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TRIDENT

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



Fitness in HMCS *Fredericton*

Crewmembers aboard HMCS Fredericton participate in a Tai-Jitsu session on the flight deck during Op REASSURANCE on February 2, 2020.

CPL SIMON ARCAND, CAF



CTF 150 in Bahrain
Pg. 3



Sailor of the Quarter
Pg. 7



Black History Month
profiles Pgs. 14-15



Regional Hockey Championships
Pgs. 19 & 22



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RCN on the road to a new operational dress

By RCN

Did you know the Royal Canadian Navy (RCN) is getting a new operational dress uniform? The current uniform, known as the Naval Combat Dress (NCD), was initially developed in the early 2000s. It is a three-piece uniform made up of a heavyweight jacket with liner, trousers and a lightweight shirt. After almost two decades of use, we are working to see how we can make improvements.

A sailor's uniform is a source of pride. Wearing quality, well-fitting equipment and clothing are a boost to morale and enables RCN success on operations, which is what makes this project so important.

The Department of National Defence and the RCN are currently trialling a new two-piece uniform, consisting of a long-sleeved shirt and pants. This new uniform is known as the Naval Enhanced Combat Uniform (NECU) and will replace the current operational dress. The new uniform will provide increased comfort, performance, and a better, more streamlined fit overall, while functioning in all operational environments. The current shirt and jacket will be replaced with the heavier-weight NECU shirt, which will have a better fit, minimized bulk in the pockets and improved functionality with current and future layers such as the Naval Wind & Rain ensemble. The trousers will have a modern cut and fit.

Approximately 400 naval members are currently wearing the new dress



Royal Canadian Navy sailors dressed in the new Naval Enhanced Combat Uniform.

SUBMITTED

as part of the trial. The goal is to make sure that the views and opinions of members are factored into any final decisions.

A lot of research is going into the new design. Surveys were conducted on the current uniform to identify issues and deficiencies. We undertook gender-based analysis, an important

step to making sure we get everything right. In the coming weeks, surveys and focus groups will be conducted to get members' feedback on the NECU to ensure that deficiencies were addressed. All this will go a long way towards a final uniform that works well for all members of the RCN, and is well suited for the

operational environments and challenges they face.

If you are a member of the RCN, you can expect to receive your new uniform starting winter 2021 as you replace worn items of the current NCD. We anticipate the RCN should be completely outfitted over the following three years.



New CO for HMCS Moncton

LCdr Vincent Pellerin assumed command of HMCS Moncton on February 6, 2020. The ship is painted in a Second World War disruptive paint scheme to commemorate the 75th anniversary of the end of the Battle of the Atlantic.

MONA GHIZ, MARLANT PA

RCN, RAN, and RNZN members celebrate Australia Day and Waitangi Day together in Bahrain

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

Australia Day was January 26. New Zealand's national holiday, Waitangi Day, is February 6. Combined Task Force 150 (CTF 150) is a shore-based headquarters made up of Royal Australian Navy (RAN), Royal Canadian Navy (RCN), and Royal New Zealand Navy (RNZN) personnel based out of the Kingdom of Bahrain. With the combined nature of the headquarters and the two national holidays being so close together, it was decided to combine the two and celebrate them on January 30 with invited guests from Combined Maritime Forces (CMF) and Naval Support Activity (NSA) Bahrain.

CTF 150 is one of three combined task forces within 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.

In the late afternoon, the celebration began with opening remarks from RAN Cmdre Ray Leggatt, Commander of CTF 150 and RNZN Capt(N) Sean Stewart, Deputy Commander of CTF 150.

Both officers welcomed the assembled guests from CMF and NSA Bahrain and described the significance of Australia Day and Waitangi Day to their respective countries.

In talking about Australia Day, Cmdre Leggatt spoke about the importance Australians place on coming together in a relaxed atmosphere with family and friends, sharing food, and good times and reflecting on what it is to be Australian. That was goal of this event; to share some of Australia with some of the 33 nations that make up CMF."

Capt(N) Stewart highlighted coming together as New Zealanders on Waitangi Day, honoring and respecting New Zealand's heritage as a nation, and in particular, the history of the Waitangi Treaty, New Zealand's founding document.

The official welcome included the performance of the RNZN Haka by CTF 150 personnel from Australia, Canada, and of course, New Zealand. The Haka is a traditional challenge originally performed by New Zealand's Maori people that is often associated with war-like preparations. Many people around the world have seen it performed by the New Zealand national rugby team, the All Blacks, before they play a match. In fact, varieties of the Haka are performed for many different reasons, including, as it was performed on this occasion, to welcome guests.

The group performing the Haka was led by RNZN Petty Officer Communications Warfare Specialist (POCWS) Matiu Komene. POCWS Komene is of Maori descent and comes from Taumarunui, a small town on the North Island of New Zealand and belongs to Ngāti Tūwharetoa, Ngāpuhi, Ngāti Maniapoto

and Te Atihaunui a Pāpārangi *iwi* or tribes.

"I was very proud to lead this group and share Maori culture with my colleagues," said POCWS Komene. "The Haka has deep spiritual meaning and I was happy to share it with everyone at the event today, but also with my Australian and Canadian brothers who performed it for the first time with me."

After the Haka welcoming, the BBQ went into full swing. Guests were treated to New Zealand lamb cutlets, and Australian beef snags (sausages), kebabs, and beef sliders. For dessert, Lamingtons and Pavlova.

A Lamington is a square of sponge cake, coated in chocolate and rolled in coconut. Everyone agrees that it comes from Australia.

Pavlova is a meringue dish with a soft and light inside and a crisp outer crust, often topped with fruit and whipped cream. The dessert was named after Russian ballerina Anna Pavlova after she toured Australia and New Zealand in the 1920s.

Much like Russel Crowe and Crowed House, there is national disagreement between Australia and New Zealand about the provenance of Pavlova, with each country convinced that it's their national dish. Luckily there were no fights at the dessert table and the two countries continue to agree to disagree.

Along with the great food and great company, no Australian or New Zealand national holiday would be complete without sports. Cricket was on the agenda and guests were given a short lesson on the finer points of the game and given a chance to play.

As the sun began to set and guests said their goodbyes, Cmdre Leggatt had this to say.

"This team has been away from home for some time. This opportunity to celebrate our two countries, give ourselves some tastes of home, and share it with our friends here in Bahrain really demonstrated the best of what it is to be an Aussie or a Kiwi."

Capt(N) Stewart added, "Pavlovas come from New Zealand."



The RCN's LCdr Curtis MacAulay (left) cooks New Zealand lamb cutlets while the RAN's LCdr David Sinclair prepares to serve it to guests at the combined Australia Day / Waitangi Day BBQ put on by CTF 150 at NSA Bahrain on January 30, 2020.

SUBMITTED



RNZN, RAN, and RCN members of CTF 150 perform the RNZN Haka to welcome guests to the combined Australia Day / Waitangi Day BBQ.

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RNZN Leading Electronic Warfare Specialist Matthew Fletcher plays cricket during the combined Australia Day / Waitangi Day BBQ.

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Publication Schedule for 2020

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

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Community Calendar

Reunion and event notices must be submitted by email.

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

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

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.

Ship's Diver Courses

Interested in becoming a Ship's Team Diver? Courses in 2020 will run from March 30 - May 11, from August 24 - October 02, and from October 19 - November 27. Prerequisites include request forms through your Chain of Command, successful Force Evaluation completion, dive dental screening and an initial dive medical. For more information, contact Fleet Diving Unit (Atlantic) at 902-720-1775 or on the DWAN at +FDU(A)Training@FDU(Atlantic) Training@Shearwater.

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 bound-

aries, 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.

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.

Black Market 2020 Film Festival

Time: 10 a.m. - 5 p.m.

Date: Saturday, February 29
Location: Halifax Central Library

Join The Black Market, an initiative of the Fabienne Colas Foundation, for a series of conferences on the workings of the film industry as well as broader issues affecting our black communities, such as building wealth and promoting diversity. There will be discussions and exchanges with the aim of confronting ideas and facilitating the acquisition of knowledge. This African Heritage Month event is presented with the support of TD Bank and Global News.

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.

Chapel renewal

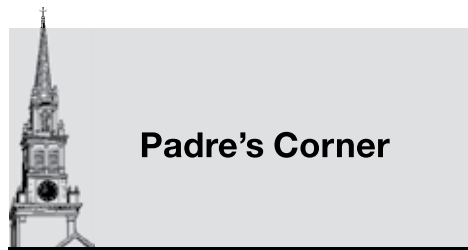
By Capt Glen Eagleson,

Chaplain, FCC(P) / MFRC / RCSU(A)
Chaplain Coordinator / HMCS *Scotian*,
CFB Halifax

For several years now, the Protestant Community at CFB Halifax has been dwindling. There are several reasons for this; RCN personnel in hard navy trades spend most of their careers on either the east or west coast, being posted less frequently than those in purple trades or in CA or RCAF billets. Most navy families are therefore well-established in the local community and those who wish to attend church do so at the hundreds of local congregations of every Protestant tradition in the Halifax region. There are probably 10 Protestant churches within walking distance of our chapel, none of which you need to provide ID to enter, as we do at the front gate.

Times have changed and as chaplains we want to make sure that we can meet the spiritual needs of the military community in an effective and meaningful way. So on February 29 we are going to begin an experiment. We will be suspending our regular Sunday Chapel Services until the end of August. During this time we are going to be trying different activities to better meet spiritual needs. Some of these will be book studies, video series, noon hour prayer services, etc. These activities will take place at various times in various locations around CFB Halifax.

The first such event will be a Wednesday lunch hour book study beginning March 4, from 12:10-12:50 p.m., for six weeks at the Common Room of the Stadacona Faith Centre. The study will be of Martin Thielén's *The Answer to Bad Religion* is



Not No Religion.

In an effort to help those who have been hurt by or turned off by negative religion, Martin Thielen explains that there is an alternative to abandoning religion: good religion.

To sign up, please contact Padre Cdr Jennifer Gosse, 902-427-3768 or email jennifer.gosse@forces.gc.ca. Bring your lunch, and tea and coffee will be provided.

Keep your eyes open for further events and activities to help enhance your spirituality.



Base Personnel Services setting the bar for unit PT

By Ryan Melanson,
Trident Staff

Members of Base Personnel Services at CFB Halifax spend a lot of time serving and looking after their CAF and DND colleagues, but finding time to look after themselves can be difficult. The unit is responsible for all DND accommodations, messes and food services at Juno and Tribute Towers, which involves demanding shift work, making it tough to find the time for exercise during the workday.

Over the past year, however, unit leadership, along with PSP Halifax staff, have been working to remedy that. It began with the establishment of mini-gyms in both Juno and Tribute after the closure of the STADPLEX gym, and has also grown to include mandatory twice-weekly PT sessions led by PSP instructors.

CFB Halifax Personnel Services Officer LCdr Timothy Berryhill played a role in getting the PT sessions up and running.

