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HMCS *Fredericton* conducts fast-paced flex during CUTLASS FURY

By Lt(N) Kelly Boyden, PAO

The crew of HMCS *Fredericton* has been operating as task group flagship for the largest maritime exercise held in Canadian waters in more than two decades. In addition to this substantial task, it has also been engaged in providing a snap-shot of life aboard an RCN frigate to a host of distinguished visitors.

CUTLASS FURY 2016 (CF 16) began on September 12 when 11 warships and three submarines from five different nations departed Halifax for waters off the coast of Nova Scotia and Newfoundland. There are also 25 aircraft involved and more than 3,000 military personnel taking part overall. The focus of CF 16 is anti-submarine warfare, however, participants have been involved in high-tempo joint training.

"The ship's company has been engaged in the full-spectrum of maritime operations including air, surface and submarine operations, enhanced naval boarding party training, and refueling at sea with Spanish replenishment vessel ESPS *Patino*," said Cdr Yves Tremblay, Commanding Officer of *Fredericton*. "The

tempo of operations is high and will continue to build throughout the exercise."

From September 12 to 17, *Fredericton* hosted five members of the media, the Commanders of 1 Canadian Air Division and 5th Canadian Division, and Members of Parliament Alaina Lockhart (Fundy Royal), Cathay Wagantall (Yorkton-Melville), and Andy Fillmore (Halifax). In addition, over the course of CF 16, *Fredericton* has also hosted Professor Elinor Sloan, who specializes in the fields of international affairs and defence policy at Carleton University, and Martin Weinhold, an artist who has been capturing imagery for a photo documentary entitled *Workspace Canada*.

"The concept behind my 10-year project, to be made public during Canada's 150th anniversary, is to create an overall picture of Canada through portraits of Canadians at work," said Weinhold. "HMCS *Fredericton* is a special workplace and I wanted to include the ship's personnel in my project as Canada is first and foremost a maritime nation."

Tactical training, multinational manoeuvres, and showcasing the Navy's strategic importance are all in a day's work on board *Fredericton*.



HMCS *Fredericton*'s Enhanced Naval Boarding Party rappels from the ship to the rigid hull inflatable boat during a boarding exercise while participating in Exercise CUTLASS FURY 16, September 17, 2016.

CPL CHRIS RINGIUS, FIS HALIFAX



A/SLt Ben Mason and AB Nick Ortiz, the youngest members of HMCS *Moncton*'s crew, paint the ship's bullring green after having visited Churchill, Manitoba.

MS PETER REED, FIS HALIFAX

HMCS *Moncton*'s bullring gets some new paint

By SLt Alaina Wade, HMCS *Moncton*

In the RCN when a ship crosses significant geographical areas such as across the Arctic circle, around the horn of Africa, or across the equator, there are traditions and ceremonies that go in hand. Most of these customs are older than the RCN, and were handed on from the British Royal Navy 106 years ago. These experiences are a point of pride amongst sailors and ships alike, and are often marked by the painting of the bullring a colour associated with the area visited. In recent years visiting the Canadian prairies has been added to the list. In 2012, HMCS *St. John's* visited Churchill, Manitoba, and released a message stating that if a warship visits Churchill or any other portion of a prairie province, the ship can paint her bullring green to commemorate the sailors who call Alberta, Saskatchewan, and Manitoba home.

Since the Canadian prairie

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HMCS *Charlottetown* takes the 22 Pushup Challenge

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

On August 19, our Defence Minister, Harjit Sajjan, posted a video to his Facebook page showing him doing 22 pushups as part of a campaign meant to raise awareness of the high suicide rate among Canadian and American Armed Forces members, veterans, and first responders.

Statistics gathered in the United States in 2013, revealed that an average of 22 veterans committed suicide each day. Here in Canada, we lost 160 veterans to suicide between 2004 and

2014, more than the total number of CAF members killed in Afghanistan. The challenge: be filmed doing 22 pushups a day for 22 days and nominate others to do the same.

The Commanding Officer and many crewmembers on board HMCS *Charlottetown* were challenged by friends and former shipmates to support the cause whilst deployed in the Mediterranean Sea. In the words of Cdr Andrew Hingston, as expressed in a video of almost half the ship's company doing pushups on the flight deck, "The 22 Pushup Challenge is intended to raise



Almost half of HMCS *Charlottetown*'s crew accepted the 22 Pushup Challenge, including the Departmental Chiefs, shown here on the flight deck.

CPL BLAINE SEWELL, FIS

national awareness of the high number of veteran suicides, and the associated mental health issues. Unfortunately, these issues are all too real in our line of work. I looked for 21 friends to

participate, but I found so many more."

Crewmembers showed their support by taking on the challenge and donating \$1458.00 to the Wounded Warrior and Soldier

On programs.

PO2 Stephan Poirier made a \$500 contribution on behalf of his Halifax Jiu Jitsu Club students, who also participated in the challenge.

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Honours and Awards ceremony recognizes CAF members, RCMP and civilians

By Ryan Melanson,
Trident Staff

The latest Commander JTFA/MARLANT Honours and Awards Ceremony took place on September 15 at Juno Tower, with the Sea Room packed with award recipients as well as their families, colleagues and command teams on hand to watch the presentations. RAdm John Newton, Commander JTFA and MARLANT, handed out the awards and was sure to give each deserving recipient a personal congratulations in front of the audience and ask questions about the good work that led to their awards.

The most prestigious award presented on the day was the Chief of the Defence Staff Commendation, given to CPO1 Glenn Feltis, who served as Coxn in HMCS *Toronto* for the first half of 2013 during the ship's year-long deployment to the Arabian Sea. RAdm Newton said that CPO1 Feltis was his former Combat Chief in HMCS *Fredericton*, and said he knew at the time the sailor would eventually make an excellent Coxn.

"From exploding gas turbines to drug busts off the coast of Tanzania, he experienced it all. I knew him before all that, and I knew he was more than ready for that mission," he said.

The next award presented was

the Commander RCN Commendation, with the first being presented to CPO2 (Ret'd) Dan Peppar, who now serves in a civilian role as MARLANT's Employment Equity Manager. The award, however, was given in recognition of his time as Coxn in HMCS *Windsor* from 2011-2014. Peppar's leadership was credited for helping guide the boat and its crew as it steadily progressed toward operational service.

"He was crucial in that role, and it was devastating when he retired from it," RAdm Newton said, though also expressing his pleasure in now having the former submariner in an important role dealing with diversity and respect in the formation.

The Commander RCN Commendation was also awarded to Trish Jacobs, who recently retired from her longtime position as manager of the MARLANT Employee Assistance Program. Her efforts to enhance the program over the years was noted, along with the impressive fact that she has trained roughly 80 per cent of the EAP Referral Agents across Canada. All who have worked with Trish have been impressed by her drive and dedication to making the most impact possible in her role, RAdm Newton said.

Two Command CJOC Commendation Awards were also presented. The first, to MS Louis



RAdm John Newton, Commander MARLANT and JTFA, poses with award recipients in the Sea Room following the Admiral's Honours and Awards Ceremony on September 15.

LS VALERIE LECLAIR/FFIS

Kelly, stemmed from his deployment aboard HMCS *Fredericton* on Op Reassurance in 2015. MS Kelly displayed exceptional skills above his rank in resolving critical outages to the ship's combat management and fire control systems. The second award went to MS Michael Wenzl, for his work as Shipborne Air Controller while deployed to the Arabian Sea in 2013 with HMCS *Toronto*. He was lauded for his strategic work mitigating air space limitations and maximizing operational effectiveness.

The event wrapped up with a number of Commander MARLANT and JTFA Bravo Zulu Awards, awarded to the following: Lt(N) Joseph Chaput, for his

work as the MARLANT Staff Officer, Visits and Protocol, from 2013-2016; MS Nicole Daniels, for her support and good conduct as the N02VP General Tours/Visits Coordinator; Michelle Druggett and Joy Durand, two registered nurses who were awarded together for providing emergency assistance to a retired officer who took ill during the 2015 CFB Halifax Officer's Mess New Year's Ball; Lt(N) Mark Quesnelle, for his work in the Training and Evaluations section within the Naval Ocean Processing Facility, Whidbey Island, in 2015; MS Ian Smith, for his high technical knowledge of the Naval Multi-Band Terminal Satellite Communications system

during Op Reassurance from late 2014 to summer 2015; David Dunne, Blaine MacNeil and John Stavert, for their critical work as members of the Exercise Frontier Sentinel 15 Contracting Team; PO2 Paul Leblanc, for his work solving logistical and communications challenges around the Exercise Control Command Post for Frontier Sentinel 15; Jim MacDougall, for his work during Frontier Sentinel 15 as the lead planner and casualty simulation coordinator for the provincial department of Health and Wellness; and Sgt Dwayne Kelly, RCMP, for lending his vast policing experience as part of the planning staff for Frontier Sentinel 15.

