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MND makes announcements in Halifax
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Milestone missile shoot for HMCS Ottawa
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Hundreds turn out for MARLANT's Navy Bike Ride
Pg. 20

Monday, June 26, 2017



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TRIDENT

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



Family Days

Midway rides are a highlight of DND Family Days each year. Add to those the inflatable amusements, RHIB rides, face painting, and free cookies at the Sobeys display, and DND Family Days is a guaranteed good time for all.

MEGHAN FASH, PSP

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A new addition this year was a glider, displayed by 615 Bluenose Royal Canadian Air Cadet Squadron. Farther down the jetty is a CH-148 Cyclone helicopter from 12 Wing Shearwater.

MEGHAN FASH, PSP



A static display of a CH-148 Cyclone attracts much interest from adults and children alike.

RYAN MELANSON, TRIDENT STAFF

DND Family Days brings the Canada 150 spirit to CFB Halifax

By Ryan Melanson,
Trident Staff

Just two short weeks before celebrating Canada's 150th birthday, Halifax's DND community got together for an early bash over June 16 and 17. With a theme of 'Oh Canada: Celebrating 150 Years,' the 21st edition of DND Family Days, presented by PSP Halifax and Sobeys, was all about showing Canadian pride and having a great time doing it.

Maple leaf cookies, patriotic face painting, Canada 150 swag at sponsor booths, and even the iconic Molson Canadian Beer Fridge giveaway all helped add the Canada 150 vibes to the always-exciting atmosphere at the Dockyard as families gathered for two days of fun to thank them for their hard work and service to their country.

And of course, the usual Family Days features were back for the 21st time, with all the hallmarks of a family carnival like snacks, rides, games and inflatables. But being inside HMC Dockyard, military assets are also on display for the families to enjoy. Ship tours were open on HMCS *Summerside* and HMCS *Montreal*, RHIBs were on the wa-

ter offering rides, and kids were checking out Army artillery and Military Police vehicles. For HOTEF members from 12 Wing Shearwater, it was also a chance to bring out the CH-148 Cyclone for a rare public display and to invite visitors inside the static chopper.

"This is actually the first time we've flown one anywhere for a public display, so it's pretty exciting," said Maj Erik Weigelin. Crews towed a cyclone to the Shearwater Aviation Museum earlier for a Family Fun Day in Shearwater, but the flight to Halifax for Family Days marked a new milestone.

"Most people who've come to see it actually think it's a Sea King, so we've been educating a little bit," he said.

The barbecues kept the guests fed through the weekend, but anyone with a sweet tooth had a special treat on Saturday, as Sobeys held its annual cookoff with three head chefs from local Sobeys stores. They battled it out to impress the panel of judges, made up of senior officers and this Trident reporter, with their unique takes on delicious strawberry shortcakes. In the end, Chef Phil Smith of Sobeys Fall River took the bragging rights for his Salted Caramel Strawberry Short-



Personnel from FDU(A) offered RHIB rides around Halifax harbour on both Friday and Saturday.

RYAN MELANSON, TRIDENT STAFF

cake, winning the judges over with his double chocolate biscuits.

"I'm a sucker for chocolate," said LCdr Craig Gillis as he cast his vote.

But all three of the shortcakes were hits, with the three chefs demoing the recipes and speaking to the crowd as they prepared the desserts. They each made plenty of samples to hand out to everyone who wanted to try.

"It's a lot of fun for us, we don't always get to do things like this so I love to see everybody try the food and to hear what they think," said Chef Lauren Cameron from Sobeys in Upper Tantallon.

And it wouldn't be Family Days without great prizes, and there were plenty to be won both Friday and Saturday during the draws inside the big tent. From tire packages and home heating fuel for the parents, 30 bike giveaways for the kids, and plenty of gift cards, cash prizes and other giveaways also available, there was something for everyone.

The excitement could especially be felt when some of the biggest prizes of the weekend were being announced, like the trip for four with WestJet, good for any destination the airline flies to. The lucky winner of the flight package was Katelynn Dupuis, whose husband is LS Jesse Dupuis, a submariner currently posted to HMCS *Windsor*. She said the family was eyeing a trip to Ontario to visit LS Dupuis' parents, and that the trip has now gotten easier to pull off.

"We thought I might have to stay behind while he went with the kids, but now I'll definitely be going too; this is so great for us," she said as she came up to claim her prize.

Things may have gotten a little soggy at the Family Days site as the weekend came to a close after steady rain on Saturday, but for CFB Halifax Base Commander Capt(N) Paul Forget, experiencing the event for the first year in his new role, the event was a huge success.

"These were probably the best days so far out of my first 10 weeks in the job. I absolutely love that we're able to do this, and I've been meeting as many people as I can and having a great time, and I hope everyone else had a great time too," he said.

