



A maritime milestone

First Cyclone flight trials at sea
Pg. 7

Anzac Day in Halifax

RNZN sailors get a taste of home
Pg. 8



PSP fitness instructor making waves at sea
Pg. 9

Monday, May 16, 2016



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TRIDENT

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



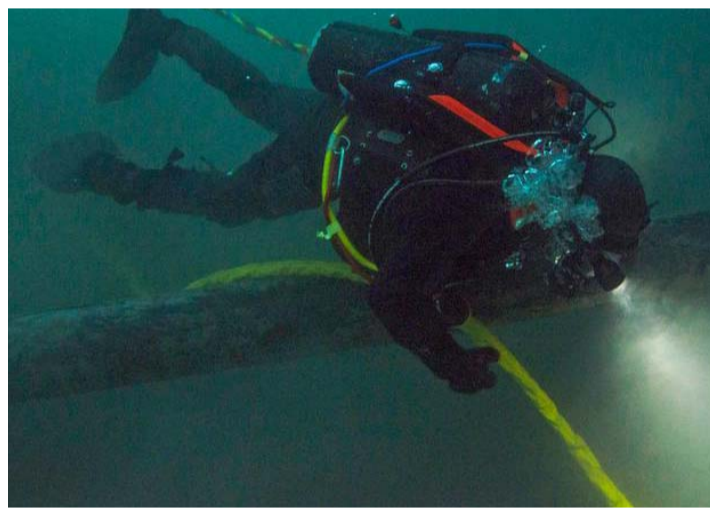
Clearance Divers and Port Inspection Divers from FDU(A) dive under the ice in the Arctic Ocean at Canadian Forces Station ALERT during Operation NUNALIVUT, April 15, 2016.

CPL CHRIS RINGIUS, FIS HALIFAX



Clearance Divers and Port Inspection Divers from FDU(A) take down the dive site after completing the fresh water pipe inspections at Canadian Forces Station ALERT during Operation NUNALIVUT, April 9, 2016.

CPL CHRIS RINGIUS, FIS HALIFAX



Clearance Divers and Port Inspection Divers from FDU(A) dive under the ice to inspect fresh water intake pipes for Canadian Forces Station ALERT during Operation NUNALIVUT, April 8, 2016.

CPL CHRIS RINGIUS, FIS HALIFAX

Building Arctic capabilities on Op NUNALIVUT 2016

By Ryan Melanson, Trident Staff

Operation NUNALIVUT 2016 recently wrapped up in and around Resolute Bay and CFS Alert, Nunavut, and once again, divers from FDU(A) successfully conducted dives through thick ice into freezing arctic waters.

While they didn't have the national spotlight that came with 2015's historic dives to the site of the HMS *Erebus* wreck, it was still a memorable experience and an important mission in terms of continuing the presence of the CAF in the Arctic and building further proficiencies for diving in austere environments.

For MS Rebecca Gallant, travelling to CFS Alert for the first time and getting her first chance to plunge through six feet of Arctic ice into the water below, it was a mission she won't soon forget.

"It was really quite amazing, for me, just being that far north,

which is something people don't get the opportunity to do often."

"People got their hands on experience, continuing to set up the same gear for ice diving again and again. It's something we might only have the chance to do a couple times a year, so that's very helpful."

The divers had two main tasks for their dives during the operation. First, diving on a lake near CFS Alert, they used an HD camera to check freshwater intakes.

"Just to check and see how well the pumps were working and cleaning out the lines," said PO2 Evan Beaton, who was a part of Op NUNALIVUT for the second year in a row.

During the second week of the deployment, divers set up camp nearly a kilometre offshore, diving within reach of massive icebergs. Their objective was simply to conduct dives for multiple days, which they did from 8 a.m. to 4 p.m., with each of the

eight divers from FDU(A) getting a chance.

"Just to be able to dive and spend 20 minutes or a half hour, and cycle everyone through, that's a success. And we could have sustained that for several more days if it was required," PO2 Beaton said.

For divers, the main challenges that come with an Arctic deployment are logistical ones. As MS Gallant explained, diving is diving, and the same equipment is used whether deployed in warm climates, diving at home in Halifax, or at CFS Alert, which is further north than any other populated region in the country.

"Once we get up there, the diving's the easy part," she said. Issues are more likely to arise during the planning stages, whether it's securing the proper gear to deal with the freezing temperatures or scheduling transportation with the RCAF.

"We have to duplicate a lot of

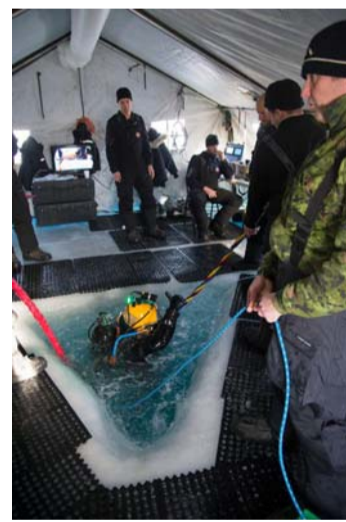
our equipment, because there's no local shop where we can go borrow supplies or anything," PO2 Beaton added.

"With the high pace of the unit here and multiple assignments on the go, it can be a logistical challenge to make sure we have what we need in the event that something fails."

Everything went smoothly, however, with no equipment or transport issues, and the group arrived back in Halifax on the date originally planned, which PO2 Beaton said can be rare for Arctic deployments. He also spoke highly of the Canadian Rangers who played a role in Op NUNALIVUT this year, and the entire crew of personnel at CFS Alert.

"The accommodations were fantastic. The support we got

See OP NUNALIVUT / Page 4



A Canadian Forces Clearance Diver surfaces from an ice dive at Canadian Forces Station ALERT during Operation NUNALIVUT, April 15, 2016.

CPL CHRIS RINGIUS, FIS HALIFAX

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LE MAGASIN MILITAIRE DU CANADA



Halifax's wartime history evoked in Battle of the Atlantic ceremony

By Virginia Beaton,
Trident Staff

As the Battle of the Atlantic ceremony proceeded at the Sailors Memorial in Point Pleasant Park on Sunday, May 1, HMCS *Montréal* stood just offshore to carry out the committal of ashes ceremony while *Charlottetown* sailed past on her way out to sea, and a container ship sailed up the harbour towards the container terminal.

On a day when Second World War military history and remembrance were the focus, these activities were a reminder of the city's continuing role as a busy east coast port.

In his remarks, RAdm Newton emphasized how Halifax offers many daily reminders of its military past, and of the people whose family histories connect them to that past.

He spoke of HRM Councillor Gloria McCluskey, who had recently showed him

a photo of her late husband Tom when he was an underage sailor aboard HMCS *Malpeque* in 1942. As well, Councillor McCluskey's father was a pipefitter in the Dartmouth shipyard, turning out ships that escorted and convoyed food, fuel and materiel to England and Russia. Her first cousin, Lieutenant Cashman Mason, was one of 125 fatalities when HMCS *Valleyfield* was torpedoed on May 6, 1944.

As the list of the 24 lost RCN ships was read, the bell tolled after each name. The list of RCAF squadrons in the Battle of the Atlantic was also read aloud.

His Honour the Honourable J. J. Grant, Lieutenant Governor of Nova Scotia, laid the first wreath. Following that, entities ranging from JTFA and MARLANT to 12 Wing, 5th Canadian Division, the Navy League, Veterans Affairs Canada, and the Canadian Naval Memorial Trust also laid wreaths.



Spectators and members of the Canadian Armed Forces stand to pay their respects to the sailors who were lost in the Battle of the Atlantic, as part of the memorial service in Point Pleasant Park on May 1, 2016.

CPL J.W.S. HOUCK, FIS

Youth choirs add dynamism to Battle of the Atlantic concert

By Virginia Beaton,
Trident Staff

The Stadacona Band's 19th annual Battle of the Atlantic Memorial Concert took place on Tuesday, April 26, 2016 at the Spatz Theatre in Halifax.

As always, the Stadacona Band of the Royal Canadian Navy, under the direction of LCdr Ray Murray, Commanding Officer and Director of Music, was the featured ensemble.

