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TRIDENT

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



Sea trials for future HMCS Harry DeWolf



Sea trials for the future HMCS Harry DeWolf Arctic and Offshore Patrol Ship started in late 2019.

CPL CHERYL CLARK, CANADIAN ARMED FORCES PHOTO.



RAdm Baines' New Year's message Pg. 3



Exceptional service recognized Pg. 8



Battle of the Atlantic Pgs. 12-13



CAF Sports Awards 2019 Pg. 21

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Ending the year with a bang on St. Barbara's Day

By Ryan Melanson,
Trident Staff

A long-standing naval tradition continued in Halifax on December 6, with the annual St. Barbara's Day gunnery competition taking place aboard HMCS *Sackville*. The event honours St. Barbara, the patron saint of gunners, and what was once a serious test of shooting skills is now a lighthearted event that sees teams of sailors dress up in costume and perform skits before firing the ship's gun.

Six teams from different Combat Systems Departments of the fleet signed up, and after an opening message from St. Barbara herself, portrayed by LS Meghan Johnston, they each took their turn in the spotlight in front of about 50 spectators watching from shore next to *Sackville's* winter berth.

Some skits poked fun at senior chiefs and life on a warship, others featured recognizable characters, and some leaned in to the silliness – like the frantic, but entertaining, performance from HMCS *Ville de Quebec* that featured hockey gear, swords, and plenty of French-language screaming. That team cracked up the judges enough to earn the most votes once it was time to choose a winner.

CPO2 Bruce Lilly, who has acted as St. Barbara's Day Master of Ceremonies in Halifax for the better part of two decades, said the day is about introducing younger sailors to a bit of naval lore while also having some fun as everyone prepares for the holiday break.

"It's a tradition. We've been doing it for a long time and we don't take things too seriously and everybody usually has a good time," he said.

Following the event, all the participants, along with the crowd, judges, and some members of the Canadian Naval Memorial Trust, went below



LS Meghan Johnston, portraying St. Barbara, the patron saint of gunners, delivered a message to all participants to kick off the competition.

RYAN MELANSON, TRIDENT STAFF

decks in *Sackville* for a reception and a tot of rum to cap off the morning. The victory for *Ville de Quebec* means the St. Barbara's Day trophy will now be housed inside their ship until the competition comes around again in December 2020.

The St. Barbara's Day event is hosted by the Naval Weapons Association, which recently celebrated its 35-year anniversary, and 2019 also marked the 20th year in a row that the competition has taken place in HMCS *Sackville*.



Six different teams presented skits on *Sackville's* upper deck, featuring pirates, Dr. Evil and Mini-Me from the *Austin Powers* series, and other colourful characters.

RYAN MELANSON, TRIDENT STAFF



Sailors from several ships and units compete during the annual St. Barbara's Day Gunnery Competition, held aboard HMCS *Sackville*. Costumes and comedy routines are regular elements of the competition.

RYAN MELANSON, TRIDENT STAFF



The winning team from HMCS *Ville de Quebec* were presented the St. Barbara's Day trophy by CPO2 Bruce Lilly after their irreverent skit won over the judges.

RYAN MELANSON, TRIDENT STAFF



RAdm Craig Baines, Commander Maritime Component Commander, visits members aboard HMCS Halifax during Operation REASSURANCE, in the Mediterranean Sea, December 17, 2019.

CPL BRADEN TRUDEAU, TRINITY - FORMATION IMAGING SERVICES

Comd MARLANT/JTFA New Year's message

By RAdm Craig Baines,
Commander MARLANT/JTFA

As we head into 2020, I would like to take this opportunity to wish everyone on the Maritime and Joint Task Forces Atlantic teams a Happy New Year. 2019 was a busy year and I hope you were able to rest and enjoy some quality time with your loved ones over the holidays.

This past year was one of the busiest in recent memory as we had ships deployed on a number of operations in our own waters and across the oceans of the world. At home, we deployed two ships to the Great Lakes region as our RCN ambassadors and welcomed over 40,000 Canadians onboard, demonstrating the best Canada's Navy has to offer. Internationally, the excellent efforts by the whole team, both home and deployed, to support OPERATION REASSURANCE, OPERATION ARTEMIS, OPERATION NEON, OPERATION PROJECTION Indo-Asia Pacific and West Africa, OPERATION NANOOK, TRADEWINDS and OPERATION CARIBBE helped deliver the strategic effects of those missions. Our people did a fantastic job representing Canadians around the world as they contributed to international stability while bolstering interoperability with our partner nations.

On that note, CUTLASS FURY 2019 also provided outstanding opportunities to work and train alongside our allies. It was the largest gathering of RCN and NATO ships off the Atlantic coast in several years. Thank you to all that worked tirelessly to support the success of this world-class exercise.

From assistance to flood relief in New Brunswick, to Hurricane Dorian relief in Nova Scotia, to the many Search and Rescue (SAR) and humanitarian missions conducted all over the Maritimes, we continued to play our part in keeping Canadians safe in 2019. Canadians were very grateful for your assistance, compassion and professionalism. This speaks to your dedication and commitment to ensure that we are able to provide the support needed whenever the Government of Canada calls on us.

Looking further into the past, the RCN commemorated some significant milestones in 2019. In June, we celebrated the RCN's contribution to the Normandy landings, the beginning of the end of the Second World War. In October we marked the 50th anniversary of the HMCS *Kootenay* explosion, the worst peacetime accident in the history of the RCN which claimed the lives of nine of our shipmates and injured 53 more.

Over the past year we also witnessed the first sea trials for the future HMCS *Harry DeWolf*, the launch of the future HMCS *Margaret Brooke* as well as the initial construction and steel cutting on the third and fourth Arctic and Offshore Patrol Vessels. Receiving the first of this new class of ship in 2020 will mark the beginning of a new phase for the RCN, as we welcome the first of this new capability to the Fleet.

The coming year promises to be as exciting and thoughtful as we mark the 75th Anniversary of the end of The Battle of the Atlantic. We will honour our past by looking back at the tremendous efforts of the RCN and our Allies and we will reflect on who we were as a Navy to reinforce

our path forward and our commitment to the safety, security and defence of Canada at home and abroad.

2020 will no doubt bring us new opportunities and challenges and we will not be able to succeed without the contributions of our civilian workforce. The outstanding work that you do, both here at home and overseas, is key to our operational successes.

With the New Year upon us, I would like to thank each and every one of you, as well as your families, for your dedication and hard work over the past 12 months. I hope that you all take great pride in our collective achievements and your critical roles in helping achieve our mission.

I wish you all the best for 2020.

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Publication Schedule for 2020

January 13 — MFRC & Battle of the Atlantic 75th
 January 27 — Money Matters
 February 10 — MFRC
 February 24
 March 9 — MFRC
 March 23 — Posting Season
 April 6 — MFRC & Spring Automotive
 April 20 — Battle of the Atlantic
 May 4 — MFRC & Spring Home & Garden
 May 19
 June 1 — MFRC & Family Days
 June 15
 June 29 — MFRC
 July 13
 July 27 — MFRC
 August 10 — Back to School
 August 24 — MFRC
 September 8
 September 21 — MFRC & DEFSEC Atlantic
 October 5 — Fall Home Improvement
 October 19 — MFRC & Fall Automotive
 November 2 — Remembrance Day
 November 16 — MFRC & Holiday Shopping
 November 30 — Last Minute Gift Guide
 December 14 — MFRC & Year End Review

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Community Calendar

Reunion and event notices must be submitted by email.

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

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

Dalhousie National Leadership Lecture

Time: 5:30 - 7:30 p.m.

Date: Tuesday, January 14

Location: Kenneth C. Rowe Management Building, 6100 University Ave

Leslie Weir, the Canadian government's top Librarian and Archivist, will share her thoughts on important elements needed to achieve success in information science more especially in our increasingly fast-paced, digital world. Leslie will speak to the importance of robust and trustworthy memory institutions, such as libraries, and will discuss the importance of building strong relationships with key partners when addressing common challenges. There will be time for discussion and questions afterwards.

The legacy of MLK: Peacemaking & justice making in a time of trouble

Time: 6 - 8 p.m.

Date: January 20

Location: DSU Council Chambers 2nd floor Student Union Building

The 2020 MLK event is a continuation of our series "Black Lives Matter". Dr. Martin Luther King Jr. was an advocate for peace, even in times of trouble. In his writings and speeches we see that even though he lived in volatile times, he kept the faith and believed in the power of humanity to overcome all evil. Dr. King, and the many other people who formed part of the Civil Rights

Movement, were intentional in creating the conditions for justice. In their work they made room for what did not previously exist; and in the process compelled the dominant class to see themselves as the tyrants that they were. Join us as we engaged in a discussion about what it means to create a space for peace and justice in a time of trouble. Speakers: Dr. Asha Jeffers, Dr. Rachel Zellars, Mr. Tari Ajadi; Moderator, Ms. Tiffany Gordon. Entertainment by: Zamani Millar and Amariah Bernard-Washington. Light refreshments will be served. There is no cost to attend. For more information, please contact Oluronke Taiwo taiwooa@dal.ca 902-494-2210.

Tuesday Night Talks

Time: 7 - 8:30 p.m.

Date: Tuesday, January 28

Location: Maritime Museum of the Atlantic

The next presentation in the Maritime Museum's Tuesday Night Talks series will be given by JoAnn Alberstat, co-editor of the literary journal Canadian Holmes. Alberstat will show how Sherlock Holmes author Sir Arthur Conan Doyle helped create the legend of the "ghost ship" Mary Celeste, which was found adrift and empty in the North Atlantic near the Spanish Azores in December 1872. When she's not helping out with the Holmes journal, JoAnn enjoys attending gatherings of The Spence Munros, a Halifax-based Sherlock Holmes society.

African Heritage Month Opening Night

Time: 7 - 9 p.m.

Date: Thursday, January 23

Location: Halifax North Memorial Library

Memorial Library

Share in this annual community celebration to launch African Heritage Month in Halifax. The evening features the traditional Opening Night ceremony, musical entertainment, and greetings from special guests. A reception with refreshments will follow the official program. African Heritage Month events at the Library are supported by TD Bank and presented in partnership with the Black History Month Association.

The Sea in her Blood

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

Date: Open until February 1, 2020

Location: Maritime Museum of the Atlantic

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

Conquering post-holiday debt

By Padre Capt David Ferguson, Fleet Chaplain

Christmas fun has been had and now you dread the credit card bills. Your truck will be paid in two years but your car needs replacement soon. Spousal and child support are due, your eldest needs braces, and your student loans are still hanging around like an unwanted in-law.

Unsecured debt is a form of western slavery that we sell ourselves into. Proverbs 22:7 states: "The rich rule over the poor and the borrower is slave to the lender." Financial author Dave Ramsey is a tad more blunt: "We buy stuff we don't need, with money we don't have, to impress people we don't like."

