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# TRIDENT

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

## HMCS Charlottetown departs Halifax for Op REASSURANCE

By Ryan Melanson,  
Trident Staff

Loved ones kissed goodbye, kids got their final hugs, and then a crew of about 250 sailors stepped aboard HMCS *Charlottetown* and set sail for the ship's first major deployment since 2012.

*Charlottetown* left Halifax on the morning of June 27 for the Mediterranean to join Operation Reassurance, NATO's ongoing mission to provide assurance measures in Central and Eastern Europe. She'll be replacing HMCS *Fredericton*, which departed in January to spend more than six months on Op REASSURANCE, conducting patrols and performing exercises alongside allies, among other tasks.

The deployment was a diverse one for *Fredericton*, with the mission changing multiple times, and *Charlottetown* will have no issues keeping up with a similar pace, said Cdr Andrew Hingston, the ship's CO.

"It is the beginning of our operation, but this day also marks the culmination of a huge amount of work, planning, preparation and training to get us ready to go today. I believe in all respects we're ready to go forth and conduct our operation."

Cmdre Craig Baines, Commander CANFLTATL, met with families inside HMCS *Scotian* before arriving at the jetty to see the ship off. While the beginning of a deployment is exciting for



Family members wave goodbye as HMCS *Charlottetown* departs for Op REASSURANCE on June 27.

MS PETER REED, FIS HALIFAX

the RCN from an operational viewpoint, it's important to acknowledge the sacrifice of the family members who will be separated from their loved ones for half a year.

"It can be a difficult day for the families. They're a very important piece of what we do," Cmdre Baines said.

Krista Samuelsen agreed, as she stood on Jetty NB with her husband, PO2 Kendall Samuelsen. The seven-month absence will be difficult, especially with two young children at home, she said.

"But now, the countdown is on for them to get back home."

Cdr Hingston also spoke about the importance of families, and thanked those gathered at the dockyard for the support they've already given the crew during preparations for the deployment.

"There's been a lot of late nights and long days at sea getting ready, and we couldn't have done it without all of you here supporting us," he said.

And while there were a lot of heavy emotions among the family members gathered, that doesn't mean the occasion was

without smiles and laughter, with many sailors excited for the NATO mission ahead of them. Some had a little fun saying goodbye to friends, including LS Matt Corbett, a hull tech in HMCS *Athabaskan*, who held up a sign for his friend LS Tobias Colbourne that read "Toby, U Suck!"

Others held up the more traditional signs saying goodbye to their fathers and husbands, and as always, many miniature Canadian flags were held up as loved ones watched the crew sail away.

With roughly seven months to

go before they return, the crew won't be around to celebrate the holidays, but it's sure to be a happy day when they do sail back into Halifax Harbour in the new year.

"That day will be different, we'll see a lot more smiles," Cmdre Baines said.

The deployment is the first for *Charlottetown* since 2012, and the first since completing the HCM/FELEX program. The ship will sail overseas equipped with its new combat management system, weapons and radar capabilities, among other upgrades.

## HMCS *Fredericton* returns to Halifax

By Alex Calder,  
PA Co-op Student MARLANT

The weather on July 5, 2016 could not have been any more reflective of the moods of waiting family members. A balmy, cloudless, bright sunny day with a light breeze set the stage along the Halifax Harbour. Excitement and jubilation filled the air, as loved ones gleefully awaited the return of family and friends after a six-month deployment aboard HMCS *Fredericton*.

Signs on massive pieces of Bristol board were prominent: messages written in both English and French for the members on board. On the jetty, children held balloons and aboard the ship, crewmembers held roses and plush animal toys as they waited to come ashore.

LS David Astiga was the lucky winner of the first kiss raffle, meaning he had the privilege of being the first crewmember to set foot on the jetty. He was immediately greeted by his significant

other and the two exchanged a kiss.

But the emotional fireworks didn't stop there. Second off the *Fredericton* was SLt James Adams, who proposed to his girlfriend on the jetty.

"It's amazing to see my family after a long six months," SLt Adams said. "My girlfriend and I have been dating for five years. The whole time during my deployment I planned on proposing."

Not to be outdone, LS Michael Santerre also knelt down to ask the all-important question of his girlfriend.

"It's the best day of my life," LS Santerre's fiancée Sonia remarked as her eyes filled with tears of joy. "This was planned for six months," LS Santerre said of his proposal.

Cmdre Craig Baines, Commander CANFLTATLANT was present to welcome *Fredericton* home.

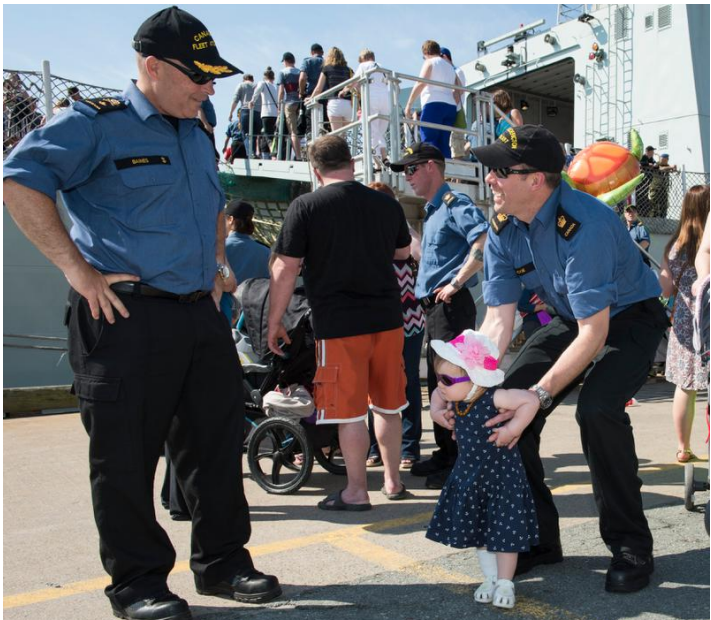
"It's always great to have the crew back safe and sound," he

said.

One reporter interviewing Cmdre Baines asked if news of the two crewmember's proposals had been leaked to their significant others prior to the arrival, to which he jokingly replied with a smile, "Those are the most important secrets."

During the deployment, *Fredericton* and her crew conducted 14 visits to foreign ports in 10 different countries, spending 125 days at sea and traveling 20,770 nautical miles. The following countries were visited: Spain, Italy, Turkey, Greece, Bulgaria, Romania, France, Morocco, Portugal, and Ireland. The vessel was participating in Operation REASSURANCE in the Aegean and Mediterranean Seas.

RAdm John Newton, Commander JTFA and MARLANT, could not be present for the arrival but sent a prepared statement of welcome, in which he said, "Canadians can be very proud of their ship. HMCS *Fredericton* represented their coun-



A sailor from HMCS *Fredericton* gets a welcome home from his young child as well as from Cmdre Craig Baines, Commander CANFLTATLANT.

MS RONNIE KINNIE, FIS HALIFAX

try with honour and distinction in European and North African waters and provided a reassuring and credible commitment to our NATO allies and trans-Atlantic security. I would like to highlight

the inspired leadership that permeated all ranks and how young members were provided a first-class operational and learning experience upon which to build exciting and rewarding careers."

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# Arctic Operations Backpack Donations Campaign

By Alex Calder,  
PA Co-op Student MARLANT

Until August 1, 2016, the Halifax & Region Military Families Resource Centre will be accepting backpack and school supply donations. The donations will be organized and sorted to go out with HMCS *Shawinigan* during her departure on August 14. HMCS *Shawinigan* will deliver the donated supplies to an Arctic community during Operation QIMMIQ. A supply donation to Arctic communities during a deployment is a tradition that was initiated by HMCS *Labrador* in the

1950s and continues to this day. Backpack donations are encouraged, but any type of school supplies are greatly appreciated. Supplies do not need to be packaged in a specific manner. CPO2 Richard Bungay is the event organizer and contact person. He will be able to answer any questions about donations, and can be reached at richard.bungay@forces.gc.ca. This is a fantastic opportunity to demonstrate the Royal Canadian Navy’s commitment to Canadian citizens and the importance of maintaining and promoting positive relationships with our Northern communities.

# Royal Canadian Navy wraps up international naval conference

By Lt(N) Linda Coleman,  
PAO

“Our naval partnerships with friends and allies – near and far – are crucial and will continue to be in the decades to come.” These words from VAdm Mark Norman, then Commander of the Royal Canadian Navy (RCN), kicked off the Inter-American Naval Conference (IANC) on June 12 at the Westin Hotel in Halifax, making it clear that strengthening partnerships between navies is a priority for the RCN. IANC is a forum that enables cooperation and dialogue as allied navies share their ideas and understanding of maritime issues. Discussions at the conference, including 26 bilateral meetings, aimed to enhance interoperability and allow the RCN and participating navies to work together more effectively in the future. Why is this cooperation so important? “The economic importance, security interests, and geography of our vast ocean dictate a growing reliance on naval forces to protect national interests and maintain an enduring commitment to international collaboration at sea,” says VAdm

Ron Lloyd, then Deputy Commander of the RCN and Canadian representative during IANC. Partnerships built and maintained at IANC will continue to enable joint operations and exercises such as CARIBBE, NANOOK, TRADEWINDS and RIMPAC, as well as initiatives such as Op REGULUS, which is an exchange program that helps foster relationships with allied navies. “As partners, we can achieve a greater understanding of the global maritime domain through a more robust approach to the intelligence and assessment functions and an understanding developed from global engagements, long-term regional partners, alliances, and security organizations in our region,” added RAdm John Newton, Commander MARLANT and Secretary General of IANC this year. The RCN was proud to host IANC for the first time ever, and to extend a true Canadian welcome to naval delegations from 14 countries in the Americas. Delegates and their spouses, many of whom had never been to Canada, were offered the opportunity to immerse themselves in events and excursions introdu-



Rear Admiral (RAdm) John F. Newton (left), Commander Joint Task Force Atlantic (JTFA) and Maritime Force Atlantic (MARLANT), address the delegates of the Inter-American Naval Conference Ceremony during the Opening Ceremony with Vice Admiral (VAdm) Mark A.G. Norman (center), Commander Royal Canadian Navy (RCN) and Vice Admiral Ron Lloyd (right), Deputy Commander Royal Canadian Navy, 13 June 2016.