"This is all about fun and it all happens just for us, the military families and DND families, so we should take advantage of it. It doesn't come together by itself, there are a lot of people to thank, starting with our great PSP staff."

Organizers also wished to thank the countless sponsors who provide food, prizes, booths, rides and games, and everything else that has made Family Days possible each year, including Presenting sponsor Sobeys and Platinum Plus sponsor Irving Shipbuilding, as well as Tim Hortons, Xerox, Ambassadors, Bluewave Energy, WestJet, Canex, The Personal Insurance, and many more.



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Defence Minister highlights new Navy spending commitments in Halifax

By Ryan Melanson,
Trident Staff

Canada's Minister of National Defence was in Halifax on June 12 to announce policies intended to strengthen and modernize the Royal Canadian Navy, leading to a fleet capable of defending Canada at home and deploying anywhere in the world, with crews that have the proper training, resources and support to get the job done.

MND The Honourable Harjit Sajjan visited the region to promote the Federal Government's newly released defence policy, titled: Strong, Secure, Engaged. The result of a country-wide policy review that included input from CAF personnel, experts, industry, parliamentarians, and academics, the new policy proposes a number of spending commitments that will increase Canada's overall military budget by more than 70% over 20 years. The Minister held a media event at HMCS *Scotian* to speak on the new policy and focus in on what it means for the next two decades of the RCN.

The largest naval investment in the new policy is the commitment to fully fund and build 15 new Canadian Surface Combatant ships, at a cost of between \$56 and \$60 billion over the lifetime of the purchase. The policy also provides the full funding required for two *Queenston*-class Joint Support Ships, along with an interim vessel while they're being built, and five to six *Harry DeWolf*-class Arctic and Offshore Patrol Ships.

"The pledge to build ships under the National Shipbuilding Strategy is not new, but the commitment to fully fund all of these projects is new," Minister Sajjan said. He referenced a recent Parliamentary Budget Officer report that found only six CSC ships could be procured if following original cost NSPS estimates, and said providing additional funding to ensure a full complement of 15 ships is essential for a three-ocean nation with the longest coastline of any country in the world.

"We are not deterred; we need 15 ships and we are committed to 15 ships."

A modernization program for Canada's fleet of four Victoria-class submarines is also included in the defence policy, with plans for refit in the mid-2020s to lead to continued effectiveness into the mid-2030s. The Minister described the Victoria class as having stealth, intelligence gathering and reconnaissance capabilities that aren't offered by any other CAF platform and that are worthy of the investments needed to maintain them.

Other Navy specifics included in the new defence policy include upgrading intelligence, surveillance, reconnais-



Minister of National Defence Harjit Sajjan speaks to members of the media and external stakeholders at HMCS *Scotian* on June 12.

LS DAN BARD/FIS HALIFAX

sance and armament systems, along with upgrading the lightweight torpedoes carried by surface ships and maritime helicopters.

Taken as a whole, the initiatives in the new policy will represent the largest modernization project in the RCN's history, Minister Sajjan said.

"It's a modernization that takes into account everything our sailors need to be effective, from business practices, to the warship construction we see here in Halifax, to training and future capabilities."

This is in addition to the previously announced and personnel-focused aspects the policy, including pay raises for members, growing the size of the CAF by 5,000 members, and better integration and deployment opportunities for Naval Reservists.

Aside from the media event outside *Scotian*, Minister Sajjan's visit to the region also included a keynote address delivered to the Halifax Chamber of Commerce, and a town hall gathering with CAF members at the CFMWC, where he spoke candidly and answered questions about various issues impacting the CAF in general, as well as those more specific to the Navy.

The Minister said it was important to visit the Halifax region and other bases across the country to communicate face to face with the people who will be impacted by the new defence policy, and to articulate the government's belief that its policies will allow the CAF and the RCN to be strengthened through the decades to come.

"This new defense policy is great news for the Royal Canadian Navy, will build a future force and a future fleet with the people, equipment and capability the government can call

upon in times of conflict," he said, while noting the importance of coastal patrol, drug enforcement, disaster and humanitarian relief capabilities as well.

"The dedication of our men and women in uniform speaks volumes about the calibre of people who have decided to serve Canada. We owe this to them."

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

Royal Nova Scotia International Tattoo Festival

Date: Starts June 30

As the Royal Nova Scotia International Tattoo rolls back into Halifax for another year, the free Tattoo Festival also returns, with performances held throughout the week at various locations around the city. This includes the Tattoo Canada Day parade, which kicks off from Brunswick Street at 10:30 a.m. on July 1. A full schedule for the 2017 Tattoo Festival will be published soon; check http://nstatattoo.ca for the latest information.

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.

VTECS Speaker Series: LGen(Ret'd) Roméo Dallaire and Jonathan Somer.

Time: 7 p.m.

