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# TRIDENT

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



## Remembering HMCS Kootenay

On Wednesday October 23, 2019, the 50th anniversary of the explosion and fire aboard HMCS Kootenay was commemorated during a ceremony at the Bonaventure Anchor Memorial in Point Pleasant Park. The memorial commemorates sailors who died in service during peacetime, and 46 new names were added to the memorial during the ceremony.

PTE SARINA MCNEILL, FIS HALIFAX



Recognizing exceptional  
service Pg. 6



Honorary degree for  
Comd MARLANT Pg. 9



Remembrance 2019  
Pgs. 12-17



Movember Marathon  
Pg. 20

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*A CH-148 Cyclone provided a fly-past for the ceremony, while HMCS Glace Bay acted as a backdrop.*

RYAN MELANSON, TRIDENT STAFF



*At the reception following the ceremony, RAdm Craig Baines presented HMCS Kootenay survivors with the inaugural Commander RCN Unit Commendation for gallantry and bravery.*

MONA GHIZ, MARLANT PA

## HMCS Kootenay survivors mark 50 years since RCN's deadliest peacetime incident

By Ryan Melanson,  
Trident Staff

The explosion that took place in HMCS *Kootenay* on October 23, 1969, killed nine sailors and injured 53 more, who suffered from burns and inhalation of toxic smoke. As Steve Rowland explains, however, the damage caused on that tragic day went far beyond physical injuries.

"Make no mistake, not one person got off that ship unscathed. Fifty years later, we all carry scars, either physical, emotional, or psychological, related to what happened," said Rowland, who was a young sailor in just his second year of service in 1969.

The survivors didn't shy away from those difficulties as they gathered on October 23 at the Bonaventure Anchor Memorial in Point Pleasant Park to mark the 50th anniversary of the explosion, which remains the Royal Canadian Navy's deadliest incident at sea during peacetime. The ceremony drew a large crowd, with politicians and dignitaries, including The Honourable Arthur J. LeBlanc, Lieutenant Governor of Nova Scotia, Halifax Mayor Mike Savage, and local MPs, joining survivors, families, and members of the CAF and RCN community for the occasion. All wore the new HMCS *Kootenay* ribbon, which has now been approved for RCN members and others to wear every October 23 in perpetuity.

The explosion took place about 200 miles off the southwest coast of England – *Kootenay* was ordered to break off from its nine-ship task group to conduct routine full power trials. The trouble came from an improperly installed bearing casing in the ship's starboard gearbox, which allowed oil to overheat to the point it caught fire, causing the devastating explosion. The 10 sailors in the engine room suffered the worst, and struggled to scramble up a melting aluminum ladder as the room filled with flames. The two remaining survivors from the engine room, Allan "Dinger" Bell and Al Kennedy, were both in attendance

and specially recognized during the event. Both were also awarded long overdue wound stripes earlier this year in recognition of the injuries they sustained on that day.

John Montague, who was a junior officer on board *Kootenay*, spoke at the ceremony, touching on the actions of the crew in the immediate aftermath, as sailors fought to save their colleagues and their ship through black smoke, with limited equipment, and with the vessel steaming uncontrollably at full power through the North Atlantic.

"There were many acts of extreme bravery that day, and outstanding manifestations of courage by everyone involved. Many sailors acted valiantly and volunteered for dangerous tasks they had never done before in an effort to save the ship and help their fellow sailors," he said. He also recalled the well-known quote from *Kootenay* CO Cdr Neil Norton, who said at the time that "a less professional crew could easily have finished the day in liferafts."

"The aftermath, however, was as bad as the incident itself," Montague added, as crews got the fire under control and learned that several colleagues had perished. Four were buried in England, four were buried at sea, and only one in Halifax, because of repatriation policies at the time.

"On the homefront in Halifax, there were eight women who suddenly became widows, and 18 children who no longer had a father," he said.

"And back in 1969, we had never heard of post-traumatic stress disorder."

He said the annual gatherings for *Kootenay* survivors, which began 20 years ago, have helped many of them cope with the difficult memories and mental health issues stemming from the incident, and many have begun receiving professional help as well, which has helped pave the way toward closure.

*Continued on page 3*

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A large crowd gathered for the 50th anniversary ceremony, including Kootenay survivors, their families, RCN members, and local community leaders.

PTE SARINA MCNEILL, FIS HALIFAX

## HMCS *Kootenay* survivors mark 50 years since RCN's deadliest peacetime incident

*Continued from page 2*

Members of the crew also find comfort in the lessons learned from *Kootenay*, which led to major changes in the way navies prepare for and combat fires and other incidents on ships. New types of equipment, procedures, and training initiatives have a direct link back to the tragedy in 1969.

"We consider these positive changes to be *Kootenay*'s legacy, and that's something we are very proud of," Montague said.

The day also served as a chance to rededicate the Bonaventure Anchor Memorial, which serves as a monument to all men and women who died serving the RCN during peacetime. The day saw 46 new names added to the plaques around the memorial. This addition, along with refurbishment work completed on the anchor in 2018, has long been sought by members of the *Kootenay* crew and family members of other deceased sailors.

During the reception at Tribute Tower following the ceremony, Commander Royal Canadian Navy Unit Commendation was presented to

HMCS *Kootenay*. The citation reads as follows:

"On 23 October, 1969, Her Majesty's Canadian Ship *Kootenay* was off Plymouth, United Kingdom, when, at 0821, an explosion in the engine room set fire to the ship and filled it with toxic smoke. Several of the crew would perish and many more would be wounded. How-

ever, the courage and professionalism of the crew prevented a far worse result. They responded quickly and without panic, saving both lives and the ship, which would see a further 26 years of distin-

guished service. This event directly contributed to positive change in the Navy and our ships, leading to safety improvements and a greater commitment to the dignity of our sailors and respect for our honoured dead. The inaugural Commander Royal Canadian Navy Unit Commendation is thus presented to HMCS *Kootenay*.

and held by Damage Control Training Facility *Kootenay*, which continues the proud legacy of that crew. Their actions in the face of the Navy's worst peacetime disaster brought tremendous credit to their namesake unit and the Royal Canadian Navy."



RAdm Bob Auchterlonie, Commander MARPAC and Joint Task Force (Pacific), was one of the senior RCN leaders who travelled to Halifax to mark the 50th anniversary of the disaster.

RYAN MELANSON, TRIDENT STAFF

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Schedule  
for 2019

January 14 — MFRC & Money Matters  
January 28  
February 11 — MFRC  
February 25  
March 11 — MFRC  
March 25 — Posting Season  
April 8 — MFRC & Spring Automotive  
April 22 — Battle of the Atlantic  
May 6 — MFRC  
May 21 — Spring Home and Garden  
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  
October 21 — MFRC & Fall Home Improvement  
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 that one year from publication date. Submissions may be edited.*

**615 (Bluenose) Royal Canadian Air Cadet Squadron**

**Time: 6:15-915 p.m.**

**Location: CFB Halifax**

Flight principles, air navigation, meteorology, first aid, airframes, engines, marksmanship, effective speaking, instructional techniques and leadership. 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 CFB Halifax. The main entrance to CFB Halifax is at the corner of Gottingen Street and Almon Street. For more information, find us on Facebook at 615 Bluenose Air Cadets or email 615aircadets@gmail.com

**3036 Sackville Lions Army Cadet Corps**

**Time: 6:30 - 9 p.m.**

**Date: Starting September 9**

**Location: 255 Damascus Drive, Bedford**

The 3036 Sackville Lions RCEME Royal Canadian Army Cadet Corps will be accepting new youth between the ages of 12-18 to join the cadet corps starting September 9. New cadets are welcome to drop by for more information and to register on Monday nights between 6:30-9:00pm from September 9th, 2019 onwards. To join the unit youth must be accompanied by their guardian on the first night and bring with them government is-

sued photo ID and their health card. There are no registration fees. For more information: cadets3036@gmail.com or Facebook.com/cadets3036

**The Women's Royal Canadian Naval Service: 1942-1946**

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

**Date: Tuesday, November 5**

**Location: Maritime Museum of the Atlantic**

On the 31st July 1942 the Women's Royal Canadian Naval Service (WRCNS) was established as part of the Royal Canadian Navy. The Wrens served throughout Canada and in numerous overseas postings. Join the museum for this illustrated talk by JoAnn Cunningham which documents their training, their leaders, and the essential contribution the Wrens made to the war effort. JoAnn Cunningham served in the Naval Reserve at HMCS *Scotian* for thirty-five years, and has a keen interest in the Wrens and the roles they played in our naval history. She volunteers at the Naval Museum of Halifax and is currently Secretary of the Nova Scotia Wren Association.

**In the Trenches: Digitized First World War Records**

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

**Date: Saturday, November 9**

**Location: Halifax Central Library**

Are you interested in researching your ancestors' First World War military service? This introductory workshop with Library and Archives Canada teaches participants how to access Canadian Expeditionary Force service files online, identify an

individual's military unit, and consult various digitized resources such as war diaries to learn the context of a person's military service. To register, call (902) 426-4031 or email bac.halifax.lac@canada.ca.

**HISF Public Panel Discussion**

**Time: 7 p.m.**

**Date: Thursday, November 21**

**Location: Scotiabank**

**Auditorium, Marion McCain building, 6135 University Ave.**

Dalhousie University will be welcoming distinguished delegates from the 11th Halifax International Security Forum for a panel discussion on global security. The event is open to the public, and more details will be available soon at <http://halifaxtheforum.org>.

**The Sea in her Blood**

**Time: 9:30 a.m. - 5:30 p.m.**

**Date: Open until February 1, 2020**

**Location: Maritime Museum of the Atlantic**

Like the land we call home, every generation of maritime women is shaped by the sea – through maintaining tradition and pushing boundaries, work and play, struggle and triumph. Many of their stories have been lost to time. Today maritime women continue to both redefine traditional ways of living with the sea, and shape new ones. The Sea in Her Blood, a special exhibit at the Maritime Museum of the Atlantic, highlights 17 of these extraordinary women, including five RCN members. The exhibit opened in June and will remain open until February 1.

## An Act of Remembrance

**By Capt Glen Eagleson,**  
Chaplain – FCC(P) / MFRC / RCSU(A)  
Chaplain Coordinator / HMCS Scotian

In 1916, Michael White left the remote fishing community of Little Bona, Newfoundland, to travel to the far off land of France to serve King and country in the Great War. He was 15. On October 3, 1918, Pte Michael White of the Royal Newfoundland Regiment (RNR) paid the ultimate price. He was 17 and a mere 39 days away from the war ending.