Share to Win: 20th Anniversary Facebook Contest

By CFMWS

This year, Canadian Forces Morale and Welfare Services (CFMWS) is celebrating 20 years of unrelenting dedication to helping CAF members and their families. This anniversary provides our dedicated CFMWS staff and the military community with an opportunity to celebrate the undeniable progress achieved over the last 20 years.

Whether you are a community member who has experienced firsthand the breadth of services offered by CFMWS or whether you are a current CFMWS employee and are passionate about supporting the military community, we want to hear from you.

From September 15 to October 15, all CFOne Card holders are invited to share a CFMWS memory from the past 20 years on CFMWS' Facebook page (www.facebook.com/CFMWS)

by commenting on a contest-related post using #CFMWS20.

Every week, five (5) winners will be randomly picked among eligible participants. The weekly winners will receive a small prize and be automatically entered into a draw for a chance to win a \$250 CANEX gift card – which will be drawn on Friday, October 28, 2016.

Contest winners will be announced weekly on CFMWS' Facebook page. More information, the link to contest rules and regulations can be found on CFMWS' Facebook page and are also available on CFMWS' Website at www.cfmws.com.

To find out more about CFMWS' 20th Anniversary, we invite you to visit our virtual gallery (www.cfmws20-sbmfc20.com) where you can learn more about significant milestones that marked our organization's history and updates on upcoming anniversary-related events.

Concours Facebook du 20e anniversaire Partagez pour gagner

Par SBMFC

Cette année, les Services de bien-être et moral des Forces canadiennes (SBMFC) célèbrent 20 années de dévouement indéfectible envers les membres des FAC et leur famille. Cet anniversaire donne aux membres dévoués du personnel des SBMFC et de la communauté militaire l'occasion de souligner les progrès indéniables qui ont été réalisés au cours des 20 dernières années.

Que vous soyez l'un des membres de la communauté qui a bénéficié personnellement de la gamme des services offerts par les SBMFC ou que vous fassiez partie de leur personnel et que

vous ayez à cœur d'appuyer la communauté militaire, nous aimerions que vous nous racontiez vos souvenirs.

Du 15 septembre au 15 octobre, nous invitons tous les titulaires de la carte UneFC à partager un souvenir des SBMFC des derniers 20 ans sur la page Facebook des SBMFC (www.facebook.com/SBMFC) en commentant une publication relative au concours et en utilisant #SBMFC20.

Chaque semaine, cinq (5) gagnants seront choisis au hasard parmi les participants admissibles. Les gagnants hebdomadaires recevront un petit prix et leurs noms seront automatiquement inscrits dans un tirage – qui aura lieu le vendredi 28 octobre

2016 – pour courir la chance de gagner une carte-cadeau CANEX d'une valeur de 250 \$.

Les noms des gagnants seront annoncés chaque semaine sur la page Facebook des SBMFC. Un lien vers les règles du concours est affiché sur la page Facebook des SBMFC ou sur notre site Web au www.sbmfc.com.

Pour en apprendre davantage sur le 20e anniversaire des SBMFC, nous vous invitons à visiter notre galerie virtuelle (www.cfmws20-sbmfc20.com) afin de connaître les étapes importantes que notre organisation a franchies ainsi que les prochaines activités organisées dans le cadre de cet anniversaire.

National Fire Prevention Week starts October 10

By Sgt Edward Fairhurst,
Chief Fire Inspector, 12 Wing Shearwater

Shearwater Fire Hall is pleased to announce its continuing participation in the National Fire Prevention Week Campaign. Fire prevention week is a tradition that was started by the Governor General's first proclamation of fire prevention week in 1923. Every year since, a theme is

decided to help the residents of every community understand their responsibilities when it comes to home and work place safety and fire prevention practices.

This year's theme is "Don't wait, check the date", reminding us that our home smoke alarms need to be changed every 10 years. National Fire Protection Association studies show that three out of five home fire deaths

result from fires in properties without smoke alarms. Shearwater Fire Department will focus on working with the community on the importance of making sure not only that you have smoke alarms, but that you understand how to keep them working to improve your family's safety in the event of a home fire.

12 Wing Shearwater's opening ceremony will take place at 12

Wing Headquarters on Tuesday, October 11 at 9 a.m. On Wednesday, October 12 at 10 a.m. there will be a vehicle extrication demonstration showcasing new E-Draulic rescue tools that are replacing old hydraulic technology. There will also be an information booth for people to learn how to inspect your home smoke alarms. Finally, there will be an assembly at the MFRC

hosted by Sparky the Fire Dog, who will give out prizes to children for a colouring contest.

12 Wing Fire Department hopes to see you at all or some of the events but if you cannot make it, contact the fire hall and we will be more than willing to provide you with any information you require to make your home or workplace a fire safe environment.

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A hero of the First World War

By Virginia Beaton,
Trident Staff

As we learn ever more about First World War history, Canadians from across the country are rediscovering our own heroes.

One of these heroes is AB Leander Green, a sailor with the Royal Naval Reserve Newfoundland Division. In 1915, he became the first Newfoundlander to receive the Distinguished Service Medal during the First World War, as well as a medal for heroism from the King of Norway.

A bust of AB Green was unveiled during a ceremony in Sunnyside, NL on Sunday, September 11, 2016. Capt(N) Darren Garnier, Commanding Officer, Canadian Forces Maritime Warfare Centre, represented MARLANT at the event.

As a Newfoundlander himself, Capt(N) Garnier says he was proud to attend and to represent the Royal Canadian Navy.

"The event was extremely well organized," he says. "There were many dignitaries present, and nearly 100 family members and descendants of AB Green were in attendance." There was an assembly at the Town's spectacular seaside cenotaph, followed by a short RNC Mounted Unit led procession to the Sunnyside Lions Community Centre, where the bust was unveiled.

The incident for which AB Green was honoured occurred in early January 1915. AB Green had joined the Royal Naval Reserve in 1912 at the age of 22. At the time of the incident, shortly after midnight on January 1, 1915, he was serving in the armed merchant cruiser HMS *Hilary* who was towing the Norwegian barque *Maryetta* in the North Sea. The barque signaled that it had sprung a leak and the CO of *Hilary* asked for volunteers to jump into the water to bring lifelines to *Maryetta* to attempt rescue of the sailors in the sinking barque.



A bust of AB Leander Green, the first Newfoundlander to receive the Distinguished Service Medal in the First World War, was unveiled during a ceremony in Sunnyside, Newfoundland on September 11, 2016.

LT(N) TIM WOODWORTH, HMCS CABOT PAO

AB Green volunteered and jumped in the frigid waters, bringing a lifeline to the stricken vessel, in so doing he enabled the lives of six merchant sailors to be saved. During the rescue, an

officer and an NCM from *Hilary* were lost, as were nine sailors from *Maryetta*.

In his remarks during the ceremony, Capt(N) Garnier decided to focus on the meaning of duty, service and sacrifice. "Leander Green was an ordinary man in an extraordinary circumstance, who did the right thing. That's what a hero is," says Capt(N) Garnier. "I spoke to his character traits, and challenged everyone to find those qualities within themselves

and to take courage from the example of those, such as Leander Green, who have gone before us." As the ceremony took place on the 15th anniversary of the September 11 attacks, "I, like the other speakers at the ceremony, spoke about the importance of remembering acts of unselfish service."

In addition to Capt(N) Garnier, dignitaries at the event included Their Honours the Lieutenant Governor Frank Fagan and Mrs.

Fagan; the Honourable Judy Foote, Minister for Public Services and Procurement; the local MHA Mark Browne, Parliamentary Assistant to the Premier of NL; municipal officials including the Mayor; personnel from CFS St. John's including LCdr Jerry Parsons, Commander of CFS St. John's; personnel from HMCS *Cabot*, including the former CO, LCdr Shannon Lewis-Simpson; MS Norman Snook and LS Jamie Snook, two MARLANT sailors originally from Sunnyside who are related to AB Green; members of the Royal Newfoundland Constabulary Mounted Unit; and the RCMP.

