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Volume 54, Issue 03



Starting the conversation

HMCS Harry DeWolf personnel enjoy the PSP Health Promotion photo booth while taking part in the mental health conversation on Bell Let's Talk Day, January 29. From left: AB Luc Gillis, LS Raymond Kwan, and LS Daniel Bremner, all of HMCS Harry DeWolf.



HMCS Fredericton deploys to Op REASSURANCE Pg. 3



oys to CFB Halifax Base
Pg. 3 Divisions Pg 6



Bell Let's Talk Day Pgs 12-13



k Day MEGA Hockey
Pgs 12-13 Championship Pg. 20





HMCS Halifax returns from Op REASSURANCE

On Friday January 24, HMCS *Halifax* returned from a six-month deployment as the flagship for Standing NATO Maritime Group Two, focusing on maritime security and deterrence measures in the Mediterranean and southern Europe, exemplifying the strength of allied solidarity on Op REASSURANCE. Friends, family, and senior members of RCN Command were on hand to welcome the ship and its crew.

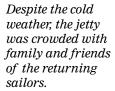


LS Ritchot reunites with her dog after a six-month absence.

MONA GHIZ. MARLANT PA







MONA GHIZ, MAR-LANT PA

A cadet stands ready to welcome HMCS Halifax as the ship returned to its homeport of Halifax, NS after completing a 6-month deployment.

> MONA GHIZ, MAR-LANT PA





From left: Upon arrival, AB Johnathan Ouellette and AB William Lacasse reunite with their partners.

MONA GHIZ, MARLANT PA



From left: The Honourable Arthur LeBlanc, Lieutenant Governor of Nova Scotia, RAdm Craig Baines, Commander JTFA and MARLANT, and VAdm Art McDonald, Commander Royal Canadian Navy, were among those present on the jetty to welcome home the ship and its crew.

HMCS Fredericton latest ship to deploy to Op REASSURANCE

By Ryan Melanson, **Trident Staff**

The next chapter in the Royal Canadian Navy's ongoing commitment to Operation REASSURANCE got started on January 20 at HMC Dockyard, with HMCS Fredericton departing Halifax for a six-month deployment to the Mediterranean.

Fredericton's deployment marks the 13th time a Canadian vessel has sailed to the region since the RCN began supporting the mission in 2014. The ship and its crew will join Standing NATO Maritime Group Two (SNMG2), which is in place to reinforce NATO's collective defence and assure Central and Eastern European allies of their security and stability in the face of Russian aggression and other regional threats.

Family, friends and colleagues gathered at Jetty NB in the morning to say goodbye to crew members and see the ship off, with dignitaries including local MPs and The Honourable Arthur J. LeBlanc, Lieutenant Governor of Nova Scotia, along with Her Honour Mrs. Patsy LeBlanc, also in attendance.

Cmdre Richard Feltham, the Commander of Canadian Fleet Atlantic, expressed pride in both the ship's crew, who have had a long road of training and readiness work-ups to prepare for the deployment, as well as both the military and civilian shore staff who supported them along the

"The Fleet Maintenance Facility, as always, has performed miracles in getting the ship set and ready on time, and the Sea Training Group has done their part getting the best out of this crew, who have all performed admirably through the process," he said.

The large departure and homecoming ceremonies held for these extended deployments tend to focus on family, who often provide crucial

support to deployed sailors, taking on extra burdens to allow them to focus on the tasks at sea rather than worrying about day-to-day troubles back home.

"The love and support of all the family members gathered here today is incredibly important. I want to give a personal thank-you to each and every one of them," said Cdr Blair Brown, Fredericton's Commanding Officer.

"There's a lot of excitement on board, and we know we'll face challenges that are lying ahead, but we have a fantastic crew and it's an honour and a privilege to serve alongside these sailors.

Cdr Brown also thanked the Halifax and Region MFRC for their support to sailors and families leading up to the mission, and the continued support and resources they'll provide to their families in the months ahead.

Fredericton is now expected to join NATO partners with SNMG2 in the Mediterranean in the coming weeks, beginning a program of patrols, interoperability exercises, and port visits, all designed to strengthen Canada's relationships with allies while strengthening NATO's maritime presence.

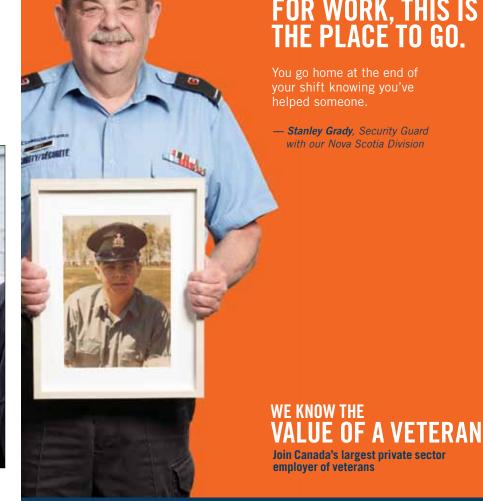
HMCS Fredericton sails away from the Jetty along with its embarked CH-148 Cyclone Helicopter on the morning of January 20.

MONA GHIZ, MARLANT PA

(BELOW) Commanding Officer Cdr Blair Brown speaks to colleagues and family members on the Jetty prior to HMCS Fredericton's departure on January 20.

MONA GHIZ, MARLANT PA





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FOR WORK, THIS IS THE PLACE TO GO.

your shift knowing you've helped someone.

— Stanley Grady, Security Guard with our Nova Scotia Division

€ COMMISSIONAIRES



There were plenty of heartfelt goodbyes as sailors spent a final few moments with loved ones before heading out on the six-month mission.

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TRIBENT

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

June 1 - MFRC & Family Days

June 15
June 29 — MFRC
July 13
July 27 — MFRC
August 10 — Back to School
August 24 — MFRC

September 8
September 21 — MFRC & DEFSEC Atlantic
October 5 — Fall Home Improvement
October 19 — MFRC & Fall Automotive
November 2 — Remembrance Day
November 16 — MFRC & Holiday Shopping

November 30 - Last Minute Gift Guide

December 14 - MFRC & Year End Review

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Community Calendar

Reunion and event notices must be submitted by email. editor@tridentnews.ca include the sender's name and phone number. A notice will not be published if the event is to happen more that one year from publication date. Submissions may be edited.

Naval Bursary Applications

Applications are being accepted for a naval bursary offered to Nova Scotia students with a naval connection, to pursue training at a recognized secondary educational institution. The bursary is provided by the Nova Scotia Naval Association of Canada (NSNAC). Contact www.navalassoc. ca/branches/halifax to download the bursary application form, or email infoNSNAC@gmail.com. Deadline for applications is April 15, 2020.

The Sea in her Blood Time: 9:30 a.m. - 5:30 p.m. Date: Open until March 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 was recently extended to remain open until March 1.

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 a 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.

African Heritage Festival 2020 Time: 2:30 - 4:30 p.m. Date: Sunday, February 23 Location: Captain William Spry **Public Library**

Join members of the community for the fourth annual African Heritage FAME (Fashion, Art, Music, Eat) Festival, an afternoon celebration of live music, art, food tasting, and a fashion show. The afternoon will feature Duntan Salvador of Dut-luscious Cakes, Mary's African Cuisine, performers from the Maritime Centre for African Dance, and Musician Art Bouman. All are welcome to attend the event, which is part of official African Heritage Month events at the Halifax Public Libraries.

Celebrate African Canadian Women Entrepreneurs

Time: 6 - 8 p.m. Date: Monday, February 24

Location: Halifax Central Library

The Central Library will host this inspirational conversation with local business owners. Learn from women of African Descent who have broken down barriers, faced challenges, and have become known for their business acumen. Celebrate achievements through stories, life and the business experiences of Dr. Sarojadevi Premsagar, MD, the owner of the medical practice at Family Focus Clinic, and Ann Divine, CEO of Ashanti Leadership and Development Services, and the Founder of the Black and Immigrant Women Network Association.

The Women of the SS Atlantic Time: 7 p.m. Date: Tuesday, March 31

Location: Maritime Museum of the Atlantic

April 1 will mark the 147th anniversary of the biggest shipwreck disaster in Nova Scotia history, the loss of the SS Atlantic near Halifax. when some 550 people lost their lives. It was the worst transatlantic steamship catastrophe until the loss of the Titanic 39 years later. The wreck remains a mystery, and the fact that more than 400 men survived while all the women aboard perished, along with 117 of the 119 children, still raises eyebrows. Bob Chaulk, the author of two books about this puzzling event, will tell the compelling stories of these women and their agonizing struggle for life.

Expect a layered story

By Padre Capt R.G. Davis, 12 Wing

I recently had dinner with two friends. One of them had moved away, so the three of us were catching up on events of the past couple of years. I came to learn that night that the first friend's wife had miscarried once, and the second friend's wife had miscarried twice. It was a heavy, but rich, time. We mourned together and encouraged one another.

What struck me later was that I had been a bit surprised to learn that my friends had been grieving. It made me realize that I hadn't walked into the encounter assuming that there were hurts going on. I should have gone into that evening expecting both friends to have burdens, even if I didn't know what they were. And I should go into every interaction with everyone expecting the same. Perhaps their marriage is struggling, or some issue is causing depression, or an injustice at work is filling them with anger, or illness is stealing their joy, or an addiction is destroying their life. Of course it's very possible that when I ask "How are things?" that they are telling the truth when they say "good". But I was reminded to assume that there was a story to hear, and potentially one full of hard things

I've been reflecting further on this, and thinking more about stories. When we engage people, we're really entering into multiple layers of stories. We can think of Layer 1 as the immediate narrative (How are you doing?). Layer 2 is their origin narrative (Where are you from? Who are your people? What has shaped you?). If we get a chance to hear about the stories from Layer 2, it might drastically change how we view Layer 1. Insecurities of today may come from hurts of yesterday. The fiery passion to succeed in a career may have been kindled in a painful childhood. Counselors and psychologists study these



Padre's Corner

inter-related stories in detail so they can help people who are a bit "stuck" But the reality is that all of us are a bit stuck. We all need friends who want to go beyond Layer 1.

