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Volume 54, Issue 02

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# TRIDENT

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



## Supporting Bell Let's Talk Day 2020

CAF members from 12 Wing Shearwater, 5th Canadian Division, CFB Halifax and Fleet Diving Unit (Atlantic) join together on January 13 for a group photo, taken from a CH-148 Cyclone helicopter, in honour of the 2020 Bell Let's Talk campaign.

AVR JACLYN BUELL, 12 WING IMAGING



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Op DISTINCTION Pg.5**



**Battle of the Atlantic  
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hits the ice Pg.20**

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# Diamond in the muck: harbour remedial dredging unearths Royal Navy spyglass

By Peter Mallett,  
The Lookout Staff

A 19th century spyglass once owned by an officer of the Royal Navy is the latest notable historical artifact found during ongoing remedial dredging operations in Esquimalt Harbour.

The small telescope had been preserved in the cold water and sediment for over 137 years before the bucket of a large crane barge plucked the item from the seabed of Constance Cove on December 10.

Archaeological monitors aboard a neighbouring floating processing plant discovered the telescope as they sorted through the large barge load of sediment.

An inscription on the spyglass revealed it was owned by SLt Bertram Chambers.

Spyglasses were an essential maritime tool of naval officers and captains of the 17th, 18th, and 19th century and were used to see land and other ships, and to prepare for attacks by pirates or enemy vessels.

It's not the first historical artifact found during remediation work, but is one of the most exciting says Esquimalt Harbour Remediation Officer Michael Bodman from Formation Safety Environment.

"It is not often that we find a personal item belonging to someone who has a certain level of fame and an influential role in the Royal Navy (RN)," he said. "Now the head scratches at the question of how it ended up on the floor of Esquimalt Harbour and more importantly what other vessels and sights did he see through the spyglass as he traversed the globe?"

During his time in Esquimalt, Chambers served aboard HMS *Satellite*, a corvette that operated from the RN's Pacific Station - the forerunner of CFB Esquimalt - from 1883 to 1886. Chambers also served the RN at their bases in Halifax and Australia and would eventually retire in 1926 with the rank of Admiral.

A team of conservationists at the Royal B.C. Museum are currently attempting to confirm the telescope's authenticity and discuss the disposition of the find. Bodman says the spyglass was in surprisingly good condition when it was discovered, despite physical damage such as corrosion, and one of its chambers being filled with seawater. He also noted the cold water and mostly soft sediment in the harbour greatly aided in its preservation and other objects they have found.

Formation Safety Environment has enlisted the help of local scientists and archaeologists to work on the processing plant and sort through the sediment for items of value or historic interest. University of Victoria anthropology student Caitlin Craig helped sort through the mostly thick



*The spyglass was found in the sediment during remedial dredging operations in Esquimalt Harbour in December 2019.*

SUBMITTED

black muck as a co-operative education student in 2019. She described the more than 2,000 historical objects found in the harbour as a "treasure trove."

"Some of the items included medicine bottles belonging to a ship's physician, mess plates and [hat] buttons and badges from various [Royal Navy] departments ranging from the Royal Marines Light Infantry to the Royal Marine Artillery," said Craig. "These artifacts provide a glimpse into the life of a sailor in the early 1900s."

Other items found include clay pipes, hygiene bottles such as hair tonic and cologne, and newer items such as a Second World War-era com-

munications headset, gas masks, and microfiche pages from the 1970s.

Work on removing approximately 110,000 cubic meters of contaminated sediment near A, B, C and Y Jetties, the ML Floats and other parts of Esquimalt Harbour began in 2016 as part of the Esquimalt Harbour Remediation Project, and is still ongoing. Years of naval and industrial activity in Esquimalt Harbour (such as ship building, maintenance and repair, privately-owned mills, and fuel storage) have left deposits of mercury,

lead, copper, and other industrial contaminants on the harbour floor, along with artifacts.

After being cleaned, photographed and catalogued, some of the more interesting artifacts will be held at the B.C. Royal Museum for further study. Five display cases have already been installed in an auxiliary building near the newly completed B Jetty, which in the future Bodman says will contain a rotating inventory of artifacts found during dredging that showcase the history of Esquimalt Harbour.



*The spyglass had belonged to SLt Bertram Chambers, a Royal Navy officer who served in posts in Esquimalt, Halifax, and Australia.*

SUBMITTED



# Naval Museum exhibit explores history of Arctic RCN operations

By Ryan Melanson,  
Trident Staff

Cdr Corey Gleason, the first Commanding Officer of the RCN's first Arctic and Offshore Patrol Ship, has been preparing for his current role for more than a decade.

Ahead of being named the first CO of the future HMCS *Harry DeWolf* in 2014, Cdr Gleason studied Arctic navigation at Memorial University, sailed with the Canadian Coast Guard to gain practical experience in the region, and has since taken other steps to help the Navy develop its new standards for Arctic operations.

And while it was more than 60 years ago when HMCS *Labrador* made its Arctic voyages, from 1954 to 1957, Cdr Gleason said he was surprised to learn the ship's first Captain, T.C. Pullen, followed a very similar process, studying formally in the United States and sailing North with American ships to develop his expertise.

"It's surprising how we've repeated many of the same steps that the captains of *Labrador* had done in the past, without even realizing it initially," he said.

As Cdr Gleason and his crew get set to take over the new vessel from Irving Shipbuilding in the coming months, a new exhibit at the Naval Museum of Halifax offers a chance to look back at some of the history that led to this moment. The displays cover events as far back as Sir John Franklin's doomed 1845 expedition, through to the story of the RCMPV St. Roch, the first Canadian ship to transit the Northwest Passage, and up to HMCS *Labrador* itself, which is the main focus. Titled North of 60, the exhibit had its grand opening on January 16, and is now open to the public each day during the museum's regular hours.

"There's a lot of history and connections to the present in this exhibit. It's a great way to learn about some of the capabilities that *Labrador* had and the work the ship did back in the 1950s. We'll be picking up and carrying on with those efforts in the near future," Cdr Gleason added.

Along with a replica model of *Labrador*, the exhibit includes artifacts from the ship like an ice-breaking



Cdr Corey Gleason, Commanding Officer of the future HMCS *Harry DeWolf*, speaks with Naval Museum of Halifax Curator Jennifer Gamble about the new North of 60 exhibit. Pictured is a replica model of HMCS *Labrador*, as well as one of the mallets used to break ice on the ship.

RYAN MELANSON, TRIDENT STAFF



The new exhibit focuses on the operations of HMCS *Labrador*; and includes a number of artifacts and mementos from the ship, including the shipbuilder's plaque, seen here.

RYAN MELANSON, TRIDENT STAFF

mallet, the builder's plaque and ship's bell, as well as a *Labrador* jacket that was given to members of the crew. Visitors can learn about *Labrador*'s operations conducting hydrographic studies, being the first warship to transit the passage, and contributing to work on the Distant Early Warning line, but they can also get introduced to some of the people involved. The ship's first captain kept an extensive jour-

nal that offers glimpses into life on board, while well known RCN artist Cdr Anthony Law completed some of his most famous paintings while on-board *Labrador* as XO. Some of those paintings are now in the museum's collection.

"While there were also the straightforward, operational aspects of these missions, there was also this human element with people learning how to live and navigate the North and

trying to capture some of that natural beauty. I think our exhibit captures that aspect with the artwork, the artifacts and some of those personal experiences," said Naval Museum Curator Jennifer Gamble.

Members of the public are encouraged to visit the Naval Museum of Halifax and learn about the history of the RCN's Arctic operations. The museum is open Monday to Friday, from 9 a.m. - 4 p.m.





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

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

Annual Subscription (25 issues):

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

Courier address:

2740 Barrington Street,  
Halifax, N.S.  
B3K 5X5

Publication Mail Agreement No.  
40023785

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

Circulation: Minimum 8,500

# Community Calendar

Reunion and event notices must be submitted by email.

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

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

**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.

**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.

**Making it Count: African Canadians and policy in Nova Scotia**

**Time: 5 - 6:30 p.m.**

**Date: Monday, February 3**

**Location: Ondaatje Hall, Marion McCain Building, 6135 University Ave**

This panel will feature experts from the African Canadian community who will discuss the Nova Scotia government's Count Us In report and its implications on policy-making efforts in Nova Scotia. Featured panelists include Office of African Nova Scotian Affairs CEO Wayn Hamilton, poet and activist El Jones, Halifax City Councillor Lindell Smith, and Recreation Nova Scotia director Crystal Watson. The event is hosted by the MacEachen Institute for Public Policy and Governance with support from the Dalhousie Black Students Advising Centre, The Dalhousie Community of Black Students in Nursing and The Health Association of African Canadians.

**Reparations: Exploring a Basis for a Claim**

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

**Date: Wednesday, February 5**

**Location: Halifax North Memorial Library**

This event will feature discussion of the local, regional, and global liv-

ing historical context of Reparations for Slavery, and the importance of archival materials and grassroots or community activism in establishing the basis for a Reparations claim. Dr. Rachel Zellars from Social Justice and Community Studies at SMU will present her archival research on the living history of slavery in the Maritimes, while Lynn Jones of SMU's African Nova Scotian and Diaspora Heritage Collection will also present illustrative archival material. A community meet and greet session will follow the presentation. Attendees can further examine collection materials and continue the discussion. Presented as part of African Heritage Month events, in partnership with the Nova Scotia Chapter of the Global African Congress.

**Pollution & Passion - Our Life on the Ocean**

**Date: Wednesday, February 19**

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

**Location: Halifax Central Library**

Join ocean journalist Laura Trethewey for an engaging talk about her new book, Imperilled Ocean: Human Stories From A Changing Sea with special guest host to be announced. Trethewey's debut book offers insight into the beauty of our oceans and the powerful relationship we have with it worldwide. The talk will be followed by a question and answer session, and books will also be available for purchase.

## Navigating life's milestone years

By Lt(N) Graeme Carruth,  
CFB Halifax Chaplain

When I was a child, one of my favourite Saturday morning cartoons was Sealab 2020. It seemed so far off in the future that it felt almost like a dream. Well here we are. The future has arrived.

And maybe for some of us therein lies a challenge. While I often find seasons of new beginnings filled with hope, they can also feel like times of reckoning. For instance, how would the younger me, who used to imagine himself part of the Sealab adventure team, look upon the me I've become? Would he be proud? Would he shrug a 'ho hum'?... Would he be disappointed?

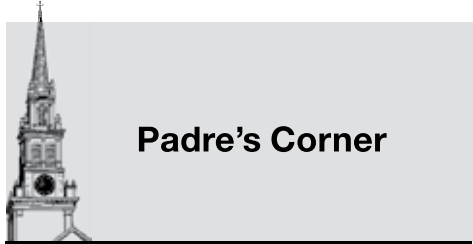
Milestone years can sometimes force these wonderings on us whether we want them or not. And sometimes that self-reckoning leaves us feeling like we've let our younger selves down. I suspect these feelings lie

behind a lot of mid-life crises for both men and women. It also likely fuels a lot of suicide attempts.

In these dark cold weeks of January, if we find ourselves looking back only to feel the judgement of our youth at what we've become, how do we deal with it?

One common option is to metaphorically whack ourselves on the side of our heads and demand we do something more. Like a jolt from an AED, sometimes that's just what we need: a personal swift kick wake-up call to reset our life direction. But for others of us, sharp direction change is not an option. Maybe we have significant family or other responsibilities that dominate our energy and time. Maybe we've made those two or three mistakes too many and the consequences have removed choices or options from our control. Maybe health changes, age or some other situation has put those youthful dreams out of reach.

In such cases it can be helpful to



remember what good things we have or what things we truly have accomplished. In the classic Christmas movie, *It's A Wonderful Life*, the hero discovers just how important even his mundane life has been to the lives of others. It can also help to make a point of finding things on a regular basis for which to be thankful, even if it's as simple as "I get paid on the 15th and 31st, hallelujah!"

But what I have found most helpful is to make the conscious choice to turn away from what is no longer possible and focus on what I CAN do.

*Continued on page 5*

# PO1 connects with family history during Italian campaign commemorations

By Ryan Melanson,  
Trident Staff

A CFB Halifax member says her recent Operation DISTINCTION deployment to Italy inspired her to learn more about her grandfather's Second World War service, leading to a memorable experience for her and her family.