Sculptor Christian Corbet, who created the bust, was also present, and spoke movingly to the audience about how he came to create the sculpture. Corbet, who is sculptor in residence of the RCN, has already created a bust of AB Green that is on display at the Canadian War Museum in Ottawa.

Everett Green, the youngest of Leander Green's 11 children, unveiled the bust. "He wore his father's medals to the ceremony, which I found very meaningful," says Capt(N) Garnier. Looking at the bust of AB Green, Capt(N) Garnier says it was remarkable to see the strong resemblance between it and the many Green family members.

Leander Green received his Distinguished Service Medal from King George V in August of 1915, and served until the end of the war until he was demobilized in May 1919. He returned to Newfoundland, married and had 11 children, finally settling in Sunnyside, Trinity Bay, where he returned to life as a fisherman.

HMCS *Ville de Québec* raises awareness of the Royal Canadian Navy

By Louise Matheson,
MARLANT PAO

HMCS *Ville de Québec* recently completed four port visits to Montreal, Toronto, Brockville and Quebec City along the St. Lawrence Seaway and Great Lakes September 26.

Departing Halifax on September 6, the ship increased awareness to the St. Lawrence Seaway and Great lakes by connecting with Canadians and regional key influencers, and extending a naval presence in areas not traditionally visited by ships.

The ship's company was available to speak with the public during public tours about the jobs they do onboard *Ville de Québec* and on the ship's upgraded capabilities from the Halifax-class Modernization/Frigate Life Extension project (HCM/FELEX).

"With the current HCM/FELEX project coming to an end, it is an exciting time for engineers

working with post-HCM/FELEX ships," says SLt) Ankit Kothiyari. "Continuous upgrades keep me on my toes, learning new things every day. With a department of 54 personnel, the variety of expertise, my knowledge base is constantly improving. I have had the pleasure of being deployed on three HMC ships, *Preserver*, *Charlottetown*, and *Ville de Québec*, and visiting various countries in Europe, eastern seaboard of USA and now, just recently, the Great Lakes Deployment."

The intent of the Great Lakes Deployment is to promote the Royal Canadian Navy, the ships and their capabilities and to educate people on the many exciting career opportunities the RCN offers as an employer of choice.

LS Laxton has just over six years of service in the RCN. "I got in to the trade for the enjoyment of repairing and fixing equipment," he said. "I also do



LS Will Laxton, gives a tour to guest onboard HMCS *Ville de Quebec*, as the ship is along side Montreal on its way to the great lakes on September 10.

LS Dan Bard, FIS Halifax

secondary duties such as deck and helm work, which I enjoy as I used to race sailboats."

LS Cody Moses enjoys the responsibility in assisting the Command team of *Ville de Québec*, "It is an important role being a Naval Communicator," said LS Moses "and I plan on

continuing my knowledge of the trade for years to come." He is also a Ship's Team Diver onboard and the Assistant Information System Administrator.

Focused on attracting Canadians from across the country, the CAF and the RCN are responsible to ensure that Canadians

know and understand what their military is doing on their behalf at home and abroad. HMC Ships' visits, such as that of *Ville de Québec* throughout the Great Lakes and St. Lawrence Seaway, provide an excellent opportunity to connect and educate the Canadian public.

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Sept 19 Home Improvement Special
Oct 3 MFRC
Oct 17
Oct 31 MFRC / Remembrance Special
Nov 14 Holiday Shopping Special
Nov 28
Dec 12 MFRC / Year End Review



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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.

615 (Bluenose) Royal Canadian Air Cadet Squadron
Time: 6:15 - 9:15 p.m.
Date: Wednesdays, ongoing
Location: NTDC(A)

Flight principles, air navigation, meteorology, first aid, airframes, engines, marksmanship, effective speaking, instructional techniques and leadership are some of the things you will learn as a member of 615 (Bluenose) Squadron. If you are 12 -18 years of age you can join. Air cadet activities are centered on aeronautics and leadership. There are no fees to join and uniforms are provided. Summer training courses from 2-7 weeks in length are available.

615 (Bluenose) Squadron meets Wednesdays from 6:15-9:15 p.m. at the Naval Training Development Centre (Atlantic) (formerly CFNES), CFB Halifax (entrance to the base is at the corner of Almon and Gottingen). For more information, go to www.615air-cadets.ca or email 615air@cadets.gc.ca.

Mi'kmaq Treaty Day
Date: Monday, October 3

The public is invited to attend celebrations for Mi'kmaq treaty day, which commemorates the key role of treaties in the relationship between the Nova Scotia Mi'kmaq and the Crown. Official events through the morning include:

- 8:30 am - Flag Raising Ceremony,

Government House: 1451 Barrington Street.

- 9:30 am - Treaty Day church services, St. Mary's Basilica, Spring Garden Road

- 10:45 am - Veterans Parade of Honour to Grand Parade Square

- 11:15 am - Flag raising ceremony, Grand Parade Square, with a welcome address from Mayor Mike Savage and a veterans' address from Hon LCol Donald Julien.
Bedford Institute of Oceanography Information Session
Time: 7 p.m.

Date: Tuesday, October 4
Location: Maritime Museum of the Atlantic

The Bedford Institute of Oceanography (BIO) is a federal oceanographic research facility located on the shores of the Bedford Basin in Dartmouth. Since its establishment in 1962, it has grown to become Canada's largest centre for ocean research. This illustrated talk at the Maritime Museum of the Atlantic by Emeritus Scientist Don Gordon will briefly summarize the history of the Institute and highlight some of its many notable scientific accomplishments of benefit to Canada and the world. The event is free for the public to attend.
Dalhousie University 7th Annual Mawio'mi
Time: 10 a.m.

Date: October 6, 2016

Location: Dalhousie Quad and other locations on campus

This year marks the Dalhousie Native Student Association's 7th Annual Mawio'mi on the Dalhousie University Campus. The daylong event showcases the raising of the Mi'kmaq flag, Mi'kmaq drummers, dancers and crafters, while honoring our Elders on recognized unceded Mi'kmaq territory. This learning opportunity and community event is free and open to all members of the public.

Nocturne: Art at Night
Time: 6 p.m. - midnight
Date: Saturday, October 15
Location: Downtown Halifax

This free fall festival aims to bring art and energy to the streets of Halifax and Dartmouth, showcasing and celebrating the visual arts scene the HRM. Nocturne, designed and planned by volunteers, guides residents and visitors alike to a variety of exhibitions in galleries and public spaces throughout the city. For a full list of participating venues, spaces and businesses as the event approaches, visit nocturnehalifax.ca.

Canada's Eastern Arctic with Nick Newbery
Time: 7 p.m.

Date: Tuesday, October 18
Location: Maritime Museum of the Atlantic

Nick Newbery spent 30 years living and teaching in several small Inuit communities in

Nunavut, with much of his work being with at-risk aboriginal youth. His published work includes poetry, media articles, posters, calendars, postcards, a film, many teacher resource manuals, and he now teaches a northern studies course at Mount St. Vincent University in Halifax. His presentation at the Maritime Museum of the Atlantic will serve as an introduction to Canada's newest territory in the Eastern Arctic, and he aims to make it a fun, hands-on experience by introducing his audience to some unique northern artifacts, music and games. The event is free for the public to attend.

Talking Circle Event

Time: 9:30 a.m.- 4 p.m.

Date: Wednesday, October 19
Location: Mi'kmaq Native Friendship Centre

Debbie Eisan of the Mi'kmaq Native Friendship Centre extends an invitation to all presently and past serving CAF/DND Aboriginal members to join a Talking Circle on Wednesday, October 19 at the Mi'kmaq Native Friendship Centre, 2158 Gottigen St. Dress is civilian clothing. For more information, contact Debbie Eisan at 902-420-1576.

Bullring

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provinces are for the most part land-locked, it is far rarer for a vessel to visit there than the crossing of any of the other lines. Until the Arctic Offshore Patrol Vessels are operational, it is quite possible no other naval ships will have this opportunity. *Moncton*, whose busy sailing schedule has recently taken the ship and 40 crewmembers all over the world

on various operations and exercises, just had the exceptional opportunity to pull into port in Churchill, Manitoba. Surrounded by beluga whales and with RAdm John Newton, Commander JTFA and MARLANT on board, AB Nicholas Ortiz and A/SLt Benjamin Mason painted the bullring green while music from the Tragically Hip played on the upper decks.

This Kingston Class vessel, manned by a blended crew of members from both the primary reserve and regular force is

crossing boundaries and participating in significant exercises and operations. It is a privilege for these sailors to put 'boots on the

ground' in our own northern communities which rarely get face to face exposure with the RCN.