MCs were Olga Milosevich and Liz Rigney, and guest soloists included singers Michelle Durling and Liz Rigney and violinist Alsu Kamaliev.

But it was two youth ensembles from the Halifax All-City Music Program that stole the show. The Halifax Boys' Honour Choir, directed by Pam Burton, performed selections with a distinct nautical theme, including *O Rushing Wind*, *Thick O' Fog*, *Salt Water Joys*, and *Yellow Submarine*. The choir's pure, bright tone quality and clear enunciation made it a pleasure to hear these young performers.

Soundtrax, comprised of high school students under the direction of Frances Farrell, also chose repertoire well suited to the evening's theme. Starting with Stan Rogers' much loved song *Fogarty's Cove*, the group then sang *Indodana*, which is a tradition Xhosa song, and concluded their segment with a foot-stomping version of the sea shanty *Heave Away*.

Other soloists included Michelle Durling, who sang a sweetly soulful version of Bob Dylan's *Make You Feel My Love*; Liz Rigney, singing Annie Lennox's *Into the West*; and Alsu Kamaliev, who was joined by her husband, Stadacona Band clarinetist LS Andrey Smirnov, for A. Ichmouratov's *Fantasy on Klezmer Themes*.

A surprise guest was VAdm (ret'd) Dusty Miller, who appeared via pre-recorded video to pay tribute to LCdr Murray, who will retire soon. Miller, known for rewriting Gilbert and Sullivan lyrics with modern commentaries, sang a witty yet fond farewell to LCdr Murray, to the tune of *I've Got a Little List*, from Gilbert and Sullivan's *The Mikado*.

The Stadacona Band's versatility was on



PO2 Krisanne Crowell, PO2 Courtney Lambert and PO2 Natalie Alcorn sing during the Battle of the Atlantic concert on April 26, 2016.

CPL J.W.S. HOUCK, FIS HALIFAX

display with *Big Band Bash*, a medley of tunes from the swing era, to marches such as the *RCAF March* and the RCN march, *Heart of Oak*, to accompanying audience sing-alongs of Second World War medleys.

It was also an evening when band members stepped up, sometimes literally, for solos. Petty Officers Second Class Natalie

Alcorn, Krisanne Crowell, and Courtney Lambert channeled the Andrews Sisters as they performed *Boogie Woogie Bugle Boy of Company B*, and piccolo players CPO2 Norris and PO2 Kulik broke the sound barrier with MWO Ruth Blackie's arrangement of *Piccs Ahoy*.

The evening was a fundraiser for HMCS *Sackville*, Canada's Naval Memorial.

La musique country au Canada francophone

Par Lucien Comeau,
Président du Conseil communautaire
du Grand-Havre

Pour l'amour du country avec Patrick Norman et ses amis, reviennent en ville afin d'enregistrer leur 14^e saison, du 26 mai au 12 juin 2016, au théâtre Alderney Landing à Dartmouth.

Encore cette année, vous serez témoin de l'interaction unique entre les artistes de

l'Acadie, de la Louisiane, des diverses régions du Québec et de la francophonie à travers le Canada. Patrick Norman et ses musiciens tiennent compte des grands courants de la chanson populaire, souvent audacieuse et avant-gardiste. Un phénomène annuel dans un milieu country pur et dur.

La musique country au Canada francophone est très populaire et compte

plusieurs artistes de talent dont Renée Martel, Paul Daraïche, Lennie Gallant, Tire le Coyote et Florent Vollant. Sans oublier les vedettes montantes de l'heure au Québec comme l'acadienne Laurie LeBlanc qui est en train de révolutionner

le country. Zachary Richard, notre cousin acadien, sera également présent, avec sa musique dansante et joyeuse.

Pour assister aux enregistrements ou pour des renseignements supplémentaires, veuillez composer le 1-888-311-9090.

Road and Vehicle Safety Week, May 17-23

By Sgt Yves Pouliot,
I/C MSE Safety,
CFB Halifax BLOG/TEME

Cell phones:

The use of cellular phones, portable wireless communication device and texting while driving a vehicle has recently become a high profile issue due in large part to a number of vehicle collisions in Canada.

Distractions take your attention away from driving, make you less aware of what is happening on the road around you and slow your reaction time. Examples include: a. Taking your eyes off the road (visual distraction), b. Taking your hands off the wheel (manual distraction) or c. Taking your mind away from the task of driving (cognitive distraction) - research shows this can happen even when using hands-free phones.

Drivers of DND vehicles are not authorized to use cellular phones including hands free devices or non-DND commu-

nications equipment while driving DND vehicles. They must safely stop the vehicle prior to using this equipment.

Drive carefully. Scan the road ahead constantly. Don't look at any one object for more than a few seconds at a time. Use the rear view and side view mirrors frequently to reduce the chance of your vehicle being hit from the rear. Do not block your view through the windshield or window. Load your vehicle so that your view of the road will not be blocked. Reduce your speed any time you see a situation that might be dangerous.

Pickup truck: secure your load. Don't use rope or bungee cords, use ratchet straps. Make sure items don't slide or shift. Always use two or more tie-downs. Use a tarp or cargo net to secure light-weight items and be sure your straps and tarps don't become hazards.

If the load exceeds the length of the vehicle (overhang), ensure you mark it with a red/orange color flag, and balance the load.

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Awards ceremony an opportunity to pay tribute

By Virginia Beaton,
Trident Staff

The quarterly ceremony for the Admiral's Honours and Awards took place on Thursday, April 28 at the Wardroom.

RAdm Newton, who presented the awards, observed that it was Battle of the Atlantic Week and thus a time to remember "the courage, the innovation, the agility, and the leadership of those who served then. These are great qualities and we still have all of that in us."

The awards recognized military and civilian personnel for actions ranging from expertise at leading a Naval Boarding party, to extinguishing a fire at a service station in Dartmouth in April of 2015.

"Most people wouldn't run toward a fire happening at a fuel pump at a gas station," RAdm Newton told LS Edward Miner, the member who successfully fought that fire. Noting that LS Miner acquired the necessary skills through his shipboard fire-fighting training, RAdm Newton thanked him for preventing the potential loss of life and for minimizing damages.

The first award of the day was the Commander Royal Canadian Navy Commendation, presented to Alex Robichaud, then a Petty Officer First Class. This commendation is awarded to recognize deeds or activities beyond the demands of normal duty. It recognizes achievement of those who, by nature of some direct relationship with the Navy, have made an exceptional contribution through their personal effort and example to the RCN, or have made a major contribution to enhance the profile or reputation of the RCN.

The next group of awards was the Commander Canadian Joint Operations Command (CJOC) Commendation, which recognizes achievement by those who by nature of some direct relationship with CJOC have made an exceptional contribution by their personal effort and example to CJOC or have made a major contribution to enhance the image of CJOC.

LCdr Paul Morrison, Lt(N) Jeremy Hancott, Lt(N) Shawn Stacey, CPO2 Douglas Currie, CPO2 Cavel Shebib, PO2 Guillaume Mercier, MS Larissa Close, MS Shawn Luciano, and MCpl Shaun Edwards received this award.

The United States Joint Service Commendation Medal, awarded for meritorious achievement or service while serving in a joint activity, was presented to Richard Booth, then a Lieutenant Commander.

According to the citation, LCdr Booth distinguished himself while serving as Chief Arctic and Maritime Doman advisor, North American Aerospace Defense Command Concepts and Initiatives Branch, Theater Strategy and Campaign Plans Division, Strategy, Policy and Plans Directorate, Headquarters, North American Aerospace Defense Command, Peterson Air Force Base, Colorado from August 2012 to April 2015.

The ceremony was a big day for LCdr Ray Murray, Commanding Officer and Director of Music of the Stadacona Band. He received the Commander Royal Canadian Navy Certificate of Achievement – Bravo Zulu Award, given to mark a demonstration of outstanding ability, devotion to duty, professional-

ism, and exceptional efficiency in the performance of duties or outstanding acts outside normal duties, which contribute to the functioning or image of the Royal Canadian Navy.