Date: Wednesday, July 5

Location: Central Library Paul

O'Regan Hall

The VTECS Speaker Series brings renowned, international peace and security experts to Halifax to discuss innovative and ground breaking approaches to protecting children and civilians in conflict zones. On July 5, join LGen(Ret'd) Roméo Dallaire, along with subject expert and legal scholar Jonathan Somer, for a discussion on the roles that states and armed groups have to play in respecting international humanitarian norms and supporting child protection. This event will be moderated by Dr. Shelly Whitman, Executive Director of the Roméo Dallaire Child Soldiers Initiative. Q&A to follow.

Discover the Atlantic Region with Parks Canada

Time: 7 p.m.

Date: Wednesday, July 5

Location: Keshen Goodman Library, Lacewood Drive

Join Parks Canada staff and learn what our region has to offer and plan to visit a National Park as part of your Canada 150 celebrations - this information session is offered to help people get the most out of their free Parks Canada 2017 Discovery Pass. Whether you're looking for adventure, fun for the whole family, or a break from the everyday, Parks Canada has countless unique experiences to discover in Atlantic Canada.

Celebration 150: Black Loyalist Voices

Date: July 15 - 16

Location: Black Loyalist Heritage Centre, Birtchtown

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.

Tick season is here

By Jeremy Gammon, Formation Safety and Environment

Lyme disease is present throughout Nova Scotia and the Halifax Regional Municipality and is known to be endemic (widespread, common) with blacklegged ticks carrying the bacteria that can cause Lyme disease. Endemic areas are locations where both ticks and Lyme disease have been confirmed over multiple years of active field surveillance. Lyme disease is an infectious disease spread through the bite of infected blacklegged ticks. Ticks become infected with Lyme disease caused by the bacteria called Borrelia burgdorferi after feeding on infected wild animals such as birds and rodents.

Lyme disease affects individuals differently but most experience mild flu-like symptoms usually 3 to 30 days after being bitten by an infected blacklegged tick, while a small number may have more serious symptoms, sometimes weeks after the bite. Early signs and symptoms of Lyme

disease may include: rash, sometimes shaped like a bull's eye (Erythema migrans (EM rash)); fever; chills; headache; fatigue; muscle and joint aches; or swollen lymph nodes. If left untreated, more severe symptoms may occur and can last from months to years. Severe symptoms may include: severe headaches; facial paralysis (i.e. Bell's palsy); intermittent muscle, joint, tendon and bone aches; heart disorders, neurological disorders; and arthritis with severe joint pain and swelling. In rare cases, Lyme disease can lead to death usually because of complications involving infection of the heart.

Not all ticks carry Lyme disease but if a tick becomes infected, it can spread the bacteria to humans and pets. In most cases, the infected tick must remain attached to the host and feed for at least 24 hours before the bacteria can be transmitted.

Blacklegged ticks are most often found in wooded or forested areas, on shrubs and tall grass. In Nova Scotia,

known endemic areas for Lyme disease are areas of: Yarmouth County, Shelburne County, Queens County, Lunenburg County, Halifax Regional Municipality, and Pictou County.

Ticks are active throughout the year but the greatest risk occurs during the spring and summer months. Prevention is the best option against Lyme disease when working or playing in areas where ticks may be present.

The following actions can help prevent Lyme disease: cover as much of your skin as possible; wear enclosed shoes; tuck your shirt into your pants; tuck your pant legs into your socks; use insect repellent containing DEET on exposed skin; follow directions on the label; do not use DEET on children under 6 months; check yourself, your children, and your pets after your walk; include armpits, groin, and scalp; and promptly remove ticks from skin carefully using tweezers.

For further information on Lyme disease, please visit the MARLANT Safety and Environment webpage at http://halifax.mil.ca/MarlantSafety-Environment/pages/articles.html

CAF participate in Exercise TRADEWINDS 17

By DND

The Canadian Armed Forces (CAF) deployed to the Caribbean to train with regional partners and participate in Exercise TRADEWINDS 17, taking place from June 6 to 17.

As part of the 19-nation exercise, the CAF deployed elements from the Royal Canadian Navy and Canadian Army, approximately 90 personnel in all. TRADEWINDS 17 exercised regional responses to natural disasters, terrorism, and transnational organized crime. This United States-led exercise took place on the island nations of Barbados and Trinidad and Tobago.

Exercise TRADEWINDS provided an important opportunity for the CAF to enhance readiness and strengthen defence relationships between partner nations for civilian government-led disaster response efforts. It also aimed to strengthen regional defence capacities to address threats to security and stability in the Caribbean.

"The Canadian Armed Forces play an important role in the Government of Canada's efforts in the Caribbean region through efforts like Exercise TRADEWINDS and Operation CARIBBE. Participation in Exercise TRADEWINDS allows our personnel to make a meaningful contribution in capacity-building with regional partners and gives the Canadian Armed Forces the opportunity to work with important allies in response to a variety of challenges," said Harjit S. Sajjan, Defence Minister.

