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Monday, August 8, 2016



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



The group officially representing MARLANT and CFB Halifax marches along Spring Garden Road as part of the 2016 Halifax Pride Parade.  
 CPL J.W.S. HOUCK, FIS HALIFAX



The Fleet raises Pride Flag for first time simultaneously across the base at 8 a.m. on Saturday, July 23, 2016.  
 MONA GHIS MARLANT PA

# Formation Halifax shows its Pride: All ranks come together for annual parade

By **Ryan Melanson**, Trident News

Tens of thousands line the streets of downtown each year for the Halifax Pride Parade, and this year's 29th annual edition saw the largest contingent yet representing MARLANT and the CAF.

Nearly 100 uniformed members, along with civilian DND personnel and staff of the Halifax MFRC, marched in the parade on July 23, making their way along Barrington Street and up Spring Garden Road with large, cheering crowds along the sidewalks the whole way. The

group proudly carried both the Canadian flag and Pride Rainbow flag, as well as banners identifying members of Canada's Atlantic Fleet and HMCS *Scotian*.

Marching in uniform as part of the parade was permitted for CAF members years ago, but some new milestones were marked this year. RAdm John Newton, Commander MARLANT and JTFA, joined the parade for the first time and was accompanied by other Formation leaders including Cmdre Craig Baines, Commander CANFLT-LANT and Capt(N) Chris Sutherland, Commander CFB Halifax.

"Members and leaders from all ranks and all units came together with the Military Family Resource Centre to march in the Halifax Pride Parade this year. For several years now we have encouraged members to march in uniform in the annual Pride Parade, however this was the first time there was an official military presence. The parade was an exciting event that celebrated the very best of our city and country," RAdm Newton said following the parade.

Another first for the CAF involved the raising of the Pride Rainbow Flag on the morning of

July 23, which happened simultaneously at multiple units throughout the Fleet and CFB Halifax.

Together, the actions are meant to send a further signal that respect, tolerance and inclusivity are concepts being embraced by Canada's military and Halifax's DND community, and the parade can be seen as an opportunity to publicly celebrate this evolution of attitudes, RAdm Newton said.

"We have a lot to celebrate in the Canadian Armed Forces. We have worked hard at Operation HONOUR and made progress around respecting gender and

identity differences. Diversity is a source of strength and flexibility, and plays a pivotal role in ensuring that the RCN remains a strong, innovative and forward-looking organization," RAdm Newton said.

The Halifax Pride Parade, first held in 1987, is the largest event of its kind in Atlantic Canada. The wider Halifax Pride Festival draws an estimated 150,000 participants through the week each year, and is considered one of the country's premier Pride events. For more information on Pride events and the Halifax Pride Society, visit HalifaxPride.com.

## HMCS *Goose Bay* hosts business leaders during Great Lakes Deployment

By **Louise Matheson**, MARLANT PA

Canadian Forces Liaison Council invited business leaders to watch sailors in action on board HMCS *Goose Bay* as they sailed from Toronto to Cobourg, Ontario during the Great Lakes deployment on July 5.

As part of the Great Lakes Deployment, business leaders were invited from the Town of Cobourg on an ExecuTrek to sail in HMCS *Goose Bay*. The Canadian Forces Liaison Council's ExecuTrek program gives employers, supervisors and human resources professionals the opportunity to get a first-hand view of the quality of military training of personnel and the benefits that can be gained from that training.

"Today's ExecuTrek involving business leaders from the Town of Cobourg highlighted the skills



LEFT: Business leaders on Canadian Forces Liaison Council's ExecuTrek watch a search and rescue on board HMCS *Goose Bay* as they sail from Toronto to Cobourg during the Great Lakes deployment on July 05.  
 CPL J.W.S. HOUCK, FIS HALIFAX

Leaders participated in on board demonstrations, from fire-fighting to navigating the ship, but watched in awe during a search and rescue exercise when the ship skillfully maneuvered with a CH-146 Griffon from 424 Transport and Rescue Squadron.

"It is critical that we practice search and rescue exercises to ensure excellence at sea and timely response under the most demanding circumstances. Learning each other's tactics allows us to develop a well-trained team that is ready to



Business leaders who took part in Canadian Forces Liaison Council's ExecuTrek gather on the deck of HMCS *Goose Bay*.  
 CPL J.W.S. HOUCK, FIS HALIFAX

make informed decisions, with positive outcomes," said LtCdr Robert Tucker, Commanding Officer of HMCS *Goose Bay*.

Business leaders realize the value in military training and what it can bring to the workplace when they are able to watch

members work together and perform duties under demanding situations. "Many of these skills, teamwork, discipline and task completion, are highly desirable and transferable to civilian employment," added Col Kalogerakis.

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# Op Caribe promotes partnerships, enhances maritime security

By Ryan Melanson,  
Trident staff

With RCN ships recently wrapping up a deployment to Op Caribe, a MARLANT naval officer visited members of the Royal United Services Institute of Nova Scotia on July 27 to relay the relevance of the mission and pass on facts to RUSI(NS) members.

The group heard from LCdr Sylvain Bernier, the MARLANT MCC Watch Commander supporting CJOC. LCdr Bernier gave a detailed rundown of the operation, explained some of the limits placed on RCN ships operating in the specified area of the operation, and went through the reasons why the ongoing mission has been important for North American security and for the RCN's relationship with our allies.

Understanding the importance of the operation, which focuses on illicit trafficking by organized crime, is important for RUSI (NS), whose members often speak to media or publish papers on defence issues, helping to push the message of the CAF and RCN out to the public in some instances.

"Op Caribe is really to establish and strengthen our relationships with the international participants, and also to demonstrate

the national commitment to the defense of North America," LCdr Bernier said.

The counter-narcotics work on Op Caribe is important, but equally so is the maintaining of relationships and development of interoperability that comes with physical participation in an operation. For the United States, who lead the interagency task force on preventing illicit trafficking in the Caribbean and Eastern Pacific Ocean, being able to publicize the important role of partners like Canada acts as a further deterrent for criminal organizations. Other partners involved include France, the Netherlands, Spain and the UK.

LCdr Bernier also explained the nature of the MOU, signed in 2010, that outlines the role of RCN ships carrying US Coast Guard Law Enforcement Detachments on Op Carribe. RCN personnel do not have the authority to board suspicious vessels or detain those suspected of drug trafficking on their own, and when the LEDET detains suspected criminals, the accused are to remain in their own vessel, or on a RHIB flying the US flag, until authorities arrive, unless the scenario involves risk of life at sea.

For 2016, HMC ships *Moncton*, *Summerside*, *Edmonton*, and *Saskatoon* deployed to Op Car-



LCdr Sylvain Bernier speaks with members of RUSI(NS) at a roundtable event focusing on the RCN's role in Op Caribe on July 27.

RYAN MELANSON, TRIDENT STAFF

ribe, seizing or disrupting a total of approximately 4,260 kg of cocaine and 1,520 kg of marijuana, with *Summerside* and *Saskatoon* involved in the highly publicized seizures of almost 700 kg of cocaine off the coast of Nicaragua. The CAF has been involved in the multinational campaign since 2006.

The Kingston-class vessels have done the heavy lifting for the RCN on Op Carribe over the last two years, which itself is a state-

ment to the capability and versatility of the MCDVs, but LCdr Bernier said that hasn't always been the case. Over the last five years, most of our Maritime assets have been involved, including Halifax-class frigates, destroyers *Athabaskan* and *Algonquin*, HMCS *Preserver*, and two Victoria-class submarines that have deployed to the mission. And as the conclusion of the HCM/FEL-EX process brings more sea time for frigates and the new Arctic

and Offshore Patrol Ships are introduced to the fleet in coming years, both of those classes of ships could possibly be deployed to Op Caribe, LCdr Bernier said.

RUSI(NS), an arms-length defense organization, serves as a discussion and education forum on Canadian defence and security issues, often hosting speakers or roundtable discussions. Membership is open to anyone interested. More information is available at RUSI.ca.

## Enter the CAF Photo Contest

By Jen Seipp,

Communications Advisor, Office of the Chief of Staff, CFMWS

Ladies and gentlemen, get your cameras ready. The 2016 CAF Photography Contest opens July 2 – September 15, and we want you to send us your best shots.

