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Monday, October 17, 2016



Volume 50, Issue 21

# TRIDENT

www.tridentnews.ca

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

## Toronto Maple Leafs visit HMCS *St. John's* during East Coast trip

By Ryan Melanson,  
Trident Staff

For the second year in a row, HMC Dockyard got a visit from one of Canada's most beloved sports franchises, with a group from the Toronto Maple Leafs coming on board HMCS *St. John's* on September 23.

The team was in the area to open training camp for the year at Bedford's BMO Centre, and *St. John's* Commanding Officer Sheldon Gillis, a Leafs fan himself, said he was thrilled to welcome his favourite team to the ship. With *St. John's* raised on the synchrolift for maintenance, the visitors were able to get a unique view of CFB Halifax that civilians don't often experience.

With a number of crewmembers wearing their Maple Leafs jerseys behind him, Cdr Gillis drew parallels between the visiting athletes and his sailors, who are prepping for a 7-8 month international deployment in early 2017.

"We're both marching towards a common goal and staring down multiple challenges and opportunities. The crew is preparing to deploy on Maritime operations on behalf of the Government of Canada, and the Maple Leafs are preparing for long battles ahead on their way to the postseason next year."

*St. John's* is also currently home to a number of young sailors, some of whom are getting



Members of the Toronto Maple Leafs organization take a break from their East Coast training camp for a tour of HMCS *St. John's* on September 23.

CPL J.W.S HOUCK/FIS HALIFAX

set for their first major deployment, creating another parallel with a Maple Leafs team largely made up of young players hoping to make their mark, including 19-year-old superstar Auston Matthews.

Cdr Gillis also spoke about the team's military roots, with founder and former GM Conn Smythe being a veteran of both World Wars, who had his team undergo machine gun drills in 1939 in case of possible conscription. That history has led to strong military support from the team, including outreach events like this visit, as well as regular

support to the Soldier On Fund.

"It proves the Maple Leafs are more than a corporate sports entity, the team is a cherished Canadian icon, that through its words and deeds, has shown unwavering support to those who serve," he said.

Before touring the ship in small groups led by various supervisors from the crew, the players also got to see a hockey-themed promotion. AB Anton Manson, a former major junior hockey player for the Shawinigan Cataractes, was promoted to Leading Seaman, with Maple Leafs icon Wendell Clark helping

the CO put on the new epaulettes.

For the Leafs, the main reasons behind the visit were to show continuing support to the CAF and for the players to get small taste of Navy life. But Frederik Andersen, expected to be Toronto's starting goaltender for the upcoming season, said the team also picked up some lessons and inspiration from the crew.

"In the military you see a lot of discipline, you see people counting on each other, and that's something we can use a lot in hockey. As a team, we always need to be able to count on each

other. Hopefully that's something we can use when we leave here to keep improving."

In addition to the Dockyard visit, the organization also hosted an alumni game on September 25 against the CFB Halifax Mariners hockey team, which served as a fundraiser for the Halifax & Region MFRC.

The team departed the East coast on September 26, and opened their NHL regular season on October 12. It's safe to say that many members of *St. John's* will be watching as the team strives for a return to the playoffs.

## Sailors learn to respect harsh environments on Arctic deployment

By Ryan Melanson,  
Trident Staff

As two of the RCN's MCDVs returned from a seven-week deployment to the Arctic on September 30, the Commanding Officer of HMCS *Shawinigan* said he and his crew came away with an increased respect for the difficult conditions that come with operating in the North.

*Shawinigan's* deployment on Operations NANOOK and QIMMIQ included rapidly changing weather patterns, navigating through icy patches with high waves, and charting along areas where the water depth can change significantly, relying on soundings done by the very first Arctic explorers in some cases.

"You gain a huge appreciation

for the Arctic environment, both underwater and the hydrography on the ground, as well as the weather above the water; it gives you a lot of respect for the people who live there," said LCdr Dale St. Croix.

The ships departed Halifax on August 11, and after a quick stop in Nuuk, Greenland, arrived in the vicinity of Rankin Inlet to participate in Op NANOOK from August 21 to September 2, which included sovereignty patrols, landing troops ashore in a simulation that involved a downed UAV, as well as Navy to Navy exercises with HMCS *Moncton*.

From there, the ship parted ways with *Moncton*, with each conducting community outreach visits. *Shawinigan* docked at the Inuit Hamlet of Arctic Bay on



AB John Carrick, Boatswain removes ice from HMCS *Shawinigan* as it transits the Lancaster Sound, Nunavut on Sept 14, 2016 in support of Op LIMPID.

CPL NEIL CLARKSON, 14 WING IMAGING

September 6, bringing about 20 locals on board for tours, while a contingent from the crew visited a local school. Here, they delivered backpacks and supplies donated by members of the Halifax DND community, and also gave a presentation that touched on the RCN, the Canadian Hydrographic Service, and the search for the ships of Sir John Franklin's lost expedition.

"It was very well received. I got a lot of questions about military recruiting, especially from the high school students, so they were very engaged," LCdr St. Croix said.

The search for Franklin's ships also played into *Shawinigan*

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## New Command Chief Petty Officer takes over

By Darlene Blakeley,  
Senior Editor and Writer, Navy  
PA

The Royal Canadian Navy (RCN) has a new Command Chief Petty Officer.

CPO1 Michel Vigneault took over the position from CPO1 Tom Riefesel during a Change of Appointment ceremony in Ottawa on August 17, 2016.

The Command Chief Petty Officer is the RCN's senior non-commissioned sailor. His primary role is to provide the Commander of the RCN with the non-commissioned member's (NCM) perspective on behalf of all NCMs. In addition, the Command Chief is the senior NCM advisor on dress, discipline, professional development, administration, morale, training, welfare, conditions of service, and quality of life.

VAdm Ron Lloyd, Commander RCN, was quick to praise the outgoing Command Chief.

"CPO1 Riefesel has managed to provide yeoman's service to not one, not two, but now three RCN Commanders – all of whom have benefited from his insight and his leadership abilities," he said.

Following the ceremony CPO1 Riefesel was promoted to lieutenant commander and will continue working with the RCN at the Personnel Coordination Centre.

As he handed over his position, CPO1 Riefesel was eloquent in his comments on leadership: "The most powerful way to cultivate and nurture a positive culture is by what our leaders do – our actions create and define it. That strong and healthy end-state is founded in trust, respect and dignity for one another, without exception."

VAdm Lloyd also praised



CPO1 Tom Riefesel (left) outgoing Command Chief Petty Officer; VAdm Ron Lloyd, centre, Commander RCN; and CPO1 Michel Vigneault, newly appointed Command Chief Petty Officer; sit together after signing the Change of Appointment certificate.

Le PM 1 Tom Riefesel (à gauche) premier maître du Commandement sortant; le vice-amiral Ron Lloyd, au centre, commandant de la MRC et le PM 1 Michel Vigneault, nouveau premier maître du Commandement, après avoir signé le certificat de passation du commandement.

DND/MDN

CPO1 Vigneault, noting that "he is an exceptional leader whose experiences across the RCN over his career have made him an ideal Command Chief Petty Officer. I am very much looking forward to energizing the institution with him."

As he assumes his new duties, CPO1 Vigneault said he is "humbled and honoured" to be selected as the RCN's 19th Command Chief.

"I feel the appointment of the RCN Command Chief is very important," he said. "As the most senior non-commissioned sailor I am in a unique position to signal the Commander's intent down to our most junior sailors."

In turn, by meeting regularly with them, I am able to provide the Commander with the pulse of our sailors and their families on the various issues and policies that affect them."

CPO1 Vigneault was born and

raised in the Magdalen Islands, Que., and joined the RCN in June 1984 as a naval signalman. In July 1985, he joined his first ship, HMCS *Huron*, and subsequently served in *Protecteur*, *Algonquin*, *Gatineau*, *Fredericton*, *Nipigon*, *Montréal* and *St. John's*, and at several shore establishments. Promoted to his current rank in 2009, CPO1 Vigneault was posted to Ottawa as the career manager for the naval communicators occupation. In 2010 he studied for a year at the Royal Military College in Kingston, Ont., as part of the Knowledge Acquisition Programme, on completion of which he was appointed coxswain of *Montréal* in June 2011. He served as Pacific Fleet Chief Petty Officer from July 2013 to July 2016.

CPO1 Vigneault was inducted into the Order of Military Merit in 2013.

## Accueil d'un nouveau premier maître du Commandement

Par Darlene Blakeley,  
Rédactrice en chef et journaliste,  
/ Direction des AP de la Marine

La Marine royale canadienne (MRC) accueille un nouveau premier maître du Commandement.

Le PM 1 Michel Vigneault a pris la relève du PM 1 Tom Riefesel à la cérémonie de transfert des fonctions à Ottawa le 17 août 2016.

Le premier maître du Commandement est le sous-officier le plus haut gradé de la MRC. Son rôle principal consiste à donner au commandant de la MRC le point de vue des militaires du rang (MR). En outre, il est le conseiller supérieur des MR en matière de tenue, de discipline, de perfectionnement professionnel, d'administration, de moral, d'instruction, de bien-être, des modalités de service et de qualité de vie.

Le vice-amiral Ron Lloyd, commandant de la MRC, a fait l'éloge du premier maître du Commandement sortant. « Le PM 1 Riefesel a fidèlement servi trois commandants de la MRC, qui ont tous tiré profit de ses connaissances et de ses compétences en leadership. »

Le PM 1 Riefesel, qui a été promu au grade de capitaine de corvette, continuera de travailler dans la MRC au Centre de coordination du personnel.

À la cérémonie, le PM 1 Riefesel fait le commentaire éloquent suivant sur le leadership : « La façon la plus efficace d'entretenir une culture positive passe par les gestes des leaders – nos actions définissent notre culture. L'atteinte de cet objectif fort et sain repose sur la dignité, la confiance et le respect envers tous, sans exception. »

Le vice-amiral Lloyd a également fait l'éloge du PM 1 Vigneault : « C'est un leader re-

marquable et l'expérience qu'il a acquise pendant sa carrière dans la MRC fait de lui un premier maître du Commandement idéal. » Le Vam Loyd a ajouté qu'il se fera un plaisir de dynamiser l'institution avec lui.

Le PM 1 Vigneault s'est dit « profondément honoré » d'avoir été choisi en tant que 19<sup>e</sup> premier maître du Commandant de la MRC.

