

CANADIAN MILITARY PERSONNEL

\$500 REBATE

WITH PURCHASE OF A NEW HONDA

Colonial Honda

2657 Robie Street, Halifax, NS • Ph: 902-453-1940 • www.colonialhonda.ca



HONDA

2016
HONDA CR-V

*see dealer for details.

**Visitors get briefing,
tour of Cyclone
CH-148**

Pg. 3

DEFSEC 2016

**Defence trade show
returns to Halifax**

Pg. 5

RIMPAC

**1500 CAF personnel
take part in major
exercise**

Pg. 6

**Navy 10K runners
push on through
stormy weather**

Pg. 10

Monday, August 22, 2016



Volume 50, Issue 17

TRIDENT

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

HMCS *Windsor* returns from Exercise DYNAMIC MONGOOSE 2016

By Alex Calder,
PA Co-op student MARLANT

On August 9, HMC Submarine *Windsor* returned to Halifax from the Norwegian Sea, after participating in the multi-national joint Exercise DYNAMIC MONGOOSE 2016.

DM 16 was a 10-day NATO anti-submarine warfare exercise that took place from June 23 to July 2 in the Norwegian Sea, in an area measuring 14,000 square nautical miles. *Windsor's* participation in DM 16 was a first for a Canadian submarine. After arriving for its first planned event, the boat performed well in all its subsequently scheduled events with partner countries. The focus of the exercise was on detecting and defending against submarines. During the exercise, the submarines had to travel from one location to another while surface vessels tried to track them down and simulate an attack. The surface units also had to travel between two transit points while under the threat of submarines.

Windsor's CO, LCdr Peter

See HCMS *WINDSOR* / Page 2



HMCS Windsor Returns to Halifax from Exercise Dynamic Mongoose 2016, a NATO anti-submarine warfare exercise in the Norwegian Sea on August 9

MONA GHIZ, MARLANT PA

Junior Ranks prepare to say goodbye to Fleet Club Atlantic building

By Ryan Melanson,
Trident Staff

While a couple of months remain before Fleet Club Atlantic officially makes the move next door to the newly constructed Tribute Tower, a large crowd of current and former members of Formation Halifax recently gathered to celebrate the club's longtime home with live music, prizes and more.

The official Closing Out Bash was held on July 29, with an open house and bbq early in the day, followed by live performances from Halifax Pier and Signal Hill and prize giveaways, including a Michael Kors watch, a 55" LED TV and a Playstation 4 bundle pack. The venue was packed with current Fleet Club members, as well as former sailors and family members, Chiefs and POs who came out for one last hurrah, and others, all free of charge.

"There wasn't a complaint. Everyone was happy, we had a good turnout, we had the opportunity to give out those great prizes as well. It was fantastic,"



Signal Hill performed for a full house during the Fleet Club Atlantic Closing Out Bash on July 29, which also featured prize giveaways and an open house and bbq earlier in the day.

SUBMITTED

said MS Corey Tynes, the new Formation Master Seaman and PMC of Fleet Club Atlantic, who took over the role in July from his friend and fellow Sonar Op MS Gary MacKay.

MS Tynes spent the majority of his naval career thus far on ships, most recently deploying on HMCS *Fredericton* in the first half of 2015 before being posted to CFNOS, where he also took on the Fleet Club's Vice President role. He said he's thrilled to now be overseeing Fleet Club Atlantic and servicing the forma-

tion's junior-ranks members.

It's an especially exciting time to be taking over thanks to the coming move. While construction schedules mean plans have been pushed back slightly, MS Tynes hopes to see the club fully moved over in October, possibly even in time for a grand opening Halloween Bash. But regardless of the specific date, there's a lot of excitement swirling, he said.

"There's excitement especially among people who have been around here for years, some of them remember seeing Juno



The new Fleet Club Atlantic coin, celebrating more than 50 years at Stadacona.

SUBMITTED

Tower go up, and the live-ins currently at A-Block are all very excited."

He said even civilian friends have been asking about the new club, with its prime location and waterfront views, and a number of recently-promoted POs have been jokingly regretting the timing of their move up the ranks.

The modern, energy efficient building will feature bigger and better versions of everything offered at the original Fleet Club, including outdoor patios and volleyball, while bringing in the

one-stop shop aspect of having the Junior Ranks galley and accommodations housed in the same building. The new rooms all feature wi-fi connectivity along with showers and bathrooms in each, likely to be a welcome change compared to the previous setup. Plans are for the galley and accommodations aspects to open later, with newcomers to Halifax hopefully to begin moving in by November, along with those currently housed at A-Block.

Meetings are still ongoing about the final setup of the rooms, the service members who will be honoured with tributes on each floor and other factors, but things are in the home stretch. MS Tynes said a goal in the near future would be to get the new club in people's mind and generate more buzz ahead of the grand opening, and to hopefully make the new Fleet Club a place where sailors can take a break from busy work and personal lives to connect with each other.

"We're looking to try to build that community here again, and a closeness among the members," he said.



Change of command for HMCS Moncton

LCdr Peter Robichaud (left), Acting Commander MOG 5 Cdr Peter Koch, and LCdr Andre Savard sign the documents during the Change of Command ceremony on August 3, 2016.

MCPL ALEXANDRE PAQUIN, FIS HALIFAX



New CO for HMCS Shawinigan

LCdr J. D. Forbes (left), Commander MOG 5 Capt(N) Craig Skjerpen, and LCdr D. P. St. Croix sign the documents during the Change of Command ceremony for HMCS Shawinigan on August 8, 2016.

MCPL ALEXANDRE PAQUIN, FIS HALIFAX

HMC Ships depart for Northern Operations

BY MARLANT PA

The Royal Canadian Navy (RCN) is deploying two ships to Arctic waters this summer, continuing the RCN’s presence in the Canadian North. HMC Ships *Shawinigan* and *Moncton* departed from their home port of Halifax, Nova Scotia, on Thursday, August 11 to conduct sovereignty and surveillance patrols as part of Operations QIMMIQ and NANOOK 2016.

While at sea, the ships will also

be partnering with Canadian Hydrographic Services, Parks Canada, Canadian Coast Guard, and the Arctic Research Foundation to conduct hydrographic surveys.

“The deployment of these ships continues Canada’s stated commitment to assert our sovereignty over our northernmost regions. Through partnering with other government organizations, the Royal Canadian Navy will further support ventures vital to Canada’s continued presence in the North,” said Capt(N) Craig Skjerpen,

Fifth Maritime Operations Group Commanding Officer

“Traveling up North by sea and showcasing our presence is a wonderful opportunity. HMCS *Moncton*’s company is looking forward to meeting new people, working with other government departments to assist with making Canada’s North safer for navigation, and demonstrating our interoperability with other units of the Canadian Armed Forces,” said LCdr Nicole Robichaud, Commanding Officer *Moncton*.

Operation NANOOK is

Canada’s largest sovereignty and presence operation in the North and takes place annually.

Operation QIMMIQ is the Joint Task Force (North) surveillance and presence operation conducted continuously throughout the year in Canada’s North.

Moncton will be in Rankin Inlet on August 29 and *Shawinigan* will be in the hamlet of Arctic Bay on September 8. *Shawinigan* will be donating a quantity of backpacks and school supplies to the community.

The end of an era

By Cpl Jennifer Robinson, 12 Wing Imaging

After 44 years, 406 Maritime Operational Training Squadron completed the last Aviation Systems Technician, Sea King course with 12 students graduating on July 27, 2016. Cpl Alex Nickelo, one of the lead instructors, describes the course as being “4.5 months long and the students learn how to assemble, disassemble and troubleshoot the lighting, hydraulic and fuel systems on the aircraft.”

According to Acting Commanding Officer of 406 Sqn, Maj Joel MacDermaid, this marks “the first real change for the

squadron, with the transition from the CH 124 Sea King to the CH 148 Cyclone. 406 Squadron can now switch its focus to training for the Cyclone.”

From 12 Wing's perspective, it can now concentrate on converting the Wing to support the CH 148. 12 Wing Commanding Officer, Col Peter Allan, explains that he has been “involved in the transition from the Sea King for his whole career, beginning in Pat Bay, British Columbia with 443 Squadron in 1993 up until now.”

CWO Daniel McLeod holds a double title, not only as the 423 Squadron Chief Warrant Officer, but also the Fleet Chief for the CH 124 Sea King. He describes



The final Sea King servicing course graduated on July 27, 2016.

CPL JENNIFER ROBINSON, 12 WING IMAGING SERVICES

the transition as a balancing act and that this final course graduation places a period to marking the retirement of the Sea King. He states he “is excited to see

these new graduates expand their knowledge and make the transition to the Cyclone”.

His hope is to have a “smooth transition, with the Sea King to

retire one day and the Cyclone to take off the following day.”

The CH 124 Sea King is scheduled to retire from service in 2018.

