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Monday, December 2, 2019



Volume 53, Issue 24

www.tridentnewspaper.com

TRIDENT

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



CANADIAN
 COMMUNITY
 NEWSPAPER
 AWARD 2019

The future HMCS Margaret Brooke is launched



The future HMCS Margaret Brooke is moved from Bedford Basin to the Halifax Shipyard on November 10, 2019 in Halifax, Nova Scotia.

MS JEREMY TERRY, NES OP, CAF PHOTO



**Mooseheads honour
 HMCS Kootenay** Pg. 3



**Pogo: the little vessel
 that could** Pg. 9



**MARLANT supports
 FEED NS** Pg. 14



Runner recalls CISM
 Pg. 21



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Remembrance ceremonies draw large crowds

By Virginia Beaton,
Trident Staff

Following two minutes of silence at 11 a.m., a 21-gun salute from the Halifax Citadel rang out across the city on Monday, November 11.

The salute is a regular element of the annual Remembrance Day ceremony in the Grand Parade, presented by the Nova Scotia/Nunavut Command of the Royal Canadian Legion. A large crowd filled the parade and spilled over onto nearby streets. In addition to the marching contingent of Royal Canadian Navy, Canadian Army, Royal Canadian Air Force, and RCMP personnel, the parade included cadets, veterans, and a Royal Canadian Legion flag party.

Dignitaries present for the occasion included His Honour the Honourable Arthur LeBlanc, Lieutenant Governor of Nova Scotia, and Mrs. Patsy LeBlanc; RAdm Craig Baines, Commander JTFA and MARLANT; Andy Fillmore, MP for Halifax; Mayor Mike Savage, HRM Mayor; and many others including honorary consuls from several countries.

The ceremony included the reading of *In Flanders Fields* and the *Call to Remembrance*. A piper played *Flowers of the Forest*, and a bugler played the *Last Post*.

Wreaths were laid, the first by His Honour the Lieutenant Governor. Wreaths also came from entities ranging from JTFA and MARLANT, 5th Canadian Division, HMCS *Scotian*, the Canadian Naval Memorial Trust, the Canadian Coast Guard, and many others.

Other ceremonies took place across Halifax Regional Municipality, including at the Sailors Memorial in Point Pleasant Park; outside Province House; and at the cenotaph near Sullivan's Pond in Dartmouth.

A candlelight ceremony also took place at Camp Hill Veterans Memorial Building on November 4.



CAF personnel gather with veterans and the public to honour Canada's fallen heroes on Remembrance Day 2019 at Sullivan's Pond Cenotaph in Dartmouth, Nova Scotia.

LS LAURANCE CLARKE, 12
WING OPERATIONS SUPPORT
SQUADRON IMAGING

Janet Davidson, Interim President and Chief Executive Officer of Nova Scotia Health Authority, addresses the attendees of the Candlelight Remembrance Ceremony at Camp Hill Veterans Memorial Building in Halifax on November 4, 2019.

LS JOHN IGLESIAS, FIS HALIFAX
FAX



RAdm Craig Baines, Commander JTFA and MARLANT, takes the salute during the Remembrance Day ceremony in the Grand Parade in Halifax.

MCPL BRIAN D. WATTERS, IMAGERY TECHNICIAN, 5TH CANADIAN ARMY DIVISION HQ PA



Cmdre Richard Feltham, Commander CANFLTLANT, and CPO1 Thomas Lizotte, Fleet Chief, lay a wreath during the Remembrance Day Service held at the Sailors' Memorial in Point Pleasant Park, Halifax on Remembrance Day 2019.

CAF PHOTO

Mooseheads honour HMCS *Kootenay* survivors on DND Appreciation Night

By Ryan Melanson,
Trident Staff

The Halifax Mooseheads weren't able to get a win over the Drummondville Voltigeurs, but they still put on a great show in front of a military-heavy audience on November 8 for the team's 16th annual DND Appreciation Night.

This year's game took place in front of 7,667 fans at the Scotiabank Centre, with the Mooseheads wearing special jerseys to recognize the 50th anniversary of the explosion and deaths aboard HMCS *Kootenay*. Along with the MARLANT flag party, the team welcomed *Kootenay* survivor LS (Ret'd) Allan "Dinger" Bell and RAdm Craig Baines, Commander MARLANT and JTFA, on the ice prior to the game for the ceremonial puck drop.

RAdm Baines thanked the team and the fans for their continued support over the years, as well as for putting the *Kootenay* explosion front and centre as the RCN community continues to recognize that tragedy at sea 50 years ago.

"I'm honoured to be standing here in front of you all alongside Dinger Bell," RAdm Baines said to the crowd. He added the annual Mooseheads game serves as a reminder of the close ties between the CAF in Halifax and the wider community.

"It's one of the reasons that Halifax is the place in Canada to wear a uniform," he said.

The *Kootenay* crew were also recognized during the regular Canadian Forces Family of the Game segment, with the focus being put on the entirety of the ship's company and their family members.



The on-ice action saw the Mooseheads fall 4-1 against the Drummondville Voltigeurs.

CPL DAVID VELDMAN, FIS HALIFAX

"We honour them for their bravery in the face of a tragedy that claimed the lives of nine *Kootenay* members, and forever changed the lives of the survivors and their families," said Mooseheads announcer Scott MacIntosh.

As always, DND Appreciation Night was held as a fundraiser for Camp Hill Veteran's Memorial Building, with all proceeds going toward maintenance and upgrades for the facility's popular Memorial Gar-

den. The partnership between the Mooseheads and DND has brought in more than \$200,000 for Camp Hill since its inception, and has been the single largest source of funding for the Memorial Garden.

"To be able to honour and thank the men and women of our Canadian Armed Forces while raffling off our jerseys in support of Camp Hill, is truly special" stated Mooseheads President Brian Urquhart, adding that everyone in the organization,

including the athletes themselves, look forward to the occasion each year.

As for the game itself, the Mooseheads fell 4-1 to the Voltigeurs, contributing to an unfortunate losing streak for the team. The Mooseheads only offence came from the single goal by Maxim Trepanier, who scored on a deflection in front of the net. Goalie Alex Gravel made 18 saves and took his eighth loss of the season.



RAdm Craig Baines, Commander MARLANT and JTFA, took part in the ceremonial puck drop along with HMCS *Kootenay* survivor LS (Ret'd) Allan "Dinger" Bell.

CPL DAVID VELDMAN, FIS HALIFAX



LS (Ret'd) Allan "Dinger" Bell shows off this year's special Mooseheads jersey design honouring HMCS *Kootenay*.

CPL DAVID VELDMAN, FIS HALIFAX



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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Trident is an authorized military publication distributed across Canada and throughout the world every second Monday, and is published with the permission of Rear Admiral Craig Baines, Commander, Joint Task Force Atlantic. The Editor reserves the right to edit, condense or reject copy, photographs or advertising to achieve the aims of a service newspaper as defined by the Interim Canadian Forces Newspapers Policy dated April 11, 2005. Deadline for copy and advertising is 10 a.m., 11 business days prior to the publication date. Material must be accompanied by the contributor's name, address and phone number. Opinions and advertisements printed in Trident are those of the individual contributor or advertiser and do not necessarily reflect the opinions or endorsements of the DND, the Editor or the Publisher.

Le Trident est une publication militaire autorisée par le contre-amiral Craig Baines, Commandant la force opérationnelle interarmées de l'Atlantique, qui est distribuée partout au Canada et outremer les leundis toutes les quinze semaines. Le rédacteur en chef se réserve le droit de modifier, de condenser ou de rejeter les articles, photographies ou annonces publicitaires jugées contraires aux objectifs d'un journal militaire selon la définition donnée à politique temporaire des journaux des forces canadiennes. L'heure de tombée des annonces publicitaires ou des articles est fixée à 1000 le jeudi précédant la semaine de publication. Les textes peuvent être soumis en français ou en anglais; ils doivent indiquer le nom, l'adresse et le numéro de téléphone du collaborateur. Les opinions et les annonces publicitaires imprimées par le Trident sont celles des collaborateurs et agents publicitaires et non nécessairement celles de la rédaction, du MDN ou de l'éditeur.

Annual Subscription (25 issues):

- NS: \$37.38 (\$32.50 + 15% HST)
- ON, NB & NFLD: \$36.73 (\$32.50 + 13% HST)
- BC: \$36.40 (\$32.50 + 12% HST)
- Remainder of Canada: \$34.13 (\$32.50 + GST)
- United States: \$45 US
- Abroad: \$65 US

Courier address:
 2740 Barrington Street,
 Halifax, N.S.
 B3K 5X5

Publication Mail Agreement No.
 40023785

Return undelivered Canadian address to:
 Trident Newspaper Bldg. S-93
 PO Box 99000
 Station Forces, Halifax, NS B3K 5X5
 Return Postage Guaranteed
 ISN 0025-3413

Circulation: Minimum 8,500

Community Calendar

Reunion and event notices must be submitted by email.

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

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

A Beary Merry Christmas
 This 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 tour dates are as follows: December 8 in the Astor Theatre, Liverpool, NS at 7:30 p.m.; and 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.

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.

Date: Starting September 9

Location: 255 Damascus Drive, Bedford

The 3036 Sackville Lions RCEME Royal Canadian Army Cadet Corps will be accepting new youth between the ages of 12-18 to join the cadet corps starting September 9. New cadets are welcome to drop by for more information and to register on Monday nights between 6:30-9:00pm from September 9th, 2019 onwards. To join the unit youth must be accompanied by their guardian on the first night and bring with them government issued photo ID and their health card. There are no registration fees. For more information: cadets3036@gmail.com or Facebook.com/cadets3036

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.

Seasons' Greetings concert
Time: 7 - 8:30 p.m.

Date: Tuesday, December 10

Location: Halifax Central Library

Join the performers from EnChor East for a free evening of music for the Holiday Season. The concert will include familiar musical offerings, as well as a few surprises. Krista Vincent conducts the choir, accompanied by Dean Bradshaw on piano. EnChor East is a group with approximately 50 members from the Halifax area; they meet weekly at St. Peter's Church Hall on the Bedford Highway.