The award was in recognition of outstanding leadership and dedication during the 2015 Highland Military Tattoo in Scotland. LCdr Murray also received a letter of appreciation to the Stadacona Band, signed by VAdm Mark Norman, in recognition of the band's support to the Highland Military Tattoo and in response to a letter of appreciation from Major General The Honourable Seymour Monro, Executive Chairman and Director of the Highland Military Tattoo.

Commander Maritime Forces Atlantic Certificate of Achievement – Bravo Zulu Awards are awarded for a demonstration of outstanding ability, devotion to duty, professionalism, and exceptional efficiency in the performance of duties or outstanding acts outside normal duties, which contribute to the functioning or image of Maritime Forces Atlantic.

These awards were presented to Lt(N) Stephanie Hartzell, Lt(N) Carolyn Pumphrey, Lt(N) Byron Ross, Lt(N) Scot Whyte, CPO2 Todd Hodder, PO2 Kurt Sheppard, Sgt Rodney Densmore, MS Greg Lewis, MS Tyler MacFarlane, MS Jason McMaster, MS Guillaume Nolet, LS Annette Carmichael, LS Edward Miner, MCpl Kris Longphee, MCpl Jason Roche, MCpl John Stewart, Cpl Jason Patton, Allan Marshall, and Paul Shebib.

A team award for a Maritime Forces Atlantic Bravo Zulu went to Commissionaire MWO Chuck Deviller, Marion Gillespie, Jason Jackson, PO2 Shawn Lillington, and Mary Francis Ponee. Group members Dean Collier and Vince Norris were not present to receive their awards.

In part, the citation read, "As members of the D-201 Relocation Coordination Team, you are commended for your outstanding dedication, expertise and collab-



RAdm John Newton, Commander JTFA and MARLANT, presents the Commander MARLANT Certificate of Achievement to LS Scott Miner. LS Miner's fiancée, Elizabeth Kerkhof, was present for the ceremony.

MS PETER REED, FIS HALIFAX

oration at designing, coordinating and executing a plan to relocate Commander Canadian Fleet Atlantic into building D-201." Their efforts greatly assisted MARLANT and the RCN with long-term Naval Transformation Objectives and improved the overall operational effectiveness of the Fleet and Formation.

The final presentation was the Director General Naval Force Development Certificate of Appreciation – Bravo Zulu Award, presented for a demonstration of outstanding ability, devotion to duty, professionalism, and exceptional efficiency in the performance of duties or outstanding acts outside normal duties, which contribute to the functioning or image of Director General Naval Force Development.

This award went to Capt Eric Hill, with a citation that recognized Capt Hill's contributions to Naval Force Development "dur-

ing the Royal Canadian Navy's largest fleet recapitalization in its peacetime history. Your dedication and demonstrated leadership has had a profound impact on our current and future Fleet."

The ceremony included a pause at 11 a.m., in order to acknowledge the National Day of Mourning, a day of remembrance for workers who have been killed or injured on the job.

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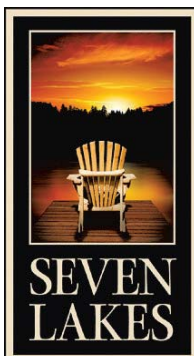
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Jan 11 MFRC
 Jan 25
 Feb 8 MFRC
 Feb 22
 March 7 MFRC
 March 21 Posting Season Special
 April 4 MFRC
 April 18 Battle of the Atlantic Special
 May 2 MFRC
 May 16
 May 30 MFRC
 June 13 DND Family Days
 June 27 MFRC
 July 11
 July 25 MFRC
 August 8
 August 22 Back to School Special
 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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Community Calendar

Reunion and event notices must be submitted by mail, fax or internet. 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, PO1 Randy Musseau at randy.musseau@forces.gc.ca.

Make Your Next Move with Ease

Time: 11:45 a.m. - 12:45 p.m.
Date: Wednesday, May 25
Location: Fleet Club Atlantic BMO Bank of Montreal, in partnership with Canadian Defence Community Banking, is hosting another free seminar 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. Even if you're experienced when it comes to relocating, you could learn about special options or rates available for the defence community.

MARLANT/JTFA POW WOW

Time: Noon - 4 p.m.
Date: Thursday, May 26
Location: MacDonald Beach
 As part of celebrations marking Aboriginal Awareness Week (AAW) from May 24-27, MARLANT/JTFA will be hosting a POW WOW, open to all CAF/DND members and their families. The event will highlight aboriginal dancers and music, and samplings of traditional aboriginal food will also be on offer. There will be an opportunity to participate in a sweat lodge

ceremony, and it's asked that anyone interested in taking part bring a change of clothes including t-shirt, shorts and a towel. Transportation will be provided, with buses arriving at A-Block Stadacona at 11 a.m., and then at Dockyard Centre Gate at 11:15 a.m. Buses will depart MacDonald Beach to head back to Halifax at 3:45 p.m. For more information contact Employment Equity Manager Dan Peppar at 427-1533. AAW honours the many Aboriginal cultures in Canada, including Metis, Inuit and First Nations, with this year's National Defence AAW theme being Successes and Achievements.

Kermesse Art Show & Sale celebrates 50th anniversary

Date: May 25-28
Location: Nova Scotia Archives Chase Gallery, University Ave and Robie St
 This year marks the 50th anniversary of the IWK Auxiliary's Kermesse Art Show and Sale. There will be more than 100 paintings for sale by local artists. Show hours are Wednesday, May 25, 7-9 pm (opening reception, all welcome), Thursday and Friday, May 26 and 27, 10 a.m.- 8 p.m. and Saturday, May 28, 9 a.m.-4:30 p.m. Admission free.
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.

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 neighborhoods 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.

Op NUNALIVUT

continued from / Page 1

from the people up there was overwhelming; anything we needed, we had it in minutes. I think it was exciting for them to have us up there as well. The majority of the camp came down to the dive site at one point just to get a look at what we were doing.”

In total, Op NUNALIVUT involved 230 Army, RCAF and

RCN personnel. The mission ran from April 1-22, with objectives focused on Arctic sovereignty and demonstrating the ability to operate in the region.

The Arctic trips are some of the most unique deployments for clearance divers, and PO2 Beaton said the unit is always thrilled to support operations up north, including last year's *Erebus* dives.

Working alongside Parks Canada personnel, he was involved in a number of dives,

some as long as 90 minutes, on the wreck, measuring and surveying items and even helping with the recovery of a cannon.

“It's quite surreal. You're trying to wrap your head around the fact you're diving on one of the world's most historical wrecks, but you also have your job to do.

You look back on it after and realize how special it was,” he said.

Should their help be requested on the wreck again, or with any Arctic mission, he said clearance and port inspection divers from FDU(A) will be more than ready to deploy.

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ENBP members in full assault gear conduct an exercise on Halifax harbour. MONA GHIZ, MARLANT PA

First east coast MTOG graduates ready to deploy

By **Mona Ghiz**, MARLANT Public Affairs

Travelling across Halifax harbour on a rigid hull inflatable boat (RHIB), dressed in full assault gear with weapons, 13 Enhanced Naval Boarding Party (ENBP) members conducted an exercise before coming alongside the NC Jetty for their graduation ceremony, on April 28, 2016.

This is the third class to graduate from the Maritime Tactical Operators Course and the first course to graduate on the east coast since its inception in 2015. This is also the first course to graduate a female member.

“The Maritime Tactical Operators Group (MTOG) who form the ENBP are selected from across the RCN in a rigorous and demanding five-day assessment, prior to commencing the three months of intensive training that provides them with advanced skills in tactical shooting, close quarter battle, improvised explosive devices identification, hand-to-hand combat, and many other disciplines,” said LCdr Wil Lund, MTOG Commanding Officer.

MTOG was developed as a result of the ever-changing environment and increasing uncertainty around the globe.

“While the capability that these teams bring to their ships is advanced and de-

signed to provide interoperability and support to Special Operations Task Forces for CANSOFCOM-led missions, it is also designed to be fully interoperable with the existing Naval Boarding Parties on each ship” said LCdr Lund.

Commodore (Cmdre) Craig Baines, Commander of Canadian Fleet Atlantic, addressed the newest Maritime Tactical Operators (MTO) and handed out certificates and qualification patches to recognize their achievement.

