

Lost Creek
GOLF CLUB & VILLAGE

TIMES 865 4653
VILLAGE 861 1245
info@lostcreek.ca
www.lostcreek.ca

EXCLUSIVE DND GOLF PACKAGES
18 HOLES MON - FRI (NO HOLIDAYS)

5 ROUNDS
\$129
PLUS HST

LIMITED TIME ONLY!

10 ROUNDS PLUS 5 CARTS
\$395 PLUS HST

ONE PACKAGE PER PLAYER. MAY USE TWO GOLF PASSES PER DAY. 2017 ONLY.

Large Lots within HRM Now Available in The Village at Lost Creek...

Your choice @ \$74,900

LOST CREEK GOLF CLUB

SACKVILLE 7 MINS
101 102

BEDFORD 13 MINS
103

BURNSIDE 16 MINS

HALIFAX 24 MINS

132625



CFAEP candidates on parade
Pg 3



Polar Flag flies again
Pg 8

DND FAMILY Days
OH Canada!
Celebrating 150 Years
JUNE 16TH & 17TH, 2017

DND Family Days
Pg 11-21



MARLANT runners at national competition
Pg 22

Monday, June 12, 2017

Volume 51, Issue 12



www.tridentnewspaper.com

TRIDENT

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

HMCS Margaret Brooke keel laying marks next step for AOPS project

By Ryan Melanson,
Trident Staff

The second of the planned *Harry DeWolf* class Arctic Offshore Patrol Ships recently passed an important date in a ship's life, with the RCN and Irving Shipbuilding holding a keel-laying ceremony for the future HMCS *Margaret Brooke*. The small gathering took place at Irving's Halifax Shipyard Assembly Hall on May 29.

A significant moment in a ship's construction, the ceremony involves placing a coin on the keel of the ship, which will remain in place throughout its years in service, and is meant to bring good luck to all those who sail in it. And the coin placed on the future *Margaret Brooke* may even bring extra good luck, thanks to the four-leaf clover depicted on it. The ship is named after LCdr Margaret Brooke, an RCN



From left, Scott Jamieson of Irving Shipbuilding, RAdm John Newton, Irving Shipbuilding President Kevin McCoy, Olivia Strowbridge, Cdr Michele Tessier, and CPO1 Pierre Auger following the keel-laying ceremony held at the Halifax Shipyard on May 29.
MONA GHIZ, MARLANT PA

Nursing Sister decorated for gallantry during the Second World War, who was known to carry two four-leaf clovers in a silver locket for good luck

following her survival of the sinking of the ferry SS Caribou off the coast of Newfoundland in 1942. LCdr Brooke was named a Member (Military Divi-

sion) of the Order of the British Empire for her bravery and attempts to help others during that deadly wreck.

RAdm John Newton, Commander MARLANT and JTFA, who attended the ceremony along with Formation Chief CPO1 Pierre Auger, said the Navy couldn't have chosen a more fitting individual to honor with the first Canadian warship to be named after a woman. LCdr Brooke died in early 2016, and it was recently announced that her niece, Ms. Margaret Elizabeth Brooke, will be the sponsor of the ship that bears her aunt's name.

And adding to the significance of the event, the group was joined by Cdr Michele Tessier, who has been appointed the first Commanding Officer of HMCS *Margaret Brooke*, and the first female CO of the *Harry Dewolf* class.

Continued on page 3

Proudly Supporting Family Days.

CANEX Has all your shopping needs. Visit one of our three locations.

CANEX Retail Store
Windsor Park • 6303 Hawk Terrace

CANEX ExpressMart
12 Wing Shearwater • 20 Provider Road

CANEX ExpressMart
CFB Halifax • 5470 Gangway Street

CANEX
A division of CFMWS
Une division des SBMFC

CANADA'S MILITARY STORE
LE MAGASIN MILITAIRE DU CANADA

June 16-17 2017

Juin est le mois des loisirs

Par SBMFC

Les Programmes de soutien du personnel (PSP) célébreront Juin est le mois des loisirs (JML) en juin prochain. Le thème de cette année est « Pourquoi jouer ailleurs? » Ce thème a été choisi pour promouvoir la valeur de PSP dans la fourniture de services de loisirs à la communauté militaire.

«PSP sont fiers d'aider les membres des Forces armées canadiennes et leur famille à composer avec les nombreux aspects particuliers du mode de vie militaire. Nos services sont conçus sur mesure pour aider les familles à relever les défis auxquels elles doivent faire face dans le cadre d'affectations et de déploiements, et à profiter pleinement des activités quotidiennes telles que les loisirs et les sports,» déclare Peter Atkinson Vice-président supérieur des Programmes de soutien du personnel.

«Nous croyons que les membres des Forces armées canadiennes qui sont en mesure de bien prendre soin d'eux-mêmes et de leur famille réussissent mieux à la maison et au travail. Qu'il s'agisse d'inscrire leurs enfants à des cours de natation, d'améliorer leur condition

physique, de faire des amis dans une nouvelle communauté ou d'organiser leurs finances, nos services des loisirs sont là pour leur prêter main-forte.

De la base la plus importante à la plus petite escadre, tous les Services de loisirs des PSP au pays travaillent ensemble pour réaliser leur mandat, soit améliorer la santé et le bien-être, contribuer au succès opérationnel et offrir des activités de loisir sécuritaires et agréables à l'ensemble de la communauté.

Pour d'autres renseignements sur les activités de loisirs communautaires et pour participer au concours Juin, le mois des loisirs, veuillez visiter le connexionFAC.ca

Savais-tu que...?

En 1969, le Conseil du Trésor (CT) a établi le principe de base voulant qu'un niveau raisonnable de biens, de services et d'installations récréatives doive être mis à la disposition des membres des FAC dans les régions où ils servent.

Honouring the fallen



Canadian and American military personnel and members of the community joined together to mark Memorial Day on May 29. The ceremony, held at Deadman's Island in Halifax, honours all American military personnel who died while serving in the armed forces.

OS TYLER ANTONIEW, FIS

June is Recreation Month

By CFMWS

This June, PSP will celebrate June is Recreation Month (JRM). The theme this year is "Why PLAY Anywhere Else?" It was chosen to promote the value of PSP in providing recreation services to the military community. As per previous years, each CAF Bases/Wings will organize a number of activities at their respective location.

"We take pride in helping Canadian Armed Forces members and their families handle many unique aspects of the military lifestyle. Our services are tailored to help families with the challenges they may face due to postings and deployments, and make the most of everyday activities such as recreation and sports," says Peter Atkinson, Senior Vice President Personnel Support Programs.

"We believe that when Canadian Armed Forces personnel are able to take good care of themselves and their families, they can do better both at home and at work. Whether fami-

lies need to sign the kids up for swimming lessons, improve their fitness or make friends in a new community, our recreation services are here to help."

From the largest Base to the smallest Wing, PSP recreation departments around the country are united in their mission of improving health and well-being, contributing to operational success, and providing safe and enjoyable recreation opportunities for all.

To learn more about community recreation and to enter the June is Recreation Month contest, visit CAF-connection.ca

Did you know?

In 1969, Treasury Board (TB) set out the basic principle that "a reasonable level of goods, services and recreational facilities should be available to Canadian Armed Forces personnel in their areas of service."

Promoted and posted to HMCS Ville de Québec



MS Sam Duquette receives his new rank insignia from his Divisional Officer Lt(N) Adam MacDonald and Base Commander Capt(N) Paul Forget. MS Duquette, a Boatswain by trade, was responsible for organizing many of the base's ceremonial duties and will be posted to HMCS Ville de Québec. Congratulations and good luck!

MIKE BONIN, BPAO CFB HALIFAX

YOU PICK!

1 year, 2 years, 3 years...

You Pick your monitoring plan,
and **You Pick** your **FREE**
product worth up to \$300*.

Finance through

CANEX

**CONTACT US
TODAY!**

**WILSONS
Security**

1-866-453-3388
wilsonsecurity.ca

*Some conditions apply. Applies to monitoring contracts.

Candidates successfully complete Aboriginal Entry Program in Halifax

By Ryan Melanson,
Trident Staff

MARLANT senior leaders and members of the DND Aboriginal community gathered at HMCS *Scotian* on May 26 to witness another proud group of 13 Canadian Forces Aboriginal Entry Program candidates mark the end of the program with a parade and graduation ceremony.

The participants, all of First Nation, Metis or Inuit descent and all falling within the 18-30 age range, completed a jam-packed three week program designed to give an introduction to each of the three CAF environments, along with an idea of what to expect during basic training.

The group had their naval experience at CFB Halifax and aboard HMCS *Fredericton*, spent time in Shearwater as an RCAF introduction, and visited Camp Aldershot to work with Canadian Army members. The students underwent basic weapons and navigation training, and also spent time with PSP staff to understand the rigour of daily fitness exercises. The final week of the program included marching drills in preparation for their grad ceremony. There is no obligation to join the CAF after completing the CFAEP, but many choose to.

The graduation parade at *Scotian* was reviewed by RAdm John Newton, Commander MARLANT and JTFA, along with HCol Donald Julien, a member of the Mi'kmaq Grand Council and honorary Colonel for the 5th Canadian Division Training Centre. Other guests included Honourable BGen (ret'd) J.J. Grant, Lieutenant Governor of Nova Scotia, CPO2 (ret'd) Debbie Eisan, a 36-year military



The candidates in the Canadian Forces Aboriginal Entry Program stand on parade during the program's graduation ceremony on May 26 at HMCS *Scotian*.

OS JOHN IGLESIAS, FIS HALIFAX

veteran, members of the MARLANT Aboriginal Advisory Group, and the Eastern Eagle drum group. CAF members who supported the program and acted as mentors and instructors through the CFAEP were also on hand to congratulate the successful group.

HCol Julien has been attending graduation ceremonies for CFAEP participants for nearly a decade, and he said he's always pleased at how many enjoy the experience and go on to become serving members of the CAF, and after speaking with this year's group, he said he heard similar sentiments. Julien even expressed some jealousy at the opportunities that lie ahead for the recruits, recounting that it was exactly 50 years when, as a young soldier, he was deployed to Cyprus as part of the United Nations Peacekeeping Force in 1967.

"I'm not exactly sure what's next for all of you, when you will leave or when your training will start at Saint-Jean, but I know this three-week pro-

gram gives you a good start and a good idea of what to expect in your basic training, and it opens up many possibilities for you," HCol Julien said.