« J'estime que le rôle de premier maître du Commandement de la MRC est très important, a-t-il indiqué. En tant que sous-officier le plus haut gradé de la MRC, je suis bien placé pour communiquer l'intention du commandant aux marins subalternes. Par ailleurs, je peux transmettre au commandant leurs opinions et celles de leurs familles sur les diverses questions et politiques qui les touchent. »

Le PM 1 Vigneault a grandi aux Îles-de-la-Madeleine, au Québec. Il s'est enrôlé dans la MRC en juin 1984 comme signaleur naval. En juillet 1985, il a été affecté à son premier navire, le NCSM *Huron*, puis il a servi à bord des NCSM *Protecteur*, *Algonquin*, *Gatineau*, *Fredericton*, *Nipigon*, *Montréal* et *St. John's*, ainsi que dans plusieurs établissements à terre. Après avoir été promu à son grade actuel en 2009, le PM 1 Vigneault a été affecté à Ottawa comme gestionnaire des carrières pour le groupe professionnel des communicateurs navals. En 2010, il s'est inscrit au programme d'acquisition des connaissances du Collège militaire royal du Canada à Kingston. Il a ensuite été nommé capitaine d'armes du *Montréal* en juin 2011. Il a exercé les fonctions de premier maître de la Flotte du Pacifique de juillet 2013 à juillet 2016.

Le PM 1 Vigneault a reçu l'Ordre du mérite militaire en 2013.



Sea, Army and Air Cadets race toward the camera during an afternoon of outdoor activity at Argonaut Cadet Training Centre, Oromocto, N.B., summer 2016.

CAPT TRACY WILLIAMS, RCSU(A) UPAR

## Challenge, fun and friends for youth ages 12 to 18: Canadian Cadet Organizations

By Capt Liam Mather,  
RCSUA PAO

This September throughout Atlantic Canada, over 230 Royal Canadian Sea, Army and Air Cadet Corps and Squadrons kick off their community training programs, offering unique opportunities to youth for free.

Funded in partnership between the Department of National Defence and the civilian Navy League, Army and Air Cadet Leagues of Canada, the Cadet Program provides opportunities to sail with the Royal Canadian Navy, trek through Chilean mountains, or obtain your private pilot's license free-of-charge. Even the uniform is free.

While those who join can expect a program that is physically and mentally chal-

lenging, Cadets invites all Canadian youth ages 12 to 18 to give the program a try. The community training program typically runs after school and on weekends during the school year. Cadet Corps and Squadrons meet once a week for mandatory training and offer plenty of optional weekly and monthly weekend activities like biathlon, Olympic-styled marksmanship, and survival or field training weekends.

Joining Cadets is as easy as finding a local Cadet Corps or Squadron near you and popping in on their local training night. To find Cadets near you, use the Cadet Corps and Squadron Online Directory available at [www.cadets.ca](http://www.cadets.ca). Click on the "Find Us" link and type in your address to see if there are any Cadet Corps or Squadrons in your area.



## Softball tournament raises \$1250 for the MFRC

A Support Our Troops softball tournament and dance organized by LS Devan Butler of FMF Cape Scott raised \$1250 for the Halifax & Region MFRC. The two-day tournament event was held in Shelburne, NS and 17 teams participated. LS Butler credits John Hartley for helping with the organization and scheduling, and according to LS Butler, he hopes to make the fundraiser an annual event.

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# Friendship, peace and service celebrated at 30th Annual Treaty Day ceremonies

By Ryan Melanson,  
Trident Staff

Nova Scotia's Mi'kmaq community, along with friends, government representatives and a large contingent of military personnel, once again gathered in downtown Halifax on October 3 to celebrate Mi'kmaq Treaty Day.

The 2016 ceremonies marked 30 years since Grand Chief Donald Marshall Sr. established the beginning of October as a time to reflect on the importance of the treaties signed from 1725 to 1761 between the Crown and the Mi'kmaq people.

Official ceremonies for the day included Mi'kmaq flag raising ceremonies at Government House and at the Halifax Grand Parade Square, a Treaty Day church service at St. Mary's Basilica, as well as an awards ceremony and feast held at the World Trade and Convention Centre.

As always, a large group of



From left, 5th Canadian Division CO BGen Carl Turenne, Glooscap 1st Nation Chief Sidney Peters, HCol Donald Julien, LCof Fletcher, Sgt Tony Parsons and Capt(N) Craig Skjerven stand together to celebrate Mi'kmaq Treaty Day on October 3.

MONA GHIZ/MARLANT PA

uniformed members of Formation Halifax were present in both the parade and among the general audience, with senior leadership including Capt(N) Craig Skjerven and BGen Carl Turenne, CO of 5th Canadian Division. At the very front of the parade was Sgt. Tony Parsons, proudly carrying the CAF Eagle Staff, which is

meant to represent the service of Aboriginal peoples during wartime, as well as to empower the Aboriginal men and women who currently serve with the CAF.

HCol Donald Julien gave the veterans' address at the ceremony, on behalf of the Mi'kmaq veterans in attendance.

"A lot of our veterans have

passed away, and many are also not able to attend, but we are here to celebrate in their honour," he said.

H Col Julien, a member of the Mi'kmaq Grand Council and Senior Aboriginal Community Advisor for the Atlantic Defence Aboriginal Advisory Group, noted that Mi'kmaq people have served in all theatres of war in defence of Canadian freedoms. He also gave kudos to the proud Mi'kmaqs and other CAF members of aboriginal descent who keep that tradition going today. It's something he's been able to see firsthand in his role as an advisor, as well as serving as a reviewing officer for the Black Bear and Canadian Forces Aboriginal Entry Programs.

He also acknowledged the strong presence of CAF members of all backgrounds at the ceremony, many of whom participated in the Parade of Honour down Barrington Street towards the Grand Parade Square.

Before the flag was raised, the gathering also heard from Halifax Mayor Mike Savage, who acknowledged that Halifax is in the Eskikewa'kik district of Mi'kma'ki, and said that although the city was official founded 260 years, "That is just a tiny fraction of the 11 thousand-plus years of rich Mi'kmaq traditions that continue to this day in our region."

He added that every person who calls the city home is a beneficiary of the Peace and Friendship treaties with Mi'kmaq people, and said he and the regional council have a goal of building stronger relationships in the spirit of those treaties.

Treaty Day also marks the official kickoff of Mi'kmaq History Month in Nova Scotia, which includes speaking engagements, arts and culture activities, workshops and more across the province. A full schedule of events is available at Mikmaqhistorymonth.ca.

## Canadian Forces Artists Program: Following the CAF in Canada and around the world

By DND

The Canadian military has a long and valued tradition of engaging artists to paint, draw, and photograph Canada's military actions. In 2001, the Canadian Forces Artists Program (CFAP) was created to allow Canadian artists the opportunity to follow Canada's military in Canada and around the world.

Artists such as Ivan Murphy and Ramses Madina continue to create Canadian military art in a new era. Deployed aboard HMCS *Charlottetown* on Operation REASSURANCE, the two found themselves challenged to steady their equipment on a fast-moving warship with a crew of approximately 250 CAF personnel operating in the Mediterranean Sea.

According to Murphy, a painter from Halifax, Nova Scotia, the experience was rewarding. "A frigate is a very demanding en-

vironment," he said from aboard the ship. "I'm looking forward to building a body of work worthy of the experience."

Murphy's work is displayed in national and international collections, including the Nova Scotia Art Bank, TD Canada Trust, and the U.S. Consulate. His large-scale abstract paintings are usually based on observation and memory; however, given this unique opportunity, he will be using sketches, photography, and conversations with sailors as reference material. Paintings will be completed post-deployment for an exhibition at the Canadian War Museum in October 2017.

Both artists expressed their gratitude for having been given access to such a unique opportunity. "Being aboard HMCS *Charlottetown* during a NATO operation in the Mediterranean has left a big impression on me," Madina said.

Madina's photography and videos have been shown at leading venues such as the Toronto International Film Festival, the Honolulu Museum of Art in Hawaii, the Cinémathèque Québécoise in Montreal, and the Musée de la civilisation in Quebec City. He is the recipient of grants from the Canada Council for the Arts and was awarded a Chalmers Fellowship in 2014. Madina's work is held in public and private collections as well as leading educational institutions such as McGill and York universities.

Although the CFAP was created in 2001, the production of Canadian military art is marking its 100th anniversary, having officially started in 1916 with the creation of the Canadian War Memorial Fund. Various programs have existed since that time.



Ivan Murphy sketches, photographs, and takes it all in while onboard HMCS *Charlottetown* in preparation for painting when he returns to his studio.

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## Arctic deployment

continued from / Page 1

taskings as part of Op QIMMIQ, heading west to the area off the shores of King William Island. The mission involved nautical charting in support of Canadian Hydrographic Services. With the prospect of increased marine shipping in the near future, as well as the arrival of the first AOPS vessels, expanding our knowledge of the area will be key to enhancing safety in the Arctic.

The timing of *Shawinigan's* arrival, with *Terror* already having been discovered days earlier, meant that the ship played only a supporting role in that search. Still, the ship spent several days charting the area with an embarked multi-beam echo sounder, and also embarked an underwater archaeologist from Parks Canada.

The Navy role in the search can change depending on where and when a wreck is found. Of course, those who happen to be on board the ship that makes the

discovery end up playing some of the largest roles, LCdr St. Croix said.

"If you're not that platform, you're carrying on your mission charting the ocean floor, which is what we did."

That mission was cut short by unpredictable weather, however, a further testament to the power of Mother Nature in the Arctic environment. Within a span of about six hours, the crew went from planning two to three more days of charting, to preparing to leave the area immediately ahead of a storm. Even with the hasty exit, the trip back involved reduced visibility and the threat of ice chunks buried in the crashing waves, keeping the sailors on their toes at all times.

"We spent about 15 hours navigating through fast-moving ice in the dark, which was a very challenging environment," LCdr St. Croix said.

The ship was just clear of the ice when they got a SAR call, one of the final taskings of the deployment. Four hunters had be-

come stranded on Bylot Island, near the area of Pond Inlet. *Shawinigan* spent another 14 hours transiting to the site, and though weather kept them from extracting the group, they were able to send survival supplies and communicated with the group, along with a CP-140 Aurora, until a chartered helicopter could land the next morning.

Following the SAR, the ship made its way home, connecting in St. John's, Newfoundland with the task groups from *Cutlass Fury* 16 before returning to Halifax.

Reflecting on the deployment, LCdr St. Croix gave kudos to his crew, which consists of about 30 per cent reservists, for ensuring success in trying conditions. Some were sailing for the first time, he said, making for great cooperation between rookie and experienced sailors.

"That's why I believe we were successful in the missions we assigned ourselves with, because the crew remained positive, upbeat and keen to succeed."

In a press release coinciding

with the return of *Moncton* and *Shawinigan*, LCdr Nicole Robichaud, *Moncton's* CO, said her crew also found success in conducting surveys in the area of Foxe Basin and working alongside the Canadian Coast Guard. As well, RAdm John Newton, Commander MARLANT and JTFA, highlighted the role of

operations like NANOOK and QIMMIQ in building the RCN's proficiency in the high Arctic.