“MTO personnel are highly trained to manage operational situations and conduct advanced obstructed boardings independently and in chaotic circumstances to mitigate risk at sea,” said Cmdre Baines. “They are blazing the path for the future and we are really proud of our newest MTO members and the work they have put in to be ready for ENBP deployment.”

The next MTO Course will take place at CFB Esquimalt, in February 2017.

“It is a tough course, with a stringent training regime, constant pressure and minimal room for error,” said CPO2 Brent Bethell, Unit Chief for MTOG. “If you are you up for the challenge, you can contact your local Base Personnel Selection Office for more information on how to become an MTO for the RCN.”

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African Nova Scotian and Medal of Honor recipient honoured at Washington ceremony

By Ryan Melanson,
Trident Staff

It was a long time coming, but nearly 135 years after his death, a heroic sailor and native of Nova Scotia has finally gotten his due.

A public ceremony was held outside St. Elizabeth's Hospital in Washington, D.C. on April 29 to unveil a new Medal of Honour headstone for Joseph B. Noil, Captain of the Hold, who served in the US Navy from 1864 to 1881.

Born in Liverpool, Nova Scotia, Noil is one of about 800 who have received America's highest honour for service despite not being born in the country. Yet while he was awarded the Medal of Honor in 1873 for saving the life of a shipmate, his heroic acts were nearly lost from history. For more than a century he lay at his resting place in the St. Elizabeth's cemetery under a headstone that made no mention of his award, and even misspelled his name.

"With thanks to the work of the Medal of Honor Historical Society of the United States, today we begin a new chapter wherein future generations will be able to bear witness to Noil's bravery and our common recognition of it," said RAdm William Truelove, Commander Canadian Defence Liaison Council in Washington, in his remarks during the unveiling.

RAdm Truelove, also from Liverpool, said the people of the town were proud to know one of their own received the prestigious award, and he described Seaman Noil as both an American sailor and a Canadian hero.

Noil's heroic act took place while he was serving on the USS Powhattan near Norfolk, Virginia on December 26, 1872, when the ship's bos'n, a sailor by the name of Jack Walton, fell overboard.

A letter from Noil's commander on the Powhattan described his bravery as he grabbed a rope and went overboard in frigid temperatures to help save the frantic man.

"The weather was bitter cold, and had been sleeting, and it was blowing a gale from the northwest at the time. Mr. Walton, when brought on board, was almost insensible, and would have perished but for the noble conduct of Noil, as he was sinking at the time he was rescued," it reads.

Noil died in 1982, less than a year after being admitted to St. Elizabeth's, then known as the Government Hospital for the Insane. His story may have ended there if not for the work in recent years by members of the Historical Medal of Honor Society, including Canadian member MWO(Ret'd) Bart Armstrong, a Victoria-based researcher and former reservist. Armstrong and others worked for years to put together the pieces of Noil's history, including working closely with St. Elizabeth's Hospital to right the wrong at its cemetery, where many sailors and soldiers from the Civil War years are interred.

Noil's great-great-granddaughter, Bernadette Maybelle Parks Ricks, expressed her gratitude at the ceremony for all those who worked to shed light on her relative's story, especially those who discovered the familial link only weeks before the stone's unveiling, allowing family members to be present. Parks Ricks had no knowledge of Noil's service until being contacted by a U.S. Merchant Marine veteran who heard tell of Noil's story online and took an interest.

"I've been crying for two and a half weeks since this happened... It's such a humbling experience, that he was a man who did all this and to know people so many years later are still appreciating the things he's done" she said.

"Great-Great-Great Grandfather Joseph Benjamin Noel, we love you, we thank you and now you can rest in peace."



Descendants of Joseph Noil attend the unveiling of his new Medal of Honour headstone in Washington, D.C., along with RAdm William Truelove, Commander CDLS(W) and VAdm Robin Braun, Chief of the US Navy Reserve.

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HMCS *Montréal* achieves significant milestone with the CH-148 Cyclone

By SLt Olivia Clarke,
HMCS *Montréal*

On April 22, HMCS *Montréal* successfully completed the ship-borne phase of Block 1.0 CH-148 Cyclone Initial Operational Testing and Evaluation (IOT&E). This marks a significant milestone for the RCN and RCAF, as this is the first time a CAF Air Detachment has taken the new CH-148 Cyclone to sea to conduct operational flight trials.

Prior to the initial embarkation of the CH-148 Cyclone, HMCS *Montréal* completed a Directed Workups program followed by an Air Workups program with 15 members of Sea Training Pacific embarked. Directed workups commenced February 22 followed by an Air Workups program tailored to support IOT&E, which was successfully completed March 4, 2016. The successful completion of both programs ensured *Montréal* achieved Normal Readiness with an integrated Air Department.

Once the rigorous program was completed on March 4, the ship was prepared to begin IOT&E. This program consisted of a series of flight regimes and deck evolutions, integrating a CAF Air Detachment in order to progress data collection necessary for further advancement in the introduction of the CH-148 Cyclone to the RCN.

The progression of OT&E is critical in order for it to become a mission-capable maritime helicopter. "Embarking as the first Cyclone Air Task Force has been a protracted, challenging but very exciting process. It has been an honour to conduct the Operational Test and Evaluation that will allow the CH-148 to enter service among the RCAF's operational fleets. The effort put forth daily by the men and women of CANFLTLANT and 12 Wing is a tribute to the dedication and selflessness of our people, and was key to both our embarked and disembarked successes, thus far," said Maj Thomas Sampson, Air Officer for IOT&E.

Cdr Monaghan, Commanding Officer of *Montréal*, immediately recognized the significance of this milestone.

"When Strider (*Montréal's* call sign for the CH-148 helo) safely landed on my flight deck, I remember Commander Sea Training Pacific shaking my hand and saying, 'well done, Captain, to you and the team,'" noted Cdr Monaghan. "It was an



A member of the flight crew is lowered from a CH-148 Cyclone helicopter on to the flight deck of HMCS Montréal off the coast of Nova Scotia on April 20, 2016.

LS DAN BARD, FIS HALIFAX

incredible feeling onboard as a lot of hard work and planning went into successfully embarking both the air department and cyclone helicopter onboard. This was not only a RCAF success story but an RCN success as well, a joint effort. A lot of people ashore were eagerly awaiting news from HMCS *Montréal* that the Cyclone landed and the Operational Test and Evaluation phase of the CH-148 helicopter has commenced. It was a proud moment as Captain to report to CO HOTEF and all agencies involved that we had mission success, as this couldn't have happened without all their concerted efforts."

The process of completing IOT&E required dedication from hundreds of people from multiple organizations, and is a testament to the hard work and commitment towards the future of the CAF demonstrated by sailors, soldiers, and air men and women day in and out. Because of this success, the RCN and RCAF will be able to continue their transition from the CH-124 Sea King helicopter to the CH-148 Cyclone.