If this describes you, don't fret! I too have struggled with student loans and credit debt, squeezing the very peace out of me. Losing debt similar to losing weight: You need to make a solid plan and stick to it. You must want to be debt-free with both determination

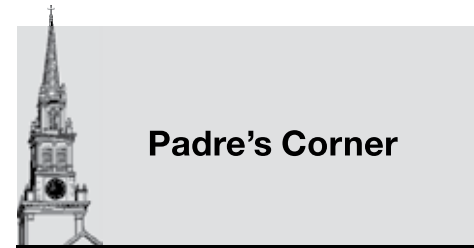
and intensity. If you are in a relationship your partner must share this intense desire. The sooner you commit yourself seriously to pay off debt, the better off you will be in the future. We all have a beginning. Today is yours if you so choose.

The show Till Debt Do Us Part claims up to 90 percent of couple separation is due to debt. Finances appear on every list of 'reasons for divorce' that I have seen. Debt and marriage don't do well together. Desire, knowledge and determination will help you become debt-free again. There is no secret to becoming debt-free. Spend less than you make, save money, and keep an emergency fund. These steps to becoming debt-free have worked since Biblical times.

Dave Ramsey advocates a seven-step process to becoming debt-free and retiring with dignity. They are:

STEP ONE: Save \$1000 in a rainy day fund. Use this rather than credit cards in an emergency.

STEP TWO: Start a debt snowball.



Padre's Corner

List all your debts (except your home mortgage) and pay them off in the following order: Family and friends first (to keep away anger, resentment, and bitterness), then smallest to the largest. (PayDay loans fall into a separate category that require special attention. See SISIP immediately if you have PayDay loans).

Make minimum payments on all debt but your smallest, and pay everything extra you have left from your paycheck on the smallest debt until it is gone. Then add all of that smallest payment plus the minimum payment to the next debt until it too is all gone. When you get to your last debt, the payments are very large as all previous debt payments

Continued on page 5



Canadian researcher investigating gender and peacekeeping

By Steven Fouchard,
Army Public Affairs

As the United Nations and militaries across the world work toward greater female representation in peacekeeping operations, a Canadian researcher is delving into this little-studied area to shed more light on the potential implications.

Andrea Lane, a PhD candidate at Dalhousie University, is on a year-long contract at the Canadian Forces College where she has been invited to teach as part of its National Security and Joint Command and Staff programmes.

As Director of Dalhousie's Centre for the Study of Security and Development, she notes she has "long-standing research interests in Canadian defence policy and in particular women in the military."

As she began research relating to Canada's part in the UN mission in Mali – where Canadian operations ceased on Aug. 31, 2019 – the federal

government rolled out a pilot project announced in 2017 known as the Elsie Initiative for Women in Peace Operations, which seeks to increase women's meaningful participation in peace operations.

While she is generally supportive of efforts to make male-dominated militaries more open to women, Lane said current thinking on women's role in peacekeeping may not be entirely beneficial.

"There are a whole bunch of assumptions that are largely untested about women as better communicators, as people who are more likely to tone down conflict versus add to conflict – women being seen as warmer and more approachable by civilians," she explained. "So it sets a different burden on women peacekeepers that is really about singling them out as different than the norm for peacekeeping, which is male."

"On the surface, getting more women into peacekeeping is clearly a win for women," she adds. "How can

you argue that's bad? It's when you start looking at the reasons behind that inclusion you realize that actually there are effects that may make it more difficult for their complete integration. It's not fully integrating them within the military and saying, 'We want women soldiers because of everything they bring to the table.'"

The UN recently took the step of directing member nations to form peacekeeping engagement teams – soldiers responsible for outreach to civilian populations – with a minimum of 50 per cent female representation. The body of research into the effects of such initiatives on those they are designed to help, Lane noted, is small.

"Some evidence from the deployment of female engagement teams in Nordic militaries – Sweden, Denmark – in Afghanistan found that the women who were involved were viewed by their male colleagues as women first and soldiers second and that they needed to be protected. But that was a small study. Rigorous evidence for

some of these claims about female peacekeepers is really lacking and there's no Canadian evidence, so actually adding to the body of evidence is one of the main reasons I'm doing the research."

The contract with Canadian Forces College is not related to her research but is a "happy coincidence," given that it will provide access to female military officers for interviews that will inform her dissertation.

At the time of writing, Lane was still waiting a go-ahead from the College and Dalhousie before she could begin interviews. However, some media coverage is already attracting attention.

Word of mouth is also playing a part, and she is finding other potential subjects through her own personal networks and those of her spouse, a Royal Canadian Navy officer.

"What I have found, and I'm very grateful for this, is that women are interested in talking about this because of the way that it affects their professional lives."



Santa in a Cyclone

Santa arrives via Cyclone helicopter at the children's Christmas party held at the Sea King Junior Ranks Club on December 1, 2019.

LS TRENT GALBRAITH, 12 WING IMAGING

Conquering post-holiday debt

Continued from page 4

are added making a debt snowball. Many find this step the most difficult as it requires discipline to follow your budget. It can only be completed by making a budget and sticking to it.

STEP THREE: Finish your rainy day fund by saving three to six months of salary.

STEP FOUR: Maximize retirement

investing. SISIP can help with this.

STEP FIVE: Establish post-secondary education savings for your children.

STEP SIX: Pay off your home mortgage early.

STEP SEVEN: Build and share wealth.

If your finances are spiraling downward, seek advice from your chaplain or your unit sentinel, and visit your local SISIP office. You can conquer debt!

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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

CFB Halifax to host Bell Let's Talk Ambassador Jessica Holmes at event on January 29

By CFB Halifax PA

This year marks the 10th anniversary of the Bell Let's Talk campaign, a multi-year charitable program dedicated to the promotion and support of mental health across Canada. The campaign encourages Canadians to speak openly about their mental health in order to make every day a day it's okay to talk about mental health.

On Wednesday, January 29, local Defence Team members are invited to attend a special Bell Let's Talk Day event at Stadacona, during which Bell Let's Talk Ambassador Jessica Holmes will be sharing her personal stories of post-partum depression and general depression in hopes of helping end the stigma around mental health issues.

Holmes, a perennial favourite on the Royal Canadian Air Farce for 15 years, brings the house down on stage with her stand-up comedy, having opened for giants such as Ellen DeGeneres, Russell Peters, Jerry Seinfeld, and even Oprah Winfrey. While at CFB Halifax, she will deliver her message while bringing light - and laugh-out-loud laughter - to what can often seem to be a dark topic.



Jessica Holmes is the Bell Let's Talk ambassador who will be speaking at CFB Halifax on January 29.

SUBMITTED

The event kicks off at 9:30 a.m. at Tribute Tower – Mr. Mac's Room #144 with coffee, tea and light refresh-

ments, with Holmes taking the stage from 10 – 11am. All local Defence Team members, both military and

civilian, are welcome and encouraged to attend this wonderful morning of mental health education and entertainment.

Bell Let's Talk Day Flag Raising

Before the event at Tribute Tower, all are invited to attend the official Bell Let's Talk Day flag raising in front of CFB Halifax headquarters, Stadacona building S90. The flag raising will take place during morning colours at 8 a.m., and will be livestreamed on the CFB Halifax Facebook page (@BaseHalifax) for those who are unable to attend.

The CAF and the Department of National Defence commend Bell for their ongoing leadership and work to raise public awareness around mental health issues through their Bell Let's Talk campaign. Here at CFB Halifax, we look forward to welcoming Jessica Holmes into our Defence community on Bell Let's Talk Day to help bring awareness to some of today's most prevalent mental illnesses. By learning more about mental health, we can take steps to help ourselves and others with mental illness, and to help reduce the stigma of mental illness in the workplace, in our homes and in our communities.

Emerging leaders celebrated at PO2 promotion ceremony

By Ryan Melanson,
Trident Staff

Promotion from the rank of Master Seaman to the rank of Petty Officer, 2nd Class is one of the most significant steps in the career of a non-enlisted sailor, involving membership in a new mess and a host of new leadership and supervisory responsibilities.

For that reason, RCN leadership have put a new focus on marking the occasion for newly promoted Petty Officers, with promotion ceremonies that allow them to celebrate the achievement among their family members, friends and divisional colleagues.

The initiative began early in 2019, and ceremonies have since been held regularly on both coasts. The latest in Halifax took place on June 12 in the Juno Tower Chiefs and Petty Officer's Mess, with 11 Master Seamen being promoted to their new rank.

"This ceremony isn't just about welcoming new members to the mess, it's about the larger leadership roles these sailors are about to step into, and what that means for the next stage of their lives," said Formation Chief CPO1 Derek Kitching, who presided over the event alongside RAdm

Craig Baines, Commander MARLANT and JTFA.

The role involves leadership and mentorship of shipmates, not only those from the Junior Ranks Mess, but junior officers as well, CPO1 Kitching noted, adding that the sailors will need to draw on everything they've learned in their PLQ courses as well as their real-world experience. The sailors will also have new tools to take advantage of, including the separation from their subordinates that comes with membership to a new mess, as well as advice from new peers who have previously been in the same position.

The Formation Chief also reminded the new POs that good leadership does not mean authoritarian leadership, and that they now have the difficult responsibility of working to maintain discipline and morale in their units.

"We should be striving for collaborative relationships with our subordinates, and calm, quiet leadership that motivates people," CPO1 Kitching said.

"You're all going to do well as you grow into your new rank. Some of it will be gradual, and some of it will be happen quickly in leaps and bounds, but you'll all get there."



MS Jeffrey Miller of NFS(A), fourth from left, was among the group of sailors promoted to the rank of Petty Officer, 2nd Class, at a ceremony on December 12 at Juno Tower.

RYAN MELANSON, TRIDENT STAFF



The ship's company from HMCS Halifax wear Bell Let's Talk Toques in support of the 2019 Bell Let's Talk campaign. Learning ways to communicate about mental illness and understanding mental fitness are ways we can continue the conversation to fight the stigma surrounding mental health in 2020 and beyond.

MONA GHIZ, MARLANT PA

RCN Clearance Divers hone shallow water skills

Peter Mallett
Staff Writer

Members of Fleet Diving Unit (Pacific) battled poor visibility and close encounters with local sharks during their participation in a multi-national training exercise in Australia.

Exercise Dugong saw teams of Clearance Divers from Australia, New Zealand, United Kingdom, Canada, and the United States gather at Fleet Base West, near Perth, from Nov. 7 to 22.

The Royal Canadian Navy (RCN) sent a contingent of 14 personnel to the exercise: nine divers from FDU(P), one diver from Fleet Diving Unit (Atlantic), two personnel from Sea Bed Intervention Systems, a White Cell staff, and a Liaison Officer.

"It is always great to have the opportunity to work and train with some of the best [Clearance Diving] teams in the world in a setting where we can freely exchange tactics, training and procedures with our partner nations," said Lieutenant (Navy) Viachaslau Khabian, head of FDU(P) Mine Countermeasures Department.