Whether you're a seasoned professional or an amateur photography lover, this is the contest for you. The Photography Contest accepts images in eight diverse categories, and is open to all members of the Defence Team and their families. Photographers will be eligible to win \$10,000 in prizes from our sponsors.

The CAF Photography Contest also welcomes nominations for the Military Photographer Achievement Award, a prize introduced in 2015 to recognize the contributions that a CAF Imagery Technician has made to the CAF community.

For 48 years, the Photography Contest has been celebrating the talented photographers that capture life in CAF communities coast to coast. As you take photos this summer, keep the Photography Contest in mind. Family gatherings, sports tournaments, scenic vacations, work events, the possibilities are endless.

Visit [www.cafphotocontest.ca](http://www.cafphotocontest.ca) to enter.

## Participez au concours de photographie des FAC

Par Jen Seipp,

Conseillère en communications, Bureau du Chef d'état-major Forces canadiennes Services de bien-être et moral

Mesdames et messieurs, à vos marques, clique. Nous vous invitons à prendre part au concours de photographie des FAC de 2016 qui aura lieu du 2 juillet au 15 septembre et à nous envoyer vos plus belles photos.

Que vous soyez un professionnel chevronné ou un amateur passionné de photographie, ce concours est pour vous. Le concours de photographie comporte

huit catégories différentes, et tous les membres de l'Équipe de la défense et leur famille peuvent y participer. Les photographes courent la chance de gagner 10 000 \$ en prix offerts par nos commanditaires.

Dans le cadre du concours de photographie des FAC, la candidature de militaires travaillant ou ayant travaillé comme techniciens en imagerie militaire peut être proposée en vue du Prix d'excellence du photographe militaire. Lancé en 2015, ce prix vise à reconnaître leur contribution à la communauté des FAC.

Depuis 48 ans, le concours de photographie met en vedette les œuvres de photographes talentueux qui croquent sur le vif la vie dans les communautés des FAC à l'échelle pancanadienne. Quand vous prendrez des photos cet été, gardez à l'esprit le concours de photographie des FAC. Les réunions de famille, les tournois sportifs, les paysages pittoresques en vacances, les événements professionnels... vos choix sont illimités.

Visitez le site [www.concoursphotodesfac.ca](http://www.concoursphotodesfac.ca) pour vous inscrire.

# HMCS *Goose Bay* visits namesake city

By RCN PA

HMCS *Goose Bay* conducted a namesake city visit to Happy Valley-Goose Bay, Nfld., from July 22 to 25, 2016.

As part of the visit, the ship's company worked with the local SPCA, participated in a softball game and hosted a reception on board the ship.

"HMCS *Goose Bay* is very pleased to have been able to conduct a namesake city visit to Happy Valley-Goose Bay, our

first visit since 2012," said LCdr Robert Tucker, *Goose Bay's* Commanding Officer. "*Goose Bay* has been busy conducting assigned missions on behalf of the Government of Canada and the Royal Canadian Navy since our last visit. The officers and crew enjoyed connecting with the people of the town in which they feel a deep sense of belonging and commitment."

*Goose Bay's* recent operations include participating in Operation NANOOK, an annual joint

exercise in the Canadian Arctic, and Operation CARIBBE in 2012 and 2015, and working together with U.S. and allied partners to fight against illegal trafficking and organized crime in the Caribbean. The ship also participated in Exercises JOINT WARRIOR and TRIDENT JUNCTURE 15, NATO's largest exercise since 2002, off the coasts of Portugal and Spain, and a Great Lakes goodwill tour making several port visits.

"There is nothing more re-

warding for a ship's company than the interactions that arise during a ship's namesake city visit," said RAdm John Newton, Commander Maritime Forces Atlantic. "The people never fail to communicate their marvel at the technology of our ships and the competencies of the sailors who represent their community. The effect is even more dramatic in small communities like Happy Valley-Goose Bay, where warship visits are infrequent. For our part, we are charged with positivity

knowing that we are ambassadors for that community and the cultures of the region, values that we telegraph in operations and visits wherever we voyage."

*Goose Bay* is a Kingston-class maritime coastal defence vessel, a multi-role minor war vessel with a primary mission of coastal surveillance and patrol including general naval operations and exercises, search and rescue, law enforcement, resource protection and fisheries patrols.

# CAF teams complete the 2016 Nijmegen Marches

By DND

July 22 marked the end of the 100th annual International Four Days Marches Nijmegen in the Netherlands. This year, more than 200 CAF members from across Canada and Formation Europe participated in the marching event, and were awarded a special 100th anniversary edition of the Four Day Marches Cross.

The CAF contingent, led by Col Kristiana Stevens for the second year, marched 40 km a day for four days, an effort culminating in a five-kilometre victory parade. The parade was attended by thousands of spectators who cheered the CAF contingent in commemoration of the Canadian soldiers who liberated the Netherlands from Nazi occupation during the Second World War.

Originally a means by which the Dutch infantry aimed to increase their long-distance marching and weight-carrying ability,

the Nijmegen Marches have evolved into an international four-day event that draws more than 50 000 civilians from over 50 countries, in addition to military participants, to challenge their physical and mental endurance. The CAF has participated in the Marches every year since 1952.

"The Canadian contingent can look back and be proud of having overcome the major challenge presented by the Nijmegen Marches. They can be proud as well for having paid such a fitting tribute to the Canadian servicemen and women who fought and died in Europe during the First World War and the Second World War, and for their own military service as members of the Canadian Armed Forces who continue to answer their nation's call in the name of peace and security," said LGen Guy Thibault, Vice Chief of the Defence Staff.

"I could not be any more appreciative of the strength of character that our Canadian Armed Forces members demonstrated once again this year at the Nijmegen Marches. They completed this wonderful challenge together, and that is only a small reflection of their capacity for harmony and teamwork," said Col Kristiana Stevens, Commander Joint Task Force Nijmegen.

The CAF contingent in the 2016 Nijmegen Marches was made up of 15 teams of 11 marchers each from across Canada and Formation Europe, along with VIPs and support staff.

The CAF contingent represented all the ranks, trades, and diversity of Canada's military.

While in Europe, the CAF contingent also commemorated Canada's First World War legacy at the Canadian National Vimy Memorial and the Beaumont-Hamel Newfoundland Memorial in France. An additional cere-



Father and son, MWO Bruce (right) and Cpl Derick Blanchard, march side by side during Day 3 of the marches at Groesbeek in the Netherlands on July 21, 2016.

LS BRAD UPSHALL, 12 WING IMAGING SERVICES

mony took place on Day 3 of the Marches at the Groesbeek Canadian War Cemetery in the Neth-

erlands, commemorating fallen Canadians from the Second World War.

# HMCS Charlottetown participates in NATO Exercise SEA SHIELD

By Lt(N) Bill King,  
HMCS Charlottetown PA

From July 19 to 22, 2016, HMCS Charlottetown participated in Exercise SEA SHIELD in the Black Sea with its Standing NATO Maritime Group Two (SNMG2) consorts, Standing NATO Mine Counter-Measures Group Two (SNMCMG2), and maritime assets from other partner states.

“Exercise SEA SHIELD was an opportunity for NATO allies and partner state navies to develop proficiency, confidence, and trust during joint operations,” said Cdr Andrew Hingston, SNMG2 Task Unit Two Commander and Commanding Officer of Charlottetown. “There is no substitute for exercising directly with our allies in terms of developing interoperability.”

More than 14 warships, 10 aircraft, and one submarine from seven NATO countries and one partner state participated in the exercise, which focused primarily on strengthening and developing common procedures for maritime operations including anti-submarine warfare, anti-surface warfare, and mine clearance operations.

During the exercise, Charlottetown provided support in all warfare disciplines, but the ship’s most notable contributions were to maritime interdiction operations and anti-submarine warfare.



A crewmember aboard HMCS Charlottetown shoots a .50 calibre weapon at a towed target during a live fire small arms shoot in the Mediterranean Sea during Operation REASSURANCE, July 15 2016.

