



DND Family Days



Stadacona Band commemorates Battle of the Atlantic Pg. 10



RCN jogger races in Boston Pg. 18



MARLANT personnel flex their stuff Pg. 20

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HMC Ships *Summerside* and *Moncton* back in Halifax after rewarding African deployment

By Ryan Melanson,
Trident Staff

Sailors aboard two RCN ships received a well-deserved homecoming on May 2, when MCDVs HMCS *Summerside* and HMCS *Moncton* returned to Halifax harbour, 75 days after departing for West Africa on Neptune Trident 17-01, the Navy's overarching engagement mission in that region. Ships visited multiple African countries and mixed operational training with community outreach and volunteerism during the unique deployment.

Family members gathered on the jetty to meet their loved ones after more than two months away, and the traditional first kiss upon their return went to LS Franklyn Murray, a combat engineer in *Summerside*. He emerged as the first sailor back on land from either ship, with his girlfriend Kaitlyn Campbell waiting on the jetty. He said he was happy he had the experience on Neptune Trident, but that two and a half months away from loved ones is always tough, especially with a baby on the way.

"We've been gone for a pretty long time, so this is what I've been waiting for. It's nice to be home," LS Murray said.



HMCS *Summerside* Coxn PO1 Ivan Lightwood greets his wife, PO1 Tari Lightwood and (left to right) children Alexis, Asa and Mathilde as the ship returned home on May 2.

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MONA GHIZ/MARLANT PA

A special invitation to our DND friends to get acquainted with CANEX. Come in to Windsor Park CANEX to say hello and join us for coffee, donuts and FREE parking.

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Day of Mourning pays tribute to workers who died on the job

By Ryan Melanson,
Trident Staff

It was an emotional morning at Province House on April 28 as workers, families and labour supporters gathered for a ceremony marking the National Day of Mourning, observed annually to commemorate workers who have been killed, injured or suffered illness due to workplace related hazards and incidents.

MARLANT sends a small delegation to the event each year to represent a commitment to the safety of its own workforce, which includes a large number of civilian employees. This year, CFB Halifax Base Commander Capt(N) Paul Forget, Acting Base Chief Petty Officer CPO1 Sifton Mosher, and MARLANT Safety and Environment Officer LCdr David Giannou attended to lay a wreath on behalf of Maritime Forces Atlantic in honour of workers who died on the job in 2016.

“The Day of Mourning is a great reminder that workplace accidents are tragic and have a direct impact on many lives. We have a responsibility as employers to ensure our workforce is provided a safe working environment. We can be proud of our robust health and safety program which helps ensure each of our employees returns home safely to their loved ones on a daily basis,” Capt(N) Forget said.

Many MARLANT units also recognized the day on a smaller scale with short ceremonies at their workplaces, and flags across the formation were flown at half mast for the day.

The annual gathering at Province House isn't a formal government event, though the main sponsors – The Nova Scotia Federation of Labour, Canadian Labour Congress, and Halifax/Dartmouth District Labour Council – do partner with the Government of the day and the Workers' Compensation Board on the ceremony.

Tony Tracy, a regional representative of the Canadian Labour Congress, reinforced the need to mourn workers who have died while continuing to fight for all workers who remain on



CFB Halifax Base Commander Capt(N) Paul Forget attended the Day of Mourning ceremony at Province House on April 28, along with acting Base Chief Petty Officer CPO1 Sifton Mosher and LCdr David Giannou of MARLANT Safety and Environment, to lay a wreath on behalf of Maritime Forces Atlantic. Also seen here is Nova Scotia Minister of Labour of Advanced Education Kelly Regan.

RYAN MELANSON/TRIDENT STAFF

the job. He called for safer workplace conditions, better investigations of workplace accidents, and more training for workplace health and safety inspectors.

“And if we're here to fight for the living, that means we need to see better enforcement of the law,” he said.

The wall behind the speaking podium was lined with 20 small Nova Scotia flags, each representing one Nova Scotia worker who was killed on the job or who died from work related injuries in the past year. This year also marks the 25th an-

niversary of the Westray coal mine disaster that saw 26 miners killed by a methane gas explosion in Nova Scotia, and Allen Martin, who lost his brother Glenn in that incident, also spoke at the ceremony. He described being overcome with grief and anger over his brother's death each year on May 9, the date of the tragedy.

“Perhaps if we took every workplace injury or death personally, as we unquestionably do when it's one of our own, we would demand more from those who have the power and resources to affect meaningful change,” he said.

New measures for employees affected by Phoenix

By Kin Choi, ADM(HR-Civ)

I would like to provide you with the latest information from the Treasury Board Secretariat on the ongoing efforts to support employees who are experiencing pay issues, including measures to help departments directly assist their staff.

Recognizing the financial burdens these pay issues have placed on some of our employees, the Government of Canada will reimburse those who seek or have already obtained tax advice to address tax implications caused by problems with the Phoenix system. Employees who encountered Phoenix pay issues may seek up to \$200 in re-

imbursement for tax advisory services in relation to their 2016 or 2017 income taxes. Further information on filing a claim is available on the Phoenix website.

Providing tools to departments and employees to manage the current pay disruption is part of a coordinated effort among DND, TBS and Public Services and Procurement Canada to ensure employees have ongoing support.

If you have any additional questions, please speak with your manager. You are also encouraged to visit the Phoenix website <<https://www.canada.ca/en/treasury-board-secretariat/topics/pay.html>> for further information.

De nouvelles mesures visant à aider les employés touchés par Phénix

Par Kin Choi, SMA(RH-Civ)

J'aimerais fournir les renseignements les plus récents provenant du Secrétariat du Conseil du Trésor sur le soutien continu offert aux employés qui connaissent des problèmes de paye, notamment des mesures permettant aux ministères d'aider leur personnel.

En raison du fardeau financier que ces problèmes de paye ont imposé à certains de nos employés, le gouvernement du Canada indemnifiera ceux qui cherchent à obtenir, ou qui ont déjà obtenu, des conseils fiscaux à la suite des répercussions fiscales occasionnées par le système de paye Phénix. Les employés qui ont éprouvé des problèmes de paye liés à Phénix peuvent demander un remboursement allant jusqu'à 200 \$ pour

les services de prestation de conseils fiscaux en lien avec leur déclaration de revenus de 2016 ou 2017. D'autres renseignements sur le dépôt d'une réclamation sont affichés sur le site Web de Phénix.

L'offre d'outils aux ministères et aux employés pour leur permettre de gérer les perturbations relatives à la paye s'inscrit dans le cadre d'un effort coordonné entre le MDN, le SCT et Services publics et Approvisionnement Canada, qui vise à faire en sorte que les employés reçoivent un soutien constant.

Si vous avez d'autres questions, veuillez adresser à votre gestionnaire. Vous êtes aussi invités à consulter le site Web de Phénix <<https://www.canada.ca/fr/secretariat-conseil-tresor/sujets/remuneration.html>> pour obtenir de l'information supplémentaire.



West African deployment experience of a lifetime for RCN sailor

By SLt Patrick Brouwer,
Deck Officer, HMCS *Summerside*

I joined the Royal Canadian Navy (RCN) because I wanted to go places I wouldn't normally get to see. So, when the opportunity to sail to West Africa on NEPTUNE TRIDENT 17-01 came up, I jumped at the chance. The chance to cross the Atlantic, work with partners and allies and conduct community outreach throughout the region was an opportunity I just couldn't pass up. It has been a rewarding experience both personally and professionally.

Professionally, the deployment was unique for many reasons. This was one of the first times that RCN ships have spent time alongside in four West African nations along the Gulf of Guinea. The deployment was also one of the first times that RCN ships have crossed the equator at the prime

meridian and one of the few times that Kingston class ships have crossed the Atlantic. On a personal note, this trip was significant because also I was no longer under training. I was excited to put all that I had learned during my training to use in foreign waters. All of these factors, plus a great crew, made this a deployment I will never forget.

I studied astronomy in university and it came in handy to me as a MARS Officer. During my studies I learned that celestial bodies behaved differently the closer you get to the equator. It was rewarding to finally see in real life what I had been taught. Things like the seeing the moon on its side, the short duration of twilight, the relative movement of stars in the sky and to see constellations only visible in the southern hemisphere was a rewarding experience for me. The deployment also took me places I never thought I see. I have always wanted to go to Africa, but I never thought that the opportunity

would present itself. As part of HMCS *Summerside*, I was fortunate enough to visit Dakar Senegal, Freetown, Serra Leone and Abidjan, Côte d'Ivoire. The port visits in Africa were particularly rewarding as we were able to help out at orphanages and expand relationships in the region. I have always felt the Canadian Armed Forces should go abroad to help others in any way possible and this deployment had some of those elements incorporated into it. The people of West Africa were very friendly and receptive.

Finally, I never thought that I would be going to one of the rarest places a warship has gone—The Golden Cross, where the equator crosses the Prime Meridian. According to a CAF Heritage officer, *Summerside* and *Moncton* were the first recorded RCN warships to do that and I am proud that I was a member of the crew for the sail so that I can now call myself a Royal Diamond Shell-back.



The crew of HMCS *Summerside* proudly indicates the ship's location at the Golden Cross, where the equator crosses the Prime Meridian.

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HMC Ships *Summerside* and *Moncton* back in Halifax

Continued from page 1

The mission involved training in maritime interdiction and boarding operations as part of the multinational exercise Obangame Express, along with plenty of opportunities to get involved in the communities the ships visited while alongside. RCN sailors visited schools and orphanages, gave ship tours to students and other community members, participated in discussion forums, and even visited culturally significant landmarks that link Nova Scotia to Freetown, Sierra Leone.

LCdr Paul Smith, the Commanding Officer of *Summerside*, said visiting the Gulf of Guinea region was personally significant for him, but he also wanted to highlight the work done by both ships' companies and the embarked MTOG crews in working with partner nations like Senegal, Li-

beria, Morocco and Sierra Leone in complex at-sea scenarios.

"It was a chance for us to work with them and learn from them, and hopefully have them learn something from us as well," he said.

LCdr Nicole Robichaud, *Moncton's* Commanding Officer, described the deployment as the 'trip of a lifetime' for her and her crew, and said the opportunity to work with and speak to so many women in the region was one of the most rewarding aspects of the trip for her.

She participated in roundtable discussions with young women and female community leaders in three different nations, including a UN Women's Forum in Liberia along with other female sailors.

"We were focusing on the leadership and empowerment of women in non-traditional roles.

Myself and the female crew members of both *Moncton* and *Summerside* participated, and it was truly an eye-opening, unbelievable experience."

And for many of *Moncton's* crewmembers, who have an average age of about 25 (the ship even celebrated one 19th birthday while overseas), the mission served as a unique first RCN deployment.

"This was the first trip overseas for some, and the way they were able to see different cultures and lifestyles, to see areas affected by poverty, it was a humbling experience for them," LCdr Robichaud said.

Both commanding officers described a deployment full of lasting memories and varied accomplishments, with newly strengthened diplomatic and professional relationships that will hopefully help bring more Canadian ships to the region in the future.