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NDWCC 2016 off to a great start

By Cdrs Dave Colbourne and Geoff Steed,
Co-campaign directors

The three official kick-offs to start the National Defence Workplace Charitable Campaign (NDWCC) at the base, FMFCS and 12 Wing were resounding successes. Between great food, great musical entertainment, a hard fought Sea King pulling competition and seeing our bosses swimming in the dunk tanks, the kick-offs were a fantastic way to begin our efforts towards a very worthy cause. Thank you to those who organized these great events.

One of the most important aspects of the

kick-offs was to raise awareness of the campaign and serve as an opportunity for you to meet some of the many agencies and charities that are depending upon your community support. Health partners, such as The Canadian Cancer Society or Crohn's & Colitis Canada use donations to fund critical research. Community Centres, such as Ward Five, offer hot meals to shut-in senior citizens. *Bryony House* provides a safe shelter and support services for women and families impacted by intimate partner violence and abuse. Our own MFRC provides top-notch essential services to military families and HMCS *Sackville* is Canada's Naval Memorial. These,

and hundreds of other bona fide and worthwhile charities play a significant role in helping those in need within our community, making all our neighbourhoods and lives a little better.

Soon, your Unit Canvasser will be coming around to explain how important your donation can be and how much of a difference you can make within your community. Please give them the time to explain the benefits of NDWCC and answer any questions you might have.

Giving from your heart is easy. You can make your donation, no matter how big or small via cash, cheque, credit card (lump sum or equal monthly deductions) or

through payroll deductions. For those of us who use the Phoenix Pay System, the system has been processing NDWCC contributions since February 2016 and has been successfully tested to ensure that payroll deductions for this year's campaign will begin effective January 2017 without issue.

Giving does not have to be big. For example, if each of us gave only \$5.00 per pay (the price of a coffee & doughnut), we would easily exceed a million dollars and not even notice that we donated to a worthy cause. Think of the impact that we could make.

Please, don't give until it hurts. Instead, give until you feel good about giving.



CFB Halifax Base Commander Capt(N) Chris Sutherland takes a turn in the dunk tank for charity while RAdm John Newton, Commander MARLANT and JTFA, cheers on the participants.

RYAN MELANSON/TRIDENT STAFF

NDWCC 2016 kicks off with food and fun for a good cause

By Ryan Melanson,
Trident Staff

The National Defence Workplace Charitable Campaign (NDWCC) is underway once again, with a successful kickoff event being held at A-Block Galley in Stadacona on September 22. Minimal manning was authorised to allow as many members as possible to come down for snacks, games and to learn about the charities the DND community comes together to help each year.

The Galley was filled up with representatives from the charities under the United Way and HealthPartners banner, DND groups like PSP, Health Promotion Services and the MFRC, as well as tables selling tickets for raffle draws and other fundraisers. Some of the groups brought along games or other interactive activities, and the MFRC even had a virtual reality gaming system for people to try out. Along with the pizza and other snacks, as well as the dunk tank and high striker games set up outside, it all added up to a fun afternoon in support of worthwhile causes.

And representing those charities and causes at the event was Eileen Dooley, the CEO of HealthPartners, who thanked those in attendance both for their service to Canada and for the significant support they provide each year. She reminded everyone that 87 per cent of Canadians will be directly affected by one or more chronic diseases in their lifetime, and that the 16 HealthPartners charities like Cystic Fibrosis Canada, ALS Canada and The Lung Association, among many others, are working to bring that percentage down in the future.

"When you give your hard-earned money to us, we in turn give that money to our charities, and they use it to produce groundbreaking research," Dooley said.

CFB Halifax Base Commander Capt(N) Chris Sutherland, who sits on the board of directors for the United Way in Halifax and spoke on their behalf, stressed the fact that money donated is used to make a difference locally, rather than getting dispersed out nationally.

"Yes, they are large charitable organizations, but they support their communities. The donations you make go to Halifax elements of the charities. You are investing in the health and wellbeing of people in the Halifax Regional Municipality," he said, sharing the United Way of Halifax's goal of impacting 50,000 lives over a five-year period through its work on local issues like poverty and food security.

Capt(N) Sutherland also thanked the representatives from each charity and the volunteers who put the kickoff event together before heading off to the dunk tank. There, he raised a good amount of money on his own thanks to the steady stream of people willing to pay money to send the Base Commander for a swim.

Formation Halifax is being challenged to raise more money for NDWCC this year than their colleagues in Esquimalt, and members were reminded that donations can be made a number of ways, including paycheck deductions and credit cards. Also, if people want to participate but have a preferred charity that falls outside of the United Way or HealthPartners, donations to any registered charity in Canada can be counted toward the NDWCC.



HMCS Shawinigan donates school supplies to school in Nunavut

During a one-day stop by HMCS Shawinigan in Arctic Bay, Nunavut on September 6, members of the crew presented Abdus Salam (centre), Principal of Inuujaq School, with backpacks containing school supplies donated by RCN personnel. Crew members are (left to right) A/SLt J.C.M. Martin-Labelle, LCdr D. St Croix, Commanding Officer Shawinigan, LS D. Payne (rear), and Marine Engine Technician, PO2 J.A.S. Poissant (rear right), Senior Electrician. Crewmembers of Shawinigan perform sea training activities as part of the ship's support of Op LIMPID, the CAF contribution to northern surveillance. The RCN force generates elements capable of operating in the Arctic environment in order to provide a visible maritime presence and surveillance in support of northern sovereignty.

CPL NEIL CLARKSON, 14 WING IMAGING, GREENWOOD

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Deployment is routine, but there is no routine deployment

By Sarah-Jean Mannette,
H&R MFRC

While deployment is a routine part of military life for the service member and their family, the nature of the deployment can have significant impact on the children and family left behind. At the H&R MFRC, we know firsthand the physical and emotional demands placed on partners, children and extended family as a result of deployment or other work related separations. We believe deployment support doesn't begin when a member leaves, nor does it end when a member comes home: it's an ongoing process.

Coping Strategies and Suggestions

Although every work related

separation can be different, there are common strategies and suggestions that may help ease you through the experience.

- Maintain a healthy lifestyle – adequate sleep, exercise and healthy diet help the body to better manage stress.
- Nurture a support system – social support is an effective prevention strategy.
- Recognize limits and take breaks – ensuring adequate down time is extremely important in staying psychologically healthy.
- Balance demands and priorities – learning to say no to unrealistic demands, or simply things that are not a priority, is a skill that will be extremely helpful during the deployment.
- Keep in touch with the H&R MFRC. Go to www.halifaxmfr.ca



Big thanks to Lockheed Martin for the recent donation of \$5000 to the H&R MFRC.

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or call 902-427-7788 for more information.

Ways We can Help

We are committed to ensure our CAF families are connected and supported. Here are some programs and services that we offer before, during and after a deployment. Connect with us for more information.

- Assistance during family-related emergencies

- Deployment respite and emergency child care
- Deployment information packages
- Deployment publications for adults and children
- Family Briefings and great special activities for adults and families
- Information and Referrals
- Mail drop-off
- Weekly email program and event updates

- Pre-deployment and reunification briefings
 - Resources and mission information
 - Volunteer opportunities
- If you're interested in learning more about the program, please visit: www.halifaxmfr.ca, or call the H&R MFRC at 902-427-7788 to speak with Deployment Services.
- Source: The Guide to the Road to Mental Readiness (R2MR)

Les déploiements sont typiques de la vie militaire, mais il n'y aucun déploiement typique

Par Sarah-Jean Mannette,
CRFM H et R

Même si les déploiements font partie de la routine pour les membres des Forces canadiennes et leurs familles, la nature des déploiements peut avoir un impact significatif sur les enfants et la famille.

Au CRFM H et R, nous comprenons très bien les demandes physiques et émotives causées par les déploiements et les séparations reliées au travail et leur impact sur les conjoints, les enfants et sur la famille élargie. Nous croyons que l'appui aux déploiements ne commence pas au moment où le membre part et ne se termine pas quand le membre revient : c'est un processus continu.

Stratégies d'adaptation et suggestions

Bien que chaque séparation reliée au travail soit différente, il existe des stratégies communes et des suggestions qui pourront vous aider à passer à travers l'expérience.

