



**DND Family Days**  
Pgs. 9-15

## Memorial Day in Halifax

Deadman's Island becomes national historic site  
Pg. 6

## Something for everyone

RNSIT unveils 2016 lineup  
Pg. 8



Sports Breakfast with an Olympian  
Pg. 17

Monday, June 13, 2016



Volume 50, Issue 12

# TRIDENT

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

## HMCS Athabaskan visits NASDAQ during Fleet Week New York City

By Louise Matheson,  
Public Affairs Officer

NASDAQ welcomed HMCS Athabaskan to the ringing of the opening bell ceremony during Fleet Week in New York City on May 27.

Fleet Week gives the Royal Canadian Navy an opportunity to meet the citizens of New York area and to connect with American partners and allies. When NASDAQ welcomed the Command team and crew of HMCS Athabaskan to watch the opening bell ceremony, it was a great opportunity to appreciate the close relationship that Canada has to the United States.

"As defence partners the relationship between Canada and the United States is very special and unique. Visiting NASDAQ gave us the opportunity to highlight the many ways our two nations are connected not only through our militaries but through innovation and trade as well," said Cdr Jean Couillard, Commanding Officer of HMCS Athabaskan.

In addition to listing companies, NASDAQ provides trading, market data and communications services throughout the Canadian financial sector. The exchange lists nearly 3,000 public compan-

ies from 35 countries, including 61 from Canada.

After the Command team and crew watched the opening bell ceremony, they headed outside to Times Square for a group photo in front of the NASDAQ tower with the message "NASDAQ welcomes the officers and crew of HMCS Athabaskan" displayed behind them.

NASDAQ celebrates the service men and women of militaries during Fleet Week and by having the crew of HMCS Athabaskan visit showed Canada's particular importance to NASDAQ.

"We were thrilled to welcome Commander Couillard and the officers & crew of HMCS Athabaskan to NASDAQ. Every year during Fleet Week, New York City has the opportunity to welcome the women and men of the military, US and our allies, and to thank them for their dedicated service," said Robert Phillips, Managing Director of NASDAQ's Corporate Client Group. "Welcoming Commander Couillard and the officers and crew of HMCS Athabaskan was NASDAQ's small way of saying 'thank you for your service,'" added Phillips.



Crewmembers of HMCS Athabaskan visit NASDAQ in Times Square on May 27 during Fleet Week in New York City.

MS PETER REED, FIS HALIFAX

## New friends, new memories and new CAF recruits from Aboriginal Entry Program

By Ryan Melanson,  
Trident Staff

Monica Boudreau had already been planning to pursue a career in the Armed Forces when she stumbled upon information about the Canadian Forces Aboriginal Entry Program (CFAEP), and decided to take the next step.

Now, after completing the three-week program along with 18 other Aboriginal candidates, she said there's no doubt she made the correct decision. A graduation ceremony was held on May 27 at HMCS Scotian to mark the completion of the program, with 17 of 19 intending to now join the CAF.

"I really didn't know what to expect coming here, but I made some great friends, I learned a lot about training and military life and I learned some new things about my own culture. It's really



Guests are invited to participate in a traditional pow-wow dance, while the Eastern Eagle Drum Group plays, during the 2016 Canadian Forces Aboriginal Entry Program (CFAEP) Graduation Parade held on May 27, 2016, at HMCS Scotian.

LS PETER FREW, FIS HALIFAX

a great course," said Boudreau, a Mi'kmaq First Nation member from Bathurst, New Brunswick, who also received the Debbie Eisan 7 Teachings Award, awarded to the candidate who best emulated traditional teachings and showed wisdom, respect, love, honesty, bravery, humility and truth.

The Aboriginal, Inuit and

Métis participants spend their time in the CFAEP learning about different military occupations and getting a feel for the training and lifestyle. Along with visits to various units with interactive activities planned, the students are also introduced to basic weapons and navigation training and the rigour of daily fitness exercises.

They spent a portion of their final week on marching drills in preparation for their graduation ceremony, and the graduation parade at Scotian was reviewed by RAdm John Newton, Commander MARLANT and JTFA, HCol Donald Julien, a member of the Mi'kmaq Grand Council, and His Honour BGen (ret'd) J.J. Grant, Lieutenant Governor of Nova Scotia, with the trio pausing to chat with many of the participants. The ceremony also included a cultural presentation with traditional dance, singing and drumming; everyone present was invited to participate in a circle dance.

HCol Julien, who has attended CFAEP graduations for the past eight years and serves as an advisor to the Defence Aboriginal Advisory Group, described the completion of the program as just

the beginning of a journey.

"If you go on to your basic training, it will be interesting, it will sometimes be difficult, but it will always be rewarding. Be proud and keep your head up," he said.

But even if candidates don't immediately join following the program, it's likely they'll still consider the CAF when making career decisions down the road. Jose Jean Calahasen-La Pierre, from British Columbia, said he knew he would be first going on to finish post-secondary studies, but that the program was very worthwhile and a career as a military officer as something he's strongly considering.

"I came because it seemed like a good way to get my foot in the door to join the Armed Forces,

See CFAEP / Page 2



CANEX Windsor Park

## DID YOU KNOW?

CAF Veterans who completed Basic Training and are Honorably Discharged are now eligible for the CANEX No Interest Credit Plan (OAC)

No Interest Credit Plan

Your choice of  
12 • 24 • 36  
Month terms

Plus

NO MONEY DOWN  
NOT EVEN THE TAXES!

O.A.C.



# Annual EAP Luncheon acknowledges labour and management cooperation

By Virginia Beaton,  
Trident Staff

Labour and management found common ground as they gathered in the Wardroom for the annual EAP Appreciation Luncheon on May 16, 2016.

The luncheon is a gesture of thanks to all the military and civilian managers and supervisors who allow the EAP's volunteer Referral Agents (RAs) to take time during the work day to provide assistance to their peers who have contacted EAP for help.

This year's luncheon was a bittersweet occasion, as longtime EAP manager Trish Jacobs will be retiring later this year.

Observing that the assembled group included labour union representatives as well many of MARLANT's senior officers, including RAdm Newton, Commander JTFA and MARLANT, Jacobs noted that their support and encouragement of the EAP made its continued success possible. "I believe in relationships, and I believe in having care and concern for others," Jacobs told

her audience.

She noted the changes that have occurred in EAP over time, including short term professional counseling services available through Health Canada Employee Assistance Services, which is available 24/7 to civilian employees and their immediate families.

Jacobs emphasized the EAP's Referral Agents (RAs) are the core of the program, as they are trained to give help when it's needed.

She provided some statistics from the past year. According to Jacobs, the top three reasons why people contact the EAP are family difficulties, work, and mental or emotional health problems. There were 506 visits, four of which were suicide interventions.

Thanking Trish Jacobs for her many years of service to DND, and in particular for her time with the EAP, RAdm Newton stated that the EAP is a vital program during times of change and stress. "This program is us, looking out for each other," said RAdm Newton.

Other speakers included Kathy



Trish Jacobs (far right) and the Referral Agents for MARLANT's Employee Assistance Program gather to be recognized during the annual EAP Appreciation Luncheon.

RYAN MELANSON, TRIDENT STAFF

Banfield of DCHRSC(A), and Jerry Ryan, Union/Bargaining Agents representative.

Jacobs stated that currently MARLANT has 21 active RAs,

but was about to lose two. "Collectively, this group of 21 RAs has 141.5 years of volunteer time," she observed.

Labour associations and uni-

ons including the Union of National Defence Employees, the Federal Government Dockyard Chargehands Association, and others, provided the luncheon.

## Changes to Base Parking Policy

By Lt(N) Adam MacDonald,  
Base Operations

While the concept of paid parking may seem to be a recent development, the policy mandating it has been in effect since 1996 when Treasury Board Secretariat, (TBS) devolved financial responsibilities for parking to all Federal Departments. Later in 1996, DND issued CFAO 29-9, implementing TBS directives. In the early 2000s, TBS mounted pressure on all Federal Agencies to implement paid parking policies. In 2006, DND replaced the CFAO with DAOD 1000-4 and 1004-1. In 2010, VCDS ordered bases and wings to conduct Fair Market Value studies through Public Works and Government Services Canada (PWG-SC). In 2013, the DAODs were amended based upon PWGSC findings. In 2014, CFB Halifax started paid parking to follow DND regulations. Paid parking is not a unilateral decision taken by the Base Commanders of CFB

Halifax, as some people would believe.

A comprehensive parking review was recently conducted and the results have provided important information and statistics related to parking trends on CFB Halifax property. There are 4622 paid parking spaces to manage, with the majority of the spaces located outside the Dockyard fence. It is not surprising that over the past two years, the Dockyard and Stadacona parking spaces are the ones most affected by supply and demand.

In order to address the stress on parking spaces, it has been determined that the Years of Service (YOS) eligibility will need to change. Starting in July, there will be an increase of YOS for both Stadacona and Dockyard from 5 years to 10 years. This will involve reclaiming the passes from those now ineligible under the new YOS criteria. While this is not an ideal situation, parking staff are investigating other options, such as park-

ing in Windsor Park.

In order to alleviate contractor parking issues, we will implement a verification process in which contractor requests for a parking pass must be supported by a military authority in their chain of command. We will continue to investigate contractor parking, pursuing ways to differentiate the various types of contractors and determining how to apply parking eligibility criteria to them.

We will continue to maintain site pass distinction with the following exception: Stadacona and Dockyard will become one site in which general pass holders of both areas can park at either site if general parking is available.

We will continue to investigate a new pass structure which is data enabled in order to reduce the amount of special passes which are increasingly being displayed in vehicle windows.

Until there is a ruling from TBS, we are bound to maintain

the current prices for spaces for Persons with Disabilities (PWD). As it stands, PWD accessible spaces that are close to a building are considered as reserved spaces. PWD accessible spaces in general parking will be assessed at that rate, with the understanding that these spaces are available on a first-come-first-served basis.

We will continue to offer free-of-charge short-term visitor parking for a 1 to 3 hr. timeframe at the Health Services Centre and MFRC for those conducting business/patients to those facilities. Personnel will still need to draw a stub from the ticket machine and display on their dash and register with the Commissionaires or log book. Visitor parking will only be in places clearly designated as visitor parking. All-day visitor parking will no longer be possible. We are still investigating parking options around Juno and Tribute Tower for those using those facilities vice visitors.

We are creating a Special Request Parking Form that will streamline requests from units in the formation for special events, which will be evaluated and approved by Base Ops staff.

We will continue to investigate the feasibility of implementing a way for your parking fees to be considered a taxable benefit. While there appears to be no policy or process barrier to do so, we still need time to ensure this payment option is feasible. Such a measure, if approved, will most likely not happen for quite a while.

In order to serve you better, we are planning on hiring more staff to manage the parking offices in S90 and the Dockyard Parking Office along with adding another vehicle to the enforcement team.

While not all decisions are popular, we are implementing these changes to improve parking at CFB Halifax. Your comments and suggestions are always welcome.

## CFAEP

continued from / Page 1

and that was true, but it was also pretty rewarding on its own," he said, adding that sticking it out through three weeks in a new

environment wasn't always easy, but he'll never forget experiences like a RHIB ride in Halifax Harbour with RCN Personnel.

Boudreau, who'll begin basic training in September in hopes of becoming a Training Development Officer, said the camaraderie of the entire experience is what

will stick with her.

"Seeing everyone doing this together is the best part for me, and with all of us coming along on the same path, we've really been like family."

Sgt Dianne Lambert of CFRC Halifax said the program is growing in popularity, and re-

cently expanded. There will now be three programs held each year, in the spring, summer and winter. The bulk of the program takes place either in Halifax or at CFB Saint-Jean.

"There's nothing stopping us from doing the program anywhere in the country, but these

are areas where we know they have everything the participants might need. We try to give them a little taste of everything military," she said.

The participants are paid during the three weeks, and there's no obligation to join the CAF upon completion.



## Spring is in the air

Base Commander Capt(N)Sutherland is an avid gardener and takes great pride in the base. That's why he started a project that empowers building occupants to take pride and ownership in their surroundings. With RP Ops supplying expertise, tools and plants, individual units are encouraged to roll up their sleeves and spruce up their green spaces. Called The S-90 Beautification Project, Base Administration staff were out in a small but mighty force May 26. Capt Pam Pahl (L) from BPSO and OS Joel Boulanger, A-Block Accommodations, were busy making their building more pleasing. Teams of 2-4 people spent the day pruning, weeding and raking in preparation for planting. "It's all about pride in uniform and pride in property," stated CPO1 Sifton Mosher, BADM Chief. "With only nine people helping out today, we can already see a big difference. I can't wait to see our final results."

MIKE BONIN, BPAO

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**

# HMCS *Montréal* visits namesake city

By Lt(N) Yves-Etienne Landry, HMCS *Montréal*

Following the success of last year's visit to the city of Montréal, HMCS *Montréal* conducted another visit this year with the objective of building a foundation for the visit of the ship next year to part take in the celebration of the 375<sup>th</sup> anniversary of the city.