Publication Schedule for 2017

January 9 – MFRC
January 23
February 6 – MFRC
February 20
March 6 – MFRC
March 20 – Posting Season Special Feature
April 3 – MFRC
April 17
May 1 – MFRC, and Battle of the Atlantic Special Feature
May 15
May 29 – MFRC
June 12 – DND Family Days Special Feature
June 26
July 10 – MFRC
July 24
August 7 – MFRC
August 21 – Back to School
September 5 – MFRC
September 18 – Home Improvement Special Feature
October 2 – MFRC
October 16
October 30 – MFRC – Remembrance Day Special Feature
November 13 – Holiday Shopping Special Feature
November 27
December 11 – MFRC – Year End Review

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Community Calendar

Reunion and event notices must be submitted by mail, fax or internet.

editor@tridentnews.ca include the sender's name and phone number.

A notice will not be published if the event is to happen more than one year from publication date. Submissions may be edited.

Community Calendar

George Wright: Building Halifax and Shaping the World Time: 7 p.m.

Date: Tuesday, May 23

Location: Maritime Museum of the Atlantic

George Wright made a fortune from a worldwide business directory, was a socially conscious pioneer in our community and invested much his fortune in Halifax, commissioning some of our most treasured buildings, all designed by the Dumaresq family. Syd Dumaresq is a fourth-generation architect and passionate sailor who supports his habit by practicing Architecture in Halifax and Chester. He has long been interested in the architectural history of Halifax and the stories of the people responsible for making the City what it is today. Join Syd as he walks us through the fascinating life of George Wright.

History of the Marblehead to Halifax Ocean Race Time: 7 p.m.

Date: Tuesday, May 30

Location: Maritime Museum of the Atlantic

Join Jeanne Church, a Maritime Museum of the Atlantic employee and a longtime Royal Nova Scotia Yacht Squadron member, for this talk focusing on the biennial Marblehead to Halifax Ocean Race, which will see its 37th edition take place this year on

July 9. Church has a vested interest in the race and has compiled information on more than 100 years of race history. Discussion will touch on the very first race in 1905, which was the first of its kind in North America, as well as the race gaining internationally-ranked status in 1947, along with lots of other interesting stories regarding the race through the years.

A Tour of the Gaelic Languages

Time: 6:30 p.m.

Date: Monday, May 29

Location: Halifax Central Library

This free program focuses on all three Gaelic languages: Scottish Gaelic (Gaidhlig), Irish (Gaeilge), and Manx (Gaelg). Learn what the languages sound like, where they are spoken, their histories and their similarities and differences. Presented in partnership with the Gaelic Language Society of Halifax and the Gaelic Affairs Division of the Department of Communities, Culture, and Heritage.

Canada Day 2017 celebrations

Date: Saturday, July 1

Location: Halifax Common

Canada Day this year marks the 150th anniversary of confederation, and communities across the country are planning bigger-than-ever birthday bashes to mark the occasion. In Halifax, the annual Canada Day con-

cert, already one of the biggest of the year, will be moved from Alderney Landing to the Halifax Common, with performers set to be unveiled soon, and a massive fireworks show to be launched from Citadel Hill. For more details as they're announced, visit HRMCanadaDay.ca.

Celebration 150:

Black Loyalist Voices

Date: July 15 - 16

Location: Black Loyalist Heritage Centre, Birchtown

The Black Loyalist Heritage Society will be hosting a two day festival July 15-16 to celebrate culture, diversity and the significant contributions of African Nova Scotians as part of the Canada 150 celebrations. The open concept celebration will feature Nova Scotian vendors selling ethnic foods, clothing, arts and crafts. There will be exhibits, readings, theatre and interactive sessions featuring African Nova Scotian artists Reeny Smith, Khalilah Brooks, Shauntay Grant, David Woods, Juanita Peters and Jacob Sampson. There will be musical presentations highlighting past and present winning artists from the African Nova Scotia Music Association. Sunday will be family day featuring an ecumenical service lead by the AUBA moderator, gospel presentations, drumming, dancing and family fun.

Royal Military College of Canada: Online University Education Visit

By DND

A Representative from the Royal Military College of Canada (RMC) Online Distance Education Team will visit 3 locations in MARLANT from May 16-18, 2017.

The purpose of this visit is to convey information about the Online Distance Education Undergraduate (BMA Sc, BA) and Post-Graduate (MBA, MPA, MA & PhD War Studies) University Degree Programmes offered online by RMC to both military (Regular & Reserve Force) and civilian members of the MARLANT Defence Team.

The RMC representative will be available on the following dates at the locations and times specified:

16 May, SCAN seminar, 0900-1500.

17 May, SCAN seminar, 0930-1030.

17 May, 12 Wing Shearwater Sea King Club, 1100-1400.

18 May, S90 Stad, 2nd floor in front of BADM HQ, 1000-1500.

If you have any questions, please send an email to psohalifax@forces.gc.ca

Collège militaire royal du Canada: Visite d'information d'éducation en ligne

Par MDN

Une représentante de l'équipe de l'éducation à distance du Collège militaire royal du Canada visitera trois sites de FMAR(A) les 16, 17 & 18 mai 2017.

Le but de cette visite est de fournir des informations à propos des programmes d'études à distance de premier cycle (BAScM et BA) et des programmes des études supérieures (MAA, MAP, MA et Doctorat en EG) offerts à distance par CMRC aux militaires de la forces régulières, aux réservistes et aux civils.

La représentante du CMRC sera disponible aux locations suivantes aux temps spécifiés:

16 Mai, SPSC Séminaire, 0900-1500.

17 Mai, SPSC Séminaire, 0930-1030.

17 Mai, 12e Escadre Shearwater Club Sea King, 1100-1400.

18 Mai, S90 Stad, 2ième étage, 1000-1500.

Pour toute question, veuillez envoyer un courrier électronique à psohalifax@forces.gc.ca

Sailor's first deployment is in a Tall Ship

By A/SLt Sowley

A/SLt Michelle-Ashley Ellerington, daughter of Kim and Neil Ellerington, active member of the Royal Canadian Navy, is on her first naval deployment with HMCS *Oriole*. As *Oriole* sails from Victoria, British Columbia to the Maritimes and Québec for the celebrations of Canada 150 and the Rendez-Vous (RDV) 2017, a Tall Ships Regatta and festival, A/SLt Ellerington will be part of her crew until she reaches Charlottetown in June. Throughout the entire Canada150 deployment, *Oriole* will visit 24 ports in seven countries. Its mission is to conduct community engagement wherever available and to provide an opportunity for leadership and seamanship training for Canadian Armed Forces personnel.

Growing up in Dartmouth, Nova Scotia, A/SLt Ellerington graduated from Auburn Drive High School before completing a bachelor's degree from St. Thomas University in Fredericton, New Brunswick. Upon graduating university in 2015, she joined the CAF as a Maritime Surface and Subsurface (MARS) Officer. While working to complete her MARS II course, she was offered a position as a crew augmentee in January 2017 for this deployment. Her home unit is Naval Fleet School Pacific (NFSP) Esquimalt, BC. She participated in crew training, day sails and preparations alongside to ensure the ship was ready for the deployment. As a deck hand on board, she works lines, helps raise



A/SLt Michelle-Ashley Ellerington, a native of Dartmouth, is experiencing her first deployment, which happens to be aboard MARPAC's sail training vessel, HMCS Oriole.

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and lower sails, stands as lookout and helmperson.

Almost a month into her first deployment with the RCN, A/SLt Ellerington says, "The greatest thing about this deployment is not the port visits or the travel, but the opportunities to learn and work

as a team with the other crew members. It is not the destination, but the journey of how we got there."

After her *Oriole* deployment, A/SLt Ellerington will return to Victoria, BC and prepare for her next series of trade courses.

Mental Health Week



Mental Health Week was May 1 to 7. During the week, all members of the Defence Team were challenged to help raise awareness about mental well-being, to reduce the stigma, and change how we understand mental health. Base Commander Capt(N) Paul Forget and Base Chief Petty Officer CPO1 Lee Brown took the opportunity to sign a Mental Health Pledge with a commitment to create a healthy, respectful and supportive workplace.

"Mental Health is one of my top priorities and I understand that everyone is a valued person and deserves to be treated with respect," stated Capt(N) Forget. "We have a robust Mental Health program within the Formation. I encourage anyone who feels they need support to reach out and take advantage of what we offer. Do not suffer in silence. Do not be afraid to come forward. As well, for peers and supervisors, please check-in with your colleagues and let them know that you care and are there to support or listen," he added.

MIKE BONIN, CFB HALIFAX PAO

What are you reading?

Life onboard HMCS *Saskatoon* on Operation CARIBBE

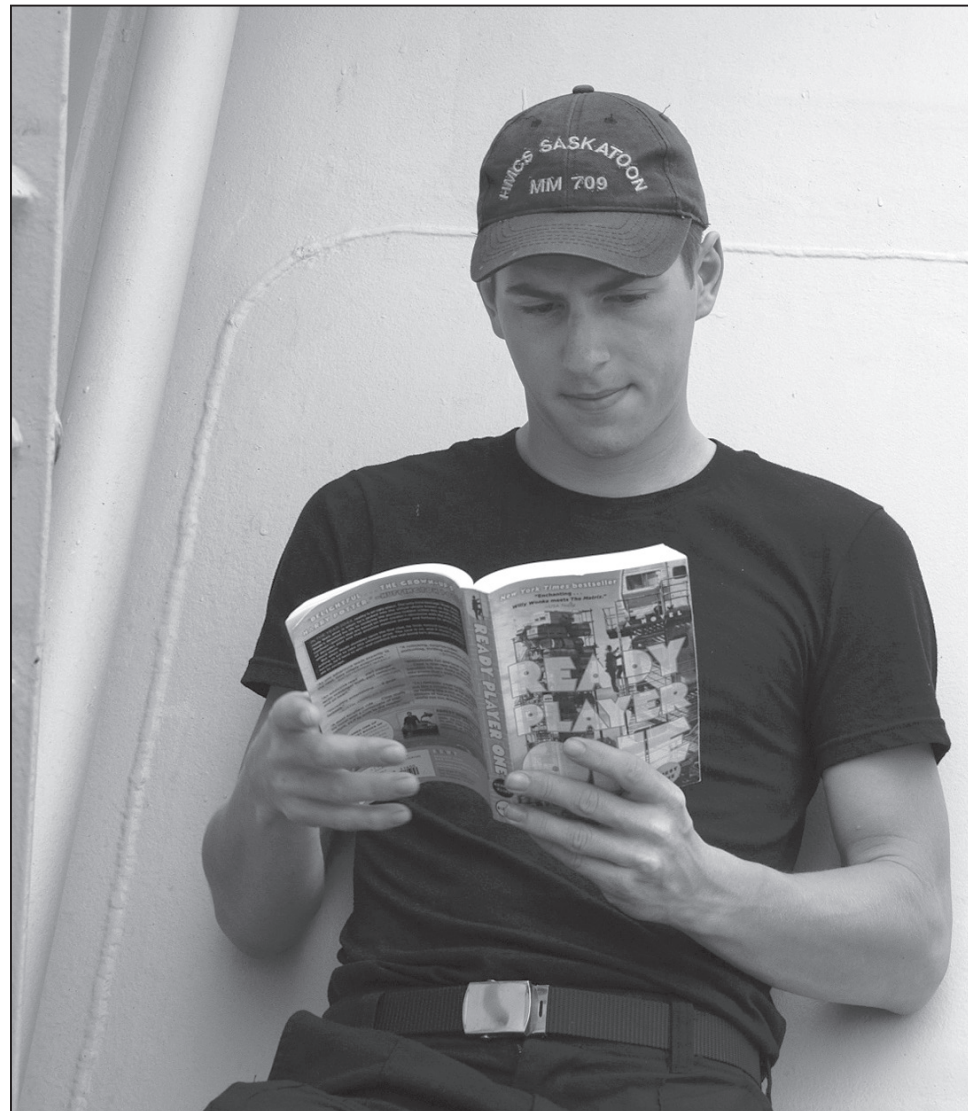
By SLt Susannah Anderson,
Operation CARIBBE
Public Affairs Officer

The tropical heat has settled like a wet wool blanket over the ship and the Weapons Engineering Technician is wedged into a small sliver of shade on the sweep deck, avidly reading a paperback on his break. “Have you read *Ready Player One*? One of the boatswains gave it to me; I just can’t put it down.”