PO1 Deanne Vigneault served as a Flag Party Commander during Op DISTINCTION events marking the 75th anniversary of the Italian campaign, as part of a Canadian contingent that included 15 Second World War veterans of the campaign, along with more than 180 currently serving CAF members. The Canadians attended and participated in a number of different ceremonies at war cemeteries and other locations across the country from November 28 to December 4, marking the anniversary of the end of the 20-month campaign, and honouring the thousands of Canadians who fought and died in the effort to liberate the country from German forces.

PO1 Vigneault's grandfather, Sgt Isaac Joseph Vigneault, joined the Army in 1939 and was deployed from July 1943 through to the end of the war with the 5th Light Anti-Aircraft Regiment, before returning to Nova Scotia to begin a career in the fisheries industry. While she was aware of the family history, PO1 Vigneault said being nominated for the ceremonial trip led to her diving deeper into his story.

"I didn't have a lot of knowledge about my grandfather's service or his

experiences when I first joined. That became a very positive aspect of this whole experience for me, taking the time to learn things about my family history that I didn't know before."

Her grandfather died in 1988, but through talking with family and looking at what was available from his war logs, she confirmed that he did serve in Italy, France, Belgium and elsewhere, and also uncovered other tidbits – like the fact he departed for overseas service just 10 days after his wedding, getting the news while still

on honeymoon. She was also able to find photos of his time in service as well as his medals, including his Italian campaign medal, the Italy Star.

Refreshing her knowledge on the family connection to the Second World War, and the Italian campaign in particular, made the deployment more personally significant. PO1 Vigneault noted she was already honoured to represent the CAF on parade and commemorate those who served and died – being able to do so while retracing some of her grandfather's steps made for a special experience.

"I was able to walk where he walked, and where he fought, in these different towns and cities that we visited, which was very moving for me," she said.

"It was even more exciting for some members of my family; it really meant a lot to them that I was able to be there."

She added that the Canadian contingent felt very welcome throughout

their time in Italy, with locals chatting about their appreciation for Canada's role 75 years ago, and plenty of school children and others clamouring for photos with the Canadian flag parties.

About 93,000 Canadians in total contributed to the Italian campaign, with 26,000 casualties and more than

6,000 losing their lives. They were commemorated at ceremonies at the Agira, Cassino and Ravenna war cemeteries, at the Canadian Heroes Square in Ortona, and elsewhere.

"It was a very humbling and eye-opening experience. I'm proud to have been a part of it," PO1 Vigneault said.



PO1 Vigneault's grandparents, Sgt Isaac Vigneault and Pauline Vigneault.

SUBMITTED



PO1 Deanne Vigneault is seen at the Agira Canadian War Cemetery in Italy, where she served as a Flag Party Commander during a recent Op DISTINCTION deployment to mark the 75th anniversary of the Italian Campaign of the Second World War.

SUBMITTED

## Navigating life's milestone years

Continued from page 4

I'm reminded of a New Testament story in which a man is freed of many demons and desperately wants to follow Jesus. But for whatever reason (I sometimes like to fill in my own contemporary reason for not getting what I want), he's denied. Jesus tells him instead to stay and tell his own community what good God has done for him.

In the same way, I try to release the past and focus on new goals within reach. I ask, "What new objective

worth pursuing can I still stretch for?" For example, maybe it's too late to start my own pop music band, but maybe I can still learn to play guitar. Another great help is thinking about what I can do that will help others. Maybe I have a neighbour who needs snow shovelled, or who could really use an hour or two break from looking after the kids. I have found that making choices to pursue these measurable things helps me turn feelings of disappointment at what I have not accomplished into feelings of new promise and opportunity.

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- Gospel according to John

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# CAF slowly making progress on Op HONOUR, Director General says

By Ryan Melanson,  
Trident Staff

Five years into the Canadian Armed Forces' mission to eliminate sexual misconduct within the ranks, the senior team tasked with carrying out the order has been touring bases and wings across the country to provide an update on progress and hear questions and concerns from members.

Cmdre Rebecca Patterson, Director General, Professional Military Conduct - Op HONOUR, was in the Halifax area on December 5, along with other members of her team, to meet with members at Stadacona and at 12 Wing Shearwater.

Cmdre Patterson said feedback is showing that some members have become fatigued with the mission or assume that Op Honour is winding down, which made it important to meet people face to face and explain the ongoing nature of the effort.

"This is an enduring mission. It has to become what we always do, and who we are. It shouldn't be an add-on. It was never acceptable to be treating each other disrespectfully in this way."

While it is likely that sexual assault and other types of sexual misconduct will continue to exist in the CAF in the future, just as they exist among the Canadian civilian population, a shorter-term objective, she added, is to make sexual misconduct so intolerable that it is never ignored or minimized.

Part of the presentation focused on a Statistics Canada survey conducted in 2018, with results that were released in the spring of 2019, showing that there has been a decrease in certain types of sexual inappropriate behaviours, mainly those which tend to occur in public, with examples like inappropriate jokes or sexual innuendo being used in the workplace.

"There unfortunately has not been a change in those behaviours that we don't tend to see," Cmdre Patterson said, giving the examples of offering privileges for sexual favours, repeated or aggressive requests for dates, or instances of sexual assault itself.

Among other findings, the survey showed that women in the Primary Reserve have reported experiencing sexual assault at the highest rate across the CAF, and that reporting of sexual assault to authority figures has increased in the Reserve, while remaining unchanged in the Regular Force.

The importance of properly reporting sexual assault was also stressed, even if an increase in reporting may lead to unfavour-



*Cmdre Rebecca Patterson and other members of the Operation HONOUR team held events at CFB Halifax and 12 Wing Shearwater on December 5 to provide an update on Op Honour and hear questions and concerns from members.*

LS LAURANCE CLARKE, 12  
WING IMAGING

*The CFB Halifax session was held in the Juno Towers Chiefs and Petty Officers Mess, and was followed by a Q&A session with the Cmdre Patterson's team along with Formation Halifax senior leadership.*

RYAN MELANSON, TRIDENT  
STAFF

able statistics in the short term. Op Honour will not succeed without openness and transparency, Cmdre Patterson said.

"We need to know when there's something going on amongst us

that can directly impact operational effectiveness. If there's this insidious piece that we don't know about inside our teams, I can guarantee you there will be an impact on our operational effectiveness, and also

how the public views us."

Both presentations were followed by question and answer sessions with both the DG PMC team as well as senior Formation, Base and Wing leadership.



# Sailor from HMCS *St. John's* participates in Op DISTINCTION

By OS Rebecca Hepburn,  
HMCS *St. John's*

In November 2019, I had the honour of representing the Royal Canadian Navy in Op DISTINCTION ceremonies commemorating the 75th anniversary of the Italian Campaign. During the period from November 28 to December 6, 2019, we participated in ceremonies in four cities across Italy. Our delegation included members from all elements of the Forces. As an Ordinary Seaman posted to HMCS *St. John's*, I was one of five CAF members representing the Navy.

During our trip, it was an honour to meet and speak with 15 Canadian war veterans who fought in the Italian Campaign. One of those was Mr. Donald Stewart, a Royal Canadian Navy veteran. Mr. Stewart recounted memories of his experience during the war during which he spent three years as a gunner on a defensively equipped merchant ship. Fortunately, his ship was never hit by a German U-boat or fighter bomber; however, he witnessed the sinking of more than 40 allied ships.

"Moving across the Atlantic Ocean, at only eight knots, we were sitting ducks for the German U-boats," recalled Mr. Stewart.

Our tour included three ceremonies throughout Italy including at the Pontecorvo Monument in Pontecorvo, and at the Price of Peace Monument in Ortona.

The final ceremony of our tour was held at the Ravenna War Cemetery. The location for this cemetery was chosen by the Army in 1945. The cemetery contains the graves of soldiers who fought in battlefields surrounding Ravenna.

I am grateful for the opportunity I had to meet the veterans and to hear their experiences during the Italian Campaign. It was my honour to participate in these remembrance ceremonies.

*OS Hepburn had the opportunity to meet and speak with Second World War veteran Donald Stewart.*

SUBMITTED



## 12 Wing firefighter thanks MFRC and IWK staff

By Ryan Melanson,  
Trident Staff

When Cpl Kwaku Amoateng's son Jordan was diagnosed with autism at the age of three, the news was overwhelming. He was concerned about Jordan's education and development in the years ahead, and unsure where to turn for the help his family needed.

Now, at eight years old, Jordan is a happy child who's attending school and making significant progress, and his father recently offered a special thank-you to a few people who were instrumental in helping him reach this point.

Cpl Amoateng dropped in at the Halifax & Region MFRC's Shearwater location just before the holiday break to present Autism Nova Scotia plaques to a number of staff who have been working with Jordan in recent years as he attended the MFRC Casual Care program, as well as programs at the Shearwater Children's Centre. He specifically thanked team members Audrey Bown, Melissa Clark, RoseAnn Martin-Burns and Jessica Kent, and also presented a plaque to H&R MFRC Executive Director Shelley Hopkins acknowledging the entire organization.



*Cpl Kwaku Amoateng made a special presentation on behalf of Autism Nova Scotia to staff from the Halifax & Region MFRC as well as the IWK Health Centre. From left, Jessica Kent, Audrey Bowen, Dr. Dorothy Chitty, Cpl Amoateng and his son Jordan, MFRC Executive Director Shelley Hopkins, Melissa Clark and RoseAnn Martin-Burns.*

Cpl Amoateng, who works as a firefighter at 12 Wing, said he wanted to highlight that the MFRC provides more than just daycare services for the children who attend their programs, with caring staff who are trained in early childhood education

and development. In Jordan's case, the MFRC's focus on inclusion also meant that he was always included in activities like skating, swimming or field trips, with staff willing to make accommodations or adaptations as needed.

Through the MFRC, Cpl Amoateng and Jordan were also introduced to the IWK Health Centre and its Early Intensive Behavioural Intervention (EIBI) team, who focus on developing functional social communication skills for children with special needs. Spending time with the IWK specialists was another key factor in getting Jordan prepared to start school. Dr. Dorothy Chitty from the EIBI team was also on hand to accept a plaque thanking her and her colleagues for their work.

"He's come a long way and he's shown a lot of improvements. The MFRC and the EIBI team really helped kickstart that for him, which was crucial for us," Cpl Amoateng said.

"I know teachers and people who work with children can be underappreciated, but their work is so important and I wanted to recognize that," he added.

Cpl Amoateng said he's also expecting letters directly from Autism Nova Scotia to be sent to the MFRC and IWK team members, offering an extra thanks for their work with Jordan and other children on the autism spectrum.

CPL MITCHELL PAQUETTE, 12 WING IMAGING





# Op DRUMBEAT: U-boats wreak havoc along the eastern seaboard

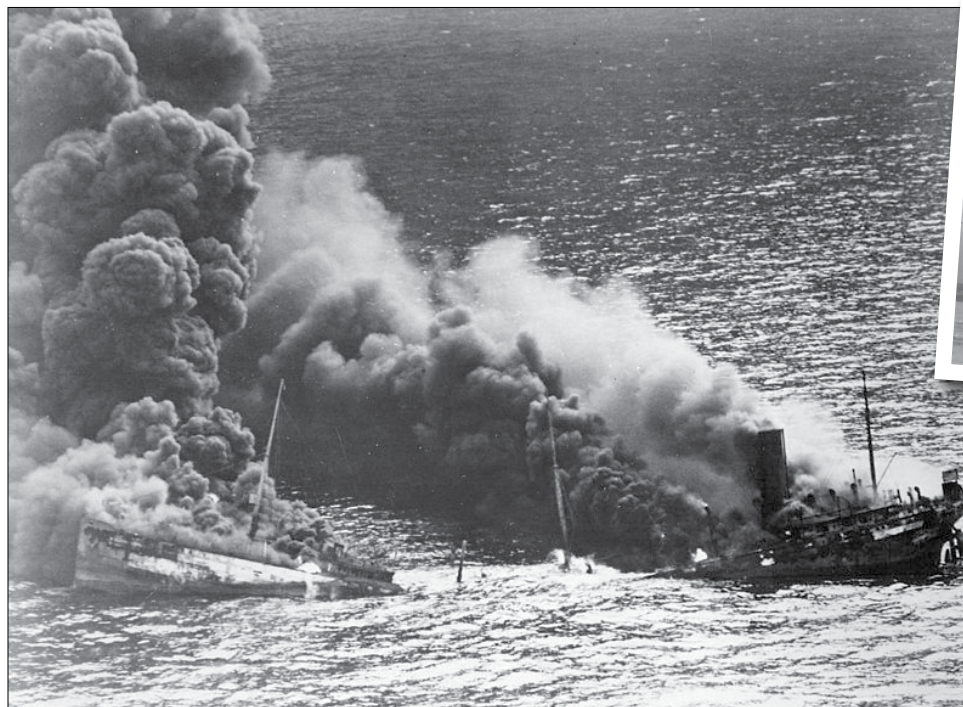
By CPO1 (ret'd) Patrick Devenish,  
Canadian Naval Memorial Trust

It was the late evening at the Wolf's Lair when the message came in; "*Japan began hostilities with the United States on 7 December. At 1930 hours Central European time, strong air formations attacked Pearl Harbor.*"

Admiral Karl Donitz immediately began planning for U-boat deployments to the US eastern seaboard in what would eventually become Operation Paukenshlag (Operation Drumbeat). Unfortunately, the only submarines available for such a long deployment were the Type IX and they were few in number. Nonetheless, by mid January of 1942, numbers were sufficient to muster a force that in the coming months would wreak havoc on the eastern seaboard from the Caribbean to the Grand Banks.