The remote area of Placentia Bay where Pte White lived was part of Newfoundland's resettlement plan of the 50s and 60s. A 1921 census of the community lists 26 residents in five households. Not much remains of the fishing community. A few cement pillars, rusted old wood stoves and the evidence of potato trenches. But one striking feature still

remained, a white marble monument erected to the memory of their First World War war hero, Pte Michael White.

In 2012, Fish and Wildlife officers came across the deserted monument while out on patrol looking for poachers. They stopped their boat and got out to see what it was. One officer said, "When I saw the caribou (symbol of the RNR) and read what I could make out of the inscription, it hit me. This is a monument to a war hero." Another patrol of the area in 2014 revealed that the monument had toppled over and broken apart. They gathered up the top part of the monument and contacted CFS St John's with the story. That got the ball rolling.

On Sunday June 14, 2015, I had the privilege along with five members of CFS St John's, four Fish and Wildlife officers and one local reporter left St John's on a mission to clean, repair and



### Padre's Corner

restore the monument. We drove three hours to where we boarded two Fish and Wildlife patrol boats for another one and half hour ride across the ocean to Little Bona. The CE department had restored the monument cap and had built a new wooden cross to replace the one that had rotted away. Work started as soon as we arrived, clearing the area and scrubbing the marble until the words became clearer: "Greater love than this no man hath, that a man lay down his life for his friends. John 15:13. Pray for the repose of the soul of Michael John White. Born June 24, 1901. Died somewhere in France Oct. 3, 1918.

*Continued on page 5*





# Training at DCTF Kootenay meant to prevent future tragedies

Ryan Melanson,  
Trident Staff

The Royal Canadian Navy's Damage Control Training Facility (DCTF) Kootenay exists as a space for today's sailors to train for potential emergencies at sea, as well as a living memorial to those who died serving in the facility's namesake ship in 1969.

"As sailors, we always heard and learned about the HMCS *Kootenay* explosion when we did our training. It felt very natural when we got the facility that DCTF Kootenay would be the proper name," said Cdr Danny Croucher, who oversees training as Commandant of Naval Fleet School (Atlantic).

The DC school has been open since 2002, but as the RCN community marks the 50-year anniversary of the HMCS *Kootenay* explosion this year, it has also used the opportunity to highlight the state of the art facility that takes its name from the ship. The Navy recently invited media out to Herring Cove to see the training firsthand and meet some of the students and instructors.

"Those sailors on *Kootenay* would have had the basic training, but we've gone far beyond that, and there's a lot of new tools that come out every year regarding damage control, so we have to make sure our people are always up to date with the tools available to them to stop damage and save their fellow sailors," said LCdr Andrew Cumming, Commanding Officer at DCTF Kootenay.

The facility teaches 12 core courses on topics like fighting floods and fires, hazardous material cleanup, and monitoring and assessing dangers while at sea. Some of these courses simulate real-life scenarios – being in the school's flood tank feels and looks like the below-deck areas of a ship, and students are forced to put their training to the test, plugging



Sailors fight simulated floods during training at DCTF Kootenay in Herring Cove.

RYAN MELANSON, TRIDENT STAFF

holes and performing other tasks as water fills the area. They're not in any danger, but as the water rushes in to the dark room and quickly rises to waist level, it's easy to forget that. "Hopefully we won't see this type of gearbox explosion like *Kootenay* ever again, but we can potentially take battle damage or end up in other scenarios where there could be fires or floods," LCdr Cumming said.

"If it was to ever happen again, this intensive training will help minimize the impact on people and some of the after effects, which would hopefully lead to a lower number of casualties."

The facility also includes similar simulation rooms that focus on fire, rather than water, gas mask training areas with real tear gas, a model helicopter for further fire training, and plenty of classroom and teaching space.

In DCTF Kootenay's Battle Damage Control Simulation room, MS Nicholas Earle showed off the new technology that allows sailors throughout a ship to access the same digital map in each sec-

tion, highlighting any potential dangers or closed-off areas to help inform colleagues in the event of an emergency. It's a step up from the whiteboards and grease pencils that previously served a similar function.

"We wanted to show how far we've come in being able to monitor damage on the ship," MS Earle said.

"When the explosion in *Kootenay* happened, people didn't really know what was going on, and they certainly didn't have this type of central location when they could get information about the ship. It's a huge improvement."

While today's sailors are far removed from the Navy of 1969 and the technologies of that era, the explosion in HMCS *Kootenay* is impossible to ignore for students at the DCTF. The halls are lined with news articles, photos, and other mementos related to the ship and its crew, including a handmade scale model replica. The facility also hosts reunion events annually for members of the *Kootenay* crew, who always enjoy visiting and meeting with the staff.

## November - Falls Prevention Month

By PSP Health Promotion

With the winter weather approaching, some of us begin to worry about how the snow and ice will impact our mobility. This is especially true for our aging population within the city, many of whom rely on walking as an important form of transportation. November is Falls Prevention Month, meaning that there is no better time to increase awareness and provide support to those at risk. In Nova Scotia alone, falls cost over \$107 million every year. As of 2013, falls were reported as the leading cause of injury in our senior population. Luckily, there are steps that everyone can take to help prevent fall-related injuries. First, make sure that the sidewalks on your street are being adequately cleared by contacting the city with any concerns. You can also be a helping hand for your neighbours who struggle to clear their front steps. Most importantly, promote and practice safe walking strategies, adapted from fallpreventionmonth.ca:

- Suit up with the appropriate gear for your walk. Of course, this means warm winter clothing like hats, mittens, and boots. Try to pick brighter colours so that you are easily visible to drivers. To take fall prevention measures further, consider using walking aids such as canes, poles, or ice grippers to attach to your footwear.

- During your walk, keep your hands out of your pockets for balance. Always scan for ice, but keep in mind that black ice may be hard to spot. In order to avoid dizziness, make sure to stay well hydrated throughout.

- Bring a friend!

Although walking during the winter results in more falls, keeping active is one of the best things you can do for your social, mental, and physical health. So make sure that you and your loved ones are practicing safe walking strategies to prevent fall related injuries this winter season.

## An Act of Remembrance

Continued from page 4

Have pity on me, have pity on me, at least you my friends. Job 19:21

In grateful remembrance of a brave soldier who gave his life in defence of his country."

Little Bona is a beautiful cove surrounded by rugged hills. Those hills, in all their rugged beauty, funnelled a fierce northeast wind overnight that hit our campsite. My dome tent kept getting pushed flat against the ground with each new gust, pushing the nylon against my face. By morning the winds had died down and the little cove returned to its serene beauty. Local reporter Glen Whiffen

wrote about that morning:

*After cleaning and reassembling the monument Sunday evening and Monday morning, the soldiers and officers held a rededication, flag-raising and wreath-laying ceremony at the site.*

*Capt Glen Eagleson, station padre, conducted the service. He said everyone he talked to about what the group was doing in Little Bona thought it was an amazing undertaking.*

*"To think young Private White leaving this spot to travel to France to fight for Britain at that time, just blows my mind. Just the trip from here to St. John's at that time to get the boat across is just incredible," he said. "And it's great to be able to be here today to honour his*

*memory. In all our military services one of the things we always finish with is the Act of Remembrance and it ends with the phrase, 'We will remember them,' and this is a real way of doing that, taking time and an effort to remember someone who gave all for his country."*

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*- Gospel according to John*

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# Recognizing the good and the gallant

By Virginia Beaton,  
Trident Staff

Military and civilian personnel of MARLANT were recently honoured for their service, and acknowledged for accomplishments ranging from 35 years of service, to providing emergency first aid to someone in medical distress, to service as a Task Force Commander.

During an Honours and Recognition ceremony held in the Wardroom on Thursday October 10, RAdm Craig Baines, Commander JTFA and MARLANT, presented the awards and commended each recipient for his or her merit.

The first award went to Connie Matheson, who received the Government of Canada, Long Service Award recognizing 35 years of loyal and dedicated service. Formerly the longtime office staff member for the Royal Nova Scotia International Tattoo, Matheson then moved to the Honours and Awards office, as administrative clerk before retiring in mid-October of this year.

Following that, the United States Navy Meritorious Unit Commendation and Ribbon was presented to MS Timothy Woodman, a member of HMCS *Toronto*'s boarding party, in recognition of that ship. The citation read, in part, "For meritorious service from 3 February 2013 to 1 February 2014. The personnel of HMCS *Toronto* (FFH 333) consistently demonstrated unparalleled success in providing regional presence, power projection, and strategic deterrence in the U.S. Central Command area of responsibility. As a component of Combined Task Force ONE FIVE ZERO, Combined Maritime Forces, HMCS *Toronto* demonstrated exceptional professionalism and thoroughness in the tracking, boarding, and searching of contacts of interest. HMCS *Toronto*'s efforts led to an extraordinary seizure of six significant caches of illicit narcotics, amounting to more than 1,300 kilograms of heroin, and nearly six tons of hashish. This distinguished record was unprecedented, and represented a degree of skill and dedication that symbolized HMCS *Toronto*'s performance during its deployment."

Chief of the Defence Staff Commendations were presented to Cdr James Allen and LCdr Matthew Woodburn.

Cdr Allen's citation read, in part, "Since January 2016, Commander Allen has demonstrated exceptional professionalism and dedication as the Deputy Director Naval Force Readiness at Maritime Forces Atlantic Headquarters in Halifax, Nova Scotia. His leadership was instrumental in the introduction of Command Analytics within the Formation and the development of the framework for the Operational Readiness Measure and Combat Effectiveness Measure." When RAdm Baines inquired about the best part of Cdr Allen's experience with NFR, Cdr Allen replied that he "enjoyed the pioneering work."

LCdr Woodburn was honoured for his service from February to April 2018,



*Honours and Awards recipients pose for a group photo with RAdm Craig Baines, Commander JTFA and MARLANT, following the MARLANT Honours and Recognition Ceremony on October 10, 2019.*

LS JOHN IGLESIAS, FIS

during which time, as Commanding Officer of HMCS *Kingston*, "he led the Royal Canadian Navy's participation in a key United States Navy-led multinational exercise and worked with the Royal Navy in building the Nigerian military's capacity in naval interdiction."

The next set of awards was the Commander Royal Canadian Navy Commendations.

