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**Nijmegen marchers ramp up training Pg. 15**

Monday, May 29, 2017



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# TRIDENT

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

## Hockey hero Hayley Wickenheiser says athletes can learn from the CAF

By Ryan Melanson, Trident Staff

As a five-time Olympic medallist and Canadian hockey icon, Hayley Wickenheiser has reached the peak of the athletic world on numerous occasions through her 23 years on the ice for Team Canada. But as she spoke at the 15th annual Sports Recognition Breakfast on May 17, she explained how the CAF has been a surprisingly constant presence through her athletic career.

From her first Olympic experience in 1998 through to her final season with Team Canada, Wickenheiser said she's become a veteran of "boot camps" held at CAF bases across the country to help whip the team into shape. The athletes benefit not just from the intense exercise, she said, but also from the

exposure to the men and women of the military and being able to draw inspiration from the CAF culture.

"A big part of what's shaped us at Hockey Canada and what we've been able to do with the women's team has come from the experience we had being in the military environment, with the structure, teamwork, rigour and discipline that goes into your job. That's what we're trying to do with hockey."

And now, that military connection seems set to grow even stronger, with her teenage son Noah, already a dedicated Army Cadet, planning to apply to RMC and pursue a career with the CAF. Noah hasn't always been the biggest hockey fan, but she said they connect through a shared appreciation of the CAF and that she's immensely proud of the path he's chosen.

*Continued on page 2*



*Hayley Wickenheiser congratulates award-winning CAF athletes during the Sports Recognition Breakfast held by PSP Halifax on May 17, 2017.*

CPL TONY CHAND, FIS

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## CANEX and DFIT - Collaborating to provide a healthier food environment for the CAF community

By Michael Spivock, PhD,  
Senior Manager Health Promotion  
Delivery, Directorate of Fitness,  
CFMWS

In 2016, representatives from DFIT Health Promotion and CANEX began working together to develop a program which identifies and promotes healthier food options (includes beverages and snacks) customized to the nutritional and lifestyle needs of the CAF community.

Building on the successes of a similar program at Canadian Forces Leadership and Recruit School in Saint-Jean, registered dietitians and other PSP Health Promotion specialists performed extensive research on existing programs, to come up with the best possible program for the CAF community.

The result of this work was the development of a point system and calculator that takes into consideration fats, cholesterol, sodium, sugars, fibre and proteins for each

**BeneFit**  
Healthier Choice

of the 27 different food categories. Based on the nutrient content, food items either lose or gain points and the final total numbers of points is what determines whether these foods meet the threshold for its category and are considered to be a Healthier Choice.

Now the CAF community can simply seek out the BeneFIT logo which will appear alongside food items in-store and online at CANEX/CANEX.ca and know they are making the Healthier Choice.

The idea is not to completely eliminate junk food, but merely to offer options and enable informed choices for CANEX customers – there's certainly nothing wrong with an occasional treat in the context of a healthy and balanced lifestyle.

## CANEX et la DCP unissent leurs efforts pour offrir un environnement alimentaire plus sain à la communauté des FAC

Par Michael Spivock, Ph. D.,  
gestionnaire supérieur de la prestation  
des programmes de promotion de la  
santé, Direction du conditionnement  
physique, SBMFC

En 2016, des représentants de la promotion de la santé de la Direction du conditionnement physique (DCP) et de CANEX ont entamé une collaboration pour créer un programme mettant en vedette les choix alimentaires plus sains (y compris les boissons et les collations) en fonction des besoins nutritifs et du mode de vie de la communauté des FAC.

Fort du succès d'un programme semblable à l'École de leadership et de recrues des Forces canadiennes à Saint-Jean, des diététistes professionnels et d'autres spécialistes de la promotion de la santé des Programmes de soutien du personnel (PSP) ont effectué des recherches approfondies sur les programmes existants afin de concevoir le meilleur programme possible pour la communauté des FAC.

Ce travail a permis d'établir un système de points et un calculateur qui tient compte de la teneur en

**Alimentaction**  
Choix sensé

matières grasses, en cholestérol, en sodium, en sucre, en fibres et en protéines pour chacune des 27 différentes catégories alimentaires. Les aliments perdent ou gagnent des points selon leur teneur nutritive, et le nombre total de points détermine si ces aliments correspondent au seuil pour leur catégorie et sont considérés comme un choix plus sain.

Désormais, il suffit à la communauté des FAC de chercher le logo Alimentaction qui accompagnera les aliments vendus dans les magasins CANEX et en ligne à CANEX.ca pour savoir qu'elle fait un choix alimentaire plus sain.

Le but n'est pas d'éliminer complètement la malbouffe, mais simplement d'offrir des options et de renseigner les clients de CANEX pour qu'ils fassent des choix éclairés. Dans le contexte d'un mode de vie sain et équilibré, il n'y a certainement rien de mal à se gâter à l'occasion.

## Hockey hero Hayley Wickenheiser says ... Continued from page 1

"It's very personal for me to be here today, and even a little bit emotional, because I look out at all of you in uniform and think about the potential of my son being in that same place a few years from now."

The Olympian was the special guest at the CFB Halifax Sports Recognition Breakfast, held each year by PSP Halifax to recognize the achievements of MARLANT's top athletes, as well as to honour the support of those who help make CAF Fitness and Sports programs a success. She delivered a keynote speech and stuck around for gold-medal selfies with hockey fans afterward.

Wickenheiser was a presence on the national team for more than two decades, but the most vivid memory in many minds comes from her role on the 2014 team that took gold at the Sochi Winter Olympics, coming back from a 2-0 deficit to win in dramatic overtime fashion against the United States. There are lessons in tenacity and perseverance to be learned from Canada's fourth-straight Olympic win, she said, describing a tough preparation for the games that involved the women's team suffering multiple injuries, losing their head coach, and racking up losses through the year as they played games in preparation for the Olympics.

Despite all that, and despite being down two goals with only 10 minutes left in regulation time, the team pulled together for the gold-medal victory.

"I'm a big believer in being able to win under any circumstances and in any conditions, that you don't need ideal conditions and perfect resources to have success and get the job done. We learned that in Sochi and I think it's something the people in this room might know better than anyone," she said.

### Sports Breakfast award recipients and nominees

For Formation Sports programs, the COTW award went to NFS(A), formerly CFNES, for the second year in a row, while the COTF award went to the currently deployed HMCS *St. John's*. For Shearwater, FDU(A) continued their streak of victories, again being awarded the Wing Cup for 2017. Awards were also handed out for Intersection Hockey, being awarded to RPOS(H) in Division C, FDU(A) in Division B, and Fleet Club Atlantic in Division A. The Fleet Club Slackers were also recognized for their 24-3 victory over the Wardroom at the 47th Annual Mini Grey Cup in 2016.

Base and Wing teams were recognized for their work and time commitments competing at Regional and National Championship tournaments, with Formation Halifax teams taking 8 of 11 regional titles for the 2016/2017 season in ball hockey, men's slo-pitch, men's soccer, old timer's hockey, men's basketball, women's hockey, and women's volleyball. The Halifax ball hockey, men's basketball and men's soccer clubs also each went on to win silver medals at CAF National Championships.

At the individual level, a number of athletes were honoured for repre-

senting MARLANT at national CAF events, including WO Charlene Arsenault and Lt(N) Michael Bergeron for CAF National Running - 1st place female senior half marathon and 1st place Male Open Marathon, and Capt Zachary Zeiler and Capt Stephanie Dennis for CAF National Swimming - Capt Zeiler took gold in the Open 100m Breaststroke, while Capt Dennis won gold in both the 200m IM and 400m Freestyle events.

For the CAF Sports Hall of Fame Honour Roll, two individuals were honoured for being inducted at the 2016 ceremony in Ottawa. Lt(N) Will Sarty was inducted for his arm-wrestling accomplishments, including 15 national titles, while LCdr (Ret'd) Ivor Axford was inducted for his important role as part of the champion Shearwater Flyers Football Team from 1952 to 1957.

The nominees for Environmental Awards, to represent the region at this year's National CAF Sports Award Ceremony, were also revealed at the breakfast. The MARLANT Male Athlete of the Year was Lt(N) Cody Brown, a standout on the men's basketball team, while the female Athlete of the Year was PO2 Beth Fellows for her success in military and civilian triathlon events. The Coach of the Year honour went to CWO Vincent Bazinet, coach of the Shearwater Men's Slo-Pitch team, Shearwater Men's Hockey Team, and Formation Halifax Women's Hockey team in 2016. Sgt (Ret'd) Jean-Yves Caouette was named Official of the Year, after serving as CAF Atlantic Region Umpire in Chief for both slo-pitch and curling, and also officiating a number of civilian events in 2016. The 2016 MARLANT Team of the Year was the Halifax Men's Soccer team for their gold-medal Regional win and silver medal at Nationals.

Another team award, the Alexander Keith's trophy presented by Labatt Breweries, went to the CFB Halifax Men's Basketball Team, winners of multiple National medals in recent years, and undefeated in CAF Regional play for an astounding 15 years in a row.

And finally, the CFB Halifax Dedication Award was awarded to longtime PSP Halifax staff member Rocky Thorne, a former PO1 in the RCN. Thorne has spent his civilian years giving back to the CAF sports community, notably coaching the CFB Halifax Women's Hockey team and running his free Saturday night hockey clinics for CAF members, along with his duties as a front desk attendant at Stadplex.

Organizers of the Sports Recognition Breakfast thanked the many generous sponsors who provided draw prizes for attendees and helped make the event happen, including A.P. Reid Insurance, Atlantica Hotel Halifax, Babcock, Canadian Linen, Canadian Springs, CANEX, Center Plate, the Halifax Mooseheads, Harding Real Estate, Labatt Breweries, Lasik MD, Nova Scotia Crystal, Print 101, Q104 Radio and the Scotiabank Centre.



# Give A Lift for ALS

By Virginia Beaton,  
Trident Staff

Receiving a diagnosis of Amyotrophic Lateral Sclerosis (ALS) can change a life in a minute.

So can a decision to participate in the Give A Lift for ALS campaign. This fundraiser, a follow-on to the wildly successful Ice Bucket Challenge two years ago, is a grassroots campaign to raise awareness of ALS. All the money raised will go to fund research into the disease through the Adaptive Canuck ALS Foundation, a charitable foundation managed by Canadian ALS patients and their families. Tax receipts will be provided.

The Give A Lift challenge is asking for people to accept this challenge, especially between Mother's Day, May 15,

and Father's Day, June 17. The idea is to lift someone up, in as creative a way as possible, take a photo, and share it on social media. Nominate three friends to do the same, using #ALSlift and including alslift.org in the post.

CPO1 Daniel Mercier, Fleet Chief CANFLTLANT recently took up this challenge. He chose to lift PO2 William Duff. PO2 Duff, a MESO at MOG 5, was recently diagnosed with ALS. His wife is also military and the couple has two young children.

*CPO1 Daniel Mercier, Fleet Chief CANFLTLANT, lifts PO2 William Duff. Replacing the Ice Bucket Challenge, this is the new fundraiser for the National ALS Awareness Campaign.*

MONA GHIZ, MARLANT PA



# From Black Bear to Cape Breton Highlander

By Pte Kendra Christmas,  
The Cape Breton Highlanders

My path to Canadian Armed Forces (CAF) and The Cape Breton Highlanders (CBH) started with Black Bear at Base Gagetown, N.B.

Combining military training with Aboriginal cultural awareness, the six-week long Black Bear program gives Aboriginal youth a taste of military training with the option to join the CAF if they want to.

I'd heard about Black Bear from friends in my community of Eskasoni, NS but wasn't sure it was the thing for me. Then recruiters came to my school and got me more interested. I'm the kind of person who likes to experience things first hand. So I enrolled in Black Bear in summer 2015. And so did my brother and a bunch of our friends. We liked our first taste of military life and joined CBH in Sydney after completing the program.

My experience in the CAF has been amazing and taught me a lot. I've developed weapons-handling skills. I'd never fired any weapon before, let alone disassemble or reassemble a weapon. I'd never thrown a grenade. Now I'm a trained infanteer and proficient with various weapons systems. But the CAF is not just about shooting guns and doing cool things but also about self-motivation, discipline,

determination, ethics, team work and being strong, mentally and physically. Even weapons handling is all about discipline, safety and attention to detail.

Being a soldier has not been without its challenges. The biggest challenge for me was learning how to be outside my family environment for an extended period of time. But I adapted to that and accepted more challenges when I joined CBH. It helps that we have a strong team spirit within my Regiment and I was proud to wear the unique Balmoral Highland head-dress after successfully completing the challenging infantry occupational training.

In Aboriginal culture, especially for the Mi'kmaq people, serving your community courageously and selflessly is a very important ideal, and I feel that being a soldier is an excellent way to honour that tradition.



*Pte Kendra Christmas demonstrates the use of a C6 machine gun at the Victoria Park Armouries, Sydney, NS. Le soldat Kendra Christmas démontre l'utilisation d'une mitrailleuse C6 au manège militaire Victoria Park, à Sydney, en N.-É.*

LT FELIX ODARTEY-WELLINGTON

# Du programme Black Bear aux Cape Breton Highlanders

Par Soldat Kendra Christmas,  
Cape Breton Highlanders

J'ai entamé mon parcours dans les Forces armées canadiennes (FAC) et les Cape Breton Highlanders (CBH) au sein du programme Black Bear à la Base Gagetown, au N.-B.

