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TRIDENT

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



CANADIAN
COMMUNITY
NEWSPAPER
AWARD 2019

Ice dive in Rankin Inlet

FDU(A) members and international partners remove a piece of ice from a diving hole.

CPL DAVID VELDMAN, CAF PHOTO



Staying fit during
COVID-19 Pg. 3



RCN's Bermuda
connection Pg. 6



Ice dives in Rankin
Inlet Pgs. 12-13



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COVID-19 : Informations, lignes directrices et ressources accessibles au public à l'intention des membres de l'Équipe de la Défense locale

Nous sommes conscients du fait que les membres de notre personnel n'ont pas tous accès au RED ou à l'intranet de l'Équipe de la Défense. Pour cette raison, une grande partie des informations sur la COVID-19 dont nos membres pourraient avoir besoin se trouvent sur des pages web accessibles au public et sur des sites de médias sociaux.

La liste des mises à jour de la BFC Halifax concernant la COVID-19 font l'objet d'une note épinglée sur Face-

book à l'adresse www.facebook.com/BaseHalifax. Cette note comprend également des informations, des directives et des ressources provinciales et fédérales concernant la COVID-19. Les informations sont ajoutées/modifiées et horodatées chaque jour de la semaine à 14 h (HNA).

Les comptes de médias sociaux des FAC et du MDN restent également actifs au niveau local, car nous tenons absolument à communiquer les informations sur la COVID-19 qui

pourraient intéresser nos membres. Suivez-nous!

Facebook

- Forces maritimes de l'Atlantique : @MaritimeForcesAtlantic
- BFC Halifax : @BaseHalifax

Twitter

- Forces maritimes de l'Atlantique : @RCN_MARLANT, @MRC_FMARARA
- Contre-amiral Craig Baines : @

MapleSeaLeaf

- BFC Halifax : @CFBHalifax
- Commandant de la BFC Halifax : @WardenNAtlantic

Instagram

- Forces maritimes de l'Atlantique : @rcnatlantic, @mrcatlantic
- BFC Halifax : @cfbhalifax_bfchalfax
- Commandant de la BFC Halifax : @halifax_base_comd44

COVID-19: Publicly accessible information, guidelines and resources for local Defence Team members

By CFB Halifax

We understand that not all members of our local Defence community have access to DWAN or the Defence Team Intranet. For this reason, much of the information our members might be looking for regarding COVID-19 can be found on publicly accessible web-pages and social media sites.

You can find a list of CFB Halifax-specific COVID-19 updates on the **pinned Facebook note** available at www.facebook.com/BaseHalifax. This note also includes provincial and federal information, guidelines and resources regarding COVID-19. Information is added/amended and time stamped each weekday at 2:00 pm ADT.

Local CAF/DND social media accounts also remain active, as we strive to share COVID-19 content that may

impact our members. Follow us!

Facebook:

- Maritime Forces Atlantic: @MaritimeForcesAtlantic
- CFB Halifax: @BaseHalifax

Twitter:

- Maritime Forces Atlantic: @RCN_MARLANT, @MRC_FMARARA
- Rear-Admiral Craig Baines: @MapleSeaLeaf
- CFB Halifax: @CFBHalifax
- CFB Halifax Base Commander: @WardenNAtlantic

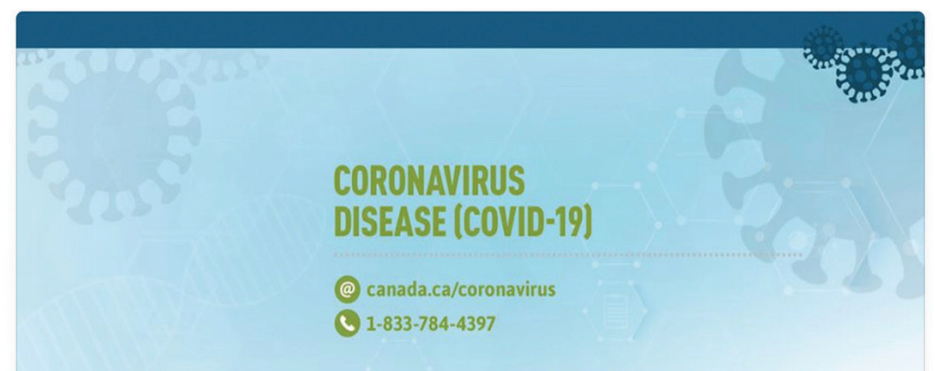
Instagram:

- Maritime Forces Atlantic: @rcnatlantic and @mrcatlantic
- CFB Halifax: @cfbhalifax_bfchalfax
- CFB Halifax Base Commander: @halifax_base_comd44



Canadian Forces Base Halifax - Base des Forces canadiennes de Halifax published a note.

March 17 at 10:02 AM • 🌐



Local and national COVID-19 Resources, Information and Updates

The following list contains CFB Halifax-specific information and updates regarding the COVID-19 pandemic, as well as provincial and federal information, guidelines and resources (French version). Information will be added...

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Staying active and connected during COVID-19

By Ariane Guay-Jadah,
Base Public Affairs Officer

Since mid-March, life has changed drastically for the vast majority of our local Defence Team members and their families, with many of them practising physical distancing and self-isolation in the face of the COVID-19 pandemic. Staying at home for an extended period of time can be difficult on individuals and families for a variety of reasons. Whether they are trying to balance work and childcare, feeling anxious about an emerging global health crisis or feeling lonely due to a lack of socialization, it is important for our Defence community to stay active, compassionate and connected during this time of confinement.

To help alleviate the challenges of social and physical isolation, the CFB Halifax Base Commander, his Public Affairs team and Personnel Support Programs (PSP) are collaborating to provide daily live-streamed home workouts via Facebook, as a way to encourage Defence Team members and their families to have fun, as well as to promote feelings of togetherness and community, while staying active at home. These 30-to-45 minute exercise sessions, led by certified PSP fitness instructors, are tailored to all abilities and do not require specialized equipment. Whether the focus is on yoga, cardio or full body workouts, all participants need is a bit of space in which to move around and a device with an internet connection, making these high-quality workouts accessible and inclusive.

One Defence family especially enjoying these home workouts (appropriately called work-ins) is the Halifax-based Rochon family. Cdr Chris Rochon, Commanding Officer of HMCS *Halifax*, and his family—spouse Wendy and their children, Dylan and Helen—have committed to working out as a family every second day of the week. This group activity brings them together, and along with it, a lot of sweat, groans and a healthy dose of laughter. As shared by Wendy, “we especially enjoy the work-ins involving pairing up or when the kids get to climb on mom and dad”. And according to Dylan, “our cat Siggy watches us work out and probably thinks we’re nuts!”

Aside from participating in PSP workouts and staying connected to the online CFB Halifax community, the Rochon family is spending much of its time getting creative and preparing home-cooked meals. They recently started making sushi together—which the youngest Rochons, especially sushi-fanatic Helen, find “fantastic”. We commend the Rochon family for making the most of their time in isolation, as they continue to stay home, stay healthy and spend quality time together.

For more details on what the CFB Halifax community is doing to help everyone stay active, connected and updated during the COVID-19 pandemic, follow @BaseHalifax on Facebook, @CFBHalifax on Twitter and cfbhalifax_bfchalfax on Instagram. Stay safe, everyone.



Working with what is at hand is key to success, with an at-home workout routine, as mom Wendy and daughter Helen demonstrate here.

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Helen and Dylan Rochon enjoy homemade sushi.

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The Rochon family participates in a home workout, run by PSP Fitness Instructor Lucas Hardie and live-streamed on the CFB Halifax Facebook Page on March 22, 2020.

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Publication Schedule for 2020

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

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Community Calendar

Reunion and event notices must be submitted by email.

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

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

EDITOR'S NOTE: Because of the rapidly changing status of the COVID-19 coronavirus, many, if not all, public events are being cancelled or postponed. Whenever possible, call in advance to check the status of an event. COVID-19 information is available online at the Province of Nova Scotia website, the Government of Canada website, and through the World Health Organization website. Most websites are frequently updated as the situation continues to evolve.

NSNAC Bursary

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.

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.

Battle of the Atlantic Memorial Concert

Time: 2 - 3:30 p.m.

Date: Sunday, April 26

Location: Halifax Central Library

Join the Stadacona Band of the Royal Canadian Navy, famous for its musical excellence spanning 80 years, for an afternoon of contemporary and wartime music. Presented in partnership with the Canadian Naval Memorial Trust.

Stories of Sable Island

Time: 6:30 - 8 p.m.

Date: Tuesday, April 28

Location: Halifax Central Library

Known as "the Graveyard of the Atlantic," Sable Island was once a source of fear for mariners, but is now renowned for its beauty, isolation, and wild horses. For over 13 years, Debbie Brekelmans has been landing her aircraft on Sable, bringing supplies, station personnel, researchers, filmmakers, and tourists to this amazing and unique place. She will be sharing photos, artifacts, and stories from her time flying to and from Sable Island - a place whose only constant is change.

Sailors show their support for Legion of Honour recipient

By **Peter Mallett**,
The Lookout Staff

Personnel from Canada's navy and army helped make 95-year-old Legion of Honour award recipient Ron Bath's big moment in the spotlight a little bit brighter.

The retired Able Seaman and resident of Graystone Manor in Maple Ridge, B.C., was part of the Allies' D-Day landings as a member of the Royal Canadian Navy.

He received France's highest order from Consul General of France Philippe Sutter in a March 9 ceremony.

Celebrating that moment with him were members of HMCS *Vancouver*, Vancouver-based naval reserve unit HMCS *Discovery*, and the 15th Field Artillery Regiment.

"It's a great feeling and I am very proud to receive this medal. I was surprised and touched by the number of military personnel who attended."

The Legion of Honour award was established in 1802 by Napoleon Bonaparte and has been awarded to more than 93,000 persons worldwide. In 2015, the French Government began honouring 1,000 Canadian veter-

ans with the award to commemorate the 75th anniversary of the D-Day landing.

Bath was directly involved in many beach landings in Normandy on June 6, 1944, and the days that followed, working as a Signaller on landing craft with the RCN's 262nd Flotilla. Facing enemy fire and great peril, they ferried troops to the beaches of Normandy, including Juno, and Omaha.

"Receiving this award has brought back memories of those I served with on the landing craft and D-Day itself," said Bath.

In the final months of the war, he served aboard Canadian frigate HMCS *La Hullose* as its helmsman, and as an aircraft handler on the aircraft carrier HMCS *Warrior*.

Born in Blyth, England, Bath and his family moved to the former B.C. mining town of Michel (near Nelson B.C.). The navy wasn't Bath's initial choice. When war broke out in Europe he was only 14 and tried joining Canada's army twice until his mother intervened. When he was finally old enough to register on his 18th birthday, he signed up with the Royal Canadian Navy and completed part of

his pre-deployment training at CFB Esquimalt.

"It gave him so much satisfaction and pleasure to see the sailors and soldiers in uniform standing alongside him," said son-in-law Robert Harris.

A member of the local Royal Canadian Mounted Police (RCMP) detachment along with the Acting Mayor of Maple Ridge, and local MLA also attended. Bagpiper Sgt Colin Barrett of the Delta Police Pipe band piped Bath into the common room where the ceremony was held.

Two members of *Vancouver* made the trip to Graystone Manor - ship's Coxswain CPO1 Steven Wist and Acting Chief Boatswain's Mate, PO1 James Sunderland.

"Having a naval presence during this ceremony was extremely important given that Mr. Bath was a naval veteran who contributed to the success of the landings at Normandy," said CPO1 Wist. "It's great to know that he appreciated the military presence during the ceremony, and speaking on behalf of the military that attended, I can say it was a greater honour for us to attend this prestigious event."



Citizenship ceremony held at HMCS Scotian

Cdr Paul Hinkins, Commanding Officer HMCS Scotian, welcomes a newly minted Canadian and presents her with a Canadian flag during a Citizenship Ceremony held at HMCS Scotian on February 15, 2020.

CPL DAVID VELDMAN, FIS



Promotions and senior appointments in the RCN

By DND

Promotions and appointments, resulting from retirements, are as follows:

VAdm D.C. Hawco will retire from service resulting in the following promotions and appointments: MGen F.J. Allen will be promoted to the rank of Lieutenant-General and appointed as Canadian Military representative to NATO, in Brussels Belgium, replacing VAdm D.C. Hawco. RAdmiral C.A. Baines will be appointed as Deputy Vice Chief of the Defence Staff, in Ottawa ON, replacing MGen F.J. Allen.

RAdm B.W.N. Santarpia will be appointed as Commander Maritime Forces Atlantic, in Halifax NS, replacing RAdm C.A. Baines. MGen J.S.S.D. Fortin will be appointed as Chief of Staff Operations, Canadian Joint Operations Command, in Ottawa ON, replacing RAdm B.W.N. Santarpia.

MGen S.M. Cadden will retire from service resulting in the following promotions and appointments: BGen M.H. St-Louis will be promoted to the rank of Major-General and will be appointed Commander Canadian Army Doctrine and Training Centre, in Kingston ON, replacing MGen S.M. Cadden. BGen M.C. Wright will be appointed as Commander Joint Task Force impact, in Iraq, replacing BGen M.H. St-Louis. Cmdre C.T. Skjerpen will be appointed as Chief of Staff Canadian Forces Intelligence Command, in Ottawa ON, replacing BGen

M.C. Wright. Capt(N) D.J. Patchell will be promoted acting while so employed to the rank of Commodore and will be appointed as Director General Naval Strategic Readiness, in Ottawa ON, replacing Cmdre C.T. Skjerpen.