CPO1 Shawn Coates received the award for his service as the Canadian Surface Combatant Combat Systems Engineering technical expert from 2014 to 2015. "CPO1 Coates was instrumental in the development and review of morale and welfare-based requirements for the Canadian Surface Combatant Project. His exceptional work and energetic participation in the crewing and accommodations options review set the bar extremely high for the selected bidder."

MS Ian Hirtle and MS Leigh Jowett were recognized for their actions on May 17, 2018 in Norfolk, Virginia, when they noticed an apparently intoxicated and unresponsive young woman being removed from a nearby establishment. "Immediately recognizing the severity of the situation, they took decisive action by controlling the scene, ensuring that emergency responders were contacted and then performed two-person cardiopulmonary resuscitation on the casualty until first responders arrived." RAdm Baines congratulated them, saying, "This is a tribute to who you are, as individuals."

MA Iain Pattison was recognized for his service as HMCS Montréal's After Care Coordinator and Addictions Free Lining Representative from August 2017 to April 2018, when he "provided an unparalleled level of care and support to shipmates struggling with addiction.

He arranged meetings on board while at sea, located meetings in foreign ports, arranged milestone celebrations and was available at any time if immediate assistance was required."

MS Christopher Sawyer was honoured for his actions on April 27, 2018, at the Chiefs and POs' Mess in Halifax, when he came to the aid of a patron in immediate medical distress. "With great determination and initiative, he took control of the scene, provided life saving first aid, and later provided the dispatched Fire Fighters with vital information about the scene."

The next set of awards was the Canadian Joint Operations Command (CJOC) Commendation. Recipients were Maj Gary Boudreau, who was recognized for his service from April to May 2018, as the J3 for Joint Task Force Atlantic during widespread flooding along the Saint John River. As stated in the award, "His outstanding professional and interpersonal skills assured seamless cooperation between the Canadian Armed Forces and New Brunswick authorities in restoring essential services, while simultaneously providing exceptional situational awareness to his chain of command."

Lt(N) Linda Coleman received two CJOC commendations: the first for her deployment as a PAO from February to April 2018 with HMCS *Summerside* to the Gulf of Guinea on Op PROJECTION West Africa 1803. As a PAO, "she displayed remarkable acumen and dedication in exploiting media avenues to inform Canadian and international audiences about the ship's operations."

The second CJOC Commendation was for her deployment to Bahrain from November 2018 to April 2019 as the PAO for the Canadian/Australian Combined Task Force 150. "She demonstrated outstanding leadership, profes-

sionalism, and a profound knowledge of media communications by exploiting every opportunity to showcase the Task Force's activities to a Canadian and international audience."

MS Cameron Fraser was recognized for his work as a Communications Maintainer in HMCS *St. John*'s during Op REASSURANCE from January to July 2018. "He displayed remarkable resourcefulness and technical knowledge of network management and LINUX programming skills which helped restore *St. John*'s data collection capabilities immediately prior to commencing maritime security patrols in the Eastern Mediterranean."

Capt(N) (ret'd) Darren Garnier was honoured for his service as the Commander of Combined Task Force 150 in Bahrain from November 2018 to April 2019. "His exemplary leadership and unparalleled professional acumen were instrumental in the planning, command, and execution of Canada's third largest deployed operation." Capt(N) (ret'd) Garnier accepted RAdm Baines' congratulations, adding that as that deployment was the final one before his retirement, he was "leaving on a high note."

PO2 Alexandre Labonté was honoured for his service in HMCS *St. John*'s during Op REASSURANCE. According to the citation, "le matelot de 1re classe Labonté a fait preuve d'un leadership exceptionnel et de grandes connaissances professionnelles dans la supervision du remplacement d'une soupape de culasse d'un moteur diesel du 11 au 13 juin 2018. Son mentorat a permis au *St. John*'s de passer plus de temps sur place en soutien au théâtre de guerre anti-sous-marin dans l'Est de la Méditerranée."

*Continued on page 7*



# Recognizing the good and the gallant

*Continued on page 7*

CPO2 Jason Lowthers, also of HMCS *St John's*, was recognized for his service during Op REASSURANCE from January to July 2018 as the Operations Chief and repatriation/Home Leave Travel Assistance Coordinator. "His exemplary leadership, planning, and communication skills enabled the ship to preserve a high level of operational capability and readiness, while maintaining the personal welfare of the crew at the forefront for consideration."

Maj Kristin MacDonald was honoured for his time as lead planner for the Arctic Security Forces Roundtable and Northern Flanks Conference, hosted by JTFA in Halifax from May 1-3, 2018, Maj MacDonald displayed exemplary leadership and professional acumen. His flexibility and problem solving skills were instrumental to the overall success of the conference, and he set an outstanding example for follow-on symposium organizers to emulate.

PO1 Gary MacKay was recognized for his actions on September 23, 2017, while serving as the Second-In-Command of HMCS *Charlottetown's* Naval Boarding Party during Op REASSURANCE. "During nighttime exercises in heavy seas, he pulled a team member who was ascending the boarding ladder to safety when the Party's boat suddenly dropped with the high swell."

Lt(N) Stephenie Murray was honoured for her service as XO of HMCS *Gloucester Bay* during NATO Ex TRIDENT JUNCTURE. "In addition to performing her normal duties, she demonstrated exceptional expertise and tactical acumen in ensuring that Autonomous Underwater Vehicle missions were properly conducted and that the collected data was translated to useable information."

LCol Warren Smith was honoured for his service as the ACOS at JTFA HQ from September to November 2018. "LCol Smith displayed exceptional professional acumen while planning and overseeing simultaneous operations in support of both the Royal Canadian Mounted Police and the 2018 Halifax International Security Forum."

AB Elizabeth Smith, a NESOP in HMCS *St John's* during Op REASSURANCE from January to July 2018, was honoured for her "exceptional professionalism in completing tasks well

above her rank level." Though a new sailor, she "enthusiastically sought ways of contributing to her team's efforts. AB Smith's tireless devotion to duty assured the cohesiveness of the Operations Department and morale throughout the ship."

There were a number of Commander MARLANT Certificates of Achievement, including presentations to Cpl Geoffroy Cote-Bolduc and LS David Theriault for an incident on May 24, 2018, Cpl Cote-Bolduc and LS Theriault, both from HMCS *Ville de Québec*, were tasked as the Bowsmen and Special Operations RHIB Coxswain respectively, to respond to HMCS *Oriole's* call for assistance, which experienced an engine failure in the Halifax Harbour traffic lanes in high winds. "LS Theriault's seamanship ability in launching the RHIB from inboard the boat, combined with Cpl Cote-Bolduc's smart response to orders, were critical to both members safely and successfully assisting in towing the vessel back to port."

PO Tyler Davenport, the Regulating PO aboard HMCS *St John's* from April 2018 to April 2019, also received this recognition. The citation described him as being "the epitome of the 'Service

before Self" mantra. Faced with the increased tempo of returning from a major deployment, a change in Command Team, an influx of newly posted-in personnel, and a very busy follow-on post deployment program, he excelled in all aspects of his role."

CPO2 Frederic Denis, PO1 Kurt Eason, and PO2 Christopher Warner received the honour for their actions on August 24, 2018, while at sea in HMCS *Toronto*. All Marine Technicians, they "displayed exceptional leadership, professionalism and technical expertise in their legacy occupations of Marine Electrician, Marine Engineer and Hull Technician respectively, when dispatched as a repair team in responding to the Fishing Vessel ORION's request for assistance, near Cape Cod, Massachusetts."

LCdr Christopher Gabriel received the Commander Maritime Forces Atlantic Certificate of Achievement "in recognition of his outstanding contributions, as both Executive Officer and Logistics Officer, during the stand-up and deployment of Naval Replenishment Unit ASTERIX, from June 2017 to January 2018. While cultivating a cohesive military component to compli-

ment the civilian Federal Fleet Service crew, Lieutenant-Commander Gabriel's extraordinary professionalism and dedication identified duplication of effort, clarified roles and responsibilities, and established standard operating procedures which enabled ASTERIX to progress smoothly to high readiness, which reflected great credit upon Maritime Forces Atlantic."

PO2 Corey MacNeil was honoured for his service as the Regulating PO in *Ville de Québec* during Op REASSURANCE from July 2018 to January 23, 2019, during which time he "provided his Command Team with exemplary planning and organizational services in direct support of operations."

PO2 Treg Wilson was honoured for his actions during an incident on January 29, 2018 while HMCS *Toronto* was on a port visit to Hamilton, Bermuda. PO2 Wilson "demonstrated exceptional leadership and poise in rendering first aid to a seriously injured victim of a motor scooter accident. Joining a subordinate from the duty watch, he was quick to take charge, reassure the victim and provide critical first aid to the victim's lower leg, which was impaled on the scooter's peg."



## Promotion at Naval Fleet School (Pacific)

CPO2 Malcolm Cox is promoted to his current rank by Cdr Annick Fortin, NFS(P) Cmdt, and LCdr Kevin Laycraft, NFS(P) CSE Div Cdr.

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HMCS Charlottetown receives the Seamanship Olympics award from Cmdre Richard Feltham and Cdr Richard Rochon.

PTE SARINA MCNEILL, FIS



HMCS Ville de Quebec won the chili cook-off and received the award from Cmdre Feltham.

PTE SARINA MCNEILL, FIS

## Fleet kicks of NDWCC with chili contest and Olympics

By Samantha Steele,  
MARLANT PA intern

It was all sunshine and smiles on Wednesday, October 9 in HMC Dockyard for CANFLTLANT's first Chili Cook-off and Olympics in support of the National Defence Workplace Charitable Campaign (NDWCC).

Competitors in the event included Sea Training Atlantic, Maritime Operations Group 5, and crews from HMC Ships *St. John's, Toronto, Charlottetown, Ville de Quebec, Glace Bay, Fredericton, Kingston, Shawinigan* and *Harry DeWolf*. Each eager participant set up a tent on NJ Jetty that featured their own unique take on chili.

The Olympic events ranged from seamanship skills, such as damage

control, first aid and boatswain calls (on the bosn's pipe), to communicating in Morse code.

LCdr Melanie Lahey from HMCS *Charlottetown* came up with the idea in an effort to maximize donations and give the sailors a great opportunity for some friendly competition.

"We figure it would be a big event that all the units could be involved in and be afforded the opportunity to donate."

Events such as this raise awareness of the NDWCC and encourage members to canvass for a charity of their choice. Cmdre Richard Feltham, Commander CANFLTLANT, came out to show his support for the event and also had the opportunity to try a bowl of chili from each of the contestants groups. "It's important for members

of the Fleet to get opportunities to support their community," he said.