Then there's Layer 3, which is the meta-narrative, or cosmic story, that explains what someone believes (What do you think is the meaning of life? Do you believe in a God, and what is He like? Do we have moral obligations?). This is the realm of spirituality. Whereas Layers 1 and 2 are rooted in experiences, Layer 3 is based upon faith. For this reason, Layer 3 may be very fluid. A person may believe in something, but not actually live according to that set of beliefs. In fact, all of us find ourselves inconsistent when it comes to Layer 3.

Continued on page 5



LS Jarvis Wills, left, and Cdr Peter Sproule, right, present outgoing HMCS St. John's Coxn CPO1 Cavel Shebib with a cutlass following the ship's Change of Appointment ceremony on January 20. **SUBMITTED**



Coxn describes time aboard HMCS St. John's as a career highlight

By Ryan Melanson. **Trident Staff**

The outgoing Coxswain of HMCS St. John's says his 16-month posting to the unit has been the high point of his CAF career, and that his successor is lucky to be joining the 'best ship in the fleet.

St. John's held a Change of Appointment ceremony for its senior noncommissioned member on January 20, with CPO1 Cavel Shebib stepping aside, and incoming Coxn CPO1 Simon Strasbourg officially taking over the role.

CPO1 Shebib's time as Coxn included trips to four Canadian provinces and 10 different nations with St. John's, with public outreach, commemorative ceremonies, and international exercises all being a part of the ship's busy program over the past 16 months. He gave credit to the entire crew for being instrumental to the ship during this time period, with a specific shout-out to the chiefs of the various departments.

"St. John's would not have been successful over these past 16 months

without their amazing work and leadership. I appreciate their friendship, and that they always had the ability and the courage to speak up when it mattered," CPO1 Shebib said. He mentioned taskings like the 2019 Great Lakes Deployment and Exercise FORMIDABLE SHIELD, along with internal matters like Duty PO changes and the implementation of the new cannabis policy, as situations where he was able to rely heavily on his team members.

CPO1 Shebib also spoke about the ship's strong command team and his great working relationship with Commanding Officer Cdr Peter Sproule. He said he never had to worry about his CO backing up his chiefs or trusting them to act in difficult situations, and Cdr Sproule echoed that sentiment in his own comments about his outgoing chief.

"On all ends of the spectrum, he has been my sounding board, my point of experience and expertise, and the ship could not have succeeded in all those efforts without his leadership," Cdr

'We're the best ship in the fleet

because we have a crew who believes it, and they come in everyday expecting to live up to that standard. As part of the leadership triad, I'm confident in every respect that we'll continue to foster that environment on board.

St. John's' new Coxn, CPO1 Simon Strasbourg, brings experience serving in eight different HMC ships through his career, including St. John's itself in the late 90s, with positions including Senior Naval Communicator and Combat Chief, as well as shore experience at the former CFNOS, MARLANT HQ. BIS, and elsewhere. He said he has fond memories of his earlier posting with St. John's, and that he's looking forward to maintaining the reputa-tion that recently earned the ship the Admiral's Cup.

"There's no doubt there will be challenges along the way, but we'll face them together, and I'm looking forward to being part of it.

The ceremony also included flowers being presented to the families of both the incoming and outgoing Coxns, and further presentations were made to CPO1 Shebib at a gathering in the ship's Junior Ranks' Mess following the formal event.

February - Heart Health **Month**

By PSP Halifax Health **Promotion Staff**

It is easy to take our heart health for granted, until something goes wrong. In Canada, nine in 10 people have at least one risk factor for heart disease, many of these risk factors being preventable lifestyle choices. In fact, almost eight in 10 cases of premature heart disease could have been prevented. The top lifestyle choices that increase risk for heart disease include smoking, low physical activity, and poor eating habits.

February is Heart Health Month, meaning there is no better time to better yourself and decrease risk for heart disease. To start, why not try out some new healthy recipes? Health Promotion Services has created a breakfast recipe guide, accessible from the CAFconnection website, to help you diversify the most important meal of the day. This recipe, adapted from Simple-GreenMoms.com, uses avocado to deliver nutrients proven to lower risk of heart disease:

Egg and Avocado Toast

Serves 1

Choose whole grain bread for a healthy boost.

Ingredients:

2 eggs (poached or sliced hardboiled)

2 slices of bread, toasted 1 small avocado

1 teaspoon lime juice

Sea salt and black pepper Optional: parsley for garnish

Instructions: Prepare toast and eggs to personal preference.

Peel and mash avocado with lime juice, salt, and pepper.

Spread avocado evenly on each slice of toast, then top with an egg and additional seasonings of preference.

Expect a layered story

Continued from page 4

But what is powerful about Layer 3 is that it provides the framework for how a person interprets stories in Layers 1 and 2. Whether someone believes in a loving God, or a demanding God, or no God, will shape how they see the experiences of their immediate and origin narratives.

Learning a person's stories from all three layers takes time and effort, because it requires building trust. But it is a labour of love and true friendship. I hope we will all grow in our desire and ability to be a hearer of stories. So know the layers are there, expect them, and dig in.



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

Honours and awards presented at CFB Halifax Base Divisions

By Ryan Melanson, **Trident Staff**

Efforts have been made over recent months to hold Base Divisions more regularly at CFB Halifax, and the trend is continuing into the new year. The latest Divisions were held on January 15, with members from various base units on parade at the Willow Park Ārmourv.

Base Commander Capt(N) David Mazur presided over the ceremony, and used the opportunity to speak to his members about the busy year ahead, while also encouraging everyone to work with their chains of command to find time for health and personal development.

He lauded base units for consistently excelling in the behind-the-scenes work that supports operations at sea, in the air, and on land, pointing to the recent departure of HMCS Fredericton for a sixmonth Op REASSURANCE deployment as an example of an operation carried out with a great deal of support from the base.

"It's going to continue to be a busy year for us, but I'm confident we'll keep on functioning well and supporting operations, just as we always have," he said.

Base Divisions also gives an opportunity for the Base Commander to present members with honours and



Capt(N) Mazur (left) and Base Chief CPO1 Kent Gregory (right) present a Base Commander's Commendation to CPO2 Michael Culligan, one of a number of honours and awards presented at the Divi-

AVR RENZO RUIZ HAAS. FIS

awards, which included Commendations, Canadian Forces Decorations, and NATO bars and medals.

Capt(N) Mazur said a benefit of holding the ceremonies consistently is that deserving members get presented with their honours or awards in a more timely manner, adding that the base is now back on track after a backlog of presentations had built

up over recent years.

"I'm happy to see that we've caught up, and we're getting together more often to get people that important recognition. It's important to get in front of our peers to recognize who we are, what we do, and all that we've achieved along the way.'

Awards included a Vice Chief of Defence Staff Commendation, which

was presented by Capt(N) Mazur to MWO Leigh Joiner, the Company Sergeant Major for CFB Halifax BLog TEME. MWO Joiner was awarded for the countless hours he's contributed as a volunteer with various Royal Canadian Army Cadet Corps, providing a positive influence along with his mentorship and expertise in military training.

A Base Commander's Commendation was also presented, with CPO2 Michael Culligan receiving the award for his accomplishments in his current role as the Assistant Base Chief Petty Officer and as the Vice-President of the Base Chiefs' and Petty Officers' Mess. CPO2 Culligan was credited for his supervision and mentorship of base staff and his promotion of the welfare of NCMs across the Formation.

Further presentations included:

- The SSM-NATO Bar, awarded to WO Rachel Boucher, LS Matthew O'Flynn, and MWO Hamel.
- The Sea Guardian medal, awarded to LCdr Timothy Berryhill and MS Keith Moreash.
- The Canadian Forces Decoration, awarded to MCpl Joshua Beals, Cdr Jennifer Gosse, PO2 Lori MacCormick (1st Clasp) and CPO2 Michael Culligan (2nd Clasp).

HMC ships Glace Bay and Shawinigan depart for Op **PROJECTION West Africa**

Family and friends gather for the departure of HMC Ships Glace Bay and Shawinigan from HMC Dockyard on January 25, 2020, beginning a six-month deployment to Africa in support of OP PROJECTION West Africa.





Key events of the Battle of the Atlantic: February

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

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

February 6, 1941: Bound from Montreal to Preston, England with convoy SC-20, the Canadian merchantman Maplecourt is torpedoed and sunk by U-107 west of Northern Ireland. Thirty-seven crew members are lost to the action and the frigid waters in the aftermath.

February 3, 1942: Southwest of Iceland, HMCS *Summerside* detects an underwater object on asdic as she overtakes two straggling merchantmen at the rear of convoy SC 66. Although the attack is pressed for over twelve hours, no confirmation of a U-boat sinking is ever made. Examination of post war records shows 11 German submarines operating independently in the North Atlantic at the time.

February 5, 1942: Travelling alone and without an escort, the

Canadian tanker Montrolite with a cargo of diesel crude from Venezuela, is torpedoed and sunk northeast of Bermuda by U-109. Of her original crew of 48, just 20 survive.

February 10, 1942: In the mid-Atlantic, northwest of Bermuda, the Canadian merchantman Victolite is torpedoed and then suffers surface fire from U-564. She sinks with the loss of the entire crew of 47.

February 10, 1942: In the dark just south of Iceland with convoy SC-67, the corvette HMCS *Spikenard* along with the tanker Heina are torpedoed by U-136 while en route to Londonderry in Northern Ireland. HMC

Ships *Chilliwack* and *Dauphin* spend most of the night searching for survivors but it is the next morning when the corvette HMS *Gentian* finds just 8 survivors of *Spikenard*. At this time during the war, the RCN forms the backbone of Allied sea power in the western Atlantic with a meager force of just 13 destroyers and 70 corvettes dubbed the Western Local Escort Force.

February 22, 1942: 625 miles east of Cape Race, Newfoundland, the Canadian merchantman A.D. Huff is sunk by the German cruiser Gneisenau with a loss of two crew members and the remaining 37 crew being taken prisoner.

February 22, 1942: While transiting the Caribbean off British

Guyana, the Canadian merchantman George L. Torian is torpedoed and sunk by U-129. 15 are captured and later set free by the U-boat captain while four are rescued by a U.S. Navy Catalina flying boat. Later that night, another Canadian merchantman, the Lennox, is sunk by the same submarine.

February 6, 1943: The corvette HMCS Louisburg carries the unique distinction of being the only RCN vessel lost to enemy aircraft. On the evening of February 6, 1943, while escorting a convoy out of Gibraltar to carry supplies to the Allied armies fighting in North Africa, Louisburg was struck on

her port side by a torpedo launched from marauding Italian aircraft. Only 48 of her crew of 88 were picked up, with *Louisburg*'s own depth charges killing many crewmembers in the water as she sank.