CPL BLAINE SEWELL, FIS

“HMCS Charlottetown is in the business of building ‘ships,’” said LCdr Sam Patchell, Executive Officer of Charlottetown. “We are building partnerships, relationships and friendships with our NATO allies as we conduct naval operations at sea and alongside during port visits.”

The ship employed one of the Royal Canadian Navy’s first enhanced naval boarding parties. The highly trained team of boarding specialists supported a boarding event which included the search and seizure of a merchant vessel.

Charlottetown also participated in several anti-submarine warfare exercises during which the crew demonstrated their proficiency at detecting, tracking, and attacking submarines

hidden beneath the ocean. This exemplified the Royal Canadian Navy’s expertise in anti-submarine warfare.

SNMG2 is an allied task group consisting of high-readiness maritime assets from NATO countries that remains ready to respond in a timely and effective manner to a variety of operational contingencies in Central and Eastern Europe and around the world. Charlottetown has been serving with SNMG2 since late June when it replaced HMCS Fredericton.

This exercise was part of Charlottetown’s deployment on Operation REASSURANCE, Canada’s contribution to NATO assurance and deterrence measures in Central and Eastern Europe.



HMCS Charlottetown’s air detachment disengages a cargo net with supplies from the ship’s CH-124 Sea King helicopter as they conduct a vertical replenishment exercise during Operation REASSURANCE, July 9, 2016.

CPL BLAINE SEWELL, FIS



HMCS Charlottetown is berthed at Constanta Harbour, Romania after participating in Exercise SEA SHIELD during OPERATION REASSURANCE, July 22, 2016.

CPL BLAINE SEWELL, FIS

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# Visibility for Aboriginal communities: The commitment of HMCS *Radisson*

By Lt(N) Julien  
Beauchamp-Laliberté,  
PAO HMCS *Radisson*

In Canada, June is the month of Aboriginal history. This is an opportunity to recognize not only the historical contribution of Aboriginal people in Canada's development, but also to emphasize the strength of these communities and the promises the future holds. The highlight of this month is certainly the National Aboriginal Day (NAD) held on 21 June. Although a great feast and celebrations were organized at national level, it was an opportunity for all units of the CAF to provide a presence and visibility in these communities. The NAD is celebrated across Canada by all Aboriginal and Metis communities, which represent many local opportunities available to us.

Whereas in the past, the visibility to Aboriginal communities had not received the attention it deserved, the Commanding Officer of HMCS *Radisson*, LCdr Martin Bouchard, has made it a priority: "We needed to revive our links with First Nations communities present in our area of responsibility in order to create partnerships to ensure continued presence of the CAF and, particularly, of the Royal Canadian Navy." Without knowing it, we would discover a sea of opportunity and a very warm welcome by the First Nations.

HMCS *Radisson* members then participated in the celebrations of the NAD and other local cultural celebrations and more to meet Aboriginal leaders directly in the communities.

We quickly found that we underestimate the appreciation of First Nations for the CAF. Recall that the First Nations played key roles in Canada's military history; whether in fighting against the Americans during the War of 1812 or when a group of Ranger patrol the North to ensure Canadian sovereignty.

During our visits, we found that Aboriginal values and military values easily overlap. Proud of their culture, First Nations have a sense of loyalty and self-sacrifice towards their origins and their nation, which is shared



Lt (N) Jeremiah Bourassa, then acting Executive Officer of HMCS *Radisson*, meets Grand Chief Richard OBomsawin from Odanak community during a Pow Wow and discusses with him the Aboriginal presence in the Royal Canadian Navy.

LT(N) JULIEN BEAUCHAMP-LALIBERTÉ, HMCS RADISSON

by the CAF members whose primary mission is the defence of Canada.

We must also open our horizons and learn to discover and share Aboriginal culture. All the communities visited was pleasantly surprised to see our desire to attend a ceremony of the First Steps for children, share a Ma-cokan (communal Abenaki meal), participate in the Purification of Newborns or discuss ancestral traditions with the elders of the community. "By taking the initiative to meet them, we demonstrate the seriousness of our commitment to build bridges," says LCdr Bouchard.

These various presences were in fact only the first step of visibility: demonstrate our interest, be

present and affirm our intention to maintain our good relations. It is then that all happens. "We must take advantage of this momentum and offer to meet again with leaders and community organizations to maintain our visibility and presence," he stressed.

In conclusion, it is undeniable that Aboriginal Veterans and their families show great pride in having served or having a family member who served in the CAF. A glaring example is during a spontaneous discussion with Grand Chief Richard O'Bomsawin of Odanak, Centre-du-Québec, met at a Pow Wow, that it taught us his father had served in the RCN during the Second World War and that his grandson, OS

Nashua Watso, is currently serving at sea in HMCS *Ville de Québec*.

Example of visibility activities with Aboriginal communities.

- Participation in cultural activities: dances, Pow Wow, songs, crafts.
- Meeting of band councils.
- Discussion with the elders.
- Visit to the Native Friendship Centres.
- Presentations with CAF members of Aboriginal descent.
- Presentation in schools on the Aboriginal presence in the CAF.
- Introducing specific recruitment at entry programs.

CAF Aboriginal Entry Programs

- Initiation Program to Leader-

ship for Aboriginal : Over a period of a year and hosted by the Royal Military College (RMC), it enables the integration of a university program at RMC and join the Regular or Reserve Forces.

- RAVEN Program: Over a period of six (6) weeks, it is an amalgam of Aboriginal culture and military training and then allow a candidate to integrate a Naval Reserve Division.

- CAF Entry Program for Aboriginal: Over a period of three weeks, allows to gain practical experience of the investigation, the military lifestyle and career opportunities, and without obligation enrollment in the CAF thereafter.

## Run the rock

continued from / Page 4

was able to bring smiles to many faces, young and old, including a young lady who was able to meet a real princess when *St. John's* hosted Her Royal Highness Princess Anne on Canada Day. The team also ran in honour of those who served the Royal Newfoundland Regiment at the Battle of Beaumont-Hamel. Canada Day 2016 marked the 100th anniversary

of the tragic battle, causing us all to remember those who fought for freedom during the First World War.

The team started on June 15 in Port aux Basques, NL and finished in St. John's on June 30. While the run is a long and tiring one, team members cannot wait for the opportunity to do it again, like LS Allen Snow, who said "meeting the children and seeing how much the wishes can affect

their lives and potentially give them the hope to pull through was indescribable. It was an amazing trip and I can't wait for the next chance to participate."

The team included 15 members: LS McKinstry, LS Jardine, Lt(N) Gabriel, SLt Romard, LS Alexander, LS Snow, SLt Ezekiel, LS Hovey, PO2 Eason, PO2 Hawco, SLt Milos, LS Terry, PO1 McNeil, LS Power and PO2 Legge.

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 Oct 3 MFRC  
 Oct 17  
 Oct 31 MFRC / Remembrance Special  
 Nov 14 Holiday Shopping Special  
 Nov 28  
 Dec 12 MFRC / Year End Review



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# Community Calendar

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

**Tuesday Night Tunes**  
**Time: 7 - 8 p.m.**  
**Tuesday, August 16**  
**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 August 16, Members of the Helen Creighton Folklore Society will present a selection of traditional sea music and Nova Scotia folk songs from the collection of Dr. Helen Creighton, Canada's First Lady of Folklore. Dr Creighton collected more than 3,000 traditional Nova Scotia tunes during the 1940s, 50s and 70s, including "Farewell to Nova Scotia," and the talents of members of the Helen Creighton Folklore Society will bring some of these great tunes to life in a special edition of Tuesday Night Tunes.

**Viola Desmond Outdoor Movie Theatre Series**  
**Time: 8 p.m.**  
**Date: Thursday, August 11**  
**Location: Hope Blooms Greenhouse outside Halifax North Library**

These free screenings are part of the free summer film series provided by Hope Blooms, Halifax North Memorial Public Library and the Department of Community Culture and Heritage. Free movies have been shown outdoors through the summer in honour of Canadian equality icon Viola Desmond. On Thursday, August 11, the film will be Star Wars: The Force Awakens. Check out a free movie and chow down on some free popcorn under the stars.