"And after basic training, you will be physically and mentally fit, and capable of handling whatever tasks are ahead of you."

After reviewing the CFAEP candidate on parade, RAdm Newton spoke to the group and said he's become an ardent supporter of the CFAEP and similar initiatives like the Raven and Black Bear programs, after hearing

positive feedback from former participants.

"I know, from meeting graduates of this same program who are now sailors, soldiers and airmen, that this program works, and that a career in service for a young Aboriginal member can be as rewarding, exciting and adventurous as it is for any of us who have lived it," he said.

As the RCN and the wider CAF strive to diversify its ranks, recruitment of indigenous individuals will be increasingly important, and must be handled carefully to ensure respect, he added.

"And we have to celebrate our Aboriginal veterans as much as any other, and we celebrate the Indigenous names from history as being more than just names, but also manifestations of our first peoples who now show great grace and peace today in their quest to restore their dignity, culture, language and rights as equal Canadians."

Of this CFAEP group, 11 of the 13 candidates have indicated their desire to pursue a career in either the Army, RCN, or RCAF, have successfully passed recruit testing and have been offered trades.

Following the formal ceremony, CFAEP grads and guests took in drumming and singing performances from Eastern Eagle, cultural dancing from Debbie Eisan and Denise Jonn, and the whole room joined together for a powwow style dance to close out the ceremony.

HMCS Margaret Brooke... Continued from page 1

And on hand to perform the important duties of the shipbuilder during the ceremony was Olivia Strowbridge, a certified ship spray painter and the first woman in a trade supervisory role at the Halifax Shipyard.

Strowbridge placed the coin on the keel of the future ship before declaring to the small crowd that the keel had been "well and truly laid", completing the proud naval tradition.

Kevin McCoy, President of Irving Shipbuilding, said the ceremony also marks another milestone for the Halifax Shipyard, with the new class of ships now considered to be in 'serial production'. Thanks to lessons learned from the first vessel, he said construction on the *Margaret Brooke* is well ahead of where the *Harry DeWolf* was at the same stage, with the keel module, plus pipes, valves and pumps, about 80% complete.

"There's been significant learn-

ing for us here at the Shipyard, and I think it shows we're heading in the right direction," McCoy said.

The RCN is anticipating the delivery of *Harry DeWolf* in 2018, with *Margaret Brooke* to follow sooner after; the final ships of the class are expected to be in service by 2021 and 2022.

RAdm Newton highlighted the importance of the new capability that will come with the AOPS project, allowing a warship to serve Canada in the Arctic in a way other vessels haven't been able to, and allowing the RCN to be a stronger partner to the Canadian Coast Guard and to Indigenous communities in the North.

NOW LEASING

IconBay.ca – 902-700-5042



Icon Bay

50 Bedford Highway

Visit our model suites

Wed – Fri

2PM – 7PM

Sat – Sun

12PM – 4PM

Ask about our military incentives.





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

Editor: **Virginia Beaton**

editor@tridentnews.ca
(902) 427-4235

Journalist: **Ryan Melanson**

reporter@tridentnews.ca
(902) 427-4231

Editorial Advisor: **Mike Bonin**

Mike.bonin@forces.gc.ca
(902) 721-1968

www.tridentnewspaper.com



Advertising Sales
Dave MacNeil

902-422-4990 ex 1811
davemacneil@advocatemediainc.com

Trident is an authorized military publication distributed across Canada and throughout the world every second Monday, and is published with the permission of Rear Admiral John Newton, Commander, Joint Task Force Atlantic. The Editor reserves the right to edit, condense or reject copy, photographs or advertising to achieve the aims of a service newspaper as defined by the Interim Canadian Forces Newspapers Policy dated April 11, 2005. Deadline for copy and advertising is 10a.m., 11 business days prior to the publication date. Material must be accompanied by the contributor's name, address and phone number. Opinions and advertisements printed in Trident are those of the individual contributor or advertiser and do not necessarily reflect the opinions or endorsements of the DND, the Editor or the Publisher.

Le Trident est une publication militaire autorisée par le contre-amiral John Newton, Commandant la force opérationnelle interarmées de l'Atlantique, qui est distribuée partout au Canada et outremer les leundis toutes les quinzaines. Le rédacteur en chef se réserve le droit de modifier, de condenser ou de rejeter les articles, photographies ou annonces publicitaires jugées contraires aux objectifs d'un journal militaire selon la définition donnée à politique temporaire des journaux des forces canadiennes. L'heure de tombée des annonces publicitaires ou des articles est fixée à 1000 le jeudi précédant la semaine de publication. Les textes peuvent être soumis en français ou en anglais; ils doivent indiquer le nom, l'adresse et le numéro de téléphone du collaborateur. Les opinions et les annonces publicitaires imprimées par le Trident sont celles des collaborateurs et agents publicitaires et non nécessairement celles de la rédaction, du MDN our d l'éditeur.

Annual Subscription (25 issues):

- NS: \$37.38 (\$32.50 + 15 % HST)
- ON, NB & NFLD: \$36.73 (\$32.50 + 13% HST)
- BC: \$36.40 (\$32.50 + 12% HST)
- Remainder of Canada: \$34.13 (\$32.50 + GST)
- United States: \$45 US
- Abroad: \$65 US

Courier address:

2740 Barrington Street,
Halifax, N.S.
B3K 5X5

Publication Mail Agreement No.
40023785

Return undelivered Canadian address to:
Trident Newspaper Bldg. S-93
PO Box 99000
Station Forces, Halifax, NS B3K 5X5
Return Postage Guaranteed
ISN 0025-3413

Circulation: Minimum 8,500

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 that one year from publication date. Submissions may be edited.

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.

Mawita'jik - Let us Gather

Time: 10 a.m. - 6 p.m.

Date: Wednesday, June 21

Location: Halifax North Common

The Mawita'jik - Let us Gather event, in celebration of National Aboriginal Day, will feature Powwow-style dance competitions, Indigenous stage entertainment, dreamcatcher workshops, Tipi teachings and a Kids Fun Zone all in the Halifax North Common. The gathering is open to the general public, and there will also be food trucks and marketplace items to purchase. MAR-LANT will be participating to continue celebrations of Aboriginal Awareness Week, which was held from May 23-26. Dress for CF members will be dress of the day. Any questions can be directed to Dan Peppar at 721-1143.

Canada Day 2017 celebrations

Time: 5 p.m. - midnight

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 including international superstar DJ Deadmau5 and Nova Scotia's own Matt Mays. For more details as they're announced, visit HRMCanadaDay.ca.

Celebration 150: Black Loyalist Voices

Date: July 15 - 16

Location: Black Loyalist Heritage Centre, Birchtown

The Black Loyalist Heritage Society will be hosting a two day festival July 15-16 to celebrate culture, diversity and the significant contributions of African Nova Scotians as part of the Canada 150 celebrations. The open concept celebration will feature Nova Scotian vendors selling ethnic foods,

clothing, arts and crafts. There will be exhibits, readings, theatre and interactive sessions featuring African Nova Scotian artists Reeny Smith, Khalilah Brooks, Shauntay Grant, David Woods, Juanita Peters and Jacob Sampson. There will be musical presentations highlighting past and present winning artists from the African Nova Scotia Music Association. Sunday will be family day featuring an ecumenical service lead by the AUBA moderator, gospel presentations, drumming, dancing and family fun.

Halifax Pride Festival

Date: July 20-30

This year marks the 30th anniversary of the Halifax Pride Festival, which has grown to become one of the premier Pride events in Canada and the largest of its kind in the Maritimes. This year's festival runs from July 20-30, with the annual Pride Parade taking place in the opening days of the festival. Last year's parade had a strong showing of uniformed MARLANT personnel, and the same is expected for 2017. Visit halifaxpride.com for the most up-to-date information.

CFAEP award winners describe a 'phenomenal' experience

By Ryan Melanson,
Trident Staff

Of the 13 candidates who recently completed the Canadian Forces Aboriginal Entry Program in Halifax, two were awarded for finishing at the top of their class and setting a positive example for the group over the three-week period.

Chris Anderson, from St. Catharines, Ontario, said he recognized the opportunity that was given to him with the CFAEP, tried to learn and make the most of each experience, and tried to support the other participants as much as possible. It added up to a three-week journey he'll never forget, and a great launching pad for a CAF career, which he hopes to pursue as an AVN Tech in the RCAF.

"They provided us with the chance to do a ton of different things, things we've never done before in our lives, and to meet some great people, so I think it was a phenomenal experience for all of us."

Anderson received the Thomas George Prince Award, which goes to the candidate who best displays "enthusiasm, co-operation, inspiration of the team spirit and personal integri-



The candidates in the Canadian Forces Aboriginal Entry Program took a RHIB ride around Halifax Harbour before taking a tour of HMCS Fredericton on May 11.

CPL TONY CHAND, FIS HALIFAX

ty" during the program. His colleague Ryan Martin was awarded the Debbie Eisan Seven Teachings Award, which is chosen by the CFAEP participants for the member of the group who best

emulates the traditional seven teachings of wisdom, respect, love, honesty, bravery, humility and truth.

Continued on page 5

CFAEP award winners... *Continued from page 4*

Martin, from Brantford, Ontario, said he was taken aback and very appreciative of both the honour from his fellow participants and the overall CFAEP experience. He heard about the program through outreach at school and from other ads or posters on bulletin boards, and finally decided to speak to a recruiter about taking part this year. He said he enjoyed getting to know his colleagues and his CAF mentors and broadening his understanding of what life is like in the Armed Forces. He plans to pursue the Army route, but said stepping inside an RCN ship and going on a RHIB ride helped him see that a naval career can also be exciting.

“Going on a cormorant helicopter ride was also one of the coolest experiences, to see one of the tools used for SAR. We also got to try some rappelling, which was physically difficult and one of the biggest tests of our limits during the program,” Martin said.

“I appreciate that we got a look at all three elements.”



RAdm John Newton, along with CPO1 Pierre Auger, presents the Thomas George Prince Award to CFAEP candidate Chris Anderson, from St. Catharines, Ontario.

OS JOHN IGLESIAS, FIS HALIFAX

Anderson said he'd have no hesitation recommending the program to others, and that having his first military experience alongside his CFAEP colleagues helped highlight the fact

that an Aboriginal identity and a CAF identity don't have to be mutually exclusive.