February 8, 1943: The Italian submarine Avorio is hunted and repeatedly depth charged by HMCS *Regina* in the Mediterranean off Algeria.



Hedgehogs were used in anti-submarine warfare.

As the submarine surfaces to make a run for safety, a surface gun battle ensues with *Regina*'s 4" gun striking the submarine's conning tower and bridge instantly killing the ship's Captain and several others. The remaining crew surrenders and the submarine is towed into Tobruk.

February 22, 1943: HMCS Weyburn joins the slow moving convoy MKS-8 after a fuelling stop in Gibraltar and takes up her screening station within the convoy. Almost immediately, Weyburn strikes a mine laid by U-118 and although initial inspection suggests the ship can be saved, she sinks shortly after still tethered to the destroyer HMS Wivern, which had come alongside to evacuate casualties. Lines are cut but exploding



HMCS Summerside, K141.

depth charges still aboard *Weyburn* cause even more casualties both in the water and on the decks of *Wivern* from flying debris. Eventually, *Wivern* is towed to Gibraltar with 68 members of *Weyburn*'s crew.

February 18, 1944: HMC Ships *Athabaskan, Haida* and *Huron* join the Royal Navy's 10th Destroyer Flotilla to take part in Operation

NEPTUNE, the naval phase of OVERLORD, the invasion of Normandy. These comprise offensive sweeps along the German occupied French coast, ridding it of enemy surface vessels and submarines leading up to the early June invasion of the continent.

February 24, 1944:
South of Iceland, HMCS
Waskesiu picks up a
submarine on her asdic
in the early morning
hours. After 2 hours of
relentless depth charge
and hedgehodge attacks,
contact is lost. At 0530,
as the U-boat attempts to
flee the area on the surface at high speed, she is
picked up by Waskesiu's
radar. The frigate closes

at full speed blanketing the exposed surfaces of the U-boat with everything from 4" HE shells to 20 mm and Bren gun fire. As day breaks, U-257 sinks below the surface. February 25, 1944: The destroyer HMCS *Columbia* touches bottom off Motion Bay, Nfld during an extremely foggy transit. She would eventually be towed to Liverpool, NS where she would live her life out as an ammunition hulk.

February 14, 1945: In Ostend, Belgium where the Canadian 29th MTB (Motor Torpedo Boat) Flotilla is based, a spectacular fire sweeps through a refuelling basin destroying five of the 29th MTB's boats along with seven RN MTBs. Sixty lives are lost and so devastating is the damage that the 29th MTB Flotilla is disbanded within weeks.

SUBMITTED **Februa**

February 16, 1945: As the Battle of the Atlantic winds down, but by no means is ended, HMCS Saint John sinks U-309 off Scotland's northern coast. The submarine had been shadowing Convoy WN-74 into the Moray Firth when detected by Saint John on ASDIC. Three attacks, first with depth charges and then with hedgehog produced a slick of oil on the surface. Unconvinced, the frigate's Captain continues the attack with depth charges again which finally results in wreckage including charts, books and insulation coming to the surface. At war's end, U-309 is confirmed sunk with the loss of her entire crew of 47.

February 22, 1945: On the afternoon of February 22nd, 1945, while escorting convoy BTC 76 from Antwerp to the Thames estuary, the corvette HMCS *Trentonian* was struck aft on the stbd side by a torpedo fired from U1004 with the loss of 6 crew. Though not the last RCN vessel, *Trentonian* would be the last corvette sunk during the Second World War.

February 23, 1945: On a convoy run originating in Saint John, New Brunswick, the Canadian merchantman Point Pleasant Park is torpedoed and sunk off Cape Town, South Africa by U-510 losing nine of her crew of 58. Ironically, in 1967, during an unveiling ceremony in Halifax's Point Pleasant Park, U-510's captain, Commander Alferd Eick, would present a wreath in memory of the nine crewmen lost.





Great start for Australian-led Combined Task Force 150

By Lt(N) Tony Wright, CTF 150 Public Affairs Officer

In a little over a week, Combined Task Force 150 (CTF 150), led by Australia with a staff of Australians, Canadians, and New Zealanders, have conducted a pair of successful boardings netting almost 3.6 metric tonnes of narcotics whose proceeds would have otherwise made their way into the hands of terrorist organizations.

CTF 150, headquartered in the Kingdom of Bahrain, is one of three combined task forces within Combined Maritime Forces (CMF). The 33 member nations of CMF work together to strengthen maritime security in the Middle East Region, conducting maritime security operations, capacity building activities, and regional engagement.

CTF 150's mission is to disrupt terrorist organisations and their related illegal activities by restricting their freedom of manoeuvre in the maritime domain. The activities of CTF 150 are a critical part of global counterterrorism efforts, as terrorist organizations are denied a risk-free method of conducting operations or moving personnel, weapons or income-generating narcotics and charcoal.

The Australian-led team's success began with some bad luck for the smugglers on Friday December 13. French Ship (FS) Courbet, a frigate of the Marine Nationale operating in the Gulf of Oman in direct support of CTF



Royal Marine Commandos from HMS Defender approach a suspicious dhow in the Gulf of Oman while patrolling in support of CTF 150. 131 kgs of crystal methamphetamine were subsequently found and seized.

SLIBMITTER

150, seized 3.5 metric tonnes of hashish from a vessel they had been tracking.

This haul had an estimated regional wholesale value of \$1.8 million U.S. dollars.

Less than a week later on December 19, HMS *Defender*, a United Kingdom Royal Navy destroyer working in direct support of CTF 150 made another bust.

A suspicious vessel was first de-

tected using *Defender*'s shipborne helicopter. *Defender* then closed in on the dhow and a team of Royal Marine Commandos secured the vessel and its crew. It was then searched by a Royal Navy boarding team who found 131 kilograms of crystal methamphetamine with an estimated regional wholesale value of \$280,000 US dollars.

Taken together, the estimated regional wholesale value of these two

shipments is over \$2 million U.S. dollars; worth many times more on the street.

"In a very short time, we've kept a great deal of narcotics from their intended destination," said Commodore Ray Leggatt, Royal Australian Navy, the Commander of CTF 150. "With this action, and more to come, we are impacting terrorists' ability to operate in this region and around the world. Along with the decisive actions of Courbet and Defender, our diverse team of Royal Australian, Royal Canadian, and Royal New Zealand Navy professionals have done outstanding work and we have begun this mission with a great deal of momentum that we intend to carry through our deployment."

CTF 150 has remained on watch and vigilant throughout the holiday period. "We trained for this mission knowing we'd be far from home over Christmas," said Lt(N) Justin Sowley, a Canadian member of the 24-hour Battle Watch that keeps an eye on the area of operations and helps coordinate the work of ships supporting CTF 150. "It's the support of our families and friends that keeps us going. Without them, this would be a much harder mission."

This is the eighth time that Australia has led this mission and this rotation of CTF 150 is expected to run until late March 2020, when another CMF participating nation will take

New Commanding Officer for HMCS *Halifax*



Cmdre Richard Feltham, Commander Canadian Fleet Atlantic, presides over a Change of Command ceremony on January 29, 2020, as Cdr Chris Rochon (right) assumes command of HMCS Halifax from outgoing ship's captain Cdr Scott Nelson (left).

LS IGLESIAS, FIS

DND psychologists serving CAF Members

By CF H Svcs C (A)

February is National Psychology Month. It is therefore a great opportunity to define the typical occupational responsibilities of psychologists, while also highlighting the role and contributions of DND psychologists serving CAF members in MARLANT.

Psychologists' primary roles are to provide assessment, consultation, and counselling/therapy services. They can diagnose and treat mental illnesses, and often work in collaboration with psychiatrists, family physicians, mental health nurses, social workers, addiction counsellors, case managers, and chaplains.

According to the Canadian Psychological Association (CPA), a psychologist "studies how we think, feel and behave from a scientific viewpoint and applies this knowledge to help people understand, explain and change their behaviour." Psychologists may specialize in certain areas; for example, mood disorders, anxiety disorders, personality disorders, eating disorders, addictions, developmental disorders, and posttraumatic stress disorder (PTSD). They work in clinical settings, research and/or education.

Psychologists have extensive training in the variety of empirical treatment methods. The methods they employ will depend on the particular circumstances of the patient they are working with. Treatment is significantly more than just talk! For example, one method is specifically designed to assist patients in increasing their motivation. Another method involves changing negative patterns of thinking and behaviour. Yet another example is a method that focuses on changing behaviours to better match the patient's values and beliefs. Several of the psychologists here at Canadian Forces Health Services Centre (Atlantic) also have additional training in highly specialized treatment methods, such as Eye Movement Desensitization and Reprocessing (EMDR) therapy and Dialectical Behavior Therapy (DBT).

CF H Svcs C (A) employs eight psychologists in three sections of Mental Health Services - General Mental Health (GMH), Addictions Prevention and Treatment (APT) and Operational Trauma and Stress Support Centre (OTSSC). In general, CAF members in MARLANT have more timely access to psychology services than the general civilian population. At a ratio of approximately one psychologist for every 1400 members, MARLANT has nearly double the number of psychologists compared to what is available to the general civilian population of Nova Scotia.

This means that CAF members have relatively fast access to psychologists, with wait times much shorter than they are for the general civilian population.



From left to right: Dr. Tina Oates-Johnson, Chimène Jewer, M.Sc.; Mary McGrath, M.Sc.; Patricia Roache, M.Sc.; Susan Young, M. Ed.; Dr. Sheila MacNeil, Alexandra Anderson, M.Sc.; and Dr. Krista Luedemann.

SUBMITTED

Meet our psychologists:

- Mary McGrath, M.Sc.: Program Manager (APT); specialty areas include addictions (alcohol, drug, gambling, and gaming), sexual behaviour problems and concurrent disorders such as depression, anxiety, trauma, and personality disorders; background in forensic psychology; 25 years of experience (18 years with the CAF).

- Dr. Tina Oates-Johnson: specialty areas include anxiety disorders, depression, eating disorders, personality disorders and trauma-related disorders; 20 years of experience (16 years with the CAF).