RAdm L. Cassivi will retire from service resulting in the following promotions and appointments: BGen D.C. Aitchison will be promoted to the rank of Major-General and will be appointed Commander Canadian Defence Academy, in Kingston ON, replacing RAdm L. Cassivi. Col M.L. Lapointe will be promoted acting while so employed to the rank of Brigadier-General and will be appointed as Deputy Commander US Army Alaska, in Elmendorf AK, replacing BGen D.C. Aitchison.

MGen A.M.T. Downes will retire from service generating the separation of the responsibilities of the Surgeon General from the responsibilities of the Commander Canadian Forces Health Services Group and resulting in the following appointments and promotion: BGen J.G.M. Bilodeau will be appointed to and assume the responsibilities of the Surgeon General, in Ottawa ON, from MGen A.M.T. Downes. Cmdre R.L. Patterson will be appointed to and assume the responsibilities of the Commander Canadian Forces Health Services Group, in Ottawa ON, from MGen A.M.T. Downes. Col A.J. Atherton will be promoted to the rank of Brigadier-General and will be appointed as Director Gen-

eral Professional Military Conduct, in Ottawa ON, replacing Cmdre R.L. Patterson.

Rear-Admiral J.A.S. Page retired from service resulting in the following promotions and appointments: Cmdre C.S. Earl was promoted to the rank of Rear-Admiral and was appointed as Chief of Staff, Assistant Deputy Minister material, in Ottawa ON, replacing RAdm J.A.S. Page. Cmdre L. Carosielli will be appointed as Director General Maritime Equipment Program Management, in Ottawa ON, replacing Cmdre C.S. Earl. Captain(N) R.C. Gray will be promoted acting while so employed to the rank of Commodore and will be appointed Assistant Deputy Minister (Material) Project Manager Canadian Surface Combatant, in Ottawa ON, replacing Commodore L. Carosielli.

BGen D.J. Anderson will retire from service resulting in the following promotions and appointments: Cmdre J. Hamilton will be appointed Chief of Staff Readiness, Canadian Joint Operations Command, in Ottawa ON, replacing BGen D.J. Anderson. Capt(N) S.M. Thornton will be promoted to the rank of Commodore and will be appointed Director General Defence Force Planning, in Ottawa ON, replacing Cmdre J. Hamilton.

BGen D.B. Cochrane will retire from service resulting in the following appointment: Cmdre M.T.J. Kurtz will be appointed Commander National Cadet and Junior Canadian Rangers

Support Group, in Ottawa ON, replacing BGen D.B. Cochrane.

The following promotions and appointments result from new and continuing service requirements:

RAdm J.B. Zwick will be appointed to a one-year temporary assignment as Chief Strong Secure and Engaged Combat Systems Implementation resulting in the following promotions and appointments: BGen S.R. Kelsey will be promoted to the rank of Major-General and will be appointed as Chief of Force Development, in Ottawa ON, replacing RAdm J.B. Zwick. BGen C. Ayotte will be appointed Director General Army Capability Development, in Ottawa ON, replacing BGen S.R. Kelsey. BGen P. Peyton will deploy as Ministerial Liaison Team Director Operation Impact, in Iraq, replacing BGen C. Ayotte.

Capt(N) M.D. Bowen will be promoted acting while so employed to the rank of Commodore and will be appointed as the J7 to United States Cyber Command, in Maryland VA, replacing BGen P. Peyton. Cmdre G. Bernatchez will be promoted to the rank of Rear-Admiral and will remain as Canadian Armed Forces Judge Advocate General, in Ottawa ON.

Cmdre B.A. Peats will deploy as Commander standing NATO Maritime Group.

Capt(N) D.A. Charlebois will be promoted to the rank of Commodore and will deploy as Commander Combined Task Force 150.



RCN plaque, story board presented to National Museum of Bermuda

By Cdr (ret'd) Len Canfield, NSNAC

Commander Bob Lancashire (ret'd) and other 'senior' members of the Nova Scotia Branch of the Naval Association of Canada (NSNAC) have fond memories of Bermuda and are ready to share a salty dip of a deployment or 'run ashore' with new members.

Given the Royal Canadian Navy's lengthy association with Bermuda dating to the First World War and the long standing commercial and cultural links between Nova Scotia and the island, Lancashire was a bit surprised a while back with a question posed by Venture Class '56 classmate Dennis Briggs.

Briggs and his wife were visiting the National Museum of Bermuda that occupies the three-storey Commissioner's House (built 1820s) in the historic Royal Naval Dockyard, Ireland Island during a cruise ship stop in Bermuda. He observed that the US Navy was represented at the museum but there was "a lack of reference to any RCN activity in the area."

Lancashire, vice-president of NSNAC, brought the matter to the board's attention. It was decided to contact the Museum to point out the significance of the RCN-Bermuda as-

sociation and explore how to have the RCN represented. After an exchange of correspondence, a work party was formed, including Peter Haydon, Bob Lancashire, Charles Westropp, Rowland Marshall, Pat Jessup (graphic design) and I. In fairly short order a 24 by 15 inch metal plaque and 2 by 3 foot display board were produced.

The "Royal Canadian Navy and Bermuda" display board includes text and photos of RCN ships of the WW II and post-Second World War eras along with a group photo of the training staff at HMCS Somers Isles 1944-45.

The plaque, cast by Lunenburg Industrial Foundry & Engineering, reads: "Presented to the National Museum of Bermuda in recognition of the lengthy ties and bonds of friendship between the Royal Canadian Navy and Bermuda and the training support provided to the RCN and the Canadian Armed Forces in peace and war. *Presented by the Nova Scotia Branch of the Naval Association of Canada.*"

Arrangements were made for transporting and presenting the 45-pound plaque and display board to the museum.

Commodore (ret'd) Charles Westropp, recalling early deployments to Bermuda and later while serving as Commander Canadian Fleet Atlantic, MARCOM HQ 'volun-



Charles Westropp, on behalf of the Nova Scotia Branch of the Naval Association of Canada presents the RCN-Bermuda plaque to Dr. Deborah Atwood, curator of the National Museum of Bermuda.

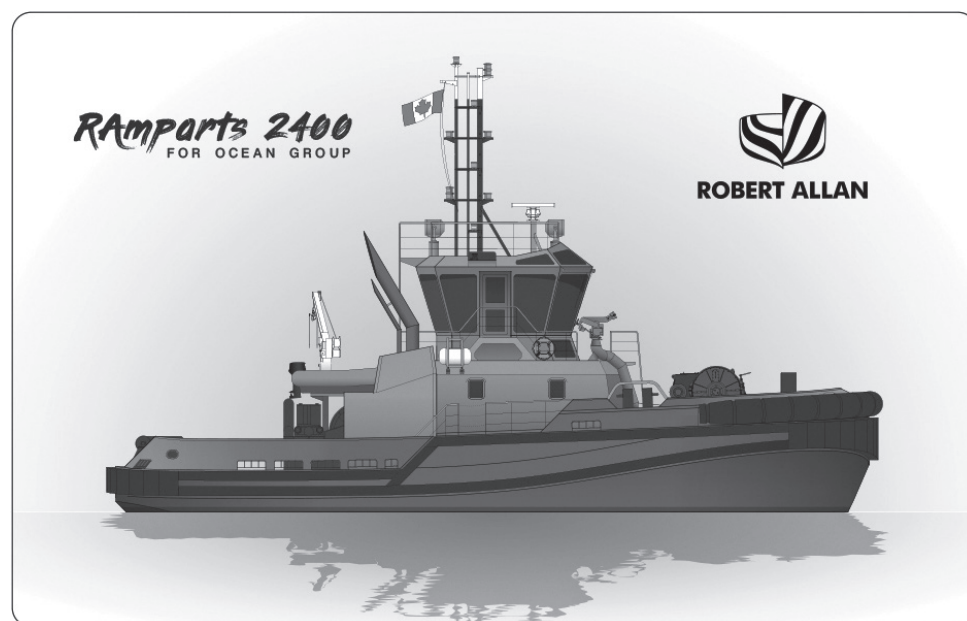
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teered' to add Bermuda to a planned visit to the US and make the presentation to the museum in early March.

As he commented on his return to Halifax, "Curator Deborah Atwood and museum staff have selected a great space to display our kit and

will provide photos when the plaque and display board are mounted. The museum is in really good shape and definitely worth a visit."

Contact Len canfield, NSNAC, Tel: 902-443-1726; email: len.canfield@ns.sympatico.ca



A graphic mock-up of the new large tugs being built by Ocean Industries Inc. for the RCN under the Naval Large Tug project, part of the National Shipbuilding Strategy. The vessels will be based on the Robert Allan Ltd. Ramparts 2400 design.

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Engine contract awarded for RCN's Naval Large Tug project

By Trident Staff

Ocean Industries Inc., the Quebec-based firm that is constructing four new large tugs for the Royal Canadian Navy, has announced a contract to acquire the engines that will power the new boats.

The company has ordered eight 12V175D-MM engines from MAN Energy Solutions. The contract also includes ship service diesel-generator sets, and selective catalytic reduction technology for the engines, ensuring they will be compliant with Tier III emissions standards set by the International Maritime Organization. While the components will be built at MAN Energy's facilities in Denmark, their Canadian division will work to integrate the systems in Quebec, and MAN Energy representatives will be present to provide training and support while the tugs are being tested during harbour acceptance and sea-acceptance trials.

In a press release issued on February 21, MAN Energy Canada project manager Kamen Stoykov said his firm is excited to have their high-speed propulsion engines involved in Canada's National Shipbuilding Strategy through their partnership with Ocean Group.

"These modern engines will be equipped with the latest environmental protection technology from MAN and will comply with the latest environmental regulations. They also feature digitally-controlled fuel systems for optimal fuel efficiency," he added.

MAN Energy has also been involved in the Arctic and Offshore Patrol Ship and Join Support Ship projects, and Stoykov added this additional contract further cements their commitment to working with the RCN, and will lead to further investments in their Canadian operations.

The design contract for the Naval Large Tugs was announced in June of 2019 – the four tugs will be based on the Ramparts 2400 design by Vancouver-based Robert Allan Ltd. Two tugs will be delivered to CFB Halifax, and two will be delivered to CFB Esquimalt. The first two are scheduled for delivery in 2021, with the second set expected in 2023.

In an earlier press release, Defense Minister Harjit Sajjan described the Naval Large Tug project as an essential part of the future RCN fleet, and added the importance that the vessels will be built in Canada, as with the other large projects under the National Shipbuilding Strategy.

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HMCS *Calgary* tour boosts centenarian's birthday bash

By Peter Mallett,
The Lookout Staff

One-hundred-year-old Leslie McLean will receive a unique belated birthday gift – an HMCS *Calgary* captain's baseball hat, an official ship coin, and a ship's patch.

The items were collected by his son David, who toured HMCS *Calgary* on his father's behalf on March 6, and the items will be given to him by his family in the coming weeks.

In the Second World War, the centenarian served in HMCS *Calgary* (K231) during the Battle of the Atlantic as a Leading Seaman. The ship was a Flower-class Corvette, one of many built to meet the demand for escorting merchant vessels across the Atlantic.

"It's was a delightful experience touring *Calgary* and I thank everyone in the navy for this experience," said David after the tour. "I know he is going to be surprised when he sees these gifts."

Leslie suffers from dementia and lives in an Edmonton retirement home, but his son says whenever anything related to HMCS *Calgary* comes up, his father can recant detailed memories of his service days.

During his time aboard *Calgary*, Leslie participated in the sinking of

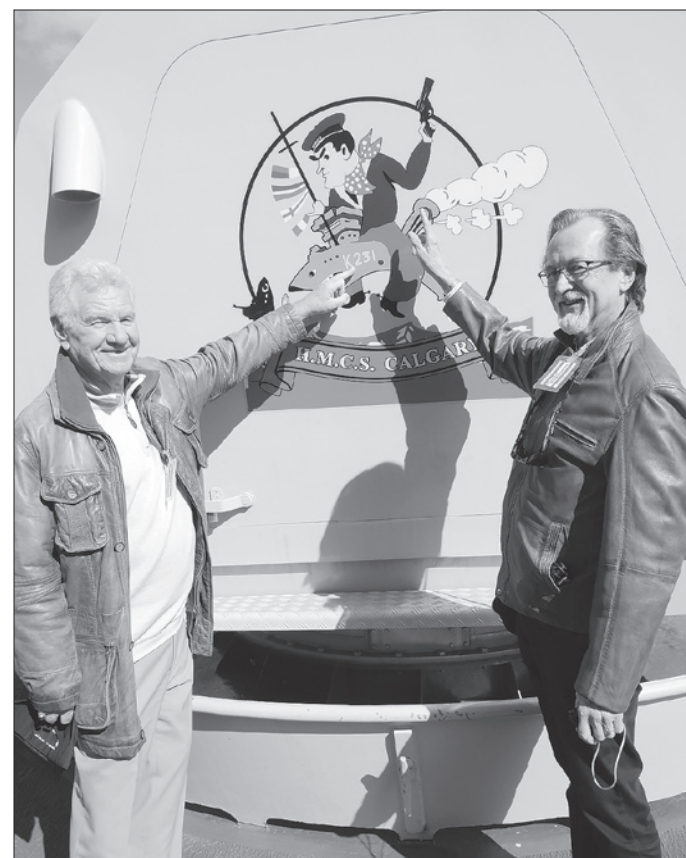


David McLean received an HMCS *Calgary* captain's baseball hat, an official ship coin, and a ship's patch to give to his father on the occasion of Leslie McLean's 100th birthday.

SUBMITTED

German U-boat U536 in the Azores in November 1943, and U322 in December 1944 in the English Channel.

After VE Day, he transferred to HMCS *Ontario* and the Pacific theatre.