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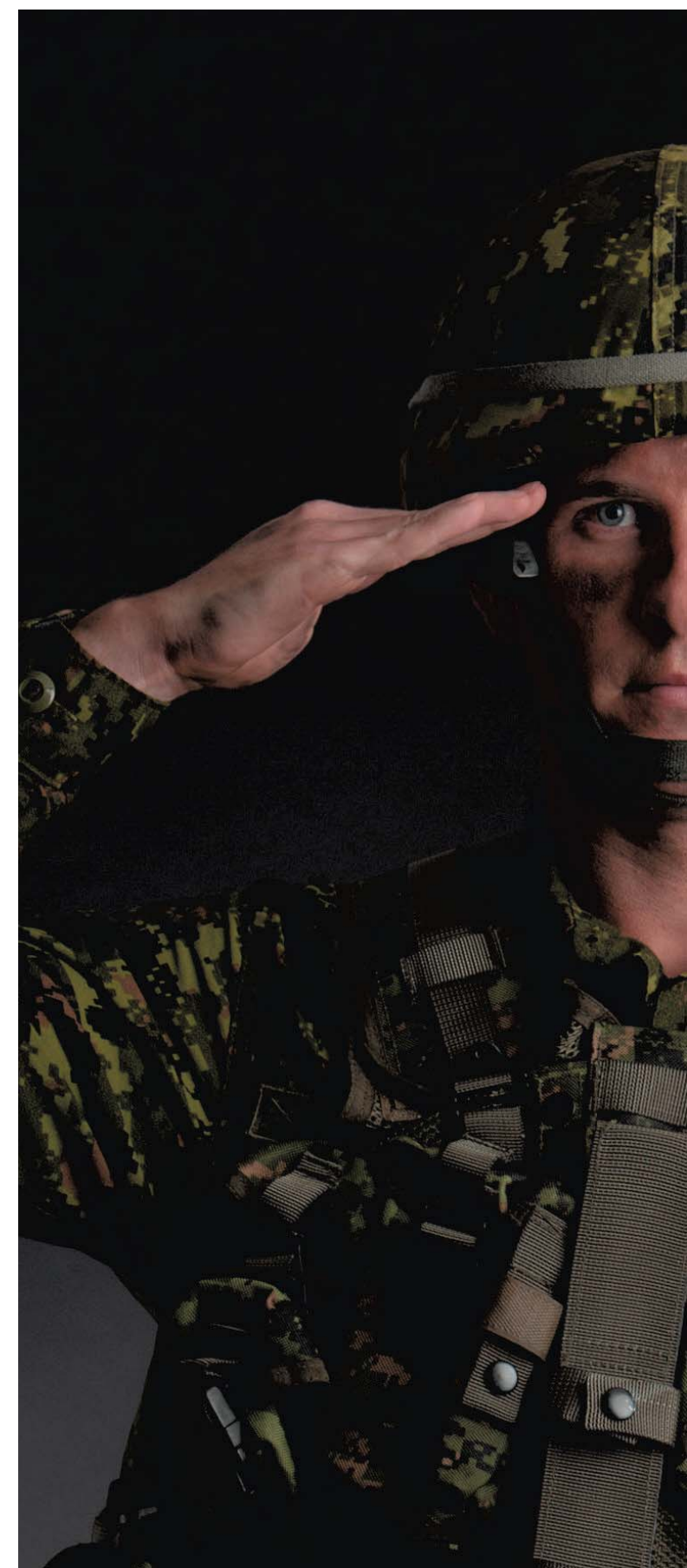



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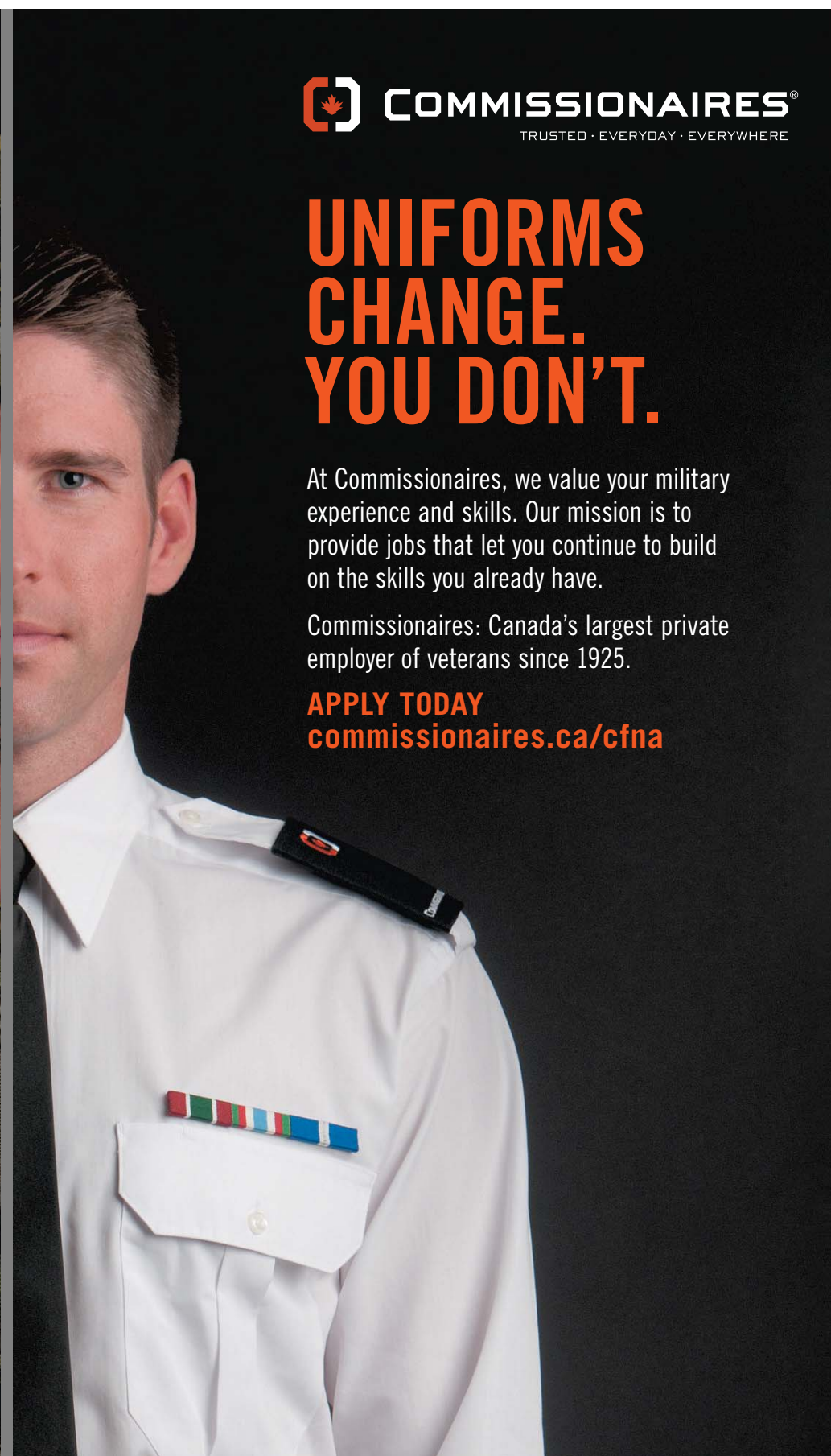

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RNZN sailors mark Anzac Day far from home

By Ryan Melanson,
Trident Staff

A group of 40 young naval engineers from the Royal New Zealand Navy have been on exchange with the RCN since January, gaining valuable experience and time at sea more than 12,000 kilometres from home. They've had a lot of adjusting to do during that time, but on April 25, Anzac Day, the tables were turned and their RCN colleagues showed their hospitality while observing an important New Zealand and Australian holiday.

Anzac Day marks the day that soldiers from the Australian and New Zealand Army Corps, known as the Anzacs, first landed on Gallipoli in 1915 during the First World War. Despite plans for a quick victory, Ottoman defenses were strong, and the battle became an eight-month campaign that saw heavy losses on either side, including nearly 3,000 New Zealanders and 8,000 Australians who never came home.

While the soldiers failed to capture the peninsula, New Zealanders regard the campaign and the brave actions of the forces as a defining moment in their country's history.

"Those men on the landing, and the thousands of reinforcements who joined them through the eight-month campaign, remain our standard in terms of courage, endurance and combat," said Ordinary Marine Technician (OMT) Michael Lowe in delivering remarks to the crew.

OMT Nicholas Shields described his country in 1914 as small, prosperous and peaceful, with a population of roughly a million people.

"And while there was compulsory military training, I think it's fair to say that no one in New Zealand predicted a war that year. Certainly no one anticipated a world war on an industrial scale."

Yet when the call came, 14,000 rushed to join up, motivated by duty and adventure, with about 8,500 eventually forming the main expeditionary force.

The day still puts a focus on the first Anzac forces at Gallipoli, but has expanded to officially honour all those who served and died in war, conflict and peacekeeping operations. It's become an extremely significant date for New Zealanders and Australians, with ceremonies held on April 25 across the two countries comparable to the observance of Remembrance Day in our country.

Ceremonies in Halifax were held aboard *Montreal*, *St. John's*, and *Athabaskan*, the three HMC ships currently hosting RNZN sailors on the East Coast. The New Zealand flag was raised and saluted, the New Zealand national anthem could be heard throughout HMC Dockyard, and wreaths were laid on flight decks by both the New Zealanders and their Canadian counterparts.