- Chimène Jewer, M.Sc.: specialty areas include anxiety, depression, personality disorders, eating disorders, chronic pain, and trauma/post-traumatic stress disorder (PTSD); 14 years of experience (4 years with the CAF)

- Patricia Roache, M.Sc.: Program Manager (OTSSC); specialty areas include posttraumatic stress disorder, anxiety, and depression; background in forensic psychology and outpatient general mental health; 15 years of experience (8 years with the CAF).

- Alexandra Anderson, M.Sc.: specialty areas include posttraumatic stress disorder, anxiety, and depression; background in outpatient general mental health; 4 years of experience (new to CAF).

- Dr. Krista Luedemann: specialty is post-traumatic stress disorder, background includes inpatient and outpatient general mental health as well as health psychology; 8 years of experience (6 years with the CAF).

- Dr. Sheila MacNeil: in addition to general mental health, specialty areas include trauma-related disorders, sexual health, chronic health conditions, individual and couple therapy; 18 years of experience (1.5 years with the CAF)

- Susan Young, M.Ed.: specializing in trauma-related disorders, background includes inpatient and outpatient general mental health in individual, couple/family and group therapy; 15 years of experience (5 years with the CAF).

This year, we also have two PhD clinical psychology students from Dalhousie University: Ioan Tiberiu Mahu (supervised by Dr. MacNeil) and Sara Bartel (supervised by Chimène Jewer).

All of our psychologists are registered with The Nova Scotia Board of

Examiners in Psychology (NSBEP) www.nsbep.org, whose mandate is to protect the public by ensuring that providers are properly trained and qualified. For more information about Psychologists and/or Psychology Month, consult NSBEP, the Association of Psychologists of Nova Scotia (APNS) www.apns.ca and/or the Canadian Psychological Association (CPA) www.cpa.ca.

For more information on CAF Mental Health programs, consult CF H Svcs C (A), http://halifax.mil.ca/cfhsvcsca/. For the general public, APNS will be sponsoring several presentations in February. These are free to attend if members or others are interested. A list of these presentations can be found on the display table on the 4th floor of the CF Health Services Centre just outside the elevator, along with mental health brochures, handouts and resources.



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TRIDENT NEWS FEBRUARY 10, 2020

MONEY MATTERS

Are your financial decisions costing you?

(NC) Financial decisions can be intimidating for many of us, so it's tempting to think we'll be okay as long as we bring home a paycheque and pay our bills. But there are some missteps that could be costing you in the long run. According to a recent survey conducted by financial services company Primerica, 61 per cent of respondents have made at least one costly financial decision, with an average loss reported at \$29,000. Here are some of the myths that could be impacting your financial preparedness:

Myth: You're too young to worry about retirement. It's never too early to start saving. In fact, the earlier you start saving, the fewer dollars you'll have to put away each month and the more likely you are to reach your financial goals, including a comfortable retirement.

Myth: You're too broke to save and invest. Even if you are struggling to make ends meet, putting away something is better than nothing. Even small contributions add up over time. A financial representative can help you invest your savings so that your nest egg can benefit from the power of compound growth over time.

Myth: You don't need life insurance. While you're young you might not consider life insurance important but once you start having children or buying a property with your partner,

your responsibilities start to peak.
With added expenses like childcare
and mortgage payments, the death
of a breadwinner or caretaker could
be devastating. That's when life
insurance is essential to ensure your
household stays financially stable in a

worst-case scenario.

Myth: Making the minimum payment on credit cards is enough. You may think you'll never get out of debt, so you might as well pay only the minimum on what you owe and keep spending. However, that only serves to keep you from reaching your financial goals. With strategies like debt stacking you'll see quicker results. Make consistent payments on all your debts and identify one to pay off first (maybe the one with the highest interest). When it's paid off, roll those pay-

ments to the other areas of debt, until you say good-bye to all of it. Now you can start saving for yourself what you were paying in interest payments to others

Myth: You can't afford financial advice. Financial advice isn't only for the wealthy – there are many ways you can get financial advice, including from firms that offer a free financial analysis. Working with a licensed financial professional, such as life insurance and mutual fund representatives, can help you get on the right plan toward achieving a more secure financial future. Primerica's study revealed that 90 per cent of people who have met with a financial professional would recommend one to others.

www.newscanada.com

Top 5 tax tips you need to know (NC) Tax filing can be complicated,

(NC) Tax filing can be complicated, and this year provincial and federal governments have introduced many changes that can only add to the confusion. To help, here are five ways to confidently manage the filing process.

Take note of key dates. Whether you owe money or not, it's important to file your taxes on time to avoid the interruption of benefits, interest and any penalties. The CRA can charge you penalties of 5 per cent on what you owe, plus an additional 1 per cent for each month you fail to file, for a maximum of 12 months. "To avoid the stress of filing last-minute, use your phone to set up reminders to flag important tax-related dates," suggests Lisa Gittens, tax expert at H&R Block.

Stay organized. Ensure you gather all forms, slips and necessary receipts throughout the year. Organize everything you need to file your return, such as tuition receipts, medical bills by category and date and file them away. You can also take photos of hard-copy receipts and add these to your online folder as well, making it much easier if you must look back months, or even years, later.

Get some credit for being kind. If you, your spouse or your commonlaw partner made a charitable donation, you might be able to claim a non-refundable tax credit for your generosity. When completing your return, not only can you claim the donations you made during the year, you can also claim any unclaimed donation amounts from the past five years.

Crunch numbers with a tax calculator. It's never a bad idea to get an idea of what your tax situation might look like ahead of time. "Take advantage of free tax calculators to help you get a sense of what you'll be walking into come tax season," says Gittens. All you need to do is enter your income, taxes paid and RRSPs—and remember the March 2 deadline for PRSPs.

Don't be afraid to ask for help. If figuring out where to start or which receipts to keep organized is too much, ask for a hand. Gather your receipts and documents and speak to a tax expert who can answer any questions you may have. Find more information at hrblock.ca.

www.newscanada.com

Understanding RRSPs to get the most out of your tax refund

(NC) Many of us use Registered Retirement Savings Plans (RRSPs) because it helps us save for the future while reducing our annual taxable income. Whether you have one set up or are thinking about opening one, Lisa Gittens, tax expert from H&R Block, shares some things to know.

Beat the deadline. You can contribute to your RRSP every year, but there's a deadline you need to meet and it's always 60 days after the end of the year. The money you put in will be deducted from your overall taxable income from that year, so make sure you contribute on time – by March 2 this year.

Know your limit. Your contribution limit is based on several things, including your earned income for the past year and any unused contribution room from previous years. Check your Notice of Assessment from last year to see how much contribution room you have. You can exceed your RRSP contribution limit by up to \$2,000 without being subject to a penalty.

Check your contribution room. RRSP contributions can be carried forward if you think you might be in a higher tax bracket in future years. "This will help maximize the tax deduction and reduce your tax bill later," explains Gittens.

Withdrawals are considered income. Money withdrawn from an RRSP is considered income in the tax vear it was received, so you'll have to add it to the other income you earned during the year on your return. Depending on the amount, 10 to 30 per cent is taxed at the source, but that's usually not enough to cover the total tax you would owe when it's declared as part of your income, so keep a few extra dollars handy to cover this, should it arise. "Remember, RRSPs have no minimum contribution and every little bit helps," Gittens adds. Find more information at hrblock.ca

www.newscanada.com

Going beyond Pink Shirt Day

By Sydney MacLeod, CFB Halifax PA Intern

Inspired by a humble act of kindness in small-town Nova Scotia, Pink Shirt Day goes to show just how powerful one simple act of kindness can be. What started out as a stand against bullying has evolved into a very influential campaign with one purpose – to create a more inclusive and diverse world.

On February 26, we invite you to join us by wearing pink to support the message of creating a safe and healthy workplace at CFB Halifax through respect and kindness.

Our CFB Halifax theme for this year's Pink Shirt Day is Be Kind, a simple but powerful message encouraging us to be compassionate with one another. Practicing small, everyday day acts of civility, care, consideration, and kindness can go a long way to help everyone feel safe, comfortable and respected at work.

There are numerous benefits to creating a civil and respectful work-place such as higher job satisfaction, improved morale, better teamwork, enhanced supervisor-staff relationships, reduced sick leave, reduced turnover rate and an increased interest in personal development.

"Supporting our staff and promoting a healthy workplace at CFB Halifax is incredibly important," explains Capt(N) David Mazur, CFB Halifax Base Commander. "We want all Defence Team members, both military and civilian, to feel safe, respected, and included not just on Pink Shirt Day, but every day"

For local Defence Team members who may encounter issues at work or for those who simply want to learn more about promoting respect in the workplace, conflict management and healthy practices, CFB Halifax boasts a variety of programs, resources and



CFB Halifax Base Commander Capt(N) Mazur (front left) and members of his team participated in the 2019 Pink Shirt Day campaign at CFB Halifax. Specially designed t-shirts will be available for purchase at CFB Halifax this year in support of 2020 Pink Shirt Day, which takes place on February 26. All proceeds from shirt sales will be donated to local non-profit organizations that help youth navigate issues such as violence prevention and gender identity.

CFB HALIFAX PUBLIC AFFAIRS

services through organizations such as Canadian Forces Health Services Centre (Atlantic); the Canadian Forces Member Assistance Program; Conflict and Complaint Management Services Centre Atlantic; the DND Employee Assistance Program; and PSP Health Promotion Services.

Pink with a Purpose

Don't have a pink shirt to wear on February 26? Don't worry. Fundy Textile & Design Limited, a DND Family Days sponsor for over 15 years, is thrilled to be partnering again with CFB Halifax as the t-shirt sponsor for Pink Shirt Day. With the support and co-sponsorship of their t-shirt supplier, Sanmar Canada, the two companies are providing 400 pink shirts that will be available for purchase at CFB Halifax for anyone interested in supporting the cause.

The shirts will be sold at HMC Dockyard, Stadacona, Willow Park and 12 Wing Shearwater for only \$5. For a detailed list of locations, refer to the MARLANT Intranet splash page, keep an eye out for Base and Wing-wide e-mails, and follow our CFB Halifax social media channels (Twitter: @CFB-Halifax, Facebook: @BaseHalifax and

Instagram @cfbhalifax_bfchalifax). For CAF members who would like to wear their own pink shirts on February 26, the \$2 Dress with a Difference fee will be in effect. This fee will be waived for CAF members who purchase a t-shirt.