HCMS Windsor

continued from / Page 1

Chu, replied to questions as to why the RCN was making itself more available to the media. “It’s to make sure the media and the Canadian public are aware of the successes the Canadian submarine forces have had over the past couple of years. We’re very proud of our submariners and we’re very proud of what we do for the Canadian Royal Navy.”

VAdm Ron Lloyd, Commander Royal Canadian Navy, commented on the *Windsor*’s role in DM 16, saying, “I couldn’t be more pleased, more proud about the phenomenal leadership that Admiral John Newton and his team are providing, and the tremendous success that we’ve had. I

thought it was really important for me to come down here today because we actually extended him after DM, and so when there was a requirement to say can you provide a submarine we were in a position to say ‘absolutely’. We have a phenomenal capability that we can put at NATO’s disposal, and we did just that.”

VAdm Lloyd also took the opportunity to thank family members on the jetty for being so understanding when the crew had their deployment extended. “I thought it was really important to come down here and thank the families for all their sacrifice and support, enabling these men and women to do the great job that they’ve done during DM. It’s always a challenge for the ship’s company to have to be deployed a little bit longer than scheduled.

That being said, it’s more of a challenge for the young sons and daughters that have that date circled on their calendars, counting down the number of sleeps until their parent returns home.”

Family and friends packed the jetty ready to greet their loved ones. The MFRC was present and PSP’s Corporate Sponsorship ensured that Tim Hortons doughnuts and coffee were available to the families.

Windsor spent approximately 53 days at sea and travelled an estimated 7,000 nautical miles. *Windsor* is fully operational and following a much deserved summer leave period, will be participating in Exercise CUTLASS FURY 2016. RAdm. John Newton, Commander JTEA and MARLANT, stated that CUTLASS FURY would begin on

September 12 and would run for about three weeks.

No other asset in the CAF can rival the sheer deterrent impact of submarines. Canadian submarines are used to conduct various missions. These include: counter-terrorism, support to Special Operations Forces and perform constabulary roles in support of RCMP anti-narcotic operations, Department of Fisheries and Ocean’s patrols, and illegal immigration interdiction operations.

Shortly after departure for the DM 16 exercise, *Windsor* experienced a mechanical issue that necessitated a return to the Fleet Maintenance Facility in Halifax for repairs. The issue was rectified in a timely fashion and the short delay did not affect the submarine’s follow-on performance or participation in DM 16.

Windsor has experienced no additional generator or battery issues since repairs were made.

VAdm Lloyd responded to questions regarding what’s in the future for *Windsor*, saying “*Windsor* has an action-packed program put together. Admiral John Newton and the team here at Maritime Forces Atlantic are going to host an international exercise called CUTLASS FURY. Due to what the *Windsor* provides as a training asset, we have other nations coming to join us here off the approaches of Halifax to conduct a multinational ASW exercise. It’s a very short turnaround for her. Unfortunately for the ship’s company and their families, we’re going to get the crew back to sea, where they will continue to excel in the very important ASW mission.”

CHANGE IS IN SIGHT.

Get laser vision correction today and love your life without glasses and contacts.

Starting at \$490/eye* | Book a free consultation at 1-877-852-2005 or lasikmd.com

LASIK MD

VISION

*Prices are subject to change without prior notice and vary based on prescription strength. Standard LASIK starting at \$490/eye and Custom LASIK starting at \$1,750/eye. Other conditions may apply.



12 Wing welcomes first outside group for Cyclone tour

By Ryan Melanson,
Trident Staff

After recently celebrating a number of milestones surrounding the Maritime Helicopter Project and transition to the CH-148 Cyclone, officials at 12 Wing Shearwater welcomed one of the first outside groups for a progress briefing and static tour of the RCAF's newest aircraft.

Personnel from the the Helicopter Test and Evaluation Facility (HOTEF) hosted members of the RCAF Association and the Royal United Services Institute of Nova Scotia for the briefing, which was delivered at the Maritime Helicopter Training Centre (MHTC) by Capt Bryan Langille.

The visitors were given an overview of Maritime Helicopter roles in the modern era and the advanced capabilities of the Cyclone, including things like upgraded engines, night-vision compatibility and advanced sensors and radar, and they were also briefed on the transition progress thus far. The group was shown a number of photos and

video clips of the aircraft flying at sea during trials with HMCS *Montreal*, and then went out to the hangars to see the Cyclones and tour the interior.

Four Cyclones are currently housed at 12 Wing, with two of those being the upgraded 1.1 Block version of the aircraft. Two more of the original six Cyclones delivered are currently with Sikorsky receiving the Block 1.1 upgrade. In terms of testing the aircraft, HOTEF CO Maj Travis Chapman said his crew have made significant progress in evaluating shore-based and shipborne operations, and after a break from flying for a new training course, will be back out soon with the upgraded 1.1 chopper to continue building those proficiencies with HMCS *Montreal*.

"The biggest thing is proficiency and currency for the crews. If we're employing these guys to evaluate the aircraft and apply tactics and try to insert the aircraft into a fleet, they need to know what they're talking about and how to use the systems and how to fly the aircraft." Maj

Chapman said.

“And by September, we’ll be entirely focused on the warfighting aspects of the aircraft, above water and underwater warfare.”

Deficiencies and technical problems have been raised, as is expected, but the process of working with the many contractors and DND stakeholders involved with the project has been smooth. Problems have been identified, accepted, and work towards solutions has happened in a timely manner.

“People are engaged and enthusiastic. People want this work. So we do identify problems, and maybe sometimes that affects workdays or sailing schedules and people can get unhappy, but there’s been a real high degree of professionalism around this project,” Maj Chapman said, also giving credit to Sikorsky, who still own and operate the MHTC, for being agreeable partners through the process.

The key milestone achieved so far, which was a goal for Spring 2016, was to have the first all CAF Air Detachment crew land

the Cyclone on the deck of a warship, which took place successfully in April. Another significant marker, more recently, was the completion of the final Aviation Systems Technician Sea King course for 406 Squadron. Squadron members will now exclusively be training for the new aircraft, which is very significant, said 406 CO and Acting Wing Commander LCol Peter Saunders.

"It's not 'someday' that we'll see training on the 148 and focus all our energies on that, it's today. It's still going to be a long process to get ourselves fully mission capable, but the more people see HOTEF crews out flying, or they notice their friends and comrades coming to the schoolhouse for a course, that sends a powerful message throughout the wing."

LCol Saunders said the mix of serving and retired CAF, RCMP and police officers were the perfect group to bring in for an initial visit to see the newly upgraded aircraft. Many of those in

attendance played a role in the early days of the MHP, and the tour could be seen as an opportunity to thank those people and give them a glimpse of what that early work has lead to.

As for opportunities for other outside groups and the general public, there will eventually be a chance to see the Cyclone up close. There's a finite capacity to arrange tours at 12 Wing itself, with multiple training courses ongoing at the MHTC, but LCol Saunders said the RCAF's new Maritime helicopter will make its way to air shows when the Wing Commander feel it's time, and other broader engagement activities will be planned as well.

"We'll get people an opportunity to get up close and personal, we know there's a high interest. We're not there yet, but it's an inevitability."

The last flight of the CH-124 Sea King is scheduled for December 2018 on the West Coast, marking the full transition to the Cyclone as the CAF's Maritime Helicopter.

HMCS *Charlottetown* participates in Exercise SEA BREEZE in the Black Sea

By Lt(N) Bill King,
PAO, HMCS *Charlottetown*

From July 27 to 30, 2016, HMCS *Charlottetown* participated in Exercise SEA BREEZE, a multinational maritime exercise in the Black Sea co-hosted by Ukraine and the United States. It participated with its Standing NATO Maritime Group Two Task Unit Two (SNMG2 TU.02) consort, and maritime assets from other NATO and partner states.

Assets from Bulgaria, Canada, Georgia, Greece, Italy, Lithuania, Moldova, Poland, Romania, Sweden, Turkey, Ukraine, the United Kingdom, and the United States participated in the exercise, which focused primarily on maritime interdiction operations as a means to enhance maritime security. Other capabilities that were exercised included air defense, anti-submarine warfare, damage control, search and rescue, and other tactical manoeuvres.



CPL BLAINE SEWELL, FIS

“Cooperation between the countries on the shores of the Black Sea enhances maritime security in the region,” said Cdr Andrew Hingston, TU.02 Commander and Commanding Officer of *Charlottetown*. “Ex SEA BREEZE provided an excellent

opportunity for the professional crew aboard *Charlottetown* to highlight her recently upgraded capabilities.”

During the exercise, *Charlottetown's* most notable contributions were to maritime interdiction operations and anti-submar-

ine warfare. During maritime interdiction operations, the ship employed the Royal Canadian Navy's Enhanced Naval Boarding Party to support a boarding event. This new, highly-trained team of boarding specialists is better equipped to provide HMC Ships with enhanced agility, flexibility, and tactical expertise to confront and deter a variety of threats in high-risk operational environments.