Primarily along the east coast of the United States, this action inevitably drew in Canadian ships and convoys as well. In just eight months, German submarines sank over 600 ships with the loss of only 22 of their own.

Why was this permitted to happen? Simply put, the United States was ill prepared to fight a 'guarding' action along the eastern seaboard to protect its own Merchant fleet. During this period, the Royal Canadian Navy ran several convoys carrying crude from Venezuela to Canada's east coast with no loss, proving a solid argument for the employment of the convoy system. Reluctant to accept the advice, the United States Navy's Chief of Naval Operations Admiral Ernest King did not relent, failing to enforce the convoy rule until late summer when



The German submarine U-71 torpedoed the Dixie Arrow on March 26, 1942.

SUBMITTED

sinkings on the eastern seaboard immediately dropped off. So reluctant (some say stubborn) was he to accept advice from the Royal Navy or even worse, the Royal Canadian Navy, that at least one historian labelled him "...the German submariners' greatest ally..." in the opening months of the American involvement in the Battle of the Atlantic.

Not only was the US Navy ill prepared, but governments at all levels failed to employ blackout rules for both merchant ships as well as coastal cities, which in hindsight should have been obvious. This meant that ships were often silhouetted against night-time cityscapes. As well, US Navy de-

stroyers sat idle in ports like Charleston, New York and Philadelphia while these unlimited sinkings occurred, as they were considered (at the time) unsuitable for escort duties of "...slow, plodding..." merchant ships.

In the first wave in early January, of only five Type IX U-boats, 23 merchant ships were sunk with no loss to any of the submarines. The US government could not deny the wholesale sinkings as many were occurring well within the sight of residents of eastern ports ranging from Maine to Florida.

It wasn't until the April-May timeframe that convoys became the norm as well as city blackouts and ships sailings in some areas restricted to



U-564 sank the Canadian tanker Victrolite on February 10, 1942.

SUBMITTED

daylight areas when aircraft could provide lookout duties. Losses immediately fell off and submarine sinkings began to increase.

All in all, it was a hard lesson learned specifically for the American people but also for those providing support including Royal Navy, Royal Canadian Navy and Royal Air Force Coastal Command assets.

Within this period, the Canadian steamship Lady Hawkins was sunk by U-66 on January 19 and the Canadian tanker Victrolite was sunk by U-564 on February 10.

## Recommended Reading:

Michael Gannon: *Operation Drumbeat*

Richard Woodman: *The Real Cruel Sea-The Merchant Navy in the Battle of the Atlantic 1939-1943*

John R. Bruning: *Battle for the North Atlantic-The Strategic Naval Campaign that won World War Two in Europe*

## BC Aviation Museum to host memorial to Canadian Navy pilot

By the Naval Association of Canada

The BC Aviation Museum will host a memorial monument to the only BC pilot and last Canadian to be awarded the Victoria Cross, Lt Robert Hampton Gray, VC, DSC.

Funded with an initial grant from the Naval Association of Canada Endowment Fund and public subscriptions, the memorial will grace the entrance to the museum at the Victoria International Airport.

At the outbreak of the war "Ham-

my" Gray, who was born in Trail BC and attended school in Nelson, was completing his studies at UBC. He enrolled in the Royal Canadian Navy Volunteer Reserve as an ordinary seaman. Selected for pilot training, he earned his pilot wings and was commissioned as a Sub-Lieutenant. He served in several theatres of war from Royal Navy aircraft carriers.

He was Mentioned in Dispatches for his daring attack on the German battleship Tirpitz in 1944 and awarded the Distinguished Service Cross for aiding in sinking a Japanese de-

stroyer in the area of Tokyo on July 28, 1945. Twelve days later, on August 9, 1945, he led an attack on Japanese ships in Onagawa Bay. Hit by anti-aircraft fire, he released his bomb to sink the destroyer Amakusa before his plane crashed into the bay.

One of the last Canadians to die in the second world war he was posthumously awarded the Victoria Cross ... "For great valour in leading an attack on a Japanese Destroyer in Onagawa Wan, ... in the face of fire from shore batteries and a heavy concentration of fire from some five warships Lt



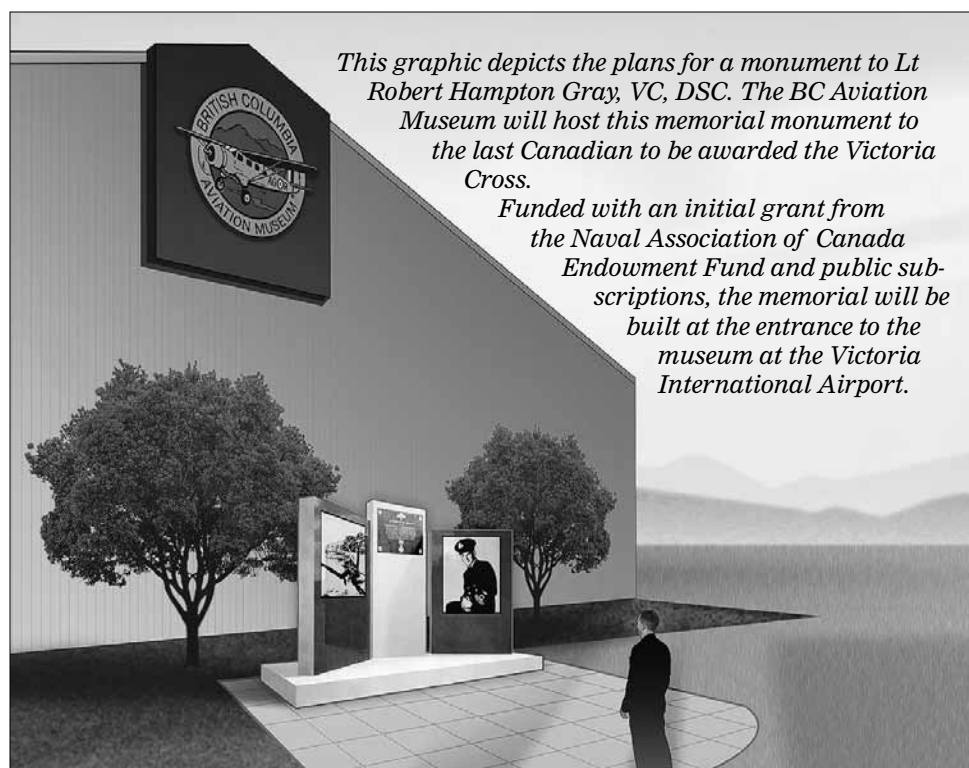
Lt Robert Hampton Gray, VC, DSC.

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Gray pressed home his attack, flying very low in order to ensure success, and although he was hit and his aircraft was in flames, he obtained at least one direct hit, sinking the destroyer. Lt Gray has consistently shown a brilliant fighting spirit and

Continued on page 9





# BC Aviation Museum to host memorial to Canadian Navy pilot

*Continued from page 8*

most inspiring leadership.” He was 27 years old. <http://www.navy-marine.forces.gc.ca/en/navy-life/history-heroes/heroes-gray.page>

Thirty years ago, the Japanese spectacularly approved the installation of a memorial to Lt Gray overlooking the bay where his remains lie. It is the only monument to a former enemy ever erected in Japan. As a result of the March 2011 earthquake and tsunami, the memorial was relocated and

rededicated on August 24, 2012.

The project team is accepting tax deductible donations. Cheques with the memo Lieut. Gray Fund may be sent to the Naval Association of Canada Endowment Fund, Box 42025, Victoria, B.C. V8R 6T4, or donate on line at [canadahelps.org](http://canadahelps.org) (search Naval Association).

The memorial is to be dedicated on August 9, 2020 just days before the 75th anniversary of the end of the second world war on August 15. For more information, please contact Terry Milne at 250-477- 5045.

## Making everyone's life better: on the job with PSP Health Promotion manager Janelle Budgell

By Capt Lynne Patterson,  
12 Wing PA

Back in September 2019, Janelle Budgell moved into a cubicle in 12 Wing Headquarters. As the manager of Health Promotions Services, she says her two days a week in Shearwater (her other office is in Windsor Park) is part of a commitment to provide 12 Wing with more Personnel Support Services (PSP) programming and access.

But she's happy if you can't find her at her desk.

"I'm often out teaching a course, giving a briefing at one of the units or chatting with someone about how Health Promotion can support them or their unit," she says. "If you reach out to us, we will come to you."

Budgell has been working with PSP for almost five years. Originally from St Anthony, Newfoundland—the very northern tip—she spent 13 years in school "learning how to help people."

With a Bachelor of Science, Health Promotion from Dalhousie University, a Master of Health Administration and Leadership from Athabasca University and a Designation in Public Health from the University of Alberta, she says it's an honour to use her education to serve those who serve. "Ideally, we make everyone's life a little better. It's an extremely rewarding job."

Before taking the job with PSP, Budgell delivered public health programs for 10 years in Canada's north. Based in Iqaluit, Nunavut, she travelled on single-engine planes to remote locations with limited resources to deliver programs across the territory. She says it was an amazing



*Janelle Budgell is manager of PSP Health Promotion at CFB Halifax.*

OS MELISSA GONZALEZ, 12 WING IMAGING

opportunity but, after a decade in the north, it was time to move back south. Here in Halifax, Health Promotion is a team of five, including Budgell as well as Victoria Stead, Registered Dietician; Madison Walsh, Registered Dietician with a Masters in Public Health (MPH); Samantha Noseworthy, MPH; and Joy Geizer who is the team's Administrator who also has her Bachelor of Science in Health Promotion.

"Right now, the winter/spring schedule offers every course at Stadcona and Shearwater," says Budgell. "And we can come deliver any of these programs to your unit. Fifteen people minimum is optimal, up to the max capacity of the room."

The courses she's referring to can be found on the Health Promotion page of the CAF Connection website. PSP Health Promotion teaches the

courses listed on the schedule, but that's just one of the many things they do. Other things include: developing healthy food policies, 30-day Health and Wellness Challenges for units, helping individuals develop personal skills in new cooking classes, and much more.

One new program she excited about is Better Health: Fundamentals starting on January 30. The class is offered one afternoon per week over an eight-week period and the focus is on behaviour change. Budgell, in her contagious enthusiasm, encourages people not to be intimidated by the time commitment, saying changing lifestyle takes time.

If units have ideas, Budgell encourages them to reach out to her and her team, so they can figure out how they can support them with unit morale, self-care, events and activities.

"The work I do here is so diverse," says Budgell. "There hasn't been a day that we've been here that we haven't spoken to someone or answered some questions. It's all about us becoming a healthier wing... Small changes can have a big impact."



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# Namesake city visit for sailors of HMCS *Whitehorse*

## By The Lookout

A few weeks before Christmas, HMCS *Whitehorse* sent a contingent of the ship's company, including the Command team, to the city of Whitehorse for a namesake city visit.

Their objective was to let the people of Whitehorse know what activities their ship had participated in and what the ship's company had accomplished over the year since the last visit.

They also wanted to educate the community on what the Royal Canadian Navy does for both Canada and the international community, to let people know what employment opportunities exist within the navy.

Lastly, they wanted to establish ties with the newly-formed Friends of HMCS *Whitehorse* committee recently set up by the ship's sponsor Ione Christensen, otherwise known as Mom.

