



CPO1 Mercier is new Fleet Chief

Ceremony held in HMCS *Halifax*
Pg. 3

MFRC

Programs and services for military families
Pg. 6



Training underway for Nijmegen marchers
Pg. 9

Monday, May 30, 2016



Volume 50, Issue 11

TRIDENT

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

HMCS *St. John's* gives RMC cadets a taste of the future

By SLt Emily Anglin,
HMCS *St. John's*

Working on a Saturday is *de rigueur* for HMC Ships, but it's not often that a weekend work-day involves hosting a day sail with the Commander of the Royal Canadian Navy, the Commander MARLANT, and more than 150 Royal Military College cadets onboard.

On April 2, HMCS *St. John's* set sail not only to showcase the abilities of a post-refit frigate, but to give those RMC cadets a taste of their future in the Royal Canadian Navy. Under the supervision of a dozen junior officers, the hopeful Maritime Surface and Sub-surface (MARS), Marine and Combat System Engineers, and Logist-

ics Officers spent the day touring the ship while it sailed from Halifax to MARLANT operating areas.

The day was a busy one for both crew and cadets: first came a daytime man overboard exercise, followed by high speed manoeuvres—a favourite moment for future MARS officer Cadet MacKenzie Labrecque: “The ship was rocking from side to side and the waves were splashing over the flight deck. It was quite the thrill!”

Cadets were then given hands-on damage control training during a full-ship evolution including a simulated collision, fires, floods and casualties. Logistics cadets closed up in sickbay to learn about casualty clearing, while all other trades

dispersed to the four section bases and were engaged in hose handling, door and hatch procedures, firefighting, and pipe repairs for flood control.

Submariners and Clearance Divers were also welcomed aboard, and alongside members of the Naval Boarding Party and Ship's Team Divers they set up displays in the hangar to inform cadets of career options beyond their first posting to a warship.

The sail wrapped up with Commander RCN and former Commanding Officer of *St. John's*, VAdm Mark Norman, holding a town hall with the cadets and commending the crew for their hard work and enthusiasm in giving the cadets a taste of their future in the RCN.



RAdm John Newton and VAdm Mark Norman talked to Royal Military College cadets during a day sail in HMCS *St. John's* on April 2.

FIS

A glimpse of military life for Aboriginal candidates

By MCpl David McCord,
12 Wing Imaging

Candidates of the Canadian Forces Aboriginal Entry Program (CFAEP 2016) from as far west

as Keremeos, British Columbia and as far north as Kudra, Inuvik, visited Nova Scotia for a three-week introduction to the CAF to get a better understanding of military life. At the Damage

Control School at CFB Halifax the candidates worked waist-deep in cold water plugging holes in the navy flood simulator. Some candidates got the opportunity to experience what it feels like to

walk in a heavy bomb suit during their time at Fleet Diving Unit (Atlantic). The group also spent time in the field at Canadian Forces Detachment Aldershot where they fired the C7 Rifle and got a taste of army life out in the field, eating hot meals served from hay boxes. The candidates lived first-hand the challenges and stress of early morning inspections, daily physical training and military drill. “My body has to adapt to getting up at five o'clock every morning but I appreciate the structure and discip-

line of the Forces,” stated Kenneth Boulette. The CFAEP is designed to give aboriginal participants a personal experience of life in the CAF while emphasising Aboriginal cultural awareness, military leadership, teamwork and self-discipline. The program gives candidates like Kenneth the opportunity to make an informed choice before deciding on a career in the military. Kenneth sees the program as an opportunity for direction and plans to join the infantry after completing the CFAEP.



Candidates in the Canadian Forces Aboriginal Entry Program (CFAEP) experience a ride in a Rigid Hull Inflatable Boat in the mouth of Halifax Harbour on May 12, 2016.

CPL J.W.S. HOUCKCpl J.W.S. Houck



Donovan Luke, from Creston, British Columbia, gives a thumbs-up while touring the Shearwater Aviation Museum at 12 Wing Shearwater with the CFAEP, May 9, 2016

LS BRAD UPSHALL, 12 WING IMAGING SERVICES


MyClosing
Mymilitaryclosing.ca

MARLANT honours workers on National Day of Mourning

By Ryan Melanson,
Trident Staff

The lawn outside Province House was lined with 27 Nova Scotia flags on the morning of April 28, one for each Nova Scotian who was killed on the job over the previous year. The National Day of Mourning has been recognized on this date for 25 years, with people across the province and country gathering to remember their friends, loved ones and colleagues who died due to workplace accident or illness.

MARLANT and the CAF were represented at the ceremony by CFB Halifax Base Commander Capt(N) Chris Sutherland, Base Chief Petty Officer CPO1 Lee Brown, and Formation Safety and Environment Officer Carol Lee Giffin. Capt(N) Sutherland and CPO1 Brown joined many others in laying wreaths outside Province House.

“We’re here to recognize the importance of workplace safety, but also to honour those fellow Nova Scotians who have lost their lives in the workplace,” Capt(N) Sutherland said.

“For MARLANT, for the base, for FMF Cape Scott, we all work tirelessly to support our workers and to provide a safe working environment for all of our people.”

Flags were flown at half mast for the day, and Capt(N) Sutherland said all units were asked to take a moment to reflect on the importance of workplace safety



CFB Halifax Base Commander Capt(N) Chris Sutherland addresses the crowd before laying a wreath, along with Base Chief Petty Officer CPO1 Lee Brown, during the National Day of Mourning Ceremony outside Province House on April 28.

RYAN MELANSON/TRIDENT STAFF

and honour those who have died on the job.

The crowd gathered outside Province House was moved by the words of Vicki Dickson, whose husband Kevin was killed in 2011 in a workplace accident. While loading a steel plate onto a truck at a construction site near Timberlea, the plate broke away from its restraints and caused a pole to collapse, striking him in the head.

She shared memories of her husband, and also spoke of the work she’s done since his death with Threads for Life, an organization that supports families after workplace fatalities or life-altering injuries. She also touched on workplace safety issues, and the importance of employers taking responsibility and being held accountable through legislation for the well-

being of their workers.

“One life taken is one too many,” she said.

The crowd also heard from Nova Scotia Federation of Labour President Danny Cavanagh, along with representatives from each of the major provincial political parties.

Kelly Regan, Nova Scotia’s Minister of Labour and Advanced Education, thanked the workers, volunteers, safety organizations, employers and other groups who are in their communities and workplaces raising awareness of safety issues.

“Advancing any cause takes the efforts of many, and I can assure you there are many out there doing just that. I join them in renewing our commitment to those who go to work everyday, to work together to make sure we all come home safely,” she said.

No. 2 Construction Battalion focus of exhibit at Halifax Central Library

By Virginia Beaton,
Trident Staff

An exhibit highlighting the history of No. 2 Construction Battalion, aka The Black Battalion, was on display from May 13 – 15 at the Halifax Central Library.

It was the first time that the exhibit, owned and curated by Capt (ret’d) George Borden, had been on display for the public. The archival material comes from Capt (ret’d) Borden’s own private collection.

No. 2 Construction Battalion was officially formed in July 1916 with its headquarters then in Pictou, NS. At that time, widespread prejudice against Black citizens was so pervasive that those men who tried to volunteer for military service were refused, despite their willingness to serve and the constant need for personnel to fight in the First World War.