Charlottetown also served as the Anti-Submarine Warfare Commander for SNMG2 TU.02 during the exercise, which highlights the RCN's reputation of being a key player in multinational anti-submarine warfare operations.

Above all, this exercise was about cooperation and interoperability. “HMCS *Charlottetown* integrated smoothly with our NATO and partner country allies,” said LCdr Sam Patchell, Executive Officer of *Charlot-*

tetown. "The point of these exercises is to enhance the ability of the maritime assets from many nations to work together under one command."

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. *Charlottetown* has been serving with SNMG2 since late June when it replaced *Fredericton*.

This exercise was a part of *Charlottetown's* deployment on Operation REASSURANCE, Canada's contribution to NATO assurance and deterrence measures in Central and Eastern Europe. *Charlottetown* will continue to conduct operations on Operation REASSURANCE, when and where tasked by NATO, until it is relieved in the New Year.

NOW LEASING

5450 KAYE STREET, HALIFAX, NS



LAWYERS - AVOCATS

English/Français

Criminal Law
Family Law
Civil Litigation

(902) 492-7000
483-3080 (after hours)
www.singleton.ns.ca

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

Fees reduced 25% for
CF members & DND personnel



Defense firms like SNC Lavalin, Bluedrop Training and Simulation, and MacTaggart Scott, seen here at their booths in 2015, will once again be represented at DEFSEC 2016.

SUBMITTED

DEFSEC Atlantic returns to Halifax Waterfront for 2016

By Ryan Melanson,
Trident Staff

One of Canada’s largest defence industry trade shows will once again be held at Halifax’s Cunard Centre from September 6-8, and with hundreds of exhibitors and major government procurement projects on the horizon, the Canadian Defence, Security and Aerospace Exhibition Atlantic is gearing up for one of its biggest years yet.

The event sold out its floor space for exhibitors faster than in any previous year, and organizers anticipate more than 12,000 attendees in total, upping the numbers from 2015.

“We’re really quite excited. This is also our tenth anniversary of being on the Halifax Waterfront, so we feel like the show has really found its stride,” said Colin Stephenson, the Executive Director of both DEFSEC and Air Show Atlantic.

A large number representing the CAF and DND, including civilian officials and uniformed members, will be among the attendees, but Stephenson suggested that any CAF members who haven’t attended in the past could also find worth in registering for the week’s events. Aside from the interesting presentations

and seminars, just spending some time on the showroom floor and speaking with the different defence and aerospace exhibitors can be a good learning opportunity.

“They can meet these companies that have technologies or supplies or potential services to offer DND. They can treat it like a PD day, where they can get out and see all the latest widgets and gadgets and things that could be available,” he said.

But for the majority in attendance, those representing defence and aerospace companies, the lure of DEFSEC is the opportunity for one-on-one time with the biggest players in the industry.

At a typical trade show, Stephenson explained, the larger firms in attendance are focused on their potential customer, in this case DND. At DEFSEC, a focus has always been on companies combining their expertise and progress to become more viable potential export partners or to be able to break into a supply chain. And when multinational entities like Lockheed Martin, General Dynamics and Boeing come to DEFSEC, they spend time interacting and meeting with the small and medium-sized local businesses in attendance, often arranging private meetings ahead

of time.

A majority of the smaller firms represented are based in Atlantic Canada, and hoping to secure contracts or partnerships with those in business with DND, such as Irving Shipbuilding, who will again occupy one of the largest booths in the centre of the floor. As the prime contractor for the RCN’s future fleet of Canadian Surface Combatants, the local company will garner a lot of attention during the event. And with other procurement projects on the horizon, there’s sure to be lots to discuss, Stephenson said.

“It’s always an exciting time for us, and for these companies that are looking to find out if they belong in the industry, and what role they can play if they do.”

What to do and see at DEFSEC 2015

By Ryan Melanson,
Trident Staff

While the full schedule of events and seminars isn’t yet finalized, here’s a peek at some of the can’t-miss events for attendees of DEFSEC 2016. The regular showroom floor, with hundreds of exhibitors, is open from 9 a.m. - 4 p.m. on September 7, and 9 a.m. - noon on September 8.

TUESDAY, SEPTEMBER 6

The Consortium for Aerospace Research and Innovation in Canada will host the CARIC Connector at DEFSEC 2016, an annual research and innovation forum for the Aerospace & Defence sectors in Atlantic Canada. The event is presented as a partnership with DEFSEC, and runs from 1 - 5 p.m.

The official DEFSEC 2016 opening reception will also take place in the evening, from 7 - 9 p.m., through the Cunard Centre.

WEDNESDAY, SEPTEMBER 7

The morning will feature the event’s main discussion panel for the weekend, focusing on human resource challenges in the defence industry, from 10:30 - 11 a.m. in the NSBI Presentation Hall. Panellists haven’t yet been announced, but organizers say the session could be of high interest to CAF members nearing the end of their careers and exploring civilian workforce options.

Industry presentations for the day include Thales Canada from 9:30 - 10 a.m., Bluedrop Training and Simulation from 10 - 10:15 a.m., Irving Shipbuilding from 11:30 a.m. - 12 p.m., and Lockheed Martin Canada from 3:30 - 4 p.m.

On the government side, Opportunities New Brunswick will also be on hand for a

presentation from 2 - 2:30 p.m.

THURSDAY, SEPTEMBER 8

The industry group Atlantic Alliance of Aerospace & Defence Associations will host a presentation from 10:15 - 10:30 a.m., the only industry presentation on the day.

The highlight of the day is set to be the Canadian Forces Defence Procurement Update & Outlook, hosted by DND Associate Deputy Minister and Retired Rear-Admiral Patrick Finn. This presentation takes place annually for the DEFSEC audience, providing an extensive overview of both current and upcoming projects, including a portion on the RCN’s future fleet.

Other related DEFSEC events include the Shearwater Aviation Museum Foundation Charity Golf Tournament, with registration getting underway at Hartlen Point at noon, and the “Clash of the Titans” charity hockey game and VIP reception, being held at the Halifax Forum at 7:30 p.m.

Aside from presentations, the showroom floor itself will repeat the new layout from 2015, which allowed more space for attendees to visit each booth and meet with exhibitors, as well as better separation of the meeting spaces and exhibition areas.

All attendees of the event, regardless of pass type, have access to the meals and receptions served on-site. DEFSEC also offers private meeting rooms that can be rented on an hourly basis or for the day, including tables, seats and outlets, with A/V equipment and catering also available. Rooms are still available to be booked.

For more information on scheduling, the agenda, registration or any other questions, visit Defsecatlantic.ca.

SCHOLARSHIP SEASON APPROACHES at Royal Canadian Naval Benevolent Fund

The Fund awards Scholarships to dependants of naval and former naval members. Applications are accepted between September 1 and October 31 each year. Go to our website for details.

Our Mission: To relieve distress and promote the well-being of members and former members of the Naval Forces of Canada and their dependants.



Nouveau nom
même service
de qualité
en français!

direction emploi



Plein de vies

Venez nous voir à nos nouveaux bureaux.

YMCA - Halifax
2269 rue Gottingen
Halifax

YMCA - Dartmouth
14-118 route Wyse
Dartmouth

Tél. : 902-406-3172 poste 209

Contact us: Toll free at 1-888-557-8777 or visit www.rcnbf.ca

Making search and rescue training more realistic

By **LCdr Daniel Rice,**
OIC STV Tuna

On July 29, 2016, Sail Training Vessel (STV) Tuna was tasked to support HMCS *Ville de Quebec* (VDQ) during her Basic Single Ship Readiness Training (BSSRT) conducted by Sea Training (Atlantic) (ST(A)).

A crew of five personnel set sail to the mouth of Halifax Harbour, where they experienced a simulated engine fire with two casualties, and VDQ received a SAR tasking to respond. They located the stricken sailing vessel, drifting in the fog, and sent an away team to render assistance. STV Tuna has been used on numerous occasions for similar training. By having an actual vessel as part of SAR training, it adds a whole new level of realism. It forces the ship's teams to actually execute their plan onboard a boat that is pitching and rolling, adapt their

first aid techniques to the cramped quarters and transfer casualties back to their ship. This leads to valuable lessons learned that may not come up in table-top training. It certainly opened the eyes of several of the away team members as to how difficult it can actually be.

Under the guidance of STV Tuna, VDQ's ship's company rehearsed and refined their procedures for conducting SAR, which is a key secondary role for all ships in the Royal Canadian Navy. STV Tuna continues to play an important role in not just training CAF personnel to sail, but also in supporting readiness training of the surface fleet.

For more information on STV Tuna and her program, find us on Facebook at [facebook.com/groups/STV.TUNA](https://www.facebook.com/groups/STV.TUNA), on Twitter @STV_TUNA, or e-mail +STV-TUNA@CFBHalifax@Halifax on the DWAN.