"Exercise TRADEWINDS is a great opportunity for the CAF to share our expertise and assist our Caribbean partners in building their capacity. Whether through exercises like TRADEWINDS or on counter-drug operations, we remain committed to promoting security cooperation in the region," said LGen Steve Bowes, Commander, Canadian Joint Operations Command.

The Royal Canadian Navy's contribution consisted of one Maritime Coastal Defence Vessel, HMCS *Kingston*, and a diver training team from Fleet Diving Unit (Atlantic). Additional support includes a Maritime Tactical Operations Group training team.

Kingston, with a crew of about 40, supported various naval tasks within the exercise, including employing the Hammerhead Unmanned Surface Vehicle target. The Fleet Dive Unit (Atlantic) led training to divers from 10 partner nations in areas including search patterns, hull and jetty search techniques, evidence recovery, and nighttime diving operations. This included partnering with the U.S. Federal Bureau of Investigation to teach underwater evidence recovery



Maritime Tactical Operators Group members observe Trinidad and Tobago Coast Guard members while they conduct boarding party drills during boarding training in Chaguaramas, Trinidad as part of Exercise TRADEWINDS 17 on June 8, 2017.

LS ZACHARIAH STOPA, CF
COMBAT CAMERA

Caribbean divers recover simulated evidences from a simulated sunken vehicle during Exercise TRADEWINDS 17 in Chaguaramas, Trinidad and Tobago on June 13, 2017.

MCPL GABRIELLE DESROCHERS, CF COMBAT CAMERA

techniques.

The Canadian Army provided two six-person contingents from the 2nd and 5th Canadian Army Divisions. Just prior to the exercise, they provided essential training in operational planning to staff from partner nations. Once the exercise began, they served as advisors and mentors for those staff as they managed responses to challenging scenarios.

The Canadian Disaster Assess-

ment Team (CDAT) also deployed in response to a simulated humanitarian crisis during the exercise. This joint CAF and Global Affairs Canada team practiced coordinating with regional partners.

Canada partnered with Trinidad and Tobago to practice a scenario under the Proliferation Security Initiative. It included a counter proliferation component simulating the interdiction of a merchant ship

suspected of carrying illegal WMD-related materials.

Participating nations in the exercise included: Antigua and Barbuda, Bahamas, Barbados, Belize, Dominica, Dominican Republic, Grenada, Guyana, Haiti, Jamaica, St. Kitts and Nevis, Suriname, St. Vincent and the Grenadines, and Trinidad and Tobago, as well as military personnel from the United States, Canada, France, Mexico, and the United Kingdom.

Asterix crew stood up as interim AOR conversion nears completion

By Ryan Melanson,
Trident Staff

Only a few months remain until Davie Shipbuilding and its sister company Federal Fleet Services deliver the converted MV Asterix to Halifax to serve as the RCN's interim AOR, and the sailors that will crew the ship alongside civilian mariners have received their postings and begun preparing for its arrival.

The unit is currently working out of a shore office in HMC Dockyard and have been in constant contact with the civilian stakeholders of the initiative known as Project Resolve, which has the goal of bridging the Navy's replenishment-at-sea capability gap until the arrival of the Queenston-class Joint Support Ships in four to five years. Early training is currently taking place to have crews get compliant with DND standards as well as civilian standards required on the vessel, for things like firefighting, flood and damage control and first aid, and all parties are currently mapping out what the roles and responsibilities will be for the RCN personnel embarked. Much of the maintenance, damage control and repair work will be the responsibility of Federal Fleet Services and its civilian crew, while work dealing with CAF equipment or any flight operations will be CAF responsibility. The ship will remain privately owned and leased to the RCN throughout the five-year agreement.



An artist rendering of what the former MV Asterix will look like upon the completion of Davie Shipbuilding's Project Resolve, which is set to deliver the Asterix as a civilian-owned interim AOR ship to the RCN this fall.

DAVIE SHIPBUILDING

This will be a unique working relationship, and one likely to bring challenges as the civilian mariners and RCN sailors come together, but LCdr Jason Walsh, the CO of Asterix, said he's preparing his crew for a bit of a 'culture shift', and that he foresees a tight working relationship with the ship's civilian master and civilian staff.

"We are the client on board, and the core crew, the civilian mariners, are

there to provide a service to us. Once we've identified the majority of our operating limitations and who does what, we're very confident the two groups can come together."

Despite any of these challenges or the regular hiccups that will come with standing up any new crew and preparing to introduce a new capability, LCdr Walsh said he's seeing high levels of enthusiasm in the shore office, which was stood up in April with a skeleton staff of 10 people and has expanded from there. The full number of crewmembers or 'CAF Mission Specialists,' as they'll be known on the civilian-owned ship, will be 67 once the Asterix is in service, in addition to the 36 civilian crewmembers.