The items on display ranged from a copy of the battalion personnel list, to photos of the Battalion’s training camp. The list of personnel began with the Commanding Officer, LCol Daniel Sutherland, and included each recruit’s name, rank, home address, country of origin, and

next of kin. The Battalion eventually grew to more than 600 members including men not only from Nova Scotia, but from across Canada and also from the United States, the British West Indies, and British Guiana.

Capt (ret’d) Borden’s photo exhibit includes copies of photos of the soldiers including the Battalion’s band, and photos of items such as cap badges and medals.

After arriving in Europe in 1917, No. 2 Construction Battalion was attached to the Canadian Forestry Corps. The soldiers performed jobs such as clearing brush, building dwellings, roads and bridges, operating vehicles, and detecting mines.

In addition to the archival material related to No. 2 Construction Battalion’s history, the exhibit contains material related to currently serving Black members of the CAF, as well as several poems written by Capt (ret’d) Borden.

The exhibit will be touring Nova Scotia during May and June, leading up to a major display during the centenary commemorations of No. 2 Construction Battalion to be held in Pictou on July 9, 2016.

Fleet Mail Office celebrates CF Postal Service’s 105th birthday

By Cpl Nyja James,
CFPU Det Atlantic

The CF Postal Corps was officially established from General Order 70 on May 3, 1911. Initially, there were only a handful of offices CF wide; a base post office commanded by Maj George Ross in Toronto, with detachments in London,

Toronto, Kingston, Montreal, Quebec, Halifax, Winnipeg and Calgary.

Fast forward to present day and the CF Postal Service has expanded to almost every province with coastal detachments in Halifax and Victoria and HQ in Trenton, ON. Postal Clerks have been involved in many international crises as

early as the First World War, to as recently as Afghanistan, and presently Kuwait. The Fleet Mail Office (FMO) continues to facilitate variety of mail services to CFB Halifax base units and HMC ships including receiving, sorting and distributing mail. Both documents and parcels can be tracked through Canada Post for efficiency of

service.

While ships or members in general are deployed, the FMO dispatches care packages from loved ones, friends and family. The MFRC plays a critical role in making the aforementioned service easily accessible. Family and friends of deployed members are able to drop care packages at either MFRC (Halifax

or Shearwater). The packages are then transported to the FMO and sent to deployed personnel.

The FMO provides all the same services as any Canada Post retail outlet. Letter mail, parcel service, money orders, and mail forwarding are a few examples of the services that we provide. Whatever it may be, we can meet your needs.

Relocating? Investing? ...or Simply Moving?

Is a real estate transaction in your future?
...here are your professionals!

Carole Pelletier
REALTOR®

902.877.8765

cpelletier@exitmetro.ca
HalifaxHomeSearch.com

David Bathurst

REALTOR® Military Ret'd

902.440.8070

david@davidbathurst.com
DavidBathurst.com

Registered IRP Service Providers

EXIT
EXIT REALTY METRO

LAWYERS - AVOCATS

English/Français

**Criminal Law
Family Law
Civil Litigation**

(902) 492-7000

483-3080 (after hours)

www.singleton.ns.ca

TOM SINGLETON

2000 Barrington Street, Suite 604, Halifax, NS B3J 3K1

**Fees reduced 25% for
CF members & DND personnel**

ENJOY THE VIEW.

Live life to the fullest with high-quality LASIK and the lowest price. Guaranteed.†

LASIK MD
VISION

Starting at \$490/eye*

Book a free consultation
at 1-877-852-2005 or lasikmd.com

†Conditions apply, see lasikmd.com/faq. *Prices are subject to change without prior notice and vary based on prescription strength. Standard LASIK starting at \$490 per eye and Custom LASIK at \$1750/eye. Other conditions may apply.



Blues rocker Matt Minglewood looking forward to Family Days concert

By Ryan Melanson,
Trident Staff

Cape Breton blues rocker Matt Minglewood and his band return this year to the PSP Entertainment Tent at HMC Dockyard to rock the house at the annual Family Days concert. Minglewood last took to the Family Days stage in 2008, and said this year, sharing the stage with acoustic rockers Signal Hill as the event celebrates its 20th anniversary, is sure to be another great time.

“You couldn’t ask for a better crowd than the military folks. You know it’s going to be a lot of fun.”

He’s also a big supporter of the CAF. He lost relatives in both World Wars, his brother is a longtime reservist, and he said he’s watched many of his good friends enjoy long military careers.

It makes things a bit more special when he performs for members of the defence community, and it’s something he’s done anytime the opportunity



Matt Minglewood and his band will bring their unique blend of blues, country and rock to the Family Days concert on June 17. Veteran East Coast acoustic rock group Signal Hill will also take the stage.

SUBMITTED

arises. Highlights of his storied career include performances for CAF personnel in Afghanistan in 2004 and 2009, as well as playing for the crew of HMCS *Charlottetown* in Abu Dhabi along with country star George Canyon in 2008. His music has also taken

him to Egypt and Israel to play in support of multinational UN troops.

And when he and the band arrive for Family Days on June 17th, they’ll be armed with some brand new tunes to play for the crowd. The Minglewood Band is

currently getting ready to hit the studio to record their first full length album in more than a decade.

“For a while people have been asking, and I would always say that I’m going to do one sometime in the future, but this summer we’re going in and actually getting it done. All the songs are ready to go and we’re looking forward to getting something new out there,” he said.

But that doesn’t mean those familiar with Minglewood’s five-decade career won’t hear the songs they know and love when the band takes the Dockyard stage. They’ll play a set that includes a selection of new tracks, as well as favourites like East Coast Blues, Me and the Boys, and the Maritime staple Can’t You See.

“It’s a lot of fun to mix things up, so we’ll give people a bit of everything. I’ve got a new band too, with some new blood and a great bunch of people on stage.”

It’s a chance to see the long-time bluesman play in a high-

energy setting. While he often performs laid-back solo shows armed with just his acoustic guitar, the Minglewood Band gigs are flat-out rock and roll, he said.

The other headliner for the Family Days concert is also sure to bring the energy. Well into their third decade of rocking East Coast crowds, Signal Hill will bring their brand of acoustic rock to the PSP Tent. Originally from Newfoundland, but now calling Halifax home, the group is known for covering classic hits across different genres and leading their audiences in singalongs.

Doors open for the Family Days Concert at 7:30 p.m. on June 17, with the first act taking the stage at 8 p.m. Tickets are \$10 each when purchased through PSP facilities or \$11.50 when purchased online through ticketpro.ca. The show is open to military personnel and civilians 19 years and older, with picture ID and tickets required upon entrance. For more information, call 902-721-8335.

HMCS Sackville’s new sister

By Natasha Leduc,
BPAO

Our Navy is rich in history and we have the ships to prove it, specifically HMCS *Sackville*, commissioned in 1941. But we are not the only ones who wish to work on the preservation of our ships. The Polish Canadian Society of Nova Scotia and the Consulate of the Republic of Poland in Halifax came together with the Royal Canadian Navy on May 18 at CFB Halifax to share their stories about the ORP Blyskawica, who is now known as HMCS *Sackville*’s Polish sister ship.

ORP Blyskawica, one of the most popular Polish ships, was commissioned in 1937 and has received high military honours. The ship shares similar stories to

Sackville. Both have served in the Second World War. Altogether, both ships have successfully escorted more than 110 convoys and are now being preserved as museum ships.

The Honorary Consul of Poland, Jan Skora, Cdr Jerzy Lubkowski and LCdr Walter Jarosz from the Polish Navy, and George Borgal from Canada’s Naval Memorial Trust came together to speak about *Sackville*’s new Polish sister ship and discuss different ways and alternatives to keep our ships in their original states. “These ships share similar stories, as well as the collaboration of our Navies in the Second World War,” said Borgal. “We want to ensure that in the future we have friends in Poland and that we help each other out in the preservation of our ships.”