**Clam Harbour Sandcastle Competition**  
**Time: 9 a.m.**  
**Date: Sunday, August 14**  
**Location: Clam Harbour Beach, Cole Harbour**

This sandcastle and sand sculpting contest attracts more than 10,000 people every year to the Eastern Shore of Nova Scotia. There are cash prizes for the sculptors, live music and food vendors along the beautiful white sand beach. There will be a free shuttle available for transport from the park entrance to the beach site. Entrance is free for all spectators, and youth and children can register for the competition

for free. Adult groups, however, will pay a \$10 registration fee on site to participate. The event is held rain or shine; visit Halifax.ca/Sandcastle for more information.

**Author Reading: Fighting the Shadow War**  
**Time: 7 p.m.**  
**Date: Monday, August 15**  
**Location: Central Library**

Author and historian Marc Wortman will read from his latest book *Fighting the Shadow War* and discuss the little-known history of America's involvement in World War II before the attack on Pearl Harbor. These "shadow war" activities included espionage at home and in South America to identify Nazi sympathizers, and even waging undeclared war in the Atlantic. Join Wortman to hear about these and more unorthodox tactics with which FDR battled Hitler.

**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 Rose Nadira on August 14 and Thunderbolts on August 21.

**1400 Years of Historic Ships**  
**Time: 7 p.m.**  
**Date: Tuesday, September 13**  
**Location: Maritime Museum of the Atlantic**

Join the museum for the launch of the new book *Ships to Remember: 1400 Years of Historic Ships*. The book is a collection of short essays about remarkable ships written by Rorke Bryan and illustrated with new, original paintings by Austin Dwyer. It is designed to increase general interest in maritime history, as some of the ships are famous but many are virtually unknown amongst general readers. The ships highlighted have been selected from Europe and North America as representatives of many major ship categories, and collectively their careers cover much of the globe and span some fourteen hundred years of maritime history. You can pick up a copy and meet both the author and artist at this free event.

## HMCS St. John's grants 12 wishes with 2016 Run the Rock campaign

By OS Alex Kessaram, HMCS St. John's

On June 30, 2016, the crew of HMCS St. John's welcomed back 15 members of the ship's company who participated in Run the Rock Newfoundland, an annual charity event held in support of the Children's Wish Foundation.

The run saw these remarkable members cover over 900 kilometres across Newfoundland & Labrador and raise funds to fulfill the wishes of 12 children living with life-threatening illnesses. With the overwhelming support of the communities within Newfoundland & Labrador, the team raised more than \$120,000 to grant those 12 wishes. The spirit and generosity of the people of Newfoundland moved every member of the team, as did the high spirits of



Members of HMCS St. John's present a cheque for \$121,000 to the Children's Wish Foundation at the conclusion of the 2016 Run the Rock Newfoundland.

COURTESY OF HMCS ST. JOHN'S

the children being granted wishes. "Meeting the terminally ill children of Newfoundland was both heartwarming and heart-

breaking," recalled LS Ryan McKinstry. "The children and families remained so positive through this dark time, making it easy for the

team to collect donations through rain or shine." This year's Run the Rock team See RUN THE ROCK / Page 5

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**Officer's Mess Calendar**

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# La visibilité auprès des communautés autochtones: L'engagement du NCSM Radisson

Par le Ltv Julien Beauchamp-Laliberté, OAP du NCSM Radisson

Au Canada, le mois de juin est le mois de l'histoire autochtone. Il s'agit de l'occasion de reconnaître non seulement la contribution historique des Autochtones au développement du Canada, mais de souligner également la force de ces communautés ainsi que les promesses que leur réserve l'avenir. Le point saillant de ce mois est certainement la Journée nationale des autochtones (JNA) qui se tient le 21 juin. Bien qu'une grande fête et des commémorations fussent organisées au niveau national, il s'agissait d'une opportunité pour l'ensemble des unités des FAC d'assurer une présence et une visibilité auprès de ces communautés. Cette fête étant célébrée à travers le Canada par l'ensemble des communautés des autochtones et métis, de nombreuses opportunités locales s'offraient à nous.

Considérant que par le passé, la visibilité auprès des communautés autochtones n'avait pas reçue toute l'attention qu'elle méritait, le commandant du NCSM Radisson, le capitaine de corvette Martin Bouchard, en fût une priorité : « Nous devons raviver nos liens avec les communautés des Premières nations présentes dans notre zone de responsabilité afin de créer des partenariats est assurer une présence continue des Forces armées canadiennes et, particulièrement, de la Marine royale canadienne. » Sans le savoir, nous allions découvrir une mer d'opportunité et un accueil des plus chaleureux de la part des communautés autochtones.

Des membres du NCSM Radisson ont alors participé aux célébrations de la JNA et d'autres célébrations culturelles locales en plus d'aller à la rencontre des leaders autochtones directement au sein des communautés.

Rapidement, nous avons constaté que nous sous-estimions l'appréciation des communautés autochtones pour les FAC. Rappelons que les Premières nations jouèrent des rôles déterminants



Le capc Martin Bouchard, commandant du NCSM Radisson, met la main à pâte et participe au service d'un Makocan, repas communal de tradition abénakis, lors de la Journée nationale des autochtones le 21 juin 2016 à La Tuque.

LTV JULIEN BEAUCHAMP-LALIBERTÉ, NCSM RADISSON

dans l'histoire militaire du Canada ; que cela soit en combattant contre les Américains lors de la Guerre de 1812 ou lorsqu'un groupe de Ranger patrouille le Grand Nord afin d'assurer la souveraineté canadienne.

Lors de nos visites, nous avons constaté que les valeurs autochtones et les valeurs militaires se recoupent aisément. Fier de leur culture, les Premières nations ont un sentiment de loyauté et d'abnégation envers leurs origines et leur nation, ce qui est partagé par les membres des FAC dont la principale mission est la défense du territoire canadien.

Nous devons également ouvrir nos horizons et apprendre à découvrir et partager la culture autochtone. L'ensemble des communautés visitées fût agréablement surpris de voir notre désir d'assister à une cérémonie des premiers pas pour les enfants, de partager un Makocan (repas communal abénakis), de participer à la purification des nou-

veau-nés ou de discuter des traditions ancestrales avec les anciens de la communauté. « En prenant l'initiative d'aller à leur rencontre, nous démontrons le sérieux de notre volonté de créer des ponts, » affirme le capc Bouchard.

Ces diverses présences aux célébrations autochtones n'étaient en fait qu'un premier exercice de visibilité : démontrer notre intérêt, être présent et affirmer notre intention de maintenir nos bonnes relations. C'est ensuite que tout se joue. « Nous devons profiter de ce momentum et s'offrir pour rencontrer à nouveaux les leaders et les organisations communautaires afin de maintenir notre visibilité et notre présence », souligne-t'il.

En terminant, il est indéniable que les vétérans autochtones et leurs familles démontrent une grande fierté d'avoir servi ou d'avoir un membre de leur famille ayant servi au sein des FAC. Un exemple flagrant, c'est lors d'une discussion spontanée

avec le grand chef Richard O'Bomsawin de la communauté d'Odanak, au Centre-du-Québec, rencontré lors d'un Pow Wow, que celui-ci nous a appris que son père avait servi dans la MRC lors de la Seconde guerre mondiale et que son petit-fils, le matelot de 3e classe Nashua Watso sert actuellement en mer sur le NCSM Ville de Québec.

#### Encarts :

- Exemple d'activités de visibilité avec les communautés autochtones.
- Participation aux activités culturelles : Danses, Pow Wow, chants, artisanats.
- Rencontre des conseils de bandes.
- Discussion avec les aînés.
- Visite aux Centres d'amitié autochtones.
- Présentations avec des membres des FAC d'origine autochtone.
- Présentation dans les écoles sur les apps des autochtones au FAC.
- Présentation de recrutement

spécifique aux programmes d'entrée

Les programmes des FAC destinés aux autochtones.

- Programme d'initiation au leadership à l'intention des Autochtones : D'une durée d'une année et offert par le Collège militaire royal, celui-ci permet d'intégrer les programmes universitaires du CMR et rejoindre la Force régulière ou de réserve.

