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TRIDENT

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



Launching a Puma

An RCN sailor launches the CU-175 Puma into the air to conduct sea surveillance during OP CARIBBE onboard HMCS Whitehorse.

CAF PHOTO



HMCS St. John's wins Admiral's Cup Pg. 2



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Op PROJECTION West Africa Pg. 10



Exercise as medicine Pg. 22

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HMCS *St. John's* awarded Admiral's Cup after banner year

By Ryan Melanson,
Trident Staff

After a whirlwind 2019 that included international exercises, commemorative ceremonies and public outreach, the crew of HMCS *St. John's* has been awarded one of MARLANT's top honours. The ship received the 2019 Admiral's Cup during a presentation on February 7, with RAdm Craig Baines, Commander MARLANT and JTFA, and Formation Chief CPO1 Derek Kitching, visiting the ship to hand over the coveted trophy.

The Admiral's Cup is presented annually to the ship that demonstrates the best efficiency, morale and leadership during the previous calendar year, while excelling in all of its assigned tasks. For *St. John's*, this was no small order, as the ship was kept extremely busy with a variety of short deployments throughout 2019.

"We've done a tremendous amount for a normal readiness ship, and that wasn't the plan or what we expected. The crew has had an outstanding ability to move with the punches and adapt to changing situations," said Cdr Peter Sproule, the ship's Commanding Officer.

The busy year for *St. John's* included:

- **Exercise FORMIDABLE SHIELD** - The ship departed Halifax in mid-April for this multinational NATO exercise held off the west coast of Scotland. *St. John's* participated alongside twelve ships from nine countries, focusing on defense against ballistic missiles and anti-ship cruise missiles, with a highlight of successful live missile firings during the exercise. The trip also included port visits in Scotland, Ireland, Portugal and Denmark.

- **D-Day commemorations** - In June, *St. John's* represented Canada as part of commemorations overseas mark-



The crew of HMCS *St. John's* was awarded the Admiral's Cup for 2019 on February 7, with RAdm Craig Baines, Commander MARLANT and JTFA, and Formation Chief CPO1 Derek Kitching, making the presentation during a visit to the ship.

MONA GHIZ, MARLANT PA

ing the 75th anniversary of the D-Day landings. The ship was in Portsmouth, UK on June 5, served as a cross-channel escort for a cruise ship carrying Second World War veterans to France, and patrolled off Juno Beach to act as a backdrop during ceremonies on June 6. Crew members also visited and paid their respects to monuments at Beaumont Hamel and Vimy Ridge.

- **Run the Rock** - *St. John's* conducts the Run the Rock charity fundraiser in Newfoundland each year, with sailors running across the province while visiting cities, towns and villages to raise money for the Children's Wish Foundation Newfoundland and Labrador chapter. The effort typically raises a substantial amount for the charity, and 2019 was no different, with the team bringing in a total of \$111,629.

- **Exercise CUTLASS FURY** - This was the largest multinational exercise to be hosted in Atlantic Canada in more than 24 years, and *St. John's* was able to join in for the final operational scenario and free play portions after returning from Europe. The ship took part in anti-surface, anti-submarine and anti-air exercises, and also conducted replenishment at sea training with MV Asterix.

- **Great Lakes Deployment** - *St. John's* visited five Canadian cities through October and November as part of the 2019 Great Lakes Deployment, which is meant to show off Canada's Navy to Canadians who don't often get the chance to interact with sailors and warships. The ship visited Toronto and Windsor in Ontario as well as Montreal, Quebec City and Sept-Îles in

Quebec. Highlights included tours for the general public, VIP receptions, citizenship ceremonies, and CAF enrollment ceremonies. The public nature of the deployment can be difficult, and the ship's company was praised for being excellent representatives of the RCN.

Cdr Sproule said he was thrilled to house the Admiral's Cup trophy in *St. John's* for the next year, and added that it wouldn't be possible without great leadership from the command triad and other senior members, along with the hard work of sailors in all departments of the ship.

St. John's will continue with a busy schedule and plenty of sea time over the next nine months before beginning to ramp down for the ship's Docking Work Period this coming fall.

With files from SLt Kyle Pedersen





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DND T4/Relevé 1 slips available on February 25

Tax slips for DND employees will be available as of Tuesday, February 25, 2020. PSPC encourages DND employees to follow the schedule and to login to retrieve tax slips at our dedicated date to avoid any disruption to the system.

For most employees who do not have system access, such as former employees and employees on leave without pay, tax slips will be mailed via Canada Post. Tax slips are mailed

to the address recorded in Phoenix at the time the tax slip is issued. Please ensure your home and mailing addresses are correct.

Employees can contact the Client Contact Centre to receive a copy and verify their address if tax slips are not received in the mail by March 9, 2020. Those registered with Canada Revenue Agency's or Revenu Québec's My Account can access their 2019 tax slips online by March 6, 2020.



Biases, treaties and legal issues explored during Indigenous training session

By Ryan Melanson,
Trident Staff

As the CAF works to become a more inclusive employer and better its relationship with Indigenous peoples and communities, MARLANT recently welcomed members of a new Indigenous-focused DND organization for a two-day series of educational presentations.

Representatives from the newly established Director-General Indigenous Affairs (DGIA) conducted the Indigenous Awareness Training Sessions at FMF Cape Scott. The wide-ranging sessions touched on issues like bias and racism, while also delving into more complex topics like Indigenous consultations and the Crown's legal obligations. The morning of February 19 was reserved for leadership and command teams, with many across the Formation attending, including RAdm Craig Baines, Commander MARLANT and JTFA.

Grace Paduano, a Deputy Director with DGIA, kicked the day off with an interactive training session on unconscious bias, meant to show how minor misunderstandings can worsen when they go unchecked, leading to harmful stereotypes and prejudices. She acknowledged that many in the room likely had a lack of knowledge when it comes to Indigenous culture and issues, but encouraged them to be curious rather than shying away.

"This is about broadening our understanding, and no one should be afraid to ask questions. In my experience, when people ask questions politely and in good faith, they are very rarely turned away," she said.

CPO2(Ret'd) Elder Debbie Eisan, originally from the Ojibway Batchewana First Nation in Ontario, echoed those comments in a presentation focused on myths and perceptions regarding Indigenous people. She spoke alongside DGIA's Marvin Fletcher, and touched on topics like Status Cards, Reserve communities, taxation for Indigenous people, and their experiences with racial prejudice.

"I like to have what I call 'teaching moments,' CPO2 (Ret'd) Eisan said.

"When I am polite with someone and I can explain the situation or the disagreement, the response is usually positive," she added. Her 36-year military career brought the opportunity for many of these teachable moments, which can promote understanding and inclusion, rather than letting divisions fester.

The second half of the morning focused on the more technical details of Indigenous engagement for CAF members on operations and the legal Duty to Consult. These issues are seen as increasingly important for the CAF when planning or conducting exercises and operations near Indigenous territory or that have potential to impact Indigenous activities in a region. Topics in-



The training session saw high attendance from members of MARLANT, including ship command teams and senior leaders.

RYAN MELANSON, TRIDENT STAFF



Along with DGIA representatives, CPO2 (Ret'd) Debbie Eisan also took part, bringing her perspectives as an Ojibway veteran and Resident Elder with the Mi'kmaq Native Friendship Centre in Halifax.

RYAN MELANSON, TRIDENT STAFF



DGIA Communications Liaison Marvin Fletcher speaks to attendees at an Indigenous awareness training sessions held at FMF Cape Scott on February 19.

RYAN MELANSON, TRIDENT STAFF

cluded Indigenous history and Treaty rights, methods of consultation and accommodation for Indigenous groups, using historical and ongoing examples, the UN Declaration on the Rights of Indigenous Peoples, and Canada's Truth and Reconciliation Commission Calls to Action.

A total of four sessions were held on February 18 and 19, including briefs for 5 Cdn Div personnel and others focused on Indigenous issues related to defence procurement. Organizers said these were some of the first training sessions of their kind aimed at CAF and DND staff, and feedback will be used to improve similar sessions in the future, both in Halifax and at different bases across the country.

Capt(N) Matt Bowen, Commanding Officer of Sea Training (Atlantic) and the Champion for the MARLANT

Defence Aboriginal Advisory Group, played a role in bringing the DGIA representatives to Halifax for the briefings. He said the hope is that attendees came away with a bit of new knowledge that can then be built upon with further reading and through interacting with others.

"We want to promote understanding and the full inclusion of Indigenous peoples in areas like recruitment, development, promotion, and retention. Education, and expanding our level of understanding within the CAF and DND, is an enormous part of how we do that," he said.

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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.

Little Ray's Reptile Zoo Live

Time: 2:30 - 3:30 p.m.

Date: Sunday, March 15

Location: Halifax Central Library, Paul O'Regan Hall

Little Ray's Reptile Zoo is the largest reptile rescue in Canada, assisting the SPCA and the Hope

for Wildlife Society in rescuing and placing unwanted pet reptiles across the country. Little Ray's will provide an educational and entertaining live experience at the Halifax Central Library, featuring some cool and scaly creatures. The presentation is free to attend.

African Heritage Month: Short Film Program

Time: 7 - 8:30 p.m.

Date: Monday, March 23

Location: Halifax Central Library Room 301

African Heritage events at Halifax Public Libraries are continuing into March, including this screening of four critically-acclaimed short films, in partnership with the National Film Board. The films being screened are *Black Soul*, by Martine Chartrand (2000, 9 min), *Ice Breakers*, by Sandi Rankaduwa (2019, 15 min), *Black + Belonging*, by Francesca Ekwuyasi (2019), and *Black Mother Black Daughter*, by Sylvia Hamilton and Claire Prieto (1989, 29 min).