In HMCS *Saskatoon*, 47 days into a deployment in the eastern Pacific on Operation CARIBBE, *Ready Player One* by Ernest Cline is being passed from hand to hand throughout the ship.

In a world of instant connectivity, sharing a beat-up paperback with friends seems old fashioned. The loss of instant connectivity can come as a shock to new sailors; Internet speed at sea varies based on the position of the ship’s mast or the necessity for operational security. Even with transmitting and receiving turned off, access to cell phones is strictly controlled and instant texts are replaced by thoughtful emails or a mail drop in a port far from home. The lack of connectivity with home quickly fosters a deeper connectivity on ship; meals are taken together, sleeping is done in bunks stacked two and three high, and crewmembers work together on watch. Common experiences and shared books like *Ready Player One* are links in a chain that bring crewmembers closer together, LCdr Todd Bacon, Commanding Officer of *Saskatoon* explains. “*Saskatoon* sailed from Esquimalt in February 2017 with a new crew, brought together from across Canada, both Regular and Reserve Force,” LCdr Bacon, says. “Through hard work and excellence in training, they have grown together and have performed seamlessly in theatre. After two months sharing the exhilaration of successful interddictions long days together at sea, the crew is more than a group of sailors; they have become a family.”

Life in the oak-paneled wardroom is centred on the dining table. “Have you read *Ready Player One*?” asks an officer over pancakes and fruit in the Officer’s Mess. The novel is an avid topic of conversation between crewmem-



A boatswain onboard HMCS *Saskatoon* reads on the sweep deck on April 8, 2017 during Operation CARIBBE.

RCN PA

bers of all ranks and trades. Conversation is stilted in the breakfast line as tired crewmembers come in from the night watches and brightens once the rich smell of coffee starts wafting through the ship. The reliability of satellite television fades within days of going to sea, replaced by black folios of DVDs. Movies are watched together in the messes and what is shown on the big screen is determined by who had the foresight to toss DVDs into their kit bag before sailing. Sentimental movies are often rejected in favour of movies that speak to the camaraderie and determination that the sailors face daily.

Continued on page 7



Padre's Corner

Spring cleaning

By Lt(N) Padre Tim Parker,
Fleet Chaplain

I hate spring cleaning, which is why it rarely gets done in my house – except for what my wife does on her own or shames me into doing. Any sailor knows how to move a mop but if you’re anything like me, doing spring cleaning at home is as pleasant as getting your teeth knocked out by the monkey’s paw on a sudden roll.

However, this year, Her Majesty is forcing me to spit and polish my house because I am posted. Oh,

how I regret the lame spring cleaning I pretended to do these past six years! Oh, how I wish I’d painted my deck / fence / interior before this year! I know! I will just take leave and bust my behind sprucing up the house while trying to navigate Brookfield, COS dates, and all the rest.

Many of you have probably done what I’ve had to do: move three houses’ worth of stuff from one house into storage, patch and paint every surface inside and outside the house, replace all the doors because the cheap builders put up cheap doors and no flashing to route the rainwater away so there’s lots of rot, swap out the rust-bucket hot water heater, finally get the furnace serviced, replace the lower part of the roof that got battered in that gale that time, pretend we don’t have a dog that sheds like a woolly mammoth so put new carpet on the stairs where the woolly mammoth spends her days and nights, shine the fixtures (or at least put new bulbs in them), shore up the back deck, and on and on and on and oh yeah those other four hundred things I still have to do.

So why is Padre Muffin whining about his spring cleaning and home renovations? Does this guy have nothing better to write about?

Ah, dear Reader, there is a method to my madness and a wisdom to my whining.

Spring cleaning applies not only to our cash-cow homes, but to ourselves.

My parting advice to my fellow sailors and all who wear Her Majesty’s uniform is this: put some elbow grease into spring cleaning your souls. Lots of dust and rust get in there and only you can clean it out. Naturally, the Coxswain of heaven and earth is going to give direction and inspect. You want to be ready for evening rounds. However, the Coxswain of heaven and earth is not some crusty old Chief (may God bless you, dear Chiefs, you do fine and often thankless work), the Big Coxswain is the best Chief you will ever meet. He is just waiting to be piped. But shine the scuppers of your soul first. Do your spiritual spring cleaning and your soul “will shine like the sun” (St. Matthew 13).

Specifically: examine your conscience to see what’s lying around in there you need to fix; consider which of your beliefs may be rotting away; ask yourself why you don’t ask for help when you can’t possibly get up there without scaffolding; take a hard look to see if your foundation is secure or crumbling. And remember, there are many expert contractors available to help you size it up and help you with the job.

By the way, anyone want to buy a newly renovated house in Timberlea? Motivated seller...

New Commander for 5th Canadian Division

By Lt Gregory Cutten,
5th Canadian Division Public Affairs

At the Halifax Citadel National Historic Site on May 1, 2017, select military commanders from across Canada and the United States gathered to witness the Change of Command for the 5th Canadian Division (5 Cdn Div) of the Canadian Army (CA). Under traditional Nova Scotian cloud and light rain, the Stadacona Band of the Royal Canadian Navy and a solo bagpiper from the Nova Scotia Highlanders welcomed the dignitaries and guests of honour with a martial flair that emphasized the location's long-standing military and cultural significance to Canada.

LGen Paul F. Wynnyk, Commander of the CA, presided over the well-attended ceremony at which BGen Derek A. Macaulay accepted command of 5th Cdn Division from the out-going commander, MGen Carl J. Turenne, who was promoted during the proceedings.

LGen Wynnyk emphasized the importance of 5 Cdn Div and to the larger CA. "The work and the training conducted by this division play an absolutely pivotal role in the ensuring that our soldiers remain strong, proud, and ready."

BGen Macaulay comes to Atlantic Canada from Ottawa where he has been serving as the Chief of Staff Army Strategy since June 2016. Prior to that he deployed in April 2015 as the Chief of Staff, Coalition Joint Land Force Component Command in Iraq, Operation IMPACT, the CAF's contribution to the Global Coalition to dismantle and ultimately defeat Daesh. He has also served in Bosnia and Afghanistan.

BGen Macaulay thanked his predecessor, and praised the professionalism of his new command, "The 5th Canadian Division soldiers stand ready to successfully achieve any mission or challenge that might be put in their way. They are the Mighty Maroon Machine and are proud to call Atlantic Canada home."

A new challenge beckons for MGen Turenne who will be going to Ottawa to serve as the Deputy Commander of



The 5th Canadian Division bid farewell to BGen Carl Turenne (right) and welcomed a new Commander, BGen Derek A. Macaulay (left) at a Change of Command ceremony presided over by the Commander of the Canadian Army, LGen Paul Wynnyk at the Halifax Citadel National Historic Site on May 1.

WO JERRY KEAN, 5 CDN DIV PA

the Canadian Army.

During his time commanding 5 Cdn Div, MGen Carl J. Turenne's leadership benefited both 5 Cdn Div and the CA. Following his own motto of "words into actions," he secured ballistic plates and night-vision goggles for the Primary Reserve units. He championed Operation HONOUR which aims to end inappropriate sexual behaviour within the CAF. He

initiated and led performance management direction which measures and interprets readiness -an initiative which he tested successfully in 5 Cdn Div and which is now being implemented throughout the CA. Finally, he strengthened ties with the Division's Army National Guard counterparts in Maine, New Hampshire, and Massachusetts through coalition exercises in the Atlantic region which

enhanced military inter-operability between the allied nations.

As a final flourish to the ceremony already steeped in Halifax military tradition, LGen Wynnyk, accompanied by MGen Turenne and BGen Macaulay, fired the noon gun from atop the Citadel's walls, with the boom of the cannon signifying the beginning of a new era for Canada's East Coast Army.

Life onboard HMCS *Saskatoon*

Continued from page 6

Cabins are shared between three or four personnel. Knowing who likes quiet in the morning and who will bounce out of bed singing to the morning wake-up song is important for maintaining peace. Understanding when a cabin mate needs space and privacy or when they need a supportive shoulder means that friendships deepen quickly. The long night watches lend themselves to meaningful conversations.

"The mids (middle watch from midnight until 4 a.m.) conversations are my favourite," says *Saskatoon's* Operations Officer, who cannot be named for operational security reasons. "We keep the ship safe and on course throughout the night. While watching for contacts, we talk, tell stories, and discuss ideas. *Saskatoon's* sailors are from diverse backgrounds and different parts of

Canada. Everyone has an interesting story to tell; the long night watches are the place to tell it. There is a book everyone on ship is reading that has led to some really interesting conversations lately."

Saskatoon is back in Esquimalt, British Columbia and its sailors are once again instantly connected to the world. The connectivity ashore, however, cannot match the deeper connectivity of a life shared at sea. Over the last two months, the crew has sailed from Canada to Panama and back, helping to seize over 1100 kg of cocaine and to disrupt an estimated 1500 kg along the way. After 11 years, Operation CARIBBE continues to be successful in its mission of interrupting the northward flow of drugs into North America. Life onboard *Saskatoon* is about more than the mission: it is about the sailors and lasting connections they forge at sea. There is this book everyone is talking about, *Ready Player One*. Would you like to borrow it?



You've got lots of mail

Crewmembers carry bags of mail and parcels onboard during HMCS St John's brief stop in Souda Bay, Crete on April 7, 2017, during Operation REASSURANCE.

LS OGLE HENRY, FIS

Operation Nunakput 2017 - A Canada 150 Northern Voyager Experience

By RAdm John F. Newton,
Commander MARLANT

As sailors of the Royal Canadian Navy, we take pride in our inheritance of skill in patrol of the North Atlantic and vast Pacific Ocean. Recent experiences in operations that ranged from the Black Sea, to the Gulf of Guinea, and deep into Indo-Asia-Pacific have reasserted our global deployability. In a new undertaking, twenty sailors will gain experiential learning in a bold and completely new undertaking. They will set sail on a once-in-a-lifetime voyage of Canada's longest water-

way, the Mackenzie River. In celebration of Canada's 150th anniversary, four force protection cutters will join Operation Nunakput 17. The flotilla will follow the waters that drain a great watershed of northwestern Canada, from Great Slave Lake to the Beaufort Sea. On a voyage extending 4000 kilometres to the sea and back, sailors of the Royal Canadian Navy will witness their land and peoples in a manner that very few have experienced.

Operation Nunakput is a sovereignty operation conducted annually under the command of Joint Task Force North. The mission is undertaken jointly with the Royal Cana-

dian Mounted Police, Department of Fisheries and Oceans, Environment Canada, and Provincial Government partners in order to ensure maximum sovereignty expression in the sparsely populated North. Military participants will include the 1st Canadian Ranger Patrol Group and five of their Patrols along the Mackenzie River. In the air, 440 Transport Squadron will sustain the mission using the venerable Canadian bush plane, the CC-138 Twin Otter. Canadian Army personnel will support the mission with Ranger Instructors and logistics. After successfully testing the feasibility of force protection cutters during Nunakput 16, four of these high powered jet boats have been prepared for the 2017 mission.

