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Monday, May 2, 2016



Volume 50, Issue 9

www.tridentnews.ca

TRIDENT

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

Operation REGULUS: sailing to operational excellence

By **Mona Ghiz**,
MARLANT Public Affairs

The RCN's Operation REGULUS is paying big dividends for Canadian sailors, being billeted by allied navies around the world in an international exchange program. REGULUS started in 2010 and since then over 150 junior sailors have deployed aboard coast guard cutters, research vessels and warships. Partnering navies have included Australia, Chile, France, Ireland, New Zealand, Peru, Portugal, the United Kingdom and the United States.

"I really enjoy meeting with returning REGULUS sailors. Every one of them radiates confidence and optimism. They amaze me with the breadth and power of the opportunities embraced. I'm pleased to hear young Non-Commissioned Members (NCMs) and officers speak of shipboard organizational concepts, trade structures, shipboard routines and the nuances of navy cultures. This is critical intellectual development for our next generation of leaders who will deliver the modernized fleet," said RAdm John Newton, Commander of Maritime Forces Atlantic. "I feel assured that these leaders will give us other points of view to help fully develop the change initiatives appropriate to our new fleet and missions."

The strategic benefit of the REGULUS Program is making a difference as the RCN prepares for the future. "While individual training remains an important part of REGULUS, the opportunities offered by partners as part of the programme include the bridging of capability gaps created by recent divestments, such as area air defence and replenishment at sea. Furthermore, the REGULUS opportunities enable participants to see their profession through different lens, stimulate creativity and innovation, and forge lasting international relationships," said Commodore Luc Cassivi, Director General Naval Strategic Readiness.

Lt(N) Dale Molenaar's learning curve accelerated during his two and half month REGULUS stint with the Royal Navy Ice Patrol Ship, HMS *Protector*, an icebreaker operating in the



Canadian sailors sail in the Southern Ocean near Shackleton's Hut, Antarctica with Royal Navy Ice Patrol Ship, HMS *Protector* as part of Op REGULUS in December 2015.

Southern Ocean near Antarctica. "The largest take-home I had involves a new appreciation of risk. The area we were located was so remote that help would take several days to arrive and the weather in the Southern Ocean could build to horrific proportions," said Lt(N) Molenaar. "It makes asking the question, 'What if?' having a Plan B, and a broad selection of onboard stores and the technical ability to use those stores is that much more important." The opportunity to see how HMS *Protector* operated with respect to damage control gave Lt(N) Molenaar insight into manning future RCN ships, such as Arctic Offshore Patrol Ship.

"Seeing firsthand how the British operate watch rotations,

as opposed to crew swaps when keeping a ship far from home port in support of the mission was invaluable. I think time will reveal the true benefits of these experiences," says Lt(N) Molenaar.

Lt(N) Christine Hurov was a MARS officer in 2012 when she got that chance to sail four months aboard the French Navy ship, the FS *Prairial* of the Marine Nationale, a surveillance frigate based in Papeete, Tahiti.

"We sailed around the South Pacific Ocean, including the Marquesas Islands, the Samoas, and the French Islands of Wallis and Futuna. We conducted fishery patrols and boardings," said Lt(N) Hurov. "Being proficient in speaking French allowed me to

be comfortable on the bridge and become an Officer of the Watch (OOW) with the French Navy. I was given charge of the ship within two weeks of arriving on board and was OOW during boarding, navigation and anchorages."

The experience and responsibility given to Lt(N) Hurov paved the way to securing an OOW position upon return to Canada.

"I would definitely recommend the REGULUS program to learn different ways of doing the business, gain experience from other cultures and network with people around the world," said Lt(N) Hurov, who now works as a Public Affairs Officer.

The synergies in working with allied navies have been immeas-

urable from being exposed to different cultures, training and forging new friendships. "I see another side too. In my travels and visits with other naval leaders, I'm pleased to hear senior enlisted personnel and officers speak of these most excellent Canadian sailors. I hear of a Leading Seaman acoustic operator working at the level of a senior petty officer in an operational mission, or a bridge watchkeeper taking charge of his or her new ship within a week of sailing on fisheries patrols off Ireland," said RAdm Newton. "Moreover, I hear of professional conduct and ambassadorial representation. It is welcome feedback that reflects positively on our training system and mentorship ethos."

MyClosing
Mymilitaryclosing.ca

RNZN sailors building relationships and gaining skills in Halifax

By Ryan Melanson,
Trident Staff

A promotion is an exciting event for any young sailor, but even more so when that promotion comes while serving overseas, and from a CO who's a member of a different navy.

That was the case for Able Marine Technician (AMT) Josh Russell of the Royal New Zealand Navy, who was promoted in March on board HMCS *Athabaskan* by CO Cdr Jean Couillard, the first of a crop of New Zealand personnel currently in Halifax to rise in rank while posted with the RCN.

AMT Russell is one of about 40 junior RNZN sailors who have been serving in HMC ships on both coasts and *St. John's* since their arrival in Canada in January. Their deployment mirrors that of many Canadian NCMs and junior officers who spent time in New Zealand with the Regulus program during the busiest portions of Halifax-class Modernization Program, when time at sea was limited. The current group from New Zealand is expected to begin heading home in June.

The speedy promotion of AMT Russell speaks to his own abilit-

ies, but also to those of the whole group of RNZN personnel who have been training on RCN ships and supporting their temporary units.

And as the class leader for the RNZN group, in charge of providing updates on the progress and wellbeing of the sailors to leadership at home, AMT Russell said he was confident all of the visitors are enjoying their work experience.

"And for myself, *Athabaskan* has been awesome, the whole crew. I've been making lots of new friends and I'm getting to the chance to see ports halfway across the world that I would have never had a chance to see otherwise."

He described his first training package, which he completed to receive the promotion, as a primer on engineering principles. It involved performing a number of basic tasks, such as replenishing lube oil tanks, and also preparing writeups to show in-depth understanding of things like the ship's diesel generators, electrical systems and blackwater treatment system.

"They're not always the most glamorous jobs, but they need to be done and these folks have been happy to take them on," said Lt(N)



Adm John Newton (right), Commander MARLANT and JTEA congratulates RNZN sailor AMT Josh Russell on his recent promotion, on April 4.

RYAN MELANSON, TRIDENT STAFF

Andre Filliol, an engineering officer in *Athabaskan*.

A testament to the success of the RNZN sailors is that they were able to transition seamlessly into the unit, Lt(N) Filliol said. Other than chatting about cultural differences or other minor giveaways, you wouldn't know there are

sailors on board from a foreign navy.

"These guys are in different uniforms, but I just see more *Athabaskan* sailors. In the engineering department, they're doing comparable jobs to what any other junior sailors would be doing."

The experience on RCN ships

is made even more relevant for the New Zealanders when considering the RNZN is in the early stages of a modernization program for its ANZAC-Class Frigates. With Lockheed Martin

See RNZN / Page 4

Lessons learned during my deployment in HMS Protector

By Lt(N) Dale Molenaar

As a warship, HMS *Protector* is able to float, move, and fight – the same three prerequisites of any warship.

During the deployment, I observed how the RN accomplishes these tasks and drew comparisons to the requirements the RCN will have for the Arctic Offshore Patrol Ships (AOPS), a similar class of ship that will serve a similar role.

Protector conducts fishery patrols and survey operations far from the United Kingdom or any other port and must maintain a high level of readiness for long periods of time. This creates unique challenges when looking at personnel, material, and training. The RN solutions to these issues, such as the 1-in-3 tour rotation, on-board stores with in-service support contracts and

flexible damage control organizations, presented a different way of looking at similar challenges in the RCN.

A 1-in-3 tour rotation allows the hull to remain far from home port for long periods of time without the dramatic loss of knowledge continuity which results from a full crew swap. The crew is posted to the ship for a normal duration, but one-third is on leave while two-thirds are on board at any given time. At each port, a small turnover is conducted for the returning third with the departing third. The crew is then replaced during routine turnovers in a staggered fashion, reducing the massive loss of knowledge.

Look at a map and find McMurdo Station and Punta Arenas, then pick a point between them. In virtually every direction, you are a very far away



Lt(N) Dale Molenaar sailed in the Royal Navy Ice Patrol Ship HMS *Protector* as part of the REGULUS program in December 2015.