Central Library Birthday Celebration

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

Date: Saturday, December 14

Location: Halifax Central Library

On December 13, 2014, the Central Library opened its doors to the world, and Halifax has made the space its own. Join Library staff to celebrate a unique space that has shaped our community and opened possibilities. We'll have activities, music, and some surprises throughout the day. Be sure to take part in a special cake-cutting and small ceremony at 12:30 p.m.

New Year's Eve 2019

Time: 8 p.m. - midnight

Date: Tuesday, December 31

Location: Grand Parade Square

Grand Parade will play host to a live television broadcast this year, and the public is invited to be a part of the largest outdoor New Year's Eve celebration in Atlantic Canada. The Grand Parade Square will host musical performances by Said the Whale and Zaki Ibrahim, with live DJ entertainment before the show starts, along with free giveaways for the crowd. The celebration will also feature a fireworks display at midnight.

December - healthy holidays

By PSP Halifax Health Promotion

Maintaining a healthy diet can feel extra difficult during the holiday season. Because so many of our festivities revolve around food and alcohol, it can be easy to get carried away. So instead of putting the holidays on hold, here are some small tips from canada.ca to make this holiday happy, healthy, and safe.

1. Unhealthy holiday foods are often a big part of tradition, making them hard to resist. If you choose to indulge, try your best to limit portion sizes. Slowly savour these treats so

that you feel satisfied with the portion that you've eaten.

2. Take time just for eating. If hosting, try to structure the celebration with separate eating time. This way it's harder to get carried away when socializing and mindlessly snacking. If attending, step away for a minute to sit down with your meal.

3. When drinking, remember not to do so on an empty stomach. Find a healthy snack such as a veggie tray so you can always have something to fill your stomach.

4. Think beyond food and drink as a focal point of your get together. Instead, have a game night, go outside

for some winter fun, or get creative and make a new holiday decoration together.

5. If trying to avoid or limit alcohol intake, don't get stuck drinking sparkling water all night. Opt for some fun mocktails so you don't feel left out of the celebration. Just remember to be aware of your sugar intake; some drinks may have very high levels of added sugars.

<https://food-guide.canada.ca/en/tips-for-healthy-eating/holidays-and-events/?=undefined&wbdisable=true>

<https://nutritionstripped.com/your-guide-healthy-mocktails/>



Sailors help clean up Cole Harbour trail system

By Ryan Melanson,
Trident Staff

As home to one of Canada's largest military bases, the Halifax region has a large concentration of CAF members in its various neighbourhoods and communities, which means plenty of opportunity for members to give back to the areas they live in.

In keeping with that spirit, a group of sailors spent the week of November 12-15 outside the office and out in their community, assisting the Cole Harbour Parks and Trails Association (CHPTA) with clean-up along sections of the Salt Marsh, Shearwater Flyer, and Heritage Park trails that the group maintains.

The project was spearheaded by PO1 Art Embree of MARLANT Safety and Environment, a CHPTA member and frequent volunteer who runs a tree care business on top of his CAF service.

The work needed on the trails was mainly a result of damage from Hurricane Dorian. Most of the trails were re-opened within five days of the storm, and fallen trees, branches and other debris were pushed to the side to not obstruct walkers and cyclists.

"But we can't leave all those branches piled up, it's a big fire



PO1 Art Embree (front row, left) was joined by members of FMF Cape Scott and HMCS Charlottetown to assist the Cole Harbour Parks and Trails Association in cleaning up debris left from Hurricane Dorian.

hazard and it also looks unsightly. So we're dragging the wood chipper through and cleaning it all up," PO1 Embree said.

He requested Special Leave for Community Affairs to spend time using his own equipment to clear

the areas, and once that was approved, he put the call out for extra bodies to get even more work done. With HMCS Charlottetown currently undergoing its docking work period, the unit freed up seven sailors who live in the Cole Harbour area to help

out at various times throughout the week, and LS Richard Thompson of FMF Cape Scott, another CHPTA member, also took part.

"It's great to spend a day doing work in my community. The kids and I come to use these trails often," said LS Lyndon Eustache, a MARTECH from HMCS Charlottetown who spent all four days working alongside PO1 Embree and the team.

Association Chair Michael McFadden said the trails see lots of military traffic thanks to the proximity to 12 Wing Shearwater, including for PSP sporting events and as a training spot for the annual Nijmegen marching group.

"We love to see the trails being used and we appreciate the help keeping them usable," he said.

"It's a lot of incremental work, and it's slow, but whatever we get through this week will be very helpful."

He encouraged any other CAF members who live in the area to reach out if they're

interested in becoming a member or offering help. The Association meets every Saturday morning on Bissett Road with tools, supplies and a set list of tasks that volunteers can help with for any amount of time they choose.

RYAN MELANSON, TRIDENT STAFF



New Drum Major for Stadacona Band of the Royal Canadian Navy

A new Drum Major has been appointed in The Stadacona Band. Responsible for the dress, drill, and deportment of the band while on parade, the Drum Major is frequently seen front and center on all parades. On November 7, PO2 Yannick Massé was appointed to this prestigious leadership role by Capt (N) Guillaume Lafrance, MARLANT Chief of Staff. From left: Lt(N) Ritson, Commander and Director of Music of the Stadacona Band; Capt(N) Lafrance, PO2 Masse, and CPO2 Webster, Band Chief of the Stadacona Band.

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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



MARLANT hosted Grade 9 students for the 25th Anniversary of Take Our Kids to Work Day on November 6. Students took part in a wide variety of tours and activities at CFB Halifax, including a RHIB ride on the water.

MONA GHIZ, MARLANT PA

25th Anniversary of Take Our Kids to Work Day

By Samantha Steele,
Co-op Student, MARLANT PA

It's not every day that a teenager gets to experience a day in the life of the Canadian Forces but on November 6, Grade Nine students across the city came to CFB Halifax for the 25th annual Take Our Kids to Work Day.

MARLANT was proud to host a variety of interesting activities from firefighter demonstrations to band performances.

To start off the day was a RHIB ride on the water. Teens and parents alike enjoy the unique perspective of Halifax harbour.

CPO1 Craig MacFadgen was a key part in bringing this event together.

He said the DND family was happy to jump on board to showcase what they do.

"The event is a good lead up when the minds are young, it gives them something to think about, and it's a positive experience for everyone."

The daily life on a Canadian warship is something not many civilians have seen. Students were eager to tour HMCS *Montreal* and learn about the different jobs sailors do to keep things running smoothly.

Take Our Kids to Work Day is an annual event created by The Learning Partnership to showcase an organization's commitment to education. It helps bridge the gap between business and education.

Retired military personnel welcome at Probus Club of Cobequid

By Gwen Barry, Secretary,
Probus Club of Cobequid

Probus Clubs are a great way to catch up with old friends and to meet new ones. We have no political or commercial affiliations and our meetings are a time to socialize with retired and semi-retired like-minded men and women, and to be informed and entertained. The Probus Club of Cobequid's catchment area covers Bedford, Hammonds Plains, the three Sackvilles, Beaverbank, and parts in between. We are into our third year, with a membership of 34 people, so it is easy to get to know people. A good number of our members are ex-military. There is an interesting guest speaker at every meeting. Samples of past speakers' topics have included the following:

- China's Three Gorges Dam
- Policing in the Cobequid Area
- The 1873 Sinking of the White Star Luxury Liner 'SS Atlantic' off Prospect Point
- Painless Parker, the Infamous Dentist of the American West in the Early 1900s
- Mapping Canada's Ocean Depths



The Probus Club of Cobequid Management Committee. From left: Cdr (ret'd) Bill Gard, Marlene Berry, Bart Konings, Gwen Barry, Harold Irving, Elizabeth Robin, and Richard Rhodes.

- The Guild of One Name Genealogical Studies
- Halifax: 100 Years of Naval Aviation History

- The ABCs of Fraud
- The Workings of Halifax Regional Municipality Council
- Aspects of Positive Aging

- Haliburton House & the History of Hockey in Nova Scotia, and
- A History of Canadian Inventions and Inventors.

The Probus Club of Cobequid meets on the second Thursday of every month, except for July and August. Meetings are held at St. John Evangelist Anglican Church Hall, 934 Old Sackville Road, Middle Sackville. Doors open at 9:15 am for Meet and Greet and coffee. Meetings begin at 10 a.m. and we have a hot meal following our June, September, and December meetings. Come and try us out for a meeting or two, with no obligation required. All retired and semi-retired professionals, technologists, military officers and senior NCOs, administrators/managers, and owners of businesses large and small are welcome to attend.

Our motto is Be A Friend, Bring A Friend. For further information about the Probus Club of Cobequid go to probusclubcobequid@gmail.com. For information about other Probus Clubs in Halifax, Dartmouth, the Annapolis Valley, and Colchester, go to the National website at <http://www.probus.org> for contact information.

SUBMITTED

Component Transfer – Regular Force to Reserve Force employment opportunities

By Director Naval Personnel & Training

The RCN team consists of three distinct workforces: Regular Force, Reserve Force and civilian, that work together to deliver maritime effect for the Government of Canada. While the CAF and the RCN are evolving to more closely integrate these three components, each will always afford the nation with unique and specific capabilities. As part of this evolution, the RCN is creating a Primary Reserve component for each of its managed occupations. This will enable employment and career progression, on a part-time basis, in every naval occupation. Some occupations will be structured to allow direct entry for civilians and some, like Marine Systems Engineering and Naval Combat Systems Engineering, will only allow Component Transfer from the Regular Force following attainment of the Operationally Functional Point (OFP). Regardless, for many people, the Naval Reserve will offer an opportunity to continue to serve Canada in a military role but with a reduced and more flexible commitment of time.

For those qualified sailors, who can commit time, employment opportunities exist across the fleet and the institution in part-time, short-term and longer-term employment. Beyond the ability to continue to serve with increased flexibility of employment, there are many other benefits to transferring to the Naval Reserve. More senior members, considering release to capitalise on their annuity benefit, who still desire to contribute and who have occupational knowledge and skills, are encouraged to contact their local Naval Reserve Division, to explore continued service options. They could benefit from the more flexible employment opportunities while providing leadership and skills, developed over a career, to a growing and operationally enhanced Naval Reserve.