“As a former cook many years ago I had the opportunity to participate in group PT while employed with Food Services in St-Jean, Quebec. It was difficult at first, but team cohesion was improved and personally my energy levels increased,” he said.

The hope was that his members here in Halifax would see similar benefits, and now that the program has been in place for roughly one year, he said the results and feedback have been very positive.

“There are also several members with some degree of medical limitations, and the PSP staff are excellent at providing modifications as necessary so that all personnel can participate. Classes range in size from 12 to 40 depending on operational requirements,” he said.

The classes alternate between taking place at Juno Tower or at Tribute Tower to make things fair for staff at each location, and senior cooks have been responsible for keeping equipment maintained and ready to go for each workout.

“Yoga has been popular for us, because that’s one where everyone can participate, but they definitely make it a little tougher on us and throw in some circuit training sometimes as well,” said Chief Cook CPO2 Isabelle Campbell.

PSP Fitness and Sports Coordinator Lucas Hardie said his team is always happy to help units get their people on a path to improved fitness and overall health, but added that keeping the momentum up over the long haul tends to be a challenge.



During the past year, Base Personnel Services, along with PSP Halifax staff, have worked to set up conditions to exercise during the day. It began with the establishment of mini-gyms in both Juno and Tribute after the closure of STADPLEX and has also grown to include mandatory twice-weekly PT sessions led by PSP instructors.

RYAN MELANSON, TRIDENT STAFF



PSP Halifax Fitness and Sports Instructor Josh Tanner leads members of Base Personnel Services in a workout at Tribute Tower on February 11.

RYAN MELANSON, TRIDENT STAFF

“This unit has been an example of one that’s really kept it going for a year now, the command team is very supportive, and it’s been great to see it working for them, both with the classes and the mini-gyms.”

Hardie encouraged any units or workplaces looking to put a renewed focus on their fitness to reach out to PSP staff and find out how to best make use of time and resources to help their people get fit.

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"In the beginning was the Word, and the Word was with God, and the Word was God"
- Gospel according to John

One ship's story: HMCS *Spikenard* and her connection with the Crow's Nest

By CPO1 (ret'd)
Patrick Devenish,
CNMT

During the War years 1939 – 1945, the Canadian Shipbuilding Industry completed four destroyers, 70 frigates, 123 corvettes, 122 minesweepers, 398 merchant vessels and over 3600 specialized vessels (LSTs, MTBs etc). Of the 123 corvettes produced, 107 of these saw active service with the fledgling Royal Canadian Navy. This is the story of one of those corvettes.

HMCS *Spikenard*, originally built for the Royal Navy (carrying the Flower name assigned to the class), was eventually turned over as an RCN asset. Her career, though short, is one of those amazing tales of wonderment which would lead to a unique relationship between two cities, thousands of miles apart, well over six decades later.

Launched from Davie Shipbuilding Company Limited in Lauzon, Quebec on December 6, 1940, HMCS *Spikenard* was one of 10 of the original batch of 64 corvettes built in Canadian shipyards for Royal Navy use. Delivered to British ports in January 1941, the Canadian steaming crews suddenly became the ships' operational crews as the Royal Navy found themselves woefully short of personnel. HMCS *Spikenard* was worked up out of Greenock, Scotland and quickly transferred to the 4th Escort Group operated out of Reykjavik, Iceland. After completing three convoy runs to Iceland, *Spikenard* was transferred to the Newfoundland Escort Force. A new system developed by the RN and RCN was to see Canadian vessels escort slow convoys (designated by the SC prefix) from Sydney, Nova Scotia to a mid-ocean point where the escort duties would be turned over to the Royal Navy with a final destination of Londonderry, Northern Ireland.

With the fleet based out of St. John's, Newfoundland, the first of these Newfie-Derry convoys, SC-67, comprising 22 merchantmen, departed Sydney on February 2, 1942 picking up their escort out of St. John's late in the day. With the 22 merchantmen arranged in a rectangle of seven columns three or four ships deep, the escorts were arranged with *Spikenard* (Senior ship; CO - LCdr Shadforth) well ahead of the starboard column, with *Louisbourg* approximately 2000 yards astern. Three miles back, *Dauphin* kept station well behind the convoy to the starboard side while the same arrangement was mirrored down the port side with *Chilliwick* in the lead

position followed by *Lethbridge* and finally *Shediac* trailing astern of the convoy with *Dauphin*.

This, February 10, was the last night of their escort duties and the convoy was to be turned over to a Royal Navy escort the following morning. At around 2230 hours on that dark, windy, moonless night however, fate would deal a lethal blow as three explosions in rapid succession lit up the sky. The convoy had sailed into two German U-boats that had been lying in waiting: U-591 and U-136. Immediately it is ascertained that the Norwegian tanker *Heina* in the extreme starboard column was hit and though the second and third explosions could not be pinpointed, all escorts made hard turns to head up the torpedo tracks in an attempt to track the U-boats on their asdic. Unbeknownst to the crews of the other five escorts, *Spikenard* had been hit between her bridge and foc's'le; so severe was the damage that she sank beneath the waves within five minutes.

Not wanting to give away their positions, none of the ships risked a wireless signal, which would allow one of the U-boats to zero in on the sender's position. It is not until the early light of the morning of February 11 that the escort group realized *Spikenard* was no longer with them. This, in itself caused no immediate concern as it was quite possible she had raced ahead to contact the waiting Royal Navy escort to assist in hunting the U-boats.

Unfortunately, when the convoy reached their waiting Royal Navy escort, *Spikenard* was nowhere to be seen. The Royal Navy corvette HMS *Gentian* was detached to race down the convoy's track and late in the afternoon of 11 February, her lookouts sighted a carley float with just eight survivors clinging to life. (Originally, the liferaft held 10 people but two succumbed to the cold and injuries and were committed to the sea.) These eight were landed when the ship reached Liverpool, England. In all, 57 of *Spikenard*'s crew were lost including her beloved Captain, LCdr Hubert C Shadforth.

U-136, the submarine subsequently credited with *Spikenard*'s sinking continued to wreak havoc on the Atlantic convoys sending three more merchantmen as well as the Canadian fishing schooner *Mildred Pauline* to the bottom. Her end would come though just four months later, when

she was sunk, with all hands, by a combined French Navy-Royal Navy Force, off the Canary Islands.

A unique memento of *Spikenard* still exists in the Crow's Nest Officers' Club in St. John's, NL to this day. Established in 1942 by Commodore Murray, the Seagoing Officers' Club was a place for ships' officers



HMCS *Spikenard*

NAVAL MUSEUM OF MANITOBA

to gather close to the waterfront, and therefore close to their ships.

The evening prior to *Spikenard*'s group's departure, the officers gathered for some well wishing in the club even though it was not yet complete. At a makeshift bar, a challenge was levied to see who could drive a 6" nail into the hard pine floor with the least number of blows. Reportedly the winner, LCdr Shadforth's spike was subsequently ringed in brass in the floor when he failed to return. Removed during renovations following the war, his spike, engraved "SPIKENARDS SPIKE" adorns a special place on a pillar purported to be a few feet from where 'Bert' Shadforth had driven it into the floor. Each year, the cities of St. John's, Newfoundland and Londonderry, Northern Ireland honour all Atlantic escort crews with a celebration coinciding with the anniversary of the loss of HMCS *Spikenard*.

The Battle of the Atlantic would rage on for over three more years, culminating, for the city of St. John's, anyway, with the surrender of U-190 in Bays Bull Newfoundland on 11 May 1945. Still intact at the Crow's Nest, among other U-190 artifacts, is the submarine's logbook tracing her last weeks of wartime action.

Footnote:

Downsizing following the First World War, The War to end all Wars, meant that the brand new RCN along with her sister services was ill-prepared for war, a war which

would turn out to be of a magnitude unprecedented.

The story of Canada's fledgling Navy is told in other archives in much more detail but here, in a condensed form, is a story not often heard.

In 1939, as the clouds of war closed, Canada's contribution to the war at sea was little more than a token gesture. Fewer than 4000 personnel and seven semi sea-worthy vessels constituted the Royal Canadian Navy. Immediately upon commencement of hostilities on September 3, 1939, the RCN's primary duty became guarding the North Atlantic convoys. With the US still out of the war and Britain dependent entirely on her colonies for supplies, the port of Halifax and the RCN suddenly became paramount. From an antiquated force, the RCN grew to over 350 surface combat vessels and by war's end, the RCN would be the third largest Allied Navy in excess of 100,000 personnel.

The RCN contribution to the Battle of the Atlantic was 29 German U-boats sunk and 15 probables. Though some post-war records leave many unknowns, discovered sunken ships and submarines continue to reveal the truth. Records from the German Navy indicate the typical RCN sailor to be an admirable yet formidable foe.

Over 2000 RCN sailors paid the ultimate sacrifice in the Second World War. In faraway lands and in the depths of the eternal seas, they lie. For them, we weep; for them, we rejoice.

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www.navalhistory.ca
www.cornwallismuseum.ca
www.uboot.net

Sailor of the Quarter praised for engineering skills

By Ryan Melanson,
Trident Staff

LS Mike Gallant has taken a long path to his current role as a MAR-TECH with Fleet Diving Unit (Atlantic).

He first joined the Royal Canadian Navy as a teenager in the 1970s – he spent time at sea with HMC ships *Nipigon*, *Frasier*, and *Preserver*, met his wife through the service, and came away with nothing but fond memories. When it came time to start a family, however, he looked to the private sector for stability and the guarantees of staying close to home.

Now, after a successful 25-year career with Purolator, and with his kids all grown up, he's back with the RCN and making a big impact. So much so that he was recently presented with MARLANT's Sailor of the Quarter award for the final quarter of 2019. Cmdre Richard Feltham, Commander CANFLTANT, and acting Formation Chief CPO1 Yves Dumont were on hand at the dive unit to make the presentation on February 3.

"It's a big surprise. I wasn't expecting anything like this, but it's definitely nice to be recognized," LS Gallant said after accepting the award.

He was specifically lauded for his work as the senior engineer on the dive tender Sechelt, which includes the important duty of administering technical training to other members, ensuring a professional, competent, and confident engineering crew for



From left, Cmdre Richard Feltham, CCFL, presents LS Mike Gallant with the Sailor of the Quarter certificate, along with acting Fleet Chief CPO1 Yves Dumont and FDU(A) Commanding Officer LCdr Patrick Fournier.

MONA GHIZ, MARLANT PA

the vessel. He's said to have taken complete ownership of all his assigned tasks onboard the dive tender, and when Sechelt required refit work in Shelburne, he volunteered to drive to the site to ensure the boat was properly fixed up and prepared for transit back to FDU(A).

Beyond the work with Sechelt, his superiors noted that LS Gallant enthusiastically takes on leadership

roles within the unit when they come his way. He regularly explains daily section and unit goals to his peers and subordinates, and leads in the repairs of the small boats and engines that are required to keep the unit running at full capacity.

Outside of his day job, he's been a regular volunteer at Camp Hill Veterans Memorial Hospital, as well as with the annual Air Show Atlantic.