- Maintenir un style de vie sain – dormir suffisamment, faire de l'exercice et maintenir une diète saine aide le corps à mieux gérer le stress.
- Investir dans votre réseau de soutien – le soutien social est une stratégie de prévention efficace.
- Reconnaître ses limites et prendre des pauses – s'assurer d'avoir des moments de répit est ex-

trêmement important afin de rester psychologiquement en santé.

- Balancer les demandes et les priorités – apprendre à dire non aux demandes irréalistes ou simplement aux choses qui ne sont pas une priorité est une compétence qui sera très utile durant le déploiement.

· Rester en contact avec le CRFM. Visitez le www.halifaxmfr.ca ou téléphonez au 902-427-7788 pour plus d'information.

Les façons dont nous pouvons aider

Nous sommes engagés à veiller à ce que nos familles militaires soient connectées et appuyées. Voici certains des programmes que nous offrons avant, pendant et après un déploiement. Contactez-nous pour plus d'information.

- Soutien lors d'urgences familiales
- Service de garde de répit et d'urgence
- Trousses d'information sur le déploiement
- Ressources et brochures sur le déploiement pour les adultes et les enfants
- Séances d'information pour la famille et activités spéciales pour les adultes et la famille
- Service d'information et d'aiguillage
- Dépôt de colis
- Service d'infolettre électronique hebdomadaire sur la programmation à venir

· Séances d'information sur le pré-déploiement et le retour à la maison

- Opportunités de bénévolat

Si vous vous intéressez à apprendre d'avantage par rapport à ce programme, veuillez visiter : www.halifaxmfr.ca ou appelez au CRFM d'Halifax et régions au 902-427-7788 pour joindre la superviseure des Services de Déploiement.

La source : La guide de l'animateur *Road to Mental Readiness (R2MR)* traduit librement par Annie Fortin.

Vacation Lottery Extravaganza Winner for September /

Gagnant de la loterie Extravaganza Vacances au soleil pour le mois de septembre

Congratulations to Cmdr (Retired) Garrett Reddy, grand prize winner of the H&R MFRC's Vacation Lottery Extravaganza for September. Félicitations à MRC (retraité) Garrett Reddy, grand gagnant du tirage de septembre de la loterie Extravaganza Vacances au soleil du CRFM H et R.

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Volunteers from BIS and BLog lend a hand for school cleanup effort

By Ryan Melanson,
Trident Staff

While CFB Halifax can be a community in its own right, the base is also part of the larger HRM community, and the CAF members who work here often head off base to get involved or help out where needed.

Such was the case recently when a group of more than 20 volunteers from base units BIS and BLog spent the morning at Inglis Street Elementary School, lending some manpower to a cleanup job focused on making the area more accessible for students with disabilities.

The helpers from CFB Halifax were doing some of the final labour work needed for a larger accessibility project that involved the Halifax Regional School Board and the Municipality. The whole effort consisted of installing a wheelchair lift on the school property, as well as new paths constructed in the school's playground, which is a part of the neighbouring Gorsebrook Park. The paved lot behind the school, where children pass through on their way to play, was also covered in piles of rocks, loose gravel or weeds growing through

the concrete.

"And that's what we're doing here, the last part of the puzzle, just the cleanup of the paved area because there was a lot of gravel and other obstacles," said CPO2 Joseph Abando, the Client Services Chief for BIS and one of the organizers of the volunteer group.

HRM District 7 Councillor Wayne Mason was a proponent of the project, and reached out to CFB Halifax to check for interest in participating. Once the call went out, there was no trouble rounding up the needed number of volunteers, CPO2 Abando said.

Sherri MacDonald, the Principal at Inglis Street Elementary, said the work from the base volunteers allowed them to get the area cleaned up much faster, which was important with a new school year getting underway. While just a small piece of the project, she said cleaning out the lot makes getting around easier for students, specifically two newcomers to the school this year who use wheelchairs. Students who use walkers will also benefit, and even those who simply run at high speeds at recess will be less likely to trip



From left, MCpl Kent Thistle and LS William Ferrell help clear away some rocks while cleaning up the lot behind Inglis Street Elementary on September 13.

RYAN MELANSON/TRIDENT STAFF

and fall.

"We have students who really wouldn't have access to the playground without this work, so it's important," she said.

The Principal added that the south end school has a diverse student body with children from all over the world, and she was pleased they were able to see that the men and women in uniform were willing to do something to help.

"I think it helps them to have that understanding that we're all part of the community and we can work together, and to see some of the good work that the people from CFB Halifax can do."

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Officer says Cutlass Fury 2016 provided a unique opportunity for American sailors

By Ryan Melanson,
Trident Staff

United States Navy Commander Marc Picard is no stranger to his neighbouring country to the north. The USN officer was born and raised south of the border, growing up in Massachusetts, but only after his Quebec-born parents moved to the United States. That Quebec connection caught up with him again later in life when he met his wife, who also hails from La Belle Province.

Needless to say, visits to Quebec to visit in-laws and other family members are frequent. Getting the chance to spend two weeks in the Halifax region as part of Exercise Cutlass Fury 16, however, was a little different, and a new experience.

"I've never been to the Maritimes and I'm actually really happy to be here. I've been trying to get to Halifax on every ship I've been on, and it just never worked out," Cdr Picard said.

"It's a popular spot in terms of a lot of guys always wanting to sail to Halifax because they know how nice of an area it is."

Cdr Picard spent the exercise working as the deputy commander for a task group that included USN destroyers USS Gonzalez and USS Bulkeley as well as the replenishment ship USNS Robert E. Peary and the French frigate Languedoc. His role meant a good deal of time was spent with administrative work and other day-to-day tasks, but it also included tactical and force employment aspects.

The high-profile job meant that most of the alongside portion of the exercise was spent tied up with official duties. But Cdr Picard said he still enjoyed the chance to finally spend some time on the East Coast.

"And from talking with our sailors, they definitely went and visited the Citadel and checked out the town and had a good time," he said, adding a highlight for some of the

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Strengthening bonds and sharing expertise during CUTLASS FURY 2016

By Lt(N) Kelly Boyden,
PAO

Commander Task Group 301.1 for CUTLASS FURY 2016 (CF 16), Capt (N) Craig Skjerpen, and Task Group Engineering Officer, Cdr Tom Sheehan, were welcomed aboard French Ship (FS) Languedoc for a tour on September 16, 2016.

FS Languedoc is a recently constructed Aquitaine-class, multi-role frigate, still so new it has yet to be formally commissioned into the French Navy.

Welcomed by Capt(N) Guillaume Arnoux, the ship's Commanding Officer, and its Chief Engineer, Cdr Jérôme Clemence, the goal of the visit, much like one of the aims of CUTLASS FURY itself, was to build interoperability and relationships between allied navies.

"I'd like to thank Capt(N) Arnoux and his ship's company for graciously hosting us in the midst of the challenging and complex learning environment that is CUTLASS FURY," said Capt(N) Skjerpen. "It was great to see the RCN's interoperability with the French Navy from the other side and to tour FS Languedoc, an impressive new edition to the French fleet."

"From a technical standpoint, FS Languedoc's crew and systems have been well integrated and optimized by smart choices in automation. As a result, there is a high degree of trust



Ships participating in EX CUTLASS FURY 2016 make Replenishment at Sea (RAS) approach during the multi-national exercise off the coast of Nova Scotia, September 12, 2016.

CPL CHRIS RINGIUS, FIS HALIFAX

and very little redundancy on board," added Cdr Sheehan.

CF 16 is a combined, joint, Canadian-led advanced exercise hosted by Commander Maritime Forces Atlantic and executed by Commander Canadian Fleet Atlantic. This year's iteration

of CUTLASS FURY, which focuses on anti-submarine warfare, includes Naval and Air Force elements from five participating nations: Canada, the United States, the United Kingdom, Spain and France. The high-tempo joint training helps to

build and strengthen interoperability and combat effectiveness between Canada's military and its NATO allies.

The at-sea phase of CF 16 concluded on September 23, with the ships arriving in St. John's, Newfoundland for a port visit.

Halifax waterfront monument honours soldiers of First World War

By 2Lt Dawn O'Connor,
5th Canadian Division PA

The Last Steps Memorial Arch was erected August 26, behind the Maritime Museum of the Atlantic on the Halifax Waterfront to evoke an emotional connection to the soldiers who served Canada during the First World War.

The idea for the memorial was conceived in 2014 by Corinne MacLellan, governor of the Army Museum of Halifax Citadel. She was inspired by a quote from *Nova Scotia's Part in the Great War*, a book by M. Stuart Hunt.

