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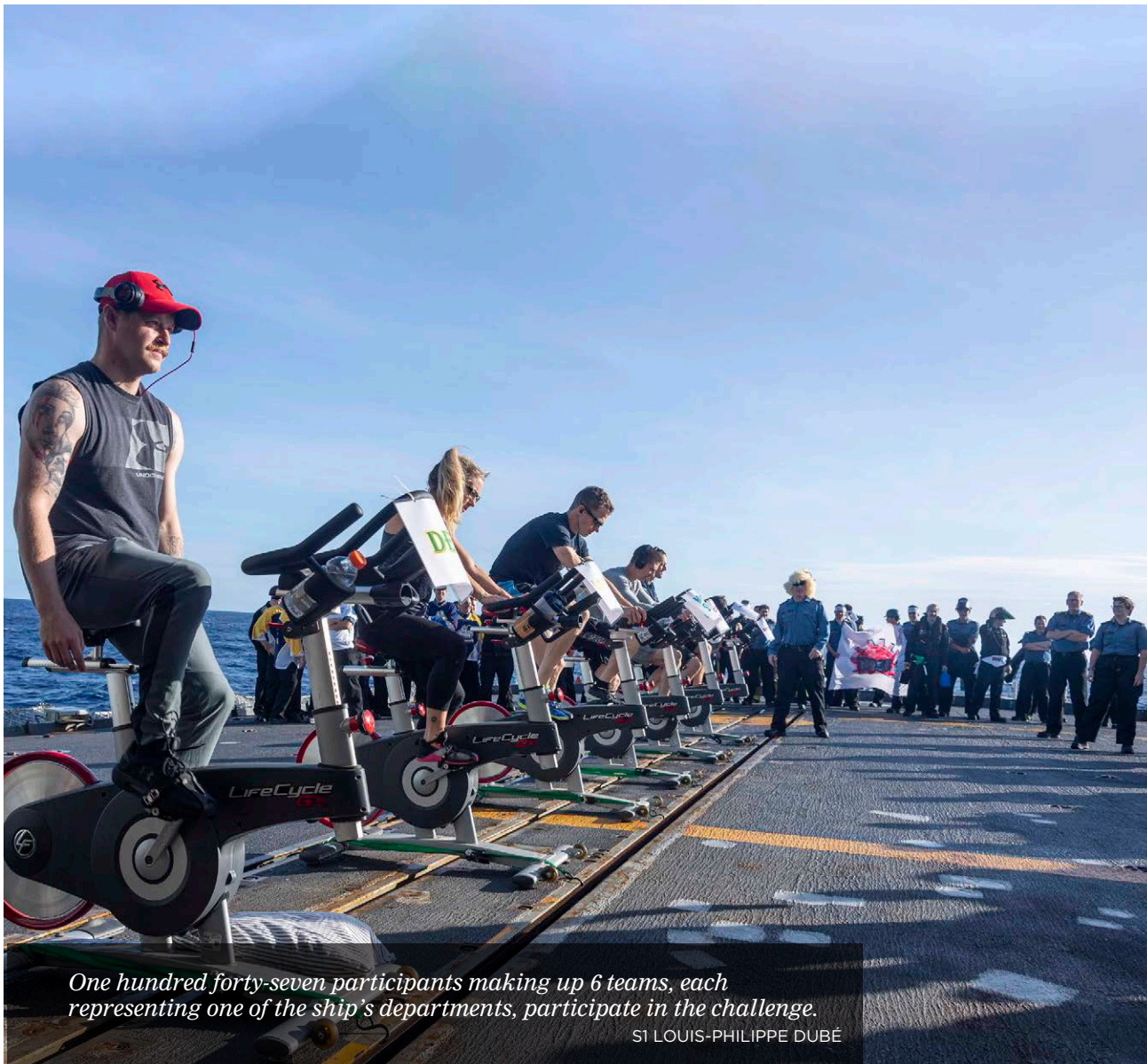
THE NEWSPAPER OF MARITIME FORCES ATLANTIC SINCE 1966 • LE JOURNAL DES FORCES MARITIMES DE L'ATLANTIQUE DEPUIS 1966

The season of Remembrance

On October 23 each year, wreaths are laid at the Bonaventure Memorial to commemorate the 1969 explosion and fire in HMCS Kootenay, resulting in the deaths of nine members of the Royal Canadian Navy.

MONA GHIZ, MARLANT PA





One hundred forty-seven participants making up 6 teams, each representing one of the ship's departments, participate in the challenge.

S1 LOUIS-PHILIPPE DUBÉ

Helping others in a time of COVID

By Lt Nicole Morrison,
MARLANT PA

Picture this: music is blasting and people are cheering as 147 participants, split into 6 teams, take turns riding stationary bikes as part of ship-wide fundraising bike-a-thon. Their teammates stand next to them, offering encouragement and bottles of water as they pedal. In a COVID environment, the only place an event like this can take place is on a ship, due to the quarantine restrictions and COVID testing of sailors prior to departure for Ex JOINT WARRIOR 20-2, effectively eliminating the risk transmission while on ship, and making life at sea more comfortable for those on board.

The event was part of the National Defence Workplace Charitable Campaign, and consisted of 147 participants making up 6 teams, each representing one of the ship's departments. The teams split up the 24-hour period as they saw fit, with some teams taking hour-long shifts, others tag-teaming the hours with 15 minute sprints. Over the course of 24 hours, 4342.4 km were biked, roughly the equivalent of crossing the Atlantic Ocean, and \$5113.00 was raised among the six teams. While only one team, the Combat Systems Engineering department, was crowned the winner, the ship's company had a fun day raising money for charity

while getting in some exercise, all while in friendly competition with their shipmates.

The bike-a-thon was orchestrated by SLt Alisha McCafferty and SLt Shannon O'Reilly, Marine Systems Engineering Officers-in training. "It was a really fun day that we had a great time organizing" said SLt O'Reilly. "It's great that we can still get to do this kind of thing while we're on ship," added SLt McCafferty. "It would have been much harder to make happen on land, because of all the COVID limitations."

This COVID-free status allowed the crew onboard the ships to have peace of mind as they sailed for the UK, not needing to wear masks or keep six feet of distance between them, something that is extremely difficult to achieve on a warship. By remaining on board during port visits, and not interacting with any shore staff, the crews maintained that status throughout the sail, totaling five weeks COVID-free, making this charity bike-a-thon on the flight deck and in the hangar possible and allowing members to be close by as they offered support for their teammates.



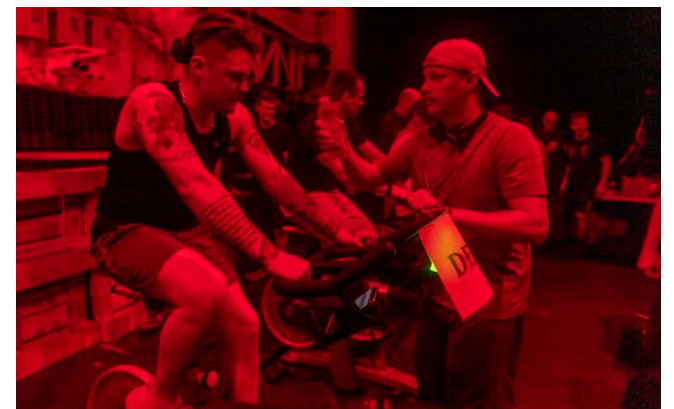
The bike-a-thon was orchestrated by SLt Alisha McCafferty (left) and SLt Shannon O'Reilly (right)

S1 LOUIS-PHILIPPE DUBÉ



Members of the MSE department of HMCS Ville de Quebec participate in a bike-a-thon during the return home after Ex JOINT WARRIOR.

S1 LOUIS-PHILIPPE DUBÉ



During the 24-hour event, the teams split up the 24-hour period as they saw fit, with some teams taking hour-long shifts, others tag-teaming the hours with 15 minute sprints. The final total showed that teams biked 4342.4 km, roughly the equivalent of crossing the Atlantic Ocean.

S1 LOUIS-PHILIPPE DUBÉ



S1 Wyatt Yetman spins while PO1 Matthew Pitman monitors the bike data.

S1 LOUIS-PHILIPPE DUBÉ



HMCS *Kootenay* survivors mark 51st anniversary since tragic explosion at sea

By Ryan Melanson,
Trident Staff

It was a morning of somber remembrance on October 23 at Point Pleasant Park, as survivors and members of the HMCS *Kootenay* family, as they do every year, gathered to commemorate the accident at sea that changed their lives forever 51 years ago.

The 1969 fire and subsequent explosion aboard *Kootenay* killed nine members of the crew, injured more than 50 others, and left each sailor on board with difficult memories that remain today. Many have, and continue, to struggle with PTSD and mental health issues, as well as physical health issues, stemming from the incident.

The fire began when a bearing in the ship's starboard gearbox failed during full power trials off the coast of England on October 23, 1969, causing an explosion that ripped through the engine room and sent a ball of fire through the ship's passageways. The crew fought for hours to save their ship, acting bravely under great pressure and while full of worry for the safety of themselves and their colleagues.

"Here on the shores of Halifax Harbour, *Kootenay's* home port for many years, we commemorate those *Kootenay's* who died tragically in service to their country. We commemorate their shipmates who still hurt and grieve, and we commemorate the families of the fallen and the survivors," said Capt(N) Ret'd John Pickford, who delivered the eulogy for the day. He wasn't a member of the 1969 *Kootenay* crew, but his father was the ship's first Commanding Officer in 1959, and he said he's honoured to stay connected with the survivors and wider *Kootenay* family.