He's also given his time in support of the NDWCC United Way program, and recently volunteered to be a driver for the annual Christmas Daddies charity run.

LS Gallant has been with FDU(A) for approximately one year, and said the close-knit nature of the unit, along with the opportunities to use his engineering skillset, has made for a great experience.

"For my trade, you can't get a posting any better than this," he added.

"I wouldn't be having any of this success without the people around me. I've had a lot of experience in the Navy over a number of different decades, and this is by far the best workplace I've had."

Cmdre Feltham said the FDU(A) command team made it clear through the nomination process that LS Gallant is exceptionally deserving of the award, and he was proud to name him the Sailor of the Quarter for Q4 2019.

"We get a lot of files sent to us as nominations for these awards, because we have a lot of good people in our Navy. It's clear that LS Gallant has shown great dedication to his unit, and he's done incredible work with Sechelt to keep that machine running," Cmdre Feltham said.

After taking a few minutes to relax and celebrate with his colleagues, LS Gallant said he'll be right back to work getting ready for his next exciting tasking, a 10-day Arctic deployment to Op NANOOK taking place this March.

Legion offers free membership for CAF first-timers, RCMP

By Peter Mallett,
The Lookout Staff

The Royal Canadian Legion is encouraging eligible current-serving CAF to take advantage of a free membership for 2020.

The free membership dues are part of the Legion's Veteran's Welcome Program and all CAF personnel are eligible, provided they are becoming first-time members.

The Welcome Program waives the annual \$50 membership dues. The new promotion is also open to employees of the Royal Canadian Mounted Police (RCMP).

Royal Canadian Legion BC/Yukon Vice President, MCpl (ret'd) John Scott says the best time for potential new members to join is "right now" so they can reap the biggest rewards from the promotion: a full year of comradery, community leadership and volunteer opportunities, access to member

benefits, and a one-year subscription to Legion Magazine.

Scott, who served 18 years in the Canadian Army, is the BC/Yukon Legion's Membership Committee Chair. He says the free membership promotion is part of the Legion's efforts to reverse declining membership and the closures of Legion branches across the country.

In recent years, Canada's non-profit, ex-service organization has seen its membership drop considerably. A 2018 story by The Globe and Mail reported that membership numbers had fallen from 604,000 members in 1984 to 275,000 members.

To combat the decline, the Legion has taken a new approach to its membership criteria. Until recently, membership was restricted to those who served and their immediate families, and graduated cadets. Today, members of the general public are also eligible to become members, advocate for veter-

ans, and find meaningful community leadership and volunteer opportunities.

Scott says stronger membership numbers gives the organization a stronger voice in Ottawa when advocating for veteran's issues with organizations such as Veteran's Affairs Canada.

"We advocate for improvement for veterans and their pensions, support services, the way veterans are treated,

along with a host of other issues," said Scott. "The successful delivery of this message should also be of great concern for current-serving military members who will one day be veterans."

For more information on how to become a member of your local legion branch visit the webpage: www.legion.ca/join-us/free-membership-caf-rcmp

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The Battle Buddy challenge is on

By Peter Mallett,
The Lookout Staff

A military veteran has created a collectable coin for the ill and injured to let them know they are not alone.

The Battle Buddy Challenge Coin, says creator LS (ret'd) Debbi Ferguson, is a symbol of hope and support.

Those who purchase them for themselves become part of the Battle Buddy family. Those who buy them as a gift become a Battle Buddy, demonstrating that no one gets left behind.

That idea is echoed in the design, with a soldier carrying an injured comrade to safety. On the flip side, two hands interlock in a firm grip, symbolic of reaching out for help, with a maple leaf in the background. The coin has a silver antique finish and comes with a registered number and certificate with the name of the recipient.

Ferguson has also turned the design into a Battle Buddy dog tag, as some people prefer to wear the art rather than carry a coin.

"The purchaser of the coin is saying to the recipient, I have your back and I am there for you in the darkest hour, and will be there to pick you up in your time of need. I will always have your six."

Ferguson created the coin and dog tag as part of her company Delta Fox Trot Designs, which she opened after leaving the military in 1998. She served for 14 years before a medical release.

She says the concept for the coin and terminology was drawn from Second World War infantry, with each soldier on the battlefield assigned a battle buddy or foxhole buddy. This life-or-death pact required one soldier to keep

an eye out for threats while their battle buddy focussed on the enemy.

Her artistry extends beyond the coins and into military themed drawings, paintings, and logo designs placed on t-shirts, ball caps, and stickers.

Partial proceeds from sales go to veteran charities such as the Canadian Legacy Project and Homes for Heroes Canada.

Coin pricing ranges from \$19 to \$97, depending on the presentation package, personalization, and style of display case. While most sales are domestic, she has sold to the US and to places such as Serbia, Australia, and New Zealand.

"This level of interest has truly made me realize I did the right thing when I created the coins because it helps bring our first line of defence people hope. It is saving lives," said Ferguson. "As veterans and first line of defence personnel, we all suffer from some sort of work-related injury, and we struggle when not in uniform anymore. Yet, we all understand each other's pain more than anyone else."

Delta Fox Trot Design will be at the February 27 MARPAC Health and Wellness Expo in the Naden gym. Ferguson says she looks forward to meeting and hearing the stories of other veterans from Victoria and further afield. To learn more about the company, go to deltafoxtrot.ca

The Battle Buddy Challenge Coin was created by LS (ret'd) Debbi Ferguson as a symbol of hope and support.

SUBMITTED



Ship's Team Diver courses start soon



By FDU(A)

Interested in becoming a Ship's Team Diver? Courses in 2020 will run from March 30 - May 11, from August 24 - October 2, and from October 19 - November 27. Prerequisites include request forms through your Chain of Command, successful Force Evaluation completion, dive dental screening, and an initial dive medical. For more information, contact the Fleet Diving Unit (Atlantic) at 902-720-1775 or on the DWAN at [FDU\(A\)Training@FDU\(Atlantic\)Training@Shearwater](mailto:FDU(A)Training@FDU(Atlantic)Training@Shearwater).

In 2020, there will be three opportunities to take the Ship's Team Diver course offered through FDU(A).

SUBMITTED



Tech savvy veterans get with the program

By Peter Mallett,
The Lookout Staff

Information technology executive Patrick Shaw says he has a solution for his industry's workforce shortfall: teach and then hire more CAF veterans.

The Toronto-based tech industry consultant is turning his attention to the education sector to create this army of highly skilled IT and cyber security experts from veterans and transitioning members of the military.

"We envision developing their software skills through training in IT [Information Technology] and cyber security; it will have tremendous value for our industry and for Canada as a country," says Shaw.

With that in mind, he and his business partner Jeff Musson founder of tech networking group Northof41, launched a fast-track distance education learning program called Coding for Veterans. The program runs in partnership with Ontario's Durham College and the University of Ottawa. Students can attend similar classes

in person elsewhere, but the course is entirely geared towards attending classes from locations across Canada through the computer application Moodle.

It's all about supply and demand. The information communication and technology sector needs approximately 182,000 staff by the end of the year to fill new cyber security analyst, software programmer, and data analyst jobs.

"We decided we could do something about this," says Shaw, noting the untapped market of the retiring military members.

In the last 15 years, approximately 140,000 military personnel have been discharged and transitioned to civilian life with another 25,000 more expected over the next five years.

The seed for the Coding For Veterans educational program was planted two years ago following a conversation Shaw and Musson had with a representative from the Canadian Security Intelligence Service (CSIS). The CSIS employee commented that transitioning forces members and veterans were "very well positioned"

to support the IT field in the private sector.

Fast track to late 2019 and the program was ready to launch.

Coding For Veterans's syllabus says it "vows to provide men and women from the CAF with a unique opportunity to develop highly sought after technical skills, preparing them for success in the rapidly expanding innovation economy."

Ten students began their studies in December 2019. Each post-secondary institution's course is geared towards developing a different skill set.

The Durham College courses focuses on introductory software development and basic computer coding required for most computer programmer jobs, such as how to set up a network and ensure its security. Shaw says this instruction would be suitable for those people with limited experience in the field of information technology.

The course at Ottawa University is more advanced and focuses on cyber security and its management.

Students in the Coding For Veterans program must undergo an introduc-

tory phase. At the end of their course work they enter a mentoring phase where they are assisted in finding employment.

The time commitment is roughly five hours a day for eight months, with course instruction on demand and viewable any time of day through the Moodle app.

"We designed our program this way because we wanted to take into account the specific needs of all veterans, including those with commitments at home and to their families, and also those with injuries or other medical issues whose ability to spend five continuous hours of studying may be limited."

They have already tipped off senior executives at some of Canada's largest corporations such as IBM and Toronto Dominion Bank that a new breed of IT employees is in the making.

"Most of the people we talked to at these companies immediately said 'yes, we will take everybody we can get from that program'," said Shaw.

For more information on Coding For Veterans visit their website: <https://codingforveterans.com>

New working group to address workplace conflict and harassment

By Simone Dowhanik,
MARLANT Safety & Environment

The RCN knows that a respectful and open work environment is important for everyone to do their job well. With this in mind, our bicoastal Navy communities at MARLANT (Halifax) and MARPAC (Esquimalt) have joined forces to promote a safe working environment for all employees, free from conflict and harassment.

Both Formations' Health Safety and Environment Policy Committees have jointly created a Workplace Violence Prevention Working Group (WVP WG), co-chaired by management and labour with representation from both coasts. The WVP WG objectives are to foster the reduction of uncivil behaviour within the RCN; enhance awareness of workplace violence; promote prevention programs; improve data capture and analytics; as well as increase the availability of qualified harassment and violence investigations within the RCN.

The first meeting of the WVP WG took place in February 2020, the month during which MARLANT and MARPAC recognize Pink Shirt Day, also known as Anti-Bullying Day. This global day of education and awareness encourages people to promote workplace civility while rejecting hostility and conflict. This year, Pink Shirt Day will be celebrated on Wednesday, February 26. CFB Halifax/MARLANT will incorporate a "Be Kind" theme into its awareness

campaign, during which all local Defence Team members are encouraged to wear pink. By wearing pink, members will not only visually show support for this awareness day, but will also be reminded to reflect on things that can be done within the workplace and within ourselves to limit incidents of workplace bullying and promote a healthy work environment.

MARLANT acknowledges that respectful workplaces are critical to cultivating inclusivity and teamwork. In conjunction with MARPAC, MARLANT is looking to make the necessary amendments to current workplace violence prevention policies and procedures to address changes to the Canada Labour Code as a result of Bill C-65. This bill stipulates that organizations must prevent, respond to and support employees affected by workplace violence. In order to make effective changes, labour and management representatives will come together to improve our programs with the aim of eliminating violence and harassment in the workplace. Richard Cashin, President of the Federal Government Dockyard Charter Association and Kyle Penney, FMF Cape Scott's Safety and Environment Manager, are two of the people volunteering time and expertise as members of the WVP WG. Cashin will use his personal experiences to assist the group in developing a comprehensive strategy, and Penney hopes that the work of the group will result in posi-

tive outcomes for all involved.