SUBMITTED

from any form of civilization capable of lending assistance to a ship. On top of that, the sea state and weather in this area can reach hurricane status frequently. Having personnel onboard with the experience to fix anything and the parts to complete the task

are crucial for mission success. However, with engineering department sizes shrinking and operating at a variety of ports, the in-service support contract can be designed to complement the work conducted by the crew onboard. International contractors have the ability and expertise to liaise with local business in any port which provides a blended approach to conducting maintenance. Structuring in service support contracts to get the best value during peacetime while retaining the ability to train up technical trades rapidly in emergency situations during wartime is the one of the challenges the RCN is currently facing.

The damage control organization aboard *Protector* is similar to a warship in the RCN; however, flexibility is required depending on the tour rotation

combination. The CO may be away on tour leave, so the XO has to be able to fill his position. Someone else, such as the First Lieutenant in *Protector's* case, then has to fill the XO's position. These subtleties impact team training and require consideration during work-ups as only two-thirds of the ship's company will receive this training over a given time. One method to capture more personnel is to plan work-ups over tour changes; alternatively, the ship could have multiple tours onboard during work-ups to practice different crew combinations.

These few points offer a glimpse of the lessons learned and experience I gained during my Operation REGULUS deployment. I encourage other officers to take advantage of Operation REGULUS when the opportunity presents itself.

Dockyard firefighters battle blaze on HMCS Toronto

By Terry Hynes,
Base Fire Chief

Firefighters from HMC Dockyard responded to a fire on board HMCS *Toronto*, currently in the Irving Shipyards undergoing HCM FELEX upgrades.

On April 21 at approx 10:25 p.m., the CFB Halifax Fire Department answered a request for assistance from the Halifax

Regional Fire Service. A fire caused by defective lithium battery connected to a portable lighting system broke out in Mess #6 in HMCS *Toronto*.

The fire was reported by workers at the shipyard who vacated the ship to await the response of the Fire Department. Because of the compartmentalized nature of the ship and the work being completed

on it the fire was difficult to locate and caution had to be taken to ensure the safety of all involved.

The CFB Halifax Fire Department, with the assistance of the Halifax Regional Fire Service on the exterior of the ship, located the fire deep inside the ship and DND Firefighters, carrying their equipment, boarded the ship and were able

to quickly control the blaze and extinguish it.

CFB Halifax has an onsite Fire Department at HMC Dockyard, immediately adjacent the Irving Shipyards. The department is staffed 24 hours a day by professional DND firefighters who specialize in shipboard firefighting procedures. The CFB Halifax Fire Department has a memorandum of under-

standing with the Halifax Regional Fire Service under which either service can call on the other for assistance as required. The CFB Halifax Fire Department regularly trains to respond to shipboard emergencies of all types, and recently conducted familiarization training at the Irving Shipyards.

An investigation remains ongoing.

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Excitement among junior ranks as Tribute Tower nears completion

By Ryan Melanson,
Trident Staff

The current home of Fleet Club Atlantic has been a part of Stadacona since 1968, and while it's provided a comfortable space for Junior NCMs in Halifax for decades, the building has aged and will be demolished in the near future.

"It's been well loved, but it's also been very well used," said MS Gary MacKay, the Halifax Formation Master Seaman and President of Fleet Club Atlantic.

For that reason, members at the MS level and below are steadily getting more excited about the soon to be opened Tribute Tower, which will house the new Fleet Club and contain accommodations to offset the impending demolition of A-Block. Anyone who works in the area has no doubt seen the construction progressing over the last year and a half, and the work is now nearly completed on the new junior ranks mess and housing facility.

Soft openings will begin in late July to early August when the Fleet Club moves in, some rooms will likely begin housing members in September, and a full grand opening is planned for spring 2017.

"Our members are ecstatic for the move, it's going to be an exciting time," said MS MacKay, who has recently been leading members of the MARLANT leadership team and other VIPs on tours of the construction site with coordinators from Defence Construction Canada.

The interior of the building is still taking shape, with construction crews working at a remarkable pace, but it's easy to get a sense of what the bright, spacious building will be like.

The ground floor will be home to the new Fleet Club Atlantic, with all the amenities of the old space returning, including a modern new Slackers Pub on one side and a new dance floor and stage setup for formal events on the other. A new outdoor patio area is being constructed and the beach volleyball court will be transplanted over as well. The club layout is surrounded by window walls on the bottom floor, letting light spill in and allowing members and visitors to watch over HMC Dockyard and the harbour traffic.

The large windows and views of the harbour is something to be enjoyed on all levels of the tower, and the



From left, DCC Coordinator Jeremy Shaw, Formation Master Seaman Gary MacKay, BAdm Chief CP01 Sifton Mosher and CANFLTLANT Chief CPO1 Malcolm Conlon on the roof of Tribute Tower after a tour of the construction site on April 20.

MONA GHIZ/MARLANT PA

view from a planned top-floor internet cafe will also be a highlight.

The second floor will be home to the large new junior ranks mess and galley, with some kitchen equipment just starting to arrive to fill out the space, and the third floor and

above will house 300 accommodation rooms, with larger accessibility-focused rooms and laundry facilities on each floor.

Similar to Juno Tower and TEME's new Willow Park facility, Tribute Tower is being built with a number of sustainability and energy efficiency-

focused features with the goal of getting a Leadership in Energy and Environmental Design (LEED) certification.

MS MacKay had the opportunity to lead the committee that decided on the title of Tribute Tower. After opening nominations to more than

6,000 junior rank MARLANT members and creating a shortlist, the name was chosen to pay tribute to as many RCN members as possible. Each of the 10 accommodation levels will have a unique title honouring a former sailor with the rank of MS or below. The individual names are currently being decided by a committee of senior chiefs.

The amount of input that junior ranks were able to give during the building design process should also add to the pride the members have in the new building, MS MacKay said.

"They've been gracious enough to invite me in for a lot of their meetings, to ask me my thoughts and what the Master Seamans and below would appreciate having or seeing in the new building. "It's unbelievable how nice it's going to be. It really is time for a new building, so let's put the onus on ourselves to take care of it."

A goodbye bash for the old Fleet Club Atlantic is being planned for June ahead of the move later in the summer, with more details coming soon, MS MacKay said.

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Jan 25
Feb 8 MFRC
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March 21 Posting Season Special
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May 2 MFRC
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June 27 MFRC
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Sept 5 MFRC
Sept 19 Home Improvement Special
Oct 3 MFRC
Oct 17
Oct 31 MFRC / Remembrance Special
Nov 14 Holiday Shopping Special
Nov 28
Dec 12 MFRC / Year End Review



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Trident is an authorized military publication distributed across Canada and throughout the world every second Monday, and is published with the permission of Rear Admiral John Newton, Commander, Joint Task Force Atlantic. The Editor reserves the right to edit, condense or reject copy, photographs or advertising to achieve the aims of a service newspaper as defined by the Interim Canadian Forces Newspapers Policy dated April 11, 2005. Deadline for copy and advertising is noon, ten business days prior to the publication date. Material should be typed, double-spaced and must be accompanied by the contributor's name, address and phone number. Opinions and advertisements printed in Trident are those of the individual contributor or advertiser and do not necessarily reflect the opinions or endorsements of the DND, the Editor or the Publisher.

Le Trident est une publication militaire autorisée par le contre-amiral John Newton, Commandant la force opérationnelle interarmées de l'Atlantique, qui est distribuée partout au Canada et outre-mer les lundis toutes les quinze semaines. Le rédacteur en chef se réserve le droit de modifier, de condenser ou de rejeter les articles, photographies ou annonces publicitaires jugées contraires aux objectifs d'un journal militaire selon la définition donnée à politique temporaire des journaux des forces canadiennes. L'heure de tombée des annonces publicitaires ou des articles est fixée à 12h le vendredi précédant la semaine de publication. Les textes peuvent être soumis en français ou en anglais; ils doivent être dactylographiés à double interligne et indiquer le nom, l'adresse et le numéro de téléphone du collaborateur. Les opinions et les annonces publicitaires imprimées par le Trident sont celles des collaborateurs et agents publicitaires et non nécessairement celles de la rédaction, du MDN ou de l'éditeur.

Annual Subscription (25 issues):
• NS: \$37.38 (\$32.50 + 15 % HST)
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• BC: \$36.40 (\$32.50 + 12% HST)
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• United States: \$45 US
• Abroad: \$65 US

Courier address:
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Publication Mail Agreement No.
40023785

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Halifax, NS
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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.