The namesake visit began on Thursday, May 19 where Cdr Kristjan Monaghan, Captain of HMCS *Montréal* and I, the Combat Systems Engineering Officer, attended a meeting with BGen Stéphane Lafaut, Commander 2 Canadian Division (2 DIV) and Joint Task Force East. BGen Lafaut and his team will be the central coordinating office for most of the CAF involvements. Similar to the celebration of Quebec City's 400<sup>th</sup> anniversary, the city of Montréal will organize activities throughout the year to commemorate its foundation but the apogee of the celebrations will surround the anniversary date on May 17, 2017. The presence of *Montréal* will play a key role in the success of the festivities. Although the activities are not set in stone, *Montréal* is expected to support the following events: ship's open to visitors, VIP tours and reception onboard, sunset ceremony, freedom of the city parade and outreach activities between May 13 and 20, 2017. This visit will also provide an excellent opportunity for the people of Montréal to see the modernized frigate for the first time.

The namesake visit continued on Friday with a busy program. The day started with an outreach visit to the newly built Children's Hospital where Cdr Monaghan presented a large donation to the Montreal Children's Hospital foundation. The donation will be used for the Healthy Kids Fund, which allows the hospital to meet its patient's most urgent needs with innovative programs and services. Accompanied by the Executive Officer of HMCS *Donnacona* and Sonar the RCN mascot, Cdr Monaghan and I started the visit in the dialysis section followed by oncology and psychiatry. Sonar had an immediate impact and was a constant source of smiles, hugs and high-fives throughout the visit. As a big fan of the Habs, the Commanding Officer (CO) was wearing his Montréal Canadiens jersey with the (ship's hull) number 336 and the C in the front. We went from section to section, distributing hats, stickers, key-chains and pens and most importantly, shared some of our naval adventures and stories from around the world which brought many smiles to the children and their parents. The new hospital complex provides a state of the

art health-care facility and amazing staff. We certainly look forward to visit again next year, this time with a larger team from *Montréal*.

Our next stop was the visit to the Montréal Port Authority to discuss berthing arrangements and security for next year's visit. We met with Félix Bergeron, Director of Security and Fire Prevention, Jean-Francois Belzile, Harbour Master and Director of Marine Operations, and Jean-Francois Cadieux, Deputy Harbour Master. They were all more than happy to answer our questions and show us Montréal's state of the art tracking capabilities, as well as their new integrated operations room where one watch officer has access to over 400 cameras located throughout the port of Montréal. Using the 3D scale model of the port of Montréal, we were able to determine that the Quai de l'horloge located downtown in the old port was most likely to best berthing location for our upcoming namesake city visit.

Friday evening we were guests at the city hall for the annual candlelight dinner hosted by the Régiment de Maisonneuve with the Mayor of Montréal, Denis Coderre, as the guest of honour. This annual tradition is well attended every year and highlights the close relationship



Sonar the RCN mascot joins Cdr Monaghan in presenting a cheque to the Montréal Children's Hospital Foundation.

SUBMITTED

between the city and the CAF. During the dinner, Cdr Monaghan had the opportunity to address the many dignitaries, city officials and guests present. Since his appearance last year, *Montréal* was proud to have represented the City of Montréal and the RCN at the international level by completing a ballistic missile defense exercise off the coast of Scotland with different NATO members. He highlighted the fact that *Montréal* is an ambassador to the city and we were fortunate to welcome several guests of honour such as His Royal Highness Prince Charles, the former Minister of National Defence, bank of Montréal senior executives, and Odin Camus, a boy with Asperger's syndrome who wanted to sail on the ship for his birthday. Finally, Cdr

Monaghan officially announced that *Montréal* will visit the City of Montréal next year to take part in the festivities of the 375<sup>th</sup> anniversary of city, receiving much applause and cheers from everyone in the room.

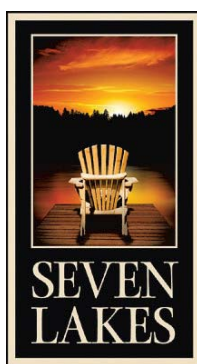
When Sunday morning finally rolled around it was time to celebrate Mass at Notre Dame Basilica with the City Mayor Denis Coderre and the Most Reverend Christian Lépine, Archbishop of Montréal. At the end of the Mass, an announcement was made by the Archbishop to invite everyone next year for a special Mass on the birthday of the city of Montréal and asked the Mayor, "Would it be possible, Mr. Mayor as we celebrate Montréal's 375<sup>th</sup> anniversary next year, to make this a civic holiday for all Montrealers?"

The entire assembly burst in laughter while the Mayor sitting in the first row smiled back to everyone. The Mass was immediately followed by a ceremony in Place d'Armes, which included a parade with CAF members from HMCS *Donnacona*, Régiment de Maisonneuve and a band from the 438 Tactical Helicopter Squadron. Cdr Monaghan was once again a guest of honour with the other two defenders of the city. The Mayor of Montréal, Consulate General of France in Montréal and the three defenders all laid a separate wreath in front of the fountain at Place d'Armes. The wreath ceremony was followed with a three-salvo feu-de-joie and general salute to the guests of honour.

A namesake city visit is always special for any HMC Ship but it is even more special when we have the chance and honour to announce the visit of the ship to its namesake city. Throughout our visit, the people of Montréal demonstrated their curiosity and excitement towards the visit of *Montréal*. This visit allowed us to meet the key stakeholders and lay down the foundation for what looks to be a great 375<sup>th</sup> anniversary celebration. Until then, we have another busy year ahead of us full of opportunity to showcase the name of *Montréal* as an ambassador and to make Canadians proud of what we do.

## Moments that Matter

TODAY'S MOMENT: OUR SPECIAL PLACE



From the first moment you visit award winning conservation-designed Seven Lakes, you'll know. Dawn rising over the lake. Sun peeking through the forest. Fishing, boating, hiking, biking; all the things that fill your day with enjoyment. It's Nature and Neighbourhood in balance. Visit our Model Homes and imagine how wonderful your life could be at Seven Lakes.

**HOMES IN MANY STYLES FOR MANY BUDGETS**

Visit us at [SevenLakesCommunity.com](http://SevenLakesCommunity.com)

**EXPERIENCE CENTRE:** Open Daily 11am - 7pm 5193 Hwy 7, Porters Lake (902) 827-2005 • team@sevenlakescommunity.com



## Ask me for my special military rate

General Law Practice with a particular focus on:

- Criminal Law:** Offences under the Criminal Code of Canada or the Controlled Drugs and Substances Act;
- Family Law:** Divorce, Custody and Access, Child Support, Spousal Support, and Division of Property; and
- Personal Injury:** Claims arising as a result of a motor vehicle accident.

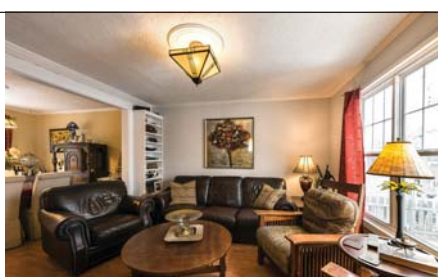
**James Violande**  
Barrister, Solicitor & Notary Public

**203-5571 Cunard Street, Halifax NS, B3K 1C5**  
**902 701 2965 www.violande.com**



**NICE MOVES**

**JULES CHAMBERLAIN**  
AGENT IMMOBILIER REALTOR®  
**902 817 6007**



## 3378 Albert St., Halifax

The house features a large private south-west facing yard with deck and shade trees, some original interior woodwork, a short walk to Needham Park, and quick, convenient access to both Downtown Halifax and Dartmouth. Great value on the Halifax Peninsula. MLS 201604514



## 65 Slayter St., Dartmouth

Renovated two storey home on a large lot, with parking for two cars, hardwood and ceramic floors, propane fireplace, custom built kitchen and bath cabinets, located just a nine irons drive from the Brightwood Golf Course, and easy walking distance to schools. MLS 201609640



## Publication Schedule for 2016

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



Editor: **Virginia Beaton**  
editor@tridentnews.ca  
(902) 427-4235, fax (902) 427-4238  
Journalist: **Ryan Melanson**  
reporter@tridentnews.ca  
(902) 427-4231  
Editorial Advisor: **Mike Bonin**  
Mike.bonin@forces.gc.ca  
(902) 721-1968

[www.tridentnews.ca](http://www.tridentnews.ca)

### Advertising Sales

**Dave MacNeil & Wanda Priddle**  
(902) 427-4235  
sales@tridentnews.ca

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

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

**Annual Subscription (25 issues):**  
• NS: \$37.38 (\$32.50 + 15% HST)  
• ON, NB & NFLD: \$36.73 (\$32.50 + 13% HST)  
• BC: \$36.40 (\$32.50 + 12% HST)  
• Remainder of Canada: \$34.13 (\$32.50 + GST)  
• United States: \$45 US  
• Abroad: \$65 US

**Courier address:**  
2740 Barrington Street,  
Halifax, N.S.  
B3K 5X5

Publication Mail Agreement No.  
40023785

Return undelivered Canadian address to:  
Trident Newspaper  
Bldg. S-93  
PO Box 99000  
Station Forces,  
Halifax, NS  
B3K 5X5

• Return Postage Guaranteed  
– ISN 0025-3413  
• Circulation:  
Minimum 8,500

# 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.

## No. 2 Construction Battalion 100th Anniversary Commemoration

**Time: 10:30 a.m.**

**Date: Saturday, July 9 Location: Pictou, N.S.**

Join us as we pay tribute to No. 2 Construction Battalion, Canada's first and only Black Battalion in the First World War. This event will take place on Saturday, July 9, starting at 10:30 am with an honour parade and formal ceremony at 11 a.m. Please visit the Black Cultural Centre for Nova Scotia website for more details at [www.bccnsweb.com](http://www.bccnsweb.com)

## Tuesday Night Tunes

**Time: 7 - 8 p.m.**

**Date: Tuesday, June 21**

**Location:** Maritime Museum of the Atlantic

Visitors are welcome to the Maritime Museum of the At-

lantic free of charge on Tuesday evenings this summer for a series of concerts. On June 21, Weldon Boudreau will perform alongside his daughter Josee. The family duo play a number of different instruments, and have a goal of preserving Acadian traditions, culture and language through music.

## World Refugee Day

**Time: 7 p.m.**

**Date: Monday, June 20**

**Location: Halifax Central Library**

Join the Central Library on World Refugee Day for a screening and discussion of two short videos created by local professional artists and inspired by case studies of clients of the Halifax Refugee Clinic. Panellists include spoken word artist, activist, and teacher El Jones, along with visual artists Rachel Derrah and

Emma Fitzgerald and documentary filmmaker Fateh Ahmed.

## Teen Zone Summer Party

**Time: 6 - 8 p.m.**

**Date: Thursday, June 30**

**Location: Central Library Creative Lab**

Teens ages 12-18 are invited to kick-off summer at the Library with summertime treats and karaoke, and the Creative Lab will have its usual assortment of video games, iPads, laptops, music, board games, craft supplies and more fun. All teens are welcome.

## Canada Day 2016 Concert

**Date: Friday, July 1**

**Location: Alderney Landing, Dartmouth**

Celebrate Canada's 149th birthday with one of the biggest free concerts of the year, featuring popular Canadian acts Dear

Rouge, Born Ruffians and Yukon Blonde. Celebrate the nation with a fireworks display lit from Halifax Harbour, produced by the Village Shops at Dartmouth Crossing, at 10 p.m., followed by more music until midnight. Other official HRM Canada Day events include free breakfasts in Halifax and Dartmouth and official ceremonies in the morning on Citadel Hill; for more information visit [www.hrmcanaday.ca](http://www.hrmcanaday.ca)

## Weekly Dartmouth Hike

**Time: 9:45 a.m.**

**Date: Every Thursday**

Join the Chebucto Hiking Club every Thursday for a 10km (two-hour) hike through Dartmouth. Meet at the Graham's Grove Park parking lot on Prince Albert Road in Dartmouth, opposite the Atlantic Superstore on Braemar Drive. Everyone is welcome.

# RCN ships attend New York City Fleet Week

By **SLt Blair Gilmore, MARLANT PA**

The Big Apple played host to one of the largest New York City Fleet Weeks in recent memory, and HMC Ships *Athabaskan*, *Kingston* and *Moncton* were in attendance for the event which ran from May 25-31, 2016.

The Royal Canadian Navy ships, the only foreign representation this year, were part of the U.S. Memorial Day weekend extravaganza featuring the U.S. Navy, U.S. Naval Academy, U.S. Coast Guard and U.S. Marines with 14 ships and approximately 4500 uniformed personnel attending.

*Athabaskan's* Commanding Officer, Cdr Jean Couillard, remarked, "It is an honour and quite fitting that the Royal Canadian Navy Flagship lead the

Canadian participation in this year's NYC Fleet Week, the largest participation in this celebration of the US Naval service of the past few years. The sailors and officers of HMCS *Athabaskan* were thrilled to have the chance to represent the RCN, CAF and Canada in a celebration of a scope that makes it unique for us all."