“I think it's a great way to get prepared for basic training and military

life, but even for any Aboriginal person who just wants to get an idea of what the Armed Forces is all about, it's a great program.”

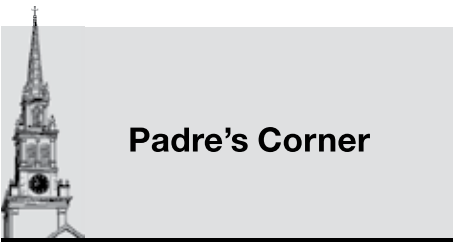
PO1 Shawn Swinimer, the course operations PO for this CFAEP group, said they try to make it clear new recruits don't have to leave their culture at the door when they sign up with the CAF.

“We want them to continue to be proud of that culture and maintain that culture during their career. It's important that we have a military that looks and feels as diverse as the general public.”

He said the group was enthusiastic, engaged and made his job easy through the three weeks, as they dealt with physical training, marching drills, sleep deprivation, and for some, being away from friends and family for the first time.

“There's a lot of challenges for the kids through the three weeks, and to see them progress as well as they have and to see them on parade has made me very proud, and I think they should be proud of themselves as well.”

Another posting



By Capt Francesca Scorson, Resource Manager for the Chaplains, CFB Halifax

Ecclesiastes 8:15: “And I commend joy, for man has no good thing under the sun but to eat and drink and be joyful, for this will go with him in his toil through the days of his life that God has given him under the sun.”

Again another year has gone by, and another posting season is upon us. For people in the military, this is the time of year when we experience change and new challenges. Even those who are not posted experience this because so many of our colleagues and friends are posted away. All of this transition can be stressful, so during these times we must

remember the supports that we have around us and the community that will carry us through.

When facing this time of change, look for things in our life that ground us. For many people it is their spirituality or a faith that there is goodness and purpose in the world. Friends and family can ground us, as can the military community. Each individual finds his or her own lifeline to get through these times of change in a different way. I find that one thing that gives me security in all the upheaval of change is the fulfillment that I receive from the work I do in the military and the friendships I have with others in this community.

Although change can be disorienting, it can also be exciting. It empowers us and inspires us to continue to challenge ourselves. Life is an adventure and it is even more so when part of the military community. When we feel the disorientation of change and upheaval, it often helps to remember the joys of time past, focus on what fulfills us, and strive to continue to ground ourselves in a good life.

Mike Myers visits HMCS *Glace Bay* during Fleet Week in New York



Mike Myers, aka Austin Powers, Dr. Evil, the voice of Shrek, and Wayne from Wayne's World, visits HMCS Glace Bay while the ship was in New York for Fleet Week. Here, Myers hams it up on deck with members of the ship's command team and crew.

LS DAN BARD, FIS

Century 21
Trident Realty Ltd.

Jackie Pitt

A professional realtor looking out for your needs since 1998!

60 Patton, Upper Sackville

Over 1 acre of peaceful country living, carpet free, 3 bedroom, two bath home with gorgeous kitchen and gleaming hardwood floors and stairs

Cell: 902.489.2525 • Fax: 902.434.9764
jackie.pitt@century21.ca • century21.ca/jackiepitt

Minister Sajjan announces renewal of Canada's contribution to Maritime Security Operations

By DND

The Government of Canada is committed to taking concrete action so that Canadians - and people around the world - can feel safe and secure. As threats to our safety become increasingly complex, it is more important than ever for Canada to work in close cooperation with our allies and partners to protect our citizens.

Keeping with the Government of Canada's commitment to work with our allies and partners to fight terrorism and bring about greater peace and security in the Middle East and East Africa, Defence Minister Harjit S. Sajjan and Parliamentary Secretary Jean Rioux announced an extension of Canada's contribution to international maritime security operations.

Extending Operation ARTEMIS until April 30, 2021 ensures Canada's continued contribution to maritime security and counter-terrorism efforts along a vital artery of world trade for the next four years.

Through this renewal of Operation ARTEMIS the CAF is authorized to deploy a number of maritime assets to the Combined Maritime Forces' Combined Task Force 150 (CTF 150), to bolster security in the Red Sea, Gulf of Aden, Gulf of Oman, the Arabian Sea, and the Indian Ocean.

This maritime region, which spans over 5 million square kilometers of international waters, includes the main shipping routes from the Far East to Europe and North America. Canada's presence, along with like-minded allies and partners, promotes safe passage for merchant vessels and supports regional stability and economic trade routes.

By denying criminal organizations the ability to smuggle weapons, illicit cargo, and narcotics, CTF 150 is also taking away their access to millions of dollars in funding that could be used for illicit purposes.

"Today's global environment is complex and dangerous, with threats to safety and security that

are increasingly interconnected. The Government of Canada's renewed commitment to counter-terrorism efforts is vital to building a safer and more prosperous world. I'm incredibly proud of the women and men contributing to the success of Operation ARTEMIS and know that their hard work will continue to deliver real results that benefit not only Canada, but the global community," said Defence Minister Harjit S. Sajjan.

The renewal of Op ARTEMIS authorizes the CAF to:

- Deploy up to 375 personnel;
- Seek command of CTF 150 twice during the four year mandate;
- Provide a Halifax-class frigate once every two years and a CP-140 Aurora Maritime Patrol Aircraft once each year;
- Enforce United Nations Security Council Resolution 2317 related to the arms embargo and the ban on the import and export of charcoal into or out of Somalia.

The Government of Canada is providing up to \$131.4 million in funding to support the four year extension of Operation ARTEMIS to April 30, 2021.

Canada has been promoting peace and security in the Arabian Sea and the Indian Ocean region since 2001, first through Operations APOLLO and ALTAIR, and most recently through Operation ARTEMIS, Canada's contribution to CTF 150 since 2012.

Canada recently completed its third command rotation of CTF 150 in April 2017. The Combined Maritime Forces (CMF) is a multi-national naval partnership established by the United States in 2002. The CMF is comprised of three Task Forces: CTF 150 (maritime security), CTF 151 (counter-piracy), and CTF 152 (Arabian Gulf security and cooperation).

Over the past year, CTF 150 has denied criminal networks access to millions of dollars from illicit trafficking by seizing and destroying nearly 2,700 kg of narcotics and more than 3,300 weapons.



From left, CPO1 Duncan Elbourne, Tammy Barriage, Capt(N) Paul Forget, LS Ryan Gillis and Cdr Geoffrey Steed show off the banner that names HMCS Halifax as the 2017 Fleet vs Tobacco Champion.

RYAN MELANSON/
TRIDENT STAFF

HMCS Halifax awarded as Fleet vs. Tobacco Challenge wraps up

By Ryan Melanson,
Trident Staff

It's no secret that smoking rates among RCN members are higher than they should be, and as MARLANT continues its push for a fitter and healthier fleet, a challenge was recently held among East Coast ships aimed at curbing tobacco use among members of the fleet.

The Fleet vs. Tobacco Challenge ran through the month of March, with all smokers encouraged to try out a smoke-free lifestyle through the four weeks, while non-smoking crewmembers were pushed to help support their colleagues along the way.

After a successful month with good participation, HMCS Halifax was named as the unit who put the most effort into the challenge, and were awarded for the good work with a small presentation at the ship's shore office on May 26.

CPO1 Duncan Elbourne, who had a hand in organizing the challenge, made the presentation to the crew of HMCS Halifax along with PSP Fitness and Sports Instructor Tammy Barriage. The initiative was the idea of the Addiction-Free Living Working Group as part of the MARLANT Health and Wellness Strategy, and CPO1 Elbourne hoped all members of the Fleet at very least took note of the challenge and the fact that support is out there for those who want to end their tobacco addiction.

"The main purpose of the Fleet vs. Tobacco Challenge was to encourage our sailors in the fleet to quit smoking for good, but more importantly, it was about raising awareness of the high smoking rates within our Navy, which

is about 30% of members," he said.

HMCS Halifax, which is also the MARLANT Health & Welfare Champion unit, reached a 77% participation rate for the challenge, meaning 130 Halifax sailors either pledged to quit smoking through the month of March, or were non-smokers who did things to support their colleagues as they tried to kick the habit.

Whether any of those sailors will be able to keep the momentum going and remain tobacco free into the future is yet to be seen, but CPO1 Elbourne said the effort already put in is significant regardless.

"Well done to Halifax for setting a positive example for the fleet, and we hope it's something that we can do more with throughout the year" he said.

Cdr Geoffrey Steed, Halifax's Commanding Officer, said the challenge was another helpful step in the wider culture change that he hopes will sweep through the Navy in the coming years.

"This is about reinforcing the importance of each and every one of us being healthy and ready to deploy at a moment's notice. We had 77% participation, but we'll aim get to a 100% next year, because we're a team and we all support each other," he said.

Special credit was given to LS Ryan Gillis for being one of the most enthusiastic Halifax sailors in support of the challenge.

HMCS Halifax also took the occasion to conduct promotions of crewmembers, and Cmdre Baines, Commander CCFL, as well as CFB Halifax Base Commander Capt (N) Paul Forget, attended the presentation and stuck around to speak with sailors and answer questions afterward.

COME TO WORSHIP

at
CF CHAPELS

Chapel Services de la Chapelle • Sunday/dimanche

STADACONA

10h30 - Protestant
-English

SHEARWATER

10h00 - Roman Catholic
-bilingual/bilingue



Visit: www.rcmilord.com for more information/pour les renseignements
BAPTISM, MATRIMONY & OTHER SACRAMENTS - BY APPOINTMENT/REQUEST

In the beginning was the Word, and the Word was with God, and the Word was God.

- Gospel according to John

132615



ANTOVIC REAL PROPERTY APPRAISALS INC.

NEED YOUR HOME APPRAISED?

Are you relocating? Call us!
Friendly, Reliable, Accurate, Timely

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

Tel: (902)441-4434 • Fax: (902) 406-5525 • www.antovicappraisals.com • Email: jantovic@eastlink.ca

We look forward to speaking with you!

132511

423 Squadron marks 75th anniversary



A parade, a festive dinner, and a tour of the Shearwater Aviation Museum all were part of 423 Squadron's 75th anniversary celebrations. From May 17 to 19, current and former members of the squadron gathered for the event, held at 12 Wing Shearwater. The parade took place at Archdale Hangar on Thursday, May 18.

