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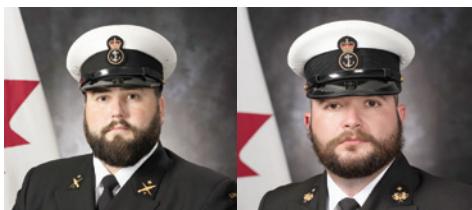
PAPER OF MARITIME FORCES ATLANTIC SINCE 1966 - LE JOURNAL DES FORCES MARITIMES DE L'ATLANTIQUE DEPUIS 1966



Remembrance Day 2019

MS Peter Farah pays his respects with a salute during a Remembrance Day ceremony aboard HMCS Halifax on November 11, 2019.

CPL BRADEN TRUDEAU, FIS HALIFAX



Local sailors in Ottawa for Remembrance Pg. 3



FDU(A) to run for Christmas Daddies Pg. 17



Cmdre Kurtz leads the way Pg. 18



CAF athletes at Military World Games Pg. 21



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RCN community remains strong onboard HMCS *Halifax*

By Lt(N) Stephanie Benge,
UPAR, HMCS *Halifax*

Members of the Royal Canadian Navy (RCN) often describe their service as a community. Their members have opportunities to work with each other through different stages of their careers, frequently seeing their colleagues and friends surpass multiple career milestones.

It is through this cycle of working with each other during various points in their jobs, that RCN members build a sense of community and a family dynamic – with each member proud to be part of their team. You don't need to look further than HMCS *Halifax*, currently deployed on ROTO 11 of Op REASSURANCE, to see a clear example of this.

In 2009, Cmdre Josée Kurtz became the first woman to command a major warship when she took command of HMCS *Halifax*. During this time, there were six sailors who served as part of her crew, who did not know that their paths would cross again. Ten years later, those six sailors have the chance to serve again with Cmdre Kurtz as she commands Standing NATO Maritime Group 2 (SNMG2), with HMCS *Halifax* operating as Flagship. For Cmdre Kurtz, another career milestone has been achieved, as this is the first time a standing NATO fleet has been commanded by a woman. The six sailors who once sailed under her command are inspired by seeing her come full circle and they are excited to be sailing with her again as they watch her achieve yet another career breakthrough.

The story goes both ways. Cmdre Kurtz has described her experience as being equally enjoyable, seeing the progression sailors have made in their trades over the past 10 years. She recalls having been their Commanding Officer when many of them were much more junior in their positions, and how rewarding it is to see them again proudly serving their country, and demonstrating their growth and expertise within their professions.

"I am always motivated by the work and contribution of sailors in a ship's company. To witness the leadership and dedication of former shipmates rewarded by their achievements and career success is even more exhilarating. I am simply delighted to have the opportunity to work together onboard *Halifax* again."

To build on the family dynamic, LS Joshua Sears, a Naval Electronic Sensor Operator in HMCS *Halifax*, recalls that his mother sailed with Cmdre Kurtz back when she had command. His mother, Susana Sears, a Master Seaman Naval Combat Information



Cmdre Kurtz with the six sailors who served under her command in 2009-2010. From left, MS Moniz, PO2 Gray, PO2 Harnish, Cmdre Kurtz, PO1 Stevens, MS Miller, and PO2 Maclean.

CPL BRADEN TRUDEAU, FIS

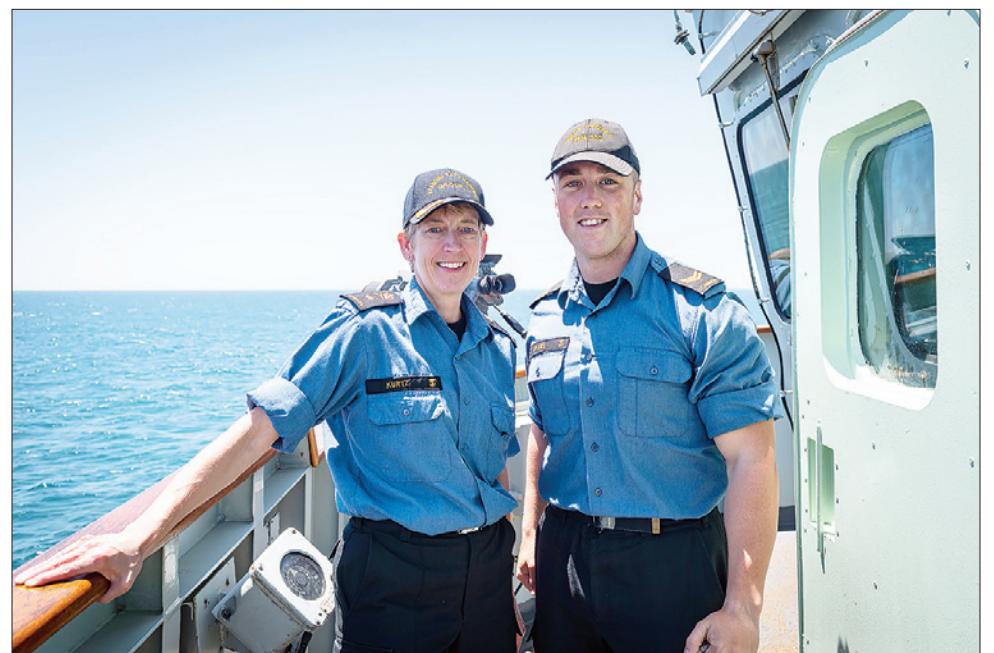
Operator at the time, has fond memories of sailing under the command of Cmdre Kurtz in 2010 which she shared with her son. "Throughout my mother's career, her favorite ship was HMCS *Halifax* while under the command of Cmdre Kurtz. When she spoke of Cmdre Kurtz, she admired the way she was with her crew, that she was fair, just, honest, and how every crew member was important to her. It is a privilege to have the opportunity nine years later to follow in her footsteps and to sail under her former CO that she held in such high regard."

MS Marco Moniz, a Boatswain's Mate on board *Halifax*, is a particularly proud member of the unique group, not only has he sailed for Cmdre Kurtz before, but he and Cmdre Kurtz hail from the same region of Lanaudière, Québec.

"It's a lot of small towns and communities where we come from, so everyone knows each other. We both enjoy supporting our local community and representing Joliette and Lanaudière in uniform. It's pretty special to be a part of the Cmdre's team again," he said.

PO1 Patrick Stevens, a Sonar Operator, remembers when Cmdre Kurtz was his Commanding Officer.

"She always emphasized the impor-



Cmdre Kurtz and LS Sears on board HMCS *Halifax* during Op REASSURANCE.

CPL BRADEN TRUDEAU, FIS

tance of the team as the foundation of our operations."

The cohesive working dynamic and sense of community within the RCN is something that many sailors are proud to be a part of. This remarkable story from HMCS *Halifax* about teamwork, unity, and supporting members

through various stages of their careers is one to be shared. As the crew members of HMCS *Halifax* continue to remain focused on the tasks of Op REASSURANCE, one cannot help but admire the progression of these members and the history that has been made during this deployment.



Halifax sailors 'honoured' to take part in national Remembrance Day ceremony

By Ryan Melanson,
Trident Staff

It's been more than 10 years since MS Andrew McDonald deployed to Kandahar, Afghanistan, working as a signaller for 1 Service Battalion out of CFB Edmonton, but the lasting impact of that 2008 deployment is still with him today.

It took years to recognize the toll taken on his mental health, and he began seeking treatment for post-traumatic stress disorder in 2015 after simmering problems began to escalate. His condition has improved thanks to professional help, but the effects of PTSD remain, and he's currently awaiting his release from the CAF for this reason.

MS MacDonald is far from alone in his experience, and he was chosen to represent himself and the many other "wounded warriors" – serving CAF members who sustained serious physical or operational stress injury while deployed – at this year's Remembrance Day ceremony at the National War Museum in Ottawa. He attended as the Special Guest to Chief of the Defence Staff Gen Jonathan Vance and was also tasked with laying a wreath on behalf of all CAF members who have been wounded while carrying out their duty.

"It's incredible to be invited to attend, and to be representing other ill and injured service members makes it even more of an honour," MS MacDonald said.

As a CAF member since 2003, fol-



LS Stephen MacLeod participated in the Remembrance Day Sentry Program in Ottawa from November 5-12.

CPL IAN THOMPSON

lowing in the footsteps of his Army veteran father, MS McDonald said his military career has shaped his life so far and allowed him to grow as a person, despite the difficulties along the way. He's targeting 2022 for his release, and said he's grateful to end on a positive note as he prepares to transition to civilian life alongside his wife, Tracey, and their two children.

"Things are much better. I'm still going through the process, but treatment has made a world of difference," he said.



MS Andrew McDonald attended Remembrance Day ceremonies in Ottawa as the Special Guest to the Chief of Defence Staff.

CPL IAN THOMPSON

Along with VIP guests like MS McDonald, members from across the country are selected to participate in the national ceremony as sentries at the National War Memorial, an

honour that Halifax BIS member LS Stephen MacLeod was more than happy to accept for 2019. He took part in this year's Remembrance Day Sentry Program, which involves standing guard during the November 11 ceremony itself, along with a number of activities throughout the week.

LS MacLeod previously stood sentry at the Tomb of the Unknown Soldier as part of the National Sentry Program, and was also a member of the guard for the 75th Anniversary of D-Day commemorations last year in France.

"I stood there previously a few years ago, and to step back on that sacred soil again is a wonderful opportunity. There wasn't a second thought when I was asked to go back," he said.

The annual program also includes a dinner with Canadian Forces CWO Alain Guimond, as well as the Silver Cross Mother's Luncheon, which LS MacLeod said he was particularly looking forward to.

"Service is very important to me, and these types of ceremonial events have become an important part of my military career. I feel very lucky to be involved."



Fly like a falcon

Wildlife Conservation Officer Chris Hawkins shows Grade 9 students the 12 Wing Shearwater falcon at 12 Air Maintenance Squadron on November 6th, 2019 for Take Your Kids to Work Day.

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Publication Schedule for 2019

January 14 — MFRC & Money Matters
 January 28
 February 11 — MFRC
 February 25
 March 11 — MFRC
 March 25 — Posting Season
 April 8 — MFRC & Spring Automotive
 April 22 — Battle of the Atlantic
 May 6 — MFRC
 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 than one year from publication date. Submissions may be edited.

615 (Bluenose) Royal Canadian Air Cadet Squadron

Time: 6:15-9:15 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.

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

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.

Halifax Christmas tree lighting

Time: 6 - 7 p.m.

Date: Saturday, November 23

Location: Grand Parade Square

This year's Christmas tree event will feature live entertainment, including a visit from Santa Claus, and will be capped off by fireworks following the lighting of the tree at 7 p.m. A tree lighting ceremony will also be held in Dartmouth on December 7, from 4:30 - 6:30 p.m. at the Alderney Landing events plaza.

The Sister Ships with historian Joel Zemel

Time: 7 p.m.

Date: Tuesday, December 3

Location: Maritime Museum of the Atlantic

Author and historian Joel Zemel will discuss the genesis of SS Mont-Blanc, SS Imo (Runic 1) and their sister ships, SS Whangape & SS Cufic (respectively). Although the storied histories of the two ships involved in the collision that ultimately caused the 1917 explosion in Halifax Harbour are a bit more familiar, the two sister ships have their own colourful backgrounds as well. Plans and surveyors' documents provided by the Lloyd's Register Foundation will also be a part of the evening's presentation. Joel Zemel resides and works in Halifax and is a recipient of the prestigious John Lyman Book Award.