"Demanding operations have sharpened our skills and built the confidence upon which audacious operational decisions can be taken in what remains a challenging and dangerous environment," he said.

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Sept 19 Home Improvement Special  
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Nov 28  
Dec 12 MFRC / Year End Review



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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.

## 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.

## The Search for Franklin's Ships

**Time: 7 p.m.**  
**Date: Tuesday, October 25**  
**Location: Maritime Museum of the Atlantic**  
The discovery of HMS *Erebus* in September 2014 was the result of collaborative search effort led by Parks Canada, involving the Royal Canadian Navy and the Arctic Research Foundation, providing archaeologists with an unprecedented opportunity to shed new light on the lost ships of the Franklin expedition. Recent expeditions from 2014 to

this year have given us a first look at this impressive shipwreck and the future promises one of the most challenging yet fascinating underwater archaeological projects ever to be conducted in Canada. Jonathan Moore, a Senior Underwater Archaeologist with Parks Canada, will present the shipwreck of *Erebus* in this free public talk, and explain the challenges the underwater archaeologists face as they begin an in-depth study of this unique site. The more recent discovery of the wreck of *Terror* is also likely to be discussed. For more information, phone 902-424-8897.

## Dalhousie University China Day

**Date: Tuesday, October 25**  
Join Dalhousie University to commemorate the 10th anniversary of the school's Chinese Studies Program, celebrate Chinese culture, discover opportunities and explore Dal's key collaborations with Chinese institutions. Events include a book launch for Dr. Simon Kow's *Western Conceptions of China*, live traditional music and calligraphy presentations, and screenings of short films that explore Chinese culture and history. For a full schedule with times and locations, visit [www.dal.ca/chinesestudies](http://www.dal.ca/chinesestudies).

## Blues Legends Concert

**Time: 7 p.m.**  
**Date: Tuesday, October 25**  
**Location: Halifax Central Library**

When it comes to American

blues greats, these two musicians have stood on the shoulders of giants and continued their traditions to state-wide acclaim. Now, they'll be performing for free at the Central Library's Paul O'Regan Hall. Guitarist Michael 'Hawkeye' Herman is a renowned, award-winning music and blues educator. Harmonica player Michael Frank has performed with blues greats, is the founder of Earwig Records, and a voting member of the Grammy Awards.

## 15th annual 'Til We Meet Again Concert

**Time: 2 p.m.**  
**Date: Saturday, November 12**  
**Location: Halifax Central Library, 5440 Spring Garden Rd.**  
Maritime Forces Atlantic is proud to present the 15th annual 'Til We Meet Again concert, featuring the superb music of The Stadacona Band of the Royal Canadian Navy and special guest performers in support of the Camp Hill Veterans' Memorial Garden at the QEII Health Sciences Centre. Don't miss this inspiring afternoon of wartime favourites and modern music. Admission is free, see you there!  
**Halifax Harmonizers Chorus Group**  
**Time: 7-10 p.m.**  
**Date: Mondays, ongoing**  
**Location: 152 Windmill Rd, Dartmouth**

Calling all current and former military personnel who love music and singing. The Halifax Harmonizers are a barbershop chorus who perform at various functions through the year, in-

cluding at churches, seniors complexes and Camp Hill Veterans Hospital. The group currently has about 35 regular members, including two qualified Directors, and supplies sheet music and learning tracks for all songs. Four retired sailors are already members, and they're on the lookout for more. Anyone interested in attending a meeting can contact President and retired CPO Earl Lohnes at [earl-lohnes4@gmail.com](mailto:earl-lohnes4@gmail.com).  
**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.615aircads.ca](http://www.615aircads.ca) or email [615air@ca-dets.gc.ca](mailto:615air@ca-dets.gc.ca).



## 12 Wing kicks off its NDWCC 2016

A Sea King pull is a traditional event at 12 Wing Shearwater's annual NDWCC kickoff. Held at the Sea King Club on September 30, the kickoff featured several fundraising events including a breakfast.

CPL JENNIFER CHIASSON, 12 WING IMAGING SERVICES

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## Officer's Mess Calendar

OCTOBER 28, 2016

## HALLOWEEN SUPERWEEPER @ WARDROOM

## COME TO WORSHIP AT CF CHAPELS

Chapel Services de la Chapelle

Sunday / dimanche

Stadacona

10h30 - Protestant - English

Shearwater

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

Baptism, Matrimony and other Sacraments - by appointment/request  
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# Celebrating history while looking to the future

## HMCS *Preserver* to be paid off October 21

By Ryan Melanson,  
Trident Staff

The Royal Canadian Navy will officially say goodbye to HMCS *Preserver* on October 21, when the ship will be paid off during a ceremony at HMC Dockyard. Current and former sailors, soldiers, airmen and airwomen will be on hand to mark the end of the AOR ship's service to Canada.

*Preserver*, constructed in the late 1960s in Saint John, New Brunswick and commissioned in 1970, has amassed 46 years of active service, with a resume indicative of that long life. More than 800 million litres of fuel has been used or delivered by the ship through more than four decades of replenishment to the Atlantic fleet, and it has deployed around the world to a wide-ranging variety of missions and operations.

Highlights from the ship's time in service include contribution to the UN peacekeeping effort in Cyprus in the mid 1970s, a multitude of exercises through the 1980s, Operation DELIVERANCE in Somalia in 1992, and a role in enforcing sanctions against the former Yugoslavia in 1994. Nova Scotians will likely remember the large CAF response to the tragic crash of Swiss Air Flight 111 off the coast of St. Margaret's Bay in 1998.

*Preserver* played a significant role in that effort, coordinating all assets in the search and recovery process, including nine RCN ships and four CCG ships. The crew at the time was lauded for accomplishing the task, having just come out of refit and having not yet gone through the necessary work-ups. Further missions for the ship included Operation APOLLO, a response to the 2001

terror attacks in the United States, and Operation CARIBBE, among others.

While celebratory of these achievement and *Preserver's* history, the paying off will also highlight the constraint placed on the RCN that began with *Preserver's* retirement from at-sea service in 2014 as the last of the Protecteur-class AORs.

Access to a fully operational tanker ship is key to maintaining an independent Navy, just ask Cdr Greg Adamthwaite, the last Commanding Officer to take the ship to sea in 2014 on Op CARIBBE and for task-group exercises in the North Atlantic.

"For a naval task group, a tanker is critical. It's what allows you to be a far deployed, blue water navy," he said.

One of many former COs who'll be making the trip to Halifax for the October ceremony, Cdr Adamthwaite said he'll be thrilled when the planned steps to resolve the issue, including an interim AOR and future Joint Support Ships, begin to come to fruition.

"Being in charge of the ships and having a task group that is solely Canadian, it's something that is a symbol for us, to deploy in that way. I can hardly wait until our interim tanker arrives, to be able to fill those expectations that our task group will be able to go anywhere in the world."

To mitigate the capability gap, the Navy has been working on fixes that will allow its ships to receive at-sea oiler replenishment and its sailors to maintain expertise. In the short term, a mutual agreement with Spain and Chile has allowed for the support of an ally AOR ship when possible. In Halifax, the role has been played



HMCS *Preserver* performs a replenishment at sea in 1971.

DND

by ESPS Patino, with the tanker most recently in the region to participate in CUTLASS FURY 16, while the west coast has received support from the Chilean supply ship *Almirante Montt*. In the longer term, Project Resolve will see an interim supply vessel delivered to the RCN by the fall of 2017. The conversion of the commercial ship *MS Asterix* for the project is being completed by Chantier Davie Canada Inc. in Lévis, Quebec.

Following the delivery of the interim AOR will be the two Queenston-class Joint Support Ships. These true replacements for the retired AORs will provide similar capabilities, like core replenishment for naval task groups, limited sealift capabilities and support to operations ashore. Being built at Seaspan ULC's Vancouver shipyard, the

Queenston-class vessels will be critical in restoring the RCN's ability to operate as a fully functional and effective blue-water navy. The first of the ships, HMCS *Queenston*, is expected to be delivered by late 2020, with the second in its class, the *Châteauguay*, expected roughly a year later.

And as the RCN moves into that next phase, so too will the sailors who have called *Preserver* home during the extended readiness period. The ship's current Commanding Officer, LCdr Vicky Marier, has continuously praised her crew for their work in preparing *Preserver* for its paying off, for conducting alongside replenishment in support of the fleet, and for their focus on community outreach and promoting health and fitness across the

formation. The capable crew will be posted to new positions within the RCN, and many will begin training for future projects, whether it be the new Joint Support Ships, AOPS, or eventually the Canadian Surface Combatant project. Others will find a new home in the modernized Halifax-class frigates, with the last of the refitted ships soon to be returned to the Atlantic fleet.

But first, they'll give a final salute to the storied ship on October 21, along with many others who count themselves among the estimated 8,000 sailors who have crewed *preserver* over its nearly five decades of service. The ceremony will be a way to celebrate the future of Canada's fleet, while paying respects to a ship that helped make Canada's Navy what it is today.

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# People of CUTLASS FURY 2016



**Name:** Cpl Nick Betts  
**Hometown:** Halifax, Nova Scotia  
**Years of Service:** 6  
**Job/Responsibilities:** Resource Management Support Clerk (RMS Clerk)

My responsibilities include overall ship's administration. I deal with documents that are tracked, promotions, terms of service, incoming and outgoing mail, among other things. It isn't always easy; it can be difficult but important work, as it involves people's livelihoods. **Previous Deployments:** Immediate Response Unit taskings to Happy Valley Goosebay, for a Search and Rescue Mission to Spider Lake, Windsor, Missing Persons in Perth-Andover, TGEX February and March 2016 with the USS Bainbridge, USS Mahan and ESPS Patiño, Assisted WUPs for HMCS Charlottetown, and Submarine Commanders Course, Fleet Week NYC, and Cutlass Fury 2016.

**What made you join the Royal Canadian Navy/Canadian Armed Forces?** In April 2007 – in Afghanistan – a LAV that was carrying a soldier who attended the same high school I did struck a Roadside bomb. The soldier in question was Corporal Christopher Stannix of the Princess Louise's Fusiliers Reserve Infantry Regiment, based out of Halifax. I remember having a school assembly that year in memory of Chris. I began to come in to the mindset of, "How can it be, that I should be here stuck in school while others risk their lives day in and day out only for me to sit idly by and not help?" All in all – I joined because I believe that helping people is the right thing to do. Arnold's Sixth Rule to Success is to give back: something to your community, your state or to your country. I want to affect change in the world and change comes from within. Whether that's in the international theatre of operations delivering aid, enforcing our foreign policy or simply making sure our troops are looked after, there's absolutely nothing more satisfying than giving something back and helping others. I feel this is what our Armed Forces stand for and I'm proud to have enlisted to aid the cause.