2016 Maritime Acoustic Symposium

Date: June 7-10
Location: Canadian Forces Maritime Warfare Centre

Trinity will host the biennial Maritime Acoustic Symposium at the CFMWC. This symposium will be a comprehensive forum for discussion and liaison between agencies and people involved in Undersea Surveillance and Warfare (USW). It will include domestic and international representatives from organizations that conduct operations, training, research, and scientific support. Industry and academia have also been invited to participate and will bring with them valuable information on cutting edge technology and scientific advancement. This year's theme is "Restocking the ASW Toolbox" and many presentations, forums, and sidebar discussions will focus on sharing common goals and aiding the community in advancing knowledge on platforms, weapons and tactics used throughout the USW domain. Personnel of any rank with a relevant interest in USW or acoustics are encouraged to participate. Inquiries and expressions of interest may be forwarded to the event OPI, POI Randy

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randy.musseau@forces.gc.ca.
Make Your Next Move with Ease

Time: 11:45 a.m. - 12:45 p.m.
Date: May 10, May 25
Location: Fleet Club Atlantic BMO Bank of Montreal, in partnership with Canadian Defence Community Banking, is hosting free seminars focusing on home financing. Experts will offer advice on choosing the best financing options for the military lifestyle and paying down your mortgage faster while saving money. All military personnel, DND employees and their family members are invited to attend either date. Even if you're experienced when it comes to relocating, you could learn about special options or rates available for the defence community.

Canada's Top Ten Film Festival

Date: May 2-8
Location: Central Library Paul O'Regan Hall

Created by the Toronto International Film Festival, Canada's Top Ten Film Festival showcases the best of the last 12 months in new Canadian films, and the tour stops in Halifax for the first week of May. The screenings begin at 6 p.m. on May 2 with *My Internship in Canada*, a film by Oscar-

nominated Quebecois director Phillippe Falardeau. For dates and times for the rest of the week, visit halifaxpubliclibraries.ca. The screenings in Halifax are presented in partnership with the Atlantic Film Festival.

Growing Food on Balconies, Patios and Decks

Time: 7 p.m.
Date: Tuesday, May 24
Location: Alderney Gate Public Library

Spring has arrived and gardening is on many people's minds, but you don't need a large backyard to grow your own herbs and veggies. Urban vegetable gardener Gayle Shatz is hosting a free talk on the topic of container gardening. Learn to combine flowers, herbs and vegetables in aesthetically pleasing and practical ways. For more information call 902-490-5753.

Doors Open Halifax

Time: 10 a.m. - 4 p.m.
Date: June 4-5

Doors Open Halifax is a community festival that encourages residents and visitors to spend a weekend visiting buildings of architectural, cultural and historical significance in our city. Many of these buildings are typically closed to the general

public, so it's an opportunity to learn more about Halifax's various neighbourhoods free of charge. With 30 venues participating, there's plenty opportunity to experience something new while learning about our history. Expect guided tours, special exhibits, displays and performances in particular venues. For a full list, detailed map and more information, visit doorsopenhalifax.com.

Telling the Empress of Ireland Story

Time: 7:30 p.m.
Date: Tuesday, May 31

Some say the sinking of the Canadian ocean liner Empress of Ireland exceeds even the tragedy of the Titanic disaster. Many more Nova Scotians perished in the sinking of Empress of Ireland on the Saint Lawrence than died on the Titanic, but the Empress has often been forgotten in Nova Scotia and the rest of the world. Dan Conlin, curator at the Canadian Museum of Immigration at Pier 21, recently brought the exhibit *Empress of Ireland: Canada's Titanic* from Ottawa to Halifax. Join him for a free illustrated talk about the cast of Nova Scotians who were caught up in this epic Canadian disaster.

RNZN

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gram for its ANZAC-Class Frigates. With Lockheed Martin Canada as the lead contractor, the work will be very similar to that done during the HCM/FELEX process. Many of the technical solutions and subsystems to be supplied will be based on the

work already done on our own frigates.

RAdm John Newton, Commander MARLANT and JTFA, said in addition to the general experience of sailing and absorbing naval tactics and procedures, he hopes having the chance to work with the RCN's modernized frigates and updated systems will prove beneficial to the RNZN when the sailors return home. He also commended the crews of

each ship who hosted the New Zealanders for their work in making the navy-to-navy engagement so successful thus far.

"By the same token, the young RNZN candidates have been first-rate ambassadors, eager

students and competent sailors and thus have equally carried the initiative to success. There's so much that can be done at the rank of Petty Officer and below to build these relationships between navies and between people."

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REGULUS program builds confidence in young sailors

By Ryan Melanson,
Trident Staff

SLt Stephen Romard always included the Republic of Ireland on his bucket list of places he'd like to visit, but he didn't expect that chance would through his work with the RCN.

So when word got around through his Chain of Command in HMCS *St. John's* that junior officers were being sought for the RCN's REGULUS program, to join the Irish Naval Service (INS) for a four-month stint, there was no hesitation on his part.

"I jumped at it. I definitely made it known I was very interested, and I'm glad I did," said the MARS Officer, a 2011 graduate of St. Francis Xavier University.

Since the REGULUS program's inception in 2010, more than 150 RCN personnel have participated by travelling abroad to work with our naval allies. Along with the INS, the navies of the United Kingdom, Chile, Australia, New Zealand and the United States have also received RCN sailors.

Initially implemented as a means of addressing the period of training and experiential shortfall that came along with the Halifax-Class Modernization Program, the program is being continued to keep taking advantage of the unique opportunity it presents for junior personnel.

The most recent REGULUS deployment, which included SLt Romard and SLt Jordan Hope, a member of HMCS *Montréal* and 2012 RMC grad, took place from October 2015 to January 2016. While SLt Hope spent her deployment with the inaugural crew of the newly commissioned Off-shore Patrol Vessel *LÉ James Joyce*, SLt Romard split the time between the Irish fleet's two Coastal Patrol Vessels.

This made for separate, but positive experiences for both officers, who each gained a wealth of sailing experience. The deployment included constant patrolling of both coastal and offshore waters, passage planning, bridge watchkeeping, sailing through rough sea states, and enforcing fisheries policies through multiple boardings each day.

In SLt Hope's case, on a ship with as few as six or seven officers, an operational highlight



SLt Jordan Hope.

MONA GHI/MARLANT PA



SLt Stephen Romard.

MONA GHI/MARLANT PA

was getting certain watchkeeping responsibilities for the first time.

"It gave me that experience to stand as Officer of the Watch and the confidence boost of actually being able to step into that role," she said.

SLt Romard said he especially appreciated the attention paid by his COs to ensure his experience with the INS lined up with his watchkeeping requirements and other skills he needed to build to continue his career progression.

"It was clear they wanted to help me get the most out of it. If I needed some experience with

man overboard drills, my CO said 'Ok, we're doing man overboard drills today then,' things like that made a difference."

The duo also found time to play tourist, renting a car and traversing the island during leave time, as well as experiencing the local lifestyle with Irish sailors more than keen to show their RCN friends around.

In another highlight, SLt Hope was on board as the crew of the *LÉ James Joyce* was able to welcome descendants of the famous Irish author for whom the ship was named. She said the oppor-

tunity to meet the family and learn more about the Irish literary figure helped her feel a deeper connection to her temporary home.

"We took them on board in Dublin and we had a little tea party and we chatted with them and it was just a fantastic moment to be a part of."

And both officers had no shortage of praise for the many members of the INS they worked closely with, from taking them out to get a taste of the culture upon arrival, to being kind, helpful and respectful while the RCN

sailors adjusted to their new surroundings and took on new tasks.

For other junior officers who get the opportunity to sharpen their skills through the program, whether with the INS or another ally, SLt Romard shared the same advice that Cmdre Hugh Tully, the Flag Officer in Command of the INS, gave to him when he and SLt Hope arrived in Ireland.

"Just enjoy yourself and have fun with it... If you love to sail and to meet people and get new experiences, it's going to be great."