Combinant l'instruction militaire à la sensibilisation aux cultures autochtones, le programme Black Bear, d'une durée de six semaines, permet aux jeunes Autochtones d'obtenir un avant-goût de l'instruction militaire et de s'enrôler dans les FAC par la suite s'ils le désirent.

J'ai entendu parler du programme Black Bear par des amis de ma communauté d'Eskasoni, en N.-É., mais je n'étais pas convaincue que c'était ce qu'il me fallait. Puis, des recruteurs sont venus à mon école et mon intérêt a grandi. Je suis le genre de personne qui aime vivre les choses. Je me suis

donc enrôlée dans le programme Black Bear à l'été 2015. Tout comme mon frère et certains de nos amis! Nous avons aimé notre première expérience de la vie militaire et nous nous sommes enrôlés dans les CBH à Sydney à la fin du programme.

Mon expérience dans les FAC a été extraordinaire et j'ai beaucoup appris. J'ai acquis des compétences dans le maniement des armes. Je n'avais jamais tiré avec une arme auparavant, encore moins démonté ou remonté une arme. Je n'avais jamais lancé une grenade. Je suis maintenant un soldat de l'infanterie formé et je maîtrise bien les différents systèmes d'armes. Or, dans les FAC, nous n'apprenons pas seulement à tirer des coups de fusil et à faire des choses intéressantes, nous développons également notre motivation personnelle, notre discipline, notre détermination, notre éthique, notre travail d'équipe et notre force mentale et physique. Même la manipulation des armes est une question de discipline, de sécurité et de minutie.

Être un soldat s'accompagne de défis. Le plus grand défi pour moi a été d'apprendre à être loin de mon environnement familial pendant une longue période. Je me suis toutefois bien adaptée et j'ai accepté de nouveaux défis lorsque j'ai intégré les CBH. L'esprit d'équipe très fort au sein du Régiment m'aide beaucoup. Et j'étais fière de porter la coiffure Balmoral propre aux Highlands après avoir réussi l'exigeante instruction liée au GPM de l'infanterie.

Dans la culture autochtone, surtout pour les Micmacs, servir sa communauté de manière courageuse et désintéressée est un idéal très important et je crois que le fait d'être un soldat est une excellente façon d'honorer cette tradition.



## 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.

## A Tour of the Gaelic Languages

**Time: 6:30 p.m.**  
**Date: Monday, May 29**  
**Location: Halifax Central Library**

### 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.

## 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.

## The Future of Cycling in Halifax

**Time: 6:30 p.m.**  
**Date: Monday, June 5**  
**Location: Halifax Central Library**

In partnership with the Halifax Regional Municipality, the Central Library is hosting this information session for local cyclists. Staff from the HRM planning department will share current plans and projects on cycling and walking - and they want to hear from you. Come out, listen, and share your feedback.

## 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 concert, 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](http://HRMCanadaDay.ca).

## World Refugee Day

**Time: 2 p.m.**  
**Date: Saturday, June 17**  
**Location: Halifax Central Library**  
Join staff and friends of Immigrant Services Association of Nova Scotia as they mark World Refugee Day with an event for the whole family. Enjoy music, drumming, entertainment, and learn about ways to support refugees from around the world.

## 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.

# Navy divers say goodbye to one of their best

By **Ryan Melanson**,  
Trident Staff

He travelled the world, served in Afghanistan, met the Queen, and became one of the RCN's best known divers over a 31-year career. But on May 12, colleagues, friends and family members gathered in the hangar of FDU(A) for a grand send-off for CPO1 Paul Walsh as he prepares to release from the CAF.

The gathering was emceed by CPO2 Gordon Williamson, a close friend and current Underwater Engineering Chief at FDU(A).

"We're losing a great diver and a good friend and brother from the trade, but I prefer to think of today as a celebration of his career," he said.

CPO1 Walsh joined the RCN in 1986, following in his father's footsteps, and served on HMC ships *Protecteur*, *Provider* and *Preserver* before completing the Clearance Diver qualifying course at FDU(A) in 1990. He honed his skills on the West Coast at FDU(P), spent time at Dwyer Hill Training Centre in Ottawa, and returned to FDU(A) in



*LCdr Billy Barter, Commanding Officer of FDU(A), (right) presents a Certificate of Service marking 31 years in the CAF to CPO1 Paul Walsh at a Depart with Dignity ceremony held at the unit on May 12.*

RYAN MELANSON/TRIDENT STAFF

1996, where he remained for the next decade and rose to the rank of PO1.

Highlights of his career include the Swissair recovery efforts in 1998, deploying with Operation MEDUSA in Afghanistan as the head of an explosive ordinance disposal team in 2006, for which he was awarded a Mention in Dispatches from the CDS, and representing the CAF at Vigil 1914-1918

in London in 2008, where he met Her Royal Highness Queen Elizabeth II.

In recent years, after being promoted to CPO2, he served as Chief Diver for the Experimental and Undersea Group in Toronto, and in 2016 after being promoted to CPO1, took over as Senior CAF Diver at the Directorate of Diving Safety in Ottawa.

CPO1 Walsh, along with his mother Margaret and daughter Allison, were set up on a sofa next to the podium as an endless stream of individuals took to the mic in the hangar to thank "Knobby", as he's fondly known, for his years of service, and to share stories from the last three decades, some of which aren't fit to be shared outside of that close-knit community of divers.

"There's too many stories to talk about, and some are too dangerous to talk about in front of his mother," joked Cdr (Ret'd) Chris Deere, the CO of FDU(A) from 1999-2002. He recalled meeting CPO1 Walsh for the first time in 1988 on Diving Tender #6 Boat, before then AB Walsh was qualified as a clearance diver.

*Continued on page 7*



RAdm John Newton, Commander MARLANT and JTFA, sits for a photo with recipients at the Honours and Recognition ceremony held in the Juno Tower Sea Room on May 4.

LS DAN BARD/FIS HALIFAX

# Hard work, dedication recognized at Honours and Recognition Ceremony

By Ryan Melanson,  
Trident Staff

As the RCN celebrated its 107th birthday on May 4, there was also a reason to celebrate inside the Sea Room at Juno Tower, as 29 deserving individuals gathered to be recognized for their outstanding work in support of the Navy and the CAF.

RAdm John Newton, Commander MARLANT and JTFA, presided over the Honours and Recognition ceremony, presenting the various commendations and certificates to each recipient.

With the Naval anniversary also falling on that day, and the annual Battle of the Atlantic ceremony set for that weekend, RAdm Newton said it was the perfect time to celebrate the personnel who make the RCN what it is.

"A Navy is still nothing without it's people," he said.

The first award of the day, the Canadian Forces Decoration, went to someone who hasn't technically served in the RCN, but has still provided lots of support to the organization. Hon Capt(N) Myra Freeman, a former Lieutenant Governor of Nova Scotia, was presented the decoration for 12 years of service and conduct in support of the CAF.

Appointed first in 2003 and then again in 2010, she continues to serve as Honorary Captain(Navy) to Maritime Forces Atlantic and in other roles supporting military organizations, and RAdm Newton specifically noted her work promoting women in the CAF, as well as her volunteer roles during the Naval Centennial celebrations in 2011.

The Commander RCN Commendation, presented on behalf of VAdm Ron Lloyd, was given to 12 individuals to recognize deeds or activities beyond the demand of normal duty. The first went to LS Richard Bourne for his conduct during a night man overboard exercise by HMCS *Moncton* in February of 2016; Lt(N) Joe Collins was awarded for his work with Trinity's Marine Surveillance Operations Centre, contributing to the surveillance of the HMS *Erebus* wreck site; LCdr Pierre-Luc Dessureault-Beaulieu was given the commendation for his work as Combat Officer in HMCS *Fredericton* while leading up to the ship's Op REASSURANCE deployment in 2016, while CPO2 Derek Godin was also recognized as the ship's Combat Department Chief during the same readiness program and deployment with *Fredericton*, as was the ship's Coxn at the time, CPO1 Steve MacLellan; civilian employee Fred Layton was awarded for his work on the rebuild and restoration of the Navy's legacy Ship-Shore communications system; LCdr Richard Mallette was recognized for his work from 2012 to 2016 with the development of future training systems at CFNOS; LCdr Dale St. Croix was awarded for leading a rescue operation near Pond Inlet, Nunavut as the Commanding Officer of HMCS *Shawinigan* in September 2016; CPO2 Jamie Stead was awarded for his conducting critical engine repairs at sea in HMCS *Athabaskan*; PO1 Brian Walsh was commended for planning and executing critical hull repairs to HMCS *Fredericton* while deployed to Op REASSURANCE; and finally, PO2 George

Smith was awarded for his work developing new standard operating procedures for the BBQ-10 Sonar in *Victoria*-class submarines.

One Commander Canadian Army Commendation was awarded at the event, on behalf of LGen Paul Wynnyk, and it went to Maj Colin Beazley, for his work developing the Black Bear Aboriginal Youth Program while commanding Alpha Company, 5th Canadian Division Training Centre.

Three recipients were awarded the Commander CJOC Commendation: Cdr Arthur Wamback, for his work as Senior Staff Officer for Submarines in the fall of 2015; LS Mark Anderson, for diffusing Russian contact mines during a deployment to the Estonian Island of Muhu in May 2015; and MS Peter Reed, for his masterful imagery work while deployed with HMCS *Toronto* in the Black Sea in 2014 and 2015.

RAdm Newton also presented his own Bravo Zulu award - The Commander MARLANT Certificate of Achievement, to nine individuals. The first was Cpl Gilles Doucette, awarded for his professionalism as a junior med tech deployed to Op REASSURANCE; next was AB Francois Lariviere-Lacombe, recognized for his enthusiasm as a Helo-Crash Rescue Firefighter during a readiness program in HMCS *Fredericton*; PO1 Charles-Israel Paulin was also awarded for work with HMCS *Fredericton*, as the Marine Systems Engineering Training Petty Officer during Op REASSURANCE; PO2 Guillaume Simoneau was also awarded for work during Op REASSURANCE, as a Cert. 2 Marine Engi-

neer in HMCS *Fredericton*, while MS Kevin Twohig and PO1 Terry Vallis were also recognized for work during that deployment, as an IPMS Technician and a Hull Technician, respectively. Two civilians also received the Commander MARLANT Certificate, with Ms. Dale Gorman and Mr. Leroy Willis both being honoured for their work as members of the Mainguy Building's Public Service Cleaning Staff since 2009.

The final award handed out was the Commander MARPAC Certificate of Achievement, which RAdm Newton presented to four recipients on behalf of RAdm Art McDonald, Commander MARPAC, for their work contributing to Canada's Submarine Force.

PO1 Pierre Campbell was recognized for his superior communications work as a member of HMCS *Windsor* from 2013-2016, particularly while overseas during exercises Joint Warrior and Trident Culture in 2015. PO2 Michael Davis was awarded, also for his time in HMCS *Windsor*, for his leadership and dedication during Directed Work-Ups between May and August of 2016. MS Dennis Manke received the award for his long stint as a member of *Windsor* from 2010 to 2016 as a Weapons Engineering Fire Control Technician, with his work being described as instrumental to the boat's success. Finally, PO1 Neil Lake also received the award for his work as the Training Petty Officer of the Submarine Marine System Engineering section, developing new approaches to training across all *Victoria*-class trainees and advancing the output of new submariners.



# Remembering the war at sea

By Virginia Beaton,  
Trident Staff

Fog, chilly breezes, and the grey seas under all created a Navy mood during the Battle of the Atlantic commemorative ceremony in Point Pleasant Park on Sunday, May 6, 2017.

Wreaths were heaped around the base of the Sailors' Memorial, which was the focus of the ceremony that each year recognizes the longest battle of the Second World War. A ship's bell tolled after each name was read aloud of all the RCN ships and merchant navy ships lost during the battle. The names of all the participating RCAF squadrons were read aloud as well.

During his address to the audience, RAdm John Newton, Commander JTFA and MARLANT, stressed, "No place in Canada was more affected by the war than Halifax."

He further noted that while it is important that the ceremony honours those who served and those who fell during the battle, "we do it for you, the serving military members."

Previous generations summoned their courage to face adversity, he noted. "Men and women just like you faced challenges in their time.... We thank them for handing us the torch." Today, CAF members serve Canada in such tasks as keeping the sea lanes open, said RAdm Newton.

Dignitaries attending the ceremony included not only RAdm Newton, but The Honourable J. J. Grant, Lieuten-



CAF personnel stand on parade during the annual Battle of the Atlantic ceremony held in Point Pleasant Park in Halifax.

CPL TONY CHAND, FIS

ant Governor of Nova Scotia; HRM Mayor Mike Savage; Capt(N) Paul Forget, Base Commander CFB Halifax, and many more.

Wreaths were laid by many ships,

squadrons, government and community organizations. They included the Government of Canada, the Province of Nova Scotia, the Canadian Naval Memorial Trust, the Royal

Canadian Legion, the Atlantic Chiefs and Petty Officers' Association, the Army, Navy and Air Force Veterans Association, and the Submariners Association.