HMCS *Ville de Quebec* participates in search and rescue training with STV Tuna.

LCDR DANIEL RICE, OIC STV TUNA

Exercise RIMPAC 2016 – worth every minute

By **LCdr Kelly Williamson**
with **Lt(N) Greg Menzies,**
Capt Graham Kallos and Inez Neville

Twenty-five thousand sailors, soldiers and air personnel from 26 countries, 40 warships, five submarines, and over 200 combat aircraft worked together for five weeks in the Hawaiian Islands and Southern California to execute the largest and one of the most complex maritime exercise the world has ever seen.

Exercise Rim of the Pacific (RIMPAC) 2016 was an ideal setting for close to 1500 CAF personnel to hone their skills – be it in key leadership roles, diving, sailing aboard a frigate or MCDV, serving as part of the Air Task Force, or getting dirty as part of the Land Task Force in Southern California.

Capt(N) David Mazur worked as the Combined Task Force Operations Officer and Deputy Exercise Director for RIMPAC 2016.

“RIMPAC is a very important exercise for the CAF. We [the CAF] don’t usually operate on missions independently, so being able to participate in a major joint exercise and operating within a large coalition environment provides us with an amazing opportunity to understand how our Pacific Partners conduct business. Ultimately, the relationships built here will help participating nations to understand each other better so we can all work together more effectively when required.”

A lot was accomplished, during RIMPAC explains Capt(N) Mazur.

“Beyond the significant live fire torpedo, anti-ship and surface to air missile firings, conducted by the Royal Canadian Navy (RCN), Canada's Joint Task Force RIMPAC (JTF(R)) included one of the largest modern-day deployments of an Royal Canadian Air Force (RCAF) Air Task Force (ATF). The ATF consisted of a Headquarters element and representation from each of the RCAF’s expeditionary capabilities. We also used a post Halifax Class Modernized (HCM) command-enabled frigate to support an embarked Sea Combat Commander (SCC) staff supporting a Carrier Task Force. In Southern California, we saw the integration of Griffon and Chinook helicopters into amphibious operations in support of a Canadian Army land force -- which included shipboard integration of RAdm Scott Bishop, Deputy Commander of the Combined Task Force. “And I know that every Canadian Armed Forces member deployed to RIM-

PAC has learned lessons that they will benefit from throughout their careers.”

The RCN deployed two Canadian Patrol Frigates, HMC Ships *Vancouver* and *Calgary* to the Hawaiian Operating Areas along with a team of Divers, Forward Logistics Support Personnel and other staff officers deployed to support the Task Force.

RIMPAC provided RCN personnel with an opportunity to develop skills and to support a broad range of training scenarios that included anti-submarine warfare, maritime interdiction operations, mine sweeping and neutralization, command and control and communication operations, ship manoeuvring, standard naval drills (including fire-fighting, man overboard exercises, etc), weapons firings, and sea combat. Other examples included replenishments at sea, and multi-national communications. These training events pushed RCN personnel and warfare teams to practice a number of specialized skills, through unique and challenging scenarios. Skills were tested and lessons were learned at every level, with some sailors and aircrew achieving personal qualifications, while combat teams worked together to achieve team-level qualifications and goals.

Vancouver and *Calgary* practiced operations across the full spectrum of conflict --from search and rescue scenarios, to humanitarian assistance and disaster relief missions, all the way up to joint and combined missile and torpedo firings. From an RCN perspective, a couple of the highlights included the live-fire serials conducted by both *Vancouver* and *Calgary*.

Vancouver tested her combat team with a Surface to Air Missile shoot, successfully engaging both a high altitude supersonic threat and a low altitude cruise missile threat. The serial tested both the operational effectiveness and suitability of Halifax Class ships in Anti-Air Warfare (AAW)

and Anti-Ship Missile Defence (ASMD) roles; and tested the knowledge and skills of Vancouver’s combat team in realistic operational ASM Defence. This shoot was the culmination of months of training for the team.

“RIMPAC really was the perfect venue for us to trial and evaluate the employment of our weapons, command and control systems, and also to assess our ability to respond to threats such as anti-ship missiles,” says Lt (N) Claymore, *Vancouver*’s Above Water Warfare Director. “Ultimately, nothing can replace the experience of firing real munitions – and being successful on a live-fire exercise like this gives a huge boost in morale to the entire crew.”

Calgary conducted a surface engagement and successfully struck ex- USS Crommelin (FFG 37) with a single HARPOON Remote Guided Missile 84 Block II Telemetric missile and was a major step towards proving the stated capability of the HARPOON BLOCK II, and played a significant role in validating the performance of the Royal Canadian Navy’s modernized Halifax Class ships. For *Calgary*, the live-fire missile shoot played an integral role in instilling Command confidence in the ship’s Combat System capabilities in surface-to-surface tactical efficiency and crew preparedness.

“RIMPAC 16 was a tremendous exercise,” said RAdm Bishop. “It provided the Canadian Armed Forces with a rare opportunity to work within a 26-nation coalition, practicing skills that we could use in disaster relief, humanitarian assistance, and - if necessary - military operations. I am proud of the way the Canadian Armed Forces intergraded into the coalition and what our folks achieved together. We have reinforced that Canada is a Pacific nation and have demonstrated that we are, indeed capable, adaptive partners in Asia-Pacific security.”



HMCS *Vancouver* conducts an Evolved Sea Sparrow Missile Firing during At Sea Demonstration 16 in the Pacific Ocean alongside her consorts HMAS Australian Ship Warramunga and USS Howard on July 16, 2016 as part of RIMPAC 16.

LS SERGEJ KRIVENKO, HMCS VANCOUVER

Posted to Victoria?



PLEASE EMAIL OR CALL ME NOW!!

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

Peter Lindsay
Toll Free 1-800-663-2121
www.victoriarelocation.com

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



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

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

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



ALL ABODE 
RELOCATIONS

ALL ABODE RELOCATIONS
Call Kirke & Sandi Mitchell
902-402-8951 | renat@eastlink.ca



ANTOVIC REAL PROPERTY APPRAISALS

NEED YOUR HOME APPRAISED?
Are you relocating? Call us!
Friendly, Reliable, Accurate, Timely

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

Tel: (902) 441-4434 • Fax: (902) 406-5525
Email: jantovic@eastlink.ca
We look forward to speaking with you!



Crash of Cormorant helicopter commemorated

By Lt(N) Sylvain Rousseau, 14 Wing PAO

Every year, a small contingent from 413 Transport and Rescue Squadron, based at 14 Wing Greenwood, Nova Scotia, gathers in Canso, Nova Scotia, to pay its respects to three search and rescue (SAR) crew members who died and four others who were injured after a CH-149 Cormorant helicopter from the squadron ditched during a training exercise off Canso on July 13, 2006. The helicopter was known as Tusker 914 after the nickname of the squadron – the Tuskers – and the helicopter’s tail number: 149914.

The Cormorant’s seven-member crew was practicing night boat hoists from the fishing vessel, Four Sisters No. 1, which was part of the Canadian Coast Guard Auxiliary Maritimes fleet.

At approximately 12:30 a.m., during an attempted go-around from an approach to the fishing vessel, the aircraft hit the water. Three pilots and the SAR technician team lead were injured, but survived. The two flight engineers and a SAR technician were unable to get out of the aircraft and lost their lives: Sgt Duane Brazil, MCpl Kirk Noel and Cpl Trevor McDavid. The aircraft itself sustained damage beyond economical repair.

The survivors were Sgt Martin Molony, Capt Ronald Busch, Capt Gabriel Ringuette and Maj Gordon Ireland.

This year marked the tenth anniversary of this tragic incident. To commemorate the event, a CC-130H Hercules aircraft and a CH-149 Cormorant helicopter from 413 Squadron conducted a flyby during the memorial ceremony in Canso. The town hosted a light luncheon following the service, which included speeches from members of the community and members of 14 Wing.

Addison Underwood, the first mate on the Four Sisters, which was the first responding vessel to offer assistance to the Cormorant crew members, recalled the impressive composure of the SAR technician team lead the night of the crash. Despite his injuries, he was able to guide Underwood’s crew through what they needed to do to help the Cormorant crew.

In an emotional speech, LCol James Marshall, commanding officer of 413 Squadron, said, “They died in the line of duty; training to help people. They weren’t in Afghanistan or Iraq. They weren’t paraded down the highway of heroes, but that doesn’t make their sacrifices less heroic.”

As he closed his speech, LCol Marshall ended with “RESCUE!” The crowd responded, “RESCUE!”

Editor’s note: The four volunteer members of the Coast Guard Auxiliary who responded to the crash – Addison Underwood, Kenneth Snow, Capt William Bond and Capt Frederick Munroe – were presented with the Canadian Coast Guard Auxiliary’s Operational Merit Medal and commendations from the Commissioner of the Canadian Coast Guard for their actions.