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.

Book event: The Mystery Ships of Nova Scotia

Time: 7 p.m.

Date: Tuesday, April 14

Location: Maritime Museum of the Atlantic

Historian John N. Grant tells the long-buried story of Nova Scotia's Mystery Fleet, which was based in Sydney, NS, and St. John's, NL. They bravely performed their secret duty, and then sailed into anonymity. Grant has gathered the evidence, with many of their names, and produced a brisk, readable and respectful telling of this rare tale, titled *The Mystery Ships of Nova Scotia in the First World War*. Grant has published articles and books on African-Nova Scotian history, the history of academic costume in Nova Scotia's universities, the history of education, and local history.

Amazing family historical find inspires author

By Peter Mallett,
 The Lookout Staff

Helen Edwards has transformed the contents of a family member's long-forgotten storage box of navy mementos into a newly released book.

Extensive journals and hundreds of photographs were amassed by the Victoria resident's father-in-law, Royal Canadian Navy Commodore John Crispo Inglis Edwards between 1916 and 1929. The treasure trove of historical items remained inside the plain wooden box for decades.

She knew the box resided in the family's basement but had no idea what was inside.

Seven years ago, she cracked it open.

"My jaw dropped when I realized the contents inside," said Edwards.

Below the jumbled clutter of paper clips, magazines and stationery, she found a large photo album containing over 100 carefully labelled photos mounted on black paper. Most important to the find were four diaries with extensive hand-written entries from his travels around the world. The dia-

ries were all different in size and colour, which leads Edwards to believe they were not navy issued stationery.

"The ink on the written passages was very well preserved and while some of the photos and the handwriting on them was a little faded; overall they are in good shape considering they are a century old," said Edwards.

Born in Londonderry, NS, Edwards was the sixth child of Maj Joseph Plimsoll Edwards, a noted Canadian historian, and Emily Susan Crispo. After attending the Royal Naval College of Canada in 1911, he graduated as part of the school's second class before embarking on a 39-year career in the newly formed RCN.

During the buildup to, during, and following the First World War, he served in eight Royal Navy warships and five RCN warships including HMC Ships *Shearwater*, *Stadacona*, *Festubert* and *Champlain* as Commanding Officer. Many of his postings as a senior officer towards the end of his career were on the west coast with units HMCS *Naden* and RCN Naval Barracks Esquimalt.

His travels around the world in-

cluded stops in the West Indies, where he was stationed for much of the First World War.

One of Edwards' favourite images from the photo collection is her father-in-law and two other sailors riding camels in front of the pyramids of Egypt.

"That the diaries had survived the myriad of moves a naval family makes is a minor miracle. Doubly amazing is the fact we also found photographs that enhanced his story."

The Wardroom hosted Edwards' book launch on February 18. During the launch she presented highlights of the more intriguing content in her self-published book entitled *Dutchy's Diaries, Life as a Canadian Naval Officer in his own words, 1916-1929*.

Dutchy, says Edwards, was her father-in-law's nickname during his sailing days and is derived from his reputation as a penny pincher.

"Transcribing and researching his journals has been some of the most thought-provoking work of my life," says Edwards. "Each day brings new discoveries, but none can top the day I found these journals."



RCAF Association Trust Fund donated to bursary program

By the RCAF Association

The RCAF Association Trust Fund recently donated \$15,106.00 to the Air Cadet- RCAF Association Continuous Flying Training/Academic Scholarship Bursary Awards Program. Three \$7,500.00 awards are provided annually from the interest of the account that are distributed by the Air Cadet League of Canada. This cheque is the latest Trust Fund contribution to the bursary awards account principle.

The end goal is to reach sufficient principle to provide sufficient interest to enable at least three annual \$7500.00 awards even during periods of low interest rates. This has been the primary goal of the Trust Fund over the past three years and needs your continuing support to achieve that aim. Association members and friends of the RCAF are encouraged to make bequests in their wills to the

RCAF Association Trust. The Trust Fund is a registered charitable organization that is subject to the Canada Revenue Agency.

The Trust Fund may accept distributions and distribute grants:

- To support, assist, promote and further the training education of young persons, particularly Air Cadets.
- To support, assist, promote and further the education of all Canadians with matters relating to aviation and aviation history, particularly as it pertains to Canada's Air Force, past and present.
- To support other like minded charitable agencies and organizations.

Your RCAFA Atlantic Region Trustee is Dan Millar; 201 Wing Charlottetown; RCAFA Atlantic Group Chairman is Serge De-Serres, and Vice Chairman is Bud Berntson.



Serge DeSerres (left) and Bud Berntson (right) donated to the Air Cadet – RCAF Association Continuous Flying Training/Academic Scholarship Bursary Awards Program.

SUBMITTED



Stadacona Band plays annual concert series for students

PO2 Hamish Gordon, oboist in the Royal Canadian Navy's Stadacona Band, plays a solo during a February 20 concert at Mount Saint Vincent University's Seton Hall. The occasion was the band's annual school concert series.

MONA GHIZ, MARLANT PA

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Sailor Profile - CPO1 Alena Mondelli

International Women's Day

March 8 is International Women's Day. As we note the accomplishments of women in all sectors of Canadian society, we in particular call attention to the role and importance of women in the Royal Canadian Navy. The following is a profile of one of those sailors, CPO1 Alena Mondelli.

Current role: Unit CPO Personnel Coordination Center (Atlantic)

Years of Service: 28

What was the best thing that happened in your life over this past year (2019)?

The greatest experience up to this point in my career has been my appointment as Coxswain of a Canadian Patrol Frigate. I was a member of HMCS Toronto from July 2018 until August 2019. In that year, we deployed on OP REASSURANCE ROTO 10.

Was there an unexpected joy this past year?

During OP REASSURANCE ROTO 10, I co-presented with Cmdre Josée Kurtz at the Ukraine Naval Academy in Odessa, Ukraine, on diversity and gender integration within the RCN and CAF. As a Senior Officer and Senior NCM, we spoke as a "leadership team" about our experiences not only as RCN leaders, but how gender integration has assisted in transforming and leading the way to an inclusive and diverse CAF and RCN. It was an incredible honour to show the progress of the CAF as the two most senior (Officer and NCM Corp) deployed women within the RCN at the time. We were making change – globally - just by being who we were.

Was there an unexpected obstacle? How was it overcome?

My unexpected obstacle was failing my Force Test six months before deploying because I was too stubborn to seek medical help for a wrist injury. It was the first time I was unsuccessful with the Force Test. In my recovery and rehabilitation process with my wrist, I had also obtained a 2nd degree sprain of my left ankle, pushing my Force Test even further away. The overarching reality was that I would not deploy on ROTO 10 if I did not

have a valid Force Test. I overcame the obstacle by taking care of both injuries while still maintaining my level of cardio fitness with a focus on strength. I passed my Force Test and was able to deploy.

What was your biggest personal change in the last year?

My biggest change this year was my appointment to a key position. This was not because of the differences in jobs between a ship's Coxswain and the PCC Atlantic Unit CPO, but because of what it signified. Never again will I be posted to a ship as a member of the ship's company. This was something that struck me quite heavily as I left Toronto, as our identity of being a sailor is that of being on the ships. Something I have done ever since I was an Ordinary Seaman. It was a big change to acknowledge and accept.

What was the most enjoyable part of your work?

The most enjoyable part of my work is always the people. Talking to people, listening to people, watching their achievements, mentoring and guiding them through their challenges, observing their growth, and celebrating it all with them in whichever way possible.

What was the most challenging part of your work?

The most challenging part of my work is also the people. As a CPO1, I lead and manage the "human system" which is rewarding and difficult at the same time. The key is to find the balance between the needs of the individual and the needs of the institution. It's challenging, but it's necessary.

How would you describe the availability of opportunities for women in the Royal Canadian Navy?

The RCN is an equal opportunity employer. There is nothing a woman can't do if she wants to do it! Also, as we've evolved to meet the needs of everyone, women have more control on what matters to them such as being in a safe environment, opportunities for motherhood when it suits them – and whatever motherhood/parenthood may look like, child care, education, advancement, challenges, seeing new



CPO1 Alena Mondelli is seen at sea during an Op REASSURANCE deployment with HMCS Toronto in 2019.

MCPL MANUELA BERGER, FIS

places, working with amazing people and different nations. The opportunities are there for those that take up the challenge and want to be challenged!

What advice would you give new female recruits?

The advice I would start with to young female recruits is to just be yourself - don't change who you are – and do your best. Seek out a role model or mentor, even at such a new time in their career, this person will have invaluable advice that will help them. And finally, because I know it would be very overwhelming at first, I would tell them to treat people the way they want to be treated: with respect, dignity, and equity. It shows people that they are valued.

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

I would like Canadians to know that the RCN is "their" navy and that

we strive to meet their expectations in being a professional, adaptable, dependable, diverse, ethical, and excellent employer of choice. Sailors are very proud of what they do and accomplish, and the more we get that message out to Canadians, the more Canadians will understand, the role of what their Navy does for them, overall global security, and Canadian sovereignty.

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

I've recently become a committee member of the RCN Benevolent Fund, an organization that provides assistance and bursaries to veterans, currently serving members, and their families, of the Regular and Reserve Force, who are RCN or have been employed within the RCN. I also make soap, quilt, craft, run, and enjoy long walks surrounded by huge trees or the ocean.