Career managers sought out sailors for the new unit who were healthy, fit, and ready to meet a challenge; many of them have experience on fueling ships, and others have recently spent time working with the Spanish or Chilean AORs.

"These people weren't picked at random. They're aware of the amount of work that's going to go into bringing on this new capability, they're all very excited to be part of that first crew and do that work of figuring it out," LCdr Walsh said.

For CPO2 Todd Hodder, the Asterix Coxn, who has years of experience sailing in tanker ships and performing RAS, it will be exciting to see that capability in action once again, and more specifically, to see RCN sailors getting the chance to conduct it.

"One of the greatest things is that Bosns will be getting back to doing things they haven't done in a number of years. Operating fueling rigs has been the heart and soul of that occupation for many years through

the Protecteur class ships. Once they were paid off, that capability dropped back quite a bit," he said.

"This is exciting for people in that trade, to get back to the business of running rigs."

LCdr Walsh echoed that comment, stressing that restoring the Navy's RAS capability, even with just one interim vessel, is hugely important. From the operational side, it will restore the ability to sail as a task group to sustain operations, and the Asterix will also be valuable as a force generation tool.

"We want to ensure these young Ordinary Seamen are getting the proper training and exposure for when the Joint Support Ships roll out," he said.

The Asterix Command Team will be travelling to the Chantier Davie shipyard in Levi, Quebec this month to tour the nearly-completed ship and for tabletop meetings to explore different possible at-sea scenarios. The ship is then set to be delivered to Halifax in September, with acceptable trials to begin in October. Beyond that, LCdr Walsh couldn't give specific details on sailing or deployment plans for the vessel, but he predicts the RCN will use it to its full potential during its five years of service to Canada.

"We expect a pretty high operational tempo," he said, considering the vessel's capability to refuel ships, to operate in the Arctic if accompanied by an icebreaker, and possibly to support humanitarian and relief missions.

The first official unveiling of the fully-converted Asterix, which Davie Shipbuilding is calling the first Resolve-Class AOR ship, will take place on July 20 at Chantier Davie's Quebec shipyard, with media and the public invited to attend.



Canada 150 tulips in bloom

Last fall, CPO1 Sifton Mosher, BAdm Chief, led base personnel in a day planting special Canada 150 red and white tulip bulbs around CFB Halifax in preparation for this summer's 150th anniversary of confederation. Now, those efforts have paid off, with the patriotic petals blooming across the base. The flower, also known as the Maple Leaf Tulip, was unveiled last spring as the official tulip of the Canada 150 celebrations.

RYAN MELANSON/TRIDENT STAFF

Mississauga and New Credit First Nation welcomes HMCS *Goose Bay*

By SLt Nathaniel Askett,
HMCS *Goose Bay*

On May 30, 2017, HMCS *Goose Bay* was honoured and welcomed by the Mississauga and New Credit First Nation at Corus Quay in downtown Toronto during the Great Lakes Deployment and Canada 150 Celebrations. The ceremony was conducted by Chief R. Stacey LaForme with *Goose Bay's* Commanding Officer, LCdr Rob Tucker, and Coxswain, PO1 Angela Hanson.

The welcoming ceremony is a spiritual ritual common across First Nations from the Rockies to Eastern Canada. Medicinal herbs are burned and the smoke is used to purify a space, object, or person. While these herbs vary across different First Nations groups, the most common are sweet grass, white sage, tobacco, and cedar. While this event would be significant purely on the basis of the warm welcome received from the Mississauga people to their ancestral lands, *Goose Bay's* mission in the Great Lakes and the themes of Canada 150 both added layers of significance.

Great Lakes Deployment 2017 is primarily about outreach and awareness. Most Canadians live in places far removed from where the Navy operates, and this mission brings the Navy to them. By engaging with Canadians and showing them how the



From left: HMCS *Goose Bay's* Commanding Officer, LCdr Rob Tucker, and Coxswain, PO1 Angela Hanson, listen as Chief R. Stacey LaForme of Mississauga and New Credit First Nation welcomes the ship and her crew to Toronto for the Great Lakes Deployment.

MCPL CHARLES STEPHEN, FIS

Navy works for them and this country, we can bring all Canadians into the missions of unity, reconciliation, and

environmental protection espoused by Canada 150.

As stated, one of the goals of Canada 150 is reconciliation. LCdr Tucker shared his thoughts on why these ceremonies are such an important part of *Goose Bay's* mission: "I believe it is of vital importance for the RCN and CAF to continue to foster and highlight the strengthening relationship between the Canadian public and the indigenous peoples of the many First Nations throughout our country. As Canada celebrates 150 years, we need to recognize that these lands have been inhabited for thousands of years and only through respect and inclusion will we grow and unite."