Navy League of Ontario to celebrate centenary in 2018

By Ann Keeley-Meloche,
Chair, Centennial Committee

The Navy League of Canada - Ontario Division is celebrating its 100th Anniversary in April 2018.

The kick-off was at the Annual General Meeting and will culminate with the Birthday/Centennial Party April 2018 (AGM Weekend).

We are attempting to locate individuals who have been or are part of the Navy League of Canada - Ontario Division family from as far back as possible. If you are a former Wrenette/Officer, present/past Sea Cadet/Officer, Navy League Cadet/Officer, Branch member or present and former Division member, we would like to hear from you.

The Committee is collecting photos, newspaper clippings of interest (anniversary milestones of corps/branches/members and other significant events) from the past 100 years. Scan your photos, newspaper clippings and email them to the address below. Please add any information about the items if known. If mailing originals, they will be scanned and returned to you if you include a return address.

If you or anyone you know was a cadet, officer, or volunteer, past or present, please contact us by email or write to us at Navy League of Canada - Ontario Division, 1200 Markham Road, #302, Scarborough, Ontario M1H 3C3.

For general inquiries please email: Committee@NLOntCentennial.ca

For submissions of photographs and stories please email Submissions@NLOntCentennial.ca

To register as Alumni please contact us at Register@NLOntCentennial.ca

More information can be found on our website at: www.NLOntCentennial.ca

So let’s get talking, pass the word to anyone you know that is or was a member of the Navy League family, register yourself and let’s see how many corps/branch members (current/retired) we can have represented at the 100th Anniversary Party.

Challenge: Ontario Division was formed in 1917. Can we find photos, clippings, people (relatives) who represent every year of our existence?

Get registered and register your branch/cadet/friends. Send in those photos and clippings.



65 SOUTHAVEN CLOSE

“This gorgeous 4br, 3bath home on a quiet cul de sac awaits a new owner, with a lot size over 12,000sq ft, plenty of privacy and space for the whole family.



CONFEDERATION AVENUE

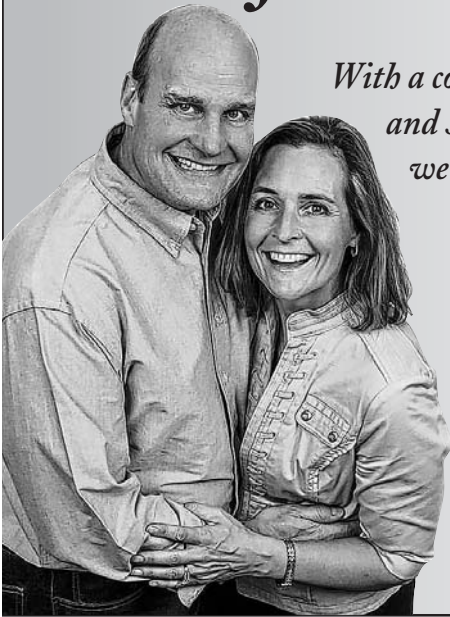
Beautiful 7 year young home on over 3 acres of wooded privacy in Fall River features attached dbl garage, 4 bedrm, 3 bath, cathedral ceiling & propane fireplace in livingrm, hardwood and laminate floors, plenty of windows to allow all the natural light in.



JIM AND JACKIE PITT

IRP Registered REALTORS®

*With a combined 31 years in real estate
and 30+ years in the military,
we’re the team for you!*



cell: 902.489.2525
fax: 902.434.9764
email: jackie.pitt@century21.ca
www.century21.ca/jackie.pitt



HIGHFIELD PARK – PROUDLY SERVING THE MILITARY

FURNISHED & UNFURNISHED SUITES AVAILABLE

Ask about our military discount.

HFPapartments.ca 902.982.1510

HIGHFIELD PARK



year's Board of Directors. There is no cost and all military members and their families are welcome. Child care is available. Call 902-427-7788 to register for child care by Friday, June 10.



SUBMITTED

ministration. Tous les membres des Forces armées canadiennes et leur famille sont invités et c'est gratuit! Le service de garde vous est offert. Téléphonez au 902-427-7788 avant le vendredi 10 juin pour vous inscrire au service de garde.

défis parentaux, les problèmes relationnels, les séparations et les divorces, la perte et le deuil ainsi que la violence conjugale. L'équipe de travailleurs sociaux est chargée de gérer des appartements d'urgence et dispose de moyens financiers modestes pour aider les familles des FAC dans les moments difficiles. Pour communiquer avec un membre de l'équipe de PSI, veuillez composer 902-427-7788 et demander pour le travailleur social de service.

The H&R MFRC proudly participated in the Colour Me Green day in Shearwater, during Mental Health Week earlier in May. The event focused on the color green as it represents healthy on the mental health continuum. Here at the H&R MFRC, our Prevention, Support and Intervention (PSI) team focuses on helping CAF families get to green by providing confidential, no-cost, short-term counselling, crisis support, assessment and referral, education and prevention programming. We focus on assisting

CAF families by providing support, guidance and tools to help manage lifestyle stressors. We can assist CAF families with issues such as: work-related separations, parenting challenges, relationship issues, separation and divorce, grief and loss, and family violence. The PSI team is entrusted with emergency apartments and modest financial resources to assist CAF families in their time of need. For more information on the PSI team please call 902-427-7788 and ask for the Intake Social Worker.

Strongest Families Institute is a not-for-profit organization providing evidence-based services to children and families seeking help for mental health and other issues impacting health and wellbeing, including unique challenges military families face. The organization provides timely care to families by teaching skills through our unique distance coaching approach – supporting families over the phone and Internet in the comfort and privacy of their own home. Strongest Families provides family-centered care that is customized to their needs. For more information on how Strongest Families Institute can help, please call 902-427-7788.

Strongest Families Institute est une organisation à but non lucratif qui fournit des services aux enfants et aux familles sollicitant de l'aide sur des questions relatives à la santé mentale, ainsi que sur d'autres problèmes qui ont une incidence sur la santé et le bien-être. Nous fournissons des soins pertinents aux familles en leur enseignant des compétences grâce à notre approche d'accompagnement à distance unique qui permet de soutenir les familles, soit par téléphone ou par Internet dans le confort et l'intimité de leur maison. Strongest Families Institute fournit des soins axés sur la famille qui sont adaptés aux besoins.

Pour de plus amples renseignements, veuillez composer 902-427-7788.

Félicitations à PO1 Tina Pace,
NCSM *Ville de Québec*, grand
gagnant du tirage de mai 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@halifaxmfr.ca.
Si votre adresse a changé ou si vous désirez recevoir le journal Trident, veuillez écrire à info@halifaxmfr.ca.



PSP Halifax presents a FAMILY DAYS CONCERT
 La PSP Halifax présentent le CONCERT JOURNÉES DE LA FAMILLE





SIGNAL HILL & MATT MINGLEWOOD

17 JUNE

8:00 P.M.