Blood donor clinic on March 13 at CFB Halifax

Canadian Blood Services invites you to come to CFB Halifax in the Windsor Room at Juno Tower, located at 2648 Lorne Terrace on Friday, March 13, from 9:30 a.m. to 1:30 p.m., to give blood. By giving blood today,

you help ensure that others wake up healthier tomorrow. Book your appointment today to help reach the goal of 58 donations. For more information, visit www.blood.ca

La société canadienne du sang vous invite à venir donner du sang à la Tour Juno de la BFC Halifax, 2648 Lorne Terrace, le vendredi 13 mars (de 9 h 30 à 13 h 30). En donnant du sang aujourd'hui, vous aidez des

gens à se réveiller en meilleure santé demain. Réservez votre rendez-vous aujourd'hui afin d'atteindre l'objectif de 58 dons. Pour plus de renseignements, consultez www.sang.ca

Key events of the Battle of the Atlantic: March

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

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

March 8, 1940: HMCS *Assiniboine*, along with the cruiser HMS *Dunedin* capture the German merchantman *Hanover* in the Caribbean. MV *Hanover* was a blockade runner and was initially intercepted between the Caribbean islands of Hispaniola and Puerto Rico. Her crew disabled her steering and set her on fire in an attempt to prevent her from being captured but over the course of the following 36 hours, *Dunedin* and *Assiniboine* alternated towing her and spraying water on her and were able to prevent her destruction. *Hanover* would eventually be towed to England and later be repaired and outfitted as the Royal Navy's first auxiliary aircraft carrier HMS *Audacity*.

March 26, 1940: The Liberal government of Prime Minister Mackenzie King wins the largest majority election since Confederation with a solid holding in Quebec where the threat of crisis if conscription were introduced is an ominous cloud.

March 17, 1941: Halfway between Iceland and southern Norway, off the Faeroe Islands, the Canadian merchantman J.B. White is torpedoed and sunk by U-99 with a loss of two of her crew of 40. This would be one of the most costly U-boat attacks of the war on Allied supply lines. A total of 88 merchant ships in two convoys; HX229 and SC122 with four destroyers and two corvettes as escorts lose a total of 22 vessels to U-boat pack attacks.

March 24, 1941: The Rush-Bagot Agreement, established following the War of 1812 and limiting Naval power on the Great Lakes, is modified to allow vessels of Canada and the US to transit to the Atlantic from the various shipyards inland.

March 25, 1941: Off Freetown, West Africa, the German raider

Kormoran captures the Canadian merchantman *Canadolite* taking her entire crew of 44 as prisoners of war. *Canadolite* was subsequently turned into a German tanker before being sunk by the RAF in early 1944.

March 26, 1941: Assigned to the Halifax Local Defense Force, the armed yacht HMCS *Otter* is destroyed in a mysterious explosion and fire off the Sambro Light Vessel in the approaches to Halifax harbour with the loss of two officers and 17 men.

March 7, 1942: While escorting the west bound convoy ON 71, HMCS *Summerside* commences a depth charge attack on a submerged contact east of the Flemish Cap off Newfoundland's Grand Banks. The attack continues for more than 8 hours with no conclusive evidence of sinking or damage to the contact.

March 15, 1942: With the loss of her entire crew due to a boiler explosion, the Canadian merchantman *Sarniadoc* is torpedoed and sunk by U-161 while transiting through the Caribbean Sea.

March 17, 1942: The British merchantman *Clare Lilley*, after being loaded with small arms and munitions in New York City, awaits a Halifax pilot in a storm off Portuguese Cove, Nova Scotia. Signaling problems and confusion caused by the storm cause the *Clare Lilley* to founder on the rocks killing five of her crew. It would be the summer of 1999 before all the ammunition is safely removed and disposed of.

March 2, 1943: HMCS *Assiniboine*, fresh from repairs at Halifax Shipyards attacks a surfaced U-boat while enroute to Londonderry to join Escort Group (EG) C3. During the encounter, serious damage to the stern is caused putting *Assiniboine* out of service until mid July after further repairs in Liverpool.

March 4, 1943: While escorting convoy KMS 10G bound for the Mediterranean from Liverpool, HMC Ships *St. Croix* and *Shediac* team up to attack and sink U-87 200 miles west of Portugal. This is the same submarine which was attacked by shore based aircraft just a few months prior after being spotted

on the surface in the approaches to Halifax harbour, boldly awaiting a stray ship.

March 13, 1943: U-163 is successfully attacked and sunk in the southern part of the Bay of Biscay off Galicia Spain by the corvette HMCS *Prescott*. *Prescott* had been reassigned to Operation TORCH (Allied landings in North Africa) and was escorting Gibraltar bound convoys at this time. Note: This information was not established until the late 1980s when Canadian

cort group that included destroyers HMCS *Assiniboine* and HMS *Forrester* that had first detected high frequency radio transmissions from this submarine two days previous, maintaining intermittent contact.

March 13, 1944: In the eastern North Atlantic, the River class frigate HMCS *Prince Rupert*, USS *Hobson* and USS *Haverfield* band together with aircraft from the escort carrier USS *Bogue* and Coastal Command aircraft from RAF 172 and 206 squadrons to sink U-575.

Originally sighted by spotter aircraft, the submarine dove as *Prince Rupert* approached, being dispatched from the convoy. After 5 hours of intense depth charging by the three vessels, the U-boat surfaced with *Prince Rupert* assisting in the recovery of survivors.

March 22, 1944: With a brand new Captain and on her first patrol, U-802 strikes off Lunenburg, NS, sinking the Canadian merchantman *Watuka*. The armed trawler HMCS *Anticosti* is able to pick up 25 of her crew of 26.

March 7, 1945: In the frigid waters of St George's Channel in the southern Irish Sea, U-1302 withstands the continual pounding of coordinated depth charge attacks from HMC Ships *La Hullose*, *Strathadam* and *Thetford Mines* and is finally sunk with all hands.

March 13, 1945: Just three of a crew of 31 survive when the Canadian merchantman *Taber Park* is sunk by a German midget submarine in the North Sea off England's northeast coast.

March 17, 1945: The minesweeper HMCS *Guysborough* is torpedoed and sunk by U-878 off Brest, France with the loss of 51 of her crew.

March 20, 1945: HMCS *New Glasgow* sinks U-1003 after ramming her off the coast of Northern Ireland. This would be the last German submarine sunk by the RCN.

March 29, 1945: An acoustic torpedo from U-246 ends HMCS *Teme*'s part in the war when it blows most of her stern away, killing four crewmembers in the process.



U-575, under attack from the air.

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corvette and German U-boat records were restudied.

March 6, 1944: After more than 30 hours of hunting, U-744 is finally sunk after being forced to the surface by the combined efforts of EG C2 comprising HMC Ships *Chaudiere*, *Gatineau*, *St. Catherines*, *Chilliwack* and *Fennel* as well as HM Ships *Icarus* and *Kenilworth Castle*.

March 10, 1944: While escorting convoy SC154, HMC ships *St. Laurent*, *Swansea* and *Owen Sound* in consort with HMS *Forrester* hunt down and sink U-845 in the North Atlantic. It had been another es-



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Chiefs' and POs' Mess makes charitable donations

Within the past few months, the Chiefs' and POs'/WOs' and Sgts' Mess has made several donations, on behalf of the mess's charitable fund, to several good causes within the local community. These groups range from the

Christmas Daddies, to VETS Canada. PMC CPO1 Craig MacFadgen, assisted by CPO2 Daniel Dagenais and CPO2 Ben Broome, presented the cheques to representatives of the various organizations.



CPO2 Daniel Dagenais (left) and CPO1 MacFadgen (right) present the cheque on behalf of the Chiefs' and POs'/WOs' and Sgts' Mess, for \$1000, to the Christmas Daddies fund.

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CPO2 Ben Broome (left) and CPO1 MacFadgen present a cheque for \$500 to Veterans Emergency Transition Services (VETS) Canada.

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CPO1 MacFadgen presents a cheque for \$500 to HMCS Sackville, represented by Cdr (ret'd) Wendall Brown of the Canadian Naval Memorial Trust.

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CPO2 Dagenais (left) and CPO1 MacFadgen present a cheque for \$500 to the leukemia/lymphoma fund.

SUBMITTED



Madison Walsh



Victoria Stead



Samantha Noseworthy



Kathleen Bayliss-Byrne

March is Nutrition Month

By the Nutrition Wellness Working Group and PSP Health Promotion

March is Nutrition Month. The Nutritional Wellness Working Group and Health Promotion have been busy working on a variety of exciting projects to promote nutrition across the formation.

This month, we challenge you to take a chance and make a change by:

- Signing up for one of Health Promotion's new Cooking Classes. You'll learn how to make a healthy meal from scratch.
- Picking the healthier choice or vegetarian choice option in the mess at least a couple of times during the month.
- Keeping an eye out for new display boards in the mess. Topics include Healthy Choices, Balanced Plate, and Nutrition and Exercise.
- Get to know the Nutrition Experts in the formation by reading their bios in the Trident.
- Expand your nutrition knowledge by checking out the below nutrition resources, available at: www.cafconnection.ca/Halifax/HP: posters on healthy snacks; new

cookbooks; a new and improved brochure on how to eat healthy in the mess; and a series of one-page summaries that take the guess work out of eating healthy and debunk some common nutrition myths

Nutrition Month is a great chance to set nutrition goals and improve your health. For more information on any of these initiatives, contact Health Promotion at hfxhealthpromotion@forces.gc.ca, or the Base Dietitian at kathleen.bayliss-byrne@forces.gc.ca.

Staff bios:

Madison Walsh is a Registered Dietitian originally from the Annapolis Valley. Madison acquired her Bachelor of Science in Nutrition and Dietetics at Acadia University. Following this degree, she went on to pursue her Master of Public Health and dietetic internship at the University of Toronto. She is passionate about health and nutrition, and enjoys serving the military community in her role as a Health Promotion Specialist. In her spare time, Madison enjoys yoga, hiking, reading, and cooking/baking.