The exercise focused on Very Shallow Water (VSW) Mine Countermeasures at depths of 10 metres or less. VSW Mine Countermeasures are performed in preparation for amphibious landings and are normally done under the cloak of darkness for clandestine purposes.

During the exercise, each nation and their divers were given specific lanes near the shoreline to find and dispose of underwater mines. They dove in groups of two and were inserted from inflatable boats at a considerable distance from shore in order to avoid detection.

Continued on page 9

What does it mean to be mentally fit?

By Janelle Budgell,
Manager, Health Promotion Services
(CFB Halifax)

On January 29, 2020, the Bell Let's Talk campaign celebrates its 10th anniversary. This campaign encourages Canadians to be part of an important national conversation to fight the stigma surrounding mental health.

This year's campaign theme is "Creating positive change through actions." CFB Halifax is taking action this year by working to increasing awareness of both post-partum depression and the importance of sleep as a determinant of mental health and wellbeing. Check out CFB Halifax's social media platforms every Tuesday in January for information on these mental health issues and for details on local and national mental health resources available to Defence Team members and their families (Facebook: @BaseHalifax, Twitter: @CFBHalifax, Instagram: cfbhalifax_bf-chalifax).

The Canadian Armed Forces encourages all Canadians, including Canadian Armed Forces leaders, members, and their families, to recognize the signs of mental illness and to seek care either for themselves or their loved ones. The best chance of

recovery is seeking early and timely care. Do not suffer in silence.

Dr. Heather Stuart, Bell's first Mental Health and Anti-Stigma Research Chair at Queen's University, offers these 5 simple ways to communicate about mental illness without fear or stigma:

- 1) Language matters: pay attention to the words you use about mental illness.
- 2) Educate yourself: learn, know and talk more, understand the signs.
- 3) Be kind: small acts of kindness speak a lot.
- 4) Listen and ask: sometimes it's best to just listen.
- 5) Talk about it: start a dialogue, break the silence.

What does it mean to be to be mentally fit or in the green on the Mental Health Continuum model? From a mental health point of view, it signifies that your mood fluctuates normally; you are often calm and take setbacks and negativity in stride. You have a good sense of humour, are performing well in your professional and/or personal life, and feel in control of your life. You have a normal sleep-pattern; wake refreshed and mentally prepared to meet the day's

challenges. You are physically active, and socially involved with friends, family and/or colleagues.

By learning more about mental health, we can take steps to help ourselves and others with mental illness, and to help reduce the stigma of mental illness in the workplace, in our homes and in our communities. Together, the Department of National Defence / Canadian Armed Forces and its partners can help break down the barriers to mental health care both in the Canadian Armed Forces and the Canadian population at large.

For more information on being mentally fit please contact Health Promotion Services at (902)-722-4956 or email hfxhealthpromotion@forces.gc.ca



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MARLANT members awarded for going above and beyond

By Ryan Melanson,
Trident Staff

While both military and civilian members of the defence team often go far beyond what's expected while performing their jobs, there isn't always time to stop and recognize that extra effort during busy work days. To ensure that personnel are properly recognized, formal Honours and Awards ceremonies are held quarterly at MARLANT, with members presented various medals, awards and certificates marking the dedication they've shown.

"Our men and women always do such great work, and these ceremonies let us take a closer look at some of the tireless efforts, dedication, and innovation that takes place. It's very inspiring," said RAdm Baines, Commander MARLANT and JTFA.

The latest ceremony took place at Juno Tower on December 5, with RAdm Baines presiding and presenting awards to 15 CAF members and eight civilian employees.

The first presentation of the day was the CAF Sacrifice Medal, which is awarded to those who have died or been wounded as a direct result of hostile action. The medal was awarded to LS Frederic Duclos, who earned the award under honourable circumstances as a result of his military service.

Two RCN officers received the Commander Royal Canadian Navy Commendation at the ceremony, presented by RAdm Baines on behalf of VAdm Art McDonald. These recipients were:

- **Lt(N) Christopher Cann**, for his work as a Staff Officer for MARLANT Visits and Protocol, where his planning abilities and superb attention to detail ensured the success of the Royal Canadian Navy Change of Command Ceremony held in Halifax in June of 2019.
- **Lt(N) Stephen Lays**, for his time as a Staff Officer at Atlantic Fleet HQ from October 2017 to October 2018. Lt(N) Lays was credited as the driving force behind the introduction of shipboard 3D printing in the RCN, including provision of equipment and training and the development of instructions.

These were followed by presentation of the Canadian Joint Operations Command Commendation, presented on behalf of LGen Michael Rouleau. The award was presented to:

- **LS Shawn Costen**, for his work as Engineering Officer of the Watch in HMCS *Kingston* during that ship's deployment to Op PROJECTION West Africa from February to April



RAdm Craig Baines, Commander MARLANT and JTFA, along with Formation Chief CPO1 Derek Kitching, are seen with the group of recipients following the Honours and Awards ceremony held at Juno Tower on December 5.

CPL CHERYL CLARK, FIS

2018. LS Costen was credited for conducting crucial shipboard repairs in extreme heat, as well as playing a leading role in repairs at a local school in Cote D'Ivoire.

- **MS Darryl Deneau**, who was posted to HMCS *Ville de Quebec* as a sonar operator from July 2018 to January 2019 during the ship's Op REASSURANCE deployment in the Mediterranean, where he showed professionalism and technical acumen while tracking a foreign nation's submarine in difficult sea conditions.
- **PO2 Thomas Forrester**, for his outstanding work as the sole Master Seaman in the galley during HMCS *Charlottetown's* Op REASSURANCE deployment from August 2017 to January 2018.
- **MS Christopher Knox**, for his work as a Naval Communicator aboard *Ville de Quebec* during the same Op REASSURANCE deployment. MS Knox used his technical expertise to ensure the maintenance of communication networks that kept *Ville de Quebec* in contact with other allied ships during NATO operations.
- **Lt(N) Will MacLeod**, who served as *Ville de Quebec's* Anti-submarine Warfare Officer during the same period, as well as the Maritime Task Force Anti-Submarine Warfare Commander during NATO Exercise TRIDENT JUNCTURE 18. Lt(N) MacLeod was credited with skillfully coordinating the efforts of 10 warships from eight different nations.
- **Maj Reagan Meadows**, for her as a Dental Officer with the Role 2

Medical Treatment Facility during a deployment to Iraq from December 2017 to June 2018. She was lauded for forming excellent relationships with coalition personnel and for treating more than 700 patients during the deployment.

- **MS Adam Mullin**, who deployed to Estonia in May 2018 as part of Canada's contribution to NATO's reduction of explosive remnants of maritime warfare. As the Senior Diving Technician, he successfully supervised the maintenance of diving and explosive ordnance disposal systems for the operation while dealing with adverse diving conditions.
- **CPO2 Gordon Williamson**, who also deployed to Estonia in May 2018 as the NATO Clearance Diving Team's Senior Technical Advisor. His leadership was credited for allowing for the Canadian team to conduct more dives and make more contact with explosive remnants than teams from other nations.
- **Capt Barrie Ransome**, for his work as the Joint Task Force Atlantic J3 Air Planning Lead for a Joint Counter-Drug Operation in support of the Royal Canadian Mounted Police in the fall of 2018. Capt Barrie's professionalism and planning abilities were said to have been a large part of the operation's overall success.

The final awards presented at the ceremony were the Commander Maritime Forces Atlantic and Joint Task Force Atlantic Certificates of Achievement. These were presented to:

- **Lt(N) Jessica Whittaker**, for her work as Maritime Forces Atlantic Staff Officer for Visits and Protocol from October 2018 to July 2019. Her exceptional work during that period included oversight of 32 visits of Canadian and foreign dignitaries, as well as supporting events around the Halifax International Security Forum.
- **Lt(N) Clifford Burton**, who served as J2 Operations at JTFA during Operation LENTUS from April to May 2019. His comprehensive knowledge of the operating environment and his floodwater predictions proved to be essential in carrying out the operation.
- **LS Marie-Neige Dupuis-Carbonneau**, for her work overseas as a member of the Stadacona Band during the Centennial of the First World War Armistice ceremonies in November 2018. Her translation skills were important in helping the band deal with scheduling changes in Mons, Belgium and meet all of their commitments.
- **The final certificate of the day went to the civilian MARLANT Information Management Authority Team**, who were all commended for their role in an Information Management initiative from April 2018 to May 2019, which led to updated procedures and improved overall effectiveness for the team. The certificates were presented to Richard Bundy, Ken Butler, Kelly Duffy, Nicole Fellows, Brenda Gillie, Donald Henneberry, Cheryl Melanson, and Madison Power.

A shift in boardings at sea training

By LCdr Mike Erwin,
NFS(P)

A change took place in the delivery of Naval Boarding Party (NBP) training in October when Naval Fleet School (Pacific) turned over responsibility to the Naval Tactical Operations Group.

The turnover was part of an overarching direction that would see all matters concerned with naval boarding fall increasingly under Naval Tactical Operations Group's purview.

As the cutlass was passed from one organization to the other, it marked the end of a decades-long era in which the Fleet School, first as Canadian Forces Fleet School (Esquimalt) and then as Naval Fleet School (Pacific), trained individuals and ship's teams in the conduct of boardings at sea in support of maritime interdiction operations.

About Naval Boardings

The requirement to board ships is as old as navies themselves.

Whether it was to inspect a vessel in support of a naval blockade or to overpower an enemy ship and take it as a prize, warships have always needed to insert teams of personnel into other ships. Literature and film are rife with images of ships bearing down upon one another, as boarding parties swarm over the side and through the rigging to the stirring cry of "Out cutlasses and board!"

The Royal Canadian Navy is no exception.

One of Canada's most famous boardings took place in the Caribbean during the Second World War. German U-Boat U-94 had been damaged by United States Navy aircraft, as well as depth charges and gunfire from the Canadian corvette HMCS *Oakville*.

As the commanding officer of *Oakville* brought his ship alongside the stricken enemy, only SLt Hal Lawrence and PO Art Powell were able to leap onto the sub's deck before *Oakville* lost power and drifted further away.

In jumping from the ship to the U-Boat, SLt Lawrence's belt snapped and he lost the shorts he'd been wearing, and wound up taking the submarine clad only in a lifebelt, flashlight, two grenades, and pistol. He and PO Powell were able to clear the boat of its crew before it sank. For their part in that heroic, if somewhat unconventional boarding, SLt Lawrence and PO Powell were awarded the Distinguished Service Cross and Distinguished Service Medal respectively.

Boarding in the 1990s

Following Iraq's invasion of Kuwait in 1990, the UN passed Security Council Resolutions to enforce an embargo on Iraq, and Canada sent a task group consisting of HMC Ships *Terra Nova*, *Athabaskan*, and *Protecteur* to be part of a 35-nation coalition in the First Gulf War.

The Canadian Task Group, with five Sea King helicopters embarked, sailed from Halifax August 24 and commenced operations in the Arabian Gulf on October 1. By the end of the

war, Canada had conducted more than a quarter of all coalition boardings.