In support of Fleet Week's main mission of connecting citizens with their Navy and Marines, the Canadian ships were open for daily tours and their personnel participated in various Community Relation events. It was an excellent opportunity for the ship's personnel to represent Canada and attendance for the tours alone ran into the thousands each day. Away from the ship, the crews participated in various

activities including the Annual Intrepid Salute to Freedom Gala that had Vice President Joe Biden guest speaking.

"I was so excited to participate for the first time in this great Naval Celebration that is Fleet Week in New York City," said SLt Marion Agier, a Bridge Watchkeeper from *Athabaskan*. "It was a proud moment to represent the Royal Canadian Navy with my colleagues and sailors in our distinctive white uniforms, take pictures with the public, visit all the sights and create as many memories as possible that will both strengthen our friend-

ships and relations with the public. It was fantastic."

During their down time, crewmembers were treated to New York's legendary hospitality. The United Service Organization (USO) distributed Broadway tickets, there were invitations to attend daily talk shows, and public transportation was free.

Ordinary Marine Technicians (OMT) Michael O'Connell and Hyun Kwon are two sailors in the Royal New Zealand Navy (RNZN). They both had an opportunity early on in their training to progress their technician

See NEW YORK / Page 6

• Greg Lockyer, CRA • Chris Flick, AACI  
• Steve Horswill, AACI • Lisa Wilson, CRA  
• Don Myatt, CRA • Virginia Henderson, CRA

## Buying, Selling or Relocating?

Are you buying a good investment?  
What is your property worth?

We are experts in Real Estate Valuation, providing accurate  
**ESTIMATES OF VALUE,**  
serving military families for 22 years.

**Office: (902) 466-2000 Fax: (902) 466-2732**  
**Web: [www.alderneyappraisals.com](http://www.alderneyappraisals.com)**

# ANTOVIC REAL PROPERTY APPRAISALS

## NEED YOUR HOME APPRAISED?

Are you relocating? Call us!  
*Friendly, Reliable, Accurate, Timely*

**SERVICING:** Sackville, Bedford, Halifax/ Dartmouth & Outlying Areas

**Tel: (902) 441-4434 • Fax: (902) 406-5525**  
**Email: [jantovic@eastlink.ca](mailto:jantovic@eastlink.ca)**

*We look forward to speaking with you!*

## COME TO WORSHIP AT CF CHAPELS

**Chapel Services de la Chapelle**  
*Sunday / dimanche*

**Stadacona**  
10h30 - Protestant - English

**Shearwater**  
10h00 - Roman Catholic - English or bilingual /bilingue  
09h00 - on scheduled Sundays only - Roman Catholic - French liturgy  
Visit [www.rcmilord.com](http://www.rcmilord.com) to confirm languages and times of RC liturgies.

**Baptism, Matrimony and other Sacraments - by appointment/request**  
*In the beginning was the Word, and the Word was with God, and the Word was God. - Gospel according to John*

# HOME FINDERS & Property Management

**To Rent or List an Apartment, House, Condo, or Flat For Help Finding a New Home**

**Dawn@HomeFindersHfx.com Office: 902-435-0368**  
**Lynne@HomeFindersHfx.com Fax: 902-405-9762**  
**[www.HomeFindersHfx.com](http://www.HomeFindersHfx.com)**

# Maritime Wine & Beer Emporium

**10% Wine Beer Kits**

**Craft Wine and Beer Making**  
On Site Winery Now Open. Come on in and let us make your wine in our winery.

6015 Lady Hammond Rd., Halifax, NS  
454-8278 or Toll Free 1-866-454-8278  
**[www.WineEmporium.ca](http://www.WineEmporium.ca)**

# Officer's Mess Calendar

**JUNE 19, 2016**

## FATHERS BBQ @ ROYAL ARTILLERY PARK

**1200 HRS**  
**RESERVATIONS REQUIRED**  
**CALL 902-427-4453**

## Being posted to Halifax? Need help? Let us make your move much easier.

Don't waste time looking at properties that are not suitable. Serving the Halifax rental market for more than 20 years, we have comprehensive knowledge of all type of properties. Tell us your needs and we show all properties that will meet your requirements.

Take advantage of our **FREE-to-you service.** Pick up and return available. If required, we will help you negotiate your lease.

### ALL ABODE RELOCATIONS

### ALL ABODE RELOCATIONS

Call Kirke & Sandi Mitchell  
902-402-8951 | [renat@eastlink.ca](mailto:renat@eastlink.ca)

# MARLANT Powwow offers chance to showcase culture, tradition

By Ryan Melanson, Trident Staff

Aboriginal culture within the CAF was on display at MacDonald Beach on May 26, as the annual MARLANT/JTFA Powwow brought out a large crowd for a day of cultural learning and celebration.

The relaxed, inclusive event is organized each year by the MARLANT Defense Aboriginal Advisory Group (DAAG) to showcase culture and highlight the important presence of Aboriginal people in the defense community. Traditional singing, dancing and food were on the agenda, and men and women were both invited to participate in a sweat lodge ceremony in the afternoon.

The head elder at the event was Mi'kmaq CAF veteran Douglas Knockwood. He said he was especially thrilled the participants of the 2016 Aboriginal Entry Program could be there, giving veterans a chance to meet and speak with members of the younger generation.

"And it's really such an honour for me to be at any gathering that helps show the strength of our brothers and sisters serving in the Armed Forces," he said.

The powwow was well attended by men and women in uniform, and they had multiple opportunities to enter the dance circle alongside members of the aboriginal community and our serving aboriginal members.

During the performance of a traditional veterans' song, any serving or retired veterans in attendance were invited to join a parade led by Sgt. Tony Parsons, Dan Peppar and HCol Don Julien.

"It's our way of honouring you for all that you do to keep us safe," said event MC Trevor Gould. "We would not be here today if not for our warriors."

Later, the dance circle was opened up to all, with nearly the whole crowd taking part. It was the type of enthusiasm Capt (N) Craig Skjerpen, the Champion for the DAAG, said he hoped to see when he spoke to the crowd.

"The best way to learn is to participate, so I urge everyone to take part and have a good time."

Capt(N) Skjerpen said the event is held annually to help communicate the importance of the connection between the CAF and the Aboriginal community. Some members who take part each year haven't been to a powwow before, and it presents an opportunity for many to learn about a different culture.

"It's about culture, and it's also about opportunity in the Armed Forces, and ensuring that our Aboriginal members get the same opportunities as anyone else," he said, adding that events like the powwow help reinforce that idea.

Being a teaching powwow, the crowd was introduced to a number of traditional



One of the cultural demonstrations at the MARLANT/JTFA Powwow was a Grass Dancing Ceremony.

RYAN MELANSON/TRIDENT STAFF

men and women's dance styles from head dancers Bert Millberg and Denise 'One Breath' Mitchell, while the singing and drumming came from Eastern Eagle, a Nova Scotia-based Mi'kmaq group that

has performed at powwows across North America.

The Powwow is held each year in May as one of the highlights of National Defence Aboriginal Awareness Week.

## Posted to Victoria?

**PLEASE EMAIL OR CALL ME NOW!!**

- 29<sup>TH</sup> 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

## Nouveau nom même service de qualité en français!

direction emploi

Plein de vies

Venez nous voir à nos nouveaux bureaux.

**YMCA - Halifax**  
2269 rue Gottingen  
Halifax

**YMCA - Dartmouth**  
14-118 route Wyse  
Dartmouth

Tél. : 902-406-3172 poste 209

## POSTED? NEED REAL ESTATE EXPERTISE?

WHITE'S LAKE	HALIFAX	FALL RIVER	EASTERN PASSAGE	GRAND LAKE
<p><b>31 Rachael Ave., Whites Lake</b> <b>\$334,000</b> MLS# 201609246 SWATT TEAM</p>	<p><b>4 Robin St, Halifax</b> <b>\$289,900</b> MLS# 201508876 MIKE ALEXANDER</p>	<p><b>52 Ingram Dr, Fall River</b> <b>\$469,900</b> MLS# 201611578 THE MURPHY TEAM</p>	<p><b>51 Blockade Circle Dartmouth</b> <b>\$155,000</b> 201601999 KIM LEWIS</p>	<p><b>57 Hartland Drive Grand lake</b> <b>\$324,900</b> MLS # 201609088 ALEXIA JONNIAUX</p>
MIDDLE SACKVILLE	BEDFORD	HATCHET LAKE	COLE HARBOUR	
<p><b>457 Rosemary Drive Middle Sackville</b> <b>\$394,900</b> MLS#201605628 YOUNG REAL ESTATE TEAM</p>	<p><b>114-20 Hammonds Plains Rd. Bedford</b> <b>\$137,900</b> MLS # 201608600 SMITH TEAM</p>	<p><b>42 Forest Glade</b> <b>\$399,900</b> MLS#201606633 WENDY BENNETT</p>	<p><b>17 Griffin Place, Cole Harbour</b> <b>\$439,900</b> MLS#201604697 KELLY BROWN</p>	

Call one of these great IRP Registered Keller Williams Select agents to learn more about these properties.

<p><b>THE SMITH REAL ESTATE TEAM</b> Lori Lynn 902-229-8491 Chris 902-229-4810 lorilynnsmith@kw.com christopher.smith@kw.com</p>	<p><b>YOUNG REAL ESTATE TEAM</b> Susan 902-830-7865 Chris 902-877-0945 info@youngrealestate.ca</p>	<p><b>ALEXIA JONNIAUX</b> 902-456-2291 alexiajonniaux@kw.com</p>	<p><b>KIM LEWIS</b> 902-471-7995 kyym@live.ca</p>	<p><b>MIKE ALEXANDER</b> 902-802-2685 mike@sailhomehalifax.com</p>	<p><b>WENDY BENNETT</b> 902-499-7699 wendybennett@eastlink.ca</p>	<p><b>THE SWATT TEAM</b> 902-220-7326 Sean@swattteam.ca</p>	<p><b>KELLY BROWN</b> 902-809-5366 info@kellybrown.ca</p>	<p><b>JERRY &amp; ANNETTE MURPHY'S TEAM</b> 902-456-3730 murphys@kwhalifax.com</p>

Not intended to solicit clients already under contract.

Keller Williams Select Realty • 222 Waterfront Dr. Suite 106, Bedford, NS B4A 0H3

# Deadman's Island recognized for historic significance during Memorial Day ceremony

By Ryan Melanson,  
Trident Staff

Each year since 2005, a Memorial Day service has been held at Deadman's Island, with Americans and Canadians paying tribute to the 195 American prisoners of war who died while being held at the site during the War of 1812.

This year, however, the event had a special addition, with representatives from Parks Canada and the Historic Sites and Monuments Board of Canada on hand to designate Melville and Deadman's Islands as national historic sites.

The move is a result of years of work by members of the public and local politicians, first to prevent developments from being built on the land, then to establish proper ceremonies and recognition of the area, and now with the official designation.

Local historian Iris Shea has been involved in the process since a development was proposed in the late 90s, and gave credit to groups and researchers who originally uncovered the story of the American prisoners. It was in British Admiralty notes at the Nova Scotia Archives where information was found that solidified what many suspected, with lists that include the names of 8,000 Americans held on the island, including those who died and were buried in the area.

"The detailed information gathered from those records, along with prisoners' diaries and journals, gave us the power to pursue this further," she said.

Shea, HRM Councillor Linda Mosher and Josh Ashton of the Historic Sites and Monuments Board unveiled a new Parks Canada plaque at the park on Deadman's Island before commencing the traditional Memorial Day ceremony. It joins the monument placed at the site by the U.S. Department of Veterans Affairs in 2005.

The event's VIPs included Capt(N) Chris Sutherland, Commander CFB Halifax, representing MARLANT, and BGen Carl Turenne, Commander 5 Cdn Div. Both officers have extensive experience serving alongside American allies, and BGen Turenne was the Deputy Commander of a U.S. Army Corps before taking his current position in 2015.

Capt(N) Sutherland took the opportunity to highlight the relationship between the two militaries and cooperation in missions around the world, including the current conflict in Iraq and Syria. And with the crew of the visiting submarine USS New Mexico in front of him, he described the U.S. Navy as the main provider of security on the Maritime ocean commons.

"These are the vessels that patrol the seas all over the world to ensure we can use the Mari-



The colour party, consisting of CAF members and USS New Mexico sailors, stands next to the new plaque designating Melville and Deadman's Islands as a National Historic Site.

CPL J.W.S. HOUCK/FIS HALIFAX

time Commons for legitimate trade and legitimate activities. The U.S. Navy is obviously the leader in that effort and has been for decades."