Expectations

By Lt(N) Krystal Sheremeta,
 Campus Atlantic Chaplain

Have you ever been disappointed? Been so excited for something, only to have it not even come close to meeting your expectations? To have built up something in your mind, that the reality really had no chance of meeting it? What happens to us when we build up expectations too high for ourselves, for others? How do we help ourselves and our families to enjoy one another and our times together?

A few years ago I took a trip to Scotland. I had never been, but it is where my family on my mother's side is from and I wanted to experience it. As a part of that trip I decided to spend a week in intentional community on the island of Iona. On the island was an old monastery started by St. Columba that still

holds spiritual retreats. So before going to the island I thought I'd explore some of the sights of significance in the story of St. Columba off the island. I found myself in the little town of Invermoriston. A part of this town was a well. It was said that the water was poisonous and caused boils and ulcers if splashed upon the skin, until St. Columba was passing through in 565 AD and blessed the water coming from it for all time. It is said to have had healing powers after that. This was a well I wanted to see. 1450 years later, the well is underwhelming. It is not used as a water source anymore, and is not well kept. I don't even know what I had been expecting, but I felt keenly disappointed at the sight. For some reason I had built it up in my mind to something it just wasn't.

Expectations. The ones we place



Padre's Corner

on ourselves and the ones we place on others. Which are helpful, which keep us striving to work harder, to reach that next goal? And which are harmful? Do we expect too much of ourselves, or too little?

We all build up expectations, and no time of year do we do this more than the holidays. Now, in the middle of November many have already started baking and Christmas shopping and trip planning. All trying to find the perfect gift, or arrange the perfect visit. We build things up in our minds, and then feel keen disappointment when the moments don't live up to our expectations.

Continued on page 5

HMCS *Toronto* raising funds and awareness for autism

By LS J. Chris Richards,
HMCS *Toronto*

At the bottom of the Potemkin Stairs, looking up, the optical illusion makes it seem like the stairs go on forever. For a handful of dedicated crew members of HMCS *Toronto*, the stairs were just a small obstacle in their path. I led the contingent of sailors participated in the first-ever Walk the Walk for Autism to be held by a ship during a deployment.

Walk the Walk for Autism is a fundraising event hosted throughout the province of Nova Scotia each June and helps to raise awareness and much-needed funds for programs put on by Autism Nova Scotia, a not-for-profit organization that provides programs and workshops to families with members on the Autism Spectrum. Many families and corporations throughout Nova Scotia register online and walk in their respective communities, all the while listing their donations and goals on the Walk the Walk website for everyone to see.

As a father of three kids, with two of them on the spectrum, I wanted to do something to raise awareness for autism. I happened to be on mission leave and in Halifax for the flag-raising at Halifax City Hall in April 2019 for the beginning of Autism Awareness Month, and thought I could bring something back to the ship that would let us get involved.

The two fundraisers that I started were the ship's participation in the Walk the Walk, and a Jukebox for Charity, which only added to the contributions from the ship.

Every once in a while, while at sea, our command team looked for ways to break up the monotony of daily routine. So we had a BBQ on the flight deck and put on some music to let the crew have a night of socializing. I decided to offer a Jukebox for Charity, letting the crew drop their spare change in the donation jar to hear



Members of HMCS *Toronto* participated in a Walk the Walk for Autism at the Potemkin Stairs in Odessa, Ukraine while on Operation REASSURANCE in July 2019.

MCPL MANUELA BERGER

their favorite songs.

Overall, the participation from the crew was astounding. With 111 crewmembers signing up and raising \$3,745 for the Walk the Walk for Autism, and the funds from the Jukebox for Charity, *Toronto's* crew raised an impressive \$3,850.

The crew was awesome. They had no qualms about getting involved. Some of the people who registered to participate in the Walk, but were unable to attend due to taskings or

duties were seen wearing their shirt while jogging on the treadmills on board, or just walking around the town. The rest of us that participated in the walk got to see some of the sights in Odessa like Istanbul Park, Vorontsov Palace, Prymorskyi Boulevard, and, of course, the Potemkin Stairs.

During an inspiring presentation ceremony held on board HMCS *Toronto* on September 25, outgoing Executive Officer, LCdr Matthew Woodburn, topped up the ship's donation to Autism Nova Scotia to an incredible \$4000.

"To put that in perspective, that's enough to support up to 30 par-

ticipants and 10 volunteers in social inclusion programs for a whole year," said Robyn Bradshaw, Donor Relations Facilitator for Autism Nova Scotia.

"It's just wonderful, what you all have done here. You really are leading the charge in raising awareness for military families who are dealing with Autism in their lives," added Jenny Tyler, Community Outreach & Events Coordinator for the Halifax Chapter of Autism Nova Scotia.

LCdr Woodburn, incoming Executive Officer, LCdr Jeremy Samson, who has gladly taken up the baton to make *Toronto's* Walk team even more impressive next year, and I attended the presentation.

Expectations

Continued from page 4

What expectations do we need to increase or hold onto, and which should we let go of? What do we really need from ourselves and from one another? When we ask what God expects of us, the answer is simple, to do justice, to love kindness, and to walk humbly with God.

And that might be just the thing this holiday season. Instead of worry-

ing, stressing about the perfect gift, or baked goods, or trip, try to do a little justice. Try to love with kindness. Try to walk humbly with God and one another. We may just allow ourselves to enjoy our time with our family and friends for what it is. We may just find we enjoy our holiday season that much more, and may find unexpected and unanticipated joys. For our world and our lives could all use a little more justice, love, and kindness.

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"In the beginning was the Word, and the Word was with God, and the Word was God"

- Gospel according to John



MS Alex Harvey was joined by his wife, command team and shipmates as he was presented the Sailor of the Quarter award on board HMCS Montreal on November 6. The presentation was made by Cmdre Richard Feltham, CCFL, and Fleet Chief CPO1 Tom Lizotte.

MONA GHIZ, MARLANT PA

Sailor of the Quarter focused on charity, community

By Ryan Melanson,
Trident Staff

MS Alex Harvey was a only a member of HMCS Charlottetown for a little more than a year, but that was enough time to leave a big impression on his command team and shipmates.

As a Sonar Operator on the ship, he consistently performed above his rank, supervised and assisted his subordinates and other junior members, and was credited with helping establish a trusting relationship among personnel that came in handy when dealing with administrative or personal issues.

Combining those qualities with his penchant for naval history that led to briefs and presentations to the ship's company, as well as his commitment to charity and volunteering in his community, it's clear why MS Harvey was selected as Maritime Forces Atlantic's Sailor of the Quarter for Q3 2019.

"It was a big surprise, because I know how many great people there are who get put forward for these honours. I didn't expect it and it's very humbling to accept the award," MS Harvey said after receiving his plaque from Cmdre Richard Feltham, CCFL, and Fleet Chief CPO1 Tom Lizotte, on board HMCS Montreal on November 6. The awards are presented quarterly to recognize RCN members who go beyond their expected duty with outstanding dedication and contributions to the Atlantic Fleet.

MS Harvey was posted to Charlottetown shortly after the ship's return from a six-month Op REASSURANCE deployment, with the crew preparing the ship for a rest and mainte-

nance period. While the program still included time at sea and lots of demanding work, the extended time ashore also allowed him to put an extra focus on his work as a sponsorship coordinator with the non-profit charity Dreams Take Flight. The group provides once-in-a-lifetime trips to Disneyworld for children suffering from medical or mental health challenges, or who are socially or emotionally challenged.

Originally from Calgary, MS Harvey was introduced to the charity when he was eight years old.

"I was living in a homeless shelter, and they took me out of there on one of these great trips, and I never forgot that. I'm very passionate about the charity and giving these experiences to kids who are in the same type of difficult situation I was once in."

On top of his work with Dreams Take Flight, he's also a member of the Eastern Shore Rugby Football Club, often volunteering as a rugby instructor for kids at the elementary and junior high levels.

Now, as a member of HMCS Montreal, and with the ship about to enter a busy sailing period next spring, MS Harvey said he's ready to keep building on an already-successful RCN career.

In nominating MS Harvey for the award, his former Commanding Officer, Cdr Christopher Rochon, described him as an enthusiastic and capable individual who is highly deserving of the extra recognition.

"MS Harvey sets a strong example for his shipmates through his consistent approach and professional excellence, and he represents his ship and the RCN exceptionally well in his volunteer efforts," he wrote.

After 39 years in the CAF, Sgt Tony Parsons retires

By Capt Lynne Patterson,
12 Wing Shearwater PAO

On the brisk, sunny morning of October 24, 2019, Sgt Tony Parsons gathered with his family, friends, and colleagues at 12 Wing Headquarters to celebrate his retirement after 39 years in the CAF.

"I was emotionally overwhelmed during the flag-raising knowing it would be my last salute," says Sgt Parsons, "and I was elated from the support of command and my fellow peers."

After growing up in Stephenville Crossing, Newfoundland, the Aviation Systems Technician—who has worked as the Wing's Environment Coordinator for the past several years—says he joined the military when he was 18 because there wasn't much else to do.

"My dad didn't fish and I had older brothers who had already joined," says Sgt Parsons. "So I thought I'd follow suit."

For the first six years of his career, Sgt Parsons was a Navy Marine Electrician, working in HMCS Margaree and HMCS Fraser on the east coast. But in 1987 he made the switch from the Navy to the RCAF, completing his Airframe Technician trade training in Borden. He received his first posting to Shearwater the following year.

Sgt Parsons laughs about how he switched out of the navy but then spent a huge part of his career working on navy ships as part of the CH-124 Sea King Helicopter Air Detachments. He deployed in HMCS Halifax and, funnily enough, in HMCS Fraser again.

"I spent my whole career in Shearwater except for 1993-1996," says Sgt Parsons. During that period he was at 8 Wing Trenton working as a maintainer on the CH-113 Lab/Voyageurs, the RCAF's Search and Rescue helicopter at that time.

In the years after Sgt Parsons returned to Shearwater, he learned an interesting fact about his heritage.

"Growing up I didn't know I had Aboriginal roots," says Sgt Parsons. "I found out in the late 1990s. My sister found out through researching our ancestry."

Once he knew that, he was inspired to learn more. In 2003, he was invited to join the Defence Aboriginal Advisory Group (DAAG) and he's been with them ever since. In the past five years he has been the Military Co-chair of the group, working with the local champion to provide



Sgt Parsons carries the Eagle Staff during the Commander Canadian Fleet Atlantic Change of Command in Halifax in 2017.

MONA GHIZ, MARLANT PA

advice to senior leadership on issues impacting recruitment, retention, development, and promotion of Aboriginal Peoples in the CAF and DND.

That work has included organizing powwows and smudging ceremonies, coordinating use of the Sweat Lodge at MacDonald Beach, and carrying the CAF Aboriginal Eagle Staff at events such as the annual Treaty Day ceremony at Grand Parade Square in Halifax.

"Sgt Parsons' dedication to the Defence Aboriginal Advisory Group for well over a decade has been nothing short of exemplary," says Capt(N) Matt Bowen, Maritime Forces Atlantic Commander Sea Training Group and Champion Atlantic DAAG. "As has his willingness to both share his knowledge of indigenous issues and to support traditional activities like the Sweat Lodge. The team and I will sorely miss his commitment and quiet professionalism, but he certainly leaves a lasting legacy in both the beautiful Eagle Staff he created with his own hands, and the broad network of friends and partners he established over the years to enable the DAAG's ongoing work. I wish he, and his family, a safe and enjoyable retirement."

Sgt Parsons is planning to enjoy his retirement but says he's not leaving the area and, if needed, "I'll be here to help."