Fewer people than usual were in attendance due to public health restrictions, but the gathering at the Bonaventure Anchor Memorial still included *Kootenay* survivors and their families, local RCN leadership, and representation from the various levels of government.

"It was the worst peacetime accident in the history of the Royal Canadian Navy, and we're gathered here today to remember the nine crew members who were killed 51 years ago, to honour the 53 others who were wounded, and to recognize the other survivors, whose courage and determination saved the lives of their shipmates as well as their ship," said RAdm Brian Santarpia, Commander MARLANT and JTFA, in his remarks during the ceremony. He added comments about the major improvements in firefighting and damage control on ships that came following the disaster, including the Damage Control Training Facility (DCTF) *Kootenay* that opened in 2000 in honour of the victims and survivors.

"Increased equipment, better training, thorough maintenance procedures

and improvements in engineering in our ships is *Kootenay's* legacy."

This year also marked the first time survivors and RCN members wore the new *Kootenay* ribbon, which was introduced in 2019 as part of initiatives marking the 50th anniversary, and is now to be worn each year on October 23. Attendees left the ribbons, along with flowers, on the memorial following the ceremony.

AB (Ret'd) Allan Dinger Bell, who was severely wounded after narrowly escaping the burning engine room on that tragic day, said he was particularly glad to see the Anchor Memorial itself in such fine shape for the occasion after recent repairs, and to have additional names now added to the memorial, which is intended to honour all RCN sailors who died while serving their country during peacetime.

"We added 46 names last year. The old policy was to bury people overseas if they passed, so their bodies aren't here, but now their names are here, and that's very important for the families. It's much bigger than just *Kootenay*," he said.

Members of HMCS *Kootenay* lost on October 23, 1969:

CPO1 Vaino 'Ski' Partanen
CPO2 William Alfred 'Billy' Boudreau
PO Eric George Harman
PO Lewis John Stringer
LS Pierre 'Pete' Bourrett
LS Thomas Gordon Crabbe
LS Gary Wayne Hutton
OS Michael Allen Hardy
OS Nelson Murray Galloway



RAdm Brian Santarpia, Commander MARLANT and JTFA, speaks to attendees about the significance of the HMCS *Kootenay* disaster.

CPL RENZO RUIZ-HAAS



Capt(N) (Ret'd) John Pickford delivered the eulogy during the ceremony, while Jack Chamberlain rang the ship's bell during the roll call for *Kootenay* crew members who have died.

CPL RENZO RUIZ-HAAS



A ceremony was held at the Bonaventure Anchor Memorial in Point Pleasant Park on October 23 to mark 51 years since the fire and explosion aboard HMCS *Kootenay*.

CPL RENZO RUIZ-HAAS



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Medical staff and civilians involved with the project celebrate the official opening of the CT scanner.

NEIL CLARKSON, FIS

New CT scanner officially open for business

By Virginia Beaton,
Trident Staff

Canadian Forces Health Services Centre (Atlantic) (CF H Svcs C (A)) held the ribbon cutting ceremony for its new CT scanner on Friday, October 23. "I fought hard to get it," LCol Heudes, Commanding Officer of CF H Svcs C (A), told the audience at the ceremony. She stated that the scanner will enhance patient care and the clinic. Additionally, the scanner, which is containerized and located in the parking lot of the medical clinic at Stadacona, is deployable in support of 1 Canadian Field Hospital Operations.

"This would not have been possible

without the help of many individuals," LCol Heudes emphasized. She thanked Maj Danielle Stacey, the Director of Pharmacy Services at CF H Svcs C (A), for her part in the acquisition of the scanner. "She took this project and ran with it, and made it happen," said LCol Heudes.

LCol Heudes thanked many members of the clinic staff, including Medical Radiology technicians, and noted that the first patient was due for a scan on Monday, October 26.

"It's incredible the way that so many people were able to come together and

make this happen, said Capt(N) Sean Williams, Base Commander CFB Halifax. "Well done, everyone."

LCol Heudes also singled out Kelly Marchand and Todd Nauss of the Real Property Operations Unit (Atlantic) for their help. In acknowledgement of their assistance in bringing the CT scanner to CF H Svcs S (A), each man received the Commanding Officer's Commendation.

Following the ribbon cutting, LCol Heudes invited those present to take a tour of the scanner and learn more about its capacity.



Capt(Williams (left) and LCol Heudes (right) display the CT scanner before inviting ceremony attendees for a tour.

NEIL CLARKSON, FIS



Capt(N) Williams (third from left) and LCol Heudes (fourth from left) cut the ribbon to officially open the new CT scanner.

NEIL CLARKSON, FIS



November 16 – 20 is MARLANT Energy Awareness Week 2020

By Peter Mallett
The Lookout Staff

Energy makes our lives more comfortable, productive, and enjoyable as we depend on energy for light, heat, food, water, transport, entertainment and communication, etc. Sustaining this quality of life requires careful use of energy resources by reducing total energy use and using energy more efficiently. There are many things we can do to use less energy and use it more wisely, such as turning off the lights when not in use

or buying energy efficient appliances. Our energy choices and actions can result in a significant reduction in the amount of energy used and in turn create a healthier environment and save money.

MARLANT's Energy Awareness Week will take place from 16-20 November 2020. The theme this year is "Energy Conservation - Be Energy Wise". This is a great opportunity to learn how to conserve energy by sim-

ply changing behaviors and habits towards energy consumption and as a result save money, prevent harmful environmental impacts and reduce the demand on the earth's resources.

Energy conservation can be put into practice immediately at very little or no cost. Take the time to go through your daily energy behaviors and habits and identify positive changes you can make at home or at work to reduce energy usage. Re-

member that energy conservation is something each of us can take part in every day.

Look for daily tips on energy use, efficiency and conservation on the MARLANT Home Page, as well as an opportunity to take part in an Efficiency NS presentation to learn more about conserving energy and saving money in the process.

Do you have what it takes to tackle The Amazing Base Race?

By Ryan Melanson
Trident Staff

Calling all reality TV fans – registration is now open for The Amazing Base Race, a mental and physical challenge based loosely on the long-running TV show, happening here at CFB Halifax in support of this year's National Defence Workplace Charitable Campaign (NDWCC).

The event is open to military and civilian members of the Defence Community, and will see teams of four racing throughout HMC Dockyard and Stadacona on November 4. The course will begin outside D-200, and teams will have to search for clues to find the correct locations along the route, while dealing with pit stops, detours, and roadblocks, just like on The Amazing Race itself.

"If you're a fan of the show, you might have watched it and thought 'I wonder if I could do that – run around and find the clues and get to the next location quickly,' so this is a chance to try that out, go on a little adventure, and support charity as well," said Lt(N) Callista Szachury, who has taken the lead on organizing the event along with her colleagues from HMCS *St. John's*, including the Commanding Officer and Fleet NDWCC Champion, Cdr Michael Eelhart.

She said her team was brainstorming ideas for a base-wide activity in support of NDWCC, and with a few fans of the TV show among the crew, it all came together naturally. Unlike the real thing, however, The Amazing Base Race won't necessarily be a fierce competition, and though there will be prizes awarded, there's no shame in going at your own pace.



A 2020 NDWCC INITIATIVE



UNE ACTIVITÉ DE LA CCMTDN 2020

The course is being designed to take roughly one hour to complete, depending on how fast participants move.

"You can try for the fastest time, or you can just do it for your own enjoyment. It's completely up to you," Lt(N) Szachury said.

The cost to register is only \$10 per team, and those interested can sign up with their unit NDWCC

rep or contact PO2 Snashall at Devin. Snashall@forces.gc.ca. Teams are also asked to identify an hour-long window between 9 a.m. - 4 p.m. on November 5 that works best for them to take part.

Lt(N) Szachury said the event can accommodate up to 90 teams, so there's plenty of slots available, and she's encouraging people to team up with friends or colleagues and have some fun with it.

"This is about supporting NDWCC, but it could also be a way to build morale among your ship. You can challenge each other throughout departments, or you can reach out and challenge your buddies on another ship," she added.

"It can be a nice break from your routine while supporting a good cause."



Foster a safe and inclusive workplace using the Positive Space Program

By Aimee Nkoghe,
Directorate of Human Rights and Diversity (DHRD)



Canada

Most people think a positive space is a physical environment where you can talk, but what this program teaches is acceptance of others.

Two years ago a Positive Space Program was created to assist Defence Team members foster a more inclusive workplace. Understandably, we all want to work in a place where we can bring our authentic selves to work and feel comfortable doing so, but how do we contribute to such an environment?

Here's how: prioritize the respect of each and every individual member of the Defence Team for what they contribute: skills, knowledge, perspectives and every other element of a person's identity that makes them unique.

Over the last two years almost 500

Defence Team members across Canada and internationally have participated in Positive Space training on 25 Bases/Wings to help foster supportive and inclusive workplaces. There are more than 200 ambassadors trained and available to help use effective listening, empathy and strength to make people feel fully themselves without any fear or prejudice.