- Programme RAVEN : D'une durée de six semaines, celui-ci est un amalgame de culture autochtone et d'entraînement militaire et permettra ensuite à un candidat d'intégrer une division de la Réserve navale.

- Programme d'enrôlement des Autochtones des Forces canadiennes : D'une durée de trois semaines, permet d'acquérir une expérience pratique de l'instruction, du mode de vie militaire et des possibilités de carrière, et ce, sans obligation d'enrôlement dans les FAC par la suite.

## Meet your Health Promotion staff: Arlene Brooks



By Health Promotion Staff

Qualifications: BSc Nutrition & Kinesiology, CSEP-Certified Exercise Physiologist

Bio:

Reflecting on where I am now

as a Health Promotion Specialist, I think my whole life has slowly led me here, and I feel very fortunate to work in a field that I am so passionate about. I won't tell my whole life story, but I grew up in a very isolated community, which definitely shaped my perspective on life. With limited resources, alcohol misuse was completely normal, and mental health issues weren't even considered. For me, there were al-

ways school sports, and I will forever continue to be active. I believe that there is always some form of physical activity we can do, and I truly believe that exercise is medicine.

Along with a huge passion for recreation and fitness, I have always had an interest in nutrition, starting with being a dorky teenager and calling food companies to ask about the nutrient content of their foods (back when nutrition labelling was non-existent). I pursued those combined interests in my post-secondary education, then set out to change the world.

Upon entering the professional world, I quickly realized that simply providing people with knowledge doesn't always translate into personal change. I pondered over this throughout various points

in my career. From community health to clinical nutrition to research to my last position as Physical Exercise Specialist with PSP, I have learned so much. I now appreciate the many dimensions of health, and I'm so excited that the military environment does as well.

I have two toddlers, and recog-

nize even more the challenges so many people face in making healthy choices, as well as life stress that can creep up on you.

Lastly, I still have that passion for changing the world. Stop me any time for a chat, I'd love to start helping you reach your goals (or just chat, I am a Newfoundland).



Arlene Brooks  
Health Promotion Specialist

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# HMCS *Yellowknife* welcomes Norwegian sailors and their mine-hunting technology

By SLt Michael Van Vlaenderen & MS André Bienvenu,  
HMCS *Yellowknife*

HMCS *Yellowknife* left CFB Esquimalt June 23 to participate in Rim of the Pacific 2016 off the southern coast of California from June 30 to August 4. When the ship arrived in San Diego, the ship's crew welcomed four members of the Royal Norwegian Navy and embarked their Autonomous Underwater Vehicle (AUV), also known as the HUGIN.

Developed over the last 15 years by Kongsberg Maritime and the Norwegian Defence Research Establishment, the HUGIN 1000 conducts autonomous, semi-autonomous and supervised mine hunting operations and can operate in waters as deep as 3000 metres.

Embarking the HUGIN and its equipment involved configuring the *Yellowknife*, a Maritime Coastal Defence Vessel, in such a way that had never been done before, including fitting two additional containers to the back of the ship. This meant that any response from the ship's company to commonly practiced emergency procedures, such as a man overboard or fire and flood control, had to be adjusted to fit the new layout.

"The ship's engineering department carefully analyzed the impact the new payload would have on the ship's stability, requiring them to make adjustments to the ship's ballast," said CPO2 Evan Mills, Chief Engineer.

"Other considerations for the integration of the HUGIN system included running cabling and antennae to the bridge to ensure proper integration of HUGIN's command and control systems," he said.

The HUGIN is launched off the stern of the ship, directly out of its container using a hydraulic Launch and Recovery System (LARS). Once in the water, the HUGIN begins travelling on its



The Royal Norwegian Navy's autonomous vehicle HUGIN is launched off the stern of HMCS *Yellowknife* during RIMPAC 2016.

SUBMITTED

pre-programmed course. Within a few minutes, it dives below the surface, conducting a survey of the ocean floor with its high-resolution sonar, or identifying previously found objects with its onboard optical imaging system.

"While underwater, HUGIN finds its way using a state of the art aided inertial navigation system, and relays its position to the ship using an underwater acoustic modem deployed from the ship," said LCdr Helge Telle, Norwegian Officer in charge of HUGIN.

"During the course of its mission, which usually runs for four to six hours, HUGIN will surface

several times at pre-programmed intervals to communicate with the ship via UHF radio, receiving an up-to-date position and updates to its mission plan."

To recover the HUGIN, the ship manoeuvres close to the AUV, which detaches its nose cone, then sailors attach a line to the AUV and use it to position the vehicle onto the LARS. Once the HUGIN is safely on board, the team can begin its post-mission analysis to read the data collected during the mission. After its first few deployments, it quickly became apparent just how effective the HUGIN system is at detecting and identifying

objects on the sea floor. In the first week of the exercise, HUGIN identified nine mines.

"This year's RIMPAC has proven to be an incredible learning experience in mine countermeasures for all members of HMCS *Yellowknife* and the Norwegian sailors on board," said LCdr Donald Thompson-Greiff, Commanding Officer of *Yellowknife*.

"The crew did an outstanding job with integrating the HUGIN system on this ship, and it is another example of how the Royal Canadian Navy works closely with our allies to ensure interoperability on any exercise

or operation around the world."

Twenty-six nations, more than 40 ships and submarines, more than 200 aircraft and 25,000 personnel participated in RIMPAC from June 30 to August 4, in and around the Hawaiian Islands and Southern California. The world's largest international maritime exercise, RIMPAC provides a unique training opportunity that helps participants foster and sustain the cooperative relationships that are critical to ensuring the safety of sea lanes and security on the world's oceans. RIMPAC 2016 is the 25th exercise in the series that began in 1971.

## FDU(A) diver participates in RIMPAC

By CJOC PA

LS Chad Holden Downey

Hometown: Lawrencetown, NS

Years of Service: 8 years  
Home Unit: Fleet Diving Unit Atlantic, CFB Halifax  
RIMPAC Role: CTU 177.2.1 - Mine Countermeasures (MCM) Diver

Previous Deployments: Op NOMAD, Lake Muskoka, (2014), OP NOCO, Denmark and Germany (2015).

**Q. Why did you join the CAF?**

A. My grandfather was a Boatswain and a Ship's Clearance Diver and my father was an Aviation System Technician in the Air Force. I always wanted to serve in the military, so when I

was 16, I applied to be an Armoured Crewman in the Canadian Army Reserves -- but my mother would only allow me to join the Naval Reserves. As my options were clearly laid out in front of me, I joined HMCS *Scotian* as a Port Inspection Diver. Five years later, I joined the Regular Force as a Clearance Diver and I have never looked back, all thanks to my mother.

**Most memorable CAF experience:** Graduating as a Clearance Diver, because this course pushes you to the very limits physically, emotionally, and psychologically.

**RIMPAC Quote:** I am fortunate to be the only diver from Fleet Diving Unit Atlantic to work with my colleagues from the West Coast and the United States Navy in San Diego. As divers, we have to work as a

team, share experiences and always find ways to improve our training and techniques. This allows us to do our jobs more efficiently whenever we are in the water, anywhere around the world.

Twenty-six nations, more than 40 ships and submarines, more than 200 aircraft and 25,000 personnel participated in this year's RIMPAC from June 30 to August 4, in and around the Hawaiian Islands and Southern California.

RIMPAC is the world's largest international maritime exercise. It provides a unique training opportunity that helps participants foster and sustain the cooperative relationships that are critical to ensuring the safety of sea lanes and security on the world's oceans.



LS Chad Holden Downey is the only FDU(A) diver to participate in RIMPAC 2016.

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## All in the family: FMF Cape Scott RPO promoted alongside his daughter

By Ryan Melanson,  
Trident Staff

It might seem odd for an Aviator from 14 Wing Greenwood to travel all the way to Halifax and to FMF Cape Scott to receive a promotion, but Cpl Lesley Hollohan wouldn't have had it any other way.

Cpl Hollohan was promoted to that rank by Cape Scott CO Capt (N) Stephane Lafonde on Friday, July 15, but she wasn't the only one in the spotlight. Her father, CPO2 Scott Peddle, Cape Scott's Regulating Petty Officer, received his own promotion as well, becoming a Chief after 34 years of service with the RCN.