Service within the Naval Reserve not only affords the employment and geographic stability some people desire; it also delivers the benefits of stability, pension considerations, medical and dental benefits and educational reimbursement that members seek when considering employment options beyond the Regular Force.

If you wish to transfer to the Naval Reserve, then request the transfer through your release centre. If you still desire challenge, if you still

desire camaraderie of shipmates, if you still want to serve the country, then look no further than the Naval Reserve.

Please contact your local Naval Reserve Divisions or Director Naval Personnel & Training Reserve Occupation Management <http://rcn-mrc.mil.ca/en/director-naval-personnel-training-3.page> (CPO2 Gourlay, CPO2 Dionne, CPO2 Gagnon) for further information, or visit <http://armyapp.forces.gc.ca/reo-oer/en/MARCOM.aspx> for employment opportunities.

Component Transfer – Reserve Force to Regular Force Employment Opportunities

The Naval Reserve has always been a valued and valuable component of the RCN. Historically, the Naval Reserve has generated highly skilled and dedicated officers and sailors, who have consistently contributed to the challenge of delivering maritime effect for the Government of Canada. The Component Transfer process is an important part of maintaining continuity and delivering a stronger and more versatile RCN. The RCN's Regular Force component relies on its relationship with the Naval Reserve to provide skilled and semi-skilled sailors and officers to its Trained Effective Strength. Many reservists have transferred to the Regular Force and the majority of these continue to enjoy exciting careers, gain experience and build relationships that are a benefit beyond service.

The unique relationship with the Naval Reserve affords the RCN the opportunity to employ people, who clearly understand the navy, who already have some or all of the required training and who want to commit more to the nation. The RCN invites all NAVRES members, who are Ready to Help, Ready to Lead and Ready to Fight, to formalize that intent by submitting a Component Transfer request through the In-Service Selection process. The manager of your occupation will work with you and CMP to manage your transfer, conduct any Prior Learning Assessment and align your experiences, qualifications and training to employment opportunities. To increase the probability of a rapid and seamless transfer, ensure your medical and Force Test remains valid and direct any questions to your Occupation Manager. D Nav P&T 3 <http://rcn-mrc.mil.ca/en/director-naval-personnel-training-3.page>

Dear CCMS:

By CCMS Halifax

I feel harassed by a co-worker who posted inappropriate comments about me on her Facebook page. When I approached her and asked the posts be deleted, she told me she could write what she wanted and there was nothing the CoC or I could do about it. Is this true?

Though the situation described may not meet all harassment criteria as outlined in the Harassment Prevention and Resolution Policy (DAOD 5012-0), it is important DND employees and CAF members be aware online comments about a colleague may be subject to scrutiny under the DND and CAF Code of Values and Ethics and Code of Service Discipline.

The Codes direct DND employees and CAF members to respect the dignity and values of every person. The obligations and expected behaviours

apply to use of internet/intranet tools in the workplace, be it for professional or personal ends. Moreover, in keeping with the intent of DAOD 5012-0, management should be aware of any consequences spilling over into the workplace from such activity and have a responsibility to address and resolve any potential situations of conflict and/or harassment in a timely and efficient manner.

Though it appears you were proactive attempting a form of early/local/informal resolution, you indicated it was unsuccessful. Along with seeking assistance from your CoC, you may wish to consider contacting your local CCMS to obtain additional information and/or clarification related to other options available to best address your concerns and most effectively meet your needs. CCMS Halifax is located at CFB Halifax building S-18, ++CCMS Halifax@VCDS DGICCM@Halifax, 902-721-7533.

Cher SGCP :

Par SGCP Halifax

Je me sens harcelé par une collègue qui a affiché des commentaires inappropriés à mon sujet sur sa page Facebook. Quand je l'ai approchée et que je lui ai demandé que les messages soient supprimés, elle m'a dit qu'elle pouvait écrire ce qu'elle voulait et que ni la chaîne de commandement, ni moi qui pourrais en empêcher de faire quoique ce soit à ce sujet. Est-ce bien le cas?

Bien que la situation décrite puisse ne pas toucher tous les critères énoncés en matière d'harcèlement selon la Politique de prévention et de résolution du harcèlement (DOAD 5012-0), il est important que les employés du MDN et les membres des FAC sachent que les commentaires en ligne concernant un collègue peuvent être soumis à un contrôle en vertu du Code de valeurs et d'éthique et du Code de discipline militaire du MDN et des FAC.

Les codes incitent les employés du MDN et les membres des FAC à respecter la dignité et les valeurs

de chaque personne. Les obligations et les comportements attendus s'appliquent à l'utilisation des outils Internet / Intranet dans le milieu de travail, que ce soit à des fins professionnelles ou personnelles. En outre, conformément à l'esprit de la DOAD 5012-0, la direction devrait être consciente des conséquences de telles activités dans le milieu du travail et être tenue de traiter et de résoudre toute situation potentielle de conflit et / ou d'harcèlement de manière rapide et efficace.

Bien qu'il semble que vous ayez tenté de manière proactive une forme de résolution rapide, locale et informelle, vous avez indiqué que vos efforts n'ont pas porté fruit. En plus de demander l'appui de votre chaîne de commandement, vous pourriez contacter les SGCP locaux pour obtenir des renseignements supplémentaires et / ou des clarifications en ce qui a trait aux autres options disponibles afin de mieux répondre à vos besoins. SGCP Halifax, BFC Halifax, Bâtiment S-18, ++CCMS Halifax@VCDS DGICCM@Halifax, (902-721-7533).

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Veterans' homelessness: make this your reason to give

By The Maple Leaf

During the 2019 National Defence Workplace Charitable Campaign, consider supporting charities that support homeless veterans.

Veterans' homelessness is a growing issue in Canada. According to a 2014 report published in the Canadian Journal of Community Mental Health, there were 2,950 veterans staying in shelters, making up 2.2 per cent of annual shelter users.

The report also highlighted how approximately 25 per cent of the veteran population in Canada face difficulties transitioning from military service to civilian life, and have an increased risk of homelessness, mental illness, and addictions.

While veterans make up approximately two per cent of the Canadian population, advocates are concerned with the overrepresentation of veterans in the homeless population.

Factors at play

No one organization or group or level of government can hope to tackle Veterans' homelessness on their own. There are a multitude of factors that contribute to, and perpetuate this issue.

The study noted that veterans comprised 4.3 per cent of a sample of the adult homeless population with

severe mental illness.

Veterans identified additional transition challenges beyond starting a new career. One veteran described the transition "like being on Mars and coming back to earth".

Veterans Affairs Canada (VAC) calls attention to the importance of career transition.

Veterans can be hesitant to ask for help, not feeling worthy of the supports made available to them or being distrustful of those offering help.

VAC questionnaires and application forms can seem daunting and complex.

The study showed a higher incidence of addiction and mental illness among veterans, but especially for those experiencing homelessness. While 11 per cent of veterans suffer from post-traumatic stress disorder (PTSD), many reported using alcohol to deal with their mental health, and some started using while in the military.

Some of the problems that put veterans at risk of homelessness were not present when they began their military services, but instead developed over time.

To be effective, peer-support requires knowledge of the military service and homelessness-related issues.

Government Initiatives

The Government of Canada's Homelessness Partnering Strategy provided over \$700 million over five years (2014-2019) to prevent and reduce homelessness in Canada. One of strategy's directives for this period is veteran homelessness, and the government's Homelessness Partnering Strategy and Veterans Affairs Canada are working together to coordinate the regional and community-level services delivered by both departments. The strategy also worked with emergency shelters and crisis service providers in an effort to identify homeless veterans and those at imminent risk in order to connect them with veteran-specific services.

The State of Homelessness in Canada 2016 called for a Housing First strategy focused on reducing emergency shelter use among veterans, urging the federal government to provide:

- Funding for veterans who are at risk of, or who are experiencing homelessness.
- New affordable housing units designed to support veterans and their needs.
- Expanded eligibility of veteran benefits beyond those who can demonstrate a direct link between military service and their injury or illness, including greater flex-

ibility for local offices to distribute emergency funds.

Lastly, the Government of Canada released the results of the Let's Talk Housing consultations. Being part of the development of the country's first National Housing Strategy is a critical step to ensure that it addresses the housing needs of veterans.

Support from the Defence Team

The National Defence Workplace Charitable Campaign (NDWCC) strives to make a difference in the lives of those in need. In 2018, this translated into roughly \$3,500,000 in donated funds. These funds aided those impacted by local tornadoes and floods, and supported military-related charities, as well as a multitude of other worthy causes.

Our NDWCC campaign provides Defence Team members with a direct line to donate to over 86,500 charities, including numerous organizations with strong ties to Canada's military. There are also charities that support homeless veterans. Support these charities in their work to tackle the growing issue of veterans' homelessness, to understand why it happens, how to prevent it, and how to ensure support is available and suits the needs of former CAF members.

Become a part of the solution.

Stadacona Band plays annual 'Til We Meet Again concert

On November 9, as part of Veterans' Week, the 18th annual 'Til We Meet Again concert was presented at the Halifax Central Library, featuring the Stadacona Band of the Royal Canadian Navy. The full-house event was organized in support of the Camp Hill Veterans' Memorial Building at the QEII Health Sciences Centre. The concert also presented special tributes to the Kootenay family as well as to the late LCdr (ret'd) Jim Reddy.

SUBMITTED



Pogo: The little vessel that could

By Jennifer Gamble,
Curator, Naval Museum of Halifax

From trailblazer to training vessel, the 65-year-old Pogo has had a unique life. Designed to assist HMCS *Labrador*, Canada's first Arctic patrol ship, in exploring the Northwest Passage, Pogo has played a key role in the history of mapping Canada's Arctic coastlines. Designed and built as a light aluminum all-welded auxiliary vessel, the little ship that could has served Canada in many unique ways.