"Nova Scotia played a role in the conduct of the war which will redound to her glory for all time."

MacLellan felt a memorial was needed

that would inspire reflection on the lives of hundreds of thousands of Canadians who deployed from Halifax to Europe from 1914 to 1918. She believed it was important to find a way to look beyond remembering them solely as a number on the pages of names of those lost or wounded.

Artist Nancy Keating was commissioned to design the victory arch. She took inspiration from the lives of her family members who served, including her own great-uncle who left Halifax in 1915, her grandfather, a brigadier-general, and her father, who served as a major in the Second World War.

Keating wanted people to remember not only those who died or were injured, but also those who survived. She chose an

arch in order to represent a portal to the unknown and to signify that once the brave Canadians travelled their last steps on home soil, their lives and the lives of those that loved them were forever marked.

When Canadians visit the site, they are invited to take a minute to walk in the footsteps burned into the boardwalk, footsteps modeled from combat boots of the

First World War. It is hoped the memorial will prompt visitors to consider what the soldiers may have been feeling and thinking as they left Canada, more than 60,000 of them for the last time.

As citizens peer through the portal, hopefully they will acknowledge, and remind their children, that these last steps of our soldiers are what blazed the trail to securing our current rights and freedoms.



From left to right His Honour BGen (ret'd) The Honourable John James Grant CMM, ONS, CD; Jennifer Angel, Acting Chief Executive Officer, Halifax Waterfront Development; BGen Carl Turenne, Commander, 5th Canadian Division; Capt(N) Chris Sutherland, Base Commander, CFB Halifax; Corinne MacLellan, Governor, Army Museum of Halifax Citadel; Nancy Keating, Artist, Last Steps Memorial Arch; Maj (ret'd) Ken Hynes, Curator, Army Museum of Halifax Citadel, at the official opening of the Last Steps Memorial Arch on August 26, 2016.

SARAH CAMERON, PUBLIC AFFAIRS CO-OP STUDENT, MARLANT

USN Officer

continued from / Page 7

Americans was a visit to Acadian Maple Products in Tantallon.

Of course, the reason for the visit was to participate in Cutlass Fury itself, and Cdr Picard said the entire USN contingent was impressed with the quality and scope of the exercise. The focus on almost entirely ASW-related activities was also unique. While the USN has the largest fleet at its disposal of any NATO member, putting together a simulation of a similar size at home would take an enormous amount of resources, and if it does happen, it's unlikely that 10 whole days at sea could be spent primarily on ASW.

"You can simulate things over four or six hours, but it's not the same as when you take the time to develop a real

scenario, search large areas of water, like you would in real life. The scope of the exercise was extremely valuable."

And as always, just getting sailors from different nations together leads to better cooperation and more familiarity between countries, as well as the chance to pick up best practices from each other. Cdr Picard said a lot of value can be found even in the alongside portion of an exercise like Cutlass Fury, where sailors got a chance to experience Halifax together and even get a little competitive during the Sports Day that was held before the group took to sea.

"There's a lot to be said for just meeting people and spending time with your counterparts on the other side, in terms of building stronger bonds," he said, adding a kudos to the RCN and MARLANT for hosting and taking the lead on the exercise.



47 PAXTON DRIVE, COLE HARBOUR

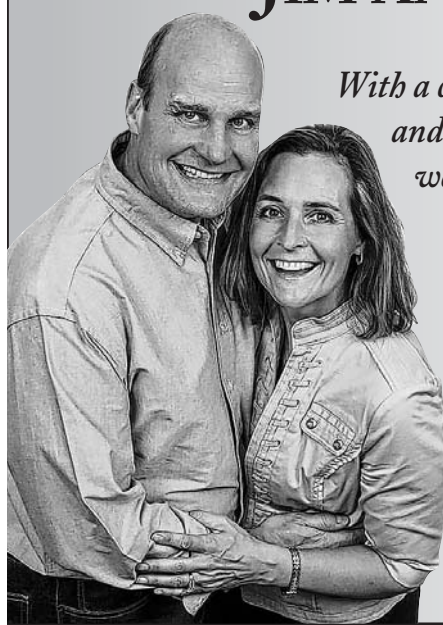
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CFB Halifax Mariners take on Dalhousie team to prep for nationals

By Ryan Melanson,
Trident Staff

With just a few days left to go before heading to Borden for the CAF National Soccer Championship, the CFB Halifax men's soccer team took to Dalhousie University's Wickwire field on September 14 to play the Dalhousie Tigers in a friendly exhibition match.

The goal was twofold, said LCdr Graham Hill, a player and coach for the Mariners. The team wanted to get some experience against a high-quality opponent, with the Dalhousie athletes certainly providing that challenge, and the game also served to further the relationship between CAF sports teams and local civilian clubs or leagues.

The Mariners were defeated 3-0 by the Dalhousie team and were very pleased with their performance, considering the University players tend to have stronger skillsets than members of the base team. LCdr Hill said it was a competitive game and the Mariners put together a number of scoring chances that came up just short.

"It was a great game, and it really gave us a lot of material to work with in terms of training before nationals and identifying some of our strengths and our weak spots."



The CFB Halifax Mariners men's soccer team take on the Dalhousie University Tigers in an exhibition match at Wickwire Field on September 14.

CPL TONY CHAND, FIS HALIFAX

Tigers coach Pat Nearing said his team was also looking to refine their skills as their own season gets underway, making the game a good exercise for both teams. The Mariners reached out to the Tigers without a lot of expectation, realizing the beginning of the season could be a busy time, but were met with enthusiasm for the idea, LCdr

Hill said. The Tigers booked the school's main field and brought out their entire roster for the exhibition. Following the game, both teams mixed together for a group photo, and the Mariners presented a banner to the Dalhousie club as thanks for putting the match together.

The Mariners men were able to bring back their complete roster

from the Regional Championship as they prepared for nationals, and picked up a few of the best players from Greenwood as well. LCdr Hill said the friendly game against tough competition was a great final warmup to get set for a successful National Championship in Borden.

"We're looking forward to it, we plan to win."

CAF member a dynamo in powerlifting

By Lt(N) Natalie Hiscock,
Station Administration
Officer/Station Comptroller, CFS
St. John's

Sgt Paula Roberts, Canadian Forces Station St. John's competed at the 2016 IPF Raw World Classics Powerlifting Championships held in Killeen, Texas from June 19-26.

A member of the Canadian powerlifting team, Sgt Roberts has proven that she is a force to be reckoned with in regards to weightlifting. At the World Championships, Sgt Roberts competed in the Masters 1 (40-49 Yr) Women's 57Kg category. She placed fifth overall in squat and bench and second in deadlift, setting a new Canadian record at 162.5Kg. Overall Sgt Roberts placed fourth with wilks points of 405.71, a powerlifting ranking system which combines both weight lifted and personal weight.

If this was not an amazing feat in itself, even more impressive is that Sgt Roberts only began training for the sport eight months prior. Her first competition was at the CAF Powerlifting Regionals in November of 2015, where she placed first. She then went on to compete at a local meet the following month in hopes of qualifying for provincials. She surpassed her expectations, crushing local competition and earning a provincial bypass thereby qualifying for the national competition.

In February, Sgt Roberts again stunned veteran lifters by becoming national champion at the 2016 Canadian Powerlifting and Bench Press Championships held in Regina, Saskatchewan. Her hard work and determination payed off as this win earned her a spot as a member of Team Canada.

Sgt Roberts originally joined the CAF in 1991-1996. She was a civilian DND employee from 2002-2007 and re-enrolled in the CAF in 2007. Health and fitness has always been an important part of her life and she routinely encourages others in their pursuit of healthy living. She is constantly pursuing challenging new goals and adventures.

Sgt Roberts lives in the St. John's area with her husband Shawn and her three daughters.



Fitness on the flight deck

Members of HMCS Charlottetown participate in a fitness class run by PSP fitness instructor Shane Stillwell (right) while conducting Officer of the Watch manoeuvres in the Mediterranean Sea during Operation REASSURANCE, August 17, 2016.

CPL BLAINE SEWELL, FIS

MARLANT hosts vigorous international sports competition

By Lt(N) Kelly Boyden,
PAO

Canadian sailors hosted their international counterparts during a friendly sports day on Saturday, September 10, at CFB Halifax. In an event organized by MARLANT and Personnel Support Programs Halifax, RCN participants challenged sailors from the United States, the United Kingdom, France and Spain in friendly, but competitive, games of basketball, volleyball and floor hockey in gyms across HMC Dockyard and CFB Halifax. The event was held in a spirit of camaraderie before participants set sail on Monday, September 12 for EX CUTLASS FURY, the first in a series of Canadian-led, multinational exercises to be held bi-annually off the coasts of Nova Scotia and Newfoundland.

