost 3-4 in another tight game. Game MVP awards for the flyers went to MWO Sutton, PO2 Noseworthy, and Maj Laaouan. The gold medal went to Valcartier in a 5-2 win over Trenton in the finals.

MWO Sutton, the captain of the Shearwater Old Timers' squad, described this year's Shearwater team as one of the best Old Timers' groups to represent the Atlantic Region in recent memory. He said they lost to a disciplined Trenton team, who scored a powerplay goal late in the third period to clinch the victory.

"When it's a one game elimination anything can happen. We got off to slow start and couldn't recover. It's been an awesome year to date even though we fell short in this year's Nationals."



CFB Halifax took on CFB Trenton in a semi final game at the 2019 CAF National Women's Hockey Championship, falling 0-1. Trenton would go on to take the silver medal after losing to Ottawa in the final game.

SUBMITTED



Campus Atlantic wins MEGA Curling tournament

Congratulations to Campus Atlantic, winners of the 2019 MEGA Curling Tournament, organized by PSP Halifax and hosted by the CFB Halifax Curling Club from February 26 - March 1, with 10 teams competing. Campus Atlantic, led by skip PO1 Denny Wilson, took the championship victory with a 12-5 win over HMCS Halifax in the final game. Organizers also wished to congratulate the team from FDU(A), led by skip CPO2 Marty Girard, for scoring an impressive 8-ender during the tournament.

RYAN MELANSON, TRIDENT STAFF



Sports salaries trivia: show me the money

By Stephen Stone

Questions

- 1. Who was the first baseball player to sign a 1 season contract for a 5 figure salary that paid him \$2 000 per month for 6 months?
- 2. Who was the first player/manager to sign a one year \$25 000 contract?
- 3. Who was the first major league ball player to earn more than \$50 000 per year?
- 4. Who was the first to be paid \$100 000 a year in MLB?
- 5. Who was the Chicago White Sox player to be the first to be paid a cool ¼ million bucks?
- 6. Who was the Phillie who first cracked the half-million bench mark on salary?
- 7. Who was baseball's first million dollar player?
- 8. In 1974, who left the Oakland Athletics via free-agency to sign with the Yankees for \$239 000 making him, at the time, the highest paid pitcher in the major leagues?
- 9. In 1992 which Met inked a deal for \$5 000 000 bucks?
- 10. Who was the first major league player to sign contracts worth 20 millions and 30 millions of dollars?
- 11. Which free agent did the Phillies sign in 2019 to the largest ever contract?

And now for other sports salaries

- 12. In 1962 Chicago Black Hawks owner, James Norris offered Toronto Maple Leafs co-owner, Harold Ballard \$1 million dollars for which Leafs player?
- 13. Who was the first professional hockey player to earn \$1 million a year?
- 14. As of 2018, what is the average salary of a player in the Canadian Football League?
- 15. Who were the boxers in fight that was the first to crack the million dollar mark grossing over \$2 700 000 in 1927?
- 16. Who were the fighters involved in the first pay-per-view telecast that had a gate of \$14,8 millions of dollars?
- 17. Who is currently the highest paid professional soccer player?
- 18. Who are the 2 NBA stars whose salaried contract was for \$33 285 709 in 2018?
- 19. Who was the leading money winner on the PGA tour in 2018?
- 20. Who was the highest paid NASCAR driver in 2018?

Answers on page 22

Naval Reservist named CISM Military Female Athlete of the Year

By Trident Staff,

HMCS York sailor and three-time world taekwondo champion AB Yvette Yong has added to her already-long list of accomplishments and accolades in the sport, recently being named the 2018 International Military Female Athlete of the Year by the Conseil International du Sport Militaire (CISM).

This marks the first time a CAF member has been named Athlete of the Year by CISM, which is the world's largest multi-sport military organization, with 134 member countries. The award is presented in recognition of significant sporting achievement, along with the promotion of CISM values like fair play, personal empathy, and discipline. AB Yong has been practicing Taekwondo for nearly 20 years, and has been competing internationally since 2004. She joined the RCN in 2010 and is currently a Naval Communicator, along with performing other regular duties at York, which is the Naval Reserve Division in Toronto.

"I am truly honoured to be announced CISM Female Athlete of the Year. This is a win for all of us (CAF Taekwondo Team and CFMWS) because of all of the support and organization, we made it all happen



AB Yvette Yong, a Naval Communicator with HMCS York, has been named the CISM Military Female Athlete of the Year for 2018.

DND

as a team. I'm so proud for us," AB Yong said in a DND press release after receiving the award.

To achieve her current ranking as the world's best in her weight class, AB Yong's past year included gold medal wins at the CISM Taekwondo Championships, Pan American Championships, Belgium Open and German Open, silver medal wins at the Pan American Open and WT President's Cup, as well as a bronze medal win at the U.S. Open.