Northwest to History

Up until the turn of the twentieth century, the successful navigation of the Northwest Passage remained an unrealized dream for countless explorers. Walls of sea ice and unpredictable weather led to the tragic loss of many Arctic expeditions. Mapping a safe route through the passage originated from the need to find a shorter trade route to Asia from Europe. From Henry Hudson to Sir John Franklin, the extreme weather and undiscovered coastlines made finding a way through the elusive passage next to impossible. It was not until 1906 when Norwegian explorer Roald Amundsen became the first captain to navigate the passage from East to West. This success meant it was possible to map a way through the Arctic.

The RCMP established several outposts across Canada's Arctic during the late 1890s. Patrolling the coastlines became one of their many duties, and after 1906, the demand was high to protect the passage from foreign ships. The RCMP launched the schooner *St. Roch* in 1928 to help in this endeavour. Up until the 1950s, it picked its way through the icy narrows of the passage and made history by successfully crossing the passage twice during the Second World War. When *St. Roch* retired however, there was still a need to protect and patrol our Northern coastlines; a solution had to be found. That solution became the construction of HMCS *Labrador*.

Commissioned on July 8, 1954, *Labrador* was built to map and to patrol the Northwest Passage. At over 6,000 tons, *Labrador* would meet many challenges while exploring the sparsely documented passage. Limited daylight, icebergs and bad weather made traveling in the arctic dangerous. Modern deep-hulled vessels, like *Labrador* required an accurate level of charting to safely manage navigation in Arctic waters. To assist in finding a path through the ice, a little 36-foot vessel known as the Pogo was constructed. The six-person crew operated independently from *Labrador*, and led the way through the fog and ice. Fitted with cutting-edge hydrographic survey equipment, Pogo allowed the crew to chart a safe route through arctic waterways. These charts would prove to be invaluable for future RCN ships patrolling the coastline, for



The first deep draft transit of Bellot Strait: Pogo leads HMCS Labrador past Magpie Rock, August 24, 1957.

DND

merchant ships to get through the passage and to help supply the Distant Early Warning (DEW) line during the Cold War.

A New Chapter

In 1958, when HMCS *Labrador* was transferred to the Department of Transportation, Pogo said goodbye, and began a new career in 1960 as a unit's tender with HMCS *York*. During the 1960s a water line burst and Pogo sank, but was raised by RCN Reserve Divers and placed back into service soon after. From the 1970s to the early 1990s, Pogo served at HMCS *Carleton* as a diving tender. Over the years, the little vessel started to show its age and was retired in 1995.

Even though Pogo was retired, the vessel's historical significance in mapping the unknown waters of the Arctic had not been forgotten. It was originally given to the Canadian War Museum, but because the vessel

did not serve during a time of war, it was determined it did not fit the museum's mandate. As a result, Pogo was transferred to the Outaouais Branch of the Navy League of Canada in 2005 to become a training vessel for the Royal Canadian Sea Cadets. After three years of refurbishment, Pogo was sent to sea trials down the Ottawa River, and has since been providing sea cadets a vessel to test their skills

on. To this day, the vessel is still an important part of their training program. Far from retirement, Pogo continues to represent a significant time in Canada's Arctic history.

To learn more about the Royal Canadian's Navy journey into the Arctic, come to the Museum to see our new feature exhibit called North of 60, opening December 9.



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Remembrance at the National War Memorial

By MS Andrew McDonald,
FMF Cape Scott

MS Andrew McDonald attended the Remembrance Day ceremony at the National War Memorial in Ottawa as the Special Guest to Chief of the Defence Staff Gen Jonathan Vance. MS McDonald was also tasked with laying a wreath on behalf of all CAF members who have been wounded while carrying out their duty.

Standing at the base of the National War Memorial on Remembrance Day, just metres away from where the rest of the members of the 2019 Sentry Program were about to take their posts was an awe-inspiring moment. We were at the culminating point of our week in Ottawa and it was time for all of us to perform our duties.

The sentries came marching up from Cartier Square Drill Hall, with rifles at the shoulder and halted next to the monument. The Sentry Commander, Sgt Jesse Adams, ordered the four sentries, LS Stephen MacLeod, Cpl Sean Finnigan, MCpl Ashley Barker and Constable Ryan John Lenssen to their posts on the monument. Then Sgt Adams and our Nursing Officer Lt(N) Jeffrey Lee took their posts. The sentries did not move again for another hour and 42 minutes.

Our week together as part of the 2019 Sentry Program began the



CAF members and an RCMP member stood on sentry duty at the National War Memorial in Ottawa on Remembrance Day 2019.

Wednesday prior, when we first met in the lobby of our hotel, a site we would soon become very familiar with as we would meet here many times a day for the duration of our trip. We had a welcome brief by Public Affairs and then loaded up into vans to whisk us off to Parliament Hill where we were given a tour of both the temporary House of Commons and the Senate. Our Senate tour was particularly special as it was given by the Usher of the Black Rod.

Our visit to Parliament was followed by meetings with our respective commanders. In my case, as the special guest to the Chief of the Defence Staff, I was able to have a short meeting with the CDS in his new office in Carling Campus.

The rest of the week saw us involved with drill practices intermingled with visits to the RCMP Stables, Beechwood Military Cemetery, the Canadian War Museum, and dinners

hosted by the Royal Canadian Legion and the Canadian Armed Forces Chief Warrant Officer.

Then came the big day itself.

We arrived early at the National War Memorial. After a quick walk through of the plan with the CAF CWO, it was time for the ceremony to begin. Local soldiers, sailors, airmen/women, and cadets marched up the memorial followed by a large platoon of veterans. Next the Prime Minister and Governor General arrived.

At 11 a.m. the bugler played the last post and the first of 21 shots rang out. After two minutes of silence it was time to get ready and I made my way to the wreath lineup. When the time came, I picked up the Canadian Armed Forces Wreath and made my way to the CDS and CAF CWO. I presented the CDS with the wreath and he laid it on behalf of the CAF. We all saluted and marched off.

When the ceremony was over, our frozen sentries were released from their posts and we met up so they could get rid of their weapons and warm up before our final event of the week, The Silver Cross Mother's Luncheon hosted by the Governor General at Rideau Hall.

And like that, our whirlwind week was over. It was a somber week filled with a lot of emotions both happy and sad, as we made new friends and remembered those we lost.

MCPL BRYAN CARTER, CFSU (O)

12 Wing Shearwater member recognized for 42 years of military service

On Thursday, November 14, 2019, 12 Wing Shearwater Chief of Staff Maj Rob Truscott presented WO Jean-Marc Grenier with his Canadian Forces' Decoration Third Clasp in recognition of his 42 years of military service. WO Grenier, originally from Smooth Rock Falls, Ontario, joined the CAF Regular Force as a sonar operator in the RCN but later transferred to the RCAF as a meteorological technician. During his career, he worked in cities across Canada, deployed in 2007 to the Persian Gulf in HMCS Halifax on Op APOLLO and, in 2010, deployed to Kandahar, Afghanistan, with the Canadian Expeditionary Force Command. In late 2010, he transferred to the Reserve Force and worked as the 12 Wing Hazardous Materials Coordinator until his retirement on November 15. WO Grenier and his wife Brenda plan to stay in the area of Fall River, Nova Scotia, and use their free time to travel.

12 WING IMAGING SERVICES





CAF members join students at No Stone Left Alone ceremony

By Ryan Melanson,
Trident Staff

A group of students from Gorsebrook Junior High joined with members of 3 Military Police Regiment and 5 Cdn Div ahead of Remembrance Day to pay tribute to those have died in service to Canada.

The annual No Stone Left Alone ceremony was held at Fort Massey Cemetery on November 8. The initiative was founded in 2011 with the goal of honouring and remembering Canada's veterans while educating school children on the sacrifices made by service members – ceremonies have been held annually since then in Halifax and in other cities across Canada.

Participating students spend time learning about Canada's military history, war, and peace in the weeks leading up, then attend the memorial ceremony alongside serving CAF members. Following the ceremony, students lay poppies at every headstone inside the cemetery.

"It's incredibly important for this generation to remember, memorialize, and commemorate the sacrifices made by so many sailors, soldiers and aviators in the great wars and all the conflict that has existed since," said Lt(N) Alex Moore, who represented 3 MPR as acting CO for the day.

"I'm proud today to see all the youth here commemorating Armistice Day 101 years later."

The ceremony included a piper and bugler, speeches by CAF members, school staff and representatives of the No Stone Left Alone Memorial



Members of 5 Cdn Div and 3 MPR attended the No Stone Left Alone ceremony alongside students from Gorsebrook Junior High.

RYAN MELANSON, TRIDENT STAFF

Foundation, while students read In Flanders Fields and The Act of Remembrance in both official languages. Gorsebrook principal David Leblanc said the ceremony provides a moving

experience and a great learning opportunity for the kids, while also forging a relationship between the school and the CAF that can be nurtured in other ways throughout the year.

"As parents and teachers, it's part of our responsibility to speak with our children about Remembrance Day, and help them understand the sacrifices made by members of our military and their families," he said.

Nearly 10,000 students participated in ceremonies across the country,

with about 200 at Fort Massey in Halifax. In a message read aloud at the event, No Stone Left Alone founder Maureen Bianchini-Purvis said she was proud of the foundation's efforts to educate Canadian students and connect them with the stories of Canada's veterans.

"The placing of a poppy on the headstone of a soldier is a small act, but it's also a powerful symbol that we're trying not to forget, to not doom ourselves into repeating our history."



CAF members laid wreaths at Fort Massey Cemetery before students placed poppies at each headstone.

RYAN MELANSON, TRIDENT STAFF

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MARLANT members return from National Sentry Program



From left, LS Ashley Fletcher of HMCS Montreal, LS Joshua Rogers of HMCS Windsor and LS Wayne Comeau of BIS Halifax were all chosen to take part in the 2019 National Sentry Program, guarding the Tomb of the Unknown Soldier in Ottawa from mid-October through to November 10.