Victoria Stead is a Registered

Dietitian and Nutritionist residing in Halifax and began working as a Health Promotion Specialist at CFB Halifax in July 2019. She has a variety of nutrition experience but her interest and expertise are in clinical nutrition, population health, digestive disorders, chronic disease management / prevention, and food safety. She enjoys promoting healthy behaviours through education and awareness initiatives, is approachable, compassionate and encourages a supportive environment. Victoria earned her Bachelor of Science in Applied Human Nutrition from Mount Saint Vincent University in Halifax, Nova Scotia and completed her dietetic internship in a variety of settings across Nova Scotia.

Samantha Noseworthy has worked as a Health Promotion Specialist at CFB Halifax for almost 2 years. She is originally from St. John's, NL where she completed her university education. She has a Masters of Public Health and a Bachelor's of Science in Biochemistry/Nutrition. Her areas of interest are nutrition and addiction-free living and she is also involved in mental health promotion on base. Her hobbies include travelling, baking,

paddle boarding, and she has recently started learning how to downhill ski.

Kathleen Bayliss-Byrne, CF H Svcs C (A) Clinical Dietitian, graduated with Bachelor of Science in Home Economics majoring in Food and Nutrition from the Mount Saint Vincent University and completed the Cooperative Integrative Internship Program to become a registered dietitian. She enjoys working with the military population (since 1999) providing individual counselling for a variety of nutrition related health issues and facilitating group education programs for people with pre-diabetes, diabetes, cholesterol, addictions, and pain management. She provides services exclusively for military members only, although significant others may attend individual appointments or group programs as a support. CAF members can access the services by referral only through their primary health care provider (nurse practitioner, physician assistant or doctor). Civilians working on base could access dietitian services via their health care plan and seek out private practice dietitians through the Dietitians Network of Nova Scotia at www.dietitiansns.com.



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Op PROJECTION and reflection: three sailors' experience deploying to Africa During Black History Month

By Lt Nicole Morrison

There are many ties that bind CAF members together, and attributes that they have in common. Commitment to Queen and country, strong work ethic, dedication to physical fitness, and many more, are traits that CAF members far and wide share. But what specifically do a Cook, a Naval Warfare Officer (NWO), and a Naval Combat Information Operator (NCIOP), have in common? In this case, it is the fact that they are all Black Canadians sailing in HMCS *Glace Bay* as part of Operation (Op) PROJECTION West Africa, the first steps of which took place during Black History Month.

Op PROJECTION West Africa is a mission in the Gulf of Guinea aimed at capacity building and fostering relationships with like-minded partner nations, while helping to support stability and the security goals in the region. For the sailors deployed on this operation, it means getting the opportunity to work alongside partner navies during two major training exercises, OBANGAME EXPRESS 2020 and PHOENIX EXPRESS 2020, sponsored by U.S. Africa Command and led by U.S. Naval Forces Africa. They will also be interacting with local communities during outreach events, furthering efforts towards sustainable development, empowerment of girls and women, and overall conditions for peace and stability.

For AB Dyneh Allen-Buckmire, Lt(N) Greygory Wagner-Conserve, and OS Lennox Peprah, it means much more. For them, it is a chance to represent their country and to carry on the long tradition of Black Canadians serving in the CAF. It is also a time to reflect on what Black History month means to them.

For AB Allen-Buckmire, who serves as a Cook, being deployed on Op PROJECTION West Africa during Black History Month is a chance to “represent my people and past – how we overcame and how we keep pushing through obstacles” and to “show my people, and everyone else, that no matter how much we’ve been put down in the past, we’ll always rise up.” AB Allen-Buckmire says that while her family is from Jamaica and Trinidad, she looks at this experience in Africa as one of learning, saying that “it’s awesome getting to see more of our history and where it all started. It’s where the first slaves were taken from, on boats.” When asked how her family felt about her being deployed on this mission, she said that they were “proud, but pretty bummed that I’m missing an annual barbecue that my family runs for Black History Month at our community centre.” For her, being deployed to Africa during Black History Month is a learning opportunity, and a chance to show to her community that no one should “be afraid to step outside of their own

pre-conceived notions of what jobs they should be doing.”

To Lt(N) Wagner-Conserve, an NWO onboard, being deployed to Africa during Black History Month is a “good occasion to celebrate the accomplishments and contributions that Black Canadians have made for this country.” The location of the mission, according to Lt(N) Wagner-Conserve, is important because it is an eye-opening chance to see what this part of the world, a part that is often forgotten, has to offer and to learn from our allies in the region. Lt(N) Wagner-Conserve describes his experience as a Black Canadian in the CAF as a positive one, and that, as an institution the CAF are doing a “great job at encouraging and promoting diversity among their members.” For him, Black History Month is a time to “remember and highlight the important people and moments that have marked Canada for this community, especially those who have served in the military.”

Being deployed to Africa during this time is an opportunity to reflect on a history, a community, as well as gaining the experience of working alongside partner navies. Lt(N) Wagner-Conserve is also a key planner onboard for exercise OBANGAME EXPRESS 2020 interactions, and is serving as the Port Liaison Officer for the Task Group’s visit to Freetown, Sierra Leone. Freetown was founded in 1792 by British Naval Lieutenant John Clarkson and approximately 1000 freed American slaves who were residing in Nova Scotia, giving the sailors on deployment a reminder of the province they call home.

For OS Peprah, an NCIOP, this deployment hits a little closer to home, literally. While OS Peprah was born in Canada, his parents grew up in Ghana, where they still have family living in Accra. His parents moved to Canada when they were 26 and 30 years old respectively. For OS Peprah, deploying to Africa during Black History Month is “an honour; seriously, to be able to go to my parents’ homeland.” It is also a chance for his family in Ghana to see him in action, something about which he and his family are very excited. OS Peprah visited Ghana as a young child, but says he remembers “only the heat and my family,” so he is “happy to get the chance to go back as an adult, with a mission, to do something and give back.” He says that he hopes “to be a part of more missions and deployments and that the CAF continue to do missions in places like Africa, to show who Canada and the CAF are, what we do, and to show the world how diverse we are as a country and institution.”

This operation is a meaningful experience to all of the sailors involved. However, for OS Peprah, AB Allen-Buckmire, and Lt(N) Wagner-Con-



AB Dyneh Allen-Buckmire, a cook in HMCS *Glace Bay*, undertakes additional duties aboard the ship.

CPL YONGKU KANG

Lt(N) Greygory Wagner-Conserve is a Naval Warfare Officer in HMCS *Glace Bay*.

CPL YONGKU KANG



OS Peprah (second from left), an NCIOP, whose parents came to Canada from Ghana, says he is “happy to get the chance to go back as an adult, with a mission, to do something and give back.”

CPL YONGKU KANG

serve, it means a little bit more. For these three sailors, it’s an opportunity to remember, to reflect, to learn about and honour a long history of both suffering and progress. For OS Peprah it

is even a chance to return to a place his parents called home. For these three sailors, it is a chance to carry on a long and proud tradition of Black Canadians serving in the CAF.

RCN Clearance Divers assist in Micronesia salvage Op

By Peter Mallett,
The Lookout Staff

Four Clearance Divers from Fleet Diving Unit (Pacific) (FDU(P)) helped dismantle a sunken commercial vessel of Japanese origin located pier-side in Weno Harbor, Chuuk State, Federated States of Micronesia, capitalizing on a unique training opportunity and a goodwill deed.

The little known Federated States of Micronesia consists of 607 islands extending 2,900 kilometers across the archipelago of the Caroline Islands east of the Philippines. It is an independent republic associated with the United States, who led the salvage project through USN Commander Seventh Fleet.

For a month late last fall, the team of divers assisted the USN Mobile Diving and Salvage Unit (MDSU) ONE with MV Micro Dawn salvage operations, an 869 tonne behemoth cargo ship that sank during a fierce typhoon in 2006.

It settled on its portside, pier-side in Weno Harbour's only serviceable port terminal restricting access.

The project started last July, with USN divers salvaging it piece by piece, floating salvaged sections to the surface using various lifting bags and subsequently disposing of the sections in deeper water at specific locations approved by the Federated States of Micronesia.

The month's work by FDU(P) divers was part of MDSU ONE's year-long effort to clear away the wreckage.

CPO2 Shawn Goodine said his dive team was in uncharted water with the salvage operation of this magnitude. However, due to the high level of training clearance divers receive, and the similarities in USN diving procedures and equipment, his team



The combined USN and RCN dive teams celebrate their success in the dismantling of a sunken commercial vessel of Japanese origin located pier-side in Weno Harbor, Chuuk State, Federated States of Micronesia.

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quickly adjusted and were fully integrated into USN-led diving and salvage operations within days of their arrival in Weno, Chuuk State.

Along with CPO2 Goodine, PO2 Jonathan Gendron, LS Paul Paquette and LS Bryan Ogle worked successfully alongside USN divers. CPO2 Goodine said it was a "seamless" integration with the U.S. counterparts, a testament of the longstanding relationship between FDU(P) – MDSU ONE.

They employed a variety of specialized tools to salvage MV Micro Dawn, including oxy-acetylene torches, below-water welding and cutting

torches, exothermic cutting cables, diamond wire saw, and flexible linear shaped explosives. At any given time, 30 navy divers were working simultaneously in various five to six member dive teams on the project.