NDWCC 2019: Campaign Call to Action

By Capt(N) D.E. Mazur,
CFB Halifax Base Commander, 2019
MARLANT NDWCC Champion

With the seasons rapidly changing, so too is the National Defence Workplace Charitable Campaign (NDWCC) reaching an important milestone: we are now nearing the official end of our canvassing efforts. As the 2019 MARLANT NDWCC Champion, I am proud of what we have achieved so far. While I commend each and every person who has canvassed, donated, mobilized and volunteered, I would like to take this opportunity to encourage the entire DND community to keep contributing to the cause.

Over the course of the last seven weeks, the local Defence Team has

organized several fun-filled, impactful activities. Various kick-off events – featuring chili cook-offs, pie throwing, bouncy castles, axe throwing and fire-truck pulling – have highlighted the unique creativity and organizational skills of our Defence Team members. Other initiatives, such as the Paddle Against Poverty Dragon Boat Race, have allowed for collaborative, multi-unit fundraising. As dragon boat participants, CFB Halifax, MARLANT, Naval Fleet School (Atlantic), Fleet Maintenance Facility Cape Scott, Canadian Fleet Atlantic and Canadian Forces Health Services Centre (Atlantic) collectively raised \$10,000 for the NDWCC. Campaign volunteers have also expanded their efforts into the larger Halifax community. The

Canadian Fleet Atlantic Headquarters (CANFLTLANT) team notably assisted The Club Inclusion charity for its annual Halloween Ball, as part of the United Way's Day of Caring.

At this stage, I want to personally encourage the continuation of Command Team involvement and leadership until the end of the campaign – and beyond. As such, canvassers should keep reporting to Cdr Beth Vallis as they canvas their units and Command Teams are reminded to keep tracking all volunteer and fundraising activities conducted within their respective branches. All of this will help us capture our charitable giving and larger impact on the community.

While canvassing will end on November 29, various events and initiatives will be ongoing until mid-December. You can find information related to upcoming events on the MARLANT NDWCC website (<http://halifax.mil.ca/NDWCC/events/events.php>) and CFB Halifax's Facebook Page (@Base-Halifax). Further, weekly updates and spotlights are being shared via Base-wide email (check out those Chase the Ace winners) and on social media (NDWCC-themed Face of Base).

Giving to the NDWCC allows us all to help those in need while also demonstrating our collective impact as a military community. Together, let's keep standing shoulder-to-shoulder for these last few weeks of campaigning. Together, let's make a difference.

CANEX/SISIP give back to Base Fund

By Ryan Melanson,
Trident Staff

CANEX and SISIP Financial have been in operation at military bases across Canada for more than 50 years, including at CFB Halifax. As divisions of Canadian Forces Morale and Welfare Services, it's their mandate not only to offer services to CAF members, but also to give back to the wider defence community.

One of the largest ways they give back is through an annual contribution to the CFB Halifax and 12 Wing Shearwater Base Fund, which can then be used to support a variety of different events and activities throughout the year. This year's contribution totals an impressive \$203,537 – an official cheque presentation was held on November 1, with Base Administration Officer Cdr Ian Bye accepting the money on behalf of CFB Halifax Base Commander Capt(N) David Mazur.

While CAF members in Halifax make frequent use of both the base CANEX store and the services offered by SISIP, it's not always clear that their business translates directly into more money for base programs. Highlighting that relationship is important.

"We want to make sure people are aware of how significant that support is, and that they know where their money is going when they spend it," Cdr Bye said, noting that the single largest injection into the Base Fund each year comes from CANEX and SISIP.

"That money goes directly to us, so it's a great help and support for some of our activities around the base every year. Of course, it's not only about the money, it's also about the great services that these folks provide to



From left, SISIP Financial Branch Manager Jim Boylan presents the Base Fund cheque to Cdr Ian Bye, along with CANEX CFB Halifax and 12 Wing Manager Glenn Banfield.

RYAN MELANSON, TRIDENT STAFF

the CAF community and to our DND team."

SISIP Halifax Manager and Financial Planner Jim Boylan presented the cheque along with CANEX's Glenn Banfield at the Stadacona CANEX location, with the store also offering complimentary coffee and cake to patrons through the morning.

Boylan said the two organizations are focused on enhancing the quality of life for CAF members, and that the financial contribution helps move that mission along.

"These funds are only possible thanks to the patronage we get at CANEX and the services that our members subscribe to at SISIP Fi-

nanial. This presentation is about showcasing our strong and proud affiliation and our support of the CAF community," he added.

Boylan also invited any interested CAF members to stop into SISIP, where they can enter an ongoing 50th anniversary contest for a chance to win a \$5,000 prize.

FM Facilities Cape Breton and Cape Scott honour HMCS *Kootenay*

By Ashley Evans,
Strategic Communications Officer,
FMF Cape Scott

October 23 marked the 50th anniversary of the HMCS *Kootenay* explosion and fire that claimed the lives of nine sailors and injured 53 when the starboard gearbox exploded during full-power trials prior to the ship's return to Canada from the English Channel.

A ceremony was held on October 23 in Point Pleasant Park, followed by an evening reception held for survivors and family members at Tribute Tower to honour those nine fallen in 1969 onboard *Kootenay*, the 53 injured, and their shipmates. The inaugural CRCN Unit Commendation was awarded that evening to the crew and the family of the victims for their heroism and courage saving their shipmates and their ship. To mark this occasion, the DCTF *Kootenay* was also named in honour of the valiant ship's company.

Fleet Maintenance Facility (FMF) Cape Scott and FMF Cape Breton have been hard at work each creating integral pieces unveiled at the 50th anniversary ceremony and presented during the evening reception.

FMF Cape Scott developed and fabricated the award for the Unit Commendation. Several shops and



Completed plaques made by FMF Cape Breton to include an additional 46 names of military members who lost their lives during peacetime missions.

SUBMITTED

individuals were involved in the production of the award for the CRCN Unit Commendation, including Charles Hartlen from Sheet Metal, John Clark and Glenn Burke from the Shipwright shop, machinists Noah Belliveau and Ryan Barkhouse, painter Shawn Holman, welder Daniel Baker, and supervisor Jeff Wilton.

On the West Coast, the FMF Cape Breton foundry workers made new memorial plaques that held the names of the nine *Kootenay* mem-

bers who were killed during the explosion. The new plaques were created for the 50th anniversary ceremony of this tragic event, which saw the rededication of the plaques with an additional 46 names of military members who lost their lives during peacetime missions in the service of Canada

The making of these plaques was initially tasked to FMF Cape Scott as the plaques reside in Point Pleasant Park at the Bonaventure Anchor Memorial in Halifax. However, FMF Cape Breton is the only one of our facilities still with a foundry. Our FMF Cape Scott workforce carefully transported these important memorabilia to our Cape Breton facility to have the foundry work completed.

FMF Cape Breton's foundry is the only one on the West Coast, and their foundry workers are passionate about the work they create as the craft is so historic. The process of creating these plaques leveraged new 3D printing technology at FMF Cape Breton in order to quickly print a master pattern out of plastic, then pressing that pattern into sand. Molten metal was then carefully poured into the sand and set. Upon completion the plaques were buffed and polished.

Installation of the plaques was completed by the FMF Cape Scott Plant Maintenance section workforce, including Charles Robson, Todd Fancy, and Mark Worth, under

The CRCN Unit Commendation Award made by FMF Cape Scott's sheet metal, shipwright, painting, and welding shops.

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Foundry Workers at FMF Cape Breton, hard at work at the only working foundry on the West Coast, where they created new plaques to commemorate sailors lost in the *Kootenay* Explosion.

SUBMITTED

the Supervision of Adrian Jones.

The making of these plaques has been a large focal point for the foundry workers at FMF Cape Breton, and the award for the Unit Commendation that for Cape Scott. This was a collaborative effort, and it has been an honour for both FMF's to be involved in such a monumental occasion, to honour the lives of those lost on October 23, 1969 and those who worked tirelessly in the aftermath.

The combined effort between Cape Breton and Cape Scott, serves to highlight the importance, value and strategic importance of the combined organic engineering plant of the Royal Canadian Navy.

While each item was an artifact, combined together and set in the context of the ceremony, these items served to pay tribute to the shipmates whose heroism, persistence and courage saved their beloved ship *Kootenay*; pay tribute to the sacrifices of the families, and re-ignite the important, tangible and proud link between the Royal Canadian Navy's past and its present.



New service available to Indigenous members in MARLANT

By Cdr (Padre) Jennifer Gosse,
MARLANT Formation Chaplain

Chaplains in the CAF have long described their work as “Caring for all, facilitating the worship of others and ministering to our own.” This means that every CAF chaplain has a responsibility to make sure that the religious and spiritual needs of every member are met, no matter whether that member belongs to the same faith group as the chaplain, or, indeed, to no faith group at all.

The MARLANT Formation Chaplain (FChap) now has a new way to facilitate the ceremonial, spiritual and emotional support of indigenous CAF members, made possible by CANFORGEN 104/19: “Royal Canadian Chaplain Service Direction and Guidance on Support for Indigenous Practices.” This directive enables chaplain teams, like the one here in MARLANT, to arrange a hiring process and remuneration of an Indigenous Elder or Knowledge Keeper by means of a Personal Services Contract in order to facilitate

appropriate support to Indigenous CAF members.

In consultation with the Atlantic Defence Aboriginal Advisory Group, the FChap entered into a contract with the Mi’kmaw Native Friendship Centre (MNFC) to provide such service. The MNFC operates as the focal point for the indigenous community in the Halifax area and has links with Elders of various indigenous backgrounds from across the country. For these reasons, they are well placed to act as the conduit for Elder spiritual support to MARLANT.

Any Indigenous CAF member working in MARLANT can speak to any chaplain to access this support. The FChap will engage the MNFC who will find an Elder in keeping with the culture and tradition of the CAF member requiring support. When possible they will use an Elder living in the Halifax area, but when necessary to find an Elder of the appropriate background, support could also be offered on the phone.

The support requested may be for

ceremonial purposes (for example, to arrange a smudge), for spiritual direction, or for emotional support. This new service should not be seen as separate from, or a replacement for, the many other personnel services available (mental health, addictions counselling, etc.) to CAF members, nor would it be able to override direction from an individual’s chain of command. Indeed, the Elders engaged will not have access to the chain of command; they are simply being engaged to interact with the member in need, at the request of that member. All chain of command interaction on behalf of the member will remain the responsibility of the unit chaplain. Nonetheless, this new service does represent an additional support pillar that may prove of particular benefit to indigenous members of the CAF, should they wish to pursue it.

MARLANT chaplains are committed to offering spiritual and religious support to all CAF members. This new service for indigenous members is one way to do that. Members of other faith groups are

also encouraged to seek the help of any chaplain – if we cannot provide the help you need from within the diversity of our own team, we will work to connect you with appropriate support in the community. For any chaplain support you may need you are invited to see the chaplain assigned to your unit. If your unit does not have a chaplain or you are unsure who that person is, you can visit or call the Formation Chaplain office in S-90 (721-8660) or the Fleet Chaplain Office in D-166 (427-0521).

Members wishing to know more about indigenous opportunities and issues within the DND/CAF are welcome to contact or join the ADAAG (details at: http://halifax.mil.ca/HRPP/pages/fhr_DAAG.html). This organization is focused on the creation of an environment within the Defence Team which is respectful of Aboriginal Peoples, free of barriers, and provides opportunities for career success at all levels. We are always looking for people with interest and enthusiasm to join and be part of making DND a welcoming environment for all.