Steven Giegerich, the U.S. Consul General for Atlantic Canada, also spoke at the event, specifically thanking the CAF for honouring the Americans who lie on the grounds by supporting the ceremony each year. He also thanked the members of the public who fought to keep the land public, and pushed for its significance to be officially re-

cognized. He said the joint ceremony symbolizes the strong bond that now exists between the two countries and militaries.

"Today, we're proud to serve shoulder to shoulder with our Canadian colleagues, whether it's at our embassies, along our coasts, or on battlefields across the globe."

Also attending the event were the Honourable BGen (ret'd) J.J. Grant, Lieutenant Governor of Nova Scotia, HRM councillors, Halifax MP Andy Fillmore and a number of both American and

Canadian veterans.

The ceremony included both a one and three-volley cannon salute, and the U.S. flag was first raised, and then lowered to half mast to honour the dead, at the nearby Armdale Yacht Club on Melville Island. The Guard of Honour was accompanied by the Stadacona Band of the RCN and 12 Wing Pipe Major, WO Katie Buckland. Also on hand were The King's Orange Rangers, an 18th century Loyalist reenactment group, as well as reenactors from Parks Canada.



## MARLANT military members and civilians support Blue Nose Marathon runners

For the second straight year, thirty-nine MARLANT military and civilian, families and friends volunteered by operating the Navy Water Station on Upper Water Street for the Halifax Scotiabank Blue Nose Marathon on the Victoria Long weekend 22 May 16. These highly dedicated volunteers provided 2,300 Full and Half Marathoners water, Gatorade, Gels and tons of encouragement to help them on their way!

## New York

continued from / Page 4

study packages via an exchange with the RCN in the engineering department onboard *Athabaskan*. Their five months studying and sailing onboard the ship was crowned with the visit to New York City for Fleet Week.

"It was really cool to watch the Parade of Ships and see all the American ships sailing together into New York City," noted OMT O'Connell. "That isn't something I thought I'd get a chance to see while in the navy."

OMT Kwon agreed. "The chance to see New York again was fun. Seeing sights like the Empire State building and watching the American Navy interacting with the public in New York was a unique experience."

NYC has hosted fleet weeks for over a century with the modern annual Fleet Week officially beginning in 1984. It has generally coincided with important events such as bicentennials, returning fleets from war or in the case of this year, it falls on the U.S. Memorial Day weekend.

For more information and photos/videos of the event, visit the following website: [fleetweeknewyork.com/fleetweeknewyork/index.html](http://fleetweeknewyork.com/fleetweeknewyork/index.html)



# 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](http://lasikmd.com)

†Conditions apply, see [lasikmd.com/fig](http://lasikmd.com/fig). Prices are subject to change without prior notice and vary based on prescription strength. Standard LASIK starting at \$460 per eye and Custom LASIK at \$1750/eye. Other conditions may apply.

# YOUR COURAGE DRIVES US FORWARD. WE'D LIKE TO RETURN THE FAVOUR.

At Honda, the Power of Dreams drives us to innovate and create. These dreams would not be possible without your daily service and sacrifice for Canada and its citizens. As a token of our thanks, past and present members of the Canadian Armed Forces get a \$500 rebate\* off all 2016 models.



**HONDA**



**\$500** OFF\*  
All 2016 Honda models

**CANADIAN FORCES  
APPRECIATION OFFER**

\*A \$500 after-tax rebate is available for personal, non-commercial use only to current, active or retired members of the Canadian Armed Forces, a current Department of National Defence employee, or a current member of the CF Appreciation Program (card member codes: CF, V, D). The following cards shall constitute valid proof of identification and are required upon redemption: CF One (code: CF, V, D); NDI 10 - Temporary ID Card; NDI 20 - Permanent ID Card; or NDI 75 - Record of Service Card. Offer limited to any new and previously unregistered 2016 Honda vehicle (demonstrators accepted) that is a cash purchase or leased or financed through Honda Financial Services (HFS), on approved credit. Offer valid until 31 December 2016. Offer can be combined with existing loyalty programs and applied to one purchase of a qualified Honda vehicle per calendar year. Offer may be transferred only to any member within a household. No cash redemption value. Offer cannot be applied to past transactions. Offer is subject to change or cancellation without notice. Valid only in Canada at participating Honda dealers. Visit your Honda dealer for full details.

## 2016 Tattoo lineup mixes old favourites with exciting new additions

By Ryan Melanson,  
Trident staff

For the first time in two decades, a serving United States Military group will perform at the Royal Nova Scotia International Tattoo this year, when the United States Air Force Honor Guard Drill Team brings its skills to Halifax.

Tattoo producer Jim Forde made the announcement on May 25 at Scotiabank Centre during a launch event for the 38th edition of the show, which will run from June 30 - July 7.

The premier drill team of the U.S. Air Force will perform alongside CAF members and civilian musicians and entertainers from around the world, as part of an event that will have an added military theme for 2016. The Tattoo will do its part to help commemorate the 100th anniversary of the No.2 Construction Battalion, who served in the First World War as the only predominantly black battalion in Canadian military history. Each man voluntarily stepped forward to fight for their country, despite racist attitudes that sought to prevent people of African descent from serving at the time.

"It's been a true honour working with Nova Scotia's Black Cultural Society on the No. 2 Construction Battalion Centennial," Forde said.

Forde also unveiled the rest of the 2016 Tattoo lineup at the event.

Germany will be well represented by both military and civilian groups, with the Bundeswehr's Heeresmusikkorps Koblenz Army Band back for a third time, being joined by the elite drill unit Wachbataillon.

Also performing are the Flying Grandpas, a German trampoline-comedy troupe that Forde described as the Tattoo's most requested act, back for a 15th year. They'll be joined by the Flying Saxons, a young group of gymnasts whose high-flying acrobatics have previously been a big hit.

"They've been here twice before and they became an audience favourite right away. You'll be astounded by what they do," Forde said.

Sandy Franke, a member of the Flying Saxons, was in Halifax for a visit during the lineup announcement. Her sister Julia, also a member, is in town for a longer stint volunteering with the Tattoo. The sisters most recently performed at the 2013 Tattoo, and said the chance to again visit Canada and be part of the massive show was one they couldn't pass up.

"We really don't perform at anything like this at home. It's the biggest show for us so it's very exciting," Sandy Franke said.

Other impressive international acts include Kenya's Simba Zambezi Acrobats, New Zealand's world-renowned City of Sails Pipe Band and the Swiss Highlanders Pipes and Drums.

As always, The Stadacona Band of the Royal Canadian Navy will serve as the backbone of the show, which will also feature the RCAF band, based out of 17 Wing Winnipeg, and the Canadian Armed Forces Composite Reserve Band. Other returning Canadian and local acts

include the Black Watch Association Pipes and Drums, members of the RCMP Drill Team, Cadets Canada, the Nova Scotia Irish Dancers, the Tattoo Highland Dancers and the Tattoo Children's Chorus.

And while the Tattoo will be seen by thousands in Halifax in July, it will also be seen by millions across North America throughout the year. Forde highlighted an arrangement that will see 25 PBS affiliate stations broadcasting the show in Canada and the U.S., and a newly shot documentary about the Tattoo will also air on PBS stations. Other tidbits add to the 2016 excitement, including a first-ever

Tattoo-branded beer thanks to Halifax's Garrison Brewing Company. A limited run of Tall Ship East Coast Ale will feature labels that celebrate and promote the Tattoo.

The Royal Nova Scotia Tattoo's 2016 performances will take place in the evening on June 30 and July 4, 5, and 6, starting at 7:30 p.m. while matinee performances at 2:30 p.m. will happen on July 1, 2, 3, and 7. The annual Tattoo Canada Day Parade will take place July 1 at 10:30 a.m., and for the first time, the Tattoo Festival will take place entirely on the Halifax Waterfront, featuring free performances at noon from July 4-6.



Royal Nova Scotia International Tattoo Producer Jim Forde and Tattoo Society Chair Alan Abraham unveil the poster for the 2016 installment of the event at Scotiabank Centre on May 25. RYAN MELANSON/TRIDENT STAFF

Tickets are available now from the Scotiabank Centre Box Office or at [www.ticketatlantic.com](http://www.ticketatlantic.com).

"We do encourage everybody to get out and buy their tickets early, and we've had great sales so far this year," Forde said.



**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.pshalifax.ca](http://www.pshalifax.ca) to purchase tickets. / Rendez-vous à n'importe quels centres sportifs, de conditionnement physique et des loisirs des PSP ou à [www.pshalifax.ca](http://www.pshalifax.ca) pour vous procurer des billets.

[www.pshalifax.ca](http://www.pshalifax.ca) **902-721-8335**  /PSPHalifax



59 Tacoma Drive, Dartmouth  
**902-434-2812**

- EXHAUST • BRAKES
- STEERING/CHASSIS • TIRES
- OIL/MAINTENANCE

# \$20 OFF

## Any Service

(minimum \$100 purchase before taxes)



*Proud to support our military*

See manager for details. Offer cannot be combined with any other offers, discounts or coupons. Available at participating dealers. Offer valid with installation only. Offer expires Dec. 31, 2016. CodeYPC.





# The wait is almost over: DND Family Days 2016

By Ryan Melanson,  
Trident Staff

What started as a modest event for the DND community in 1996 has transformed into something so much more. The 20th Annual DND Family Days is less than a week away, and promises to be another fun-filled two days of rides, face painting, bouncy castles, games, snacks, fascinating tours, prize draws and more.

The 2016 installment, presented as always by Personnel Support Programs Halifax, takes place on June 17 and 18, with as many as 20,000 sailors, soldiers, airmen, DND employees and their families expected to pass through the gates.

For the second year in a row, Family Days will be taking place inside HMC Dockyard, with the area from Rainbow Gate to HMCS *Scotian* reserved for the many amusements, attractions and entertainers and sponsor booths.

It's fitting that Family Days is back at the Dockyard, its original home, for its 20th anniversary, said PSP Senior Manager Joni Sawler. It also brings the celebration as close as possible to Canada's Atlantic Fleet, the heart of the Halifax DND community.

"Being at the Dockyard just gives everything a real, authentic Navy feel," Sawler said.

"We're all excited about it being our 20th year, and I hope the families and the members are excited too. We're hoping it's going to be our best yet."

The reason the event has thrived and expanded over two decades is simple, she said: It's a way to give back to the CAF members and their families for all the work they do in service to their country, and that's a task that never gets old.

For those who work demanding jobs and deal with deployments, postings and other factors that come with being a part of a military family, the weekend has become something to look forward to, a chance to unwind among a community that shares in and understands the unique lifestyle.

"We're very proud of what we've been able to do and what Family Days has become," Sawler said.

And while Family Days tends to put the focus on the kids, there are activities that might pique mom and dad's interest as well. Presenting Sponsor Sobeys will hold a cook-off event on Friday at 12:30 p.m., with three signature chefs battling to create the best barbecue burger sliders and other hot eats.

Sponsor Nova Scotia Power will be on hand promoting its



SLT J.C. OLIVIER

HomeWarming energy audit program, showcasing heat pumps and offering up helpful information; Dexter Construction will have their construction simulator on site, food and drinks will be available, and military displays and ship tours are always of interest to all ages. There's plenty to keep both parents and kids entertained, including the chance to win fantastic draw prizes at 2 p.m. each day.

For those who want to keep the fun going into the evening, there's also the Family Days Concert, which this year features Cape Breton blues icon Matt Minglewood and Maritime party rockers Signal Hill. The site opens for the concert at 7 p.m. on

June 17.

It doesn't happen without a whole lot of work from many dedicated people, including the entire PSP team and countless other members of the CAF and DND community who lend their time, equipment and expertise to help make Family Days a success each year. Sawler said the event is always a massive team effort. It's also important to note the sponsors from the community who lend support to the weekend, from presenting sponsors Sobeys and Irving Shipbuilding to countless others who contribute, including The Personal Insurance, CBC, Chateau Hotels, Tim Hortons, OK Tire, Subway, Sears Canada, Porter Airlines and

many, many more.

"They give us so much support, they donate our great prizes, and really Family Days couldn't happen without them," said PSP Corporate Services Manager Missy Sonier.

### Tips to remember

While you're getting ready to enjoy the Family Days weekend, there are a few things that would be helpful to keep in mind.

- Entrance and exit to the site will be through HMCS *Scotian* only.
- Parking near the Dockyard is very limited, and shuttle services are available
- Expect bag checks and to be asked for photo ID when entering any DND site. Entrance through *Scotian* will require DND ID, Military Family ID or your CFOne card.
- The majority of activities inside the gate are free of charge, but consider bringing money for barbecue tickets, snacks and carnival games, and tickets must also be purchased to attend the Friday evening concert.
- The Harbour Hopper will be on site for Friday only, beginning at noon.
- Temperatures by the water can be cool in June, so bring a sweater or dress in layers, but sunscreen is still recommended.
- Pets will not be allowed on site.