"During a salvage operation of this magnitude, you really need to remain focused and maintain a sound situational awareness always because

there are so many dangerous concurrent activities going on all at once," said LS Paquette. "There were guys doing acetylene, underwater and above water cutting and many other methods that provided potential danger to everyone involved."

Dangers were heightened by the climate with peak temperatures of 39° Celsius on the deck of Military Sealift Command Salvage Ship USNS Salvor, and surface water temperatures of 30°C. Heat exhaustion of the divers was a consistent concern, said CPO2 Goodine.

"Any task you performed on the surface is multiplied in effort by four underwater," said LS Paquette. "Underwater tasks become more onerous and the heat certainly made it a tougher job. Most of the divers easily went through five or six litres of drinking water per day; hydration was essential."

An unexpected tropical storm suspended diving operations on Dec. 1, but divers were pressed into action when a passenger live-aboard diving charter SS Thorfinn ran aground. The FDU(P) team along with USN and civilian crew members aboard USNS Salvor assisted in the rescue after the storm subsided. They eventually freed the vessel, guiding it and the crew to safe anchorage.

"We were only four miles away from the vessel at the time of the distress call, so it was very lucky for them, but also rewarding for us to be included in the team that assisted these people," said CPO2 Goodine.



LS Ogle and LS Paquette prepare to dive.

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The dive site, seen from above.

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Snow Festival a hit on

On Monday February 17, the first Snow Festival took place at sites in CFB Halifax and at 12 Wing Shearwater. CAF/DND personnel and families gathered for a variety of events at several locations. At Shearwater, the day started with a pancake breakfast. Other activities included sports such

as hockey in the Flyers Arena; games, arts and crafts, and face painting. Outdoors, there were hot beverages, s'mores, and sledding down the hill. Thanks to PSP Corporate Services and to all the volunteers and the corporate sponsors who made this event possible.



Inflatable amusements, ranged inside the 12 Wing Fitness, Sports and Recreation Centre, were among the attractions available to CAF/DND members and families.

CPL JESSICA FOX, 12 WING IMAGING SERVICES



Parents, grandparents, and children all enjoyed sledding down the hill.

CPL MITCHELL PAQUETTE, 12 WING IMAGING SERVICES

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Nova Scotia Heritage Day



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CPL MITCHELL PAQUETTE, 12 WING IMAGING SERVICES



PSP Corporate Services manager Missy Sonier (left) and her staff serve pancakes to CAF members and families during the first annual Snow Festival.

CPL MITCHELL PAQUETTE, 12 WING IMAGING SERVICES



Making s'mores outside was a way to celebrate winter weather and enjoy a delicious treat at the same time.

CPL MITCHELL PAQUETTE, 12 WING IMAGING SERVICES



A craft table with paper, glue, and crayons was a popular stop for children and parents alike.

CPL JESSICA FOX, 12 WING IMAGING SERVICES



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Virtual Task Group Exercise at DCTF Kootenay

During a simulated scenario, Royal Canadian Navy sailors participate in a Virtual Task Group Exercise and employ damage control and combat readiness training in emergency preparation and high operational readiness at the Damage Control Training Facility Kootenay on February 25, 2020.



The crest for Op ARGON GLOW, Virtual Task Group Exercise 20-1.

MONA GHIZ, MARLANT PA



During the exercise, sailors dressed in firefighting gear to combat smoke in the simulator.

MONA GHIZ, MARLANT PA



Damage Control Training Facility Kootenay, which has extensive resources for damage control, combat readiness and emergency preparation, was the location for the Virtual TGEX.

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As part of the exercise, sailors stop a leak.

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Crew of former HMCS *Terra Nova* receive medals

By Peter Mallett,
The Lookout Staff

Forty-seven years after HMCS *Terra Nova* completed an international peacekeeping mission in Vietnam, 25 members of the crew were officially honoured with medals.

On Family Day, Lieutenant Governor Janet Austin presided over a ceremony at the Legislative Assembly of BC where the Special Service Medal with Peace Clasp and Canadian Peacekeeping Service Medal were presented to crewmembers who had not received their medals. Four were awarded posthumously.

In the red-carpeted chamber, with its ornate ceiling and curved rows of wooden seats, approximately 130 of the crew's family members gathered for the occasion.

Capt(N) Julian Elbourne, Chief of Staff for Commander of Maritime Forces Pacific, provided official representation at the ceremony for the Royal Canadian Navy.

CPO2 (ret'd) Ken Levert was among those who received his medal years ago. That moment, says Levert, came with little fanfare as he had to officially request his medal, which was subsequently mailed to him in plain brown paper envelope back in the early 1990s. They weren't intentionally being ignored, says Levert. Medals for Canadian peacekeeping missions prior to the Vietnam War were sometimes not issued. It wasn't until the late 1980s that things changed.

So last week's ceremony was a great way to make up for lost time. Everyone was "treated like royalty."

This ceremony also acknowledged the families, who remained behind, worked, paid the bills, and looked after children without their spouses.

"It was a very rewarding day for all of us, even for those of us who have already received our deployment medal. Some of our crew got their medals for the very first time because



Capt(N) Julian Elbourne (left) and Lieutenant Governor Janet Austin present the Special Service Medal with Peace Clasp and Canadian Peacekeeping Service Medal to a former crewmember of HMCS *Terra Nova*.

SUBMITTED

they had retired, moved, or were not aware they had to submit a request for their medal."

Terra Nova was conducting training near Vancouver Island when it was ordered to return to CFB Esquimalt to prepare for a mission. The ship rushed in on a Friday, stored, fuelled, and ammunitioned over the weekend, and left Monday morning. The crew was given no details of the deployment until they reached Hawaii. Their mission, dubbed WestPloy 1/73, was to help oversee the end of the Vietnam War and provide contingent emergency evacuation for Canadians as part of an international agreement called the International Commission of Control and Supervision.

Terra Nova lived up to its motto, "Do not falter" said Levert.

Helping sea creatures during Op CARIBBE

Members of the Law Enforcement Detachment and the Royal Canadian Navy from HMCS *Whitehorse* conduct a boat operation to rescue a sea turtle during OP CARIBBE on February 24, 2020.



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I went from the military, straight to Commissionaires. It's a good way to transition into the civilian mindset.

— **Mark Stoecklein**
(With daughter, Heidi),
Contract Manager with our
North Saskatchewan Division



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North American Indigenous Games 2020 Volunteer Launch

On February 21, CFB Halifax Base Commander Capt(N) David Mazur, Defence Aboriginal Advisory Group Champion Capt(N) Matt Bowen and other CAF/DND representatives attended the North American Indigenous Games 2020 Volunteer Launch at City Hall. The North American Indigenous Games is a multi-sport and cultural celebration showcasing Indigenous athletes from across North America. This year, the Games will take place in Halifax from July 12-18 and will welcome over 5,000 athletes, coaches and team staff from 765 Indigenous nations across North America, making it the largest multi-sport event ever hosted in Atlantic Canada. NAIG is currently recruiting 3000 volunteers from Halifax and surrounding areas: our Defence Team members, their families and friends are encouraged to explore the many volunteer opportunities available during these Games. For more details, go to <https://naig2020.com/volunteer>.

ARIANE GUAY-JADAH, BASE PAO

Be Kind, and not just on Pink Shirt Day

On Wednesday, February 26, all Defense Team members were encouraged to take part in Pink Shirt (Anti-Bullying) Day in support of bullying prevention in our community. The CFB Halifax/MARLANT 2020 theme was "Be Kind" – a simple yet powerful message encouraging us to be compassionate with ourselves and with one another. On Pink Shirt Day – and every day – we encourage everyone to practice kindness, as part of a larger global conversation around respect, civility and compassion in our workplaces, our schools and at home. Pink Shirt Day is an annual celebration that encourages people to wear a pink shirt as a way to take a stand against bullying, while fostering compassion and raising awareness.

ARIANE GUAY-JADAH, BASE PAO



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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 1:1

Lucas takes charge at CFB Esquimalt

By Peter Mallett,
The Lookout Staff

Five-year-old Lucas Hill had something “really great” to tell his classmates at show and tell last week.

That’s because the St. Patrick’s School Kindergarten student was an Honorary Base Commander for a day at CFB Esquimalt.

He officially took the watch from Capt(N) Sam Sader on Friday, February 14 and was fitted with a Royal Canadian Navy NCD jacket before embarking on an extensive guided tour of the base and warship HMCS *Winnipeg*.

Lucas won the tour with his father Greg when his ballot was drawn from last fall’s Defence on the Dock contest.

“It’s a day neither of us will ever forget and really was truly incredible,” said Greg. “Lucas’ eyes were lighting up the whole time with so many people saluting him and making him feel important. The amount of coordination it must have taken to pull this off was truly amazing and very inspiring for both of us.”

Father and son toyed with the lights and sirens of a military police car, marveled at the bright red fire truck at the fire hall, and surveyed the landscape from the cab of a Transportation Electrical and Mechanical Engineering Digger. On the water, the two learned about the Firebrand and what it does to fight ship fires, and then strolled up the brow of *Winnipeg*.

Acknowledging that an important guest was coming aboard, whistles sounded as HCapt(N) Hill was piped onto the ship. The young sailor took his place in the captain’s chair on the bridge before climbing down the ladder into the lower decks and being escorted through the passageways to the main rooms within, such as the



Capt(N) Sam Sader, (second from left), Commander CFB Esquimalt, welcomes five-year-old Lucas Hill, who won a contest to be Base Commander for a Day.

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operations room and galley.

But it was the ship’s diver demonstration that made him awestruck as they jumped from the deck into the frigid Esquimalt harbour, disappearing beneath the black water for a moment.

“It made a really big splash because it was such a long way down,” he said

of the moment.