Maritime interdiction operations

Since then, Canada has maintained a presence in the Arabian Sea and Gulf, the Mediterranean Sea, and at times the Red Sea and the Black Sea, throughout a series of named operations a main focus of which has been maritime interdiction operations. The largest of these was Op APOLLO (2001-2003), in which all but one of the RCN's frigates, both auxiliary oil replenishers, and a destroyer deployed, and Canada commanded the multinational task force responsible for the Gulf of Oman.

The evolution of boardings

Throughout the decades, tactics and equipment involved in naval boardings evolved, and so too did the training.

The school's Naval Boarding Party Cell, sited at Work Point, eventually included a mock-up of a ship complete with sea containers for inspections, a separate Kill House for training with small arms loaded with simulated ammunition, a large matted area for close quarter combat training, a gym, and classroom and office spaces.

The six-week Basic Naval Boarding Party Course provided instruction in weapons handling, use of force, tactical search procedures, hazardous materials awareness, and the procedures involved in boarding and securing a ship.

The Naval Boarding Party Supervisor Course provided further training

in the planning and execution of boarding operations, communications, intelligence gathering, ship-board documentation, and leadership.

The training was physically and mentally rigorous, but extremely rewarding, as successful completion meant the opportunity to serve as part of a ship's boarding party and to participate personally in boarding operations while deployed.

The future of Naval Boarding

Boarding operations and training will continue to change in interesting ways as naval architecture, weaponry, and tactics develop under the influence of evolving technologies. Come what may, the one common feature throughout the historical context of naval boarding is the sea, and the challenges it can throw at those who would operate in its unforgiving environs.

Naval Tactical Operations Group, with its unique operational expertise, is well positioned to provide this important training.

But as the Fleet School sheaths its cutlass and steps away from Naval Boarding Party training delivery, generations of Boatswains who oversaw countless course serials, and the scores of officers and sailors who received that training, can look back with well-founded pride at having provided the navy with a capability Canadian warships carried around the globe on deployed operations, and which was the envy of the world's navies.

RCN Clearance Divers hone shallow water skills

Continued from page 7

Clearing mines during nighttime operations proved to be challenging, as divers were forced to contend with rough sea conditions, high turbidity, and low light that caused extremely poor visibility, says Lt(N) Khabian.

Challenges aside, the exercise provided the RCN divers the opportunity to cooperate and solve problems with participating navies.

"Whenever RCN Clearance Divers are called upon to clear mines, we rarely do it alone. Generally, we are integrated into an international task force and work closely with our allies to accomplish our mission," said Lt(N) Khabian. "Exercises like this are a great opportunity to learn how to work together, and learn each other's capabilities and limitations so we do not run into logistical problems and communications issues when the real thing occurs."

Sometimes the unexpected happens in training.

During one particular dive, Lt(N) Khabian and his dive partner LS

Patrick Kory unwittingly encountered a shark as they combed the shoreline area for a piece of ordnance spotted earlier by an Autonomous Underwater Vehicle. As they approached what they thought was the target object, LS Kory saw on his hand-held underwater navigation and imaging system the object start moving.

"As I started to approach the object, we could see on the screen it was now moving away from us," said Lt(N) Khabian "My dive partner started to pull me back when he realized it was a shark, but thankfully it wasn't interested in us."

Because of the poor visibility, the two men couldn't make out the species of shark, but after review of sonar imagery they estimated it to be approximately three metres long. The experience, says Lt(N) Khabian, certainly gave him and his dive partner something to talk about during an event organized by their Australian hosts.

During exercise Dugong, partner nations also participated in a marksmanship contest using rifles. Despite

some fierce competition from the Aussies, LS Justin McKinstry of the RCN beat out all competing nations with an astounding demonstration of quickness and accuracy.

Overall, exercise Dugong provided FDU(P) divers insight into the challenges of operating in Very Shallow Water environment, including local marine life.

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What does a Gold Sea Service Insignia represent?

By Capt Jenn Jackson,
HMCS *Ottawa* PAO

Serving with the Royal Canadian Navy (RCN) often means long days at sea away from home, even when the ship is not on an operational deployment. Training, domestic sails such as surveillance and patrols, and exercises with international partners all need to be completed while at sea, not to mention the time needed to prepare and work up a ship's crew prior to a prolonged operation overseas.

The Sea Service Insignia (SSI) was developed as a visual means of recognizing those who have spent considerable amounts of time away from

home, at sea on maritime operations. It is a formal recognition of time spent at sea and consists of four levels, each earned by passing a specific milestone at sea and recognizable by a distinctive colour – gun metal (six months), bronze (two years), silver (three years) and gold (four years).

It is important to note that sea days are not just days served with the RCN, but represent individual days where a member, regardless of what environmental uniform they wear, spends more than eight hours at sea in a 24-hour period. Time not at sea, such as when the ship is alongside a foreign port, are not included.

Gold SSI

The Gold SSI is the highest level that can be earned and it represents more than 1,460 days at sea away from home and family. To put this in perspective, at the time of printing, of the more than 100,000 currently serving Regular and Reserve Force members of the Canadian Armed Forces, only 495 Navy, eight Air Force and three Army personnel have earned a Gold SSI, approximately 0.005 per cent of all members.

Many of those who have earned the Gold SSI have accumulated a wealth of experience and overcome challenges, while witnessing first-

hand some of the significant milestone changes undergone by the RCN.

The experiences and reflections of five members currently deployed in HMCS *Ottawa* on Operations Neon and Projection demonstrates the breadth of the sacrifice, challenges, and significance behind a Gold SSI.



CPO2 Mark Bateman, Boatswain
Joined 1987, more than 2,400 sea days.

Q. How many different ships have you been posted to?

A. Nine ships across four different classes.

Q. How many ports or countries?

A. I have been in 19 different countries and 60-plus ports including all the ports up and down the west coast of Canada. The highlights of the destinations were the culture, food, and ancient historical architecture.

Q. How many deployments have you sailed on?

A. As far as I can remember I have

sailed on eight major deployments and have sailed the Pacific triangle as I like to call it (Vic-Hawaii-San Diego-Vic) not necessarily in that order or ports, for a good majority of my time.

Q. What advice do you have for junior members of the RCN who hope to earn a Gold SSI?

A. You have to want to make this your career, and stay the course even if you get handed a bum deal. Want to learn new things and to see new places. Try to keep your personal life in balance with your work life.



PO2 Hugh O'Neill, Naval Combat Information Operator
Joined the Army Reserves in 1989, the Naval Reserve in 1993, and the Regular Force in 2018, more than 1,500 sea days

Q. How many different ships have you been posted to?

A. Thirteen different ships across five classes.

Q. How many ports or countries?

A. Six countries and countless ports. Highlights include Ketchikan Alaska, L.A. Fleet Week, the Portland Rose Festival, and San Francisco.

Q. How many deployments have you sailed on?

A. Three.

Q. What advice do you have for junior members of the RCN who hope to earn a Gold SSI?

A. Having a Gold SSI to me means having the experience and flexibility to embrace change. It is also a responsibility to mentor others.

More on page 11

PO1 Shawn Mosson, Boatswain
Joined 1994, more than 1,700 sea days

Q. How many different ships have you been posted to?

A. Thirteen different ships.

Q. How many ports or countries?

A. I have been all over the world during my time in the Navy. Some of the highlight destinations have been Dubai, Thailand, New Zealand, Australia, Chile and Peru.

Q. How many deployments have you sailed on?

A. Four SouthPloy (two to South America, two to Australia), two

deployments to the Persian Gulf, numerous WestPloys, four MidPac Oiler (Protecteur), and six SoCal Oiler (Protecteur).

Q. What advice do you have for junior members of the RCN who hope to earn a Gold SSI?

A. Try and find a balance between your days away and the days with your family. The sea will always be there, and as long as we have ships, there will always be days to sail it.



Working up to full deployability

By SLt Zachary Jackson,
HMCS *Calgary*

HMCS *Calgary* is hard at work preparing for its upcoming deployment in spring 2020. In a process similar to the way professional sports teams hold training camps to prepare for the regular season, *Calgary* is conducting what the Royal Canadian Navy (RCN) calls Intermediate Multi-ship Readiness Training or IMSRT.

Everything the ship's company does during the month-long period is aimed at taking a group of sailors with varying levels of experience and training them in a supervised and systematic way to ensure they are ready for almost anything.

HMCS *Calgary* was recently in southern California following a directed program of training designed to develop the skills of everyone on board, from the newest Ordinary Seamen going to sea for the first time,

all the way up to the captain himself. All of this hard work is being guided by a specialized unit called Sea Training Pacific, who act like experienced coaches evaluating, mentoring and challenging the ship's team.

When Canada sends a warship overseas to conduct operations in support of international commitments, there are plenty of dangers that can present very real problems, such as a fire or other damage to the ship. Every person on board is

trained over and over again until responding to danger becomes second nature. The RCN has learned countless lessons over the last 110 years and that real world experience goes into the training.

On a typical day, sailors wake up and start their normal daily routine. Often there is a full schedule of maintenance, planning, cleaning, studying and preparing.

Continued on page 11

What does a Gold Sea Service Insignia represent?

More on page 10

PO1 Evan Mills, Marine Technician
Joined Naval Reserve in 1998, Regular Force in 2017, more than 1,700 sea days

Q. How many different ships have you been posted to?

A. Six different ships across three classes.

Q. How many ports or countries?

A. East Asia, East and West Coasts of North America, and the Canadian Arctic. Highlights include St John's, Nfld. – my wife grew up there, and I'd be foolish not to mention it, it is a great town and it has a lot of naval history. The inside passage of B.C. and Alaska is beautiful – I've been

there many times, and I enjoy it every time. The first time I visited Japan, I was absolutely astonished by the respect and kindness of the people I met there.

Q. How many deployments have you sailed on?

A. Five.

Q. What advice do you have for junior members of the RCN who hope to earn a Gold SSI?

A. Aim higher. SSIs come when they come. Make the best of every day at sea that you get. Time at sea can get very busy. Don't forget to take care of yourself. Save some money early in your career.



PO1 Jeffery Carter, Naval Communicator
Joined 1989, more than 1,600 sea days

Q. How many different ships have you been posted to?

A. Ten ships across five different classes.

Q. How many ports or countries?

A. Thirty-five countries via ship with multiple ports/visits for some. In addition, I have visited 14 more during my land deployments. The highlights include the Pyramids to the Valley of the Kings in Egypt, the Dead Sea in Israel, the Australian Outback, New Zealand mountain ranges, the

Colosseum in Rome, and the temples of Thailand, Vietnam, and Bali. I have been able to see beautiful scenery and historic sites worldwide. In addition, sailing Canadian waters I have had the pleasure of visiting many smaller remote destinations along the BC Coast.