Following a successful afternoon of friendly sports and numerous bowls of chili, enjoyed by attending members of the defence community, it was determined that HMCS *Ville de Quebec* won the Chili Cook-off while HMCS *Fredericton* reigned victorious as winner of the first Fleet Olympics.

The NDWCC provides Defence Team members easy access to over 86,500 charities, including those focused directly on supporting CAF members and veterans.

The NDWCC campaign theme this year is "standing shoulder-to-shoulder against veterans' homelessness." Officially launched on October 2, this year's campaign will conclude on November 29.



A sailor dons a firefighter suit for that segment of the Seamanship Olympics.

PTE SARINA MCNEILL, FIS



OS Dyneth Allen-Buckmire of HMCS Glace Bay serves chili during the chili cook-off.

PTE SARINA MCNEILL, FIS



Sailors from HMCS Shawinigan compete in the first aid portion of the Seamanship Olympics.

PTE SARINA MCNEILL, FIS



# RAdm Baines awarded honorary doctorate from alma mater

By Ryan Melanson,  
Trident Staff

The Commander of Maritime Forces Atlantic and Joint Task Force Atlantic was recently recognized by his alma mater, the University of Manitoba, for his distinguished achievements in service to Canada.

RAdm Craig Baines was awarded an honorary Doctor of Laws (LL.D.) during a fall Convocation ceremony at the university's campus in Winnipeg on October 15. The honorary degree is described as the highest honor the University of Manitoba can confer upon an individual, awarded only to those whose achievements are widely recognized by both the public and their peers in the field of endeavour.

RAdm Baines started his post-secondary education at U of M, graduating in 1988 with a Bachelor of Arts, before going on to earn Master's level degrees in Defence Studies and Public Administration at the Royal Military College of Canada. The university has followed his military career closely since his graduation, and previously highlighted him as a notable alumni during his time in command of HMCS *Winnipeg* from 2009 to 2010.

"Over his 30-year career, his expertise and diplomacy in handling complex defence and security issues have inspired a generation of Navy officers dedicated to defending our nation's interests at sea," reads a statement from the university.

"Moreover, his genuine caring for colleagues show him to be a leader with integrity, a role model within and

outside the military, and the kind of individual who best merits an honorary degree."

The school specifically noted RAdm Baines' experiences warding off Somali pirates in the Gulf of Aden, his focus on innovation and teamwork as Base Commander at CFB Esquimalt, and his work as special advisor to the CDS and then as Commander of the Atlantic Fleet, prior to his current appointment as Commander MARLANT and JTFA.

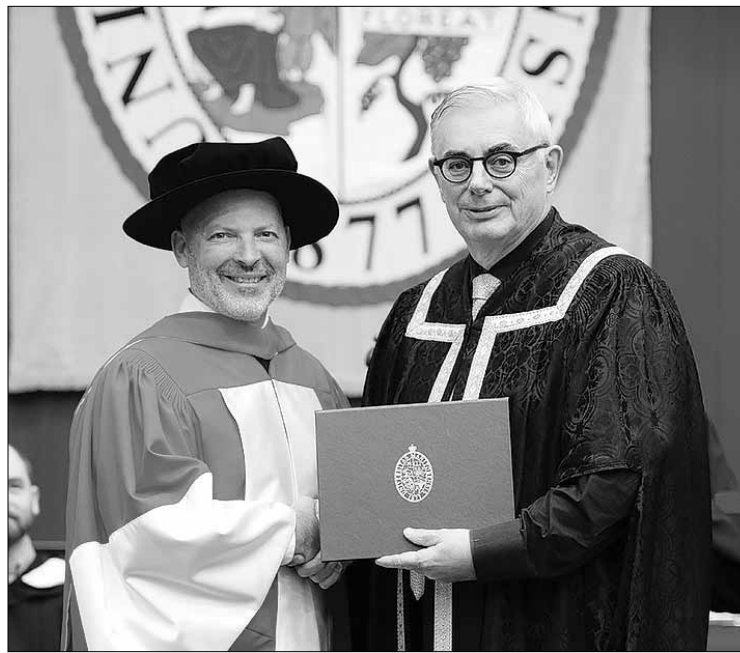
During his speech to graduates and attendees at the Convocation ceremony, RAdm Baines touched on the topic of leadership, and the importance of self criticism and self accountability for those in positions of power.

"There is no better substitute for inspiring people, while generating respect and admiration, then a leader who accepts responsibility, holds themselves to account, and then seeks to learn from their experience," he said.

"The ability to be self-critical and accepting of tough love from others can then become a formidable power in dealing with the complexities of modern life."

VAdm Art McDonald, Commander RCN, congratulated RAdm Baines on receiving his honorary degree, describing him as a longtime colleague and friend who couldn't be more deserving of the honour.

"This recognition must be celebrated. It recognizes outstanding intellect and leadership at all levels within our Navy as well as Craig's unwavering devotion and selfless commitment to our sailors and nation," VAdm McDonald said.



RAdm Baines receives his honorary degree from University of Manitoba President and Vice-Chancellor Dr. David T. Barnard.

UNIVERSITY OF MANITOBA



RAdm Craig Baines speaks to graduates and other attendees during a Convocation ceremony at the University of Manitoba on October 15.

UNIVERSITY OF MANITOBA

## Energy Awareness Week 2019 is November 10-16

By MARLANT Safety and Environment

Energy is at the core of Canadian society. We rely on energy throughout the day, without even necessarily thinking about it. From the moment we wake up in the morning, we have already charged cellphones and alarm clocks, we have heated our homes and prepared a cup of coffee, we have used a car or public transport, and turned on our computers and the lights. All of these things require energy, and there are many more that we may not even recognize.

Energy Awareness Week (EAW) at MARLANT is a great opportunity to learn more about energy. For example, ways we can reduce energy use at home and work, as well as, sources of energy, energy generation and storage in Canada. The theme this year is Reduce Energy Use - Save

the Generation!, which encourages personnel to consider how conserving and understanding our energy today, can help the generations of tomorrow reduce energy demand, save money, and prevent harmful environmental impacts.

By learning more about where our energy comes from and how we can reduce our energy use, we can take control of our energy future and ensure our communities have access to the energy resources they need. Take the time to go through your daily energy habits and identify positive changes that are within your family's control at home, or your control at work. Then act on them! Reducing energy use can be fun and it will save us money and minimize damage to the environment! Remember that energy conservation is something we can take part in every day.

An Energy Awareness information

booth will be set up at various locations throughout MARLANT. Stop by and chat with personnel from MARLANT Safety and Environment to learn more about ways you can take part. Onsite Information Booth Schedule - Energy Awareness Week 2019:

Tuesday, November 12 - D201 Cafeteria

Wednesday, November 13 - S24 - CANEX

Thursday, November 14 - WL-57

Friday, November 15 - SH-343

Don't know where to start? Visit our booth, or look for daily tips on energy use, efficiency and conservation on the MARLANT Home Page.



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# HMCS *Halifax* in Op REASSURANCE

HMCS *Halifax* participated in NATO Exercise DYNAMIC MARINER 19 from October 7-18, 2019. This exercise involved 32 surface ships, two submarines, and 18 air assets. During this period HMCS *Halifax* worked with NATO assets

to increase interoperability between Allied Forces. HMCS *Halifax* is the flagship for Standing NATO Maritime Group 2 (SNMG2) with SNMG2 Commander, Commodore Josee Kurtz of the Royal Canadian Navy, embarked.



Naval Warfare Officers, Sub-Lieutenants Ashley Clark (left) and Sara Dawe (right) keep a close eye on the NATO allies ahead of them as HMCS *Halifax* sails in a group formation during Exercise DYNAMIC MARINER, off the coast of Spain.

CPL BRADEN TRUDEAU, FIS



AB Anna Cocquyt fires a line gun from HMCS *Halifax* to the Spanish oiler *Cantabria*, during a replenishment at sea as part of Exercise DYNAMIC MARINER.

CPL BRADEN TRUDEAU, FIS



HMCS *Halifax* deploys an unmanned surface vehicle target (Hammerhead) to simulate threats by remote fast attack craft during Ex DYNAMIC MARINER 19 as part of Op REASSURANCE.

CPL BRADEN TRUDEAU, FIS

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# HMCS *Halifax* in Op REASSURANCE



Weapons Engineering Technician, LS Dean O'Leary and members of the boarding party in HMCS Halifax conduct boarding drills with NATO allies during Ex DYNAMIC MARINER 19.

CPL BRADEN TRUDEAU, FIS



HMCS Halifax, Flagship of Standing NATO Maritime Group 2, sails the Atlantic Ocean with NATO allies during Exercise DYNAMIC MARINER on October 13, 2019.

CPL BRADEN TRUDEAU, FIS



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

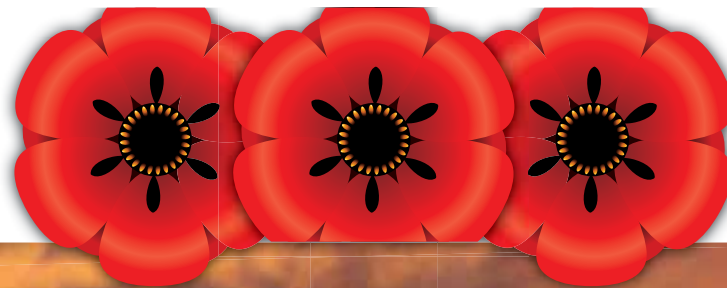
Ce programme appuie les militaires en voie de libération pour des raisons médicales, les vétérans libérés pour des raisons médicales et leur famille. Si vous êtes en transition, visitez [ConnexionFAC.ca](http://ConnexionFAC.ca) ou votre centre de ressources pour les familles des militaires, ou appelez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







# REMEMBRANCE DAY 2019



*To you from failing  
hands we throw the torch*

## **Sea King Club**

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Shearwater, NS B0J 3A0  
902-720-1089  
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Sea King Club open Nov. 11  
10am – 2pm

## **Royal Canadian Naval Association Peregrine Branch**

2623 Agricola Street  
Halifax, NS B3K 4C7  
902-454-4385  
Club hours:  
Closed Sun & Mon  
Tues-Thurs 1-6pm  
Fri 1-9pm, Sat 1-6pm  
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PMC 902-721-8219  
Mess open Nov. 11, 11am-11pm