"While upholding her commitment to serving her country, Able Seaman Yong embodies the spirit of our military in her sport: discipline, determination, perseverance, and strength.

Through her accomplishments, she leads by example and is an inspiration to all members of the Canadian Armed Forces. We congratulate her on her award and thank her for her contribution to Canada's defence and security," said BGen Derek Macaulay, who is the Commander of 5th Canadian Division as well as Patron for the CAF Taekwondo Program.

And after reaching new heights in Taekwondo last year, AB Yong isn't taking a break. She recently competed the Dominican Republic to qualify for a spot at the 2019 Pan American Games in Peru this summer, and also has her sights set on qualifying for the 2020 Olympic Games in Tokyo.



AB Yong (right) competes at the 2018 CISM Taekwondo Championships, held in Rio de Janeiro, Brazil, from November 27 - December 3, 2018.

CISM

Super Crossword

Answers

12. James Norris
13. Phil Esposito
14. \$1.2 million
15. Muhammad Ali vs. Joe Frazier
16. Mike Tyson vs. Marvin Hauger
17. Cristiano Ronaldo
18. Stephen Curry and Kevin Durant
19. Tiger Woods
20. Denny Hamlin
21. Yvette Yong
22. Stephen Stone

Sports salaries trivia: show me the money

Questions on page 21

Answers

1. Detroit Tiger Ty Cobb -1913. His previous contract was a \$27 000 three-year deal.
2. Again, Detroit Tiger Ty Cobb.-1921. It was the first of 6 one-year deal he signed with the Tigers.
3. George Herman "Babe" Ruth of the Yankees in 1922
4. Joe DiMaggio of the Yankees in 1949.
5. Dick Allen in 1974. And he is not in the Hall of Fame.
6. Mike Schmidt in 1977 signed a deal worth \$561 500 and He is in the HOF
7. Nolan Ryan in 1980 signed a 4 year deal that paid him a cool million per year
8. James Augustus "Catfish" Hunter.
9. Bobby Bonilla
10. Alex Rodriguez – in 2001 the Texas Rangers signed him for a 10 \$254 millions contract and in 2009 he signed with the Yankees for \$30 millions.
11. Bryce Harper accepted a 13 year \$330 millions deal
12. Frank Mahovlich. He walked out of the Leafs training camp over a salary dispute which was later solved when Norris made the offer. The offer was cancelled and the cheque is in the Hockey Hall of Fame.
13. In 1972 Bobby Hull jumped from the NHL Chicago Black Hawks to the upstart WHA Winnipeg Jets. His contract was for \$2,75 millions over 10 years but he insisted on, and was given, 1 million up front; thus, making him hockey's first million dollar player
14. \$80 000. Peyton Manning one of the NFL highest salaried players earns \$42.4 millions a year. He could pay the entire roster of 12 CFL teams, if there were that many and he was so inclined.
15. Gene Tunney and Jack Dempsey. Tunney defeated Dempsey to retain his heavyweight title.
16. Mohammed Ali and Joe Frazier in 1971. Frazier handed Ali his first defeat in a 15 round decision
17. Lionel Messi is paid an amazing \$822 millions. He signed the contract in 2017 and it expires in 2022. Wow!
18. LeBron James and Stephen Curry
19. Tiger Woods earned \$43.3 millions in winnings and endorsements in 2018
20. Dale Earnhardt earned \$22 millions due to NASCAR's high salary and merchandise sales.



Halifax hosts CAF Regional Volleyball

PSP Halifax hosted the CAF Atlantic Regional Volleyball Championships for men and women at Saint Mary's University in Halifax from March 12-15. Seen here are women's teams representing Gagetown and Greenwood competing in the round robin portion of the tournament.

RYAN MELANSON, TRIDENT STAFF

Fitness and sports updates

By Trident Staff

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

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

Winter intersection curling games are held at 12:30 p.m. every Tuesday at the CFB Halifax Curling Club. There may be cancellations because of COTF/COTW/Wing Cup, Regionals and Club Bonspiels TBC. Winter I/S Curling will run from

January-March. I/S Curling is open to military members only. Anyone not curling for their team that day is invited to arrive at the curling club to spare for other teams. All levels are welcome. Individual curlers can submit their names to the spare list by contacting Isaac.habib@forces.gc.ca

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



Playing ball hockey while alongside in Guam

Crewmembers from HMCS Regina and NRU Asterix play ball hockey at Naval Base Guam, U.S. during Op PROJECTION, March 5, 2019.