The facts about vaping and health

By the Maple Leaf

This past summer, news media began reporting on a series of acute and severe lung illnesses in the United States linked to the use of vaping products, and more recently vaping-related illnesses have been reported in Canada.

While public health authorities are examining possible risk factors for these illnesses, the exact cause is still under investigation.

Vaping devices come in many shapes and sizes and can have attractive flavours that appeal to youth. Some devices resemble small everyday items like USB sticks and pens. Vaping devices are known under a variety of names such as: mods, vapes, sub-ohms, vape pens, e-hookahs, tank systems, electronic cigarettes / e-cigarettes, and electronic nicotine delivery systems (ENDS).

E-cigarettes and vaping products are not harmless. By heating a liquid they produce an aerosol that may contain substances such

as nicotine, cannabis, heavy metals, volatile organic compounds and some cancer-causing agents which have negative effects on your health. Nicotine is a highly addictive substance, and while not all vaping products contain nicotine, the majority of them do and the levels of nicotine can vary widely.

Youth are especially vulnerable to its negative effects, as nicotine can alter their brain development, memory and concentration and lead to nicotine addiction. Moreover, vaping can affect the respiratory and cardiovascular systems.

Studies have shown increasing rates of vaping among youth, which is a major public health concern as it is linked to initiation of smoking in this population. Health Canada acknowledges that vaping is a less harmful option than smoking when vaping products are used to quit smoking tobacco. However, the effectiveness of vaping products as a smoking cessation aid is still being researched.

Vaping is not without risk.

Non-smokers, people who are pregnant and young people should not vape.

People who vape should seek support to quit.

People who use vaping products are advised to avoid any products from illegal or unregulated sources and should never modify vaping products or add any substances to these products that are not intended by the manufacturer.

While the cause of severe pulmonary illnesses related to vaping is still under investigation, legal products are not considered risk free.

Individuals who use vaping products should monitor themselves for signs of respiratory illness and seek medical attention if they develop symptoms such as cough, shortness of breath and chest pain.

For further information on vaping, please visit: www.canada.ca/vaping

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Together We Stand expands military gift box offering

By Peter Mallett,
The Lookout Staff

This holiday season the non-profit Together We Stand Foundation is continuing their support for deployed CAF personnel and their families.

Last year, it distributed 2,550 family gift boxes valued at approximately \$1.14 million to military families with a loved one deployed overseas.

This year that number is increasing to 3,000 gift boxes with the contents including cards and coupons from corporate and private donors with an estimated cash value of \$300 per package.

Any CAF personnel deployed outside of North America between December 1, 2019, and January 30, 2020, or immediate family members are eligible to apply for a gift box for their family back home.

This year's gift boxes are loaded with morale-boosting gift cards including a \$50 Scene Card from Scotiabank, a \$25 gift card from jeweler Brass & Unity, and gift cards to restaurants Harvey's, Swiss Chalet and Milestones from corporate owner Recipe.

Other gift box contributors include Adidas, Reebok, and Yogen Frusz.

While corporate Canada has answered their call, Together We Stand

has also attracted several high-profile supporters to their corner. Its official patrons are former Canadian Prime Ministers Stephen Harper and Paul Martin, and Honorary Council members former astronaut Col (ret'd) Chris Hadfield, women's hockey gold medalist Hayley Wickenheiser, Wayne Gretzky, and Gen (ret'd) Alain J. Parent.

Together We Stand Vice President Stephanie Shapiro says the ongoing display of generosity by Canadian business leaders, politicians and celebrities is an effort to recognize military families and personnel for the often "underappreciated" and the largely unheralded work they do.

"Our organization is intended to honour Canadian military families for the sacrifices they make on behalf of Canadians while their loved ones are deployed overseas and in harm's way," said Shapiro.

Together We Stand was founded by Toronto philanthropist and entrepreneur Rick Ekstein, President and Chief Executive Officer of Phaze 3 Management Inc, and his wife Lillian in 2017.

To get the ball rolling, the Eksteins made a personal donation of \$50 pre-paid VISA gift cards to 1,500 families in 2017. Ekstein, whose mother survived the Holocaust and whose

father fled from Czechoslovakia after the Nazis sealed the border in 1938, says he founded the charity because he believes that after what his parents experienced, Canada is the safest country in the world, and we have our Canadian military to thank for that.

Ekstein's morale-boosting efforts don't just end at gift boxes. Earlier this year, he enlisted the help of Together We Stand vice-president Laura Grosman and former MP Gen (ret'd) Andrew Leslie for a Unanimous Consent Motion in the House of Commons to establish an annual Military Family Appreciation Day, which will take place on the third Friday of

every September. The occasion was observed for the first time on Sept. 20 of this year.

"The Canadian Armed Forces provide protection for our community to pursue its goals and live out its values, whether in the forms of education, faith and dignity for others," said Ekstein. "It is now our turn to honour Canada's most precious resource, the military family."

For more information about Together We Stand, how to donate or how to apply to become a recipient of a gift box visit their online registration page at www.twsfoundation.ca



CFB Halifax volunteers do fall cleanup at Camp Hill

AB Celine Stone and OS Patricia Carani rake leaves from the garden while volunteering for the fall garden cleanup at Camp Hill Veterans Memorial Hospital on October 30, 2019.



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Salvaging marine life from dry dock

By Ashley Evans,
FMF Cape Breton, CFB
Esquimalt

Have you ever wondered what collects, grows and lives in the drydock each time the caisson is open?

It essentially becomes part of the ocean floor for extended periods of time between dockings and a potential home for numerous life forms.

Prior to docking a Royal Canadian Navy warship or submarine, and in accordance with the DFO Fisheries Act, Fleet Maintenance Facility (FMF) Cape Breton and Formation Safety and Environment (FSE) work together to salvage marine life that has taken up residence in the dry dock, and ensure that any creatures they find are released back into Esquimalt Harbour.

When the dry dock is opened for any period of time it gives aquatic species time to enter, and when it is time to move a warship in for maintenance, the dry dock must close by moving the caisson in, the water drained, and the walls and dock bottom cleaned.

Salvaging the ocean critters requires many branches and units to work closely over three full days with weeks of advanced planning.

"There are a lot of moving parts to complete a salvage and we're on a tight timeline to get the species out of the drydock and back into the ocean as quickly as possible," said Patricia Swan, an FSE environment officer who often works with FMF to ensure the navy and DND meet all environmental regulations. "FMF environment does a great job coordinating all those involved and making it happen behind the scenes."

Because of the potential for thousands of marine animals to be found, the evolution of



DND employees prepare to clean up the dry dock and to capture any marine life for relocation into Esquimalt harbour.

the salvage is strategically planned to ensure all life forms are placed in fresh sea water immediately, correctly identified and documented, then brought to various drop points around Esquimalt Harbour.

"It's challenging yet rewarding work. The diversity and

number of species we relocate is pretty amazing," said Swan. "A marine salvage is a unique thing. Salvages are often conducted in freshwater creeks or streams, but the nature of the ocean makes it difficult to isolate and capture species."

During the most

recent marine salvage, Swan worked alongside FMF's three environmental technologists and one co-op student, including environmental technologist Brad Noren. Noren describes their positions in FMF as unique because they work to ensure FMF complies with environmental regulations and directives, while managing programs to help FMF demonstrate due diligence in meeting environmental obligations.

"The best part of my position is working with the environment team. We each bring different skills and backgrounds, and it is a great feeling to work together to accomplish environmental goals. As well, we are fortunate to have such a diverse and beautiful marine environment in Greater Victoria, so it is important that we do our part to maintain it," said Noren.

There is quite a diverse range of species that come out of the dry dock salvage and each event can produce different species.

"We had a large school of opalescent squid this round which was pretty cool," said Swan. "We also caught some bay pipefish, which look like a horizontal, skinny seahorse. Pipefish and seahorse are from the same taxonomic family where the male carries the eggs in a pouch and cares for the young, which is uncommon in the animal world. We also captured multiple species of gunnel fish that look like eels but are taxonomically different."

For FMF environmental technologist Dale Hilbrant, his favourite find was the Lion's Mane jellyfish.

Preliminary numbers have shown that over 7,000 organisms were released back into the harbour during this recent marine salvage, with more than 50 different species observed.



Penpoint gunnel is one of the examples of marine life found in the drydock.

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Pile perch is another of the species found in the dry dock. Others include bay pipefish, opalescent squid, jellyfish, and more.

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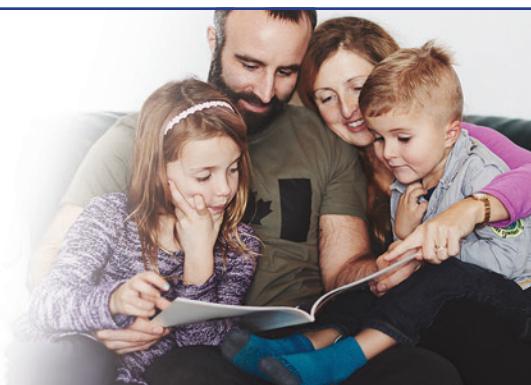
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Veteran's business venture all about common scents

By Peter Mallett,
The Lookout Staff

When LCdr (ret'd) David Lewis launched his small business he had a simple business plan that relied on one premise: The nose knows common scents.

Knowing there are about 450 olfactory receptors that communicate between the nose and brain, the 60-year-old veteran created Battle Rattle Candle Company - scented candles with a military twist. Ten per cent of net sales are donated to Canadian veteran charities.

All 30 of his candles are military themed. *Afghan Tea*, *Galley Cookies*, *Kabul Snow*, *Duff*, and the list goes on, "making scents of our time in the military," he says.

He has divided them into two categories: domestic operation scents and deployed scents, with a recent launch of holiday scents like *Ginger-Bloggins Man*, and *Moosemilk*.

LCdr Lewis spent 13 years in the military as a public affairs officer. In 2011, he was posted to Camp Eggers in Kabul, Afghanistan, as Deputy Director of Social Media for NATO. Smelling a chai-scented candle a few months ago instantly brought him back to that deployment and the tea he drank.

"I began to ask myself, what if I created a line of scented candles for military members and veterans? Ones that would have a unique point of reference for anyone who has ever served in any branch of Canada's armed forces."

After a bit of research and experimenting, he set about turning his London, Ontario, home into a mini factory. Pots of paraffin wax are heated on the stovetop before adding his special scent formulas and colours. Then he pours them into small tins, adding the final touch of a wick in the centre. Each tin is topped with a lid and label.

His candles names hold meaning to those who serve and have served. Some will even bring about a chuckle such as the *Beardforger*, the approval of facial hair in branches of the Canadian Armed Forces. The smell is reminiscent of beard grooming products. Or the *Freshly Minted Officer* that is full of distinctive peppermint overtones.

On a more nostalgic note is *When We First Met*, a baby powder scented candle designed for military parents who were deployed when their child was born.

"There is a story behind each candle scent and we have a little write-up explaining each one available on the website," says LCdr (ret'd) Lewis.

He sells them on his website - www.battlerattlecandlecompany - and so far they are available at the Military Museums Giftshop in Calgary, and the Canadian Warplane Museum Giftshop in Hamilton, ON. They retail for \$14.

In the three months they have been in business they have so far made

donations to Veterans Voices of Canada, with future donations going to Wounded Warriors Canada, Can Praxis, Veterans Emergency Transition Services, and Quilts of Valour. They also team up with Cadets Canada to provide personalized unit candles for fundraisers.



Defence Team supports Ward 5 Thanksgiving Dinner

On Friday, October 11, CFB Halifax and Defence Team members were thrilled to support the Ward 5 Thanksgiving Dinner. The long-standing relationship between the Ward 5 Neighborhood Centre and our Base Logistics branch has grown over the years, providing our members an opportunity to support and learn from a local organization doing incredible work in the North End community.