MONA GHIZ, MARLANT PA

By Trident Staff

Three members of MARLANT were chosen to be part of the final contingent for this year's National Sentry Program in Ottawa. The 23-person group was tasked with standing sentry at the Tomb of the Unknown Soldier at the National War Memorial from mid-October until November 10. The program runs from April to Remembrance Day, with different groups of CAF members from across the country taking up the mission through the seven-month period.



The Op DISTINCTION badge received for taking part in the National Sentry Program.

MONA GHIZ, MARLANT PA

Years of service: 5 years Reserve, 9 years Regular Force
Awards/medals: Canadian Forces' Decoration

What does performing sentry duties at the National War Memorial mean to you?

"I am extremely honoured to be performing sentry duties at the War Memorial for a second time. It is a privilege to be trusted with this duty again. I'm always moved when I witness the emotions that people have when they visit the War Memorial."

Name: LS Wayne Comeau
Age: 32
Hometown: Meteghan, NS
Unit: BIS Halifax
Years of service: 10
Awards/medals: General Campaign Star, NATO Article 5 - Active Endeavor

What does performing sentry duties at the National War Memorial mean to you?

"It's an honour to represent Canada and serve at the National War Memorial. This is my third time doing this task and I recommend it to everyone serving in the CAF."

Name: LS Ashley Fletcher
Age: 31
Hometown: Bass River, NS
Unit: HMCS Montreal

Name: LS Joshua Rogers
Age: 29
Hometown: Kanata, ON
Unit: HMCS Windsor
Years of service: 7
Awards/medals: OSM - Op CARIBBE

What does performing sentry duties at the National War Memorial mean to you?

"It's an honour to represent Canada and to represent the submarine force. This is my second time doing this task and I highly recommend it."

| | |
|--------------|---|
| NAME | HAMILTON, GEOFF // |
| ENROL DATE | 1997 // |
| CURRENT RANK | COMMANDER // |
| DEPLOYMENTS | NAVAL RESERVE HQ // OP NARWHAL - 2002 UNMIS (SUDAN) - 2007 EX PANAMAX - 2011 NATO EX TRIDENT JUNCTURE - 2015 // |
| LOCATION | HALIFAX // |
| TITLE | CEO, NS // |
| SERVICE | 2018-PRESENT // |

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Getting ready for the holidays

On Saturday, November 16, many Defence Team members and families braved the cold and wind to participate in the Chronicle Herald's Holiday Parade of Lights.

SUBMITTED

Holiday Shopping **FEATURE**

Unorthodox stocking stuffers for grown-ups

(NC) When it comes to giving memorable and fun stocking stuffers, sometimes it's as much about what isn't in the stocking as what is. And while sourcing affordable, out-of-the-box items that are thoughtful, creative and small enough to fit in a stocking can feel like an exercise in determination, we've created this list of carefully curated and not-so-typical options to help.

Here are four stocking-sized selections that are sure to please anyone on your list.

1. Retro Pac-Man Arcade Machine, \$39.95 at chapters.indigo.ca

The original crowd-pleasing video game, this Pac-Man "relic" will thrill any kid at heart. It features a full colour, 2.75" screen, a removable joystick, has volume control and a headphone jack, and includes artwork inspired by the original arcade cabinet.

2. Rescue Coffee, \$20 at rescue-coffeeco.com

What if we told you that purchasing a bag of fair-trade, organically

grown coffee meant you could enjoy a delicious cuppa while simultaneously supporting an animal rescue organization? That's the reality of buying from this Nova Scotia-based brand, which dedicates 10 per cent of proceeds to their partnering animal rescue programs.

3. Liv 8" Footed Planter, \$34 at urbanoutfitters.com

If you haven't heard, indoor greenery is having a moment. This adorable footed planter will perfectly highlight your recipient's bloom of

choice, and its clay, colour-blocked natural finish will blend seamlessly with any décor.

4. Tile Mate Tracker Tag, \$29.99 from thebay.com

For the recipient who could benefit from an automatic locator for their keys, TV remote, wallet or other easily misplaced item, this attachable tile uses compatible technology (Amazon Alexa, Google Assistant, Apple App Store and Google Play) to play a sound that guides them in their search for what's lost.

4 ways to not break the bank this season

(NC) When the holidays roll into town, seasonal activities and obligations trail closely behind. Although a rewarding time of year for some, for others this time of year can be a major strain on our primary resource for winter fun – our bank accounts. Since seasonal expenses can overwhelm even the savviest saver, here are some tips to avoid overspending during this holiday.

1. Trust your budget. It keeps you on track during the rest of the year, so why not lean on it now? Starting the season with a plan and a maximum spending limit will help alleviate stress while shopping. There are plenty of free budget-tracking apps that connect right to your bank accounts and can be pulled out of your pocket for reference at any time – especially when you're feeling overwhelmed at the mall.

2. Get crafty. Everyone appreciates the handmade touch in a gift, and DIY-ing this holiday can help you save money. There are wonderful options that can be found online, even for beginners. Examples include homemade wreaths, body scrubs, and fun photo scrapbooks that can be done alone or in a group, and you'll end up with a gift that money can't buy. If you're not sure where to find these clever and cost-effective ideas, Pinterest is a great place to start.

3. Give the gift of time. Instead of buying gifts, spend quality time with your friends and family while you give back to others. Sharing the experience and splitting the cost of hosting a dinner for a family in need will offset the cost of spending money on each person and double the amount of joy spread during the holidays. It feels

good to pay in kind.

4. Have a plan for last-minute needs. Hosting a holiday gathering, but already splurged on the main course? Pharmacies are a hidden gem of affordable and on-trend holiday must-have accessories and treats for

your get-together. Rexall's Rose and Robin products offer an array of affordable decor, snacks and hosting items that will check the need-to-buy items off your shopping list in one go, saving you enough time to kick your feet up before your guests arrive.

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MARLANT pitches in at Feed Nova Scotia

By Ryan Melanson,
Trident Staff

A team of sailors from across MARLANT spent the day at Feed Nova Scotia's Burnside headquarters on November 14, volunteering their time in the spirit of NDWCC to give the charity a boost ahead of the busy holiday season.

The group was organized by PO2 Joe Dickie, who is the NDWCC coordinator for Canadian Fleet Atlantic staff. The unit has held a number of volunteer events to showcase ways to give back to the local community on top of the traditional monetary donations made to NDWCC. Knowing that Feed Nova Scotia has a high need, PO2 Dickie put the call out to other MARLANT units, and ended up with a total of 23 volunteers for the day, including a large group from HMCS *Harry DeWolf*.

"I've volunteered here before, so I was aware this is an organization that can always use the help, especially around Christmas time when extra donations start to come in," PO2 Dickie said.

"I put the call out to all the other NDWCC coordinators, and it didn't take long to have all the people we needed."

RCN volunteers were tasked with sorting produce donated by local farmers, and others helped pack food orders to be shipped out to the 140 organizations across the province that rely on food from Feed Nova Scotia.

"We divide the tasks up as they're needed. There's always lots to be done," said Feed Nova Scotia Volunteer Services Assistant Carly Penrose. She added that an extra group of workers in the warehouse for a day can have a big impact as they get ready for their busiest time of year.



Twenty-three CAF members took part in the volunteer day, and Feed Nova Scotia representatives said the extra help is much appreciated as the holidays get closer.

RYAN MELANSON, TRIDENT STAFF

"The work that happens in the warehouse is almost all done by volunteers, so what's happening today is a huge help. We have food to make up thousands of meals that gets sorted every single shift, and when we have lots of people in helping us, we can do even more," she said, adding that about 7,000 extra families typically use their services through the holidays.

Feed Nova Scotia is normally able to provide three meals for every two dollars that gets donated. It's a statistic they take pride in, and volunteer work, along with other types of community support, helps keep their costs at that low level.

In total, the group from MARLANT sorted 15,100 kilograms of non-perishable, perishable and frozen food items through the day, equal-

ing to over 33,400 meals that will be distributed to people in need in Nova Scotia.

Penrose said anyone else interested in supporting Feed Nova Scotia can go to feednovascotia.ca to get information about volunteering and monetary donations, as well as ongoing holiday initiatives like the Case of Compassion wine fundraiser and Christmas Turkey Drive.



A group of CAF personnel, including members from Atlantic Fleet HQ, HMCS Harry DeWolf, and other units, volunteered at Feed Nova Scotia on November 14.

RYAN MELANSON, TRIDENT STAFF



Members helped sort produce following Feed Nova Scotia's weekly delivery from local farmers.

RYAN MELANSON, TRIDENT STAFF



A second AOPS is launched

By The Maple Leaf

Canada's second Arctic and Offshore Patrol Ship (AOPS), the future HMCS *Margaret Brooke*, was successfully launched in Halifax on November 20. An important milestone in the construction of the Royal Canadian Navy's (RCN) future fleet, the launch marked the first time the ship was put in water. The ship will be berthed alongside in the Halifax Shipyard until its remaining construction work is completed.

Designated the Harry DeWolf-class, these ships were designed with a thick and robust hull that will allow them to operate in up to 120 cm of first-year sea ice.

The ships will also be able to operate with a Cyclone helicopter and embark small vehicles, deployable boats, and cargo containers, which will support expanded RCN surveillance activities and operations while patrolling Canada's three coasts.

The construction of these new AOPS is essential for supporting Ca-



The future HMCS *Margaret Brooke* was successfully launched on Sunday, November 20, 2019. The ship is the second of the Harry DeWolf class.

MCPL MANUELA BERGER, FIS HALIFAX

nadian Armed Forces operations at home, and abroad, and will provide greater capability to patrol in the

Arctic. Work to finalize the construction of the future HMCS *Margaret Brooke* is ongoing, and an official

naming ceremony is being planned for 2020. The ship is expected to be in full service in 2021.



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Co-op students learn new skills at CFB Halifax

Navy COOP student sparkles! Sir John A. MacDon-ald High School student Remi Myers learned how to use a grinder under the watchful eye of Sgt Jyson Muzzy during a hands-on visit at CFB Halifax's Transportation, Electrical and Mechanical Engineering (TEME) unit on November 14. Remi is one of the participants in the 2019-20 Navy High School Co-op Program. Twelve students from various local area high schools spend one day a week at CFB Halifax, affording them a rare inside glimpse at the wide variety of career choices that the CAF/DND has to offer. Many thanks to TEME for the engaging day of activities and education.