CPO2 Peddle was up first, and his superiors had no shortage of praise for him.

"He's been the RPO of this unit, with more than 1,200 people with varying demands. Not just the military aspect, but everybody in this integrated unit, and he's done a fantastic job," said Capt(N) Lafonde.

CPO1 Duncan Elbourne echoed the comments, describing CPO2 Peddle as a "solid rock" who has dealt with a number of difficult issues to keep the formation's largest unit running smoothly, always doing it with a smile and positive attitude.

"I'm going to lose a great RPO, but he's moving on to big-

ger and better things," CPO1 Elbourne said, as CPO2 has recently been posted to Ottawa.

Jokingly acting as divisional representation for his daughter, CPO2 Peddle was able to brag a bit, explaining that Cpl Hollohan had received a number of commendations from senior officers and NCOs for her job performance at 14 Wing, and recently scored in the top three in her QL5 group. Combining those facts with the personality and work ethic that he's known for so long, CPO2 Peddle told his CO that he highly recommended Cpl Hollohan for the promotion.

"It's definitely a special moment for us to both be promoted on the same day," Cpl Hollohan said after receiving her new epaulettes from Capt(N) Lafonde and her husband, Cpl Bryan Hollohan. She's logged four and a half years of service, and said she was thrilled to be moving up in the ranks, especially with her father, husband and a number of other family members present for the occasion. She'll remain working in her position as a clerk at 14 Wing HQ.

Two other members of FMF Cape Scott were promoted as part of the small ceremony in the CO's suite. PO1 Pierre Sirois was promoted to CPO2, and will be moving on to CFRG in Borden,



Newly promoted father and daughter duo CPO2 Scott Peddle and Cpl Lesley Hollohan proudly pose for a photo following their promotions at FMF Cape Scott.

RYAN MELANSON, TRIDENT STAFF

while PO1 Perry Lasaga was also promoted to CPO2, and will remain working in Management Systems at Cape Scott. Lorna Flemming, Unit Support Manager at Cape Scott, was also

recognized with a 25 Year Public Service Award.

Capt(N) Lafonde said it's always a happy moment when promotions and awards are given out, but promoting three Petty

Officers to Chiefs in the same day, along with the family connection between CPO2 Peddle and Cpl Hollohan, made for an occasion he was especially pleased to be a part of.



## Sailing into Atlantic fog

The Columbian tall ship Gloria departs Halifax in heavy fog on Thursday, July 28, 2016.

LS DAN BARD, FIS HALIFAX



## ESPS frigate makes stop in Halifax

MARLANT welcomed Spanish ship ESPS Cristobal Colon to HMC Dockyard for a short visit on June 24. Commissioned in 2012, the ship is the newest of the Spanish Navy's Alvaro de Bazán class of frigates. During her time in Halifax, the crew met RCN allies as well as defence industry stakeholders, before sailing again on July 26.

MONA GHIZ/MARLANT PA



# 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)

## HMCS Athabaskan takes on HMS Scott in friendly soccer match

By Alex Calder,  
PA Co-op Student MARLANT

On July 19, crewmembers from HMCS Athabaskan and British research vessel HMS Scott faced off in a friendly soccer match. The game took place at Porteous Field on Stadacona under pristine conditions. During the heat of the day, the weather was sunny with a light breeze. When naval warships from other nations are docked in Halifax it's typical to have a sporting event held between the two nations.

Both crews met at midfield prior to kickoff and locked arms for a group photo. Athabaskan sported black and red stripes, while Scott wore their navy with yellow trim kits. "This is a fantastic opportunity for a goodwill game of soccer between Canada and our allies from the UK," remarked Cmdre Craig Baines, Commander CANFLTLANT.

The game's tone lived up to Cmdre Baines' pregame musings. Fouls were rare – there was a sense of enjoyment on both sides and a friendly, inclusive atmosphere was fostered. Each side had a portable stereo on their respective bench, playing

tunes throughout the match. Crew members debating which song should be played next was the most contentious topic of the afternoon.

At half-time the sides were deadlocked in a 0-0 draw. Michelle MacNeil, who coordinated the match with Scott was interviewed during the match's interval: "When the Scott proposed playing a game of soccer we thought we would get our butts kicked from the outset. We've put up a good fight so far."

Scott controlled the second half. Athabaskan's keeper made a number of challenging saves throughout, but it ultimately came in a losing effort as HMS Scott emerged with a 4-0 victory. Following the match both sides shook hands, exchanged pleasantries and orange slices as refreshments. Scott AB "Apples" Maybin gave his impressions on both the game and Halifax: "Lovely to be able to play a game of footy while visiting such a beautiful place. Everyone that I've interacted with here is very friendly, pleasant and kind," he said. HMS Scott departed Halifax on July 21.



A soccer match was held on July 19 between members of HMCS Athabaskan and the visiting HMS Scott.

MONA GHIZ/MARLANT PA

## Mariners men's slo-pitch team going for redemption at nationals

By Ryan Melanson,  
Trident Staff

The team representing the Atlantic region is normally a powerhouse when it comes to CAF slo-pitch, but last year was an anomaly. After taking the gold medal for five straight tournaments, the Atlantic team lost out at nationals in 2015.

So this year, when the CFB Halifax Mariners suit up for the CAF National Championship in Borden from August 25-28, the stakes will be a little bit higher, said MS Jake Lake.

"We have a score to settle, no doubt," said the slo-pitch veteran, heading to nationals for the fifth time in as many

years.

The team won the right to represent the region in Borden after taking the gold medal at the CAF Atlantic Regional Slo-pitch Championship, held in Bedford from June 19-21. The Mariners defeated 14 Wing Greenwood by a score of 14-7 in the final game.

"We showed a lot of grit. It was a big time battle against them," said MS Lake, recalling the team's first match against Greenwood earlier in the week, a hard-fought 22-19 loss. They bounced back to win the next two against Gagetown, including the semi-final game, and came to the finals as underdogs, he said.



The CFB Halifax men's team defeated 14 Wing Greenwood 14-7 to win gold at CAF Atlantic Regional Slo-pitch championships on June 21 in Bedford.

RYAN MELANSON, TRIDENT STAFF

Halifax took the lead early and didn't let up, tacking on

extra runs as they needed to ensure the victory. MS Lake,

with strong appearances at the plate through the week, was awarded the Tournament MVP plaque.

"I guess I played Ok, but I don't know if anybody did a bad job. We had a couple guys who had been hitting the ball well all week, and our defence is what really kept us in the games," he said.

The Halifax men will pick up a few players from other squads to fill out the roster for nationals, and hope to bring home the gold medal once again. On the women's side, Gagetown secured a 10-7 over Halifax in the finals and will be representing the Atlantic region at nationals.

## New weight equipment installed at CFB Halifax gyms

By Ryan Melanson,  
Trident Staff

While gym enthusiasts across CFB Halifax recently had to deal with weight room closures for a few days, the work is now complete and weightlifters have a selection of brand new equipment to train with.

PSP Fitness and Sports Coordinator Kevin Miller, in charge of special events and procurement, said money from the 2015-2016 budget was set aside for a life-cycle project for gym equipment, with the weight rooms being one of the largest parts of that project. In total, just over \$200,000 was spent to replace and upgrade aging gear at STADPLEX, at the Fleet Fitness and Sports Centre and at 12 Wing Shearwater. It added up to 77

new pieces being ordered and installed, Miller said.

Those who have a set routine won't notice a big difference; efforts were made to replace older pieces with similar new models. The manufacturer has also stayed the same, with top of the line Atlantis equipment remaining the choice for our three gyms.

In addition to the weight room upgrades, recent gym additions have included 60 new stationary spin bikes for the three gyms, worth about \$100,000, new stepers, step mills and rowing machines for the cardio rooms, and a number of other smaller pieces of gear and structural improvements.

The life-cycle project will continue into the next fiscal year,



Upgraded Atlantis weight equipment has been installed at all three CFB Halifax gyms, part of a life-cycle project with a price tag of more than \$200,000.