In *Montreal*, the young sailors' moment in the spotlight continued after the ceremony, when a surprise gathering in the ship's hangar saw each of them promoted to the RNZN rank of Able Marine Technician (AMT).

The group has been working toward their first promotions since arriving in Halifax, completing training packages while serving alongside their RCN counterparts.

It was an exciting moment for the crew to see the New Zealanders receive their promotions on such a significant date, said LCdr Nancy Setchell, *Montreal's* XO.

"We thought we were going to have one promotion, but they were all able to finish their packages last week, so it's pretty special for them. They've been great representatives of their Navy."



From left, RNZN Sailors OMT Cameron Gibson, OMT Michael Lowe, OMT Troy Pemberton, OMT Nicholas Shields, and OMT Josiah Mascheretti at the Anzac Day ceremony in HMCS Montréal. All five RNZN sailors were promoted to the rank of Able Marine Technician following the event.

MONA GHIZ, MARLANT PA

The figurative taste of home became literal following the promotions, thanks to the Humble Pie Kitchen and baker

Mike Noakes, a former RNZN sailor himself. Noakes presented each New Zealand sailor with a traditional savoury meat pie from

the Dartmouth business, made with a recipe straight from New Zealand.

The sailors won't be returning

to New Zealand until mid June, but as Anzac Day made clear, they'll all have a home with the RCN in Halifax until then.




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PSP Fitness and Sports Instructor helping to keep crew motivated at sea

By Ryan Melanson,
Trident Staff

Keeping morale levels high is important for success during long deployments, and any small piece of home that RCN sailors get to take with them at sea can help in that area.

For HMCS *Fredericton*, currently in the tail end of a six-month deployment to Operation REASSURANCE, one of those pieces of home is Alyssa Jesson. The PSP Fitness and Sports Instructor normally works out of Esquimalt's Fleet Fitness Centre, but has integrated within the ship's company as it conducts patrols in the Aegean and Black seas.

"I arrived to the ship right before we set sail at the beginning of January, and I have tried to immerse myself in the crew as much as possible since that time," Jesson said via e-mail from *Fredericton*.

"The members of the ship's company have done a great job of welcoming me in."

The bulk of her time involves running group PT classes, as well as creating personalized programs for members. A typical day consists of two morning classes and one afternoon class, which can be anything from boot camp and cardio circuits to high-intensity Tabata routines. She said she tries to structure workouts so they can be tailored to the various fitness levels of the



PSP Fitness and Sports Instructor Alyssa Jesson leads a workout on the flight deck of HMCS *Fredericton* while deployed on Operation REASSURANCE.

RCN PUBLIC AFFAIRS

250 men and women on board, and a number of sailors have sat down one on one with Jesson to plan workouts for their specific goals.

She also encourages exercising within limits and taking breaks when needed, with a goal of getting members to sweat and work hard without scaring them

away from meeting their fitness objectives. Much of this mirrors the role she normally fills on land in Esquimalt, but with one major difference.

"Here, we're dealing with limited equipment and space options, sea state changes, and the fact they need to fit their fitness time in between their watch rotations for work... I have a huge appreciation now for the challenges a ship's crew faces when it comes to working out while deployed," she said.

This means getting creative and also maximizing on things like organized sports when the opportunity is there. Jesson is also in charge of that area, putting together activities like an inter-ship Super Bowl Sunday football match in Souda Bay, or a mixed team soccer tournament with the German and Turkish Navies. She's also an active member of the Stalker Entertainment Team, tasked with researching and organizing leisure activities at each port visit.

"The ship itself is very involved and proactive, and there seems to always be something in

the works, which is great. I also notice that it isn't always the same people organizing activities; everyone gets involved."

Despite the busy schedule, Jesson's also made time to simply soak in the unique opportunity to spend half a year at sea as a civilian aboard an RCN frigate. She has five years of experience working in the military environment and a basic understanding of naval occupations, but said seeing the sailors in action during operations and training exercises brings a new level of understanding.

"And they're always more than happy to answer my questions. Whether it's about their trades or individual roles on board, or just about what it meant when an alarm went off on the ship."

She also described highlights like getting to shadow *Fredericton's* Enhanced Naval Boarding Party, and even getting to take a turn at the ship's helm shortly after departing Halifax. Opportunities like this have also contributed to forming bonds with the crew, from the junior ranks right up to the CO and Cox'n. In

fact, Jesson said Cdr Trevor MacLean, *Fredericton's* CO, is one of her biggest supporters, making daily appearances at PT class and ensuring the lines of communication are open should any issues arise.

Cdr MacLean said he and the crew are doing their best to make Jesson feel at home in *Fredericton* because they realize the impact her services have had on the deployment.

"Our ship has enjoyed a sustained good level of morale through the first four months of our trip and I believe that the infectiously positive attitude that Alyssa brings day in and day out is a serious contributor to that."

It's been a long stretch away from home, and Jesson said the experience has made it clear just how much of a sacrifice serving men and women make when deploying to a mission like Op REASSURANCE, but she has no regrets.

"My office is the flight deck of a warship, and I teach classes surrounded by the ocean and amazing 360 degree views; I am pretty spoiled," she said.

Fitness and sports updates

By Trident Staff

If you are interested in playing pickup soccer on Porteous Field in Stadacona from 11:30 a.m. to 12:30 p.m., please contact Kevin Jack at Kevin.Jack@forces.gc.ca

Each morning that the field conditions and the weather allow for soccer, Kevin will ask who is available to play via email. If we have eight or more people able to play an email will be sent no later than 10:30 a.m. informing you that soccer is on.

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 Formation Halifax Wo-

men's Soccer team is looking for players this season. Practice times and dates are TBD once the season starts up. Regionals will be held here in Halifax August 8-12, 2016. All interested participants are asked to contact PO2 Darcy Webb at Darcy.Webb@forces.gc.ca in order to register.

Golf playdowns will occur at Hartlen Point Golf Club from June 6-8.

Members will need to be available for all three days of competition.

Any interested members must also have written approval from their CoC to attend Regionals that will occur the following week, June 12-16 in 14W Greenwood.

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

COTW Slo-pitch is from May 16-20.

COTW Ball Hockey will take place June 6-10 in Shearwater 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.

COTF Tournament Schedule

Sport	COTF
RUNNING	19-May-16
SWIMMING	June TBC
SLOPITCH	June 6-10, 2016
BALL HOCKEY (ARENA)	June 27-30, 2016
BADMINTON	12-Jul-16
SQUASH	July 11-15, 2016
GOLF	25-Jul-16

Shearwater - After Work Spring Fitness Class Schedule 2016

Class	Location	Day	Time	Start Date	# of classes	Cost
Boot Camp	Shearwater	Mon & Wed	1700 - 1800	MAR 25 - JUN 15	16	Members Only
Yoga	Shearwater	Tue & Thu	1700 - 1800	MAR 26 - JUN 16	16	Members Only
Spin	Shearwater	Fri	1700 - 1800	MAR 29 - JUN 17	8	Members Only

FLEET - Spring Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
0730-0815	Functional Strength	Functional Movement	Functional Strength	Spin	Yoga
0730-0830				Open Gym	
0830-0915	FORCE Prep		FORCE Prep		FORCE Prep*
1210-1255	Functional Movement	Functional Strength	Spin	Functional Strength	Functional Mobility
1200-1300	Fleet Run Club	Yoga	Fleet Run Club	Yoga	
		Open Gym			

STADPLEX - Spring Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
0730-0830	Learn to Run 5km		Waterworks		Waterworks Learn to Run 5km
0830-0930	Force Prep		Force Prep		Force Prep
1130-1300	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim
1215-1300	Total Body Conditioning	Spin	Yoga	Total Body Conditioning	FUNCTIONAL MOVEMENT & AGILITY/PLOYO

COTW STANDINGS 2015/2016

COTW Units	SOCCER	FIT	RUN	BADM	SQUASH	B. Sac	CURL	HOCKEY	V BALL	BOWLING	FL H	BBALL	SLO PIT	SWIM	B HOCK	GOLF	POINTS	PLACE
CFNES	65	45	40	80	60	30	75	110	90	85	110						790	1st
5 Cdn Div / Hlth SVCS	80	90	70	35	90	60	90	95	45	55	50						760	2nd
CFNOS	50	20	55	65	45	75	30	50	75	70	80						635	3rd
BADM / MARLANT / MP	0	10	0	50	75	20	0	80	30	100	95						460	4th
CFMWC / FMFCS	40	75	25	20	20	45	45	30	10	30	65						405	5th
TRINITY	20	60	10	0	30	10	20	65	60	40	30						345	6th
BLOG/ BCE	30	30	0	0	0	90	60	40	20	0	40						320	7th

Bike Week 2016



By Health Promotion Staff

By Joy Geizer,
Health Promotion Admin Asst.