"By voicing concerns and issues about violence in the workplace, we hope the working group will allow a better understanding of the managing process of violence in the workplace and ensure better resolutions for those affected," explains Penney.

A culture of civility and respect is crucial to successful operational effectiveness and the general well-being of Defence Team members; therefore, the newly created WVP WG will look to implement measures that ensure safe working conditions for all employees. The WVP WG is confident that its efforts will lead to recommended changes that will improve workplace culture in such a way that everyone feels safe, included, and valued.

For more information on the WVP WG, please contact MARLANT Safety and Environment at 902-427-1571.

On Wednesday, February 26, join

CFB Halifax/MARLANT for a special Pink Shirt Day in support of bullying prevention in our community. On February 24, 25 and 26 from 11:30 a.m. – 1:00 p.m., pink t-shirts will be sold at HMC Dockyard (FMF Cape Scott and MARLANT HQ), Stadacona (S90), Willow Park (WL 57) and 12 Wing Shearwater (location TBC) for \$5. Shirts will be available in medium, large and XL sizes while quantities last.

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. Civilian Defence Team members are encouraged to purchase a pink shirt or wear their own in support of this important cause. Proceeds from each \$5 t-shirt purchased will be donated to two local organizations: LOVE (Nova Scotia) and The Youth Project.

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CTF 150 reaches the halfway mark

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

The present rotation of Combined Task Force 150, led by Australia and supported by Canada and New Zealand, reached its half way point on 22 January 2020. With nine weeks since assuming command and nine more to go until command is passed to the incoming French led rotation, the team has made some significant contributions to maritime security in the wider Gulf region.

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 promote security, stability and prosperity across approximately 3.2 million square miles of international waters, which encompass some of the world's most important shipping lanes.

Day to day, the CTF 150 Battle Watch and staff direct ships from participating countries working in support of CTF 150 to conduct Maritime Security Operations (MSO) so that legitimate commercial shipping can freely transit the region, and to seek out and seize drug shipments and other illicit cargo that fund and support terrorist operations in the region and around the world.

One could say this team blew past the halfway point some time ago since preparation for this mission began in late September 2019. That was when Royal Canadian Navy (RCN) and Royal New Zealand Navy (RNZN) personnel travelled to Sydney, Australia to begin pre-deployment preparations with their Royal Australian Navy (RAN) counterparts.

During the six weeks of pre-deployment preps, the three nations came together to work through and develop standard operating procedures and concepts of operations for the upcoming deployment. The group conducted Mission Readiness Evaluations at the Naval Synthetic Warfare Centre which made sure they formed as a team.

"The pre-deployment prep was vital," said LCdr Curtis MacAulay, an RCN Naval Warfare Officer deployed with the team. "We needed to get our heads into the books, plans and after action reports from previous deployments so we could understand the mission and the area of operations. We had to do it together, Australians, Canadians, and New Zealanders, so we could develop a common lan-

guage and work as a team. It worked out very well and we are all on the same page when it comes to this mission."

Fast forward to December 5, 2019 and Australia assumed command of CTF 150. Eight days later, they had their first drug seizure.

French Ship (FS) Courbet, a frigate of the French Marine Nationale seized 3,500 kg of hashish from a dhow in the Gulf of Oman.

Not to be outdone, HMS *Defender* of the Royal Navy followed less than a week later with a seizure of a record 131 kgs of crystal methamphetamine. That amount was a huge increase in the amount of crystal methamphetamine being smuggled year on year, with 257kg interdicted in 2019, versus only 9 kg in 2018.

In 2020, it seems Courbet came back determined to outdo their 2019 performance.

Only five days into the New Year, on January 5, 2020, Courbet seized another 1,500kg of hashish from a dhow in the Arabian Sea.

On January 17 and 18, Courbet was at it again. In 24 hours Courbet's boarding teams conducted three boardings and searches. Two were a bust, but the third search netted 3,000 kg of hashish from a vessel, again, sailing in the Gulf of Oman.

Altogether, more than 8,000 kg of narcotics have been seized in the first half of this deployment by ships working in direct support

of CTF 150. Those drugs have an estimated regional wholesale value of \$4.3 million USD. Had these drugs reached their intended destination, the street value would have been many, many times more.

"We trained hard and prepared for this mission," said New Zealand's Capt(N) Sean Stewart, Deputy Commander of CTF 150. "The results we've had so far with the support of the French Marine Nationale and the United Kingdom's Royal Navy are brilliant, but we are not going to slow down. Right up to the last day, we are going to push hard and keep up the pressure on those who exploit the maritime domain for illegal purposes."

Throughout their time in Bahrain, the team has been watching the news and following the devastation from the Australian bushfires. It motivated CTF 150 to act.

In an effort to raise funds to support those in need, CTF 150 personnel from all three nations 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 team of 28 personnel is aiming 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 the Canadians and New Zealanders to get home first. Each team member is required to complete approximately 7.5 km per day. The target is designed to encourage the team to challenge themselves physically whilst doing so for a great cause.

"It's difficult to be here and watch what is going on at home," said LCdr Melanie Lenard, a RAN Training Systems Officer assigned to the mission. "Many of us know someone who has been affected by the fires and we wanted to do something to help."

The team has given themselves a goal of raising \$10,000 by the end of the deployment. They are almost half way there and everyone can help them. CTF 150 is encouraging people to support through donations via the following fundraising page with the Australian Red Cross. <https://fundraise.redcross.org.au/fundraisers/ctf150/fundraise-for-disaster-relief-and-recovery>.

Please feel free to also leave a comment on this page as the team would love to hear from everyone who contributes to the effort. The donations raised will go directly to the Australian Red Cross in March 2020.

The CTF 150 team is still focused on the mission but, of course, they are looking forward to returning home to Australia, Canada, and New Zealand to reunite with friends and family in late March.



FS Courbet, a frigate of the French Marine Nationale, has already made several significant drug seizures during CTF 150. Personnel's faces are blurred for OPSEC.

SUBMITTED



HMCS *Toronto* begins Docking Work Period

HMCS Toronto was lifted out of Halifax Harbour on the syncrolift on February 11, 2020 to begin her docking work period (DWP). During a tiered readiness program, HMC Ships deliberately prepare the ship and her company to float, to move, and to fight.

MONA GHIZ, MARLANT PA

NS Naval Association of Canada charting new course

By Cdr (ret'd) Len Canfield, NSNAC

The 75 year-old Nova Scotia Naval Association of Canada (NSNAC), formerly called the Nova Scotia Naval Officers Association, has a new mission and branch structure to meet the challenges of the 21st century.

At the recent NSNAC annual general meeting, Branch President Peter Haydon called upon Commodore (ret'd) Bruce Belliveau to brief members on the NSNAC Future Study carried out by a five-member sub-committee under his direction.

"NSNAC is an important part of the naval and wider maritime community in the Maritime Provinces and it is vitally important the organization continues to lead in supporting both the Royal Canadian Navy and the wider maritime community. Given that Halifax is the Atlantic home of the RCN and with many naval veterans residing in the region continuing this mission makes sense," Belliveau said.

He outlined how the sub-committee looked at the challenges facing the NSNAC, noting the branch needed to modernize its approach and adopt a more effective messaging and communication concept in the digital/social media era.

The sub-committee proposed several organizational objectives for



In recognition of the historic ties between the RCN and Bermuda, the Nova Scotia Branch of the Naval Association of Canada has produced a two by three foot display panel and a 25 by 15 inch metal plaque to be presented to and displayed in the National Museum of Bermuda. NSNAC Board members Bob Lancashire (left) and Charles Westropp (right) view the display panel in HMCS Sackville.

BILL GARD, CNMT

NSNAC, including

- Expanding public information and educational activities
- Developing, in conjunction with other like-minded organizations, a comprehensive maritime heritage awareness program with an emphasis on Atlantic Canada
- Increasing initiatives to support the Canadian Naval Memorial

Trust/HMCS *Sackville*

- Maintaining an active alumni/social function

Belliveau explained that the next step was to conduct a full strategic planning process in the coming months. This will include focus groups of serving, retired and other community members, surveys and interviews, followed by a facilitated strategic planning session to develop a strategic plan to move forward. The membership approved the new concept.

The new board structure will be based on several committees with Bruce Belliveau as president; Peter Haydon, past president; Rob Rounds, secretary-treasurer; Bill Woodburn, advocacy; Tony Goode, fundraising; Len Canfield, heritage; Bob Lancashire, alumni; and Charlie Black, padre.

Rowland Marshall, Sherry Richardson, Doug Thomas, Don Uhrich, and Charles Westropp will serve as members at large.

For more information, please contact: Bruce Belliveau, NSNAC, 902-876-1928/229-3812; email, belliveau-bruce@gmail.com, or Len Canfield, NSNAC, Tel 902 443-1726; email, len.canfield@ns.sympatico.ca

HMCS *Saskatoon* completes vital refit work

By Peter Mallett, The Lookout Staff

Two Canadian Forces Auxiliary Vessels, tugs *Glendine* and *Parksville*, nudged and pulled HMCS *Saskatoon* from Point Hope Shipyard to Y Jetty in Esquimalt harbour recently, indicating the end of the Maritime Coastal Defence Vessel's six-month maintenance period.

While only a six-kilometre distance, it took more than two hours to get the warship back to its home berth.

Like a car getting a tune-up, *Saskatoon* was inspected, repaired or overhauled where needed, repainted, and cleaned as part of a maintenance plan to keep the ship operational for years to come.

LCdr Colin Dudeck, Group Technical Officer, Coastal Forces Pacific, says the work is fundamental to preserving and maintaining the ship, one of six in the Pacific Fleet and 12 in the Royal Canadian Navy. If that necessary work isn't carried out, he says, the operational lifespan of the vessel would be greatly reduced.

It has been five years since *Saskatoon's* last refit.

"These vessels have been getting a lot of use, logging a lot of sea time, and all while sitting in salt water," said LCdr Dudeck. "Having the ship in dry dock for an extended period is really the only chance we get to see the ship out of the water and access its hull and effect more invasive maintenance."

To address corrosion, workers at Point Hope grit blasted the ship's exterior down to bare metal before repainting.

Inspections of heavy machinery in the engine room determined what needed to be refurbished, repaired, or replaced. All six alternators, used for supplying electricity to the ship's propulsion and domestic systems, were overhauled.

Improvements also made the to do list, with fryers removed in the galley and replaced with Combi Steamer Ovens that use hot air and steam instead of cooking oil to cook certain foods.

Now that *Saskatoon* is back in home port, the crew will spend the next 15 weeks conducting trials and training programs in preparation for the Rim of the Pacific (RIMPAC) multi-national exercise off San Diego's coast this summer. Part of this program is ensuring the equipment is working and the crew is pulling together as one cohesive team.

HMC Ships *Edmonton* and *Yellowknife* are next in line for regular refit with work expected to begin later this year.