## **Somme Br. 31. R.C.L.**

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PO Box 99  
Dartmouth, NS B2Y 3Y2  
902-463-1050  
Mon-Thurs 10am-11:30pm  
Fri 10am-10pm  
Sat 10am-12am  
Sun noon-7pm  
Nov. 11 ceremonies  
At Sullivan's Pond cenotaph

## **Sackville Legion, RCL Calais Branch 162**

45 Sackville Cross Road  
Lower Sackville, NS  
Upstairs bar 902-865-9177  
Office 902-865-4583  
Mon closed  
Tue noon-10pm  
Wed 10am-10pm  
Thurs 10am-11pm  
Fri 10am-1am  
Sat noon-10pm  
Sun noon-6pm

## **Caen Legion, Br. 164**

1341 Main Road  
PO Box 13  
Eastern Passage, NS B3G 1M4  
rcl164@outlook.com  
902-465-3700  
Sun closed  
Mon-Sat open at noon  
Hall for rental  
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## **Centennial Branch 160**

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Dartmouth, NS B2W 3T6  
902-462-2910/902-404-3011  
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Sat 12 to 11pm  
Hall rentals/catering on site  
Chase the Ace Fri 5 to 8pm  
Bingos Sun, doors open @ 5:30pm  
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Dartmouth, Sunday, Nov. 11,  
11 am, public invited

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Associations and Messes, hold high the torch for future generations*





# The First: Remembering the first casualties of the Great War

By Jennifer Gamble,  
Naval Museum of Halifax Curator

This Remembrance Day marks the 101st anniversary of the end of the First World War. When hostilities broke out in 1914, the Royal Canadian Navy was only four years old. With only two old British cruisers, HMC Ships *Rainbow* and *Niobe*, and a muster of

roughly 350 sailors, the RCN faced a monumental task of how to defend the coastlines of Canada without a fleet. In Halifax, the navy was responsible for establishing defences such as nets across the harbour, coordinating minesweeping efforts and controlling traffic in the harbour. The demand was high for well-trained sailors and officers to take on this work so the

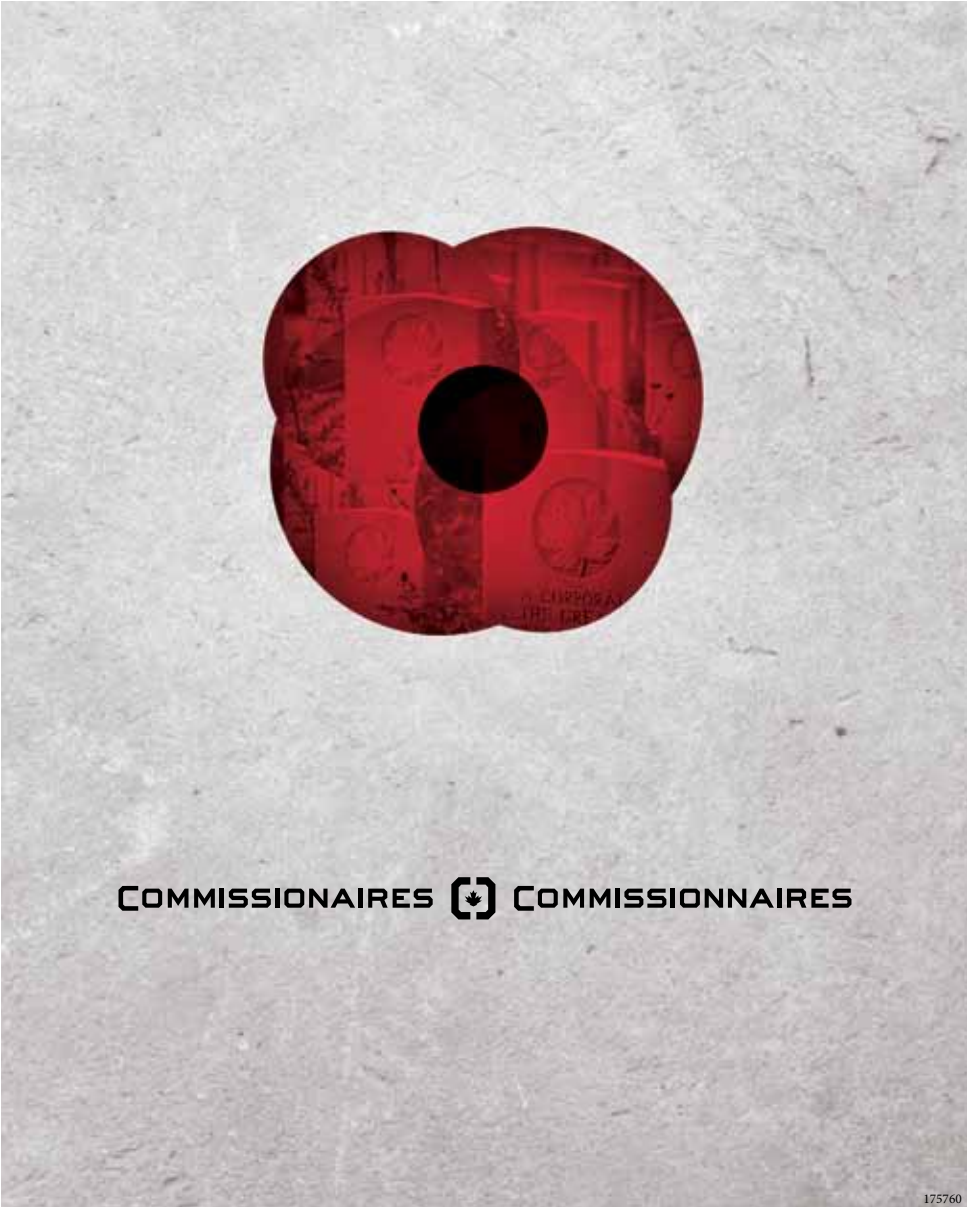


*Cadets of the first intake into the Royal Naval College of Canada in 1911 with their officers and instructors. Arthur Silver (2nd row, 4th from right), Malcolm Cann (3rd row, 1st on left), John Victor Hatheway (4th row, 1st on left), and William Palmer (5th row, 2nd from left).*

Admiralty looked to the Royal Naval College of Canada's first graduating class. Among its members were four bright and young Maritimers: Malcolm Cann, John V. W. Hatheway, William Archibald Palmer, and Arthur Wiltshire Silver. Following their graduation in 1914, they were

selected to serve in the Royal Navy's West Indies Squadron and assigned to HMS *Good Hope*. Within six weeks, all four of these midshipmen were lost. On November 1, 1914 off the coast of Chile, the *Good Hope* was sunk in what came to be known as the Battle

*Continued on page 14*





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## The First: Remembering the first casualties of the Great War

*Continued from page 13*

of Coronel. All hands were lost. Cann, Hatheway, Palmer and Silver were the first RCN and Canadian casualties of the war. A week later, newspapers back home in Canada announced the loss of HMS *Good Hope* and of the four maritime midshipmen.

Before he left England for the coast of Chile, Malcom Cann sent a letter home to his mother in Yarmouth, NS. By time Mrs. Cann received it, her son was already lost at sea and she would spend the rest of her life searching for him. This letter, along with Malcolm Cann's medals, are on display at the Naval Museum of Halifax.

By the end of the war, the Royal Canadian Navy had grown from a few hundred sailors to over 5,000. By the outbreak of the Second World War the RCN had expanded further to 95,000 men and women in uniform. Building on the foundation established during the First World War Canada's navy was better equipped to take on the challenges that the Second World War presented.

This Remembrance Day the Naval Museum of Halifax will be open from 12:00 noon to 4:00 pm in honour and remembrance of the many Canadians who have served in the RCN over the past 100 years.



*Letter from Midshipman Malcom Cann sent to his Mother in Yarmouth, NS, just before he was lost on HMS *Good Hope*, and forwarded from England, December 1914.*



*Medals issued (posthumously) to Midshipman Malcolm Cann, RCN. They include the 1914-15 Star, (inscribed HMS *Good Hope*), British War Medal 1914-1920, Victory Medal.*


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 Photo Credit: Top Left - John M. Horton, CSMA, FCA. Top Right - CNMT



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# Stadacona Band to play annual ‘Til We Meet Again concert

By Sgt Mike Gallant,  
Stadacona Band

Join the Stadacona Band of the Royal Canadian Navy as they present their annual ‘Til We Meet Again concert on November 9 at the Central Branch of the Halifax Public Library. The event will take place at 2 p.m. in the Paul O’Regan Hall on the ground floor of the library. The library is wheelchair accessible and admission to the concert is free.

The band, under the direction of Commanding Officer and Director of Music Lt(N) Bradley Ritson, will play a wide array of music including pieces commemorating the 75th anniversary of the Italian campaign, the 50th anniversary of the explosion and fire in HMCS *Kootenay*, music from the big band era, and much more in remembrance of those who have served, past and present.



The Stadacona Band of the Royal Canadian Navy.

MCPL NEIL CLARKSON, FIS



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Dartmouth-Cole Harbour

*“Their memory shall endure.  
Lest we forget.”*

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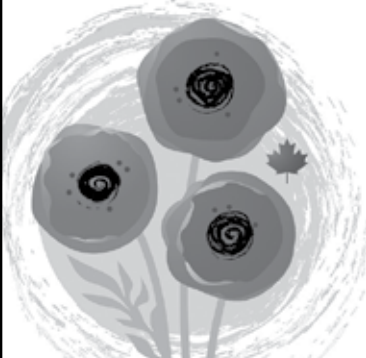
*To all  
members,  
both  
past and  
present,  
thank you  
for your  
service!*



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men and women who made  
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# Remembrance DAY<sup>2019</sup>

## Steady as She Goes

By Bob Gwalchmai,  
RCN (ret'd)

Ice pellets bit my hands as I slipped  
our life line to sanctuary  
Slowly yet ominously we edged out  
into the smirking grey harbour  
Shrouded souls trudged about, hiding  
anything Neptune might steal  
The sea's ragged dance taunted us,  
giving us false hope  
Foaming crests raced at us from the  
horizon... its waiting... out there.  
Stead as she goes, boy, steady  
The gods have no need for us this  
day

Eruptions of white spray exploded  
from the sides of the harbour wall  
The sky, a swirling witch's cauldron,  
bubbled with our fate  
Creaks and groans from deep within  
lamented a siren's mournful dirge  
The building swells seemed to greet  
us from all sides, like feeding orcas  
Fervent glances astern stole last  
glimpses of hearth and home... and  
hope  
Steady as she goes, boy, steady  
The gods have no need for us this  
day