HMC DOCKYARD
 PSP ENTERTAINMENT TENT

\$10.00

\$11.50 WHEN PURCHASED ONLINE

17 JUIN

À 20H

À L'ARSENAL CSM
 TENTE DIVERTISSEMENT PSP

10,00\$

LE COÛT EST DE 11,50\$ LORSQUE
 L'ACHAT EST EFFECTUÉ EN LIGNE



19+

Visit any PSP fitness, sports and recreation centre, or www.psphalifax.ca to purchase tickets. / Rendez-vous à n'importe quels centres sportifs, de conditionnement physique et des loisirs des PSP ou à www.psphalifax.ca pour vous procurer des billets.

www.psphalifax.ca

902-721-8335

 /PSPHalifax



A member of the Colour Party drapes 406 Squadron's Colours over a Piling of The Drums ceremony during a parade in Archdale Hangar (building SHHGR 342) marking the 75th anniversary of 406 Sqn on May 14, 2016 at 12 Wing Shearwater, NS.

LS BRAD UPSHALL, 12 WING IMAGING SERVICES

406 Squadron celebrates its 75th anniversary

By WO Dave Rowe,
406 Sqn

406 Squadron was formed at Aklington, UK, May 10, 1941, as Canada's first Night Fighter Squadron. The Squadron in late 1944 was changed to the role of Intruder, and was the most successful Intruder Squadron of Fighter Command. Now, 75 years later, 406, Lynx Squadron prepared to celebrate its history and heritage with two days full of events. Commanding Officer LCol Pete Saunders, from the first stages of planning, wanted the focus to be on the people, past and present, and their families, who have all shaped the legacy of 406.

Festivities began with a meet-and-greet the evening of May 13, hosted by the Shearwater Aviation Museum. The location was perfect, and aircraft from the Second World War to present, were a fitting backdrop for a great get-together. The atmosphere was relaxed, food was great and plentiful, and entertainment abounded, from the Stadacona Band, to Terry Kelly, and the Dusty Miller Trio. Everyone came in smiling, and all went out the same way, with many kind words of thanks at the end. The focal point of the weekend was the many events on Saturday, May 14, commencing with the Squadron Colours being uncased at the Shearwater Aviation Museum, where they were stored for seven years, and solemnly marched past the Maritime Helicopter Training Centre for the parade and later to their new permanent home at Archdale Hangar. The parade was also an opportunity for the Lynx to welcome their new Honorary Colonel, former VAdm Duncan "Dusty" Miller, and to publicly pay tribute to its fallen squadron mates, with piling of the drums and draping of the colours.

The unique nature of the parade, excellent narration by none other than LCol Saunders' wife, Maj Val Saunders, highlighted this special event. "The true character of the unit derives, of course, from the people who come and go and leave their mark upon the unit," said Col Peter Allan, Commanding Officer 12 Wing Shearwater, addressing the parade. Throughout the events of May 13 and 14, it was evident that those words had been taken to heart by the organizers.

Each year 406 Squadron trains several hundred air crew and technicians to ensure that 12 Wing has the personnel ready to serve as Wings for the Fleet aboard Royal Canadian Navy ships both on the east and west coasts. The Maritime Helicopter community plays a vital role in the Royal Canadian Air Force's overall air power on missions at home and around the world.

As 12 Wing transitions from Sea Kings to operationally ready

Cyclones, the demands on training and preparing the next generation of aviators will be the next chapter in the Squadrons evolving history.

"You have the responsibility and the opportunity to create history and to be remembered for the foundational roll you will play in the development of the

Maritime Helicopter story," stated LCol Paul Saunders, Commanding Officer of 406 Sqn. An official ceremony will be held in the near future naming 406 Squadron's new home at 12 Wing Shearwater as the men and women carry on the proud tradition of a Squadron that dates back to the Second World War.



Capt(N) Stephane LaFond (right of plaque), current CO of FMF Cape Scott, is joined by six former COs of FMF Cape Scott, in the unveiling of a plaque to commemorate the 20th anniversary of the unit.

CPL CHRIS RINGIUS, FIS HALIFAX

FMF Cape Scott celebrates 20th anniversary

By Virginia Beaton,
Trident Staff

Fleet Maintenance Facility Cape Scott celebrated its 20th anniversary on May 4, 2016.

Six former Commanding Officers of the unit joined Cape Scott's current CO, Capt(N) Stephane Lafond, together with the unit's military and civilian personnel for the unveiling of a plaque commemorating the event.

The former COs present for the event included Andy Smith, Rick Payne, Gerry Humby, Cmdre Michael Wood, Richard Gravel, and Gilles Hainse. Before the plaque was unveiled, the six former COs joined Capt(N) Lafond for a briefing in his conference room.

Following the plaque unveiling, Gerry Humby, the CO of the unit when it was stood up, noted that while there were challenges along the way, Cape Scott has continued to prove the value of what it brings to the Royal Canadian Navy.

Richard Gravel concurred with Humby in his assessment of the unit. Now retired from the RCN, Gravel had not yet seen the Capt Bernard Leitch Johnson facility, the submarine and vessel maintenance facility that opened in 2014, but a tour was scheduled for that afternoon. "I'm really looking forward to seeing it," said Gravel.

A barbecue and a cake-cutting ceremony held at the Capt Bernard Leitch Johnson facility followed the plaque unveiling.



Presented by PSP and Sobeys et la PSP vous offrent



DND
FAMILY
Days

20th

join the celebration!

17-18
June
2016

HMC
DOCKYARD

ARSENAL
CSM



WWW.PSPHALIFAX.CA

FREE ADMISSION, RIDES AND DOOR PRIZES | ENTRÉE GRATUITE. MANÈGES ET PRIX DE PRÉSENCE!

3rd annual Colour Me Green event spotlights mental health awareness

By Padre Lt(N) Michael MacIntyre, BAdm

Everyone is familiar with how stoplights work: green means go; yellow, caution; and red, stop. But what would happen if people stopped noticing the change in those signals – what if people were unable to recognize those indications that they need to stop, or slow down? Of course, there would be a high number of accidents, of injuries, and thousands of people affected. Mental health may be understood along a similar continuum, stretching from green, to yellow, orange, and eventually red. Ignoring these indicators can have similar dramatic consequences. Yet, each and every day, members of the CAF slip out of their green place on their readiness level, and drop into yellow, or even red – and sometimes without even noticing. With a focus on recovering that level of readiness, fostering resiliency, and supporting the member, this year’s Colour Me Green event was a resounding success.

Holistic health – mental, physical, emotional, and spiritual – was the focus of the 2016 event held at 12 Wing Shearwater on May 5. Hosted by the MARLANT Social and Mental Well-being Working Group, the event featured guest speakers, heartfelt personal testimonies, entertainment from the Stadacona Band, and showcased more than twenty supporting agencies from both inside and outside the CAF, all aimed at providing support, eliminating stigma, and fostering community throughout CFB Halifax in order to promote and encourage a positive approach to maintaining a healthy person.

First conceptualized in 2013 by former CAF members, Colour



The 3rd Annual “Colour Me Green” Mental Health Awareness Week social and wellbeing working group held on May 5th, 2016 at the Sea King Club Junior Ranks Mess, 12 Wing Shearwater, NS.

LS BRAD UPSHALL, 12 WING IMAGING

Me Green has grown into a base-wide event focussed less on education or lecturing, and more towards positive personal growth and wellness. Representative groups supporting the MARLANT Health and Wellness Strategy spotlighted nutritional wellness, addiction-free living, active living, injury prevention, and social and mental wellbeing. CFB Halifax chaplains provided resources on spiritual health and role of the unit Padre. The MFRC provided a great deal of information for both members and their families, and other resources from the Road to Mental Readiness (R2MR) Program,

SISIP Financial, and even Paws Fur Thought provided information about their services and, in the latter case, some attention from Rocsie, a well-mannered therapy dog.