## A helping hand during OP LENTUS

Canadian Army and Royal Canadian Navy personnel remove sand bags used in the flooded areas of Pierrefonds, Quebec during Operation LENTUS, May 15, 2017.

MCPL JULIE TURCOTTE,  
34 CANADIAN BRIGADE GROUP



Answers

1	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
2	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
3	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
4	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
5	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
6	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
7	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
8	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
9	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
10	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
11	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
12	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
13	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
15	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
16	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
17	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
18	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
19	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
20	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
21	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
22	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
23	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
24	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
25	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
26	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
27	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
28	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
29	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
30	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
31	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
32	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
33	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
34	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
35	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
36	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
37	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
38	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
39	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
40	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
41	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
42	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
43	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
44	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
45	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
46	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
47	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
48	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
49	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
50	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z

Super Crossword





## Navy divers say...

Continued from page 4

The young sailor may or may not have gotten into a fist fight with a much higher ranked PO on #6 boat, but even back then, his potential was clear, Cdr Deere said.

"I remember he was full of energy, he worked hard, and he earned the respect of his entire crew."

And Cdr Robert Klein, CPO1 Walsh's final Commanding Officer at D-Dive-S, was one of many who mentioned that the Chief has been renowned for doing things "a little bit differently" than others, and he also teased the no-nonsense diver for being inexperienced with administrative duties in Ottawa after a career of high energy, hands-on work.

"That being said, he always gets things done very, very well. He's a people person, he's as experienced as you get, and he's a great technician. All of those attributes and characteristics were needed to be the Chief Diver in our shop, and I was so glad to have him," Cdr Klein said.

CPO1 Walsh was presented with numerous gifts through the emotional ceremony, which saw many old friends tear up as they paid tribute to their longtime colleague. From letters and certificates from the likes of the CDS and the Prime Minister, to mementos and dive artifacts. CPO1 Walsh was even presented with an artifact from a 1971 oil spill dive recovered by his late father, Petty Officer Michael Walsh, who died tragically after a diving accident in Chedabucto Bay in 1983. His father was also a member of FDU(A), and some of the retired sailors who spoke at the ceremony recalled their friendships with both CPO1 Walsh and his father.

CPO2 Williamson couldn't hide his sadness at CPO1 Walsh stepping away from the Navy, but said he was thrilled to help send him off in the best way possible. He thanked CPO1 Walsh's family for being his support through difficult and dangerous times, and spoke on behalf of all naval divers in thanking CPO1 Walsh for everything he gave to the community as a diver and as a friend.

"The bonds we've made will last a lifetime," he said.

## Correction

On page 7 of the May 15 Trident, the photo accompanying the article about the new Commander of 5th Canadian Division had an incorrect identification.

The photo caption should have read as follows.

Lieutenant-General Paul Wynnyk, the Commander of the Canadian Army, (left) congratulates Major-General Carl Turenne on two years of successful service as the Commander of 5th Canadian Division at a Change of Command ceremony held at the Halifax Citadel National Historic on May 1.



*The newly-built accommodation superstructure was recently lifted and transported onto the MV Asterix, which is being converted by Davie Shipbuilding in Quebec to deliver interim AOR capabilities to the RCN. The vessel is expected to be delivered to Halifax in September.*

DAVIE SHIPBUILDING

# Interim AOR ship on track to be in Halifax this fall

By Ryan Melanson,  
Trident Staff

The unique project that involves converting a 26,000 ton commercial container ship to deliver interim AOR capabilities to the Royal Canadian Navy is running on schedule, with the fully converted MV Asterix set to be delivered to HMC Dockyard this September.

The goal of the contract signed with Project Resolve Inc. is to bridge the RCN's replenishment-at-sea capability gap until the arrival of the *Queenston*-class Joint Support Ships through the leasing of a privately owned vessel, with a core crew, maintenance and operational management all provided by the prime contractor. When at sea, the 36 civilian crew on board will be complemented at anytime by 40 to 67 CAF crewmembers, responsible for RAS, small boat and flight operations, and medical/dental duties, among other tasks. The ship will also be equipped with six .50 cal machine guns along with small arms for force protection.

Members of the Interim AOR project team recently visited CFB Halifax from Ottawa to give an update on Project Resolve to interested members of the fleet, including many of those who have been tapped to be part of the initial crew and command team of the Asterix. The briefing was

meant to be a basic rundown of the project; the team will be back on the East Coast through the Spring and Summer with more details as the delivery date nears and crews begin to train and prepare for the ship's arrival.

"We just wanted to give an update on what the ship is all about, what the Asterix looks like, what the ship's capabilities are, and what some of the timelines are," said Cdr Jake French, who led the presentation at the CFMWC on May 10.

The ship will be available to deploy overseas in non high-threat areas, including in the Arctic if accompanied by an icebreaker. It's capable of housing two CH-148 Cyclone helicopters, and its rear helicopter deck can also land a CH-147F Chinook. It's large amount of storage space and potential for housing more advanced medical facilities could also be a benefit should the ship be involved in humanitarian missions. But the primary goal of the project is to provide consistent at-sea RAS capability for the ships of the RCN fleet.

"All my work and my focus over the next few months is to make sure the ship is ready to do RAS," LCdr French said.

The conversion is nearing its final stages, with the latest milestone being the arrival of the ship's 2,200 ton, 180-metre long superstructure, which

houses the bridge, accommodations and office space for RCN personnel, as well as messes, galley and provision stores. The construction of the superstructure was contracted to the AMALCO Group of Finland, and the completed piece arrived in Quebec on May 9.

This phase of the project will wrap up over the summer, with delivery in September and acceptance trials scheduled for October. Once fully in service, the Asterix will initially participate in exercises off the coast of Nova Scotia, and will then sail to the West Coast in Spring of 2018.

The project team also took questions from sailors following the briefing, touching on things like training timelines, overseas deployments, and responsibilities regarding cooking, cleaning, damage control and repairs, which will almost entirely be the job of civilians on board.

The Provision of Services Agreement with Davie is for the Asterix to support the RCN for five years, with options to extend available at the discretion of the Government of Canada. Ideally, the interim vessel will be in service until the delivery of the second *Queenston* class Joint Support Ship, the future HMCS *Châteauguay*, which is expected in 2022. Construction on the *Queenston*-class ships is set to begin early next year at Seaspan's Vancouver Shipyard.

**The H&R MFRC Annual General Meeting**

Join us Wednesday, June 14, 4:30-6:30 p.m. at the Shearwater Site MFRC for light refreshments from 4:30-5:30pm, followed by the Annual General Meeting, from 5:30-6:30 p.m. Connect with your MFRC and military community, hear about the cool things we've done this past year and elect next year's Board of Directors. There is no cost and all military members and their families are welcome. Child care is available. Call 902-427-7788 to register for child care by Friday, June 9.

**L'assemblée annuelle du CRFM d'Halifax et régions**

Joignez-vous à nous mercredi le 14 juin de 16h30 à 18h30 au CRFM de Shearwater. Des rafraîchissements légers seront servis de 16 :30 à 17 :30 et il sera suivi par l'Assemblée générale annuelle de 17 :30 à 18 :30. Apprenez à connaître votre CRFM ainsi que la communauté militaire, prenez connaissance des choses intéressantes que nous avons faites au cours de l'année dernière et votez pour le prochain conseil d'administration. Tous les membres des FAC et leur famille sont invités et c'est gratuit! Le service de garde vous est offert. Téléphonnez au 902-427-7788 avant le vendredi 9 juin pour vous inscrire au service de garde.

**Vacation Lottery Extravaganza Winner for May / Gagnant de la loterie Extravaganza Vacances au soleil pour le mois de mai**

Congratulations to CPO2 Stephane Thibert, NFS (A), grand prize winner of the H&R MFRC's Vacation Lottery Extravaganza for May. Félicitations à CPO2 Stephane Thibert, NFS (A), grand gagnant du tirage de mai de la loterie Extravaganza Vacances au soleil du CRFM H et R!

**Beach Day**

The weather has finally warmed up. Nothing says summer like the H&R MFRC's annual Beach Day. Be sure to join us at MacDonald Beach on Sunday, August 20 for a day jam-packed with entertainment, activities, a photo booth, prizes, barbeque, and the popular family sand castle competition. So pack your sunscreen and beach towels and leave the rest to us. Tickets go on sale in August and can be purchased at the Halifax and Shearwater MFRC sites.

**Journée à la plage**

Le beau temps est finalement arrivé. Profitez de l'été en participant à la journée annuelle à la plage du CRFM H et R. Venez à la plage MacDonald le dimanche 20 août pour une journée remplie d'animation et d'activités où se trouveront une



On May 2, H&R MFRC staff and volunteers helped families welcome home HMC Ships Summerside and Moncton.

SUBMITTED

cabine photographique, des prix, un barbecue et la compétition de châteaux de sable. Apportez votre écran solaire et votre serviette de plage, nous nous occupons du reste. Les billets seront en vente en août et seront disponibles aux CRFM d'Halifax et de Shearwater.

**Connect with us**

The Family Information Referral Services Team (FIRST) serves as an entry point for military families, who need information about, or connection to, military and civilian community services. The FIRST is staffed by trained professionals who are able to respond to family requests quickly. FIRST services are offered confidentially, with strict adherence to the privacy code. After hours, the FIRST can distribute emergency resources including housing, food vouchers, funds and child care services as well as connect military families to the Duty Padre. The FIRST also handles registration and payments (during regular business hours) for all MFRC programs and services. Call 1-888-753-8827 or 902-427-7788 for general inquiries (6 a.m.-7 p.m. ADT) and 24/7 for urgent needs.

You can also visit our website: [www.halifaxmfrc.ca](http://www.halifaxmfrc.ca) and check us out on Facebook: [www.facebook.com/HalifaxRegionMFRC](http://www.facebook.com/HalifaxRegionMFRC).

**Communiquez avec nous**

Composez le 1-888-753-8827 ou le 902-427-7788 pour tout renseignement d'ordre général (de 6 h à 19 h, HAA). En cas d'urgence, nous offrons de l'information 24 heures/24, 7 jours/7. Vous pouvez aussi consulter notre site Web à l'adresse [www.halifaxmfrc.ca](http://www.halifaxmfrc.ca) et notre page Facebook à l'adresse [www.facebook.com/HalifaxRegionMFRC](http://www.facebook.com/HalifaxRegionMFRC).

**Color Me Green, all year long**

Mental Health Week, earlier in May, brought attention to importance of staying in the green, as this color represents healthy on the mental health continuum.

Here at the H&R MFRC, our Prevention, Support and Intervention (PSI) team focuses on helping CAF families by providing confidential, no-cost, short-term counselling, crisis support, assessment and referral, education and prevention programming. We focus on assisting CAF families by providing support, guidance and tools to help manage lifestyle stressors. We can assist CAF families with issues such as: work-related separations, parenting challenges, relationship issues, separation and divorce, grief and loss, and family violence. The PSI team is entrusted with emergency apartments and modest financial resources to assist CAF families in their time of need.

For more information on the PSI team please call 902-427-7788 and ask for the Intake Social Worker.

**Colorez-moi en vert, tout au long de l'année**

La Semaine de la santé mentale, plus tôt en mai, a attiré l'attention à l'importance de rester dans le vert, puisqu'elle représente « en santé » sur le continuum de la santé mentale.

Ici, au CRFM d'Halifax et région, notre équipe de prévention, de soutien et d'intervention (PSI), travaille à aider les familles des FAC en leur offrant des services confidentiels, gratuits, du counselling à court terme, des services en cas de crise, de l'évaluation et de l'orientation ainsi que des programmes d'éducation et de prévention. Nous aidons les familles des FAC en leur offrant du soutien, des ressources et des outils afin de mieux contrôler les facteurs de stress liés au style de vie. Nous pouvons accompagner les familles des FAC à passer aux travers des épreuves telles que : les séparations liées au travail, les défis parentaux, les problèmes relationnels, les séparations et les divorces, la perte et le deuil ainsi que la violence conjugale. L'équipe de travailleurs sociaux est chargée de gérer des appartements d'urgence et dispose de moyens financiers modestes pour aider les familles des FAC dans les moments difficiles.

Pour communiquer avec un membre de l'équipe de PSI, veuillez composer 902-427-7788 et demander pour le travailleur social de service.



# Maritime rockers Haywire return to Halifax for Family Days 2017

By Ryan Melanson,  
Trident Staff

The opening night of Family Days 2017 will once again feature a rocking concert under the big tent at HMC Dockyard on Friday, June 16, and this year, one of the East Coast's most well-known classic rock bands will hit the stage for their first Nova Scotia show in years.

Music fans who came of age in the 80s will no doubt remember Haywire as a presence on rock radio stations and in the early days of TV music videos, with three platinum albums and a number of top-40 radio singles.

Concertgoers can expect to hear the old favourites, as well as a few new tunes from the classic rockers, who have been working over the last several years on a new album which has now reached the final production stages and should be available later this year. Their sound has changed and evolved through the years, but keyboardist/backup singer David Rashed said fans of the band will still recognize the sound as distinctly Haywire, with lead singer Paul MacAusland's top-notch vocals and the unique guitar tones of Marvin Birt.