Now you may be thinking, how am I helping anybody by wearing a pink shirt?

Discrimination takes many forms, whether it's based on race, age, gender, sexuality or disability. While progress has been made towards removing these barriers, there is still much more to be done. By wearing pink, you send the message that you are welcoming and accepting of others and intolerant of bullying and disrespect in the workplace.

Better yet, by purchasing on of our limited edition pink shirts, you'll be supporting local non-profit organizations that help youth navigate issues such as violence prevention and gender identity. All of the proceeds from each \$5 t-shirt purchase will be donated to LOVE (Nova Scotia) and The Youth Project.

LOVE (Nova Scotia) supports youth to thrive through programs and healthy relationships. Some of the many programs offered include a leadership program, violence prevention committee's media arts after school program and a national leadership camp. Learn more at loveorganization.ca.

The Youth Project is dedicated to providing support and services to youth, 25 and under, around issues of sexual orientation and gender identity. They provide a variety of resources including support groups, referrals, supportive counselling, a resource library, educational workshops and social activities. Learn more at youthproject.ns.ca.

A healthy workplace and community begins with kindness. On February 26, please wear pink, be kind, and continue the trend all year long.

Naval Museum officially opens new exhibit



The Naval Museum of Halifax held a launch event for its newest exhibit, titled North of 60, on January 16. The exhibit explores the history of RCN and Government of Canada operations in the Arctic, with ship models, artifacts, photos, documents and more. Members of the public, veterans, Formation leadership, and plenty of sailors were all in attendance, including many who will make up the eventual commissioning crew of HMCS Harry DeWolf, the first of the Navy's new Arctic and Offshore Patrol Ships.

RYAN MELANSON, TRIDENT STAFF





Former Air Farce star shares her story

By Ryan Melanson, Trident Halifax

Jessica Holmes says she's always wanted to perform her brand of high-energy comedy in front of a Canadian Armed Forces audience. When she finally got that chance on January 29, she was able to bring not just her comedic talents, but also an important story of dealing with mental health struggles.

Holmes, known best for her five-year run on the CBC sketch show Royal Canadian Air Farce, visited CFB Halifax on Bell Let's Talk Day, as one of the celebrity ambassadors tied to the annual day focused on raising money for mental health initiatives and reducing societal stigmas that surround mental health problems and diagnoses.

She spoke to a packed room of Defence Team members at Mr. Mac's in Tribute Tower, where she opened with musical numbers and a medley of some of her well-known characters and impersonations from TV, before diving into her years-long battle with depression.

"I felt like I was buried in cement, like a cartoon elephant was standing on my chest and wouldn't get off. That's how debilitating it was for a time, when I wasn't able to get out of bed," Holmes said.

Her struggles began with postpartum depression after the birth of her two children, and though she recovered with help from her doctor, she described a dark cloud that came back over her years later. Her second bout with depression lasted more than two years, impacted her ability to work, and put a strain on her marriage, she said.

It took help from medical profession-



Jessica Holmes took questions from the audience and allowed members to share their own stories of how mental illness has touched their lives.

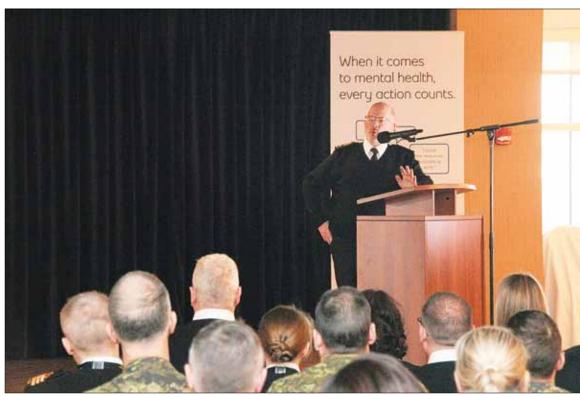
RYAN MELANSON, TRIDENT STAFF

als, trying multiple different strategies, and getting support from her family to eventually break through. Now that she finds herself in remission, she's dedicated part of her time to sharing her story in hopes of helping people and keeping others from

facing some of the same challenges that she did.

"I had to face a lot of prejudice. I have friends to this day that still don't believe in depression. They couldn't understand how this could happen while my life looked so good on paper," she said.

Holmes added that her familiarity with the Bell Let's Talk Day campaign helped her become more comfortable with her own diagnosis, and eventually led to her joining up with the organization as an Ambassador.



RAdm Craig Baines, Commander MARLANT and JTFA, and other senior Formation leaders were in attendance at Tribute Tower and participated in Bell Let's Talk events throughout the day.



CFB Halifax Base Commander Capt(N) David Mazur thanks Bell Let's Talk Ambassador Jessica Holmes for visiting the base and shedding light on serious issues.

at CFB Halifax for Bell Let's Talk Day

The event was hosted by Mental Health Manager Scott Currie and Maj Brigitte Barth of CF H Svcs C (A), along with Capt(N) David Mazur, who encouraged all those present to take in the information and head back to their units with the knowledge that they or any of their colleagues could find themselves in the middle of their own mental health struggles, which are estimated to impact one in five Canadians through their lives.

"It's not always about making huge steps, you don't have to be a health professional. This is about civility in the workplace, educating ourselves, and moving away from some of those myths surrounding mental health or emotional distress," he said.

CAF psychologists and other mental health professionals were in the room and open to speaking to anyone who had questions, and booths were set with more information and resources that members can take advantage of.

Capt(N) Mazur said Bell has been a strong partner to CFB Halifax and PSP Halifax for years, as a sponsor for Family Days, through their involvement with Camp Hill and the annual Mooseheads CAF appreciation game, and now through annual marquee events marking Bell Let's Talk Day.

The base also marked the day with a special Bell Let's Talk flag raising in the morning, and the event at Tribute Tower was followed by a base group walk through Halifax's North End.

Early on January 29, morning colours took place, with a Bell Let's Talk flag being raised in honour of Bell Let's Talk Day. Local Defence Team members, DND and CAF leadership as well as Bell Aliant representatives were on site to observe the special ceremony.

2LT NICK PLOURDE-FLEURY, CFB HALIFAX PA





Comedian and entertainer Jessica Holmes filled the room in Tribute Tower as she mixed in plenty of comedy while sharing her very real story of struggling with depression.

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CAF-DND Sexual misconduct class action lawsuit settlement approved by Federal Court

On November 25, 2019, the Federal Court of Canada approved the Final Settlement Agreement (FSA) of a class action lawsuit related to sexual misconduct in the Canadian Armed Forces (CAF)-Department of National Defence (DND). The settlement includes all former and current CAF members, DND employees, and Staff of the Non-Public Funds, Canadian Forces who experienced sexual assault, sexual harassment, and/or discrimination based on gender, sex, gender identity or sexual orientation in connection with their military service and/or employment.

"The approval of this settlement represents a significant milestone. We recognize how incredibly difficult it is to share such painful and personal experiences. We assure you that these stories have made an important and lasting impact on us, and have further strengthened our dedication to change," stated the Chief of the Defence Staff, General Jonathan Vance and Deputy Minister, Jody Thomas, in a joint message to all Defence Team members.

The range of individual compensation for most eligible class members is \$5,000 to \$55,000. Compensation will depend on the type of sexual misconduct, an assessment of the harm suffered, and the number of class members that submit claims. Class members who experienced exceptional harm (and those who have previously been denied VAC benefits in respect of that harm) may be eligible for amounts up to \$155,000. The settlement also outlines changes to CAF and Veterans Affairs Canada policies and provides an opportunity for individuals to share their experiences with senior DND-CAF representative engagement process.

Eligible class members can learn more about their legal rights and options, as well as details about the settlement and the claims process, by checking the administrator's website where they can find a copy of the final settlement agreement and other relevant documents. They can also contact the administrator:

Epiq Class Action Services Canada Inc

1-888-626-2611 info@caf-dndsexualmisconductcl-

assaction.ca By mail:

CAF-DND Sexual Misconduct Class Action

c/o Epiq, P.O. Box 507, STN B Ottawa, Ontario, K1P 5P6

La Cour fédérale approuve le règlement du recours collectif sur l'inconduite sexuelle dans les FAC et au MDN

Le 25 novembre 2019, la Cour fédérale du Canada a approuvé l'Entente de règlement définitive (ERD) du recours collectif sur l'inconduite sexuelle dans les Forces armées canadiennes (FAC) et au ministère de la Défense nationale (MDN). Le règlement inclut tous les anciens ou actuels membres des FAC, ainsi que tous les anciens et actuels fonctionnaires du MDN et employés du Personnel des fonds non publics, qui ont vécu du harcèlement sexuel, des agressions sexuelles ou de la discrimination fondée sur le sexe, le genre ou l'orientation sexuelle, lors de leur service ou emploi dans le milieu de travail militaire.

« L'approbation du règlement est un tournant important. Nous savons à quel point il est difficile de relater des expériences aussi douloureuses et tellement personnelles. Nous vous rassurons que ces histoires nous ont affectés fortement et durablement, et elles n'ont fait que renforcer notre engagement en faveur du changement, » ont dit le Chef d'état-major de la défense, le Général Jonathan Vance et Mme Jody Thomas, la Sous-ministre, dans un message à l'Équipe de la Défense.

L'échelle d'indemnisation individuelle pour la plupart des membres du groupe admissibles se situe entre cinq mille dollars (5 000 \$) et cinquante-cinq mille dollars (55 000 \$). Le paiement dépendra du type d'inconduite sexuelle vécue, de l'évaluation du préjudice

subi et du nombre de membres du groupe qui présentent des réclamations. Les membres du groupe qui ont subi un préjudice exceptionnel (et ceux qui se sont déjà vu refuser des prestations d'Anciens Combattants Canada à l'égard de ce préjudice) peuvent être admissibles à des montants pouvant atteindre 155 000 \$.

Le règlement présente également les modifications à apporter aux politiques des FAC et d'Anciens Combattants Canada et offre aux particuliers la possibilité de partager leurs expériences avec des représentants supérieurs du MDN et des FAC dans le cadre d'un programme de démarches réparatrices facilité par des professionnels.