The Friends of HMCS *Whitehorse* committee has been tasked with taking over many of Mom's activities on behalf of the ship as this former city mayor, Commissioner of Yukon, and Canadian senator begins to free up her incredibly active schedule and to enjoy a slower pace of life.

The visit included a meeting with the city's Deputy-Mayor and select councillors; a meet-and-greet with the



HMCS *Whitehorse* recently visited its namesake city.

Friends of HMCS *Whitehorse* Committee; attending the commemoration service for the 30th anniversary of the Ecole Polytechnique tragedy; meeting with the Speaker of the House of the Yukon Legislative Assembly and a tour of the Assembly Hall; a meeting with the Commanding Officer of the local RCMP Detachment;

a meeting with the local Joint Task

Force North (JTFN) detachment OIC; liaising with the President and Board of the local Legion; and, the presentation of a cheque to the Victoria Faulkner Women's Centre.

The Faulkner Women's Centre is a safe and respectful space where all self-identified women can connect with one another; access support and services, and work together to create

positive change for women and the community. They are committed to promoting women's equality and wellbeing, and their mission is to raise awareness, educate, advocate and collaborate with government and non-government organizations for the overall betterment of women's lives. Whitehorse sailors were overjoyed to provide direct support to these activities by making a donation of this year's charitable funds to the Center.

One of the highlights of the trip was a two-hour meeting with the 26th Commissioner of Yukon, The Honourable Angélique Bernard, who is the first Francophone Commissioner in the history of the territory. Her community outreach has positively impacted the Yukon Territory in innumerable ways, and as such she was recently honoured with being inducted as one of the first members of the newly created Order of Yukon.

SUBMITTED

As is tradition, the visit concluded with a breakfast hosted at Mom's.

This included her famous sourdough waffles, as seen on the Martha Stewart show and reported on CBC News. Of note, her sourdough yeast starter is the direct genetic descendant of a yeast batch that was brought to the Yukon during the Gold Rush over 100 years ago.

## Got feedback? – CF H Svcs (A) Quality Improvement Department wants to know

By Capt Mallory Pike,  
Quality Improvement Officer,  
CF H Svcs C (A)

The quality and safety of healthcare provided to CAF members is a top priority of CF Health Services Centre Atlantic. For this reason the Commanding Officer of CF Health Services Atlantic, LCol Rochelles Heudes established the Quality Improvement Department in October 2019. The Quality Improvement Department is currently managed by me, a Nursing Officer in the process of completing a Master of Science in Healthcare Quality, Risk and Safety through Queen's University; and Lt Damen Meade, a Healthcare Administration Officer who has several years of Quality Improvement experience in the RCAF.

The goal of the Quality Improvement department is to continuously improve the quality of healthcare provided and organizational processes within CF Health Services Atlantic. A key component of improving the quality of care is through patient feedback. Patient and family feedback is a unique opportunity for evaluating delivery of care and improving internal systems and processes. Successful monitoring of feedback can help CF Health Services Centre (Atlantic) identify those areas that matter most to patients and where to focus organizational energy. Patient and family feedback helps us to strengthen, personalize and enhance the relationship between patients, families/partners-in-care and the healthcare team and work

towards providing an enhanced patient experience.

CF Health Services Centre (Atlantic) has established new patient feedback procedures to expand the ways patients can provide feedback in order to facilitate patients in having their voices heard. This will enable us to better understand the quality of care provided as experienced by our patients. There are several ways you can provide feedback (positive or negative) about your healthcare experiences:

1. Email: [+patientfeedback@forces.gc.ca](mailto:+patientfeedback@forces.gc.ca)
2. Webpage: [halifax.mil.ca/\\_HospitalSurvey/](http://halifax.mil.ca/_HospitalSurvey/)
3. Phone: 721-6592 (This will go to the patient feedback voicemail).
4. In writing to our Patient Relations Officer at:

CF Health Services Centre (A)  
P.O. BOX 99000, STN FORCES  
Halifax, NS B3K 5X5

5. With your healthcare provider.

Information cards detailing the ways in which to provide feedback are available in CF Health Services Centre (Atlantic) at the front entrance next to where patients sign in for parking. The option to provide anonymous feedback is always available – what is important to CF Health Services Centre (Atlantic) is that patients and families have an opportunity to share their ideas, concerns or positive feedback. All patient and family/partner-in-care feedback will be acknowledged and responded to in a timely, professional and appropriate manner by the Patient Relations Officer.





## Over the rainbow

*Crewmembers onboard HMCS Halifax conduct inflight refueling with the embarked CH-148 Cyclone helicopter, call sign Kingfisher, during Op REASSURANCE, in the Mediterranean Sea.*

CPL BRADEN TRUDEAU, TRINITY - FIS

# Canada's newest astronauts complete basic training

By RCAF PA

Canadian Space Agency (CSA) astronauts LCol Joshua Kutryk and Dr Jenni Sidey-Gibbons celebrated the end of their basic training, along with their NASA classmates, during a ceremony on January 10, 2020, at the Johnson Space Center in Houston, Texas.

Their class was the first to be supervised by a Canadian astronaut, Col Jeremy Hansen.

Dr Sidey-Gibbons and LCol Kutryk are officially becoming astronauts at a time when countries around the world are preparing to send humans beyond the International Space Station. Last year, Canada announced its partnership in the Lunar Gateway project with NASA, which is part of the Artemis program that will see the first woman and the next man set foot on the Moon.

As part of a new generation of space explorers, our two newest astronauts are ready to represent Canada on missions to the International Space Station, the Moon, or perhaps even Mars. They will continue to push the boundaries of science and technology, while advancing our knowledge of the universe.



*Canada's two newest astronauts, LCol Joshua Kutryk (left) and Dr. Jennifer Sidey-Gibbons, graduated from their basic training, along with their NASA classmates, during a ceremony at the Johnson Space Center in Houston, Texas.*

Canada's astronauts are a source of inspiration and pride for Canadians, young and old. They inspire the next generation of astronauts, engineers and scientists and continuously engage with young people to encourage them to pursue careers in science-

related fields. This year, they are challenging young Canadians across the country to take part in the Junior Astronauts campaign and learn what it is to train like an astronaut and how they can be part of future missions, to the moon and beyond.

"Canada's astronauts are our modern-day explorers. Not only do they help develop new space technologies, advance scientific knowledge and promote Canada in space, they inspire all Canadians to look to the stars and dream about what is possible" said Minister of Innovation, Science and Industry Navdeep Bains. "Jenni and Joshua represent the best of Canada, both with our partners around the world, and our curious young people. I want to warmly congratulate them on completing this rigorous training."

The CSA selected Dr. Sidey-Gibbons and LCol Joshua Kutryk to become the next Canadian astronauts in July 2017. They are the CSA's 13th and 14th astronauts. The astronaut candidates have completed training in spacewalking, robotics, International Space Station systems, T-38 jet proficiency, and Russian language.

Canada's new Space Strategy guarantees flight opportunities in low Earth orbit for our astronauts and sets the stage for a Canadian to visit the Moon for the first time.

The CSA's Junior Astronauts campaign aims to get Canadian youth excited about space and science. It is open to young Canadians in grades 6 to 9 during the 2019-2020 school year.

CANADIAN SPACE AGENCY



# RCN Sailor moving ‘Onward’ after triumph over cancer

By Peter Mallett,  
The Lookout Staff

A training officer at Naval Fleet School (Pacific) who defied the odds and beat cancer is sharing his inspirational story with a new self-published book.

*Onward* is Lt(N) Stephen Tomlinson’s blow-by-blow account of his full-scale, life-or-death war against cancer, now available through online publisher inkshares.com.

Lt(N) Tomlinson traces his “agonizing” battle against testicular cancer, recalling how the disease aggressively spread throughout his body to his lymph nodes, lungs and brain after his initial diagnosis in July 2017. His fight included 350 hours of chemotherapy, 11 radiation treatments, a seizure, and five surgeries that produced multiple low points during which he says he almost gave up all hope of survival.

The Naval Warfare Officer sailed in HMC Ships *Protecteur* and *Calgary* before his cancer diagnosis, and faced multiple battles with the disease. Just prior to his final and ultimately successful surgery in November 2018 to remove a plum-sized tumour from his brain, an exhausted and withered Lt(N) Tomlinson admits he was a shadow of his former self. His physician had given him low odds of survival and suggested he start making funeral arrangements with his wife.

“I had almost come to the point of accepting that life was going south on me and I was given a one-in-10 shot by my doctor that I would live to Christmas,” says Lt(N) Tomlinson. “I did the final surgery and as soon as they pulled that tumour out of my brain it was like I became a new person.”

Fast-forward to July 8, 2019, two years after his initial cancer diagnosis, and his saga would reach a joyous conclusion. That’s when he returned to work after his doctor called him into her office and told him he was 100% cancer free.

“Thankfully my story has a happy ending and today I’m at Venture and working my way back into readiness to complete my navigation tour on a frigate. How things have changed since then.”

## An Epic Battle

During several stages of his fight with cancer, the 35-year-old admits there were multiple points where he almost lost hope. Those included an eight-hour-long retroperitoneal lymph node dissection surgery to remove all the lymph nodes on the inner walls of his back. The surgery, he says, involved having his intestinal track



Lt(N) Stephen Tomlinson with his wife Stephanie, daughter Sophia, and son Seth during a family outing in Victoria.

TIFFANY CHAMPAGNE



Lt(N) Tomlinson captures a selfie while in his hospital bed.

SUBMITTED

temporarily removed and his organs shifted to remove each lymph node.

“When it was all done, though I don’t personally remember it, I was told by the doctor that I asked to see them [the lymph nodes] in a jar so I could tell the cancer to go ‘F’ itself. For the first time, during that surgery, I truly became angry and spiteful towards cancer and I wanted to show it who the boss was.”

Maintaining a fighting spirit even after cancer had carved a painful path of destruction through his body wasn’t his own idea; that came from the legacy and spirit of Terry Fox.

Early in his battle with cancer, Lt(N) Tomlinson went to the Royal BC Museum to see the touring *Terry Fox: Running to the Heart of Canada* exhibit and says the moment was a game changer. The exhibit included many personal belongings from Fox’s Marathon of Hope including his van, and his prosthetic leg.

“I saw something change in me immediately after I saw the exhibit, and then learned more about Fox and his inextinguishable determination. For the first time since my diagnosis I had hope and told myself not to let cancer rob me of my dignity.”

## Coping with PTSD

Lt(N) Tomlinson is still fighting another serious medical condition. At the same time the cancer spread through his body he was also diagnosed with Post-Traumatic Stress Disorder (PTSD), which he says can be traced back to not one but multiple traumatic events in his life.

The biggest of those include his roller coaster ride fighting cancer but also a devastating 11-hour long engine room fire that occurred during his first deployment in *Protecteur* in February 2014. The fire injured 20 sailors and caused a “significant psychological impact” on him and many others.

“When I was finishing with my cancer treatment, I was starting to have terrible nightmares that always had the sound of my IV pump in the hospital running empty and the slow chime that went with it. After many of these nightmares I would rush to the washroom and get sick. There are many parts of the book that aren’t pretty, the intent is to discuss the cancer diagnosis directly along with the triggers for my PTSD.”

All of his written accounts were initially intended to be kept private. His literary project was originally

part of his treatment for his mental health injuries prescribed by his therapist.

“He had decided that since I am an English and history graduate from Carleton University and enjoy writing, that writing down my thoughts and memories would be good therapy for me and a way of dealing with the mental trauma. It really was therapeutic to put it all down; writing this book gave me the proper head space to reset and fight the cancer, to keep my hope alive and find the will to continue.”

He will continue to manage the PTSD through therapy and says he knows he’s in for another tough battle.

*Onward* could see wider distribution from Amazon, Chapters, and Barnes and Noble if it attains Inkshare’s required level of 750 pre-orders. After its first week on the market, sales of the book surpassed 100 copies thanks to some favourable promotion on the BC Cancer website and social media platforms.

For more information about Lt(N) Tomlinson’s book and how to order copies of it visit the webpage <http://www.inkshares.com/books/onward>.



# MONEY MATTERS

## Understanding how financial stress impacts your well-being

(NC) Canadians consistently rank money as their biggest source of stress – higher than health, work or family obligations.