HMC Ships deploy to Op

HMC Ships *Glace Bay* and *Shawinigan* departed Halifax on January 25, 2020. They will be participating in Op PROJECTION West Africa, to

work with African nations to build partner capacity, promote maritime security and foster relationships in the region.



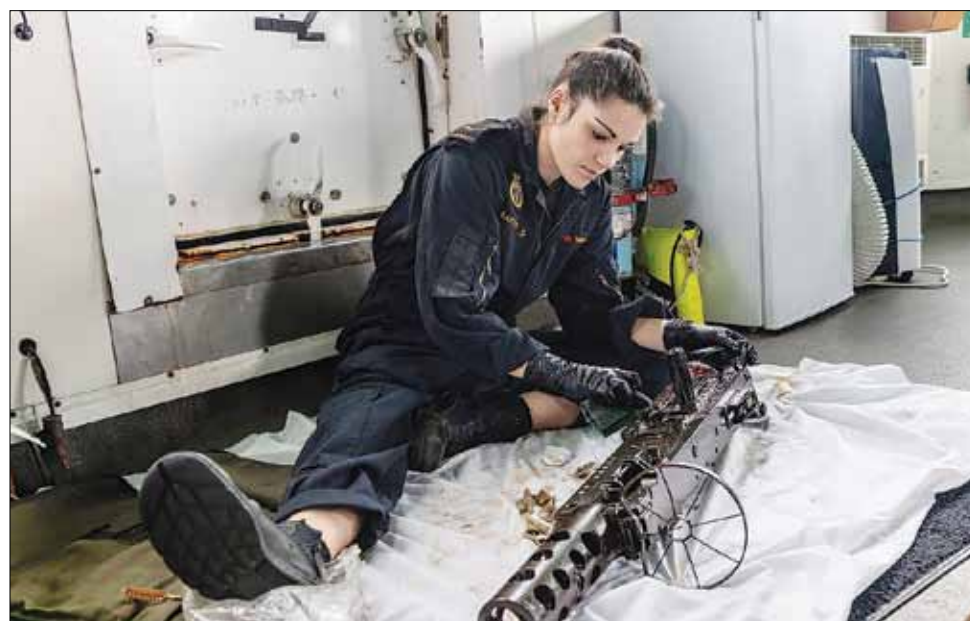
LS Oscar De Leon Hernandez, a Naval Communicator, waits for line one to be thrown to hoist the Canadian jack while arriving in San Juan, Puerto Rico, during Op PROJECTION West Africa on February 4, 2020.

CPL YONGKU KANG, CAF



Crewmembers of HMCS Glace Bay, dress lines while departing San Juan, Puerto Rico, on February 6, 2020.

CPL YONGKU KANG, CAF



AB Ashtyn Bartlett, a Boatswain onboard HMCS Glace Bay, cleans the .50 Calibre Heavy Machine Gun on February 10, 2020.

CPL YONGKU KANG, CAF



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A Zodiac from HMCS Glace Bay approaches HMCS Shawinigan to conduct a Personnel Transfer on January 31, 2020.

CPL YONGKU KANG, CAF

PROJECTION West Africa



Ocean water breaks over the bow of HMCS Glace Bay while sailing in the Atlantic Ocean on February 8, 2020.

CPL YONGKU KANG, CAF

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Black History Month 2020

As Black History Month continues, we highlight the contributions of several Royal Canadian Navy members of African descent.



OS Nygel Henry, a boatswain aboard HMCS Ville de Quebec, is seen during a recent exercise at sea.

FIS

OS Nygel Henry

Current role: Boatswain
Hometown: Montreal
Years of Service: 4
Home Unit: HMCS Ville de Quebec

What was the best thing that happened in your life over this past year?

The single best thing that happened in my life over this past year is my transfer to the regular force.

Was there an unexpected obstacle? How was it overcome?

An unexpected obstacle that I had to control my emotions. I overcame it by clearing my mind and putting a plan into action in order to get me to be where I want to be.

Pick three words to describe this past year with the RCN, and explain why.

I choose "Exciting" because I just transferred from the infantry reserves, "Challenging" because anything new that you try is always a challenge, and "Rewarding" because I have been waiting a long time to be a Boatswain, and now I am.

What is the most enjoyable part of your work?

The most enjoyable part of my work involves any time we conduct small boat operations.

What is the most challenging part of your work?

The most challenging part of my work is the steep learning curve as a new Ordinary Seaman boatswain in the RCN.

What was the best way you used your time this past year (professionally or personally)?

The best way I used my time this past year is time spent in the gym working on my personal fitness and wellbeing.

What was the biggest thing you learned this past year professionally?

The biggest thing I've learned this past year professionally were tips of my trade that allow me to become more effective at my job.

What would you like to accomplish in 2020?

In 2020, I would like to be selected for a deployment and grow into a better person.

What would you like Canadians to know about the RCN in 2020?

I would like Canadians to know that the RCN is an organization that consists of all sorts of individuals, as it reflects Canada as a whole, and that if you ever had or have any interest in joining, then do not shy away because there is a place for everybody.



OS Dustin Renzelli is seen onboard HMCS Toronto.

MONA GHIZ, MARLANT PA

OS Dustin Renzelli

Current role: Supply Technician
Hometown: Dartmouth
Years of Service: 2
Home Unit: HMCS Toronto

What was the best thing that happened in your life over this past year?

The single best thing that happened to me in 2019 was being selected to take part in standing guard at The Tomb of the Unknown Soldier. For the entire month of April, I went to Ontario and helped take part in standing guard and watching over the Tomb of the Unknown Soldier, as well as telling the public all the significant history of the Tomb and how important it is to not only Canadian history, but how important it is to the Canadian Armed Forces.

Was there an unexpected joy this past year?

An unexpected joy that happened in 2019 was being told that I was going to be posted to a ship. I have never been posted to a ship before, and since the ship would be deploying soon, it would be my first sail as well. I was pretty excited knowing that I would get to be working in a whole different environment compared to working on base.

Was there an unexpected obstacle? How was it overcome?

An unexpected obstacle that happened to me in 2019 was learning how to combat sea sickness. When the HMCS Toronto was sent out to sea for sea training and work ups, I unfortunately had to experience sea sickness for the entirety of the time we were out at sea. How I overcame the sea sickness was learning what to take to help quell my sickness, thanks to the ship's doctors as well as my co-workers who have also been

out at sea and had experienced sea sickness before.

What would you like to accomplish in 2020?

One thing that I would like to accomplish is to properly learn all the areas of the ship and to learn all the navy lingo that is used when you are on ship. One of the things you have to learn when on a ship is to know where certain things are, like where the medical bay is, where medical kits are, and where certain flood pipes and equipment are.

Is there anything you are looking forward to in 2020 (professionally or personally)?

Personally, I am looking forward to when HMCS Toronto, the ship I am currently on, is ready for deployment and is ready to go out to sea. As it will be my first sail, I really can't wait to find out what's in store for me when the deployment starts.

What would you like Canadians to know about the RCN in 2020?

I would like Canadians to know that ship life in the RCN is a whole different experience compared to working anywhere else. It may sound frightening, but once you get used to the work that you put into keeping the ship clean and ready, you'll find it like a second home to you.

What is the most unique thing about yourself, outside of the Navy?

The most unique thing about myself personally is that I am a pretty hardcore gamer. Gaming is basically my favorite activity and pastime that I've really enjoyed ever since I was a kid. Sometimes on Sunday's I would attend video game tournaments, and although I'm not very good, I have a great time there with a lot of enjoyable people.



SLt Connor Paris is seen on the bridge of HMCS Ville de Quebec.
MCPL NEIL CLARKSON, FIS

SLt Connor Paris

Current role: Bridge Watch Keeper
Hometown: Milton, Ontario
Years of Service: 7.5
Home Unit: HMCS Ville de Quebec

What was the best thing that happened in your life over this past year?

The single best thing that happened in my life over the past year was receiving my Bridge Watch Keeping certificate in November 2019 during the Submarine Commander Course 62 (SCC 62).

Was there an unexpected joy this past year?

An unexpected joy this past year was finding out that I am going to be an uncle again. Above all things, family is the most important thing to me and hearing that my family is going to grow was wonderful news.

What is the most enjoyable part of your work?

The most enjoyable part of my work is being able to multitask and deal with events happening internally and externally to the ship. When changes in our schedule arise or something unexpected happens, being able to troubleshoot an alternate plan, brief the Commander Officer and then executed it definitely gives me high job satisfaction.

What is the most challenging part of your work?

The most challenging part of my work is being able to adapt to situations that are constantly changing particularly when working with other ships. When in consort with other ships, the program can change at a moment's no-

tice and on a large scale. It is my job to be able to adapt accordingly and to drive the ship in order to implement those changes.

What would you like to accomplish in 2020?

The main thing I would like to accomplish in 2020 is to pass my Naval Officer Professional Qualification (NOPQ) board. Once that board is passed, I will meet my occupational function point and be promoted to Lieutenant (Navy). Passing that board is a big milestone in the career of a Naval Warfare Officer.

What would you like Canadians to know about the RCN in 2020?

The thing I would like Canadians to know about the Royal Canadian Navy is that life at sea is challenging, but it is also very rewarding. It takes a certain type of resilience to be at sea for two to three weeks at a time while also being away from your family. However, the RCN will also give you the opportunity to see some amazing places. In my two years in the fleet, I have sailed past the Arctic Circle and visited Iceland, Greenland, Iqaluit, New York City, Miami as well as additional locations in Canada.

What is the most unique thing about yourself, outside of the Navy?

The most unique thing about me is that I spent five years fencing at the Royal Military College. It was a big change in pace for me considering I have always enjoyed contact sports and played football in high school. It takes a different kind of mental prowess than most sports. I also volunteer at the Nova Scotia Sport Hall of Fame and I recently purchased a drone to capture videos and pictures from a unique and different perspective.



Lt(N) Theodore Eastmond is seen on the flight deck of HMCS Ville de Quebec.
MONA GHIZ, MARLANT PA

Lt(N) Theodore Eastmond

Current role: Assistant Combat Systems Engineering Officer
Hometown: Toronto
Years of Service: 8.5
Home Unit: Ottawa, Ontario. Currently I am on an "Imposed Restriction" posting on board HMCS Ville de Quebec.

What was the best thing that happened in your life over this past year?

The single best thing that happened in my life over this past year was proposing to my now fiancée and her accepting to be my future wife. Those who choose to be involved with a member of the service accept certain hardships such as not always being there. I'm grateful that my best friend and my future wife accepts me for who I am, and my commitment to the crown.

Was there an unexpected joy this past year?

An unexpected joy I felt this past year was felt when I was told that the crew on board the ship I serve look up to me and trust me. This was told to me by several different members of the crew on different occasions. I do my job to the best of my ability and I learn how to communicate and empathize with those I work with, but I didn't expect for such a positive response to my leadership.

Was there an unexpected obstacle? How was it overcome?