David McLean (left), son of Second World War RCN veteran Leslie McLean, recently toured HMCS *Calgary* with his friend Lance Allard (right). Leslie McLean served as a Leading Seaman in the corvette HMCS *Calgary* during the Battle of the Atlantic.

SUBMITTED

He was officially discharged from the military in 1946.

David's childhood chum Lance Allard, who lives in Victoria, arranged the ship tour through the Public

Affairs office. The two grew up on the outskirts of Edmonton. David says neighbour and Second World War veteran Fred Russell also reached the 100-year milestone recently.

COVID-19 information

By the Government of Canada

Human coronaviruses cause infections of the nose, throat and lungs. They are most commonly spread from an infected person through:

- respiratory droplets generated when you cough or sneeze; close, prolonged personal contact, such as touching or shaking hands; and
- touching something with the virus on it, then touching your mouth, nose or eyes before washing your hands

Current evidence suggests person-to-person spread is efficient when there is close contact.

At this time, there is no vaccine for COVID-19 or any natural health products that are authorized to protect against it.

Federal and provincial public health leaders have recommended that all travellers from outside of Canada self-isolate for 14 days. These efforts will contribute to slow the introduction and spread of COVID-19 in Canada.

If you are sick, reduce contact with others by staying at home and self-isolating (unless directed to seek medical care). If you must leave your home, wear a mask or cov-

er your mouth and nose with tissues, and maintain a 2-metre distance from others; avoid individuals in hospitals and long-term care centres, especially older adults and those with chronic conditions or compromised immune systems; avoid having visitors to your home; cover your mouth and nose with your arm when coughing and sneezing; have supplies delivered to your home instead of running errands.

Supplies should be dropped off outside to ensure a 2-metre distance.

It is important to know how you can prepare in case you or a family member become ill.

There is a difference between advice to self-monitor, advice to self-isolate and advice to isolate. It is important to note these measures are in place to protect the health and safety of Canadians.

Together, we can slow the spread of COVID-19 by making a conscious effort to keep a physical distance between each other. Social distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. With patience and cooperation, we can all do our part.

This means making changes in your everyday routines to minimize close contact with others, including: avoiding non-essential gatherings; avoiding common greetings, such as handshakes;

- avoiding crowded places such as concerts, arenas, conferences and festivals; limiting contact with people at higher risk like older adults and those in poor health; keeping a distance of at least 2 arms lengths (approximately 2 metres) from others, as much as possible; and keeping a distance of at least 2 arms-length (approximately 2 metres) from others.

Proper hygiene can help reduce the risk of infection or spreading infection to others. Wash your hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food. Use alcohol-based hand sanitizer if soap and water are not available. Cough or sneeze into a tissue or the bend of your arm, not your hand. Dispose of any tissues you have used as soon as possible in a lined waste basket and wash your hands afterwards. Avoid touching your eyes, nose, or mouth with unwashed hands.

Continued on page 9

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Dieting and COVID-19

By Madison Walsh,
PSP Health Promotion, CFB Halifax

During this challenging time, many people may be wondering how they can stay healthy. It's a great idea to use your extra time at home to work on improving your overall wellbeing, including eating a healthy, balanced diet. However, now is not the time to start following a fad diet.

Fad diets remain the most common method people use to try to lose weight. However, despite their widespread popularity, they are generally very ineffective. Most fad diets work by restricting calories, restricting entire food groups, and/or restricting the time during which an individual can eat. They aim to make you lose weight fast, so that you'll see instant results. However, they are generally not maintainable in the long term. Many studies show that individuals who lose weight with a fad diet gain that weight back, sometimes with additional weight, within a few months or years.

When you consume fewer calories than your body needs, your metabolism will naturally slow down so you use up less energy, to conserve calories – the opposite of what someone looking to lose weight would want. In addition, you will likely begin to crave the foods you have been restricting. During this overwhelming time, it is particularly important to eat foods which not only nourish your body, but also help to maintain your mental health. This means eating foods you enjoy in moderation, not completely restricting foods that make you happy and bring you comfort.

Additionally, eating less food and less variety can cause nutrient deficiencies, fatigue, and dehydration. These are all factors that can make us weak, and may reduce our ability to fight off disease. Now more than ever, during this global pandemic, we need to stay as healthy as we possibly can. Keeping our bodies fit and nourished, in addition to practicing social distancing and following the advice of our public health experts, is a great way to minimize your risk of becoming ill with COVID-19.

Instead of starting a fad diet, try your best to follow the guidelines in Canada's Food Guide. This includes filling half your plate with vegetables and fruit, a quarter of your plate with protein foods, and a quarter of your plate with whole grains. If you are trying to go to the grocery store less often, try using more foods with longer shelf-lives. This can include frozen or canned (with no added sugar or salt) fruits and vegetables, dried or canned legumes, and whole grain rice, pasta, and breads, to name a few. More information on Canada's Food Guide can be found here: <https://food-guide.canada.ca/en/>

How to improve immune system through healthier lifestyle

By Samantha Noseworthy,
BSc, MPH, PSP Halifax Health
Promotion Specialist

Your body's immune system is constantly working to identify and eliminate bacteria, viruses or other microorganisms that can make you sick.

You can help to promote good immune system function by maintaining a healthy lifestyle. Follow the tips below to help ensure that you are able to fight off illnesses that may come your way this flu season.

1. Quit smoking or reduce the

amount that you do smoke. Smoking harms the immune system and reduces the chance that you are able to successfully fight off disease.

2. Eat a diet high in fruits and vegetables. Fruits and vegetables provide high amounts of important nutrients such as vitamin C, vitamin E and beta-carotene. All of these nutrients help to promote good immune function.

3. Exercise regularly. Staying active and maintaining a regular exercise routine has been shown to improve immune system regulation and reduce your risk of illness.

4. Reduce stress. When we are stressed we release hormones that suppress the immune system and reduce our ability to fight off illness. Properly managing or reducing stress will help to ensure that our immune system continues to function effectively.

5. Get adequate sleep. The average adult requires 7 – 8 hours of solid sleep every night. If you are sleep deprived, your immune system function becomes compromised. Getting a full night of sleep will help improve your body's ability to react to infection and inflammation.

Are fresh fruits and vegetables always best?

By Madison Walsh,
RD, PSP Halifax Health Promotion
Specialist

Many people assume that fresh fruit and vegetables are always the healthiest choice. While consuming fresh produce is an excellent way to get all of your required vitamins and minerals, it is not necessarily any better than frozen or canned.

Frozen fruits and vegetables are picked at peak ripeness, and flash frozen after harvest. This helps to preserve their nutrient value, which means they are an equally good source of all your required vitamins and minerals as fresh produce.

Canned fruits and vegetables can also be just as nutritious.

However, with canned, you have to be mindful of added ingredients. Canned fruits often have added sugar, and canned vegetables often have added salt. It is important to look at the ingredient list and nutrition facts table to make sure you are purchasing cans with no added



sugar or salt. If they don't have these ingredients added, they are also just as nutritious as fresh and frozen produce!

When staying at home during this pandemic, it is important to make sure you are still eating a healthy, balanced diet. Frozen and canned goods have longer shelf lives than fresh produce, making them excellent choices during this time. However, keep in mind that we are advised not to stock up for more than

two weeks, as we want to make sure there is food left on the shelves for others who need it too!

Here's a recipe for Texas Black Bean Soup, using lots of canned goods:

<https://www.tasteofhome.com/recipes/texas-black-bean-soup/>

Or, try a frozen vegetable stirfry, like this one:

<https://recipecenter.giantfood.com/.../chicken-and-vegetable-stir-fry>

April includes World Health Day

**By PSP Halifax Health
Promotion**

World Health Day takes place on April 7, and this year's theme is universal health coverage. The World Health Organization recognizes health as a human right, and aims to use World Health Day to advocate for quality health services without financial burden everywhere. Here in Canada, especially those of us who are members of the CAF, are very lucky to have access to healthcare and benefits. That being said, about half of the world is not as lucky as us, and some of those unlucky folks live right here in

our own communities. So not only is World Health Day a great time for online advocacy, it is also a perfect time to take action. There are a couple of ways that we can take action on April 7, or any day for that matter. First, by realizing and taking advantage of the health services at our disposal. Been putting off calling the dentist to make an appointment? Do it today.

Thinking about getting a cancer screening? Meet with a health care provider to find out if you're eligible.

At risk of contracting an STI? Visit a health care facility for a quick test. If your health is already at its best, consider taking action by volunteer-

ing in the community. A simple online search of "health + volunteer + your city" should return many results, but you can also find a database of health-related volunteer opportunities at <http://www.canadian-universities.net/Volunteer/Health.html> sorted by cities across the country. This World Health Day, let's be grateful for what we have, take action in our communities, and advocate for universal health coverage worldwide.

<https://www.who.int/campaigns/world-health-day/world-health-day-2019/key-messages>

<http://www.canadian-universities.net/Volunteer/Health.html>

COVID-19 information

Continued from page 7

Clean the following high-touch surfaces frequently with regular household cleaners or diluted bleach (1 part bleach to 9 parts water):

toys, toilets, phones, electronics, door handles, bedside tables, and television remotes.

If you are a healthy individual, the use of a mask is not recommended for preventing the spread of COVID-19. Wearing a mask when you are not ill may give a false sense of security. There is a potential risk of infection with improper mask use and disposal. They also need to be changed frequently.

However, your health care provider may recommend you wear a mask if you are experiencing symptoms of COVID-19 while you are seeking or waiting for care. In this instance, masks are an appropriate part of infection prevention and control measures. The mask acts as a barrier and helps stop the tiny droplets from spreading when you cough or sneeze.

Canadians are advised to avoid all non-essential travel. There is an increased risk of more severe outcomes for Canadians aged 65 and over, with compromised immune systems, and with underlying medical conditions.

While a COVID-19 outbreak is not unexpected in Canada, our public health system is prepared to respond. The Public Health Agency of Canada, along with provincial, territorial and community partners, continues to reassess the public health risk, based on the best available evidence as the situation evolves.

As well, the risk for COVID-19 may be increased for certain settings such as cruise ships, heavily affected areas, and international conferences and other large gatherings in enclosed spaces.

It is important for all travellers to self-isolate for 14 days after your return from travel outside of Canada; self-monitor for symptoms of COVID-19 (fever, cough or difficulty breathing) for 14 days after returning to Canada; and avoid places where you cannot easily separate yourself from others if you become ill.

If you have even mild symptoms, stay home and call the public health authority in the province or territory you are in to inform them. They will provide advice on what you should do.

RAdm Auchterlonie becomes talk of the walk

By Peter Mallett,
The Lookout Staff

The Comox Valley has produced several remarkable people who have moved from their grassroots community into the world to do amazing work.

To honour them, the city created the Comox Valley Walk of Achievement in Courtenay.

The most recent person to receive a sidewalk plaque is RAdm Bob Auchterlonie, Commander MAR-PAC.

On Saturday March 7, he joined the esteemed list of honorees, including actors John Hodgins (Bones) and Kim Cattrall (Sex in the City); B.C.'s first female Lieutenant Governor, Iona Campagnolo; researcher and biochemist Dr. Fred Leung; and Second World War flying ace Stocky Edwards.

Emcee David Durrant said the Admiral, with his 33 years of distinguished service in the Royal Canadian Navy, and still many more to go, elevated him as a remarkable Comox Valley native.

RAdm Auchterlonie has deep roots in the village of Cumberland. His grandfather founded a popular bakery in 1920 in the then bustling mining town, until the business was sold in 2003.

He attended Cumberland Elementary, Cumberland Junior, and George P. Vanier Secondary before venturing into the military.

"I am one person who can say he grew up in one of the best places on the planet and I truly believe that; and I can say this with authority because I have had a chance to travel and see most of the world during my service in the Royal Canadian Navy."

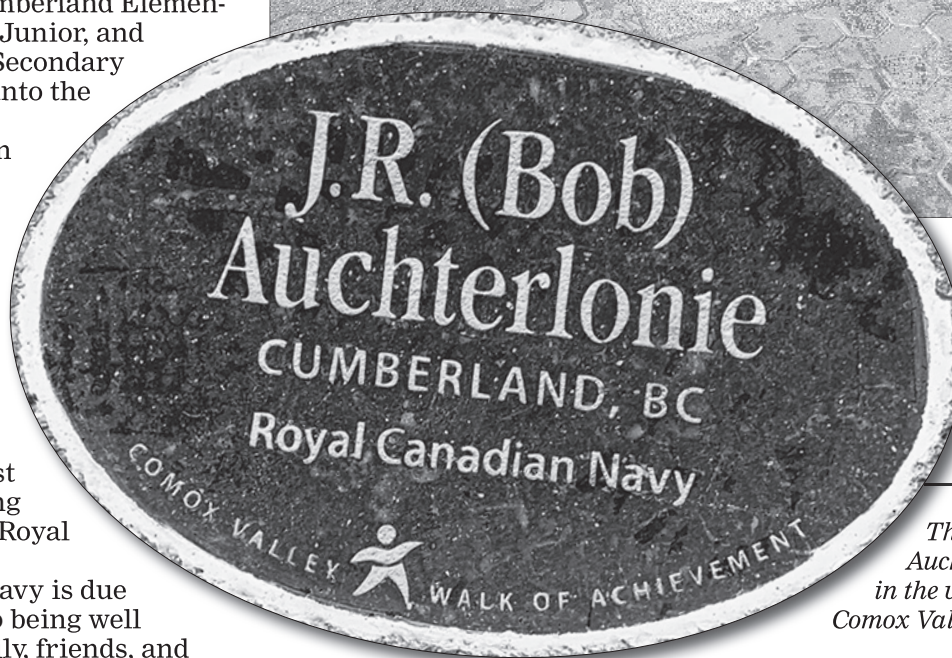
His rise in the navy is due in part, he says, to being well supported by family, friends, and co-workers. But, he adds, his true secret weapon for success came from the "great foundation" of growing up in the Comox Valley, a unique community that gave him the perfect start in life.