This is not surprising when you consider that more than half of us do not regularly save money to cover unexpected expenses, according to the first national survey of financial wellbeing conducted by the Financial Consumer Agency of Canada. Moreover, one in seven of us often use credit to purchase basic necessities like food because their money has run out.

These numbers tell part of the story of why, more and more, Canadians regularly experience financial stress in their daily lives.

If you're one of them, it's important to understand the full impact that financial stress can have on your well-being and health. It could be bigger than you think.

According to the Financial Health Network, an organization mandated to improve the financial health of Americans, if you're struggling with financial stress, you are twice as likely to report poor overall health, and four times more likely to suffer from insomnia, headaches and other illnesses.

Financial stress can also lead to more serious health problems, such as cardiovascular disease, high blood pressure, and mental health issues like depression and anxiety.



Financial stress doesn't only affect your health. According to the Canadian Payroll Association, 43 per cent of workers are so financially stressed that their performance at work is actually suffering.

In short, there is no shortage of reasons to take charge of your personal finances – and the sooner the better. Yet, many of us just don't know where to start.

The good news is that – whether it's debt, a mortgage, your children's education or your retirement savings you're concerned about – help is out there. There are many free and unbiased online resources available to help you take control of your finances.

Many are focussed on helping you to create a budget, which is one of the most important steps you can take to better manage your money. This includes the FCAC's new budget planner, which generates charts showing where your money goes and compares your spending habits with other Canadians in similar life situations.

[www.newscanada.com](http://www.newscanada.com)

## Make an easy home inventory list for insurance

(NC) Your home is where you store your most valuable possessions – from jewelry, to furniture, to electronics like laptops. Ensuring these things are protected requires home insurance.

Start by looking for the best deal for your needs on a site like LowestRates.ca, which quickly and easily compares the insurance market for you.

Once you're insured, it's important that you create an inventory list of what you have in your home. In addition to traditional valuables, you should also consider adding books, fragrances, pots and pans, musical instruments, shelves, rugs and mirrors to your home insurance list.

Once you've created a list of the major items you own, it's important to compile some physical proof that you own these things. This way, if there is a catastrophic event such as a flood or fire, you can easily prove what was in your home so your insurance can replace it. Here are a few ways to do this:

Video inventory: Documenting

your possessions with visual evidence is a surefire way of proving ownership. The only downside is that inventory videos can be quite long; you may want to create time-stamps so you can navigate your video more quickly.

Inventory app: There are apps out there designed to make this entire process much easier. They include Magic Home Inventory, MyStuff and Sortly. These apps allow you to photograph your inventory and create itemized lists to easily sort through. Some of these apps require you to pay subscriptions, so they're not for everyone.

A spreadsheet: This is the classic approach. You can do this digitally with Excel or Google files, saving you some time and ensuring your list can exist in multiple formats. You can create lists along with attached receipts to prove you owned everything in your home. However, this is the most time-consuming option, so opt for the other two choices if you want to save time.

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# HR GO RH: Civilian HR information and tools in the palm of your hand

By ADM HR (Civ)

If you don't have easy access to the DWAN, but need access to Civilian HR information, HR GO RH, HR-Civ's mobile app, is the solution for you.

"Not everyone on the Defence Team works in front of a computer," says Diana Scheper, product manager. "But they still need access to HR information."

Designed in-house by the Defence Team, for the Defence Team, HR GO RH is the first of its kind in the federal government, and it puts civilian

HR information at your fingertips, anytime, anywhere.

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New information and tools are added regularly.

HR GO RH is available for free for iOS and Android; download it from your favorite app store today.

Contact: Diana Scheper, Product manager. (204) 509-4587

## HR GO RH : L'information et les outils des RH civiles à portée de main

Par SMA(RH-Civ)

Si vous n'avez pas facilement accès au RED, mais que vous avez besoin d'accéder aux informations des RH civiles, HR GO RH, l'application mobile des RH-Civ, est la solution pour vous.

«Ce n'est pas tous les membres de l'Équipe de la Défense qui travaillent devant un ordinateur,» explique Diana Scheper, chef de produit. «Mais ils ont quand même besoin d'accéder à de l'information sur les RH.»

Conçue à l'interne par l'Équipe de la Défense, pour l'Équipe de la Défense, HR GO RH est la première application du genre au gouvernement fédéral et elle met l'information sur les RH civiles à la

portée de votre main, en tout temps et en tout lieu.

«Lorsque vous n'avez pas accès à la paye et aux avantages sociaux ou vous voulez faire le suivi de vos heures supplémentaires ou encore vous renseigner sur les programmes de prix et de reconnaissance, vous pouvez trouver tous ces outils et renseignements ainsi que bien d'autres sur l'application.»

De nouvelles informations et de nouveaux outils sont ajoutés régulièrement.

HR GO RH est disponible gratuitement pour iOS et Android; téléchargez-la dès aujourd'hui dans le magasin d'application de votre téléphone intelligent.

Personne-ressource : Diana Scheper (204) 509-4587



## CTV visits CFB Halifax TEME

On January 7, CTV Morning Live Atlantic stopped by CFB Halifax TEME to explore the important work they do, such as snow removal, ice control, and welding. To commemorate the occasion, morning host Ana Almeida received a customized CTV sign for her office. From left: Ana Almeida of CTV Morning Live Atlantic, and Sgt Jyson Muzzy of CFB Halifax TEME.

ARIANE GUAY-JADAH, CFB HALIFAX BASE PA

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# Combat Systems Engineering: Ensuring HMCS *Ottawa* is Ready to Fight

By Capt Jenn Jackson,  
HMCS *Ottawa* PAO

When most people think of the engineering department on a ship, they focus on those who are responsible to keep the ship floating and moving – two very vital requirements at sea.

However, warships have one other vital function it must be able to perform; it must be ready and able to fight.

HMCS *Ottawa*'s ability to fight is through the work of the Combat Systems Engineering Department.

"The Combat Systems Engineering Department or CSE is responsible for the preventative and corrective maintenance of all weapons and sensors onboard," explains Lt(N) Dusan Brestovansky, *Ottawa*'s CSE Officer. "We are also responsible for firing the Close-In Weapons System, one of the last lines of defence for the ship."

Employing five sub-occupations of Weapon Engineering Technicians (WEng Tech) and headed by the Naval Combat Systems Engineer, the CSE department is integrated one way or another with every department on the ship. Their scope of work includes sonars and radars, fire control systems, all armament and ammunition, both internal and external communications systems, and navigation systems. They are also responsible for driving the ship.

"During a typical watch, each WEng Tech will monitor systems, drive the ship, and complete rounds in addition to performing routine maintenance or trouble shooting," adds PO1 Stuart MacDonald, Department Maintenance Coordinator. "We also have special duties we perform when needed, such as operating cranes and deploying underwater sensors."

While all WEng Techs will eventually specialize in sonar, radar, fire control, armament or communications, typically, the first five years of their career is spent learning common skills such as safety, lock-out and tag out procedures, radiation hazard safety, and working aloft, while also getting a general familiarization in each specialty.

"The completion of the WEng Tech on-the-job performance record is a tremendous achievement," says CPO2 Leo Cooper, CSE Chief. "It represents hundreds of hours, both at sea and alongside, spent studying, learning, and gaining experience



Members of the Combat Systems Engineering department load the CWIS as part of post-fire maintenance on October 28 2019 onboard HMCS *Ottawa* while deployed on OPERATIONS PROJECTION and NEON.

LS VICTORIA IOGANOV

with all of our systems."

While at sea, a member from the CSE Department is always present in the Operations Room monitoring the various combat systems. When an issue is observed, the on-watch WEng Tech will perform first aid to try to rectify the fault, and if it is found to be complex or lengthy, the on-watch WEng Tech will log it, track it, and brief the senior technician who then coordinates the repair and briefs the CSE Officer. This careful tracking allows the department to be proactive.

"Logging and tracking issues allows us to analyse trends and from there predict systems that may require more substantial maintenance in the near future," says Lt(N) Brestovansky. "One of the challenges we have at sea is the availability of parts; often, what we need is not on board the ship, so by looking ahead we are better able to avoid having a system offline due to missing parts."

Part challenges aside, one of the aspects of CSE work is the opportunity to think outside the box when troubleshooting an issue.

"In a warfighting scenario where the ship sustains damage, CSE is vital to the effort," says Lt(N) Brestovansky. "We are responsible for bringing back capability when things are damaged, aligning with the warfare priority. If radars are damaged, the ship loses part of its vision; if weapons or the systems needed to fire them are damaged, the ship loses part of its defences. My department works to keep the ship capable of

both fighting and defending."

While most of the weapons systems on the ship are used by different operators, CSE is responsible for maintaining them and the ammunition used.

"Just as it is necessary to clean a rifle after it is fired to ensure it doesn't jam, it is necessary to clean the main gun on a warship for the same reason," says PO1 David Dooling, Ammunition Custodian. "We also track all of the ammunition and explosives on the ship, from the smallest round for our pistols, to our torpedoes, to flares. We ensure the ammo and pyro is properly stored, loaded, and we track any potential

issues, such as if there is a trend of misfires."

As busy as the section is at sea, they are even busier ashore.

"When we are not at sea, we are preparing to go to sea," says CPO2 Cooper. "When we are alongside, we are always in a work period, which means we have time to freely maintain all the systems, conduct major repairs that cannot be done at sea, and we are responsible for the handling of all man aloft paperwork, whether it is one of our own techs or a civilian from Fleet Maintenance Facility or a contractor."

"As a section, we are always having to prioritize the work that needs to be done and that often means looking six to 12 months ahead. Built into that prioritization is ensuring members of the department are able to balance the busy alongside schedule with down time at home with friends and family."

While a small department, it certainly is mighty in holding and maintaining some of the most technical knowledge on the ship. While the Marine Systems Engineering Department ensures the ship continues to float and move, CSE is integrated into all departments making sure it is ready to fight.

"When you come right down to it, having a CSE department is what makes HMCS *Ottawa* a warship, instead of a ferry," says PO1 MacDonald. "Weapons and sensors form the backbone of our fighting capability, and CSE is responsible for ensuring that backbone is ready to stand tall when called upon."

## Naval Bursary Applications



The Nova Scotia Naval Association of Canada (NSNAC) offers a bursary to Nova Scotia students with a naval connection to pursue training at a recognized secondary educational institution.

NSNAC promotes the need for a capable Navy and related maritime agencies to ensure Canada's security and sovereignty, encourages greater understanding of naval and maritime heritage, supports youth education and veterans related programs and fosters fellowship and camaraderie among members and the maritime community.

Contact: [www.navalassoc.ca/branches/halifax](http://www.navalassoc.ca/branches/halifax) (download bursary trust application form), or [infoNSNAC@gmail.com](mailto:infoNSNAC@gmail.com). Applications deadline: April 15, 2020





# Changes to service medals announced

By DND

As part of Strong, Secure, Engaged, (SSE 7), the Government of Canada is modernizing the CAF Honours and Awards system to ensure military members’ service to Canada is recognized in a more timely and appropriate manner.

This initiative encompasses the modernization of the overseas service recognition framework. The objective is to make service medals more accessible and flexible to make sure that Canadian Armed Forces (CAF) members receive appropriate recognition for their participation in and direct support to operations.

As part of this initiative, changes to the eligibility list for the Special Service Medal with NATO bar and a reduction of the time criteria to 45 days for both the NATO and EXPEDITION bars to that same medal were announced on February 18, 2018 in CANFORGEN 001/20.

The Government has now recently approved a number of additional measures to meet the stated intent:

The time criteria for the General Campaign Star (GCS), General Service Medal (GSM) and Operational Service Medal (OSM) have been reduced to ensure recognition remains attainable to participants in light of new deployment patterns where CAF members more often deploy for short periods

MEDALS AND RIBBONS	OLD CRITERIA	NEW CRITERIA	DATE EFFECTIVE
GCS – SOUTH-WEST ASIA	30 Days	14 Days	13 March 2014
GCS – EXPEDITION	30 Days	14 Days	5 October 2014
GSM – SOUTH-WEST ASIA	30 Days	14 (civilians in GCS theatre) of 21 days (military and civilians out of theatre)	13 March 2014
GSM – EXPEDITION	30 Days	14 (civilians in GCS theatre) of 21 days (military and civilians out of theatre)	5 October 2014
OSM – SOUTH-WEST ASIA	30 Days	21 Days	13 March 2014
OSM – SIERRA LEONE	30 Days	21 Days	17 February 2013
OSM – HAITI	30 Days	21 Days	1 July 2017
OSM – SUDAN	30 Days	21 Days	30 July 2016
OSM – HUMANITAS	30 Days	14 Days	28 April 2015
OSM – EXPEDITION	30 Days	21 Days	15 May 2014

of time. Each ribbon for each of those medals has a new time criteria beginning with an appropriate recent (post-Afghanistan) operational date as per the table below. There are transition measures that ensure that anyone who serves at least one eligible day after the stated date is allowed to cumulate any previously accrued time towards the new criteria for the medal. The criteria for the rotation bars will not be affected by these changes meaning that the first bar will continue to be awarded after a total of 210 eligible days while subsequent bars are awarded for every period of 180 eligible days thereafter.