Q. How many deployments have you sailed on?

A. I have sailed on six deployments as well as had four land-based deployments.

Q. What advice do you have for junior members of the RCN who hope to earn a Gold SSI?

A. Ensure you maintain strong ties to home while managing the expectations of your loved ones. You will not always have good communications and will not always be there for major life events. Plan for your absences and come up with a system to support or participate in these events from afar.



Working up to full deployability

Continued from page 10

At random times, the staff from Sea Training initiate a simulated scenario such as a missile or torpedo attack resulting in fires, floods and casualties.

All throughout the ship, *Calgary's* sailors respond as if it were the real thing. This can go on for a couple of hours depending on the complexity of the situation. It is exhausting but necessary to gain the skills needed to save the ship and most importantly save lives.

LS Justin Miller, a cook sailing for his first time ever, offered his perspective on IMSRT and life at sea.

"I've never seen so many different trades working so well together to get things done. The efficiency is excel-

lent, how everyone comes together to take care of anything that comes up. I'm especially blown away at the level of first aid skills everyone has to treat injured military or civilians."

Work is not the only thing happening in *Calgary* during this period of intense training. Sgt Francis Dion, a meteorological technician, is working with a small team of sailors to raise money for the ship's charity, the Calgary Firefighters Burn Victim Treatment Society. In just the first week, he and his team have raised close to \$1,500.

"I am honoured to help our charity and serve my country at the same time. The ship's company has been enthusiastic and generous in their support for burn victims."



HMCS Calgary participates in a Replenishment at Sea.

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The crew of HMCS Calgary is training in preparation for the ship's upcoming deployment in the spring of 2020.

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Key events of the Battle

By CPO1 (ret'd) Pat Devenish,
Canadian Naval Memorial Trust

Editor's note: *The following is a list of Battle of Atlantic incidents that took place in January of each year between 1940 and 1945. Each month during 2020, Trident will include a list of incidents that took place during that month throughout the Battle of the Atlantic.*

January 13, 1942 - U-123 strikes first blood in the first major convoy offensive following the United States' entry into the war, named OPERATION DRUMBEAT and conducted by U-boat wolf packs off the coast of Nova Scotia. Sunk over the following days are the merchant ships *Norness*, *Coimbra*, *Norvana*, *City of Atlanta* and *Ciltvaira*. Attacked in the following days by aircraft out of New York City, U-123 manages to escape to open waters to continue her patrols in what was then labelled the "Second Happy Time" for German submarine crews.

January 15, 1942 - In a gale off Barra Island in the Sea of Hebrides west of Scotland, the Canadian merchantman *R.J. Cullen* flounders and is wrecked with no loss of crew.

January 16, 1942 - Two Curtiss P-40E Kittyhawks from RCAF Squadron 118 based out of RCAF Station Dartmouth machine-gun a surfaced U-boat 10 miles east of Chebucto Head outside Halifax harbour. Initially assigned to provide air cover for the strategic port of Halifax, 118 Squadron would be transferred to Annette Island in the Aleutians in June 1942, once it became evident that the Luftwaffe would be unable to mount an air attack anywhere in eastern North America.



Depth charges

SUBMITTED

January 19, 1942 - Bound for the West Indies from Montreal and after having stopped in Halifax and Boston to pick up British and American passengers, the Canadian passenger freighter *Lady Hawkins* is torpedoed off Cape Hatteras, North Carolina by U-66. Of 321 passengers and crew, just one for her five lifeboats is found, five days after the sinking, with 71 survivors on board.



Consolidated Canso of RCAF 160 Squadron.

SUBMITTED

HMCS SACKVILLE – K181
“The Last Corvette”

As the Royal Canadian Navy and the Canadian Naval Memorial Trust celebrate the 75th Anniversary of the end of the Battle of the Atlantic, what better way to honour the memory of those who paid the ultimate sacrifice and those who served during the Second World War, than to help support the ongoing preservation of the “Last Corvette”.

For more information visit:
www.canadasnavalmemorial.ca

Canadian Naval Memorial Trust
PO Box 99000 Stn. Forces
Halifax, NS B3K 5X5

Photo Credits: Top Centre – John M. Horton (FSMA, CSA), Bottom – Frank Gummert, all others – Dept. Nat'l Def./Cdn Armed Forces(DND/CAF)

Andy Fillmore
MP, Halifax

*Marking 75 years since the
Battle of the Atlantic*

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of the Atlantic: January

January 1, 1943 - Foundering in heavy seas in a storm off Trinidad in the Caribbean Sea, the Canadian merchantman *Hamildoc* sinks with no loss of life.

January 13, 1943 - U-224 is sunk by depth charges and ramming while patrolling the approaches to the Atlantic Ocean at the western end of the Mediterranean Sea by the corvette HMCS *Ville de Quebec*. The corvette had been assigned to the Londonderry to Gibraltar route since November 1942.

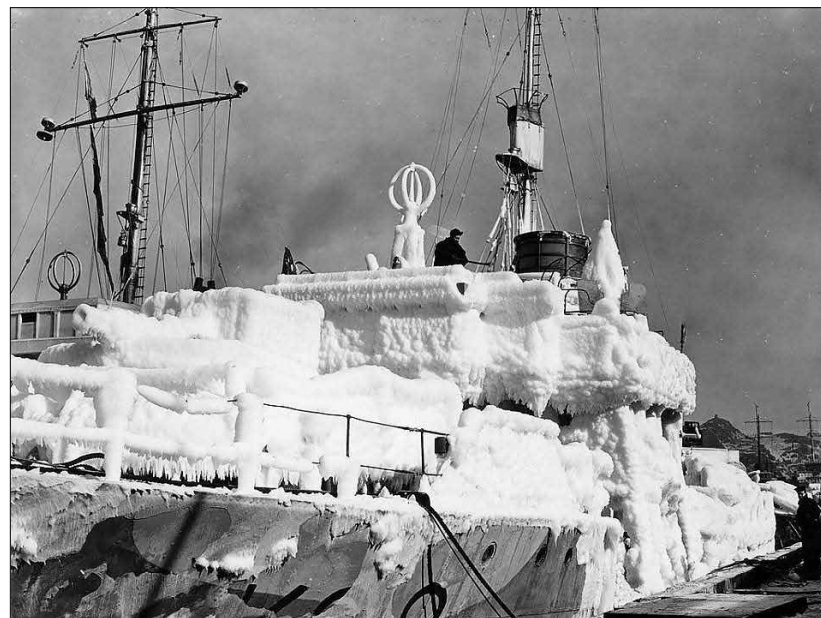
January 19, 1943 - The corvette HMCS *Port Arthur*, in company with the destroyer HMS *Antelope*, sinks the Italian submarine Tritone in the chokepoint at Gibraltar between the western Atlantic and the Mediterranean Sea. Being assigned as part of the Canadian contingent to Operation TORCH (Allied land in North Africa) in September 1942, *Port Arthur* was part of the newly formed Escort

Group escorting convoys from the UK to Gibraltar and later to North Africa.

January 7, 1944 - As part of Escort Group 6 conducting offensive sweeps against U-boats in the Bay of Biscay, the Canadian corvette HMCS *Waskesiu* is narrowly missed by a torpedo which continues on striking and sinking the frigate HMS *Tweed*. The torpedo was fired by U305.

January 8, 1944 - HMCS *Camrose* and HMS *Bayntun* share a victory southwest of Ireland, sinking U-757 with depth charges. They were part of Escort Group (EG) 6, escorting a convoy from the UK to Gibraltar.

January 19, 1944 - Initial preparations for D-Day landings in Europe call for the clearing of all enemy shipping from the English Channel. German convoy interception patrols codenamed Tunnel commence on this night with a Task Group of seven



Brutally cold weather in the North Atlantic caused corvettes and other ships to ice up.

SUBMITTED

ships, including HMC Ships *Iroquois*, *Athabaskan* and *Haida* patrolling off the coast of France. Although this patrol encounters no enemy ships,

Tunnel patrols continue nightly until June. Some of these patrols would be witness to the last major naval battles of the North Atlantic.

RCN to commemorate the 75th anniversary of the Battle of the Atlantic

By RCN PA

On May 3, 2020 services and branches across Canada and internationally will commemorate the 75th anniversary of the end of action in the Battle of the Atlantic. This significant milestone provides Canadians and the world an opportunity to commemorate our navy's proud past while celebrating its bright future.

Canada's proud naval and maritime history could not be better represented than by the Royal Canadian Navy's (RCN's) success in the Battle of the Atlantic. For this reason, the annual celebration of naval and maritime service takes its name. The annual Battle of the Atlantic celebrations are far broader in scope, inclusive of the great people-delivered successes that populate our 110 years of RCN history.

The Battle of the Atlantic -- the longest continuous battle of the Second World War -- raged from 1939 to 1945 and was one in which Canada played a central role. During those 2,075 days, over 70,000 Allied sailors, merchant mariners, and airmen lost their lives,

including 4,600 Canadians.

Canada entered the battle with six destroyers and 3,500 sailors, one third of which were reservists, and less than 40 merchant vessels. A massive ship building effort resulted in Canada fielding one of the largest navies in the world with over 400 warships, 400 merchant vessels, 95,000 sailors, including 6,000 members of the Women's Royal Canadian Naval Service, and employing 12,600 civilians in industry by the end of the war.

Over 25,000 voyages were made during the war. The price of victory, when paid in full, cost the RCN 33 warships and over 2,000 lives, the Royal Canadian Air Force 350 aircraft and over 900 lives, and the Merchant Navy of Canada 73 ships and over 1,700 lives. One in seven serving in the Battle of the Atlantic, either at sea or in the air, lost their lives, the highest percentage of casualties across the CAF.

The first Sunday of May is the traditional collective opportunity to honour all those who made the ultimate sacrifice in the defence of Canada and its interests in the North Atlan-

tic. This year, in an effort to enhance our collective memory and to create a greater awareness of the important role Canada's navy played in shaping our nation's identity, events will occur throughout 2020.

HMC Ships *Moncton* and *Regina* are honouring ships of the period and have been painted in a Second World War Admiralty Disruptive camouflage paint scheme. Sometimes colloquially referred to as dazzle paint, the heritage paint scheme is a poignant reminder of our naval history and a silent recognition to our shipmates both past and present.

Formal services will be held at monuments, memorials, and naval facilities across Canada on Sunday, May 3, 2020. Every Canadian is invited to attend a parade and take the time

to reflect upon the sacrifices made by those before us.

While the RCN commemorates the efforts and sacrifices of all who served in this grueling conflict, it also takes the opportunity to salute those who served in the 75 years since the battle ended as well as those who continue to serve all across the CAF today.

With the delivery of Arctic and Off-shore Patrol Ships, the bringing into operation of the Cyclone helicopter and Block IV Aurora patrol aircraft, and the preparations for our Joint Support Ships and Canadian Surface Combatants, the RCN continues to evolve to meet the dynamic challenges ahead with the same steadfast determination that the wartime RCN drew upon in its most challenging hours.

DARREN FISHER
Member of Parliament - Dartmouth-Cole Harbour

"Their memory shall endure."