**Why have you stayed in the RCN/CAF?** To be honest, I still don't view myself as a sailor; I'm a soldier at sea, or a sea corporal. I didn't think the Navy was in the cards for me – though it's in the back of your mind [when you are in a purple trade that can work in the army, navy or air force] that it's always a possibility. For me it has been a great learning opportunity and I will use it as a stepping stone to greater things. In the army, the navy has a stigma, as it's very different – the army has what you can carry, where

the navy has showers, beds, and their computers. In the army you have the people you're with, cigarettes and terrible coffee. But now that I'm in the navy, I realize all the work that gets done no matter what component you are in. I'm especially impressed with the Marine Systems Engineering Department – when they can take a 42-year-old warship and make her the best ship in the fleet, it's incredible. It's changed my perspective about how the navy operates.

**What is the best part of a multinational exercise like CUTLASS FURY 16?** You know, everyone, especially in the military, vets, they all say "there's no life like it," and they're really right. I've driven in a tank, shot guns, done actual sailing, not just in a sailboat. The military gives you a system where you know where you fit. I support people, who support ship's operations, who support worldwide naval operations and international security. I'm a small and integral piece of the puzzle that fits into much bigger things. The thing that makes me stay is camaraderie. "The navy is like your family" someone told me in the main cave (cafeteria), where you see each other a few times a day and eat together. The army though, the army IS family, we eat and sleep together in close quarters. For both of them though, you are trying new things together, shooting a machine gun, through a grenade, as well as learning how to be a firefighter, first aid training, flood training, and more.

**Most memorable experience:** My 1<sup>st</sup> field exercise: A sapper strike, they brought up US Navy Blackhawks. We mounted up and we did contour flying. They dropped us off in a hot zone, where you're taking fire. I was the first guy off the helicopter, with my C9. As I was stepping off, my foot caught in something at the edge of the helicopter, and didn't I go face first, gun one way and brass the other, I fell face first into the mud. It really stayed with me.

**The coolest thing:** The first night I ever sailed, Task Group Exercise 2-16, in sea state 4. It was my first time sailing, I had no idea what to expect, and I was worked up. I took Grivol, because that's what everyone told me to do, and .5 hours after we left the wall we went to Emergency Flying Stations for an emergency with the helicopter. I didn't know it was an exercise and not an actual emergency. I turned white as a sheet, so I went in the Chief and Petty Officer's heads, the closest to me at the time, and was sick. The Physician's Assistant was giving out injections of Grivol, and I immediately received one and went to bed. I was up and around the following evening, and I was able to go outside for the first time since we left, I thought it would be cool to see a whale. Didn't a whale get up and do a backflip. I had that feeling that I was meant to be there, at that time.

**Quote:** "I would say from my own experience, that just because you join something, that doesn't mean you can't move on and be something else. If you want to make a change in your life, do it."



**Name:** MS Dennis Silver  
**Hometown:** Sydney Mines, NS  
**Years of service:** 18 years

**Job and responsibilities:** Communications with other units via voice and data over secured and unsecured networks, Senior Hand of the Watch (SHOW)

**Previous Deployments:** NATO, anti-piracy, anti-smuggling, OP CARIBBE, Gulf trip.

**Why did you join the RCN?** I switched from the Army to the Navy

**Why have you stayed in the RCN?** I have stayed because I enjoy the Navy and I also love submarines.

**Most memorable CAF moment:** The 60th Anniversary of D-Day, where I met an individual who had been there a month before D-Day and had been taken to a POW camp. The individual had lost both legs, and was dying at the British camp. The Canadians were the only ones to take him in and nurse him back to health; I was the first Canadian he had met since and the man was very emotional in thanking me and my country for everything they had done.

**What is the best part of exercises like CUTLASS FURY 16?** Training juniors and passing on knowledge.

**Quote:** "Get the job done."



**Name:** MS Desaira St-Pierre  
**Hometown:** Grandbank, Newfoundland  
**Years of Service:** 8 years

**Job/Responsibilities:** My trade is Cook, my job is Galley buffer, supervisor of the Leading Seamen and below in the galley (Kitchen) and scullery (Busboy area).

**Previous Deployments:** OP CARIBBE, maritime interdiction operations and OP HESTIA (humanitarian assistance to Haïti), HMCS *Toronto* deployment on OP REASSURANCE (NATO response to the situation in Ukraine and the Black Sea).

**What made you join the RCN?**

I was in sea cadets, and it was because of the exposure to naval experience and all things naval that I became interested. Also, my brother-in-law was a vehicle tech in the army, so I learned of the CAF through him, though he was recently released for Post-Traumatic Stress Disorder [identified in the Canadian Armed Forces as Operational Stress Injury].

**Why have you stayed in the RCN?**

I stay in the RCN because I like travelling and seeing new places. I enjoy the strict structure of the organization. I always wanted to be in the Navy since I was young, and I am happy to be here.

**Most memorable experience while serving:**

During OP HESTIA, we were down in Haïti after the earthquake. We were building orphanages for the kids, and I worked in triage as I had first aid training called Casualty Clearing Training through my trade. I was in the first group to get on the ground after the earthquake, and we could still feel the shakes, the aftershocks.

**What is the best part of a multinational exercise like CUTLASS FURY 16?**

My job doesn't change with operations, it remains the same. I don't always know the operational side of things, what exercises are going on exactly that day or where we are in the water. However, my favorite thing to do is to keep morale up and joking with people onboard ship. Talking with people onboard, it's the main reason I enjoy working the steam line, where I get to serve people their food.



**Name:** OS Chanell Chorney  
**Hometown:** Winnipeg, MB  
**Years of service:** 2 years  
**Job and responsibilities:** Junior CISNOP, NAVCOMM, MSO, working in the CCR  
**Previous Deployments:** None yet

**Why did you join the RCN?** I joined in order to explore and travel, as well as to help and assist people in our own nation and abroad.

**Why have you stayed in the RCN?** I enjoy the family atmosphere of being on ship and the oceanside postings that the Navy offers.

**Most memorable CAF moment:** Sailing to Boston.

**What is the best part of exercises like CUTLASS FURY 16?** The ability to apply Canadian knowledge in concert with other Allied navies.

**Quote:** "Hakuna Matata."



**Name:** SLt Jeremy Gaulin  
**Hometown:** Laval, QC  
**Years of service:** 6 years

**Job and responsibilities:** Combat Systems Engineering Officer (CEO), Training for Phase VI engineering qualification

**Previous Deployments:** Nil

**Why did you join the RCN?** I joined for the education and job opportunities, personal and professional development.

**Why have you stayed in the RCN?** The opportunity to travel the world isn't comparable with any other jobs.

**Most memorable CAF moment:** Graduating from the Royal Military College of Canada

**What is the best part of exercises like CUTLASS FURY 16?** Working and coordinating with other Allied ships

**Quote:** "If you want to change the world, start off by making your bed --- if you can't do the little things right, you'll never get the big things right."



**Name:** PO1 Troy Brown  
**Hometown:** Blaketown, NL  
**Years of service:** 18 years  
**Job and responsibilities:** CSE Dep, RADHAZ Supervisor, Senior Tech of the Watch.  
**Previous Deployments:** NATO, OP CARIBBE, MTMD 15.  
**Why did you join the RCN?**

The military facilitated gainful employment with my skill set.

**Why have you stayed in the RCN?** For the challenge, the job security, and the opportunity to continue to play hockey.

**Most memorable CAF moment:** During my first trip to Puerto Rico we took part in a SAR for a vessel. While some souls were lost, they were able to rescue some from the vessel. This experience stuck with me.

**What is the best part of exercises like CUTLASS FURY 16?** How well Canada can integrate with other nations; our capabilities and how we compare with other nations.

**Quote:** "Take advantage of your opportunities."



**Name:** LS Matthew Hawes  
**Hometown:** Halifax, NS  
**Years of service:** 7 years

**Job and responsibilities:** Flight deck electrician

**Previous Deployments:** OP CARIBBE

**Why did you join the RCN?** After losing my cousin, who fought in Afghanistan in 2009, I was inspired to join the Navy to serve my nation and do proud by my fallen cousin.

**Why have you stayed in the RCN?** I stay in the Navy to facilitate travelling and seeing

places that I would not have seen otherwise.

**Most memorable CAF moment:** Meeting Prince Charles was a highlight for me, as well as sailing into Pearl Harbour. I enjoyed the sail into the harbour, as well as the two weeks alongside exploring Hawaii.

**Quote:** "If you love your job, you will never work a day in your life."



# Changes to veterans' income support benefits

By VAC

The ongoing care, support and well-being of ill and injured CAF members, veterans and their families, is a high priority for the CAF, DND, Veterans Affairs Canada (VAC) and the Government of Canada. Whether our personnel are on the road to recovery, rehabilitation, returning to military duty, or transitioning to civilian life, the CAF is dedicated to assisting them through their challenging journey.

All CAF members need to be aware of changes to VAC income support benefits that took effect on October 1, 2016, as many personnel have

questions about what this means for them and how they can apply to receive such benefits. This change will affect all veterans as well as ill and injured CAF members who may be medically released in the future.

As announced in Budget 2016, funding for income support benefits for veterans in VAC's Earnings Loss Benefit (ELB) program will be raised from 75 to 90% of a veteran's pre-release salary. Additionally, the benefit will be indexed so that it keeps pace with inflation. While VAC's ELB income support benefits will increase, it is important to note that CAF

Long Term Disability (LTD) benefits will not. It will remain at 75% of a veteran's pre-release salary and existing benefits will not be affected. Therefore, in order to be considered for the additional benefit, people must apply to VAC.

Note that the Service Income Security Insurance Plan (SISIP) administers the CAF LTD policy on behalf of the Chief of the Defence Staff and Manulife is the insurer. As the employer sponsored group disability plan, CAF LTD is first payer for benefits and remains among the best LTD plans offered in the country.

Veterans or those medically released from the CAF in the future are encouraged to apply to VAC to participate in their Rehabilitation program, a precondition for ELB eligibility. A veteran can receive an application by calling VAC at 1-866-522-2122 (toll-free) Monday to Friday, 8:30 to 4:30, local time, by visiting the VAC ELB webpage and downloading the application form, by logging into My VAC Account or by visiting the local VAC Area Office.

All CAF members are strongly encouraged to learn more about range of care, compensation, and financial benefits available to them so

that they can make informed decisions about what benefits plan or program will best support them and their family's needs upon being released.

DND, CAF and VAC are committed to simplifying and consolidating the system of care, compensation, and financial benefits that are available to Veterans and their families. CAF and VAC continue to work together and with Veterans to address gaps in service as outlined in the public, written direction the Minister of Veterans Affairs and the Minister of National Defence have received from the Prime Minister.