With files from MCpl Pam Evans.

Shearwater Radio Control Flyers have a Fun Fly Day

By Ron Stuart, Shearwater Radio Control Flyers Club

Golfers have tournaments, sailors have regattas and RC (Radio Control) Flyers? Well, they have Fun Fly events as did the Shearwater Radio Control Flyers (SRCF) with great success, on the July 16 weekend. According to SRCF President, Capt Vic Ruzgys, “The 2016 Fun Fly was our best event ever, thanks to the perfect weather, great attendance from flyers and spectators alike, and lots of help from our many dedicated club members.”

It was our fourth annual event of this kind as RC flyers from various Maritime RC Flying Clubs, and one from as far away as British Columbia, touched down at the now decommissioned 12 Wing Shearwater Runway 16/34 under gloriously sunny skies for a weekend of pleasure flying, contests, RC talk, and swapping of RC equipment. SRCF’s proximity to MacDonald Beach and abundant on-site space for motor homes and campers helps get us on the agenda of families planning a weekend outing. As RC model aircraft get larger and faster so increases the popularity of our 10,000 ft. asphalt runway, unique in Atlantic Canada and perhaps nationally.

Participants flew a variety of model aircraft bookended by Vic Ruzgys’ miniature, scratch-built First World War biplanes and Al Coolen’s large, new jet turbine,



RC aircraft are in the air and also on the ground, awaiting their turn to fly during the Fun Fly Day held by the Shearwater Radio Control Flyers Club on July 16.

KEVIN MCKAY

each impressive in their own ways. In between were trainers, warbirds, sport planes, helicopters and sailplanes. The Limbo Contest was great fun, as pilots competed to see who could safely fly under a progressively lowered ribbon between two posts.

Mary Jefferson shouldered the task of food and drink arrangements with aplomb, ensuring tasty barbecue treats for parti-

cipants and visitors alike, including Military Police and a big, red fire truck and crew, all from 12 Wing Shearwater. Children were delighted with a chance to tour this vehicle as the siren yelped and red lights flashed. Thanks for your visit, guys.

Maritime Hobbies and Crafts again generously supported the event and provided, among other things, a very nice model aircraft kit as a door prize, which put a

wide grin on winner Dennis Bellefontaine’s face.

Plans are already underway for next year’s SRCF Fun Fly which we hope to make even bigger and better. We hear rumours of simulated aircraft carrier landings, formation flying, a spot landing contest and perhaps even a rocket display.

Contact us at <http://shearwater-flyers.proboards.com/> to pursue involvement in RC Flying.

Join Forces and Network!

DEFSEC Atlantic is one of Canada’s most important networking events for the Aerospace, Defence and Security industries

September 6 - 8, 2016
Halifax, Nova Scotia, Canada
Cunard Centre on the Halifax Waterfront



DEFSEC Atlantic is a **major networking opportunity** for the Aerospace, Defence and Security industries - the **second largest of its kind in Canada**. Focused on **showcasing Atlantic Canadian opportunities**, the show’s worldwide reach creates partnership potential for all attendees. Incorporating elements of both a trade show and a defence procurement conference, DEFSEC Atlantic provides access to **“the right people”** in an engaging and professional setting. All attendees have an opportunity through B2B/B2G programs, social events and expert panel discussions, to interact with all levels of defence, industry and government participants.

Right here in Atlantic Canada, large multi-national companies are looking to create partnerships within the region to complete their Canadian supply chains.

In the heart of the **National Shipbuilding Program activity**, meet the builders and end users in the home of Canada’s Navy all in the intimate and scenic setting of the Halifax waterfront.

Visit our web site to learn more and pre-register online as a delegate.
Come see what opportunities are waiting for you!

Discover your fit in the expanding opportunities in Aerospace & Defence at DEFSEC Atlantic!

DEFSEC Atlantic provides many advantages by giving you access to:

- A unique experience as a Professional Development day for both military members and government employees
- The opportunity to attend a discussion panel on a variety of perspectives regarding the current challenges with Human resources in the industry
- Prime and Tier 2 contractors in a setting where they are focused on supply chain fulfillment, while there are customers present, the focus is on partnership development
- an event focused on building B2B/B2G relationships and providing the means to “kick-start” those relationships through the facilitated B2B/B2G program
- a relevant and informative seminar series
- everything you require in a single venue; with meals provided for everyone, there is no need to leave through the day
- the right place to find out what procurement programs are on the horizon and how to become part of them

FOR MORE INFO, PLEASE CONTACT:
Colin Stephenson, *Executive Director*

Mail & Courier:
166 Ingram Drive
Fall River, Nova Scotia
CANADA B2T 1A4

Office: +1 (902) 465-2725
Fax: +1 (902) 484-3222
Cell: +1 (902) 223-2099

E-Mail: colin@defsecatlantic.ca
Web: www.defsecatlantic.ca

Produced By The

Visit our web site for more information:
defsecatlantic.ca

**“Canadian Partnership Potential.
Focused Here, Expanding Worldwide...”**



Lessons Learned grads undertake big quake shakedown

By Peter Mallett,
The Lookout Staff

A new Lessons Learned Program is helping the CAF enhance the effectiveness of their earthquake and tsunami response.

It was recently tested following Exercise STAUNCH MAPLE, a training exercise conducted by Joint Task Force Pacific on June 7. It focused on the military’s operational readiness to support the Province of British Columbia in the event of an earthquake disaster.

With the exercise complete, recent graduates of the Lessons Learned Staff Officer Course are analyzing the feedback in order to right what didn’t work and ensure the successes are repeated.

“Most organizations in the public and private sector are about continuous improvement and often perform functional solutions analysis similar to these,” says LCdr Angus Fedoruk, Lessons Learned Coordinator. “Unlike the private sector, which uses Lessons Learned programs to improve profitability, our bottom line is to increase effectiveness, save resources and equipment, and most importantly people.”

He says that while no training program, exercise or operation can ever reach 100 per cent effectiveness, Lessons Learned is a methodology to make things run more smoothly.

For STAUNCH MAPLE, the two recent graduates of the Lessons Learned (LL) course, Lt(N) Justine Aucoin, RCAF LL Staff Officer, and Lt(N) Sonya Sowa, NATO LL Officer of Primary Responsibility, are developing those solutions.

The two are working in a second floor boardroom at the Wardroom, writing down their key findings on giant pieces of paper taped to the wall, after pouring over hundreds of observations, notes, recorded comments, interviews and email responses from military personnel who participated in Exercise STAUNCH MAPLE.

“There has been a high level of participation at all levels and all ranks,” says Lt(N) Aucoin. “The pieces of paper on the wall are all categorized, and identify what is the real root cause of the problem, and suggestions on how to make things run more smoothly, or how it could work better if we did something a different way.”

Although the July 6 deadline for submission of feedback from the exercise has passed, LCdr Fedoruk said that any additional data they receive will still be valued and added to their notes.

He also says the Lessons Learned Program is not about the blame game, and that responses from lower-ranked personnel were weighted just the same as senior officers.

“There is a tendency in our organization [the CAF] not to voice criticism; however, criticism is the emphasis of this process,” says LCdr Fedoruk. “This is about getting the facts and learning from them, and not finding someone to blame. It is simply here’s what happened and why. This information is very valuable to us.”

The graduation of Lt(N) Aucoin and her classmates from the program now brings the total number of CAF personnel qualified for Lessons Learned to 300.

“It’s an impressive tally,” says LCdr Fedoruk. “The fact that there exists a large number of personnel qualified to understand and apply the Lessons Learned Program should please commanders and commanding officers as they very likely have one of these folks working for them.”

Lt(N) Aucoin and Lt(N) Sowa will send their recommendations for change to the military’s earthquake provincial response to LCdr Fedoruk, who will move to the process to the next step of the CAF Lessons Learned Process, identifying the right organization to endorse and direct changes.

DP 1 Infantry Module 2 experience at 5 CDTC

By Pte Miriam Harrison,
Nova Scotia Highlanders

Struggling to remain alert behind the C9 general purpose machine gun during my 0200hrs sentry shift, I recall having the same battle during late night university lectures. That said, there is very little in civilian life that I can directly relate to being an infantry soldier in the CAF.

I was a candidate on the DP1 Infantry - Module 2 course, which ran from July 4 to 29, 2016 at the 5th Canadian Division Training Center (5 CDTC) on 5 Canadian Division Support Base (5 CDSB) Gagetown, New Brunswick. I am a Primary Reserve member of the Nova Scotia Highlanders.

I have several family members in the CAF, so a life in the Forces has always been of interest to me. I joined during my final year of high school and became an infantry soldier as my unit, an infantry regiment with a celebrated history, is close to my hometown of Stewiacke, Nova Scotia. I am now entering my second year of a Bachelor of Science program at Dalhousie University. As a student, the guarantee of part-time work is a comfort, and the training nights and weekend exercises provide a great escape from the routine of school.