The induction ceremony also included remarks by Mayor Bob Wells of Courtenay and Mayor Leslie Baird of Comox, members of the Comox Valley Walk of Achievement Committee, and RAdm Auchterlonie's sister, Susan Auchterlonie.



RAdm Auchterlonie and his wife admire his plaque on on Comox Valley Walk of Achievement.

SUBMITTED



The plaque notes RAdm Auchterlonie's family roots in the village of Cumberland in Comox Valley, BC.

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12 Wing people

The men and women of the Royal Canadian Air Force (RCAF) and their civilian colleagues are the RCAF's greatest strength, the heart of the institution and the founda-

tion upon which the RCAF's future is built. They are extraordinary and professional, capable of accomplishing great things, setting standards of quality that are respected around

the world. Day after day, night after night they contribute directly and indirectly to the delivery of air and space power for our nation.

Our airmen and airwomen are

guided and inspired by the achievements of those who have served in the Air Force throughout its history. Here are some of their stories.

12 WING PEOPLE: Cpl Benjamin Russell

By 2Lt Leo Zhou

"The satisfaction of seeing a snow-covered ramp, and then seeing the result of snow clearing at the end of the day" is Cpl Benjamin Russell's favourite thing about being part of the Snow and Ice Clearing Operations (SNIC Ops) team.

Cpl Russell is a Mobile Support Equipment Operator (MSE Op) currently working for Transport and Electrical Mechanical Engineering (TEME) at CFB Halifax, and detached to 12 Wing Shearwater. He joined the CAF in 2014, following in his father's footsteps. His father was also an MSE Op based in Halifax, and had attained the rank of MWO before retiring in 2019.

After basic training, Cpl Russell completed his Qualification Level Three course (QL 3) at the Canadian Forces Logistics Training Cadre in Borden, Ontario, before arriving at 12 Wing. His father was actually the acting Company Sergeant Major for his QL 3 course and presented him with his diploma. "It was quite interesting, having him on course," his father said. Each year, from November 15 to April 15, he is a member of the SNIC Ops team.

SNIC Ops is part of the Special Purpose Vehicles section of the MSE Op trade. "The other sections are General Purpose Vehicles, the refuelling

section, and Mobile Support Equipment Safety for members who have completed the Road Vehicle Safety Course," Cpl Russell says.

During snow season, MSE Ops from other sections are brought into the team. When it's not snowing, shifts are typically eight hours long, with the day shift running from 06:00 to 14:00 and the night shift from 22:00 to 06:00. Members of the day shift are on call from 14:00 to 18:00 and night shift is on call from 18:00 to 22:00, so that coverage is maintained at all times. During these eight-hour shifts, personnel maintain their equipment and complete administrative tasks.

When it does snow, the tempo picks up and the shifts lengthen to 12 hours until the snow is cleared. Cpl Russell recalls that after a large storm in 2015, "SNIC Ops ran 12-hour shifts for seven days straight," although so far, he has not experienced anything of that scale.

"The main challenge of SNIC Ops is traffic, be it people, cars or aircraft," Cpl Russell says. "The Sea King Club is one of the hardest areas to clear, due to the shape of the parking lot and the light poles in the middle." He says some snow has to be left un-cleared, leading to ice formation through flash freezing, making it more difficult to remove later.

Continued on page 11



Cpl Russell stands in front of his ride, a Snow and Ice Clearing vehicle, at 12 Wing Shearwater.

AVIATOR OLIVIA MAINVILLE, 12 WING IMAGING

12 WING PEOPLE: Cpl Caylen Dorrington

By 12 Wing Public Affairs

Cpl Caylen Dorrington joined the CAF in 2014, after her parents convinced her to take advantage of the military's paid education program.

She started her higher education at the Nova Scotia Agricultural College in Truro in the Animal Science program, with a minor in zoology. She was working three jobs to pay for school when her parents—both retired military—mentioned the CAF option.

After making the leap, Cpl Dorrington completed her Aviation Systems Technician (AVN) training at CFB Borden in 2016. Posted to 12 Wing Shearwater in 2017, she was among the first wave of apprentices on the new CH-148 Cyclone helicopter.

Cpl Dorrington worked as the lead for the maintenance crew at 12 Air Maintenance Squadron (12 AMS), and was responsible for assigning jobs, gathering parts, and developing new technicians. When asked about her role there, she says, "These jobs could range from filling up the tires with nitrogen to changing the helicopter engine. A majority of the time, I have new techs working for me, and I am responsible for their development. I really enjoy teaching them." Subsequently, she was posted to 423 Maritime Helicopter Squadron and earned her Level A Certification.

During her time in Shearwater, she has been involved in the infra-red testing on the Cyclone at CFB Valcartier, Operation Generation, and the 600-hour inspection of the aircraft, which included the first Quick Change Assembly on type. "We learned a lot," she says, "and hope some of the new changes will be implemented in the next 600-hour inspection."

"What I like about [12 Wing]," she continues, "is how open everyone is. When you show initiative, everyone is very willing to help you out to succeed."

Cpl Dorrington has even developed a strategy for dealing with the



Cpl Caylen Dorrington stands in front of one of the RCAF's CH-148 Cyclone helicopters at 12 Wing Shearwater.

LS BRAD UPSHALL, 12 WING IMAGING

cold when working outside on the aircraft. "With the winter weather, I have a 'onesie' in my locker to keep me warm," she says. "People laugh at me, but I'm nice and warm."

In April 2019, Cpl Dorrington and her cheerleading team, the Extreme Athletic Devils, competed in the World Cheerleading Championships held at the ESPN Centre in Orlando, Florida; they placed 14th in the world and first in their provincial division. She has recently retired from cheerleading but has other goals on the horizon. "Cheerleading is a full-time commitment," she says, "accompanied by long practices and many competitions that I just couldn't fully dedicate myself to at this time."

Although she will miss the sport dearly, her main focus now is on preparing herself so that she is ready to deploy, and training for a five-kilometre race called "Do it for Dads". Cpl Dorrington hopes to run the race in June, and will be raising money for prostate cancer research.

12 WING PEOPLE: Lt Jenson Gilby

By Cpl Nick Betts
and 2Lt Leo Zhou

Lt Jenson Gilby is a Construction Engineering Officer in the CAF. He is currently undergoing on-the-job training at Real Property Operations Section Halifax, Nova Scotia. Before commissioning from the ranks in 2019, Lt Gilby had been a military firefighter since 2007.

Born in Halifax, Nova Scotia, Lt Gilby had an interest in firefighting that was fostered by his grandmother when he was 18 years old. She told him about a new program at Holland College, in Charlottetown, Prince Edward Island, called Basic Firefighting, which would teach him the elementary skills required to work in the field. He was selected to be one of the first students to undergo training in the program. From the moment he took part in his first live fire training exercise, he was hooked.

Lt Gilby knew he was meant to be a firefighter from his very first call, which happened during an on-the-job training portion of his course at the Halifax Regional Fire Department's Station 3 on West Street. "I was able to put what I had learned in to action and help a person having the worst day of their lives," he says. "That was when I knew this is what I was going to do for a career."

After completing the Basic Military Qualification course in 2007, he spent a short time at Canadian Forces Base (CFB) Borden, Ontario, before attending his Qualification Level 3 Training in Stephenville, Newfoundland, at the Safety and Emergency Response Training Centre. After finishing the course

in 2008, Lieutenant Gilby was posted to 12 Wing Shearwater, Nova Scotia, until 2012. After six years at 17 Wing Winnipeg, Manitoba, he was posted back to 12 Wing in May 2018.

Lieutenant Gilby served as the Platoon Chief for the 12 Wing Fire Department, where he led a team of talented firefighters. He was responsible for facilitating training so that his crew had the capability to respond to any scenario. They practised scenarios such as flipped cars and structure fires. During this time, his on-scene role was Incident Commander, implementing strategies and tactics in order to solve the problem while coordinating with the Military Police and Emergency Health Services.

"Firefighting is more than simply putting water on a fire," he says. "From the modernization of construction materials of homes, to electric cars, the science behind firefighting operations is consistently evolving. With that, we have to be prepared for whatever problem is presented to us."

Lieutenant Gilby says the driving force behind his passion for firefighting is the people he works with, with whom there is a bond words can't describe. No matter what happens, they support each other through the good and the bad in order to get the job done.

He has been fortunate to spend some time at sea on board HMC Ships *Fredericton* and *Toronto*. While sailing, he was impressed with the capabilities of the ships' helicopter air detachment and the operational capability of the Navy. Acting as Flight Control Officer, he gained a profound respect for Maritime Helicopter aviators, especially when witnessing the importance of



Lt Jenson Gilby, with his rig at 12 Wing Shearwater in 2019.

COURTESY LT JENSON GILBY

teamwork and communication.

Lieutenant Gilby deployed to CFS Alert, in Ellesmere Island, Nunavut, for four months in 2019, and returned to 12 Wing in April 2019.

"CFS Alert was an incredible experience full of amazing professionals, wildlife and a surreal experience of watching the sun rise for the first time in months," he says. "Many of my firefighters were heavily involved in the

wood shop on site, and presented me a Fire Axe Plaque the day before their departure at their farewell ceremony.

"It was an honour and privilege to spend the time I did there and, if given the opportunity, I would return in a heartbeat."

Firefighting has taken Lieutenant Gilby to various taskings in northern Canada and around the world; everywhere from the frigid North Atlantic to the turquoise waters of the South.

Shortly after his return to 12 Wing in 2019, he received an offer for the Commission from the Ranks program. In September 2020, Lieutenant Gilby will go to CFB Gagetown to complete his Construction Engineering Officer Course. Becoming a Construction Engineering Officer was a natural career choice for Lieutenant Gilby.

"The Firefighter trade is typically governed by a Construction Engineer in the capacity of Fire Chief all the way through the ranks of the Fire Marshal's Office," he says, "so for me it was a logical decision to invest in this avenue of career progression and goal development."

12 WING PEOPLE: Cpl Benjamin Russell

Continued from page 10

SNIC Ops has different priority areas after a snowfall and must adhere to these priorities. Priority one areas need to be cleared no more than 24 hours after the snow has stopped, these areas include Taxiway

Foxtrot and Alpha, the fire route, the Canadian Forces Ammunition Depot, and other areas that are essential for wing operations. Priority two areas need to be cleared within 48 hours and encompass areas such as their own TEME building, supply, and imaging. Within 72 hours, priority three

areas such as the back of the Sea King Club, and Shearwater Arena are cleared.

"The best way to help SNIC Ops out," says Cpl Russell, "is for people on base to give a little leeway when it comes to the small stuff such as a little bit of ice in a parking lot."



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De la plongée sous glace...à -50°C

Par Lieutenant de vaisseau Éliane Trahan,

Officier des affaires publiques pour la Force opérationnelle de plongée

L'opération NANOOK se déroule chaque année d'un bout à l'autre du Yukon, des Territoires-du-Nord-Ouest, du Nunavut et du Labrador. Elle comprend jusqu'à cinq déploiements par année.

L'un de ces déploiements est l'opération NANOOK-NUNALIVUT à Rankin Inlet, Nunavut, auquel a participé la Force opérationnelle de plongée, du 2 au 17 mars 2020. Les 31 plongeurs provenaient de quatre pays différents, soit le Canada, la Finlande, la France, et la Belgique. Nous retrouvions des plongeurs-démineurs, plongeurs de combat et plongeurs d'inspection portuaire de l'Armée et de la Marine ainsi qu'un plongeur finlandais portant l'uniforme de l'Aviation.

Rankin Inlet, appelé Kangiqtinik (anse profonde) par les Inuits

La communauté inuit de Rankin Inlet est composée d'environ 2 000 habitants et fait partie des communautés les plus importantes du Nord canadien. Elle est un lieu de rassemblement et une plaque tournante dans la région puisque tous les vols vers le Kivalliq passent par l'aéroport de Rankin Inlet. Les gens sont accueillants et sont fiers de présenter leur culture et traditions qui s'expriment à travers les galeries d'art locales.

L'Arctique est de plus en plus accessible en raison des changements climatiques et des nouvelles technologies. L'accroissement du trafic engendre de nouveaux risques pour la sécurité et la sûreté. Le Canada doit donc être prêt à effectuer des opérations de recherche et sauvetage, et à intervenir en cas de catastrophe naturelle ou d'origine humaine.

Les opérations comme NANOOK-NUNALIVUT permettent de démontrer la présence et les capacités des Forces armées canadiennes dans l'Arctique et d'améliorer la disponibilité opérationnelle dans la région. Il s'agit également d'une opportunité de travailler avec les partenaires canadiens dans le Nord.

Les membres du 1er Groupe de patrouilles des Rangers canadiens ont d'ailleurs apporté de judicieux conseils et ont facilité l'intégration des

ALL PHOTOS BY: CPL DAVID VELDMAN,
DIVE TASK FORCE IMAGERY TECHNICIAN/
CAPORAL DAVID VELDMAN, TECHNICIEN
EN IMAGERIE POUR LA FORCE
OPÉRATIONNELLE DE PLONGÉE

membres dans un milieu arctique.