The band will likely preview a few of the new tunes at the Family Days show, and have plans for a wider tour to support the new music once it's released. But fans who remember Haywire's hits from the late 80s shouldn't be concerned. Classic tracks like *Bad Bad Boy*, *Dance Desire* and *Black and Blue* will definitely be on the setlist.

Fans in the Maritimes always react strongly to those radio hits, and during a recent string of shows on the West Coast, Rashed said the band realized that fans all across the country still have a soft spot for those songs.

"As soon as you start those old songs, people just get it. At one show, Paul let the audience take over and sing a whole song. I can't remember which one it was, but that was a first for me and we were all quite taken aback by it."

Rashed hopes the band can put on a great show for the Family Days audience under the PSP Entertainment Tent, and said Haywire was honoured to be asked to perform for CAF members

and the DND community. They've previously played the old Fleet Club Atlantic in their heyday, and have played for troops at Gagetown in the past as well.



*East Coast rockers Haywire will perform at the 2017 Family Days Concert on Friday, June 16, along with Nova Scotia country rock artist TJ King, presented by PSP Halifax.*

SUBMITTED

"We haven't played for a military crowd that often, but they've always been great experiences and we're definitely looking forward to the show in Halifax in June."

The opening act for the evening will be TJ King, a young Country Rocker from Mount Uniacke, Nova Scotia, and the winner of the 2016 Music Nova Scotia Country Recording of the Year award for his debut full-length album *Feels Right*. King was also nominated for

the 2017 East Coast Music Award for Country Recording of the Year for the same album. The rising star will be touring Ontario this summer with his talented band of East Coast



Musicians, and then coming back East in June to take the stage at Family Days. His album is available on iTunes or at <http://tjkingmusic.com>.

Tickets for the Family Days Con-

cert are \$12, available at any PSP Fitness, Sports and Recreation Centre, and the doors open at 7:30 p.m. on June 16. For more information, visit <http://cafconnection.ca/halifax> or call 902-721-8335.





# 5th Canadian Division trains for domestic relief operations

By Lt Gregory Cutten,  
5th Canadian Division PA

On the weekend of May 5-7, 2017, command elements and key personnel from Canadian Army (CA) units all across Atlantic Canada converged in northern Nova Scotia to carry out Exercise STAGED RESPONSE 17. More than 200 Army Reserve (ARes) and Regular Force (RegF) soldiers from Atlantic Canada's 5th Canadian Division took part in this annual exercise in order to test their readiness for domestic operations. The exercise confirmed the Division's ability to support Joint Task Force Atlantic (JTFA) in response to major emergencies in Atlantic Canada in a timely and effective manner.

Tactical Operations Centres (TOCs) which are mobile command posts fitted with high-tech communications equipment were set up at two of the Nova Scotia Highlanders' (NSH) armouries in Pictou and Truro for 36 and 37 Canadian Brigade Groups respectively to house the Territorial Battalion Group (TBG) headquarters for each brigade, as would happen in an actual crisis. From their deployed positions, the TBGs coordinated their efforts through 5th Canadian Division Headquarters (5 Cdn Div) in Halifax.

Speaking of the importance of this training, 36 Territorial Battalion Group Commander, LCol Shane Gallant stated, "When activated, our Territorial Battalion Group must be prepared to bring forward the trained soldiers and equipment to swiftly consolidate and move to the affected area. Readiness training like this command-level exercise is absolutely necessary to be ready to respond to situations such as the New Brunswick ice storm earlier this year on Operation LENTUS or the ongoing situation in Quebec."

Under the rain-beaten canvas of the TOCs, the exercise participants were aware of the massive flooding to the northwest and on-going callout of the CA in Quebec to assist the civilian population. Members of 5 Cdn Div's Immediate Response Unit (IRU), which is always ready to deploy at short notice, took part in STAGED RESPONSE knowing very well the need for such training. The IRU deployed to northeastern New Brunswick in late January 2017 on Operation LENTUS following the official request for assistance to the Government of Canada from the government of New Brunswick to provide support to residents affected by a major ice storm.



*The Territorial Battalion Group are busy in the Operations Centre during Exercise STAGED RESPONSE 2017 in Pictou, Nova Scotia on May 6, 2017. Le 6 mai 2017, les membres du Groupe-bataillon territorial s'affairent dans le Centre des opérations durant l'exercice STAGED RESPONSE 2017, qui se déroule à Pictou, en Nouvelle-Écosse.*

WO JERRY KEAN / 5TH CANADIAN DIVISION HQ PUBLIC AFFAIRS

## La 5e Division du Canada suit de l'entraînement pour mener des opérations de secours national

Par Lt Gregory Cutten,  
Affaires publiques de la 5e Division du Canada

Durant la fin de semaine du 5 au 7 mai 2017, des éléments du commandement et du personnel clé d'unités de l'Armée canadienne (AC) de partout dans la région de l'Atlantique se sont réunis dans le Nord de la Nouvelle-Écosse pour participer à l'exercice STAGED RESPONSE 17. Plus de 200 membres de la Réserve de l'Armée (Rés A) et de la Force régulière (F rég) de la 5e Division du Canada dans la région de l'Atlantique ont pris part à cet exercice annuel afin mettre à l'épreuve leur état de préparation aux opérations nationales. L'exercice a confirmé la capacité de la division à appuyer la Force opérationnelle interarmées de l'Atlantique (FOIA) pour intervenir lors d'importantes urgences dans la région de l'Atlantique de manière efficace et en temps opportun.

Les centres d'opération tactique (COT), des postes de commandement mobiles dotés d'équipement de com-

munications de haute technologie, ont été installés dans deux manèges militaires des Nova Scotia Highlanders' (NSH), à Pictou et à Truro, pour le 36e et le 37e Groupe-brigade du Canada respectivement pour abriter les quartiers généraux des groupes-bataillons territoriaux (GBT) de chacune des brigades, comme cela serait le cas lors d'une réelle crise. À partir de leur position de déploiement, les GBT ont coordonné leurs efforts par l'intermédiaire du Quartier général de la 5e Division du Canada (5 Div CA) à Halifax.

Parlant de l'importance de cet entraînement, le commandant du 36e Groupe-bataillon territorial, le lieutenant-colonel Shane Gallant a affirmé : « Lorsqu'il est activé, notre Groupe-bataillon territorial doit être prêt à fournir les militaires formés et l'équipement afin de pouvoir tout rassembler rapidement et se rendre dans la région touchée. L'instruction au niveau de préparation comme cet exercice au niveau du commandement est absolument nécessaire pour intervenir lors de situations

comme la tempête de verglas au Nouveau-Brunswick cette année par l'intermédiaire de l'opération LENTUS ou de la situation permanente au Québec. »

Une pluie torrentielle s'abattait sur les toiles des COT. Les participants de l'exercice savaient donc très bien que d'importantes inondations sévissaient dans le Nord-Ouest et ailleurs, et c'est pourquoi ils ont appelé l'AC au Québec pour venir en aide à la population civile. Les membres de l'Unité d'intervention immédiate (UII) de la 5 Div CA, qui sont toujours prêts à un déploiement à court préavis, ont pris part à l'exercice STAGED RESPONSE connaissant très bien le besoin pour un tel entraînement. L'UII a été déployée dans le Nord-Est du Nouveau-Brunswick à la fin de janvier 2017 dans le cadre de l'opération LENTUS à la suite d'une demande d'aide officielle au gouvernement du Canada de la part du gouvernement du Nouveau-Brunswick afin de fournir du soutien aux résidents touchés par l'importante tempête de verglas.





The Vimy Flight aircraft, Nieuport II, come to 12 Wing Shearwater as part of the cross-Canada public events.

MCPL CHELSEY HUTSON, 12 WING IMAGING

# Vimy experience takes to Canadian skies

By Sara Keddy,  
14 Wing Greenwood Public Affairs

Four First World War replica Nieuport II aircraft took to the skies over Kings County May 5, taking advantage of fine flying weather.

Last in full flight over the Vimy Memorial in France April 9, Valley residents had the first Canadian opportunity to watch Vimy Flight – Birth of a Nation aircraft overhead in 2017. A 14 Wing open house May 6 launched a season of cross-Canada public events through 2017.

The Vimy Flight aircraft most recently participated in April 9 commemorative ceremonies in Vimy, France, including a flyby of the Canadian National Vimy Memorial. A Royal Canadian Air Force C17 carried the Vimy Flight aircraft home from France April 21, unloading at 14 Wing Greenwood. Also part of the Vimy Flight formation are two Sopwith Pups and one SE5.

“Flying over Vimy – probably the highlight of my career,” said pilot

Allan Snowe of Washington State, an Air Cadet many years ago, a Canadian Navy man, and then a 33-year Air Canada pilot. “I got the chance to fly a few days before April 9’s events solo over Vimy – and it was a good thing I was alone, because I was crying.”

Moncton pilot Larry Ricker agrees with the experience: “We did four practice flights before April 9, and they were terrible, but I know that day we had thousands of souls there in the ground, giving us the ability to give everyone at the ceremony the experience of their lives. It was a perfect day, and we heard so many moving stories from people afterwards.”

Ricker, a 21-year Air Force member and now an Air Canada pilot, was heading out May 7 on a flight to Tokyo at the controls of a 777.

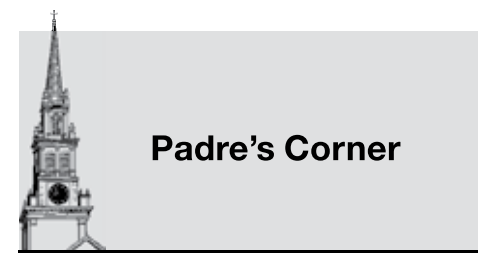
“Just a little different from this,” he said, leaning against the Nieuport II. “This would fit under the 777’s fuselage. You get in this, you turn the key and the biggest thing you have to do is pretend to be doing something more when you’re really not. There are

about seven dials.”

Knowing thousands of “boys and men flew these things at 17 years old, with just five or 10 training hours and no parachute.... They said, ‘Go get ‘em,’ and they did.”

The commemorative formation was heading next to 12 Wing Shearwater, then airfields in Stanley and Debert; then on to Summerside. For details on the aircraft, schedules and the Vimy Flight – Birth of a Nation project, visit [vimyflight.ca](http://vimyflight.ca).

## Life’s greatest secret: let it rain



### Padre’s Corner

By Capt Robin Major,  
Clinical Chaplain, CF H Svcs C (A)

A 110-year-old man was asked, “What is your secret of longevity?” He replied, “When it rains, I let it.” I was expecting, “I eat a low fat, high fruit diet, exercise three times a week, don’t drink, or smoke, and I am happily married or at least I was until she died 30 years ago.” He surely lived by many of these lifestyle choices but he insisted that his secret to longevity was that, “When it rains, I let it.”

It seems silly to think of anyone trying to stop the rain from falling. Yet in our lives, we spend lots of time trying to control what is beyond our control. Trying to control other people is the best example. Ultimately, we control nobody but ourselves. Others may do as we want but even then, they choose it. That choice may be from a desire to please us or out of fear of us but it is still a choice. Ideally, it comes from a love for us that is free to disagree with us and choose a different path than we wish. This is what I expect it means to live and let live.

I think our friend meant something similar when he spoke of letting the rain fall. He was speaking of rain and everything else under the sun. Said less poetically, he might have said, “I am at peace with things that happen that are beyond my control.” In his life he has walked through the dying of every single person he has ever known that was anywhere near his age. He also went through every kind of loss in life that we all go through and somehow, he was able to make peace with this and still carry on enjoying life.

May we all, in both our times of times of rain and out times of sunshine, find a way to enjoy the sun when it shines and be at peace with the rain when it falls.



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# MPs get once in a lifetime experience



By Morgan Low,  
MARLANT PA intern

When members of parliament and government executives were invited onboard HMCS *Ville de Quebec* for a life at sea program, few of them had any idea about what they would soon experience. This three day, two-night adventure is part of the Canadian Armed Forces (CAF) Parliamentary Programme, carried out under the Royal Canadian Navy's (RCN's) Canadian Leaders at Sea (CLaS) program where ships and personnel host civilians to give them an idea of what it is like being a sailor. This Spring 2017 program included 10 participants who were Members of Parliament, a senator, and government executives, about to board one of Canada's 12 Halifax-class frigates.

Onboard *Ville de Quebec*, the program guests experienced an action-packed few days filled with tours of the entire ship, lessons on navigation, weapons and mechanical briefings, seamanship, and hands on participation in several drills and exercises. Guests were exhausted by the time they made it to St. John's, Newfoundland.

program was hosted by Capt(N) Craig Skjerpen, Deputy Commander of Canadian Fleet Atlantic.

"The leaders learned firsthand how a ship operates, the complexity and success of the Halifax Class Modernization, and the competence of our sailors," said Capt(N) Skjerpen. "They learned and discussed the wide range of Royal Canadian Navy operations and exercises, from Operation CARIBBE to Neptune Trident, and learned the value of our ships being globally deployable."

Each CLaS program is different and unique. This trip proved so by landing the CLaS guests and some of the ship's crew onto Sable Island. By embarking one of the ship's rigid-hulled inflatable boat (RHIBs), guests and ship's crew were hoisted from the 135-metre frigate into the RHIB, and then taken to the island. There they were able to explore the massive sandbar in the middle of the Atlantic. They were guided by Parks Canada staff to learn about the horses, birds and seals, the way of living on the island, and the relationship between humans and animals on the island. This was something only 200-300 people get to experience within a year.