This course provided me with



Pte Miriam Harrison prepares to take another bound during a DP 1 Infantry Mod 2 section attack at the 5th Canadian Division Support Base Gagetown in Oromocto, New Brunswick, on July 19, 2016.

LT FELIX ODARTEY-WELLINGTON, 36 BDE ASSISTANT PAO

the basic skills and knowledge needed to be an effective infantry soldier. It presented my colleagues and me with many new challenges and experiences. We were repeatedly pushed to our mental and physical limits; digging trenches in the 37-degree heat, performing raids and ambushes in the middle of the night, and functioning on minimal sleep. We were taught and re-taught that the key to being successful in a combat environment is teamwork.

While being an infantry soldier has nearly nothing in common with my life as a student, my training has given me many skills applicable to civilian life. Time management, working under pressure, working as a team and group leadership are just some of these skills.

As I have completed this course, I will pursue other courses to add to my military resume. I can now go on exercises that will enable me to further strengthen my soldiering

skills and explore career paths and options within the CAF. Reflecting on the course, I am proud of myself and the challenges I overcame. It has made me stronger physically and mentally, and I am now ready to return to my home unit, which presented me after course graduation with a Balmoral headdress and unit hat badge as a qualified infanteer. I will now train as a fully qualified infantry soldier. And I am also ready for another academic year at Dal.



SWIM | NAGE 

300m swim · Natation 300m

BIKE | PÉDALE 

6.5K mountain bike · vélo de montagne 6,5km

RUN | COURS 

2k run · course à pied 2km

23 SEPTEMBER 2016 | START 1000 | DÉPART À 10 H

MACDONALD BEACH | À LA PLAGE MACDONALD

Complete the fitness challenge as an individual or as a team of 3!

Register Today at www.psp Halifax.ca

Inscrivez-vous aujourd’hui au www.psp Halifax.ca

 /psphalifax

Open to military, DND, and NPF civilian employees only | Seuls les employés civils du MDN, des FNP, et les militaires peuvent y participer

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

Stormy weather fails to dampen the excitement at 2016 Navy 10K

By Ryan Melanson, Trident Staff

The weather was far from ideal, but that didn't stop runners of all stripes from hitting the streets of Halifax's North End on August 14 for the 31st Annual Navy 10K Run.

Both young and old, military and civilian register for the race each year, and some even make things a bit unorthodox, with a number of baby strollers, funny costumes and even a couple of newlyweds among the crowd of racers. Emcee Bobby Mac from Q104 had particular fun commenting on a pair of runners who competed in pink tutus.

CFB Halifax Base Administration Officer Cdr Dave Colbourne gave the runners a quick pep talk beforehand, but also shouted out the kids who ran in the earlier 1.25km and 2.5km runs through Stadacona, whose numbers were up this year thanks to a partnership with the Nova Scotia Youth Running Series.

"And it was pouring rain for that race, we had thunder out there, everybody got soaked, the kids are the real heroes today," Cdr Colbourne said.

He spoke about the importance of health and fitness to CFB Halifax and the Atlantic Fleet, and also thanked sponsors like Ultra Electronics, Lasik MD and Alexander Keith's for helping to support the day. Then, the horn sounded and the group was off, with three Soldier On participants, Andrew Seely, Cher Smith and Dee Osmond, leading the way in their wheelchairs.

While those from the Halifax region made up the bulk of racers on both the civilian and CAF side, there were those who came from away to take part as well. The runners who travelled the



The runners begin making their way down Gottingen Street to kick off the 2016 Navy 10K on August 14. RYAN MELANSON, TRIDENT STAFF

farthest to race in the event were likely Alex and Katja Bixner, who each ran the 10km race while on vacation from Stuttgart, Germany. The pair are avid runners, and while on a trip through Atlantic Canada, identified the Navy 10K as something they wanted to be part of.

"It's fantastic, the people here have been very helpful, they're really taking care of the runners," Alex Bixner said, while enjoying a Tim Hortons coffee and a Timbit just before the race, and after chatting with some RCN members who wished him good luck on the course. The uniqueness of coming on to a foreign military base for a run helped make the decision to register easier, he

said. Others used the Navy 10K as an opportunity to push themselves to the limit, and some dedicated their race to late friends or loved ones. A number of "Run for Red" t-shirts and hats could be seen among the crowd, and Michael Lavers explained the group was running in honour of his late father, CPO2(Ret'd) George Keith "Red" Lavers, who died in August of 2015.

"He served 30 years in the Navy as a submariner," Lavers said, mentioning his father's time on HMCS submarines *Ojibwa*, *Okanagan*, *Onondaga*, and *Victoria*.

"A bunch of the people that he

worked with, and friends and our family members, we all decided to get together to do the run in his honour. I did the 5K, some others did the 10K, but we've got about 40 people here to remember him today."

And despite the weather of the day, which ranged from drizzling to pouring throughout the morning, the 31st Annual Navy 10K was another great day celebrating fun, fitness and the spirit of sport, with both seasoned athletes and first timers beaming as they crossed the finish line.

PSP Fitness and Sports Coordinator Kevin Miller called the event a success, and thanked the various sponsors and volunteers, including PSP and BAdm staff,

CFB Halifax Firefighters and others who make it possible each year, as well as the runners themselves, who once again registered in large numbers and helped the race become a highlight of Halifax's running season.

RESULTS

For the 1.25km and 2.5km Kid's Run, the first-place prizes on the boys side went to Yale O'Connor for the 1.25km event and Camden Springer for the 2.5km. For the girls, Abby Melvin took first in the 1.25km race, while Emma Cameron won the 2.5km. The winners each received a \$50 prize plus a gift card to Giant Tiger.

The 5km men's race saw 1st place division finishes from Mark Brown (16:58) in the Open category, Neil Menzies (19:53) in the Master, Anthony Littler (20:37) in the Senior Master, and Jim Reddy (28:39) in the Golden Master.

Women's 5km winners included Katie Jerrett (21:00) in the Open category, Joanne Henneberry (21:23) in the Master category, Wendy Bredin (26:36) in the Senior Master, and Jeanne Campeau (41:02) in the Golden Master.

For the 10km race, the men's overall winner and Master winner was David Holder (36:19), the Open winner was Michael-Lucien Bergeron (36:50), the Senior Master winner was Dale Stryker (42:47) and the first-place Golden Master runner was Paul Webster (46:42)

Women's overall and Master winner for the 10km race was Rayleen Hill (40:12), the Open winner was Lucy Skinner (41:23), the Senior Master victory went to Cecille Amirault (49:49) and the winner in the Golden Master category was Margaret Morrison (58:09).



Cdr Andrew Hingston (front row centre), the Commanding Officer of HMCS Charlottetown, and members of the ship's crew cheer "Go Canada!" in support of Canada's Olympic team during OP REASSURANCE in the Black Sea.

CPL BLAINE SEWELL, FIS

Sports Trivia – Canada and the Summer Olympics, Part 2

By Stephen Stone and Tom Thomson

Questions

1. What distinction does Canada hold from the 1976 Olympics in Montreal?
2. Who was Canada's only multiple individual medal winner in Montreal?
3. How many medals did Canada win at the Summer Olympics in 1980?
4. What was Canada's best medal performance in the Summer

Olympics?

5. Who was Canada's oldest female gold medallist?
6. Who was Canada's only multiple gold medal winner in Los Angeles?
7. Who won the most medals for Canada in 1984?
8. Who is Canada's chef de mission in Rio and what is his claim to fame?
9. Who won the men's 100 m setting a world record in Seoul in 1988?
10. Who save Canada's reputation

- after the Johnson scandal in 1988?
11. Who was nicknamed Mighty Mouse?
12. Who won the men's Super Heavyweight boxing gold medal in 1988?
13. This swimmer is arguably Canada's best male backstroke competitor.
14. How many medals did Canadian rowers win in Barcelona in 1992?
15. What was remarkable about

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-focused 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.

Intersection Golf started on June 28 at 2 p.m. and will continue every two weeks until summer's 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 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 rowing bronze medal in 1992?
16. Who won Canada's only gold medal in diving?
17. What was Canada's second best performance in medals?
18. Who was Canada's only double gold medallist in 1996?
19. The first gold medal ever awarded in this event went to a

- Canadian in 2000 in Sydney. What was the event and who won the medal?
20. Canada's only gold medal in 2012 in London was won by the flag bearer in Rio. Who won that medal?



Halifax Mariners fall short in finals at CAF Ball Hockey Nationals

By Ryan Melanson,
Trident Staff

After an undefeated opening round at the CAF Ball Hockey National Championship, the men of CFB Halifax weren’t able to secure a victory in the final game, coming home with the silver medal after a 4-2 loss to the team from Bagotville. The tournament was held at CFB Borden from July 25-28.