CPL JENNIFER CHIASSON, 12 WING IMAGING

New Five-Year Plan for Official Languages focuses on achieving bilingual workplaces

By CMP

The new 2017-2022 Official Languages Action Plan (OLAP) for DND and the CAF has recently been distributed to all organizations as guidance for developing and implementing initiatives to encourage respect for linguistic duality and individual Official Languages rights. This ambitious plan will help establish the right organizational conditions for achieving compliance with the Official Languages Act and create a culture that respects linguistic duality as a treasured Canadian value. The success of the plan over the next five years will rely on the cooperation of each member of the Defence Team, particularly in bilingual regions, where there is a federal obligation to function in both Official Languages.

Activities in the OLAP include full reviews of unit language designations and position language requirements, which are already underway. Second language training is also being reviewed in hopes of increasing return on investment by training those who objectively need their second language to do their jobs, particularly those who provide a service to fellow personnel and those who need it to function in bilingual work environments. By establishing the right

organizational conditions, more designated bilingual work environments will be conducive to the effective use of both official languages.

OLAP 2017-2022 needs the active support and personal leadership of all members of the Defence Team in order to make significant progress toward our ultimate goal: respect for the language rights of DND employees, CAF members, and the Canadians we serve.

Everyone who works in a bilingual region of the country can contribute to making successful bilingual DND/CAF workplaces by encouraging the following practices:

- * Senior leadership use both Official Languages
- * Supervisors in bilingual positions provide supervision in the Official Language of choice of subordinates
- * Services are provided in both Official Languages
- * Meetings are bilingual
- * Employees are encouraged to perform their work in the Official Language of their choice.

For more info on the OLAP, the Official Languages Strategy, bilingual regions or other issues relating to Official Languages, visit the Director Official Languages site at <http://cmp-cpm.mil.ca/en/support/official-languages/official-languages-index.page>

Un nouveau plan quinquennal en matière de langues officielles axé sur la mise en place de milieux de travail bilingues

Par CPM

Le nouveau Plan d'action sur les langues officielles (PALO) 2017-2022 du MDN et des FAC a été distribué récemment à toutes les organisations à titre de cadre pour élaborer et mettre en œuvre des initiatives encourageant le respect de la dualité linguistique et des droits individuels en matière de langues officielles. Ce plan ambitieux contribuera à créer les conditions organisationnelles propices pour arriver à se conformer à la Loi sur les langues officielles et à instaurer une culture de respect de la dualité linguistique en tant que valeur chère aux Canadiens. Pour réussir la mise en œuvre de ce plan au cours des cinq prochaines années, nous aurons besoin de la coopération

de chaque membre de l'Équipe de la Défense, tout particulièrement dans les régions bilingues, où l'usage des deux langues officielles constitue une obligation fédérale.

Dans le cadre du PALO, on procédera notamment à l'examen complet de la désignation linguistique des unités et des exigences des postes en matière de langues. Ces examens sont déjà en cours. La formation en langue seconde est aussi passée en revue dans l'espoir d'obtenir un meilleur rendement sur l'investissement en donnant la formation à ceux qui doivent officiellement faire usage de leur langue seconde pour faire leur travail, et tout particulièrement ceux qui offrent des services à leurs collègues et à ceux qui en ont besoin pour fonctionner dans un

milieu de travail bilingue. En créant les conditions propices au sein de l'organisation, un plus grand nombre de milieux de travail désignés bilingues seront incités à utiliser efficacement les deux langues officielles.

Le PALO 2017-2022 nécessite le soutien actif et le leadership individuel de tous les membres de l'Équipe de la Défense pour faire de grands progrès vers l'atteinte de notre objectif ultime, soit le respect des droits linguistiques des employés du MDN, des militaires des FAC et des Canadiens que nous servons.

Tous ceux qui travaillent dans une région bilingue du pays peuvent contribuer à créer des milieux de travail bilingues fonctionnels au MDN et dans les FAC en encourageant les pratiques suivantes :

- l'usage des deux langues officielles par la haute direction
- l'usage par les superviseurs qui occupent un poste bilingue de la langue officielle choisie par leurs subordonnés
- la prestation des services se fait dans les deux langues officielles
- la tenue de réunions bilingues
- les employés sont encouragés à exécuter leurs tâches dans la langue officielle de leur choix.

Pour en savoir plus sur le PALO, la stratégie en matière de langues officielles, les régions bilingues ou toute autre question relative aux langues officielles, veuillez consulter le site Web du Directeur – Langues officielles <http://cmp-cpm.mil.ca/fr/soutien/langues-officielles/langues-officielles-index.page>.

HOME FINDERS

& Property Management

To Rent or List an Apartment, House, Condo, or Flat.
For Help Finding a New Home.

Office: 902-435-0368 • Fax: 902-405-9762
Dawn@HomeFindersHfx.com • Lynne@HomeFindersHfx.com
www.HomeFindersHfx.com

AS SEEN Home Inspection INC

'Be Well Advised'

Ken Rees
Owner/Inspector (CPI)

902-809-7220
ken@inspectr.ca

PO Box 5039 Waverley
NS B2R-1S2

www.asseenhomeinspection.ca

HMCS *Labrador's* Polar Flag flies again

By CPO2 Richard Bungay,
Sea Training Atlantic

During HMCS *Labrador's* maiden deployment in 1954, it was the first warship to travel the Northwest Passage and circumnavigate North America. Throughout its operational history with the Royal Canadian Navy (RCN) the ship was unique, as it had

created its own unofficial ship's flag.

The polar bear, a universal symbol of the Arctic and unofficial ship's mascot, was hoisted while at anchor and entering and leaving harbour signifying an end of a voyage. The crew called it the Polar Flag and it was a source of pride and cohesion. Fast forward 64 years later, being an enthusiastic student of RCN history and proponent

of RCN Arctic deployments, I wanted to link the past with the future of the RCN in the Arctic. I wanted to recreate the flag and proposed the idea to the Commander of MARLANT who is also interested in the Arctic and its history. The flag was recreated and now is displayed outside the Admiral's office as a cornerstone of the Arctic display recently placed there.

When HMCS *Harry DeWolf* is commissioned, it will fly this flag as the ship's company of *Labrador* once did. To be successful in the Arctic we must look to the past as well as the future and I believe the reconstituted Polar Flag will serve as a tangible link between our shipmates of the past and a source of pride of *Harry DeWolf's* crews of the future.



HAVE YOU BEEN AFFECTED OR IMPACTED BY

INAPPROPRIATE SEXUAL BEHAVIOUR

IN THE CANADIAN ARMED FORCES?

REACH OUT NOW!

SEXUAL MISCONDUCT RESPONSE CENTRE

A safe and supportive environment to tell your story.

The Sexual Misconduct Response Centre (SMRC) was established to provide support to Canadian Armed Forces (CAF) members who have experienced or witnessed inappropriate sexual behaviour.

FOR ASSISTANCE, WE ENCOURAGE YOU TO

CALL: 1-844-750-1648

CALL COLLECT: 613-996-3900

EMAIL: DND.SMRC-CIIS.MDN@forces.gc.ca

We are a bilingual and confidential support service
Hours: 7 a.m. to 8 p.m. Eastern Time

A team of professional counsellors is ready to provide support, information, and referrals between 7 a.m. and 8 p.m. Monday to Friday Eastern Standard Time. Should a call be received outside of regular hours of operations or on statutory holidays, members will be able to leave a message and at their request, one of the staff members will return their call within one business day.

CALL 911 if you need immediate emergency assistance or services such as police, fire and ambulance. You may report an incident of sexual misconduct or sexual assault to your local police.



From left: Lt(N) Michael Kelly, LS Keith Rodgers, CPO George Smith, and AB James Milligan, all of HMCS Labrador, display that ship's original Polar Flag circa 1954.

DIRECTORATE HISTORY AND HERITAGE



In front of the Arctic display outside Commander JTFA and MARLANT's office in D201, Cdr Corey Gleason, CO of HMCS Harry DeWolf; RAdm John Newton, Commander JTFA and MARLANT; CPO2 Rick Bungay, Sea Training Atlantic; and CPO1 Gerry Doucet, Cox'n of HMCS Harry DeWolf, display the Polar Flag.

MONA GHIZ, MARLANT
PA

HHT IN ESQUIMALT?

Through my strong ties to the military community, I offer clients expertise in real estate relocation.

Buying or selling a home? Put my 20+ years of real estate experience to work for you.

As your Victoria, BC realtor I will:

- Arrange airport pickup service for your home hunting trip.
- Provide you with a Victoria city guide and relocation real estate package, so you can make the most of your home hunting trip.
- Give your family a \$500 gift card upon home closing.

**YOUR MILITARY
RELOCATION SPECIALIST**
AWARD WINNING | TOP PRODUCING



RASHIDA MALIK

250.812.4209

rashidamalik@royallepage.ca

ROYAL LEPAGE
Coast Capital Realty
INDEPENDENTLY OWNED AND OPERATED

CALL OR EMAIL ME TODAY!

www.rashidamalik.com

132623

Your Real Estate Referrals HELP VETERANS & FIRST RESPONDERS

Did you know that one service dog can cost between \$5,000 to \$15,000 & take up to 3 years to train, depending on services it needs to provide? Such dogs are funded solely by charitable donations.

With every referral that leads to a successful transaction, a **DONATION** goes to **PAWS FUR THOUGHT** to help cover the costs of breeding and training a Service Dog to be provided to a Veteran or First Responder suffering from PTSD.

HELP me reach an ANNUAL GOAL of \$5,000.00

Do you know someone who is considering making a move who would benefit from our services?

Call, Text or email me with their contact info or VISIT:

www.ReferralsHelpVeterans1stResponders.com

David Bathurst CD1
REALTOR® Military Ret'd
902-440-8070

david@davidbathurst.com

Registered IRP Service Provider
Serving Halifax Regional
Municipality



EXIT REALTY METRO

EXIT REALTY METRO

EXIT REALTY METRO

EXIT REALTY METRO

EXIT REALTY METRO

EXIT REALTY METRO

EXIT REALTY METRO

EXIT REALTY METRO

Not intended to solicit property currently under contract

EXIT REALTY METRO

During Great Lakes Deployment, Kingstonian Captain sails home for Canada 150



LCdr Robert Tucker, 49, oversees HMCS Goose Bay as she comes alongside Montréal's old port, while deployed to the Great Lakes in support of Canada 150 on May 27, 2017. LCdr Tucker is a Kingston, ON native who joined the Royal Canadian Navy in 1989 and has been in command of HMCS Goose Bay since June 2016. LCdr Tucker has also deployed on all three Canadian oceans, is the honorary Aide-de-Camp to the Lieutenant-Governor of Nova Scotia and recently returned from West Africa as part of Operation NEPTUNE TRIDENT 17-01. LCdr Tucker now lives in Dartmouth, NS, though he often returns to Kingston to reconnect with friends and family.