**Try something new!**  
**Grilled Chipotle Veggie Pizza.**

**CRAFT BEER CHIPOTLE**  
Smoky with a hint of Dark Craft Beer. Small-batch beer for big batch BBQ flair.

Grilled Chipotle Veggie Pizza  
For recipe visit [sobeys.com](http://sobeys.com)

Proud to support  
**DND FAMILY DAYS**

**Sobeys**  
Better food for all.



# East Coast party rockers Signal Hill performing at Family Days Concert

By Ryan Melanson,  
Trident Staff

If you're a fan of live music in the Maritimes, chances are you've come across Halifax-based group Signal Hill and their signature brand of acoustic rock. A favourite at pubs and concert halls across the East Coast for 25 years, the band will be bringing their talents back to HMC Dockyard on June 17 as part of the 2016 DND Family Days Concert.

They describe their formula as combining songs that music fans already know and love with rich, four-part vocal and acoustic guitar arrangements and loads of energy and charisma. Formed in St. John's Newfoundland in 1991, their location has since changed, but their drive to entertain audiences hasn't. They've recorded and released a number of live albums, played thousands of shows, and gained a loyal following along the way.

The band's influences are varied, meaning concert goers could hear classic tunes from the likes of Johnny Cash, Bob Dylan, the Rolling Stones, Elton John, Blind Melon and more. Playing so many crowd pleasers means the shows often involves sing-alongs and a party-like atmosphere. The band last played the

Family Days concert in 2013, but the an evolving set list means music lovers can expect an entirely different show.

Signal Hill has won awards and accolades for its popular live show over the years, and has played gigs around the world. You don't want to miss the chance to see one of Atlantic Canada's hardest working acts give it their all to show the defence community a good time.

Also performing at the Family Days Concert will be veteran Cape Breton bluesman Matt Minglewood along with his Minglewood Band. Performing across the country for four decades, Minglewood also knows how to rock a crowd, and he'll be performing tracks from his upcoming album, his first in more than a decade.

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.



Signal Hill have been performing popular covers with their own energetic twist for 25 years, and will make a stop at the Family Days Concert on June 17.

SUBMITTED

## AVIS® Budget

Proud Sponsors of DND Family Days



For reservations in Halifax call 902-492-7500

[www.budget.ca](http://www.budget.ca)  
[www.avis.ca](http://www.avis.ca)

## Bell Aliant

Time to upgrade  
to better TV.



Watch Hotel Transylvania 2 with a subscription to TMN!

Add a FibreOP bundle and NextGen Home Security and get \$200 in credit.<sup>2</sup>

Find out if FibreOP services are available in your area:  
1 866 342-7367 • Visit a Bell Aliant store • [bellaliant.ca](http://bellaliant.ca)

Current as of May 16, 2016. Offer ends June 30, 2016. Available to new residential customers who are employees of the Department of National Defence and where access and technology permit. Subject to change without notice; not combinable with other offers. Taxes extra and other conditions apply. For certain promotional offers, customers must opt to receive paperless billing. (1) Subscription to The Movie Network and HBO Canada is available at \$20/mo. Price subject to change. (2) One-time \$50 credit will be applied for each new service added to the account (qualifying services are: FibreOP home phone, Internet and TV and Bell Aliant NextGen Home Security) to a maximum of \$200. TMN and The Movie Network and all associated designs and logos are trademarks of Bell Media Inc., used under license. All other products, brands, images, artwork and company names and logos are the property and/or trademarks of their respective owners. FibreOP™ and NextGen Home Security™ are trademarks of Bell Canada.



Uniquely  
Maritime!

CHATEAU  
HOTEL & SUITES  
• MONCTON • BEDFORD  
SAINT JOHN



Proud to offer preferred DND rates!

Chateau Bedford	Chateau Moncton	Chateau Saint John
\$109	\$119	\$99
1-800-565-3086	1-800-576-4040	1-877-772-4040
<a href="http://www.chateaubedford.ca">www.chateaubedford.ca</a>	<a href="http://www.chateaumoncton.ca">www.chateaumoncton.ca</a>	<a href="http://www.chateausaintjohn.ca">www.chateausaintjohn.ca</a>

You've never asked  
for special treatment.  
But you've earned it.

BMO® is committed to serving the unique banking needs of the Canadian Defence Community, from recruitment through retirement, with exclusive offers and discounts.\*

[bmo.com/cdcb](http://bmo.com/cdcb)

Canadian Defence  
Community  
Banking

BMO Bank of Montreal  
We're here to help.™

\*For any of the discounted bank plans, proof of CDB eligibility is required. \*\*Registered trade-marks of Bank of Montreal.



# Getting to DND Family Days

**By Trident Staff**

Parking downtown is always complicated, so PSP Corporate Sponsorship has made it easier for you and your family to get to DND Family Days, trouble-free. Thanks to Ambassadors for making these shuttle trips possible.

**Friday, June 17**

**Bus # 1**  
Pick up from 12 Wing Shearwater Gym at 11:30a.m. and 12:30p.m. Drop off at HMC

Dockyard at HMCS *Scotian* parking lot.

Departure to Shearwater from HMC Dockyard at HMCS *Scotian* Parking Lot at 4:00p.m., 5:00p.m. and 6:00p.m.

**Bus # 2**  
Pick up at Windsor Park at 11:55a.m., 12:40p.m. and 1:25p.m. THEN pick up at Stadacona at the Stadacona Gym at 12:05p.m., 12:50p.m. and 1:35p.m. and go to HMCS *Scotian* parking lot.  
Departure to Shearwater from

HMC Dockyard at HMCS *Scotian* parking lot at 4:00p.m., 5:00p.m. and 6:00p.m. stopping at Stadacona at Stadacona Gym then Windsor Park.

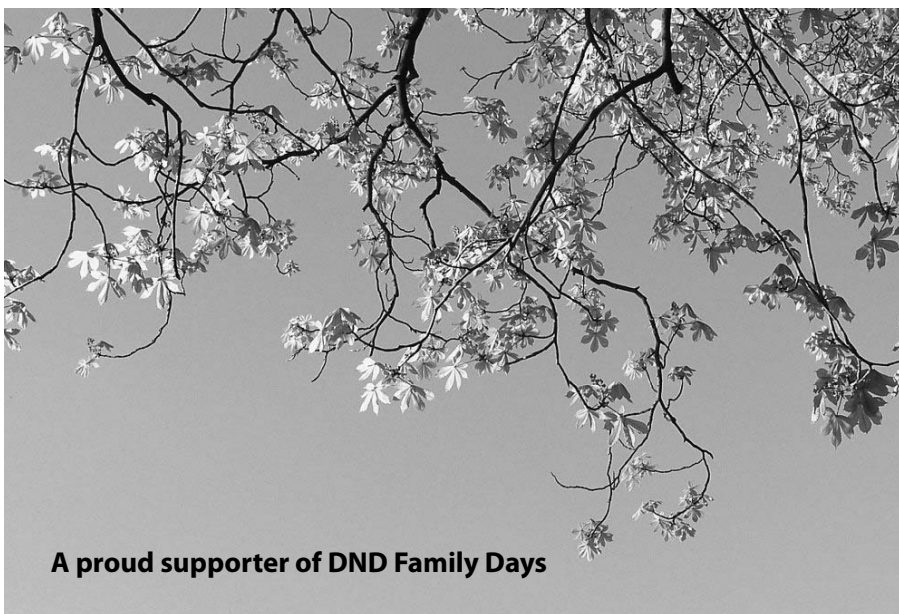
**Saturday, June 18**

**Bus # 1**  
Pick up from 12 Wing Shearwater Gym at 9:30a.m., 10:30a.m. and 11:30a.m. for HMCS *Scotian* parking lot.

Depart Dockyard parking lot 4:00p.m. and 5:00p.m for 12 Wing Shearwater Gym.



SLT J. C. OLIVIER



A proud supporter of DND Family Days

# LOGISTIK

UNICORP

[www.logistikunicorp.com](http://www.logistikunicorp.com) [info@logistikunicorp.com](mailto:info@logistikunicorp.com) 1-888-326-8688



Reducing document-related costs by up to 30%.  
Made simple by Xerox.

Today's Xerox is simplifying the way work gets done in surprising ways. Like providing print services that help companies around the globe manage their costs by printing fewer pages, digitizing more documents, consolidating devices and lowering printing-related energy usage. It's one more way Xerox simplifies business, so you can focus on what really matters.

RealBusiness.com

Ready For Real Business **xerox**

NMSO Specialist & Federal Account Manager  
Korinne MacLellan  
at (902) 233-3999  
Or email [korinne.maclellan@xerox.com](mailto:korinne.maclellan@xerox.com)

MOLSON CANADIAN

**BONUS\*  
BLUETOOTH  
SPEAKER**

WITH PURCHASE OF  
15 x 355mL CANS ONLY

**\$28.99\***

AVAILABLE AT YOUR NEAREST NSLC  
UNTIL JULY 10<sup>TH</sup>, 2016

\*MUST BE LEGAL DRINKING AGE. SPEAKER MAY NOT BE EXACTLY AS SHOWN.  
LIMIT ONE (1) SPEAKER PER MOLSON CANADIAN 15x355mL FOR A LIMITED TIME, WHILE SUPPLIES LAST.

**MacFarlands** FOR OVER 50 YEARS

Tents  
Linens  
Tables  
Chairs  
Tableware  
Backdrops  
Event Furniture

[PartyRentals.MacFarlands.com](http://PartyRentals.MacFarlands.com)

**Thank You  
Merci**

DND FAMILY Days

Better food for all.

PRESENTING LEVEL SPONSOR  
COMMANDITAIRE PRINCIPAL  
DE L'ÉVÉNEMENT

**IRVING**

Irving Shipbuilding Inc.

ADMIRAL'S RECEPTION SPONSOR  
AND PLATINUM PLUS LEVEL SPONSOR  
COMMANDITAIRE DE LA RÉCEPTION  
DE L'AMIRAL ET COMMANDITAIRE PLATINE



# Fun for the young, and the young at heart at Family Days

By Ryan Melanson,  
Trident Staff

There's no doubt that the whole family can have fun at DND Family Days, but as HMC Dockyard gets transformed into a waterfront family fun zone, the little ones will find an especially wide variety of enticing options.

"We try to make sure there's as many different activities as possible so everyone can have a good time," said Stacey Robichaud, Fitness, Sports and Recreation Manager of STADPLEX.

A number of favourites kids' activities from previous years will be back, including cookie decorating at the Sobeys tent, tractor rides courtesy of Green Diamond Equipment, face painting and airbrushing, temporary tattoos, and carnival rides from East Coast Amusements. The rides are free of charge, but the carnival games at the Dockyard will have a fee.

HMCS *Scottian* will be an especially kid-friendly area, with Glow Parties Inflatable Amusements bouncy houses, slides and obstacle courses being set up inside. Outside, young auto enthusiasts can race remote-controlled monster trucks, and a second barbecue location at *Scottian* will ensure there's no fuss to

keep the kids fed.

There are also a couple of attractions that are unique for 2016. Staff from The Discovery Centre will be on hand with a chance for kids to participate in The Big Build LEGO project. The centre has been working on building Canada's largest LEGO Mosaic with the help of its visitors, and panels built at Family Days will be used to form a DND section of the mosaic. When completed, the piece will be displayed permanently at the Discovery Centre's new location on Lower Water Street.

Also, if you have a young sports fan with you, be sure to visit the CBC tent, where visitors will have a chance to record messages and best wishes that will be played for Canada's Olympic athletes at the 2016 Games in Brazil. CBC will also have their usual colourful guests; characters from Kids' CBC will be on hand for photos and a reading circle at 12:45 p.m. Friday and 11 a.m. on Saturday.

And of course, seeing as it is DND Family Days, many of our own people will be on hand to give the kids a taste of the military environment; Army displays, ship tours, the Sea King helicopter, fire trucks and RHIB rides are always popular.



SLT J. C. OLIVIER



SLT J. C. OLIVIER



**PEPSICO**  
CANADA  
BEVERAGES - BREUVAGES



**Tropicana**



PROUD SPONSOR OF  
**DND**  
**FAMILY DAYS**

STEM EDUCATION

**MISSION:**  
GIVE STEM A SPARK



Raytheon.com

Connect with us:

**Raytheon**

Customer Success Is Our Mission

© 2013 Raytheon Company. All rights reserved.  
"Customer Success Is Our Mission" is a registered trademark of Raytheon Company.

Celebrating  
30 years as  
the CAF's  
home and  
auto group  
insurer.

Proud sponsor of the  
**DND Family Days.**

Célébrons nos  
30 ans comme  
assureur de  
groupe auto  
et habitation  
des FAC.

Fier commanditaire des  
journées de la famille du MDN.

Get your exclusive  
group rates!

1-888-476-8737  
canex.thepersonal.com

Demandez vos tarifs  
de groupe exclusifs!