Each cutter will be crewed by four sailors, male and female, selected from the two coastal Formations, national headquarters and Naval Reserves. The first group will execute the down-bound transit from Yellowknife, the second the up-bound leg. Inuvik, on the shores of the Arctic Ocean, will be the crew change and turnaround point. Each group will spend about seven days on the Mackenzie River, and between two and three days total in transit to and

from the mission. The overall mission window is July 4-20, 2017.

Nights will be spent camping out in the great Canadian Boreal Forest. Field craft and small boat operating skills will be learned from Rangers. Engaging with fellow citizens living in remote communities will ensure that the mission is both a memorable experience and key learning opportunity as the navy prepares to take delivery of the Arctic Offshore Patrol Vessels. Indeed, the skills learned on Nunakput are formative requirements for those who will routinely voyage north in HMCS *Harry DeWolf* and the other ships of the class.

This will be an epic adventure, an important learning moment, and thrilling Canada 150 celebration. The mission commander is Lt(N) Jeff Horne, the second in command, CPO2 Currie. Over the next few weeks, the MARLANT Formation Chief, CPO1 Pierre Auger, will lead a selection process for the Nunakput boat crews. Personnel interested in obtaining more information are welcome to contact Chief Auger directly at Pierre.Auger@forces.gc.ca. Those wishing to participate are to make their interest known through their unit chain of command.

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Canada well represented at the Virginia International Tattoo

By Capt Sylvain Rousseau,
12 Wing PAO

The 12 Wing Pipes and Drums participated in the Virginia International Tattoo held in Norfolk, Virginia, USA, from April 22 to May 1. Travelling with 8 Wing Pipes and Drums, together they were the only participants from Canada.

“Our week in Norfolk was jam-packed with rehearsals, a NATO parade, two Hullabaloo performances, and four regular admission shows. We also performed three electrifying student matinees which totalled 22,000 school-aged children from around the city of Norfolk,” said WO Katherine Buckland, Pipe Major of the 12 Wing Shearwater Pipes and Drums.

This year was the 21st annual Virginia International Tattoo that honoured the 100th anniversary of the United States' entrance into the Great War. The term Tattoo is broadly defined as turning off the taps; this would be a signal for the soldiers to return to their quarters at the end of the evening.

This year's event featured historical images of the first war fought in flight, moving tributes to the role of the United States, and spectacular performances by marching bands including a quartet performance from our RCAF pipers playing the March titled Battle of the Somme. This pipe tune, a retreat composed by William Laurie (1881-1916), commemorates one of the greatest and most terrible First World War battles, which began on July 1, 1916. William Laurie, the composer, fought in this horrendous battle as PM of the 8th Argylls. He died shortly after from illness and injuries sustained in the trenches.

Some of the other participants in the show were the Queen's Colour Squadron, the Pipes and Drums of the 1st Battalion Scots Guards, Christchurch City Pipe Band, and the Scotch College Adelaide Pipe Band.

“Our snare drummers had the opportunity to be featured in a drum line during the show with the



The 12 Wing Shearwater Pipes and Drums gather for a picture of the band after their matinee performance on April 28, outside the Scope Centre in Norfolk, Virginia where the tattoo and Arts Festival was held.

MARK MACKISOC, 8 WING TRENTON PIPES AND DRUMS

Old Guard Drumline,” said WO Buckland.

The Old Guard Fife and Drums Corps is the only unit of its kind in the armed forces, and is part of the 3rd U.S. Infantry Regiment (The Old Guard). The Fife and Drum Corps is stationed at Fort Myer, VA. In support of the president, the Corps performs at all armed-forces arrival ceremonies for visiting dignitaries and heads of state at the White House, and has participated in every Presidential Inau-

gural Parade since President John F. Kennedy's in 1961.

“We were truly honoured to play in such a production. The bonds and memories created, not only in our own band, but between bands in other countries are immeasurable. We are now home for a quick rest before we switch gears to get ready for the Royal Nova Scotia International Tattoo this July.”

The Focusing on the Future survey is now live

By DND

If you received an email with a link to the Focusing on the Future Survey, please take the time to answer. Your feedback is important, as what you say can help shape every level of Defence.

The objective of this survey is to evaluate Defence Team members' perceptions with respect to knowledge sharing, cultural change and innovation within the department. These initiatives aim to instill a culture of continuous improvement and acceptance of change throughout Defence.

Defence Team members selected

for the survey will receive an email containing a link to the website where the English and French versions of the survey are hosted. Primary Reservists will also be mailed an invitation letter and a postcard to their unit address containing a link to the survey.

The survey is estimated to take 15 minutes of your time and all responses are kept strictly confidential. It is administered by Director General Military Personnel Research and Analysis, which provides an integrated personnel research program for DND and the CAF.

The 'Focusing on the Future' Survey will stay open until June 13.

Le sondage Cap sur l'avenir est maintenant en ligne

Par MDN

Avez-vous reçu un courriel comportant un lien vers le sondage Cap sur l'avenir? Le cas échéant, nous vous prions de prendre le temps d'y répondre. Votre rétroaction est importante, car vos commentaires peuvent nous aider à façonner tous les niveaux de la Défense.

Ce sondage a pour but d'évaluer les perceptions des membres de l'Équipe de la Défense relativement à la mise en commun des connaissances, au changement culturel et à l'innovation au sein du Ministère. Celles-ci visent la création d'une culture d'amélioration continue et d'acceptation du changement à l'échelle de la Défense.

Un courriel comportant un lien vers le site Web où se trouvent les versions en anglais et en français du

sondage sera envoyé aux membres de l'Équipe de la Défense sélectionnés pour y répondre. Par ailleurs, une invitation sera envoyée par la poste aux membres de la Première réserve; une carte postale comportant un lien vers le sondage sera aussi acheminée à l'adresse de l'unité de ces derniers.

Il vous faudra environ 15 minutes pour répondre au sondage. Veuillez noter que toutes les réponses demeurent strictement confidentielles. Le Directeur général - Recherche et analyse (Personnel militaire), qui exécute un programme intégré de recherche sur le personnel pour le compte du MDN et des FAC, veille à l'administration du sondage.

Veuillez répondre au sondage Cap sur l'avenir d'ici le 13 juin prochain.

Stadacona Band concert commemorates the longest battle

By Virginia Beaton,
Trident Staff

Through music, song and dance, the Stadacona Band of the Royal Canadian Navy honoured the veterans who participated in the Battle of the Atlantic, the longest battle of the Second World War.

During the concert, held on Sunday, April 30 in the Paul O'Regan Hall of the Halifax Central Library, VAdm (ret'd) Duncan Miller noted in his opening remarks that the event marked the 72nd anniversary of the end of the Battle of the Atlantic, and was sponsored by HMCS *Sackville*, Canada's Naval Memorial.

Sharing master of ceremonies duties with Olga Milosevich, Miller introduced a musical program that ranged from pieces with a strong maritime feel, such as *Parade of the Tall Ships*, through wartime favourite songs such as *A Nightingale Sang in Berkeley Square*.

The concert began with Lt(N) Patrice Arsenault, Commanding Officer and Director of Music, directing the band in *Fanfare for the First Sea Lord*, composed by Capt David Cole of the Royal Marines Band, followed by *The Seafarer*, by Haydn Wood. Next was the *Commodore Pullen March*, for which Miller gave detailed program notes.

The late RAdm Pullen, Commodore of Stadacona from 1951-53, heard the story of a Stadacona bandmember named Miloslavitch, who had been a bandsman in his native Yugoslavia before coming to Canada as a refugee after the war. Learning that Miloslavitch's wife and daughter



PO2 Brad Davidge steps out front for a solo as the band performs *Roads*.

CPL J. W. HOUCK, FIS

were still in Yugoslavia, Commodore Pullen contacted RAdm Bidwell, then Flag Officer Atlantic Coast, and through diplomatic channels, Miloslavitch's wife and daughter were able to come to Canada. In gratitude for his family being reunited, Miloslavitch composed the Commodore

Pullen March.

At least 18 members of the Pullen family were present for the concert, and they were warmly applauded and recognized by the audience.

PO1 Charmaine Chaddock took the podium to conduct the band in three selections from *Scenes from the Lou-*

vre, composed by Norman Dello Joio.

Miller warned the audience that the PowerPoint presentation accompanying the next piece, a pop song titled *Roads*, was very emotional. "In rehearsal, by the end, Olga and Liz [Rigney] and I were all in tears."

Continued on page 11

HMCS Charlottetown undergoes maintenance, repairs on Syncrolift

By Ryan Melanson,
Trident Staff

After returning this past January from a busy six-month deployment to the Mediterranean on Operation Reassurance, HMCS *Charlottetown* recently received some cleaning, care and maintenance work while hoisted on the Syncrolift at HMC Dockyard. *Charlottetown* went up on the lift in mid March and remained there for more than a month, being lowered back into the water on April 27.

The Syncrolift functions like an elevator for raising ships and submarines out of the water to be worked on. The vessel is positioned carefully over the platform while 30 extremely heavy duty cable winches work together to raise the platform, along with the ship, while the cables hold it in

place. The 50 year-old piece of machinery, which has been upgraded and modernized multiple times, has been busy as of late, with HMCS *St. John's* and HMCS *Summerside* also being lifted out of the water over the last six months, along with HMCS *Windsor*, which was lifted out in October of 2016 and is currently housed in the Submarine Maintenance Shed.

While it was docked, workers from FMF Cape Scott attempted to identify the cause of a small issue that's been nagging the ship in recent years. Engineers have noted an increased level of wear on *Charlottetown's* outboard Intermediate A-bracket bearings, and staff have needed to conduct in-water replacements of the bearings, which are intended to last the life of the ship.

The parts were repaired again while the ship was on the lift, but a thorough investigation into

the root cause of the problem was also conducted. Working with DRDC Atlantic and Thordon Bearings, FMFCS mechanical engineers performed a load test on *Charlottetown's* shaft line bearings, which showed that the parts were supporting the shaft correctly, and the team also inspected the outboard bearings and shaft line. During that latter investigation, a number of minor defects were spotted which would have been very difficult for divers to identify if the ship hadn't been lifted out of the water.

"We were able to rectify a number of the defects that will hopefully extend the life of *Charlottetown's* existing bearings; and furthermore, we were able to gain some valuable information that will help lead us to the root cause of the advanced wear," said Liam Jeffery, a Mechanical Engineering Supervisor at FMFCS.

HMCS St. John's welcomes Dallas Smith and Team Canada performers

Dallas Smith (centre) poses on the flight deck of HMCS St. John's with Royal Canadian Navy members currently deployed with Operation REASSURANCE during the Team Canada's spring visit in Toulon, France.

MCP MATHIEU GAUDREULT, CF COMBAT CAMERA




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Maintaining the memorial



A work party paints the Bonaventure Memorial at Point Pleasant Park. The memorial is dedicated to CAF members who died in the line of duty and have no known grave.

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DND Family Days to celebrate Canada 150



During DND Family Days, prize draws are held in the PSP Entertainment tent each day at 2 p.m.

MEGHAN FASH, PSP HALIFAX

By Kaitlun Unwin,
PSP Halifax Marketing Coordinator

At noon on June 16, 2017, the gates of HMC Dockyard will open for the 21st Annual DND Family Days event. We are especially excited for this year's Family Days theme – Oh Canada, Celebrating 150 years. What better way to celebrate the 150th anniversary of Canada than to thank and recognize our Canadian Armed Forces and their families for their unwavering support to our beautiful country.