Whether you are a beginner cyclist, an avid rider, or just happen to own a bike that's been hanging in the garage for a year, there is an event for everyone during Bike Week 2016. Bike Week is a 10-day celebration of cycling from June 3-12, 2016.

CFB Halifax has been supportive of active transportation and

cycling by providing bikes for loan through the PSP Fitness and Sports Centres; strategically placing bike racks; providing access to showers and change rooms at no charge to any members of the Defence Team who choose to cycle to work, and committing to have the MARLANT Active Living and Injury Prevention Working Group develop Unit health and safety briefings on cycling to encourage more members to consider cycling as a way to maintain a healthy active lifestyle. It is also a great way to keep the momentum going from the CAF Health and Wellness Challenge in May, National Health and Fitness

Day on June 4, and Recreation Month for the remainder of June.

Check out these great events happening throughout CFB Halifax and Region:

Spin-A-Thon: Sign your unit up to support Bike Week by always having a member of your team spinning from 0800-1500 hrs. Each team member spins for 30 minutes with distance being tracked per team. There will be a lead instructor to motivate you the entire day and prizes.

Tuesday, June 7, STADPLEX parking lot. Open to Stadacona, Dockyard, and Shearwater participants – sign up your team now. Teams can have up to 14 people.

To register your team, please contact Briana Plante at briana.plante@forces.gc.ca **Bike Rodeo:** Did you know that June is Recreation month? To kick things off, PSP Community Recreation and the Halifax Military Police will be hosting a Bike Rodeo. The Military Police will be reviewing bike safety, helmet safety and the rules of the road. Bring your bike and complete our bike obstacle course to test your skills. The event will also feature a bounce castle. Bring the family for a day of fun, door prizes and give-aways. Saturday June 11: Shearwater Fitness and Sports Centre (parking lot or gym floor in case of inclement weather), 1000-1300 hrs. Registration not required - bring a friend. For more information, please contact Heather Arbour at

heather.arbour@forces.gc.ca.

Halifax.ca Bike Week: Bike Week is always celebrated with many events throughout the greater Halifax area. There are activities and events suitable for all ages, so don't miss out. Check out www.halifax.ca/bikeweek/ for the calendar of events. Celebrations will include signature events like the Mayor's Ride, Bike Expo, Southwest Sunday Cycle and SWITCH, but also dozens of smaller community events, rides, workshops and safety campaigns throughout the municipality targeting cyclists of all ages and abilities. Over 50 events in 10 days.

"When I see an adult on a bicycle, I do not despair for the future of the human race." - H.G. Wells

Health Promotion Services (PSP) program schedule – winter/spring 2016



By Health Promotion Staff

Open to CAF members, CAF families (18 years of age and older) and civilian employees. All programs are free of charge.

NUTRITIONAL WELLNESS

Nutrition Workshops
Superfoods, Jun 15, 1400-1530 hrs, Stadacona
Top Fuel for Top Performance
Jun 9 & 16, 0800-1500 hrs,

Stadacona.
SOCIAL & MENTAL WELLBEING
stress.calm
May 27 - Jun 10 (Thurs), 0800-1500 hrs, Dockyard.
Mental Fitness & Suicide Awareness
Jun 9 & 10, 0800-1600 hrs / 0800-1200 hrs, Shearwater.
Family Violence Awareness: Supervisors' Training
Jun 3, 0800-1200 hrs, Shearwater.
ADDICTION-FREE LIVING
Alcohol, Other Drugs, Gambling and Gaming Aware-

ness
Supervisors' Training
May 25 & 26, 0800-1600 hrs / 0800-1200 hrs, Shearwater.
General Awareness Training
Jun 14, 0800-1600 hrs, Stadacona.
Responsible Party Hosting
Jun 1, 0900-1200 hrs, Stadacona.
Tobacco Cessation
Butt Out Program – Registration Sessions
2nd & 4th Thursday of each month
1400 - 1500 hrs
Room 5094, CF Health Services Centre(A), Stadacona.

For more information and/or to register, please visit the Health Promotion Services Program Schedule webpage at www.ps-phalifax.ca

phalifax.ca
Email: hfxhealthpromotion@forces.gc.ca, Phone: (902) 722-4956

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Sports trivia

By Stephen Stone & Tom Thomson

Questions

- Who were the Matchless Six?
- Who is the only Canadian woman to win an individual gold medal in track and field at the Olympics?
- Who was declared Canada's woman athlete of the half century in 1950?
- What Canadian athlete was nicknamed Mighty Mouse?
- Who was the first Canadian to swim across the English Channel?
- Who is the second place all-time goal scorer in women's international soccer?
- Who is the only woman to win an Indy car race?
- Who was the first two-time and three-time National Hot Rod Association Top Fuel drag racing champion?
- Who was the first female hockey player to play in an NHL game?
- What female hockey player has won the greatest number of Olympic and World Championship medals?
- Which female hockey player scored the last two goals in the gold medal game at both the 2010 and 2014 Winter Olympics?
- Who is the first female goaltender to record a shutout in a men's professional hockey league game?
- Who was voted as Canada's female athlete of the 20th century?
- Who won Canada's first Olympic skiing gold medal?
- Who is the only North American ever to win Olympic gold in the biathlon?
- Who was the first Canadian to win an Olympic medal in cross-country skiing?
- Who is the only Canadian to win an individual gold medal in figure skating at the Olympics?
- Who is the most-decorated Canadian speed skater?
- Who is the only Canadian to win five medals at a single Olympic Games?
- Who is the only athlete to win multiple medals at both the Summer and Winter Olympics?



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Steve Murphy, Cdr Monaghan, CO of HMCS Montréal, CPOI Lizotte, Cox'n of Montréal, RAdm John Newton, and LCdr Nancy Setchell, Executive Officer of Montréal, meet in the ship's hangar during the CTV evening news broadcast from the ship on April 28.

SLT JAMIE TOBIN, MARLANT PA

HMCS Montréal: a floating television studio

By SLT Jamie Tobin,
MARLANT Public Affairs

Halifax-class ships are well known for being multi-functional platforms but on April 28, HMCS *Montréal* served an unusual purpose when the flight deck was transformed into a television studio for the CTV Atlantic Evening News at 6.

"It was an honour to host CTV on board HMCS *Montréal*," said Cdr Kristjan Monaghan, the ship's Commanding Officer. "Having Steve Murphy and his production team on board is a great way to tell the Royal Canadian Navy's story."

The broadcast was one of many Battle of the Atlantic commemoration events held leading up to the parade on May 1. A recorded interview with LCdr Nancy Setchell, HMCS *Montréal*'s Executive Officer aired during the broadcast and Steve Murphy spoke about the historic battle during a live interview with RAdm John Newton, Commander of Maritime Forces Atlantic.

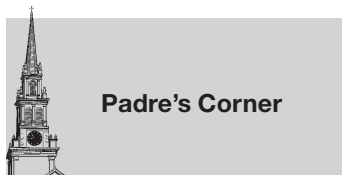
"We value the service and sacrifice made by those that served in the Battle of the At-

lantic and we use their service as inspiration for members currently serving the Royal Canadian Navy," said RAdm Newton.

The dedicated ship's company and the CTV production team collaborated to assemble the temporary television studio in a timely fashion and when Steve Murphy arrived for the show he was greeted by many of his fans currently serving onboard *Montréal*.

Overall, it was a successful event that brought together two prominent organizations in the community.