MCPL SANDY STEPHEN, FIS

RCN National Band of the Naval Reserve to spend summer in Halifax



Each summer, musicians from the five active Naval Reserve bands come together to form the National Band of the Naval Reserve and perform throughout Canada, including annually at the Royal Nova Scotia International Tattoo. The band played a free noon-hour concert outside the Naval Museum of Halifax on May 31 to celebrate the start of their summer season.

RYAN MELANSON/TRIDENT STAFF

Fleeting Diving Unit (Atlantic) at Ex TRADEWINDS



MS Tom Amos, clearance diver from FDU(A), hides a simulated gun for the search pattern practical training during Ex TRADEWINDS 17 in Chaguaramas, Trinidad and Tobago on June 3, 2017.

MCPL GABRIELLE DESROCHERS, CF COMBAT CAMERA

LASIK.
YOURS
FOR LESS.

No more glasses.
No more contacts.
Starting at \$490/eye.*

Book a free consultation
at 1-877-852-2005 or lasikmd.com

LASIK MD
VISION

LAWYERS - AVOCATS

English/Francais

CRIMINAL LAW | FAMILY LAW
www.singleton.ns.ca | www.singletonfamilylaw.ca

902.492.7000 902.483.3080
(AFTER HOURS)

TOM SINGLETON
LEORA LAWSON

1809 BARRINGTON STREET, SUITE 1100, HALIFAX, NS B3J 3K8

132630.ind



Oshawa sailor gets his sea legs on Great Lakes Deployment

AB Dallas Schneider receives his first taste of life at sea while working on the foc'sle of HMCS Goose Bay during her departure from Halifax on May 23, 2017 in support of Canada 150 celebrations in the Great Lakes. AB Schneider, 21, from Oshawa, ON, joined the Royal Canadian Navy in 2013 and finished his basic training the same year. In 2015 he graduated from his initial trade course and in 2016 he became qualified as a First Aid Instructor at his home unit, HMCS Cataraqui.

AB Schneider is one of 45 crewmembers on board HMCS Goose Bay. AB Schneider and his family now reside in Kingston, but often return to visit relatives in Oshawa.

MCPL SANDY STEPHEN, FIS



CAF pay and allowance increase

By DND

The Government of Canada is committed to ensuring that CAF members are well compensated for the important work that they do. The Department of National Defence (DND) announced that CAF members will receive an increase of over 6% to pay and around 5% to some environmental and special allowances. CAF members will be paid at these new rates along with a lump sum back-payment starting June 30, 2017. This covers retroactive increases starting April 1, 2014 calculated as follows: four 1.25% increases in pay and allowances effective April 1 for the past four fiscal years: 2014-2015, 2015-2016, 2016-2017, and 2017-2018 and one 1.2% Military Factor pay increase effective April 1, 2016.

CAF members receiving the pay raise include NCMs, General Service Officers and Pilots at the rank of LCol and Cdr and below, and all

Medical and Dental Officers. The pay rates for Colonels and Captains (N) and above, and all Legal Officers, are managed separately.

CAF pay rates were last increased effective April 1, 2013. CAF members' pay includes a Military Factor compensation for conditions and requirements that are unique to military service, such as potential separation from families and turbulence caused by geographic postings.

Allowances that are increasing include all Environmental Allowances, Special Operations Assaulter Allowance, Submarine Crewing Allowance, Stress Allowance for Test Participants, and Special Allowance CF Station Alert.

These pay and allowance increases align with tentative increases for Federal Public Service employees. Former members who left the CAF after March 31, 2014, will also receive a retroactive payment and adjustments to their retirement benefits.

Oakville sailor has experience with Kingston-class ships



MS Lucas Allen helps clean a C8 rifle after a force protection shoot onboard HMCS Goose Bay on May 24, 2017. Force protection shoots help maintain sailors' weapon proficiency skills while on deployment. MS Allen, 30, of Oakville, ON, joined the Royal Canadian Navy in 2009 as a Naval Combat Information Operator. Since joining, MS Allen has sailed in all East Coast Maritime Coastal Defence Vessels, and has also been the recipient of the Operational Service Medal for his service during Op CARIBBE. MS Allen is one of 45 crew members on board HMCS Goose Bay. Their mission during the Great Lakes deployment is focused on community outreach and educating local communities about the Royal Canadian Navy, especially in areas not traditionally visited by ships.

MS Allen now resides in Halifax, NS, though he often returns to visit his family in Oakville.

MCPL SANDY STEPHEN, FIS







POSTED?
GET PRE-APPROVED BEFORE YOUR HHT

WE OFFER:

- Military clause for some mortgages
- A six-month mortgage protection plan, paid by us
- Instant pre-approvals
- A one-year home system warranty

SPECIAL DND OFFERS AVAILABLE. CALL TODAY!
Use the "Support Our Troops" Promo code for a .10 rate cashback on your approved rate. OAC.

1.800.991.7993 • MORTGAGEFORCES.CA

OH
Canada!

June

16TH, 17TH 2017

DND
FAMILY
Days

Great prizes to be won at Family Days

By Ryan Melanson,
Trident Staff

This year's edition of DND Family Days is all about celebrating Canada and the 150th anniversary of confederation, but a number of the sponsors who make Family Days possible are hitting anniversary milestones of their own in 2017, and contributing great prizes to help celebrate. Presenting sponsor Sobeys is marking 110 years in business with a slew of \$110 gift cards to be handed out both at their booth and during larger prize draws, while Platinum Sponsor BMO will be on site celebrating 200 years, and sponsor Ambassatours marks 30 years of operation in Halifax.

And of course, all of the Family Days sponsors will be on hand with booths in HMC Dockyard and during prize draws at the PSP Entertainment Tent. From Family Days mainstays like Tim Hortons and the Ronnie Farrell Home Selling Team, to new additions like Platinum sponsor WestJet, and many more, there will be plenty of great prizes to get excited about. Draw tickets will be handed out to everyone who enters the PSP Tent, but you need to be inside the tent when your ticket is drawn in order to claim your prize. Prize draws will be taking place at 2 p.m. on both Friday, June 16 and Saturday, June 17. A sample of the prizes to be drawn for includes:

- First class round trip for four to Toronto with Via Rail, including meals and accommodations, valued at \$7,000, plus multiple \$500 travel vouchers
- Trip for four to anywhere in Canada with WestJet
- Molson Canadian Iconic Red Beer Fridge (valued at \$1,850)
- Free coffee for a year from Tim Hortons (valued at approximately \$800) plus other gift cards



A highlight of DND Family Days is the prize giveaway in the tent, at 2 p.m. both days.

DAVE HURTUBISE, PSP

- \$1,000 cash prizes from the Ronnie Farrell Home Selling Team
- A tire package from OK Tire valued at \$800
- \$500 CANEX gift cards
- 110th Anniversary gift cards from Presenting Sponsor Sobeys (valued at \$110 each)
- One of 30 bicycle giveaways
- Whale-watching trip for 20
- Skybox passes for the 2017 Royal

- Nova Scotia International Tattoo
- Free passes from The Discovery Centre, Parks Canada and for Harbour Hopper Tours
- 1000 Air Miles reward miles
- Various prizes from Costco
- Canada 150 gear and swag
- Other assorted gift cards to local restaurants and businesses
- The majority of these prizes are generously provided by Family Days

corporate sponsors, and the event wouldn't be possible without this support from the community each year. This list is only a sample of what will be handed out, and some additional prize draws will also take place at sponsor booths throughout the two days; be sure to check out all the sponsors on site and also be at the tent for 2 p.m. for your best shot at taking home a prize.

Sobeys
Better food for all.

PRESENTING LEVEL SPONSOR
COMMANDITAIRE PRINCIPAL
DE L'ÉVÉNEMENT

THANK YOU MERCI

DND
FAMILY
Days



Irving Shipbuilding Inc.

ADMIRAL'S RECEPTION SPONSOR AND
PLATINUM PLUS LEVEL SPONSOR
COMMANDITAIRE DE LA RÉCEPTION DE
L'AMIRAL ET COMMANDITAIRE PLATINE



Nova Scotia country rocker takes the stage at Family Days

By Ryan Melanson,
Trident Staff

Country rock artist TJ King has been rising through the ranks of Nova Scotia’s music scene in recent years, and as he returns from a tour in Ontario and prepares to record new music later this year, he’ll be bringing his talents to HMC Dockyard on June 16 as part of the Family Days Concert.

King came onto the scene in 2014 as part of Casino Nova Scotia’s Artist in Residence Program, and was nominated that same year for the Music Nova Scotia Country Recording of the Year award for his debut six-song EP. In 2016, he was again nominated and won the same award for his debut full-length album *Feels Right*, and was also nominated for the East Coast Music Award for Country Recording of the Year.

He’s described as a “fireball” when performing, and his band’s energy and enthusiasm is known to please crowds, having shared the stage with established artists like George Canyon, Brett Kissel and Matt Minglewood.



Nova Scotia’s own TJ King will be performing at the Family Days Concert on Friday, June 16 at HMC Dockyard.

Continued on page 13

SUBMITTED

**FUN
FOR ALL!**

Proud to support
DND FAMILY DAYS

Better food for all.

OH
Canada!

June 16TH, 17TH 2017

DND
FAMILY
Days

Nova Scotia country rocker...

Continued from page 12

His music is available for purchase on iTunes, and fans who like high-energy country rock that takes inspiration from traditional country artists won't want to miss out on seeing this talented local act.

King will be at the concert as the special guest of the night's headlining act, Prince Edward Island rockers Haywire. The classic group had countless radio hits in Canada through the 1980s, with their first two albums *Bad Boys* and *Don't Just Stand There* both certified platinum. The band has played sporadically through the last two decades, but with their first new album since 1992 on the way, they're ramping up touring with a number of concerts set for the summer. The Family Days concert will be one of the first, and ticket holders are promised another fired up performance, with old favourites played alongside the band's new music.

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



The inflatable amusements are popular with the kids.