The favourite going into the tournament, especially with the addition of two former Major Junior hockey players on their roster, the Mariners blazed through the early parts of the tournament, with wins over the Ontario, Quebec, Prairie and Pacific teams, all by four goals or

more. The trend continued through the semi-finals, with a 5-0 win against Borden, representing the Ontario region. OS Anton Manson picked up a game MVP award for his performance in the semifinal game.

In the final game, however, the Halifax squad wasn’t able to keep up with the pace set by the hungry team for Bagotville, who came out strong and netted their first goal early in the first period. MS Rob Cashin was able to tie it for Halifax early on, but the Mariners were never able to take the lead through 40 minutes of action, finishing with a 4-2 final. Much credit for Quebec’s under-dog win went to their goaltender, Cpl Etienne Jean, who put together a string of highlight-reel



The Mariners lost to the Bagotville team during the finals of the CF Ball Hockey National Tournament.
OS CALLUM RUTHERFORD, BASE BORDEN IMAGERY

saves to keep the Mariners’ shots at bay. Cpl Jean received the game MVP award for the gold-medal winning Bagotville team, while MS Cashin was awarded

the game MVP for the second-place Mariners.

It was the fourth year in a row that the Atlantic Region Ball Hockey team, despite consistent

strong performances, fell in the finals to the team representing Quebec, creating even more drive to get back nationals and finally win the gold medal in 2017.

Sports Trivia

continued from / Page 9

Answers

- 1. Canada is the only country to host a Summer Olympic Games and not win a medal.
- 2. Nancy Garapick (Halifax, N.S.) — bronze in women’s 100 m and 200 m backstroke swimming. Garapick lost both races to Ulrike Richter and Birgit Treiber of East Germany, who were both implicated in the East German state-sponsored doping program.
- 3. None. Canada along with 64 other countries boycotted the games in Moscow to protest the Soviet invasion of Afghanistan.
- 4. 1984 – Los Angeles: 10 gold, 18 silver, 16 bronze (44 total).

- 5. Linda Thom, 40-years-old (Ottawa, Ont.) — gold in 25 m pistol shooting (1984, Los Angeles).
- 6. Alex Baumann (Sudbury, Ont.) — gold in 200 m and 400 m Individual Medley swimming. Bauman set world records in both events. His gold in the 400 was Canada’s first swimming gold since 1912.
- 7. Victor Davis (Guelph, Ont.) — one gold and two silver all in swimming. Anne Ottenbrite (Bowmanville, Ont.) — one gold, one silver, and one bronze all in swimming.
- 8. Curt Harnett (Toronto, Ont.) — participate in four Olympiads (1984-1996) winning silver in 1984 and bronze in both 1992 and 1996 all in track cycling. He also

- did a Pert Plus shampoo television commercial.
- 9. Ben Johnson (Scarborough, Ont.). Johnson won the race in 9.79 seconds and was stripped of his medal three days later for steroid use.
- 10. Carolyn Waldo (Montreal, Que.) — she won two gold medals on synchronized swimming (one solo and one in pairs with partner Michelle Cameron). She also won silver in solo in 1984.
- 11. Elaine Tanner (Vancouver, B.C.) — she was given the nickname because of her small stature. She won two silver medals in 100 m and 200 m backstroke and a relay in bronze in 1968 in Mexico City, which amounted to 60% of all Canadian

- medals.
- 12. Lennox Lewis (Kitchener, Ont.) —he defeated future professional heavyweight champion, Riddick Bowe, for the gold when the referee stopped the contest in the second round.
- 13. Mark Tewksbury (Calgary, Alta.) — Tewksbury won gold and bronze medals in Barcelona in 1992 and silver in Seoul in 1988. He was chef de mission of the Canadian Olympic team in London in 2012.
- 14. Five — four gold, one bronze. Kathleen Heddle, Marnie McBean, Kay Worthington, Kirsten Barnes, Jessica Monroe, and Brenda Taylor each won two gold medals in rowing in different boats.
- 15. Silken Laumann (Victoria,

- B.C.) — she won the medal in single sculls ten weeks after having her leg broken in a collision with a German boar at a regatta in Lausanne, Switzerland.
- 16. Sylvie Bernier (Saint Foy, Que.) — 3 m springboard (1984, Los Angeles). Bernier was Canada’s chef de mission in 2008 in Beijing.
- 17. Atlanta (1996) — three gold, 11 silver, eight bronze (22 total).
- 18. Donovan Bailey (Oakville, Ont.) — gold in 100 m sprint (WR 9.8 seconds), 4 x 100 m relay.
- 19. Triathlon, Simon Whitfield (Victoria, B.C.). Whitfield also won a silver medal in Beijing in 2008.
- 20. Rosie MacLennan (King City, Ont.) — trampolining.

Whether *on land or at sea...*

Ideal Protein weight loss protocol is for you!

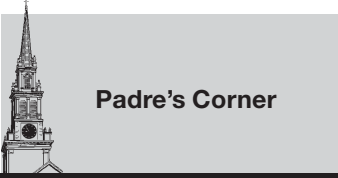
Easily integrated into a military lifestyle for CAF members and their families. Contact one of our many clinics in HRM and surround areas for more information!

Visit IDEALPROTEIN.COM to locate a clinic near you.

- ▶ Structured weight loss while supporting muscle mass;
- ▶ An understanding of how food affects and is utilized by the body, including what causes fat storage;
- ▶ Weekly one-on-one coaching, lifestyle education and guidance;
- ▶ Personalized approach to setting weight loss goals



Becoming a lifelong learner



By Padre Lt(N) Corey Pickens, Chaplain, CFB Halifax

“Intelligent people are always eager and ready to learn.” Proverbs 18:15

Learn anything new lately? This piece of ancient wisdom from the Judeo-Christian Scriptures reminds us that learning is a daily adventure and one that invites us to never stop. As military members, we know that learning doesn't stop just because our formal education does. We are constantly training, practicing and perfecting our skills. Really effective people generally don't get that way by sitting still; they apply themselves to constant learning and competing against themselves to grow and learn day by day. Let me share seven ways to be a lifelong learner:

Firstly, learn how you learn. People learn in a variety of ways. Determine your own preferred learning style or styles. Note what learning techniques are most efficient for you and use them as much as is practical, such as viewing online tutorials on websites like YouTube if you're more of a visual learner. Others are more hands-on oriented and learn best by doing activities instead of reading about it or watching someone else.

Secondly, try something new. Don't box yourself into believing you're only good at a few things. Sometimes past memories can tell you to stay away from certain things. For example, if you had a bad experience riding a horse when younger, not getting back on a horse when you're older and calmer might mean you miss out on a trek of a lifetime. Or, you might have hated certain sports, foods or activities when younger because of your lack of experience, strength or maturity. Be careful not to let past experiences like these cut off opportunities for you now.

Thirdly, read, read, read. Through reading you will never stop learning and being amazed by the incredible creativity, intelligence and yes, even dullness, of humanity. Newspapers, magazines, manuals, and comic books are all worth reading. As are websites, blogs, reviews and other online sources of information.

Fourthly, try things outside your vocation. Whether you work for pay or volunteer your time, focus on a project or experiment with whatever grabs your attention, try lots of things and notice the results. Apply the results to other things in your life, to expand the value of what you've learned. Sometimes a challenging diversion can help us rekindle a passion for our original calling.

Fifthly, create something. Make some art. Build something with your hands. Some of the

most powerful learning happens when you are creating or formulating something for yourself. Creation, like intelligence, can be artistic or scientific; physical or intellectual; social or solitary. Try different media and methods and refine the ones you like the most.

Sixthly, take a class. Remember that a teacher may be found in a classroom, but also in an office, a neighbour's garage, a gym, a restaurant, or even a taxicab. The teacher may also be a mentor or a guide in your life, such as a life coach or counselor. Also, resources like TED talks and Khan Academy offer a wide range of online lectures and programs for free. You can also use iTunes University, which can be viewed via your computer or your portable electronic devices.

Lastly, harness the power of play. Professor Karen Hutchison of Rowan University writes, “Play... is the vehicle for exploring and learning, developing new skills, and connecting with others. Through play, we can follow our interests, explore the unknown, and make friends.” Take time to play and try new things without pressure.

This list is far from original, and clearly there are lots of ways to learn. Why not commit to learn something new today? You will enjoy what you discover, and you will be able to apply your knowledge. After all, the Bible says learning is a sign of intelligence!

Until next time; now go learn something new.



HMCS Charlottetown's ENBP at work

A member of the Royal Canadian Navy's Enhanced Naval Boarding Party (ENBP) onboard HMCS Charlottetown rappels from the ship to a rigid hull inflatable boat as the ENBP prepares to board Polish Navy Ship ORP Gen. Kosciuszko (273) in the Black Sea during Operation REASSURANCE, August 2, 2016.