1. The Special Service Medal, which had up to now been reserved for CAF members, has been amended to expand eligibility to Canadian civilians and members of allied forces working for the CAF from 29 April 2014 onwards to align this medal with other modern service medals which allow recognition of all members of the Defence Team who play a key role in the success of our operations.

2. The limitations for visits in theatre have been reduced. As a result, Technical Assistance Visits, Staff Inspection Visits, Staff Assistance Visits and specialists visits in theatre

will now be credited towards the appropriate service medal. Visits for the purpose of command, familiarization, leadership and morale remain excluded from eligibility.

These changes will ensure that recognition is keeping pace with the evolving nature of current and future CAF operations and remains a worthy and attainable reward for personnel while preserving the symbolic value and respect for the service medals in question.

Please refer to CANFORGEN 001/20 or to the Canadian Medals Chart for more information.

# Sleep: The key to mental wellness

By Maj Nadine Rancier, MSW, RSW, CF H Svcs C (A)

With the 2020 Bell Let’s Talk campaign in full swing, the Mental Health Services team at Canadian Forces Health Services Centre (Atlantic) has produced an article to raise awareness of the importance of sleep and how individuals’ sleep patterns can be viewed as a barometer of mental wellness.

Sleep has been identified as a key component of wellbeing. Getting a decent quality rest helps to maintain physical and psychological health. For those who are already struggling with mental health issues and experience sleep issues, it can be particularly challenging to cope and recover from the associated symptoms.

Modern research has clearly demonstrated that optimal sleep is critical to

mission success and that lack of sleep leads to impaired reaction time, poor judgement, increased numbers of preventable accidents and lower morale.

Maintaining healthy sleep habits can make a significant difference in preserving mental health wellbeing. Indeed, the REM stage of sleep (deep and restorative) provides us with the cognitive and emotional benefits of sleep. Deprived from REM sleep, people are moodier, prone to irrationality and poor decision-making and have also difficulty remembering things. The extent of sleep disturbance in the general population is that over 50% of adults have difficulties sleeping, half of these chronically. Insomnia is defined as “disturbed sleep that’s persistent” lasting more than a month. It is estimated that one in ten adults are affected by insomnia.

In terms of treatment we know that sleeping pills are not the solution for insomnia and that it is possible to successfully treat insomnia using cognitive-behavioural therapy (CBT). CBT accomplishes these results as it is based on the idea that insomnia can only be treated successfully by addressing the underlying causes of insomnia – thoughts and behaviours – which are learned and can be unlearned. CBT has been recognised as an effective and preferred method for treating insomnia that is more effective than sleeping pills.

- Tips to put your sleep back on track:
1. Go to bed only when sleepy
  2. Get up when you can’t sleep
  3. Wake up at a consistent time each morning (irrespective of how you slept)
  4. Use the bed only for sleeping (do

- not read, eat, watch TV, etc. in bed. Sex is the only exception)
5. Avoid daytime napping
6. Create a buffer zone (quiet time prior to bedtime)
7. Don’t worry or plan in bed
8. Don’t try too hard to sleep, just let sleep unfold

A 5-session CBT treatment group for individuals with sleep difficulties is held at the Canadian Forces Health Services Centre (Atlantic), in Halifax. This program provides education about factors that help/hurt sleep, addresses thoughts and beliefs that interfere with sleep and targets factors that contribute in maintaining insomnia such as: excessive time in bed, increase in non-sleep related behaviors occurring in the bedroom, naps, stimulant use, sleep aids, unhelpful and dysfunctional sleep related behaviour. If you believe you would benefit from sleep support, or mental health services, your medical officer or clinician can send a referral to the Mental Health Triage Team.





# Annonce de changements aux médailles de service

## Par la Feuille d'érable

Dans le cadre de l'initiative no 7 de la politique de défense Protection, Sécurité, Engagement (PSE 7), le gouvernement du Canada procède à la modernisation du système de distinctions honorifiques et de reconnaissance des Forces armées canadiennes (FAC) pour veiller à ce que le service des militaires soit reconnu d'une manière plus appropriée et opportune.

Cette initiative comprend la modernisation du cadre de reconnaissance du service outre-mer. L'objectif est d'assouplir les critères d'admissibilité des médailles de service afin de les rendre plus accessibles, pour s'assurer que les membres des FAC reçoivent une reconnaissance appropriée pour leur participation et leur soutien direct aux opérations.

Dans le cadre de cette initiative, des changements à la liste d'admissibilité à la Médaille du service spécial (MSS) avec barrette de l'OTAN ainsi qu'une réduction des critères de temps à 45 jours pour les barrettes OTAN et EXPÉDITION de cette même médaille ont été annoncés le 18 février 2018, dans le message général des Forces cana-

MÉDAILLES ET RUBANS	ANCIENS CRITÈRES	NOUVEAUX CRITÈRES	DATE D'ENTRÉE EN VIGUEUR
ÉCG – ASIE DU SUD-OUEST	30 jours	14 jours	13 mars 2014
ÉCG – EXPÉDITION	30 jours	14 jours	5 octobre 2014
MSG – ASIE DU SUD-OUEST	30 jours	14 (civils dans le théâtre de l'ÉCG) ou 21 jours (militaires et civils à l'extérieur du théâtre)	13 mars 2014
MSG – EXPÉDITION	30 jours	14 (civils dans le théâtre de l'ÉCG) ou 21 jours (militaires et civils à l'extérieur du théâtre)	5 octobre 2014
MSO – ASIE DU SUD-OUEST	30 jours	21 jours	13 mars 2014
MSO – SIERRA LEONE	30 jours	21 jours	17 février 2013
MSO – HAÏTI	30 jours	21 jours	1er juillet 2017
MSO – SOUDAN	30 jours	21 jours	30 juillet 2016
MSO – HUMANITAS	30 jours	14 jours	28 avril 2015
MSO – EXPÉDITION	30 jours	21 jours	15 mai 2014

diennes (CANFORGEN) 001/20.

Le gouvernement a récemment approuvé un certain nombre de mesures supplémentaires pour respecter l'intention exprimée :

1. Les critères de temps pour l'Étoile de campagne générale (ÉCG), la Médaille du service général (MSG) et la Médaille du service opérationnel (MSO) ont été réduits afin que les

participants puissent continuer à être reconnus à la lumière des nouveaux modes de déploiement selon lesquels les membres des FAC sont plus souvent déployés pendant de courtes périodes. Chaque ruban de chacune de ces médailles comporte un nouveau critère de temps commençant à une date opérationnelle récente appropriée (après l'Afghanistan), conformément au tableau ci-dessous. Il existe des mesures de transition qui garantissent que toute personne qui sert au moins un jour admissible après la date indiquée est autorisée à cumuler tout temps accumulé antérieurement en vue de satisfaire aux nouveaux critères d'admissibilité des médailles. Les critères des barrettes de rotation ne seront pas touchés par ces changements, ce qui signifie que la première barrette continuera d'être attribuée après un total de 210 jours admissibles, tandis que les barres suivantes seront attribuées pour chaque période de 180 jours admissibles par la suite.

2. L'admissibilité à la MSS – qui était jusqu'à présent réservée aux membres des FAC – a été élargie de manière à ce qu'il soit possible de la remettre à des civils canadiens et à des membres de

forces alliées travaillant sous les ordres des FAC depuis le 29 avril 2014, et ce, afin qu'elle permette, à l'instar d'autres médailles de service modernes, de reconnaître tous les membres de l'Équipe de la Défense jouant un rôle clé dans le succès de nos opérations.

3. Les restrictions concernant les visites dans le théâtre ont été réduites. Par conséquent, les visites d'aide technique, les visites d'inspection d'état-major, les visites d'aide d'état-major et les visites de spécialistes dans le théâtre seront désormais créditées à la médaille de service appropriée. Les visites à des fins de commandement, de familiarisation, de leadership et de moral demeurent inadmissibles.

Ces changements permettront de s'assurer que la reconnaissance s'adapte à la nature évolutive des opérations actuelles et futures des FAC et que les médailles de service demeurent une récompense digne et atteignable pour le personnel, tout en préservant la valeur symbolique et le respect qu'elles évoquent.

Veuillez consulter le CANFORGEN 001/20 ou le tableau des distinctions honorifiques pour de plus amples renseignements.



## Operation LENTUS 20-01

Following an incredible snow storm in Newfoundland and Labrador, Canadian Armed Forces members were deployed to begin assisting those in need, doing house checks and helping with snow removal. As of January 21, more than 400 members were deployed as part of Op LENTUS 20-01, with the deployment relying heavily on Reserve Force personnel who reside in the communities hit hardest.

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# Keel-laying for first Joint Support Ship

By A/SLt Michelle Scott,  
MARPAO PAO

January 16, 2020 was a momentous day for the Royal Canadian Navy; a keel-laying ceremony was held for the future HMCS *Protecteur*, the first of two Joint Support Ships (JSS) being built at Seaspan's Vancouver shipyards.

The keel-laying represents a significant milestone in the construction of a ship, as it marks the birth of the vessel. As part of the ceremonial event, a newly minted coin is laid near the keel where it remains for the life of the vessel and is thought to bring the ship and crew good luck.

The ceremony was presided over by VAdm Art McDonald, Commander of the Royal Canadian Navy; the Honourable Jonathan Wilkinson, Minister of Environment and Climate Change, on behalf of Defence Minister Harjit Sajjan; and CEO of Vancouver Shipyards, Mark Lamarre.

The lucky coin, which was laid by long-time Seaspan employee Jeff Smith, was jointly designed by the RCN and Seaspan and features the badge of the future HMCS *Protecteur* above a rendering of the new ship. Smith placed the coin near the centre section of the ship as the design of the JSS does not have a traditional keel.

"Today's ceremony marks another critical milestone in the renewal of the RCN Fleet via Canada's National Shipbuilding Strategy," explained VAdm McDonald during the ceremony.

"Once delivered, these war-ships will be strategic assets that will once again afford Canada the sovereign capacity to deliver – even in harm's way – an enduring at-sea replenishment...as well as significant humanitarian assistance and disaster relief capacity."

The future HMCS *Protecteur* is one of two new JSS ships being built as part of the shipbuilding strategy. The new ships will replace the RCN's former Auxiliary Oiler Replenishment Vessels, and eventually be commissioned under the same names of *Protecteur* and *Preserver*. The new ships will include modern self-defence and damage control systems that will allow them to operate on a variety of different operations, including in high-threat environments. This will allow the RCN to extend the range and endurance of Canadian and allied ships through the provision of fuel, food, ammunition and other needs.

"Ensuring that our sailors have the modern and effective ships they need to carry out their work at home and abroad is critical for maintaining Canada's maritime security," wrote Minister Sajjan in a released statement.



*Hundreds of Seaspan employees joined dignitaries and RCN representatives at the keel-laying ceremony for the future HMCS Protecteur.*

MARPAO PA



*VAdm Art McDonald, Commander RCN, joined Command Chief CPO1 David Steeves for a photo with the future HMCS Protecteur's lucky coin.*

MARPAO PA



*VAdm McDonald speaks during the ceremony, held at Seaspan's Vancouver Shipyards on January 16.*

MARPAO PA

While construction began in June 2018, it is expected that the first of the JSS will be completed in 2023. The JSS is part of the versatile, modern fleet promised by the Canadian government through its defence policy, Strong, Secure, Engaged. This also includes the new Canadian Surface Combatants, and Arctic and Offshore Patrol Vessels.

"The Royal Canadian Navy's in the midst of the most comprehensive period of renewal in peacetime history," said VAdm McDonald.

"For a sailor like me, these are exciting times as we prepare for our future fleet."