An unexpected obstacle that I have overcome was the death of my mother prior to my current posting. She had no life insurance and it was up to my two brothers and I to organize and fund her funeral. I had to grieve the event while facilitating it. Fortunately, I had the support of my spouse, my chain of command, and my immediate family

to provide the resources that allowed for my brothers and I to overcome this challenge.

What is the most challenging part of your work?

The most challenging part of my work is offering myself self-care when required. The demands at times are high, and I'm away from my spouse in fulfilling this posting. Before I feel my motivation diminishing as a result of my circumstances, I need to be aware of the signs, and be sure to take care of myself by doing physical activity or talking to my ship mates.

What was the best way you used your time this past year (professionally or personally)?

The best way I've used my time this past year is in my self-driven French training to include watching shows in French and taking online French courses.

What would you like Canadians to know about the RCN in 2020?

It is a great career with a plethora of opportunities. I want Canadians to know that as I feel minorities in Canada sometimes have a different opinion of the Canadian Armed Forces.

What is the most unique thing about yourself, outside of the Navy?

I won a Middleweight Amateur North American Championship in Muay Thai, representing Southside Muay Thai in Toronto Ontario; I have volunteered with a publicly funded initiative "Students Will All Graduate" to mentor and tutor at risk youth in my community in Ottawa; and I've backpacked through many countries such as Italy, Greece, and Costa Rica on my own accord in search of recipes to improve my cooking, which is a passion of mine.

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Menstrual hygiene product donations sought from local Defence Team members

By PO1 Kasia Danigier,
HMCS Toronto

CFB Halifax, in cooperation with the Defence Women's Advisory Organization (DWAO) Halifax, will be collecting menstrual hygiene product donations from members of the local Defence community from February 14 until March 11 to help combat "period poverty".

The collection will be in conjunction with the National, "No Woman Without" collection taking place in other major Canadian cities. All products collected during the MARLANT campaign will help supply menstrual hygiene products to people across Nova Scotia who struggle to afford or access the supplies they need. All items collected will go directly to local organizations including The Marguerite Centre, Adsum for Women & Children and the Halifax & Region Military Family Resource Centre (H&R MFRC).

Donations of tampons, sanitary napkins (pads), menstrual cups, cloth menstrual pads and period panties in full, unopened boxes/consumer packaging are graciously accepted.

Donation boxes will be set up in the following locations starting on February 14:



The CFB Halifax feminine hygiene product collection initiative was launched in 2019 in the lead-up to International Women's Day (IWD). The results of the collection were revealed at a special IWD held at Tribute Tower on March 8, 2019.

LS JOHN IGLESIAS, FIS

Dockyard: MARLANT HQ (D201) main lobby; D206 main entrance; FMF Cape Scott main lobby; New Wave café.

Stadacona: Base Headquarters (S90) main lobby; Tribute Tower (S117) main lobby; Fleet School (S9, S15, S17, S37 & S82); Canadian Forces

Health Services Centre Atlantic (S80) main lobby; Juno Tower (S90) main lobby/reception area.

Willow Park: TEME building (WL57) main lobby; Real Property Op building (WL7) main lobby.

Windsor Park: H&R MFRC (WP106) main reception area.

HMCS Scotian and DRDC.

Donations will also be accepted at the DWAO Halifax-hosted Defence Advisory Group Day event at Tribute Tower (Mr. Mac's, room # 144) from 9 a.m. to 12 p.m. on March 11.

Thank you in advance to all who donate to this worthwhile cause.

CFB Halifax Face of Base

Introducing one of our Faces of Base Halifax: LS Andy Penner. Recently remustered from the CAF, LS Penner is one of the Fleet First Aid Instructors for MARLANT. Alongside her primary duties, she raises awareness for mental health, and is a proud member and advocate for the SENTINEL Program, which is a volunteer-based, peer support network with the main objective to provide a support system amongst the ranks. Established by the Royal Canadian Chaplain Service in 2007, the SENTINEL Program is made up of trained and supervised volunteer members of all ranks. The Sentinels play an important role in the prevention, detection, and support for colleagues in distress. Today, with more than 3,000 qualified Sentinels in action on the ground, there are more CAF members ready to offer their support to those who need it.

SYDNEY MACLEOD, CFB HALIFAX PA INTERN.



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CFB Halifax swag now available at CANEX

Did you know that CFB Halifax now has its very own swag? Visit the CANEX at Stadacona Base or Windsor Park to check out their new products. With a variety of hoodies, hats and shirts as well as mugs for your favourite hot beverages, CFB Halifax swag will keep you stylish and cozy all winter long! Anyone looking for Shearwater-branded products should pop into the CANEX in Shearwater.

SYDNEY MACLEOD, CFB HALIFAX PA
INTERN



Black History Month Historical Facts presented by DVMAG

Throughout February, CFB Halifax social media channels are presenting Black History Month historical facts, in partnership with the MARLANT Visible Minorities Advisory Group (DVMAG), as a means of raising awareness and honouring the legacy of Black Canadians. The DVMAG at CFB Halifax takes a supportive role and applies a unique perspective to the job of building, nurturing and retaining a talented and diverse civilian and military workforce. The purpose of DVMAG – which is led by a military co-chair, a civilian co-chair and championed by the Base Commander – is to connect individuals with one another and to empathize with the issues that affected visible minority employees at large.

SYDNEY MACLEOD, CFB HALIFAX PA INTERN

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FAQ about the novel coronavirus

By the Government of Canada

1. What is novel coronavirus (2019-nCoV)?

Coronaviruses are a large family of viruses. They can cause diseases ranging from the common cold to more severe diseases such as Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS-CoV). Some transmit easily from person to person while others do not. The 2019-nCoV is a new strain of the virus that has not been previously identified in humans.

China determined that a novel coronavirus (referred to as 2019-nCoV) is responsible for the outbreak of pneumonia in Wuhan. Authorities in China and worldwide are conducting further investigations to better understand where the disease came from, how it is spread and the clinical severity of illness in humans.

2. What are the symptoms?

Those who are infected with 2019 novel coronavirus (2019-nCoV) may have little to no symptoms. You may not know you have symptoms of 2019-nCoV because they are similar to a cold or flu.

Symptoms may take up to 14 days to appear after exposure to the virus.

Symptoms have included: fever, cough, difficulty breathing, pneumonia in both lungs. In severe cases, infection can lead to death.

3. What are the risks of getting coronavirus?

The public health risk associated with the 2019 novel coronavirus (2019-nCoV) infection in Wuhan, China, is low for Canada and for Canadian travellers.

Canada has no direct flights from Wuhan and the volume of travellers arriving indirectly from Wuhan is low. However, at this time, the Government of Canada recommends that Canadians avoid non-essential travel to China due to an outbreak of 2019-nCoV.

Canada also recommends that Canadians avoid all travel to the province of Hubei, including the cities of: Ezhou, Wuhan, and Huanggang. This recommendation is due to the heavy travel restrictions by Chinese authorities to prevent the spread of 2019-nCoV. At this time, it is unclear how easily this virus spreads from person to person. Public health risk is continually reassessed as new information becomes available.

4. Is there a vaccine to protect against this virus?

No, there is currently no vaccine to protect against 2019 novel coronavirus infection.

5. Will this year's flu vaccine protect me from this virus?

No, the flu vaccine does not protect against coronaviruses.

6. What is the treatment for coronavirus?

For now, there is no specific treatment for most people with coronavirus infection. Most people with common coronavirus illness will recover on their own. At this time, there is no vaccine for coronavirus. Your health care provider may recommend steps you can take to relieve symptoms.

Consult your health care provider as soon as possible if: you are concerned about your symptoms or you have a travel history to a region<<https://travel.gc.ca/traveling/advisories>> where severe coronaviruses are known to occur. The sooner you get treatment, the better your chances are for recovery.

7. How does coronavirus spread?

Human coronaviruses cause infections of the nose, throat and lungs. They are most commonly spread from an infected person through: respiratory droplets that are spread when you cough or sneeze; close personal contact, such as touching or shaking hands; touching something with the virus on it, then touching your mouth, nose or eyes before washing your hands

8. What is the incubation period of the virus?

Current information indicates that symptoms may present themselves up to 14 days after exposure to the virus

9. How can I protect myself from getting this virus?

You can stay healthy and prevent the spread of infections by: washing your hands often with soap and water for at least 20 seconds; avoiding touching your eyes, nose or mouth with unwashed hands; avoiding close contact with people who are sick; coughing or sneezing into your sleeve and not your hands; and staying home if you are sick to avoid spreading illness to others.

10. Should the general population in Canada wear masks to protect themselves from this virus?

If you are a healthy individual, the use of a mask is not necessary.

However, if you are experiencing symptoms of an illness that spreads through the air, wearing a mask can help prevent the spread of the infection to others. The mask acts as a barrier and helps stop the tiny droplets from spreading around you when you cough or sneeze. Your health provider may recommend you wear a mask while you are seeking or waiting for care. In this instance masks are an appropriate part of infection prevention and control measures that put in place so that people with an infectious respiratory illness do not transmit the infection to others.

If you are caring for a sick person or you are in direct contact with an ill person, wearing a mask can help

protect you from catching the virus, but it will not fully eliminate the risk of illness.

When wearing a mask, make sure to: properly cover your mouth and nose; avoid touching the mask once it's on your face; properly discard the mask after each use; and wash your hands after removing the mask.

It is not recommended that healthy people or people who have not travelled to a 2019-nCoV affected area (e.g. Hubei Province and mainland China) wear masks. Wearing a mask when you are not ill and are not at high risk for developing symptoms may give a false sense of security. Masks can easily become contaminated and need to be changed frequently and fitted properly for them to provide adequate protection.

You can stay healthy and prevent the spread of infections by: washing your hands often with soap and water for at least 20 seconds; avoiding touching your eyes, nose or mouth with unwashed hands; avoiding close contact with people who are sick; coughing or sneezing into your sleeve and not your hands; and staying home if you are sick to avoid spreading illness to others

11. Are Canadians at risk for contracting a novel coronavirus infection if they receive a package or products shipped from China?

There is no known risk of coronaviruses entering Canada on parcels or packages coming from affected regions in China.

Although there is still a lot that is unknown about the newly emerged 2019 novel coronavirus (2019-nCoV) and how it spreads, we can use the information from two other coronaviruses (SARS and MERS) to guide us.

In general, because of poor survivability of these coronaviruses on surfaces, there is considered to be a very low risk of spread from products or packaging that is shipped over a period of days or weeks at ambient temperatures.

Studies on the SARS coronavirus showed that the virus did not survive on dry surfaces such as paper. Coronaviruses are generally thought to be spread by respiratory droplets.

Currently there is no evidence to support the transmission of 2019-nCoV associated with imported goods.

There have not been any cases of 2019-nCoV in Canada associated with imported goods from China.

12. Where can I find the most up-to-date information about this coronavirus?

For the latest and most up-to-date information, visit the Public Health Agency of Canada's webpage on the Novel Coronavirus (2019-nCoV)<<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>>. You can also follow

Canada's Chief Public Health Officer, Dr. Theresa Tam, on Twitter at @CPHO_Canada

Canadians travelling abroad are encouraged to consult the Travel Health Notice for China on travel.gc.ca.