## Modifications apportées aux allocations pour perte de revenus des vétérans

Par ACC

Offrir sur une base permanente des soins et du soutien aux militaires malades ou blessés et aux vétérans des FAC ainsi qu'aux membres de leur famille, et veiller continuellement à leur bien-être sont des grandes priorités pour les FAC, le MDN, Anciens Combattants Canada (ACC) et le gouvernement du Canada. Peu importe si les militaires sont sur la voie de la guérison, s'ils reprennent leur service actif ou s'ils font la transition vers la vie civile, les FAC sont résolues à les aider à traverser cette période difficile.

Tous les militaires des FAC doivent être au courant des modifications apportées aux allocations pour perte de revenus d'ACC qui entreront en vigueur le 1<sup>er</sup> octobre 2016. Plusieurs d'entre eux se demandent ce que cela signifie pour eux et s'interrogent sur la manière de présenter une demande en vue de toucher de telles prestations. Les modifications toucheront tous les vétérans et les militaires des FAC qui pourraient éventuellement être libérés pour des raisons médicales.

Comme annoncé dans le budget de 2016, le financement des allocations pour perte de revenus versées aux vétérans dans le cadre du programme d'ACC sera haussé, passant de 75 % à 90 % de la solde perçue avant leur libération. De plus, les allocations seront indexées en fonction du taux d'inflation. Même si les allocations pour perte de revenus d'ACC augmenteront, il est important de souligner que ce ne sera pas le cas pour les prestations d'invalidité de longue durée (ILD) des FAC. Elles resteront à 75 % de la solde perçue par un militaire avant sa libération; et donc les prestations ILD actuelles ne seront pas affectées par ces modifications. Par conséquent, pour vérifier s'ils ont droit à une allocation supplémentaire, les gens doivent présenter une demande à ACC.

Veillez noter que le Régime d'assurance-revenu militaire (RARM) administre la politique d'ILD des FAC au nom du chef d'état-major de la Défense, et que la compagnie d'assurances est Manuvie. Dans la catégorie des régimes collectifs d'assurance invalidité financés par l'employeur, le programme d'ILD des FAC est le premier payeur de prestations et figure parmi les meilleurs régimes d'ILD offerts au pays.

Les vétérans et ceux qui seront éventuellement libérés des FAC pour des raisons médicales sont encouragés à présenter une demande à ACC pour participer à leur programme de réadaptation, un prérequis pour avoir droit aux allocations pour perte de revenus. Il est possible de recevoir un formulaire de demande en téléphonant à ACC, au 1-866-522-2122 (sans

frais), du lundi au vendredi, de 8 h 30 à 16 h 30, heure locale, en se visitant la page Web d'ACC sur les allocations pour perte de revenus pour télécharger le formulaire, en ouvrant une session dans Mon dossier ACC, ou en se rendant dans l'un des bureaux régionaux d'ACC.

Tous les militaires des FAC sont fortement encouragés à se renseigner sur la gamme de soins, d'indemnités et d'avantages financiers qui leur est offerte afin d'être en mesure de prendre des décisions éclairées sur les programmes ou régimes de prestations les plus suscept-

ible de répondre à leurs besoins et à ceux des membres de leur famille après leur libération.

Le MDN, les FAC et ACC se sont engagés à simplifier et à consolider le régime de soins, d'indemnités et d'avantages financiers offert aux vétérans et aux membres de

leur famille. Les FAC et ACC continuent de travailler ensemble avec les vétérans pour combler les lacunes au chapitre des services comme énoncé dans la directive écrite publique envoyée au ministre d'ACC et au ministre de la Défense nationale par le premier ministre.

  
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# 1917 naval tragedy commemorated in St. John's

By LCdr (ret'd) Pat Jessup,  
Canadian Naval Memorial Trust

Hardly seven months after the massive losses at Beaumont-Hamel in the Somme, Newfoundland was struck once more by tragedy overseas. On January 25, 1917, the armed merchant cruiser HMS *Laurentic*, enroute from Liverpool to Halifax, NS was diverted to the Royal Navy Base in Lough Swilly, County Donegal, Ireland to land four sailors who had taken ill with spotted fever. Carrying 475 officers and ratings and a secret cargo of £5,000,000 in gold bullion to pay for war munitions for Britain, *Laurentic* made a quick turn-around to continue her journey. Shortly after leaving the safety of the lough she struck two mines placed by the German submarine, U-80. *Laurentic* sank to the bottom within an hour. Caught in foul weather, conditions couldn't have been worse



The National War Memorial in St. John's, Newfoundland, was the scene of a ceremony honouring the 21 members of the Royal Naval Reserve Newfoundland Division who were lost when HMS *Laurentic* sank off Ireland on January 25, 1917.

LCDR PAT JESSUP, CNMT

for the survivors and casualties were high. Among the 354 who perished were 21 members of the Royal Naval Reserve Newfoundland Division, 35 Irish and one sailor from Quebec serving in the Royal Navy.

A service to commemorate the loss of *Laurentic* was held at the

National War Memorial in St. John's on September 22. While a similar ceremony is held annually in County Donegal, this was a first in Newfoundland and was in concert with an Ulster-Canada Initiative visit to St. John's of educators, social and economic enterprise agencies and entre-

preneurs. Attendees at the cenotaph included the Lieutenant Governor of Newfoundland Labrador, the Honourable Frank Fagan representing Her Majesty the Queen; Commodore Marta Mulkins representing the RCN; federal, provincial and municipal representatives, and a large number of military and other local dignitaries. Mrs. Ruth Green, who lost two relatives in the tragedy, read the Newfoundland and Canada Roll of Honour and the Irish Roll of Honour. The former Ambassador to Ireland, the Honourable Loyola Hearn, acted as Master of Ceremonies.

By all accounts the *Laurentic* ceremony was most memorable. Even the weather was perfect. The support provided by LCdr Gerald Parsons, Commanding Officer, CFS St. John's; LCdr Al Young, Commanding Officer,

HMCS Cabot; Lt(N) Justin Robicheau, Executive Officer, HMCS Cabot; Mike Bonin, Base Public Affairs Officer, CFB Halifax, and LCdr (ret'd) Margaret Morris, President of the historic Crow's Nest, was instrumental in the delivery of a poignant and well executed tribute.

"It was truly an honour for HMCS Cabot to be involved with the ceremony remembering HMS *Laurentic*," said LCdr Tony Young, Commanding Officer of Cabot. "Newfoundland and Labrador has always had a strong connection with Ireland where the ship came in contact with mines during World War I and sank. The fact that there were 21 members of the Newfoundland Royal Naval Reserve among those lost makes this an exceptionally poignant event for HMCS Cabot as a Naval Reserve unit to remember."

## Our NDWCC – we live here and believe in our community

By Capt(N) Chris Sutherland,  
Base Commander,  
CFB Halifax

As we settle into work after summer vacations and job transfers, we also shift our attention to families, community and personal involvement with varied organizations. We all lead busy lives and seek to do more to be active in one way or another. Whether you are a minor sports coach, spiritual leader, volunteer firefighter, member of a school committee or a Brownie leader, you give freely of your time with no expectation for anything in return. That is the true mark of community-based volunteerism, which is so richly undertaken by

many of us CAF/DND Defence Team members here in Halifax.

Another way that we contribute to our local communities is through participation in the National Defence Workplace Charitable Campaign (NDWCC), our charity campaign. As a Board member of the Campaign, I can attest that our collective charity efforts supports the United Way of Halifax and their agencies to deliver aid to different community services and it also provides much needed funds to the local chapters of the 16 recognized HealthPartners. Or, if you prefer, you can donate to any of the hundreds of registered charities across Canada, like our very own MFRC or HMCS *Sackville*.

Your donation is not just about money, but admittedly, many of the local community support agencies, local health partners and your individually chosen charities do need funds for their programs. All your support goes to worthy causes and besides money, there are other opportunities to help; perhaps you could read to a youth after school, pick up groceries for a senior or donate old clothes. With a donor participation rate of approximately 23%, I know that we as a CAF/DND Community can do better, especially as our campaign reminds us of the need all around us, some of which directly impacts us and our own neighbourhoods.

Our monetary goal is ambitious, but based on your past generosity, collectively we can achieve it. I invite you to listen to your unit canvassers and to also browse our campaign website: <http://halifax.mil.ca/GCWCC/>, as it offers a wealth of information on the various charities that can be supported and the different special events, raffles and draws that are taking place, including information to those who contribute as a Leadership Donor. Any donation will help us to collectively make a difference in the lives of others.

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, it has been confirmed that they are able to properly process your allotments. The system has been processing NDWCC contributions since February 2016, and the system has been successfully tested to ensure that payroll deductions for this year's campaign will begin effective January 2017 without issue.

Our donations will help make our community a better place for those who are less fortunate than we are. It will make you feel better, too, knowing you are supporting your neighbours and friends. Please give generously and from the heart.

## RAF to RCAF: new Canadian brings experience, family, drive

By Sara Keddy,  
Managing editor, The Aurora

New career, new life, new citizenship.

It all came together September 27 in Dartmouth for Capt David Prangley, as he took his oath of Canadian Citizenship. Capt Prangley was one of 25 newcomers from 13 countries at the citizenship ceremony: they all have a story, and Capt Prangley is no different.

"I served 23 years in the Royal Air Force – I'd been a squadron leader for seven years and I'd already done a deputy commander role on a surveillance squadron in the United Kingdom. I wasn't going to fly again," he says, as the long range patrol Nimrod fleet was drawing down following that country's 2010 defence review. While he was working in Headquarters Air Command in 2011, a delegation from the CAF Intake and Liaison Team visited on a "lateral recruitment" drive.

"This offered me an opportunity to return to an air crew role, along with other LRP-experienced colleagues."

He followed the CAF oppor-

tunity up – "I got an offer almost immediately" – and he and a handful of RAF peers in similar situations made the move between 2012 and 2013. The decision came with a lot of paperwork. To join the CAF, Capt Prangley released from the RAF and operated under a DND waiver, which gave him four years to pursue his Canadian citizenship while working as a Canadian military officer. His family made several pre-move visits – he and his wife checked out Greenwood, and he and his daughter visited various universities in Atlantic Canada. He and his wife attended an Immigration Canada citizenship seminar in London: luckier than most, as he was the only one in his class with a confirmed job to move to.

"Even with a formal job offer, there were still a lot of challenges – you are uprooting your family. We were the third RAF family, actually, to come across in this program, so it was a well-trodden path. One of our friends even made a website of tips – definitely some helpful bits. Still, we all had our own little problems settling in."



RCMP Staff Sergeant Maj Gary Latour, left, and Citizenship Judge Ann Janega flank new Canadian citizen, Capt David Prangley, following a citizenship ceremony in Dartmouth September 27. Capt Prangley is an RCAF member at 405 (Long Range Patrol) Squadron, 14 Wing Greenwood.