The day’s events are still fixed in his thoughts a week later.

“I want to be in the navy and sail on HMCS *Winnipeg*,” he says. “I think that’s the life for me.”

His father, who had passed by the base from time to time without much thought, was amazed at the scope of

work within the gates and the number of people who keep the navy going.

“After this experience, I have come to the conclusion that more people should realize the important role Canada’s military plays in our community,” he said, along with a big thanks to all who made his son’s win one of his greatest adventures.



Lucas gives the uniform a try-out.

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Wearing Naval Combat Dress, Lucas enjoys the tour of HMCS *Winnipeg*.

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Coming up: Easter Family Skate

Grab your skates and join the H&R MFRC for a free public skate on Easter Sunday at the Shearwater Arena (also known as The Shearwater Flyers Forum). Complimentary hot chocolate and fun times will be provided.

This event is open to CAF members, military families, Veterans, DND members and cadets. Pre-Registration is required. Please note: as per PSP regulations, helmets are mandatory on the ice. *This includes children in strollers. Please remember your skates! Rentals are not available and you are not allowed on the ice without skates on.

Date: Sunday, April 12, 2020
Location: Shearwater Arena, 12 Wing (66 Boundary Rd, Shearwater)

Cost: No cost
Deadline to register: Tuesday, April 7, 2020

For more information and to register, please visit: www.halifaxmfr.ca



Jill Clarke, H&R MFRC's Winter Festival event manager gives two thumbs up to our partners like the Military Fire Department and Military Police. A big thanks to NS Power for restoring our power just as our event started.

À venir : Patinage familial de Pâques

Prenez vos patins et rejoignez le CRFM H et R pour une séance gratuite de patinage public le dimanche de Pâques à l'aréna de Shearwater (également connu sous le nom de Forum des Flyers de Shearwater). Du chocolat chaud gratuit et de bons moments seront servis.

Cette activité est ouverte aux membres des FAC, aux familles des militaires, aux vétérans, aux membres du MDN et aux cadets. L'inscription préalable est obligatoire.

Remarque : Conformément aux règlements des PSP, le port du casque est obligatoire sur la glace. *Ce règlement s'applique aussi aux enfants en poussette.

Apportez vos propres patins (il n'y aura PAS de patins à louer). Par ailleurs, vous ne serez pas autorisés à vous rendre sur la glace sans patins.

Date : Dimanche 12 avril 2020
Lieu : Aréna de Shearwater, 12e Escadre (66, chemin Boundary, Shearwater)

Coût : Gratuit
Date limite d'inscription : Mardi 7 avril 2020

Pour plus d'informations et pour vous inscrire, veuillez visiter : www.halifaxmfr.ca

Save the Date! An evening with Kim Mills

On Wednesday, April 29, 2020 we will be hosting an evening with Kim Mills. She is a military spouse, mother of three, and has experienced four overseas deployments, numerous relocations, and some

topsy-turvy along the way. She is also a blogger, author, and uses humour to share her perspective on what it means to live the military lifestyle. Through casual conversation, Kim will share with us that resiliency isn't a competition. As she says, "the definition of resiliency is not: who can endure the worst while using the least help in order to ensure bragging rights later." For her, it's quite the opposite. "To teach resiliency, we need to stop glorifying how far we can push ourselves alone until we break, and instead encourage those to reach out early, before they burn out."

Stay connected with us for more information. For now, just be sure to mark this event on your calendar.

Winter Festival: First ever, becomes first annual

On February 8, 2020 we hosted our first ever Winter Festival at the Halifax site, H&R MFRC. It was a packed house with lots of food, games and activities, including a chili cook-off, ball hockey, campfire, and an opportunity to connect with local vendors, community groups, and H&R MFRC staff. Special thanks goes out to our volunteers who help make everything better, every day, here at the H&R MFRC. Thanks also to our sponsors: Eastlink, Bank of Montreal, The Personal, CANEX, and Angus G. Foods for their support in making the event possible. See you all again next year.

To see photos of the event, please visit: <https://www.facebook.com/pg/HalifaxRegionMFRC/>

photos/?tab=album&album_id=10157993169625135

Updated hours of operation at the Shearwater site, H&R MFRC

As of March 1, 2020, the hours of operation at the Shearwater site, H&R MFRC are 8 a.m. – 4:30 p.m. Monday to Friday, excluding holidays.

These new hours pertain only to the H&R MFRC and will not impact the Shearwater Children's Centre. For urgent matters any time, please call our 24/7 line at: 902-427-7788.

Programming

Looking for ways to connect with others and the H&R MFRC? Or maybe something for your family to enjoy? Here are some upcoming programs that are open to all CAF Members and Reservists, veterans, and their families. For a full list, including more details, registration deadlines, and to register, please visit: www.halifaxmfr.ca.

March Break activities

Reptile Show (All ages)
Date: & Time: Tuesday, March 17, 11 a.m. – 12 p.m.
Location: Shearwater site, H&R MFRC

Home Alone (8 – 11 years)
Date: & Time: Wednesday, March 18, 1 – 4 p.m.
Location: Shearwater site, H&R MFRC

Home Alone (8 – 11 years)
Date: & Time: Thursday, March 19, 1 – 4 p.m.
Location: Halifax site, H&R MFRC

Centre event

Family Easter Skate (All ages)
Date: & Time: Sunday, April 12, 12 – 1:30 p.m.
Location: Shearwater site, H&R MFRC

Virtual programming

Where It All Begins – Information Session for Families of New Recruits
Date: Wednesday, April 8, 8 – 9 p.m.
Location: Anywhere with Internet

Adult programming

March Book Club - Dovekeepers by Alice Hoffman
Date: Wednesday, March 25, 6:30 – 8:30 p.m.
Location: Shearwater site, H&R MFRC

Programmes francophones

Souper Francophone (19 ans et plus)
Date : vendredi 27 mars, 18 h 30 à 21 h 30
Endroits : Restaurants de la Municipalité Régionale d'Halifax
Café Français (18 ans et plus)

Date : le jeudi, commençant 9 janvier, 9 h 15 à 11 h 15

Endroit : site de Shearwater. CRFM H et R

Parent-Bambin (12 mois à 5 ans)
Date : le mardi, commençant 7 janvier, 9 h 15 à 11 h 15

Endroit : site de Shearwater. CRFM H et R

Child, youth & parenting programming

New Baby (0 – 12 months)
Halifax site: Wednesdays, 9:15 – 11:15 a.m.

Shearwater site: Thursdays, 9:15 – 11:15 a.m.

Free Friday Play (12 months – 5 years)

Date: Fridays, 9:15 – 11:15 a.m.
Location: Shearwater site, H&R MFRC

Play & Learn (12 months – 5 years)

Shearwater site: Mondays and Wednesdays, 9:15 – 11:15 a.m.

Halifax site: Tuesdays, starting January 7, 9:15 – 11:15 a.m.

Casual Care (3 months – 6 years)
Shearwater site:

Monday, Tuesday, Wednesday: 8:30 a.m. – 1 p.m.

Thursday & Friday: 12:30 – 4 p.m.

Halifax site:
Monday, Tuesday & Thursday: 8 a.m. – 11 p.m.

Deployment Respite Care
Dates: Saturdays, 11 a.m. – 3 p.m.

(excluding holiday weekends)
Location: Alternates between Halifax & Shearwater sites, H&R MFRC

SUBMITTED

TRIDENT Sports

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

Mariners take on First Responders at Scotiabank Centre

By Ryan Melanson,
Trident Staff

The Halifax Hurricanes of the National Basketball League of Canada hosted a First Responders' Appreciation Night on February 26, but before their evening game, they offered their court at the Scotiabank Centre to a First Responders basketball team for a game of their own.

The team was made up of EMS, Halifax Fire, Halifax Regional Police, and RCMP personnel, and they found a worthy opponent for the friendly scrimmage in members of the CFB Halifax Mariners team, who were able to take time out of their work day for the afternoon tune-up.

"They were hoping for a military team to play against for the afternoon, and even though not all of our guys could make it, it was still a great opportunity for both teams to have some fun," said PSP Fitness and Sports Coordinator Kevin Miller, who usually acts as head coach for the Mariners, but suited up to play alongside them during the scrimmage game.

The match wasn't officially open to spectators, but a number of colleagues, friends and family members of the First Responders turned out to watch, many of them coming back later in the evening for the NBL Canada game between the Hurricanes and the Kitchener-Waterloo Titans.

HRP Chief Dan Kinsella was at the game, thanked the military players for coming out, and said he was grateful for the fun opportunity to connect with others who serve the public in uniform.

The Hurricanes previously held their first DND Appreciation Night in 2018, and after the success of the First Responders' night, plans are being made for the team to hopefully host another military-themed event in the near future.



A member of the Mariners team takes a shot during the scrimmage against the First Responders team

RYAN MELANSON, TRIDENT STAFF



The two teams faced off thanks to the Halifax Hurricanes of the NBL Canada, who allowed the First Responders time on the court ahead of the Hurricanes' First Responders' appreciation night later that evening.

SUBMITTED

Members of the CFB Halifax Mariners basketball team took on a First Responders team composed of EMS, Halifax Fire, Halifax Regional Police and RCMP in a friendly scrimmage at the Scotiabank Centre on February 26.

RYAN MELANSON, TRIDENT STAFF

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Colour party opens DND/CAF Appreciation Night



The Halifax Thunderbirds professional lacrosse team hosted DND and CAF Appreciation Night at the Scotiabank Centre on February 15, 2020. Members of the CFB Halifax Tri-Colour Party were, from left: Sgt Leaman, 5th Canadian Division; PO2 Class Wilson, MARLANT; and Sgt Deslauriers, 12 Wing Shearwater.