DAVE HURTUBISE, PSP HALIFAX

132654

DND
FAMILY
DaysOH
Canada!*Celebrating 150 Years*

June 16TH, 17TH 2017



HMC DOCKYARD | ARSENAL CSM

cafconnection.ca/Halifax

/psphalifax

FREE ADMISSION, RIDES AND DOOR PRIZES | ENTRÉE GRATUITE. MANÈGES ET PRIX DE PRÉSENCE!

OH
Canada!

June

16TH, 17TH 2017

DND
FAMILY
Days

Canada 150 in the spotlight at DND Family Days

By Ryan Melanson,
Trident Staff

DND Family Days is only a week away, and for its 21st year at CFB Halifax, the two-day festival is celebrating our national milestone with the theme "Oh Canada: Celebrating 150 years", and you can expect lots of Canada 150 themed activities aimed at the whole family.

CBC Nova Scotia will be on site with Canada 150 swag to hand out, and will be inviting Family Days attendees to go on camera and talk about what defines Canada in their eyes, to be used as part of the broadcaster's 'What's Your Story?' Canada 150 storytelling project. Molson is also bringing its national Canada 150 campaign to Family Days, with an Iconic Molson Canada 150 Beer Fridge included in the draw prizes – only 150 of these unique items are being given out across the country this year! You can expect others sponsor booths to also capture the occasion with Canada 150 themes and giveaways.

And all of the usual DND Family Days games, rides and attractions will be back as well, inside the gates



Sobeys presents a chef cook-off on Saturday at 12:30 p.m.

MEGHAN FASH, PSP HALIFAX

of HMC Dockyard for a third year in a row, giving families a chance to see the base and the ships of the fleet up close. The event is Personnel Support

Programs Halifax's big chance to give back to the men and women of the CAF who do so much in service to their country each year, and as many

as 25,000 guests can be expected to attend over the two days.

Continued on page 15



PSP HALIFAX PRESENTS A FAMILY DAYS CONCERT



BATTRE
JUNE 16 @ 8:30 PM

WITH GUEST
TJ KING

DOORS OPEN AT **7:30 PM**
TICKET **\$12** | HMC DOCKYARD
PSP ENTERTAINMENT TENT

VISIT ANY PSP FITNESS, SPORTS AND
RECREATION CENTRE TO PURCHASE TICKETS



FOR MORE INFORMATION, PLEASE VISIT CAFCONNECTION.CA/HALIFAX OR CALL **902-721-8335**

/psphalifax

OH
Canada!

June 16TH, 17TH 2017

DND
FAMILY
Days

Canada 150 in the spotlight at DND Family Days

Continued from page 15

Family Days tips

Here are a few things to keep in mind to help ensure you and your loved ones make the most of DND Family Days.

– Dates & Times: Friday, June 16 (12 p.m.-6 p.m.) and Saturday, June 17, (10 a.m.-5 p.m.) Location: HMC Dockyard (Entrance through Scotian Gate).

– HMCS *Scotian* will be the sole entrance and exit to the site; only staff and volunteers have access through inside HMC Dockyard.

– Parking is limited, but shuttles from the Stadacona and Shearwater gyms and from Windsor Park MFRC will be available.

– Expect bag checks and to be

asked for photo ID when entering any DND site. Entrance through Scotian will require DND ID, Military Family ID or your CFOne card.

– The majority of activities and rides inside the gate are free of charge, but consider bringing money for barbecue tickets, snacks and carnival games. Tickets must also be purchased to attend the Friday evening concert.

– The Sobeys chef cook-off will take place on Saturday this year, a change from 2016, and it begins at 12:30 p.m.

– Theodore Tugboat will be on site for Friday only, beginning at noon.

– Sunscreen is recommended, but so are extra layers, as the weather can cool quickly by the water.

– No pets are allowed on site.



Everyone is welcome to sit in the pilot's seat of the Sea King on the jetty.

DAVE HURTUBISE, PSP HALIFAX



Visit us on site to ENTER OUR CONTESTS

CANEX

A division of CFMWS
Une division des SBMFC



A division of CFMWS
Une division des SBMFC

**thePersonal**

Home and Auto Group Insurance

**Manulife**

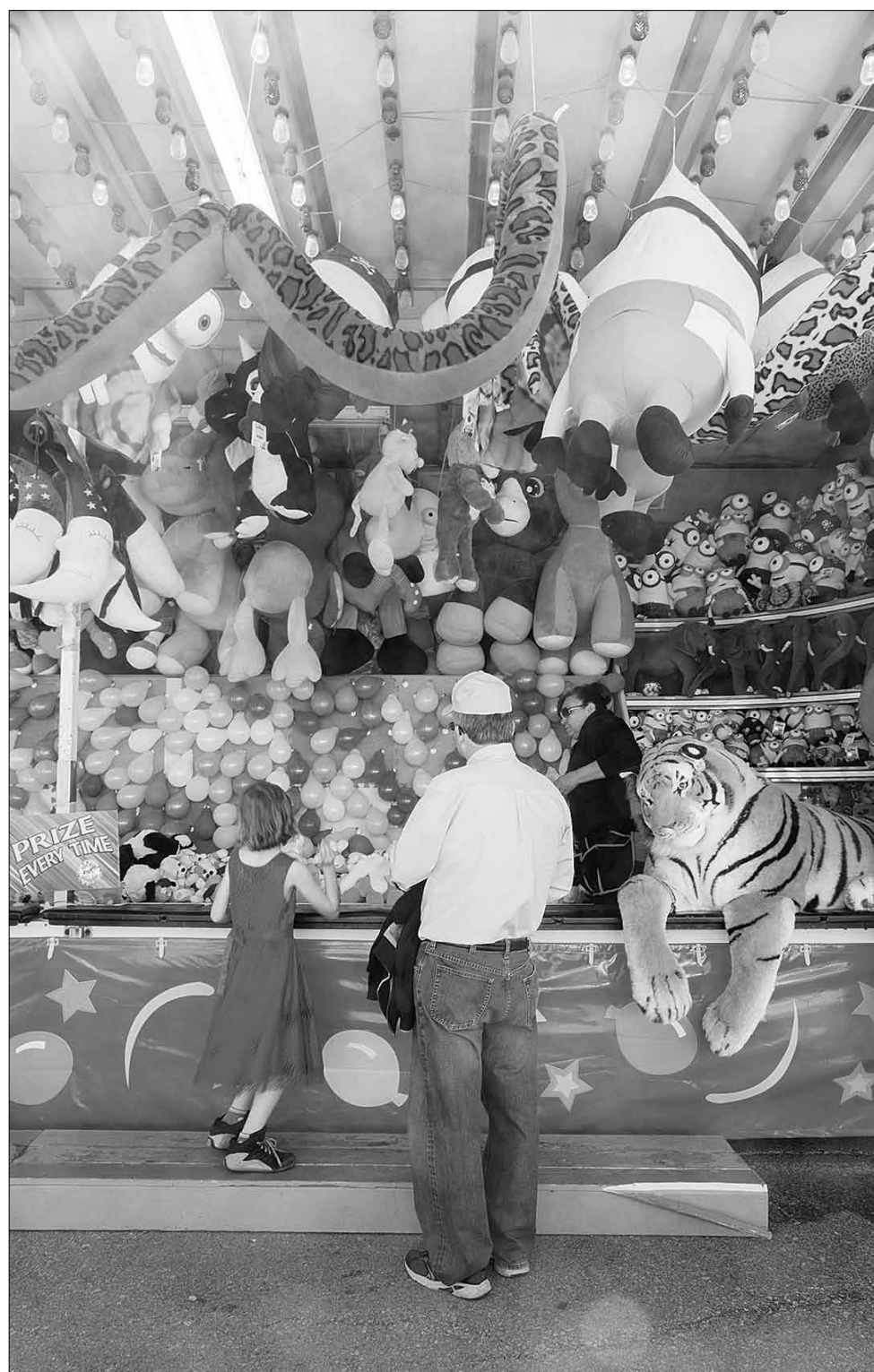
canex.ca | sisip.com

OH
Canada!

June 16TH, 17TH 2017



DND
FAMILY
Days



Stuffed toys are among the prizes available for winning a game on the midway.
MEGHAN FASH, PSP HALIFAX



The Discovery Centre offers a chance to complete a gigantic LEGO display.
RYAN MELANSON, TRIDENT STAFF



132522

AVIS® Budget

Proud Sponsors of DND Family Days

For reservations in Halifax call 902-492-7500

www.budget.ca
www.avis.ca

132521

Explore Halifax...

...by land **& by sea!**

harbourhopper.com 902-490-TOUR (8687)

132520

OH
Canada!

June 16TH, 17TH 2017

DND
FAMILY
Days

The midway rides are among the most popular features of DND Family Days.

MEGHAN FASH, PSP HALIFAX

WestJet program for the Department of National Defense.



Show your DND identification at the airport and get:

- Up to four bags for all travel (overweight and oversized allowed)
- Earn WestJet Rewards dollars

Thanks for choosing WestJet.
Book today.

WESTJET 
Owners care

132538

SERVICE, REPAIR AND TIRES. LITERALLY A ONE-STOP-SHOP.

MEMBER OF THE CANEX PROGRAM

VISIT YOUR LOCAL STORE IN THE HALIFAX METRO AREA

OK TIRE®

132539

VIA 
VIA Rail Canada

WHY DO YOU ALWAYS TRAVEL FROM ALPHA TO BRAVO?

There's Charlie, Juliett, Mike and Oscar to visit too.
And with **25% off** for military members, veterans and their families, you can visit them all (or just escape for the weekend).

**WHY DON'T
YOU TAKE
THE TRAIN?**

Find out more at viarail.ca/canadian-forces

*Applies to best available fares. Excluding Prestige class and on Sleeper Plus class deals. Some conditions apply. TMTrademark owned by VIA Rail Canada Inc.



Reducing document-related costs by up to 30%.
Made simple by Xerox.

Today's Xerox is simplifying the way work gets done in surprising ways. Like providing print services that help companies around the globe manage their costs by printing fewer pages, designing more documents, consolidating devices and lowering printing-related energy usage. It's one more way Xerox simplifies business, so you can focus on what really matters.

RealBusiness.com

Ready For Real Business. **xerox** 

132537

OH
Canada!