Without a doubt, maintaining overall positive health and wellness is quickly being recognized as one of the most insidious and pervasive challenges in the CAF. It affects our deployability, employability, and our physical resiliency; and even more critically, it affects the way we interact with our families, friends, and colleagues. The aim of Colour Me Green is both to raise awareness and lower stigma experience

by those struggling in their lives, and to remind everyone that they are not alone – that they are part of a larger family that looks after and cares for each other.

With testimonials from members representing a wide variety of military ranks and civilian positions, attendees were invited to look into someone else’s life, and hear about how it is both difficult and necessary to access resources as needed, so that signs and symptoms of stress and self-destructive behaviours may be recognized and addressed. Guest speakers from several command groups illustrated the constantly adapting understand-

ing of how chains of command may better support their members who need it. Most of all, perhaps it is the dawning understanding that we are dependent on each other for our collective health, that was an overarching umbrella for the event. No one person is infallible or untouchable; but together, we may lift up each other and find strength in our shared experiences and resolve to be Green.

Keep watching for new information and initiatives from your MARLANT Health and Wellness groups, as new programs are developed, and previous successes are revisited.



Mexican Navy Tall Ship visits Halifax

ARM Cuauhtémoc, a sail training vessel of the Mexican Navy, sails into Halifax Harbour on May 12, 2016. She is the last of four sister ships built in 1982, built similar to the 1930 designs of other well-known Tall Ships. Cuauhtémoc is a sailing ambassador for her home country and a frequent visitor to world ports, having sailed over 700,000 km in her 34 years of service.

JOHN CLEVETT, FIS HALIFAX

Posted to Victoria?



PLEASE EMAIL OR CALL ME NOW!!

- 29TH YEAR RELOCATING DND FAMILIES.
- EXPERIENCED TEAM TO ASSIST YOU.
- EMAIL ME YOUR HOUSING REQUIREMENTS TO peterb@vreb.bc.ca FOR CURRENT EXAMPLES OF HOMES IN YOUR PRICE RANGE.
- OR CALL DIRECT 1-250-888-0200

Peter Lindsay
Toll Free 1-800-663-2121

www.victoriarelocation.com


RE/MAX CAMOSUN • (250) 744-3301 • 24 hours
Serving the Needs of Military Families Since 1987




SUPPORT MARITIME FAMILIES.

Three-year old Isaac Fraser has a rare form of muscular dystrophy – a disease that impacts every muscle in his body. Thanks to the IWK, he is living his best possible life! **Tune in to hear Isaac’s story.**

We need your support.

 1.800.595.2266

 iwkfoundation.org

 ‘IWK’ to 20222*
*Donation amounts \$10, \$20, \$25



BROADCAST PARTNER
CTV

 **Children's
Miracle Network**



MARLANT team trains for the 100th Nijmegen Marches

By CPO2 Frank Patry,
CFNES Training Support Div
Cell Chief and Team Leader,
Nijmegen 2016 Team
MARLANT

The road to Nijmegen started back in February when a group of strangers responded to a call for volunteers for this prestigious, world class event. This unique challenge involves marching a total distance of 160 kilometres over four consecutive days. This march, referred to by the Dutch as Vierdaagse, dates back to 1909 when Dutch troops marched great distances as a means of increasing their physical fitness and stamina. This rigorous training has since evolved into the largest marching event in the world with over 40,000 civilians and 5,000 military marchers participating annually.

When MARLANT received the honour of being selected as one of the teams that will comprise this year’s Canadian contingent; a beehive of activities started taking shape as every aspect was looked after such as advertising, administration, parking and budget to name a few but the most important by a long shot: training. Training for the Nijmegen Marches is carefully designed to condition the mind and increase physical stamina, requiring trainees to attend numerous marches of varying lengths. In order to do so, a marching schedule was devised along with nutrition, physiotherapy and general foot care lectures. These were added to help educate every applicant to mitigate any problems they might encounter along



CAF members from CFB Halifax are training in hopes of being selected for the MARLANT team for the 2016 Nijmegen March.. Front row: Lt Dean Clark, Cpl Cameron Appleby, MCpl Paul Loma, LS Arthur Colling, CPO2 Frank Patry, PO2 John Casey, PO2 Andrew Fletcher, PO2 Robert Peters. Centre: PO2 Shawna Hodge, Pte Emilie Paquet-Proulx, MS Jessica Harper. Rear: MCpl Shawn Beaton, LS Andre White, PO2 Jamie Fitzgerald, SLt Jamie Conrod, CPO2 Jim Pitt, LS Stewart Riggs, LS Dylan Tullis, Lt(N) Ryan Woodford, PO2 Ken Day, AB Christopher Andrews, and Cpl Travis Weir.

CPL J.W.S. HOUCK, FIS HALIFAX

the way. Training is not easy by any means as participants often care for growing blisters and discover new aches and pains each week. But as training progresses, so is their resolve to persevere with the hope of being picked as one of the eight available spots on the team.

MARLANT team initially started with 41 applicants back in March and as of the first week of

May is now down to 22. These men and women are the most hardened and determined of the bunch and after six weeks of training, are well on their way to tackle the hardest and decisive part: the successful completion of the 2x40 km back-to-back march. Only when they have achieved this milestone will they find out if they made the team. To become a MARLANT team

member, everything counts. Doing all the required marches is only one criterion, every applicant is also assessed against their peers on how much they help one another, the way they interact during marches, their level of enthusiasm as well as how they sing! Believe it or not but singing is a huge asset for any team to have when marching in Nijmegen as it breaks monotony, it passes

the time and revitalizes team spirit when needed the most. The more songs a team has in its back pocket, the better off they are. With MS Jessica Harper as my trusted 2I/C, we are looking forward to the challenge ahead next month and also very excited in deciding who will be part of this year’s team. It will not be an easy decision I can tell you that much...

Retired Master Bombadier ready to tackle Nijmegen marches for milestone 20th time

By Ryan Melanson,
Trident Staff

When MBdr(Ret'd) Jeremy Blackburn's boots hit the ground this July at the International Four Days Marches Nijmegen, it will be his 20th time participating in the gruelling test of endurance.

The largest marching and walking event in the world sees up to 40,000 people march for 40km per day for four days straight through the Netherlands, with thousands of spectators gathering to watch at various points, and as many as a million watching on TV. Blackburn marched in Nijmegen as a CAF member on 15 occasions, and has attended as a civilian since his retirement after 33 years of service.

And while the 160km of marching is a daunting task on its own, Blackburn has always brought his pipes along, putting in the extra effort of playing music to boost the morale of fellow marchers. There are stories of him piping nonstop for the entirety of the march in his earlier years.

"It's not true, but it was pretty close," he said.

He's also piped in official capacities at the Groesbeek War Cemetery as part of the march, as well as at the ceremony at Vimy Ridge in France annually attended by the CAF Nijmegen contingent.

He said the breath control required to march and pipe for long

periods is something he's accustomed to, as long as the bag is airtight, and that he's always found it rewarding that he's able to help lift the spirits of other marchers.

"It can really help get people's minds off the pain in their feet."

He proudly displays his large collection of medals handed out for completing the event, known as the Cross of the Four Days Marches, and eagerly awaits receiving his 20th. He also holds medals and badges from several other events, including the 100km Death March in Bornem, Belgium.

It was an adjustment to return to Nijmegen as a civilian after his retirement, and Blackburn said marching out of uniform didn't feel quite right. But he's learned to embrace the civilian side of the event, enjoying the opportunity to take things a bit lighter and appreciate the experience, though he still marches in his issued boots.