Les membres du groupe admissibles peuvent avoir plus de renseignements concernant leurs droits et leurs options en consultant le site de l'administrateur, où ils trouveront l'Entente de règlement définitive et d'autres documents connexes. Ils peuvent également contacter l'administrateur:

Les services d'actions collectives Epiq Canada

1-888-626-2611

info@fac-mdnrecourscollectifinconduitesexuelle.ca

Par la poste:

FAC-MDN Recours collectif pour Inconduite sexuelle

CP 507 STN B Ottawa, Ontario

K1P 5P6

36 Brigade personnel participate in forum to identify hateful conduct



Members of 36 Canadian Brigade Group participate in an open forum discussion surrounding Hateful Conduct - How to Spot It in Halifax This discussion examined hateful conduct in the CAF and identified existing DND/CAF programs, policies, and initiatives that aim to educate and inform CAF members and counter hateful conduct. Hateful conduct is incompatible with our values and culture. CAF members are held to a high standard for their professional and personal conduct, as they are expected to exemplify Canadian values, including respect for diversity, whether operating at home or abroad. LS BRAD UPSHALL, 36 CBG HQ PA



Sailors from HMCS Ville de Québec formed up for a photo at sea, taken from a CH-148 Cyclone, spelling out the words 'Let's Talk', in honour of Bell Let's Talk Day.

MCPL MARK FERDINAND, AESOP, HMCS VILLE DE QUEBEC

Let's Talk HMCS Ville de Québec

By LCdr Emily Lambert and SLt Sasha St-Louis-Hodgins, HMCS *Ville de Québec*

The Bell Let's Talk campaign took place across MARLANT on January 29. For the 10th year in a row, Bell has continued their goal "to end stigma surrounding mental illness, and support mental health initiatives by talking, texting and encouraging social media conversations about mental health." The theme of this year's campaign is Mental Health: Every Action Counts. Mental illness affects one out of every five Canadians, and the Royal Canadian Navy is taking an active part in ensuring sailors are aware of the circumstances surrounding it.

On board HMCS *Ville De Québec* (VDQ), sailors came together to start talking about mental health and what it means to them. VDQ held Safe Space information sessions to spread awareness regarding mental health issues that are prevalent in our

homes, workplaces and communities. Throughout the ship, "Let's Talk" bubbles were posted, giving anonymous outlets for our sailors to write what they are feeling and others to comment if they feel the same way or have helpful suggestions, further encouraging the conversation surrounding this important topic. As statistics show, mental illness is the second highest leading cause of disability and premature death in Canada. The best way to combat this is to face it head on.

VDQ's goal is to pass knowledge about mental illness, spread awareness about the Bell Let's Talk campaign, stop the stigma and keep the conversation going all year long. It is important to let our sailors know they are not alone, whether they have experienced mental illness themselves or not.

The Commanding Officer of HMCS *Ville De Québec*, Cdr Michael Eelhart, fully supports this great initiative.

"Awareness is key when it comes

to mental health. Awareness leads to ending the stigma, which leads to healthier sailors and thus increases our operational effectiveness," he said. No words ring truer, and it all starts

with awareness and positive actions.

For more information about Mental Health visit http://www.camh.ca and to keep the conversation going, visit http://bell.ca/letstalk.



CTF 150's Kangaroo Hop Home for charity

By LCdr David Sinclair, Royal Australian Navy

Whilst deployed to Bahrain on Op MANITOU, Royal Australian Navy personnel within Combined Task Force 150 (CTF 150) are eager to do their part for the communities back home, affected by the Bushfire Emergency.

Australia assumed command of CTF 150 on December 5, 2019 within the Combined Maritime Forces coalition construct, with the aim to disrupt terrorist activities in the maritime environment. Although focused on the mission at hand, many within the team have friends and family living the harsh reality of the Bushfire Emergency back home.

In an effort to raise funds to support those in need, CTF 150 personnel, with the help from their shipmates from the Royal Canadian Navy and Royal New Zealand Navy, are conducting a number of fundraising activities to support the Australian Red Cross Bushfire Disaster Appeal.

One such activity has been branded The Kangaroo Hop Home for Charity. The purpose of this activity is for the team of 28 personnel to walk, run, cycle or swim the equivalent distance of their way back to Australia by the time the deployment is over. The distance required has been calculated based upon the need to not only reach the shores of Australia, but to assist our shipmates from Canada and New Zealand to get home first. Ops



During the Kangaroo Hop Home for Charity, personnel deployed on CTF 150 will attempt to walk, run, cycle or swim the equivalent distance of their way back to Australia by the time the deployment is over. The distance required has been calculated based upon the need to not only reach the shores of Australia, but also to assist shipmates from Canada and New Zealand to get home first. Ops BEAVER BYPASS and KIWI DROP will require them to follow the most direct route from Bahrain to Halifax, Halifax to Auckland, and Auckland to Sydney, giving the team a combined total of 27,022 km to travel.

BEAVER BYPASS and KIWI DROP will require us to follow the most direct route from Bahrain to Halifax, Halifax to Auckland and Auckland to Sydney, giving the team a combined total of 27,022 km to travel. The target is approximately 7.5 km/day each member is required to complete. The target is designed to encourage the team to challenge themselves physically whilst doing so for a great cause.

Commodore Ray Leggatt, Commander of CTF 150, said that the whole team was very eager to assist in any way possible.

"Many members within the CTF 150 team have friends and family back home who are currently living the harsh realities of this bush fire crisis. Communities of people are struggling and many of our serving colleagues (also from New Zealand and Canada) are working tirelessly to assist those in need. Even though we are deployed on the other side of the globe, we are keen to assist in any way possible."

The Australian Red Cross has launched a Disaster Appeal to support communities across Australia affected by the devastating bushfire crisis. The Disaster Appeal will allow the Australian Red Cross to provide a sustained level of support to evacuees and emergency personnel as efforts transition into the recovery and building phases of this disaster

I was the event organiser for this activity.

The Team is attempting to raise a total of \$10,000 dollars through this and other fundraising activities through direct donations to the Australian Red Cross Disaster Relief Appeal by the end of March 2020. The devastation of the disaster will be on-going for some time and together with your support, the Royal Australian Navy can make a difference to those in trouble back home. Every little bit can help as communities begin to recover and rebuild through-

out 2020. CTF 150 seeks your support through donations via the following fundraising page with the Australian Red Cross. Please feel free to also leave a comment on this page as we would love to hear from you all back home. Your donations raised will go directly to the Australian Red Cross in March 2020

https://fundraise.redcross.org.au/fundraisers/ctf150/fundraise-for-disaster-relief-and-recovery

New Commanding Officer in HMCS Charlottetown

Cmdre Richard Feltham, Commander Canadian Fleet Atlantic (centre), LCdr Peter MacNeil, Incoming Commander HMCS Charlottetown (left), and Cdr Christopher Rochon, Outgoing Commander HMCS Charlottetown (right) and sign official documents during a Change of Command Ceremony on January 22, 2020.



CPL DAVID VELDMAN, FIS

HMCS *Cabot* sailors help neighbours in storm-ravaged St. John's

By RCN PA

Sailors from HMCS *Cabot*, the Naval Reserve Division in St. John's, NL, have been knee-deep in snow recently, helping their neighbours dig out from the record-setting blizzard that hit the region on January 17.

The 18 Naval Reservists are part of Operation LENTUS, the Canadian Armed Forces' (CAF) response to natural disasters in Canada. As of January 21, nearly 425 CAF members have been deployed to the area.

The reservists were spread out across the city and removed snow to assist area residents, particularly seniors and those requiring medical or other critical services. Some have done around 30 calls over the past few days.

"The kindness of the people in the community has been absolutely incredible," said LS Megan Benoit. "People have been honking their horns to show their support. We have been given more hot drinks and cookies than we could ever eat. It's a beautiful thing to see how receptive everyone has been and it makes me very proud to be a member of the Royal Canadian Navy."

"One of my most memorable moments of helping people was a 94-year-old veteran from the Merchant Marine who was so grateful and lighted up once he realized I was part of the Naval Reserve," said LS Lawrence Hammond. "He returned into his house to come back with his service photo of when he was serving."

LS Benoit explained how the sailors helped a widow from Portugal Cove, located west of St. John's, whose husband had died the year before. The woman had been stuck in her house since the storm hit on Friday. Her neighbours attempted to help, but due to the steepness of her driveway, were unable to get her cleared out.

"We came in with a snow blower and a bunch of shovels, freed her car, which was in a bank of ice, and salted her very slippery, very steep driveway," said LS Benoit. "Her neighbour came with a quad with a plow mounted and helped us out. Through tears she explained that she didn't have many people around to do things for her anymore. I explained that was exactly the point of this operation and we were happy to help." Given the amount of snow that fell on the region - 76 centimetres in less than 24 hours – the provincial government declared a state of emergency that was still in effect as of January 22. The digout has been challenging for everyone.

"Our biggest challenge was from our time over on Bell Island where we were tasked with a wellness check," said LS Hammond. "We found the address and at first sight we couldn't find a driveway. A local contractor stopped and said that we would be there for days if



As they help people to dig out from under the massive snowfall, sailors of HMCS Cabot, the Naval Reserve division in St. John's NL, have been part of Op LENTUS, the CAF response to natural disasters in Canada.

SUBMITTED

we shovelled to the door. He asked us to move our vehicles and he cleared all the snow for us leaving us with a small path to finish."

Both LS Hammond and LS Benoit hail from Bell Island, which is located just off the coast of Portugal Cove.

The sailors have found ways to help people in need, even when the residents are not on their official list of duties

"While on Bell Island on Tuesday, an older woman, about 75, ran over to us and explained that her walkway was completely snowed in and that she couldn't open her gate. She had to crawl through her neighbours' fence in order to get out of her house," said LS Benoit. "Though that tasking wasn't on our list, we decided to split our crew and go over to her house and help her clear the massive snow drift out of

her front door so she could walk out her driveway for the first time since the storm."

LS Benoit noted that the team shovelled close to 30 driveways in three days, and how long it took depended on what was required.

"Some people needed access to their cars to get to medical appointments, some people just required foot paths to their doors or access to their fuel tanks," she said. "The timings varied from 20 minutes to a couple of hours"



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High school co-op program at CFB Halifax concludes

January 21 was the last day of the 2019-2020 CFB Halifax High School Co-op Program. On that day, participating students presented their key takeaways and favourite moments of the program in front of military leadership, program co-ordinators and teachers, after which they received school credit as well as a better understanding of the different CAF and DND careers available to them.