June 16TH, 17TH 2017

DND
FAMILY
Days*Everybody wants to get a ride on a RHIB in the harbour:*

DAVE HURTUBISE, PSP HALIFAX

OFFICIAL
COFFEE OF
DND
FAMILY
DAYS

© Tim Hortons, 2017

132534

**PROUD SUPPORTER OF DND FAMILY DAYS**Search from thousands of Metro's Best New & Used Vehicles online.
All from one site. All at the click of a button!WWW.STEELEAUTO.COM**MILITARY RELOCATION SPECIALIST**Proud sponsor
of DND
Family Days**Ronnie Farrell**
Home Selling Team**RE/MAX**
nova
.comPOSTED, THINKING OF BUYING OR SELLING? CALL **RONNIE** TODAY FOR **STRESS-FREE RELOCATIONS****MAKE THE RIGHT MOVE! 902-229-8866**www.ronniefarrell.com • ronniefarrell@bellaliant.net**Raytheon****PROUD SUPPORTER OF
DND FAMILY DAYS**

OH
Canada!

June 16TH, 17TH 2017

DND
FAMILY
Days

Take aim, fire, and possibly win a Bart Simpson doll.

MEGHAN FASH, PSP HALIFAX

MOLSON
CANADIANCHEERS TO
CANADA'S
150

132529

PEPSICO
CANADA

BEVERAGES - BREUVAGES



Tropicana

PROUD SPONSOR OF
DND FAMILY DAYS

A proud supporter of DND Family Days

LOGISTIK
UNICORP

www.logistikunicorp.com info@logistikunicorp.com 1-888-326-8688



LINEN

BACKDROPS

EVENT FURNITURE

TENTS

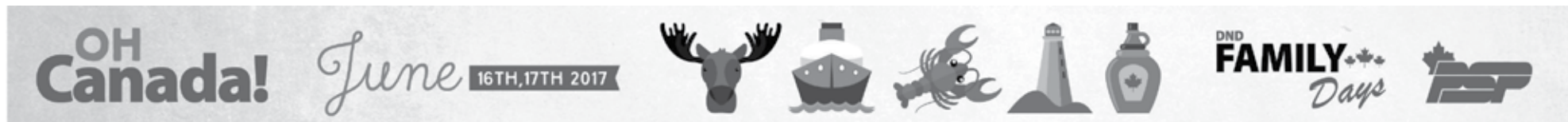
CHAIRS

TABLEWARE

TABLES

MacFarlands gear to get
you there™

132528



Take a ride on the trackless train.

DAVE HURTUBISE, PSP HALIFAX

Thank You!

Irving Shipbuilding is proud to be a longstanding supporter of our military and their families. We hope you can join us at our booth, as we help celebrate this year's DND Family Days at HMC Dockyard June 16th 12-6pm and 17th 10am-5pm. We look forward to meeting you and your families!

IRVING
Irving Shipbuilding Inc.
ShipsforCanada.ca

glow
THE EVENT STORE

DND FAMILY Days

Drapery, Linens, Furniture, Dance Floors
Lighting, Tables, Chairs, Chair Covers,
Event accessories and more!

DND Personal
Receive **15% OFF***
with Military Card

461 Windmill Rd. Dartmouth, NS | 902-443-4569 | glowparties.ca

NOVA SCOTIA news

Tom Murphy Amy Smith Kalin Mitchell

Weeknights at 6pm

cbc.ca/ns f cbcnovascotia @cbcns @cbcns

bluewave energy | DELIVERING MORE FOR YOU

HEAT YOUR HOME FOR LESS!

Save up to \$0.08/L on home heating oil or propane*

Are you an active or retired Canadian Forces Member, Civilian DND, NPF employee, Veteran or RCMP?

Referral form online at www.CANEX.ca/hhp

230 BONUS AIR MILES® Reward Miles for new oil delivery accounts.**
Plus earn AIR MILES® on all heating oil & equipment purchases! (Excludes propane)

CANEX | 1-877-441-6161 **BLUEWAVE ENERGY** | 1-888-690-2244

*Eligible customers can save up to \$0.04 cents per litre off the regular delivered price of home heating products (oil or propane) and could also qualify for additional rebates based on all home heating purchases. \$0.08 cents per litre savings is based on average home heating consumption of 3,000 litres per year. Propane available in select areas. Please contact your local branch for detailed coverage areas. AIR MILES® Reward Miles are only available on home heating oil and equipment. **New residential customers earn 200 bonus AIR MILES® Reward Miles after the first 1,000 litres of home heating oil are purchased. Earn 15 additional AIR MILES® reward miles when you sign up for automatic heating oil delivery, and another 15 additional AIR MILES® reward miles when you sign up for budget billing. Trademarks of AIR MILES® International Trading B.V. Used under license by Loyalty One Inc. and Shell Canada Products. Offer has no cash value.

TRIDENT Sports

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

Strong showing for Halifax runners at CAF Nationals/CISM Championship

By Ryan Melanson,
Trident Staff

The CAF National Running Championship was held in Ottawa over the weekend of May 27-28, with the Royal Canadian Navy taking the top team prize, and a number of CAF runners from the Halifax region putting up impressive individual numbers.

Distances from 5km up to the full 42km marathon were open to all runners, and the event took place as part of the Tamarak Ottawa Race Weekend, which includes the Scotiabank Ottawa Marathon. This means military participants were competing in both the larger civilian event as well as the CAF championships.

Teams were composed of one runner tackling each race distance, and each team was required to have one female member. The RCN team took the Environmental Shield Award with the following times:

Lt(N) Michael Bergeron - marathon - 2:53:05 (5th overall)



Runners, both military and civilian, are at the starting line of the Scotiabank Ottawa Marathon on May 28.

OTTAWA MARATHON

LS Mark Brown - half marathon - (1st overall)

LS James Fielding - 10km - 40:11

MS Maria McGregor - 5km - 17:56 (1st place female)

Other good performances from runners from Formation Halifax include:

5km

Capt Mathieu Rocheleau - 17:50

Lt(N) Natalia Borszczow - 19:20 (2nd overall female)

MCpl Shawn Beaton - 19:22

LCdr Ryan Gielehem - 19:55

Lt(N) Emilie Beland - 20:13

PO2 Elizabeth Fellows - 23:02

10km

Maj Max Reede - 36:00

Sgt Joanne Henneberry - 44:12 (1st place masters female)

Continued on page 23



Say **NO** to
Quick Fix Financing

Talk to SISIP Financial Instead

SISIP.com | 1.800.267.6681

FINANCIÈRE
SISIP
FINANCIAL

A division of CFMWS
Une division des SBMFC

Strong showing for Halifax runners...

Cdr Seana Routledge - 45:34
Maj Judy MacDonald - 54:43
21.1km
AB Ryan Francom - 1:21:38
Lt(N) Pierre Laberge - 1:26:51 (1st place senior)
LCdr Philippe Nauld - 1:30:32
Lt(N) Andrew Davies - 1:38:36
WO Christine Macaulay - 1:50:23
LCdr Jon Hopkins - 1:50:41
42.2km
Lt(N) Michael Bergeron - 2:53:05
The Ottawa Race Weekend also served as host for the 49th International Military Sports Council (CISM) World Military Marathon Championship, with more outstanding performances from the CAF members who

were among the 81 CISM athletes from 18 different countries who took part.
The CAF elite team was made up of four women and four men: MCpl Kathleen Beaudry (3:11:37), Alana Cadieau (3:23:31), WO Charlene Arsenault (3:33:25), Capt Kristine Self (3:38:28), Cpl Alexandre Boule (2:35:23), Cpl James MacLellan (2:36:57), Maj Joel Maley (2:39:39), and Capt Philippe Reynolds (2:40:15).
The CAF Women's Team took the bronze medal at the CISM Championship, a first for Canada, while Poland took gold and Spain won silver. The overall Marathon winner for the women was Iwona Bernardelli of Poland

Continued from page 22

with a time of 2:34:46, while the fastest men's time also went to Poland, with Arkadiusz Gardzielewski finishing the 42km in 02:13:42. Halifax's own WO Arsenault finished 15th overall among women while taking first place in her age group, while Lt(N) Michael Bergeron, also a Formation Halifax athlete, attended as an alternate but didn't compete.
CISM organizers gave credit to the staff and volunteers of the Scotiabank Ottawa Marathon for their support in embracing the CISM event and its athletes, and noted that many of the CISM runners also finished near the top of the standings for the overall civilian marathon.



WO Charlene Arsenault of Halifax receives her bronze medal as part of the CAF Women's Team at the CISM World Military Marathon Championship

– special thanks to Lt(N) Michael Bergeron for contributing to this story

MARLANT Female Athlete of the Year hopes to give back to sport

By Ryan Melanson,
Trident Staff

This year's winner of MARLANT'S top sports award for female athletes is proof that you don't need decades of experience or professional training to accomplish great things in the world of military athletics.
PO2 Elizabeth Fellows, a clarinet player with the Stadacona Band of the Royal Canadian Navy, was the winner of the MARLANT Female Athlete of the Year Award at the Sports Recognition Breakfast on May 15, for her accomplishments as a triathlete, both in military and civilian events.
After only a few years of competing in sprint-distance triathlons, PO2 Fellows won her age group in a number of races through 2016, competed at CAF Triathlon Nationals, and qualified for the ITU World Triathlon Grand

Final, taking place in Rotterdam, Netherlands this September. She's also a member of the CISM Triathlon Team.
"It's very cool to receive the recognition. Growing up, I didn't play a lot of sports, but I've gotten into things more since joining the CAF full time, so this is all new to me," said PO2 Fellows about receiving the award.
She competed in her first Try a Tri event in 2013 on a whim, pushing herself to win her age group despite very little biking and swimming experience, and she hasn't stopped since. She said she appreciates that Triathlons don't require absolute proficiency in any one aspect, but reward those with well-rounded skills.



PO2 Elizabeth Fellows
CPL J.W.S HOUCK, FIS HALIFAX

"I love that there's something to improve upon with every race, whether it's a better bike or a better run or swim or the transitioning between them. It's always a great challenge for me and a lot of fun."
For now, she's looking ahead to the 2017 Worlds in the Netherlands this fall, and hoping for a good performance at her first international triathlon event. But PO2 Fellows said she's also exploring ways to contribute to the sport she's fallen in love with. She recently completed a triathlon officiating course, and she's also on the executive of the Navy Tridents Triathlon Club.
The club recently held its annual triathlon and duathlon event in Shear-

water, and while she was resting her body from two consecutive races in the weeks before, PO2 Fellows was on hand as an organizer and a supporter.
"I love that race and I love how it attracts beginners. I try to do the administrative side of things, getting people in and registered, trying to encourage them, and hoping that the race can spark a love for sport like it did for me," she said.
"I want to be able to give back."
As the MARLANT Female Athlete of the Year, PO2 Fellows also earns a nomination to be named the overall Navy Female Athlete of the Year, which would put her in the running for a CAF Athlete of the Year award at the national ceremony to be held this fall. She wished to thank her Chain of Command for the nomination, as well as the training partners and coaches who have supported her athletic endeavours.