CFB HALIFAX PA

Stadacona Band goes on annual holiday tour

By Sgt Michael Gallant,
Stadacona Band of the Royal Canadian Navy

A Beary Merry Christmas is an annual concert put on by the Salvation Army in conjunction with the Stadacona Band. The event is a fundraiser for Salvation Army's Christmas program, providing toys and teddy bears to underprivileged children. Concertgoers are encouraged to bring along a toy or a teddy bear for donation. The concert is very family friendly with lots of fun music featuring guest singers Liz Rigney and Linda Carvery.

The concert tour dates are as fol-

lows: November 25 in the Rebecca Cohn Theatre at the Dalhousie Arts Centre in Halifax at 7:30 p.m.;

December 8 in the Astor Theatre, Liverpool, NS at 7:30 p.m.;

December 13 in the Confederation Centre of the Arts in Charlottetown, PEI at 7:30 p.m.

Ticket price is \$15 and can be purchased at the door, online at <https://kil-dacweb-3.cohn.dal.ca/online/> for Halifax, and <https://confederationcentre.com/whats-on/> for Charlottetown. Tickets also are available through the Salvation Army.

All are welcome, and please don't forget to bring a toy as a donation.



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Holiday Shopping FEATURE

4 easy ways to minimize gift-giving stress

(NC) Being tasked with finding a great gift for a friend, family member or office Secret Santa can prove challenging. Sure, there's the worry of the gift selection itself – even the best gifters can find themselves stumped when attempting to buy for the person who has everything, or for someone they barely know. Factor in the stress of gift wrapping, timely delivery if you're ordering online and trying to score a just-right item that also suits your budget, and you've got a perfect holiday-anxiety storm.

Fortunately, alleviating the aforementioned stress is very possible. Here are four ways to help:

- 1. Whittle your list.** Even if it feels like your people-to-shop-for list is set in stone, know this: it's okay to reassess each year. Buying for kids instead of adults in a family-and-friends dynamic is a great way to minimize spending and incorporating an ornament exchange with hard-to-buy-for types will keep the spirit of giving alive without sacrificing your sanity in the process.
- 2. Be a purposeful shopper.** A great way to avoid buying items your recipients don't want or need? Make a list. Whether you prefer to shop in-store or online, being prepared before you buy will help minimize

- unnecessary purchases. And making a list early will also help you determine if you're planning on buying too many gifts, period.
- 3. Get emotional.** A study published by the Journal of Consumer Psychology found that many participants chose to give a personal but predictable present, assuming the recipient would prefer it. Interestingly, the study found gift recipients valued emotional gifts that tugged at their heartstrings instead. The takeaway: choosing a gift that's meaningful and gives back is never wrong. Purchasing a gift from World Vision's gift catalogue is a great way to feel good about giving, especially considering that each donation has the power to literally change a life.
- 4. Shop early and shop smart.** Sometimes it's not possible to finish your holiday shopping by September. So, whenever possible, make a plan to set aside a few hours on a weekend or after work to chip away at your list online or in person to avoid the chaotic last-minute rush. And for those who prefer to shop online but are concerned about delivery dates? Shopping early (and with reputable retailers) is even more important.



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What's in a tattoo?

By Captain Jenn Jackson,
HMCS Ottawa PAO
With information from www.
readyayeready.com

Tattoos in general have a long and rich history, but once upon a time in Europe and North America only sailors were seen to have them – a tradition believed to originate from the discovery of the process in exotic places and the desire to preserve the

memory of the visit.

Fast forward to today and tattoos are much more mainstream in society, with people from all walks of life choosing to get “inked” for many different reasons, sailors or not. There is often personal significance beneath the surface of a tattoo and four members currently deployed on HMCS Ottawa recently shared some of the stories behind their tattoos.



AB Jaxon Boyd, Naval Communicator

Number of tattoos: 2 and counting
His age when he got his first tattoo: 16

Most recent tattoo: a golden dragon in September, 2019

Advice to others: check cleanliness policies and look for fresh ink, new needles, and plastic. Check the artist's portfolio. Do it! But don't get addicted – make sure it has meaning for you.

“The Golden Dragon”

AB Boyd wants to wear his career in the Royal Canadian Navy on his body. Sailor tattooing traditions include specific tattoos for specific milestones and AB Boyd hopes to

earn as many as possible. The Golden Dragon is a tattoo earned by a sailor who has sailed across the International Dateline – a milestone completed by AB Boyd earlier in the deployment during Ops PROJECTION and NEON. After doing research in three different ports, he finally found an artist and parlour in Thailand that was exactly what he was looking for. His intent is to always get his tattoos in foreign ports as they will serve not only as an earned badge but also as a memory of the places he has visited. He hopes to earn a golden shellback tattoo one day for crossing both the International Dateline and Equator at the same time during a sail.



MS Sherrie Newhouse, Boatswain

Number of tattoos: 2 full sleeves, many others and counting

Her age when she got her first tattoo: 14

Most recent tattoo: a pirate in September 2019

Advice to others: look into the tattoo regulations before you get your tattoo and make sure it is acceptable.

“Pirate”

MS Newhouse decided to get a pirate on one of her fingers while alongside in Thailand during this deployment on Ops PROJECTION and NEON. For her, the pirate symbolizes her trade of boatswain and also



LS Alyssa Henry, Naval Combat Information Operator

Number of tattoos: 7 and counting
Her age when she got her first tattoo: 18

Most recent tattoo: a skateboard in 2018

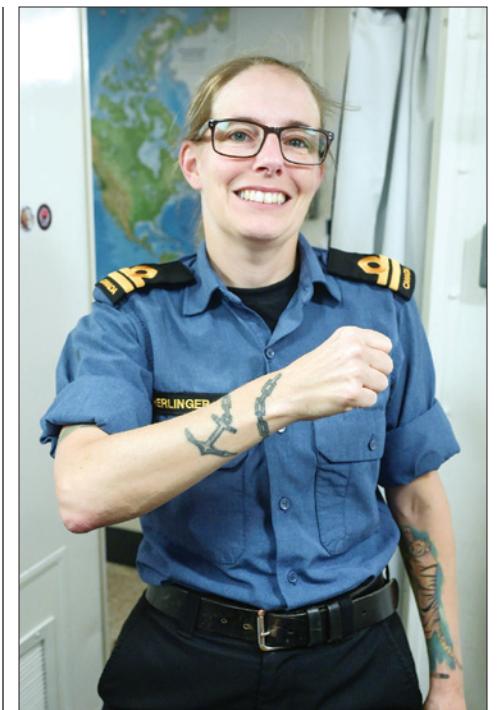
Advice to others: it's not as painful as it seems it might be, but it does depend on where you get it.

“Stay Away From Strange Dogs”

When LS Henry was 18, her father died. She and her family decided to get tattoos in his honour to keep his memory with them wherever they go. As she was growing up, any time LS Henry or her siblings left the house her father would call out “Bye, love you, stay away from strange dogs!”, and this led to her unique tattoo. Below the expression, is a copy of her father's signature that the family found on the inside of the family Scrabble box just after his death.

“YCBMD”

Keeping with the tradition of honouring family in her tattoos, LS Henry's most recent tattoo is of a skateboard with the letters YCBMD written above it. The letters stand for You Can't Bring Me Down and represents the motto of the uncle who taught her how to skateboard when she was young, a pastime LS Henry still enjoys to this day. Below the skateboard is the year 1971, the year her uncle was born.



Lt(N) Gill Herlinger, Deck Officer

Number of tattoos: 9 and counting
Her age when she got her first tattoo: 18

Most recent tattoo: a swallow for her time at sea in June 2019

Advice to others: do research and look at the artist's portfolio. Listen to the artist – they know from experience what looks good, and what doesn't.

“The Anchor”

Lt(N) Herlinger's anchor tattoo is a cautionary tale. In 1997, while in her first foreign port with the Royal Canadian Navy in Thailand, she decided to get a tattoo to commemorate the occasion. Looking back, she admits it was probably not the best idea, given the standards of cleanliness at the time, and that AIDS was only beginning to emerge as a tattoo concern. The true gravity of how wrong it could have gone was highlighted three years later when during a maternity appointment for a new pregnancy the doctor immediately ordered an HIV test upon hearing where the tattoo was from. All turned out to be good, but it was a stark reminder of the importance of ensuring the parlor is clean, and follows strict hygienic protocols including brand new needles and fresh ink. The caution aside, being spur-of-the-moment, Lt(N) Herlinger decided on an anchor as it seemed fitting for her first tattoo.

“The Flying Fish”

Prior to joining the Navy, Lt(N) Herlinger thought that flying fish were only mythical creatures, like unicorns. This was quickly changed when she observed flying fish over the side of the vessel on her first sail. Twenty years later, she is still in the military and still watching flying fish. When she and her daughter decided to get symbiotic tattoos, the flying fish immediately came to mind. Lt(N) Herlinger's is of a flying fish with a mature Douglas Fir silhouette in the background and her daughter's is of a Douglas Fir silhouette that is much younger in appearance than her mother's. They travelled all the way to Gibsons, B.C. to work with a specific artist.

represents her career in the Royal Canadian Navy.

“Poppy”

Five years ago on Remembrance Day MS Newhouse got a poppy tattoo to honour all fallen comrades and the sacrifice that the poppy symbolizes.

“RCN Lady”

One of MS Newhouse's most personally symbolic tattoos is her pin-up, blonde-haired, torpedo riding Royal Canadian lady which was designed to represent MS Newhouse herself. The pin-up tattoo pays homage to the military tradition of painting pin-ups on the side of vessels and aircraft, particularly during the Second World War.



Students and CANFLTLANT volunteers help The Club Inclusion

On October 25, Canadian Fleet Atlantic Headquarters (CFL) volunteered to assist The Club Inclusion with decorating and preparing for its annual Halloween Ball, as part of United Way's Day of Caring. This was a great experience for CFL staff, which resulted in the most elaborate haunted house exhibit to date, which was thoroughly enjoyed by club members.

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Morale Mail

Throughout the year, morale mail is a popular topic for staff at the H&R MFRC to address from CAF members and family wishing to send packages to deployed members. As we approach the holiday season, it's a good time to detail morale mail, along with a special offering from Canada Post.

Morale mail is a service offered to anyone who would like to send a package to a CAF member who is deployed (for a minimum of 30 days). This is a one-way service, from Halifax to the deployed unit. There are no deadlines per se, so the timeline for the member receiving the package is fluid. It can take several weeks for a package to arrive at the ship.

Guidelines

There is no cost for this service, but there are some guidelines to adhere to:

- The sender must place their address and phone number on the top left corner of the parcel to enable postal personnel to contact them if necessary. No parcels will be accepted unless this information is present.
- The package must be addressed to a specific member; packages addressed to "Any Canadian Armed Forces Member" will not be accepted.
- A detailed list of contents is required on the Canada Post International Parcel Air/Surface Shipping Label as well as on the address form (in case a form falls off the package). All packages are x-rayed and contents must match what is listed.
- Ensure that the package is wrapped properly and securely with packing tape. If you choose to wrap items inside the package, only use translucent paper (tissue paper) so that item is still visible.
- Package weight: maximum 20 kg (44 lbs).
- Package size: two conditions must be met regarding size: maximum length is 1 m (approximately 39"); the maximum length plus girth is 2 m (approximately 79"). Packages over this size/height will not be accepted.