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Sports year in review - 2019

By Trident Staff

Whether they were competing locally, at CAF national tournaments, or on the international stage, 2019 was an exciting year for the athletes of CFB Halifax and MARLANT. Take a look back at some of the year's highlights.

The CFB Halifax Mariners women's soccer team took the gold medal at the CAF Atlantic Region Soccer Championship, held in Greenwood on August 20. This was the second regional gold medal in two years for the Halifax women, who went on to compete at CAF nationals in Trenton.

LS LOUIS-PHILIPPE DUBE, 14 WING IMAGING



Members of CFB Halifax, including PO2 Courtney Lambert, seen here, competed at the CAF National Swimming Championship in Markham, Ontario from March 22-25.

SUBMITTED



Members of the 12 Wing Shearwater Officers and Senior Non-commissioned Officers hockey teams shake hands after their traditional Christmas exhibition game on December 13 at the Shearwater Arena.

LS LAURANCE CLARKE, 12 WING IMAGING



A number of the CAF's top athletes travelled to Wuhan, China in October for the 2019 CISM Military World Games. Among the contingent were members of MARLANT, including Lt(N) Olivia Clarke, who played with Canada's CISM volleyball team.

MCPL JENNIFER KUSCHE, 8 WING TRENTON IMAGING



Hockey legend Guy Lafleur was the guest speaker at the 17th Annual CFB Halifax Sports Recognition Breakfast at Juno Tower on May 17. Lafleur participated in a live Q&A session hosted by the Nova Scotia Sports Hall of Fame's Bruce Rainnie, which included questions from CAF members in the audience.

CPL DAVID VELDMAN, FIS



Sports year in review - 2019



The PO2 Craig Blake Memorial Fitness Challenge took place at MacDonald Beach in Shearwater on September 27. Participants completed a 300 metre swim around the beach, along with a 6.5km bike ride and a 2km run.

CPL JESSICA FOX, FIS



A PSP Halifax MEGA Floor Hockey tournament was held from May 13-17 at the Fleet Fitness Fleet and Sports Centre, with teams from HMC ships Halifax, Fredericton, Montreal, and Charlottetown competing. The hard-fought final game ended with a 4-2 score for HMCS Charlottetown over Halifax.

RYAN MELANSON, TRIDENT STAFF



The 2019 Navy 10K Run took place on August 18.

MCPL ANTHONY LAVIOLETTE, FIS



The 50th annual edition of the Mini Grey Cup was played on Porteous Field at CFB Halifax in front of hundreds of spectators on October 10. The Fleet Club Slackers took a 20-14 victory over the Wardroom officers.

CPL SIMON ARCAND, FIS



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MARLANT hears from experts on inclusive workplaces

By Ryan Melanson,
Trident Staff

Recent years have seen much more importance placed on accessibility and inclusion in workplaces across all sectors of the economy, thanks to the tireless work of activists, advocates and others. There's still much work to be done, however, and for individuals with disabilities, entering the workforce can still come with a number of challenges.

"Persons with disabilities, for a long time, were almost forgotten as members of our workforce, even though it's a very large demographic, and one that many people will eventually become a part of," said Marcus Jamieson, the MentorAbility Provincial Coordinator for the TEAM Work Cooperative organization.

Jamieson, along with his colleague and brother Matt Jamieson, delivered a presentation to defence community members as part of events marking the International Day for Persons with Disabilities on December 3. The day was organized by the MARLANT Defence Advisory Group for Persons with Disabilities (DAGPWD), which includes co-chairs LS Matthew Raniowski and Lana Costello, along with leadership champion Capt(N) Martin Fluet.

TEAM Work is an organization that works to facilitate inclusive employment and workplace opportunities for their clients, and along with a look at some of the hurdles faced by people with physical, cognitive or mental-health related disabilities, the duo also presented a number of success stories – examples where their local clients found and kept good jobs and formed good relationships with employers. They also boast turnover rates from their clients that are far lower than the private sector average.

"We've seen the benefits, and we know just how well these situations can work out, both for the individual and the employer," Marcus Jamieson said.

The room also heard from TK Manyimo of Shumba Consulting, who advises firms on workplace education and management solutions geared toward diversity and inclusion. While giving an overview of his work, he also challenged the audience, and questioned whether steps taken by organizations like DND actually lead to better outcomes, rather than just better optics or rhetoric.

"For those in positions of authority, it's important to think about what you do after a discussion like this, what is the work that actually needs to be done, and what kind



From left, Capt(N) Guillaume Lafrance, TK Manyimo of Shumba Consulting, DAGPWD co-chairs LS Matthew Raniowski and Lana Costello, along with Marcus Jamieson and Matt Jamieson from TEAM Work Cooperative.

RYAN MELANSON, TRIDENT STAFF

Matt Jamieson, left, and Marcus Jamieson from TEAM Work Cooperative gave a presentation on some of the challenges and hurdles faced by people with disabilities when seeking work, along with a number of success stories from their clients.

RYAN MELANSON, TRIDENT STAFF

of messages will you bring back to your coworkers and subordinates," he said.

The presenters also took questions and comments, including from some in leadership positions who went into detail about DND hiring processes and different ways they can be opened up for potential em-

ployees who have disabilities that can prevent them from applying through traditional methods.

Capt(N) Fluet said the DAGPWD is planning more activities and discussions on base in the coming year, and noted that the CAF and DND need to recruit top talent from across the country to meet future

challenges, which will likely include many individuals with disabilities.

"We all need to work together, and it shouldn't be an overwhelming task to be able to identify, prevent or resolve issues at work to make sure we have an inclusive environment," Capt(N) Fluet said.

The Operations Room demystified

By Capt Jenn Jackson,
HMCS *Ottawa* PAO

Located two decks below the bridge of HMCS *Ottawa*, in a room with restricted access to maintain the security of information contained within, is the Operations Room – the central hub of the ship.

Due to the need to maintain operational security, the Operations Room (Ops Room) is cloaked in mystery for the uninitiated, as access is on an as-needed basis. Inside the room are dedicated sailors who maintain a 24/7 watch at sea ensuring the ship is ready to fight.

“When you think of a ship, the bridge is the eyes, the Machinery Control Room is the heart and the Operations Room is the brain,” explains LCdr Will Chong, HMCS *Ottawa* Operations Officer.

“All data from our sensors and communications flows to the Operations Room where it is analysed so decisions can be made determining the best course of action to support the current tactical situation.”

Divided into two sides based on function, the starboard side focuses on underwater warfare while the port side is configured to support above-water warfare. In the centre of the room is the Operations Room Officer (ORO) who has overall responsibility for running the Ops Room, working in parallel with the Officer of the Watch to maintain the operational tempo.

“The ORO is in the middle of the action, taking reports from three directors, the Ops Room Supervisor, the Officer of the Watch, and other outstations, while assessing the information, liaising with command, and then driving a plan,” says Lt(N) Eric Dignard, *Ottawa*’s Tactics Officer and an ORO.

“You have a team around you that makes sure no information goes to ground, and an Ops Room Supervisor that makes sure everyone is on the same page. The best part is when you have a team that is as worked up as ours, where everyone knows how the other members operate, everything is just smooth and everyone is synced up.”

The Ops Room Supervisor, or ORS, acts as the bridge between the port,



Lt (N) Dignard (right) talks with other Ops Room personnel.

starboard and front rows to ensure the tactical picture is maintained and that the intent from the back row (the ORO and Warfare Directors) is communicated forward.

“As an ORS, you are in the middle of everything. You answer to the ORO and no one else to ensure that everyone is, for lack of a better term, on the same song sheet,” says PO2 Hugh O’Neill.

“Directors will operate with their respective sides (port or starboard) to brief the ORO for the next course of action or plan. You have to ensure everyone is hearing and understanding what is going on. Information and reports may get missed, so you have to be aware what the procedures are and what doctrine is so you can back up the directors and especially the ORO when he briefs the Commanding Officer and takes the appropriate action.”

The starboard side of the Ops Room is the domain of the Underwater Warfare (UWW) Director. Sonar Operators working with passive and/or active sensors line the Ops Room side and report to the UWW Director, who also maintains control of firing torpedoes on command.

The port side belongs to the Above-Water Warfare (AWW) Director and in-

cludes fire control for the guns, Close-In Weapons System and Electronic Warfare. Working at the port-side systems are Naval Electronic Sensor Operators who use their equipment to keep eyes on the sky and water surrounding the ship ready to respond in a warfare scenario.

The front row NCI Ops build and maintain the common operating picture to ensure the information on the screens monitored by the ORO, directors, bridge, and ultimately the Commanding Officer accurately reflect the often quickly evolving situation.

The Ops Room is completed by the Information Management Director, who operates outside of tactical operations to maintain the flow of information on and off the ship, filtering it as required to make sure relevant information is provided when needed. This role is even more crucial when the ship is working in a task group where several ships work together, all requiring a steady information flow.

With information being crucial to operations, the amount of it flowing through the Ops Rooms, particularly under the purview of the ORO, can be demanding.

“The most challenging aspect of being an ORO is balancing focussing on the current tactical picture, while

managing the program, scheduling future legs of the deployment, producing external reports and progressing departmental administration,” says Lt(N) Dignard.

These challenges are similarly echoed by the ORS.

“You have to be calm, controlled and self-disciplined during stressful scenarios and ensure the information is flowing in an orderly fashion,” adds PO2 O’Neill. “It’s very important to have ‘Operator Ears’ to pick up missed or lost information and check with the respective reporter to ensure the Director and then the ORO is aware of the developing situation.”

Despite the challenges, the one aspect of the Ops Room that shines through to any who have an opportunity to observe it is the teamwork involved and the mentorship environment which contributes to professional development – both in and out of the Ops Room.

“I can’t speak for other ships, but as an ORO in *Ottawa*, I have been lucky enough to have had countless command development opportunities, from having control for multiple replenishments-at-sea, along-sides and departures of foreign ports, to having control overnight while chasing VOIs through fishing fleets in the East China Sea during Operation Neon,” explains Lt(N) Dignard.

“But really, my favorite thing about being an ORO is being part of *Ottawa*’s Starboard Watch Operations Team. We have been together since the start of the pre-deployment Tiered Readiness Program, and we have made it through Op Neon and Op Projection together. We have come to know how we operate and that contributes to maintaining morale and sets us up for success.”

Ottawa recently returned from an Op PROJECTION deployment to the Asia-Pacific region, arriving home on December 18. Since departing on August 6, the ship and its crew conducted forward naval presence operations in the region, as well as participating in international naval exercises with partner nations. During their deployment, they also supported Op NEON, Canada’s contribution to the enforcement of United Nations Security Council Resolutions 2375 and 2397.

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A New Year's Welcome from the Executive Director

By **Shelley Hopkins**,
H&R MFRC Executive Director

As we kick off 2020, I'd like take a moment to reflect on the past year at the Halifax & Region Military Family Resource Centre (H&R MFRC). We opened our doors in 1986 to provide programs and services to the local military community and we remain dedicated to supporting military families.