The Positive Space Program works in collaboration with the Defence Team Pride Network, which collaborates and consults on program content, structure, and delivery, in addition to assisting local Commanders with needs assessments. This collaboration helps develop a stronger cultural literacy on the history, identity, stories, challenges and victories of LGBTQ2+

persons and communities. It increases overall awareness of LGBTQ2+ issues within workplaces and positively enhances the entire work experiences within the Defence Team by creating a safer, more open minded environment for all.

The Positive Space Program offers one-hour, three-hours and two-day training sessions to help create a safe and inclusive workplace for all, regardless of sexual orientation, gender identity, or gender expression. It's done through a volunteer and peer-based support network. Here is a rundown on what is offered:

- Positive Space Information Session – a one-hour interactive presentation which provides an overview of the program and LGBTQ2+ issues. This presentation helps to increase general awareness. It is open for all Defence Team members.
- Positive Space Ambassador Workshop – a three-hour workshop for volunteers who would like to become Positive Space Ambassadors of workplace inclusion. It enables them to offer support, raise awareness, and post identifiers to designate both themselves and their workspaces as safe.
- Positive Space Ambassador Train the Trainer – two-day classroom training provided to volunteers who can become

Positive Space Instructors who will then be able to instruct all three portions of the program. Training includes discussions, testimonials and practical activities which result in a national qualification.

Instructors, ambassadors, volunteers and allies welcome everyone equally. Maximum participation across the Defence Team is recommended because through dialogue, education and leadership support we will help create safer, more inclusive workspaces that realize our full potential. CANFORGEN 079/20 Dated 18 June 2020 has more information about the program and who is responsible for coordinating training sessions:

<http://vcds.mil.ca/apps/canforgens/default-eng.asp?id=079-20&type=-canfor-gen> (DWAN)

Toolkits for leadership, ambassadors and instructors are available at: <http://intranet.mil.ca/en/res/diversity-employment-equity.page>

Contact a positive Space Ambassador in our area:

http://cmp-cpm.mil.ca/assets/CMP_Intranet/docs/en/support/ps-amb-inst-list-liste-des-ambassadeurs-et-des-instructeurs-2020.pdf (DWAN) This list is updated monthly.

Questions can be addressed to:

- PositiveSpace-EspacePositif@forces.gc.ca
- LGBTQ2Questions@forces.gc.ca



Sailing to Op CARIBBE

HMCS Summerside departs on October 26, 2020, on a 2-month deployment to the Caribbean Sea on Op CARIBBE to support the US-led Campaign MARTILLO, a multinational effort to improve security in the region and prevent illicit trafficking by organized crime in the region. Cpl Simon Arcand, Image tech, Formation Imaging Service films HMCS Summerside during departure.

MONA GHIZ, MARLANT PUBLIC AFFAIRS

Army cadets accepting new members

By 3036 Royal Canadian Army Cadet Corps

The 3036 Sackville Lions RCME Royal Canadian Army Cadet Corps will be accepting new youth between the ages of 12-18 to join the cadet corps.

New cadets are welcome to email us to set up a registration

and information phone call: cadets3036@gmail.com. There are no registration fees.

For more information, email cadets3036@gmail.com or go to [Facebook.com/cadets3036](https://www.facebook.com/cadets3036).



Promouvoir la sécurité et l'inclusion au travail à l'aide du programme Espace positif

Par Aimee Nkoghe,

Direction des droits de la personne et diversité (DDPD)



Canada

Nombreux sont ceux qui croient qu'un espace positif est simplement un environnement physique où ils peuvent discuter, mais ce que ce programme enseigne, c'est la tolérance.

Il y a deux ans, le programme Espace positif a été créé pour assister les membres de l'Équipe de la Défense qui favorisent l'inclusion dans le milieu de travail. Il va de soi que nous souhaitons tous travailler dans un milieu où nous nous sentons à l'aise d'être nous-mêmes, mais comment pouvons-nous contribuer à créer un tel environnement?

Avant tout, en respectant la contribution de chaque membre de l'Équipe de la Défense : habiletés, connaissances, perspectives et tout autre aspect de l'identité d'une personne qui la rendent unique.

Depuis deux ans, près de 500 membres de l'Équipe de la Défense au Canada et ailleurs dans le monde ont suivi la formation sur l'espace positif dans 25 bases/escadres en vue de promouvoir le soutien et l'inclusion au travail.

Il y a plus de 200 ambassadeurs qui sont qualifiés et prêts à aider, en misant sur l'écoute, l'empathie et la capacité de laisser les gens être totalement eux-mêmes, sans crainte d'être jugés.

Les responsables du programme Espace positif travaillent en collaboration avec le Réseau de la fierté de l'Équipe de la Défense, qui les conseille sur le contenu, la structure et l'exécution du programme et qui aide les commandants locaux à évaluer les besoins. Cette collaboration permet d'enrichir les connaissances culturelles sur l'histoire, l'identité, la vie, les défis et les victoires des membres des communautés LGBTQ2+. Elle permet aussi d'accroître la sensibilisation générale aux enjeux que ces personnes affrontent dans les milieux de travail et d'enrichir l'expérience de travail des membres de l'Équipe de la Défense, en créant un milieu sécuritaire et ouvert pour tous.

De plus, les responsables du programme Espace positif offrent des

séances de formation d'une heure, de trois heures et de deux jours en vue de créer un milieu de travail sécuritaire et inclusif pour tous les employés, sans égard à leur orientation sexuelle, à leur identité de genre ou à leur expression de genre. Ces formations sont données par l'intermédiaire d'un réseau de soutien composé de bénévoles et de pairs. Voici un aperçu de ce qui est offert :

- Séance d'information Espace positif : Présentation interactive d'une heure qui fait un survol du programme et des enjeux des communautés LGBTQ2+. Cette présentation accroît la sensibilisation générale. Elle est offerte à tous les membres de l'Équipe de la Défense.
- Atelier de l'ambassadeur de l'Espace positif : Atelier de trois heures destiné aux bénévoles qui aimeraient devenir ambassadeur ou ambassadrice de l'Espace positif pour promouvoir l'inclusion au travail. À l'issue de cet atelier, les participants pourront soutenir et sensibiliser leurs collègues, porter des insignes les rattachant à la cause et désigner leur milieu de travail comme un espace sécuritaire;
- Ambassadeurs/ambassadrices de l'Espace positif – formation des formateurs : Formation en classe de deux jours destinée aux bénévoles qui peuvent devenir instructeur ou instructrice de l'Espace positif. À l'issue de cette formation, les participants seront en mesure d'enseigner les trois volets du programme. La formation comprend des discussions, des témoignages et des activités

pratiques permettant d'obtenir une qualification nationale.

Les instructeurs, ambassadeurs, bénévoles et alliés accueillent tout le monde sans discrimination.

Une participation maximale de l'Équipe de la Défense est encouragée, car c'est grâce au dialogue, à la formation et au soutien de la direction que nous pourrions créer des milieux de travail sécuritaires et inclusifs où les membres pourront réaliser tout leur potentiel.

CANFORGEN 079/20 daté du 18 juin 2020 : fournit des précisions sur le programme et identifie le responsable de la coordination des séances de formation :

<http://vcds.mil.ca/apps/canforgens/default-eng.asp?id=079-20&type=can-forgen>

Les trousseaux d'outils à l'intention de la direction, des ambassadeurs et des instructeurs sont disponibles sur la page suivante : <http://intranet.mil.ca/en/res/diversity-employment-equity.page>

Pour communiquer avec un ambassadeur de l'Espace positif dans votre région :

<http://cmp-cpm.mil.ca/assets/CMP-Intranet/docs/en/support/ps-amb-inst-list-liste-des-ambassadeurs-et-des-instructeurs-12-march2020.pdf>. Cette liste est mise à jour une fois par mois.

Vous pouvez adresser vos questions à :

- PositiveSpace-EspacePositif@forces.gc.ca
- LGBTQ2Questions@forces.gc.ca

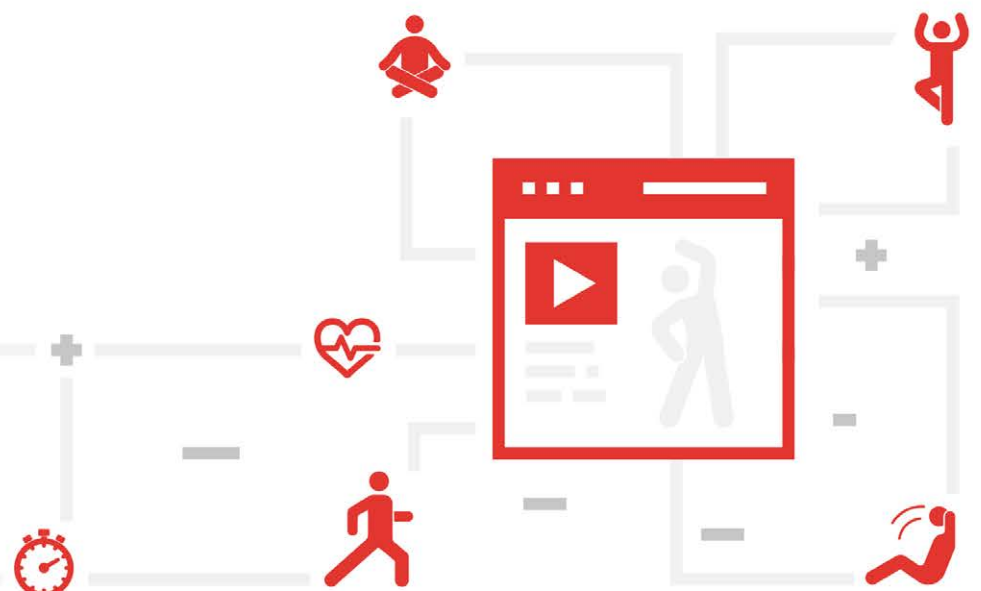


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Sailor Profile: Lt(N) Stephanie Bengle

By Navy PA

Lt(N) Stephanie Bengle is the first of her family to serve Canada in the armed forces, and admittedly never considered military service until later in high school.