In addition to the gracious welcome

and purification ceremony, Chief LaForme shared with those assembled a poem he had written on the theme of sacrifice for one's country. LCdr Tucker would go on to share the poem with those assembled at the reception held the next day onboard the ship in Toronto. When asked why he chose to do so, *Goose Bay's* CO explained its significance to both the ship's mission and that of Canada 150: "Chief LaForme wrote the poem "*Remember*" in recognition of indigenous peoples and all Canadians that have sacrificed their lives in service to our country. It aptly captures the sentiment of a nation and reminds all Canadians of how precious our shared lasting peace is."

Remember

By Chief R. Stacey LaForme

To all those who have gone before
To all the people that went to war

To the men and women who faced death
To those who will never again draw breath

To the mothers and fathers whose children gave all
To the husbands and wives whose mate answered the call

To the children who faced life on their own
To everyone who talks to a name on a stone

No medal and ribbon can repay all that we owe
The parade and applause are not enough and we know

How do you thank someone for everything you have and everything you are
Without you, never could we have accomplished so much or come so far

I want to say thank you
But no words are enough for what you went through

There is one promise that I can give
One oath that I will never break for as long as I live

I will remember that we owe all to you
A person, a people that I never even knew

I will remember

H	A	T	E	A	T	E	A	M	S	T	I	G	M	A	I	S	H
A	S	I	A	M	A	L	I	A	C	A	M	E	A	T	P	I	E
W	H	A	T	C	O	U	L	D	Y	O	U	C	A	L	L	A	A
K	O	R	E	A	H	U	M	A	D	D	E	R	A	L	A	L	A
S	T	A	N	L	E	E	S	E	Z	P	A	T	E	W	A	N	T
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Super Crossword
Answers



'Rescue aircraft, rescue aircraft. This is Tamarind. It's great to have you overtop again.'

By Sara Keddy,
14 Wing Public Affairs

A 14 Wing Greenwood CC130 Hercules rescue crew thought the sailor aboard a foundering sailboat below might have been sick, stressed and ill from adrenalin and salt water.

"He came up on radio, and he was struggling to talk to us: one word, stop, a few more words, then stop," says 413 (Transport and Rescue) Squadron pilot Capt Jonathan Bregman. "Apparently, he was keeping busy, hand pumping water, and he heard us on the radio and was suddenly so overcome with emotion, he was trying to compose himself. He was in the mid-Atlantic, no one around him. He is a seasoned sailor and he knew what his situation was."

Mervyn Wheatley and his boat, the Tamarind, was just one of five contacts in a multiple rescue mission June 8 and 9, in itself described as "quite the dandy" by the Joint Rescue Coordination Centre dispatcher.

Five vessels ended up in trouble mid-way through a trans-Atlantic race, creating a cascade of response from Canada, the United Kingdom and Portugal. 14 Wing Greenwood's search and rescue aircraft – and the personnel manning multiple missions – were paramount.

Capt Bregman's crew left Greenwood after the 1 a.m. June 9 call out. Within 30 minutes, they had news of a second vessel in trouble but, with that boat in radio contact with JRCC, the Hercules stayed on target to find Wheatley, reportedly 800 nautical miles east of St. John's.

"He could have been way worse," Capt Bregman says. "There was no contact with him."

Three hours into the flight, news of a third boat in distress was dispatched, but the Hercules kept on to the Tamarind, aiming to get JRCC any information to help it triage response.

"The boat was as far as you could be from Canada, in the middle of a storm and violent ocean. We arrived on scene and could pick up Wheatley's emergency beacon, so we did a little search at 800 feet. The whitecaps were bigger than him. It was rough. We finally saw him; then he disappeared."

Able to make radio contact and keep the Tamarind in intermittent sight, the Hercules attempted multiple fly-bys to drop supplies. The boat



From the second flight of a 14 Wing Greenwood search and rescue Hercules June 10, the struggling Tamarind tucks under the Queen Mary 2.

had rolled in the night, destroying its windows, with heavy damage to the mast and steering.

"Wheatley was worried his radio was going to give out, so we tried to drop three. The wind was so strong, they never seemed to drop: they just blew straight away."

The Hercules also tried to drop two sets of two sea rescue kits, which each have a radio kit inside, also to no avail. Winds were gusting to 75 knots, with a 15-metre wave, 9+ sea state and heavy rain.

The Hercules stayed on the Tamarind for close to two hours, before it had to leave for St. John's. A Portuguese P-3 Orion took on the scene 10 minutes later.

Aurora keeps eye on three vessels as SAR effort adds up

JRCC brought in a 14 Wing Greenwood Aurora crew June 9, piloted by Capt Davis Clark, 405 (Long Range Patrol) Squadron; which first headed to St. John's with a standby Hercules crew, before refuelling and heading to the search area around 5:30 p.m.