"The goal of this competition was to continue to build relationships and teamwork among



A floor hockey competition was one of several games that comprised a sports day on Saturday, September 10, two days before sailors from Canada, the US, the UK, France, and Spain departed Halifax for EX CUTLASS FURY.

MONA GHIZ, MARLANT PA

our allied navies. Over the next few weeks, we'll be working together on an extremely challenging exercise featuring a full spectrum of high-tempo military operations and complex training scenarios. Today was a day for a little competitive fun among friends – which isn't to say our sailors didn't want to win," said a smiling Capt(N) Craig Skjerpen, Deputy Commander Canadian Fleet Atlantic.

While the goal of the sports day was to foster relationships and teamwork, there were awards presented at a post-competition BBQ. A team com-

prised of members of HMC Ships *Goose Bay* and *Summerside* took first place in the floor hockey tournament, crew of HMCS *Fredericton* won the basketball competition, and members of USS *Gonzalez* claimed the top spot in the volleyball challenge, as well as the award for overall team spirit.

"It was a terrific day and the Canadians were great hosts. It is always fun to compete against sailors from different countries," said Lieutenant JG Michael Tomsic, a damage control assistant on board *Gonzalez*.

Fitness and sports updates

By Trident Staff

12 Wing Shearwater Basketball Team needs players. Must be CAF Military at 12 Wing Shearwater. Open Tryouts at Shearwater Gym conclude on Tuesday October 4, 3:30-5:30 p.m. For info, contact MCpl Rob O'Brien at Rob.O'Brien2@forces.gc.ca.

COTW Running takes place at 1 p.m. on October 7. It's a 5km route at the Salt Marsh Trail near 12 Wing Shearwater.

The CFB Halifax Mariners Large Base Hockey Team needs a coach. The time commitment would involve practices and an evening game per week.

All interested candidates, please contact Jonathan Berg at 902-721-8418 or Jonathan.berg@forces.gc.ca.

The CFB Halifax Basketball Team needs players. Applicants must be military members. Open tryouts are at STADPLEX Gym on Wednesday, October 5 from 4 to 6 p.m. For info, contact the coach, Kevin Miller, at 902-721-8411 or Kevin.Miller3@forces.gc.ca.

The CFB Halifax men's volleyball team needs players. The first practice is Monday, October 17, 4-6 p.m. at STADPLEX gym. For more information, contact the coach, PO1 Jason Thompson, at 902-721-4945.

The Formation Halifax Swim team is looking for swimmers. There is a coach, there is a pool, now all they need is you. The pool is shared with Navy Trident Triathlon club and new swimmers are welcome. CFAST/Navy Trident swim hours are Tuesday and Thursday, 6:30-8:30 a.m., Shearwater pool; Wednesday and Friday, 6:30-8:30 a.m., STADPLEX pool; and Sunday, 7-7 p.m., Shearwater pool. All interested, pls contact Capt Kim Grimard at Kim.grimard@hotmail.com.

The 47th Annual Mini Grey Cup takes place on Thursday, October 13 at 1 p.m. on Porteous Field. Players are needed for both teams and no experience is necessary. To sign up, contact the Wardroom (Officers Team): David.Hogenbirk@forces.gc.ca, and for the Fleet Club (NCM Team), contact Isaac.Blakata@forces.gc.ca. For more information call 902-721-8411.

The Intersection Hockey Program is scheduled to begin on October 17.

Individual players who do not have a team to play on, and wish to play shall contact one of the sports coordinators listed below. Goalies wishing to be placed on an on-call list, please provide your name and contact information to one of the sports coordinators: STADPLEX, Jon Berg, 721-8418; Dockyard, Margaret Craig, 427-1469; and 12 Wing, Jason Price, 720-1072. This league is open to Reg Force and Res Force members only. DND/NPF/and civilians do not qualify to participate in the league.

Pick-up floor hockey is from 11 a.m. to noon, Monday through Friday at STADPLEX Gym.

Back due to high demand! The noon hour recreation floor hockey league began on Tuesday, September 6 at STADPLEX Gym. Season will end in December and the winter season will start up end of January, 2017. The league takes place at STADPLEX on Tuesdays and Thursdays over noon hour. Players do not have to belong to the same unit, but can only play for one team (except for goalies). We will require a roster of players (Rank, First Name and Last Name) that are playing or anticipating on playing this year for each team. Prior to each game, the official with hand over the game sheet to the captain who will only have to write the jersey numbers beside the names and cross out the players who aren't attending that match. DND/NPF civvies can play but are required to purchase a Rec pass at the front desk of STADPLEX. We are also looking for volunteer officials to help officiate. In return we will toss some freebies your way along with being course loaded for our CBHA certification course held here in May.

Giving it our best shot at CAFSAC

By **LS Thomas Campbell**,
MARLANT Combat Shooting Team

As you look left and right, shooters in Full Fighting Order stretch out for hundreds of meters in either direction. Some are Canadian, some are American, some are British; all are lying prone by their service rifle, ready to launch forward towards their next target. As you look forward, a row of 74 targets appear and you spring up. The entire relay, 74 shooters in all, charges towards the next firing line. As you climb the mound at the end of the 100 meter sprint, you begin to prepare to fire: you tuck the stock of your rifle into your vest, double check the elevation of your optic, and settle into what you hope will be the most stable kneeling position you can manage. Your lungs scream of the need to breathe faster as you order them to slow, then as you look for the perfect sight picture and squeeze off the first two rounds of the stage.

That first paragraph was a brief first-hand view into what it is like to compete in the Canadian Armed Forces Small Arms Concentration (CAFSAC), hosted annually at the Connaught Range and Primary Training Centre near Ottawa, Ontario. It is an international level Skill at Arms competition for Service Rifle, Service Pistol, and Light



The CAFSAC competition winners are chaired off the range, as is the custom following the event.

COMBAT CAMERA

Machine Gun that has been held in Connaught since 1921. The concentration takes place over the span of two weeks and sees shooters competing for honours and awards with their teams and on an individual basis, as well as offering numerous professional development sessions about marksmanship.

Shooters from the MARLANT Combat Shooting Team (MCST)

represented MARLANT and the RCN through full participation in both Service Rifle and Service Pistol matches at CAFSAC 2016. Overcoming an almost non-existent training season, the MCST still managed a strong showing in both major disciplines. MCST's own LS Lane Admiraal managed a 900m shot just inches from the bull's eye during the opening ceremony, the closest of

any shot that day and well beyond the intended range of the C7A2 rifle he was using.

The marksmanship-oriented experiences had at this competition go above and beyond anything one would normally see in a career within the RCN. From the vast well of experience and expert advice present at these events, to the expertise gained from hands on marksmanship

training and competition, to the humbling experience of shooting beside some of the best shooters that we and our closest allies have to offer, CAFSAC exists as an icon of marksmanship excellence to any currently employed in the Profession of Arms. Interested in more information about CAFSAC or the MCST? Please contact Brad-ley.browne@forces.gc.ca

First ever Commando Challenge Halifax is a success

By **Sarah-Jean Mannette**,
H&R MFRC

Led by Scott Taylor, journalist and publisher of Esprit de Corps, the Ottawa-based Canadian military magazine hosts an annual hockey game in the National Capital Region (NCR), with proceeds going to the NCR MFRC. With the help of VIA Rail, which provided travel for the Commandos, the team played their first away game here in Halifax, in support of the Halifax & Region MFRC.

Titans clashed during the inaugural Commando Challenge in Halifax on Thursday, September 8. The game featured the visiting Esprit de Corps Commandos, captained by Taylor, versus the hometown RCN Mariners, captained by Capt(N) Sutherland.

Hockey legends such as Capt(N) Chris "fast hands" Sutherland, CPO1 Pierre "elbows" Auger and Capt(N) Stephane "the grinder" Lafond and other equally talented and skilled MARLANT players battled against the Commandos for honour and bragging rights.

The Stadacona Band of the RCN provided the pre-game entertainment, the National Anthem, as well as synergy-building jams during the game. Rick Howe, from News 95.7, kept the crowd engaged, announcing the play-by-play of the fast-paced action.

Mayor Mike Savage dropped the face-off puck and the players were quick to show off their skills and wow the crowd. The referees were kept busy, using the penalty box only a few times.