“I admit, it was never something I considered at first, but once I did my research I became very intrigued by it. Although I have no service members in my family, my father was the first person who piqued my interest in the Royal Canadian Navy (RCN),” says Lt(N) Bengle.

“Both my parents were my biggest supporters as I started to become interested in a career in the RCN and studying at Royal Military College of Canada (RMC). After deciding that RMC was the right fit for me, I enrolled in the RCN in 2010 and it’s been an adventure ever since.”

Since enrolling in the Royal Canadian Navy (RCN) in 2010 Lt(N) Bengle’s career has been nothing short of an adventure filled with both challenges and experiences that have helped her grow personally.

“My biggest career has most definitely been my recent deployment on Op REASSURANCE onboard Her Majesty’s Canadian Ship (HMCS) *Halifax* from July 2019 to January 2020,” says Lt(N) Bengle.

“It was my first deployment and it was quite a learning experience for me, in fact, I am still learning from it to this day. I do not think anything can prepare you for how it will feel to be disconnected from your world and routine back home.”

Even though the first deployment is a difficult experience shared by all who deploy, Lt(N) Bengle leaned on her close friends for support.

“Sharing that experience with them

helped me and strengthened my bond with those members I consider my family. Second, I reached out back home to as many friend and family members as I could. The support from those closest to me helped keep me going and reminded me that I was fortunate to have such amazing people in my life.”

“I reminded myself that this experience was important and would give me the tools to be better in my career and to help others in the future.”

Lt(N) Bengle said she has stayed in the RCN because she knows it’s a good career for her, she values the security and opportunities it provides, and is

proud to serve Canada.

“Although I did not see myself in this career when I was younger, I am truly thankful that I have found my place within the RCN and I am thankful to be a member.”

October was Women’s History Month, and Lt(N) Bengle believes that the celebration of women’s achievements during the month has a profound effect on future generations of women.

“It has an impact on how young girls and women see themselves as strong, capable and inspiring beings,” said Lt(N) Bengle.

“By studying and honouring the

women who have stood before us, we can have a greater appreciation for the challenges they have faced and the road they have paved for many of us today. I think it is incredibly important for each generation as young girls look up to these women who they see as role models, and they can feel inspired to reach further than they ever thought they could.”

One of Lt(N) Bengle’s role models is the RCN’s own Cmdre Josée Kurtz, for whom she was fortunate to serve as Flag Lieutenant while Cmdre Kurtz held command of Standing NATO Maritime Group Two (SNMG2).

“As our ship was the command platform I had ample time to learn from her. She has inspired me and motivated me in many ways,” explained Lt(N) Bengle.

“She paved many paths being the first woman to command a Canadian Patrol Frigate as well as the first woman to command a Standing NATO Fleet. Those two achievements are inspiring enough, but beyond those personal accomplishments she taught me many important lessons such as how to bring grace and humility to my job, and how to bring a sense of calmness and composure when things get complicated or frustrating.”

She says the best advice she has received is to fight through self-doubt and prove to myself that I am a capable person. “That advice is some of the most valuable to remember no matter who you are or what you do for a living,” says Lt(N) Bengle.

“I think it is advice I will call on when approaching any difficult job or challenge I face in my future and for the rest of my life.”



Lt(N) Stephanie Bengle

SUBMITTED



Cmdre Josée Kurtz speaks with Lt(N) Bengle, her Flag Lieutenant during Cmdre Kurtz’s command of Standing NATO Maritime Group Two.

SUBMITTED



Lt(N) Stephanie Bengle, aboard Spanish ship ESPS Patiño, oversees a replenishment at sea with HMCS Halifax during Op REASSURANCE on January 20, 2020.

SUBMITTED



Youth Reporter Contest

By PSP Community Recreation

Being a military family member carries unique challenges, and that is particularly true regarding the children of military members. Military youth have an important perspective that is often overlooked in the CAF Community. CAF Newspapers want to change that, and are currently seeking youth reporters from military families between the ages of 13 and 18 to write a story about the unique issues facing them. "I believe the youth in our CAF Community have an important voice and perspective that we need to draw out to better understand how we can serve the unique needs of military families" says Canadian Forces Morale and Welfare, Chief, CWO Marco Côté.

The story the youth reporter provides must be original, and should be written on an issue, personal experience or insight,

that reflects the unique issues that important to themselves, as well as their friends and family. Youth interested in this endeavor should submit an application (which can be found at CAFconnection.ca/YouthReporter) with their story pitch by 31 December, 2020.

CAF newspaper managers will then meet in January to choose the five most unique and powerful story pitches, and have the winning participants write their story. The stories will then be published online and in CAF newspapers, and a grand prize package and scholarship will be awarded for the best story, as determined by reader votes.

Wanted: Youth Reporter

Apply now to participate in this scholarship competition organized by the Canadian Forces Newspapers. www.CAFconnection.ca/YouthReporter.



Wanted: Youth Reporter

Apply now to participate in this scholarship competition organized by the Canadian Forces Newspapers.

Youth interested in this endeavor should submit an application with their story pitch by 31 December, 2020.

CAFCONNECTION.CA/YOUTHREPORTER



Jeunes journalistes recherchés

Soumettez votre candidature dès maintenant et courez la chance de remporter une bourse d'études!

Date limite de candidature: le 31 décembre 2020

Ce concours est organisé par les journaux des Forces armées canadiennes.

WWW.CONNEXIONFAC.CA/JEUNEJOURNALISTE



Article sur le concours de jeunes journalistes

Par PSP Loisirs Communautaires

Faire partie de la famille d'un militaire comporte son lot de difficultés, surtout lorsque l'on est l'enfant d'un militaire. Les jeunes membres de la communauté des FAC ont un point de vue unique que l'on ignore trop souvent. Pour remédier à cette situation, les journaux des Forces armées canadiennes sont à la recherche de jeunes journalistes issus de familles des militaires et âgés de 13 à 18 ans, qui souhaitent écrire un article au sujet d'une situation unique à laquelle ils doivent faire face. « Les jeunes membres de la communauté des FAC ont une perspective et une voix importantes que nous devons écouter si nous voulons comprendre comment répondre aux besoins uniques des familles des militaires, » affirme l'adjudant-chef Marco Côté, Services de bien-être et moral des Forces canadiennes. La proposition doit être originale et décrire une situation, une expérience personnelle ou un point de vue

qui reflète des enjeux particuliers qui touchent le jeune et ses proches. Les jeunes intéressés doivent soumettre leur sujet et s'inscrire (à l'aide du formulaire fourni à l'adresse www.connexionfac.ca/jeunejournaliste) d'ici le 31 décembre 2020. Les gestionnaires des journaux des FAC se réuniront en janvier pour choisir les cinq sujets les plus uniques et touchants, et demanderont aux participants sélectionnés d'écrire leur histoire. Les articles seront ensuite publiés en ligne et dans les journaux des FAC. Un grand prix et une bourse seront attribués au meilleur article, qui sera choisi par les lecteurs.

Jeunes journalistes recherchés
Soumettez votre candidature dès maintenant et courez la chance de remporter une bourse d'études!

Ce concours est organisé par les journaux des FAC.

<https://www.connexionfac.ca/Nationale/S-impliquer/Le-concours-de-jeunes-journalistes.aspx>.



Canada's Naval Memorial ~ HMCS SACKVILLE



We Remember



Marking the 75th Anniversary of the end of the Battle of the Atlantic in 2020, we remember those lost during war and peace time, protecting our country. We honour the commitment and sacrifice of all those, from all generations, who go to sea in service to Canada.

Visit our website: www.canadasnavalmemorial.ca to learn more about the Canadian Naval Memorial Trust and HMCS SACKVILLE or contact: membership@canadasnavalmemorial.ca for information on memberships or donations.

Canada Revenue Agency - Charitable Org # BN11883 4720 RR0001.

Canadian Naval Memorial Trust - HMCS SACKVILLE
PO Box 99000, Station Forces, Halifax, NS B3K 5X5



Photo Credit: Top Left - John M. Horton, CSMA, FCA.
Top Right - CNMT



Remembrance 2020

By Trident Staff

This year, Remembrance ceremonies and commemorations will be mostly virtual, owing to COVID-19 health and safety requirements.

Here are several events that can be livestreamed:

- **Tuesday, November 3, 7 p.m.** Evenings @ Government House: The story of how Halifax's experiences during the Second World War led to the shocking VE Day Riots that marked the war's end. Local author Stephen Kimber will tell the story of how Halifax's experiences during WW2 led to the shocking VE Day Riots that marked the war's end. The

statistics were staggering and sobering: 207 businesses looted, 564 damaged, 2,692 glass windows and doors shattered, 353 people arrested, all fueled by stolen alcohol: 6,987 cases of beer, 1,225 of wine, another 55,392 bottles of spirits from local liquor commissions with another 30,000 quarts of beer that walked from Keith's Brewery.