ARIANE GUAY-JADAH, CFB HALIFAX PA



Let's Talk about postpartum depression

By Melissa Poirier, BScN, RN, CPMHN. 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 spread awareness of a common, but not often talked about mental illness that impacts many of our Defence Team members and their families: Postpartum Depression.

The birth of a baby is a life-altering experience for women (and families). It comes with the belief that a new mother will be happy, excited and will fall madly in love with their baby. But, what happens when that belief does not hold true for a new mother? Instead, the mother struggles to bond with her child, distances herself from her partner, experiences uncontrollable anxiety and/or feelings of guilt and worthlessness; maybe begins to wonder "Am I crazy; What is wrong with me?" In Canada, studies have found that almost one quarter of new mothers experience postpartum depression (PPD), but what exactly is PPD? What are the implications? What causes it? How do we treat it?

The first few weeks after delivery can be described as an emotional rollercoaster where the new mother is experiencing significant hormonal changes, along with trying to adjusting to a life with a new baby. The female body is working overtime to return to its prepregnant state, while the mom trying to figure out "How,

in God's green earth do I care for this new little being?" "They should really come with a manual!"

Baby Blues versus Postpartum Depression - there is a difference!

During the first week or two after birth, a new mom may experience baby blues, which is common. The mother is happy, but may experience emotional lability that may be the result of rapid hormonal changes that occur after delivery. The mom could be happy one moment and rapidly shift to tearful, irritable, weepy, anxious and/or have appetite and sleep issues. No medical interventions are required, just ongoing support and reassurance.

In contrast, postpartum depression (PPD) is a form of depression that occurs within the first four weeks after delivery. It impacts the bond building between the mother and child and can impact parenting abilities, which directly impacts child development. As result, it is quite important to diagnose and treat PPD, as soon as possible, to prevent further complications. So, what does postpartum depression look like for women?

- Depressed mood sad, tearful, numb. The mother may voice feelings of inadequacy regarding her ability to be a mom; voice concerns over being a bad mother.
- Anxiety the mother may express anxiety around the baby's health and/or question her ability to care for her new baby. It is possible, in PPD, to only have anxiety and no other depressive symptoms.

- Anhedonia lack of interest in activities previously enjoyed.
- Weight change significant weight gain or loss.
- Sleep disturbances
- Fatigue
- Psychomotor retardation or agitation – feeling sluggish, slowed down OR feeling restless, jumpy.
- Excessive feelings of guilt or worthlessness
- Difficulty with concentration slowed thinking, difficulty focusing on a task.
- Thoughts of death or suicide Some of these symptoms can be difficult to identify because of the normal challenges that women and men face with having a new baby in the home, i.e. sleep difficulties, fatigue or general worry about being a new parent and ensuring the child is safe and cared for. But, being open and honest with yourself and the family, along with your medical team can lead to early detection of PPD.

Unfortunately, there is no specific cause for PPD in women; however, there are factors that may predispose women to this issue, such as: decreased self-esteem; prenatal depression; child care stress; prenatal anxiety; lack of support; relationship issues; history of depression; infant temperament; low socioeconomic status; and unplanned/unwanted pregnancy. Interestingly, there is limited research on PPD in active military members, especially in Canada. Studies completed in the US have suggested that active duty members may experience higher rates of PPD than

their civilian counterparts. It is unclear why this may be: however, some possible reasons may include working longer into pregnancy, fear of career implications if difficulties are disclosed, and partner deployments.

Those of you reading this article may be now questioning if postpartum depression is treatable, and the answer is yes. Women should attend their post-delivery check-ups with their physician. As with any mental health concern, early detection is ideal. I cannot stress this enough - disclosing some of the above symptoms is difficult, and in the moment, will possibly add to the feelings of inadequacy or of feeling like a bad mother: however, these discussions can put a person on the road to recovery. It can give women the opportunity to experience the joy and happiness that comes with having a child, along with strengthening the mother-child bond that is so important to development. Treatment for PPD is decided between the mother and doctor and may include a combination of medication, psychotherapy and support groups.

For the military personnel reading this article: if you are concerned that you or a loved one may be experiencing postpartum depression, please visit your Care Delivery Unit (CDU), or your local hospital (IWK). There are many resources in our city to help treat and manage PPD; however, the most difficult part will be to speak up and say, "Something is wrong, I need help."



HALIFAX & REGION MILITARY FAMILY RESOURCE CENTRE

www.halifaxmfrc.ca 902.427.7788

Bell Let's Talk (Day and Every Day)

In support of the movement, #Bell-LetsTalk, staff at all three H&R MFRC sites (Halifax, Shearwater and Sydney) participated in Bell Let's Talk day on Wednesday, January 29, 2020. Here at the H&R MFRC, however, support for mental health is not limited to one day a year. Our Mental Health & Well-Being Team, made up of four Registered Social Workers, offers a range of services, resources and programs to support military families.

Support can be accessed for a variety of reasons, including: work-related separations, parenting challenges, relationship issues, separation and divorce, grief and loss, and family violence. Counselling sessions and requests for support are typically addressed within one business day; evening appointments outside of regular business hours can be accommodated upon request. Counsellors work closely with community agencies and partners to identify the most appropriate course of action to support a family's wellbeing.

As a member of the Mental Health & Well-Being Team, a Family Liaison Officer, working in partnership with the Transition Centre, provides services and support to military families coping with a CAF member's illness, serious injury or death.

There is a range of short-term support resources available to military families during exceptional circumstances. These support services are managed by the Mental Health & Well-Being Team and include, but are not limited to, the following:

Short-Term Accommodations

We manage six apartments in Halifax for CAF members and their families to use when a crisis, compassionate or exceptional circumstance affects the family's ability to remain in their home. The stay is subsidized by the H&R MFRC and an established criteria is used to determine priority stays and length of stay. We work with families on a case by case basis.

Financial Resources

There may be times when families are faced with personal financial challenges. There is an established criteria to determine eligibility for financial support (i.e. Financial Assistance Fund, funds, grocery cards) and we work with families on a case by case basis.

Emergency Child Care

The H&R MFRC, through the Military Family Services Program (MFSP) Emergency Child Care (ECC) Policy supports families by facilitating short-term emergency childcare requirements. There is an established national criteria to determine eligibility. Families are encouraged to develop a comprehensive childcare plan and in the event this plan fails, families are eligible to access MFS Emergency Child Care. This care is available 24/7 however, it may take several hours to put into place. In discussion with the family, application of resources will be decided on a case by case basis.

Deployment Respite Child Care

We recognize that sometimes families need a break, especially during a deployment. If a situation is not considered an emergency but child care would be considered beneficial to a family's well-being, a period of respite child care may be available to a family. This service is a local enhancement to the MFSP Emergency Child Care Policy. Our Family Well-Being Counsellors work with families to address their specific needs. Please note that certain eligibility criteria apply.

To speak with a member of the Mental Health & Well-Being Team regarding any of these services or any questions you may have, please call 902-427-7788 and ask to speak with the Intake & Caseload Coordinator.

La journée Bell Cause pour la cause (et tous les jours)

Pour soutenir le mouvement, #Bell-Cause, le personnel des trois CRFM H & R (Halifax, Shearwater et Sydney) a participé à la journée Bell Cause pour la cause du 29 janvier 2020. Ici, au CRFM H et R, l'aide à la santé mentale ne se limite pas à un jour par an. Notre équipe Santé mentale et bienêtre, composée de quatre travailleurs sociaux inscrits, offre une gamme de services, de ressources et de programmes pour soutenir les familles de militaires, y compris des services de conseil.

Les familles peuvent avoir besoin de soutien pour différentes raisons : séparations liées au travail, difficultés parentales, problèmes relationnels, séparation ou divorce, chagrin ou deuil, violence familiale. Les séances de counseling et les demandes d'aide sont habituellement traitées dans la journée ouvrable qui suit. Il est aussi possible d'obtenir un rendezvous en soirée, en dehors des heures normales. Les intervenants travaillent en étroite collaboration avec les organismes communautaires et les partenaires afin de cibler le meilleur plan d'action pour assurer le bien-être des familles.

En tant que membre de l'équipe de la santé mentale et du bien-être, l'officier de liaison avec les familles, en partenariat avec le centre intégré de soutien du personnel, offre des services et du soutien aux familles des militaires blessés, malades ou décédés.

Services de soutien

Il existe différentes ressources de soutien à court terme dont les familles des militaires peuvent bénéficier dans les moments difficiles. Ces services, gérés par l'équipe de la santé mentale et du bien-être, comprennent ce qui suit, sans s'y limiter:

Hébergement de courte duré

Nous gérons six appartements à Halifax que nous mettons à la disposition des membres des FAC et de leur famille lorsqu'une situation de crise ou des circonstances exceptionnelles empêchent la famille de rester chez elle. Le séjour est subventionné par le CRFM H et R, et la priorité ainsi que la durée des séjours sont établies en fonction de critères définis. Notre travail auprès des familles se fait au cas par cas.

Ressources financières

Il arrive parfois que des familles soient aux prises avec des difficultés financières. Le cas échéant, si ces familles sont admissibles à une aide financière (fonds d'aide financière, argent, cartes d'épicerie) en vertu des critères établis, nous travaillons avec elles au cas par cas.

Garderie d'urgence

En vertu de la politique sur les services de garderie d'urgence du Programme de services aux familles des militaires, le CRFM H et R aide les familles en leur donnant, sur une courte période, des services de garde en cas d'urgence. L'admissibilité à ce service est établie en fonction de critères nationaux. Il est important que les familles prévoient un plan de garde, mais dans l'éventualité où ce plan ne fonctionnerait pas, elles sont admissibles au service de garde en cas d'urgence. Ce service est disponible en tout temps, mais il faut compter plusieurs heures pour l'organiser. Le recours aux différentes ressources est convenu au cas par cas, avec la famille.

Service de garde de relève

Il arrive que les familles aient besoin de repos, particulièrement lors d'un déploiement. Si la situation n'est pas considérée comme étant une urgence mais que le fait de confier l'enfant à un service de garde pourrait être bénéfique pour la famille, cette dernière peut obtenir un service de garde de relève. Ce service constitue d'un complément local à la politique de service de garde en cas d'urgence du CRFM H et R. Nos intervenants en bienêtre auprès des familles travaillent avec celles-ci pour répondre à leurs besoins. Il est à noter que certains critères doivent être respectés.