Since MFRCs officially stood up almost three decades ago, the family makeup has evolved quite significantly in Canada. For this reason, MFSP and locally, the H&R MFRC, must be responsive to meet the needs of military families. But what does family mean? For us, family is: the CAF member (Regular Force, Reservist) and veteran, and those they care about: spouse, partner, parents, children and relatives. We want military families to see themselves in us, because we are here for them.

Using research, feedback and evaluations, we strive to be responsive to families' needs to ensure our programs and services align with their realities, needs and challenges. We are constantly learning and evaluating what programs and services we offer, and how we offer them. When families participate in feedback forums, they inform us, thereby ensuring programs are services shaped to meet the current needs of military families living in Nova Scotia. Here are some highlights from 2019:

- Launched rebranding of the Henderson Sweetman Youth Centre, along with an Instagram account (@hsyouthcentre) to help youth feel more connected.
- Staff and volunteers completed hundreds of warm line calls to welcome new families to the area.
- Strengthened community partnerships with organizations such as: Strongest Families Institute, the Veteran Family Farm Project, and the Acadian and Francophone Partnership of Halifax.
- Used closed Facebook groups, to create an online space for families experiencing a deployment to connect and share.
- To address the doctor shortage, offered recently relocated families Maple Virtual Health Care memberships (funded by Military Family Services), to assist with interim health care services.
- Created opportunities for families to connect with each other and community groups by offering recurring programs as well as six



Angus G. Foods Inc. owner, Peter MacIsaac (right), presents a cheque for \$2,000 to the H&R MFRC. From left: Sarah-Jean Mannette, public relations coordinator, Tracey McDonald, H&R MFRC's board of directors' vice chair, and John McCabe, fund development coordinator.

large events: Halloween Party, Easter Party, Annual General Meeting, Community Fall Fair, Réveillon, and the Children's Christmas Party in Sydney,

- Offered a variety of childcare options to better meet the current needs of families, including Relocation Child Care, to help families setting up their new home.
- Increased training and delivery of virtual programming as an alternative method to reach more families, including spousal employment support.
- Streamlined intake process for Mental Health & Well-Being Services, resulting in improved response times and service for military families.
- Connected with newly relocated military families via the RCAF Family Sponsor Program.
- To recognize financial support from individuals, units, and organizations, installed donor walls at our Halifax and Shearwater sites. These also help highlight that we are a registered charity.
- The MFS governance review, which was created to action a formalized model of governance for MFRCs, is progressing and is now in phase three: Implementation.

As we wrap up the final quarter of the current Strategic Plan, we will remain focused on:

- Increasing awareness of today's H&R MFRC. Many people either do not know that we exist, or they have misconceptions of what we do. We will spread the word about what the H&R MFRC offers today and how our programs and

services are flexible and evolve to meet the changing needs of the community.

- Continuing to expand our capability to offer programs and services beyond Halifax Regional Municipality (HRM) by identifying and enhancing partnerships in outlying communities.
- Investing in and applying military family research and enhance the ways we collect and engage families in feedback so they inform the programs and services they want, in the ways in which they want to receive them.
- Strengthening partnerships with community agencies to ensure there is no duplication of services, and so families are aware of the range of services available to them.

Of all the changes that have taken place, one thing has remained the same, and which is validated by research: military families are the strength behind the uniform. On behalf of the staff and Board of Directors, I thank you for your support and I sincerely wish all military members and their families a healthy 2020.

Please connect with us today.

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H&R MFRC's Winter Festival

We're warming up winter with our first ever Winter Festival. We warmly welcome CAF members – Reg Force

and Reservists, Veterans, Cadets, and their families to celebrate all things winter with your local H&R MFRC. Staff, volunteers and local organizations are hosting a variety of indoor and outdoor* activities for all ages, including: chili cook-off – a friendly competition between Air, Army & Navy; face painting, crafts & games; food trucks & vendors; fun science show; information tables by local organizations and military community partners; hot chocolate & apple cider; live music, and much more.

Registration is not required and there is no cost for this event. Vendors will be on-site and accept cash only. Follow our Facebook event Winter Festival (facebook.com/HalifaxRegionMFRC) for updates.

*Outdoor activities are weather dependent. Please dress appropriately.

Date: Saturday, February 8, 2020

Time: 10 a.m. – 1 p.m.

Location: Halifax Site, H&R MFRC (6393 Homefire Crescent, Halifax)

Festival d'hiver du CRFM H&R

Nous réchauffons l'hiver avec notre tout premier Festival d'hiver. Nous accueillons chaleureusement les membres des FAC - Force régulière et réservistes, les anciens combattants, les cadets et leurs familles pour célébrer les joies de l'hiver avec votre CRFM H&R local. Le personnel, les bénévoles et les organismes locaux préparent une variété d'activités intérieures et extérieures* pour tous les âges, notamment : concours de chili - une compétition amicale entre l'Aviation, l'Armée de terre et la Marine; maquillage, bricolage et jeux; camions de restauration et vendeurs;

spectacle amusant de science; tables d'information par les organismes locaux et les partenaires de la communauté militaire; chocolat chaud et cidre de pomme; musiciens sur place, et bien plus encore.

L'inscription n'est pas requise et il n'y a aucun coût pour cet événement. Les vendeurs seront sur place et n'accepteront que de l'argent comptant. Suivez notre événement Facebook Winter Festival (facebook.com/HalifaxRegionMFRC) pour les mises à jour.

*Les activités extérieures dépendent de la météo. Veuillez vous habiller de façon appropriée.

Date : Le samedi 8 février 2020

Heure : 10h - 13h

L'endroit : Site Halifax, CRFM H et R (6393 Homefire Crescent, Halifax)

SUBMITTED



Sonar Operators: specializing in listening to the sea

By Capt Jenn Jackson,
HMCS *Ottawa* PAO

It is one thing to listen, but for Sonar Operators listening is an art form.

That is because they not only have to listen, but also have to interpret what they hear to determine what is occupying the waters surrounding their vessel; particularly if that “what” may be an enemy submarine.

With 2020 marking the 75th anniversary of the end of the Battle of the Atlantic, Sonar Operators today continue to be the core of naval anti-submarine warfare.

Developed in the early 20th century, and initially used for anti-submarine warfare at the latter part of the First World War, sonar, and by extension those who operated them, became a cornerstone for convoys by allowing them to detect enemy submarines during the Battle of the Atlantic.

Ally convoys were under constant threat and often attacked by U-Boat Wolf Packs, and early detection of enemy submarines often meant the difference between crucial supplies and personnel reaching Britain or being lost to the sea.

“Being a sonar operator means I have to always be looking beyond,” says PO1 Joseph Rempel, Senior Sonar Operator in HMCS *Ottawa*, and former instructor. “You have to set yourself up for success. Know where you think the submarine is and if you locate it be able to anticipate its movements to track it.”

A small specialized trade, sonar operators (SonarOps) are employed in both the Halifax-Class frigates and Victoria-Class submarines, with the majority working in the surface fleet. All SonarOps receive the same core occupation training, but approximately one or two choose to complete submariner training following their basic qualification course. In the end, the work is similar, but the environment is extremely different.



PO2 Sebastien St-Pierre monitors the Senior Sonar Operator console aboard HMCS *Ottawa* while at sea on Op PROJECTION.

“The initial trade course for a SonarOp is approximately four months and focuses on acoustic analysis, oceanography, and learning to use the equipment – both the Canadian Towed Array Sonar System and the Hull-Mounted Sonar,” adds PO1 Rempel. “Following that, operators complete an On-the-Job Performance Record (OJPR) package while working in a ship and applying the principles learned on course in practical scenarios.”

OS Trent Smith and OS Donald Legg are two of *Ottawa*’s junior SonarOps, having completed their basic trade course prior to joining the ship and deploying on Ops PROJECTION and NEON. The deployment has given them both opportunities to practice their skills during the three multinational exercises included in the deployment – all of which had a large anti-submarine warfare component.

“The exercises during this deployment brought everything together for

me,” says OS Legg. “I realized how prepared I was when all of a sudden a line popped up out of nowhere on my screen. I recognized its significance and it was shortly after confirmed as a submarine we were looking for. It was a big adrenaline rush to switch from searching to hunting and knowing my work contributed to success.”

“It is very rewarding and a huge sense of accomplishment when you find something,” echoes OS Smith. “We are always looking for a needle in a huge haystack, but once you find it, the trick is not to lose it again in the hay – you have to track it.”

Both agree the most interesting part of their basic trade course was the focus on acoustic analysis, but both also agree it was the most challenging aspect as well.

“There is a lot of information to digest when it comes to learning acoustic analysis,” says OS Smith. “In a way, it is like learning a code language – from the sounds you hear

and see on your screen you learn to analyse it to determine what type of vessel it is based on things like how many propellers you hear and even what type of engine it is running.”

“Acoustic analysis meant taking a whole bunch of lines and transforming it into a picture of what is in the ocean around you,” adds OS Legg. “It is like picking out a specific voice in a crowd.”

Acoustic analysis starts with first gaining a basic understanding of oceanography – a little-known aspect of being a SonarOp.

“Listening is one thing, but before we can listen we have to know and understand where to put our sensors, and what limitations they will have,” says PO1 Rempel. “Knowing how sound will travel through the water where we are located involves analyzing factors such as the type of ocean floor, depth, and seawater temperature. An interest in oceanography is an asset for a SonarOp.”

Upgrades to the underwater warfare suite in the navy’s frigates were announced in early 2019, a change that will further enhance SonarOp capabilities that are challenged at times by the limitations of current systems.

Hardware challenges aside, it is the SonarOp community itself where the wealth of knowledge is kept and shared. As their work is intricately related to underwater warfare tactics, the majority of it is classified to maintain operational security. That means members are unable to go into details of their work with friends and family. SonarOps make up for that by sharing knowledge and lessons learned within their trade.

“We are a small trade, but we are a big community,” says PO1 Rempel.

If you would like to know more or are interested in the becoming a SonarOp check out <https://forces.ca/en/career/sonar-operator/> or contact your local Canadian Armed Forces Recruiting Centre.


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Commemorating the Halifax Explosion

Capt (N) Mazur, Commander CFB Halifax, and BGen Pelletier, Commander 5 Cdn Division, lay wreaths at the annual ceremony commemorating the Halifax Explosion.

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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 Sports history: Unlikely athlete wins Admiral Jones Shield in 1963

By Ryan Melanson,
Trident Staff

LS Ronald Parker wasn't someone expected to excel in sports. After a bout with rheumatic fever in the third grade that led to a lengthy hospitalization, he was advised by doctors to wear boots instead of shoes, to keep away from sports, and to avoid strenuous physical activity in general.