What started as a local celebration of the end of the war and Halifax's important role in winning it turned into a city-smashing, cite-shaming 72-hour riot. This event will be livestreamed on the

Lieutenant Governor's Facebook page at 7 p.m. Go to <https://www.facebook.com/LtGovNS>

- **Wednesday, November 11, 11 a.m.** : Local and national remembrance ceremonies will be livestreamed on Facebook and/or broadcast on TV. In accordance with COVID-19 health and safety protocols, CAF members are requested not to attend live ceremonies.
- **Wednesday, November 11, 8 a.m.** : As part of Veterans' Week, Maritime Forces Atlantic (MARLANT) is proud to present the 19th annual 'Til We Meet

Again concert by the Stadacoma Band of the Royal Canadian Navy, to be released on Wednesday, November 11, at 11 a.m. on the MARLANT YouTube page. This pre-recorded concert will be presented virtually this year due to ongoing public health restrictions, ensuring that all members of the public can safely watch, listen, and remember our rich military history both collectively and from a distance. Please join us this Remembrance Day for a special virtual commemoration honouring our veterans, past and present.

Key events of the Battle of the Atlantic: October

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



HMCS Chebogue

October 19, 1939 - The C Class destroyer HMS *Kempenfelt* is renamed HMCS *Assiniboine* at Davenport Shipyard in England arriving in Halifax in late November. Just six years old, she formed a part of the backbone of Canada's fledgling Navy at the outset of the Second World War. *Assiniboine* would go on to escort 25 convoys during the war.

October 12, 1940 - The French merchant vessel *Saint-Malo* requisitioned by the Government of Canada is attacked and sunk by U-101 south of Iceland while on convoy duty. Of a crew of 44, only 16 survive.

October 16, 1940 - Bound from Parrsboro, Nova Scotia to Aberdeen, Scotland and sailing with convoy SC-7, the Canadian Laker *Trevisa* is torpedoed and sunk south of Iceland by U-124 losing 7 of a crew of 21. Convoy SC-7 would lose 20 of 35 cargo vessels with two more seriously damaged demon-

strating the effectiveness for the first time of submarine wolf pack tactics.

October 19, 1940 - In an ice storm in the Gulf of St. Lawrence in one of those mysteries of war, the auxiliary minesweeper HMCS *Bras d'Or* and her crew of 40 is never seen nor heard from again. It is assumed she suffered irreversible damage in an earlier grounding.

October 22, 1940 - Still relatively early in the war, Canada's still small Navy suffers another 142 souls lost as HMCS *Margaree* (former HMS *Diana*) sinks after colliding with the freighter *Port Fairy* in rough seas 400 miles west of Ireland. Many of the ship's company are survivors of HMCS *Fraser*'s sinking in June.

October 5, 1941 - The Canadian merchantman *Mondoc* sinks mysteriously in the Caribbean off Trinidad's east coast after apparently striking a submerged object. No lives are lost.

October 15, 1941 - The entire crew of 105 are lost when the large Canadian merchantman *Vancouver Island* is torpedoed and sunk by U-558 in the North Atlantic.

October 9, 1942 - U-69, operating well inside Canadian waters in the St. Lawrence River, sinks the Canadian merchantman *Carolus*. HMC Ships *Arrowhead* and *Hepatica* rescue 19 of the crew of 30.

October 11, 1942 - The Newfoundland merchantman *Waterton* is torpedoed and sunk in the Cabot Strait by U-106. The entire crew is rescued by the armed yacht HMCS *Vision*.

October 14, 1942 - In the darkness of the early morning hours, the passen-

ger steamship *Caribou* enroute from North Sydney, Nova Scotia to Port aux Basques, Newfoundland is torpedoed by U-69 in the Cabot Strait. *Caribou*'s escort, the minesweeper HMCS *Grandmere* immediately commences depth charge attacks and attempts to ram but the U-boat escapes. Of the original 237 crew and passengers aboard, only 104 survive. Said Angus L. Macdonald, Minister of National Defence (Navy) following news of *Caribou*'s loss: "... (if) there were any Canadians who did not realize that we were up against a ruthless and remorseless enemy, there can be no such Canadians now."

October 23, 1942 - The Canadian merchantman *Canatco* runs aground in a storm off the southern Labrador coast. The corvette HMCS *Arrowhead* is able to rescue the entire crew.

October 29, 1942 - A former Italian merchantman *Capo Noli* captured earlier in June of 1940 by HMCS *Bras d'Or* and reintroduced into Canadian merchant service as *Bic Island* is sunk in the North Atlantic by U-624. All of her Canadian crew is lost, but most heartbreaking of all is the fact that survivors of two sunken merchantmen who *Bic Island*'s crew had rescued are lost as well.

October 30, 1942 - A Douglas Digby of RCAF No. 10 Bomber Reconnaissance Squadron flying out of Gander, Newfoundland and returning from a convoy patrol off the coast depth charges and sinks U-520.

October 31, 1943 - The Bangor class minesweeper HMCS *Chedabucto* and the cable ship *Lord Kelvin* collide in the evening fog off Rimouski, Quebec. *Chedabucto*, a minesweeper, is lost along with one of her crew.

October 4, 1944 - While escorting Convoy ONS 33, a convoy made up of slow ships, the River class frigate HMCS *Chebogue* is struck by a German GNAT (acoustic torpedo) fired by U-1227. She subsequently sits out the war in a Wales shipyard after losing 10 metres of her stern and suffering other extensive damage as well as losing 7 of her crew.

October 8, 1944 - The Bangor class minesweeper HMCS *Mulgrave* strikes a mine near Le Havre off the Brittany coast. Though spared the loss of any crew, *Mulgrave* was eventually towed to Portsmouth where she was declared a constructive total loss.

October 14, 1944 - Off Pointe-des-Monts, Quebec, the River class frigate HMCS *Magog* loses approximately 50 feet of her stern to an acoustic torpedo from U-1223. With a loss of three of her crew, *Magog* is eventually towed to Quebec where she remains for the duration of the war after being declared a constructive total loss.

October 16, 1944 - River class frigate HMCS *Annan* and *Loch* class frigate HMCS *Loch Achanalt* destroy U-1006 off the Faroe Islands in the North Atlantic after forcing it to the surface. *Annan* would rescue 46 survivors from the submarine.

October 25, 1944 - The first of two destroyers being built to Canadian specifications (the other being HMCS *Saguenay*), HMCS *Skeena*, in the thick of things from the commencement of hostilities in 1939, suffers an irony of war and grounds at Videy Island off Iceland's southern coast in a gale. As the destroyer is abandoned, 15 sailors perish.



The Ferry SS Caribou was sunk by the German submarine U-69 on October 13, 1942, only miles from its destination of Port-aux-Basques.

DND

When war came to Newfoundland: The sinking of SS Caribou

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

On an early morning in May of 1986, the new ferry Caribou, on her maiden voyage between North Sydney in Cape Breton and Port-aux-Basques, Newfoundland, slows to a spot in the Cabot Strait south of her Newfoundland destination. It was at this spot in October of 1942 that the first Caribou, a Newfoundland registered passenger ferry plying the waters between North Sydney and Port-aux-Basques, as it had been doing for the previous 17 years, became a victim of war.

Displacing 2200 tons, 265 feet long and loaded with 450 tons of cargo, 191 passengers and a crew of 46, Caribou was owned by the government-run Newfoundland Railway. She was an institution to the people of Newfoundland and as Britain's oldest colony, she reflected a common pride in Newfoundland's contribution in this, now the third year of war.

Although denoted as a passenger ship, Caribou became a target in a game called war; a game where rules exist but they do not exist. To a U-boat Captain and crew on a chilly, windy autumn evening, a vessel not flying a German ensign was the enemy. A culmination of events leading up to the evening of October 13, 1942 and the early morning hours of the following day brought home to the people of Newfoundland the harsh realities of war.

By 8:00 p.m. on the evening of October 13, 1942, all passengers and cargo are on board Caribou as her Captain, Ben Taverner, a native

Newfoundlander and his crew, also composed primarily of Newfoundlanders, prepare to put their ship to sea. Of the 191 passengers, 118 are in uniform enroute to their destinations of duty. Of the remaining passengers, most are somehow involved in the war effort, including wives and children of serving members. As this is war, HMCS *Grandmere*, a 'Bangor' class minesweeper is tasked with providing escort duties. As *Grandmere* slips her moorings and proceeds to North Sydney's harbour mouth to conduct a customary sonar sweep, the crew of Caribou prepares their human cargo for the normally serene 96-mile transit to Port-Aux-Basques.

Since the United States' entry into the war following the Japanese attack on Pearl Harbour, German submarines have ventured daringly close to land to conduct attacks on Allied merchant shipping all along the eastern seaboard of the U.S., Canada and Newfoundland. In the five months leading up to October 1942, U-boats sunk 19 vessels either in or very close to the Gulf of the St. Lawrence River, often within sight of the residents of the coastal communities along the shores. Although closed to ocean shipping, the Gulf area remained open for vessel transits between the Maritime Provinces and Newfoundland including passenger ferries.