SUBMITTED

His son started West Kings and made friends fairly easily, especially as he was able to join the Greenwood soccer team. His daughter opted for university in

Fredericton, and is now in her fourth year. Capt Prangley studied the citizenship guide and wrote the test a few months ago. The citizenship ceremony itself

September 27 was "the end of a long, drawn out process."

"Just getting there is the thing," Capt Prangley says. "Really, it's a simple point now of taking the oath of allegiance – and I'm still serving the same Queen, signing the document and getting the certificate."

On the work-side of the move, Capt Prangley is enthusiastic about the "fantastic experience" his rejuvenated flying career has given him. Now working in the standards and training at 405 (Long Range Patrol) Squadron at 14 Wing Greenwood, he has taken both the Block II and Block III Aurora conversion courses, deployed with the Manitoba flood-relief Operation Lentus, he helped build the deployment ground school for Operation Impact and deployed as well, he's responsible for training the ACSOs on 405 Squadron and is set to deploy again this fall with Operation Impact.

"I've thoroughly enjoyed my time with the squadron – it's been incredibly busy, a lot of frustrations – but I'm accomplishing what I wanted to accomplish and my previous experience is being used to good effect."

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VISION



# TRIDENT Sports

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

## PO2 Craig Blake remembered at annual Memorial Fitness Challenge

By Ryan Melanson,  
Trident Staff

A fitness event that has captured the spirit of Formation Halifax has had another successful year, with athletes swimming, running and biking in friendly competition to honour an RCN hero.

The sixth annual PO2 Craig Blake Memorial Fitness Challenge was held at Shearwater's MacDonald Beach on Friday, Sept 23. Participants raced, some individually and others with a team, through a course that included a 300m swim, a 6.5km bike ride and a 2km run, while also enjoying drinks and snacks, as well as prizes after the race, thanks to sponsors like Subway, Alexander Keith's, Tim Hortons, Lasik MD and the Atlantica Hotel.

PSP Fitness and Sports Coordinator Kevin Miller said nearly 150 people participated in the race itself, an impressive number for an event exclusive to the CAF/DND/NPF community, and with many personnel tied up with deployments or obligations to Exercise Cutlass Fury 16.

The focus of the day, however, was about remembering PO2 Blake, a clearance diver who died in Afghanistan in 2010, and re-



The 2016 PO2 Craig Blake Memorial Fitness Challenge saw Halifax's military community, as well as friends and family of the fallen sailor, compete in a friendly triathlon-style race.

MEGHAN FASH/PSP HALIFAX

cognizing the sacrifice he made for his country. Many shared stories of the avid athlete, including PSP employee and event emcee Wally Bukowski.

"He was friend of mine. Early in the morning when I would open the gym at 6:30 he would be out there, shining his bike or getting ready to go for a swim in the pool," Bukowski said.

"He was a just a great guy, so this event represents him and it honours his service."

As always, PO2 Blake's wife Priscilla attended the event, and in a special moment, Bukowski announced to the crowd that PO2 Blake's son Cain was not only present at MacDonald Beach, but had recently started his own military career, six years after his father's tragic death.

At 20 years old, and currently

a Naval Reservist, Cain said following in his father's footsteps was something he gave a lot of thought to during his last years of high school. With close connections between his family and the crew at FDU(A), and with him being present for many of the unit's get-togethers and events, he's had plenty of opportunity to consider his options and chat with others who have gone through the process.

"It's something I've known for a few years now that I wanted to do. It took a little while to get started, but it was my plan," he said.

And if things keep going according to plan, Blake will be starting his first Ship's Team Diver Course later this month, and he'll see where things go from there.

"I'm looking forward to it, that will be my first step."

Cain also competed in the challenge himself, representing HMCS *Scotian* and completing the swim portion as part of the 20th overall finishing team with friends, while his mother Priscilla completed the running portion as part of the 11th overall finishing team.

Top results from the 2016 PO2 Craig Blake Memorial Fitness Challenge include:

### Individual

Open male winner - Capt Christopher Dyer (31:30)

Open female winner - Capt Hilarie Caverly (37:24)

Master male winner - Pierre Chouinard (31:28)

Master female winner - WO Charlene Arsenaault (39:25)

### Open Team

1st place - MS Doug Young, PO2 John DeWolfe and LS Mark Brown (24:54)

2nd place - PO2 Sean O'Brien, PO2 Evan Beaton and CPO2 Gordon Williamson, all from FDU(A) (30:06)

3rd place - LS Hubert Pineau, LS Bryan Hynes and LS Evan Gilbert, also all from FDU(A) (30:12)

### Unit Team

COTF winner - HMCS *St. John's*: MS Earle Mitchell, LS Jeremy Terry and AB Roxan Hovan (32:26)

COTW winner - FMF Cape Scott: MS Sheldon Feltmate, LS Jason Mosher and Lt(N) Youngi-un Hwang (33:59)

Wing Cup winner - FDU(A): LS Mike Laphen, LS Brad Northrup and LS Ethan Dekraker (29:57)

## HMCS Charlottetown hosts Terry Fox Run in Barcelona, Spain

By Lt(N) Benoit Plante,  
HMCS Charlottetown PAO

"So lovely to hear from you! Thank you so much for making the decision to support The Terry Fox Foundation while you are overseas this year. We so greatly appreciate you being wonderful ambassadors for Terry. Many thanks," said Barbara Pate, Nova Scotia Director, Terry Fox Foundation. This positive response was received when HMCS Charlottetown broached the subject of hosting a Terry Fox Run while deployed on Operation REASSURANCE. Having spent three months exercising in the Black and Mediterranean Seas with ships from 10 other navies, we were coming alongside for a few days in Barcelona, Spain, and crewmembers wanted to participate in this example of

Canadiana. The Terry Fox Run is a non-competitive event where people get together as individuals, families, and groups to raise money for cancer research in Terry's name. It's a day of celebrating Terry's legacy and helping to keep alive his dream of finding a cure for cancer. "The crew was really enthusiastic to be able to do the Terry Fox Run while we are deployed on Operation REASSURANCE. It was great to invite our Danish and Italian friends to join us as well to celebrate a great Canadian. I was very pleased to see it," said Cdr Andrew Hingston, Commanding Officer of Charlottetown. Over 100 members from Charlottetown, Her Danish Majesty's Ship Absalon and Italian Navy Ship Fasan ran and walked the five kilometer course around the Olympic Stadium in Barcelona,



Crewmembers from HMCS Charlottetown, Her Danish Majesty's Ship Absalon and the Italian Navy Frigate Fasan pose in front of the Olympic Stadium in Barcelona, Spain after participating in the Terry Fox Run during OP REASSURANCE, September 26 2016.

Des membres d'équipage du NCSM Charlottetown, du Navire danois de Sa Majesté Absalon et de la Frégate de la Marine italienne Fasan participent à la course Terry Fox à Barcelone, en Espagne, durant l'opération REASSURANCE, le 26 septembre 2016.

CPL BLAINE SEWELL

Spain. Everyone had fun while raising funds for cancer research and awareness. "Even though I'm not running anymore, we still have to try to find a cure for cancer. Other people should go

ahead and try to do their own thing now," said Terry Fox in 1980. The participation and organization of this event by Charlottetown was the crew's way to contribute to the legacy of Terry

Fox. Charlottetown is currently deployed on Operation REASSURANCE, Canada's contribution to NATO assurance and deterrence measures in Central and Eastern Europe.

## Fitness and sports updates

By Trident Staff

**The date for COTW Running has been changed.** It now will take place on October 20 at 1 p.m. at 12 Wing Shearwater.

**Fall Intersection curling started on October 11 and will run until December 13.** Games will be held at 12:30 p.m. every Tuesday at the CFB Halifax Curling Club. (Cancellations due to COTF/COTW/Wing Cup, Regionals and Club Bonspiels TBC.) Rosters and contact information for an alternate POC should be submitted to Margaret.Craig@forces.gc.ca.

It is recommended that teams have minimum 7-8 players. I/S Curling is open to military mem-

bers only. Any one not curling for their team that day is invited to arrive at the curling club to spare for other teams. Individual curlers can submit their names to the spare list. All levels are welcome. More information can be found at <https://cfbhalifaxcurling.com/>. Registration is required. Winter I/S Curling will run January-March. Registration for Winter I/S will take place in December.

**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.

**Players are needed for the**

**CFB Halifax Women's Hockey Team.** Practices are Monday, 3:30 to 5 p.m. at the Shearwater Arena. Contact Darcy.Webb@forces.gc.ca or 427-6122 for more info.

Players are needed for the CFB Halifax men's volleyball team. If interested, please contact Coach, PO1 Jason Thompson at (902) 721-4945.

**Pick-up floor hockey** takes place Monday to Friday, 11 a.m. to 12 p.m. at STADPLEX Gym. Military, DND and NPF all are welcome. Equipment is supplied, just bring a positive attitude. For more information, please contact Jon Berg at 902-721-8418

**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](mailto:Kim.grimard@hotmail.com).

**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). 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.

## Sports trivia: World Cup of Hockey

By Stephen Stone and  
Tom Thomson

1. When was the first World Cup of Hockey held?  
2. What tournament preceded it?  
3. Which team won the first World Cup?  
4. Which team did they defeat in the final?

5. What was the format of the final in 1996?  
6. Where were the final games held?  
7. What were the scores in the final games?  
8. 2016 is only the third World Cup. When was the second tournament held?  
9. Which team won the tournament in 2004?

10. Where was the final held?  
11. What was the score in the final?  
12. Which teams participated in 1996 and 2004?  
13. How has the format change in 2016?  
14. Which are the sponsoring organizations in 2016?

15. Who was the top scorer in 1996?  
16. Who was the leading goaltender in 1996?  
17. Who was the tournament MVP in 1996?  
18. Who was the top scorer in 2004?  
19. Who was the leading goaltender in 2004?

20. Who was the tournament MVP in 2004?  
21. What major event in hockey occurred two days after the conclusion of the 2004 tournament?



## Hockey Night in Halifax

Capt(N) Paul Forget drops the puck for the ceremonial face-off of the Halifax Mariners, led by team captain WO Charlene Arsenault (left), and the Toronto Maple Leafs alumni, represented by Darryl Sittler (right).

LS VALERIE LECLAIR, FIS HALIFAX

## CAF Sports Day 2016

By Virginia Beaton,  
Trident Staff

Personnel Support Programs fitness, sports and recreation staff at bases and wings across the country will be supporting CAF personnel for the annual CAF Sports Day, taking place on Friday, October 21.

Last year more than 16,000 people across Canada participated in a wide variety of Sports Day activities. PSP staff of CFB Halifax and 12 Wing Shearwater hope to meet or beat last year's total of more than 1,000 local participants.

The official launch is at 7:45 a.m. with opening remarks, the National Anthem, a PSP-led warm-up, following which most of the tournaments will begin at 8:15 a.m.