13. Can the 2019 novel coronavirus (2019-nCoV) be transmitted when a person is not showing symptoms?

This question is under investigation at this time. Studies to answer this question are being conducted now.

While experts believe that spread from a person who is asymptomatic (not showing any symptoms) is possible, this is considered to be rare.

What we do know for certain is that the virus is most often being spread through close contact with a person who is showing symptoms (symptomatic cases).

So based on the latest available data, the main driver of the 2019-nCoV outbreak is symptomatic cases.

That means the primary focus for containing the novel coronavirus outbreak is to prevent exposure through direct and close contact.

The most effective way to control this type of spread is through good hygiene measures in community settings (handwashing, cough etiquette and staying home if sick) and strict infection prevention and control measures in health settings to prevent spread in hospital settings.

14. Is there a risk of contracting a novel coronavirus infection if I touch a surface that was potentially contaminated?

In general, coronaviruses have poor survivability on surfaces, and are generally thought to be spread by respiratory droplets left behind after someone coughs or sneezes.

For the novel coronavirus, researchers are actively investigating to learn more about the ways that the novel coronavirus is transmitted.

In the meantime, the best way to prevent respiratory and other illnesses is to: avoid touching the eyes, nose and mouth; consistently use good hand hygiene measures, which includes frequent handwashing with soap and water for at least 20 seconds, or using an alcohol-based hand sanitizer if soap and water are not available;

maintain good respiratory etiquette, such as covering your mouth and nose with your arm or sleeve when coughing and sneezing, disposing of any used tissues as soon as possible, and following with handwashing or use of alcohol-based hand sanitizers where soap and water are not available; and regularly clean and disinfect surfaces that people touch frequently such as toilets, bedside tables, doorknobs, phones and television remotes with regular household cleaners or diluted bleach (one part bleach to nine parts water).

TRIDENT Sports

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

Gagetown women, Greenwood men take Atlantic titles

By Sara White,
The Aurora Managing Editor

There are new Atlantic regional hockey champions in both the women's and men's division for 2020, following the CAF's play-off tournament February 4 to 7 at 14 Wing Greenwood.

While the 14 Wing Greenwood women won the 2019 regional title and the Gagetown men won regionals – and the year's national title; this year, it was the Gagetown women defeating Greenwood and the Greenwood men defeating 12 Wing Shearwater for the regional banners.

Play opened February 4 at the Greenwood Gardens Arena, with 405 (Long Range Patrol) Squadron Luc Vachon dropping the official starting puck.

"On behalf of Colonel Cook, welcome to Greenwood from across the Atlantic provinces," Vachon said. "Last year, the Greenwood women's team ended up winning regionals, and the Gagetown men won regionals and nationals – both will want to defend their titles!"

"Greenwood is a smaller rink, so it'll make things interesting. We're all looking forward to a great competition. Play nice, play safe – welcome."

Day 1 men's action saw Greenwood lose its opening game to Gagetown 8-4, but win a second game 8-4 over Shearwater. Halifax had beaten Shearwater earlier in the day 6-3. On the women's side, on February 4, Greenwood defeated Gagetown 6-5 in overtime.

February 5, Gagetown started the men's action with a 5-2 win over Halifax, and then took a later 6-4 win over Shearwater. Greenwood beat Halifax 8-4 in the evening game. In the women's division, Gagetown beat Halifax 5-2.

On Day 3, the women finished their round robin first thing in the morning, with Greenwood defeating Halifax 2-0. Greenwood met Gagetown for the evening game, the women's semi-final, winning 2-0. The men also



moved into their semi-final games, with Shearwater 1-0 over Gagetown and Greenwood 3-1 over Halifax.

On the final day of the tournament, February 7, Gagetown and Greenwood faced off in the women's final, with Gagetown coming out 4-3 in an overtime win. In the men's final, Greenwood defeated Shearwater 8-4.

Making a quick save in the middle of the tournament were friends at the Credit Union Centre in Kingston: when the Greenwood Gardens' Zamboni broke down, Kingston rink staff opened their doors at

10 p.m. and loaded up their back-up Zamboni to take up emergency duties in Greenwood. Greenwood rink manager Bill Cox and his ice maintenance crew appreciated the Kingston rink's

support in ensuring play would go on.

The men head to nationals at CFB Gagetown February 16 to 20, while the women's nationals will be held at CFB Winnipeg March 8 to 13.



12 Wing Shearwater came out on the wrong side of a 6-3 men's game against CFB Halifax February 4, Day 1 of the Atlantic regionals.

LS C. MOON, 14 WING IMAGING

The Halifax Mariners women's team took a 5-2 loss from the Gagetown Warriors at the Greenwood Gardens Arena February 5, Day 2 of the Atlantic Regionals women's action.

LS C. MOON, 14 WING IMAGING



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RCN sports history: Tug-of-war at HMCS *Cornwallis*

By Ryan Melanson,
Trident Staff

It may not be as common an activity in the modern day, but tug-of-war battles have been a naval tradition for well over a century, with Royal Navy inter-service competitions taking place as far back as 1896.

In 1965, the inter-divisional tug-of-war championships were a major monthly event in the new entry training sports program at HMCS *Cornwallis*, with young groups of sailors eager to prove themselves stronger than their RCN colleagues. In February of that year, the tug-of-war trophy went to HMCS *Fraser* 3/46 Division. The Commanding Officer of *Cornwallis*, Capt(N) J.M. Paul, called on OS Alexander Carmichael to accept the trophy on behalf of his team, noting that he looked especially sturdy on his feet through the contest, and likely was the deciding factor in his team's victory.



Capt(N) J.M. Paul presents the inter-divisional tug-of-war trophy to OS Alexander Carmichael of HMCS Fraser. The competition took place at HMCS Cornwallis in February 1965.

CROW'S NEST ARCHIVE

This month in RCN sports history:

1949 - HMCS *Stadacona* made it three consecutive championships in the Halifax Canadian Football League by defeating the Wanderers in a sudden-death final for the 1949 title and bringing the Purdy Trophy back to the base. Commissioned Engineer Frank Hindle was the head coach, while Commissioned Stores Officer Les Jackson acted as team

manager. Cmdre A.M. Hope was on hand to congratulate the players and sit in on the team photo.

1950 - HMCS *Micmac*, the latest addition to the East Coast fleet after its recommissioning in 1949, began making a name for itself in Fleet

sports. February saw personnel from the ship get hockey wins over HMC ships *Magnificent* and *Swansea*, with Commanding Officer LCdr Frewer and CPO Moore both lacing up their skates to take part. *Micmac* also took down ships *Portage* and *La Hullose*

in friendly basketball games that month, and organized an impressive rifle team with multiple sharpshooters who made the overall RCN team in previous years.

Continued on page 21

MEGA SPORTS STANDINGS 2019-20

[illegible]



RCN sports history: Tug-of-war at HMCS Cornwallis

Continued from page 20

1979 - In a match dubbed The Battle of the Sexes, a group of CFB Halifax and CFB Shearwater representatives took on the Halifax Ladies Ringette Team in a friendly exhibition at the Shannon Park rink. The teams played a competitive back-and-forth game, but the military men, captained by LCol Ivan Webb, came out on top 8-5 over the women, who were led by Judy Lake. Ringette was in the spotlight nationally throughout the year, with Ringette Canada holding its first ever national championship tournament

in Winnipeg. The event has since been held in Halifax in 1982, 1999, and 2007.

1997 - The CFB Halifax fencing team placed third at one of the largest tournaments in North America. The team, comprised of SLt Chris Howlett, SLt David Benoit, SLt Mike Wood and A/SLt Ed Hooper travelled to Kingston for the RMC Invitational Fencing Tournament, competing against 23 military and civilian teams from across the country and abroad. CFB Halifax's final match saw them triumph over the HMCS Carleton "A" squad to secure third place in the Men's Epee division.

Super Bowl Trivia for the NFL fanatic

By Stephen Stone

Since Super Bowl LIV has just been played and the winner is known, I wonder how many fans can answer the following trivia. With 54 Super Bowl games, I won't use 54 questions, so I'll just pick some of my favourite pop questions – you know, the ones that will win you a pop in the mess.

Questions

1. Who scored the first Super Bowl touchdown and for which team did he play?
2. Who scored the first touchdown in the first AFL/NFL Championship game played in Los Angeles between the NFL Packers and the AFL Chiefs?
3. Who coached the only team to appear in 4 consecutive Super Bowls (25, 26, 27, 28) and lose all 4?
4. Which team, thus far, is the only one to win 2 consecutive Super Bowls twice and 4 Super Bowls in 6 years?
5. In Super Bowl VII, which team won to complete the only, to date, perfect season in NFL history and whom did they defeat?
6. Who was the first defensive player to be MVP of the Super Bowl?
7. In Super Bowl XX, how many touchdowns did "Sweetness" score?
8. Which two teams played in the biggest blowout, thus far, in Super Bowl history?
9. Which team won the lowest scoring Super Bowl game?
10. Which player holds the record for consecutive Super Bowl championships as a player?
11. What is the longest time span between Super Bowl championships as a player?

12. Who holds the record for most consecutive appearances in the Super Bowl as a player?
13. Who is the only quarterback to both throw and catch a touchdown pass in the Super Bowl?
14. Who is the youngest quarterback to start and win a Super Bowl?
15. Who has the most career Super Bowl touchdowns?
16. Who holds the Super Bowl career record for rushing attempts?
17. Which quarterback holds the career record for fumbles in the Super Bowl with 5?
18. What is the longest time between Super Bowls wins by a team?
19. Who scored the first touchdown in Super Bowl LIV?
20. Which team kept the New England Patriots from having a perfect season by defeating them in Super Bowl XLII?

Answers on page 23



Fitness and sports updates

By Trident Staff

To nominate personnel for the various Sports Achievement Awards (Environmental Awards) – Male and Female Athlete of the Year, Coach, Official and Team of the Year, the local deadline is February 28. Pls send submissions to Isaac Habib. For nominations for the Admiral Jones Shield, the deadline is March 5. Pls send submissions to Kevin Miller.

MEGA floor hockey takes place from March 23-27.

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 Tri-dents 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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Shearwater Flyers win Regional OT Hockey gold

By Trident Staff

The Shearwater Flyers Old Timers' hockey team are headed to nationals after coming out on top at the Atlantic Regional Championship, held from January 29-31 at 12 Wing Shearwater.

After dominating against Greenwood in a 7-1 semi final game, the Flyers took on the CFB Halifax Mariners in the final. Both teams competed hard, going into the third with a tied score of 1-1, but a quick goal from Shearwater midway through the period got the momentum rolling, and the Flyers netted two more to end with a 4-1 victory. Lt(N) Joel Cormier of FDU(A) received the tournament MVP award for the Flyers.

The team will now travel to Borden for the CAF National Old Timers' Championship, to be held the week of March 21-26.