Due to overwhelming commitments for Trans-Atlantic escort duties, the Canadian Navy is forced to relegate its smaller warships for escort duties

within Canadian waters. It is for this reason that a minesweeper is tasked with this escort duty. Unfortunately, the Canadian Navy is almost pathetically unprepared for war because of years of neglect since World War I. The Captain and crew of *Grandmere* prepare for their escort duties after returning to North Sydney just 2 days after conducting depth charge attacks on a suspected submarine in the Cabot Strait which has sunk the British merchantman Waterton.

As in any tight knit colony, it is no surprise that many of the crew on Caribou are from common families. Two of Captain Taverner's sons are his Third and First Mates and there are also eight pairs of brothers. Most are from either Port-Aux-Basques or nearby from the tiny community of Channel. Although this seems to overexpose one small community to war, there is a pride in Caribou's crew unmatched. Recently refitted with new propulsion and communication equipment as well as improved life saving gear, Caribou and the people who work her are as prepared for the eventuality of war as they can be.

As the evening of October 13, 1942 settles in, the Captain and the crew of U-69 welcome the solitude and safety of darkness as they carry on what has been a fairly successful patrol. For the last month, ranging from the Grand Banks off Newfoundland to just south of Baltimore, Maryland, they have ventured deeper into the Gulf of St. Lawrence than any other German

submarine has gone to date. Just 4 days prior, the Finnish merchantman Carolus is sunk less than 200 miles downstream from Quebec City. This night, the Captain of U-69 has chosen the Cabot Strait to surface in and in the words of his log "...steaming to and fro, cruising..."

On board *Grandmere*, Captain and crew prepare for, what has been in the past, a relatively uneventful transit. In her ten months in commission, most of her career has been spent on coastal escort duty although the crew is well trained and primed for any eventuality, they have never seen, let alone fought, an enemy submarine.

By 8:30 in the evening, passing through the submarine nets of Sydney Harbour, Caribou falls in behind *Grandmere* as *Grandmere* sounds the harbour approaches for enemy submarines. When complete, *Grandmere* falls in astern of Caribou to commence the transit. Although *Grandmere* establishes a zig-zag pattern immediately to cover as large an area as possible with her asdic, it is not deemed necessary at this point in the war for single escorted vessels to do the same. As the pair head almost due north to a point off Cape Breton Island's northern tip, passengers and crew on board Caribou are unusually fidgety on this very dark, moonless night. Records indicate that even in the dark, Caribou was visible out to 2500 yards and displaying very poor "smoke discipline".

Continued on page 13



Wartime doctrine to the Captains of both vessels also present problems. To the Caribou she must sail at night. Every crewmember knows that the chances of being attacked in broad daylight by a submarine are slim at best. As well, even if there were an attack, the chances of finding survivors improve greatly due entirely to the light of day. These, however are the rules as set forth by the Naval Commander at the Western Approaches Headquarters in Liverpool, England. An even more unpleasant potential task faces the Captain of *Grandmere*. His rules state that if attacked by an enemy submarine, he must press the attack until there seems little chance of the submarine's surviving. This may, and actually did on several occasions during World War II, mean that an escort vessel would have to sail amongst survivors dropping depth charges.

To the north, southwest of Port-aux-Basques, U-69 sits on the surface, batteries charged, crew well rested and prepared for a possible target that may stray into the area. Little do they know that one is, as they unknowingly prepare for the eventuality.

By 3:30 a.m. on the morning of the 14th, Caribou and her escort are 25 miles south of Port-aux-Basques as both crews prepare for their arrival in Port-aux-Basques. As the story is later told, twice Captain Taverners ventures to Caribou's stern and twice, he fails to see *Grandmere*, but as records indicate, she is there. U-69's log indicates, with her initial sighting at 3:21, two ships; a larger one ahead and an escort astern: *Grandmere*. As U-69 approaches from amidships of Caribou, *Grandmere* is unable to detect as the sounds of Caribou's own propellers drown out everything else to the hydrophone operators on *Grandmere*. Also, as she is low in the water and it

is a moonless night, U-69 is not detectable by lookouts on either ship.

Just before 3:25, a huge flash fills the sky as a torpedo fired at near point blank range from U-69 strikes Caribou midships just forward of the funnel. In the fiery light of the explosion, the surfaced submarine is finally sighted by the lookouts on *Grandmere* and as the distance is relatively short, *Grandmere* heads straight for the submarine in an attempt to ram. The torpedo has entered near Caribou's machinery room and within seconds, she is dead in the water and settling by the stern.

By this time, the range between the submarine and *Grandmere* is down to 350 yards and *Grandmere*'s Captain has full speed rung on to close the distance. The submarine begins settling as it commences a crash dive, forcing *Grandmere* to alter course to the submarine's projected position so a depth charge attack may be initiated.

Of Caribou's six lifeboats, two are destroyed by the explosion from the torpedo. Two more are rendered useless when in the panic of the moment, they are cut loose from the davits and fall below to the sea. Only two boats on the port side make it into the water and they are overcrowded to the point of nearly sinking. Also in the water are roughly a dozen rafts and carley floats and passengers and crew still attempt to free up more from Caribou's upper deck. In the four minutes of terror and panic from the time of the torpedo strike to Caribou's demise as she sinks below the waves about two-thirds of the passengers and crew safely make it off.

As Caribou slides to a watery grave 1500 feet below, *Grandmere* continues a gradual turn to starboard arriving at a spot just ahead of the swirling wake of U-69's dive to drop a diamond pattern of depth charges. However, by

this time, U-69 is well below the depth charge's settings of 150 feet and the submarine escapes to the safety of the depths.

Meanwhile in the waters around the location of the sinking, people are struggling and grappling for a position in a life raft or boat and more people drown or succumb to hypothermia in the confusion as one of the life rafts repeatedly capsizes. Immediately below the survivors lurks U-69, her Captain secure in the belief that the Captain of the *Grandmere* will not depth charge this area. His gamble pays off as the submarine's logs report distant explosions indicating that *Grandmere* is no longer detecting him. Also, due to the turmoil in the water, *Grandmere*'s asdic is rendered virtually useless.

By 5:30 a.m., as the morning light begins to splinter across the sky, *Grandmere*'s Captain makes a decision to abandon the attack on the submarine and concentrate on the survivors from the Caribou. He has followed the Navy's rules to hunt a submarine until "there is little chance the enemy is still around". It has now been two hours since the survivors entered the water and fear spreads through *Grandmere*'s crew as they suspect there will be no one found alive. Even by 6:30 a.m. with the assistance of a Canso flying boat out of Sydney, no survivors are picked up and the fear in *Grandmere*'s crew turns to dread. Finally around 7 a.m., survivors are sighted and the crew of *Grandmere* is rejuvenated. There is unselfish heroism on the part of many of *Grandmere*'s crew as they jump into the icy waters themselves to rescue survivors and by 9:40 a.m., four other Naval vessels and another aircraft are in the vicinity. With every available space filled with survivors, *Grandmere* turns and heads for Sydney with 106

survivors, but by the time their radio message is sent off, two more die.

Of the 240 passengers and crew aboard Caribou when she slipped the safety of Sydney harbour, there are just 104 survivors. Of her 46 crew, just 15 are alive to recount the story. These 15 do not include Captain Taverners and his two sons, nor five of the eight pairs of brothers.

In the aftermath, a publicly demanded inquiry found no fault with either the actions of Caribou's crew nor with her life saving equipment. *Grandmere* too escaped ridicule as she did what was expected "given the circumstances". Quietly and quickly however the Navy moved to eliminate night crossings for coastal traffic and RAdm Leonard Murray, Commanding Officer Atlantic Coast, informed the Newfoundland Railway: "...in confidence that the advantages of sailing at night are now outweighed by the opportunities for rescue in day time operations".

U-69 surfaced the following night only to find aircraft and surface craft still searching the area. Quietly but deliberately, U-69's Captain made the decision to depart the area and get as far away as possible by day break. U-69 was later sunk in the mid-Atlantic with the loss of all hands.

Conclusion

The story of the Caribou is one which touched the hearts of all Newfoundlanders at the time. Even today, mention of it sparks memories and stories passed on seemingly so long ago by older relatives. For more information on this story, I highly recommend Douglas How's book "Night of the Caribou" or if you feel you don't have time to read the book, Reader's Digest has the condensed version in its Book Section of the October 1992 edition.

The reasons we remember

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

May of this year marked the 75th anniversary of the end of the Second World War. Though Remembrance Day is a celebration of the lives and the commitments of all of Canada's fighting Forces over the course of history, a quick look at Canadian involvement in WWII provides a glimpse of what this country can, and will, do in a time of crisis.

Many Canadians do not realize the extent of Canada's contribution, and as we are slowly losing that generation of veterans, their sacrifice seems to be getting buried deeper and deeper in our history. Each year, on November 11, we remember all of Canada's war dead, but do we really sit and

think about what they and their comrades who survived endured? I recall as a young child being mesmerized by my own father's tales of wartime experience (my favourite was always the one about him and a few buddies stealing a German half-track and a case of wine and racing through fields somewhere in Italy!). It is comforting that the human mind can recall events such as this through all the death and destruction.

As Farley Mowat recalled in *The Regiment*: "It is not until long after peace that soldier's memories of war really begin to live. While war still lasts, the new events bury the old with terrifying swiftness and too deeply

for a waning strength and will to resurrect until time's intervention brings a desire for the exhumation." As a child, these tales seemed glorious and fascinating; like watching a war movie. These experiences we read about in historical accounts however, are different; they are real. We should never forget that, and we should tell more people about it.