*Continued on page 13*

A ride in a RHIB takes participants in the Parliamentary Programme ashore.

MCPL C. A. STEPHEN, FIS

This Spring 2017 Parliamentary



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# onboard HMCS *Ville de Quebec*

*Continued from page 12*

During the three-day program on the ship, guests were invited to interact and engage with the entire crew. From sharing living spaces, having meals in each mess on the ship, to hands-on participation in the drills and demonstrations, the captain and entire crew of *Ville de Quebec* were incredible hosts.

Cdr Guillaume Lafrance, Commanding Officer of *Ville de Quebec*, was proud to showcase the professionalism and dedication of his crew to the RCN for the CLaS program.

“The Navy has and continues to expend a significant amount of resources to remedy one of its greatest challenges to ensure our sailors continue to meaningfully participate in international, national and regional security operations in the future. This challenge is referred to by many as the Maritime Blindness. The Canadian Leaders at Sea program is one of the many strategies employed to seed the Navy brand into decision makers and individuals of influence to ensure the Navy’s ongoing concern: a professional and highly-trained seagoing, combat-capable force,” said Cdr Lafrance. “This latest instalment of the CLaS program achieved this goal,



*Participants in the Parliamentary Programme, escorted by HMCS Ville de Quebec sailors, enjoy a tour of Sable Island courtesy of Parks Canada staff*

MCPL C. A. STEPHEN, FIS

and also provided to our guests and crewmembers a unique and once in a lifetime opportunity in partnership with Parks Canada, by landing on Sable Island.”

The commitment and dedication of the crew left a significant influence on the CLaS guests.

“It took me about a second and a half to say yes for the offer to get on

HMCS *Ville de Quebec*, and I didn’t know what to expect. What’s amazing when you come on board is experiencing the multi-tasking, cross-training, teamwork, a huge sense of morale and the fact that the ship is always working with always something to be done,” said Randy Boissonnault, Member of Parliament for Edmonton Centre. “We learned there is always more

training to do, everyone is constantly learning, with others constantly looking up to you. We learned of the battle component, and the intense support that goes into the running of these ships. We know the importance of the upgrades necessary to have a more modern presence on the open seas.”

Senator Terry Mercer from Nova Scotia was especially proud to participate in the program, having grown up in Halifax, the centre hub of the Atlantic Fleet. “It has been quite the experience. I was born and raised in Halifax and until now never got to go on a navy ship. Senator Mercer said “I was extremely impressed with the professionalism of everyone associated with the trip from the Captain and the Admiral, to the stewards working in the dining areas of the ship. This program is unique in that I am a big supporter of the navy because I have grown up in a navy town. However, it has been particularly important to the other parliamentarians and the MPs to learn what the navy is doing, how they are doing it, what equipment they have – or don’t have, which is an issue – and to learn about our ability to respond to emergencies and operations as they arise. Here we experienced this first hand.”

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# Latest progress report on CAF response to sexual misconduct: OP HONOUR Roto One

By RAdm Jennifer Bennett,  
DG Strategic Response Team  
on Sexual Misconduct

The Chief of the Defence Staff released the third CAF Progress Report on addressing sexual misconduct on April 28th. Over the nine months covered by this report, the CAF has taken significant action to improve victim support; initiate prevention programs; update policies; enhance subject matter expertise of those who provide support and assistance to victims; embed Operation HONOUR concepts across all levels of education and training; hold leaders to account for their response and actions; take decisive action to deter perpetrators; and engage and empower all members of the CAF to take action to address and eliminate sexual violence and harassment.

Op HONOUR began with a Roto Zero in Aug 2015. The focus in the

initial stage was to complete the necessary recce, gather intelligence, initiate engagement and awareness activities, and set the conditions for success. The focus of Roto One covered in Progress Report three, has been the implementation of policies, programs, and performance measurement to initiate the necessary culture change and for a workplace free from harassment and discrimination while ensuring those who experience harmful and inappropriate sexual behaviour are provided the care and support they need. At the Progress Report release, the Chief of the Defence Staff said, "Leaders need to be consumed with an abiding desire to take care of the troops. And if we take care of them properly, we'll recognize when someone's hurt and they need care. We'll recognize that they could get hurt by harmful behaviour, and we stop it."

There are encouraging indications

across the CAF that Op HONOUR is having a positive impact on CAF members' awareness of harmful and inappropriate sexual behaviour and the impact on individuals and the institution. CAF members are acquiring a greater understanding of the critical role of bystanders including response and support, as well as increased reporting and confidence in the chain of command, military police and military justice. In the past few months we have also seen positive impacts in reporting and greater confidence in care, support, investigations, and action. While the majority of reports are made by those directly impacted or targeted, 40% of reports of incidents are now coming from others who have observed harmful and inappropriate sexual behaviour and took action.

Change is possible and we are seeing positive change across the institution. But to really make a difference

and to truly eliminate sexual violence and harassment, we need to take action on all forms of conduct in the CAF and reinforce the military ethos that sets the Profession of Arms apart from others. This is not something to be implemented by a single group and must be implemented together from the recruiting centre through all training institutions, from the unit level to national headquarters and from the most junior members to the most senior.

Roto Two that has just begun is an opportunity for us to take stock of our work on Op HONOUR, evaluate our actions and initiatives and ensure that we have not only the programs, policies, research and initiatives necessary for mission success, but a longer term, enduring campaign plan to ensure we have a culture of respect and dignity and one that values our people, and supports and cares for them.

## Dernier rapport d'étape sur la lutte des FAC contre les comportements sexuels inappropriés: OP HONOUR, ROTO 1

Par RAdm Jennifer Bennett,  
Équipe d'intervention stratégique des  
FAC sur l'inconduite sexuelle

Le chef d'état-major de la défense a publié, le 28 avril dernier, le troisième Rapport d'étape des FAC sur la lutte contre les comportements sexuels inappropriés. Le présent rapport, rendu public près de deux ans après la publication du rapport Deschamps et 18 mois après la mise en œuvre de l'opération HONOUR, couvre la période allant du 1er juillet 2016 au 31 mars 2017.

Le rapport présente un examen exhaustif des mesures décisives que les FAC continuent de prendre pour cerner et éliminer l'inconduite sexuelle et pour garantir que les victimes reçoivent les soins et le soutien nécessaires, en plus d'imposer des mesures décisives et visibles aux auteurs de comportements sexuels inappropriés.

Bien que peu reluisants, les résultats du sondage de Statistique Canada sur les inconduites sexuelles dans les FAC constituaient les premières données précises sur le sujet et nous permettaient de mieux comprendre l'ampleur du problème et de cerner les domaines vers lesquels cibler les efforts pour éliminer les comportements sexuels dommageables et inappropriés dans

les FAC. Par ailleurs, il en résulte aussi des signes encourageants qui montrent que l'opération HONOUR prend racine et a une incidence positive, car plus de 80 % des militaires croient que leurs dirigeants traiteront de manière efficace les cas de comportement sexuel dommageable et inapproprié.

Comme toute autre mission, on a lancé l'opération HONOUR avec la Roto 0 aux fins de la reconnaissance nécessaire, de la collecte de renseignements, de l'exécution d'activités de mobilisation et de sensibilisation et de l'établissement des conditions pour la mission. La Roto 1, c'est à dire la deuxième année de l'opération HONOUR, avait pour objet l'exécution de politiques et de programmes et l'évaluation du rendement, en vue de susciter un changement de culture et de poursuivre les efforts prioritaires visant à garantir que les victimes reçoivent les soins et le soutien nécessaires. Elle visait aussi l'imposition de mesures disciplinaires et administratives décisives et visibles aux auteurs de comportements sexuels inappropriés.

Le troisième rapport d'étape décrit les mesures prises pour encourager les victimes à dénoncer les actes qu'elles ont subis en sachant qu'elles recevront les soins et le soutien nécessaires. Au dire du chef d'état major de

la défense, le général Jonathan Vance: «Les dirigeants doivent éprouver un désir infatigable de prendre soin des militaires. De plus, si nous en prenons bien soin, nous saurons lorsqu'ils sont blessés et ont besoin de soins. Nous reconnaissons que ces derniers peuvent être victime d'un comportement dommageable et nous y mettons fin.»

Par ailleurs, le rapport montre la façon dont les recrues sont informées des normes de conduite qu'elles devront suivre et des conséquences du non-respect de ces normes avant de s'enrôler dans les FAC. Les dirigeants sont tenus responsables de leurs actes et des mesures sont prises pour relever les militaires fautifs de leurs fonctions de commandement, de supervision ou d'instruction. Les militaires reconnus coupables d'inconduite sexuelle feront l'objet d'une libération des FAC.

Les produits et les programmes d'éducation et de formation contribuent pour beaucoup au changement culturel au sein des FAC. Ils aident les membres des FAC à reconnaître les cas d'inconduite et de harcèlement sexuels dont ils sont témoins, à intervenir de manière appropriée et à soutenir les victimes. Nos nouveaux programmes interactifs montrent aux personnes qui assistent à un tel incident et aux dirigeants en

quoi leur inaction contribue à la perpétuation des comportements sexuels inappropriés et comment ils peuvent mettre fin aux comportements inappropriés et soutenir les autres membres des FAC.

L'année dernière, le CEMD a ordonné que tout membre des FAC reconnu coupable d'inconduite sexuelle reçoive un avis d'intention de recommander la libération des FAC. Depuis l'entrée en vigueur de cette ordonnance le 1er janvier, 77 avis d'intention de recommander la libération ont été émis, dont plusieurs traitent d'anciens cas. Ces avis passent maintenant par la procédure établie.

Le général Vance a affirmé ce qui suit : «Je suis encouragé par certaines mesures prises pour éliminer les comportements sexuels inappropriés dans les Forces armées canadiennes. Nous prenons des mesures relatives au cheminement de carrière et contre les agresseurs, en mettant sur place des programmes de formation plus exigeants, en examinant de nouveau des plaintes pour agression sexuelle jugées non fondées par le passé, et surtout, nous fournissons un meilleur soutien aux victimes. Il nous reste du travail à faire, et nous continuerons à favoriser un changement culturel pour éliminer de notre institution ce comportement odieux.»



# TRIDENT Sports

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

## Training underway for CAF members hoping to attend Nijmegen marches

By Ryan Melanson,  
Trident Staff

Groups of determined military marchers have been spotted around the HRM in recent weeks, dressed in CADPAT, carrying 10kg rucksacks and traversing as much as 30-40 km per day on foot as they train for a prestigious international event.

The goal is to be one of the lucky few representing the CAF at the International Four Days Marches Nijmegen, an intense test of endurance that involves marching through the Netherlands for four days straight, from July 18-21, covering 40 kilometres each day. It's the largest marching and walking event in the world, with as many as 40,000 military and civilian participants each year, and thousands of spectators lining the routes and even tuning in on television to watch.

CAF teams can include a max of 11 people, meaning spots are in high demand each year and many who aspire to march at the event have never had the chance. This year, however, funding has been secured for separate MARLANT and Shearwater teams, meaning double the chance to make a team and march at Nijmegen.

"The team normally consists of MARLANT and Shearwater together, with Navy, Army and Air Force marchers all together. So this year, it results in us having two teams and a bigger group of marchers making the trip, which is kind of unique and great for our military community," said SLt Jamie Conrod, the team lead for the MARLANT group.

Trident recently caught up with teams on break during a training march in Dartmouth, as about 35 uniformed marchers stopped for a few minutes to stretch, change socks and have a snack. Everyone was holding up well after multiple 30km and 40km treks through recent weeks, which is impressive considering almost all of those training for this year's event will be Nijmegen newcomers should they make the trip. SLt Conrod will be going for the second time, and his 2IC LS Jessica Harper will be going for her third. Similarly, the Shearwater team also has just two Nijmegen veterans among them; everyone else



The MARLANT Nijmegen team marches up Montebello Drive in Dartmouth during a training march on May 12.

RYAN MELANSON/TRIDENT STAFF

is hoping to tackle the historic event for the first time.

One of them is LS Larry White; he said he's been hoping to train for Nijmegen for almost five years, and his 2017 schedule is finally allowing the time for it. He described the training process so far as a great experience, with marchers starting to build some camaraderie, sharing laughs and singing songs as they cover more ground

every few days. The consistent honks and waves also help keep spirits up, he said, as pedestrians spot the group of uniformed members marching through town.

"For me, I've heard this was something really challenging, and I love being outdoors and doing physical stuff. I also love meeting new people, and we're all just having a good time with it. I'm still in one piece, so it's going

well so far," LS White said.

Others are fairly new to the idea of Nijmegen and found their way into the training groups for other reasons. MS Dennis Manke said he started marching with the team in late March after searching for a committed PT program, with exercise partners who won't drop off or flake on him as he tries to improve his fitness. But now, he's enjoying the marches and says he'd be thrilled to represent MARLANT in the Netherlands should he make the cut.

And as a former infantry soldier, he said he also comes equipped with a few tricks for keeping healthy feet during long marches in combat boots.

"I learned some of it, like using foot powder and changing socks often, and I wear double socks. But all the guys have their own techniques on how to avoid blisters and so on. The biggest thing is keeping your feet dry."