CPL CHRIS RINGUIS

cing them to Canadian and Nova Scotian hospitality and culture, including food, museums, music and history. IANC was established in 1959 and is held every two years. This year marked the 27th event, and took place in Halifax from June 12-17, 2016. The next IANC is scheduled to be hosted by the Armada Nacional in Colombia in 2018.

# A city full of military heritage

By Virginia Beaton,  
Trident Staff

A new group whose aim is to preserve the military heritage of the Halifax region had its official launch on Tuesday, June 14, 2016. In the Officers’ Mess at Royal Artillery Park, the audience listened as David Gough, the group’s director, announced the establishment of the Halifax Military Heritage Preservation Society, which according to Gough, had its genesis a year ago, “by eight volunteers.”

The group describes itself as “a volunteer organization committed to promoting public awareness of and appreciation for Halifax’s rich and diverse military heritage.” Founding directors of the society are Col (ret’d) John Boileau, Cdr (ret’d) Leonard Canfield, Capt(N) (ret’d) Bryan Elson, HCol David Gough, LCdr (ret’d) Alan Williams, and William Piercey, QC. Boileau told the audience that it was fitting that the meeting was taking place in Royal Artillery Park, one of the city’s numerous military heritage sites.

“Halifax has the most military heritage sites of any city in Canada,” said Boileau. The society’s goals are to do its best to preserve these sites, “and to educate the public about our military history.” Boileau noted that the society has a brochure that lists sites of military significance in and around Halifax, ranging from Prince Of Wales Tower in Point Pleasant Park, to Admiralty House at Stadacona. Some of the sites, such as York Redoubt, are in need of repair, said Boileau.

The sites span the time from the establishment of Halifax in 1749, through the War of 1812, and the First and Second World Wars, he noted. In particular, Boileau noted that the Army Museum at the Halifax Citadel National Historic Site has a brochure that outlines a self-guided First World War walking tour of downtown Halifax. Further to that, Maj (ret’d) Ken Hynes, curator of the Army Museum, stated that the Great War Centennial Society plans to install a Last Steps memorial on the waterfront, to commemorate

the departure on May 20, 1915, of the 25<sup>th</sup> (Nova Scotia Rifles) and the 22<sup>nd</sup> Battalions, aboard the Cunard liner Saxonia, for service in Europe. “That is where some of those men had their last glimpse of Canada,” said Hynes. The society welcomes more members, especially those who would like to contribute information or items such as photos, documents, maps, or other items with a military connection. Halifax Military Heritage Preservation Society can be found online at www.hmhps.ca

# HMCS Windsor participates in NATO anti-submarine exercise

By DND

Her Majesty’s Canadian Submarine (HMCS) *Windsor* took part in Exercise Dynamic Mongoose 2016, a 10-day NATO anti-submarine warfare exercise, June 23 to July 2 in the Norwegian Sea. The exercise saw the participation of 3,000 sailors and aircrew from eight allied countries, including Canada, France, Germany, Norway, Spain, Turkey, the United Kingdom and the United States. The focus of the exercise was on detecting and defending against submarines. During the exercise, the submarines travelled from one location to another while surface vessels try to track them down and simulate an attack. The surface units also travelled between two transit points while under the threat of submarines.

“Submarines are the Royal Canadian Navy’s (RCN’s) ultimate war fighting capability and an essential component of a balanced combat-effective navy,” said VAdm Ron Lloyd, Commander of the RCN. “Canada, with the largest maritime estate in the world, has interests well beyond our borders and continent, and should have tools that can declare exclusive control over a body of water at specific intervals, which is what submarine does. During this exercise, HMCS *Windsor* is proving once again the value of submarines and the capabilities of Canada’s Victoria Class.” Last year, HMCS *Windsor* logged nearly 200 days at sea and is on track to do the same for 2016. The fact the boat has spent nearly two-thirds of its time conducting operations at sea represents the demands the RCN has for this valuable, strategic asset.

# HMCS Halifax crewmembers hit the highway

By PO2 Daniel Sinnott,  
HMCS Halifax

On Tuesday June 21, 2016, members of HMCS *Halifax* participated in the annual Adopt a Highway Clean-up on Bell Boulevard. The weather was great to us and cleared up just as we were getting ready to start, making for a great day to complete this worthy task. The members participating were as follows: LS Andrew Swim, AB Christopher Fralick, LS Alexander Demontmorency, AB Mathew Butchart, PO2 Dan Sinnott, LS Ian Foisy, LS Christopher Piccione, LS Benjamin Seymour, LS Melvin Mojica, and PO2 Nicolas St-Louis. The *Halifax* crew collected 17 bags of

garbage, three bags of recyclables, a roadside stand, two signs (one for Guitar Fest and one for Old Guysborough Rd), one diaper, one laptop, one motherboard, one USB cable, multiple TicTac containers (only in the vicinity of Sky Boulevard), numerous coffee cups, and hundreds and hundreds of cigarette butts. Thank you to all who participated; the Halifax International Airport Authority for coming out; Gina Bain, the Adopt A Highway provincial Coordinator for your assistance; Sandra Lively and John Mercer at the Department of Transportation Garage for the safety equipment; and to all the people who beeped their horns and stopped by to thank us for the Highway cleanup.

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# Naval Training System gets a refit

By Lt(N) Adam Drover, CFNOS

Due to the diverse nature of the future fleet’s capabilities tied with the complex nature of the future security environment, the RCN’s Naval Training System is in need of an overhaul. Released in the summer of 2015, the Future Naval Training System Strategy identified where the RCN needs to focus in order to address the capabilities of the future fleet, to be built at Irving Shipbuilding in Halifax, and Seaspan Shipyards in Vancouver, BC under the National Shipbuilding Procurement Strategy. This will include the re-configuration of training establishments in Halifax and Esquimalt into two Campuses, Atlantic and Pacific, under the Naval Personnel and Training Group to meet the RCN’s training requirements.

Campus Pacific was stood up in a ceremony on July 6 2016 when the Canadian Forces Fleet School Esquimalt and the Naval Officers Training Center was re-configured into Naval Fleet School Pacific (NFS(P)) and Training Development Center Pacific (TDC(P)). NFS(P) will deliver Individual Training such as career courses and qualifications to sailors in Esquimalt. The most significant change is the creation of the Training Development Centers; TDC(P) will be the RCN’s Center of Excellence for engineering, damage control, command, leadership, and professional development.

Likewise in Halifax, Campus Atlantic will stand up with a ceremony on July 15, 2016 where the Canadian Forces Naval Operations School and Canadian Forces Naval Engineering School



Training establishments in Halifax and Esquimalt will be reconfigured into two campuses, Atlantic and Pacific, under the Naval Personnel and Training Group to meet the RCN’s training requirements. The most significant change is the creation of the Training Development Centres (TDC). TDC(P) will be the RCN’s Centre of Excellence for engineering, damage control, command, leadership, and professional development, while TDC(A) will be the RCN’s Centre of Excellence for combat, operations, and seamanship training.

DND

will become NFS(A) and TDC (A). NFS(A) will deliver Individual Training in Halifax, with the addition of Submarine Training, while TDC(A) will be the RCN’s Center of Excellence for combat, operations, and seamanship training.

Canadian Forces Fleet School Quebec, in the heart of Quebec

City on the banks of the St. Lawrence River, was renamed Naval Fleet School Quebec during a ceremony on June 29. NFS (Q) will continue its role as a training site, delivering various courses to the Naval Reserve, including the Basic Military Naval and Basic Military Officer

Qualification. Through the Centers of Excellence, training for the RCN will be modernized to harness technology enabled learning tools and methods that will be delivered in the fleet schools and in training sites across Canada. This new training system will continue to

generate combat-capable, multipurpose maritime forces to support Canada’s efforts to participate in operations anywhere in the world. More information can be obtained on the Future Naval Training System through the Naval Personnel and Training Group Headquarters.

## RNSIT welcomes L’Arche to the performance

By Mike Bonin, BPAO

Opening night jitters were not only reserved for the performers, but for some new and other longtime fans of the Royal Nova Scotia International Tattoo (RNSIT) as well.

On June 29, a group from L’Arche Halifax were in attendance at the final full dress rehearsal as the lights dimmed and the announcer’s booming voice said, “Welcome to the 37<sup>th</sup> annual Royal Nova Scotia International Tattoo!”

L’Arche is an international federation of faith-based communities that provides a warm home environment for adults with intellectual disabilities and those who come to assist, share life and daytime activities together in family-like settings.

These communities are located in neighborhoods throughout Nova Scotia and the world. L’Arche Halifax is located on Gottingen Street just across the road from Stadacona.

According to Kelly Geddes, Community Leader, one of the main themes of L’Arche is that of mutuality, relationships, equality, that everyone has something to contribute and that people with intellectual disabilities are full members of society.