"There's a little more flexibility as a civilian. If it rains, you're allowed to get your umbrella out," he joked.

Participating independently has also opened the door to fundraising for various causes through the march. Last year in Nijmegen, he raised money for an organization helping Tibetan refugees, and has raised funds in support of causes at various other marches and runs as well.

To mark his 20th year, he still



MBdr(Ret'd) Jeremy Blackburn will be marching and piping at the International Four Days Marches in Nijmegen this July, aiming for his 20th time completing the event.

MEGHAN FASH/PSP HALIFAX

plans to pick a fundraising focus, but will also be commemorating his father's Second World War regiment, the 12th Manitoba Dragoons, through the four days.

"Many of my father's friends are buried at Groesbeek; my plan is to march playing the regimental tunes of my father's military past," he said.

"It's my intent to also be with MARLANT at the Canadian ceremony at Vimy Ridge, and to

See **RETIRED BOMBADIER**
/ **Page 10**

Fitness and sports updates

By Trident Staff

There will be a Bike Rodeo on June 11, presented by PSP Community Recreation and the Halifax Military Police. The Military Police will be reviewing bike safety, helmet safety and the rules of the road. Bring your bike and complete our bike course to test your skills! The event will also feature a bounce castle and face painting! Bring the family for a morning of fun, and door prizes. The location is the Shearwater Fitness, Sports and Recreation Centre Parking Lot from 10 a.m.-12 p.m.

Registration not required - bring a friend. For more information contact Heather Arbour at heather.arbour@forces.gc.ca

The Navy Tridents Triathlon and Duathlon takes place on June 5, 2016 at the Shearwater Fitness, Sports and Recreation Centre.

We will be hosting three races which will be a Sprint Triathlon, a Try-a-Tri Triathlon, and a Duathlon. It is a great way to get started in the sport of Triathlon for first timers, and an excellent way to see how you stack up against the competition after a long winter for more seasoned racers. For more information or to register, please visit <https://raceroster.com/events/2016/8156/tridents-triathlon-and-duathlon>

A Health and Wellness Spin-

a-thon at STADPLEX from 8 a.m. to 3 p.m. on Tuesday, June 7 is presented by PSP and QHM on behalf of CCFL and in support of the MARLANT Health and Wellness Strategy, Bike Week and June is Recreation month. The event is open to all military units in Stadacona, HMC Dockyard and Shearwater. Team size is a maximum of 14, may be mixed from different units. For more info and to register, contact Briana.plante@forces.gc.ca

The Halifax Mariners Female Softball Team is seeking new players this summer. All skill levels welcome. No experience required. Practices will take place at the Shearwater Field Tuesdays and Thursdays from 3 – 4:30 p.m. Don't be deterred by the practice times; it is fully understood that people are busy in their jobs, and cannot always get away. If you have an interest in playing or have any questions with regard to the team, please contact one of the following: Cindy Hawkins at Cindy.Hawkins@forces.gc.ca; Kayla Lamb at Kayla.Lamb@forces.gc.ca; or Shaunda Lillington at Shaunda.Lillington@forces.gc.ca.

If you are interested in playing pickup soccer on Porteous Field in Stadacona from 11:30

See **FITNESS UPDATE**
/ **Page 10**

COTW STANDINGS 2015/2016																			
COTW Units	SOCCER	FIT	RUN	BADM	SQUASH	B. Soc	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	50					840	1st	
5 Cdn Div / Hlth SVCS	80	90	70	35	90	60	90	95	45	55	50	40					800	2nd	
CFNOS	50	20	55	65	45	75	30	50	75	70	80	30					645	3rd	
BADM / MARLANT / MP	0	10	0	50	75	20	0	80	30	100	95	0					460	4th	
CFMWC / FMFCS	40	75	25	20	20	45	45	30	10	30	65	10					415	5th	
TRINITY	20	60	10	0	30	10	20	65	60	40	30	0					345	6th	
BLOG/ BCE	30	30	0	0	0	90	60	40	20	0	40	20					330	7th	

Meet your PSP Fitness and Sports staff: Rocky Thorne

By Ryan Melanson,
Trident Staff

Those who use the STADPLEX gym facilities likely know Rocky Thorne for his friendly greetings each evening at the front desk, but may not know that his involvement in the CAF and military sports dates back nearly 50 years.

It began as an Ordinary Seaman serving as a cook in HMCS *Bonaventure* in the late 60s. Thorne was known for being quite a good golfer, and word of his skills eventually reached VAdm Chuck Thomas, a national champion golfer himself.

“Two days later, as an Ordinary Seaman, I flew to Holland with him to play golf. It was a pretty interesting career after that,” Thorne said.

While the cooking trade took him to bases across the country and saw him temporarily switch

to both the RCAF and Army uniforms, it was sports that became the dominant theme of his long career.

Whether it was hockey, boxing, fastpitch, golf or other sports, he played hard at every base he was posted to, participating and winning in too many regional and national championships to count. His love for sport brought some unusual scenarios as well; anyone on-board *Bonaventure* will likely remember the time Thorne welcomed civilian Clifford Johnson from Eastern Passage onto the aircraft carrier for a boxing match.

“I got pummelled, in front of my whole ship’s company. That was my last boxing match,” he said while laughing.

“I say my whole military career was honestly a sports scholarship, and it was just fantastic.”

Thorne’s love of sports also

made the move to PSP a natural fit for him. While his age meant it was time to retire from the CAF as a PO1, he had no desire to leave the military environment behind.

“The military was my life and it really still is. I simply love and adore the military structure. And I promote it here at the front desk,” he said.

He’s also volunteered his time to support CAF sports, specifically women’s hockey. He began coaching the Mariners Hockey Team in 2006, building a program that took five straight regional championships, winning two national titles as well. He was already a high-level hockey referee at the time, but coaching was a new avenue.

“That really opened up a door for me and became a passion of mine. I started recruiting players all over the base,” he said. The experience also



PSP Halifax employee Rocky Thorne joined the CAF in 1967 and still loves to be part of the military community.

RYAN MELANSON/TRIDENT STAFF

led to the opening of Rocky’s Hockey School at the Shearwater rink, which still hosts up to 40 members of all trades and ranks on Saturday nights. Current Base Commander Capt(N) Chris Sutherland is a regular

participant, he said.

As he reflects on five decades of working for or supporting the Forces, he admits it wasn’t easy. While his service brought him around the globe, with experiences like deploying to the Middle East during the 1973 Arab-Israeli War, stressful situations led to problems down the road. Like many, he suffered with PTSD and anxiety issues for years before identifying the problem and beginning treatment.

“I’ve been seeing a psychologist for the last two years, and it really has helped. I’m a much better person now. People need to get help for this,” he said.

He and his wife of 44 years are considering their next steps and a full retirement, but Rocky can still be found weeknights at STADPLEX for the time being, always ready to chat and encourage the next generation of CAF athletes.

Fitness update

FITNESS / Page 9

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.

The Formation Halifax Women’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 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 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.



14 Wing Greenwood Golf Club

18 HOLE MILITARY GREEN FEE
only \$21.00 plus tax

18 HOLE NON-MILITARY GREEN FEE
only \$30.00 plus tax

GREENWOOD GOLF CLUB

Check out our web site at www.greenwoodgolfclub.ca for a complete list of golfing rates and great daily specials.