Land faded in the mist, abandoning us  
to that wild undulating world  
Each shuddering roll of the ship

questioned, "just how far"... "is this  
the one?"  
The plunging bow tossed back spray  
each time it broke free from Nep-  
tune's grasp  
Incessant rain joined the stinging  
spray in the battle for dominance  
The sinking light of day deserted us  
to face the indeterminable night...  
alone  
Steady as she goes, boy, steady  
The gods have no need for us this  
day

In a blackness devoid of everything  
but the tormented sea, the unknown  
waited  
Sensations of rising, and the shudder-  
ing shock when the falling stopped,  
fed our fears  
Brilliant flashes of phosphorescence  
blasted the bridge windows, de-  
manding access  
A muted cacophony from beneath the

deck belied the un-secured carnage  
below  
Not a star, no smiling moon, just howl-  
ing wind and beating spray ... will  
this end?  
Steady as she goes, boy, steady  
The gods have no need for us this  
day

Imperceptibly, the siren's wail faltered  
and the pounding spray softened its  
assault  
In the softening black, the green  
mountainous waves lost their  
threatening charge  
The bow no longer struggled to escape  
Neptune's insistent invitation  
As dawn's light crept into this surreal  
world, a gentle hand lifted us up and  
soothed us down  
White-maned stallions raced off  
ahead of us to the horizon, a new  
sun lighting their way...  
Steady as she goes, boy, steady  
The gods have no need for us this  
day



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your service  
and bravery*

**ANDY  
FILLMORE**  
Member of Parliament, Halifax

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# Remembrance 2019 events

By Trident Staff

**Friday, November 8**

*10:45 - 11:30 a.m.*  
There will be the No Stone Left Alone commemorative ceremony at Fort Massey Cemetery. NSLA will hold its 9th annual Remembrance event. NSLA's mission is to honour the sacrifice and service of Canada's military by educating students and placing poppies on the headstones of veterans every November. This year 220 students will lay poppies on 1200 headstones at Fort Massey Cemetery. Throughout Canada, with the help of students, soldiers, volunteers, and the communities around us we will place over 50,000 poppies to commemorate the lives and sacrifices of our brave military. Fort Massey Cemetery is located at 1246 Queen Street in Halifax.

**Saturday, November 9**

*10:30 a.m. - 12:00 p.m.*  
The Central Library of Halifax Regional Library will present In the

Trenches: Digitized First World War Records. Are you interested in re-searching your ancestors' First World War military service? This introductory workshop, held in partnership with Library and Archives Canada, teaches participants how to access Canadian Expeditionary Force service files online. By learning to use various digitized resources, such as war diaries, you will learn how to identify an individual's military unit, and the context of a person's military service.

**Saturday, November 9**

*2-4 p.m.*  
The 18th annual 'Til We Meet Again concert takes place at the Central Library. Maritime Forces Atlantic presents this afternoon of wartime favourites from the Stadacona Band of the Royal Canadian Navy and special guests in support of Camp Hill Veterans' Memorial Building of the QEII Health Sciences Centre. The concert takes place in the Paul O'Regan Hall and admission is free.

**Monday November 11**

*11 a.m.*  
The annual Remembrance ceremony presented by the Royal Canadian Legion will take place at the Grand Parade in Halifax. All are welcome.

**Monday November 11**

*11 a.m.*  
There will be a Remembrance ceremony at the Sailors Memorial in Point Pleasant Park.



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Lest we forget*

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**Public Notice**

The members of the Royal Canadian Legion Centennial Branch 160, 703 Main St. Dartmouth wish to thank all residents of our Dartmouth community for your generous donations and support during our 2018 Poppy Campaign. Donations totaled a little more than \$84,500 and with a combination of those donations and existing funds we were able to provide the following:

- just over \$14,500 was provided to Veterans, Veterans Outreach Programs, and NS/NU Command Benevolent Fund;
- just over \$32,500 was provided to Call to Remembrance Literary and Poster contest, support to our local Cadet Corps and High School Bursaries;
- and just under \$14,000 was provided to Dartmouth General Hospital towards the purchase of a Centrifuge Machine to support both Veterans and Seniors within our community.

Thank you so much and we look forward to your continued support for the 2019 Poppy Campaign from 25 Oct - 11 Nov 2019.  
Prepared by Comrade Joanne Geddes, Poppy Campaign Chair, RCL Centennial Branch 160

**Lest We Forget**

On behalf of the **PC Caucus**,  
thank you to the brave  
Canadians who will always  
protect our peace and freedom.





The Healthy Minds Cooperative was among the many organizations with information and display booths at the Rock Your Wellness event.

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## Healthy workplace, healthy employees

By Virginia Beaton,  
Trident Staff

October is Healthy Workplace Month and to mark that, on Wednesday October 16 the Defence Team held an event titled Rock Your Wellness.

In Mr. Mac's Room in Tribute Tower at Stadacona, numerous exhibitors set up display booths offering information and demonstrations to both military and civilian personnel.

CF H Svcs C (A) personnel offered everybody a chance to check their blood pressure, or to learn about new ways to combat insomnia, while registered dietitian Kathleene Bayliss-Byrne had a poster display and handouts describing the most recent changes to Canada's Food Guide.

LCol Rochelle Heudes, CO of CF H Svcs C (A), was master of ceremonies for the event.

In his remarks, Capt(N) Dave Mazur, Base Commander CFB Halifax, reminded the audience of the vital importance that a healthy workplace has, and that healthy employees have a beneficial effect on the overall health and performance of the organization. He emphasized that the four key factors in an organization's health are healthy lifestyles, physical environment, corporate and social responsibility, and mental health and

workplace culture.

"We have to educate, empower, engage, and evaluate," Capt(N) Mazur stated.

Guest speaker Jeannine Legassé, ADM of Nova Scotia's Department of Health and Wellness, noted that "Creating a healthy population is a priority for the Nova Scotia government."

Steve Hebert of MARLANT Safety and Environment was the next speaker. He gave an overview of the history of safety legislation in Canada, including the development of the Canada Labour Code.

The final speaker of the event was Jerry Ryan of the Federal Government Dockyard Trades and Labour Council (East). Ryan is also the mental health co-champion.

Display and information booths included the CF Member Assistance Program; the Lung Association; Canadian Mental Health Association; SISIP; the Office of Disability Management; the Integrated Conflict and Complaint Management; the Employee Assistance Program; Defence Women's Advisory Group, Defence Visible Minority Advisory Group, Defence Aboriginal Advisory Group, and the Persons with Disabilities Advisory Group; PSP Health Promotion; and more.

## Waterborne fundraising: Getting creative during the 2019 NDWCC

By CFB Halifax PA

It's hard to believe we're already halfway through the 2019 MARLANT National Defence Workplace Charitable Campaign (NDWCC) season. Since early October, canvassers have been out in their respective units, educating our members on the options for charitable giving this campaign season. Did you know that you can set up regular or one-time payroll deductions, directing those monies to a charity of your choice? You can also donate more broadly to United Way or HealthPartners, and they will direct the funds where they're most needed in our community.

And while direct monetary donations are essential to the success of the NDWCC, there are other, more creative ways that Defence Team personnel can get involved and raise funds. If you weren't lucky enough to partake in the Base Information Services (BIS) Escape Room last year, for example, you wouldn't know that BIS saw 26 teams take on the fun and unique team-building challenge, which raised more than \$1300 for the campaign.

Planning unit, Base or Formation-wide events like the Escape Room is a great way to raise funds while having fun and encouraging camaraderie amongst Defence Team members.

This year, Base Commander and MARLANT NDWCC Champion Capt(N) Dave Mazur and NDWCC Campaign Director, Cdr Beth Vallis, took fundraising creativity to a new level when they dreamt up a brand new fundraising initiative.

On Monday, October 21, six teams comprised of military and civilian Defence Team members took to the waters of Lake Banook in Dartmouth for the inaugural *Paddle Against Pov-*

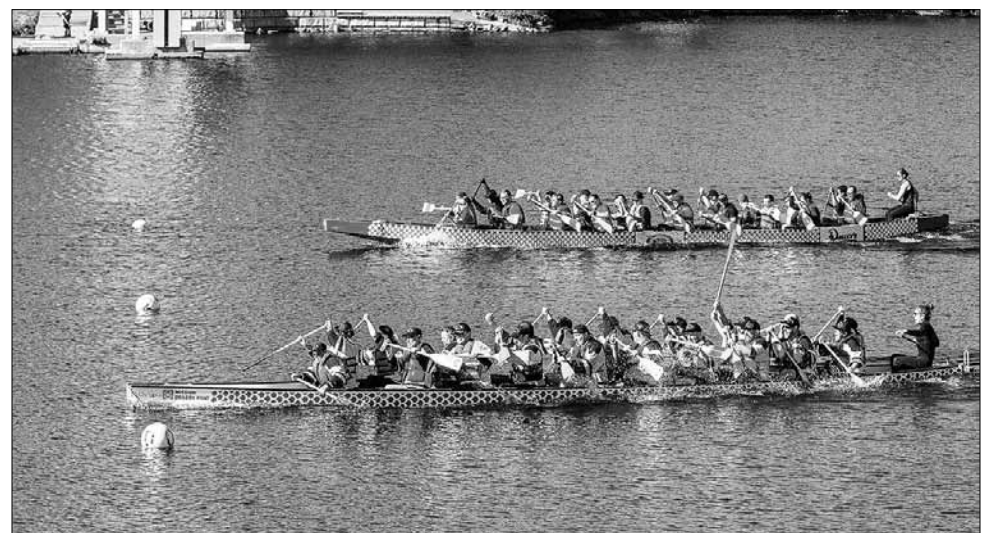
*erty* Dragon Boat Race. CFB Halifax and MARLANT combined efforts and raced in one boat, while four others boats were represented by members from Naval Fleet School (Atlantic), Fleet Maintenance Facility Cape Scott, Canadian Fleet Atlantic and Canadian Forces Health Services Centre (Atlantic).

It was a brisk and beautiful day at Lake Banook, with much excitement on the water, and came with some intense rivalries. Just two weeks before the race, Capt(N) Mazur filmed and released a social media video, challenging other local Defence organizations to participate in the Dragon Boat race. From this video, he received some comical and inspiring challenge accepted videos from FMF Cape Scott and its scurvy leader, Capt(N) Dave Benoit and a unique response from Naval Fleet School Atlantic's Commandant, Cdr Danny Croucher, which included special effects like a fire breathing dragon.