“With Commander Wayne DiPersio representing CFB Halifax, it allows him as an official member of the Board of Directors of L’Arche to create a strong link between the community and the base.”

“L’Arche holds personal meaning to me as my younger brother lived in a L’Arche community for years and I am happy to be involved with this great organization,” stated Cdr DiPersio. “Reaching into the community

just feels right. Thank you to the Tattoo folks for being such gracious hosts. Their support was fantastic.”

“It is hoped that by forming relationships with people at Stadacona, we will enrich your lives and you will enrich our lives through your community-spirited outreach”, added Geddes.

To find out more about L’Arche Halifax and what you can do to volunteer, go to their website [www.larchehalifax.org](http://www.larchehalifax.org) or contact Cdr DiPersio, Base Chief of Staff.



Residents of L'Arche Halifax enjoy an early show of the Royal Nova Scotia International Tattoo at the Scotiabank Centre in Halifax on June 29, 2016.

CPL J. W. S. HOUCK, FIS HALIFAX



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From left, Cdr Graham Roberts, Cmdre Craig Baines, and Cdr Geoffrey Steed sign the formal documents during the Change of Command ceremony for HMCS Halifax on June 15.

LS DAN BARD, FIS HALIFAX

# HMCS Halifax welcomes new CO after busy two years

By Ryan Melanson,  
Trident Staff

After two years that saw a number of RCN milestones reached and countless days at sea, HMCS *Halifax* now has a new commanding officer

Cdr Graham Roberts, *Halifax's* CO since June of 2014, handed the frigate over to Cdr Geoffrey Steed at a Change of Command ceremony onboard *Halifax* on June 15.

While there were certainly emotions involved in giving up command of a fantastic ship and crew, Cdr Roberts said having the responsibility of the command lifted from his shoulders, as well as reuniting with his family in Ottawa, will be a welcome change.

"I'm not sad, but rather fulfilled. There's a chance I'll never go to sea again, and I'm ok with that," he said while addressing the ship's company and other guests.

He used his formal goodbye as a chance to thank the many people who supported him over the two years, including three different XO's and two Coxns, who made his job easier and welcomed him to their homes and for weekend get-togethers when he couldn't make it back to his family in Ottawa.

He also thanked the shore staff for their support over a dynamic sailing schedule, Cmdre Craig Baines, Commander CANFLT-LANT, for his confidence in the ship, and of course, the crew themselves, for the countless hours of hard work they put in.

"From day one, until we tied her up in April, you've done all that I asked and more, with the utmost professionalism, pride and dedication. I didn't always get it right, but as a team, I think we did," he said to them.

The period under Cdr Roberts' command was a very busy one for *Halifax*. As the lead ship in the Halifax-Class Modernization program, the ship's company had a critical role in conducting workups and validating the various new systems and weapons. The time also included the first-ever acceptance trials with the CH-148 Cyclone, and deploying as the Task Group Command Platform for exercises Joint Warrior and Trident Juncture, the largest NATO exercise in more than a decade.

In all, the ship sailed more than 40,000 miles over two years, a milestone pointed out by Cmdre Baines as he thanked Cdr Roberts for his dedication to the ship and congratulated Cdr Steed on the new responsibility he's been given.

The ship's incoming CO acknowledged he's taking over command of the ship at what could be a difficult time, with



## Ex TRADEWINDS

AB Molly Cameron is a boatswain from HMCS Shawinigan participating in the maritime phase of Exercise TRADEWINDS 16 in Jamaica. She joined the RCN in 2013 as a naval reservist with HMCS Scotian in Halifax, Nova Scotia. She is currently a core crew member of Shawinigan. As a boatswain, she is part of the deck department. This department is in charge of small boat operations, maintenance and operation of the weapons onboard, and general seamanship activities. "I love my job. We are working really hard but it is also really rewarding when we look at all we accomplished during the day," said AB Cameron. During Exercise TRADEWINDS 16, AB Cameron along with the others members from the deck department worked in close collaboration with sailors from Mexico, Trinidad and Tobago, and Jamaica. "On that exercise, I had opportunities to teach partner nations how to use the .50 caliber heavy machine-gun we have onboard," said AB Cameron. "It is a great feeling to be part of a team that is contributing to help other countries to further develop their knowledge and skills on weapon systems." Ex TRADEWINDS 2016 is a multi-national maritime interdiction, ground security and inter-agency exercise lead by the United States Southern Command and the Jamaica Defense Force. From June 20 to June 28, 2016, Shawinigan focussed on maritime operations such as countering illicit trafficking activities and promoting interoperability in the Caribbean region. **DND**

work just underway on further modernizations. It's likely at least 18 months will pass before *Halifax* sails again, and as Cdr Steed pointed out, sailors thrive best when they're at sea.

"In the short term, there's going to be hard work ahead of us to make sure Halifax is ready to proceed with her docking work period," he said. "In the longer term, it means we'll ultimately deliver a fully combat and mis-

sion-capable worship."

He thanked his wife Linda and daughters Julia and Olivia, who were in attendance, for their support throughout his career so far. He also thanked the crew of *Halifax* for their hard work under Cdr Roberts' command, which

ensured the good reputation of the ship was always maintained, he said.

"And it will continue to ensure she achieves all that is thrown her way during the coming months and years that you and I spend together."

## Posted to Victoria?



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TRIDENT

Publication Schedule for 2016

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Community Calendar

Reunion and event notices must be submitted by mail, fax or internet.  
editor@tridentnews.ca include the sender's name and phone number.  
A notice will not be published if the event is to happen more than one year from publication date. Submissions may be edited.

Stadacona Museum Gate Changes

Beginning Monday, July 4, 2016, the Museum Gate at Stadacona will be open Monday - Friday from 8:30 a.m. until 4 p.m. for pedestrian traffic. Individuals will be required to present government-issued photo ID at the gate. Come see the rich naval heritage that the Naval Museum of Halifax has to offer.

Tuesday Night Tunes

Time: 7 - 8 p.m.  
Date: Tuesday, July 12  
Location: Maritime Museum of the Atlantic

Visitors are welcome to the Maritime Museum of the Atlantic free of charge on Tuesday evenings this summer for a series of concerts. On July 12, the featured act will be Naming the Twins, a Nova Scotia based,

harmony rich duo of Robbie Smith and Kath Glauser. Their energy, wide variety of song styles and remarkably well matched voices captivate audiences wherever they perform. Visit [www.namingthetwins.com](http://www.namingthetwins.com) for more information.

Speakers Series: Children of the Islamic State

Time: 7 p.m.  
Date: Wednesday, July 13  
Location: Central Library

This free talk will focus on the reality of lives of children in the Islamic State and the role violent propaganda plays in it. Speakers will be Dr. Shelly Whitman, Executive Director of the Dallaire Initiative and Nikita Malik, Senior Researcher of the Quilliam Foundation. They are co-authors of a recent report on the topic. The event is presented by

The Roméo Dallaire Child Soldiers Initiative and Dalhousie University. The VTECS Speakers Series' aim is to bring renowned humanitarians, child protection experts, social entrepreneurs, and activists to Halifax during July. The series will also host a talk titled "Child Protection from ISIS and Boko Haram" with Ibrahim Sesay on July 20.

Halifax Pride TD Speaker Series Presents Ann-Marie MacDonald

Time: 7 p.m.  
Date: Thursday, July 14  
Location: Central Library

Join Ann-Marie MacDonald, host and narrator of CBC TV's *Life and Times* and *Doc Zone* for a carefully crafted and spontaneous exchange that highlights her diverse and dynamic career as a queer artist. Presented in partner-

ship with Halifax Pride and TD Bank.

29th Annual Halifax Pride Parade

Time: 1 p.m. - 3 p.m.  
Date: Saturday, July 23  
Location: Downtown Halifax

Each year the collective creativity, talents, and energy of Halifax's LGBTQ communities come together to wow the world while celebrating the diversity and variety of life in the HRM. The parade route begins on Lower Water Street and continues to Barrington Street, Spring Garden Road, and South Park Street. Email [info@Halifax-Pride.com](mailto:info@Halifax-Pride.com) with questions, or visit [HalifaxPride.com/events](http://HalifaxPride.com/events) for more information and the full schedule of Halifax Pride events through July.

Halifax Jazz Festival Free Shows

Date: July 12-17  
For those without festival passes, the Halifax Jazz Festival, as always, is offering a wide range of free afternoon shows on the festival main stage at noon, 2:30 p.m. and 4 p.m., including the Chronos Band, Zoe Leger, Universal Soul and more. There will also be a set of free Jazz Lab shows at the Central and Alderney Gate libraries. For more information and full schedule, visit [www.halifaxjazzfestival.com](http://www.halifaxjazzfestival.com)

Public Gardens Concert Series

Time: 2 p.m.  
Date: Sundays through the summer  
Location: Halifax Public Gardens  
Check out the Public Gardens bandstand in action every Sunday all summer long, with free shows for every taste, from classical to big band to R&B. Performers through the summer include the Halifax Trombone Summit on July 17, Frank MacKay and the R&B All Stars on July 24 and the Doris Mason Band on July 31.

Base gets a facelift thanks to MARLANT volunteers

Both military and civilian personnel from across the formation were out in force on June 10 to contribute to Base Beautification Day. Volunteers took to both Stadacona and Windsor park to tend to the various flower beds, shrubs, and other greenery to ensure the base is looking its best for the summer. LS Robichaud, pictured here, helped spruce up the area around the Naval Museum of Halifax.