*The coin design features the future HMCS Protecteur badge along with a rendering of the ship.*

MARPAO PA





# Help grow and diversify our CAF

## By The Maple Leaf

Are you a passionate CAF member looking for a rewarding challenge? Here's your chance to make a real difference this year and help others through this exciting opportunity.

The Canadian Forces Recruiting Group (CFRG) is looking for dedicated and enthusiastic CAF members who reflect the changing face of Canada's diverse workforce to serve in recruiting centres across the country.

### Here's what we're looking for:

- Passionate CAF members who enjoy engaging with Canadians
- CAF members who identify with employment equity (EE) groups (i.e., women, visible minorities and Indigenous people) we're trying to recruit to meet established CAF EE goals
- Strong communication skills, verbal and written
- Proficient active listening skills
- Comfortable at public speaking
- Familiar with social media applications and the latest technology
- Driven, loves working independently and as part of a team

### Numerous rewarding positions at recruiting centres across Canada:

- Recruiter

- Diversity & Specialist Recruiter
- Military Career Counsellor
- Recruiting File Administrator
- Command and Control positions

### Perks of the job:

Make a difference by helping enhance diversity and growth in the CAF

- Interact with people and local communities
- Career advancement opportunities
- Points awarded for a recruiting

tour equivalent to an operational deployment

### Numerous postings across Canada

Immediate openings: diversity recruiters are needed in Vancouver, Calgary, Winnipeg, London and Borden.

### Apply today.

1. Advise your chain of command and career manager, and indicate your desired position(s) in the Employee Member Access Application.

2. Check out CAF recruiting employment opportunities at <http://vcds.mil.ca/apps/canforgens/default-eng.asp?id=003-20&type=canforgen>
3. Learn more about the various recruiting centres and their detachments, as well as recruiting activities across Canada, by contacting the CFRG Deputy Liaison Officer at 613-901-9628 or by email at [paula.mchale@forces.gc.ca](mailto:paula.mchale@forces.gc.ca).



# Aidez-nous à faire croître et à diversifier nos FAC

## Par la Feuille d'Érable

Vous êtes un membre des Forces armées canadiennes (FAC) et êtes à la recherche d'un défi gratifiant? Voici votre chance de faire une réelle différence cette année et d'aider d'autres personnes grâce à cette merveilleuse occasion.

Le Groupe de recrutement des Forces canadiennes (GRFC) est à la recherche de membres des FAC dévoués et enthousiastes qui reflètent le profil changeant de la main-d'œuvre diversifiée du Canada pour servir dans les centres de recrutement partout au pays.

### Nous recherchons des membres des FAC qui :

- aiment interagir avec la population canadienne;
- appartiennent aux groupes visés par l'équité en matière d'emploi (EE) (p.ex. les femmes, les minorités visibles et les Autochtones) que nous tentons de recruter pour atteindre les objectifs des FAC établis en matière d'EE;
- possèdent de solides compétences en matière de communication verbale et écrite;
- possèdent des compétences en matière d'écoute active;
- sont à l'aise de parler en public;

- possèdent une bonne connaissance des applications liées aux médias sociaux et des plus récentes technologies;
- sont motivés et aiment travailler aussi bien seul qu'en équipe.

### Nombreux postes enrichissants dans les centres de recrutement à l'échelle du Canada :

- Recruteur
- Recruteur de spécialistes & agent de recrutement axé sur la diversité
- Conseiller en carrières militaires
- Administrateur des dossiers de recrutement
- Postes de commandement et contrôle

### Avantages de l'emploi :

- Changer les choses en contribuant à augmenter la diversité au sein des FAC et la croissance de l'effectif
- Interagir avec la population et les collectivités locales
- Possibilités d'avancement professionnel
- Points attribués pour une tournée de recrutement, équivalant à un déploiement opérationnel
- Nombreuses affectations partout au Canada

### Postes offerts dès maintenant

On a besoin de recruteurs spécialisés en diversité à Vancouver, à Calgary, à Winnipeg, ainsi qu'à London et à la Borden.

### Postulez dès aujourd'hui

1. Informez votre chaîne de commandement et votre gestionnaire de carrières, et indiquez le poste ou les postes souhaités dans l'Application d'accès pour le personnel civil et militaire.

2. Consultez les offres d'emplois des FAC dans le domaine du recrutement
3. Pour en apprendre davantage au sujet des divers centres de recrutement et leurs détachements ainsi que des activités de recrutement partout au Canada, veuillez communiquer avec l'officier de liaison adjoint du GRFC au 613-901-9628 ou par courriel à [paula.mchale@forces.gc.ca](mailto:paula.mchale@forces.gc.ca).

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# TRIDENT Sports

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

## Junior ranks claim HMCS *Montreal* hockey trophy

By Trident Staff

It's no secret that hockey is a big deal for sailors aboard HMCS *Montreal*, who often feel a special connection to the ship's namesake city and its famed NHL team. It's only fitting then, that the ship's list of year-end and holiday traditions typically includes a chance to hit the ice and face off against each other.

The latest end of year hockey match for the ship took place on December 13, with Montreal's Officers, Chiefs and Petty Officers lacing up their skates to take on the opposing squad made up of junior-ranked sailors. After playing their 2018 match as a ball hockey contest on the floor of the Fleet gym, the teams were happy to be back on the ice at the Halifax Forum.

The hard-fought game ended with a 4-1 victory for the Master Seaman and Below, who'll now hold the HMCS *Montreal* Hockey Cup in their mess through the year. The fun continued later that day for *Montreal's* junior sailors, with the senior ranked members of the ship serving their junior shipmates at the Hands Christmas Dinner.

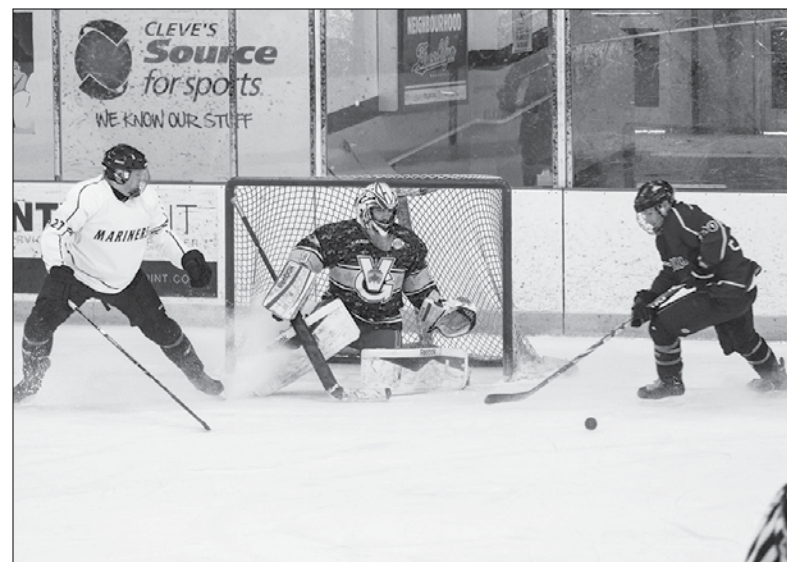
OS Kimberly O'Dell, acting as Commander for the day ahead of the Hands' Dinner, dropped the puck to kick off the game on December 13.

OS SAIF MORSY, HMCS MONTREAL



Both teams gathered for a photo following the game and the presentation of the ship's hockey trophy to the Master Seaman & Below.

OS SAIF MORSY, HMCS MONTREAL



The two teams played to a 4-1 finish in favour of the Junior Ranks.

OS SAIF MORSY, HMCS MONTREAL





# Nominations open for CISM team managers

By Trident Staff

The Canadian Armed Forces CISM program is seeking new dedicated volunteers to serve as team managers over the next four years. The call for nominations is currently open for both the Women's Volleyball program and for the Swimming and Lifesaving program.

The team manager role is described as being both demanding and rewarding, with responsibilities that include planning and organizing team activities, purchasing gear and equipment, and preparing data and reports, among other tasks. Nominees should also be familiar with CISM rules and regulations for their respective sports.

Managers must be either a serving Regular Force member or Class A or B Reservist, with a rank of at least Lieutenant (Navy) or Captain for officers, and at least Petty Officer 2nd Class or Sergeant for NCMs, or a full-time employee of Canadian Forces Morale and Welfare services. There will be a formal selection process for the roles, with interviews and aptitude assessments for candidates, who will be chosen based on factors like technical background, sporting experience, and their suitability for the position.



Canada's CISM Women's Volleyball team and Swimming team are both seeking a new team manager for a four-year period beginning in March of this year.

LYNDON GOVEAS, CFMWS

The goal is to have new managers in place for both teams by March of this year, and applications should be submitted by February 3 to the Canadian Armed Forces Sports Manager at [Denis.Gaboury@forces.gc.ca](mailto:Denis.Gaboury@forces.gc.ca).

Full information can also be found at <http://CAFConnection.ca>, including information on other upcoming openings for coaching and officiating positions with the CISM program and the regular CAF sports program.

# Soldier On to establish community programming for eligible members

By PSP

Soldier On (Nova Scotia & Newfoundland) is currently establishing community programming for members that are enrolled in the Soldier On program. We provide resources and opportunities for veterans and serving members to accept and adapt to their mental health or physical injury/illness through active participation in physical activity and sport.

New regional events will focus on group-structured activities from skiing, fishing, archery, and curling to hiking and multi-activity events. Our goal is to provide members with a safe environment to challenge themselves to get inspired in ways that they may not have thought possible. This re-introduction to an active lifestyle provides the member with opportunities to develop new skills, build confidence in their abilities and meet peers with similar challenges.

Who do we support? Serving members and veterans of the Canadian Armed Forces who acquired a permanent physical or mental health illness or injury while enrolled in the Canadian Armed Forces, whether or not it is attributable to service. Where can I get more information about Soldier On?

Website: [www.SoldierOn.ca](http://www.SoldierOn.ca)  
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Soldier On NS/NL Regional Coordinator: [SoldierOnNSNL-NE-NLSansLimites@forces.gc.ca](mailto:SoldierOnNSNL-NE-NLSansLimites@forces.gc.ca)  
Keep an eye out for our events in the near future.

# Sports Trivia 1st edition 2020

By Stephen Stone

### Questions

1. Ken Griffey Sr, and Jr, were the first father/son combination to hit for the cycle in Major League Baseball. Which dad/son combo was the second to hit for the cycle?
2. Since saves became an official statistic in MLB in 1969, who is the only position player to record a save?
3. What franchise was the last in MLB to have a player reach the 40 home runs mark in 1 season?
4. In modern MLB history, 154 position players finished their professional career with just one plate appearance. Of those 154, just 16 ripped a hit. What do Jeff Banister, Roy Gleason, Matt Tupman, Dave Liddell, and Roe Skidmore have in common?
5. Who, on September 1, 2019 threw his third career no-hitter (and his second in Toronto), making him the first pitcher to no-hit the same team on the road twice, and the third to no-hit the same team twice in any venue, along with Tim Lincecum (vs. the Padres) and Adie Joss (vs. the White Sox)?
6. Who easily won the National League Cy Young Award and became the 11th pitcher to capture it in consecutive seasons?
7. At age 21, he became the youngest player to record a 40-30 season. In fact, he was just the third player with 40 or more homers in a season at age 21 or younger, along with Edie Mathews and Mel Ott.
8. He had a 1.55 road ERA, which was fourth lowest among qualified starters since the mound was lowered in 1969. The only pitchers ahead of him on that list? Greg Maddux, twice, and Roger Clemens. That's good company.
9. Here is your gimme. Which team and franchise won the 2019 World Series?
10. Which World Series winning team is the only team to win all 4 games in a best of seven series on the road, losing the middle three at home?
11. Who won his first major tournament since the 2008 Open by winning his 81st tournament at the Masters in 2019?
12. Who was finally able to don a pair of long trousers with the Blue Bombers Grey Cup win in 2019?
13. Which teams played the game at the IIHF World Junior Championship in 2020 when the fastest three goals were scored and which team scored them?
14. Before the Tennessee Titans upset win over New England on January 4, 2020, when was the last time the Pats were eliminated from the play-offs that early?
15. Who did Tiger Woods choose as his assistant captains for the 2019 President's Cup Team USA?
16. Which rinks captured the Women's and the Men's World Curling Championships?
17. Who scored the Golden Goal for Canada at the 2020 IIHF Junior World Championship in a 4-3 victory over Russia in the tournament held in Ostravar, CZE?
18. What happened on August 10, 1995 in major league baseball that has not occurred since?
19. Who currently holds the NFL rookie record of seven catches for 160 yards and a TD in a play off game?
20. Which NHL coach has the highest career winning percentage?