NAVY

IOKRUN

SUNDAY

AUG 14

2016

0800 HRS – KID’S RUN
0930 HRS – 5K & 10K RUNS

LE DIMANCHE

14 AOÛT

2016

8 H – COURSE DES ENFANTS
9 H 30 – COURSES DE
5 KM ET 10 KM

REGISTER AT | INSCRIVEZ-VOUS AU WWW.PSPHALIFAX.CA /psphalifax

Retired Bombadier

RETIRED / Page 9

lay a wreath for my father’s fellow soldiers killed in the Netherlands.”

Though he’ll be 65 years old for his 20th attempt, Blackburn said he won’t stop there. He’s become part of the long-distance marching culture, and said most who get hooked on the Nijmegen event have a goal in mind. For Blackburn, that goal is to receive the medal marking 25 marches completed before he considers hanging up his boots.

For CAF personnel looking to build their own collection of Nijmegen medals or anyone training for the first time, Blackburn said perseverance is key. Even for MARLANT members who may not be picked as a member of the team on the first attempt, he said to not get discouraged and seek out other marches in preparation for the next year.

And if you’re lucky enough to make it to the Four Days Marches, his advice is to train hard, stay focused and take Advil.

“That’s the only way to survive,” he said.

Promoting Health and Wellness at the Unit Level



By **Melanie Bower**,
Health Promotion Specialist

With smiles on their faces and the sun in their eyes, members from the Shearwater Base Orderly Room (BOR) head out for an early morning run. A Unit Health Promotion Rep for the past six years, MCpl Stephanie Ricard has been a passionate role model and advocate for the benefits of investing in your health and wellness at both the individual and unit level. I had the pleasure of sitting down to speak with her and the added benefit of taste testing the homemade smoothies. I left, inspired and grateful for her enthusiasm and a great recipe for Clean Date Squares that I made the next day. Yummy!

Q. Where do you work and what is your position?

A. I am a Resource Management Support (RMS) Clerk at the BOR in Shearwater. I am second in command (2IC) of TCVC

(Training Compliance Verification Cell) and currently acting IC.

Q. What inspired you to host unit runs and smoothie making?

A. Sharing this passion with other people is very important as sometimes people want to make changes, but don't know where to start. Getting people involved in something simple like a morning run is a great way to begin.

Q. As a result of interest in these runs, are you planning to offer more?

A. This was the second time we hosted a run and post-run smoothie and it's been much appreciated. As a result of this high interest, I've decided to lead a Learn to Run Program, in partnership with PSP Health Promotion Services and Fitness and Sports. It begins May 16 in Shearwater and is a true learn to run. I'm looking forward to introducing or reintroducing people to running in a safe and supportive fashion.

Q. What other things does your Unit do to promote an environment of health and wellness?

A. We participate in the annual CAF Health and Wellness Chal-



Shearwater BOR Running Group



MCpl Stephanie Ricard, Post-Run Smoothie

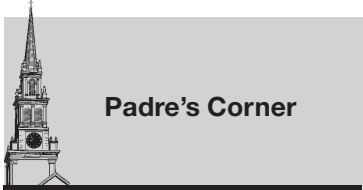
lenge and organize healthy potlucks. I like to bring in healthy snacks that I bake myself and share the recipes. A few people have purchased a Fit Bit and have a challenge between them. It's all about sharing and

getting people involved. We also got rid of the canteen.

Q. What advice would you give other Unit Health Promotion Reps who are thinking about hosting health and wellness activities at their Units/Ships/Squad-

rons?
A. Get started today. Talk to the people in your unit and see what they need. You only need to make the difference in one person's life to initiate the change. A small change can go a long way.

Achieving spiritual resilience



By **Lt(N) Tim Parker**,
BAdm Chaplain

The Royal Canadian Chaplain Service recently published a small and very interesting flipbook entitled Achieving Spiritual Resilience (ASR) for the use of all CAF members. All of us know that resiliency has become a key component of evolving CAF personnel doctrine. The Afghanistan experience has reminded us of the great human cost of ill and injured personnel; and the high number of repatriations on Naval deployments has likewise made us reconsider what it means to be fit and ready for active duty. The Chaplaincy has contributed its doctrine of spir-

itual resiliency to this effort. Much of it is boiled down to bite-sized information in the ASR flipbooks, which are available from the chaplains at S90 or D166. (Get yours before they're gone.)

Wisdom abounds in the ASR flipbook. Its premise is that intentionally developing our spirituality and spiritual resilience will help to make us healthy and whole and will contribute to our overall resiliency when we face serious personal and military challenges. We should strive to be whole and healthy people in the first place rather than always be trying to heal. To be whole and healthy is what ASR calls Total Well-Being, a balance of four dimensions in human experience: spiritual, physical, social, and emotional.

I'll go out on a limb and say that of the four, the dimension

that is most overlooked is the spiritual. Though spirituality may be a slippery concept, ASR defines it as "the driving force to total well-being. It refers to your value system (ethics, moral compass), your search for meaning and purpose in life and experiences, and connectedness with others." Furthermore, spirituality "is the part of us that connects us to our state of mind, being and place, and gives us a sense of belonging and purpose." ASR then defines spiritual resilience as "the ability to recover the emotional, psychological and physical strength required to adjust to adversity or a traumatic change... the fortitude to bounce back from difficult experiences." It is like the principle of adapt-and-overcome, applied to our own human struggles.

Do we see the implication? We

must have an intentional, developed spirituality of our own in order to achieve overall resiliency. In order to achieve Total Well-Being, the spiritual, physical, social, and emotional dimensions of human experience must be developed and be in balance. ASR suggests many practical ways to "exercise each dimension of your being and maintain a balance between them." When this balance is achieved, a service member will have developed spiritual resilience and will "stay focused and weather all types of stress, from financial or domestic concerns to the strain of active duty." We cannot avoid great and serious challenges in our personal lives and in our military service but we must still be able to fight the ship, regardless of the combat situation or personal circumstance.

The ASR flipbook is a primer on health and human wholeness. It proposes that spirituality is an indispensable part. In posing various questions of meaning, value, transcendence, and connection, the flipbook asks a fundamental question: "What makes us different from machines, insects or plants?" It proposes the following answer: "We are conscious of our own existence and have the ability to seek spiritual awareness and growth. We have the ability to develop a spiritual skill set." The distinguishing feature of humanity, therefore, is our spiritual capacity. I heartily recommend the ASR flipbook to anyone who wants to be intentional about healthy development as a complete human person as well as a strong military instrument for the Canadian Armed Forces.

2016 SOT National Summer Camp program for dependants of CAF families

By **CFMWS**

Through the Support Our Troops Program, which is supported by donations from individual Canadians, proceeds from third party events and contributions from external charitable foundations, thousands of military children have been able to enjoy a weeklong camp experience.