Prohibited Items

In general, prohibited items include: batteries, corrosive and/or flammable liquids/solids (bleach, acids, ammonia, nail polish remover, matches, lighter fluid), compressed gases (aerosols, hair spray, shaving cream, lighters, vape juice), alcohol (including liqueur chocolates), tobacco products, drugs and narcotics (cannabis, prescription drugs), liquids (unless packaged as per Canada Post regulations), perishable items, and oxidizers (hair colour, adhesives).

Mailing Options

There are several options for mailing packages:



H&R MFRC staff and volunteers showed their Halloween spirit at the H&R MFRC's Halloween Party on October 27, 2019.

SUBMITTED

Drop-off

Packages can be dropped off at the following locations:

Fleet Mail Office (902-427-1312) – Dockyard 20 (Monday-Friday: 7 a.m. – 3 p.m.)

Truro (902-893-6883) – Armoury, 126 Willow Street

Halifax site, H&R MFRC (902-427-7788) – Windsor Park (Monday-Friday: 6 a.m. – 5:30 p.m.)

Shearwater site, H&R MFRC (902-720-1885) – Hampton Gray Memorial Building (Monday-Thursday: 8 a.m. – 4:30 p.m.; Friday 8 a.m. – 3:30 p.m.)

Sydney site, H&R MFRC (902-563-7100 ext. 7107) – Victoria Park Garrison, 1 Des Barres Street

*H&R MFRC sites are convenient drop-off locations. We have a packing station with boxes and packing supplies, and we can answer your questions regarding labels and paperwork.

Mailing to the H&R MFRC

If you are unable to drop your package off to an MFRC or other unit that offers the no-cost morale mail service, packages can be mailed directly (at sender's expense) to the H&R MFRC.

Wrap the parcel according to morale mail guidelines, including the Canada

Post International Parcel Air/Surface Shipping Label and address label to a specific member, then wrap it a second time and send it via courier or Canada Post. When we receive the package, we will review the documents and contents and will call the sender with any questions.

An option for morale mail over the holidays

Canada Post is offering an option to send packages to deployed members over the holidays. Until January 10, 2020, parcel shipping is free of charge, and regular letter mail up to 500 grams will also be free of charge until December 31. Follow the same regulations for packages, addressing the package to the member, and take it to a Canada Post retail outlet. Mail deposited in street letterboxes bearing no postage will not be delivered.

For complete information, including how to address the package, please visit: www.halifaxmfr.ca, click on Deployment>Morale Mail.

Winter Programs and Events at the MFRC

Staff has been busy planning a variety of programs and events to

start off 2020 with lots of fun. Be sure to visit our website for more details, registration deadlines, and the full calendar of events at www.halifaxmfr.ca or call 902-427-7788. Pick up our Winter Program Guide 2020 available December 13, 2019, to discover an array of programs designed to help you and your family connect with other military families, have fun and feel supported by your local MFRC.

Les programmes et événements d'hiver du CRFM

Le personnel s'affaire à organiser une belle variété de programmes et d'événements pour commencer l'année 2020 avec beaucoup de plaisir. Assurez-vous de visiter notre site Web au www.halifaxmfr.ca ou téléphonez au 902-427-7788 afin de consulter le calendrier complet en plus de connaître les détails, les inscriptions et les dates limites des événements. Ramassez notre Guide des programmes d'hiver 2020 dès le 13 décembre 2019 pour découvrir une série de programmes conçus pour vous aider et votre famille à vous connecter avec d'autres familles militaires, amusez-vous et bénéficiez du soutien de votre CRFM local.

FDU(A) members to run 50 km in support of Christmas Daddies

By Lt(N) Éliane Trahan,
PAO

Members of Fleet Diving Unit (Atlantic) (FDU(A)) and their families will once again participate in their 37th Annual Christmas Daddies Navy Divers Run on Saturday, December 7, 2019, to collect money for children in need during Christmas time.

The 50 km trek will begin at 8:30 a.m., from 12 Wing Shearwater's Lower Base, proceeding along Pleasant Street, Prince Arthur Avenue, Portland Street, Forrest Hills Drive, and Main Street in Dartmouth and ending in Halifax at the CTV News studios on 2885 Robie Street.

FDU(A) members will appear on the 56th Annual Christmas Daddies Telethon to present funds raised from pledges and donations collected along the route.

Since their first year of involvement in 1983 for the Navy Divers Run, nearly \$313 500 have been collected by FDU(A). Last year, they collected \$13 000, let's see if people will continue to be so generous this year. So, if you see a bunch of people running down the streets and roads throughout Halifax Regional Municipality, please give

to this worthy cause.

Follow along on Social Media: Royal Canadian Navy Instagram account, @RCN_MRC; Maritime Forces Atlantic Facebook Page, @MaritimeForcesAtlantic; Christmas Daddies Telethon Twitter account, @DaddiesTelethon



Member of FDU(A) participate each year in the Christmas Daddies Navy Divers Run around the Halifax Regional Municipality. In 2018, the unit raised \$13,000 for children in need.

SUBMITTED

Les membres de l'UPF(A) courent 50 km en support à Christmas Daddies

Par Ltv Éliane Trahan,
OAP

Le samedi 7 décembre 2019, les membres de l'Unité de plongée de la

Flotte (Atlantique) (UPF(A)) et leurs familles participeront à la 37e édition de la course annuelle des plongeurs de la Marine en support au téléthon Christmas Daddies, afin d'amasser des fonds pour les enfants dans le besoin durant le temps des Fêtes.

La course de 50 km débutera à 8 h 30, à l'entrée du côté sud de la 12e Escadre Shearwater, puis se poursuivra le long de la rue Pleasant, de l'avenue Prince Arthur, de la rue Portland, de la promenade Forrest Hills et de la rue Main à Dartmouth. Le tout se terminera à Halifax pour s'achever devant les studios CTV News sur 2885 rue Robie.

Les membres de l'UPF(A) feront une apparition au 56e Téléthon Christmas Daddies afin de remettre les fonds récoltés tout au long du parcours.

Depuis leur première participation à la course des plongeurs de la Marine en 1983, près de 313 500\$ en dons ont été amassés par l'UPF(A). L'année dernière, ils ont recueilli 13 000\$, voyons voir si les gens seront aussi généreux cette année. Alors, si vous voyez une bande de personnes courir le long des routes dans la municipalité régionale d'Halifax, s'il vous plaît donner généreusement pour cette digne cause.

Suivez la course sur les réseaux sociaux : Compte Instagram de la Marine royale canadienne, @MRC_RCN; Page Facebook des Forces Maritimes de l'Atlantique, @MaritimeForcesAtlantic; Compte Twitter du Téléthon Christmas Daddies, @DaddiesTelethon



Co-op students study Canadian military history

On October 25, Navy Co-op students experienced Valour Canada's Character of our Canadian Military History program, which encourages students to think critically about armed conflict, Canada's role in the past and our country's role in the future. Throughout the fall semester, Co-op students are exploring the CFB Halifax community as well as various military and civilian career opportunities available within DND/CAF.

ARIANE GUAY-JADAH, CFB HALIFAX BASE PA

Commodore Kurtz leading the way for women in the RCN

By RCN

As the first female commander of a principal warship (HMCS *Halifax*) and the first female commander of Standing NATO Maritime Group 2 (SNMG2), Cmdre Kurtz hopes her accomplishments will motivate other women in the navy to set goals for themselves and work hard to achieve them.

As the RCN joined with all Canadians in celebrating October as Women's History Month, we look at the career of an exceptional sailor who believes that strong coaching and mentorship will ensure that women who aspire to leadership in the RCN are better equipped and prepared to map and implement their career plans.

In the question and answer below, Cmdre Kurtz shares her thoughts and views on her own career, what helped make her successful, and how her experiences can help other women who aspire to naval careers.



Commodore Josée Kurtz, Commander of Standing NATO Maritime Group 2 (left), is escorted by Corporal Jeremy Poitras, an Airborne Electronic Sensor Operator from the CH-148 Cyclone RAPTOR, upon arrival onto HMCS Toronto while sailing the Mediterranean Sea during Operation REASSURANCE ROTO 10, on June 20, 2019.

MCPL MANUELA BERGER, FIS HALIFAX

Q. How difficult was it to achieve command of HMCS *Halifax*?

A. Every step in a naval officer's career progression rests on demonstrated competency at the previous level and so the achievement of command at sea requires hard work and dedication over a significant period of time.

This includes challenging training and, obviously, time at sea. I was appointed to command at 20 years of service, which is about the average time for officers of my generation. The path to command is definitely not easy and I did my best, working as hard as my peers to get there. And I could not have done it without the support of my family.

Q. What did it mean to you to be given this command?

A. I was obviously very proud when I was appointed to command as I was achieving a personal career goal that offered much professional satisfaction.

I was also aware that the appointment was a signal of the Admiralty's confidence in my ability to assume significant responsibility for the employment of a warship and, importantly, the care and custody of the 225 people in its crew. This was, and is, very humbling.

Q. How did you proceed in that role?

A. I joined the navy in the late 1980s as one of the first women to serve at sea in an operational ship. That was an interesting time and as a young woman leading the way in a traditionally all-male environment. I remained conscious that acceptance would come

from a position of mutual understanding: from men who were faced with the changes associated with women joining ships, and from us women accepting that change could not be forced and would not occur overnight. Success would come from an attitude of give-and-take. When I assumed command of HMCS *Halifax* in 2009, the RCN had had women serving at sea for two decades, so the novelty had somewhat worn off. That said, I sensed that there was some apprehension on the part of the ship's company about the spotlight that the first woman to command a principal warship would bring and the possible resulting impact on the ship and the crew. I tackled the challenge by reassuring my sailors that the attention was for me only to deal with, and that I would make it a priority to protect and promote a normal environment, free from additional pressures.

Once they realized that their Captain was much like any other, their concerns faded and we were able to quickly come together as a team. My time in *Halifax* was without a doubt the most rewarding experience in my career and that is in a large part owed to the outstanding people I served with then.

Q. As the first female commander of SNMG2, how have you been accepted by allies and other regional players?

A. Going into the job, I was fully

aware that not all navies I would work with in SNMG2 or interact with in the course of my command would be where Canada is in integrating women and other minority groups into their ranks. In fact, while they are gathering headway in terms of diversity, some navies remain quite homogenous institutions.

As a result, I was not sure how my leadership would be regarded. That said, if I felt uncertainty at first, I was very rapidly reassured. I am getting nothing but respect from my all-male international staff and from every ship – from navies of the United Kingdom, Romania, Turkey, Spain and Greece – that has integrated into SNMG2 under my command.

Q. What strategy or approach are you using to command SNMG2, and is it different from your time with HMCS *Halifax*?

A. My approach to the SNMG2 command is indeed very similar to my style in *Halifax*, but with the benefit of a little more experience and some professional wisdom, perhaps. I make a point of being myself – there is tremendous value in leading with authenticity, and listening to my team, and there is nothing they want more than to contribute.

I also remain curious about different ways of tackling challenges, and I find that there is no shortage of different perspectives when working in a multinational naval task group led

by an international staff. Finally, I try to learn from others, especially from their successes, of which, fortunately, there are many.

Q. What are the challenges and rewards of working with this group?

A. I would say that the challenges and rewards of working in SNMG2 stem from the same element: diversity. If it takes a lot of effort to integrate the many contributing nations and foster a cohesive group (both at the ship and staff level), the output that comes from such a diverse team is quite powerful and extremely motivating.

Q. In the last 10 years, what were your biggest mistakes and what lessons did you learn from them?

A. I think the most significant recent lesson I have learned is the importance of making time for myself. It is easy, after work demands, family activities and other life pressures, to run out of hours at the end of the day. I make a point of putting wellness activities in my calendar and to attend to them as I do important meetings and events so that I give consideration to self-care as well when I juggle and prioritize the many everyday time requirements.