At the end of the day Capt(N) Mazur had the last laugh, as the CFB Halifax/MARLANT hybrid team came out victorious, claiming the inaugural title of *Paddle Against Poverty* champion and the bragging rights that went along with it. Most importantly, the initiative raised \$10,000 for the MARLANT NDWCC.

Local Defence Team members are encouraged to get creative, have fun and make a difference this NDWCC season. Try a baked goods auction like HR-Civ, or a Mock Jail like BIS. No matter how or why you participate, your involvement in this year's campaign does make a difference.

The 2019 MARLANT NDWCC runs until the end of November. Units planning NDWCC events are asked to contact PHFX.PA@forces.gc.ca to ensure the events are promoted Base-wide.



The team from CANFLTLANT takes a commanding lead over Naval Fleet School (Atlantic) during the MARLANT NDWCC Paddle against Poverty Dragon Boat Race at Lake Banook in Dartmouth, Nova Scotia, on October 21.

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## HMCS St. John's on Great Lakes Deployment

*HMCS St. John's sits alongside Port Windsor during the Great Lakes Deployment on October 20, 2019. The ship has visited, or will be visiting communities including SeptÎles, Kingston, Montreal, Toronto, and Windsor.*

CPL IAN THOMPSON, HMCS ST JOHN'S

## War Amps key tags at work for amputees

By The War Amps

As The War Amps mails out its 2019 key tags to households across the country with the theme, Your Key Tags at Work, the association is also embarking on its second century of service. For more than 100 years, The War Amps has been making a difference in the lives of amputees including 11-year-old Carter Sly.

Carter is a left leg amputee and a member of The War Amps Child Amputee (CHAMP) Program. The War Amps receives no government grants but with the public's support of the Key Tag Service, the association provides amputees with financial assistance for artificial limbs, peer support and information on all aspects of living with amputation.

The Key Tag Service was launched after the Second World War so that returning war amputee veterans could not only work for competitive wages, but also provide a service to Canadians that would generate funds for the association.

"The War Amps provides our family with invaluable support," says Carter's mom, Alzira. "Carter has been fitted with artificial legs for walking, running and swimming. We are so thankful to those who support the Key Tag Service." Each key tag has a confidentially coded number. If you lose your keys, the finder can call



*Carter with the waterproof leg he uses for safety in the water and walking on wet surfaces, thanks to public support of the Key Tag Service.*

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the toll-free number on the back of the tag or place them in any mailbox, and The War Amps will return them to you by courier, free of charge.

Those who do not receive their key tags in the mail can order them at [waramps.ca](http://waramps.ca) or call toll-free 1-800-250-3030.

## Ottawa Naval Staff moving to new, modernized NDHQ

By RCN PA

In line with other departments in the National Capital Region (NCR), Naval Staff in Ottawa is moving out of the downtown Major-General George R. Pearkes Building and into Building 6 of the new National Defence Headquarters (NDHQ) at Carling Campus in the city's west end.

This move has already begun and the Naval Staff team expects to be fully reformed at Carling Campus on October 28, 2019. Naval Staff's move is part of a multi-year NCR-wide consolidation of multiple departments from more than 40 locations which is scheduled to be completed in 2020.

Situated on a 360-acre site, Carling Campus consists of 10 newly renovated buildings interconnected by tunnels and passageways. It includes new fitness facilities, recreational spaces, support facilities, and modernized offices equipped with the latest technology.

The buildings throughout this new complex are unlike anything else in the military. With plenty of natural light, plants, and water — both indoors and out — the Defence Team will have a healthy and inviting work environment. Staff will benefit from having



*The interior of Carling Campus, the new National Defence Headquarters on the west end of Ottawa. The modernized facility is expected to increase organizational efficiency and generate cost savings as it consolidates over 9,000 people from over 40 different locations across the National Capital Region.*

THE GUARD

sit-stand desks, personal storage lockers, improved air circulation, and collaborative spaces for both planned and impromptu discussions. Enhanced security is a key feature at the new location, and access to the complex is strictly controlled.

The move to Carling Campus will generate long-term cost savings for the Defence Team and will increase effectiveness and efficiency by bringing together more than 9,000 members into a modern and collaborative environment.



# EXCELSIOR

**Excelsior is back!**

***L'Excelsior est de retour!***

Find the Fall 2019 issue located on the **RCAF Reserve Intranet** homepage:  
<http://rcmf.mil.ca/en/air-reserve/airreserve-main.page>

Lisez l'édition de l'automne 2019 à la page intranet de la **Réserve de l'ARC**, au  
<http://rcmf.mil.ca/fr/air-reserve/airreserve-main.page>

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# TRIDENT Sports

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

## NFS(A) sailor taking Movember campaign to New York City marathon

By Ryan Melanson,  
Trident Staff

After a successful battle with testicular cancer three years ago, PO2 Rick Mamye became committed to using his tough experience to help others, and has been fundraising through the Movember organization ever since. This year, with the RCN and Naval Fleet School (Atlantic) behind him, he's taking his efforts to the next level.

PO2 Mamye will be part of the official 32-person Movember team at this year's New York City Marathon on November 3, running through the city's five boroughs alongside others whose lives have been affected by cancer or mental health issues.

His first years involved with the fundraising campaign have seen him bring in more than \$50,000 in total donations, and he was recognized earlier this year with a Commander RCN Commendation for his work to date. This work has mainly been done locally, and he said he's looking forward to meeting others on the marathon team who have been raising money and awareness for Movember's causes in their own communities.

"It's 30 individuals, from six different countries, who have all likely gone through similar or like-minded experiences, and have then used to that to do something good with Movember. I'm excited to meet them all and experience finishing the New York Marathon with all of them," PO2 Mamye said.

Movember requires team members to fundraise US \$3,500 for the trip, which PO2 Mamye has been busy



PO2 Mamye will also be repeating the successful Movember spin-a-thon that he organized in the fall of 2018.

RYAN MELANSON, TRIDENT STAFF

doing since the spring. He said his colleagues at the school and NFS(A) Commandant Cdr Danny Croucher have been extremely supportive from the start.

He ran his latest full marathon in 2017 to celebrate one year of being cancer free, and said training for the New York race has gone well. And rather than ending this year's campaign after New York, he's just getting started. A successful Movember spin-a-thon, first held in 2018, will be back this year, and he's also brainstorming other ways to bring in even more cash for the important causes of testicular and prostate cancer, mental health

and suicide prevention.

PO2 Mamye said his involvement in Movember and its important causes has enriched his life, and thanks to the support from his friends and family, he's been encouraged to keep pushing and come up with new ideas to take the initiative further. While he's had a lot of success with fundraising, the outreach and awareness aspect of the Movember campaign is what's closest to his heart.

"The dialogue is huge. If men know what to look for in terms of checking for testicular cancer, or if men can start talking about their mental health issues, we can save lives," he said.



PO2 Rick Mamye will be part of the official Movember team at the TCS New York City marathon on November 1.

RYAN MELANSON, TRIDENT STAFF

"I'd like to help give guys, and girls too, a chance to feel safe opening up dialogues and having those tough conversations."

PO2 Mamye said that anyone wishing to support his cause can help out in a number of ways. Most importantly, men can help themselves by getting informed about self checks for testicular cancer, talking to their doctors about prostate cancer screening, and reaching out about any mental health struggles they may be having. They can also encourage their friends and family members to do the same. Those who want to contribute financially can visit <http://ca.movember.com> to donate to PO2 Mamye directly or learn how to start their own Movember campaign.

## Sailor prevails in marathon feat

By Peter Mallett,  
The Lookout Staff

Running the Victoria Goodlife Fitness Marathon in full firefighter gear with the heavy breathing apparatus had a "surreal feel to it" admits CPO2 Chris Fraser.

The 49-year-old Weapons Engineering Technician who works for Canadian Fleet Pacific, battled muscle fatigue and exhaustion, but was greeted with cheers of support from co-workers and friends after completing the 42.2 kilo-

metre course in 5:55:06 on Oct. 13.

He ran the race as a fundraiser for the Esquimalt MFRC and also believes the feat set a Guinness World Record under the category of Fastest Runner Wearing a Firefighter's Uniform and Breathing Apparatus.

He is still waiting for confirmation on the world record.

"This was a very hard endeavour both physically and mentally," said CPO2 Fraser. "Physically I was exhausted earlier than anticipated, which compounded the mental aspect

of the run. From the 24 kilometre mark it was just pure determination that made the difference."

The heavy oxygen tank and firefighter's uniform worn by CPO2 Fraser weighed approximately 25 lbs and included sea boots in place of running shoes. The equipment is protective safety gear commonly worn by Royal Canadian Navy duty technicians, containment managers, and boundary sentries for damage control purposes.

Continued on page 22



Super Crossword



## Fitness and sports updates

By Trident Staff

**Boot camp** is a mixture of strength, endurance, and fun. This class is designed to challenge everyone, against no one but yourself. Lift, run, move, jump, swing, pull, push, and smile. All skill and fitness levels welcome. Monday/Wednesday, 6-7 p.m.

**PSP Recreation offers a yoga class** designed for everyone. This class introduces foundational postures, balance postures, and movement with breath and focus. This well-balanced class will get you out of your head and into your body and your breath. Modifications are always welcome. Tuesday/Thursday, 6-7 p.m. Contact matthew.mackenzie5@forces.gc.ca for more information.

**Intersection Curling League** is now active. Games are on Tuesdays at 12:30. Learn to Curl started on October 1 and regular season games started on October 8. The location is the CFB Halifax Curling Club in Windsor Park. Fall Intersection curling will run from October to December 2019. Cancellations due to COTF/COTW/Wing Cup, Regionals and Club Bonspiels TBC. Units that entered teams last year or wish to enter a team this year, please contact Isaac Habib to indicate your intent to enter a team. We recommend that each team have a pool of 6-8 players to prevent unnecessary defaults.

**The CFB Halifax Walk** takes place at 10:30 a.m. 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 warm-up. The walk will take approx. 30 minutes and be approx. 2.5-3km, heading towards Fort Needham and back. For more information please contact Lucas Hardie at 902-427-6335 or email Lucas.Hardie@forces.gc.ca

**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.

## Sports are much more than fun and games

By Capt Lisa Evong,  
5 CDSG PAO

We have all heard that a healthy body aids in a healthy mind, but how do sports and fitness fit into the CAF framework? Why are sports so important?

Just over a century ago, American philosopher William James called for the creation of a moral equivalent of war: the search for something other than war that would enhance a person's self-discipline, hardiness, and self-sacrifice. Today, we call this equivalent "sport."