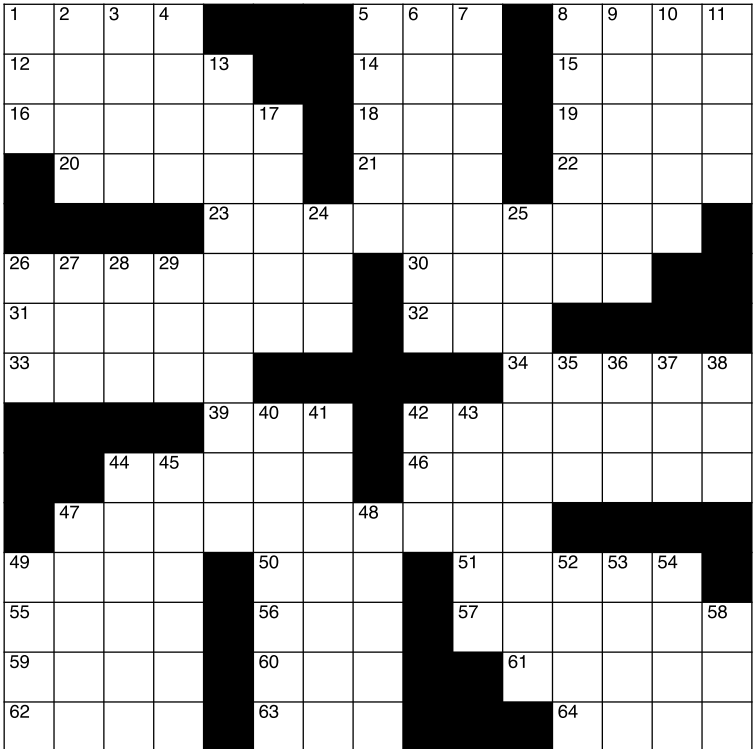
This year (2016) represents the third year of the Support Our Troops National Summer Camp Program whereby eligible de-

pendants of military families will be able to receive funding for a week-long residential or day camp experience at an accredited camp of their choice. The following are eligible for the Program: a. dependants of deceased CAF members; b. dependants of ill/injured members of the CAF, being supported through the JPSU/IPSCs; c. dependants of CAF members who are currently deployed, on a prolonged course/training program, or serving away from their families; and special needs chil-

dren of CAF members. Further to the eligibility criteria above, there may be unique or exceptional circumstances that would warrant a local military family benefitting from a summer camp experience. Base/Wing Commanders may nominate such families through an email forwarded to camps@cfmws.com for consideration. As a minimum, a nomination should include details of the family along with the rationale for their inclusion within this program. CFMWS commits to

providing a prompt reply to such nominations. Families with eligible dependents may be reimbursed up to \$700 for a week-long accredited residential camp, or up to \$400 for a week-long accredited day camp. In addition, CAF families with children of special needs may be reimbursed up to \$1,100 at an accredited residential or day camp facility for up to one week. Online registration for the 2016 Program began on April 1 at www.supportourtroops.ca. All applications will be reviewed to

confirm eligibility and camp accreditation. A grant approval notice will be issued to the applicant within 72 hours of successful submission. Applications without a CFOne number cannot be processed. Applicants (legal guardian and child(ren)) are required to state their CFOne card number on their registration form. To apply for a CFOne card please visit www.cflfc.ca. Grants will be provided to applicants upon receipt of a final camp invoice and proof that the child has attended camp.



CLUES ACROSS

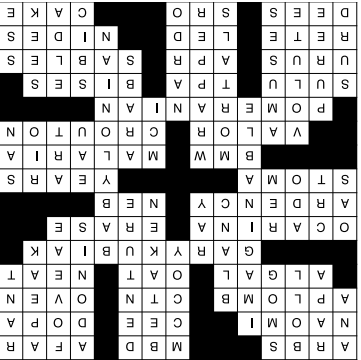
- 1. Businessmen
- 5. Million barrels per day (abbr.)

- 8. From a distance
- 12. Ruth's mother-in-law
- 14. Performer ___ Lo Green

- 15. Drug for Parkinson's disease, L-__
- 16. Composure
- 18. Broadcasts cartoons (abbr.)
- 19. Used for baking or drying
- 20. About alga
- 21. Food grain
- 22. Not messy
- 23. Super Bowl-winning Bronco
- 26. Egg-shaped wind instrument
- 30. Get rid of
- 31. Being enthusiastic
- 32. A bird's beak
- 33. Pores in a leaf
- 34. Time of life
- 39. Yuppie status symbol
- 42. Parasitic fever
- 44. Gallantry
- 46. Put this in soup
- 47. Small dog
- 49. Malay people
- 50. Third-party access
- 51. North winds
- 55. Peruvian mountain
- 56. Annual percentage rate
- 57. Mourning garments
- 59. Network of nerves
- 60. Guided
- 61. Nests of pheasants

- 62. DJ Rick
- 63. No seats available
- 64. Patty
- CLUES DOWN
- 1. Tennis player Ivanovic
- 2. ___ Nui, Easter Island
- 3. Cotton pod
- 4. Air pollution
- 5. The real __, the genuine article
- 6. Taken to
- 7. Holds artificial teeth
- 8. Greek mythical figure
- 9. Small depressions in the retina
- 10. Vertical position
- 11. Shout at length
- 13. Conceivable
- 17. White (French)
- 24. Singer Charles
- 25. Ancient Mesopotamian
- 26. Canada and the U.S. are members
- 27. Cognitive retention therapy
- 28. Much ___ About Nothing
- 29. Georgia rockers
- 35. Cologne
- 36. The products of human creativity
- 37. Brazilian city (slang)
- 38. Honorific title in Japan

- 40. They can die
- 41. Candy is inside this
- 42. Verizon bought them
- 43. Semites
- 44. Marine mollusk
- 45. Entertains
- 47. Made of crushed fruit or vegetables
- 48. Town in Apulia, Italy
- 49. Unresolved root or sum of roots
- 52. Invests in little enterprises
- 53. Spanish city
- 54. Search
- 58. Midway between south and southeast



Dartmouth Dodge

**BEST
RATES**

**BEST
WARRANTIES**

USED car SUPER CENTRE!

**Just
Like New**



Stk# DA5498675

**2015
Chrysler
200 LX**
only 7800 kms
**NOW
ONLY
\$16,777**

**6year/
160,000 km
Ext Warranty**



Stk# 16RC0630B

**2011
Honda
Civic SE**
only 96k
**NOW
ONLY
\$11,888**

**Leather,
Sunroof, Back
Up Cam.**



Stk# MH828321

**2015
Chrysler 300
Touring**
only 18k
**NOW
ONLY
\$27,777**

**Sporty,
Pwr Sunroof**



Stk# EN474834

**2015
Hyundai
Elantra Sport**
only 36k
**NOW
ONLY
\$16,488**

**2 to
Choose
From**



Stk# EN408911

**2015
Toyota
Corolla**
only 32k
**NOW
ONLY
\$16,488**

**Leather,
Back Up Cam**



Stk# DA130344

**2015
Dodge Dart
Limited**
only 25k
**NOW
ONLY
\$19,777**

USED truck SUPER CENTRE!

**GUARANTEED
APPROVALS**

**TOP
TRADE VALUE**

**Just
Like New!**



Stk# SC171643

**2016
RAM 1500
Express**
only 250 kms
**NOW
ONLY
\$29,888**

**Back Up Cam,
All Wheel Dr**



Stk# 16R04413A

**2014
Kia
Sportage**
only 26k
**NOW
ONLY
\$23,888**

**Offroad
Tires**



Stk# 16KL1912A

**2014 Jeep
Wrangler
Sahara 4X4**
only 12k
**NOW
ONLY
\$38,888**

**Nav, Back
Up Camera**



Stk# 16RC7082A

**2013 Dodge
RAM 1500
Sport 4X4**
only 102k
**NOW
ONLY
\$25,888**

**4X4,
Bluetooth,
Sat. Radio**



Stk# DA601904

**2015
Jeep Grand
Cherokee**
only 43k
**NOW
ONLY
\$32,888**

**Leather/
Sunroof**



Stk# DC713262

**2015 Jeep
Cherokee
Trailhawk 4X4**
only 16k
**NOW
ONLY
\$31,888**

**BEST
SELECTION**

**2015
DEALER OF
THE YEAR**