As a peek into the life of a veteran, I relate to you the story of one. His name was Edmund Devenish and he passed in 2000 amidst little fanfare, with only family and a simple Legion Honour Guard at his side.

Aside from being "the" best father (yes, we all say that), my father was

also a decorated veteran of the Second World War. He served in North Africa, Sicily and Italy, including the street fighting of Ortona in a 3" mortar platoon with the Hastings and Prince Edward Regiment. He then served in France, Holland and Belgium following the rapid advances after D-Day. When Canadian Forces were diverted north away from Germany in 1945, he was involved in the liberation of a starving Dutch population. He was wounded twice; once by sniper fire and once from shrapnel, but never did he allow his horrific past to taint neither his life nor the lives of his children.



Presentation aims to give closure to relative of Second World War airman

By Ryan Melanson,
Trident Staff



F/Lt Frank Dotten, centre, and his crew from RAF 576 Squadron, photographed in November 1944. Dotten was killed during a bombing run on March 17, 1945.

VETERAN'S AFFAIRS CANADA

A local military history buff has planned a special Veterans' Week presentation to connect his close friend and colleague with a piece of his family's Second World War history.

A framed gravestone rubbing is set to be presented to Mr. Ervan Gould on November 8 at the Halifax Seaport Farmers Market. Mr. Gould is the nephew of Flight Lieutenant Frank Dotten, who was an RCAF member serving with the RAF 576 Squadron when he went down during a bombing run over Nuremberg on March 17, 1945.

The initiative has been lead by Timothy Friese, a colleague of Mr. Gould's and a student of military history who volunteers his time with the Canadian Naval Memorial Trust and The Memory Project.

When Friese heard the story of F/Lt Dotten, who is buried at Durnbach War Cemetery in Germany, and learned that Mr. Gould and other members of his family felt they wouldn't ever get a chance to visit the grave themselves, he started doing some digging.

"With my background and passion for military and RCN history, when he told me that they would likely never get overseas to pay their respects, I wondered what I could do."

He tracked down information

through contacting the modern day 576 Squadron, checked with the Commonwealth War Graves Commission for permission, and developed the idea of having a gravestone rubbing created at the site and mailed to Nova Scotia. Dotten was originally from Hants County.

A bit of Google Maps browsing allowed Friese to identify businesses in the area of the cemetery, and after making contact with the owner of an upholstery shop who was willing to do the in-person work, he received the completed rubbing in the mail in August.

"I had great luck in finding someone who was so wonderful and willing to help, and now we have a beautiful framed rubbing to present."

He's also been in touch with military representatives, and is hoping to have RCAF personnel present for the occasion.

The plan's have been kept secret so far, and Friese said he's looking forward to his friend's reaction to receiving the gift and having a new, tangible connection to his fallen uncle.

"This is my way of trying to give that family some closure. We're bringing a fallen son of Nova Scotia home, so to speak, to his family, and paying our respects to him."

Padre Nangle and the Royal Newfoundland Regiment

By Padre Lt(N)Tim Parker

Newfoundland, then a Dominion of the British Realm, produced a remarkable Regiment of heroes to fight in the First World War. Combat began for the Royal Newfoundland Regiment (RNR) in September 1915 at Gallipoli, Turkey. The RNR was the only North American combat unit to fight in the Gallipoli Campaign. A St. John's priest named Father Thomas Nangle had grown up with, played sports with, and was friends with many of the RNR soldiers. He campaigned hard for a commission as their chaplain, but with priests in short supply, his Bishop refused his blessing. Such was Fr. Nangle's devotion to "our boys" (as he called them), that during the fierce fighting of the Gallipoli Campaign, he tried to enlist as a private soldier. If he could not serve as their chaplain, this priest would fight with his friends. The Governor of Newfoundland intervened, saying: "no

ordained clergyman is to be sworn in as a private soldier in the RNR without the authority in writing of the official head of his Church. In the case of Father Nangle, the authority must be produced from his Grace the Archbishop of St. John's. I like Father Nangle very much; but it is his first duty to conform to the Discipline of the Church."

Meanwhile, the RNR fought in one of the most significant battles of the War: the Battle of the Somme; specifically, the Battle of Beaumont-Hamel. On July 1, 1916, the RNR and other Allied Forces were completely overwhelmed by the enemy. The Newfoundlanders suffered extreme casualty rates: 710 casualties out of 792 personnel. 19,200 British soldiers were killed, making it the worst single day in the history of the British Army. Even with these massive British losses, the RNR suffered the highest casualty rate (27%, 1,152 dead of 4,253 total personnel) of all Al-

lied forces on the Western Front in the entire War.

Two weeks after the Battle, Padre Nangle was finally appointed chaplain to the RNR for it was considered inhuman that soldiers should suffer such extreme casualties and die without the consolations of the faith, without the rites of the Church, and without Christian burial. Even with a severe shortage of priests in Newfoundland, the spiritual and corporal works of mercy – which include burying the dead and praying for the dead – could no longer be postponed.

Padre Nangle served "our boys" on the Front for two years, even after being wounded in 1918. It didn't take him long to heal: LCol Nangle "was not a man to stay in the rear. He was with his boys in the trenches with the shrapnel and bullets flying."

In October 1918, the RNR was removed from the Front; the war ended

two weeks later. But Padre Nangle's longest-lasting contribution to the RNR may have been what he did after the War. He was selected to be the Dominion of Newfoundland's representative on the Imperial War Graves Commission. Its mandate was to mark and maintain all military burial sites, to establish military cemeteries, and to locate and repatriate remains of soldiers or have them interred in new military cemeteries. Padre Nangle established the War Memorial in Beaumont-Hamel, the National War Memorial in St. John's, and other memorials in Newfoundland and in Europe, always featuring the caribou, the symbol of the RNR. In this way, he contributed greatly to the spirit of Remembrance we embody this November 11 and always.



HMCS Sackville

By Garth Paul Ukrainetz ,
Poet Laureate of the Blackmud Creek

Floating in the harbour
In Halifax at the pier
The crowds are strolling by me
Filled with laughter and good cheer
But not so very long ago
Our nation was at war
With many sombre faces Cast along
the Eastern Shore.

I was born in Bay of Fundy
Sweetest violet of Saint. John
Lucky Irish and Acadians
Laid the keel that I sail on
And they named me after Sackville
With its marsh of Tantramar
With Chignecto Bay and Glooscap
Waving bravely off to war.

No peace no education
Nor in mouth a spoon of silver
For dear Allison I'd give my life
To guard and shield her river
Gently flowing through
the Yellow Birch
Where children laugh and play
I stand on guard for thee for love
On ocean waves I pray.

Across the wide Atlantic
Sailed the convoys long and short
I guarded and protected them
To Londonderry port
With 40 round depth charges
Many hedgehogs lined in row
And guns all cocked and loaded
For the U-boats down below.

Supply lines on the water
Silent submarines in wait
Telltale echoes in the sonar
Flashing lights communicate
The U-boats strike like lightning
Shoot torpedoes to explosion
With all my might I fight them
On this godforsaken ocean.

In September '43
A wolf pack 20 strong or more
Struck with swift surprise attacks
They were the deadliest of war

I fought with Moden and with Chambly
But St. Croix and Itchen sank
I was hit by blast so massive
It destroyed my boiler tank.

I never did recover
For my wounds were far too deep
So they took me out of action
As a training ship to keep
After war I sailed for science
Till restored to full delight
A Canadian memorial
An Historic National Site.

In hand a sack of U-boats
As a duck sweeps up the mess
My gun-shield art a testament
To protect and fight my best
We were ocean flower garden
Fighting hate and tyranny
Paid the price for precious freedom
With falling petals in the sea.

So come see me in the harbour
In the Nova Scotia sun
Let us celebrate the victory
Peace and liberty we won
Spend some time here
on the boardwalk
With dear friends and family
For in your joy in laughter
Are the spoils of being free.

And as you leave the water
May you never soon forget
I am HMCS Sackville
Last of World War 2 Corvettes
I'm the only ship remaining
Sail the living history
The famous Royal Canadian Navy
'Fighting Flowers of the Sea.'

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In celebration and remembrance of
the 75th Anniversary of the end of The
Battle of the Atlantic and the Second
World War. 1945 - 2020
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Seasonal Influenza Vaccine Clinics

STADACONA CLINIC		SHEARWATER CLINIC	
Location: Stadacona Clinic		Location: Sea King Club	
Fri Oct 16	0900-1130 & 1300-1430	Tues Oct 20	1000 – 1200
Wed Oct 28	0900-1130 & 1300-1430	Tues Oct 27	1000 – 1200 & 1300 -1500
Wed Nov 4	0900-1130 & 1300-1430	Tues Nov 3	1000 – 1200 & 1300 -1500
Tues Nov 10	0900-1130 & 1300-1430	Tues Nov 10	1000 – 1200 & 1300 -1500
Tues Nov 24	0900-1130 & 1300-1430		
Contact: Patsy MacIsaac, Community Health Nurse Immunizations, 721-8780		Contact: Administrative Support Clerk, CDU 4 Shearwater, 720-1558 / 1559	

Flu season is here: get your flu shot

Attention, local CAF members! Canadian Forces Health Services Centre (Atlantic) has just released its seasonal influenza vaccine clinic schedule (Stadacona and Shearwater), with the first clinic taking place this Friday, October 16 at Stadacona. These clinics are open to Regular Force, Reserve Force Class B (>180 days) and Class C members. Please note: Walk-in at the times specified in the clinic schedule; NO Appointment required! Only call Immunization Clinic if you are unable to attend clinic times available.