The Regional Championship also included a special tribute to the late Sgt (Ret'd) Rob Sneath in front of many of those who called him a friend and shared the ice with him over the years. Sneath was one of Canada's top military hockey players and won an impressive 22 medals from CAF Nationals during his 24-year career. A new permanent banner featuring Sneath's name and his jersey #27 was recently hung above the ice at the Shearwater Arena, replacing a temporary banner that went up shortly before his passing in late 2017.



The Shearwater Flyers celebrate their gold-medal win at the Atlantic Regional Old Timers' Hockey Championship on January 31.

OS MELISSA GONZALEZ, 12
WING IMAGING

The Flyers took on the Halifax Mariners in the tournament finals.

OS MELISSA GONZALEZ, 12
WING IMAGING



Skylarkers win Ray Kline Memorial Tournament

On January 23-24, 2020, the Dockyard Firefighters hockey team, The Skylarkers, competed in the Ray Kline Memorial Hockey Tournament, an annual event held in memory of the Halifax Firefighter. Funds raised from the tournament go towards PTSD. The Skylarkers finished the tournament with a 4-0-1 record, clinching the title for their first time since 2013.

SUBMITTED



Circuit training while en route to Op PROJECTION West Africa

Crewmembers of HMCS Glace Bay participate in circuit training on the fo'c'sle during Op PROJECTION West Africa on February 2, 2020.

CPL YONGKU KANG, CANADIAN ARMED FORCES







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Super Crossword

DOING PR WORK

ACROSS

- 1 Maize
- 5 1980s TV's "Kate & -"
- 10 Bank acct. underwriter
- 14 Resort isle near Naples
- 19 Cock- - (mixed dog breed)
- 20 Pencil end
- 21 Prehistoric beast, briefly
- 22 ALF or ET
- 23 Pool hall champion?
- 26 Flower calyx part
- 27 Off - (sporadically)
- 28 Small flycatcher
- 29 Christmas songs
- 31 Omega preceder
- 32 Passover crackers
- 34 Place where pizza dough is flattened?
- 37 "We - not amused"
- 38 Ripken of the diamond
- 40 Angriness
- 41 Actress De Carlo
- 42 Get the shoe mender on the phone?
- 47 Marine eel
- 49 Poetic foot
- 50 Pertaining to the sun
- 51 Still wrapped
- 52 In spite of the fact that, for short

- 55 King Arthur's home
- 58 Commercial in which all of one's fury is unleashed?
- 62 Fido's sound
- 65 Faced
- 66 Phileas Fagg creator Jules
- 68 Like a slob's bed
- 69 Blowtorch the exterior of your launch vehicle?
- 74 Wind section player
- 75 Quaint oath
- 76 Just a - (somewhat)
- 77 Hissing snake sound
- 78 Ice-skating food fish?
- 80 Mexican menu items
- 84 Blast maker
- 85 "Mammal" has three
- 86 "Thank you, Henri"
- 87 Opra part
- 91 PR concern
- 94 Farmer's motto?
- 97 Risen from sleep
- 100 Seemingly endless time
- 101 Park oneself
- 102 Dwelling: Abbr.
- 103 Tirades about the trials of being a mother?
- 109 Not switched off
- 111 Ace
- 112 Art style

- 113 Sofa
- 115 Spanish for "queen"
- 116 Wax theatrical
- 118 Actor Moranis playing a garbage sweeper?
- 121 12-inch stick
- 122 Small toiletry case
- 123 Pay the penalty
- 124 First-aid plant
- 125 Fencing blades
- 126 Part of NYPD: Abbr.
- 127 Tightly wound
- 128 Give away temporarily

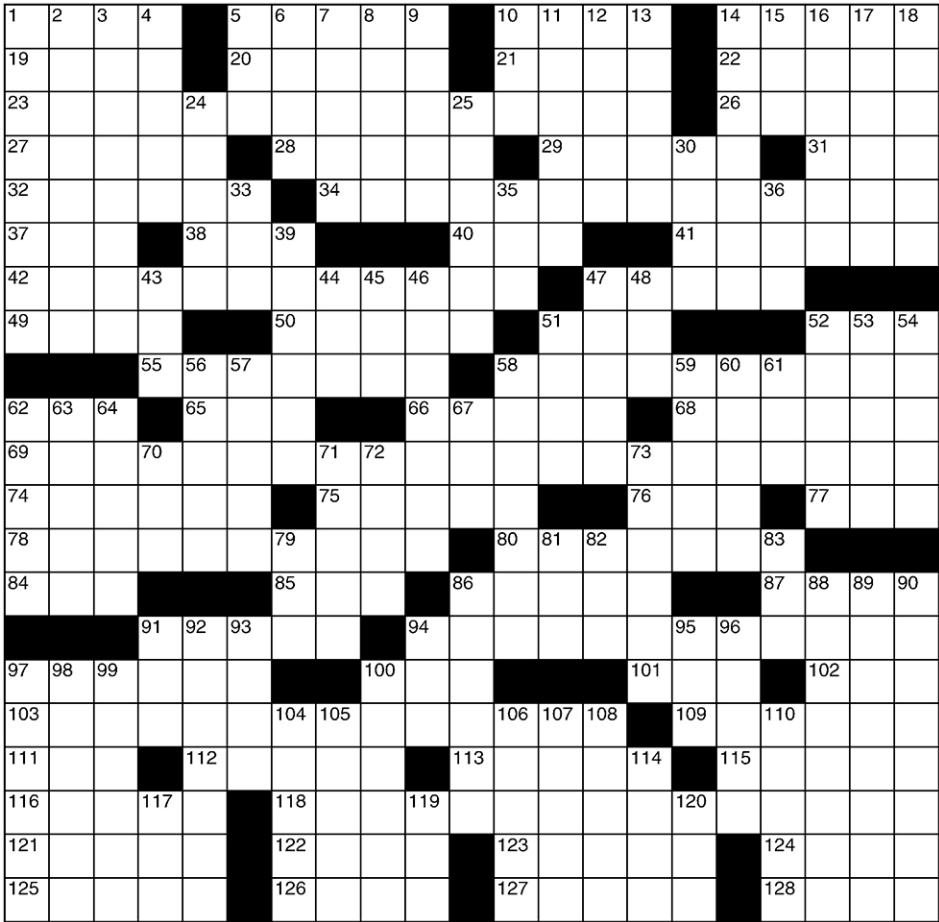
DOWN

- 1 Squid dish
- 2 Expanse
- 3 Sports squad that rarely has home games
- 4 Vivarin rival
- 5 Fourth mo.
- 6 Belt holder
- 7 Longtime con
- 8 Split evenly
- 9 Lucy's TV pal
- 10 32nd pres.
- 11 Actress Wiest
- 12 Disguised, for short
- 13 Alternatives to Pepsis
- 14 Tapioca-yielding tree

- 15 Hoppy drink
- 16 1972-77 Broadway musical
- 17 Explanation
- 18 Queued up
- 24 Tennyson's "- Arden"
- 25 More elusive
- 30 Astron. distance
- 33 Little pouch
- 35 Like the vbs. "eat" and "lie"
- 36 Tiny dog
- 39 Get bested by
- 43 TV network north of the USA
- 44 Ty-D- - (bathroom brand)
- 45 Slo- - (fuse type)
- 46 Riga native
- 47 Brawl
- 48 Athena's bird
- 51 Sam once in the Senate
- 52 Trees yielding wood for ships
- 53 Mythical hell

- 54 Dramatist Clifford
- 56 Collect
- 57 Conductor Zubin -
- 58 Cake icer
- 59 Countryish
- 60 Cell terminal
- 61 Yukon maker
- 62 Cut short
- 63 Harp on gloatingly
- 64 Anterior
- 67 Cut short
- 70 Suffix with neat or peace
- 71 "- tell ya!"
- 72 Problems for vain types
- 73 Tide targets
- 79 Shin's place
- 81 Noted coach Parseghian
- 82 Bygone AT&T rival
- 83 Slump
- 86 Home of Monte Carlo
- 88 Vehicle ownership certificate

- 89 Get drunk
- 90 Trapped
- 91 34th prez
- 92 Corporate marriages
- 93 Avonlea girl
- 94 Hide - hair
- 95 It's nothing
- 96 Comical Cheri
- 97 Current unit
- 98 Pre-race stretch, say
- 99 "King Ralph" actor Peter
- 100 Ocular cleansing receptacle
- 104 One way to mark debits
- 105 Uninspired
- 106 Like skim milk
- 107 Mozart's "Cos fan -"
- 108 "Danke -"
- 110 Prenatal
- 114 Egg layers
- 117 Golf gadget
- 119 Model-making set
- 120 "Annabel -"



Super Bowl Trivia for the NFL fanatic

Questions on page 21

Answers

- 1. Matt Snell ran 4 yards for the New York Jets touchdown. Even though it was the third AFL-NFL championship game, it was the "first" designated Super Bowl played January 12, 1969. Jets 16 / Colts 7.
- 2. Max McGee on a 37-yard pass from Bart Starr of the Packers at 6:04 in the 1st quarter.
- 3. Marv Levy coached the Buffalo Bills to the 4 Super Bowls. His two Grey Cups with the Montreal Alouettes 62nd and 65th games defeating the Edmonton Eskimos both times.
- 4. Pittsburgh Steelers - Super Bowls IX , X and XIII, XIV.
- 5. Miami Dolphins defeated the Washington Redskins 14-7.
- 6. Linebacker Chuck Howley of the Dallas Cowboys in Super Bowl V.
- 7. Walter Payton (Sweetness) of the Chicago Bears did not score a touchdown against the Patriots in Super Bowl XX.
- 8. San Francisco 49ers defeated the Denver Broncos 55-10 in Super Bowl XXIV.

- 9. New England Patriots defeated the Los Angeles Rams 13-3 in Super Bowl LIII.
- 10. Ken Norton, jr with 3 consecutive wins...Cowboys in Super Bowls XXVII, XXVIII, and 49ers XXIX.
- 11. Ray Lewis, 12 seasons – Baltimore Ravens XXXV and Baltimore Ravens XLVII.
- 12. Gale Gilbert – Buffalo Bills – XXV, XXVI, XXVII, XXVIII and the Chargers XXIX.
- 13. Nick Foles – Philadelphia Eagles during Super Bowl LII.
- 14. Ben Roethlisberger – Steelers, Super Bowl XL.
- 15. Jerry Rice – 8 – 49ers XXIII, XXIV, XXIX, and Raiders XXXVII.
- 16. Franco Harris – Steelers Super Bowls IX, X, XIII, XIV.
- 17. Roger Staubach – Dallas 4 games – VI, X, XII, and XIII.
- 18. Fifty years. Kansas City Chiefs won Super Bowl IV and their next win was Super Bowl LIV.
- 19. Patrick Mahomes of the Kansas City Chiefs.
- 20. New York Giants defeated the Pats by a score of 17-14, thus preventing the Patriots from having the 2nd perfect season in the NFL.

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