RYAN MELANSON, TRIDENT STAFF

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Officer's Mess Calendar

JULY 23, 2016

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# DND Family Days celebrates 20 years in style

By Ryan Melanson,  
Trident Staff

The sun was shining, the rides and games were all set, and thousands of kids, parents, friends and other family members of the DND community once again poured into HMC Dockyard for the 20th Annual DND Family Days.

Presented by Personnel Support Programs Halifax, the weekend saw approximately 20,000 guests attend over June 17-18, enjoying festivities, rides, displays, entertainment and so much more.

Some stuck to their favourite rides (“I’m going right to the Scrambler!” was heard as one enthusiastic young girl entered the gate) while others took a break to tour an HMC ship or step inside the cockpit of a CH-124 Sea King Helicopter. Others got the biggest thrill out of hitting the water at high speeds, with RHIB rides once again on offer, and once again drawing some of the largest lines. With a number of boats on the go, things moved quickly and some thrillseekers lined up over and over again.

“We keep going back for our favourite driver, he makes lots of waves and we get wet,” said 10-year-old Billie Aubie as she lined up for another round with her friends and siblings.

“It makes my brother scared, but I like it,” she joked.

Many of the DND Family Days sponsors also brought along fun kids’ activities, and some for the first time. CBC was on hand with a special booth that was all decked out in Rio 2016 Olympic swag. Visitors were able to play a game of plinko to win different Olympic prizes, and were also able to sign a banner that will be sent to Rio.

Soccer fan Sophie Van Berkel wrote one message that read “Go Womens’ National Soccer Team, you can do it! From your biggest fan.”

“It’s going to be hung right at the Canadian Pavilion for our athletes to see, so we’re asking everyone to write their best wishes and inspirational messages and anything else they want to share. People are having fun with it,” said Kelly Edwards with CBC.

Also in the kids’ zone set up outside HMCS *Scotian* was the Discovery Centre booth, where everyone had the opportunity to be a part of the centre’s Big Build LEGO project, filling up tiles with LEGO to eventually be used as part of a record-breaking LEGO mosaic. The DND portion of the mosaic was starting to take shape by the time Saturday came around.

There were, of course, plenty of other activities for the kids, including laser tag, train rides, bouncy slides, face painting and too many more to be named. And despite their experience with the



Streamers were set off in the PSP Entertainment Tent on June 17 as the 20th Annual DND Family Days was officially declared open.  
MEGHAN FASH,PSP HALIFAX

event, presenting sponsor Sobeys had to double up their order of cookies for the second day, with the cookie decorating station garnering even more attention than usual.

For the older crowd, one of the main attractions was the draw prizes donated by the corporate sponsors, and some fantastic prizes were handed out as crowds made their way into the PSP Entertainment Tent each afternoon.

Giveaways, coordinated by PSP Corporate Sponsorship, ranged from 30 bicycles from Canadian Tire and plenty of great gift cards, to more extravagant prizes like travel package from VIA Rail worth thousands.

Patricia MacDonald, who works in Administration at CFNCS, was sitting right up front with her daughters when their number got called as winners of a new \$800 refrigerator from Sears Canada. She said the win highlighted one of the most important lessons of Family Days: You can’t win if you aren’t in the tent.

“We weren’t even sure we were going to come today, but I’m glad we did. I was just saying how it would be nice to have a new fridge!” she said, joking that the prize might be tough to bring home in the car.

All the dads at the Dockyard seemed to gravitate toward the PSP Patio when it was time for Sobeys’ DND Chef Cook-Off. Three Sobeys store chefs from the area, Phil Smith, Tom Emmot and Mike O’Hanlon, grilled up

their own version of BBQ Sliders. These were no ordinary burgers, with ingredients like local goat’s cheese, Nova Scotia pork and craft beer all getting into the mix.

It’s great fun for the chefs to get out of the store and show off their creative sides for the day, said Michelle MacLean from Sobeys. And with the sliders being handed out for free, they had no shortage of guinea pigs to test out their creations.

“This is an exciting event for them; they get to interact with people, tell them about the food, hear feedback right away, it’s a lot of fun,” MacLean said.

There was also the annual DND Family Days concert, which went off without a hitch with great weather for the evening, as the Matt Minglewood Band and Signal Hill kept the tent rocking well after dark.

In the end, it couldn’t be called anything but a success, and Capt (N) Chris Sutherland, Base Commander CFB Halifax, gave credit to the PSP organizing committee and many other staff and volunteers who work to make it happen, from units like BAdm, RP-OU(A), TEME, *Scotian*, Base Ops, the MPs, the Base Fire Department and more.

“They all come together to make this event the best it can possibly be. This is the largest of it’s kind in Canada; other bases and other formations specifically come to Halifax to talk to us about how to put this together, because this is the group that sets the standard,” he said.



Hundreds of signatures and messages from DND Family Days guests are seen on a CBC banner that will eventually be hung at the Canada Pavilion at the 2016 Olympic Games in Rio.  
RYAN MELANSON,TRIDENT STAFF



RHIB rides in the Halifax Harbour drew some of the longest lines of the weekend.  
RYAN MELANSON,TRIDENT STAFF

## 406 Squadron member wins \$5,000 heat pump prize package

By Ryan Melanson,  
Trident Staff

While many extravagant prizes were handed out in the PSP tent during the DND Family Days weekend, some of the prize draws took place after the fact. One of the biggest was a \$5,000 heat pump package from Nova Scotia Power, and on the morning of June 29, the lucky winner got a visit at home to receive his prize.

Sgt Jason Zehr, his wife Amy and young son Zach were all smiles as they were presented a giant cheque, flowers and balloons for the big win.

Judy O’Leary, representing Nova Scotia Power, said bringing the prize right to his door was a fun way to thank Sgt Zehr for visiting their Family Days display, and also allowed them to begin the process of installing a new system for the home. Being entered into the contest, dubbed “The Great Heat Pump Giveaway” was easy, she said.

“He dropped in and entered to win at our Comfort Zone tent at the Dockyard, which had a working heat pump in it. That’s all it took.”

In fact, many attendees at DND Family Days found the Nova Scotia Power tent to be an essential spot to visit, with the A/C function of the heat pump providing a

break from the hot sun. Sgt Zehr entered the draw during his visit, but it quickly left his mind after.

“I never imagined we would actually win it. It’s amazing really, it’s huge for us,” he said.

He currently heats his home with hot water baseboards, and said switching over to a heat pump was something planned for the future, but now it’s going to happen much sooner. He was preparing to soon deploy to Hawaii for exercise RIMPAC, but with a contractor on hand as the prize was presented, work got underway immediately on planning the conversion for his home.

It was the first year with Nova Scotia Power participating as a corporate sponsor for DND Family Days, and O’Leary said the experience was great for the organization.

“DND is such a large part of Halifax, and so are we, with our head office right here, so the fit really makes sense. We were so happy to be there.”

Representatives from Direct Air and Pelham Electric were also on hand for the giveaway. O’Leary said they chose to showcase heat pumps to promote the energy efficiency, cleanliness and cost-savings compared to traditional heating and air conditioners.

13 JULY/JUILLET

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# 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)

## Mariners victorious for third year in a row at CAF Ball Hockey Regionals

**By Ryan Melanson,**  
Trident Staff

The CFB Halifax Mariners men's ball hockey team once again took home gold at the 2016 CAF Ball Hockey Atlantic Regional Championship, held at the Flyers Arena from June 21-24.

Though the final game was a hard-fought 40 minutes of hockey between the Mariners and the Shearwater Flyers, three consecutive Halifax goals in the opening period proved too much for the Flyers to bounce back from. Another two goals in the final period sealed the deal, to finish with a final score of 5-0.

Though they fell in the finals, the Shearwater squad had the best record through regular play, going undefeated with a 2-1 victory over Halifax, a 5-2 victory over Greenwood, and a 2-1 victory against Gaagetown. And while the score of the final game may seem lopsided, it wasn't from a lack of offense from Shearwater. In fact, Halifax net-minder Cpl Andrew Hayes received the Game MVP award for securing the shutout with a number of impressive saves.

The Tournament MVP award was presented to AB Anton Manson, Captain of the Mariners



*The CAF Atlantic Regional Ball Hockey Championship was held at the Shearwater Arena from June 21-24. The Halifax Mariners took the gold medal, defeating the Shearwater Flyers 5-0 in the championship game.*

RYAN MELANSON, TRIDENT STAFF

Team and a powerhouse among the CAF Hockey and Ball Hockey communities. To go along with the third straight regional title, it was also AB Manson's third year in a row receiving the Tournament MVP award.

The Mariners team will now have a short time to rest, regroup and fill out the roster before taking a shot at the CAF Ball Hockey National Championship, which will be held in Borden from July 23-28.

## From the QMJHL to the RCN: St. John's sailor still rules the rink

**By Ryan Melanson,**  
Trident Staff

He played at one of hockey's highest levels when he was younger, and even as he settles into a career with the RCN, AB Anton Manson is still known for his game on the ice.

So much so that he was recently awarded the MARLANT nomination for the 2016 CAF Male Athlete of the Year at the formation's annual Sports Recognition Breakfast. AB Manson, who grew up in Halifax, played 56 games in the Quebec Major Junior Hockey League with the Shawinigan Cataractes. A shoulder injury when he was 19 derailed his major junior career, and after a lengthy wait for surgery, he joined the RCN.

Now, as a NESOP in HMCS *St. John's*, he's led the Halifax ice and ball hockey teams to Regional Championship titles over the past three years, playing along-

side his brother, OS Triston Manson, also a crew member aboard *St. John's*. The brothers also make an intimidating duo when it comes time for COTF hockey.