CPL STUART EVANS, CFB BORDEN IMAGING SERVICES

Super Crossword

SMALL FRUIT STARTERS

ACROSS

- 1 Tempting type
- 8 1930s boxing champ Max
- 12 Fruit discard
- 16 Bit of fiction
- 19 Neighbor of Djibouti
- 20 Backward
- 22 Love of Lennon
- 23 Polar bear's long sleep
- 25 Rival of JVC and LG
- 26 Desert region of Israel
- 27 Fruit discard
- 28 IRS worker: Abbr.
- 29 "Shakedown" singer Bob
- 31 Stair feature
- 34 Gem colored by trace amounts of boron
- 37 List-limiting abbr.
- 40 Dietary unit
- 43 Actor Bana of "Troy"
- 44 Sit for a photo
- 45 Cold person's bumps
- 48 Chose (to)
- 50 Bestows
- 51 Thinnest coin
- 52 Beddy-bye garb
- 55 Palme -- (Cannes prize)
- 56 Author Deighton
- 57 "You bet!"
- 58 Joyous hymn
- 60 Camera since 1924
- 64 Big -- (large German gun)
- 66 Eminent senior member
- 70 LAX guess
- 71 Dog sound
- 73 Pig sounds
- 74 -- Tac
- 75 Author Levin
- 76 It might be next to a napkin holder
- 80 Hurls
- 82 Tropical fish
- 83 "Around -- parts ..."

- 84 Prefix with hazard
- 86 N.Y.-to-L.A. dir.
- 87 Part of USMA: Abbr.
- 89 Exhaust
- 90 Watchful person
- 92 Marshy inlet
- 94 Thrills, informally
- 98 Flight hub in East Boston
- 101 Often-twisted treat
- 102 TT carmaker
- 105 Bucharest's land
- 106 A, in Spain
- 107 Thanksgiving follower
- 110 Individual
- 112 Sri --
- 113 -- Poke (candy)
- 114 Mineo of film
- 116 Author Ephron
- 120 Individual
- 121 Pun on a phrase meaning "square one" that hints at this puzzle's theme
- 127 NFL 6-pointers
- 128 Best Actress of 2016
- 129 Ordinary
- 130 Topping type
- 131 "FYI" part
- 132 Flew through, as a test
- 133 Reduced

DOWN

- 1 Like a quilt
- 2 Great Lakes tribe
- 3 Little dent
- 4 Verbalize
- 5 Fissures
- 6 Always, to a poet
- 7 Sideline cry
- 8 Actress Besch or Andersson
- 9 Working without --
- 10 Be fallible
- 11 Relating to kidneys
- 12 Big bird dog

- 13 Prefix with linear
- 14 "-- Beso"
- 15 High-IQ club
- 16 Definitely
- 17 Holy smoke?
- 18 Got on, as a bus
- 21 Indefinite
- 24 "Cross my heart"
- 30 Kingdoms
- 32 Exhaust
- 33 Skip over, as a sound
- 34 Cell buzzer
- 35 Carried out
- 36 Like coated cupcakes
- 37 Yolk holder
- 38 Eau de -- (cologne)
- 39 Design on an album, say
- 41 LP speed
- 42 Bit of land in le Rhone
- 46 Dispatched
- 47 Gleams
- 49 Old name in video game consoles
- 53 Actor Eisenberg
- 54 Formed a lap
- 57 Unit of length
- 58 Cylindrical pasta
- 59 Cable TV's -- Geo Wild
- 61 Words to an absent lover
- 62 Fatigued by worry
- 63 Santa -- (some hot winds)
- 64 Finest
- 65 Oahu locale
- 67 Easy gaits
- 68 Rig fuel
- 69 Mambo great Puente
- 72 In shape
- 77 Wrestler's restraining move
- 78 Mu -- pork
- 79 Make operational again
- 81 Exchange
- 85 Origami bird

- 88 Bit of foliage
- 90 Roman "I"
- 91 Thanksgiving tuber
- 92 Just issued
- 93 Hagen of Broadway
- 94 Groups of odds and ends for sale
- 95 Florida city near Epcot
- 96 Least fatty

- 97 South, in Mexico
- 99 Suffix with direct
- 100 Roman "3"
- 103 Ban from law practice
- 104 Does nothing
- 108 Actress Sagal
- 109 Vital blood line
- 111 Pop or jazz
- 114 January 1 song word

- 115 Laid up, say
- 117 Truth bender
- 118 "Bus Stop" writer William
- 119 Up in years
- 122 Med. plan
- 123 Aussie bird
- 124 Fabled bird
- 125 "My -- Sal"
- 126 Nobel-winning poet Andric

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Cadets from Manitoba visit 12 Wing Shearwater

A group of Air, Army and Sea Cadets tour a CH148 Cyclone helicopter. The cadets, part of the Regional Cadet Support Unit of Northwest Winnipeg, visited 12 Wing Shearwater on March 4, 2019.

LS LAURANCE CLARKE, 12 WING OPERATIONS SUPPORT SQUADRON IMAGING



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