Highlights of this very special year for DND Family Days include RHIB rides, the Via Rail Trackless Train as well as sponsor booths, giveaways and activities all geared towards the celebration on Canada's 150th Anniversary. Theodore Tugboat will be in attendance this year (in place of the Harbour Hopper) and, of course, Family Days would not be complete without fantastic prizes from our sponsors.

The Annual Family Days Concert will be held on Friday, June 16 at 8:30 p.m. (doors at 7:30 p.m.) in the PSP Entertainment tent featuring all Canadian artists. Energetic Canadian country rock star, TJ King will be kicking things off, while Charlotte-town, PEI natives, Haywire, will be headlining the show. Tickets are currently available at all PSP fitness, sports and recreation centres and are expected to sell out.

As always, this event would not be possible without the support of our generous sponsors, countless volunteers and the DND personnel who work tirelessly to make Family Days a success each year.

Please stay tuned as we continue to announce exciting prizes and attractions coming to this year's event.

Dates & Times: Friday, June 16 (12 p.m.-6 p.m.) and Saturday, June 17, (10 a.m.-5 p.m.)

Location: HMC Dockyard (Entrance through Scotian Gate).

Halifax Explosion book uncovers military ties to epic disaster

By Peter Mallett,
The Lookout Staff

Victoria author Michael Dupuis' fascination with the Halifax Explosion has led to a 194-page book, *Bearing Witness: Journalists, Record Keepers and the 1917 Halifax Explosion*.

The retired history teacher's latest literary work recounts one of the most infamous and defining moments in the young nation's history through stories of journalists covering the event.

"It's been 100 years since the explosion and no one has really recognized the work of the journalists and how their words tell the entire story of what really happened in Halifax," says Dupuis. "They were a major catalyst for the remarkable relief effort by Canadians and Americans that ensued."

For two years Dupuis dug deep into the national archives, library microfilm, and interviews from that fateful morning of December 6, 1917, to recapture the tireless efforts of more than 20 journalists from Canada and the United States whose job it was to tell the rest of the world about the grisly scene.

Many of the newspaper reports spell out in great detail the devastating 2.9-kiloton blast that occurred when Norwegian vessel SS Imo struck the munitions-laden French freighter SS Mont-Blanc in Halifax Harbour, causing a fire to break that soon after ignited her cargo. The shockwave from the explosion resulted in a firestorm and tsunami that flattened four square miles and killed 2,000, injured more than 9,000, and left 12,000 homeless.

Dupuis notes in the opening passage that survivors first claimed "to see a blinding flash of light and giant fireball, then heard a horrendous, ear-slitting roar and crash."

The book is dedicated to *Halifax Daily Echo* reporter John 'Jack' Ronayne who was the only journalist to die in the explosion.

"As soon as he heard Mont-Blanc was burning at Pier 6, Ronayne rushed to the scene," said Dupuis.

"When the munitions-laden ship suddenly and unexpectedly exploded he was very close to ground zero. Ronayne was severely injured and burned in the concussion wave and died a short time after, in the line of duty."

Many reporters noted how a series of detonations from exploding barrels of benzol on Mont Blanc resulted in countless Haligonians rushing to their windows to investigate the disturbance, and then how many were killed by flying glass from the second explosion.

Bearing Witness highlights some of the more well-known accounts of the disaster including a tribute by Alfred Coffin of the *Truro Daily News* to "heroic" Telegraph Operator Vince Coleman who "stuck at his key" at Richmond Station giving the news of the burning ammunition ship and how he "nobly remained at his post too long."

The book also explores other not so well known aspects of the Halifax Explosion, including the fierce blizzard that hit the day after the explosion. *Dartmouth Patriot* Editor Joseph Sheldon's described how the snowstorm created a "pathetic scene" as it swept over the wrecked buildings and the dead beneath.

Journalists also recounted in great detail the military angle as Halifax was the final departure and returning point for Canadian soldiers fighting in the First World War.

George Yates, Private Secretary to Prime Minister Robert Borden, said a returning soldier described post-blast Halifax as closely resembling "a town in Flanders [France]" while other accounts compared the scene in Halifax akin to some of Europe's most deadly battlefields such as Ypres, and even the recent Battle of Vimy Ridge.

Yates also noted in another bulletin how many soldiers had hurried to the scene and how scores of military bodies were found close to Pier 6 "stripped of their clothing and sometimes even their flesh" in an unexpected "rendezvous with death."

In a Dec. 20, 1917, *Ottawa Citizen* reporter Thomas T.P. Gorman covered a mass funeral for 20 sailors and soldiers attended by hundreds as a "pathetic picture of heroism and grief."

There were also the survivor stories with a military theme. Chief among them was Grattan O'Leary of the *Ottawa Journal* who wrote in great detail about the rescue effort led by Lieutenant-Colonel McKelvey Bell, assistant director of medical services for the Canadian Armed Forces, and helping to create "order out of chaos."

O'Leary also reported on the lives of 35 students at the city's Naval College who were severely injured by flying glass but miraculously survived the blast. Meanwhile B.J. Donovan told a *Toronto Star* reporter that Naval Lieutenant Harold Parks, who was located only 100 yards from Mont Blanc, but remarkably escaped death after being lifted off his feet and blown several yards before being driven through a thick wooden partition.

"Almost every journalist and record keeper described and commented on the actions and achievements of the military personnel," says Dupuis. "In fact the military was the only organization to deal effectively with the rescue, relief, security, and many other community needs."

Dupuis will attend an official book launch on June 3, 3 p.m., at the Maritime Museum of the Atlantic in Halifax. He will also give two presentations at the Oak Bay Public Library, May 3, 2 to 2:30 p.m., and at the main branch on Broughton Street, May 9 from 7 to 8:30 p.m.

The book can be ordered through Fernwood Publishing and obtained in Victoria at Munro's and Bolen Books and at the University of Victoria bookstore. In Halifax it can be purchased at Bookmark, King's Co-op and Chapters at Bayers Lake Power Centre.

He has also written extensively on the work of journalists including the Winnipeg general strike, On-to-Ottawa Trek, the Regina Riot, and the Titanic.

The Winner of the Be One of a Million! contest is...

BY CFMWS

Canadian Forces Morale and Welfare Services (CFMWS) launched the Be One of a Million contest in March 2017 to close out its 20th anniversary celebrations. Between March 1 and March 31, all new CFOne Card registrants, as well as the people who referred them, were automatically entered into a draw for a chance to win a prize valued at \$7,000.

On 19 April 2017, a winner was randomly picked at CFMWS Headquarters in Ottawa from the pool of 4600 people who participated. The lucky winner is Catherine Corrigan, a veteran from Kelowna, BC.

Catherine was entered as a referrer to this contest as she told numerous people about the CFOne Card. When

contacted and told she had won the \$7,000 prize, she mentioned she had never won anything like this ever before. She had heard about so many friends enjoying the vacation opportunities, and is excited to try it out for her first time.

On behalf of CFMWS, and the 20th Anniversary Committee, we would like to thank everyone who participated and to congratulate Catherine. We would also like to invite members of the CAF community who haven't yet registered for a CFOne Card to do so by visiting www.cf1fc.ca.

The 20th anniversary virtual gallery at www.cfmws20-sbmfc20.com will also remain available to those who wish to learn more about CFMWS and the significant milestones that marked our organization's existence.



Mike Ward, Associate Director General, Morale and Welfare Services, presents Catherine Corrigan, winner of the Be One of a Million contest with the prize valued at \$7,000. Mike Ward, Directeur général associé des services de bien-être et moral, présentant le prix d'une valeur de 7 000 \$ à Catherine Corrigan, gagnante du concours Faites partie du million.

CFMWS/SBMFC

La gagnante du concours Faites partie du million est...

Par SBMFC

Les Services de bien-être et moral des Forces canadiennes (SBMFC) ont lancé le concours Faites partie du million en mars 2017 pour clôturer les célébrations de leur 20e anniversaire. Ainsi, du 1er au 31 mars, toutes les personnes admissibles qui ont fait une demande de carte UneFC, ainsi que celles qui les avaient invitées à le faire, ont été automatiquement

inscrites au tirage d'un prix d'une valeur de 7 000 \$.

Le 19 avril 2017, au quartier général des SBMFC, à Ottawa, le nom de Catherine Corrigan, vétéran de Kelowna, en Colombie-Britannique, a été tiré au hasard parmi ceux des quelque 4 600 participants.

Catherine, qui avait déjà sa carte UneFC, avait invité bon nombre de personnes à demander la leur. Lorsque nous l'avons appelée pour lui

annoncer qu'elle venait de remporter le prix d'une valeur de 7 000 \$, elle nous a dit qu'elle n'avait jamais rien gagné de la sorte auparavant. Comme de nombreux amis lui avaient déjà parlé avec enthousiasme des voyages qu'ils avaient faits, elle était impatiente de vivre l'expérience à son tour.

Au nom des SBMFC et du comité du 20e anniversaire, nous tenons à remercier tous les participants et

à féliciter Catherine. Nous aimerions aussi inciter les membres de la communauté des FC qui n'ont pas encore leur carte UneFC à en faire la demande au www.cf1fc.ca.

La galerie virtuelle du 20e anniversaire demeurera en ligne au www.cfmws20-sbmfc20.com pour ceux qui désirent en savoir plus sur notre organisation et les étapes marquantes de son histoire.

Jetty NJ Construction Project update

By CFB Halifax

Jetty NJ will be the new home for the East Coast Navy's Arctic Offshore Patrol Ships, the first vessels to be delivered from the shipbuilding contract awarded to the Irving Shipyard. The delivery date for the first vessel is sometime in 2018. Therefore, the jetty's contract completion date is 2018. The construction project was awarded to a joint venture between Dexter Construction and McNally International,

At this time, all dredging and blasting have been completed. Rock, silt, and till have been removed. A 600mm thick layer of mattress rock is being

placed and swept to grade and is about 50% complete.

The first of the six new concrete caissons is being constructed at Pier 9C Richmond Terminals. This is expected to be put in place onsite the week of May 15. The remaining five will be showing up over the following seven weeks.

Elsewhere, the electrical substation compound work will begin with excavation the week of May 15.

This and the backfill for caissons will cause trucking in the area to become heavy for the next six months. Project completion date is fall 2018.

Overall, the project works include or will in-

clude: land-based excavation for the jetty and new underground mechanical and electrical services; installation of new electrical substation and service tunnels; extraction of existing timber wharf piles; dredging of silt, till and rock to achieve required draft for jetty structure and ship berthing; breaking and blasting of rock to achieve required draft for jetty structure and ship berthing; construction, placement and ballasting of concrete caissons for jetty structure; installation of jetty deck and associated equipment and services; pile-driving of pipe and sheet pile for north and south jetty end-walls; and civil works - grading, paving, curb and sidewalk, etc.

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The RCAF and the Battle of the Atlantic

By Joanna Calder,
RCAF PA

The Battle of the Atlantic, which continued throughout the Second World War, was the longest and largest campaign of the war. Canadian men and women, serving in the Royal Canadian Navy, Royal Canadian Air Force and the Merchant Navy, bore a heavy burden in this struggle for control of the shipping lanes on the North Atlantic Ocean.