It is strongly recommended that all CAF members and DND employees get immunized annually, especially this year as we continue to operate in a pandemic environment.

SUBMITTED

Coconut chicken curry

By Ferdinand Niduaza
Cook Supervisor, Juno Catering

This recipe is sure to warm you up as the weather gets cooler.

INGREDIENTS:

1.5 kg chicken thigh and/or breast (cubed)	45 g shallots
2 cans coconut milk	30 g ginger
250 ml chicken stock	1 lemon grass
20 g curry powder	15 g fresh jalapeno
20 g brown sugar	To taste, salt/pepper
30 g garlic	Sprig cilantro leaves

DIRECTIONS:

Heat oil in a pot over medium heat. Saute onions, ginger, garlic, lemon grass, jalapeno, and curry powder. Cook until fragrant. Add the coconut milk, stock, and brown sugar and bring it to a boil. Add the chicken and cook stirring occasionally. Reduced till the sauce is thickened. Serve, garnish with cilantro sprig.

Health Promotion now on Facebook

By Madison Walsh, MPH, P.Dt.,
Health Promotion Specialist

The Health Promotion Team has some exciting news - we now have our own Facebook page.

This new page will be used to feature upcoming health promotion initiatives, programs, and events. We will regularly share our course schedule, providing easy access to the necessary information to register. We will also provide evidence-based health education and resources. There will be opportunities to participate in engaging activities, interact with fellow military members, and receive prizes.

Our page can be accessed at <https://facebook.com/PSPHalifaxHealthPromotion>. The page launched in early October, and we are working to increase our followers so that more military members will have access to our resources and information. Please like and follow our page to keep up to date with our programs, and share the page with your Facebook friends to spread awareness and help us increase engagement.

Your health is our priority, and our new Facebook page will allow us to more easily provide you with valuable health and wellness information. We look forward to having you join our Facebook community.



November is Falls Prevention Month

By PSP Halifax Health Promotion

With the winter weather approaching, some of us begin to worry about how the snow and ice will impact our mobility. This is especially true for our aging population within the city, many of whom rely on walking as an important form of transportation. November is Falls Prevention Month, meaning that there is no better time to increase awareness and provide support to those at risk. In Nova Scotia alone, falls cost over \$107 million every year. As of 2013, falls were reported as the leading cause of injury in our senior population. Luckily, there are steps that everyone can take to help prevent fall-related injuries. First, make sure that the sidewalks on your street are being adequately cleared by contacting the city with any concerns. You can also be a helping hand for your neighbours who struggle to clear their front steps. Most importantly, promote and practice safe walking strategies, adapted from [fallpreventionmonth.ca](https://www.fallpreventionmonth.ca/):

- Suit up with the appropriate gear for your walk. Of course, this means warm winter clothing like hats, mittens, and boots. Try to pick brighter colours so that you are easily visible to drivers. To

take fall prevention measures further, consider using walking aids such as canes, poles, or ice grippers to attach to your footwear.

- During your walk, keep your hands out of your pockets for balance. Always scan for ice, but keep in mind that black ice may be hard to spot. In order to avoid dizziness, make sure to stay well hydrated throughout. Bring a friend!

Although walking during the winter results in more falls, keeping active is one of the best things you can do for your social, mental, and physical health. So make sure that you and your loved ones are practicing safe walking strategies to prevent fall related injuries this winter season.

[https://www.fallpreventionmonth.ca/uploads/2017%20Toolkit%20Files/Stats%20and%20infographic%20files/FB_NS_Data_Infographic_2016%20\(1\).pdf](https://www.fallpreventionmonth.ca/uploads/2017%20Toolkit%20Files/Stats%20and%20infographic%20files/FB_NS_Data_Infographic_2016%20(1).pdf)

<https://www.fallpreventionmonth.ca/uploads/2017%20Toolkit%20Files/Information%20for%20Older%20Adults%20and%20Caregivers/Winter%20Walking.docx>

Faces of the Base: PO1 Lynn Cassidy



Introducing another #FaceofBaseHFX: PO1 Lynn Cassidy. PO1 Cassidy is the CFB Halifax Ceremonial Petty Officer and unit Information System Security Officer, but her enthusiasm and passion for the job go well beyond these roles. As a mother of four children, volunteering is a huge part of PO1 Cassidy's personal life. Whether through soccer, volleyball, hockey, basketball, coaching, managing, or sitting on the Board of Directors for Dartmouth Lakers Basketball, she loves being a part of the many activities that her children enjoy. And this love of volunteerism doesn't end when PO1 Cassidy comes to work. When she heard about the opportunity to take

part in an NDWCC United Way Day of Caring activity this past summer, she immediately submitted her name to volunteer. After a meeting with senior Base leadership, she was appointed team leader for the East Preston Daycare Centre greenhouse project. She was tasked with identifying a team of volunteers, acquiring necessary permits and delivering materials to the project site. It took her team five days to complete the main structure of greenhouse, and they'll be heading back in March 2021 to attach the plastic covering and install shelves and tables. PO1 Cassidy is excited that the children will have a huge part in providing nutritional food to their own homes and community. They will help plant, weed, and harvest everything, alongside the wonderful teachers at the daycare. "The United Way Day of Caring is so important to me. I like to help as much as I can, and this program allows me to proudly wear my uniform and help my community. I encourage everyone to help others; no contribution is too small to make a difference." Bravo Zulu, PO1 Cassidy. Thank you for all that you do here on Base and in our communities.

Faces of the Base: Sgt Dianne Lambert



Meet a new #FaceofBaseHFX: Atlantic Defence Aboriginal Advisory Group (ADAAG) Secretary and Co-Chair: Sgt Dianne Lambert. Although non-Indigenous, Sgt Lambert is raising her seven-year-old Indigenous son within the local Mi'kmaq community - partaking in the many cultural activities and traditional teachings offered in the Parent Support Group at the Mi'kmaq Child Development Centre. Sgt Lambert

previously worked for seven years as the diversity recruiter for the Canadian Forces Recruiting Centre's Halifax Detachment where she regularly visited Indigenous communities all over Nova Scotia. More recently, over the past three years, she has been working in Attractions and Diversity at the Canadian Forces Recruiting Centre Atlantic HQ, where she holds the title of Diversity NCO and organizes diversity influencer events. It's easy to see the results of her passion translated into her everyday work with her passion to expand her spiritual knowledge while supporting and learning from the Indigenous community. In celebration of Mi'kmaq History Month, we want to thank Sgt Lambert and the entire ADAAG team for all the important work they do to ensure that our workforce continues working toward inclusivity through community outreach, education and the provision of advice to senior leadership on workplace issues relevant to our Indigenous Defence Team members.





SPORTS & FITNESS



CAF Sports Day held in person and online

By Ryan Melanson,
Trident Staff

The eighth annual edition of Canadian Armed Forces Sports Day was held across the country on October 22, with military members taking some time away from the workplace to safely participate in a variety of activities, both live in person and virtually.

In the Halifax region, there were options to participate at both HMC Dockyard and Stadacona, as well as at 12 Wing Shearwater, with individual sports like swimming and yoga offered, along with team events like ball hockey and dodgeball.

"It's a little different and a little smaller than in previous years, but we're happy to still have Sports Day and to see people having a good time, and it's nice to have the virtual element to let more people get involved" said PSP Halifax Fitness and Sports Coordinator Kevin Miller, who was on site for ball hockey in the new parking lot in the former Stadplex gym location.

Along with the in-person Sports Day events, CAF personnel, as well as members of the wider Defence Community, were encouraged to submit walking, running or cycling distances and times from any day between October 22-31 to

be included in the final participation numbers, with many also posting their virtual workouts to social media.

The handful of live events were well attended, including more than a dozen participants on hand for Yoga at St. Brendan's Chapel. Among them was Trinity member S2 Maude LaFortune, who signed up for her first ever yoga class, as well as seasoned yoga practitioner PO2 Hamish Gordon of the Stadacona Band.

"I was 46 when I joined the military," PO2 Gordon said, adding he believes having a good level of fitness at that age helped him to successfully complete his Basic Military Qualification.

In a message to CFB Halifax just prior to Sports Day, Base Commander Capt(N) Sean Williams encouraged members to get involved any way they can, and said sports are a great way to spend some time with colleagues and take a mental break.

"Sports play an important role in the Defence Community, helping to bring members together, inspiring teamwork, self discipline and commitment, all while improving our team's physical fitness."



The Stadacona CAF Sports Day activities included ball hockey in the new parking lot where the Stadplex gym formerly stood, with Tim Hortons providing coffee for the morning.

CPL SIMON ARCAND, FIS HALIFAX



The Base Commander, Base Chief and other bike-loving Defence Team members enjoy CAF Sports Day by cycling on the Beechville Lakeside Timberlea Rails to Trail.

ASSISTANT BASE CHIEF JODY WATERFIELD



Yoga classes were held inside St. Brendan's Chapel at Stadacona, as well as the Fleet and Shearwater gyms.

CPL SIMON ARCAND, FIS HALIFAX