AB Manson said he was quickly ushered into the world of CAF sports, even during training in Esquimalt, and the chance to play has added an extra layer of excitement to his time in the CAF so far. It's also been a help in terms of getting accustomed to military life.

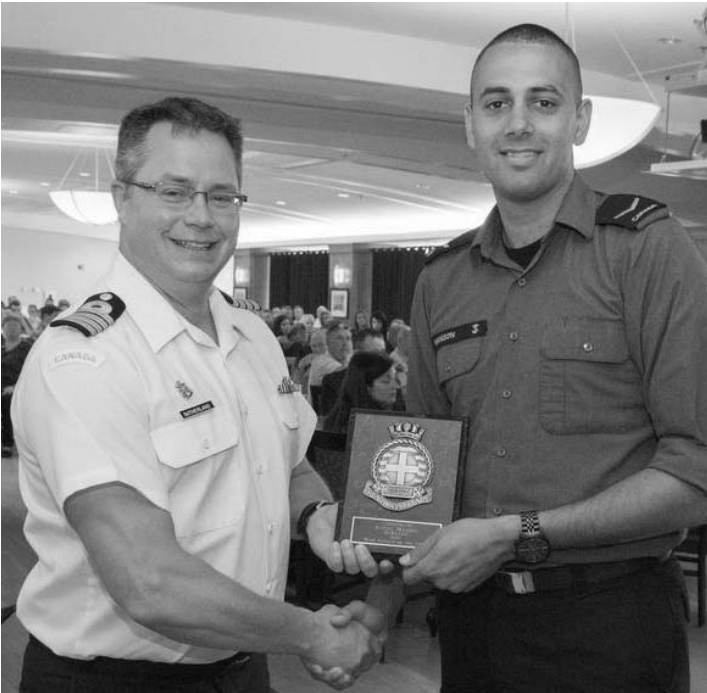
"Especially coming into the military fresh as an Ordinary Seaman, it's a way to meet other people, of all trades and ranks. And when you're playing, there are no ranks, everyone's on a first name basis."

And one of the biggest highlights, he said, is just getting the chance to compete against the CAF's top athletes from across Canada. The hockey might not be as polished as at the major junior level, but there's no lack of intensity.

"It's a high level of hockey. Obviously, the skill levels are a bit different, but it's the work ethic that's second to none. Everyone is going as hard as they can," he said.

AB Manson said he was honoured to receive the Male Athlete of the Year title, which will put him in the running at the 2016 CAF National Sports Awards ceremony to be held in Ottawa this fall. He said it came as a bit of surprise, considering his teams have fallen short at national championships, but it was his individual MVP awards and all-star selections that set him apart.

"When I looked a little closer, I guess I do have a lot of hardware. But most of that comes from my teammates. Even in ice hockey, most of my points are assists, so that's my teammates putting in the goals for me, they deserve the credit," he said.



*AB Anton Manson receives his MARLANT Male Athlete of the Year Award from Capt(N) Chris Sutherland, Base Commander CFB Halifax, at the MARLANT Sports Recognition Breakfast on June 1.*

LS PETER FREW, FIS HALIFAX

### Sports trivia: Name the baseball movie

**By Stephen Stone and Tom Thomson**

**Questions**

1. An unknown middle-aged ballplayer comes out of nowhere to become legendary. Based on a novel by Pulitzer Prize winner Bernard Malamud, starring Robert Redford.
2. Gary Cooper starred in this movie based on the life of Lou Gehrig.
3. Charlie Sheen plays a pitcher for the Cleveland Indians with a 100-mile-an-hour fastball whose previous baseball experience was in the California Peal League.
4. Kevin Costner stars in this movie about a major league pitcher at the end of his career who pitches a perfect game.
5. A frustrated fan of the hope-

less Washington Senators makes a pact with the Devil to help the team win the pennant.

6. A sports agent uses an unconventional recruitment strategy to get Asian cricket players to play major league baseball.
7. Clint Eastwood plays an aging baseball scout who takes his estranged daughter with him on a scouting trip.
8. James Stewart plays a Chicago White Sox pitcher who loses his leg in a hunting accident but equipped with a prosthetic leg makes a comeback to pitch in the minor leagues.
9. The story of the friendship between a star pitcher and a half-wit catcher as they cope with the catcher's terminal illness.
10. Tom Selleck stars as a once-

great baseball player who is forced to play in Japan where his egotistical ways cause friction with his new teammates.

11. William Bendix portrays former baseball player Bill Johnson who is unsuccessful at everything when his ball-playing days are over and enters an umpire training school.
12. True story of Jimmy Piersall, who battled mental illness but was able to achieve stardom in major league baseball.
13. Story of the All-American Girls Professional Baseball League, founded in 1943 when most of the young men were overseas in the Second World War.
14. A dramatization of the Black Sox scandal when the underpaid Chicago White Sox accepted

bribes to throw the 1919 World Series.

15. The story of Oakland A's general manager Billy Beane, and his successful attempt to assemble a baseball team on a lean budget by employing computer-generated analysis.
16. This movie is about a Texas high school baseball coach who agrees to try out as a major league pitcher if his team makes the playoffs.
17. A young woman reporter blames the Pittsburgh Pirates' poor performance on the obscenely abusive antics of their manager who starts hearing a voice. The 1951 original starred Paul Douglas and Janet Leigh. The 1994 remake switched to Anaheim Angels and starred Danny Glover and Christopher Lloyd.
18. A new kid in town is taken under the wing of a young baseball prodigy and his team in this movie set in the summer of 1962. They get themselves into many adventures involving rival teams, lifeguards, and a junkyard dog. There is a special guest appearance by the actor who voices Darth Vader.
19. When an accident gives a boy an incredibly powerful pitching arm, he becomes a pitcher for the Chicago Cubs. The movie is a remake of a 1954 movie called *Roogie's Bump*.
20. The subject of this 1950 biographical movie played himself.





# Training while on deployment

By Lt(N) Peter Summers,  
HMCS *Fredericton*

When we think of a ship deployed on Operation REASSURANCE, we imagine all the glamour the Navy has to offer: weapons firings, replenishments at sea, visits in exotic European ports, conducting complicated exercises with multinational task groups and more. What we do not necessarily consider is sitting in a warm office for hours at a time watching trainees work their way through technical presentations. However, for the engineering departments onboard HMCS *Fredericton*, this was the reality for much of the ship's last year at sea. Since the present crewmembers joined the ship in July 2015, they have awarded more than 20 engineering qualifications to members of the Combat Systems Engineering (CSE) and Marine Systems Engineering (MSE) Departments. And this was despite conducting a tiered readiness program condensed into one-third the normal amount of time, followed by a six-month NATO deployment.

Within the Marine Engineer trade, in addition to normal career coursing, members must complete different certification levels (certs) in order to advance. Cert 1 is typically awarded at the Ordinary Seaman level and qualifies the member to be an auxiliary machinery operator. Cert 2 is completed by Leading Seamen and qualifies them to be machinery control console operators. Cert 3 is completed by Master Seamen and qualifies members to be the engineering officer of the watch, in charge of the engineering watch at sea, once promoted to PO2. The final level, Cert 4, gives the member their engineering charge ticket, qualifying them to be the chief engineer of a ship.

In order to achieve each certification level, members must

first complete a training package, which often includes multiple drawings and hundreds of pages of write-ups, and then conduct a qualification board where they present their knowledge. These boards are often a nerve-racking experience, as the board will consist of multiple senior members. For Cert 1 boards, this includes the Engineering Officer and Chief Engineer, all the way to Cert 4 boards, which includes a Naval Technical Officer Commander and the Fleet Chief Engineer. Boards consist of five questions, the first being a system diagram that has to be reproduced from memory and explained by the candidate. The second question is an engineering drill that evaluates the candidate's response. The final three questions can cover a wide range of topics, including policy, procedure, environment and safety, auxiliary systems, administration, stability, among others.

Seven of the qualifications mentioned above were achieved during a port visit to Rota, Spain, in June 2016. These consisted of three Cert 3s, two Cert 4s, and two Head of Department (HoD) qualifications. The success of all the candidates is demonstrative of the focus that *Fredericton* has put on training despite the ship's busy program. Preparation for a board requires months of studying, by researching references, tracing systems in the engineering spaces, conducting drills and exercises, and standing practice boards. A board will typically last anywhere from 2 to 4 hours, depending on how quickly the candidate talks when they're nervous, and is a considerable time commitment for both the trainee and the board members. Free time was at a premium as *Fredericton* completed harbour readiness training, a short work period, restricted readiness inspections, and workups all prior to deploying. Once the ship de-



Marine Engineer personnel celebrate successes during their deployment in HMCS *Fredericton*. From left to right: CPO2 Stephane Chouinard, Chief Engineer; OS Corey Moore, Cert 1; PO2 Andrew Childs, Cert 3; PO1 Charles Paulin, MSE Training PO; PO2 Heather Whiteway, Cert 3; LS Clarke Sampson, Cert 1; OS Jeremy Glencross, Cert 1; LS Raymond Murphy, Cert 2; PO1 André Dupont, Cert 4; LS Colin Kaiser, Cert 2; LS Lucas Linfield, Cert 2; PO1 Travis Jagoe, Cert 4; Lt(N) Peter Summers, MS Eng HOD; AB Scott Poole, Cert 1; Lt(N) Mark Bartek, Engineering Officer (EO); and PO2 Guillaume Simoneau, Cert 3.