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Le Programme d'aide à la transition de carrière des conjoints de militaires (PATConjoint)

Au CRFM H et R, nous comprenons à quel point il peut être difficile d'atteindre vos objectifs en matière d'emploi lorsque vous êtes un membre d'une famille de militaire et que vous devez composer avec des affectations fréquentes. Une affectation peut cependant vous offrir d'autres possibilités et nous sommes là pour vous aider à les découvrir. Que vous soyez à la recherche de conseils sur les endroits où trouver un emploi ou la façon d'améliorer votre curriculum vitae ou d'élaborer un plan de carrière réaliste, ou d'information sur les programmes de formation, nous pouvons vous aider. En plus de nos services actuels, nous sommes très heureux d'annoncer notre participation dans un projet pilote offert par les Services aux familles des militaires (SFM) et la Compagnie Canada (CC). Le Programme d'aide à la transition de carrière des conjoints de militaires (PAT-Conjoint) a été créé pour répondre au besoin d'un réseau national d'employeurs pour accompagner les services d'emplois locaux et régionaux déjà disponibles pour les familles des militaires à



Spring popped

Thanks to the 36 Brigade for the beautiful spring concert they had on April 10. Their performance was a huge hit to a big crowd, and even helped melt the snow.

SUBMITTED

travers les Centres de ressources pour les familles des militaires locaux. Si vous êtes un(e) conjoint(e) de militaire habitant à Halifax et région et vous êtes à la recherche d'employeurs qui sont au courant du mode de vie militaire, le programme pilote PATConjoint peut être la solution que vous recherchez. Durant la Conférence du PAT dans la région atlantique, à Halifax, au 31 mai (CRFM de Halifax et régions) et le 1^{er} juin (Halifax World Trade and Convention Centre), les conjoint(e)s de militaires peuvent apprendre de plus amples renseignements sur le programme PATConjoint. Une préinscription est requise pour diverses activités, mais il n'y a aucun frais de participation pour les militaires en service, les

vétérans et les conjoint(e)s de militaires. Pour de plus amples renseignements sur cette conférence ou le programme, veuillez téléphoner au 902-427-7788 ou visiter notre site Web : www.halifaxmfrfc.ca.

Dartmouth Yacht Club Youth Learn to Sail Program

Get your sea legs ready, grab your life vest and join the amazing folks at Dartmouth Yacht Club during their Youth Learn to Sail Program. Once again, they are offering up 11 sponsorship spots for serving CAF youth to participate in this program. Each session runs for two weeks (Monday to Friday). Youth, aged 8 to 15, who are interested are asked to submit a 250-300 word essay on why they should be chosen. Essays will be judged and the selected youth will be notified. Please send essays to sarah-jean.mannette@forces.gc.ca no later than Friday, May 20 to be entered. New applicants only, please.

Programme d'apprentissage de la voile offert par le Yacht Club de Dartmouth

Entraînez votre pied marin, sortez votre gilet de sauvetage et joignez-vous à l'équipe exceptionnelle du Yacht Club de Dartmouth durant son programme d'apprentissage de la voile. Encore une fois, le club offre de parrainer onze enfants de familles de militaires pour leur participation au programme d'apprentissage de la voile. Chaque programme dure deux semaines (du lundi au vendredi). Les enfants âgés entre 8 et 15 ans intéressés à participer au programme d'apprentissage de la voile doivent présenter un essai de 250 à 300 mots expliquant les raisons pour lesquelles ils devraient être choisis. Des juges sélectionneront les candidats et aviseront les personnes concernées. Veuillez faire parvenir vos essais à sarah-jean.mannette@forces.gc.ca au plus tard le vendredi 20 mai. Ouvert seulement aux nouveaux candidats.

What's happening at the MFRC / Quoi de neuf au CRFM

April 10 to 16, 2016 was National Volunteer Week. On behalf of the MFRC, thank you to all of our amazing and dedicated volunteers for your continued support! Du 6 au 12 avril c'était la semaine nationale des bénévoles. De la part du CRFM, merci à tous nos bénévoles extraordinaires et dévoués pour votre appui continu.

Vacation Lottery Extravaganza Winner for March and April / Gagnant de la loterie Extravaganza Vacances au soleil pour le mois de mars et avril

Congratulations to Jennifer Robb, MAROPSGRU, grand prize winner of the H&R MFRC's Vacation Lottery Extravaganza for March and PO1 Barry Thomas, 12 Wing HQ, April. Félicitations à Jennifer Robb, MAROPSGRU, grande gagnante du tirage de mars et à PO1 Barry Thomas, 12 Wing HQ, grand gagnant du tirage d'avril de la loterie Extravaganza Vacances au soleil du CRFM H et R. If your address has changed or you would like to start/stop receiving the Trident newspaper, please email info@halifaxmfrfc.ca. Si votre adresse a changé ou si vous désirez recevoir le journal Trident, veuillez écrire à info@halifaxmfrfc.ca.

Military Employment Transition Program for Spouses (METSpouse)

At the H&R MFRC, we understand how challenging it is to fulfill your own employment goals when you are part of a military family and you are faced with frequent postings. A posting could also mean opportunity and we're here to help you navigate that potential. Whether you are looking for tips on where to find employment, how to improve your resume, information on training programs or developing a realistic career plan – we can assist. In addition to our current Employment Support services, we are very pleased to announce our participation in a pilot project being offered by Military Family Services (MFS) and Canada Company (CC). The Military Employment Transition Program for Spouses (METSpouse) was created to address the need for a national employer network to accompany current local and regional services already being offered through MFRCs. If you are a military spouse living in Halifax and region, and you are looking for employers who understand your life circumstances as a military spouse, the METSpouse program pilot may be just what you are looking for. During the Atlantic MET Conference, held in Halifax, May 31 (H&R MFRC) to June 1 (Halifax World Trade and Convention Centre), military spouses can learn more about METSpouse. The event is free for military members, veter-

ans and military spouses, and pre-registration is required. For more information on this event or the program, please contact 902-427-7788 or visit www.halifaxmfrfc.ca

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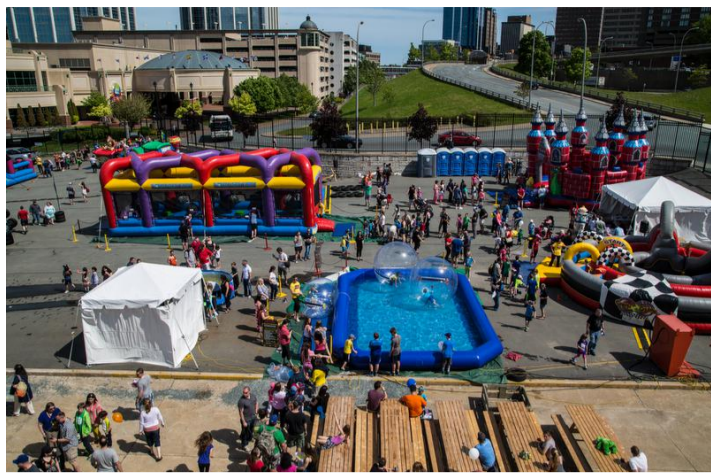
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Family Days 2016: A celebration two decades in the making

By Ryan Melanson,
Trident Staff,

Get ready for another two days of family fun for our military community. The 20th Annual DND Family Days, hosted by Personnel Support Programs of Halifax and presenting sponsor Sobey's, will be held from June 17-18 at HMC Dockyard. As always, admission will be free for our serving military members, DND and NPF civilian employees and their families, with rides and the chance to win impressive door prizes also free of charge.

Since its inception in 1996, the event has grown steadily, to the point where about 21,000 guests



Inflatable amusements, games and children's entertainment make the area just south of HMCS Scotian a popular site during Family Days.

SLT J.C. OLIVIER

are expected to attend over the two-day period. It's the largest event of its kind for DND families, said Joni Sawler, PSP Halifax Senior Manager and Chair of the Family Days Committee.

"And with it being our 20 year anniversary, it's creating for us, and I hope for the families too, a level of excitement about the tradition and how this event has really grown over the last two decades."

"We're proud of it and proud of what we've been able to accomplish, and we hope that resonates with the people we're here to serve."

Many of the always-popular activities will be returning, with bouncy castles, face painting, cookie decorating, barbecues and petting zoos all planned. The young ones can also educate themselves with the opportunity to go on board an RCN ship, check out the inside of a Sea King Helicopter, on even take a ride on a RHIB.

Last year's event also brought family days back inside HMC Dockyard and included HMCS Scotian for the first time in a number of years, giving the celebration an authentic Armed

Forces feel, with children and other family members enjoying themselves alongside the ships, workshops and other buildings that keep the fleet running.

"It's special for the kids to be able to see where mom and dad really work and the ships that they might serve in," Sawler said.

And while the event is still nearly two months away, planning is well underway, with exciting changes and new sponsors coming on board, so expect more information in the coming weeks, including live music and other special guests.