1 888 476-8737  
canex.lapersonnelle.com

thePersonal  
Home and Auto Group Insurer

CANEX  
A division of CEMWS  
Une division de BMBC

laPersonnelle  
Assureur de groupe auto et habitation

VIA Rail Canada

WHO'S  
**ON BOARD**

**25% OFF\***  
FOR MILITARY  
MEMBERS, VETERANS  
AND THEIR FAMILIES

FIND OUT MORE AT  
VIARAIL.CA/EN/CANADIAN-FORCES

\*Excluding Prestige class, Discount Tuesday Sleeper class and Escape fares.  
Some conditions apply. \*\*Trademark owned by VIA Rail Canada Inc.



SLT J. C. OLIVIER

## Family Days 2016 Schedule

### FRIDAY, JUNE 17

- 12:00 p.m.**
  - Gate opens (Entering through HMCS Scotian gate)
  - Fun activities throughout
  - Harbour Hopper ride- By LAND and SEA! (departure near Rainbow Gate)
- 12:30 p.m.**
  - Sobeys Chef's Cook-off event (PSP Entertainment Tent Patio)
- 12:45 p.m.**
  - Ship tours begin (enter through HMCS Scotian gate)
  - CBC Kids Characters, reading circle and photo opportunity
- 1:30 p.m.**
  - Stadacona Band (PSP Entertainment Tent)
- 2:00 p.m.**
  - Opening Ceremonies/Grand Prize draws (PSP Entertainment Tent)
- 4 p.m.**
  - Ship tours close
- 4:45 p.m.**
  - Harbour Hopper departs
- 6:00 p.m.**
  - Family Days site closes
- 7:00 p.m.**
  - Family Days site opens to concert ticket holders
  - Patio Opens (PSP Entertainment Tent)
- 8:00 p.m.**
  - Family Days Concert featuring Signal Hill and Matt Minglewood
- 12:00 a.m.**
  - Concert ends, Family Days site closes

### SATURDAY, JUNE 18

- 10:00 a.m.**
  - Gate opens (Entering through HMCS Scotian gate)
  - Fun Activities throughout
  - Ship tours open
- 11:00 a.m.**
  - CBC Kids Characters, reading circle and photo opportunity
- 12:00 p.m.**
  - Ship tours close, 12 p.m. to 1 p.m.
- 12:00 - 2 p.m.**
  - Children-themed activities (PSP Entertainment Tent)
- 1:00 p.m.**
  - Ship tours re-open
- 1:30 p.m.**
  - Stadacona Band (PSP Entertainment Tent)
- 2:00 p.m.**
  - Grand Prize draws (PSP Entertainment Tent)
- 4:00 p.m.**
  - Ship tours close
- 5:00 p.m.**
  - Family Days site closes

**DND FAMILY Days**

# THANK YOU • MERCI

PRESENTING  
**Sobeys**  
 Better food for all.

PLATINUM PLUS  
**IRVING**  
 Irving Shipbuilding Inc.

PLATINUM  
 Ambassadors, CHATEAU HOTEL & SUITES, xerox, Tim Hortons, CIBC, WOW factor, bluewave energy, SISIP RARM, Manulife Financial

AVIS, Budget, VIA Rail Canada, Bell Aliant, CANEX, thePersonal, Raytheon, BMO, CBC, MacFarlands, REMIX NOVA, Steele

GOLD  
 pepsi, LOGISTIK, MOLSON Coors

SILVER  
 SUBWAY, OK TIRE, NOVA SCOTIA, Nova Scotia POWER, RETRO SELF-STORAGE, Green DIAMOND, Bens, DEXTER, G-GOLD

BRONZE  
 CANADIAN, PIZZA, Superior, babcock, MIDLAND TRANSPORT, Sears, porter, fundy, EAST COAST, Connors Transfer, SNC-LAVALIN, GIANT TIGER, ZEP, Discovery Centre, COMMISSIONAIRES, Veterans Affairs Canada, Anciens Combattants Canada

CF Morale & Welfare SERVICES Bien-être et moral FC

## Visit us on site to ENTER OUR CONTESTS

**CANEX**  
 A division of CFMWS  
 Une division des SBMFC

**SISIP FINANCIAL**  
 A division of CFMWS  
 Une division des SBMFC

**thePersonal**  
 Home and Auto Group Insurance

**Manulife**

# 20<sup>th</sup> DND FAMILY DAYS

Join the celebration!

JUN 17-18 JUNE 2016



SLT J.C. OLIVIER



SLT J.C. OLIVIER



SLT J.C. OLIVIER



SLT J.C. OLIVIER

**GLow PARTIES** **WOWfactor** event design | décor rental

20<sup>th</sup> DND FAMILY Days

Need Help with your Booth?

**DND Family Days Sponsor Discount**

Receive **15% OFF\*** All Event Store Merchandise

Simone Spears  
902.443.4569 ext 19  
events@glowparties.ca

3600 Strawberry Hill, Halifax, NS | 902-443-4569 | glowparties.ca

**THE EVENT STORE**

Drapery, Linens, Furniture, Dance Floors, Lighting, Tables, Chairs, Chair Covers  
Event Accessories & More!

**MILITARY RELOCATION SPECIALIST**

**Ronnie Farrell**  
Home Selling Team

**RE/MAX nova**.com

Proud sponsor of DND Family Days

POSTED, THINKING OF BUYING OR SELLING?  
CALL **RONNIE** TODAY FOR **STRESS-FREE RELOCATIONS**

**MAKE THE RIGHT MOVE!**  
**902-229-8866**

www.ronniefarrell.com • ronniefarrell@bellaliant.net.



**Ambassatours** We are pleased to offer a 10% discount to DND employees. **MURPHY'S** THE CABLE WHARF

Call 902-420-1015

**bluewave energy**

**CANEX**  
A Division of C.P. Madsen & Wilton Services  
The Division of Service & Innovation in Energy Inc.

**EXCLUSIVE PARTNER**  
for Home Heating Oil

**Heat Your Home FOR LESS**

This benefit is available to Canadian Armed Forces Members and Veterans (including dependents), Civilian DND or NPF employees and RCMP Members.

REFERRAL FORM ONLINE AT: [www.canex.ca/hho](http://www.canex.ca/hho)

FOR MORE INFORMATION CALL CANEX: 1-877-441-6161

OR CONTACT YOUR LOCAL BLUEWAVE ENERGY BRANCH

Plus 230 Bonus AIR MILES® Reward Miles for new accounts\* PLUS reward miles on all heating oil and equipment

BluewaveEnergy.ca

**AIR MILES**

\*New residential customers earn 200 bonus AIR MILES® Reward Miles after the first 1000 litres of home heating oil are purchased. Earn 15 additional AIR MILES® Reward Miles when you sign up for automatic heating oil delivery, and another 15 AIR MILES® Reward Miles when you sign up for budget billing. Some conditions apply. ®/TM trademarks of AIR MILES® International Trading B.V. Used under license by Loyalty One Inc. and Shell Canada Products.

**Shell Distributor**

# 20<sup>th</sup> DND FAMILY DAYS

join the celebration!

DND FAMILY Days

JUIN 17-18 JUNE 2016

## A chance to win big: Plenty of great prizes at DND Family Days

By Ryan Melanson,  
Trident Staff

While there are many different ways to have fun during DND Family Days, everyone who attends also has a chance to extend the excitement beyond the weekend, with a number of fantastic prizes available to be won. Tickets will be handed out to all who enter the PSP Entertainment Tent at HMC Dockyard, but if you want to win, you have to also be at the tent when your ticket is drawn. Prize draws will be taking place at 2 p.m. on both Friday, June 17 and Saturday, June 18. This list of giveaways will include:

- A first class round trip for four to Toronto with Via Rail, including accommodations
- Travel voucher for two from Porter Airlines, good for any of their 21 destinations
- A new refrigerator, along with other appliances, from Sears Canada
- \$1,000 cash prizes from the Ronnie Farrell Home Selling Team
- A tire package from OK Tire worth \$800
- Free coffee for a year from Tim Hortons (worth approximately \$800)
- \$500 CANEX gift cards
- One of 30 bicycle giveaways
- Skybox passes for the 2016 Royal Nova Scotia International Tattoo

- Free passes from The Discovery Centre, Parks Canada and for Harbour Hopper Tours
  - 1000 Air Miles reward miles
  - Rio 2016 Olympics gear and apparel courtesy of CBC
  - Other assorted gift cards to local restaurants and businesses
- These items and packages donated by sponsors are another example of

how DND Family Days wouldn't be possible without the generous community support it receives each year. This is just a sample of the prizes that will be handed out to lucky winners, so be sure to stop by the PSP Entertainment Tent and get entered into the draw, and to be back at the tent for 2 p.m. when winners are announced. Good luck to all!



Prizes from Tim Hortons are always appreciated.

SLT J. C. OLIVIER



# Thank You!

Irving Shipbuilding is proud to be a longstanding supporter of our military and their families. We hope you can join us at our booth, as we help celebrate this year's DND Family Days at HMC Dockyard June 17th 12pm-6pm and 18th 10am-5pm. We look forward to meeting you and your families!



**www.steeleauto.com**

## Lasting Relationships are built on Trust.

*Serving Atlantic Canada since 1990.*

Search from thousands of Metro's Best New & Used Vehicles online. All from one site. All at the click of a button!

Weeknights at 6 pm

cbc.ca/ns    fbcnovascotia    @cbcns    @cbcns

weekday mornings 5:30-9

## EXPERTLY ROASTED FRESHLY BREWED PROUDLY SERVED

ORIGINAL BLEND COFFEE  
DECAF COFFEE  
DARK ROAST COFFEE

© Tim Hortons, 2015

# Meet your local PSP Health Promotion Services team: Annette Huyter, Manager, Health Promotion Services



*Annette Huyter*  
Health Promotion Manager

tionship/family violence.

While recognizing our capacity for personal behaviour change, I truly believe that long-term success also requires that

the environment and cultural practices within our workplaces and communities support healthy lifestyle practices. Actively involved with the MAR-LANT Health & Wellness Strategy, I welcome opportunities to help identify and implement initiatives that move our culture toward more comprehensive support for overall health and wellness.

I believe that one of my greatest strengths is my ability to work

with and support others where they are at – rather than telling others what would work best for them, I believe it is much more effective to listen, explore op-

tions and, as required, identify potential resources. We are the experts on our own life; sometimes we just need a little extra support to see the way ahead.

No data in ad  
20569803  
w:29.9.12PP h:30PP



By Health Promotion Staff

## Qualifications

- MSW (Social Work)
- MA Health Education
- BA Community Studies
- Certificate - Community Economic Development
- Master Trainer - Applied Suicide Intervention Skills Training (ASIST)

Born and raised in a small community in the mountains of BC, I developed, at a very early age, a passion for helping others and working to make a positive difference in my community. I have always searched for opportunities to support both personal behaviour change and community capacity-building.

Not surprisingly, these early life experiences led me toward

## Health Promotion Services (PSP) program schedule, July 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
- Top Fuel for Top Performance
- July 19 & 26, 0830-1530 hrs, Shearwater
- Sobeys Taste and Learn (in partnership with Sobeys)
- Building a Better Grill, July 21, 1400-1530 hrs, Sobeys Mumford Road, Halifax
- Active Living and Injury Prevention
- Injury Reduction Strategies for Sports and Physical Activity
- July 21, 1300-1530 hrs, Shearwater.
- Social and Mental Wellbeing
- stress.calm
- July 6, 13 and 20, 0800-1530 hrs, Shearwater.
- Mental Fitness & Suicide Awareness (MITE Code)
- July 27 & 28, 0800-1600 hrs / 0800-1200 hrs, Dockyard.
- Addiction-Free Living
- Alcohol, Other Drugs, Gambling and Gaming Awareness
- Supervisors' Training (MITE Code)
- July 14 and 15, 0800-1600 hrs / 0800-1200 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.psp-halifax.ca](http://www.psp-halifax.ca)

Email: [hfxhealthpromotion@forces.gc.ca](mailto:hfxhealthpromotion@forces.gc.ca)  
Phone: (902) 722-4956

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](http://WWW.PSPHALIFAX.CA)

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



# TRIDENT Sports

What's the score with local sports in your community? Send write-ups, photos, and results to [editor@tridentnews.ca](mailto:editor@tridentnews.ca)



Heather Moyse, three-time Olympian and motivational speaker, along with Capt(N) Chris Sutherland, Base Commander CFB Halifax, receive applause from the audience during the 14th Annual CFB Halifax Sports Recognition Breakfast held on June 1 at the Chiefs' and POs' Mess, Juno Tower.

LS PETER FREW, FIS HALIFAX

## Olympian shares stories of inspiration at annual Sports Recognition Breakfast

By Ryan Melanson,  
Trident Staff

Two-time Olympic Gold Medalist Heather Moyse has competed against some of the world's top athletes in multiple sports. Her story of perseverance makes her a fantastic role model for young athletes across the country, but the Olympian and humanitarian recently had the chance to spend time with some of her own heroes and role models.

In January of this year, Moyse summited Vinson Maffin, the highest peak in Antarctica, as part of a fundraiser with the New Patriot Love Foundation to support challenges for veterans transitioning back to civilian life or suffering from PTSD.