RYAN MELANSON, TRIDENT STAFF

and future improvements will include new glass basketball backboards, gym divider cur-

tains, floor repairs, soccer nets and other smaller items.

"All that new kit is to benefit

the men and women and the military programming at CFB Halifax," Miller said.

## Sports Trivia - Canada and the Summer Olympics

By Stephen Stone and Tom Thomson

### Questions

1. Who was the first Canadian Olympic medal winner?
2. Who won the most recent Olympic gold medal in golf?
3. Where did Canada finish in the medal count in 1904?
4. Which Montreal police officer was fired for going to

5. St. Louis to compete in the 1904 Games?
6. Canada's other four medals in 1904 came in team sports. What were they?
7. How many medals did Canadians win at the 1906 Intercalated Games in Athens?
8. Who won the gold medal in 1906?
9. Who won Canada's first gold medal in sprinting?

10. Who was Canada's first double Olympic gold medalist?
11. Who won Canada's first gold medal in ice hockey?
12. Who was proclaimed Canada's greatest track athlete of the first half of the 20th century?
13. Who won the first gold medal in Olympic women's high jump?

14. Who won the first gold medal Olympic women's 4x100m relay?
15. Who was the Man of Bronze?
16. Who won Canada's first gold medal in canoeing?
17. Who won Canada's first gold medal in shooting?
18. Who won Canada's second gold medal in shooting?
19. Canada won only one

20. medal at the 1960 Olympics in Rome. What was it?
21. Canada won only one medal in 1964 in Tokyo. Who won it and what event?
22. How many gold medals did Canada win at the 1972 Munich and 1976 Montreal Olympics?

See OLYMPIC TRIVIA / Page 10

# Olympic Trivia

continued from / Page 9

- Answers**
- George Orton (Strathroy, Ontario) — 1900 Olympics, Paris, gold in 2500m steeplechase and bronze in 400m hurdles.
  - George S. Lyon (Richmond, Ontario) – 1904 Olympics, St. Louis, Missouri.
  - Fourth — four gold, one silver, and one bronze.
  - Etienne Desmarreau, who won gold in the 56 lb. weight throw. Desmarreau received a hero's welcome on his return to Montreal and was rehired as a police officer. He died the following year of typhoid fever.
  - Soccer, gold; Lacrosse, gold; Rowing (men's eights), silver; and Lacrosse, bronze.
  - Two — one gold, one silver.
  - Billy Sherring (Hamilton, Ontario), men's marathon.
  - Robert Kerr (Hamilton, Ontario) – 1908 Olympics, London, gold in 200m and bronze in 100m.
  - George Hodgson (Montreal, Quebec) – 1912 Olympics, Stockholm, swimming in 400m and 1500m. Hodgson set Olympic records in both competitions and the world record in the 1500m.
  - Winnipeg Flacons – 1920 Summer Olympics, Antwerp, Belgium. (These Games marked the introduction of winter sports to the Olympic program. The Winter Olympics began in 1924 in Chamonix, France.)
  - Percy Williams (Vancouver, British Columbia). Williams won gold medals in the 100m and 200m sprints at the 1928 Olympics in Amsterdam, equalling the 100m world record. He won gold at the inaugural British Empire Games in 1930 in Hamilton and set a world record in the 100 at a meet in Toronto, also in 1930.
  - Ethel Catherwood (the Saskatoon Lily) – 1928 Olympics, Amsterdam.
  - Jane Bell, Myrtle Cook, Bobbie Rosenfeld, Ethel Smith (Toronto, Ontario) – 1928 Olympics, Amsterdam.
  - Phil Edwards (Montreal, Quebec). Edwards won a total of five bronze medals in the middle distance running at the 1928, 1932, and 1936 Olympics in Amsterdam, Los Angeles, and Berlin. Edwards still holds the distinction of being Canada's most decorated Summer Olympian.
  - Frank Amyot (Thornhill, Ontario) – 1936 Olympics, Berlin, in men's C-1 1000m. It was Canada's only gold medal at the Berlin Olympics.
  - George Genereux (Saskatoon, Saskatchewan) – 1952 Olympics, Helsinki, in men's trap. Genereux was 17-years-old when he won Canada's only gold medal at the Helsinki Olympics.
  - Gerald Ouellette (Windsor, Ontario) – 1956 Olympics, Melbourne, in men's 50m small-bore rifle, prone position. Ouellette was 22-year-old, a member of the Canadian Army, and scored a perfect 600 to win his medal.
  - Silver – Rowing, men's eights.
  - George Hungerford (Vancouver, British Columbia) and Roger Jackson (Toronto, Ontario) in rowing, men's coxless pair. The first competition where Hungerford and Jackson rowed together was the Olympics where they won their medal.
  - None.

# Navy 10K: A tradition that keeps on growing

By Ryan Melanson, Trident Staff

Writing in Trident just after the inaugural Navy 10K event in 1986, then Acting Base Information Officer Marianne Eckenswiler wondered if something special had been started.

"What do you all think, has a new annual naval event been established?" she asked, after a turnout of nearly 400 runners from all corners of the province on August 24, 1986.

It's safe to say that her suspicions were right, and three decades from that inaugural run through the North End, the Navy 10K has grown to not only become one of PSP's premier events each year, but one of the top running events overall in the province. More than 600 participants are expected to take part in this year's 31st Annual Navy 10K on August 14, and even more when you factor in the kids' run taking place earlier in the day.

And while the event has grown significantly over three decades, many of the goals are the same as when LCdr George Keereweer organized the first run back in '86, such as showing the RCN's commitment to health and fitness while bringing the outside community and military athletes together.

The introduction of the 2.5km and 1.25km kids' runs through the Stadacona Loop has also extended that health and fitness promotion to the younger genera-



The Kids' Run kicks off at the 2015 Navy 10K. The children's event has been expanded this year, with both a 2.5km and 1.25km run being offered, and discounts are being given to members of Nova Scotia's Youth Running Series.

CPL CHRIS RINGUS, FIS HALIFAX

tion, and the inclusion of the Youth Running Series as a new partner for the event this year means that even more of the 18 and under crowd may find their way to the base.

"We're happy to have them on board as a partner, and their members will get a discount on their registration free, so hopefully that brings some kids out," said PSP fitness and sports coordinator Kevin Miller, the lead on organizing this year's Navy 10K.

In his second year running the show, Miller said he's confident that overall registration will be stable or even increased compared to last year, but a push is

being made to get as many currently serving members registered as possible.

"That would be a definite goal for this year, to increase our numbers on the military side," he said, adding encouragement that those who are already registered speak to their friends or unit colleagues to get some last minute sign-ups.

And registration can happen up until the literal last minute. The cutoff online will be 11:59 p.m. on August 13 at [Racerooster.com/events](http://Racerooster.com/events), but registration will continue at the Stadplex front desk on the morning of the race. The Kids' Run kicks off at 8 a.m., while the main 10km and

5km event starts at 9:30 a.m. near the Museum Gate at Stadacona. As always, sponsors have provided prizes and refreshments, and all runners will receive a Navy 10K t-shirt and a participation medal upon completion of the race, regardless of finishing times. Registration prices are as follows:

- Kids' run (1.25km or 2.5km): \$25, or \$30 on race day
- 5K civilian: \$50, or \$60 on race day
- 5K active or retired CAF: \$45, or \$55 on race day
- 10K civilian: \$55, or \$65 on race day
- 10K active or retired CAF: \$50, or \$60 on race day.



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# US Navy and Marines deliver new Amphibious Warfare course to CAF personnel

By Karla Gimby, CADTC

Representatives from the United States Navy (USN) and the United States Marine Corps (USMC) recently ran an inaugural amphibious warfare planning course to increase the Canadian Army's readiness for participation in large-scale international amphibious exercises. The successful event was hosted at 2nd Canadian Division Support Base Valcartier from May 2 to 6, 2016.

Over the past few years, the Canadian Army (CA) has increased participation in various multinational amphibious events hosted by the United States, such as Bold Alligator, RIMPAC and the aptly-named USMC-led annual Large Scale Exercise. To better prepare personnel for these exercises, the Canadian Army Doctrine and Training Centre arranged for representatives from the USN and USMC to share their approach to amphibious warfare planning with CAF members.