MONA GHIZ, MARLANT PA



Halifax Thunderbirds play team from Saskatchewan

In the February 15 game, the Halifax Thunderbirds played Saskatchewan Rush in a hard fought contest, finally losing 15-16 in overtime.

MONA GHIZ, MARLANT PA

Toronto Blue Jays Team records

By Stephen Stone

Questions

With the passing of Toronto Short Stop Tony Fernandez, I feel a quiz about the Blue Jays would be a nice tribute to the leader in games played (1450), hits (1583), triples (72), singles (1160), and number of times caught stealing (86). So, here we go.

Who holds the Blue Jay record:

1. On base percentage?
2. At bats?
3. Total bases?
4. Stolen bases?
5. Wins?
6. Who hit the first franchise home run on April 7, 1977?
7. Who was the first Blue Jay pitcher to toss an immaculate inning – 9 pitches – 9 strikes?
8. Who has the most appearances by a pitcher?
9. Who recorded the most errors?
10. Who has the most RBIs in a single game?
11. Who pitched the most Ks in his first Blue Jay pitching appearance?
12. Who has the most relieve innings by a pitcher in a single game?
13. Who had the most at bats in a 9 inning game?
14. Who is the first Blue Jay player in Baseball's Hall of Fame not counting Phil Niekro who played for the Blue Jays for one season in 1987?
15. Who threw the most wild pitches?
16. Who had the most home runs in a season?
17. Who has the most consecutive games with a home run?
18. Who was the first Blue Jay World Series MVP?
19. The only time in the history of Major League Baseball that a team hit a walk-off home run while trailing in the bottom of the 9th inning to win the World Series. Who hit it?
20. In the 1993 season which 3 Blue Jays finished 1-2-3 for the American League batting crown?

Answers on page 21

Toronto Blue Jays Team records

Questions on page 20

Answers

1. John Olerud - .395
2. Vernon Wells - 5470
3. Carlos Delgado - 2786
4. Lloyd Moseby - 255
5. Dave Stieb - 175
6. Doug Ault. In fact, he hit the first two Blue Jay home runs.
7. Roger Clemens, September 18, 1997 against the Red Sox striking out Nomar Garciaparra, John Valentin, and Mo Vaughn.
8. Jason Frasier - 505 appearances
9. Alfredo Griffin - 187. He also made the most errors in a season at 37 in 1980.
10. Roy Howell (September 10, '77 vs the Yankees) and Edwin Encarnacion (August 29, '15 v The Tigers) both with 9.
11. David Price - 11 v the Twins, August 3, 2015.
12. Mike Willis - 7.1 innings against the Red Sox, September 27, 1977.
13. Ben Revere - 7, September 30, 2015 against the Orioles.
14. Roberto Alomar inducted into the Hall of Fame in 2011 and thus far, is the only Blue Jay in the Hall. Doc Halliday is enshrined without allegiance to either of his two teams.
15. Juan Guzman. 1991-98 - 88.
16. Jose Bautista - 54 in 2011.
17. Kendrys Morales -7 in 2018.
18. Catcher Pat Borders who hit .450 in the World Series.
19. "A swing, and a belt! Left field! Way back! Blue Jays win it! The Blue Jays are World Series champions as Joe Carter hits a three-run home run in the ninth inning and the Blue Jays have repeated as World Series champions! Touch 'em all, Joe, you'll never hit a bigger home run in your life!"
20. John Olerud, Paul Molitor, and Roberto Alomar.



HMCS Glace Bay NWO coaches boxing during Op PROJECTION West Africa

SLt Alex Tremblay, a Naval Warfare Officer from HMCS Glace Bay, teaches boxing during the COMREL event at local high school in Porto Grande, Cape Verde during Op PROJECTION West Africa on February 19, 2020.

CPL YONGKU KANG, CAF

Fitness and sports updates

By Trident Staff

Intersection Curling League games happen at 12:30 p.m. every Tuesday at the CFB Halifax Curling Club until the end of March. There may be some cancellations related to COTF/COTW Wing Cup games, Regionals, and bonspiels.

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.

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. For more info, please contact Maddie McDonald at madeline.mcdonald@forces.gc.ca

Squash Regionals will take place from April 20-24 in Goose Bay, NL.

Badminton Regionals will take place at 14 Wing Greenwood from April 20-24.

Try Taekwondo at the Shearwater Sports, Fitness and Recreation Centre on Monday and Wednesday from 6:30-9 p.m., and on Saturday from 1-3 p.m. Ages 12 and above are welcome. For more information, please con-

tact Courtney.Gallant@forces.gc.ca

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

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

Boot camp is a mixture of strength, endurance, and fun. This class is designed to challenge everyone, against no one but yourself. Lift, run, move, jump, swing, pull, push, and smile. All skill and fitness levels welcome. Monday/Wednesday, 6-7 p.m.

PSP Recreation offers a yoga class designed for everyone.

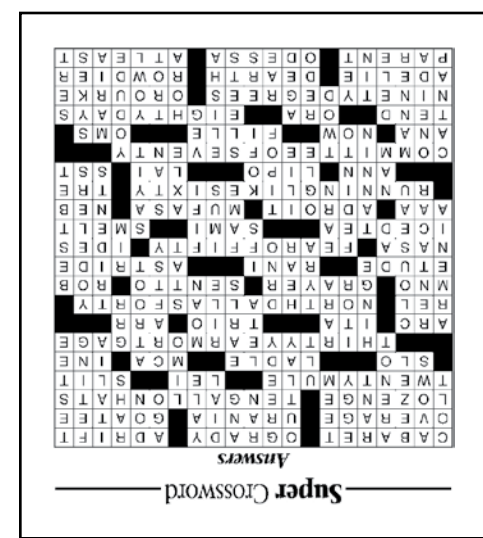
This class introduces foundational postures, balance postures, and movement with breath and focus. This well-balanced class will get you out of your head and into your body and your breath. Modifications are always welcome. Tuesday/Thursday, 6-7 p.m. and Sunday from 9:30-10:30 a.m. Contact matthew.mackenzie5@forces.gc.ca for more information.

The CFB Halifax Walk takes place at 10:30 a.m. on the last Wednesday of every month. Both military and civilian members are welcome to participate. The group will convene at the STAD gardens in front of S-90 for a PSP led warm-up. The walk will take approx. 30 minutes and be approx. 2.5-3km, heading towards Fort Needham and back. For more information please contact Lucas

Hardie at 902-427-6335 or email Lucas.Hardie@forces.gc.ca

The FORCE Rewards Program location: Fleet Gym location, D216, Mondays, 10 a.m. and Tuesdays, 1:30 p.m. HMCS Scotian location: Fridays, 10 a.m. and 1:30 p.m.

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



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Using exercise as medicine: Cpl Detbandic Hansana

By Ryan Melanson,
Trident Staff

After dealing with the lingering effects of a back injury for the better part of a decade, a member of CF H Svcs C (A) says he's finally making progress in his recovery thanks to the help he's received since being posted to CFB Halifax.

Cpl Detbandic Mansana's injury first occurred about seven years ago in the gym while doing heavy deadlifts. The belief now is that he suffered a herniated disc, but it was undiagnosed at the time, and despite speaking with doctors and trying multiple different exercises to help his recovery, some of the pain stuck with him.

Even as he joined the CAF and went through basic training in 2019, nerve pain triggered by neck movements was still a daily part of life and his work days.

"I was dealing with it every single day. I was going through school, I was working, and there was always this level of pain. Even doing something as simple as brushing my teeth," Cpl Hansana said. He works as an MRAD



Cpl Detbandic Hansana (right) performs exercises as part of PSP's SR4P spinal rehab program at the Fleet Fitness and Sports Centre on February 18.

RYAN MELANSON, TRIDENT STAFF

Tech in his current job, and whether he was assisting patients with their x-rays or doing administrative desk work, the pain was always present

and in the back of his mind. He stayed active and remained a regular at the gym through these years, but his workouts were often uncomfortable.

"I was never able to properly recover."

After arriving in Halifax, he was referred to PSP Reconditioning staff and began working through the first phase of the SR4P recovery program, which focuses on spinal injuries. While he had previously been told his problems stemmed from a weak core, staff at the Reconditioning Centre helped him isolate the pain and better understand the root causes.

The exercises were difficult at first – he described pain radiating from his lower back – but it didn't take long before noticeable improvements began to show, starting with the nerve pinch that Cpl Hansana had been struggling with for so long.

"I clearly remember walking back home after one of our Phase 1 workouts, and all of a sudden there was no pain. I forgot what that felt like," he said.

That initial success spurred him to get serious about the treatment plan and the professional advice he's being given. He's now roughly three months in, continues to make improvements, and recently began the third phase of SR4P.

Continued on page 23



MARCH BREAK BASKETBALL CAMP

Basketball Skills and Drills instructed by the Military's base team!