SUBMITTED



Sailing with family

By Capt Jenn Jackson,
HMCS Ottawa PAO

When Capt Monica Phillips received her posting to HMCS Ottawa she knew it was coming with an added experience.

For the first time in their more than 20-year careers, Capt Phillips and her brother PO2 Thomas "Turtle" Hertel were posted to the same unit.

"We had both been posted to the same geographical area before, but Ottawa is the first time we have served in the same unit, same ship," said Capt Phillips.

"When I came aboard I had to advise the chain of command that Thomas was my brother – they were not even aware. To counter any conflict of interest, I ensure that I keep things transparent, including ensuring there is another person present whenever I need to discuss something with Thomas professionally," she adds.

Many crewmembers are not aware of their connection because she goes by her married name.

"There is that moment of shock and surprise when they find out, and it is almost always a funny reaction," said PO2 Hertel.

Capt Phillips, a Regular Force Physician Assistant who joined in 1998 as a Medical Technician, is the older sibling. But PO2 Hertel, a Marine Technician – Electrical, beat her to the military punch by joining the reserves as an infantry soldier right out of high school in 1992. He then



PO2 Thomas Hertel and Capt Monica Phillips are siblings, serving in HMCS Ottawa during that ship's current deployment on Ops NEON and PROJECTION.

SUBMITTED

transferred to the Regular Force in his current occupation in 2000. His experiences indirectly influenced his sister's decision to join.

"I knew I wanted to study medicine, and the military seemed like a great opportunity to do it," said Capt Phillips. "I thought about becoming a Medical Officer from the beginning, but Turtle complained so much about officers in general, I decided

to experience being a member of the ranks first to get a better understanding of what non-commissioned members experience. When my trade of Physician Assistant became a commissioned trade in 2016, that goal was achieved, and I feel I am able to connect with all ranks because of the path I chose."

For PO2 Hertel, his career in the CAF took a different track.

"After serving in the Reserves as an infantry soldier and deploying to Bosnia, I decided I wanted to transfer to the Regular Force. I wanted to move into a trade that was more technical and it turned out the navy was a natural fit for that."

Separated by four years, the siblings grew up in Sudbury, Ontario, but moved in different social crowds. Despite that, even as they each pursued their individual careers, they kept in touch, saying it was like picking up the conversation where it was left off.

"We work in completely different areas of the ship and belong to different messes, so it is rare that we interact when we are sailing," said PO2 Hertel.

While Ottawa is deployed on Operations NEON and PROJECTION, being posted to the same unit has had an unexpected advantage and a bit of an interesting quirk.

"Knowing both of us are deployed together on the ship has made this deployment easier for our father," said Capt Phillips. "He takes comfort in knowing we have each other if we need it while we are here."

One of the challenges is as a Physician Assistant, Capt Phillips is the only "Doc" on the ship, although there is also a Medical Technician.

"Prior to deployment, we had to have a mandatory Zika and STD brief. I will admit it can be a little awkward when the person doing the briefing is your big sister," said PO2 Hertel.

Operation Transition: it involves us all

By the Maple Leaf

Serving in the military is not just a job, it's a way of life that involves the entire family. There is no other career quite like it, a career that, for many members, becomes synonymous with their identity.

That is why transitioning from military to civilian life can be one of the most difficult transitions members and their families make.

As such, transition requires thorough preparation, often including social, emotional and psychological adjustments as a person and as a family.

Roughly 10,000 Canadian Armed Forces (CAF) personnel transition out of the military each year. Every member and their family will one day transition out of the Forces. Transition involves us all.

Realizing the challenges members and their families often face when reintegrating into civilian life is why the CAF stood up its newest formation in December of last year, the Canadian Armed Forces Transition Group.

About the CAF Transition Group

The CAF Transition Group is comprised of its headquarters in Ottawa and nine Transition Units located across the country, supporting 32 Transition Centres. In coordination with Veterans Affairs Canada and its other partners, the CAF Transition Group is continuously working to improve the support and programs it offers and to achieve its mission of delivering personalized, professional, and standardized casualty support and transition services to CAF members and their families.

The goal is a seamless transition and enhanced well-being for all members and their families, with special attention provided to ill and injured personnel, their families and the families of the deceased.

Up until recently, the process of "transition" was a foreign concept for the CAF. When a member left the Forces, he or she was said to "release" from the military. This release consisted of a military member filling out forms, getting paperwork in order, and returning equipment.

"All aspects of this 'release' were left up to the member and family. To-

day, we're creating a culture of transition and formalizing the process.

We're providing tools and support for transitioning members and their families, and encouraging everyone to start thinking about transition earlier in their careers," said Brigadier-General Mark Misener, Commander of the CAF Transition Group.

The transformation taking place is laid out in a joint CDS /Deputy Minister Directive entitled Operation Transition that was issued on Dec. 7, 2018.

Operation Transition

Operation Transition provides the framework for how the Transition Group will lead a command-driven, wholesale change to the way the CAF understands and implements transition and details how the CAF Transition Group will build its transition capabilities and processes.

Perhaps the most immediately impactful change for members and their families has been the introduction of a 12-step initial transition process that came into effect April 1, 2019. This interim process ensures members and their families are provided

a window of time, tools, education, training, and support from their chain of command to explore potential retention options or confirm they are "ready to transition".

Transition trial

Concurrently, the CAF Transition Group is running a transition trial, or pilot project, at CFB Borden. The transition trial started in late 2018 with the hiring and training of personnel.

The idea behind the trial "is to test a transition process with actual CAF members and work through potential problems in real-time instead of on a whiteboard," said Brigadier-General Misener. "The outcomes of this project will inform what transition will look like in the future.

The hope is that through the transition trial and initial transition process we will assist members and their families in being better prepared for transition and having a solid plan in place. The bottom line is that we want to ensure that members and their families are as informed, prepared and empowered as possible for a successful transition, when the time comes."

Japan and Canada improve interoperability at KAEDEX

By Capt Jenn Jackson,
HMCS *Ottawa* PAO

Anti-submarine warfare and naval boarding party capabilities were among the skills practised by HMCS *Ottawa* and Japanese warships during KAEDEX 19, held near Yokosuka, Japan from October 16 to 19.

Held in the Asia-Pacific region since 2016, KAEDEX focuses on strengthening interoperability between the Royal Canadian Navy and the Japanese Maritime Self-Defense Force.

The name KAEDEX was proposed by the Japanese in honour of Canada's involvement – "kaede" is the Japanese word for maple.

On the first day, teams from *Ottawa* and Japanese Ships *Chokai* and *Shimakaze* conducted naval boarding

simulations while in port.

Both teams simulated a boarding with members from *Ottawa's* crew acting as civilian sailors on a fictitious vessel of interest. This was followed by demonstrations on subduing, searching and other boarding party tactics.

On October 17, *Ottawa*, *Chokai*, and *Shimakaze* conducted manoeuvres at sea, including practicing replenishment-at-sea approaches, each taking turns as a guide ship. This was followed by a cooperative anti-submarine warfare simulation.

KAEDEX finished with a grand gesture. On the last day, *Chokai* and *Shimakaze* conducted a traditional sail past manoeuvre on *Ottawa*, which played *Not Ready to Go* by the Trews over the loudspeaker while all three

crews waved farewell to each other before departing into the sunset.

Even though KAEDEX 2019 was delayed and scaled back due to the October 12 passing of super-typhoon Hagibis, the event was considered a success in improving interoperability.

"KAEDEX was a great opportunity for my team to see how another nation's boarding team operates. We got the chance to demonstrate and talk about some basic boarding tactics with the teams from *Chokai* and

Shimakaze," said *Ottawa* Deck Officer Lt(N) Gill Herlinger.

"So much that we do nowadays happens through email or messages that it's really great when you get those face-to-face opportunities to actually meet people in a setting where you have lots of time to discuss details to enhance training," he said.

Upon completion of KAEDEX, *Ottawa* continued to conduct forward naval presence operations in the Asia-Pacific region on Operation PROJECTION and Operation NEON, supporting the implementation of United Nations Security Council sanctions imposed against North Korea.

This was the second KAEDEX this year, following a KAEDEX in June involving Japan and HMCS *Regina* off the coast of Cam Ranh Bay, Vietnam.

HMCS *Ottawa* conducts manoeuvres with Japanese Maritime Self-Defense Force ships *Chokai* and *Shimakaze* during exercise KAEDEX in October 2019.



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HMCS *Halifax* continues deployment on Op REASSURANCE

By Trident Staff

HMCS *Halifax* is the flagship for Standing NATO Maritime Group 2 (SNMG2), one of four multinational, high readiness maritime forces composed of vessels from allied countries. During its time on Op REASSURANCE, *Halifax* has led and executed a range of missions across a broad spectrum of operations to enhance interoperability and cooperation with Canada's allies and NATO partners in the region. In October, *Halifax* was among 32 ships, two submarines and approximately 5,000 sailors from 18 NATO-member countries participating in DYNAMIC MARINER 19 off the coast of Rota, Spain, from October 7 to 18. During a port visit in Cadiz, Spain, the ship hosted a NATO reception onboard and also gave out promotions and awards to crewmembers.

Following the conclusion of DYNAMIC MARINER 19, *Halifax* continued its NATO maritime presence with SNMG2 on Op REASSURANCE. On November 11, the ship held a Remembrance ceremony at sea. Recently *Halifax* also participated in Ex DOGU AKDENIZ 19, in the Eastern Mediterranean.



The sun rises as Standing NATO Maritime Group 2 Flagship, HMCS Halifax, patrols in the Eastern Mediterranean during Ex DOGU AKDENIZ 19, while deployed on Op REASSURANCE on November 13, 2019.

MS DAN BARD, CANADIAN FORCES COMBAT CAMERA



Members of the Helicopter Air Detachment aboard HMCS Halifax conduct a fo'c'sle transfer with CH-148 Cyclone helicopter, call sign Kingfisher while sailing the Mediterranean Sea during Op REASSURANCE.