"While we fuelled in St. John's and received updates on the mission tasking from JRCC, the first CC130 on scene returned and gave us a brief: sea state 6, buffeting wind, ceilings ragged between 800 and 1200 ASL, and rain. It didn't sound great," Capt Clark says.

The aircraft was initially tasked to locate and provide updates on the dis-

tressed sailing vessel Happy, with two sailors aboard coping with a broken mast.

"We flew down to 300 feet to try and get a photo pass done but, with the rough sea state and it being a white ship, we would usually only be able to see it out the window just as it was about to pass by. We climbed up above the clouds and set up in a wide, slow orbit. We were able to stay in good communication with the sailors and explained, although we're out of sight, we're right overhead and minutes away."

JRCC asked the merchant vessel Kyshiro to support, and the Aurora assisted her in getting to the contact. All told: about six hours of SAR support.

Around 7:15 p.m., the Aurora arrived over Happy and, with sophisticated sensors, it was obvious nearby vessels would be in a position to help. The crew passed vessel locations and contacts along to JRCC, trying to coordinate the best help: some were reluctant because of the bad conditions and, finally, the MSC Anzu was directed to the Happy position. The tug, Alp, was also tasked, but it would be several hours reaching the scene.

The Aurora crew was then tasked to get on top of the Tamarind, arriving about 30 minutes later to conduct several low-level passes before climbing to hold it on radar. The Aurora crew worked with the Russian

tanker Labrador, moving to assist the Tamarind, and sent regular updates to JRCC.

"When we arrived on scene, he sounded so pleasant and calm about it: 'My windows are stoved in, but there are pillows in them to block the water,' he said, then went on to say that 'sometimes a wave would knock the pillows into the ship,' but he was doing alright."

As the Labrador closed on the Tamarind, it made several close passes in an attempt to come alongside. Severe wave height – still cresting 10 metres, with winds to 45 knots – and the pitch and roll of the Labrador proved dangerous, so the vessel attempted to provide a lee, protecting the Tamarind. The Aurora provided night time illumination and stayed in contact with other nearby vessels until fuel and flying limits were maxed.

On its return to St. John's, the Aurora checked in on the Happy and efforts

to help by the Alp and Anzu, and also checked the situation with the sailing vessel Harmonii. Severe wind in St. John's made several landing attempts impossible and, after 12.2 operational flying hours, the Aurora landed in Gander.

Bringing in back-up

Meanwhile, in St. John's, the returning Hercules went through servicing and fueling, and Capt Bregman's crew headed to a hotel – now about 4 p.m., the end of a 15-hour stint and a 10-hour operational call. They knew the mission was still "dynamic," with five boats now in distress, and they'd likely be heading back out.

The second Hercules crew, led by Maj Richard Kinner, left St. John's just after midnight into June 10. They flew three-and-a-half hours out over the Atlantic to the Tamarind, arriving at daylight.

"We were a little worried we couldn't find him at first – he had no steering, he could have overturned," says Capt Paul McBean, the Herc's first officer. "Then we got his beacon and he was right there."

Again, making radio contact with Wheatley was a highlight.

"The first thing he said was 'Rescue aircraft, rescue aircraft. This is Tamarind. It's great to have you overtop again.' He was in good spirits."

Continued on page 9

Rescue aircraft, rescue aircraft...

Continued from page 8

By this point, JRCC had identified multiple other vessels in the area: the Labrador, and the cruise ship Queen Mary 2 now making its way to the scene. When the Queen Mary 2 arrived, Wheatley radioed he was going to “run into” the ship. McBean says the Queen Mary 2 assured Wheatley, “That’s OK, we’ve hit worse.” The Queen Mary 2 used its dwarfing size to block the waves for the Tamarind, launched a rescue boat and picked up Wheatley.

“We could see from the air, maybe 15 or 20 people on the decks and, by the time we left, the whole boat was on deck watching and we could see them clapping.”

By now, the four other struggling boats had been found, and situations had stabilized. A Hercules tasked from 8 Wing Trenton and a rescue aircraft from the United Kingdom were stood down. Kinner’s crew returned to St. John’s and picked up Capt Bregman’s crew, all heading home to Greenwood around 7:30 p.m. June 10.

Making an effort to meet

June 13, as the Queen Mary 2 made a port call in Halifax, Capt Bregman was there, hoping to meet Wheatley.

“Most of the time, we never see the people we help again – this was my first time. I actually moved a work shift to be here,” Capt Bregman said.

At Pier 22, Capt Bregman spoke to the shore crew, identifying himself. As the ship docked, the captain’s secretary came down to fetch him, taking him directly to the bridge to meet Wheatley and Queen Mary 2 Captain Chris Wells.

“I showed them video from the rescue, I spoke to them both and I gave Wheatley a 413 Squadron coin.”

It appears Wheatley, 73, a 33-year British Royal Marine veteran and an experienced open ocean sailor; was already planning to replace his sailboat and prepare for the next race. As for Capt Bregman, he’ll take his rescue aircraft any day.