CPL TONY CHAND, FIS HALIFAX

ployed, time was still allotted to training despite NATO and national taskings, exercises, and port visits throughout the six months. Though many people contributed to training on board, the dedication of the MSE Training PO1 Charles Paulin was extremely beneficial. He created and implemented a rigorous training schedule for all the Cert 1, 2, and 3 trainees, as well as assisting the Cert 4, HoD, and Phase VI candidates (a junior engineering officer qualification). The number of personnel who achieved qualifications is a testament to his commitment to training.

Two of the Cert 3s awarded were of particular note as the members were sailing on a Halifax Class frigate for the first time. PO2 Andrew Childs and PO2 Heather Whiteway both demonstrated their ability to act as a Cert 2 on a frigate, and gained their Cert 3s, all in less than 12 months. "Being from Iroquois Class ships, my first thoughts during my QL6 course was which way would I go; subs or frigates?" said PO2 Childs. "I then volunteered for *Fredericton*'s deployment and was able to requalify my Cert 2 and become Cert 3 qualified. Certainly being

deployed gave me the experience I needed to learn the Halifax Class platform and having a great crew to work with made things easier."

PO2 Whiteway said this of her experience: "While deployed on Op REASSURANCE it was an easy process to make a change over from sailing [Protecteur Class] to Halifax Class. Training was of the utmost importance and the engineering staff from the roundsmen to the Engineering Officer ensured we had all the tools possible to learn the platform. Guided tours of the engineering systems, mini boards and drill periods were made readily available and guided by knowledgeable and competent staff. Prior to completion of the Cert 3E exams and boards we were offered ample time to study and were challenged with boards and questions to ensure we were ready to challenge our tickets. Sailing with a crew of great sailors made it an enjoyable experience and support from all ranks and departments was evident."

The success of *Fredericton*'s candidates was due in no small part to the support of the Command team. The CO was patient enough to listen to trainees stumble their way through re-

ports, be it during engineering drills, emergency exercises, or evening briefs, which contributed to their appreciation of the Command perspective on board day. This paid dividends when the Cert 3, Cert 4, and HoD candidates had to nervously face unfamiliar Commanders during the actual board. As well, the Command team facilitated training through their flexibility with the ship's schedule. Despite operations, *Fredericton* continued to enjoy two engineering drills periods a day throughout most of the deployment, as well as weekly damage control exercises. These impact the ship's operations due to the necessity to constantly change speed or stop entirely. Though it would have been easy to remove these training periods from the schedule, with Command's support the ship's departments were able to work together to make a schedule that met everyone's goals.

It can be easy to lose sight of the importance of training, especially while deployed on operations. However, *Fredericton*'s commitment to producing qualified personnel will ensure the Navy has the people it needs to continue to successfully complete operations in the future.

## Touching the stones

By David Lewis,  
Naval Association of Canada  
(London)

The Battle of the Atlantic Memorial is a tribute to the ships and men of the Royal Canadian Navy, lost in the longest running battle of the Second World War. It is a stunning and moving memorial, created with extreme gratitude for those who made the supreme sacrifice and whose final resting places cannot be marked by graves. The memorial is built into the grass hillside at HMCS *Prevost*. A series of 25 blue granite stones traverse the hillside. Each stone is engraved with the name, the image, the

hull number and the date the ship was lost during the Battle of the Atlantic. There is also a stone honouring the sacrifice of the Merchant Navy. The memorial rests in central Canada as the sailors represented here, who were lost with their ships, came from small towns and large cities, from every province across this great country. As much as we remember the ships and the gallant names of *Valleyfield*, *Alberni*, *Louisburg* and others, it is not the steel and iron we commemorate. It is the sons and fathers, the brothers and friends, the grandsons loved and lost. It is their service, their sacrifice that

permeates this memorial. The memorial remembers the 18-year-old sailor bundled heavily against the bitter cold. He's standing watch on the open bridge of an RCN Corvette. Around him is the freezing North Atlantic and in the moonlight are the many plodding hulls of the convoy he's protecting. It remembers the blinding flash, being hurled into the air, and slamming down into the icy water. It remembers the struggle to surface and the weight of the black arctic water slowly overwhelming. It also remembers the Sunday morning knock on the door, the telegram, the words "deeply

regret to inform you..." If only one ship was lost and only one young Canadian life was given, this memorial would still not be enough to recognize the sacrifice. There are thousands of other stories that left no community untouched and few families unscarred. As much as the Battle of the Atlantic Memorial has become a place of remembrance, it has also become a place of healing. It is a destination for those who for over 70 years have had no destination. No grave. No marker. The stones touch those who visit, and those who visit touch the stones. Two sisters from small town Quebec

had their great-granddaughter drive them to *Prevost* to visit the memorial. In November of 1944 their 19-year-old brother was lost with *Shawinigan*. Tears streamed down each face as their aged hands caressed the *Shawinigan* stone. There was the elderly gentleman who literally clawed his way up the hill to touch the Regina stone. He had been on *Regina*. And the 93-year-old gentleman in the Legion jacket, accompanied by three vans of family members, who wanted to see the *Spikenard* stone. He had been in on another ship in convoy

See BATTLE OF THE ATLANTIC MEMORIAL / Page 8



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# Memorial Ribbon presented in honour of late Vice Admiral Douglas Boyle

By **Ryan Melanson,**  
Trident Staff

Fifteen years after his death, the daughters of a former Commander, Maritime Command have a new memento by which to remember him and commemorate his service to Canada.

RAdm John Newton, Commander MARLANT and JTFA, presented the CF Memorial Ribbon to Cdr(ret'd) Margaret Therrien, in commemoration of her father, VAdm Douglas Boyle, who served as Commander of Canada's Navy from 1975 to 1977.

VAdm Boyle died in 2001, two years after being diagnosed with Mesothelioma, a rare form of lung cancer that develops only in those who have been exposed to asbestos. The substance was present on many former HMC ships, including *Iroquois* and *Chaudière*, in which VAdm Boyle served between 1943-1945.

When delivered the shocking diagnosis, he immediately made the connection, his daughter said. Due to this rank and contacts within Maritime Command at the time, he was able to shed some light on the disease at a time when sailors had more difficulty getting financially compensated following a diagnosis.

“At the time, there were other

members of the Navy who were starting to get this and people were wondering why, and things started to come together,” Therrien said.

The Memorial Ribbon was introduced in 2012 as a new addition to the Memorial Package, and it expands eligibility to a greater number of family members and close friends, as well as some others who were ineligible to receive the Memorial Cross, which is traditionally given to widows and mothers. The Ribbon also presents the opportunity for children to receive a special token to remember and honour their loved one.

A maximum of five of the purple ribbons can be handed out in honour of one member, and Therrien accepted all five on behalf of her and her four sisters. She's set to deliver them at a family reunion this summer, and stressed that the effort to receive the ribbon, and to have her father's death recognized as being attributable to his service, was a full family affair.

She added that the staff at the Directorate of Honours and Recognitions in Ottawa were especially helpful in getting the application moving and making the experience a positive one. She said she felt proud of her father



*Cdr (Ret'd) Margaret Therrien, along with her husband Paul, is presented the CF Memorial Ribbon by RAdm John Newton, Commander MARLANT and JTFA, in honour of her late father, VAdm Douglas Boyle.*  
LS PETER FREW, FIS HALIFAX

after actually seeing the five personalized ribbons created in his honour.

“It's wonderful, absolutely. We have mementos and things he left behind, but to have something like this, to give people recognition for the sacrifice of their loved one, is special. Dad did effectively give up his life to the Canadian Armed Forces.”

“He could have lived longer. He was an extremely healthy man.”

Therrien and RAdm Newton both expressed hope that presenting the ribbon in honour of a former Commander of the Navy could raise awareness and cause other potential recipients to come forward, including family members of others who have died

from mesothelioma. Visit the Honours and History section of Forces.gc.ca to learn more about the Memorial Ribbon and access the online application. Ribbons may be issued in commemoration of every CAF member whose death is attributed to duty-related injury or illness sustained on or after October 1, 1947.

## The Rivers Bell

By **LS (ret'd) Bruce Forsyth**

A ship's bell is an essential component of any ship. Usually made of brass with the ship's name engraved on it, the ship's bell is used to indicate time on board a ship and regulate the duty watches. They are also used in foggy conditions, are a prized possession and are often the only conclusive means of identifying shipwrecks.

The Rivers Bell has its own unique place in the history of ships' bells. A strictly land-based bell, the Rivers Bell was a gift from the Royal Canadian Navy to the Canadian Joint Air Training Centre at RCAF Station Rivers in November 1951. Year after year, the bell hung in the corner of the Officers' Mess, cheerfully being rung to signal a promotion with drinks all around for all messmates.

However, like most ships' bells, which travel from port to port along with their respective ships, the Rivers Bell was not one to be tied down to one location either. One night in 1955, personnel from RCAF Station Moose Jaw took it upon themselves to liberate the Rivers Bell, transporting it across the prairie to their mess back in Moose Jaw and installing it on a theft-proof steel beam mount.

The Base Commander at Rivers, Group Captain Jack Sproule, was none too happy about this turn of events. To rectify the

situation G/C Sproule led a rescue party, to retrieve their bell one weekend in September 1955. Mingling with the Sunday morning church crowd, the rescuers succeeded in penetrating the Officers' Mess, disabled the phones and secured the mess occupants, including the orderly officer. With hacksaws and a bit of muscle power, the rescuers succeeded in retrieving their bell.