Activities range from tournaments in dodgeball, volleyball, ice hockey, ball hockey, and bowling. There's a curling bonspiel at the CFB Halifax Curling Club, lane swims in the pools at STADPLEX and Shearwater, rock climbing at the Fleet

Gym, a Brazilian jiu-jitsu demonstration, and yoga classes at 12 Wing, STADPLEX, and at the Fleet.

PSP fitness and sports coordinator Kevin Miller says it's important for CAF members to know that they may choose to participate in a sport at any of the three locations. "If you're in Halifax but you want to see the Brazilian jiu-jitsu demonstration, feel free," he says.

Miller noted that would-be runners and walkers should be aware that there will be a 5 K fun run/walk at 12 Wing, starting at the gym and heading out on the Flyers Trail. There will not be a Dockyard fun run or walk, he emphasizes.

Interested personnel should contact their Unit Sports Rep for details on participating in these events.

2016 CAF Sports Day Schedule of Events

Date	Time	Event	Location		
			CFB Halifax	HMC Dockyard	Shearwater
	0630-0830	CFAST & Triathlon Club Lane Swim			Shearwater Pool
	0730-0830	S1 Lane Swim	Stadacona Pool		
	0745	All participants report to locations	Various locations	Various locations	Various locations
	0750	MC Welcome			
	0755	Opening Comments	Stadacona Gym		Shearwater Gym
	0800	National Anthem			
	0800-0930	S1 Curling	WP Curling Club		
	0805	PSP-led Warm-up	Stadacona Gym	Fleet Gym	Shearwater Gym
	0815	5K Run/Walk			Gym to Salt M Trail
		S1 Dodgeball	Stadacona Gym		Shearwater Gym
		S1 Volleyball		Fleet Gym	
	0815-0945	S1 Bowling	Stad Bowling Alley		
		S1 Rock Climbing		Fleet Gym Rock Wall	
		S1 Street Hockey	Parking Lot (Old S-14)		Ball Hockey Court
	0830-1200	Slo-pitch			Shearwater Ball Field
	0900-1000	BJJ Demo			Squash Court
	0900-1030	Spin Class			Spin Room
	0930-1100	S2 Curling	Windsor Park		
		S2 Dodgeball	Stadacona Gym		
		S2 Volleyball		Fleet Gym	Shearwater Gym
	0950-1120	S2 Bowling	Stad Bowling Alley		
		S2 Rock Climbing		Fleet Gym Rock Wall	
		S2 Street Hockey	Parking Lot (Old S-14)		Ball Hockey Court
	1120	PSP-led Cool Down	Stadacona Gym	Fleet Gym	Shearwater Gym
	0820-1600	Squash	Stadacona Gym		
	1000-1600	Squash			Squash Court
	1200-1245	Yoga	Stadacona Gym	Fleet Gym	Shearwater Gym
	1200-1300	S2 Lane Swim	Stadacona Pool		Shearwater Pool

## L'équipage du NCSM Charlottetown organise une course Terry Fox à Barcelone, en Espagne

Par le lieutenant de vaisseau  
Benoît Plante,  
OAP NCSM Charlottetown

« Vos nouvelles sont réjouissantes! Merci beaucoup d'avoir pris la décision de soutenir cette année La Fondation Terry Fox pendant votre affectation outre-mer. Nous sommes très heureux de vous compter parmi les merveilleux ambassadeurs de Terry », a déclaré Barbara Pate, directrice de La Fondation Terry Fox en Nouvelle-Écosse.

Cette réaction positive a été reçue quand le NCSM Charlottetown a abordé la question de la tenue d'une course Terry Fox pendant sa participation à l'opération REASSURANCE. Après trois mois passés à faire des exercices dans la mer Noire et la mer Méditerranée avec des navires provenant de 10 autres marines, nous avons accosté à Barcelone, en Espagne, pour quelques jours et les membres de l'équipage ont pu participer à cette activité canadienne.

La course Terry Fox est une course non compétitive où les gens se rassemblent, à titre individuel, en famille ou en groupe, pour recueillir au nom de Terry Fox des fonds pour la recherche sur le cancer. Cette journée sert à rendre hommage à l'héritage de Terry et à perpétuer son rêve, celui de trouver un remède contre le can-

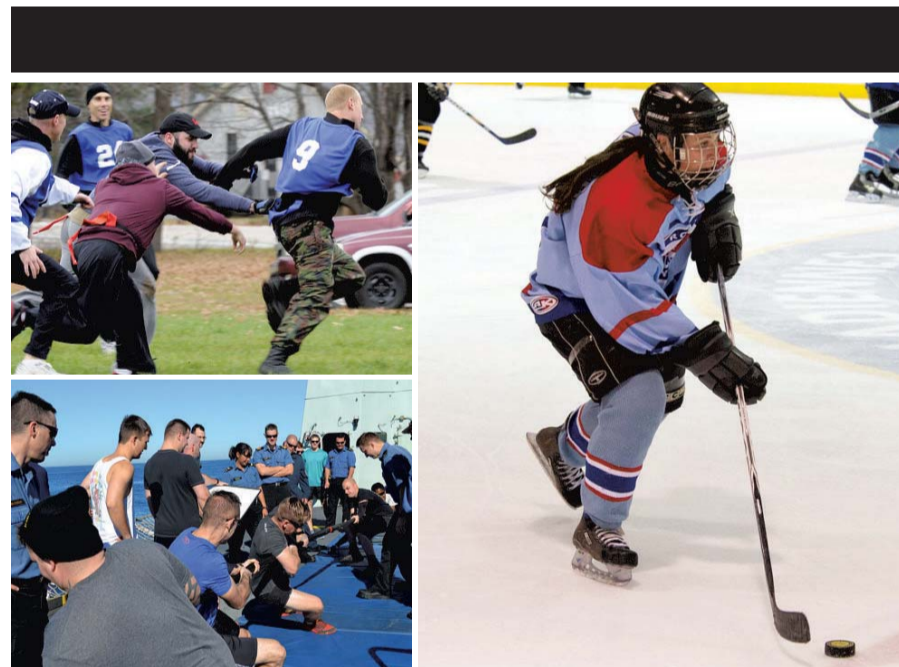
cer.

« L'équipage était très enthousiaste à l'idée de pouvoir tenir une course Terry Fox pendant sa participation à l'opération REASSURANCE. Quel plaisir de rendre hommage à un grand Canadien avec nos amis danois et italiens », a fait remarquer le capitaine de frégate Andrew Hingston, commandant du NCSM Charlottetown.

Plus de 100 membres du NCSM Charlottetown, du Navire danois de Sa Majesté Absalon et du Navire de la Marine italienne Fasan ont marché ou couru les 5 kilomètres autour du Stade olympique de Barcelone, en Espagne. Tout le monde s'est amusé tout en recueillant des fonds pour la recherche sur le cancer et pour la sensibilisation à cette maladie.

« Même si je ne cours plus, il faut tout de même continuer d'essayer de trouver un remède contre le cancer. D'autres personnes devraient désormais s'engager et organiser leurs propres activités », a dit Terry Fox en 1980. L'organisation de cette activité a été le moyen par lequel l'équipage du NCSM Charlottetown a contribué à l'héritage de Terry Fox.

Le NCSM Charlottetown participe actuellement à l'opération REASSURANCE, la contribution du Canada aux mesures d'apaisement et de dissuasion prises par l'OTAN en Europe centrale en Europe de l'Est.



## CANADIAN ARMED FORCES LEAD BY EXAMPLE

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## Sports Trivia

continued from / Page 9

### Answers

- 1996
- The Canada Cup — 1976-1991
- The United States
- Canada
- Best of three
- Philadelphia, Montreal, Montreal.
- Game 1: Canada 4, USA 3 (in overtime); Game 2: USA 5, Canada 2; Game 3: USA 5, Canada 2.
- 2004
- Canada
- Toronto
- Canada 3, Finland 2
- The Big Six of international hockey — Canada, Czech Republic, Finland, Russia, Sweden, and the United States and two Minnows (Germany and Slovakia). The games were played in multiple venues in Europe and North America.

- Teams participating are the Big Six and two all-star teams — one from the rest of Europe and team North America, which consists of 23-and-under players. Instead of games played in several venues, all games are being played at Air Canada Centre in Toronto.
- The National Hockey League and the NHL Players Association
- Brett Hull (USA), 11 points (7 goals, 4 assists)
- Curtis Joseph (Canada), 2.31 GAA
- Mike Richter (USA)
- Fredrik Modin (Sweden) 8 points (4 goals, 4 assists).
- Martin Brodeur (Canada), 1.00 GAA.
- Vincent Lecavalier (Canada)
- The 2004-05 NHL Lockout, which resulted in the cancellation of the entire 88th season of NHL play. It was the first time the Stanley Cup was not awarded since 1919.

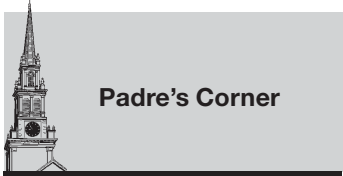
EVENTS TAKING PLACE AT MILITARY BASES  
ACROSS CANADA AND OUTCAN

PSP Halifax will be offering multiple sporting events  
at various facilities at Stadacona, HMC Dockyard  
and 12 Wing Shearwater!

FOR A FULL SCHEDULE AND TO REGISTER, PLEASE  
CONTACT YOUR UNIT SPORTS REP!



# What is the meaning of spirituality?



Padre's Corner

By Lt(N) Tim Parker,  
Fleet Chaplain

Chaplains' Branch doctrine includes this working definition of spirituality in connection with overall human health: "Spirituality is the driving force to total well-being." That's a bold, broad claim! Imagine saying to your M.O., "Doc, do you agree that the driving force of my overall

health is not diet and exercise, but spirituality?" Imagine saying to your therapist or counsellor, "Did you know that spirituality, not stress reduction, is the driving force of my overall health?" Imagine saying to the PSP instructor, "No, PT is not the driving force of my overall health – it's actually my spirituality."

Obviously these kinds of statements would not be well received – and here are just three reasons why not: (1) these statements could be considered ridiculous by people with different expertise; (2) we live in a time when words like morality, religion, and spirituality are not used well, a time

when doing what these words mean is considered a personal matter only with no public relevance; and (3) the words spiritual and spirituality have become pretty vague. We all know that 51 seconds on the FORCE test means we meet the duck-and-cover standard; we all know what our healthy body weight should be; we all know what the dentist will do to a cavity; and we're pretty sure what mental health and mental illness looks like – but we're nowhere near as sure what the word spirituality means or how to measure or improve spiritual health. But if spirituality is "the driving force to total well-

being," then we would do well to have a good idea what spirituality is.