Answers on page 22







# Sports Trivia 1st edition 2020

Questions on page 21

## Answers

1. Craig and Cavan Biggio
2. Outfielder Stevie Wilkerson retired the Angels in order in the bottom of the 16th inning of an Oriole 10-8 victory on July 25, 2019.
3. KC Royals – on September 3, 2019 Jorge Carlos Soler became the 1st Royals player to hit 40 taters in 1 season.
4. As of the end of the 2019 season, of the 16, these are the only 5 still living.
5. 36-year-old Justin Verlander of the Astros.
6. Jacob deGrom. In 2018, deGrom had just 10 wins, and the Mets went 14-18 in his starts -- the fewest wins by any starting pitcher to win the Cy Young Award, and the lowest team winning percentage in a Cy Young Award winner's starts. His 2019 numbers? An identical 14-18 Mets record when he started, and 11 individual wins.
7. Ronald Acuna, Jr. of the Braves
8. Mike Soroka of the Braves. (Apologies to the non-Braves fans but this lifetime fan just had to add a couple of questions to the list.)
9. The Washington Nationals, who came into MLB National league as the Montreal Expos which then moved to D.C. For the 2005 season.
10. The Washington Nationals
11. Tiger Woods
12. Chris Matthew. Back in 2001 he promised some friends he would wear shorts, and only shorts until his favourite team, the Winnipeg Blue Bombers, won the Grey Cup. It took 18 years for him to finally wear some long pants, which he donned immediately after the game at McMahon Stadium in Calgary. Kudos to Chris for keeping his pledge...a true fan.
13. Canada vs The Czech Republic. The Czechs scored a power play goal with 8:49 left in the 2nd period, scored another 14 seconds later, and Canada scored 9 seconds after the second Czech goal. Canada won the game 7-2.
14. 2009 Wild Card game. The Ravens converted three first-quarter turnovers by Patriots quarterback Tom Brady into 17 points on their way to a 24-0 lead New England could not recover from. It was the Patriots' first home loss of the season and their first home loss in the playoffs in more than 30 years. On top of that, it was the Ravens' first ever win against the Patriots after five consecutive losses. Final score: Baltimore 33 – New England 14.
15. Zach Johnson, Fred Couples, and Steve Stricker. Woods was also the 1st playing captain in a Presidents cup since Hale Irwin in 1994.
16. Switzerland, skipped by Silvana Tirinzoni, defeated Sweden (Anna Hasselborg) 8-7 and Sweden, skipped by Niklas Edin, defeated Canada (Kevin Koe) 7-2.
17. Akil Thomas who plays for Niagara Falls in the OHL.
18. A game ended with a forfeit. Umpire Jim Quick called the game in the bottom of the 9th at Dodger Stadium giving the Cardinal a win. The forfeit was the result of several Dodger ejections and the fan throwing over 100 souvenir baseballs onto the field.
19. D.K. Metcalf of the Seattle Seahawks made the record catches and yardage against the Eagles on Sunday, January 5, 2020.
20. William "Scotty" Bowman has a winning percentage of 58.1%. His teams have won 9 Stanley Cups. He coached the Blues, Canadiens, Sabres, Penguins, and Red Wings winning cups with Montreal (5), Pittsburgh (1), and Detroit (3).

# Fitness and sports updates

By Trident Staff

**CAF Powerlifting Regionals** will take place from April 22-23 at Aldershot. If numbers warrant it, the competition may be extended by a day.

**Starting January 1, 2020 all CAF personnel, including Class A, B and C Reservists are eligible for the FORCE Rewards Program.**

The FORCE Rewards Program uses rewards to recognize CAF personnel who achieve a high fitness level by scoring Silver, Gold or Platinum on the FORCE Fitness Profile. The FORCE Fitness Profile is a combination of the FORCE Evaluation score and waist circumference, when compared against other CAF personnel of the same age-group and sex. Rewards are claimed through <http://www.logistikunicorp.com> and will be delivered to both CAF Regular and Reserve locations across Canada.

*Continued on page 23*



## DND

# Snow Festival

## FEBRUARY 17TH, 2020

Come join us at CFB Halifax and 12 Wing for some Sports, Games, Arts & Crafts and other Fun Activities for the whole family!

*Hot Beverages & Snacks provided.*

**For more information and complete schedule of events, please visit: [cafconnection.ca/Halifax](http://cafconnection.ca/Halifax)**



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 /psphalifax



# Super Crossword

THE LATEST FASHION

ACROSS

- 1 Stuff pumped into a 747  
8 Bracing devices  
14 Teeny bit  
20 "Stephen," to the French  
21 Rip into  
22 Untrue rumor  
23 Start of a riddle  
25 "Ironie" singer Morissette  
26 Enzyme name ender  
27 Solo for a 41-Across  
28 Not feeling well at all  
30 Set aflame  
31 Riddle, part 2  
39 Shar- --  
40 No, to Burns  
41 Certain opera singer  
42 Actress Joanne  
43 Bit of slander  
44 Neighbor of a Croat  
46 The, to Josef  
48 Apt rhyme of "grab"  
50 -- O-Fish (McDonald's sandwich)  
52 Riddle, part 3  
59 Very pungent  
61 Certain opera singer  
62 Adders, e.g.  
63 Most blaring  
66 Sculling tools  
68 As blind as --  
69 Elegant tree  
72 Pharmacy amount  
73 Riddle, part 4  
76 Blackthorn  
77 Fire residue  
78 Lady Grey  
79 Sauce brand since 1937  
80 Stays away from  
82 Total or Life  
84 Neighbor of a Swede  
86 Goes fast  
87 Riddle, part 5

- 93 NATO part  
94 Mineo of "Tonka"  
95 Knighted one, e.g.  
96 Pleasant  
99 The Beatles' "-- Loser"  
100 "Citizen X" actor Stephen  
103 Equine noise  
107 Do a lawn chore  
109 Relo vehicle  
110 End of the riddle  
115 Dir. from Del. to Vt.  
116 Busy mo. for a CPA  
117 Big particle physics lab in Switz.  
118 "Hail, Nero!"  
119 Big name in sneakers  
121 Riddle's answer  
128 Lenient  
129 Beethoven's Third, familiarly  
130 Mark Antony's wife  
131 Local lingoes  
132 Wet slightly  
133 Wee baby

DOWN

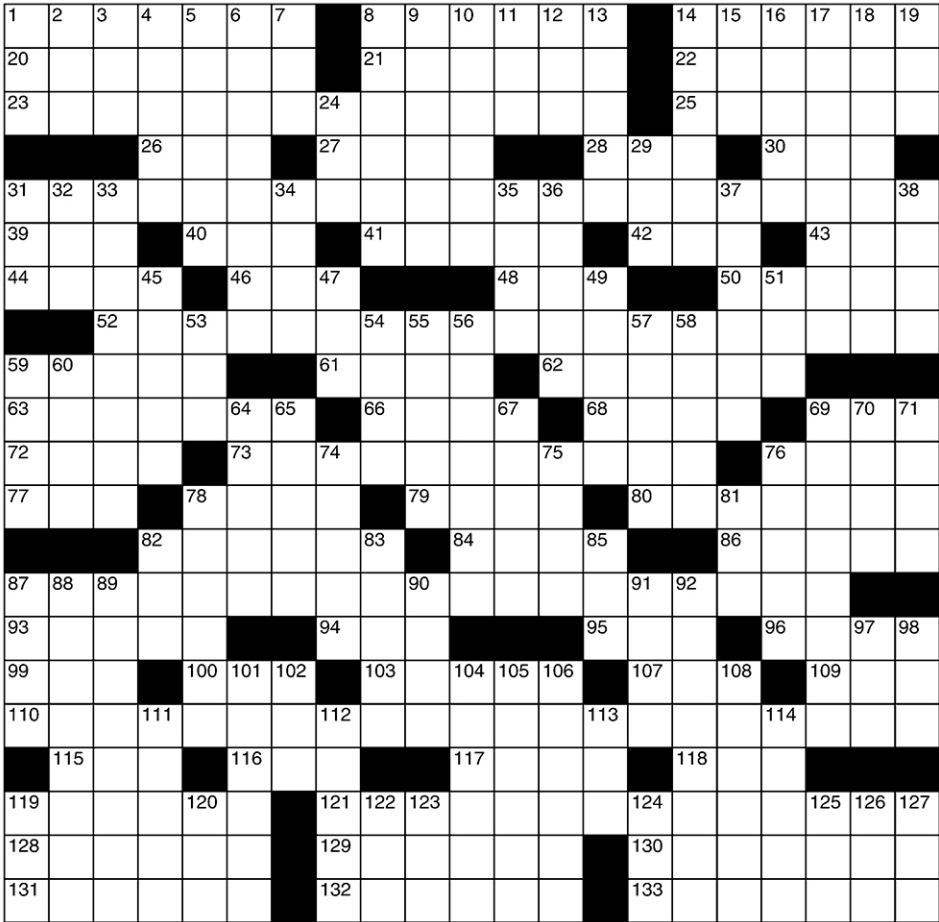
- 1 Seder celebrant  
2 Ordinal number ender  
3 Carrere of "True Lies"  
4 Beyond embryonic  
5 Oneness  
6 Baja California resort port  
7 Permit to  
8 Biblical angel  
9 Chicana, e.g.  
10 Many flying creatures  
11 Got together  
12 Compadre  
13 "Shrek!" author William  
14 Like time, speed and temperature  
15 Bad, to Luc  
16 Including everything

- 17 Author Steel  
18 More sandlike  
19 MS markers  
24 "Yuk" relative  
29 PC screen variety  
31 Special -- (mil. group)  
32 Toll, for one  
33 Atomizer for spraying paint  
34 Turned right on a horse  
35 Has no life  
36 -- Ark (biblical boat)  
37 With 57-Down, supporter for a caterer's dishes  
38 Pets' docs  
45 Groom's partner  
47 Microwave brand  
49 Unoriginal  
51 Indefinite things  
53 Keats verse  
54 Gobs  
55 Railing locale  
56 Hurricane relative  
57 See 37-Down  
58 Green-lights  
59 Alan of "White Mile"  
60 Doves' calls  
64 Horrify  
65 Reasonably muscular  
67 Lactose, e.g.  
69 Unrequired course  
70 Rob of the Brat Pack  
71 Disorder  
74 Gets close  
75 Mom or dad's sister  
76 "Da Doo Ron Ron" singer Cassidy  
78 -- Tull (rock band)  
81 -- Magnon man  
82 Persian, e.g.  
83 Country singer Rimes  
85 Suffix with lion  
87 Army group

- 88 Ball of perfume in a closet  
89 Exhausting  
90 Urged in defense  
91 Intentions  
92 Close friendship between guys  
97 "Wheels"  
98 Nav. officer  
101 Expunges  
102 African viper

- 104 Implant that helps in returning a lost pet  
105 Athens' land  
106 Husband of Lily Munster  
108 Greet with a hand motion  
111 Resulted in  
112 Followed a curved path  
113 Hit skit show since '75  
114 "-- & Kel" (1990s teen show)

- 119 -- Khan  
120 Height fig.  
122 Hunters' gp.  
123 -- de plume  
124 Cyclotron bit  
125 Actress Longoria  
126 Apt humor  
127 Letter encl. to facilitate a reply



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## Fitness and sports updates

Continued from page 22

**MEGA Curling** takes place at the CFB Halifax Curling Club in Windsor Park from March 2-6, 2020. For more info, pls contact Brandon Lenentine at Brandon.Lenentine@forces.gc.ca

**The CAF National Swimming Championships** will be held from March 26-30, 2020 in Ottawa, in conjunction with the Ontario Masters Swimming Championship.

**Floor Hockey championships** will take place at the 12 Wing Shearwater Gym from April 13-17, 2020. For more info, pls contact Maddie McDonald at madeline.mcdonald@forces.gc.ca

**Try Taekwondo** at the Shearwater Sports, Fitness and Recreation Centre on Monday and Wednesday from 6:30-9:00 p.m., and on Saturday from 1:00-3:00 p.m. Ages 12 and

above are welcome.

For more information, please contact Courtney.Gallant@forces.gc.ca  
**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.





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