Course participation predominantly included CA personnel but there were also representatives from the RCAF, the RCN and CJOC. Participation from the RCN and the RCAF was invaluable as their knowledge ensured a true joint approach to the planning process.

"As a naval officer with limited land warfare experience, the course provided an excellent level of exposure to working with land forces in the littoral domain, and afforded an opportunity to introduce naval warfare concepts



The first graduates of a new amphibious warfare course being offered to CAF personnel by the US Navy and US Marine Corps.

MCPCL CHRIS WARD, MARPAC IMAGING SERVICES

to my Army colleagues," said Lt(N) Zack Reed.

The course, which took place in a classroom setting, provided participants with information and theoretical applications of the USN and USMC organizations, equipment and mission planning factors, including their Rapid Response Planning Process.

Participants planned two amphibious assaults where considerations ranged from tank and infantry coordination to offensive air support and anti-ship missile use.

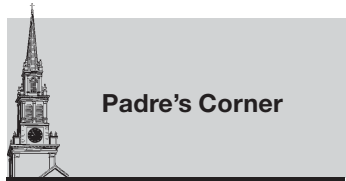
"This course was an eye-opener for Army personnel, as we utilized numerous Naval and Air capabilities the Canadian Army

is not familiar with," said Maj Don Parker, Army Collective Training Section, Canadian Manoeuvre Training Centre Detachment Kingston.

"This course really hit home the importance of interoperability of the branches and will pay dividends during RIMPAC and other amphibious exercises."

While some adjustment of future audience and course content may be required, the inaugural amphibious warfare course was considered a success by all participants. Future serials will help to further expand the knowledge of CAF members and enhance CAF participation in upcoming amphibious events.

## Salty prayers



### Padre's Corner

By Lt(N) David Jackson, Fleet Chaplain

As a Fleet Chaplain in the Royal Canadian Navy, I have the privilege of conducting worship services while at sea aboard HMC ships and saying prayers for various ceremonies and occasions. I even had the opportunity to pray at sea during a Sea State 9 Storm. Prayer at sea is by no means a new practice. In fact, history tells us that the reading of prayers and holding of services at sea aboard ships reaches back

many centuries into antiquity and predates both the RCN and the Royal Navy. An 1147 expedition from south England bound for Lisbon sailed under articles, one of which read "On board each ship there shall be a priest and the same observances as in parishes on shore, whilst everyone shall confess daily through the week and shall communicate on Sundays."

Centuries later, RN records show that in the 17<sup>th</sup> century not only were services held on Sunday, but that prayers were read daily as well as the singing of hymns and psalms at the changing of watches. It has also been a longstanding tradition that prayers be said before a ship goes into battle.

Of course, probably the most well-known prayer we have in the RCN is the "Naval Prayer" (O Eternal Lord God, who alone spreadest out the heavens and rulest the raging of the sea ...). It is a prayer we share with the RN and the rest of the Commonwealth Navies. This prayer is often traditionally said to conclude the Prayers for Divisions, Changes of Command, Commemorative Ceremonies, Burial of Ashes at Sea and other various occasions.

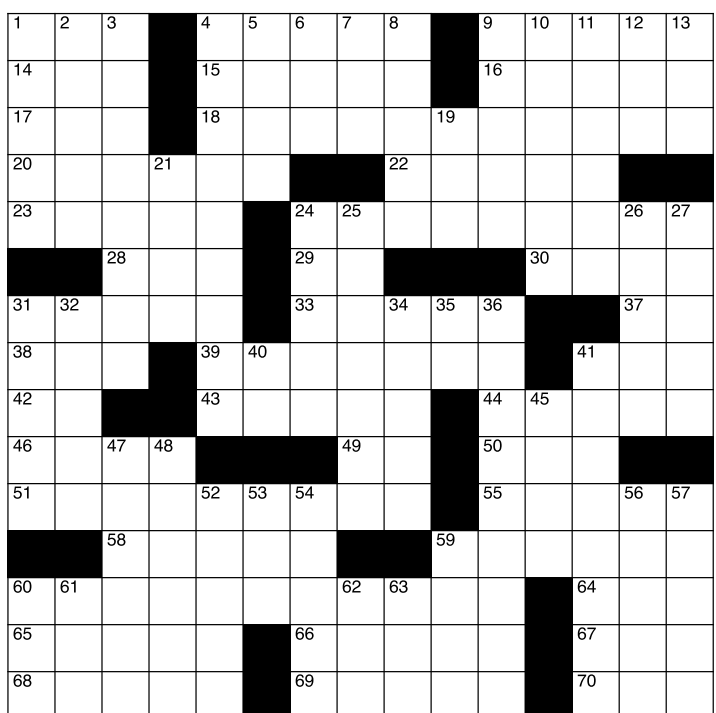
This important prayer, which contains a brief summary of the objects of the Navy (... a safeguard unto our most gracious Sovereign Lady, Queen Elizabeth and her dominions and a security for such as pass on the seas upon their lawful occasions...), is believed to have been written by Robert Sanderson, Bishop of Lincoln 1587-1663; and the rub-

ric ordering its daily use in the Navy first appeared in the Book of Common Prayer 1662. Needless to say, the tradition of prayer in the Navy is a longstanding one which continues to this day.

In the words of RAdm H.F. Pullen RCN (ret'd): "Ever since man ventured forth upon the sea in his ship he has certainly had some feeling that the success of his voyage has depended upon a Power or Being far beyond his understanding... What could there be more natural than that, once the ship put to sea, the mariner would wish to have a chaplain or priest to go with them. "(From Smith, Waldo E.L., *The Navy Chaplain in the Days of Sail*).

It is clear that the Navy from its inception has felt it important to set aside time for prayers to take place at sea. The Church Pennant was even devised to help

facilitate this longstanding tradition. Life at sea is not always easy. The sea can be a dangerous and unforgiving place and even the best of sailors have lost their lives to the ocean deep. It is, therefore, important that sailors are provided the opportunity to take time to remember those sailors who have gone before us and pray for those currently serving, that the Lord of the Sea might grant us protection from the perils of the deep, and sustain us in our daily service that we may have the spiritual resilience to push on and return to our homes and families with thanksgiving. In the words of the Naval Hymn: "Eternal Father, strong to save, Whose arm hath bound the restless wave, Who bidd'st the mighty ocean deep Its own appointed limits keep; Oh, hear us when we cry to Thee, For those in peril on the sea."



### CLUES ACROSS

1. Greenwich Time
4. English sailor missionary
9. Type of wheat
14. Wreath
15. Hesitate
16. Hollyhocks
17. Not even
18. Former talk show host
20. Rugged mountain range
22. Greek muse
23. Ancient Greek comedy
24. Jeopardizes
28. Singer DiFranco
29. Calcium

### CLUES DOWN

1. Shine
2. They spread the news
3. Indicates water limits
4. Determines value
5. Capital of Okinawa
6. Chinese river
7. Sign language
8. Passover feast and ceremony
9. Yemen capital
10. A tributary of the Missouri River
11. Sounds
12. Andorra-La Seu d'Urgell Airport
13. Korean name
19. A metal-bearing mineral valuable enough to be mined
21. Outer layer
24. African nation (Fr.)
25. From Haiti
26. Polish river
27. Paul Henri \_\_, Belgian statesman
31. Retailer
32. Supreme being
34. Tears into pieces
35. European Union
36. Coerced
40. She ran the Barker gang
41. Send wire
45. Optical device
47. \_\_ Bond, civil rights leader
48. Cigar
52. Spiritual being
53. Possess
54. Thomas \_\_, English poet
56. Dials
57. Sharp mountain ridge
59. Pigeon shelter
60. Month
61. Letter of the Greek alphabet
62. A citizen of Thailand
63. Suffix

35. Russian lake
58. Small lunar crater
59. Appear with
60. Beginning
64. Type of Chinese language
65. Jewish composer
66. Sensation of flavor
67. Payment (abbr.)
68. High-class
69. Clocked
70. Midway between east and southeast



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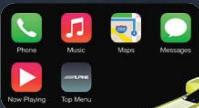
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