The teams have a couple more weeks to go before the two final groups of 11 are formed. Requirements to make the final teams include marching back-to-back 40km days, as well as hitting a 500km total training distance. Both the MARLANT and Shearwater teams will reach those numbers soon, and while things are always friendly, competitiveness is also heating up as marchers try to prove their worth. With the team leader, 2IC and medic spots already filled, only eight spots remain for each team.

"It's a huge commitment for everybody and they're all putting in the work. The hardest job is going to be if we have more than 11 people at the end, selecting the team and deciding who gets to be there," said WO Bob McDevitt, the team lead for Shearwater.

The total CAF contingent for Nijmegen normally consists of as many as 15 teams from across the country, representing all elements, ranks and trades, marching under the direction of the Commander of Joint Task Force Nijmegen. Canada's strong participation in the marches also honours the special relationship that has existed between the Netherlands and the CAF since the Second World War.



# Two running events team up to create the Epic Forces Challenge

By Ryan Melanson,  
Trident Staff

Two of the region's most exciting running events have joined forces this year to help celebrate Canada's 150th birthday and give DND community members a chance to earn extra prizes and bragging rights as they progress through the running season.

The Navy 10K returns this year for its 32nd annual edition on Sunday, August 20 with kids' runs through Stadacona of 1.25k (10 and under) and 2.5k (ages 5 to 14), and the main 5k and 10k races through the North End of Halifax, with registration open to both military and civilian runners.

And in a new partnership, Navy 10K runners are encouraged to also sign up to participate in the Epic Canadian 150, a three-day running event taking place in Dartmouth over the Canada Day weekend. Now in its fifth year, the Epic Canadian consists of a 6.1k night race on June 30 (ending with live music and fireworks over Lake Banook), 5k and 10k races on Canada Day, and a 21k half marathon on July 2.

By finishing one race during the Epic Canadian 150 in June/July and one race during the Navy 10K in August, runners will complete the Epic Forces Challenge and be rewarded with limited edition Canada Day swag.



Runners are seen at the starting line of the 2016 Epic Canadian Run. This year, in celebration of Canada 150, the Epic event is partnering with PSP Halifax and the Navy 10K to create the Epic Forces Challenge.

PSP Fitness and Sports Coordinator Kevin Miller said the partnership provides a good opportunity for

military athletes who want to get the most out of the running season, and will hopefully help bring out even

SUBMITTED

more people for the always-popular Navy 10K.

"The Epic Canadian is a great weekend event for Canada Day, and it's a great audience for us to be there promoting our own race as well."

There are also perks to entering more than one race during the Epic Canadian weekend, with the event offering more swag, medals and prizes to runners who complete multiple races, with the biggest giveaways going to those who run on all three days.

And, of course, running in the Navy 10k alone still gives you the chance to win a number of great prizes; last year, participants left with thousands of dollars worth of exercise gear, travel and hotel vouchers, gift cards, and more. And, in celebration of Canada 150, registration prices are discounted for 2017, at \$35 for military members (\$45 for civilians) for the 5k and 10k race, and \$25 to register for the 1.25k or 2.5k kids' race. The birthday celebration will also mean added door prizes, Canada 150 giveaways, and more to be announced as the date gets closer.

To register for the Navy 10K, visit <http://cafconnection.ca/halifax/navy10k>. And to register for any of the Epic Canadian 150 runs or see the full schedule with prices, times and route maps, visit <http://epiccanadian.ca>.

## Fitness and sports updates

By Trident Staff

**Epic Forces Challenge.** Celebrate Canada's 150th Anniversary by challenging yourself this summer. Complete a race at both the Epic Canadian and Navy 10K to earn limited edition Canada 150 swag. Epic Canadian: June 30 – July 2, Navy 10K Run – August 20. For more information, visit: [www.epiccanadian.ca](http://www.epiccanadian.ca) | [www.cafconnection.ca/halifax/navy10k](http://www.cafconnection.ca/halifax/navy10k)

**Be a part of MARLANT's 1st Annual Navy Bike Ride in the Halifax Region** on Friday, June 2, 9 a.m. at 12 Wing Shearwater. This event is open to cyclists of all skill levels, including beginners, with 6km, 15km, and 30km routes to choose from. It's a non-competitive ride that will start in the parking lot at the Shearwater Fitness Facilities, taking cyclists along the beautiful Shearwater Flyer Trail (6km & 15km routes), and for the more adventurous riders, the scenic views of the Salt Marsh Trail (30km route). All routes start & finish at Shearwa-

ter Fitness, Sports and Recreation Centre. There will be displays, prizes and activities for participants located at the start / finish. Free registration.

**Navy Tridents Triathlon and Duathlon takes place on Sunday, June 4 at the Shearwater Fitness, Sports and Recreation Centre.**

With a variety of distances from beginner to advanced, it's the perfect opportunity to try out a Triathlon. Choose your distance. Try a Tri: 300m swim, 10km bike, 2.5km run | Sprint: 750m swim, 20km bike, 5km run. Duathlon: 2.5km run, 20km bike, 5km run | Team Sprint: Participate in a team of 3 and each tackle one leg of the race.

For more information, to register or to find out about volunteer opportunities, please email Cyrus John at [cyrus.john@forces.gc.ca](mailto:cyrus.john@forces.gc.ca)

If you're interested in joining the Navy Tridents Triathlon Team, please contact Patrick Lavigne at [patrick.lavigne@forces.gc.ca](mailto:patrick.lavigne@forces.gc.ca)

**Shearwater Ball Hockey Team**

**practices start now.** After May 29, practices are 11:30 a.m. – 1 p.m. Mondays, Wednesday and Fridays

For more information please contact: Cpl Robbins at 902-720-1141 or MCpl Hayes at 902-720-3214.

**CFB Halifax and 12 Wing Shearwater Golf Playdowns** take place at Hartlen Point Golf Course June 5 - 7.

**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: STADPKEX, contact [lauren.walton@forces.gc.ca](mailto:lauren.walton@forces.gc.ca);

Fleet, contact [margaret.craig@forces.gc.ca](mailto:margaret.craig@forces.gc.ca); and

Shearwater, contact [thomas.dalziel@forces.gc.ca](mailto:thomas.dalziel@forces.gc.ca). For more information, please call 902-427-1469.

**Learn to Run Program at STADPLEX** goes from June 6 – July 27 on Tuesdays and Thursdays 7:30 – 8:30 a.m. 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 at [briana.plante@forces.gc.ca](mailto:briana.plante@forces.gc.ca) or at 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

# FLEET - Spring Fitness Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>7:30-8:15</b>	Functional Movement	Gentle Yoga	Functional Strength	Spin	Functional Strength
<b>7:30-8:30</b>		GST: Upper Body & Locomotion Level II			GST: Handstands and Core
<b>8:30-9:15</b>	FORCE Prep		FORCE Prep		FORCE Prep*
<b>12:10-12:55</b>	Spin	Functional Strength	Functional Movement	Functional Strength	Gentle Yoga
<b>12:00-13:00</b>	GST: Upper Body & Locomotion	Yoga	GST: Core & Legs	Yoga	

*\*The last Friday of every month will be a FORCE FAMIL Session*

# SHEARWATER - Spring Fitness Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>7:30-8:15</b>	Functional Movement	Functional Strength	Yoga	Functional Strength	
<b>7:30-8:30</b>	FORCE Prep		FORCE Prep		FORCE Prep*
<b>11:45-12:30</b>	Spin	TRX	Spin	Functional Strength	Yoga
<b>12:00-13:00</b>	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim

*\*The last Friday of every month will be a FORCE FAMIL Session*

# STADPLEX - Spring Fitness Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>7:30-8:30</b>			Waterworks		Waterworks
<b>8:30-9:30</b>	Force Prep Rush Specific	Force Prep Drag Specific	Force Prep Rush Specific	Force Prep Drag Specific	Force Prep Total Body Conditioning
<b>9:30-10:30</b>		Pool Jogging		Pool Jogging	
<b>11:30-13:00</b>	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim
<b>12:15-13:00</b>	Upper Body and Core	Spin	Yoga	Lower Body and cardio	Range of Motion

# Conn Smythe Trophy trivia

By Tom Thomson

## Questions

1. What is the Conn Smythe trophy?
2. Who determines the winner?
3. Describe the trophy.
4. Who was the first winner of the Conn Smythe trophy?
5. Who is the only left winger to win the trophy?
6. Who is the only defenseman to win the trophy twice?
7. Who is the first Nova Scotia-born player to have won the trophy?
8. Who is the only player to have won the Conn Smythe three times, in three different decades and with two different teams?
9. Who is the first player to win the Conn Smythe for a team which

- did not win the Stanley Cup?
10. Who is the only player to win the trophy for a team which has never won the Stanley Cup?
  11. How many times has the Conn Smythe trophy been awarded to a player whose team did not make the Stanley Cup final series?
  12. Which Conn Smythe winner scored only eight playoff points?
  13. Who is the only player to win the Conn Smythe the year before he won the Calder Cup as league rookie of the year?
  14. Who are the only players to receive the trophy in consecutive years?
  15. Who is the only player not previously mentioned here to win the Conn Smythe more than once?
  16. Who is the first American-born

- winner of the trophy?
17. Who is the first Swedish-born winner of the trophy?
  18. Who is the first Russian-born winner of the trophy?
  19. How many players have won the

- Conn Smythe trophy and the Hart trophy as league MVP in the same year?
20. Which team has the greatest number of Conn Smythe winners?
- Answers on page 18*

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*In the beginning was the Word, and the Word was with God, and the Word was God.* - Gospel according to John 131955







A/CO Maritime Operations Group Five LCdr Lambert presents Canadian Naval Memorial Trust Executive Director Doug Thomas with the cheque from the Pancake Breakfast fundraiser.

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## Fleet and MOG 5 raise funds for HMCS Sackville

By CPO1 (ret'd) Pat Devenish, CNMT

Of the many events leading up to the Battle of the Atlantic Sunday, for many in the MARLANT Defence family, the Pancake Breakfast is the highlight and this year's did not disappoint. With one of the highest turn-outs in recent years, a record \$1464.25 was raised in support of Canada's Naval Memorial, HMCS Sackville. Aside from meal sales, tickets were also sold

for a 50/50 draw and also a draw on a beautiful cutting board produced in the MOG 5 Woodshop.

Special thanks to not only the Galley staff but also various MOG5 and Fleet staff who volunteered their time selling tickets, doing dishes and working the serving line to name just a few of the tasks that morning.

Finally, a heartfelt thanks to all those who partook in the breakfast and supported YOUR Naval Memorial, HMCS Sackville.

## Conn Smythe Trophy trivia

Questions on page 17

### Answers

1. Trophy awarded annually to the player judged most valuable to his team during the Stanley Cup playoffs.
2. Members of the Professional Hockey Writers Association vote to elect the player deserving of the trophy. It is always awarded prior to the presentation of the Stanley Cup.
3. The trophy consists of a silver replica of Maple Leaf Gardens with the further embellishment of a silver botanically-correct maple leaf on a wooden base. It honours Conn Smythe, the former owner, General Manager and coach of the Toronto Maple Leafs who is in the Hockey Hall of Fame as a builder.
4. Jean Beliveau, centre, Montreal Canadiens, 1965.
5. Bob Gainey, Montreal, 1979.
6. Bobby Orr, Boston Bruins, 1970 and 1972.
7. Al MacInnis, defense, Calgary

8. Flames, 1989. Born in Inverness, Cape Breton.
8. Patrick Roy, goalie, Montreal, 1986 and 1993; Colorado Avalanche, 2001.
9. Roger Crozier, goalie, Detroit Red Wings, 1966.
10. Glenn Hall, goalie, St Louis Blues, 1968.
11. None.
12. Dave Keon, centre, Toronto Maple Leafs, 1967.
13. Ken Dryden, goalie, Montreal, 1971.
14. Bernie Parent, goalie, Philadelphia Flyers, 1974-75; and Mario Lemieux, centre, Pittsburgh Penguins, 1991-92.
15. Wayne Gretzky, centre, Edmonton Oilers, 1985 and 1988.
16. Brian Leetch, defense, New York Rangers, 1994.
17. Niklas Lidstrom, defense, Detroit, 2002.
18. Evgeni Malkin, centre, Pittsburgh, 2009.
19. Three: Bobby Orr, 1970; Wayne Gretzky, 1985; and Guy Lafleur, right wing, Montreal, 1977.
20. Montreal - nine.

# STV Tuna and sail training in the Royal Canadian Navy

By LCdr Daniel Rice,  
OIC STV Tuna

In 1985, the Royal Canadian Navy (RCN) purchased two Sail Training Vessels (STV) – the Goldcrest and the Tuna – and implemented a formal sail training program on both coasts, to augment the training conducted in HMCS Oriole. That program changed significantly over the years, and it's about to change again.

STV Tuna is due to be shipped to Esquimalt, BC, to join Goldcrest at Naval Fleet School (Pacific) later this summer. With a revised curriculum under International Power and Sail Association (IPSA) standards, NFS(P)'s program will be part of the On-the-Job Experience (OJE) program for junior personnel which commenced last year. The OJE program will provide an opportunity for junior sailors to develop their seamanship and navigation skills, while also building the foundations for leadership and teamwork at sea.