It's the efforts of people all across the formation that make it happen, from the PSP employees and Corporate Sponsorship staff, to CANFLTATL units, BLog, 5Div and 12 Wing Shearwater, to safety support from Military Police and DND Fire Services, and many more who take the time to make Family Days a great celebration.

"Leading up to the event, there's so much that happens behind the scenes. We rely heavily on the efforts of all the units, even though it's a PSP event. Everybody chips in," Sawler said.



Ebola medal presentation to 1 Canadian Field Hospital personnel

CFB Halifax Base Commander Capt(N) Chris Sutherland presents members of 1 Canadian Field Hospital with the Ebola Medal on March 30, 2016 at Juno Tower for tours of duty on Rotos Zero and One of Operation SIRONA in West Africa.

"On 24 April 2015, Her Majesty The Queen approved a proposal for the issue of a special medal to recognise service by civilian and military personnel involved in the response to the Ebola crisis in West Africa. The Ebola Medal for Service in West Africa was created to award individuals who tackled Ebola on behalf of the UK in West Africa."

From left to right: CFB Halifax CPO, CPO1 Robert Brown, Maj Jennifer Lawton, Lt(N) Jaime Vickers, Capt Samantha Drew, Capt Jillian Cross, Lt(N) Shelly Maynard, Capt Bradley McCallum, and Capt(N) Sutherland.

WO JERRY KEAN/SCDN DIV HQ PUBLIC AFFAIRS

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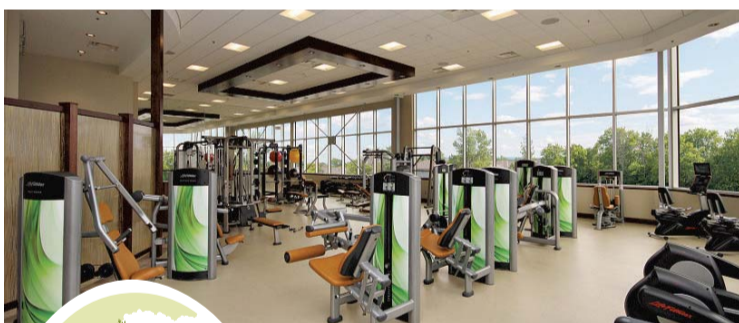
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Lépine is proud to sponsor Hero's Ridge "a home away from home" inside the Canadian Tire Centre for this region's military families.



Students get hands-on experience with FMFCS outreach program

By Ryan Melanson,
Trident Staff

Grade-nine student Jamelia Brooks has been spending her Thursdays a little differently lately.

Rather than being in class as usual at Graham Creighton Middle School, Brooks has been visiting the crew at FMF Cape Scott along with five classmates, learning about the different trades and types of work done at the facility, the amount of maintenance work needed to keep the RCN fleet operational, and getting some hands on experience with machinery, hand tools and even welding under the expert eye of tradesmen.

Known as Operation Deep Reach, the community outreach program at the Dockyard shop has been happening in some form since 2008 as a way to offer new

experiences and possible future career opportunities for students who might not get the chance otherwise.

On April 7, students were working with Cape Scott production employee Adrian Jones in the pipe shop to build personal camping chairs. Jones took the kids through the basics of cutting plastic pipe; staying straight, keeping calm, using precise measurements and cutting with full strides, and then let the students have at it.

"The work can be dangerous, so we have to be really careful. It's fun though, everybody's nice to us," said Brooks, suited up in full safety gear with the rest of the students. In fact, the students' initial trip was composed mainly of safety briefings and being fitted for equipment. The goal is for students to have fun and

maybe even develop an interest that could lead to a career path one day, but it needs to happen safely.

Other activities included a trip to the sheet metal shop, where the group built trinket boxes to hold their mobile phones (a highlight so far for the teens) and they'll also get the chance to see other departments and tour an RCN ship before the program is over.

The program is targeted at African Nova Scotians and other minority groups that are underrepresented in some of the trades employed at Cape Scott. School support worker Ian David said the schools do their best to identify keen students who are strong in science and math.

"But we want to bring the kids who have an interest in doing things hands on, who might enjoy it the most," he said.



From left, Graham Creighton Middle School students Jalen Cain, Jajuan Fraser and Kayvont Johnston listen to instructions from Adrian Jones in the FMF Cape Scott pipe shop on April 7.

RYAN MELANSON/TRIDENT STAFF

Project leader Jacques Suave has seen the program running with students from different schools for nearly 10 years, and said the experiences have been overwhelmingly positive on all sides, with the workforce also having some fun showing students the ropes.

"The program's been going since 2008, so we've got kids who've been here with us who are now off at college or university. It would be nice to see some of them end up here again someday," he said.

And even if the students come away from the experience without a real interest in the trades, they still get the chance to learn more about the military environment and continue to build the relationship between CFB Halifax and the outside community.

At the very least, a day at Cape Scott is probably pretty attractive compared to the classroom.

Jamelia Brooks seemed to agree. "We get to do something really different, so we have fun here," she said.



Prizes awarded to winners of SISIP raffle

Two lucky attendees of the recent *The Wealthy Barber Returns* event with CBC *Dragons' Den* star David Chilton have received their prizes after their names were picked from the free raffle draw. Capt Reg Surette, left, won \$500 to go towards a tax-free savings account or RSP while Lt(N) Jeremy Day, right, came away with a \$250 CANEX gift card, with SISIP Financial. SISIP Halifax branch manager Jim Boylan making the presentation.

RYAN MELANSON/TRIDENT STAFF



Exploring healthier choices at CANEX

In preparation for its upcoming relocation, CANEX is exploring healthier choice product options for its new storefront at Stadacona. With the help of the MARLANT Nutritional Wellness Working Group and Kimberley Goudey, MARLANT Business Management Analyst with N7, CANEX recently conducted five focus group sessions to determine the types of product options military and civilian personnel would be interested in purchasing on Base.

This is an exciting opportunity and we appreciate all the volunteers who took the time to participate in the focus groups. To reflect our appreciation, the names of all focus group participants were entered into a draw for a \$100 CANEX gift card. Glenn Banfield, CANEX Regional Manager, presents the gift card to winner LS Myles Rice of Base Logistics.

RYAN MELANSON, TRIDENT STAFF



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Storybook ending for Halifax women's hockey captain

By Ryan Melanson, Trident Staff

You couldn't have scripted a better ending to WO Charlene Arsenault's CAF hockey career.

Up against the Prairie team in the gold medal game at the CAF National Women's Hockey Championship on March 24, the Halifax Mariners trailed 1-0 with just 38 seconds left in the third period.

With her 89-year-old hockey fanatic mother in the stands cheering her on, along with a number of other family members, WO Arsenault, who isn't a typical goal-scorer, netted the tying goal in the final seconds, sending the game to overtime.

"None of us were giving up until the end, but it wasn't looking good," said WO Arsenault, who has been a regular on the team since women's hockey became an official CAF sport in 1999.

"It was just amazing that I scored that goal."

Naturally, she was able to look up and see her family going wild in the crowd. As the overtime period began, others in the Borden arena even got behind the Mariners, getting swept up by the cheers of the Arsenault family.

WO Arsenault, the team cap-

tain, again contributed to the final play, getting the assist on the goal that put the Mariners up 2-1 and secured the gold medal, the first at nationals for the Halifax women since 2009.

And just as she did then, she got a photo with her mom and the trophy following the win, while also handing over her gold medal to the woman who raised her and spurred her love of hockey at a young age on Prince Edward Island.

"I would have been happy just to make it to the finals for my mother. It's time to end the hockey career for me now because I really couldn't ask for anything better than what happened. It was overwhelming," she said.

Of course, much credit for the win goes to the rest of the Halifax squad on the ice as well, including four players picked up from 14 Wing Greenwood for nationals. Special credit is due to Lt(N) Victoria Barry, who picked up the tournament MVP award for her goaltending work and kept the Mariners competitive through close games in a very tight tournament.

"We wouldn't have been in that position without her. She was phenomenal," WO Arsenault said.



Atlantic Region, represented by CFB Halifax, are declared the 2016 Canadian Armed Forces Women's Hockey National Champions at Andy Anderson Arena, CFB Borden, on March 24. Atlantic region was victorious over the Prairie Region in over-time with a final score of 2-1.