The bell was tossed over the nearest perimeter fence, secured in the trunk of a car, and ferried back to RCAF Station Rivers. Once back, G/C Sproule ensured that such an incident would never happen again by having the bell secured so well, that when RCAF Station Rivers closed in 1971, LCOL Bill Svab, who designed the

security measures, had to be consulted on its removal.

The Rivers Bell was then relocated to the Officers' Mess at RCAF Station Portage La Prairie.

Although CFB Portage La Prairie closed in September 1992, 3 Canadian Forces Flying Training School remains at the Portage site, providing primary pilot selection and training for all Air Force pilots. To this day, the Rivers Bell remains in the Officers' Mess, where service members still ring it to celebrate Wings graduation parades.



*The infamous Rivers Bell, a bell that once sat in the Officers' Mess at RCAF Station Rivers, now resides in the Officers' Mess at Portage La Prairie, as seen in 2008.*  
3 CFFTS.



### Yacht arrival marks 300th anniversary of Royal Artillery

*The St. Barbara V on the water, as her crew prepares her to enter the Royal Nova Scotia Yacht Squadron dockyard during Exercise Atlantic Barbara on June 17, 2016. The 42-foot sailing vessel, St Barbara V, docked at the Royal Nova Scotia Yacht Squadron in Halifax, NS as part of Exercise Atlantic Ubique, a trans-Atlantic journey honouring the 300th Anniversary of the Royal Artillery. In a gesture to recognize the 200th Anniversary of Royal Artillery Park, the Barbara's Captain, Col Neil Wilson, and his crew visited Halifax and Royal Artillery Park as guests of the Royal Canadian Artillery who have named this event Exercise Atlantic Barbara. To further mark this milestone, two members of the Royal Canadian Artillery will join the crew for a sail to St John's, NL. On arrival at St John's, the Barbara will drop off her Canadian crewmembers and begin her long journey back to Great Britain.*

WO JERRY KEAN, 5 CDN DIV

## Battle of the Atlantic Memorial

continued from / **Page 7**

and had witnessed the *Spikenard*, with his best friend, torpedoed and sunk. With these memories and these visitors in mind, the Naval Association of Canada (London) has launched into an aggressive landscaping project.

Where these visitors once struggled on foot, or walker, or wheelchair to get across the grassy lawn to their memorial, they will now have an even level pathway. The slippery dangerous grass hillside is being replaced with a safe solid stairway. It is a huge undertaking but it will truly

enhance the accessibility to the site for generations to come. Standing at the memorial and viewing these granite symbols of sacrifice, the words of Abraham Lincoln come to mind, “We cannot dedicate, we cannot consecrate, we cannot hallow this ground. The brave men, living

and dead have consecrated it far above our poor power to add or detract.” His words ring true today. We do not know what constitutes hallowed ground, but we do know that this grassy hillside at *Prevost* has changed forever. The Naval Association of

Canada (London) has set up a gofundme page for those who would like to assist them in the dramatic improvements being made at the Battle of the Atlantic Memorial. The page may be found at <https://www.gofundme.com/battleatlanticmem>



## Fitness and sports updates

By Trident Staff

Come and try something new - **Brazilian Jiu Jitsu**. It is not only a great form of self defence, but also an excellent way to get in shape in a team-focussed environment. Check us out at the Shearwater Gym on Mondays and Wednesdays from 4 – 6 p.m. or Saturdays from 10 a.m. until 12 p.m. All skill levels welcome.

**The Formation Soccer Team** is currently conducting practices and tryouts leading to CAF Atlantic Regional Championships from August 8-12. Interested and skilled players are encouraged to contact either LCdr Graham Hill (Graham.Hill@forces.gc.ca) or LS Dave Denman (David.Denman@forces.gc.ca) for additional details. Practices are currently being held from 3-4:30 p.m. every Wednesday at Porteous Field. An additional Monday practice outside of working hours will be added starting in July.

**Intersection Golf started on June 28** at 2 p.m. and will continue every two weeks until summers end. Play will be 9 holes, stroke play. Units participating must have a minimum of 6 players; however, only 4 can play on any given day.

Scores will be added throughout the season, and the lowest score at the end of the year will be crowned the champions. There is no individual champion rewarded, this is a team event. Cost to the member is zero.

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

**If you are interested in playing pickup soccer** on Porteous Field in Stadacona from 11:30 a.m. to 12:30 p.m., please contact Kevin Jack at Kevin.Jack@forces.gc.ca. Each morning that the field conditions and the weather allow for soccer, Kevin will ask who is available to play via email. If we have eight or more people able to play an email will be sent no later than 10:30 a.m. informing you that soccer is on.

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

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

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

## Sports Trivia: Baseball movies

continued from / Page 9

### Answers

1. *The Natural*
2. *Pride of the Yankees*
3. *Major League*
4. *For Love of the Game*
5. *Damn Yankees*
6. *Million Dollar Arm*
7. *Trouble with Curve*
8. *The Stratton Story*
9. *Bang the Drum Slowly*
10. *Mr. Baseball*
11. *Kill the Umpire*
12. *Fear Strikes Out*
13. *A League of Their Own*
14. *Eight Men Out*
15. *Moneyball*
16. *The Rookie*
17. *Angels in the Outfield*
18. *The Sandlot*
19. *Rookie of the Year*
20. *The Jackie Robinson Story*

# 14 Wing Greenwood qualifies four for Atlantic golf team

By Sara Keddy,  
Managing Editor, The Aurora

It was a challenging week at the 14 Wing Greenwood Golf Club for the field of golfers participating in the Canadian Armed Forces Atlantic Regional Championships June 13 to 15. The cold and wet weather felt more like early spring than a week away from the beginning of summer.

“Even though the weather wasn’t ideal, we managed to get all three rounds in without any hiccups and, after 72 holes of play, we have our winning team,” said tournament organizer Graham White, the 14 Wing Greenwood sports coordinator, stated, “as well as the seven-member team who will go on to represent our region at the national championships being held August 6 to 11 at CFB Borden.”

The winning team was determined by taking the top-five scores from each seven-member team (comprised of five men and two women) and adding them together after each round played. The three-day total determines the winner. This year’s regional



Capt Colette Brake shoots for the hole as a fellow competitor looks on at the 2016 regional golf tournament at the Greenwood golf course, on June 13, 2016.

LS CASS MOON,14 AMS Imaging

championship was won by the hometown team, 14 Wing, with a total of 1,220 strokes (five men, two women). Gagetown (five males), the five-time defending champions, finished second, posting a total team score of 1,237; followed by Shearwater (five men, one woman) at 1,314 and Halifax (five men, one woman) at 1,316. Also competing in the event were two men from Goose Bay and three men from CFS St. John’s.

14 Wing Greenwood was the

only base able to field a complete team of seven golfers for the event. Greenwood team members Capt Mary Cameron Kelly and MCpl Kelly Low agree it would be great to see more women participate in the golf program.

“We play the game to play and challenge ourselves, and the score is secondary. It’s fun to be part of a team and compete but, when the last putt is in the hole, all that matters is that we showed up and gave it our best.”

Players who will make up the Atlantic regional team, determined by lowest score, will compete at the CAF National Golf Championships. This year’s team is comprised of Capt Mary Cameron Kelly (Greenwood), Capt Colette Brake (Halifax), Sgt Tom Cameron (Gagetown), Sgt Carey Boozan (Greenwood), Capt Wayne O’Donnell (Shearwater), Aviator Mitch Conrod (Greenwood) and MCpl Paul Arsenault (Greenwood).



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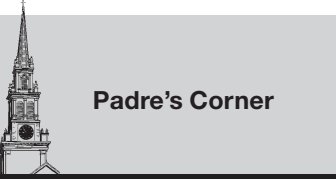
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# A lesson from video gaming



By LCdr Scott Deese, USN, Senior Base Chaplain

Recently I had the opportunity to spend six weeks at CFS Alert and take part in various social activities during the evenings. Some would play Pool, Darts, Poker, Euchre, Crib, Settlers of Catan, Chess, or even just sit around and talk, and yet it seemed that every Saturday night 8 to 9 people would gather in the computer gaming room and battle it through the choice video game for the evening.

I am not a very good gamer and yet I do enjoy playing my Wii every now and then, especially the original Legend of Zelda. The best thing about playing Legend of Zelda is the fact that if I mess up I can do it all over again. The ability to have a do-over exists in almost every video game. If only life was the same as a video game. How many times have you ever had a chance for a do-over? They do not happen very often in real life. It can be very frustrating to do or say something and as soon as you act or speak, you know it is

wrong. I could make a list about a mile long with the things I would like to do over in my life. People always say, “Think before you speak.” This is such a simple concept that is very hard to practice. Have you ever hurt anyone with words unintentionally? Have your actions ever hurt someone? We do not always get a do-over. My wife had a friend in college that she said some bad things to. Then her friend died in a car accident before she could apologize. What a hard lesson to learn.

Is there an easy way to get around this problem we have of wanting do overs in life? The Golden Rule says, "Do to others as you would have them do to you." In other words, We should strive each day to do our best to live right and treat others with dignity and respect.

I know many of you own game systems. In each one, do overs are a part of the game. So, the next time you are playing a video game, whether at home or in an arcade, think about how many do overs you get. We should live our lives without regrets or wishing we could do something over again. We may never get a second chance to make things right. Do your best to do what is right. (Even when no one is watching.)

# Stay on track as the summer heats up



By Health Promotion Staff

Summer has finally arrived. Every colour vegetable and fruit in abundance, with local farmers’ markets up and running all over the city and vacations pending. Take the opportunity this summer to eat ample seasonal produce from around the province. Make smoothies, fresh salads and fruit kebobs.