Moyse made the trek alongside an expedition team of eight retired or soon to be retired CAF members, 15 civilians and six experienced guides. Spending more than two weeks summiting the mountain in -40 degree temperatures, Moyse said it was one of the most physically and mentally demanding tasks she's ever undertaken.

The experience, along with the personal stories shared by military members among the small group, gave her a new sense of appreciation for the difficulties of Armed Forces life.

"As civilians, we had just been given just a tiny glimpse that somewhat reflected what it was like to be deployed. Being removed from everything familiar, being isolated from loved ones, being placed in a hostile environment," Moyse said.

"You become vigilant and rely on your team for survival. In doing so you create such an amazing bond with your unit or team that people from the outside can't possibly understand."

Moyse was the special guest speaker at the 14th Annual Sports Recognition Breakfast, held on June 1 at the Chiefs and Petty Officers Mess at Juno Tower. In a speech titled "Unlikely, but Possible" Moyse recounted the inspiring story of her unlikely return from Hip Surgery in November 2012 to represent her country at Rugby World Championships barely a year later, and then to qualify for the 2014 Sochi Olympics. She and her bobsled partner Kaillee Humphries eventually defended their gold medal win from Vancouver in 2010.

"I could have easily retired," Moyse said about the period following the surgery. At 35 years old, recovering from reconstructive surgery, and with victories at sporting's highest level already under her belt, nobody would have blamed her if she decided to

settle down at home on Prince Edward Island and recover slowly.

Instead, she had a press release sent out the day after her surgery announcing her intention to be back in competition in record time. She hopped on a stationary bike barely 24 hours out of the operating room, and set out on a difficult journey.

"I rehabbed and trained my ass off," she said.

And even after making her successful, and unlikely, return to the Olympic stage in Sochi, she continued to deal with adversity after falling behind in the openings rounds. When the entire sporting world had written them off, Moyse and Humphries fought back to take 1st place in bobsleigh once again.

She said the story of overcoming challenges is one she focuses on in her new career as a motivational speaker, pushing others to be empowered and motivated by battles that may seem impossible from the outset.

"Believing in the possibilities allows us to challenge the boundaries that society sets for us and to test the threshold of what is possible."

The emcees for the Sports Breakfast, which recognized many of MARLANT's top athletes through the year, were PSP

fitness and sports employees Wally Buckoski and Meaghan de l'Eveille, with Meaghan also singing the national anthem to kick off the morning.

The COTW sports award was won by CFNES, who fielded a team in every sport, winning 5 of 14 events and accumulating 1120 points. The COTF winner, HMCS *St. John's*, also competed in every event, winning 5 of 10 for 1,000 points. On the 12 Wing side, FDU(A) once again took the Wing Cup award, winning 4 of 9 events and earning 640 points. All three units will receive \$1,000 to use at their unit as they see fit.

The nominations for 2015 national Environmental Awards were announced for MARLANT and 12 Wing. The nominees will have a chance be awarded at the annual CAF Sports Awards Ceremony this fall in Ottawa.

The 2015 MARLANT Male Athlete of the Year nomination went to OS Anton Mason, who played at nationals in both CAF Hockey and Ball Hockey, earning MVP awards and an all-star selection.

The MARLANT Female Athlete of the Year went to WO Charlene Arsenault, who recently won gold at CAF Hockey Nationals, and also finished first in her age group at the CAF National Running Championships.

The MARLANT Coach of the Year went to MCpl Robert Jackson, who coached the Old Timer's Hockey team to a national silver medal in 2005.

The MARLANT Team of the Year went to the CFB Halifax Ball Hockey Team for collective sports, after their silver-medal win at nationals, and to the CFAST Swim Team for individual sports, due to several members having competed at the Military World Games.

The 12 Wing Male Athlete of the Year was awarded to Capt Alex Considine, a vital member of the 12 Wing Old Timer's Hockey and Ball Hockey teams. The 12 Wing Female Athlete of the Year was CISM fencing athlete Capt Emma Fairhurst, the Coach of the Year was Maj Joel MacDermaid of the Shearwater Ball Hockey team, and official of the year was Capt Patrick Bowers, who has officiated volleyball at the national and international levels. The 12 Wing Team of the Year nomination went to the Women's Slo-pitch squad.

The Admiral Jones Shield Award, awarded to the serviceperson who contributed the most to Formation sports through conduct, sportsmanship and character, was given to MS Steven Baumhour from Base Information Services.

## Stanley Cup trivia

By Stephen Stone and  
Tom Thomson

### Questions

1. What was the original cost of the Stanley Cup?
2. Who has the most Stanley Cup rings as a player?
3. Whose name appears on the Stanley Cup the most?

4. Who has the most penalty minutes in one playoff game?
5. Who has the most penalty minutes in their career in the Stanley Cup Final?
6. How many Stanley Cup rings does Mr. Hockey have?
7. Which coach holds the record for Stanley Cups won?

8. Who scored the fastest two goals in the NHL playoffs?
9. Which goalie has the greatest number of wins in the playoffs in his career?
10. Which goalie has appeared in the greatest number of Stanley Cup Final games?
11. Which goalie has the greatest number of playoff shutouts in a career?
12. How many Stanley Cup rings does Bobby Hull have?

13. How many Stanley Cup rings does Wayne Gretzky have?
14. Who has the greatest number of Stanley Cup rings, who was not a member of the Montreal Canadiens?
15. Which is the oldest NHL team to never have won the Stanley Cup?
16. Which team currently has the longest drought for Stanley Cup Final victories?
17. Who scored the Toronto

- Maple Leafs' last Stanley Cup winning goal?
18. Who was the winning goalie in that game?
19. Who scored the fastest two goals from the start of a game in the NHL playoffs?
20. What is the record for shutouts by both teams in a Stanley Cup Final series?

See STANLEY CUP TRIVIA / Page 18

## Dockyard run on a foggy day

By Virginia Beaton,  
Trident Staff

It was a good day to run or walk. On Thursday, May 26, several hundred runners braved the foggy, overcast, and cool weather to participate in the monthly Dockyard Run organized by PSP Health Promotion and Fitness and Sports.

Outside D-166 in HMC Dockyard at 8:15 a.m., CANFLT-LANT Commander Cmdre Craig Baines spoke to the crowd and congratulated them for working

on their personal fitness. "We're trying to do a run every month," Cmdre Baines told those assembled. "We had 475 people participating in the last run and it looks like we're pretty close to that again today."

He reminded everyone that June is Recreation Month, and that Health Promotion would be presenting a spinathon on Tuesday, June 7 outside STADPLEX.

Following a warm-up led by PSP fitness and sports staff, the participants headed south through the dockyard and out the

gate near HMCS *Scotian*, and along the Halifax waterfront. Runners ran to Pier 21 and back, while those who were walking went as far as the wave sculpture before returning.

First person across the finish line was OS Brandon Duhaime of HMCS *Ville de Québec*. With a running time of 19:21, OS Duhaime said he was pleased with his result.

The next Dockyard Run is scheduled for June 23. Start time is 8:15 a.m. and the starting point is D-166.

## Send us your summer sports stories

By Trident Staff

Are you a CAF member or a DND/NPF employee here in MARLANT, who has plans to participate in major sports activities this summer?

Maybe you will be sailing in the Halifax - St. Pierre 2016 ocean race. Maybe you're running in a road race every weekend from now until September. Or maybe you're getting ready for a big event like a CISM competition or the New York

Marathon.

If you have a suggestion for a Trident sports story about yourself, a friend or your team, please contact us with your suggestions. Your ideas and experiences may be the motivation that will inspire others to train and work harder.

To reach Trident, please email [Virginia.beaton@forces.gc.ca](mailto:Virginia.beaton@forces.gc.ca) or [ryan.melanson@forces.gc.ca](mailto:ryan.melanson@forces.gc.ca)

We look forward to hearing from you.

### COTW STANDINGS 2015/2016

COTW Units	SOCCER	FIT	RUN	BADM	SQUASH	B. Soc	CURL	HOCKEY	V BALL	BOWLING	FL H	BBALL	SLO PIT	B HOCK	SWIM	GOLF	POINTS	PLACE
CFNES	65	45	40	80	60	30	75	110	90	85	110	70	80				940	1st
5 Cdn Div / Hlth SVCS	80	90	70	35	90	60	90	95	45	55	50	55	30				845	2nd
CFNOS	50	20	55	65	45	75	30	50	75	70	80	40	50				705	3rd
BADM / MARLANT / MP	0	10	0	50	75	20	0	80	30	100	95	0	95				555	4th
CFMWC / FMFCS	40	75	25	20	20	45	45	30	10	30	65	10	65				480	5th
BLOG/ BCE	30	30	0	0	0	90	60	40	20	0	40	25	110				445	6th
TRINITY	20	60	10	0	30	10	20	65	60	40	30	0	40				385	7th



Members of HMCS Preserver took on sailors from the French Navy Ship Monge in a friendly volleyball match at the Fleet gym on June 1.

RYAN MELANSON/TRIDENT STAFF

## Naval allies come together through sport

By Ryan Melanson,  
Trident Staff

As Health and Wellness Champions for the Fleet, the crew of HMCS Preserver often promote and facilitate fitness and sports events for fleet colleagues. Recently, however, they extended that reach out even further.

During a recent visit to Halifax, the crew of the French Navy telecommunications ship FS Monge competed against RCN members from Preserver in a friendly soccer match on Porteus Field, as well as a volleyball game at the Fleet Fitness and Sports Centre.

Lt Commander Vicky Marier, CO of Preserver, said the French sailors reached out to her crew when they were looking for ways to stay active and have some fun while in port, and Preserver was happy to oblige.

She said it was a unique way to get to know some crewmembers of the Monge, but also an opportunity to build some camaraderie among her own sailors.

“We can talk about how we’re going to go over and kick their butt’s and things like that, and they’re probably on the other side saying the same thing. So it’s all

fun but everybody competes hard together.”

The Monge’s XO, Capitaine de Corvette Ismael, said the fitness-minded crew try to get in as much physical activity as possible, so they appreciated the chance to do something special to mix it up. He said sport is also a good way to build relationships between allies and work beyond things like language barriers,

even if many of the French sailors have knowledge of English, and vice-versa with RCN personnel.

“When we are at sea, we work together, but the relationship is different, it’s only work. When we’re on land, we can do things a little bit differently. It’s good to be able to spend time with anyone from NATO in this way, it’s our allies,” he said.



## CFNES wins COTW Basketball

Team CFNES took on Team 5 Cdn Div/Health Svcs in the finals of COTW Basketball, held from May 10-13 at the STADPLEX Gym. CFNES took the victory in the tournament, moving them into first place in COTW standings with 840 points. Team CFNOS came in third place, while team BAdm/MARLANT/MP took fourth.

RYAN MELANSON/TRIDENT STAFF



# NAVY IOKRUN

## Stanley Cup Trivia

continued from / Page 17

### Answers

- \$48.67 (10 guineas)
- Henri Richard. 11 rings, all with the Montreal Canadiens (1955-1975).
- Jean Beliveau — 17 times (10 as a player and seven as management), all with the Montreal Canadiens.
- Dave Schultz (Philadelphia Flyers, 1976) and Deryk Engelleand (Calgary Flames, 2015) — 42 minutes.
- Gordie Howe — 94 penalty minutes in 55 games.
- Four, all with the Detroit Red Wings (1950,1952,1954,1955).
- Scotty Bowman — nine.
- Norm Ullman — five seconds.
- Jacques Plante — 41. (Plante won 25 of those games, also a record.)
- Martin Brodeur — 24.
- One, with the Chicago Blackhawks in 1961.
- Four, all with the Edmonton Oilers.
- Leonard “Red” Kelly — eight.
- St. Louis Blues, entered as one of the first expansion teams in 1967.
- Toronto Maple Leafs — 48 seasons, last victory in 1967.
- Jim Pappin at 19:24 in the second period of game six, with assists from Pete Stemkowski and Bob Pulford.
- Terry Sawchuk, who replaced an injured Johnny Bower.
- Dick Duff (Toronto Maple Leafs) — 68 seconds.
- Five (1945). Toronto had three, Detroit had two. Toronto won the series in seven games. Harry Lumley was in goal for Detroit while Frank McCool substituted for Toronto’s Turk Broda, who was overseas with the Canadian Army.