Britain desperately needed supplies, particularly from North America. Germany, however, was determined to sink that incoming shipping with their stealthy U-Boats (submarines). So feared was this undersea menace that the Allied war leaders at the 1943 Casablanca Conference declared the elimination of the U-Boat threat as its number one priority.

The Royal Air Force's Coastal Command, which included seven Royal Canadian Air Force squadrons, fought against the enemy's U-Boats, merchant ships and warships. Coastal Command aircraft escorted convoys sailing from North America to Britain, and searched the seas from Iceland to Gibraltar. Coastal Command crews destroyed more than one-quarter of all German U-Boats "killed" during the war: 212 out of 800.

RCAF squadrons in Coastal Command and in Canada accounted for 19 U-Boats, while RCAF crews serving in Royal Air Force squadrons involved in many more "kills" in the North Atlantic.

The tide began to turn against the German submarine "wolf packs" in 1943, in part due to the introduction of American-made Consolidated B-24 Liberator bomber. The aircraft, used by Coastal Command as a long-range patrol aircraft, helped close the "Atlantic Gap", the part of the ocean where U-Boats had prowled unmolested because they were out of range of aerial attack. Technological advances such as sonar helped Allied ships and aircraft target U-Boats that had previously operated safely under cover of darkness. Losses to German U-Boats continued, however, right up until the end of the war.

The cost of winning the Battle of the Atlantic was high. Most of the 2,000 members of the Royal Canadian Navy who died during the war lost their lives in the Battle of the Atlantic. More than 750 members of the RCAF died in maritime operations as a result of enemy action and flying accidents in the unforgiving environment. And the Book of Remembrance for the Merchant Navy lists the names of nearly 1,600 Canadians and Newfoundlanders – or those who served on ships of Canadian or Newfoundland registry.

The Battle of the Atlantic is commemorated annually on the first Sunday in May.

Meet Flight Lieutenant David Hornell – a hero of the Battle of the Atlantic

Flight Lieutenant David Hornell flew with the Royal Air Force's Coastal Command, stalking German U-Boats during the Battle of the Atlantic.

His heroism earned him the Victoria Cross. He was the first member of the RCAF to be awarded the Victoria Cross and one of only two RCAF



Sgt L.J. Irving, a wireless operator onboard a Sunderland flying boat from the RCAF's 423 Squadron, part of Coastal Command, hands a message to his skipper during an anti-submarine patrol.

DND ARCHIVES

members to earn this highest decoration for valour during the Second World.

Flight Lieutenant Hornell, who was born in Ontario in 1910, was the aircraft captain of a PBY-5A Canso amphibious aircraft with the RCAF's 162 Squadron, temporarily attached to Coastal Command and conducting anti-submarine warfare in the North Atlantic.

On June 24, 1944, he was on a patrol out of Iceland; his wireless gunner – Flight Sergeant Sydney Cole – spotted a sub in the distance and Flight Lieutenant Hornell turned to attack it. But the U-Boat had already seen the aircraft and the sub commander returned heavy and accurate anti-aircraft fire.

Just as he gained speed to attack the submarine, one of Flight Lieutenant Hornell's guns jammed and two shells hit his aircraft, starting a fire inside the plane and knocking out one engine. Despite the chaos, he still managed to drop his depth charges and send the U-Boat to the bottom

of the ocean.

After the Canso crash-landed into the rough and icy sea, only one of the two inflatable dinghies was serviceable. It was too small for everyone, so crew members took turns sitting inside or partially immersed in the water while clinging to the dinghy's sides. Two of the crewmen died during their 21-hour ordeal. By the time the remaining crew were rescued, Flight Lieutenant Hornell was blind and completely exhausted; he died shortly after being picked up. He is buried in Lerwick Cemetery, located in Scotland's Shetland Islands.

Flight Lieutenant David Hornell's Victoria Cross was announced in the London Gazette on July 28, 1944. He was inducted into Canada's Aviation Hall of Fame in 1974.

With files from articles by David Krayden, published in On Windswept Heights, and from the Veterans Affairs Canada website.

Margaret Elizabeth Brooke to be ship's sponsor of HMCS *Margaret Brooke*

By RCN PA

Margaret Elizabeth Brooke, the niece of Canadian naval hero LCdr Margaret Martha Brooke, has agreed to become the sponsor of the ship that will bear her aunt's name.

HMCS *Margaret Brooke* will be the second of the Royal Canadian Navy's (RCN) upcoming Harry DeWolf Class Arctic and Offshore Patrol Vessels.

When the name of HMCS *Margaret Brooke* was announced in April 2015, it was the first RCN ship ever to be named after a living Canadian woman. LCdr Brooke, a Nursing Sister decorated for gallantry during the Second World War, passed away the following year at the age of 100.

"My Aunt Margie was absolutely delighted when the Royal Canadian Navy asked if she would lend her name to a ship," said Ms. Brooke. "She was a very private lady, kind and thoughtful. She was also a life-long learner and a self-made career woman. Despite having a long and successful career in paleontology after retiring from the navy, her 20 years in uniform remained very close to her heart. I am honoured to share her legacy as the ship's sponsor, and I cannot wait to meet the men and women of HMCS *Margaret Brooke*."

Ms. Brooke, a retired nurse living in Vancouver, had a close relationship with her aunt. She is the eldest of five children, the children of LCdr Brooke's brother Hewitt and his wife Marian. Both Hewitt and Marian Brooke also served in the RCN during the Second World War – he as a doctor and she as a nurse.

LCdr Brooke, a dietician by profession, survived the sinking of the ferry SS *Caribou* after it was torpedoed by a German U-boat off the coast of Newfoundland in October 1942. She and a colleague, SLt Agnes Wilkie, clung to ropes on an overturned lifeboat until hypothermia caused SLt Wilkie to lose consciousness. LCdr Brooke held onto the lifeboat with one hand and her unconscious friend with the other

until daybreak when, despite her best efforts, a wave pulled SLt Wilkie away. For her selfless act, LCdr Brooke was named a Member of the Order of the British Empire.

"As we mark the anniversary of the Battle of the Atlantic, the longest battle of the Second World War, the Royal Canadian Navy is very proud that Ms. Margaret E. Brooke will become the sponsor of the ship bearing her aunt's name," said VAdm Ron Lloyd, Commander RCN. "LCdr Brooke's heroic and selfless actions during the terrifying sinking of the SS *Caribou* by a German U-boat in 1942 continue to inspire the sailors of today's RCN."

The appointment of a ship's sponsor is a long naval tradition. A sponsor typically takes part in the naming of a ship, often breaking a bottle of champagne across the ship's bow during its launching ceremony. Many sponsors continue their relationship with their ship for many years and remain key stakeholders and supportive members of the RCN family.

Construction of HMCS *Margaret Brooke* is now underway at Halifax Shipyard. The ship is expected to be launched in a naming ceremony that will involve Ms. Brooke in 2019.

Ms. Brooke is the second sponsor to be announced for the Harry DeWolf Class Arctic and Offshore Patrol Vessels. Sophie Grégoire Trudeau was previously announced as the sponsor of HMCS *Harry DeWolf*, the lead ship in the class.

The Arctic and Offshore Patrol Vessels will be large, ice-capable ships, more than 100 metres long, and designed for a variety of missions in Canadian waters and abroad. Cdr Michele Tessier has been appointed as the first Commanding Officer of HMCS *Margaret Brooke*.

The names of five AOPVs have been announced to date, each one named after Canadian naval heroes: HMC Ships *Harry DeWolf*, *Margaret Brooke*, *Max Bernays*, *William Hall*, and *Frédéric Rolette*.



Margaret Elizabeth Brooke (standing), joins her aunt, LCdr (ret'd) Margaret Martha Brooke, on the occasion of her aunt's 100th birthday in April 2015. LCdr Brooke died in January, 2016.

RCN

Defence Advisory groups welcome new members

By MARLANT
Employment Equity

MARLANT has four local EE Defense Advisory Groups (DAGS), namely the Defence Women Advisory Organization (DWAO), Defence Advisory Group for Persons with Disabilities (DAGPWD), Defence Aboriginal Advisory Group (DAAG) and Defence Visible Minority Advisory Group (DVMAG). The DAGS are open to both CAF members and DND employees. Each local DAG has a military co-chair, a civilian

co-chair and is supported by a senior management EE champion. The role of the DAGS is to provide advice and insight to the leadership of MARLANT on issues relevant to their membership and the implementation of EE programs and policies. Presently there are openings for military co chair for DAGPWD. For the civilian co chairs presently there are openings for DAAG and DAGPWD. All DAGS are also looking for members. For more information please contact Dan Peppar at 721-1143 or http://halifax.mil.ca/HRPP/pages/fhr_ee.html

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131256

TRIDENT Sports

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

RCN officer and 'joggler' says his first Boston Marathon was only the beginning

By Ryan Melanson,
Trident Staff

An RCN officer from Formation Halifax, who has become known in the community for his involvement in a unique sport, recently completed a major goal he'd been working toward for more than two years.

Lt(N) Michael Bergeron, a deck officer currently posted to Naval Training and Development Centre (Atlantic), ran the 2017 Boston Marathon on April 17 while competing in the sport of juggling, which involves long distance jogging while continuously juggling objects along the way.

Lt(N) Bergeron has been running his whole life, and also had juggling experience from when he was young, but only combined the two for the first time in 2015 after discovering the juggling community and getting intrigued by the challenge of the unorthodox activity. He entered his first races that year and has been improving since, always attracting some extra attention at local races when people spot him. From the start, his goal was to qualify for Boston and show off his juggling skills at the world's oldest annual marathon.

He successfully completed the full 42 km marathon in 3:13:12, with only four ball drops through the entire course. The finishing time was about eight minutes slower than his goal, but unseasonably hot temperatures on the day created an extra drain on his energy and meant more water breaks, and he also dealt with an adjustment period at the starting line as he had to juggle in close proximity to the thousands of other runners surrounding him. He dealt with the cramped situation by passing as many competitors as possible and staying focused on the juggling.

He still considers his result a success, and he finished as the third fastest of any runner to ever complete

the course while juggling, with the two times ahead of his both having been set by former world record holders.

"Since I started juggling, going to Boston has been my ultimate goal. I knew it would take a few years of training to work my way up to qualifying, but it was the big one for me and now I did it," Lt(N) Bergeron said.

He described the experience as fun and rewarding from start to finish. He travelled on a tour bus with athletes from New Brunswick and Prince Edward Island, starting the trip in a positive atmosphere full of both excited rookies and experienced marathon runners doling out advice. And on the course itself, he said he was overwhelmed by the enthusiasm of the thousands of spectators, with many even calling him out by name after seeing his story in the news leading up to the event

"In Boston, the crowd is crazy and they're with you from start to finish; you won't run one metre without a full crowd cheering you on."

Lt(N) Michael Bergeron

"In Boston, the crowd is crazy and they're with you from start to finish;

you won't run one metre without a full crowd cheering you on. And as I would come up the road and people saw me juggling, you could hear the volume levels going up, which is really motivating and pushed me even more to stay focused and keep going."

The trip also involved some exciting personal news for Lt(N) Bergeron and his now-fiancée Jennie Orr, also a marathon runner in Boston, after he surprised her with a proposal during a visit to the finish line the day before the race. The couple met more than two years ago while running on the streets of Halifax, discovered they were both training to qualify for Boston, and have inseparable since. They train together, are both involved in provincial running organizations, and generally lead lives that revolve around the sport, making Boston a great place to pop the question, he said.