CPL BLAINE SEWELL, FIS HALIFAX

Marching with the MARLANT Nijmegen 2016 Team



By Melanie Bower, A/Manager Health Promotion Services

I had the pleasure of sitting down and speaking with LS Andre White about his recent experience participating in the Nijmegen March which he shared was one of the highlights of his career. LS White was one of 11 MARLANT CAF personnel who participated with 15 other teams from across Canada and Formation Europe.

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 over 50,000 civilians from over 50 countries, in addition to military participants, to challenge their physical and mental endurance.

LS White marched 160 km through the Dutch countryside and crowded streets of towns in

the area of the city of Nijmegen, often walking the same terrain where Canadians fought and died during the Second World War. LS White credits CPO2 Patry and MS Harper for their guidance and experience from previous Nijmegen's as a major part of his and TEAM MARLANT's success!

Q. What motivated you to try out for a spot on the Nijmegen 2016 Team MARLANT team?

A. I joined the military when I was 16 as a reservist at which point my basic training instructor made me aware of this incredible march that took place in the Netherlands. As the years went by and I became a full time member, I realized the amazing opportunity that marching for Nijmegen would be, along with paying respects during our parade at Vimy Ridge to the 2300 Canadians who fought to assist Holland in liberating the Netherlands. The military camaraderie that is built amongst teammates, not just in Team MARLANT, but also for the Canadian Contingency as a whole along with building friendships with military members from other countries, is absolutely phenomenal.

Q. In terms of health and wellness, has this experience

motivated you to make other health related behavior changes?

A. This experience has most definitely motivated me to make other health related behaviour changes. I have been very fortunate this year to have been guided by a member of Health Promotion Services, Annette Huyter, to join two MARLANT Health and Wellness Strategy Working Groups on the base - Addiction Free Living and Social and Mental Well Being. In the past I have been dedicated to fitness on a solo level but I never realized how motivating fitness can be, not only physically but mentally empowering when working together as a team to achieve a goal.

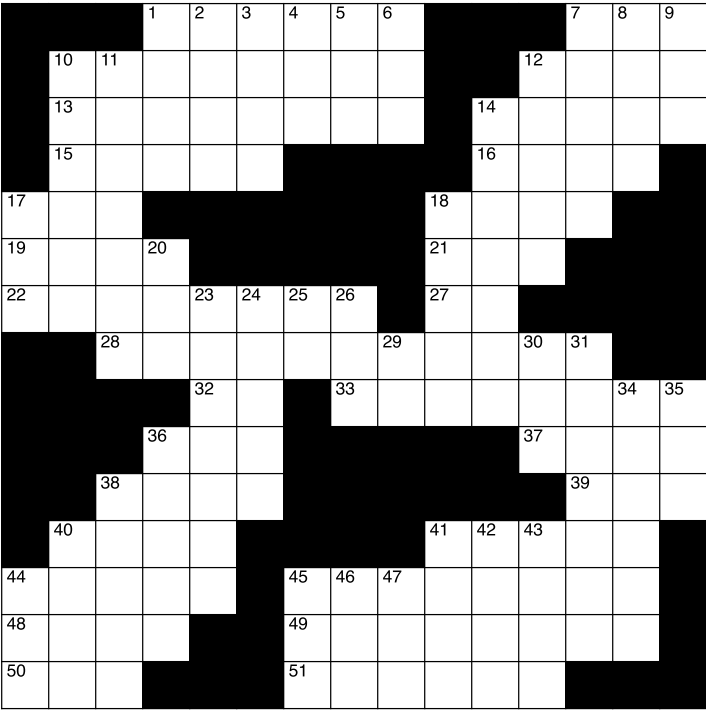
Q. What advice would you give someone thinking about trying out for next year's Nijmegen Team?

A. Utilize the highly beneficial services available for military members. As a team we were given a very informative nutritional brief from Health Promotion Services that gave us guidelines tailored to doing distance marching, along with my favorite brief from a physiotherapist who encouraged members in training to visit her team to



ensure we had properly fitted insoles for the most important part of Nijmegen Training - foot care. In closing, I would encourage every military member to give the training your best attempt. It does not matter what

type of training you've done before or being a specific body type, as the training program designed by experienced leaders will guide each and every member in a competitive, successful direction.



CLUES ACROSS

- 1. Dignified
- 7. Where to get a pint

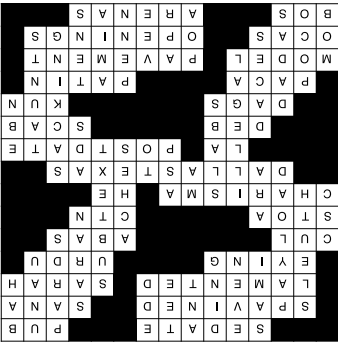
CLUES DOWN

- 10. Broken down
- 12. Peruvian city
- 13. Expressed grief

- 14. Isaac's mother (Bib.)
- 15. Sizing up
- 16. Form of Hindustani
- 17. ___-de-sac
- 18. Greek sophist
- 19. Greek portico
- 21. Christian Television Network
- 22. Attractiveness
- 27. The man
- 28. Home of the Cowboys
- 32. Home to Hollywood
- 33. Be later in time
- 36. Woman
- 37. A type of protection
- 38. Conservative people
- 39. Bela ___, Hungarian Leader
- 40. Rodent
- 41. Gloss or sheen
- 44. Looks good in clothes
- 45. Stephen Malkmus' band
- 48. Org. of C. American States
- 49. Doorways are some
- 50. Cattle genus
- 51. Rock bands play them

- 2. Not odd
- 3. Ring
- 4. Adam is one
- 5. Champion Volunteer QB
- 6. The smartest Ed
- 7. Fast cats
- 8. Two-toed sloth
- 9. ___ humbug!
- 10. Investigator
- 11. Explosive warhead
- 12. Wrap
- 14. Hidden meaning
- 17. Reciprocal of a sine
- 18. Go with pains
- 20. Small constellation
- 23. Prohibited
- 24. Blocks
- 25. Home to Boston (abbr.)
- 26. Small viper
- 29. Toward
- 30. Promotional materials
- 31. Plundering and destroying
- 34. Provokes
- 35. One point north of due east
- 36. Freshwater fishes
- 38. Male parents
- 40. Little (Spanish)

- 41. Sean ___, actor
- 42. Bowfin fish
- 43. Large integers
- 44. An association of criminals
- 45. Genus of grasses
- 46. Annual percentage rate
- 47. Mechanical belt





CANADA WIDE CLEARANCE

ALL 2016 MODELS ARE PRICED TO MOVE

0% PURCHASE FINANCING FOR **84** MONTHS* ON KEY MODELS

\$1,000 EXCLUSIVE DND DOLLARS

INTRODUCING THE **ALL-NEW** 2016 CHEVROLET **CRUZE**



THE ALL-NEW 2016
CHEVROLET CRUZE

FIND **NEW** ROADS™

FEATURES:

- ALL NEW DESIGN
- PREMIUM COMFORT, RIDE AND SAFETY
- ALLOY WHEELS
- HEATED SEATS
- REAR VIEW CAMERA

- 7" MYLINK ENTERTAINMENT WITH APPLE CARPLAY & ANDROID AUTO COMPATIBILITY

LEASE FOR THE EQUIVALENT OF **\$39** WEEKLY FOR **48** MONTHS

LEASE FOR **0%** OR FINANCE FOR **0%**

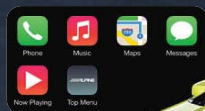
FOR UP TO **60** MONTHS
OR **0.99%** FOR **84** MONTHS

FOR A LIMITED TIME RECEIVE **\$1,000 LEASE CASH SAVINGS** & **\$500 GM CARD*** APPLICATION BONUS

THE **ALL-NEW** 2016 **SPARK**

INTEGRATE YOUR TECHNOLOGY WITH CHEVY MYLINK STANDARD IN EVERY 2016 SPARK, WITH BACK UP CAMERA, APPLE CARPLAY & ANDROID AUTO COMPATIBILITY THAT PROVIDES NAVIGATION TO TAKE YOU EVERYWHERE

APPLE CAR PLAY



SPECIAL PURCHASE: WHILE THEY LAST!

\$9,995 MSRP

ALL NEW VEHICLES COME WITH:

CHEVROLET COMPLETE CARE

2

YEARS/48,000 KM
COMPLIMENTARY
OIL CHANGES**

5

YEARS/160,000 KM
POWERTRAIN
WARRANTY*

5

YEARS/160,000 KM
ROADSIDE
ASSISTANCE*

CHEVROLET



O'REGAN'S
DRIVING HIGHER STANDARDS

109
YEARS AND COUNTING

CHEVROLET | BUICK
GMC | CADILLAC

2477 ROBIE STREET
902-422-8551
OREGANSONROBIE.COM