AGE GROUPS: 6-9 and 10-13 years old

WHERE: Shearwater Gym

WHEN: March 16-20th | 0900-1200 hrs

COST: Regular - \$25 | Ordinary - \$30 | Associate - \$35

FOR MORE INFORMATION, PLEASE CONTACT

Matt MacKenzie at 902-720-3463
or email Matthew.MacKenzie5@forces.gc.ca



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ACROSS

- 1 Nightclub show
- 8 "Sweet Rosie -" (Betty Grable film)
- 14 Floating with no control
- 20 Surplus amount
- 21 Greek Muse of astronomy
- 22 Pointy beard
- 23 Cough-quelling tablet
- 24 Cowboys' toppers
- 26 Like old teams that ferried borax
- 28 Luau garland
- 29 Knife incision
- 30 - -mo replay
- 31 Big serving spoon
- 34 Big record label, once
- 37 Suffix with serpent
- 38 Long-term home loan option
- 45 Javelin's path
- 48 Ending for señor
- 49 Small musical band
- 50 The "A" of ETA: Abbr.
- 51 Mem. of the family
- 52 1979 Nick Nolte film
- 59 L-P center
- 60 More silver-haired
- 61 Dispatched in the direction of
- 62 Hold up
- 64 Pianist's challenge
- 66 Rajah's mate
- 68 With a leg on each side of
- 70 "Apollo 13" org.
- 71 1994 Erica Jong memoir
- 76 Unlucky time for Caesar
- 77 Cold Lipton offering
- 79 - -am (touter of green eggs and ham)
- 80 Food fish
- 81 Gp. to call after a stall
- 82 Deft

- 86 King in "The Lion King"
- 89 State south of S. Dak.
- 90 Flying on foot
- 93 Ill, in modern Rome
- 94 Ex-Texas governor Richards
- 95 Fat-removal procedure, for short
- 96 Chou En-- (former Communist leader)
- 97 Old JFK lander
- 98 Philadelphia election-monitoring group
- 106 Santa -, California
- 107 This moment
- 108 French for "daughter"
- 109 Meditation syllables
- 112 Take care of
- 114 "... - mouse?"
- 117 Phileas Fogg's around-the-world time
- 122 Right angle feature
- 127 Satirist P.J.
- 128 Penguin type
- 129 Lack
- 130 More boisterous
- 131 Father, e.g.
- 132 Seaport south of Kiev
- 133 No less than

DOWN

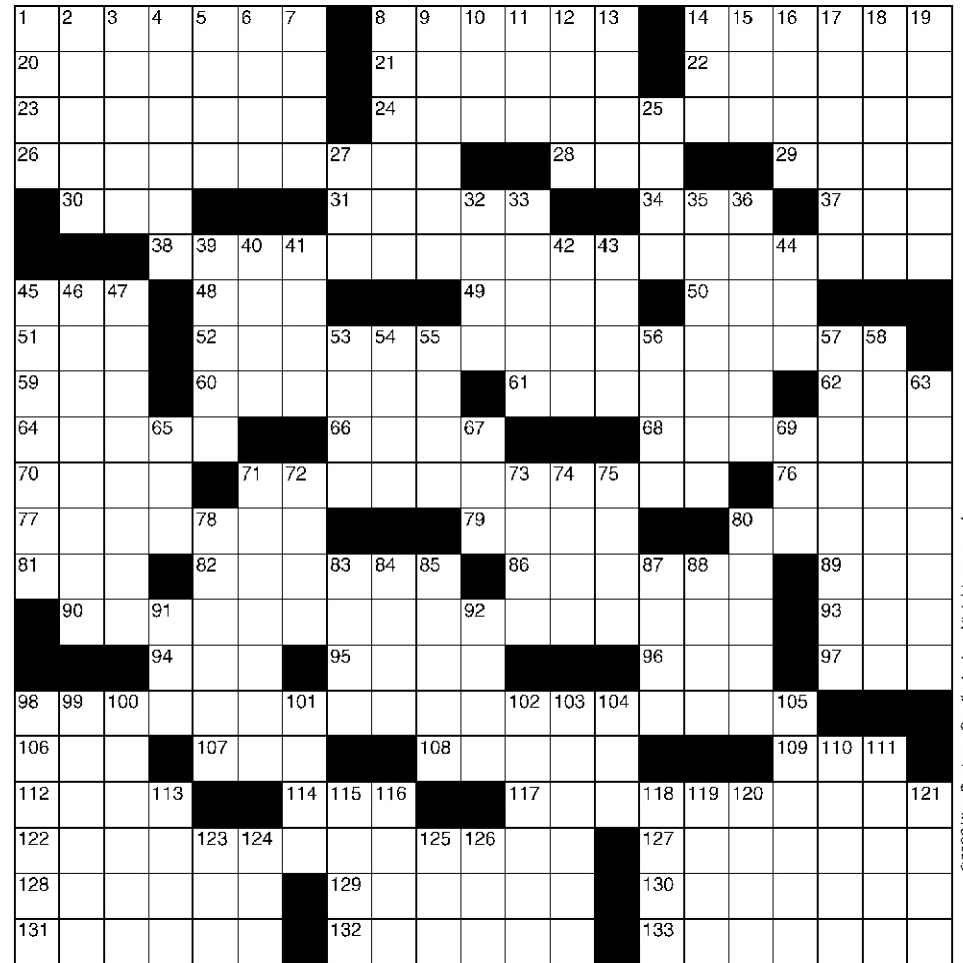
- 1 Male foal
- 2 States bluntly
- 3 Gemstone mounting
- 4 "Am so!" retort
- 5 Vent vocally
- 6 Like omelets
- 7 Be rife (with)
- 8 Money spent
- 9 Gluttonous
- 10 Managed
- 11 Director Lee
- 12 Oven knob

- 13 Ivy League school
- 14 In past time
- 15 With 74-Down, longtime morning radio host
- 16 Match cheers
- 17 Napoli locale
- 18 Throwing a big party for
- 19 Student being quizzed
- 25 VIP's ride
- 27 Final: Abbr.
- 32 "- smile be your umbrella"
- 33 British peers
- 35 Artsy- -
- 36 Basically
- 39 Door part
- 40 "Do - else!"
- 41 - avis
- 42 Provoke
- 43 Mournful cry
- 44 Pound sound
- 45 Iran neighbor
- 46 Avis offering
- 47 Inspector in "The Pink Panther"
- 53 Supermodel Banks
- 54 Use the ears
- 55 '62 Bond film
- 56 RBIs, e.g.
- 57 Some fishing spears
- 58 Some Alpine singers
- 63 Safest option
- 65 Father
- 67 Conditions
- 69 Tumbler top
- 71 Was a tributary of
- 72 Bring home
- 73 Renown
- 74 See 15-Down
- 75 Cartoon skunk - La Fume
- 78 It gives red wine its color
- 80 "- isn't so!"
- 83 Eye flirtatiously
- 84 Nastase of the court

- 85 - the iceberg
- 87 Car shaft
- 88 Marvel's Lee
- 91 "Platoon" zone, briefly
- 92 Ex-U.N. head Annan
- 98 Brief sleep
- 99 City east of Syracuse
- 100 Way
- 101 Having no depth, briefly

- 102 Rains down ice pellets
- 103 Actress Cuthbert
- 104 Really chill, with "out"
- 105 "Hey, bro!"
- 110 Singer Callas
- 111 Comedian Wanda
- 113 Editing mark
- 115 Total revision
- 116 Ripened

- 118 Circle dance
- 119 Horse pace
- 120 Cry of pain
- 121 Spanish muralist José María -
- 123 Foil material
- 124 Up to now
- 125 "Norma -"
- 126 Trauma ctrs.



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Using exercise as medicine: Cpl Detbandic Hansana

Continued from page 22

The exercises are challenging and he still has pain, but being on the path to recovery has him feeling better both mentally and physically.

"You have to have faith in what you're doing to recover, and I know the only person that can make it happen is myself, but I know having the proper professional help is important," Cpl Hansana said of the PSP staff he's been working with.

"They really know what they're doing and what they're talking about, and when I have questions they're always able to answer them, so it's been very helpful."

The PSP Reconditioning program is a fitness program designed to meet the demands of serving CAF members that are dealing with injury and illness. For more information, speak to your doctor or contact PSP Reconditioning Manager Kerianne Willigar at 902-402-4890 or Kerianne.Willigar@forces.gc.ca.

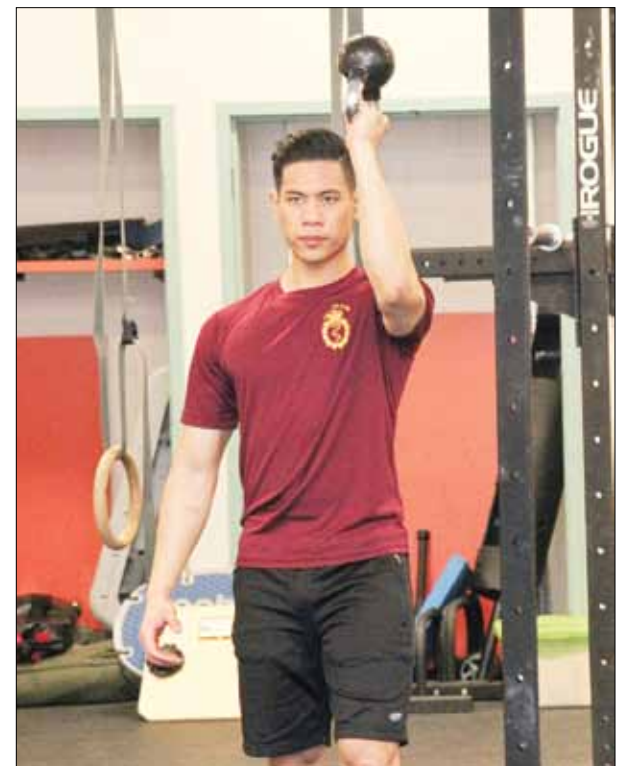


Cpl Hansana says workouts guided by PSP staff have helped reduce back pain and pinched nerves that have been bothering him for years.

RYAN MELANSON, TRIDENT STAFF

Cpl Hansana says that while the exercises are challenging and he still has pain, being on the path to recovery has him feeling better both mentally and physically.

RYAN MELANSON, TRIDENT STAFF





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