CPL BRADEN TRUDEAU, TRINITY - FIS

A specialized team of Spanish Marines from Spanish Oiler ESPS Patiño conduct a boarding exercise of HMCS Halifax in the Mediterranean Sea during Op REASSURANCE on November 5, 2019.

CPL BRADEN TRUDEAU, TRINITY - FIS



Members of HMCS HALIFAX'S casualty clearing team respond to man overboard drills during Op REASSURANCE on November 6, 2019.

CPL BRADEN TRUDEAU, TRINITY - FIS



Crewmembers of HMCS Halifax take to their coordinated positions during a simulated Chemical, Biological, Radiological and Nuclear scenario while sailing the Mediterranean Sea during Op REASSURANCE on November 8, 2019.

CPL BRADEN TRUDEAU, TRINITY - FIS

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

By Lt(N) Éliane Trahan,
Public Affairs Officer

Members of Fleet Diving Unit (Atlantic) (FDU(A)) and their families will 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 early in the morning from 12 Wing Shearwater's Lower Base, proceeding to Dartmouth, Sackville, Bedford and ending in Halifax. FDU(A) members will appear on the 56th 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 this Saturday, please give to this worthy cause.

Strength in depth

Follow along on social media:

- Royal Canadian Navy Instagram account: @RCN_MRC
- Fleet Diving Unit (Atlantic): @FleetDivingUnitAtlantic
- Christmas Daddies Telethon Twitter account: @DaddiesTelethon

It is also possible to make a donation via the FDU(A) GoFundMe Page set up by Christmas Daddies: https://www.gofundme.com/f/christmas-daddies-telethon?utm_source=facebook&utm_medium=social&utm_campaign=p_cp+share-sheet

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

Par Ltv Éliane Trahan,
Officier des affaires publiques

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 à Christmas Daddies, afin d'amasser des fonds pour les enfants dans le besoin durant le temps des Fêtes.

La course de 50 km débutera tôt le matin du côté sud de la Base de la 12e Escadre Shearwater, se poursuivra à Dartmouth, Sackville, Bedford et se terminera à Halifax. 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 ce samedi, s'il vous plaît donner généreusement pour cette digne cause.

Force en profondeur

Suivez la course sur les réseaux sociaux :

- Compte Instagram de la Marine royale canadienne: @MRC_RCN
- Page Facebook de l'Unité de plongée de la Flotte (Atlantique): @FleetDivingUnitAtlantic
- Compte Twitter du Téléthon Christmas Daddies: @DaddiesTelethon

Il est également possible de faire un don via la page GoFundMe de l'UPF(A) mise sur pied par Christmas Daddies: https://www.gofundme.com/f/christmas-daddies-telethon?utm_source=facebook&utm_medium=social&utm_campaign=p_cp+share-sheet

New app for civilian employees launches

By Peter Mallett,
The Lookout Staff

Defence Team members can now access civilian human resources information through their cell phone.

The first-of-its-kind smartphone application, HR GO RH, was released in June by DND's ADM HR-Civ and provides employment-related information.

The bilingual app available for Android or iOS devices provides at-your-fingertips information.

The app provides quick and convenient access to human resources information any time of day from virtually any location, says Diana Scheper, Digital Project Manager

with ADM (HR-Civ).

"The HR GO RH app is really an effort to leverage changes in technology and changes in demography," said Scheper. "Put simply, the way in which we conduct our lives has changed significantly from years ago with information and support now at our fingertips. This is another way that ADM (HR-Civ) is modernizing the way that service is delivered."

From the HR GO RH pull-down menu, users can find:

- news and announcements, including updates on the Phoenix Compensation Agreement
- pay, benefits, and leave information;

- information about mental health and well-being;
- awards and recognition and help for managers about managing your team's pay, schedules and staffing;
- a section about working at DND, which includes initiatives for military spouses, priority entitlements and student employees; and,
- a toolbox that offers overtime and pay calculators, as well as job and leave classification descriptions.

A separate video section offers users content on mental health, well-being and pay.

The latest version of the app, its

fourth release, was made available on October 28 and features enhanced navigation, information and videos.

Scheper says she and her staff are continuing their push to let more DND employees know about the app and its usefulness. ADM (HR-Civ) recently announced a contest offering weekly prizes in an effort to encourage more users to download the app.

If you have more questions or concerns about HR Connect RH or the new HR GO RH app call their toll-free telephone line 1-833-747-6363 or find HR Connect HR on the ADM(HR-Civ) intranet site.



Jim &
Jackie Pitt

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TRIDENT Sports

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

RCN runner had strong showing at CISM world games

By Ryan Melanson,
Trident Staff

A sailor from HMCS *Shawinigan* is describing a memorable experience at the CISM Military World Games in China, where he secured a new personal best marathon time while representing the CAF on the international stage.

The 2019 World Games were held in the city of Wuhan from October 18-27, with the marathon event taking place on the final day of competition. This was MS Mark Brown's third marathon and second time competing for Canada at the international CISM level. While he didn't set any expectations for himself, he went to China with a solid training program under his belt and the determination to "go big, or go home."

CISM competitions are attended by elite athletes from across the world, with professional and olympic-level talent among the runners.

"I did my homework prior to the race and knew Poland and France would have very fast teams," MS Brown said.

"I also knew Bahrain had world-class elites running in this event, so the plan was to not even worry about



MS Mark Brown waves to the camera after completing the Marathon event at the CISM World Games with a time of 2:32:34.

CPL THOMAS LEE, OPTIC

them but to find a pack a few back from the leaders."

His plan worked out. He chose to

run without a watch, found a pack of runners to keep pace with, and settled in. While he found himself slowing

down around the 17-kilometre mark, he summoned the energy to catch back up and keep going. Extra encouragement came when he reached the halfway mark after only an hour and fifteen minutes.

"I realized at that moment that I could run a great time if I could hold on longer," he said.

The back half of the race involved conserving energy while keeping a good pace, and though his legs felt like bricks, MS Brown said he pushed hard through the course's last two kilometres, and broke into a full sprint for the final 200 metres.

"I knew I had energy to sprint so I gave everything I had left in the tank. Turning the corner and seeing 2:32 on the clock was extremely exciting."

He said he was thrilled with his finish, with an official time of 2:32:34, and added that other members of Canada's running team also achieved new personal bests in China.

"I will always remember this race – a very special one. I was very proud to represent the Canadian Forces at the 2019 Military World Games," MS Brown said.

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.

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 excel-

lence. 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.



Hockey Helps the Homeless

RAAdm Craig Baines, Commander MARLANT and JTFA, took part in the ceremonial puck drop at the Hockey Helps the Homeless Tournament at the RBC Centre on November 8, along with Halifax Mayor Mike Savage and representatives from VETS Canada. The game featured CAF members along with NHL alumni, raising proceeds for the Veteran's Drop-In & Support Centre in Dartmouth.

MONA GHIZ, MARLANT PA

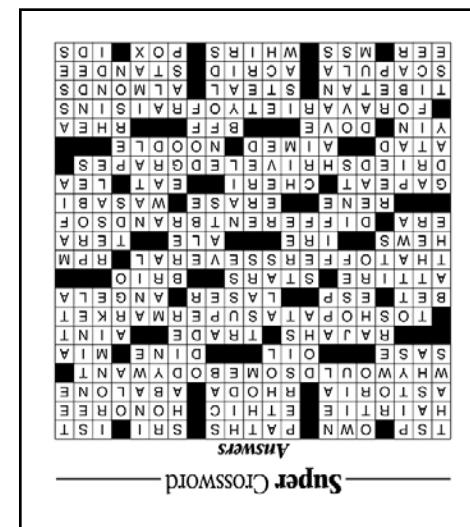
Sports trivia regarding female athletes

By Stephen Stone

Questions

1. She was the first filly, and the favorite at race time, to win the Kentucky Derby.
2. She is the first of only three swimmers in Olympic history (Krisztina Egerszegi of Hungary and Michael Phelps of the United States being the two others) to have won individual gold medals for the same event at three successive Olympics (100 metres freestyle – 1956, 1960, 1964).
3. Canadian soccer player and captain of the Canadian national team. She scored all 3 goals for Canada in the 2012 Olympic gold medal game versus the USA which won with help from biased officiating
4. These two ladies are the only other two fillies to win the Kentucky Derby.
5. This retired professional race car driver was the first woman to qualify and compete in both the Indianapolis 500 and the Daytona 500.
6. She is an American professional motorcycle racer. She made history in 2010 as the first female to win an AMA Pro Racing sprint road race. She is also the first woman to win a professional motorsports race of any kind at Daytona International Speedway, on March 17, 2012
7. She is the most successful woman in the history of American open-wheel racing—her victory in the 2008 Indy Japan 300 is the only win by a woman in an IndyCar Series race
8. She is an American professional wrestler, actress, author, mixed martial artist and judoka. She is currently signed to WWE, performing on the Raw brand where she is the current Raw Women's Champion in her first reign.
9. This daughter of “The Greatest” before her retirement held the WBC, WIBA, IWBF and IBA female super middleweight titles, and the IWBF light heavyweight title.
10. She was the first woman to play full-time professional hockey in a position other than goalie.
11. This Olympic silver medalist achieved a number of historic firsts during her career, including becoming the first woman to play in any of the major North American pro sports leagues.
12. She is a retired gymnast and a five-time Olympic gold medalist, all in individual events. She is the first gymnast to be awarded a perfect score of 10.0 at the Olympic Games, and then, at the same Games (1976 Summer Olympics in Montreal), she received six more perfect 10s en route to winning three gold medals.
13. Before she retired this American professional golfer was a founding member and then leading player on the LPGA Tour during the 1940s, 1950s and 1960s. Her 15 major title wins remains the all-time record for most major wins by a female golfer.
14. This Canadian athlete, won a gold medal for the 400 metre relay and a silver medal for the 100 metre at the 1928 Summer Olympics in Amsterdam. She was called the "best Canadian female athlete of the half-century" and a star at basketball, hockey, softball, and tennis. She was named Canada's Female Athlete of the First Half-Century (1900–1950). The Canadian Female athlete of the year trophy is named for her
15. She was the first American woman, to win three gold medals in a single Olympic Games.
16. She is a two-time Olympian, having represented her country at the 2012 and 2016 Summer Olympics. She is the 2017 World all-around silver medalist, making her the first Canadian gymnast to win a world all-around medal. She is also the 2018 Commonwealth and 2015 Pan American all-around champion and a five-time Canadian national all-around champion
17. She is an American auto racer. She was the first woman to receive a license from the National Hot Rod Association (NHRA) to drive a Top Fuel dragster. She won the NHRA Top Fuel championship in 1977, 1980, and 1982, becoming the first person to win two and three Top Fuel titles.
18. A five-time Olympian, her five Olympic medals at the 2018 Pyeongchang games brought her total number of medals up to fifteen, the most by any athlete (female or male) in Winter Olympics history. She is ranked first in the all-time Cross-Country World Cup rankings with 114 individual victories and is also the most successful sprinter in Cross-Country World Cup history, with twenty-nine victories
19. She is a former Canadian competition swimmer, Olympic medalist, and former world record-holder. She won two bronze medals in the 100-metre backstroke and 200-metre backstroke at the 1976 Summer Olympics in Montreal at the age of 14, behind two East German athletes, Ulrike Richter and Birgit Treiber, who later were confirmed to be longstanding participants of the East German doping scandal. She was also Canada's female athlete of the year and winner of the trophy named after question 14.
20. She was world No. 1 for a total of 332 weeks in singles, and a record 237 weeks in doubles, making her the only player in history to have held the top spot in both singles and doubles for over 200 weeks. She was year-end singles No. 1 seven times, including a record of five consecutive years, as well as year-end doubles No. 1 five times, including three consecutive years during which she held the ranking for the entire year.