Spring activities



Padre's Corner

By Lt(N) T.L Cole,
CFNES/CFNOS Chaplain
CFB Halifax

Spring has finally arrived and with it comes an opportunity to enjoy the many blessings that this season brings. We have the opportunity to go running, hiking or walking on the beach with our kids and family or simply a nature hike on a beautiful Saturday afternoon. God of all creation calls us to take time for ourselves, families and friends and enjoy and appreciate the blessings of the season.

Recently, my daughter and I had the opportunity to go walking on the beach at Rainbow Haven which we both enjoyed

very much. It was a beautiful hot Saturday afternoon that was followed by an ice cap at a local coffee shop. To top off our quality time together we decided to take time and build a sand castle and enjoy each other's company for the rest of the afternoon. We started by gathering up our buckets and shovels and adding the most important ingredients first, so she added sand and water, and created the first layer of the castle.

As we were building the castle I began to reflect on the significance of the key ingredients and how essential they were to building the castle. Our spiritual lives today are no different; we need to add the essential key spiritual ingredients in our day to day lives if we want the best results. As we journey through life and as we face the challenges and demands of yet another busy season there are many spiritual

ingredients that we can use to lift our spirits and our attitudes. It can become all too easy to say, "I don't have time, or I will do it next week."

At this time of year, we are called to nourish ourselves by staying positive, finding time to spend with those we treasure most, whether it be walking, hiking or building a sand castle on a sunny day. When we throw in time, energy, exercise, positivity, love and support we are well on the way to rising above the challenges and demands of life and continuing to live a healthy, enthusiastic and spirit filled life. As we move forward together let us take a moment and dig out our spiritual buckets, where everyday key ingredients can be used to support ourselves and one another. Let us take time for God and one another during this spring and the beautiful season we are in.

DAGPWD hosts Lunch & Learn

By CPO2 Patrick Saunders,
Quality Control Chief, NPTG

On April 20, 2016, the Defence Advisory Group for Persons with Disabilities (DAGPWD) had the pleasure of hosting Milena Khazanavicius and her guide dog Louis, who are affiliated with the CNIB for a Lunch & Learn Living with a Visual Disability at FMF Cape Scott.

Milena, who is blind, spoke about the daily challenges of having a visual disability in the workplace and at home. Not to forget Louis, Milena covered the process of acquiring and training a guide dog. Milena's infectious enthusiasm and candid humor



Milena Khazanavicius and her dog Louis were guests during the Lunch & Learn session held at FMF Cape Scott on April 20.

CPO2 PAT SAUNDERS, NPTG

made for a lively hour of information, followed by many questions and answers from an interested group.

Please join the DAGPWD at our future Lunch & Learns and events.

Sports Trivia

continued from / Page 10

Answers

1. The Canadian women's Olympic track and field team who competed at Amsterdam in 1928. The members were Jane Bell, Ethel Catherwood, Myrtle Cook, Fanny "Bobbie" Rosenfeld, Ethel Smith, and Jean Thompson. 1928 was the first Olympic competition for women. The Six brought home four medals — two gold, one silver, and one bronze — and were the top women's team at the Games.

2. Ethel Catherwood, the Saskatoon Lily — 1928, Amsterdam, high jump. Catherwood also won gold in the high jump and javelin at the British Empire Games in 1930 in Hamilton, Ontario. She would probably have won gold in the javelin at the 1928 Olympics, but there was no javelin competition held for women until 1932. She was inducted into Canada's Sports Hall of Fame in 1955.

3. Fanny "Bobbie" Rosenfeld (Barrie, Ontario). In addition to being a member of the Matchless Six, she excelled in basketball, golf, hockey, lacrosse, softball, speed skating, and tennis. It was said the only sport she did not excel at was swimming. Rosenfeld was forced to retire from competition in 1933 due to arthritis. She became a sports writer at the Toronto Globe and Mail and was inducted into Canada's Sports Hall of Fame in 1955.

4. Swimmer Elaine Tanner. She earned the nickname due to her small stature and competitive drive. She won four gold and three silver medals at the 1966 Commonwealth Games in Kingston, Jamaica; two gold and three silver at the 1967 Pan American Games in Winnipeg; and two silver and one bronze at the 1968 Olympics in Mexico City. She was made an Officer of the Order of Canada in 1969 and was inducted into Canada's Sports Hall of Fame in 1971. Canada's top female junior athlete is presented with the Elaine Tanner Award.

5. Winnifred "Winnie" Frances Roach-Leuszler. She accomplished the feat on August 16, 1951, in a time of 13 hours and 25 minutes. She came within 100 yards of shore, was washed back 6 1/2 miles but rallied and completed the swim. She was also the first mother of three to complete the Channel. In the five-mile World Swimming Championship in 1947, she placed second three months after giving birth to her first child. She also placed second in 1949 while four months pregnant. In 1957, she became Canada's first female baseball umpire.

6. Christine Sinclair, 161. She follows the now-retired Abby Wambach (U.S.) who has scored 184.

7. Danica Patrick. She won the Indy Japan 300 on April 20, 2008. She finished third in the 2009 Indianapolis 500.

8. Shirley Muldowney. She won in 1977, 1980, and 1982.

9. Manon Rheume, goaltender. She signed a contract with the Tampa Bay Lightning in 1992 and played in exhibition games in 1992 and 1993. She won gold medals for Canada at the 1992 and 1994 IIHF Women's World Championship and a silver medal at the 1998 Winter Olympics in Nagano, Japan.

10. Hayley Wickenheiser, centre. She has won four gold

and one silver Olympic medals and seven gold and six silver World Championship medals.

11. Marie-Philip Poulin. She scored both goals in a 2-0 win over the U.S. at the Vancouver 2010 Olympics and scored the game-tying goal in the last minute of play and the game-winning goal in overtime in a 3-2 win over the U.S. at the Sochi Olympics in 2014.

12. Shannon Szabados. Playing for the Columbus Cottonmouths of the Southern Professional Hockey League on December 27, 2015, Szabados made 33 saves beating the Huntsville Havoc 3-0.

13. Nancy Greene Raine, alpine ski racer. She is Canada's most decorated ski racer with 13 World Cup victories, more than anyone else, male or female. She won a gold medal in the giant slalom and silver in the slalom at the 1968 Winter Olympics in Grenoble. She now sits in the Senate of Canada representing BC.

14. Anne Heggtveit. She won the gold medal in the slalom in 1960 at Squaw Valley, California. She was the first non-European to win the event.

15. Myriam Bedard. 1994 at Lillehammer, Norway. She won gold in both 7.5 km and 15 km individual events. She also won gold in 7.5 km and silver in 15 km at the 1993 World Championships at Borovets, Bulgaria, and bronze in 15 km at the 1992 Olympics in Albertville, France.

16. Beckie Scott. She has the distinction of being the only athlete to win bronze, silver, and gold medals in the same event at the same Olympics. She was originally awarded the bronze medal in the five-kilometre pursuit at the 2002 Games in Salt Lake City, but was upgraded to silver and then gold when the two Russian athletes who finished ahead of her were disqualified for drug violations. She received her gold medal in June, 2004, almost two-and-a-half years after the Olympics ended. She is Canada's most decorated cross-country skier.

17. Barbara Ann Scott, 1948 at St. Moritz, Switzerland. She is the only Canadian to win Olympic, World, European, and Canadian championships in the same year (1948). In 1988 and 2009, she carried the Olympic torch in the lead-up to the Calgary and Vancouver Winter Games. She was one of the Olympic flag bearers in the opening ceremonies at the Vancouver Games in 2010.

18. Lela Brooks. Between 1923 and 1930, the Queen of the Blades won more than 65 championships from provincial to world levels and dominated every event from 220-yard to one-mile distances. She set 17 world records over her skating career. She was inducted into Canada's Sports Hall of Fame in 1972.

19. Cindy Klassen. She won one gold, two silver, and two bronze medals in speed skating in 2006 in Turin, Italy. She also won bronze in 2002 at the Salt Lake City Olympics, giving her a total of six medals.

20. Clara Hughes. She won two bronze medals in road cycling at the 1996 Summer Games in Atlanta. She won gold and silver in speed skating in 2006 in Turin, and bronze in 2002 in Salt Lake City and 2010 in Vancouver. Her total of six medals ties her with Cindy Klassen for most medals by a Canadian.

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