Plonger dans un environnement froid et hostile

«Bien que les conditions de plongée hivernale à Halifax soient constituées d'eau froide inférieure à 5 degrés Celsius, nous avons rarement l'occasion de mener des opérations de plongée sous glace dans l'Arctique. La présence de l'équipe de plongée à Rankin Inlet nous permet de revalider nos procédures, de tester notre équipement et de prouver notre capacité à plonger et à mener des opérations de sauvetage mineur dans un environnement hostile et rigoureux. La conduite d'opérations de plongée dans l'Arctique, à des températures inférieures à -50 degrés Celsius, présente de nombreux défis principalement liés aux températures de l'équipement et au gel. Il existe de nombreuses variables et mesures d'atténuation supplémentaires qui doivent être soigneusement prises en compte pour assurer le succès des opérations, » a déclaré le Lieutenant de vaisseau Kristopher Hicks durant l'opération, Officier en charge de l'équipe de plongée et Officier plongeur-démineur à l'Unité de plongée de la flotte (Atlantique) à Halifax, en Nouvelle-Écosse.

Durant l'opération à Rankin Inlet, les plongeurs ont participé à différents scénarios tel que la récupération de pièces d'avion CF-18. Ils ont exploré les fonds marins à une profondeur d'environ 15 mètres et ont exercé leurs habiletés sous la glace en utilisant les équipements de plongée; le Système de plongée à surface ultra légère et l'Appareil respiratoire à air comprimé de plongée sous glace avec communications et vidéo.

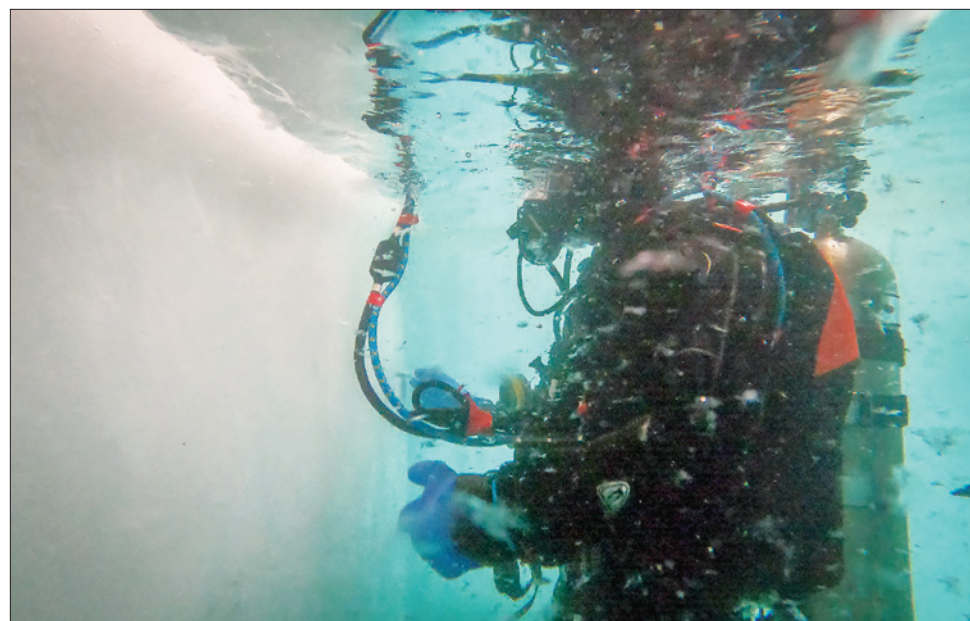
Pour en savoir davantage sur l'opération NANOOK-NUNALIVUT 2020 et visionnez les photos et vidéos des plongeurs en action, visitez la page officielle de la Force opérationnelle interarmées (Nord) et la galerie d'image de Caméra de combat des Forces canadiennes:



The Finnish divers, one of whom is pictured here, included a member of that country's air force. The multinational diving contingent also included Clearance Divers, Combat Divers and Port Inspection Divers from the Army and the Navy.



Members of the Finnish Defence Forces were among the 31 divers from four countries to participate in Op NANOOK-NUNALIVUT 2020.



Military divers from four countries participate in an ice dive in Rankin Inlet, Nunavut during Op NANOOK-NUNALIVUT 2020.

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Northern Lights light up the sky over the Rankin Inlet dive site during Op NANOOK-NUNALIVUT 2020.

Ice diving at...-50°C

By Lt(N) Éliane Trahan,
Dive Task Force Public Affairs Officer

Op NANOOK takes place each year across Yukon, the Northwest Territories, Nunavut, and Labrador. It features up to five deployments throughout the year.

One of these deployments is Op NANOOK-NUNALIVUT in Rankin Inlet, Nunavut, which involved the Dive Task Force, from March 2 to 17, 2020. The 31 divers were from four different countries: Canada, Finland, France, and Belgium. We could find Clearance Divers, Combat Divers and Port Inspection Divers from the Army and the Navy as well as a Finnish Diver wearing the Air Force uniform.

Rankin Inlet, also known as Kangiqitiniq in Inuktitut meaning “deep inlet”

The Inuit community of Rankin Inlet is made up of approximately 2,000 residents and is one of the most important communities in Canada's North. It's a meeting place and a hub for the region because all flights to the Kivalliq pass through the bustling Rankin Inlet Airport. The welcoming people of this community are proud

to showcase their culture and traditions that are expressed through art at local galleries.

The Arctic is increasingly accessible due to climate change and new technologies. The increase in traffic creates new safety and security risks. Canada must therefore be prepared to conduct search and rescue, and to respond to natural and man-made disasters.

Operations like NANOOK-NUNALIVUT demonstrate the presence and capabilities of the CAF in the Arctic and improve readiness in the region. It is also an opportunity to work with Canadian partners in the North.

The members of the 1st Canadian Ranger Patrol Group provided good advice and facilitated a smooth integration to the members into an arctic environment.

Diving in a cold and hostile environment

“Although winter dive conditions in Halifax consist of cold waters below 5 degrees Celsius, we rarely have the opportunity to conduct ice-diving operations in the Arctic. The Dive Team's presence in Rankin Inlet enables us to revalidate our procedures, test our equipment, and prove

our ability to dive and conduct light salvage operations in a harsh and unforgiving environment. The conduct of dive operations in the Arctic, in temperatures below -50 degrees Celsius, present many unique challenges relating primarily to equipment temperatures and freeze-up. There are many additional variables and mitigation measures that must be thoughtfully considered to ensure successful operations,” said Lt(N) Kristopher Hicks during the operation, as the Dive Team Officer in charge and Clearance Diving Officer at the Fleet Diving Unit (Atlantic) in Halifax, NS.

During the operation at Rankin Inlet, divers participated in various scenarios such as recovering pieces of a CF-18 aircraft wing. They explored the seabed at a depth of about 15 meters



LS Ogle completes an ice dive on March 14.

and exercised their skills under the ice using two different kinds of diving equipment; the Ultra Light Surface Supplied Diving System, and the Ice Diving Compressed Air Breathing Apparatus configuration with communications and video.

Clearance Divers graduate



On March 3, 2020, a group of Clearance Divers graduated from the Clearance Diver QL5B Technicians Course 0014 held at the Fleet Diving Unit (Atlantic). From left to right: PO2 Letourneau, LS Gilbert, LS Northrup, LS Divers, LS Dekraker, LS MacAvoy, LS Wilson, and LS Perry.

OS MELISSA GONZALEZ, 12 WING IMAGING SERVICES

CAF operations adjusting to COVID-19

By DND

The spread of COVID-19 worldwide is impacting our CAF operations across all regions. With over 2000 personnel deployed on approximately 20 different missions, the CAF is taking unprecedented measures to protect the health and well-being of our members, prevent the spread of this disease, and preserve our ability to conduct mission-essential military operations.

Here are some examples of how COVID-19 is impacting our operations:

All international travel by commercial air has been restricted. This includes the ability for our personnel to take leave from a mission;

Deployed Task Forces will not participate in training activities, exercises, events, and public gatherings that will put CAF members at risk or contribute to the spread of COVID-19; and some CAF members on operations are self-isolating if they have recently traveled or feel there is potential they may have been exposed to someone with COVID-19.

For several weeks now, the CAF has implemented strict preventative measures on all of our missions based on instructions released by Canadian Forces Health Services Group to our deployed teams and on guidance from host and partner nations.

Changes to specific operations, due to COVID-19

Op PROJECTION - Africa

HMC Ships *Glace Bay* and *Shawinigan* will return to Canada early from Op PROJECTION Africa due to the cancellation of two international exercises in response to the global effort to contain the spread of COVID-19. The ships will now arrive back in Halifax by mid-April.

Op REASSURANCE - Maritime Task Force

All non-operational port visits and ceremonies aboard HMCS *Fredericton* have been cancelled.

Op CARIBBE

HMC Ships *Nanaimo* and *Whitehorse* will return to Canada earlier than planned from Op CARIBBE due to ongoing concerns of the spread of

COVID-19. The ships were originally set to return to their homeport of Esquimalt, BC, in mid-May and they are now expected to arrive in early April.

Op UNIFIER

There will be a reduction in the number of personnel departing in early April on Op UNIFIER. Instead of the planned 200 personnel, now approximately 60 members will relieve the current rotation of personnel completing their six-month deployment in April. These members will maintain essential and mission-critical activities with our allied, partner and host nations, and maintain coordination and planning activities for future training and exercises. We have 140 CAF personnel on high readiness who will be called forward to engage on training as soon as conditions permit.



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Two brothers' wartime service

By CPO1 (ret'd) Patrick Devenish

Editor's note: CPO1 (ret'd) Patrick Devenish usually writes about Royal Canadian Navy history, and Second World War history. In the following article, he has chosen to share some of his family history: specifically, that of his Uncle Pat Devenish. Thanks to an email from his cousin, CPO1(ret'd) Devenish was able to learn more about his uncle's wartime service in the Royal Canadian Navy.

The following is an email from my cousin Greg Devenish in the summer of 2010, relaying to me a story from his dad. His Dad was Charles Patrick Devenish. For whatever reason, his own family referred to him as Charles but all us cousins knew him as Uncle Pat. Dad passed away 26 June 26, 2000 and Uncle Pat passed away around 2006.

Hello Patrick.

Dad joined the RCN in 1942. He completed his training at Cornwallis in Nova Scotia and became a Signalman. This allowed him access to the bridge and Asdic hut. His first ship was the corvette, HMCS *Owen Sound*, which was a new increased endurance corvettes and thus slightly larger than the earlier Flower class built earlier in the war. HMCS *Owen Sound* was built in Collingwood, Ontario and completed in October 1943. The ship was attached in December 1943 to escort group EG9. EG9 consisted of the frigates HMCS *Swansea*, and *Matane* and the corvettes HMCS *Baddeck*, *Atholl*, *North Bay*, *Frontenac* and *Owen Sound*. This escort group was placed on the run from Halifax to Londonderry, Northern Ireland (minus *Atholl*). EG9 was declared operational and began escorting convoys in February 1944.

While escorting SC154 (Slow (out of Sydney) Convoy 45 ships). *Owen Sound* was sailing with HMCS *Halifax* (Corvette) and *St. Laurent* (River Class Destroyer) on March 8th. *St. Laurent* and *Owen Sound* were assisting the freighter *San Francisco* which was experiencing boiler fires. U-boat transmissions had been heard and crews were on alert. Further ahead HMCS *Assiniboine* and HMS *Forester* were detecting U-boat transmissions. *St. Laurent* was the first to spot the surfaced U-845 (type IXc) trailing the main convoy. *Owen Sound* and *St. Laurent* charged the U-Boat while *Halifax* was ordered to stay with the stricken freighter. *Owen Sound* placed an accurate depth charge as did *St. Laurent*. Unfortunately *Owen Sound's* electric system failed due to depth charges exploding. *St. Laurent* pressed home its attack



A postcard that was sent to Ed (Ebby Devenish) from his brother Pat, showing the ship in which he served.

SUBMITTED

and was joined by *Swansea* and HMS *Forester*. U-845 surfaced after over 5 hours of depth charging and was raked by 20mm oerlikons as well as 4" main armament. The submarine opened its flooding valves and the crew abandoned the submarine at 11:38 p.m. Forty-five survivors were picked up. Captain Weber of U-845 died by gunfire. The Admiralty wrote "We congratulate

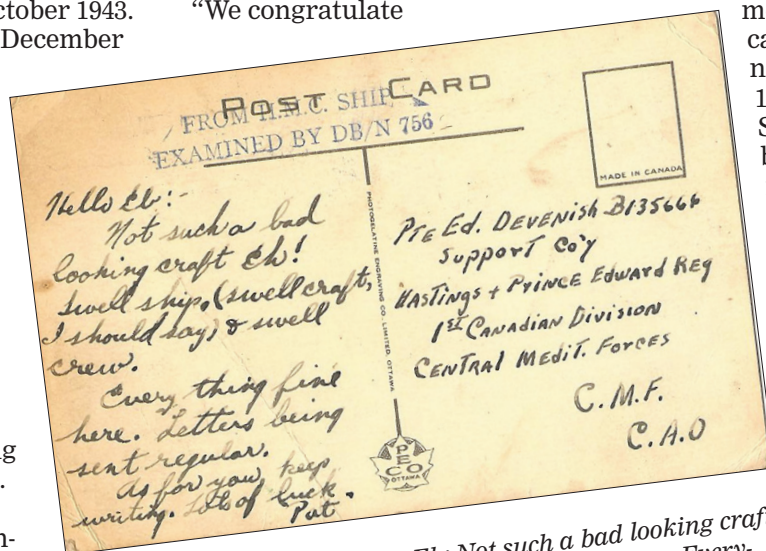
was attached to the British Eighth Army.