Answers on page 22



Sports trivia regarding female athletes

Questions on page 21

Answers

1. Regret – 1915
2. Dawn Fraser of Australia
3. Christine Sinclair
4. Genuine Risk – 1980 and Winning Colors – 1988
5. Janet Guthrie
6. Elena Myers
7. Danica Patrick
8. Ronda Rousey
9. Laila Ali
10. Hayley Wickenheiser
11. Manon Rheume
12. Nadia Comaneci
13. Patty Berg
14. Fanny “Bobbi” Rosenfeld
15. Wilma Rudolph
16. Elizabeth “Ellie” Black
17. Shirley “Cha Cha” Muldowney
18. Merit Bjorgen
19. Nancy Garapick
20. Martina Navratilova

Local and national CAF sports tournaments schedule

By Trident Staff

The following is a list of dates for some of the CAF sports tournaments to be held in late 2019 and in the first few months of 2020.

Dates for more COTW, COTF, Wing Cup, regional and national tournaments for various sports will be announced as they are finalized.

The Wing Cup hockey tournament

is from December 2-6, 2019.

The CAF National Men’s hockey championship is in Gagetown, NB from February 17-21, 2020.

The MEGA curling tournament is on March 1, 2020.

The CAF National Women’s hockey championship is from March 8-13, 2020, at 17 Wing Winnipeg.

The CAF National Old Timers Hockey Championship is from March

21-26, 2020 at CFB Borden.

The CAF National Swimming Championship is from March 26-30, 2020 in Nepean, Ontario.

Wing Cup floor hockey is from April 13-17, 2020.

COTW and COTF floor hockey is from April 27-May 1, 2020.

The CAF National Running Championship is from May 22-24, 2020 in Ottawa.



Indigenous community members welcome HMCS St. John's to Sept-Îles

HMCS St. John's arrives in Sept-Îles, Quebec for Remembrance Day and was welcomed by Elder Paul-Arthur McKenzie and children from Ecole Primaire Tshitshinre during the Great Lakes Deployment on November 11, 2019.

CPL IAN THOMPSON, CAF PHOTO.

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ACROSS

- 1 One-sixth of a fl. oz.
- 4 Fess (up)
- 7 Hikers' trails
- 12 -- Lankan
- 15 Suffix with 83-Down
- 18 Alternative to a barrette
- 20 Moral code
- 21 One getting toasted, e.g.
- 23 Waldorf -- (New York hotel)
- 24 1970s TV spinoff
- 25 Clingy mollusk
- 26 Start of a riddle
- 29 RSVP card encl.
- 30 Saudi export
- 31 Sup in style
- 32 Farrow of "Alice"
- 34 Indian kings
- 38 Buy and sell
- 41 Nonstandard contraction

- 42 Riddle, part 2
- 47 Casino stake
- 48 Claimed psychic gift
- 49 Engraving tool
- 50 Germany's Merkel
- 51 Clothing
- 53 Skylights?
- 55 Vigor, musically
- 56 Riddle, part 3
- 60 Tachometer inits.
- 63 Cuts down with an ax
- 64 Furiousness
- 65 Stein quaff
- 66 Giga- times 1,000
- 67 Eon division
- 68 Riddle, part 4
- 75 Rationalist Descartes
- 76 Render blank
- 77 Japanese condiment
- 78 Eye in awe
- 81 Comic actress Oteri

- 83 Devour
- 84 Grassy tract
- 85 End of the riddle
- 90 Ever so slightly
- 91 Directed (at)
- 92 Pasta tube
- 93 Yang go-with
- 94 White bird
- 96 Really good bud, in brief
- 97 Zeus' mother
- 101 Riddle's answer
- 109 Like the Dalai Lama
- 110 Filch
- 111 Babka nuts
- 112 Shoulder bone
- 113 Bitterly pungent
- 114 Rider not in a seat
- 115 Always, in verse
- 116 Submitted texts: Abbr.
- 117 Rotor noises
- 118 Chicken -- (varicella)

- 119 Carders' requests

DOWN

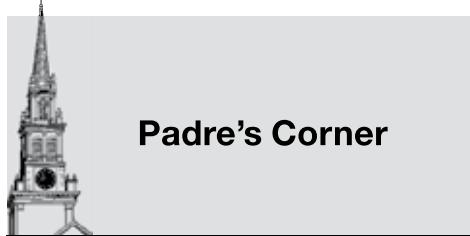
- 1 Becomes liquid
- 2 Younger Obama daughter
- 3 "For -- sake ..." (start of an urgent appeal)
- 4 Other, in Zaragoza
- 5 Nintendo console released in 2012
- 6 Patricia of "Hud"
- 7 Not let up
- 8 Playwright -- Fugard
- 9 -- McAn shoes
- 10 Camouflage
- 11 Healing sign
- 12 Blocking more sunlight
- 13 Actress Lively or musician Hitchcock
- 14 Dumbstruck
- 15 Nickname for boxer Tyson
- 16 Watchman
- 17 Golf ball prop
- 19 Regatta athletes
- 22 Ending for Motor or Rock
- 27 Capital of Qatar
- 28 More quirky
- 33 "-- girl!"
- 35 "No man is -- to his valet"

- 36 Composer Franz -- Haydn
- 37 Extra for an iPhone
- 38 Pre-1917 despots
- 39 Word after ballet or charlotte
- 40 Big primate
- 41 2012 film set in Iran
- 42 Canine chain
- 43 Canada's capital
- 44 "What a shame"
- 45 Actress Kate or Rooney
- 46 Blue dye from a plant
- 47 Wash oneself
- 52 "-- in there!"
- 53 Vassal of old
- 54 Beech, e.g.
- 55 Certain sib, in dialect
- 57 Marcher's flute
- 58 Big tanks
- 59 River in Germany
- 60 Junk dealer's transaction
- 61 Takes a close look at
- 62 Group in "GoodFellas"
- 66 QBs' stats
- 68 Numb
- 69 Misfires from QBs: Abbr.
- 70 Actor Christopher
- 71 Made a misplay, say
- 72 Hammering target

- 73 Pulitzer, e.g.
- 74 Related to birth
- 75 Marsh stalk
- 78 Aussie "Hi"
- 79 Clever trick
- 80 Lounge featuring ivory-ticklers
- 81 "Hear ye!" shouter
- 82 That dude
- 83 Swelled head
- 86 Cigars from Cuba
- 87 Wraps around
- 88 Tip, as a cap
- 89 Human being
- 94 Piece of information
- 95 Flattened circles
- 96 Via a flight
- 98 Language akin to Urdu
- 99 Finished up
- 100 Obstinate equines
- 102 Agent, informally
- 103 "-- Mommy kissing ..."
- 104 Cut with acid
- 105 Garr of "Tootsie"
- 106 Scraping tool
- 107 Choir part
- 108 Big-screen film format
- 109 China's Mao -- -tung

The blessing of the eating together

By Capt PJ Vere,
Chaplain CANFLTLANT



By far my favorite military tradition is the seasonal festive dinner celebrated each December.

Joining with other officers and senior non-commissioned members, I enjoy serving our soldiers, sailors, and aviators.

There is no better way to end the year than with a thank-you to one's comrades for their dedicated service.

We often state the military is a giant family. Nothing brings together friends and family like a delicious sit-down meal.

The meal is sacred time in many religions. The community gathers together, combines talents, and pursues a common goal. Together, the community creates a common social experience that everyone enjoys.

Thus meals are not just about nutrition; they build community spirit. In the military, we refer to this as esprit de corps.

From my own tradition as a Byzantine Catholic, the importance of community meals is seen in the Bible as

Jesus uses meals to mark important events in His life and ministry.

For example, Jesus' first public miracle happens at the wedding feast of Cana when the bride and groom run out of wine.

Jesus, at the urging of His mother Mary, keeps the banquet going by changing water into wine.

The miracle of the loaves and fishes is another good example. Only after feeding the multitudes does Jesus begin to preach His most intimate teachings.

Finally, the act by which Jesus asks His followers to remember Him—the Lord's Supper—was both introduced during and modelled around a community meal.

Heading into the festive season, let us enjoy our meals as a sacred time in which we build our family, our community, and our esprit de corps.

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