Chaplain doctrine includes the following key words to help describe spirituality: meaning and purpose of life; ethics and values and right and wrong; transcendence; and connection. If these things are components of spirituality, we will easily see that working towards a common language is important, especially if we want to achieve total well-being for ourselves, our families, and our shipmates. We can and must take care of our physical bodies but a human being is more than just his or her body,

and it is this whole other part of life that we call the spiritual.

This fall I have the privilege of sailing with some of Canada's finest aboard HMCS *Athabaskan*. The ship's motto is WE FIGHT AS ONE. If we, who are called to serve our country as one force, to wear one uniform, to carry one spear, and to extend one hand to those in need – if we are to do all the things our country would have us do, let us not be afraid to look for a common language and common ground in spiritual areas of life. In this way, we may fight as one and live as one, in the service of God and country. Peace be with us.

## What do you do for your mental health?



By Arlene Brooks,  
Health Promotion Specialist,  
MARLANT Health Promotion Team

Recently, Col Rakesh Jetly, senior psychiatrist with the CAF and Mental Health Advisor to the Surgeon General, visited CFB Halifax. Col Jetly gave a very enlightening presentation on the latest research on mental health treatment. He shared some exciting new advances in the treatment of Post-Traumatic Stress Disorder (PTSD) in particular, an issue impacting many military personnel and their families.

On a practical level, Col Jetly highlighted the importance of diet, exercise, and sleep in the prevention and treatment of mental health issues. At Health Promotion Services' photo booth,

military and DND members shared what they do to maintain positive mental health. Many people said that they work out to blow off steam. Our Base Commander, Capt(N) Chris Sutherland, shared that he does "extreme gardening!" Another member commented, "I remind myself what I'm thankful for."

At Health Promotion Services, we offer many mental health courses, including a one and a half day training on Mental Fitness and Suicide Awareness (MFSA), for which military personnel are entitled to a MITE code. This is a very practical program including information on mental fitness, coping techniques, self-care, and suicide intervention. For more information, please contact Health Promotion Services at 722-4956 or visit [www.psp Halifax.ca](http://www.psp Halifax.ca).



Base Commander Capt(N) Chris Sutherland

## Health Promotion Services Schedule



By PSP Health Promotion staff

### Mental Fitness & Suicide Awareness

Oct 18 & 19, 0800-1600 hrs /0800-1200 hrs, Shearwater  
Nov 15 & 16, 0800-1600 hrs /0800-1200 hrs, Stadacona.

### Managing Angry Moments

Nov 8-Dec 6 (Tues), 0800-1100 hrs, Dockyard (Harbour-view Room).

### Gambling and Online Gaming Awareness

Nov 21, 0800-1100 hrs, Dockyard.

### Inter-Comm

Nov 22 & 23, 0800-1600 hrs /0800-1200 hrs, Shearwater.

### Responsible Party Hosting

Nov 24, 1300-1530 hrs, Windsor Park WP-106 Conf Room.

For more information or to register for any of our programs, please visit [www.psp Halifax.ca](http://www.psp Halifax.ca) or contact 902-722-4956.

## Si vous libérez de la force de réserve, ceci vous concerne

Par SISIP

Les raisons qui nous poussent à souscrire à une assurance vie varient selon l'étape que l'on traverse dans notre vie, cependant les plus importantes sont pour protéger le revenu familial ainsi que les biens. À titre de membres actifs des FAC, que vous participiez à des activités militaires, que vous soyez en déploiement, à la maison ou en vacances, votre régime d'assurance vie temporaire de la Financière SISIP vous offre une couverture qui répond à vos besoins particuliers et à ceux de votre famille.

Mais que se passe-t-il lorsque vous êtes libéré des FAC? À ce stade, la Financière SISIP offre une possibilité unique à ses membres de la Force régulière et

de la Force de réserve : convertir leur régime d'assurance de la Financière SISIP existant (Régime d'assurance temporaire de la Réserve [RATR] ou leur Assurance collective facultative temporaire [ACFT]) en Assurance pour membres libérés (AML).

Un processus sans heurts a été mis en place afin que votre couverture et vos primes\* demeurent les mêmes, sans qu'une preuve d'assurabilité soit nécessaire, si la conversion est effectuée dans les 60 jours suivant la date d'entrée en vigueur de votre libération. Cependant, si votre demande de conversion est effectuée après cette période, elle sera traitée comme une nouvelle demande et un questionnaire médical sera exigé.

Votre conseiller ou votre représentant en assurance de la Financière SISIP peut vous aider à réaliser ce transfert, vous permettant ainsi continuer de bénéficier d'une assurance vie abordable pour vous et votre conjoint (e). De plus, le conseiller ou le représentant peut répondre à toutes vos questions et préoccupations à l'égard du processus de libération :

- Êtes-vous bien renseigné quant à la libération et y êtes-vous préparé?
- Avez-vous tenu compte de votre pension des FAC (si vous y êtes admissible) et des autres sources de revenus?
- Vous êtes-vous renseigné au sujet du Service de préparation à une seconde carrière (SPSC) qui offre certaines possibilités, dont

des séminaires de planification à long terme, des séminaires de transition, des ateliers de réorientation professionnelle et de recherche d'emploi, et du counselling individuel.

La Financière SISIP compte présentement 21 succursales situées dans les bases et escadres partout au pays, y compris dans les grandes villes telles que Vancouver, Montréal et Toronto. Même si certaines unités de la Force de réserve ne se trouvent pas à proximité d'une succursale de la Financière SISIP, nos représentants sont toujours disposés à se déplacer lorsque le demande le commandant d'une unité, afin d'offrir des présentations, des SPSC, etc.

Comme tous les membres des FAC, les réservistes ont égale-

ment accès à un conseiller de la Financière SISIP par l'entremise du site Web ([www.sisip.com](http://www.sisip.com)). Il leur suffit de trouver la succursale de la Financière SISIP la plus proche de leur unité et de communiquer avec elle ou de prendre rendez vous en remplissant le formulaire.

Nous comprenons que la libération des FAC est un changement considérable dans votre vie. Bien que vous ne deviez plus faire face aux risques du déploiement, une bonne assurance vie vous aidera à protéger votre famille et vous apportera la tranquillité d'esprit.

\*Les facteurs qui déterminent les primes sont l'âge et si vous êtes fumeur ou non-fumeur; lorsque ces facteurs changent, les primes aussi.

## At what stage in life do I need to consider life insurance?

By Marie Navarro,  
B.A. Media & Communications,  
Communications Coordinator  
SISIP

Every stage in life comes with its share of goals and challenges. That is why preparing for each coming stage is key, and where Life insurance comes in.

You are young, new to the military and probably healthy to boot; life insurance is probably the furthest thing from your mind at this stage in your life. But then things begin to change; you're thinking of marriage, a home, children... Life is bliss for sure, but you now have loved ones to protect, assets to grow or to pass down. And what about when you are ready to release from the military or to retire; with no kids at home, mortgage pretty much paid off (hopefully), should you still bother with life insurance?

• Young and new to the military: your youth and health make it not only easy to get life insurance, they also make it very affordable! Since no one knows what the future holds, take this time to start building, setting up your goals (education), some stability in the form of a job (to secure a steady flow of income), purchasing a vehicle, etc. With

the security and safety net of a Life Insurance plan, specifically tailored to your needs \*, you are prepared for the next stage.

• Getting married /settling into your chosen career /having a family: arguably the most challenging, but in all likelihood the most rewarding stage in life. However, if you've accumulated some debt along the way (student loans from your previous stage), your Life insurance needs may become more significant, and will be added to the growing demands of family life (university for the children, paying off mortgage, etc.). Therefore, if you are no longer there to provide for them, the safety net will need expanding to ensure your family's financial wellbeing

• Retiring: At retirement, we usually get to enjoy our family and the assets we've accumulated over time. Life insurance at this stage will mainly serve for estate planning purposes (inheritance for children, covering funeral costs, taxes on properties and investments that are left behind, or charitable donations, etc.) You may therefore need less than in previous stages.

However, for many Canadians financial security is still not a given, even at this stage. With some still carrying a mortgage,

adult children at home, not to mention aging parents to take care of, debt can still be clouding your retirement.

Here again, preparing for this stage will help you and your family secure financial well-being post release/retirement. With SISIP Financial, you can transfer your existing Optional Group Term Insurance (OGTI) or Reserve Term Insurance Plan (RTIP) to Insurance for Released Members (IRM) in a seamless process, with no medical questionnaire, but only if you do it within 60 days of your date of release. After the 60 days, however, your request for insurance will be treated as a new application and a medical questionnaire must be supplied.

Life insurance can provide the foundation to help secure and protect your family's financial well-being and should be considered when preparing for every stage in life.

\*SISIP Financial Life Insurance plans are specifically tailored to provide the right amount of life insurance for each CAF member. Visit your SISIP Financial office or make an appointment for your Insurance Needs Analysis to determine how much coverage you actually need.

## Releasing from the reserve force? This information is for you

By SISIP

The reasons for having Life insurance vary depending on your stage in life; most important however is income protection for the family and protection of assets. As serving members of the CAF, whether engaged in military activities, including deployment, but also at home or on vacation, your SISIP Financial Term Life Insurance has provided coverage specifically suited to meet your needs and those of your family.

But what happens when you want to release from the CAF? At this juncture, SISIP Financial offers its Regular and Reserve Force members a very unique option: transferring their existing SISIP Insurance coverage (RTIP or OGTI) to Insurance for Released Members (IRM).

A seamless process has been set up whereby your coverage and premiums\* remain the same, and no medical disclosure is required, but only if you transfer coverage within 60 days of your date of release. After this timeframe, however, your request for insurance will be treated as a new application and a medical questionnaire must be supplied.

Your local SISIP Financial Advisor/Insurance representative can assist you in this transfer, thereby securing continued and affordable life insurance for you and your spouse. Additionally, they can answer any questions or concerns you may have related to the release process;

• Are you adequately informed about, and prepared for release?

• Have you factored in your CAF Pension (if eligible) and other sources of income?

• Have you looked into the Second Career Assistance Network (SCAN) which provides a number of options, including Long Term Planning (LTP) seminars, transition seminars, career transition and job-search-related workshops, and individual counseling.

There are currently 21 SISIP Financial offices located on major Bases and Wings across the country, including main cities such as Vancouver, Montreal and Toronto. While some Reserve Units may not be close to a SISIP Financial branch, our representatives are always willing to travel to specific locations when requested by the local Unit Commander, for briefings, SCANS, etc.

Like all CAF members, reservists also have easy access to a SISIP Financial Advisor via their website ([www.sisip.com](http://www.sisip.com)): simply find the SISIP Financial office closest to your Unit, contact them or select "to make an appointment" and fill in the form.

We understand that releasing from the CAF is a major change in your life; you may not be facing the added risk associated with being deployed, but having adequate Life Insurance will help provide security for your family and peace of mind for you.

\*Premiums are based on age and smoking status; as these change, so too will premiums.



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