**SUNDAY  
AUG 14  
2016**

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

**LE DIMANCHE  
14 AOUT  
2016**

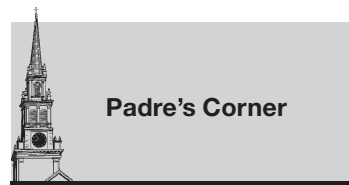
8 H – COURSE DES ENFANTS  
9 H 30 – COURSES DE  
5 KM ET 10 KM



REGISTER AT | INSCRIVEZ-VOUS AU [WWW.PSPHALIFAX.CA](http://WWW.PSPHALIFAX.CA)

 /psphalifax

# Family days – fulfilling a sense of belonging



Padre's Corner

By Capt Felix Tachie, Padre CF H Svcs C (A)

Common to all military personnel and their families when they stay in long in the military is posting, deployment, separation and change of environment. The rigours and nature of military life requires members and their families to do what it takes to remain resilient to fulfil their call to serve Canada. One of the ways to nurture self-care and resilience is to take time off, exigencies of service permitting, to spend quality time with family and make family days count. Thus, one may like to be on the lookout for community-oriented activities in the entire HRM, halifax.ca/rec and beyond. The MFRC, halifaxmfr.ca is also a good and reliable resource information for family days.

For parents, family days give you an opportunity to know your children more and how they have changed over time. Some of you may have toddlers and babies and they change by the day but even the teenagers I have change constantly, physically and tempera-

mentally; they may have a new crush, a job they are thinking or friends they want to tell you about. But before they will open up, they may need to know that their parents are there to listen. We also show how important our children are by listening to their aspirations, hopes, biggest dreams confusions and fears. Thus, setting aside specific time to spend with your family will forge and strengthen family ties.

In addition, family days give you quality time to spend with your spouse. As military families, it goes without saying that balancing quality family time with operational requirements is a challenge so family days can give us the reconnection that we need. Spending quality time with your spouse can help rejuvenate your relationship and reset it on course for a fulfilled life. For those without immediate families or children, family time can make you feel lonely but you can reach out to others to connect to your sense of belonging. On the other hand, it also affords those who have families the opportunity to reach out to individuals who do not have immediate families or families in the HRM to feel a sense of community.

Let's get out there, reach out, have fun and make the days count.



## Getting ready for summer

HMCS Sackville receives a paint touch-up, preparatory to the summer tourist season on the Halifax waterfront.

JOHN CLEVETT, FIS HALIFAX

# This is my therapy

By Personnel Support Programs

Speeding down a bike trail under sunny skies, the day's stressful moments melt away: that's Lt(N) Aaron Bradley's recreation therapy.

Each June, Personnel Support Programs (PSP) marks June is Recreation Month by illustrating the many benefits of recreational activities. The 2016 theme, This is my therapy, highlights how recreational activities restore us and better prepare us for challenges ahead.

"Cycling is a getaway. Time spent in the saddle is stress free time that can be used for reflection," Lt(N) Bradley says. "Besides physical strength, cycling will increase your mental toughness which will naturally transfer to other areas of your life."

From triathlon clubs to safety rodeos, cycling is one of many forms of recreation that the military community can engage in through PSP. Recreation programming has special value for military personnel functioning in a technically oriented force. A well-balanced program helps to maintain total fitness, a state of well-being which includes the physical, emotional, intellectual, social and spiritual health of the individual.

For CAF family members of all ages, postings, deployments, careers, and hectic family schedules can lead to periods of stress. Road to Mental Readiness

(R2MR) training advises that engaging in things we enjoy actually gives us more energy to manage stress. When under stress, we often stop having fun due to a lack of time or a decreased interest or drive. However, during stressful times it is even more important to schedule positive activities in our day in order to effectively manage the demands in our life.

"By recharging with physical activity and community programs, CAF members and their families help protect their physical and mental health," says Col Andrew Downes, Director of Mental Health. "Scheduling fun, recreational activities into our day can help us to effectively manage the stressful demands in our lives."

For Lt (N) Bradley, hitting the road on his bike three times a week is a priority on his schedule. As a youth, he was a runner and swimmer, so he added cycling to his recreation routine with the goal of trying a triathlon.

"I have competed in triathlons, road racing, and most recently cyclo-cross," Lt(N) Bradley says. "Anytime you reach a goal you get a feeling of accomplishment and cycling is no exception. Whether it's finishing your first Century (100 mile ride) or winning your first race, each goal completed will leave you thirsting for more."

To learn more about community recreation and to enter the June is Recreation Month contest, visit [cfmws.com/JRM](http://cfmws.com/JRM).

# Voici ma thérapie

Par Programmes de soutien du personnel

Descendre un sentier pour vélo à toute vitesse sous un ciel ensoleillé fait oublier tous les instants de stress de la journée : c'est la thérapie par les loisirs à laquelle a recours le Ltv Aaron Bradley.

Chaque année se célèbre Juin, le mois des loisirs dans le cadre des Programmes de soutien du personnel (PSP) pour démontrer les nombreux bienfaits des activités de loisirs. Le thème de cette année, Voici ma thérapie, souligne les effets positifs des activités récréatives pour se rétablir et se préparer aux défis à venir. « Le cyclisme est un moyen de s'évader du quotidien. Le temps passé à vélo libère du stress et est propice à la réflexion, » affirme le Ltv Bradley. « En plus d'augmenter la résistance physique, le cyclisme augmente la force mentale, ce qui, bien entendu, influence les autres aspects de la vie. »

Que ce soit dans des clubs de triathlon ou dans les séances de sécurité à vélo, le cyclisme est l'un des nombreux loisirs que peut pratiquer la communauté des militaires grâce aux PSP. Les programmes de loisirs revêtent

une importance particulière pour le personnel militaire qui évolue au sein d'une force dont la vocation est principalement technique. Un programme bien équilibré aide à maintenir une bonne forme physique complète et un état de bien-être total : santé physique, émotionnelle, mentale, sociale et spirituelle de la personne.

Les affectations, les déploiements et la carrière, de même que les horaires familiaux chargés sont parfois une source de stress pour les membres des familles des FAC, quel que soit leur âge. Selon la formation En route vers la préparation mentale (RVPM), se livrer à des activités qui nous plaisent nous procure une plus grande énergie pour gérer le stress. En période de stress, nous mettons souvent de côté le plaisir faute de temps ou par manque croissant d'intérêt ou d'énergie. Toutefois, c'est à ce moment qu'il est encore plus important de prévoir des activités positives dans notre horaire quotidien pour répondre efficacement aux exigences de notre vie.

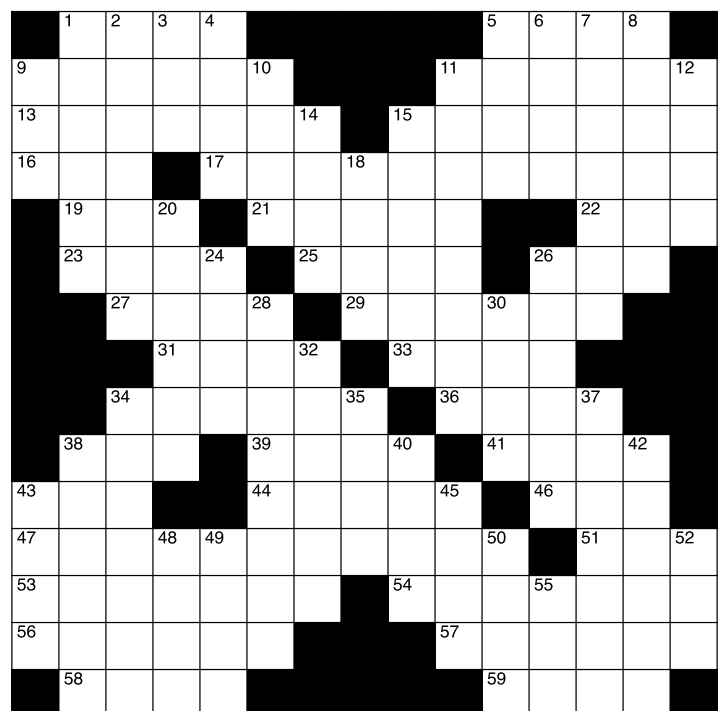
« En refaisant le plein par des activités physiques et des programmes communautaires, les membres des FAC et leur famille veillent à leur santé physique et

mentale, » déclare le Col Andrew Downes, directeur de la santé mentale. « En incluant des activités divertissantes et récréatives dans notre journée, nous trouvons l'énergie nécessaire pour gérer efficacement les défis de la vie de tous les jours qui sont un facteur de stress. »

Pour le Ltv Bradley, parcourir les routes à vélo trois fois par semaine fait partie des priorités de son horaire. Coureur et nageur pendant sa jeunesse, il a naturellement décidé d'ajouter le cyclisme en ayant pour objectif de prendre part à un triathlon.

« J'ai participé à des triathlons, des courses sur route et plus récemment à des épreuves de cyclo-cross, » ajoute le Ltv Bradley. « Chaque fois que j'atteins un but, j'ai le sentiment du devoir accompli et le cyclisme ne fait pas exception. Que ce soit de terminer une première course Century (distance de 100 milles) ou de gagner une première course, chaque but atteint me donne le goût d'en atteindre un autre. »

Pour d'autres renseignements sur les activités de loisirs communautaires et pour participer au concours Juin, le mois des loisirs, veuillez visiter le [sbmfc.com/jml](http://sbmfc.com/jml).



**CLUES ACROSS**

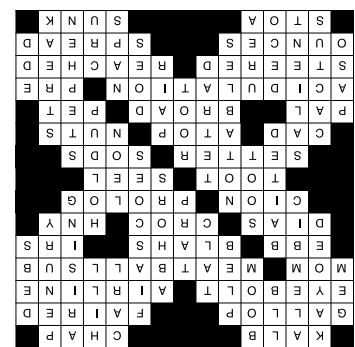
- 1. Marvin \_\_, journalist
- 5. Man
- 9. A fast gait of a horse
- 11. Streamlined
- 13. Rope fastener
- 15. They get you places
- 16. Ma

- 17. Filling sandwich
- 19. Move away from land
- 21. Sounds of boredom
- 22. Tax collector
- 23. Days (Spanish)
- 25. Predatory reptile (abbr.)
- 26. Hengyang Nanyue Airport
- 27. AJA camera

- 29. A computer language
- 31. Blare
- 33. Prevent from seeing
- 34 Long-haired dog
- 36. Turfs
- 38. Villain
- 39. At the peak
- 41. Macadamias are some
- 43. Chum
- 44. Not slender
- 46. Fido is one
- 47. Acidify with this
- 51. Before
- 53. Guided
- 54. Extended
- 56. Units of weight
- 57. Bedding
- 58. Greek portico
- 59. Descended

- 14. Mineral
- 15. Regards with disgust
- 18. Waterproofed canvas
- 20. Teased
- 24. Carbon particles
- 26. Delay
- 28. Luminaries
- 30. Boxing champ Spinks
- 32. A set of four
- 34. Most noticeable
- 35. He played Milton Waddams
- 37. \_\_ Foster, composer
- 38. Succulent plant
- 40. Two
- 42. Run naked
- 43. El \_\_, Texas town
- 45. Female deer (pl.)
- 48. Art \_\_, around 1920
- 49. Compound

- 50. Breaks to sleep
- 52. Doctor of Education
- 55. Group of vineyards



**CLUES DOWN**

- 1. Knocked out
- 2. Vessel that purifies
- 3. Bachelor of Laws
- 4. Loud noise
- 5. \_\_ Sagan, astronomer
- 6. Mound
- 7. Coming to light
- 8. Extreme poverty
- 9. Jewel
- 10. Commoner
- 11. Disasters
- 12. Adult females

No data in ad  
20569979  
w:23.8.4PP h:12PP

# SPORT UTILITY OR PICK UP

NO PAY  
FOR  
**90**  
DAYS

YOUR CHOICE  
FOR A SMALL  
CAR PRICE!



## 2016 Jeep Cherokee North FWD

Equipped with:

- 8.4" Touch Screen
- Back Up Camera
- Heated Seats
- Heated Wheel
- Remote Start
- 17" Alum. Wheels
- Bluetooth Wireless
- Sirius Sat. Radio



Stk# 16KL2446

**UPGRADE  
TO A 4X4  
MODEL**  
well equipped  
for an  
additional  
**\$33bi-wkly**

**\$29,977 or \$197 b/w OR 0% Financing for 84 Mths**



## 2016 RAM 1500 Reg. Cab Express 4X2

Equipped with:

- 5.7L Hemi V8 • Back Up Camera
- Class IV Hitch • Trailer Brake Control
- Spray In Boxliner • Sat. Radio
- Bluetooth Wireless
- Black Headlamp Bezels
- 20" Semi Gloss Aluminum Wheels

**\$26,799 or \$189 b/w**

Or UPGRADE to a 2016 RAM  
1500 Reg. Cab EXPRESS 4X4  
for an additional \$37 b/w



Just Arrived &  
back by popular  
demand!

Purchase a  
**RAM Truck**  
from June 10-30  
and receive a  
**Custom Mopar  
Tool Box Mini Fridge**



## 2016 RAM 1500 SXT Crew Cab 4X4

Equipped with:

- 5.7L Hemi V8
- Back Up Camera
- SXT Appearance Group
- Trailer Hitch
- Spray In Bedliner

**\$35,572 or \$231 b/w**

OR 0% FINANCING  
for 84 mths



61 Athorp Drive, Dartmouth, Nova Scotia  
(902) 469-9050 ddodge.com