While Tuna is still on the East coast, however, our sail training program will continue to run as it has for the past several seasons. Run by a volunteer force of personnel in MARLANT and funded by the Base Commander, Tuna is open to all members of the CAF/DND family and all levels of experience. We offer a variety of opportunities from sail training and racing, team building, adventure training, community

outreach, and support to the Sea Cadet organization. She is berthed at the Fleet Dive Unit jetty, beside the Shearwater Yacht Club (SYC).

This is your official invitation to join us on the water for Tuna's final season in Halifax. Regularly scheduled events include: Intro to Sailing on Tuesday evenings, 5:30-9 p.m.; and Club Racing on Wednesday evenings, 5:30-9 p.m. Additional cruising and training opportunities will be posted on our Facebook page. There is also currently an opening for a qualified harbour skipper to assist with the summer training program. If you're interested and have chain of command support, contact us for more details.

If that is not enough to get your RCN sailing fix, take note that HMCS Oriole is currently enroute to the East Coast for Canada 150 celebrations and will be in Halifax later this summer. You can follow her progress online at [patbaywebcam.com/oriole.php](http://patbaywebcam.com/oriole.php)

Please contact us by e-mail or social media to find out more about STV Tuna's program, or to share your stories, photos, and memories of the past 30+ years of sail training in the MARLANT community.

E-mail: [STV.TUNA.RCN@gmail.com](mailto:STV.TUNA.RCN@gmail.com)

Twitter: @STV\_TUNA

Facebook: [facebook.com/groups/STV.TUNA](https://www.facebook.com/groups/STV.TUNA)

See you on the water!



During a dependents' day sail in HMCS Charlottetown in 2015, participants were treated to the sight of the RCN's Sail Training Vessel Tuna.

JOHN CLEVERTT, FIS

# Tax exemption for salaries of deployed CAF personnel and police officers

By DND

Recognizing the commitment and sacrifice that CAF members and their families make for Canada when a member deploys abroad, Defence Minister Harjit S. Sajjan, Finance Minister Bill Morneau, and Public Safety Minister Ralph Goodale announced the Government's intention to exempt the military salaries of all Canadian Armed Forces personnel deployed on named international operations from federal income taxes, up to and including the pay level of Lieutenant-Colonel.

This tax relief would also apply to police officers deployed on interna-

tional operational missions.

This measure is an important part of a broader package of administrative changes and new measures included in Canada's new Defence Policy, which will improve the way the Government of Canada treats our military personnel. Canada's new Defence Policy will be made public on June 7, 2017.

These changes ensure that CAF personnel and police officers deployed on designated international missions are recognized for their sacrifice and that of their family.

"When our women and men in uniform deploy internationally, they and their families make great sacrifices on our behalf. Military families are

the strength behind the uniform and we must do more to acknowledge that our people are our most important asset. The Government of Canada will recognize their sacrifices with these important tax relief measures," said Harjit S. Sajjan, Defence Minister.

"I am very pleased to provide further recognition of the special contribution that Canadian Armed Forces members and police officers make to international peace and stability while serving their country abroad," said Bill Morneau, Minister of Finance.

"The government is proud of the important work our police do abroad to support peace and stability in parts

of the world that badly need both. We will provide further recognition of their tireless work by providing additional tax relief when they are deployed abroad," said Ralph Goodale, Minister of Public Safety and Emergency Preparedness.

While the number of CAF personnel on deployed operations changes from day-to-day, there are currently approximately 1,450 CAF personnel deployed on international military operations. The Government intends to make this measure retroactive to January 1, 2017. These changes will not affect the assessment and awarding of existing hardship and risk allowances earned by CAF personnel deployed abroad.

## Exonération fiscale pour le personnel des Forces armées canadiennes et les policiers en déploiement

Par MDN

Reconnaissant l'engagement et les sacrifices que les membres des FAC, ainsi que leurs familles, font pour le Canada lorsqu'ils participent à un déploiement à l'étranger, le ministre de la Défense Harjit S. Sajjan, le ministre des Finances Bill Morneau, et le ministre de la Sécurité publique et de la Protection civile Ralph Goodale ont annoncé l'intention du gouvernement d'exempter les soldes militaires de tous les membres du personnel des FAC de l'impôt fédéral sur le revenu lorsque ces derniers sont déployés dans le cadre d'opérations internationales nommées, et ce, jusqu'au niveau de rémunération d'un lieutenant-colonel.

Cet allègement fiscal s'appliquerait également aux policiers affectés à des missions opérationnelles internationales.

Cette mesure est une part importante d'un ensemble plus vaste de changements administratifs et de nouvelles mesures faisant partie de la nouvelle politique de défense du Canada, qui améliorera la façon dont le gouvernement du Canada traite notre personnel militaire. La nouvelle politique de défense du Canada sera rendue publique le 7 juin 2017.

Ces nouveaux changements permettront de faire en sorte que les membres des FAC et les policiers en déploiement dans le cadre de missions internationales désignées, ainsi que leurs familles, reçoivent la recon-

naissance qu'ils méritent pour leurs sacrifices.

« Lorsque nos militaires, hommes et femmes, participent à un déploiement à l'étranger, eux et leurs familles font d'énormes sacrifices en notre nom. Les familles des militaires sont la force derrière l'uniforme, et nous devons faire plus que simplement affirmer que nos militaires sont notre atout le plus important. Le gouvernement du Canada reconnaîtra leurs sacrifices grâce à ces importantes mesures d'allègement fiscal, » a dit le ministre de la Défense Harjit S. Sajjan.

« Je suis ravi de reconnaître davantage la contribution spéciale qu'apportent les membres des Forces armées canadiennes et les policiers à la paix et à la sécurité internationale alors qu'ils servent leur pays à l'étranger, » a dit le ministre des Finances Bill Morneau.

« Le gouvernement est fier de l'important travail accompli par les

policiers canadiens à l'étranger pour favoriser la paix et la stabilité dans les parties du monde qui en ont grandement besoin. Nous reconnaitrons davantage leur travail acharné en leur accordant un allègement fiscal supplémentaire lorsqu'ils sont déployés à l'étranger, » a dit le ministre de la Sécurité publique et de la Protection civile Ralph Goodale.

Bien que le nombre de membres des FAC participant à des opérations de déploiement change quotidiennement, il y a environ 1 450 membres des FAC déployés dans le cadre d'opérations internationales bénéficieront de cet avantage.

Le gouvernement a l'intention de rendre cette mesure rétroactive au 1er janvier 2017. Ces changements n'auront aucune incidence sur l'évaluation et l'attribution des indemnités de difficulté et de risque déjà existantes versées au personnel des FAC déployé à l'étranger.

## Ask the expert

By The Expert

**Q:** Since high school, I have stayed fit playing a variety of team sports. I particularly enjoy soccer and basketball. Eight months ago I tore a ligament in my right knee and needed surgery. I am recovering well and was told to avoid sports which cause me to twist for at least a year. In an effort to stay fit, I joined a swimming club. While I am not the strongest swimmer, I am a hard worker and in a short time I was able to significantly increase my swimming distances.

Recently, I developed shoulder pain and my physiotherapist strongly recommended I reduce my training. Since reducing my swimming distances, my shoulders feel much better.

Could you provide some guidance on how to safely progress my future training? -Claude

**A: Dear Claude:**

Great to hear you found a way to stay fit while you recover from your knee injury. One of the most common mistakes people make when they first take up a fitness activity is to work too hard. They often begin training too intensely, doing longer workouts than they can handle, and doing too many workouts a week. Most bodies can only handle a large increase in workload for several weeks before they start to break down, and the person often ends up injured and frustrated.

*Continued on page 21*

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## Royal Canadian Navy/ Royal Australian Navy cross pollination

By LS Brendan Gibson,  
HMCS *Winnipeg*

HMCS *Winnipeg* received an invitation to participate in a cross pollination, or 'cross pol,' with HMAS (Her Majesty's Australian Ship) *Balarat*. Both ships launched small boats, which ferried sailors to the opposite vessel where they were treated to tours and demonstrations. The RCN and RAN are frequently partners in international naval exercises.

The *Balarat* crew appreciated understanding *Winnipeg's* operational capabilities. Further, they enjoyed consulting with members of the ship's company to see what their counter-

parts do on board a Canadian ship. Such liaisons allow sailors to better prepare to work with each other during operations.

The Canadian Forces takes pride in cross polls with other nations, to help build comradery with members of other militaries, while also permitting Allied nations to better understand and appreciate our capabilities.

Being able to appreciate and understand how other nations conduct specific routines such as launching and recovering small boats, or conducting Replenishments at Sea, is a vital enabler for the RCN/ RAN which fosters a spirit of cooperation with our naval partners.





# Operation BOXTOP: Sustaining the CAF's most northern station

By Kaitlin Buttrum,  
Canadian Joint Operations Command  
Public Affairs

Located on the northeastern tip of Ellesmere Island, about 800 km from the North Pole and over 2000 kilometers away from the nearest sizable grocery store, is the community of Canadian Forces Station (CFS) Alert, Nunavut.

There are no civilian communities within easy reach of this remote location, which is the most northern, permanently inhabited settlement in the world. Frequent deliveries of food and other necessities are needed to keep the population warm, fed, and entertained.

Operation BOXTOP is a resupply mission to CFS Alert that takes place twice per year. On this operation, the Royal Canadian Air Force (RCAF) flies aircraft full of supplies to sustain this community.

Called "wet BOXTOP" by military personnel, the springtime operation is carried out to deliver fuel. In the late summer, RCAF aircraft deliver goods such as dry or non-perishable rations, general stores, construction materials and other cargo to CFS Alert.

"Fuel is our livelihood here in Alert," says Maj Erik Rozema-Seaton, Commanding Officer of CFS Alert. The station's heat, power, and transportation all rely on this resource. Further, the community needs the shipment of dry goods in the fall to carry out research, maintenance and other projects at the station. The only other supplies that come in are on sustainment flights from Trenton, which primarily ship routine and priority items.

One of the greatest challenges of life at CFS Alert is the climate. During the winter, the temperature gets as low as -50° Celsius. Severe storms can appear on short notice, and when this



A CC-130 Hercules lands on the runway in Thule, Greenland on April 26, 2017 during Boxtop I/2017.

CPL AUDREY SOLOMON, 8 WING IMAGING

happens, visibility quickly deteriorates to zero because of blowing snow.

For those living at the station, the cold winter months are dark, the weather unpredictable, and excursions from the station infrequent. "Personnel safety is paramount," says Maj Rozema-Seaton. He explains that when troops do venture out, they must take extra precautions to stay safe, such as using a buddy system and radio.

By the time Operation BOXTOP

takes place in the spring, the extreme cold temperature has lifted. From early April to early September, there is no nighttime in CFS Alert, only a constant state of sunshine. By May, the temperature has reached a balmy -15° Celsius. While most would not consider -15° warm, the temperature is elevated enough for aircraft to easily operate.

However, Operation BOXTOP flight schedules can be delayed occasionally due to the inclement weather. Hoping that the weather cooperates and that the aircraft are always serviceable is the primary concern for those involved in the operation.

For those living at CFS Alert, the springtime BOXTOP flights mark an exciting change. Sunlight has returned, summer is on its way, and the troops get ready for an increased

operation tempo over the warmer months. "BOXTOP brings an influx of activity to the station," says Maj Rozema-Seaton. "It is a kickoff to a busy time of year for us, and it is also a morale boost. It really gets the station ready for what is coming up in the summer. It is a good way to shake everything out from the dark period and the winter months." Further, the supplies themselves are a source of excitement, as staff can pick up where they left off with projects that had been put on hold while waiting for the right materials.

The RCAF completed spring BOXTOP flights on May 5, 2017. Using CC-130J Hercules and CC-177 Globemaster III aircraft, the RCAF delivered approximately 561,700 litres of fuel to CFS Alert throughout the day and night. In total, there were 28 flights.

## Ask the expert

Continued from page 19

To reduce the risk of this happening, fitness experts advise everyone who exercises to follow the 10 percent rule. This evidence-based guideline states you should not increase your training activity by more than 10 percent per week.

This applies to every aspect of your training: distances covered, weight lifted, intensity of effort, and the time spent training. In your case, if you currently swim 30 minutes during a workout, you should not increase next week's swim to more than 33 minutes, no matter how good you are feeling. Following this formula, it should

take you a minimum of seven weeks to safely work up to swimming 60 minutes a workout. This rule is not an absolute, and some people find they can only safely progress in their training by five percent per week.

The bottom line is that the body needs time to adapt to the stress of exercise, whether you are a novice or an Olympic medalist. Failing to respect this need to adapt will greatly increase your risk of injury. I hope your knee heals well and that you apply the 10 percent rule to all of your future fitness training. Exercise is medicine.

2.0x2.0





# Q&A with HMCS *Oriole* sailor

By Peter Mallett,  
The Lookout Staff

Lt(N) Eagle is one of 20 crew members posted to HMCS *Oriole*, the 31-metre ambassadorial sailing ketch heading to Charlottetown, P.E.I., for this summer's Canada 150 celebrations.

He is *Oriole's* Watch Captain, Navigating Officer and the Executive Officer.