On land (8th Army) – In July 43, the Allies invaded Sicily, securing the island in mid – August. Following the invasion of the Italian mainland in Sept 43 and even though Italian forces surrendered September 7/43, the fight there against the German

Army would last until the closing months of the war. The Italian campaign was climaxed for Canadian forces during Christmas 1943 at the Battle for Ortona. Such was the carnage that the battle was given the ominous moniker "Little Stalingrad".

In the Atlantic, though the "Happy times" for the German U-boat fleets had passed, wholesale slaughter was still occurring on the Atlantic convoy routes. This was also the period of time when the German submarines introduced the use of the deadly acoustic torpedo. Torpedo firings were no longer hit or miss. Though *Owen Sound* was new to Uncle Pat (commissioned in Collingwood, Ontario November 17, 1943), he would learn the ropes and go on to later serve on the frigates *Stormont* and *Stettler* as well. This postcard was likely sent around Christmas 1943 as *Owen Sound* prepared for crew workups.

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The postcard's message: Hello Eb: Not such a bad looking craft eh?...swell ship-swell craft I should say & swell crew. Every thing fine here. Letters being sent regular. As for you, keep writing. Lots of luck. Pat

HMS *Forester*, HMCS *St. Laurent*, HMCS *Owen Sound* and *Swansea* on the destruction of a U-boat on 10th of March 1944." The captain of *Swansea* sent a telegram to *Owen Sound* (perhaps dad got this message because he was on the bridge. "A real nice piece of work --Thank You".

Dad would later serve on River class frigates HMCS *Stormont* and HMCS *Stettler*.

Dad (Ed Devenish) was called Ebby by his siblings. He served in a 3" mortar platoon in the Hastings and Prince Edward Regiment as part of the First Canadian Infantry Division which

CFMWS is here for you

By CFMWS

These are unprecedented times, and like many organizations, we are adapting because of the COVID-19 pandemic. The health and safety of our employees and members remains our top priority. Some of our programs and services are temporarily closed and others are available virtually so that we can continue to support your wellness.

Fitness & Rec: Staying active

Following the lead of the local Base or Wing Commanders, we've temporarily suspended fitness, recreation and sports activities. However, that doesn't mean you can't stay active. Check your local PSP Facebook page or DFIT.ca. Also, carefully read the new conditions of FORCE Evaluation delivery in response to COVID-19.

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Support Our Troops – Get Support. We know it can be hard to ask for help. Services remain available to help CAF members, veterans and their family cope with the challenges arising from military services. Visit Support Our Troops - Get Support <https://supportourtroops.ca/Get-Support>



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Message from the H&R MFRC

By **Shelley Hopkins**,
Executive Director

For military members and families, these times of uncertainty are challenging. The new norm of social distancing and self-isolation are difficult and is testing our coping skills. We want you to know that we're here to support you. We continue to be operational in a different capacity; we're using alternate methods to connect and engage with you, and you with each other.

Although our Centres and Children's Centres remain closed until at least Monday, April 6, 2020, H&R MFRC staff are working from home

to continue to serve families. We are exploring ideas and new ways to connect with you during this time, and we want to hear from you! Please share with us your ideas for what you'd like to see, share your strategies and tips that are working that might help someone else.

The following H&R MFRC services will continue.

- Our 24-hour information line (902-427-7788) is available for family inquiries, for information on resources both local and national, including referrals to the Duty Padre.
- Deployment support and communication with families, including

messages from deployed ships' Commanding Officers.

- Mental Health services can be accessed via the Family Information Line (FIL), 1-800-866-4546 or Canadian Forces Member Assistance Program (CFMAP) 1-800-268-7708, where you can speak directly with trained counsellors. Both organizations provide confidential services.
- Emergency Child Care for deployed families (may be supported on an individual basis, depending on resources of our partner agency who provides this service). We strongly encourage families to have a Family Care Plan including a contingency plan. The evolving

situation with COVID-19 may restrict our ability to provide emergency child care support.

- Virtual programming; more details to follow on our social media.
- Connection and responsiveness with families via email, phone, and social media.

There are a variety of ways to reach us, so please don't hesitate to connect with us. Follow us on social media for up-to-date information.

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Les Jeux ont été reportés

Par l'équipe des JAAN de 2020.

Pjila'si,
Nous nous trouvons dans une situation extraordinaire en raison de la COVID-19, et plusieurs d'entre vous ont communiqué avec nous pour obtenir des renseignements à l'égard des effets de la pandémie sur les Jeux de 2020.

Les JAAN de 2020 revêtent d'une grande importance pour les jeunes autochtones, et nous souhaitons non seulement vous remercier de vos préoccupations et de votre intérêt, mais aussi répondre à vos questions.

Nous comprenons l'importance de travailler en solidarité pour aplatir

la courbe, même si cela signifie la suspension d'un événement incroyable, pour le moment.

La santé et la sécurité de toutes les communautés de l'Île aux tortues demeurent notre priorité absolue. Par conséquent, nous souhaitons vous informer que les Jeux ont été reportés.

Nous travaillerons avec nos partenaires et donateurs pour explorer les diverses options afin de remettre les Jeux à l'an 2021, et il nous reste beaucoup à faire.

Les athlètes qui atteignent la majorité avant que les Jeux aient lieu y seront toujours admissibles. Restez branchés à nos médias sociaux pour des mises à jour. Wela'liq.

North American Indigenous Games postponed

By the NAIG 2020 team

Pjila'si,
COVID-19 has brought our world into an extraordinary situation, and many have been reaching out to North American Indigenous Games (NAIG) 2020 on how this is impacting the games.

NAIG 2020 is an important event for Indigenous youth, and we want to thank you for your concern and interest and respond to your thoughts and worries.

We all understand the importance of working as one to flatten the curve,

even if it means putting something amazing on hold, for now.

The health and safety for all communities across Turtle Island has been and remains our top priority, and we would like to let you know the Games have been postponed.

We will be working with our partners and funders to implement options around the postponement to 2021, and we have plenty of work ahead.

Athletes who age out before the rescheduled Games will still be eligible, and stay tuned to our social media for updates. Wela'liq.

Key events of the Battle of the Atlantic: April

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

April 1, 1938 - As a prelude to war, Halifax Harbour, deemed a military priority, receives RCAF No. 116 Auxiliary Squadron, later formed as a Coast Artillery Cooperation Unit. Its primary role: spotting various seaward targets and directing the many coastal batteries protecting the harbour. Upon declaration of war, No 116 is disbanded due to obsolete and insufficient aircraft. 'A' Flight of No. 118 Squadron based out of St. John, New Brunswick remains the sole air defence umbrella until November of 1939 when RCAF No. 1 Fighter Squadron is formed at RCAF Station Dartmouth flying Hawker Hurricanes. In turn, No. 1 Squadron is sent overseas for the Battle of Britain in March of 1940. It would be August of that year before No. 118 Squadron would fly steady cover over the harbour approaches and three more months before they would receive modern aircraft; P-40 Kittyhawks. Eastern Air Command, which stretched east from the Ontario-Manitoba border to include Newfoundland, would set up 30 radar sights and establish 22 air stations, including 13 Bomber Reconnaissance and 8 Fighter Squadrons. Of these, RCAF Station Dartmouth (now Shearwater) would become home to 9 Bomber Reconnaissance and 5 Fighter Squadrons at the height of the war.

April 4, 1941 - Order in Council PC 2385; The Merchant Seaman Order, is introduced in Federal cabinet in Ottawa empowering Canadian authorities to remove, by force if deemed necessary, any troublesome crew members from foreign or Canadian vessels, regardless of registry while they are in Canadian ports. This new ruling would stand the test of time in November 1943 when the belligerence of the crew of the burning munitions freighter S.S. Volunteer nearly caused a repeat of the 1917 Halifax explosion.

April 7, 1941 - Off the coast of Sierra Leone, West Africa, the Canadian merchantman Portadoc is torpedoed and sunk by U-124. The crew of the submarine tends to the wounded, repairs the lifeboat and gives Portadoc's crew a heading to Freetown. Though

the crew survives and makes it to land, they come ashore in French Guinea, loyal to the Vichy French government, subsequently becoming Prisoners of War. Months later, a prisoner exchange is arranged and the survivors are permitted to "march" to the Sierra Leone border to be repatriated to Canada by years end. By then, however, seven more of Portadoc's crew have succumbed to the elements.

April 1, 1942 - The Canadian merchantman Robert W. Pomeroy strikes a mine off Cromer, England in the North Sea and sinks with the loss of one of her crew of 23.

April 8, 1942 - The Park Steamship Company is established out of Montreal to coordinate Canada's merchant fleet of ships built by Canadian shipyards and administer the movement of material by sea. Work is then contracted out to shipping agents and companies. By war's end, 182 'Park' class merchant ships would be built in Canadian shipyards.

April 20, 1942 - In the Caribbean off the Turks and Caicos Islands, the Canadian merchantman Vineland is torpedoed and then subjected to surface gunfire from U-154, finally sinking with the loss of one of her crew of 37.

April 27, 1942 - In the House of Commons in Ottawa, a plebiscite is held to determine the necessity for conscription. After much discussion and political in-fighting, it is decided that conscription will be implemented 'if necessary'.

April 14, 1944 - The River class frigate HMCS *Swansea* in consort with HMS *Pelican* coordinate their efforts to sink U-448 in the North Atlantic northeast of the Azores.

April 22, 1944 - HMC Ships *Matane* and *Swansea* attack U-311 in the mid-Atlantic, however there is no evidence of a confirmed kill. It is not until well after the war when, German submarine records are examined, that *Matane* and *Swansea* are credited with the sinking. This is the third U-boat sinking for the crew of HMCS



LCdr John Stubbs' gravestone is seen, along with the gravestones of some his sailors who perished at sea alongside him, at the Plouescat Communal Cemetery in Finistere, France.

NAVAL MUSEUM OF HALIFAX

Swansea in the past six weeks; U-845 on March 10th, U-448 on April 14th and U-311 just eight days later.

April 25, 1944 - HMC Ships *Haida*, *Athabaskan* and *Huron* along with the British destroyer HMS *Ashanti* and cruiser HMS *Black Prince* are formed into Force 26, part of the 10th Destroyer Flotilla. Almost immediately, they are dispatched to intercept three German destroyers suspected to be sailing from St. Malo off France's northern coast. In a spectacular nighttime action, several hits on an unknown number of German ships are observed and the German destroyer T-29 is sunk and destroyers T-24 and T-27 limp back to Brest both having suffered hits. It is during the jockeying to fire on the mortally wounded T-29 that *Ashanti* rams *Huron* leaving *Haida* and *Athabaskan* alone to bear the brunt of responsibility in the coming days.

April 29, 1944 - HMC Ships *Haida* and *Athabaskan* in action north of Brest, France come under heavy enemy fire from the two German destroyers remaining from the previous day's action. In the melee, *Athabaskan* is hit but does not lose power and continues to fight. An explosion aft lights up the sky and *Athabaskan* is doomed. She sinks with the loss of 128 men includ-

ing her Captain, LCdr J.H. Stubbs. *Haida* continues the fight and one of the German destroyers, T-27 is run up on a beach damaged from gunfire and the second, T-24, escapes also suffering damage. *Haida* returns to the point of *Athabaskan*'s demise and picks up survivors before heading west to the safety of the British coastal waters 100 miles away. Along with the deaths of 128 of her crew, 86 more *Athabaskan* crew members are taken prisoner.

April 16, 1945 - Conducting mine-sweeping and anti-submarine patrols off Halifax harbour, HMCS *Esquimalt* is torpedoed and sunk off Sambro Island by U-190 with the loss of 44 of her crew. Striking her stern on, the torpedo obliterates the entire after end of the ship and it sinks beneath the waves in less than four minutes. Though several aircraft overfly the area and two other minesweepers pass within two miles, it is only after being in the water for more than six hours that survivors are rescued by HMCS *Sarnia*. *Esquimalt* has the dubious honour of being the last RCN vessel lost to enemy action in the Second World War. Ironically, on May 12th, U-190 would be escorted into Bays Bull, Newfoundland by HMC Ships *Victoriaville* and *Thorlock* and on June 4th, into St. John's as a war prize.



HMCS *Athabaskan* G07 is seen in an undated photo. The ship was commissioned on February 3, 1943 and sunk on April 29, 1944 off the coast of France.

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Same photo subject, but this time adjusting the hair, and not wearing glasses.

SLT M. X. DÉRY, MARPAC PA



Make sure the subject's hands have something to do, such as holding a prop such as eyeglasses.

SLT M.X. DÉRY, MARPAC PA



Janaka Scorey posing with my 35mm Pentax Super ME during a photo shoot on February 23. It was an overcast day and the windows had no curtains in this downtown loft.

SLT M.X. DÉRY, MARPAC PA

I shutter to think: Eye spy

By SLT M.X. Déry,
MARPAC PA

So, you're working from home and adhering to social distancing guidelines, which means you are spending a lot of time in or around your home with extremely limited contact with other people.

This is the perfect time to brush up on those photography skills.

Despite the limited space and lack of gorgeous landscapes or scenic tourist sites, your home is full of photography potential. Let's start with my favourite.

Natural light portrait

All you need for this is a subject

and a window that receives some light. If there is direct sunlight, a sheer curtain is best to cut down the brightness. An overcast day or indirect light will give you enough light to take your photo.

Clear the background of clutter, place your subject near the window facing you and perpendicular to the window, and then have them look outside. Their face should be well lit with natural light. Make sure their hands have something to do, such as adjusting their hair, holding a collar or holding a prop.

Macro

If you don't have a family member present to be your subject, there is

always macro photography. It helps to have a camera and lens for this, but they do sell inexpensive, around \$20, macro lenses for phones. This allows you to take photos of objects very close up.