In fact, the Olympics were partly designed so that countries would compete on the sporting field rather than the battlefield. Young men would train to be athletes rather than warriors.

Sport is now seen as a way of uniting people rather than dividing them. People can translate the hard work they've put into their sport by working harder to be a better student or employee and a better person overall. Working towards a goal can teach people the value of hard work, commitment and dedication and team sports are a great way to learn these values.

It's true that teams that end up on the winning end of the score in team sports are those that work well together. Learning to cooperate with others toward a common goal in sports is what builds character, friendship and important life skills for players and coaches.

Since the CAF's Military Ethos is based on a unifying spirit that brings all members of the CAF together along with the Canadian public to guide its operations, it only makes sense to encourage sports among its ranks.

The CAF Sports Program is divided into two main sub-groups, the intramural and the extramural programs. At the local level, every base, unit and wing conducts intramural or local sporting events for all levels of athletes. Extramural competition includes Regionals, Nationals and Conseil International du Sport Militaire, or CISM.

CISM is one of the largest multidisciplinary organizations in the world made up of elite athletes. CISM organizes various sporting events for the 140 member countries in which the largest number of disciplines is represented. The aim of CISM is to establish permanent relationships in the fields of sport and education among the armed forces of the world.

If CISM's motto is Friendship through Sport, it can be argued that the motto could also be something such as, Personal development through sport or See the world through sport but those aren't as catchy.

How do sports develop the mind and why is it important for soldiers, sailors, and aviators to compete?



The 2019 CISM CAF Women's Basketball Team

SUBMITTED

I recently met several members of the Canadian CISM Women's Basketball team, namely LCol Sharlene Harding, Assistant Coach; Sapper Catherine Bougie, point guard or shooting guard; A/Slt Blaire Coffey, shooting guard; Capt Megan McDougall, power forward; and AB Leah Robinson, all positions, to explain to me the benefits of sports to the CAF.

All these women believe that sport has made them somehow better as a person. They each shared their experiences relating to leadership, accountability, responsibility, organization, time management, socialization, respect, and sportsmanship.

For example, AB Robinson, a Naval Reservist at HMCS Queen Charlotte, and a full-time student, had to learn at an early age that in order to balance her schoolwork, her sports and her job in the CAF, she had to be organized and make arrangements with her professors. She said, "I immediately reached out to my school and work and made everything work in order to attend the training camps." Sometimes it means getting up earlier, staying up later and just plain working harder than your peers to get what you want.

For AB Robinson, it means she gets to play basketball on the international stage in China this year.

Sapper Bougie, a Combat Engineer from 4 Engineer Support Regiment, a high readiness unit which came to the aid of Maritimers during two different domestic operations in 2019, has to earn hardcore respect in her trade. She says being physically fit helps her in her daily work routine. More importantly, teamwork and working hard gain her respect from her comrades.

For Capt McDougall, CFRC Calgary, CAF sports allowed her to interact with members of all occupations and ranks. For her, meeting her assistant coach, a down-to-earth, levelheaded senior CAF officer, LCol Harding, it was the first time she was up close and personal with a female role model to whom she can relate. Capt McDougall sees LCol Harding as a mentor and someone to imitate. Developing sportsmanship is also very important, in her view. She thinks learning to lose well by learning from your mistakes and being happy for others' success, is a great character builder and life skill.

*Continued on page 23*

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While in full firefighter gear and with an oxygen tank, CPO2 Chris Fraser does a marathon in support of the Esquimalt MFRC.

SUBMITTED

## Sailor prevails in marathon feat

*Continued from page 20*

While friends, family and co-workers came out to support him and cheer him on, there were others who scoffed and told him flatly, "You're crazy for doing this," says CPO2 Fraser.

He also contemplated quitting his run on multiple occasions during the race. By the halfway point of the marathon he was struggling to run or even move his legs and slowed to a walk to take multiple pre-planned breaks.

"From 24 km to the 38-km marker I was debating with myself whether or not to give up," said CPO2 Fraser. "As much as one side of myself was shouting to quit, the whispers of taking one step closer to the finish line were stronger."

He almost didn't make it to the finish line inside the six-hour time limit required by marathon regulations to officially record his marathon time. But when the finish line came into sight, he noticed the clock was counting down perilously close to the time limit. With his muscles cramping and blisters beginning to grind on his feet, he gave one final push and crossed the finish line with just four minutes and 54 seconds to spare.

His wife Natalia Lebedynsky and

son Andriy were wearing t-shirts that read Go CPO2 Fraser Go and cheered wildly as he crossed the finish line. They were joined by his friends and co-workers that included Capt(N) Scott Robinson, Deputy Commander of CANFLTPAC.

"His grit and determination to push himself for almost six hours straight and in gruelling conditions is truly remarkable," said Capt(N) Robinson. "I was awestruck by his resilience and he is truly an inspiration to sailors everywhere."

Two days ahead of the race the MFRC presented CPO2 Fraser with an MFRC vest and baseball hat to show their appreciation, and were there to cheer him on during the race.

"It takes a kind heart, passion and commitment to walk in the same footsteps as CPO2 Fraser," said Lisa Church, Esquimalt MFRC Community Engagement Manager.

Inspirational or not, CPO2 Fraser admits he will never attempt to run another marathon in firefighter's gear, but says the overwhelming exhaustion was well worth it.

"Not too many people can say they have attempted to set a Guinness World Record, and each dollar raised is that little bit extra to support the MFRC, their cause and the families they support," said CPO2 Fraser.


VS


# MOOSEHEADS

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# Super Crossword

DO YOU WANT TO?

- ACROSS**

1 Latin "to be"

5 Specifics

12 Comic Johnson

16 Dol. fractions

19 "Tell Mama" singer James

20 The Christian gospel, old-style

21 Author Roald

22 Noted coach Parseghian

23 Having the tidy quality that spotted horses are known for?

25 Per -- (daily)

26 Pt. of MCAT

27 Outs, in court

28 Car engine

30 Sprint rival

32 Coeur d'--, Idaho

33 Berlin's land: Abbr.

34 Meeting to generate enthusiasm for a tummy-soothing product?

36 School org.
- 37 And so on: Abbr.

40 Allays

42 Diva Melba

43 Sentry in front of a Japanese shrine?

46 Cartoon cry

48 Swarm

49 Fictional Jane

50 Kid gloves

51 Serum vials

55 Muse who lifts poets' spirits?

62 Actress Zadora

65 Bristol brews

66 Sleekly designed

67 Canada's Nova --

68 Tree remnant

70 Bird feed bit

72 Cork, e.g.

75 Intermediary

76 Knee injury

78 Fit nicely

80 Certain part of speech
- 82 Pal of Curly

83 Comment after someone describes how state-run gambling games work?

88 Pasta dish

89 Three wise men

90 Had being

94 Decade, e.g.

98 Maya of architecture

99 Middle of a right-hand book page?

102 Up-front

104 Intended (to)

107 Fossil fuel

108 Org. archiving movies

109 "Serpico" star using his high singing voice?

111 Pt. of NCAA

113 Really into

115 Tiny baby

116 Human trunk

118 Prison warden, to Brits
- 120 French pal

121 Window ledge

123 Epic poem division about night crawlers?

126 Writer Anais

127 Yard pest

128 Even a tiny bit

129 Schnitzel meat

130 Flying expert

131 Skiing stuff

132 Electrician

133 This, to Jose
- Leonard

16 Wife of Prince Charles

17 Vine-growing frame

18 Part of a forlorn face

24 As red as --

29 Soul singer Des'--

31 Ointment

32 Basilica area

33 Simple sugar

35 False: Prefix

38 Add up

39 Striped gems

41 Old saying

44 Born, to Luc

45 From -- Z

47 Pixieish type

52 Transforms gradually

53 Betting group

54 Trig ratio

56 Descend a rock face, in a way

57 Appear gradually, as on film

58 Firewood bit

59 Newsy bit

60 Spanish boy

61 Portal

62 "Hey, you!"

63 Have a yen

64 Halo effect

69 Gym surface

71 'Zine online
- 73 Open, as a 61-Down

74 Infant's noise

77 High praise

79 Web, to a fly

81 Upstate New York city

84 Chi follower

85 Island patio

86 "Mad Men" network

87 Have

91 Bric-a-brac stands

92 Configure anew

93 Activist Brackovich

94 Doo-wop group at Woodstock

95 Strong verbal attack

96 "Training Day" director Fuqua

97 A noble gas

100 Player of Lou Grant

101 Funny bone's location

103 Cramps, e.g.

105 Accrued qty.

106 Bovine, to a tot

110 Viola relative

112 Comic Fields

114 "Amo," in English

117 Rajah's mate

118 "I -- Name" (1973 hit)

119 Picasso's "Lady With --"

122 Actor Ayres

124 -- -pah band

125 -- -Blo (fuse brand)

## Sports are much more than fun and games

Continued from page 21

A/Slt Coffey, Supply Officer at HMCS *Cataraqui* believes that she has met some of her closest friends playing sports. She has built a strong network nationwide. She says, "These connections have proven helpful in my career and personal life. Meeting so many people from all over the country from different bases, ranks, trades, we are ultimately building a stronger CAF."

LCol Harding, Commanding Officer of the Canadian Contingent at NATO SHAPE HQ and the Deputy Canadian National Military Representative to NATO SHAPE HQ, is a seasoned veteran when it comes to sports. After 25 years of playing at the university and international level through CAF, she believes she is a better leader for it. For years she honed time management skills. It is not easy to eat as if you are fueling your body, get enough rest, manage a busy schedule and, climb the chain of command. Her sports training has made her mentally tough, resilient to what the CAF has to throw at her. She has had successful deployments to the far reaches of the world,

managed a rewarding career and is raising a happy, balanced family.

LCol Harding is amused by running into so many random people she's met during her sports and CAF career in international airports all over the world.


All these women echoed similar character traits they developed through sports. Most important is the bond they share. Teamwork in sports can help give members stronger communication skills and teach them to work better with others. Likewise, many tasks in the CAF require group work and every member of that team must be pulling in the same direction to meet the objective of our missions.

So if you are ever wondering why CAF sports are so important, just look at some of the most driven, resilient leaders, whether they are soldiers, sailors, or aviators, and be sure that most, if not all, have learned some form of their life skills and work ethic through the power of sport.

*The CISM Women's Basketball team participated in their last training camp in Kingston from October 10 to 14 before the World Military Games starting on October 19, 2019.*

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