Q. What have been your greatest achievements?

A. I am obviously very proud that hard work has allowed me to reach Flag Officer rank. That said, my most enjoyable career moment after commanding *Halifax* has been to work with the people at the Directorate of Naval Personnel and Training in Ottawa. Our team, comprised of Regular Force, Reserve and civilian personnel, was as close as a directorate in National Defence Headquarters can be to a ship's company. Through their willingness and commitment to working together, they made me extremely proud to be their director and to help evolve the navy's human resources to meet the needs of the future fleet and of the next generation of sailors.

Q. Are there additional steps you think the RCN can take to promote both female enrollment and their promotion into leadership positions?

A. There are many great stories of women enjoying success across the ranks and in all occupations. I think that as a starting point we need to do a better job of showcasing these stories to young Canadians who could be inspired to enroll. I also think that the best way to reach out is in person,

Continued on page 19



Commonwealth War Graves Commission launches To The Four Corners campaign

By the Commonwealth War Graves Commission

The Commonwealth War Graves Commission (CWGC) is proud to launch To The Four Corners, a digital and interactive campaign for Canadians to virtually tour the Commission's war graves and memorials around the world. More than a century since its work began, CWGC continues to care for the memory of the Commonwealth men and women who died in the World Wars, to ensure they are never forgotten, including more than 11,000 Canadians.

This innovative, online adventure features stories, videos and pictures of some of the commission's most remote sites for Canadians to explore and remember. Together they highlight the unique global task of preserving the stories of the Commonwealth men and women who gave their lives for their countries.

Across every continent except Antarctica, from jungle to desert; from isolated islands to hundreds of miles inside the Arctic Circle; the work of the Commonwealth War Graves Commission stretches to the four corners of the world, far beyond the former battlefields of Europe. With the help of these virtual tours, the commission invites Canadians to experience the hard to reach places it still goes to remember the war dead.

Alongside intriguing and heart-breaking stories from around the world, To The Four Corners features stories about Canada's heroes commemorated across rural Canada. Heroes like Pte

Donald Pollock, who after returning home from the First World War with his twin brother, later died of the Spanish flu. Pte Pollock is buried next to his twin brother on the family's isolated old farmstead, near the hamlet of Neidpath, Saskatchewan, accessible only by quad-bike. The Pollocks' story highlights the challenges of the commission's work and the importance of ensuring these sacrifices are remembered in perpetuity.

"Our work to commemorate Canadians both here and abroad, demonstrates the huge commitment the CWGC has to the Commonwealth Forces. Fallen Canadian servicemen and women are scattered across the globe, from The Netherlands, to Japan, from Turkey to Hong Kong, from Russia to Italy. In each case our global teams work to maintain their cemeteries and memorials for future generations to visit," said David Loveridge, Area Director for Canada and the Americas Area.

To The Four Corners follows the success of the commission's launch of the Voices of Liberation campaign. The Voices of Liberation initiative is an online sound archive where Canadian veterans, family and friends can record and contribute their Second World War stories to be captured for generations to come. The public can explore the archive online and discover a wealth of recordings, from firsthand accounts from veterans about losing comrades to testimony from family pilgrimages to the battlefields.

To learn more about To The Four Corners, please see our website: <https://fourcorners.cwgc.org>.

La Commonwealth War Graves Commission lance la campagne To The Four Corners

Par La Commonwealth War Graves Commission

La Commonwealth War Graves Commission (CWGC) est fière de lancer To The Four Corners, une campagne numérique interactive permettant aux Canadien(ne)s de visiter virtuellement les cimetières et monuments de guerre de la Commission autour du monde. Plus d'un siècle après le début de ses efforts, la CWGC continue de s'occuper de la mémoire des hommes et femmes du Commonwealth qui ont perdu la vie lors des deux Guerres mondiales, afin d'assurer qu'on ne les oubliera jamais, y compris les plus de 11 000 Canadien(ne)s.

Cette aventure en ligne novatrice comprend des récits, des capsules vidéos et des photos de certains des sites de la Commission les plus éloignées, afin que les Canadien(ne)s puissent les visiter et leur rendre hommage. Ensemble, ils soulignent la tâche mondiale de taille visant à préserver les récits des hommes et femmes du Commonwealth qui ont donné leurs vies pour leurs pays.

Sur tous les continents sauf l'Antarctique, de la jungle au désert, des îles isolées aux centaines de kilomètres à l'intérieur du cercle polaire, le travail de la Commonwealth War Graves Commission s'étend aux quatre coins du monde, bien au-delà des anciens champs de bataille de l'Europe. À l'aide de ces visites virtuelles, la Commission invite les Canadien(ne)s à faire l'expérience de ces endroits difficiles d'accès où elle continue d'aller afin de se remémorer les morts de guerre.

Aux côtés de récits fascinants et déchirants de partout au monde, To The Four Corners comprend des histoires de héros canadiens(ne)s commémoré(e)s dans les régions rurales du Canada. Des héros comme

le soldat Donald Pollock, qui après être rentré de la Première Guerre avec son frère jumeaux, est mort plus tard de la grippe espagnole. Le soldat Pollock est enterré aux côtés de son frère sur l'ancienne ferme familiale isolée, près du hameau de Neidpath à la Saskatchewan, accessible seulement en véhicule tout-terrain. L'histoire des Pollock souligne le défi que représente le travail de la Commission et l'importance de s'assurer qu'on se rappellera de ces sacrifices en permanence.

« Notre travail visant à commémorer les Canadien(ne)s ici comme ailleurs démontre l'énorme engagement de la CWGC envers les Forces du Commonwealth. Les hommes et femmes militaires tombés au combat sont éparpillés aux quatre vents, des Pays-Bas au Japon, de la Turquie à Hong Kong, de la Russie à l'Italie. Dans chaque cas nos équipes mondiales s'efforcent d'entretenir leurs cimetières et monuments au profit des générations futures, » dit David Loveridge, directeur de secteur pour le Canada et les Amériques.

To The Four Corners fait suite au succès du lancement de la campagne Voices of Liberation. L'initiative Voices of Liberation est une archive sonore en ligne permettant aux vétérans canadiens, ainsi que leurs proches, d'enregistrer et de contribuer leurs récits de la Deuxième Guerre mondiale, qui seront préservés pour les générations futures. Le public peut consulter l'archive en ligne et découvrir de nombreux enregistrements, entre récits de vétérans racontant comment ils ont perdu des camarades et témoignages de familles en pèlerinage aux champs de bataille. Pour en savoir plus sur To The Four Corners veuillez visiter notre site : <https://fourcorners.cwgc.org>.

Commodore Kurtz

Continued from page 18

to foster a conversation and make a connection. In my opinion, this is essential to recruiting and retention.

In terms of progression to leadership positions, I believe part of the solution lies in stronger coaching and mentorship, so that women aspiring to leadership advancement in the navy are better equipped and prepared to map and implement their career plan, with people – men or women – with whom they can build a relationship of trust.

Q. How do you feel about your personal achievements having an impact on women in the RCN?

A. I don't like to focus on myself and

I certainly do not seek the limelight. I am fully aware, however, that because I enrolled just as the navy opened sea-going combat occupations to women, I have had to lead the way into uncharted waters. I have always done my best to do so in a professional manner to reflect positively on the navy. I would be remiss, however, if I did not acknowledge the tremendous support I received along the way from many men – superiors, peers and subordinates, leaders equally committed to evolving the fabric of our naval institution. Ultimately, I will be delighted if my career path motivates smart and talented young women – and men for that matter – to set goals for themselves, and to work hard to achieve them. And I look forward to celebrating their successes.



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From soldier to artist

By Peter Mallett,
The LookoutStaff

Toronto-based artist Scott Waters' military experience has framed much of his work.

He served with the Princess Patricia's Canadian Light Infantry between 1989 and 1992, and was stationed at Work Point. He and his platoon mates were preparing for war, hoping to be deployed to Kuwait for the Gulf War.

His insights into the reality of being a soldier is what led him to being accepted into the Canadian Forces Artists Program. A reality that doesn't always match with the public's perception. Much of a soldier's work is waiting for action, leading Waters to paint a more human aspect of them.

In 2006, he travelled to CFB Gagetown in New Brunswick to get images of soldiers training to deploy to Afghanistan. From that embedded opportunity he created a series of paintings showing soldiers in everyday situations.

This point of view is a detour from many other artists who depict soldiers in hardship moments. Waters' wanted to paint the truth of a soldier's journey – the boredom from waiting, the humour found in anticipation, the solemn nod to a lost comrade.

Sleeping in the LAV (Light-Armoured Vehicle) is among those. It depicts two Second Battalion Royal Canadian Regiment personnel resting in their vehicle during Ex ROYAL ARCHER II in the lead-up to their deployment to Afghanistan.

"One of the issues I was interested in painting is how military service sometimes leads to death because that's the nature of the job," said Waters. "So, in this painting I have presented a rather quotidian [commonplace] image of two guys napping. But there is also the intended spectre of deployment in a war zone, and that pose of them sleeping can also draw a strong parallel to death."

He paints on sheets of plywood using bold colours to divide the background from the subject. His medium is acrylic and oil, and he incorporates the knots and grain of the wood into his artwork.

The 49-year-old says his art is an attempt to record the interactions of soldiers and how the military, and specifically the infantry, operate as a social unit, both in isolation from and relation to civil society.

His experience at Gagetown left him wanting more.

In 2011, he reapplied to the CF Artist Program and was again accepted. This time he was able to deploy with his former unit on Op ATTENTION between Kabul and Mazar-i-Shariff over four weeks.

Soldiers he met on his rotation in Afghanistan told him he should realistically portray moments of boredom – the unglamorous nature of a theatre of war.

The outcome from this direction led to *Coda (Lt Orde)*, an average, everyday moment captured at Camp Dubs near Kabul. It shows an act of remembrance by Lt Orde for his friend and platoon-mate MCpl Byron Greff, the last Canadian soldier to be killed in Afghanistan. Embroidered on the back of his ball cap is RIP Greff.

"Greff can be seen as a marker of the Afghanistan mission's draw down, but I was also interested in the laconic way in which Greff is remembered," says Waters. "Nothing fancy, just functional, but a daily reminder of the loss."

These days, Waters has moved the focus of his artwork away from the military. He seldom paints soldiers, but says his experiences in the military and with the CF Artist Program are always in his mind when he's painting.

About Scott Waters:

Scott Waters was born in Preston, England. In 1979, Waters' family emigrated from northern England and settled in Trail, BC. He joined the military out of high school.

After leaving the military he earned a Bachelor of Fine Arts from The University of Victoria, a Masters of Fine Arts from York University.

Waters' solo exhibition venues include the Vernon Public Art Gallery, Rodman Hall, the Art Gallery of South Western Manitoba, the Canadian War Museum, the Military Museums, YZY Artist's Outlet, and the Glenhyrst Gallery.

Writing credits include the illustrated military memoir, *The Hero Book* (Conundrum Press) and the anthology, *Embedded on the Homefront* (Heritage House).

He has received multiple grants from the Toronto Arts Council, the Ontario Arts Council and the Canada Council for the Arts. In 2012, he was awarded the Queen's Diamond Jubilee Medal.

For more information about Waters and his work visit his website <https://www.scottwaters.ca/cfap>



Learning about crime investigation

CFB Halifax's Navy Co-op students visited the Military Police Unit (Halifax) on October 17 where they investigated a mock crime scene and learned how to fingerprint. The students, from eight high schools in the Halifax Regional Municipality, will be visiting units throughout the Base until mid-January 2020, learning about the many military and civilian career opportunities with the Canadian Armed Forces and the Department of National Defence.