Like all photography, it does require light, so be sure to use a window with some light or a bright light. Don't use both together or the competing colour temperatures will make your shot look blue and orange simultaneously.

Get closer and further from the object and try to find the closest distance you can get to it before you lose focus. Then play with the angle and the light to create some nice shots. Plants, flowers, vegetables, coins, watches, and more can make great subjects for this photography.

If you have access to a backyard, butterflies, bees, and ants, become an option too. Be patient and try to anticipate where animals will go to next; chasing a butterfly with a camera can be infuriating, but rewarding.

Lifestyle

Parents often accidentally dabble in lifestyle photography. A child's first steps, getting ready for the first day of school standing at the door with their backpack on or a child proudly holding up their latest artistic endeavour.

For couples it might be the first cup of coffee in a new home, the beginning of a long weekend with a dog snuggled in the sheets, or a piggy back ride in the back yard.

Basically, these are candid shots, but if you plan them a little you can make them look great. Same as before, ensure you have enough light, unclutter the background and have a willing subject, or you'll end up with photos of a child rolling their eyes or a partner hitting you with a pillow.

Abstract

I often see this kind of photography under the headline "10 easy camera hacks" but really it is about creating nice visual effects with simple household items. Light shining through glass, like a prism or a wine glass, or perhaps using a mirror directly under the camera. The shadows created by venetian blinds or perhaps from the grid pattern of a patio chair.

Google is your friend on this one. Get creative with light and perspective and I'm sure you'll have fun, just don't put Vaseline on your lens, since it is a pain to clean off.

Memes

We all have our favourite memes, and many of them are just a few frames and easy to replicate. One of mine is the little potato that believes in you, "you can do the thing." People have recreated it with dogs, hamsters, plants, ships, cats, etc.

Having a good laugh while making a silly meme is a great way to keep that stress down even when you are trapped inside your house. The kind of jokes BC CDC recommends right now - inside jokes.

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TRIDENT Sports

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The practice of gentle yoga at home

By Tammie Barriage,
Fitness and Sports Instructor, PSP
Halifax

During this time, we may be finding it difficult to keep a healthy routine or find possible stress-relieving outlets, especially as our gym or fitness classes are not available. Although yoga may not be something that you would typically practice, or it may be something that you are used to attending on a weekly or daily basis, it is something that we can do no matter where we are and no matter what equipment we have access to.

So what does creating your home practice for gentle yoga look like? Some of you may already have practiced this by taking yourself through some of your favourite poses from classes you have been to, or by following along with a DVD or online video. These are great options, as many yoga teachers from local studios or other resources are making these videos readily available and even free at this time. Another option for creating your own home practice however, especially if you haven't tried yoga before or aren't so sure you are into the physical poses and postures, is to scale back, focus on a few basics, and do what works for you. One of the most helpful aspects of yoga, especially a gentle yoga approach, is it is all about being whatever you need it to be. There is no right or wrong, there is no particular way we need to look, there is no particular thing we have to do. All we have to do is listen to our bodies and breathe, adding movement or being still, whenever it feels right.

Ready to try and create your own gentle yoga practice at home? Set aside some time for yourself, whether it is 10 minutes or 60 minutes, find a clear space and get comfortable (seated or lying down on your back or side). During this time, try not to think about everything else that is happening, instead give yourself the permission to take this time to be in the moment and take care of yourself. Gentle yoga is an opportunity to focus on breathing, gentle movement, or both.

Breathing techniques to try:

Pranayama – regulation of our breath: inhaling and exhaling through our nose.

Equal Part Breath: finding an inhale and then matching it with our exhale (same length and depth).

3-Part Breath: starting the breath with an inhale from our hips, moving



Formation Halifax members take a yoga class at the Fleet Fitness, Sports and Recreation Centre.

FIS HALIFAX

up into the belly and allowing it to fill completely (expand) and then finish in our chest. Then slowly exhaling in reverse.

Seated poses to try for some movement: Sitting tall, cross-legged if comfortable (can be on a yoga mat, pillow, or blanket if needed).

Seated Cat/Cow: hands in front of the knees, moving with the breath. Inhale to draw the chest forward and let the head fall back (cow), then exhale to lift through the shoulders and let the head and neck fall forward (cat) – continue moving through these two positions, using the breath, as many times as needed.

Seated Lateral Flexion: raising both arms up towards the ceiling, then lowering through one side to start (right hand for example), letting it find the mat or floor. Inhale to reach up and over through the opposite arm/hand (left in this case), as if your ribs are reaching towards the ceiling and exhale to settle in to this reach. Pause here briefly, then lift the bottom arm back up, sitting back up tall and switch sides.

Seated Chest Expansion: begin with reaching both arms up and then allow them to fall to your sides and behind you, light fingertips to the mat or floor behind you as you aim to open through the chest while still sitting tall. Inhale to lengthen through the spine and then exhale try to expand the reach behind and let the shoulders roll open.

This may not seem like much, but it is a great place to start. Maybe we need this reminder to slow things

down, or maybe we need this to encourage us to just move a little bit more, either way it can help us to just take some time for ourselves.

If you are looking for more ideas for yoga at home, the following are some resources for videos, podcasts and articles:

Yoga Journal:
www.yogajournal.com
Yoga Girl – Rachel Brathen:
www.yogagirl.com

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Mariners’ men’s team wins regional volleyball championships

By Sara White,
The Aurora Managing Editor

With his track suit on but an office tucked around the corner from the gym courts, 14 Wing Greenwood Commander Col Brendan Cook was ready to handle the week’s work – including participating in the 2020 Atlantic Regional volleyball championships.

“I don’t have a lot of time to travel for sports so, when I heard 14 Wing was hosting regional volleyball, I knew I wanted to play – and I was happy to host!” he said, opening the March 10 to 13 tournament at the Fitness & Sports Centre. “My last volleyball regionals was 1999, so I guess I may be the old-timer!”

Col Cook welcomed athletes from Greenwood, CFB Gagetown and CFB Halifax for the men’s and women’s competition, encouraging them to play hard, play fair and compete.

“Sports is hugely important to me and the wing, and you all can set a good example as ambassadors for the Canadian Armed Forces’ sports program when you go back to your bases. You’re professional athletes this week!”

Women’s action started things off March 10, with Greenwood defeating Gagetown 25-17, 25-18. The Greenwood men followed suit, beating Gagetown 25-11, 25-14.

On March 11, the Halifax men beat Gagetown 25-12, 25-17; the Greenwood women won their match over Halifax 25-17, 25-17.



The 2020 Atlantic Regional men’s volleyball champs are the Halifax Mariners, following a finals win over 14 Wing Greenwood March 13 at CFB Greenwood. In the back, from left, are Cpl Jonathan Mosher; LS Todd Miller; LS Adam Lupton, Sgt Brian Jeffery-Paul, MS Shawn Peverill, Pte Jonathan Landers. Across the front are CPO2 Jason Thompson, Officer Cadet Samuel Gaudet and SLt Kelland Hickey.

AVIATOR B. BRAGG, 14 WING IMAGING

On March 12 in the women’s semi, Gagetown beat Halifax 25-12, 25-12 to earn a spot in the finals. On the men’s side, Halifax beat 14 Wing 25-11, 25-16, denying Greenwood first-place rank-

ing into the finals. March 13 opened with the women’s championship match, with Greenwood and Halifax on the floor. Greenwood won in three straight sets, 25-20.

25-14 and 25-15. Following the medals presentation, the men took the floor, and the Halifax Mariners took the win over Greenwood 25-21, 25-17 and 25-15.

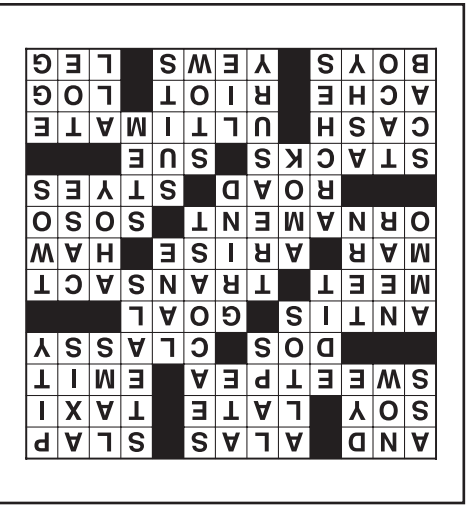
Coaching a CAF sports team

By Jason Price,
PSP Fitness, Sports and Recreation Manager 12 Wing Shearwater, CAF Regional Sports Manager Atlantic Region.

Have you ever wanted to coach a military sports team, or maybe even a youth sports team?
In just 12 quick steps, you could get started right from the comfort of your own home.
Step one: go to www.coach.ca

Step two: Click on the tab called The Locker
Step three: Click on "Don't have an account? Create one now!"
Step four: Check the box "I agree"
Step five: Check the box "I want to create a Locker account for access to my transcript, eLearning opportunities, to sign up for coaching events, and more!" - Fill in your info - Click Register
Step six: Login to your email account and open the verification email that was sent to you

Step seven: Click on the "click here" at the very end of the email
Step eight: Create a password
Step nine: Click submit
Step ten: Click on the Icon "Profile"
Step eleven: In the left hand corner of your screen under your name is your NCCP#
Step twelve: Log into the Locker and begin free e-learning courses under Navigation that will help you on your way to becoming a certified coach in your respective sport.





RCN sports history: Stadacona hosts volleyball nationals

By Ryan Melanson,
Trident Staff

For the second year in a row, Stadacona was the scene of the 1984 CAF National Volleyball Championship, held from April 16-18. The men’s competition included regional championship teams from CFB Lahr, CFB Comox, CFB Winnipeg, CFB St-Jean, CFB Greenwood, and National Defence HQ, while the women’s side saw teams from CFB Cornwallis, CFB Baden, CFB Esquimalt, CFB Edmonton, CFB Trenton, and NDHQ. Capt(N) Leonard Cavan, Base Commander of CFB Halifax at the time, welcomed the teams and kicked things off with a ceremonial serve during the opening ceremonies.

The Atlantic teams fared well in both tournaments, with the women from CFB Cornwallis taking silver after falling in the championship match to CFB Trenton, while CFB Greenwood men won gold, taking down CFB St-Jean in the final.

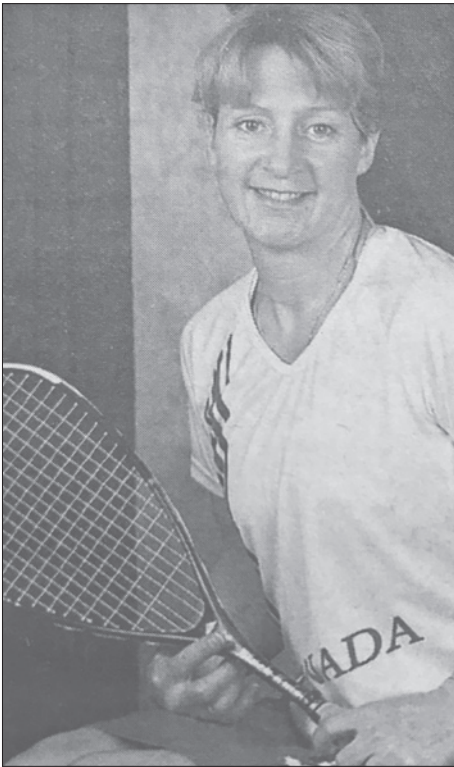
This month in RCN sports history:

1944 - An enthusiastic crowd turned out for an inter-service boxing meet, the second of its kind at HMCS *Shelburne*. Victors included Lafort (Liverpool Navy) against Wilson (Shelburne Navy), Dupont (Shelburne Navy) against Collins (Yarmouth Army), and West (Liverpool Navy) against Golden (Shelburne Army). The last bout of the evening switched things up, with Socker Rockett from the Toronto Navy taking the win against Gerry Hillis of the Shelburne Navy in a professional wrestling match.

1959 - For the first time in the event’s 26-year history, a Royal Canadian Navy team entered the annual Bermuda Rugby Week competitions. While the RCN team took a number of wins through the week, including a 3-0 shutout against Harvard University, they eventually fell in the finals 8-3 against the home team of Bermudians. Team members for the RCN included Lt David Moilliet, Lt M.D. Wilson and LS Ken Batchelor of HMCS *Cornwallis*, SLt Bill Wallace and SLt Steve Quale of Shearwater, and Midshipmen James Bell, John Newell and Ed Sparking of Stadacona.

1995 - LS Ian Ross won Nova Scotia’s Provincial Handball Championship for the second year in a row, beating Steve Brown 21-7, 14-21, 11-2 in the open singles final. He said he was happy to represent the Navy and the CAF against the province’s top civilian competitors. “It was a lot tougher this year than last year. People know my game now,” Ross added. The provincial win also qualified him for the Canadian Nationals, held in Edmonton later that year.

2002 - MS Ghislaine Arsenault won silver at the CAF National



MS Ghislaine Arsenault won a silver medal at the CAF National Squash Championship, held at CFB Borden in April 2002.

TRIDENT ARCHIVES



CFB Halifax Base Commander Capt(N) Leonard Cavan kicks off the 1984 CAF National Volleyball Championship at Stadacona.

TRIDENT ARCHIVES

Squash Championship tournament, held April 5-11 at CFB Borden. It was MS Arsenault’s second year in a row attending nationals after winning gold at the regional level, and also her second year in a row winning the silver medal at nationals. MS Arsenault said she wasn’t upset at the second-place finish, and had a lot of respect for LCol Jo-Anne MacDonald of NDHQ, who won gold for the second year in a row.