"Our entire lifestyle is related to running, practicing and volunteering and so on, and this was a big mile-



Lt(N) Michael Bergeron is seen doing his unique mix of long-distance running and juggling during the 2017 Boston Marathon on April 17.

SUBMITTED

stone, so it was the perfect moment for us."

Though he's now met his initial goal, Lt(N) Bergeron said he's not finished, and plans to be back at the Boston Marathon as soon as next year to aim for a faster finishing time. He's also put out the challenge to the current world record holder to compete head to head at the Marathon in the coming years. He's still fairly new to the sport, and constantly improving. His first year of training was spent focusing on juggling, while he used 2016 to build his running endurance. This year will be about refining his skills and becoming an even better juggler,

and he plans to participate in local events as well as the Ottawa Army Run in September.

"This season I'll combine both running and juggling as much as I can and see how close I can get to the world record," he said. The current record for a full marathon while juggling three balls is held by Toronto's Michal Kapral with a time of 2:50:12.

Lt(N) Bergeron promotes his training and running events on social media, and you can keep up to date with his juggling news by following @NSJoggler on Twitter or visiting <http://facebook.com/NSJOGGLER>.



From left, PO2 Ryan Simms, LS Luis Pineda, SLt Sebastien Williams, SLt Jessy Whitaker and SLt Steve Bartholomew were members of the victorious HMCS Montreal dive team.

RYAN MELANSON/TRIDENT STAFF

HMCS Montreal hosts Fleet Spin-a-Thon

By Ryan Melanson, Trident Staff

About 25 athletic sailors from across the Atlantic Fleet put their endurance to the test on May 3, with HMCS Montreal hosting a Health and Wellness Spin-a-Thon through the day on the ship's flight deck.

Three teams made up of Montreal crew members took part – the Wardroom team, Combat Department team, and Dive team – and teams from HMCS Halifax, HMCS Toronto, and HMCS Fredericton also competed. The teams cycled on stationary bikes from 9 a.m. to 3 p.m., rotating in half-hour shifts and trying to cover more ground than their competitors.

PSP staff tracked the progress digitally and visualized it on a map of Nova Scotia and Prince Edward Island, with the goal being to collectively pedal 260 kilometres, the distance from Stadacona to Cavendish, PEI. None of the teams reached that goal, but the first place finishers, the Montreal dive team, maxed out at 208.96 km, which would have brought them as far as Charlottetown, and the

second place team, from the Montreal Combat department, was right behind them at 208.5 km. There were gift card prizes for the top teams, and the first overall winners also received a plaque for their victory.

SLt Steve Bartholomew volunteered to help organize the event along with PSP Fitness and Sports staff; he said Montreal was excited to host the Spinathon on board, and he was personally happy to compete with both the Wardroom team and the winning Dive team from his ship.

“The CO decided he wanted to have this right on our flight deck, so we started getting some other ships involved and it turned into a bigger event. It's been a lot of fun.”

The intention with the Spin-a-Thon was to bolster ongoing Fleet fitness initiatives, while also serving as a precursor to the ship's participation in the Navy Bike Ride in Ottawa later this month while it's scheduled to be alongside in its namesake city. Registration is also now open for the MARLANT version of the Navy Bike Ride, which is set for Friday, June 2 at 12 Wing Shearwater.

FINISHING DISTANCES

- HMCS Halifax - 195.36 km
- HMCS Fredericton - 198 km
- Montreal Wardroom - 203.04 km
- HMCS Toronto - 207.2 km
- Montreal Combat - 208.5 km
- Montreal Divers - 208.96 km

SPORTS TRIVIA

NBA Playoffs

By Stephen Stone and Tom Thomson

QUESTIONS

1. Who holds the record for most points scored in an NBA playoff game?
2. This Golden State Warrior holds the record for most points in a half with 39 and most points in a quarter with 29.
3. Who scored the most points in an overtime period in an NBA playoff game?
4. Three players share the record for field goals in an NBA playoff game with 24. Who are they?
5. Who holds the record for most consecutive field goals?
6. Who holds the record for most field goals in a half?
7. Who holds the record for most three-pointers in an NBA playoff game?
8. Who holds the record for most three-pointers in a half?
9. Who holds the record for most free throws in an NBA playoff game?
10. Who holds the record for most free throws attempted in a playoff game?
11. Who holds the record for most free throws attempted in a quarter?
12. Although he didn't part the Red Sea, this Moses holds the record for offensive rebounds in a playoff game with 15.
13. Two players share the record for most assists in an NBA playoff with 24. Who are they?
14. Three players share the record for most assists in a half with 15. Who are they?
15. Who holds the record for most points in a seven-game playoff series?
16. This "Round Mound of Rebound" holds the record for most free throw attempts in a seven-game series with 100.
17. Who holds the record for most free throws made in a seven-game series?
18. From 1959 to 1969 the Boston Celtics won 10 NBA championships. Which team prevented them from sweeping all the championships in the 1960s?
19. Who holds the record for most career playoff points?
20. Who holds the record for most consecutive 15-point playoff games?

1. Michael Jordan, Chicago Bulls - 63 (April 20, 1986 vs Boston Celtics)
2. Stepy Floyd (May 10, 1987 vs Los Angeles Lakers)
3. Stephen Curry, Golden State - 17 (May 9, 2016 vs Portland Trail Blazers)
4. Witt Chamberlain (Philadelphia Warriors), John Havlicek (Boston Celtics), and Michael Jordan (Chicago Bulls)
5. Michael Jordan - 13 (June 5, 1991 vs LA Lakers)
6. Dave Bing, Detroit Pistons - 16 (April 1, 1968 vs Celtics)
7. Klay Thompson, Golden State - 11 (May 28, 2016 vs Oklahoma City Thunder)
8. Vince Carter, Toronto Raptors - 8 (May 11, 2001 vs Philadelphia 76ers)
9. Bob Cousy, Boston Celtics - 30 (March 21, 1953 (4OT) vs Syracuse Nationals)
10. Shaquille O'Neal, LA Lakers - 39 (made 18 - June 9, 2000 vs Indiana Pacers)
11. Shaquille O'Neal - 25 (May 20, 2000 vs Portland)
12. Moses Malone, Houston Rockets (April 21, 1977 vs Washington Bullets)
13. Magic Johnson (LA Lakers) and John Stockton (Utah Jazz)
14. Magic Johnson (LA Lakers), Doc Rivers, (Atlanta Hawks), and Steve Nash (Phoenix Suns)
15. Elgin Baylor, LA Lakers - 284 (1962 vs Celtics)
16. Charles Barkley, 76ers (1986 vs Milwaukee Bucks)
17. Dolph Schayes, Syracuse Nationals - 83 (1959 vs Celtics)
18. Philadelphia 76ers won in 1967.
19. Michael Jordan, Chicago Bulls - 5,987.
20. Michael Jordan - 179. This streak entails every playoff game of Jordan's career.

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Getting ready to Run the Rock

Members of the ship's company conducted a run on the jetty in preparation for the Run The Rock run during HMCS St John's port visit to Tunis, Tunisia on April 28, 2017.

LS OGLE HENRY, FIS

Fitness and sports updates

By Trident Staff

30 Day Bootcamp Challenge. Attend 15 PSP Halifax fitness classes between May 1 and June 2 and earn a free dry-fit t-shirt.

To register: STADPLEX, contact lauren.walton@forces.gc.ca;

Fleet, contact margaret.craig@forces.gc.ca; and

Shearwater, contact thomas.dalziel@forces.gc.ca. For more information, please call 902-427-1469

Learn to Run Program is from May 16 - July 6 (8 weeks) on Tuesdays and Thursdays from 7:30 - 8:30 a.m. Meet at the Stadacona Fitness, Sports and Recreation Centre. Group meetings will include a brief information session followed by a group run and additional cross training. Included in these sessions is an assessment of foot strike and running cadence as well as important information to improve running performance and decrease risk of injury. For any questions or to express interest in joining this program, please contact Briana Plante (briana.plante@forces.gc.ca or call 902-721-8416).

Join PSP Community Recreation for pick-up beach volleyball on Tuesdays and Thursdays from 7 - 9 p.m. at the Shearwater Fitness, Sports and Recreation

Centre. All equipment will be provided and teams will be organized upon arrival. For more information, please call 902-720-3463.

Join PSP Community Recreation for pick-up basketball at the Shearwater Fitness, Sports and Recreation Centre.

All equipment will be provided and teams will be organized upon arrival. Mondays and Wednesdays, 7 - 9pm. For more information, please call 902-720-3463

The CFB Halifax Mariners Ball Hockey team is looking for both Regular and Reserve members to try out for the base team. The past two years, our team has won regionals and has made it to both National finals only to lose to Quebec. It is our year this year and we need committed individuals for practices twice a week and at least 1 game a week. Timings TBC.

In conjunction with the Navy Bike Ride, the RCN is also hosting the Admiral's Cup, the military category for the GPCG Medio Fondo, a 69.3km timed race taking place on Sunday, May 21, 2017, in Gatineau, QC. This event will be open for active CAF members (Reserve and Regular), for which those registering will receive a 20% discount to the event. Awards and prizes will also be given out to the

top three male and top three female military competitors. This is a great opportunity for CAF athletes to show their skills and athleticism through the sport of cycling. For more information, please call 902-427-1469.

The Formation Halifax Women's Soccer team is looking for a coach for this upcoming season. Time commitment would be two practices a week

and the occasional scrimmage. If interested, please reply to Jonathan.berg@forces.gc.ca with any soccer or coaching experience you may have.

Check out the Navy Tridents. Come and spin with us and see if you'd like to become a Trident. Tuesday mornings 6 - 7 a.m., STADPLEX Gym Floor. For more information, call 902-721-8418.

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The Halifax Mariners Men's Volleyball team group shot taken at CAF Volleyball Nationals at CFB Borden.

AVR RACHAEL ALLEN/BORDEN IMAGERY

Mariners fall in semi-finals at CAF Volleyball Nationals

By Ryan Melanson,
Trident Staff

After taking gold earlier this year at the Regional level, the CFB Halifax Mariners Men's Volleyball squad fell short of their championship goal at the CAF Volleyball National Championship, which was held from April 23-25 at CFB Borden.

The team came away from the tournament portion with a 2-2 record, winning matches against 4 Wing Cold Lake and CFB Kingston, while losing against CFB Valcartier and CFB Esquimalt. They again took on Valcartier in the semi-final

match, losing out by a score of 3 games to 1.

Game MVP awards awarded for Halifax through the tournament were presented to Maj Guillaume Tremblay, PO2 Dylan Harrold, PO1 Jay Thompson and LS Chris Cantin.

The CFB Halifax Women's Volleyball team also represented the Atlantic region at nationals, but weren't able to pick up any wins in Borden, coming away with an 0-4 record. Game MVP awards for the Mariners Women's team went to OCdt Tracy Campbell, 2Lt Cassidy Chang, Lt Rachel Nicholson, and MS Rebecca Gallant.