With the stormy harrowing seas of the Pacific Northwest well behind them, the calm seas of the Oaxaca coastline provided Lt(N) Eagle an opportunity to respond to questions about the voyage.

**Q: What were the conditions like during the first part of your voyage through the Pacific Northwest and how rough were the seas?**

A: The Oregon coast was rather rough, but not record setting and certainly not the perfect storm as some may call it. We had high winds and large waves on our first attempt at rounding Cape Flattery [off Washington's Olympic Peninsula], which

ended in an anchorage in Port Renfrew overnight. For all involved – save myself, the commanding officer, buffer and a Leading Seaman with some civilian open ocean sailing experience - this was a first chance to see what life on a sailboat feels like offshore.

**Q: What have been the biggest challenges and adjustments to life at sea?**

A: *Oriole* doesn't have a lot of the creature comforts the rest of the navy is accustomed to. Not getting a hot shower for a few days on *Algonquin* was par for the course, but not having onboard showers in *Oriole* is a little daunting because the deck starts to heat up and the ambient temperature listed on the thermometer above my rack is above 35c, [which starts the sweat rolling]. It's just another thing you need to get used to rather quickly.

**Q: What are your living quarters like? Closer confines than a frigate or a submarine?**

A: I live with the Captain in his cabin and since we have the luxury of our own heads, a couple of drawers

and a bit of privacy, I can't complain at all. The rest of the crew are living in cramped quarters. The V-Berth at the front of the ship has eight racks, no lockers and the only storage they get is a small cubby directly under their mattress...In sum, the quarters can't be compared to any of those in the navy. The only thing you could compare it to would be a small sailboat.

**Q: What do most of your daily tasks involve, and the rest of the crew?**

A: I stand in 1-in-2 [duty] watches on the helm when the sails are up and generally as a watch captain or Officer of the Watch. I also monitor our progress and plan ahead for ports throughout the deployment. I also manage the ship's Facebook and Twitter feeds. The crew itself has different tasks, but the majority of the crew rotate between lookout, helmsman and odd jobs that need to be done to maintain the sails rigging. Cleaning, we have a lot of brass on board and salt water does a real number on it, so we spend a lot of time polishing the brass.

**Q: What has the food been like and is the crew well fed?**

A: Our Leading Seaman cook joined the navy as a classically trained French Chef. Regular PT is a must lest we have trouble fitting through the tighter hatches. The ability to store fresh rations onboard is limited, but he does a fantastic job. No complaints, we eat better than most frigates I am sure.

**Q: How do you stay fit on the vessel?**

A: Most of the tasks on board are a little more active than a typical job in the navy. Our heaviest sail weighs over 500 lbs when dry and needs to be carried to the bow and pulled to the top of the mast, 212 feet up, using only muscle power. We also have a couple of sets of dumbbells and a little deck space, so when there isn't much sea state there is an opportunity to do a little lifting. Also we manage yoga and circuit training somewhat regularly.

*Continued on page 23*

## Family Fun Day at 12 Wing Shearwater



To encourage a healthy lifestyle for CAF members and their families, 12 Wing personnel participated in a Family Fun Day 5K walk/run, followed by a BBQ and family entertainment at the Sea King Club on May 12, 2017.





# Q&A with HMCS Oriole sailor

Continued from page 22

**Q: What do you like most about the experience so far?**

A: The transit between Puerto Vallarta and Huatulco, Mexico, was very rewarding as we had near perfect conditions. It was hot, granted, but sleeping wasn't too hard until the last couple of days, but otherwise we were making good and travelling at a speed of around seven knots under sail for each day and the leg flew by. Also because we had made such good time under sail, we were allowed to go for a swim and relax a little.

**Q: What do you like least about the experience?**

A: 50kt rain in your eyes for seven hours on the mids is a pretty rough time.

**Q: Have you seen any notable wildlife during the voyage?**

A: Thousands of dolphins, flying fish, jellyfish, sunfish, and sea turtles. We also saw a bunch of humpback whales outside of Eureka, Ca.

**Q: What has been the biggest challenge facing the crew as a whole?**

A: Lately it is the heat. We're acclimatizing to it slowly and the boat stays very warm after the engine is running. If you asked a month ago, it would have been wet clothes and rain gear. You can't dry salty soaked foul weather gear in a damp environment, it just won't happen.

**Q: What is the best way to follow and track the Oriole as it continues its journey?**

A: Pat Bay Webcam is tracking us through the voyage at: <http://patbay-webcam.com/oriole.php> We are also on Facebook @HMCSNCSM ORIOLE or Twitter @HMCS\_NCSM ORIOLE

**Q: How much anticipation is there toward arriving in Charlottetown for Canada 150 celebrations?**

A: That's the whole purpose of the trip, and we're going to cover nearly 20,000 nautical miles getting there. I'm expecting the celebration in Charlottetown to be quite something. We are just focused on getting there on time, in one piece, and ready to show a ton

of Canadians another side of the CAF.

**Q: Can you describe your overall feeling about being part of this deployment?**

A: Like with all huge endeavours, you have to take it leg by leg. It didn't really even sink in that we were actually doing this trip until we pulled out of San Diego. For the most part, Esquimalt to San Diego are familiar waters for the navy. It's also a weeklong trip for a frigate. Once you're south of San Diego, you're out of the norm. Once we started realizing we were farther south than that boat had been since 1999, and further east than she'd been since 1984, we realized we were actually doing something unique.

# Super Crossword

Answer on page 6

**ACROSS**

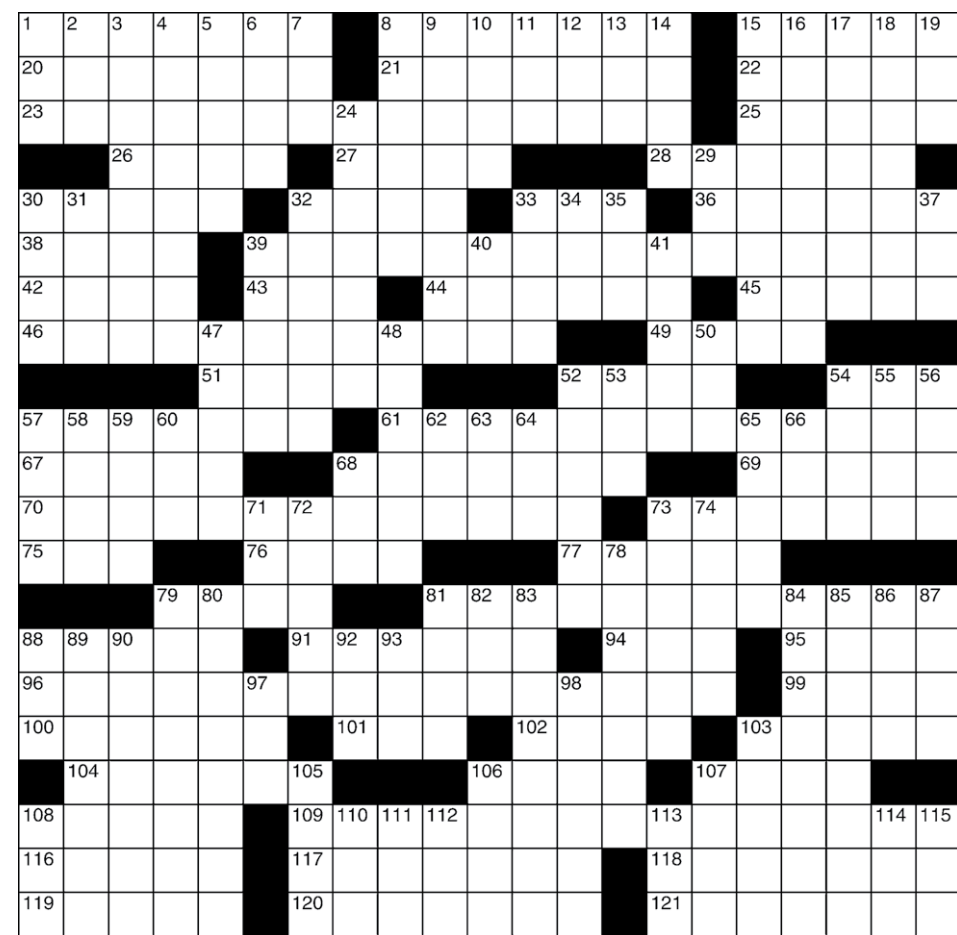
- 1 Get in a trap
- 8 Diner dishes
- 15 Long tales
- 20 One finding something
- 21 Mishmash
- 22 Match venue
- 23 Additional examination [3rd from the sun]
- 25 McLain of old baseball
- 26 Sioux tribe members
- 27 Scene
- 28 Tranquil
- 30 -- Island (old immigration point)
- 32 Poker style
- 33 Eve's music
- 36 Sends in, as payment
- 38 Run things
- 39 Result of a minor infraction in hockey [8th from the sun]
- 42 Specks in la Seine
- 43 Not be well
- 44 "Sand" actor Estevez
- 45 Fencing weapons
- 46 Hall-of-Fame Jets running back [4th from the sun]
- 49 Launch platforms
- 51 Italian for "seven"
- 52 Complacent
- 54 Projecting crane arm
- 57 Major fuss
- 61 Lie in court [5th from the

- sun]
- 67 "I'm keeping my eye --!"
- 68 Work site supervisors
- 69 Book review?
- 70 One enlisting GIs [1st from the sun]
- 73 Milk sugar
- 75 Where one lives: Abbr.
- 76 Sty feed
- 77 Gabrielle of modeling and volleyball
- 79 Part of AFB
- 81 Moon rock source [7th from the sun]
- 88 -- gin fizz (cocktail)
- 91 Ancient Indian emperor called "the Great"

- 94 Colo. clock setting
- 95 Whitish gem
- 96 Unexpected nice thing [6th from the sun]
- 99 Fight arbiters
- 100 Comic Berle
- 101 JFK takeoff guess
- 102 Wine-related prefix
- 103 Don't dissent
- 104 "Peter Pan" penner
- 106 Gen. Robert --
- 107 Pair
- 108 "Zip your lip!"
- 109 "Inherited or acquired" dichotomy [2nd from the sun]
- 116 Tolerate
- 117 Like sandals
- 118 Not shown, as on TV
- 119 Died down
- 120 Nonvital body organs
- 121 People being quizzed
- 13 -- Fridays
- 14 Meeting of Cong.
- 15 Made blue
- 16 Tourists' aids
- 17 Non-Jewish
- 18 Funicello of film
- 19 Declare
- 24 Home of Elaine, in Arthurian lore
- 29 Prior to, poetically
- 30 Actor Dane
- 31 Lollapalooza
- 32 Reach by water, in a way
- 33 Lay waste to
- 34 Ocean off Ga. and Fla.
- 35 U.S. architect I.M. --
- 37 OS part: Abbr.
- 39 Stunned with a gun
- 40 Abbr. for those with only one given name
- 41 Infield fly ball
- 47 "A Mighty Fortress -- God" (hymn)
- 48 Gain back
- 50 Gain maturity
- 52 -- Nevada
- 53 52-Down, e.g.: Abbr.
- 54 A martial art
- 55 Fleur-de-lis
- 56 Gig fraction
- 57 Wild hog
- 58 About
- 59 Y facilities
- 60 Tyke amuser
- 62 "Either he goes -- go!"
- 63 Confronted
- 64 Mrs., in Nice
- 65 Sprinter, e.g.
- 66 Extend (out)
- 68 To and --
- 71 Ar-tee linkup
- 72 Not dirty
- 73 To a smaller degree
- 74 Not obtuse
- 78 Badgers' kin
- 79 River or lake outing
- 80 Various
- 81 Ear-piercing
- 82 Odessa loc.
- 83 Emperor exiled to Elba
- 84 "No deal!"
- 85 Gap
- 86 Cozy eatery
- 87 Additional
- 88 LP stat
- 89 "Arabian Nights" hero
- 90 Skin pigment
- 92 Beatified Fr. woman
- 93 Pres. initials
- 97 Singer DiFranco
- 98 Keanu of film
- 103 Subtle glows
- 105 Seth's eldest
- 106 Deco artist
- 107 Sand hill
- 108 Raven's cry
- 110 Smartphone download
- 111 No. in the white pages
- 112 A, in French
- 113 Enthusiast
- 114 R&B singer Des'--
- 115 Mag workers

**DOWN**

- 1 Hobgoblin
- 2 -- -TURN (street sign)
- 3 "Page Down" user, e.g.
- 4 Most dapper
- 5 Eldest Musketeer
- 6 Some deer
- 7 Goof up
- 8 -- -gatherum
- 9 Carnivore's intake
- 10 Couture magazine
- 11 Place
- 12 Naval acad. grad



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Former Hockey Canada women's team captain and gold medalist Hayley Wickenheiser visits HMCS Toronto and tours the ship with Commanding Officer Cdr Steven Archer on May 17, 2017. Hayley Wickenheiser shows one of her Olympic gold medals to crewmembers on the bridge. From left to right: Executive Officer LCdr Mark O'Donohue, LS Alicia Betts, Cdr Steven Archer, LS Robyn Nicholson, and Hayley Wickenheiser.

MONA GHIZ, MARLANT PA



Hayley Wickenheiser sits in the Captain's chair of HMCS Toronto.

MONA GHIZ, MARLANT PA

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