What else comes to mind when you think of summer? How about keeping meals quick and easy? Here are some great tips at home and on your adventures to keep those meals healthy, delicious and quick.

**Barbequing; a popular summer tradition:**

- Beat the temptation to overeat at a BBQ by filling your plate with fresh veggies and fruit and choosing lean meats and fish. If you choose to have dessert, keep the portion size in check and enjoy.
- Think ahead: Grill some extra meat, fish and vegetables to have for your lunch the next day.

- Challenge yourself this summer to think outside the box with your food choices. BBQ-grilled fruit is delicious and nutritious – try grilled peaches or pears with some lower-fat yogurt or frozen yogurt. Grilled pizza loaded with vegetables is another great BBQ.
- Make your own: Find some healthy recipes for marinades and sauces for your meats. Lemon, herbs and spices as well as garlic and onion make delicious ingredients for a marinade and put you in control of the salt and sugar added.
- Start a new tradition and get an active game going after your BBQs – grab a Frisbee or soccer ball or start a game of tag to get everyone moving after the meal.

**Picnics and road trips:**

- Plan ahead: Organize your meals ahead of time and get your grocery list for camping or hiking ready before you shop. This will help you save money and time.
- Camping wouldn’t be the same without marshmallows and hot dogs by the fire once in a while, but pack lots of healthy, nutrient-packed meals like chili, fajitas, or spaghetti to feed the family.
- Finger food: Try bite-sized

veggies and fruit, whole grain crackers, cheese cubes and unsalted nuts. Pack loads of nutrient-rich snacks so you can avoid stopping for fast food at every turn while road tripping.

**At the Beach:**

- Wrapped salad sandwiches are a great option for the beach as it is easier to keep the sand out, even with little sandy hands. Keep the wrapper on the outside where you are holding it and peel as you go.
  - Fresh vegetables with hummus and whole grain pitas or fruit like cherries and grapes are perfect for the beach too. Bring toothpicks or short skewers to pick up and dip fresh veggies and fruit to further avoid sandy food.
  - Water: Make sure you pack enough water for the trip. Summer heat and exercise both increase your needs for it. Always quench thirst with water before other options, as it is the best option. Try a little splash of 100 per cent juice in a pitcher of water as another option to entice kids and adults alike to hydrate.
- Enhance your summer experience by eating well. Happy summer, everyone.

## Health Promotion Services (PSP) program schedule, July 2016



By Health Promotion Staff

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

# The team that dives together thrives together

By Lucy Ellis, CJOC

A port damaged by a tropical storm. Illicit substances hidden underneath or inside of a boat. Stolen goods thrown overboard into the Caribbean Sea.

In each of these scenarios, a highly skilled dive team would be called into action to locate and solve the issue. The divers need to have standardized skills so that they can work with maritime forces from other nations if required. That’s where multinational exercises come into play.

During Exercise TRADEWINDS, Canadian and American forces train with Caribbean defence partners to enhance their skills. Overall, the exercise focusses on countering transnational organized crime and practicing humanitarian

assistance and disaster relief. The exercise as a whole is divided into three phases, but a team of divers from FDU(A) provided an additional Ship’s Team Diver Course for up to 25 divers from partner nations. The course ran from May 30 to June 18 in Jamaica.

The training took place in and outside of the classroom. “In the class we explained our rules and way of diving,” said MS Gord McMillan, an FDU(A) dive supervisor and instructor. “On the dive site, we taught the students working skills such as underwater searches, line signal, lift bags, and deep diving procedures, but more importantly how to function as a working team to accomplish the task.”

These lessons helped to prepare the divers for Phase II of Exercise TRADEWINDS 16,

which began on June 20in Jamaica.

The dive instruction was valuable to AB Chad Jones from the Barbados Coast Guard. “I can honestly say that I am very equipped to take on Phase 2,” said AB Jones. Beyond the exercise, the training will also be useful to him during his work. “I will use these skills to better take on my task as a diver for the Barbados Coast Guard and pass on what I have learnt.”

Passing on knowledge is an important part of Exercise TRADEWINDS. One of the purposes of the exercise is to train people who will return to their respective defence organizations and teach others what they have learned. This aspect of training leaders was demonstrated during the course.

“Two of the students also learned our way of supervising and how to plan a diving task and will be taking the lead on the exercise phase,” said MS McMillan.

With the variety of techniques being taught, the participants could take away a unique experience from the training based on their interests. AB Jones found the night navigational dive to be the most exciting part of the course, and MS McMillan most enjoyed teaching the compass swims.

Beyond the technical aspects of the training serials, the dive course enabled the participants from different nations to get to know each other.

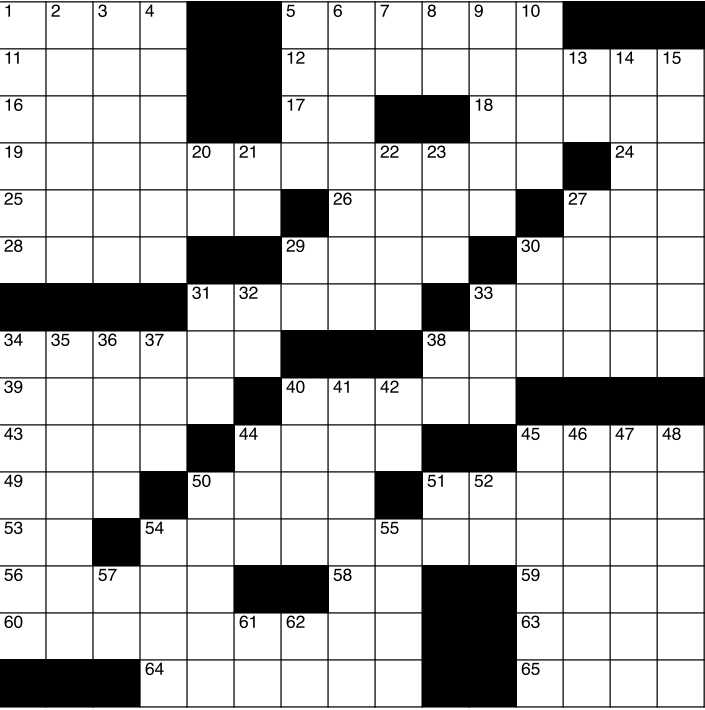
“It’s always very interesting to learn the different ways other countries work and dive and in

some ways, it was very eye opening. It’s also very funny to hear their idea of cold water compared to ours,” said MS McMillan, who is used to training in the crisp waters of Atlantic Canada.

This spirit of camaraderie was fully integrated into the course. There were friendly competitions during the training serials. Everything was designed to bring the team closer together so that they could work as a cohesive unit.

“I have had a good time working, training and laughing with the Canadians,” said AB Jones. “The way they teach has an equal blend of seriousness and fun in teaching, and the learning was most defiantly assimilated.”

Phase II of Exercise TRADEWINDS ran until June 28. FDU(A) acted as mentors during the dive tasks.



**CLUES ACROSS**

1. Impudence
2. Female garment
11. Not twice
12. Mention one by one
16. Cowbarn (British)
17. Promotional material

18. Argentinian artist Zeta
- 19 South Park guys’ musical
24. Letter of the Greek alphabet
25. Comes into
26. VVV
27. Weaken
28. Costly

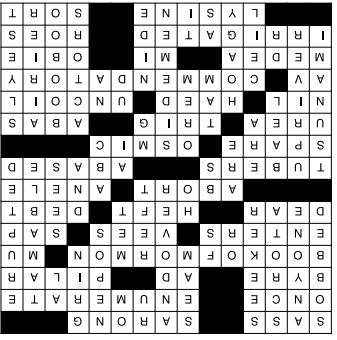
29. Weight
30. Financial obligation
31. A way to expel
33. Anoint
34. Stems
38. Belittled
39. Refrain from harming
40. Relating to odors
43. Helps animals metabolize nitrogen-containing compounds
44. Make neat
45. Ancient Greek sophist
49. A quantity of no importance
50. Used to have (Scottish)
51. Straighten
53. Early multimedia
54. Recommending
56. Greek sorceress
58. Michigan
59. Off-Broadway theater award
60. Watered
63. Small Eurasian deer that lack visible tails
64. Basic amino acid
65. A way to pick

**CLUES DOWN**

1. Wept
2. All persons
3. Pouches of skin

4. Locates missile targets
5. Furrow
6. Michael Chiklis grew up here
7. Ruthenium
8. Sacred Hindu syllable
9. Roman biographer
10. A way to smile
13. Atomic number 13
14. Can be domesticated
15. Exploded
20. An alternative
21. Foreign Service
22. Robbed by force
23. Made the acquaintance of
27. Bishops’ seats of authority
29. ‘Tiny Bubbles’ singer
30. Deoxyribonucleic acid
31. Plural present of be
32. College degree
33. Basics
34. High sea wave
35. Go against flow
36. Tree native to India
37. A major division of geological time
38. Yakut God of Light \_\_ Toyon
40. Utah city
41. Supporting musicians
42. Magnesium
44. Scottish cap (slang)

45. Performing artists
46. Slang for mistake
47. More well ventilated
48. Most guileful
50. Grinder
51. University of Dayton
52. Sodium
54. Fashion designer Chapman
55. Brood of pheasant
57. Doolittle was one
61. Equally
62. Bring Em Out rapper







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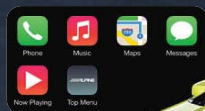
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