Fitness and sports updates


By Trident Staff

The Formation Women's Soccer Team will soon be starting weekly practices in preparation for the Atlantic Regional Tournament hosted by CFB Gagetown from August 8-11. The team is a great opportunity to meet new people and increase your soccer skills and fitness – no experience required. If you are interested, please contact Emily Bowen at Emily.Bowen@forces.gc.ca for additional details and to be added to the team email list.

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 | www.cafconnection.ca/halifax/navy10k
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 con-

tact: Cpl Robbins at 902-720-1141 or MCpl Hayes at 902-720-3214.
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 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.



Buying, Selling or Relocating

Are you buying a good investment?

What is your property worth?

We are experts in Real Estate Valuation, providing accurate **Estimates of Value**, serving military families for 24 years.

Greg Lockyer, CRA

Chris Flick, AACI

Steve Horswill, AACI

o: 902-466-2000

f: 902-466-2732

w: alderneyappraisals.com



POSTED TO OR FROM VICTORIA?

THEN PLEASE CONTACT ME TODAY!

Peter Lindsay – REALTOR®

CALL OR TEXT 1-250-888-0200 or EMAIL: peterb@vreb.bc.ca
Serving military members and their families in Greater Victoria since 1987.

RE/MAX CAMOSUN, 4440 CHATTERTON WAY, VICTORIA, B.C. V8X 5J2
Toll Free: 1-800-663-2121 • Local: (250) 744-3301 • Email: peterb@vreb.bc.ca
www.victoriarelocation.com



Sonar and friends help the Blue Nose Marathon

By OS Harveer Gill,
HMCS *Fredericton*

On a cool, breezy Halifax morning, PO2 Patrick Braye of HMCS *Halifax* set up the speakers and microphone he would be using to cheer on marathon participants for the day.

That morning, 2,600 runners laced up their shoes and put on their racing bibs (with the more spirited painting their noses blue). They then ran past Halifax's Naval Reserve building, HMCS *Scotian*, the site of the Navy's water station and its 34 volunteers for the Scotiabank Blue Nose Marathon.

The Blue Nose Marathon was established in 2004 and consists of both a full marathon (42.2km) and a half marathon (21.1km). Additionally, a Youth run (2km or 4km), as well as 5km and 10km runs are available. The event involves participants and volunteers of all ages in a celebration of athleticism and Haligonian spirit. This community-based event involves a large variety of local sponsors, including the Royal Canadian Navy.

The term "Blue Nose" has two origins. Firstly, the Bluenose schooner was a prominent fishing and racing vessel, prominently emblazoned on our 10 cent coin. Known as the "Queen of the North Atlantic", the Bluenose won several races and



Sonar and his military and civilian companions dispense water, Gatorade, and high fives to the participants in the 2017 Blue Nose Marathon in Halifax.

became the pride of Nova Scotians far and wide. In addition to being the name of Canada's most famous ship, the word "Bluenose" is and continues to be a nickname for persons born in Nova Scotia.

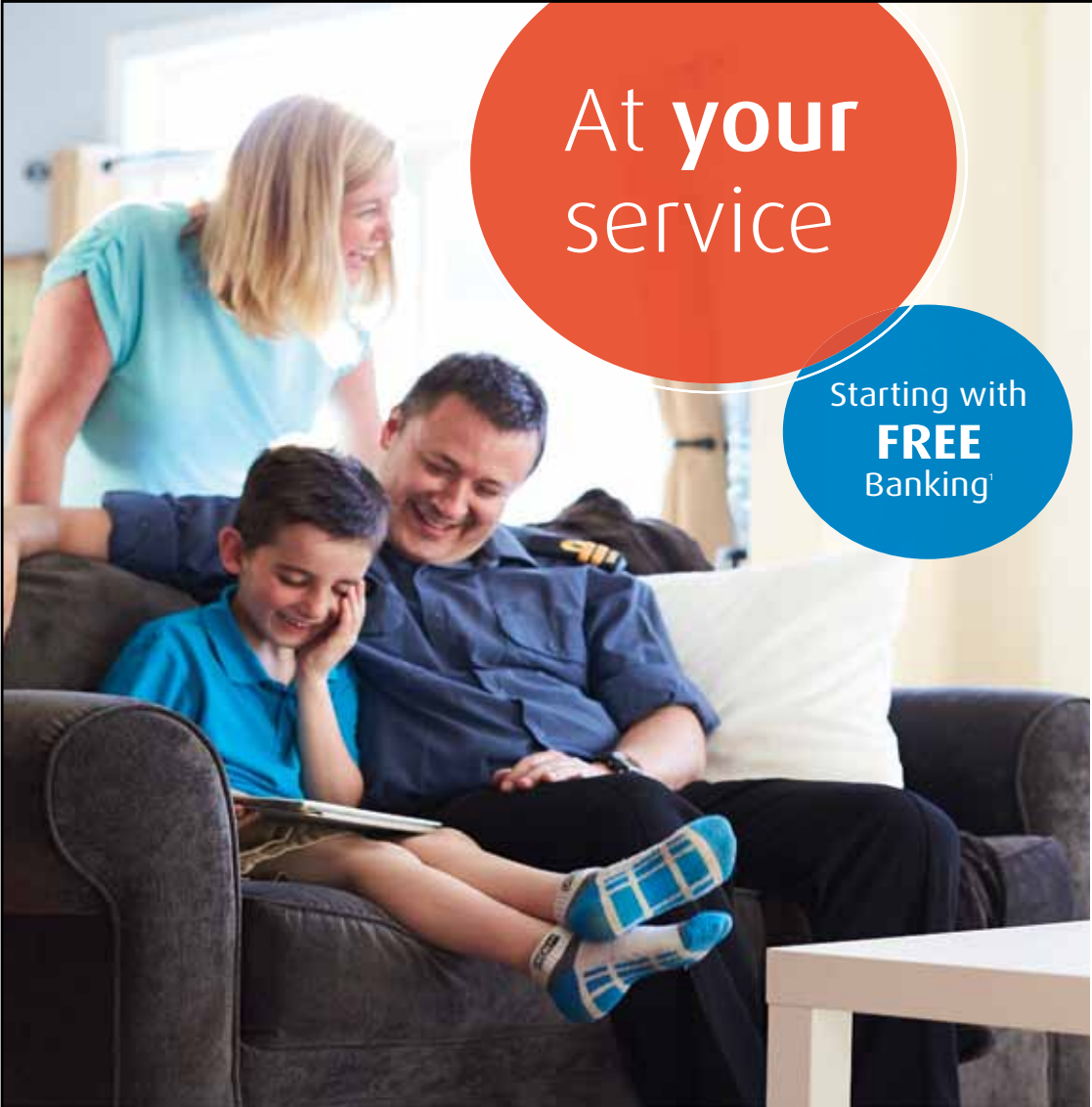
Throughout the unseasonably cold May weather, cheers and encouragement could be heard for all the participants who were passing by. Volunteers like Mrs. Tammi Forget and OS Shane Smith (HMCS *Fredericton*) were particularly vocal, shouting

encouragement and praise for runners as they came by. Other volunteers like Capt(N) Paul Forget (CFB *Halifax*) and Cpl Jessica Fox (Trinity) stood with arms outstretched to dispense water, Gatorade and electrolyte gels to oncoming runners and walkers. Sonar, the RCN mascot alternatively dispensed high fives and hugs. Morale was high throughout the day and the encouragement certainly helped motivate runners of all ages.

Determined and committed, the Navy's water station cheered themselves hoarse while supporting marathon participants, creating a unique and memorable experience for all passersby. This fantastic event not only generated an encouraging environment where participants endeavored to better themselves, it also raised more than \$500,000 in donations for local charities.

The Navy's contribution was coordinated by PO1 Dale Stryker (Fleet Maintenance Facility Cape Scott) with Cpl Smith (Maritime Operation Group 5) and MCpl Stephanie Pepin (Trinity) put together the Navy water station, with this being PO1 Stryker's third year as coordinator.

Volunteers included; PO1 Dale Stryker, MCpl Stephanie Pepin, Cpl Sarah Smith, OS Harveer Gill, PO2 "Padde" Braye, Joanne Deveau, Jillian Deveau, Rita Locke, Lt(N) Michael Gooderham, Cpl Brian Clare, MS Jonathan Poole, MCpl Stephanie Richard, LS Roland Wink, Marilyn Peters, Elaine Tuff, LS Steph Beaton, Tracey Sayer, Heather Kilby, LS Christopher Nash, Jenny Koutroulakis, Sarah Baillie, OS Shane Smith, LS Daniel Laplante, Sandra Grant, Capt(N)Paul Forget, Tammi Forget, Karen Springstead, PO1 James Warren, MCpl Nicole Garlough, Stewart Grant, Cpl Jessica Fox, Stewart Morris, Brittany Atchison, and Brandon Rodgers.



At **your**
service

Starting with
FREE
Banking¹

As the official bank of the Canadian Defence Community, BMO is here to help you save hundreds of dollars each year².

Bank Accounts that could save you \$299 or more each year

- Save \$179 each year with the Performance Plan¹ – no minimum balance required
- Save up to \$120 each year with five non-BMO ATM withdrawals in Canada included each month

Save with our exclusive BMO CDCB rates on a wide range of Mortgage options³

- Flexibility to move or break your mortgage through the Integrated Relocation Program
- Eligibility for mortgage protection even when on active duty during civil disorder or war

Visit **bmo.com/cdcb** to learn more.

BMO 
We're here to help.™


A group of CFBs
Le programme des SBCDC

¹The monthly Plan fee is waived. No minimum balance required. You are responsible for all transaction, service and product fees not included in your Bank Plan. ²Proof of CDCB eligibility is required. ³Applications and the amount you can borrow are subject to meeting BMO's usual credit criteria. Some conditions may apply.