Pour parler à un membre de l'équipe de la santé mentale et du bien-être au sujet de ces services, veuillez composer le 902-427-7788 et demander à parler à la coordonnatrice de l'admission et de la gestion des dossiers.



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Sports

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

HMCS Toronto takes MEGA Hockey Championship

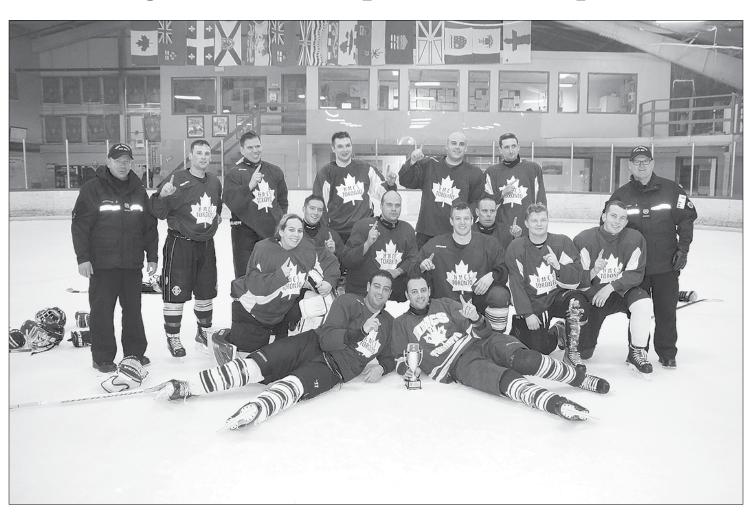
By Ryan Melanson, Trident Staff

The sailors of HMCS *Toronto* have a new piece of hardware to bring back to their ship after coming out on top at the 2020 MEGA Hockey Championship.

The tournament, organized by PSP Halifax staff, was held at the Shearwater Arena from January 20-24, with participating teams from HMC ships *Toronto*, *Charlottetown*, *Montreal*, and *St. John's*, along with teams from Trinity, FMF Cape Scott, Base Logistics, Campus Atlantic, and MOG 5.

Led by brothers and hockey standouts LS Anton Manson and LS Triston Manson, the HMCS *Toronto* team went undefeated through the week, with wins over Campus Atlantic (8-4), HMCS *St. John's* (9-1), MOG5 (3-0), and FMFCS (8-3).

They then went up against Campus Atlantic again in the semi-final, where an 8-0 victory secured their spot in the finals against HMCS *Charlottetown*, who were hoping for the trophy after falling to HMCS *Halifax* in last year's tournament. *Toronto* took control of the championship game early with a string of unanswered goals, and while *Charlottetown* was able to make it competitive, they failed to catch up, ending with a 6-4 victory for *Toronto*.



HMCS Toronto were the winners of the 2020 MEGA Hockey Championship, held at the Shearwater Arena from January 20-24.

RYAN MELANSON, TRIDENT STAFF



HMCS Toronto defeated HMCS Charlottetown by a score of 6-4 in the final game.

RYAN MELANSON, TRIDENT STAFF



The semi-finals saw HMCS Toronto take on Campus Atlantic, while HMCS Charlotte-town faced off against HMCS Montreal.

Deadlines approaching local sports award nominations

By Ryan Melanson, Trident Staff

Sports awards season is quickly approaching, and with the annual CFB Halifax Sports Recognition Breakfast tentatively set for this April, PSP Halifax is seeking nominations for a number of different categories based on sporting accomplishments that took place in 2019.

The Sports Achievement Awards (Environmental Awards), include categories like Male and Female Athlete of the Year, along with awards for Coach, Official, and Team of the Year. Those chosen to receive these MARLANT awards will then go on to be considered for the overall RCN awards, and if successful, will be nominated at the CAF Sports Awards ceremony in Ottawa later this fall. The local deadline for Achievement awards is February 28, and submissions should be submitted to PSP's Isaac Habib at Isaac.Habib@forces. gc.ca. Nominations must include an 8x10 portrait, a sports action photo, and the completed form.

The other local award with a quickly-approaching nomination deadline is the Admiral Jones Shield, presented annually to the service member who contributes most in conduct, sportsmanship, and character to sport across the Formation. Only Non-Commissioned Members can be nominated; section and branch heads and command teams are strongly encouraged to consider



The Formation Halifax men's and women's soccer teams have both been winners in recent years at the annual Sports Recognition Breakfast. PSP staff are currently seeking nominations for this year's awards, based on accomplishments that took place in 2019. RYAN MELANSON, TRIDENT STAFF

their personnel and to nominate eligible candidates.

Criteria for the Admiral Jones Shield includes personal conduct and appearance, participation in sports and fitness at all levels, including on the organizational and developmental side, and supporting or being involved in community activities. Admiral Jones Shield nominations, or requests for more information, should be sent to Kevin Miller at Kevin.Miller3@ Forces.gc.ca. The deadline for submissions is March 5.

Another set of awards includes the CAF Sports Hall of Fame, CAF Sports Honour Roll, Dedication to CAF Sports Award, Outstanding Contribution Award, and the new Soldier On Unconquered Award, which all have

a nomination deadline of May 4. Winners are decided by a panel at NDHQ in Ottawa. Nominations should be sent to Christine Charron at sportsawards-meritesportif@forces.gc.ca, except for Soldier On nominations, which can be sent to SoldierOnNSNL-NENLSansLimites@forces.gc.ca.

Full information on criteria for submissions, along with the nomination forms themselves, can be found online at the link: https://www. cafconnection.ca/National/Programs-Services/For-Military-Personnel/ Military-Sports/CAF-Sports-Awards/ Nomination-Process.aspx

NHL trivia

By Stephen Stone

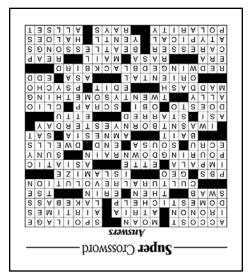
Here is a quiz for the true National Hockey League fan. Who holds the regular goal scoring career mark for the following teams? CAUTION! Not the career leader in goals scored... That would be #99. But goals scored in a career for a single team. The goals scored when the franchise moved are not included.

Questions

- **Montreal Canadiens**
- Toronto Maple Leafs
- **Detroit Red Wings** Chicago Blackhawks
- New York Rangers
- **Boston Bruins**
- St. Louis Blues
- Los Angeles Kings
- Vancouver Canucks
- 10. Philadelphia Flyers 11. Pittsburg Penguins
- 12. Buffalo Sabres
- 13. New York Islanders
- 14. Calgary Flames

- 15. New Jersey Devils
- 16. Dallas Stars
- 17. Edmonton Oilers
- 18. Colorado Avalanche
- 19. Carolina Hurricanes
- 20. Ottawa Senators

Answers on page 22



Naval Bursary Applications



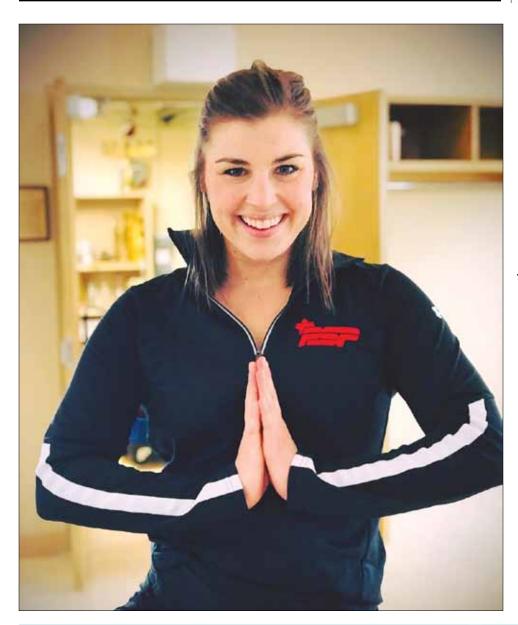
The Nova Scotia Naval Association of Canada (NSNAC) offers a bursary to Nova Scotia students with a naval connection to pursue training at a recognized secondary educational institution.

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 (download bursary trust application form), or infoNSNAC@gmail.com. Applications deadline: April 15, 2020





Lunchtime yoga, led by Personnel **Support Programs**

This is a friendly reminder that PSP offers free lunchtime yoga every Tuesday (12-1p.m.) at St. Brendan's Chapel (2710 Admiral's Way). While you're there, you might even spot the Base Commander in tree pose. Yoga mats provided. Emily Morton, PSP fitness and sports instructor, is shown in photo.

ARIANE GUAY-JADAH, CFB HALIFAX PA

NHL trivia

Questions on page 21

- 1. Maurice "The Rocket" Richard -544
- 2. Matts Sundin 420
- 3. Mr. Hockey Gordie Howe 786
- 4. Bobby "The Golden Jet" Hull 604
- 5. Rod Gilbert 406
- John Bucyk 545
- Brett Hull 527
- 8. Luc Robitaille 557

- 9. Daniel Sedin 393
- 10. Bill Barber 420
- 11. Mario Lemieux 690
- 12. Gilbert Perreault 512
- $13.\,\mathrm{Mike}\,\mathrm{Bossy}$ 573
- 14. Jerome Iginla 525
- 15. Patrik Elias 408
- 16. Mike Modano 557
- 17. Wayne Gretzky 583 18. Joe Sakic - 625
- 19. Ron Francis 382
- 20. Daniel Alfredsson 426



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Super Crossword

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43	Chevy model Suffix with towel		Holy rings	49 50	Oklahoma oil city Mosaic work	52						53				5	54	55 5	6				57			
45 48	Korean, Thai or Chinese		Property of a magnet	51	Certain skin bulge	58					59					6	60				61	62	\vdash	\neg		\vdash
52	Precipitating heavily		Solar output	53	"You — see this!"				63	64						65				66	\sqcup	\sqcup		67		Ш
57	Big Apple sch.		Fully ready	54	— Martin (cognac)				63	04						05				00				67		
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67	Posed (for)	6	Blast source	66	Vapor				96				97	98	99					100				101		
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75	Headlined	9	Game venue	71	"Kill — killed!"	116			117	118	119				120	121			\neg	\neg	122	123				П
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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

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 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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