Super Crossword

ACROSS

- 1 Kitchen head
5 Sail holders
10 Belt locale
15 Swedish auto
19 Verdi slave
20 Greek market of old
21 Act announcer
22 Big, wild cat
23 Start of a ride
26 See 129-Across
27 In a way, informally
28 Tour crew member
29 Awaiting
33 Sit-up muscles
34 Cozy retreat
36 Ear-related
37 Cheering words
40 Riddle part 2
45 ET — (and others, in Latin)
46 Like — of sunshine
47 Like half the integers
48 " — culpa"
49 Nation south of Kenya
51 — tai (cocktail)
53 Feline zodiac sign
55 Titanic call
58 Riddle, part 3
63 "The Good Wife" aier
65 Bucks and bulls
66 Attach
66 Attach
67 Lt.'s underling
68 Bandit-hunting band
69 Keys hitting piano keys
71 Heckling
73 Giggle sound
74 Scoundrel
75 Sharp left or right in a ring
76 Carry - — (plane totes)

- 77 Shearable male
78 Little kitchen raider
79 Riddle, part 4
84 Well-suited
85 Special time span
86 Hurly-burly
87 Masses near tonsils
90 Big tippler
92 Ring king
94 Students at Yale
95 Small cut
96 End of the riddle
102 Like quiche
103 "No men" palace area
104 Longtime delivery co.
105 Wrestler's win
106 Alley - — pass
108 Cuts into the surface of
110 Juarez white
113 "The Lorax" author
117 Concealed obstacle
118 Riddle's answer
122 "Citizen" of film
123 Pass on
124 Slip away from
125 Gillette brand name
126 — - Pei (kind of dog)
127 ISP customers
128 Fix, as a bow
129 With 26-Across, skills of the past

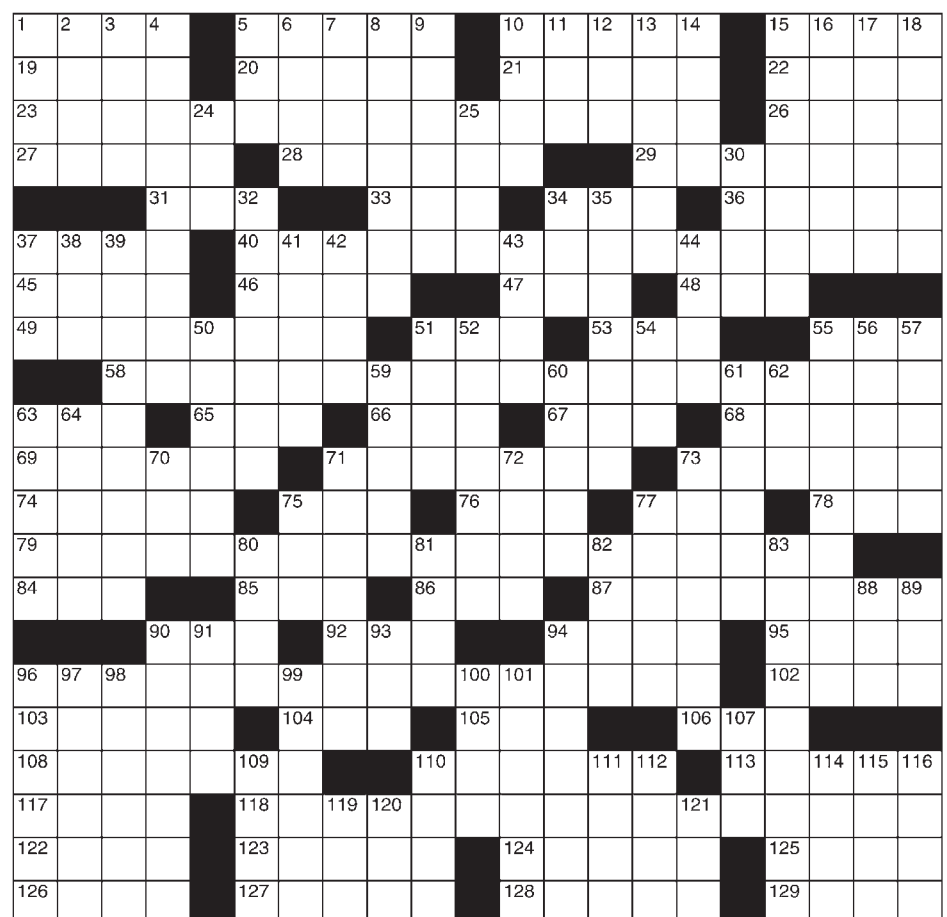
DOWN

- 1 Raven calls
2 Old Ritz rival
3 German river to the Fulda
4 Daydream
5 — - jongg
6 Stress or sun, to some
7 Big Apple district
8 Hooky-playing
9 Smoothing machine
10 Existed
11 Grant with six Grammys
12 I, to Hans
13 Perceiving
14 Memphis loc.
15 Patty Flipper
16 Northern lights, e.g.
17 Acela offerer
18 In a low way
24 Diner's bill
25 Prefix with byte or watt
30 In no peril
32 Welsh city and county
34 Pulled off
35 Opposite of clockwise, archaically
37 Traitor type
38 Menu phrase
39 Retrospect
41 Ovine zodiac sign
42 Coal-rich German region
43 Make null
44 With frenzy
50 More wan
51 Fashioned
52 Rival of iOS
54 Canon shooter line
55 Gliding like a supermodel
56 Gridiron great Merlin
57 Clay target sport
59 Judo-like cardio fad
60 Anxious
61 Hypothetical missing links
62 Trouble
63 Magna — (document of 1215)
64 Weekly hit fly ball
70 Give a line to

- 71 Many a net game
72 Grooving on
73 Likes at once
75 Rattle
77 Base of a number system
80 Crumbly cheese
81 Drizzle, e.g.
82 Barn bundle
83 Sachet bit
88 Cutting barb
89 KGB figure
90 Actor Rod
91 Resistance measures
93 " — Misérables"
94 Make heroic
96 Scrambling kitchen tools
97 ESPN's Storm
98 Mysteries
99 Shoves
100 Duel blade
101 Evening meal
107 — Kosh B'Gosh (clothing brand)

- 109 Pale tan
110 "The — the limit!"
111 Lick soundly
112 German auto
114 Until
115 Quaint letter starter
116 See 120 Down
119 — de-France
120 With 116-Down, a tot travels in it
121 "Well, I'll be!"

FOWL TASTING





INSIDE-OUT CAR CARE



The art of car washing

Each spring, you roll up your sleeves and clean your car from top to bottom to restore its pre-winter lustre — but do you do it properly? Let's find out!

TRUE OR FALSE?

1. It's preferable to wash your car on a cloudy day.
2. Detergents are ideal for washing your car's exterior.
3. You should start with the roof and clean the wheels last.
4. Washing the inside windows from left to right and the outside windows from top to bottom (or vice versa) yields the best results.
5. Letting your car air dry is not as effective as drying it yourself.

3. FALSE. It's best to start with the dirtiest spot — almost always the tires — to keep dirt from splashing up onto previously cleaned areas.

4. TRUE. This way, if streaks are left behind after an initial wash, you'll know in which direction to start scrubbing again!

5. TRUE. Letting your car air dry leaves watermarks behind. It's best to do the drying yourself as you go about your cleaning. Use a shammy for optimal results.



ANSWERS

1. TRUE. When they're exposed to the sun's powerful rays, water droplets can serve as tiny magnifying lenses, potentially damaging your car's paint job. Additionally, water dries quickly on hot metal and leaves behind unsightly streaks.

2. FALSE. A mild soap is your best bet. Detergents pack a powerful punch that can damage the paint. Furthermore, dishwashing soap is notorious for leaving residue behind. Always choose products designed specifically for auto use.

Four auto maintenance mistakes to avoid this spring

There's no getting around it: if you want your car to run smoothly for years to come, you need to perform some basic upkeep. Start this spring off on the right foot by avoiding these maintenance faux pas.

1. Changing your tires at the wrong time. Changing your tires as soon as the snow starts to melt is a risky bet. Play it safe and wait until snowstorm warnings wind down and the temperature outside climbs above 7 °C. Anything lower, and the rubber on your summer tires will stiffen and lose traction. It's an equally bad idea to keep your winter tires on year-round. Not only are snow tires less efficient than summer models, but you'll also wear them out twice as fast if you don't make the switch.

2. Neglecting spring tune-ups. Over the winter, the fluids that keep your car running smoothly are put to the test. It's important to check their levels come spring and to refill as needed. Don't forget to take a peek beneath your car as well; rough winter roads often take a toll on your vehicle's underbelly.

3. Putting off spring cleaning. There's more to a good spring cleaning than a shiny, sleek car. Dirt and salt accumulated over the winter can damage the paint and cause rust to form, so get scrubbing without delay.

4. Lugging around winter gear. Bags of sand or salt, shovels, traction aids and ski racks all increase the weight and wind resistance of your car, which drives up fuel consumption.

Still not eager to wash your car this spring? Get ready for rust. You've been warned!



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INSIDE-OUT CAR CARE



Keep your car looking as great as it runs

Do you take pride in your car? Do you try your best to keep it looking sleek and polished all year? Take advantage of the variety of services available to pamper your car and get it looking like it did the day you drove it off the lot.

• **Interior cleaning.** A professional cleaner can help get rid of inelegant salt stains on carpets, lingering odours, dust balls and animal hair caught in every nook and cranny. Is there anything better than that fresh new car smell?

• **Exterior cleaning.** There's nothing like a thorough cleaning to revive your car's body! A professional cleaner can enhance your car's paint colour, buff chrome accents and get your windows looking crystal clear.

• **Polish.** Protect your car from UV rays and acid rain with a professionally applied sealant that'll also restore lustrous shine to your paint job.

• **Padding.** Have your car's once-fluffy seats seen better days? Plump them up without delay! If the fabric is torn in places, take the opportunity to mend any rips or fraying seams at the same time.

• **Sealing.** To protect against stains and fading, car care experts can apply a sealant to the fabric of your seats that stops dirt and messes from penetrating into the fibres. Sealants are especially recommended if you have leather seats to preserve their suppleness for years to come.

From rustproofing and paint protection to shampooing and waxing, there's no shortage of ways to keep your "baby" looking flawless!



Do you take good care of your windshield?

Road debris and temperature variations can create virtually invisible flaws on your windshield, so make sure to inspect with care. Any chips or cracks should be repaired without delay, as sudden jolts or collisions can quickly make things worse. Cracks can also act as mirrors, reflecting sunlight or the headlights of other cars and leaving you blinded on the road. Furthermore, in rainy weather, your windshield wipers can't get to the water trapped in crevices, which compromises your visibility. Your windshield

acts as a barrier to prevent you from being ejected in a crash; however, its efficiency is significantly reduced when damaged. Whether it's nearly unnoticeable or painfully obvious, never leave a crack unattended.

To ensure the best possible visibility at all times, wash your windshield inside and out — wipers included — at least once a month. Don't forget to top up your windshield washer fluid, and always carry a full container in your trunk to avoid stressful situations.

DID YOU KNOW?

A study conducted by the U.S. National Highway Traffic Safety Administration found that in crash situations, airbags (when used with seatbelts) reduce the risk of serious head injury by 75% and of severe chest injury by 66%.



DID YOU KNOW?

To protect your eyes while driving at night, keep your dashboard lights as dim as possible, especially if you're travelling along a poorly lit stretch of road.



DID YOU KNOW?

Reduce your risk of whiplash in a crash by keeping your headrest properly adjusted. Make sure it's always less than ten centimetres away from your head and keep its centre at eye level.



DID YOU KNOW?

The plastic used to manufacture headlights is vulnerable to UV rays and can become opaque with time. This doesn't necessarily mean you need to replace your lights: a thorough cleaning should do the trick.



DID YOU KNOW?

Abrupt accelerations, tight turns and the weight of the engine all put an extra burden on your front tires. Switch your front and back tires every 10,000 kilometres to ensure a more uniform wear and prolong their lifespan.



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