CPL MICHAEL TERRY, BORDEN IMAGERY

A lot of effort was put into forming a cohesive group in the short time to prepare between the regional and national tournaments, and team-building both on and off the ice made for a group where everybody played an important role, with the captain also giving kudos to PSP fitness and sports instructor Jordan MacKeigan for taking on coaching duties by herself.

As a veteran with a number of

exciting memories under her belt, WO Arsenault also did her best to encourage the rookies and younger players to appreciate the opportunity and give it their all. She said she believes any military member has what it takes to be a leader when it comes to sport.

"And this is nationals, it's not just any tournament. You're getting the opportunity to do this in the military and you're getting

paid for this. So we try to get everybody involved."

The drive to impart some wisdom might have been even stronger this year as the team captain prepares to hang up the skates. She loves the sport, and will likely still play in the civilian world and return as a coach, but after 17 seasons with the Mariners, she's ready to move on.

"I've had a good run. It's time for someone else," she said.

Meet your PSP fitness and sports staff: Jason Price

By Ryan Melanson, Trident Staff

He recorded a debut album in Nashville and has shared the stage with some big names in Canadian country music, but Jason Price's budding music career came about mostly by accident.

He ended up on stage at a local open mic night on a whim after picking up a guitar for the first time just a few years earlier, and enjoyed himself enough to go back and start taking performing more seriously. Before long, he started to make a name for himself as a local country talent.

Price, also a PSP Fitness and Sports coordinator at 12 Wing Shearwater, soon teamed up with a producer with connections to the industry in Nashville and began the process of recording his first album, *Grits, Guts and Country Pride*.

"If I was going to do it, I wanted to do it right. So I went down to Nashville and banged one out with some real wicked musicians," he said.

But when he's not on stage or in the studio, he's still a member of the PSP team, and has been for more than 10 years. He first came on board as a fitness instructor after a successful stint as an athletic therapist at the hockey major junior level, working with Canada's national team as well as the QMJHL's Cape Breton Screaming Eagles.

From the beginning and in his current role, he said the biggest draw of the job has always been the chance to work in support of the men and women of the CAF.

"My dad was a search and rescue pilot, so I grew up around the military environment and I was one of the kids coming to the gym all the time growing up. To be here now and help those guys

get better at their job, that's the most gratifying part of it for me."

He even recorded a tribute to SAR personnel titled *That Others May Live (The Chopper Song)*, and the music video for the track so far has thousands of views on Facebook.

Between everything else, Price is also a dad to his four kids, and still manages to get on the ice for hockey at the Shearwater Arena from time to time. As for his music career, he said he's still working hard promoting his album when he can and playing live multiple times a month. So far, he's had milestones like performing on the Canadian Country Music Awards stage with country star Michelle Wright, or at the George Jones bar in Nashville in front of the late country legend's wife Nancy.

While he can't say for sure what's in store for the future, Price said he's going to keep



PSP Fitness and Sports Coordinator Jason Price is also a country music artist beginning to make a name for himself.

MARK MARYANOVICH

going and see where the music takes him.

"Things are still growing

quickly and I've been really lucky with the way things have come together so far."

PSP staff undergo deployment training in Halifax

By Ryan Melanson, Trident Staff

PSP personnel have been deploying in support of CAF operations for more than 15 years, allowing members to access some of the

PSP services they enjoy at home while serving abroad or at sea.

But there are risks that come along with deployments, and military members have different needs and different stresses while deployed, so more training is

needed before civilian staff members can deploy in those scenarios.

Ten PSP fitness and sports instructors from bases and wings across the country, along with PSP deployment training staff, gathered at CFB Halifax from April 17-22 for the PSP Deployment Support Shipboard Training

and Selection Course, designed to prepare personnel to deploy on an RCN ship for exercises or operations.

This particular course provided job-specific training from PSP, such as an overview of different types of CAF operations, client services skills, recreation pro-

gramming, and other add-ons to the existing set of expertise that the instructors already have. It's about putting the instructors in the best position possible to serve military members and provide an extension of the usual support that

See TRAINING / Page 10

Fitness and sports updates

By Trident Staff

We are looking for players / goalies for our Base Ball Hockey Team. Practices are Tuesdays and Thursdays beginning May 3 from 8-9:30 a.m. at Shearwater Arena. The league: Molson Ball Hockey League, one evening per week (times vary). Regionals are June 20-24, 2016 in Shearwater. Nationals are a lot earlier this year,

July 23-28 in Borden. For more information, please contact Jonathan Berg, Fitness and Sports Coordinator, CFB Halifax at Jonathan.berg@forces.gc.ca or telephone 902-721-8418.

Tryouts for the 2016 CFB Halifax base slo-pitch team start on Tuesday, May 3 at 3 p.m. at Windsor Park Fields. Any questions can be directed towards PO1 Aaron Rogers, HMCS Halifax or CPO2 Scott

Osborne, HMCS Toronto.

The CFB Halifax women's slo-pitch team is looking for a coach/assistant coach. The time commitment is a game and a practice or two each week. Please forward your coaching resume to Margaret Craig at Margaret.craig@forces.gc.ca

As of April 1, the new E-fit system and introduction of the Incentive Program will be used by PSP staff to complete all regular Member FORCE

evaluations. What does this mean for you? Attend one of the opening briefings on these dates to get more information. Tuesday, May 3, 1:30 p.m. in the CFMWC Theatre; Wednesday, May 4 at 10 a.m., CFMWC Theatre.

COTW Basketball is from May 9-13.

COTW Slo-pitch is from May 16-20.

COTW Ball Hockey will take place June 6-10 in Shear-

water Arena. Deadline to submit a team is NLT 9:30 a.m. on Tuesday May 31.

The noon recreational bowling league is at the base gym bowling alley every Monday, Wednesday, and Friday.

Check out the new classes at STADPLEX. Mondays: Learn to run. Wednesdays: Yoga. Thursdays: Learn to run. (moved from Friday). All classes begin at 7:30 a.m. at STADPLEX.

COTW STANDINGS 2015/2016

COTW Units	SOCCER	FIT	RUN	BADM	SQUASH	B. Soc	CURL	HOCKEY	V BALL	BOWLING	FL H	BBALL	SWIM	B HOCK	SLO PIT	GOLF	POINTS	PLACE
5 Cdn Div / Hlth SVCS	80	90	70	35	90	60	90	95	45	55							730	1st
CFNES	65	45	40	80	60	30	75	110	90	85							680	2nd
CFNOS	50	20	55	65	45	75	30	50	75	70							535	3rd
BADM / MARLANT / MP	0	10	0	50	75	20	0	80	30	100							365	4th
CFMWC / FMFCS	40	75	25	20	20	45	45	30	10	30							340	5th
TRINITY	20	60	10	0	30	10	20	65	60	40							315	6th
BLOG/ BCE	30	30	0	0	0	90	60	40	20	0							270	7th



FANFIT participants of all ages came out to test themselves alongside Canadian Olympians, aspiring Olympians, and Olympic alumni. During the event, 600 fans, participants, volunteers, and supporters arrived at the Canada Games Centre to watch and participate in FANFIT. From left to right: Zachary Ma, Lt(N) Andrew Davies, LCdr Jon Lee, Rory Kennedy, Lt(N) Shawn Butt, LCdr Graham Hill, Lt(N) Youngjun Hwang, Michael Charlton, Sam Karklins, and Paul Marshall.

SUBMITTED

MARLANT teams participate in the FANFIT Challenge

By LCdr Graham Hill,
XO HMCS Preserver

A team of engineers and a team of firefighters represented MARLANT at the annual Halifax FANFIT Challenge on March 26, 2016. FANFIT is a fundraiser for the Canadian Olympic Foundation which was founded by Andrew Russell (2008 Summer Olympics sprint canoer) in 2014. It gives athletes the opportunity to push themselves harder, faster, and further than ever before alongside current and aspiring Olympians over the course of five events.

The five events included an agility test, vertical jump, 1000m row, 5 min plank, and finally the

beep test. CFB firefighters ended up winning the event, and the Float Move Fighters (engineers) finished right behind them in second place. LCdr Jon Lee of the Float Move Fighters also won his age class (Male 36-49). Both teams would like to acknowledge the support of the Steele Auto Group which sponsored DND participants in the FANFIT for a second consecutive year. The teams attributed their success to one of the stations being the beep test (20M shuttle run), where their still ingrained muscle memory kicked into high gear. They are now petitioning the organizers to include push-ups at next year's event.