The fans were great. Families of those playing, along with a contingent from the Royal Navy and the French Navy, sponsors and hockey fans, came out and cheered on the teams. The atmosphere was jovial in the stands;

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12 Wing Shearwater's Potato Project

By Cpl Felicia Ogunniya,
12 Wing Imaging

Soldiers helping Soldiers is a CAF initiative with a primary mission to aid the homeless, with an emphasis on nearly homeless veterans. They serve as a bridge organization working with shelters and soup kitchens to identify homeless or at risk veterans and connecting them to services and benefits they are entitled to.

"I heard an alarming statistic on the news stating that 26% of the homeless in Canada are CAF members and their families," said MCpl Leslie Blair, an aviation systems technician from the Helicopter Operational Test and Evaluation Facility. "That very same day I emailed Capt Vicki Ryan, the founder of Soldiers Helping Soldiers. She said that the best way to bring this program to Halifax would be to run a Potato Project to get the word out about the situation in Canada. Eleven days later I had approval from the Wing and the 12 Wing Potato Project was launched."

MCpl Blair spearheaded a 12 Wing Potato Project committee, and challenged units across the wing to participate. 12 Wing's efforts resulted in



Col Peter Allan (left), 12 Wing Commander and Chief Warrant Officer Vincent Bazinet (right), Acting 12 Wing Chief Warrant Officer along with members from the 12 Wing Potato Project committee and members from Readiness Training Flight and proudly display the results of this year's harvest in front of 12 Wing Headquarters on September 16, 2016.

CPL FELICIA OGUNNIYA, 12 WING SHEARWATER

650 lbs of potatoes donated to Hope Cottage Soup Kitchen in Halifax. "It was humbling

to say the least. It was the way it should be, CAF members helping out some of our

forgotten in life, because that's our duty as Canadians." For more information on help-

ing with this initiative, please visit www.justfood.ca/soldiers-helping-soldiers/

37 Canadian Brigade Group Change of Command

By 2Lt Dawn D. O'Connor,
PAO

On September 11, 2016, Col Michel J. Morin, CD, handed over command of 37 Canadian Brigade Group (37 CBG) to Col Alex Brennan, CD.

Col Morin was born in Edmundston and has taught school in New Brunswick since 1992.

He began his military career in 1987, was commissioned from the ranks, and has served with 1st Battalion, The Royal New-Brunswick Regiment (Carleton & York) and 2nd Battalion, The Royal New-Brunswick Regiment (North Shore).

With nearly 30 years as a Reserve Officer, Col Morin reflected on the past two years as Commander of 37 CBG.

"It was a great honour to represent and lead such a great group of men and women in uniform, all eager to serve Canada.

37 CBG is well positioned to face the future. I have no

doubt our hard-working soldiers will accomplish all assigned tasks and support Col Brennan as Commander.

I will miss everyone who worked for me and with me. Together, we built readiness. Thank you to those who supported me and offered advice. I can attest the "Can do attitude" attitude at 37 CBG has taken us far. Always, we remain strong, proud and ready," said Col Morin.

Notable points in Col Morin's career include completing the French Army staff course in Paris, France in 2006, where he was invited to return in 2007 to teach. He was deployed with the United Nations Stabilization Mission in Haiti in 2012, for which he received the Commander's Commendation from Canadian Forces Expeditionary Command.

Col Morin will become the Canadian Army G9 at Canadian Army Headquarters in Ottawa. Incoming commander Col Alex Brennan is from, and still lives in, St. John's,



On Sunday, September 11, Col Alex Brennan became the new Commander of 37 CBG during a Change of Command ceremony in Moncton.

WO JERRY KEAN, 5 CDN DIV

Newfoundland and Labrador. He enrolled in 1st Battalion, The Royal Newfoundland Regiment in 1987 and received his commission in 1988. Col Brennan brings 30 years of service, most recently serving as Assistant Chief of Staff (Support) for 5th Canadian Division

Headquarters located in Halifax, Nova Scotia. He is also employed as a Sergeant with the Royal Newfoundland Constabulary.

"I've had the opportunity to serve on four deployments. My goal as incoming Commander of 37 CBG is to bring that knowledge to the

next generation of reserve soldiers, to build on what Col Morin has already accomplished, and to continue our focus on readiness. 37 CBG's members are my highest priority. We will ensure our soldiers train hard, are mission ready and are capable of integrating with combat-ready forces within a national and multinational framework. Concurrently, we will increase our community footprint and establish a presence in our hometowns."

Col Brennan's deployments include CFB Goose Bay as a Platoon Commander on OP UNIQUE, Cyprus on OP SNOW GOOSE, and OP HARMONY in Croatia as platoon commander in the Medak Pocket. In 2008, he deployed on OP SAFARI as the Canadian Deputy Task Force Commander, with the United Nations Mission in Sudan. As a result of his work, he received the Commander's Commendation from Canadian Forces Expeditionary Command.

CAF Team wins the Tely 10 Battle of the Badges

By Lt(N) Natalie Hiscock,
Station Administration
Officer/Station Comptroller, CFS
St. John's

The Tely 10 Mile Road Race is Newfoundland and Labrador's premier road race and one of the oldest in North America. July 24, 2016 marked the 89th running of this prestigious event, with a record 4912 registrations.

Introduced in 2004, the Battle of the Badges team competition is a race within the Tely 10, comprised of teams from the Cana-

dian Armed Forces, firefighters, Royal Newfoundland Constabulary, RCMP, Her Majesty's Penitentiary Correctional Officers and Sheriff's Office.

This year's competition saw the CAF teams (which are comprised of members from CFS St. John's and Lodger Units) place first, second and third, with two Royal Newfoundland Constabulary teams rounding out the top five.

The CAF team was well represented, with 20 runners taking

part. For some it was their first time competing, while others have participated numerous times.

One such participant, Sgt John Sloan, used this as an opportunity to raise awareness for the Soldier On program. For the fifth year in a row he partook in the race wearing combat boots and carrying a 50-pound rucksack, finishing with a time of 2:20:21.

Each member put a great deal of time and effort into their training and the results prove it.

HMCS Ville de Québec honours some of Canada's newest citizens

By Louise Matheson,
Public Affairs Officer

The ship's company of HMCS Ville de Québec shared a special day with some of Canada's newest citizens during a citizenship ceremony while in Toronto, September 17.

The newly modernized Halifax-class frigate was a memorable location for the ceremony as the new citizens were also able to enjoy what now belongs to them, a Canadian warship.

"Holding the Citizenship Ceremony onboard Ville de Québec gave new Canadians the opportunity to explore their ship and understand its capabilities that it

provides Canada. It was also an excellent opportunity for new citizens to get to know the ship's company who are the heart and soul of Ville de Québec and are truly Canada's competitive advantage at home and abroad," said Cdr LaFrance, Commanding Officer of Ville de Québec.

On its Great Lakes Deployment from September 9 to 24, Ville de Québec visited a select group of port visits to connect with Canadians and share the Royal Canadian Navy story. The deployment increases awareness of the Navy, providing an opportunity to interact with the public and regional key influencers, extending a naval presence in

areas not traditionally visited by ships.

Randy Seupersad, Immigration Supervisor for Citizenship and Immigration Canada, was pleased to have the ceremony on board as it made for a unique and memorable ceremony.

"Having the Citizenship Ceremony on board HMCS Ville de Québec made it a very memorable ceremony for everyone and provided a special moment for today's new Canadians. It was a great reminder of what their new country, Canada, offers," he said.

Ville de Québec visited its namesake city before completing its Great Lakes Deployment and returning to Halifax.

Commando Challenge

continued from / Page 10

on the ice, however, it was another story.

It was a hard-fought battle. The visiting team surprised the crowd, winning the game. Colleen Calvert, executive director of the H&R MFRC, presented the champions' trophy, provided by Lockheed Martin, to the Commandos.

During the post-game reception, in true Canadian fashion, Taylor offered the trophy to the second place team. Capt(N) Sutherland graciously accepted

the cup and expressed his enthusiasm in a rematch.

Taylor, accompanied by Colin Stephenson, executive director of CANSEC Atlantic, presented a cheque to MFRC executive director Colleen Calvert and to me. The cheque, totaling \$2,786.00, was raised from sponsorship as well as generous donations from spectators at the door and for the 50/50 draw.

Thanks to the players, sponsors, organizers, partners, spectators and MFRC volunteers for a wonderful event. We look forward to next year's rematch.

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