MLB Home Run trivia

By Stephen Stone

Since Major League Baseball was supposed to start this month, here is a bit of trivia to help ease the pain of the delay. Below are 20 groups of three players, some of whom have hit 50 or more home runs in a single season and may be in the Hall of Fame or not. Your task is to identify the player in each group who has hit the 50 dingers and see if you can guess the number of homeruns the other two hit. By the way... George Herman “Babe” Ruth is too obvious. Batter up!

1. Harmon Killebrew - Willie Mays - Orlando Cepeda
2. Sammy Sosa - Kirby Puckett - Al Kaline
3. Brooks Robinson - Roger Maris - Gary Carter
4. Ralph Kiner - Albert Pujols - Pete Rose
5. Don Drysdale - Jim Rice - Mickey Mantle
6. Mark McGwire - Juan Marichal - Tony Gwynn

7. Derek Jeter - Roberto Alomar - Jose Bautista
8. Alex Rodriguez - Hank Aaron - Ernie Banks
9. Reggie Jackson - Carl Yastrzemski - Aaron Judge
10. Albert Belle - Jackie Robinson - George Brett
11. Lou Gerhig - Andruw Jones - Andre Dawson
12. Willie Stargell - Ted Williams - Brady Anderson
13. Chris Davis - Chipper Jones - Eddie Matthews
14. Frank Robinson - Eddie Murray - David Ortiz
15. Giancarlo Stanton - Paul Molitor - Joe Morgan
16. Joe DiMaggio - Stan Musial - Hack Wilson
17. Jim Thome - Manny Ramirez - Adam Dunn
18. Rod Carew - Luke Appling - Jimmie Foxx
19. George Foster - Yogi Berra - Larry Doby
20. Carlton Fisk - Ryan Howard - Harold Baines

Beginning a fitness routine

By Dave Carr,
PSP fitness and sports instructor, CFB Halifax

Beginning a fitness routine at home can be daunting, especially when regular environments and resources are inaccessible. You will likely have more questions than the treasure trove of internet science can answer. Questions like: What should I wear? Do I need to buy anything new? Do I start with the same gear as professionals? The important thing to remember is that everyone will have different comfort levels and needs. If you are a beginner and have serious goals you need to ensure you will not become injured by your equipment. This information is here to help guide you from the ground up.

Fitness websites might tell you to

buy the newest pair of sneakers to protect your feet from the demands of training. Although this may be true for some, in many cases fashion sense has co-opted common sense. For those of you training at home you may choose to try calisthenics (body weight training) or yoga. In which case, you may not need shoes at all. Your body receives an immense amount of feedback from your feet. The more you can learn to feel out these messages and use it to improve your movements the less prone to injury you will become in all activities.

Many people have decided to commit to more walking, running or hiking to keep themselves active outside. Fresh air is an added bonus to the health benefits of physical activity.

Continued on page 22

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Meet your PSP Fitness and Sports staff: Ashley Blanchard

Hometown: Bathurst, New Brunswick
PSP employee since: May 2019

What inspired you to pursue a career focused on fitness?

I have always had a passion for being healthy and I enjoy motivating others to start or maintain a fitness routine. I love goal-setting and seeing others accomplish their health & fitness goals. Working in fitness has allowed me to not only meet amazing people, but to help create a positive, inspiring & proud community.

What do you enjoy about working in the CAF/DND environment?

I enjoy being able to contribute to the physical, mental and emotional health of our members by motivating them to live healthy lifestyles.

What are some of the challenges that come with the job?

I have a lot of passion for fitness and tend to be ecstatic when our members start a new program or set new fitness goals. One of the biggest challenges, for me, is seeing those people get discouraged or start believing their fitness goals are



Ashley Blanchard

SUBMITTED

unattainable. It's always disheartening when people surrender to those feelings and do not return.

What kind of exercise or sports do you enjoy in your free time?

I adore swimming and weightlifting!

What are your tips for staying fit while spending more time at home and practicing social distancing?

There are a lot of things I cannot control right now, but I can control my eating and fitness habits. The most important thing is keeping myself healthy, so I am able to keep my family healthy. I tend to only do short blasts of cardio during my workouts, but I have taken this opportunity to start running again (long distance) and working on body-weight foundation exercises... set new goals!

Tell us something unique about yourself outside of your job (hobbies, special interests, etc.)

I am pretty obsessed with baking and love creating/testing new recipes or flavour combinations. I have a little treasure chest called "Ashley's Treasures". For any recipes that still need tweeking or I have yet to try; once perfected, the recipes are moved to a new metal tin, called "Ashley's Bulletproof Recipes". I also love doing anything outdoors, including hunting and fishing.

Beginning a fitness routine

Continued from page 21

In this case you will definitely need something on your feet to protect you from hazards like cold and/or rough surfaces. No shoe will compensate for dangerous technique, but there are some things you should consider. If you look at the bottom of your favourite old shoes, you will notice a wear pattern. Try to wear out the mid-foot area instead of the heels or baby toe edges. Many shoes are designed with heavy cushioned heels, but this compensates for poor form and will not provide any feedback to help prevent injuries. Try to slowly reduce the amount of cushion between you and the ground to promote feedback from your feet. One step you can try without spending any money is to remove the factory insole from your shoes. You may find you can do with a thinner insole, or if you have no trouble without an insole, then you may be ready for a thinner shoe. In the following video, Dr. Kelly Starrett, DPT, explains this information.

https://youtu.be/WHfekPnz_I8



WORK IN

Virtual classes from our Fitness & Sports Instructors

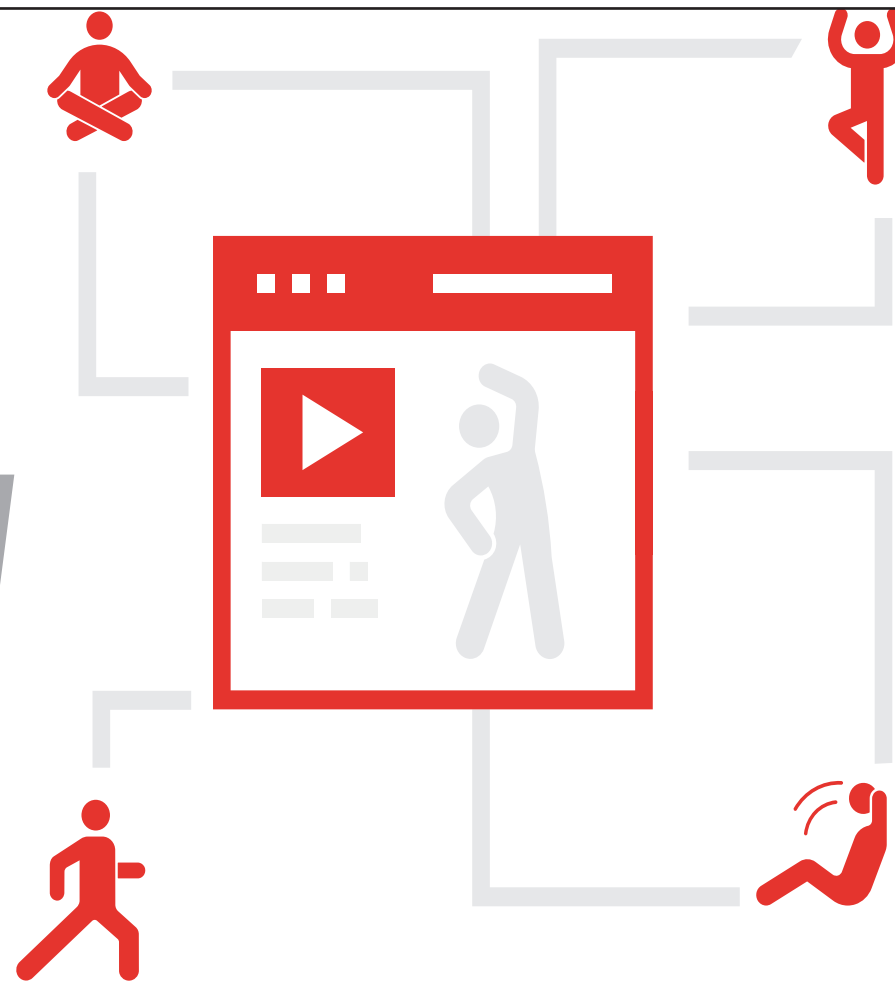
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/BaseHalifax



Super Crossword

ACROSS

- 1. Likewise
- 4. Word of lament
- 8. Sharp hit
- 12. Chinese sauce
- 13. Not early
- 14. Auto for hire
- 15. Climbing flower
- 17. Give out
- 18. Rules to follow
- 19. Elegant
- 21. Nonsupporters
- 24. Aim
- 25. Run into
- 26. Conduct, as business
- 30. Ruin
- 31. Get up
- 32. Hem's partner
- 33. Decoration
- 35. Mediocre
- 36. Auto's path
- 37. Eye ailments
- 38. Piles
- 41. Take legal action
- 42. Country singer Johnny ____
- 43. Last

- 48. Feel a dull pain
- 49. Public brawl
- 50. Flight record
- 51. Lads
- 52. Evergreen plants
- 53. Chair support

DOWN

- 1. Beast of burden
- 2. Pronto!
- 3. Hue
- 4. Singing voices
- 5. Race units
- 6. Had lunch
- 7. Shore
- 8. Swipes
- 9. Flees
- 10. Pivot point
- 11. Compassion
- 16. Prepare for print
- 20. Highway section
- 21. Bullets, e.g.
- 22. Far's mate
- 23. Gull-like bird
- 24. Pulverize
- 26. Government

- funds locale
- 27. Sailor's greeting
- 28. Brief follower
- 29. Duos
- 31. Berserk
- 34. Bows
- 35. Flower stalk
- 37. Hearts, clubs, etc.
- 38. Wound cover
- 39. Tex-Mex treat
- 40. Pale
- 41. Stash
- 44. Fib
- 45. Everything
- 46. Finger's opposite
- 47. Easter ____ hunt

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
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42					43	44				45	46	47
48					49				50			
51					52				53			

Meet your PSP Fitness and Sports staff: Geoff Pellerin

Hometown: Moncton, New Brunswick
PSP employee since: April 2019

What inspired you to pursue a career focused on fitness?
I was inspired when I was training for Canada Games soccer and started training off the pitch. From there I started training CrossFit, and then decided I wanted to help others pursue their own fitness.

What do you enjoy about working in the CAF/DND environment?
Being in the CAF/DND environment has opened my eyes to new challenges within the fitness industry. Seeing how the CAF personnel operate on a daily basis is interesting and exciting. The people I work with are amazing and make each day more fulfilling.

What are some of the challenges that come with the job?
Some challenges that we face may not be the same for everyone. For example, before starting as an FSI I was not a great swimmer. Learning that I had to become a lifeguard was very nerve wracking. After completing

the NLS certification I was extremely happy. Although this was very challenging, the reward felt even better. Also learning to teach classes like yoga and spin have been a great challenge in trying new skills.

What kind of exercise or sports do you enjoy in your free time?
Currently I compete in the sport of CrossFit and have been doing so for the last four years. I also play soccer and hockey recreationally but played both sports competitively since I was young. I have also competed in weightlifting and would like to try powerlifting and strongman competitions in the future.

What are your tips for staying fit while spending more time at home and practicing social distancing?
While these times may get boring there is still so much we can do at home to help us grow as human beings. By writing a schedule you get to try new things like reading a book, playing chess or another board game, or working on a project you've always wanted to do but never had time. For fitness: use what you got! I know most of us are limited but there are



Geoff Pellerin

SUBMITTED

so many things around the house we can use. Walking up and down the stairs, body weight movements like squats, lunges, push ups, sit ups, pull ups, running etc.

Tell us something unique about yourself outside of your job (hobbies, special interests, etc.)
I love thriller movies and murder mystery tv shows. I also enjoy cooking and trying new (sometimes healthy) recipes. I also enjoy craft beer and board games!

MLB Home Run trivia

- Questions on page 21
- Answers**
- 1. Willie Mays 52, Harmon Killebrew 49 twice, Orlando Cepeda 46
 - 2. Sammy Sosa 66, Kirby Puckett 31, Al Kaline 29
 - 3. Roger Maris 61, Brooks Robinson 28, Gary Carter 32
 - 4. Ralph Kiner 54, Albert Pujols 49, Pete Rose 16
 - 5. Mickey Mantle 54, Don Drysdale 7, Jim Rice 46
 - 6. Mark McGwire 70, Juan Marichal 2, Tony Gwynn 17
 - 7. Jose Bautista 54, Derek Jeter 24, Roberto Alomar 24
 - 8. Alex Rodriguez – 57 – Hank Aaron 44 (3 times) – Ernie Banks 47
 - 9. Aaron Judge 52, Reggie Jackson 41, Carl Yastrzemski 44
 - 10. Albert Belle 50, Jackie Robinson 19, George Brett 30
 - 11. Andruw Jones 51, Lou Gehrig 49 twice, Andre Dawson 49
 - 12. Brady Anderson 50, Willie Stargell 48, Ted Williams 43
 - 13. Chris Davis 53, Chipper Jones 45, Eddie Matthews 47
 - 14. David Ortiz 54, Frank Robinson 49, Eddie Murray 33
 - 15. Giancarlo Stanton 59, Paul Molitor 22, Joe Morgan 27
 - 16. Hack Wilson 56, Joe DiMaggio 46, Stan Musial 39
 - 17. Jim Thome 52, Manny Ramirez 45, Adam Dunn 46
 - 18. Jimmie Foxx 58, Rod Carew 14, Luke Appling 8
 - 19. George Foster 52, Yogi Berra 30 twice, Larry Doby 32
 - 20. Ryan Howard 58, Carlton Fisk 26, Harold Baines 25



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