LS Ryan Wood leads PSP fitness and sports staff as they train in immersion suits during a deployment training course at STADPLEX on April 21.

RYAN MELANSON/TRIDENT STAFF

Training

continued from / Page 9

PSP offers in Canada.

"It's also about relieving operational stress, to provide those morale and welfare opportunities and recreation. It's to keep that healthy and balanced lifestyle while deployed," said Nancy Labelle, PSP Deployment Operations Manager.

"In addition to that, the RCN provides the critical sea survival training that keeps them safe at sea should they deploy on a ship

in the future," added Chris Giacobbi, PSP's Deployment Training Manager.

On April 21, LS Ryan Wood led the PSP group through survival exercises at the STADPLEX pool. Instructors donned immersion suits and inflatable PFDs, going through a number of procedures and drills. They also took turns playing the role of casualties who needed to be assisted by the others in the water. They're scenarios that hopefully won't ever become reality, but that doesn't make preparation less important.

"For all the inherent risks and dangers that are associated with

each deployment, it's just important for them to receive the proper training for any operation we support," Giacobbi said. Other training courses exist for land-based deployments as well; PSP staff can deploy to support any CAF operation or exercise.

By the end of the week, the instructors completed the course and were prepared to deploy on board an HMC ship in support of the RCN should the opportunity arise. Giacobbi said the support in Halifax through the week was outstanding, with both PSP Halifax staff and RCN representatives ready and willing to help as needed.

Large turnout for Dockyard Fleet Fun Run

By Ryan Melanson,
Trident Staff

The sun was shining on one of the first warm mornings of the spring as the first Dockyard Fleet Fun Run/Walk of 2016 took place on the morning of April 21. An impressive turnout of just under 500 CAF members gathered in front of D-166 for the quick workout in support of the MARLANT Health and Wellness initiative,

with large fleet representation and personnel also being bussed in from other CFB Halifax locations.

"This is something we do to relax and be social and have some fun with our exercise, said HMCS Preserver CO LCdr Vicky Marier in delivering a few words to the crowd before the PSP-led warmup. PSP Halifax organized the run in partnership

with Preserver, the Health and Wellness Champion unit for the Atlantic Fleet, as well as QHM, the base Health and Wellness unit.

The events aren't about competition or being the first one to complete the course, which runs from D-166 to the boardwalk's Wave sculpture and back, but about getting a large base contingent together for some fun phys-

ical activity. Having hundreds of personnel jogging in unison along Upper Water Street at 8 a.m. also projects a healthy CAF image for the public.

PSP Fitness and Sports coordinator Kevin Miller used the occasion to remind runners about the 31st annual Navy 10K run, and said registration for the popular event will begin in May. This year will include a 1.25km and 2.5km kids' run alongside the

5km and 10km distances for the main event. Promotions around early bird pricing will be announced soon.

For the next base Health and Wellness event, June is Recreation Month and PSP will host a Spin-a-thon event on June 7 in support of Bike Week. For information about either event, contact Kevin Miller at Kevin.Miller3@forces.gc.ca or 902-721-8411.

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**MAY 6
CAPE BRETON
KITCHEN PARTY**
Centre 200
Sydney

**MAY 7
OPEN BREWERY
DAY**
Visit Your Local Brewery
Nova Scotia

**MAY 7
SUGAR MOON
EVENT**
Sugar Moon Farms
Earlton

**MAY 8
STILLWELL OPEN**
Stillwell
Halifax

**MAY 8
RACE THE KEGS**
Gahan House
Halifax

**MAY 10
A WALK IN
THE PARK**
Battery Park
Downtown Dartmouth

**MAY 11
BEER COCKTAIL
FACE-OFF**
The Auction House
Halifax

**MAY 12
THE SCIENCE
OF BEER**
Discovery Centre
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**MAY 12
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**MAY 14
FULL HOUSE**
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Investing in a healthy retirement



By Annette Huyter,
Manager, Health Promotion
Services

Always on the lookout for individuals actively engaged in healthy lifestyle behaviours, MS Alec Murphy came to our attention. In addition to being a regular attendee at the noon PSP Fitness classes offered at STADPLEX, we also noted that he was registering for a wide variety of our Health Promotion (HP) workshops and programs. Investigating a bit further, we learned that Alec is on a permanent medical category and will be medically released this year. Recognizing the potential stress associated with such a significant life change, we were impressed by the steps that he was taking to increase his resiliency and invest in his physical and mental health. He generously offered to tell us about his experience.

1) Please tell me about your medical release.

I received my disclosure package and sent in my request for

accommodation. My request has not been supported, so I am presently waiting on my release message from Ottawa. I have been ashore for almost six years on various T-CATs and now a P-CAT.

2) What has been the highlight of your military career?

The highlight of my military career was probably my first deployment to the Gulf in 2001. This was my last trip as an operator and I managed to complete half of an unwanted shore posting at sea. It was during this deployment that I managed to find a way to remuster so that I could again be excited about coming to work.

3) PSP Health Promotion (HP) courses are behaviour change and life skills-oriented. Did you take any HP programs or workshops? Give an example or two of a skill or technique you learned and will continue to use?

I have taken many courses and seminars from HP such as the Managing Angry Moments program and the Power Bars and Shakes Nutritional Wellness Taste and Learn. I have learned some of my trigger points and how to keep them from affecting my everyday life. I have also learned some different eating tips such as the difference between a



MS Alec Murphy

granola bar bought from the store and a power bar that I make on my own.

4) Change can be stressful. What positive coping behaviours do you plan to practice during this time of transition?

Because I have been in the

Navy for almost 27 years, I really do not know what to expect when I leave the military. Since hearing that my request for accommodation is not being supported, I have been a little on edge because of the unknown. Some of the training has helped me to

find coping strategies so that I can look on the bright side of things. PSP Fitness and Sports and HP have helped me to decide better ways to eat and exercise. I have not given up on everything. I use what I learn in my everyday life right now and plan to keep it up when I am retired. I practice various healthy eating methods and exercise so that when I leave the military, I will have the information and skills to enable me to live a much more productive life. Although skeptical during my first seminar with HP, they have proved to be a very useful resource.

5) What advice would you give someone who is thinking about making a healthy lifestyle?

Between PSP Fitness & Sports, HP and the LCC, there are many courses and seminars for the military member to take. PSP HP offers many courses and seminars geared toward a healthy lifestyle. Your Unit HP Rep has a list of those programs available. I have found these by both using the PSP website and through an email from my Unit HP Rep. I recommend that you take as many as possible to give yourself a wider understanding of achieving a healthier lifestyle. All of what we need is made available to us, all you have to do is look a little and you will find it. It is not difficult at all to use a search engine.

La Bataille de l'Atlantique (1939-1945)

Padre's Corner

Par Padre Lt(N) Sébastien Dupont,
MFRC and JPSU/IPSC Chaplain

La bataille de l'Atlantique a été la plus longue bataille de l'histoire et elle fut un enjeu stratégique déterminant lors de la Deuxième Guerre mondiale. La Marine royale du Canada (MRC) est reconnue pour ses exploits dans la bataille de l'Atlantique et sa contribution fut cruciale pour la victoire des Alliés.

Dans les derniers mois de la guerre, la MRC avait augmenté son personnel jusqu'à atteindre environ 95 000 membres et la

flotte engagée dans la bataille de l'Atlantique comprenait près de 270 navires. Le Canada possédait alors la troisième plus importante marine au monde après celles des États-Unis et de la Grande-Bretagne.

Au cours de ces opérations, la MRC a escorté plus de 25 000 navires marchands (qui ont approvisionnés nos forces alliées) et détruit 31 sous-marins ennemis. Pour sa part, la MRC a perdu 24 navires de guerre et 2000 membres dans l'Atlantique Nord. Sans oublier les marins de la marine marchande canadienne qui ont perdu un homme sur dix parmi les 12 000 qui ont servi à bord de navires marchands canadiens et alliés. Nous avons

aussi perdu plus de 900 membres de l'armée et de l'aviation royale canadienne.

Pour la commémoration de la Bataille de l'Atlantique, prenons le temps d'honorer la mémoire de toutes les personnes qui ont donné leur vie avec tant de bravoure au service de notre pays. Pour tous ceux et celles qui le veulent, nous pouvons même prier pour toutes les personnes qui ont participé à la Bataille de l'Atlantique.