MARGARET CONWAY, BPAO



Canadian Forces Decoration presented at PCC Atlantic

Sgt Richard Pitre (left), an analyst at PCC (Atlantic), was awarded his CD1 for 22 years of dedicated continuous service to Queen and country.

SUBMITTED

TRIDENT Sports

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

CISM athletes bring home six medals from Military World Games

By Trident Staff

Canada's CISM athletes have returned from ten days in Wuhan, China participating in the 7th Military World Games from October 18 to 27. The CAF sent 172 athletes, coaches and supporting staff to the event, with participation in nine different sporting events.

Team Canada's strong results included an impressive six medal wins. In the triathlon event, MCpl Alexandre Boule of 5CDSB Gagetown won gold with a time of 1:57:10 in the Seniors Men Individual division, while he teamed up with Maj David Simpkin and Capt Lesley Quinlan for another gold medal in the Seniors Mixed Team event with a time of 4:10:05. Capt Quinlan also won a medal of her own, securing the silver in Seniors Women Individual with a 2:11:02 finishing time.

The CAF's additional three medals came from the Taekwondo event, with 2018 Military World Champion AB Yvette Yong taking silver after falling to China's Wu Jiayi in the -46kg finals. Cpl Jordan Stewart of 32 Svc Bn in Toronto (-87kg) and Pte Ashley Kraayeveld of 25 Fd Amb in Toronto (-62kg) each won bronze medals in their division.

The national team also included local RCN members from the Halifax area and Atlantic region, including MS Mark Brown of HMCS *Shawinigan*, OS Sarah Mason of HMCS *Scotian* and Lt(N) Michael Bergeron

Continued on page 22



The Canadian delegation makes their entrance during the Military World Games Opening Ceremonies on October 18 in Wuhan, China.

LYNDON GOVEAS, CFMWS



The CISM Running team participated in 800 metre, 5000 metre, and marathon events.

CPL THOMAS LEE, OPTIC



Naval Reservist AB Yvette Yong took a silver medal in her women's 46kg Taekwondo division.

LYNDON GOVEAS, CFMWS

The Canadian CISM Women's Basketball team takes on the team from France. Canada lost the match 48-64, and went on to receive the Fair Play Award for the tournament.

LYNDON GOVEAS, CFMWS



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CAF members run on the waterfront

HMCS Charlottetown crewmembers host the Fleet Formation Fun Run promoting the benefits of healthy living and increased fitness. CAF personnel participated in PSP-led warm-up and travelled the 5.5 km route starting and finishing at D201 in HMC Dockyard, on November 7, 2019.

NEIL CLARKSON, FIS HALIFAX



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.

CISM athletes

Continued from page 21

of HMCS Queen Charlotte, who were in China as part of the eight-person CISM Running team. OS Mason ran the 5000 metre event with a time of 19:54.07, while MS Brown and Lt(N) Bergeron each competed in the marathon, with times of 2:32:34 and 2:50:55, respectively.

Lt(N) Olivia Clarke, an NWO posted to HMCS Fredericton, travelled to China with the CISM Women's Volleyball team; the squad didn't win

any medals, but still found success with victories over Team USA and the Netherlands. The team lost matches against China and against the Brazilians, who went on to take the gold medal.

The full list of events with Canadian participants includes the aforementioned Taekwondo, Triathlon, Track&Field, and Men's and Women's Volleyball, along with Women's Basketball, Men's Soccer, Golf and Fencing. Congratulations to all CAF members who participated.

2019/2020 Formation Halifax COTW/COTF /WING CUP May 2019 - April 2020

SPORT	COTW	COTF	WING CUP
Running	TBD	TBD	TBD
Badminton	November 18-22 2019	November 18-22 2019	November 18-22 2019
Ice Hockey	January 20-24-19	January 20-24-19	December 2-6, 2019
Curling (MEGA #)	March 1, 2020		
Floor Hockey	April 27-01 May-2020	April 27-01 May-2020	April 13-17, 2020

Super Crossword

WHAT SINGERS DO

ACROSS

- 1 "All seats sold" abbr.
- 4 Wound coverer
- 8 Course outlines
- 15 Jessica of "The Veil"
- 19 Really revealing
- 21 At some future time
- 22 Appear as though
- 23 "Take Me Home Tonight" singer picks from the menu?
- 25 Drawn-out drama
- 26 Tiny parasite
- 27 Pucksters' org.
- 28 Parasite egg
- 29 Big stirs
- 30 "Hot Stuff" singer takes a pleasure trip?
- 38 God of love
- 39 Cultural credo
- 40 1967 Dionne Warwick hit
- 41 Small vise
- 45 A Great Lake
- 46 Sahara viper
- 48 Vogue thing
- 49 "Walk on the Wild Side" singer plays a droning instrument?
- 52 Get a laugh out of
- 54 War unit
- 55 Wet blanket
- 56 Fast-running birds
- 57 Trapped like --

- 61 Choir garb
- 63 "I Walk the Line" singer trims a photo?
- 68 Follower of Benedict?
- 69 Galoot
- 71 Art stand
- 72 Aunt, to Juan
- 73 IRS hiree
- 74 "It's Too Late" singer grumbles?
- 78 Hog lover
- 80 Canadian oil company
- 81 Group of two
- 82 Slushy drink brand
- 84 "--, vidi, vici"
- 85 Choir song
- 87 "Let's Stay Together" singer checks IDs at the door?
- 91 Day, to Juan
- 94 Entirely
- 95 Writer Nin
- 96 Queen, e.g.
- 97 Go inside
- 99 Nonviolent protest
- 100 Novelist Oz
- 102 "Them There Eyes" singer has fun at a bash?
- 109 Just slightly
- 110 Brooklyn loc.
- 111 Assoc.
- 112 La -- Tar Pits
- 114 Rake prong

- 115 "Song Sung Blue" singer telephones someone?
- 122 Snacks on
- 123 Serving to help
- 124 Matter of little interest
- 125 Crate piece
- 126 Noteworthy
- 127 Attack like a turtle
- 128 Tisane, e.g.

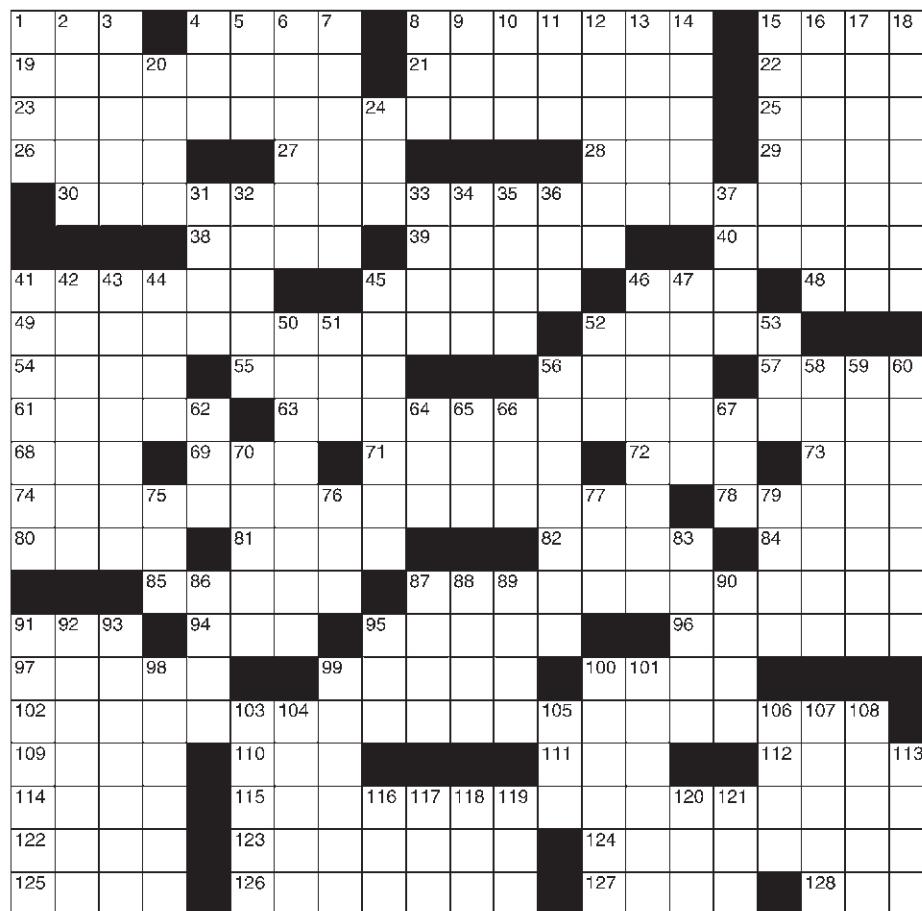
DOWN

- 1 Cherry part
- 2 Fixed up
- 3 "You're never too -- learn"
- 4 Beatified Fr. woman
- 5 Engine part
- 6 Ballet great Alicia
- 7 Lew Wallace novel
- 8 Like a sneak
- 9 NBAer Ming
- 10 P.O. piece
- 11 Was a guide
- 12 Sporting spots
- 13 Of element #5
- 14 Popular photo-sharing app, for short
- 15 Lay into
- 16 Make the first play
- 17 Petalless showy flower
- 18 Racked up
- 20 Bank claim
- 24 Tall tree
- 31 Designate

- 32 Excited, informally
- 33 "You crack --!"
- 34 To be, in French
- 35 Fraternity letters
- 36 Wernher -- Braun
- 37 Bugle tune
- 41 Jodie's role in "The Silence of the Lambs"
- 42 Sun or moon circlers
- 43 Moves heavily
- 44 "Ellen" actor Gross
- 45 Upscale
- 46 Something not to be missed
- 47 Fish-on-rice food
- 50 Mr. Hyde's other half
- 51 Kung -- chicken
- 52 Drs.' gp.
- 53 Corn serving
- 56 Custard-filled treats
- 58 Musical period that began

- 59 Tacks on
- 60 Like Russia, once
- 62 "Dino" star Mineo
- 64 Persist, as an injury
- 65 Gp. advising the president
- 66 "-- out!" (ballpark cry)
- 67 Fleet vehicle
- 70 Piano part
- 75 Alley- -- (court play)
- 76 What "je suis" means
- 77 Abbr. after old dates
- 79 Author Turgenev
- 83 Forest moon where Ewoks live
- 86 Hindu dress
- 87 Prefix with 99-Down
- 88 Installed, as carpet
- 89 Gershon of "Cocktail"
- 90 Sac in anatomy
- 91 Wars of words

- 92 First
- 93 Georgia State locale
- 95 Feel awful
- 98 Like firstborn children
- 99 Extroverted
- 100 Wear for grill masters
- 101 Cro- --
- 103 1930s-'50s bandleader Skinney --
- 104 "Laughing" carnivore
- 105 Lead-in to Kippur or tov
- 106 Stork cousin
- 107 Dadaist Max
- 108 Smooth shift
- 113 Out of port
- 116 Caesar's 52
- 117 1950s prez
- 118 Little charged bit
- 119 Rearward
- 120 Cellular stuff
- 121 Fabric flaw



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Mariners beat Commandos in Clash of the Titans

The Esprit de Corps Commandos and the Royal Canadian Navy Mariners hit the ice during the annual Clash of the Titans Hockey game at the Halifax Forum on October 3, 2019. The Mariners won the game 9-8 over the Commandos in a shootout.

MONA GHIZ, MARLANT PA

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