The warning didn't stick, however, and by the age of 19, the Ontario-born Parker (son of CPO (Ret'd) Harry Parker) was leading an active lifestyle with a passion for ice hockey. That passion stayed with him after joining the Royal Canadian Navy in 1954 – he was a standout player during stints with a number of military teams, including the HMCS *Cornwallis* Cougars, the Stadacona Sailors, the Albro Lake station team, and a short time with the Shearwater Flyers. He also found success on the football field, as a member of the champion 1957 Shearwater Flyers team, and later as captain of the Stadacona Sailors football club.

The accomplishments and others led to LS Parker being awarded the Admiral Jones Shield in 1963, while serving as a watchkeeping radioman at Albro Station. The presentation was made on January 11 during Stadacona ceremonial divisions.

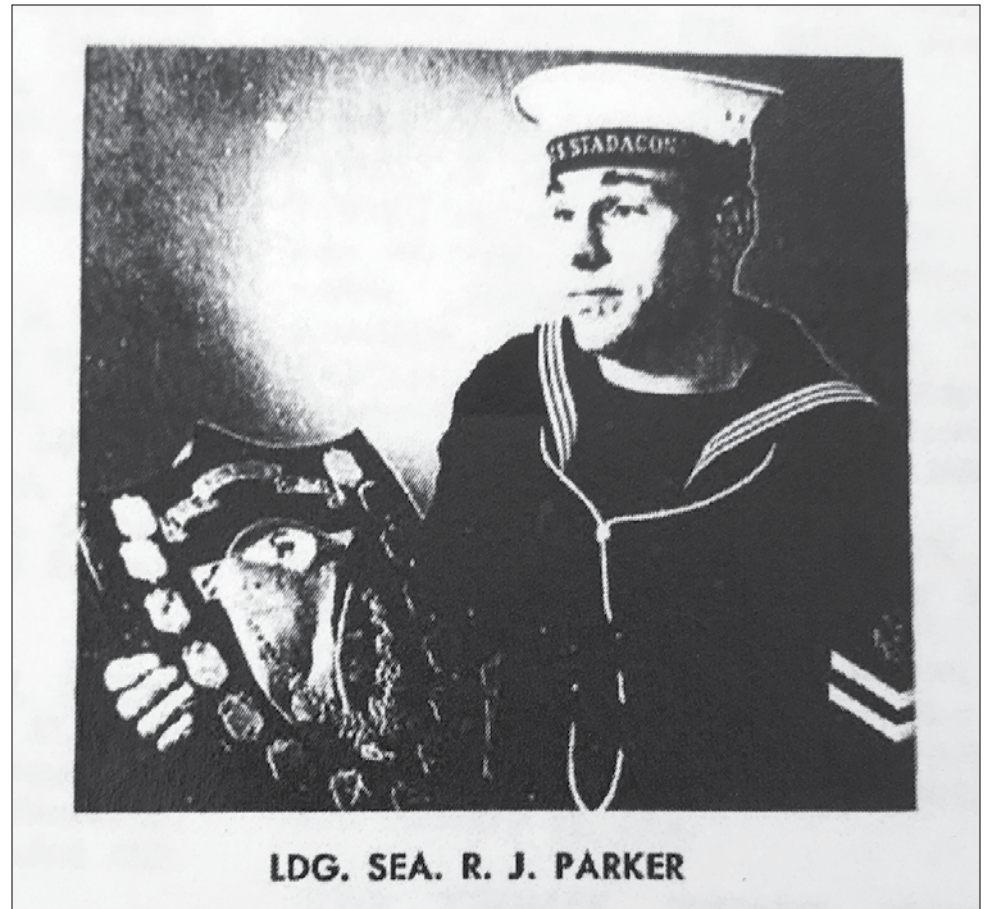
This month in RCN sports history:

- **1944** – The Stadacona Sailors, captained and coached by SLt Ron Rutherford, kick off the basketball season by eking out a 44-43 win over the highly-regarded RCAF Dartmouth team, establishing themselves as the team to beat for the 1944 Maritime Basketball League season.

- **1954** – Royal Military College cadets win the tri-service cup for the second year in a row at the annual interuniversity rifle shoot in Kingston, Ontario. RMC teams took first and second place, while the University of Toronto Naval Training Division came in third.

- **1982** – HMCS *Margaree* wins the Atlantic Fleet Volleyball Championship, held from January 6-8 at the Stadplex gym. *Margaree* went through the 10-team tournament without a single loss.

- **2002** – MWO Mike MacKinnon is named Canadian Forces Male Coach of the Year, primarily for leading the CFB Halifax Mariners men's team to two consecutive gold medals at Regional Championships and two consecutive silver medals at CF Nationals.



LS Ronald Parker was presented the Admiral Jones Shield award during Stadacona divisions on January 11, 1963.

THE CROWSNEST ARCHIVES

Local, regional, 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 the first few months of 2010.

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

Wing Cup basketball is January 20-24, 2020.

Atlantic Regional Old Timers Hockey Championship is from January 28-30 at 12 Wing Shearwater.

The CAF National Men's Hockey Championship is in Gagetown, NB from February 17-21, 2020.

The Atlantic Men's and Women's Volleyball Championship is in March 2020 at CFB Halifax.

The Atlantic Regional Curling Championship is in March 2020 at CFB Halifax.

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. Prospective competitors are reminded that the deadline to enter is January 13, 2020. For more information, please contact Isaac Habib at Isaac.habib@forces.gc.ca



The group of Royal Canadian Navy winners joined RCN Command Chief CPO1 David Steeves and Deputy Commander RCN RAdm Chris Sutherland for a photo following the CAF Sports Awards ceremony. From left, CPO1 Steeves, Pte Ashley Kraayeveld, Cpl Jordan Stewart, OS Khalid Hassan, OS Sherif Hassan, CPO2 Robert Cook, CPO2 Bradley Brown, MS Shawn Peverill, AB Yvette Yong, and RAdm Sutherland.

SUBMITTED

Sailors recognized at 2019 CAF Sports Awards

By Trident Staff

Royal Canadian Navy sailors were the centre of attention as the country's top military athletes gathered at the Canadian War Museum in Ottawa on November 28 for the 31st Canadian Armed Forces Sports Awards ceremony.

The majority of the year's top awards went to the RCN, with sailors bringing home the CAF Female Athlete of the Year, Official of the Year, Coach of the Year, and Team of the Year trophies.

Naval Reservist AB Yvette Yong was named Female Athlete of the Year after previously being named the CISM Female Athlete of the Year for 2018, along with recent gold-medal wins at the CISM World Games, Pan-American Games, and Canadian Taekwondo Championships. Her contributions to the CAF CISM Taekwondo Team, including top finishes at a number of international events, also helped bring home CAF Team of the Year award.

The other top RCN award winners for 2019 were recognized for their work supporting athletes through officiating and coaching. CPO2 Robert Cook, based out of CFB Esquimalt, was named Official

of the Year for his dedication to CAF ice hockey, where he's officiated at numerous national tournaments, as well as civilian lacrosse, where he most recently worked the FIL Men's World Lacrosse Championships in Israel. On the coaching side, MARLANT's own CPO2 Bradley Browne was named coach of the year after leading the CAF Combat Shooting Team to its best result since 1997 at the British Army Occupational Shooting Competition in Bisley, UK. He coached both the Regular and Reserve Force teams at the annual event, and has been involved in CAF shooting competitions for more than 25 years.

Also representing MARLANT at the ceremony, as RCN Male Athlete of the Year and a nominee for CAF Male Athlete of the Year, was MS Shawn Peverill, who was recognized as a multi-sport athlete. MS Peverill competed on both the CFB Halifax ice hockey and slo-pitch teams in 2018, and was named tournament MVP after Halifax won gold at the 2018 CAF National Slo-Pitch Championship.

The award presentations were presided over by Chief of the Defence Staff Gen Jonathan Vance,

who thanked all the nominees and award recipients for their hard work representing their units, bases and regions at sporting events throughout the year.

"Sport produces Canadian Armed Forces members who lead by example and are strong team players. When I meet CAF members who have risen to the top of their game, I see soldiers who can leverage a hunger for success on the playing field into a hunger for success on the battlefield," he said.



Fitness and sports updates

By Trident Staff

Shearwater gym sports are at the gym from noon to 1 p.m., Monday to Friday.

Shearwater arena sports are from noon to 1 p.m. on Monday, Tuesday, Thursday, and Friday.

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. and Sunday from 9:30-10:30 a.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 excellence. FORCE Program location: Fleet Gym location, D216, Mondays, 10 a.m. and Tuesdays, 1:30 p.m. HMCS *Scotian* location: Fridays, 10 a.m. and 1:30 p.m.

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



Search underway for new CAF Chief Soccer Official

By Trident Staff

Are you passionate about soccer? Do you have officiating experience or deep technical knowledge of the sport? The Canadian Armed Sports Office (CAFSO) is currently seeking a new Chief Official for CAF Soccer, and anyone interested is encouraged to apply. This is a four-year voluntary position that includes participation in the CAF National Soccer Championship tournament from 2021-2024.

The Chief Official will be selected based on their technical background and sporting experience, and will also be scored from an interview based on factors like teamwork, communication, and leadership. References may also be contacted before confirming the successful candidate.

The role comes with a number of responsibilities, including advising the CAFSO, host base and teams, supervising and arranging training for all officials and scorekeepers, inspecting playing facilities, attending post-tournament meetings, and more.

The goal is to have the position filled by June 2020, and the deadline for applications to be received by



The new CAF Chief Soccer Official will be responsible overseeing all officiating and scorekeeping at CAF National Championship tournaments from 2021-2024.

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the CAFSO is June 1. The full list of criteria and more application information is available at <https://www.cafconnection.ca/National/Programs-Services/For-Military-Per->

[sonnel/Military-Sports/CAF-Sports/Soccer.aspx](https://www.cafconnection.ca/National/Programs-Services/For-Military-Per-sonnel/Military-Sports/CAF-Sports/Soccer.aspx) – or by reaching out to Canadian Armed Forces Sports Manager Denis Gaboury at CSN 995-7605 or Denis.Gaboury@forces.gc.ca.

January - Non-Smoking Week

By PSP Halifax Health Promotion

As we ring in the New Year, a lot of us strive to achieve a healthier version of ourselves. Often, this involves the difficult battle of quitting smoking. In fact after smoking your last cigarette, the body begins to heal in less than one day:

- **8 hours:** breathing becomes easier.
- **24 hours:** lungs begin to clean themselves out.
- **2 days:** sense of smell and taste improve.
- **2 weeks to 3 months:** breathing has improved substantially.
- **6 months:** risk of heart attack due to smoking is reduced to half.
- **6 months:** issues of coughing, congestion, and fatigue have improved.
- **10 to 15 years:** risk of developing heart disease reduces to become the same as someone who has never smoked in his or her life.

Thankfully, there are many different resources available to make this New Year's resolution into a long-lasting reality. Contact Health Promotion Services for further guidance towards a healthier, tobacco-free life.

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1-877-325-LAKE(5253) OR VISIT WWW.FALLSLAKE.CA

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