Maintenant, puissions-nous accomplir notre mission dans la paix et la sécurité tout en demeurant vigilants et alertes. Et lorsque notre devoir sera complété, que le Seigneur nous donne la fierté du devoir accompli.

3rd Annual Colour Me Green Mental Health Awareness Week Event



By Health Promotion Staff

In support of the MARLANT Health & Wellness Strategy and Mental Health Awareness Week, the Social & Mental Wellbeing Working Group is hosting the 3rd Annual Colour Me Green event.

Recognizing the key role that prevention and early intervention plays in our ability to stay in the green or healthy phase of the Mental Health Continuum Model, this event is designed to help increase awareness about local helping professionals and to decrease the stigma often associated with ask-

ing for help. The event is being held Thursday, May 5, 2016, 1-3:30 p.m. at the Sea King Club (Junior Ranks Mess, 12 Wing Shearwater). Opening remarks will be provided by Capt(N) Moss, MARLANT COS, Col Allan, 12 Wing Commander and Kathy Banfield, CHR-SC(A) Director. Activities will include military and civilian guest speakers, more than 20 mental health information displays, musical entertainment, and prize draws. Transportation service will be available from Dockyard and Stadacona. Please check the event poster on the MARLANT Splash-Page for further details. For more information about the event, please contact Annette Huyter, Health Promotion Services Manager at 902-722-1849.

Premier visits 12 Wing for announcement in support of CAF personnel

By Ryan Melanson,
Trident Staff

Sgt Elliot Proctor has more than 15 years of experience driving heavy trucks and other vehicles for the CAF. He's traversed the ice roads of Tuktoyaktuk in tractor-trailers, driven across Canada on full-size commercial buses, and has all the experience Nova Scotia's labour-strapped trucking industry is on the hunt for.

Up until now, however, getting those skills recognized in the civilian world hasn't been so easy, requiring a significant amount of time and money to get accredited upon retirement from the CAF.

A recent move from the provincial government is eliminating the need for that process in the hopes of making the transition to

civilian life easier for military men and women, while also potentially boosting Nova Scotia's civilian workforce.

Premier Stephen McNeil visited TEME facilities at 12 Wing Shearwater on April 20 to announce that CAF members with a current DND 404 permit will now automatically be accredited for the equivalent civilian licenses.

For Sgt Proctor, who's in the process of ending his military career, and many others in similar situations, the change is significant.

"Otherwise, it would have cost me \$5000 to take the accredited course, even though I have experience driving tractor-trailers for more than 15 years," he said.

"Now I can do the same job on civvy street."

The premier said he hopes the move will encourage members posted to Halifax or Greenwood to stay in the area when they enter the civilian world. He described Armed Forces personnel as some of the most highly trained and experienced workers in the country.

"If they choose to work in Nova Scotia after their tenure in the Canadian Forces, we'd be lucky to have them and we should do what we can to support them," he said.

The change is effective immediately and follows similar moves from the provinces of Ontario and Alberta in 2015. Manitoba, Quebec, and Newfoundland and Labrador also recognize the DND 404 license as accredited in the civilian world. In Nova Scotia, it applies to Regular Force

and Primary Reserve members, provided they held the 404 permit for at least two years. Members who have retired in the last three years are also eligible.

One of the catalysts for this change beginning to happen across the country is the lobbying efforts of Helmets to Hardhats Canada, a non-profit that works to provide opportunities for retired military personnel entering the building and construction industries. BGen (Ret'd) Greg Matte, the organization's executive director, was on hand at TEME to thank the premier for the move, along with Capt(N) Chris Sutherland, Base Commander CFB Halifax.

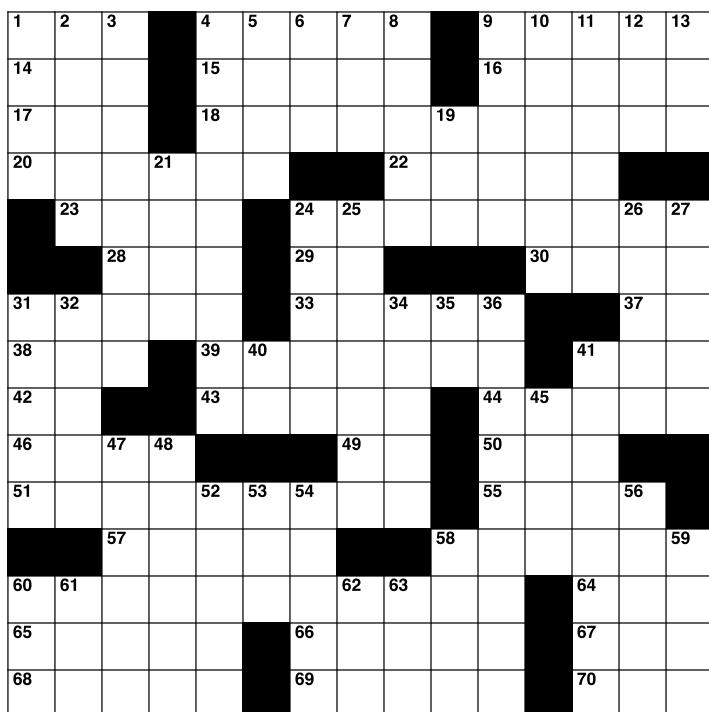
Capt(N) Sutherland applauded the province and highlighted the contribution retired CAF members generally make to their

communities and civilian workplaces.

"And aside from their chosen trade, they bring respect, discipline, organizational abilities and leadership, which are skills that aren't easy to develop," he said.

Premier McNeil said he sees the accreditation change as a first step, and that the government is exploring other areas where military skills and training could be made more valuable in the civilian world. He said programs to support military spouses looking to enter Nova Scotia's workforce after a posting are also a possibility.

"We want and require your skills and training to be part of growing our economy, but what's very important is we want your families to be here as well," he said.



CLUES ACROSS

- 1. Satisfaction
- 4. 18th Hebrew letter

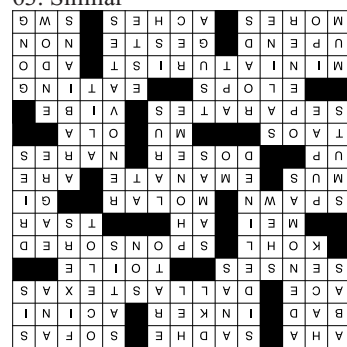
9. Couches

- 14. Severe
- 15. Makes comic books

- 16. Grape
- 17. Handle perfectly
- 18. Home of J.R.
- 20. Everyone has these
- 22. Linen
- 23. He owned the Bucks
- 24. Supported
- 28. River in Guangdong
- 29. Exclamation of surprise
- 30. Nicholas II was one
- 31. Comic antihero
- 33. In the back of a mammal's mouth
- 37. Joe is a famous one
- 38. Impressionist painter Italo
- 39. Send forth
- 41. They ___
- 42. Not down
- 43. Computer program I-___
- 44. Nostrils
- 46. County in New Mexico
- 49. Letter of the Greek alphabet
- 50. Russian river
- 51. Sorts
- 55. A feeling (slang)
- 57. Type genus of the Elopidae
- 58. Ingesting
- 60. Paints small things
- 64. Trouble
- 65. Turn on its end

- 66. Story (archaic)
 - 67. Negative
 - 68. Manners
 - 69. Hurts
 - 70. IBM's software group
- CLUES DOWN**
- 1. Greek sophist
 - 2. Diacritic mark
 - 3. Tumors
 - 4. Can't play
 - 5. Dabbling ducks
 - 6. Dekaliter
 - 7. The world of the dead
 - 8. Greek Muse
 - 9. Estate in Dickens
 - 10. Wild cat
 - 11. Menders
 - 12. Comedienne Gasteyer
 - 13. Female sibling
 - 19. Man-child
 - 21. Tommy Dorsey's trumpeter
 - 24. Mesopotamian deity
 - 25. Speech sound
 - 26. Bore
 - 27. Designer van Noten
 - 31. Small flakes of soot
 - 32. Insects
 - 34. Genus of gulls
 - 35. Indicates position

- 36. Fixes up
- 40. Homer's bartender
- 41. Riding horses
- 45. Dismounted
- 47. Unlocks cans
- 48. Salty
- 52. These are for cars
- 53. Mentally quick and resourceful
- 54. Hemlock
- 56. Give qualities or abilities to
- 58. This (Spanish)
- 59. Chime
- 60. Uncommunicative
- 61. A stock sale
- 62. Leisure (slang)
- 63. Similar



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