“This experience was way beyond our training and, what impressed me the most – the Hercules was more than capable. Those were the worst winds I’ve ever flown it in – basically a hurricane.”

Dear Lt Col Marshall,

I am enormously grateful to you and your Squadron for your very significant part in my rescue in the North Atlantic. I think you will know that I had not intended to activate my EPIRB but, as events unfolded, I am glad it happened that way.

I was taken aback by the intensity of my emotional response when the ‘Herc’ arrived overhead and initially I was unable to speak to Brad. It was immensely reassuring to know that, from then on, I was in safe hands.

What I particularly appreciated was the understanding of all your pilots of what was happening at my level. From the first contact with Jonathan, there was an easy rapport and decisions about transfer or the way ahead hardly needed discussion because we were of one mind.

What most impressed me was

the fundamental professionalism of all the pilots which imbued me with a sense that the situation was under control and was going to have a successful outcome. I have undergone many pretty uncomfortable journeys in a C130 and have jumped out of a few but I never thought I would be so grateful to hear the sound of those engines.

I was extremely glad to be able to meet Jonathan and was very touched when he presented me with the medal which I shall treasure for the rest of my life. Please pass on my heartfelt thanks to the other pilots, their crews and ground crews. I know that, without their dedication and professionalism, I would have been in deep trouble.

I hope you all take justifiable pride in a job well done.

Thank you.

Mervyn Wheatley

Marine rescue highlights preparedness

By Sara Keddy,
14 Wing Public Affairs

Luck – it depends on which side of it you’re on. In this case, it was good all the way around.

A search and rescue mission May 27 combined a sailboat, heavy ocean conditions and four imperilled sailors off the coast of Nova Scotia with a first-time responder leading the call.

Just before 11 p.m. May 27, the Joint Rescue Coordination Centre in Halifax tasked both a 413 (Transport and Rescue) Squadron Cormorant and Hercules aircraft to assist a Canadian sailing vessel, the schooner Sorca, in distress 155 nautical miles south southeast of Halifax. The four sailors aboard had activated an SOS call after making a decision to abort their voyage to Bermuda and return to Lunenburg.

Cormorant 905 was airborne from 14 Wing Greenwood at 11:02 p.m., followed by Hercules 335 at 11:10 p.m. On board the helicopter was MCpl Ryan Morris.

“It was my first real rescue, yes – just the luck of the draw I was on shift. As a SAR-Tech, we want those calls,” MCpl Morris said.

MCpl Morris has eight years as an infantryman under his belt, and is an August graduate of the CAF’s year-long search and rescue training program. His first posting as a SAR-Tech was to 413 Squadron, where he spent the past nine months training on both the Hercules and Cormorant airframes. He was cleared in early February but, with a rotating shift



Safely aboard a 413 (Transport and Rescue) Squadron Cormorant early May 27, the crew of the lost schooner Sorca with SAR-Tech MCpl Ryan Morris.

SUBMITTED

schedule and the unpredictability of SAR calls, it was this May 27 call that saw him in action for the first time.

“I was calmer than I thought I would be, but that’s two years of training and I was very prepared when I got the call. The people I was with on the call were very enabling – everyone knows their job and works together. We felt good, with a super experienced team, and I felt confident.”

The crew was expecting to have to hoist the sailors from the sink-

ing sailboat, and was planning their approach through masts and lines. Twenty minutes out from the scene, they received word a tanker, the Onego Capri, about eight miles away; had been able to reach the Sorca and get the sailors aboard via a ladder over the side. By the time the Cormorant arrived, the sailboat was gone; SAR-Techs hoisted the sailors from the deck of the tanker, and then flew them to the Halifax Stanfield International Airport.

The luck on the other side of the rescue?

“An hour ago, I was able to hug my 16-year-old son, (Nate). He had been picked off the deck of the cargo vessel... off the coast of Nova Scotia... after abandoning the schooner Sorca,” wrote Phil Watson in an email received by 14 Wing before 6 a.m. May 28. “Please pass this to the base commander and 413 Squadron... my thanks to the air crew, mechanics and the rest of the team who made this possible. Thank you for the hours of training, the lost time at home with your families and for taking the risks necessary to return our families to us.”

Watson is the captain of Nova Scotia’s sailing ambassador, the Bluenose II. He’s worked with rescue responders on open water for many years, and is well aware of the extreme the conditions his son and companions were in when the decision was made to abandon the Sorca. Watson gives full credit to the search and rescue service.

“I understand that it was a first mission for one of the rescue swimmers,” he said. “I hope his career is filled with many more successes.”

The Hercules returned to 14 Wing just before 3 a.m., and the Cormorant crew was home just after 4 a.m. Captain Dan Noonan, also with 413 Squadron, said both MCpl Morris and the Sorca’s crew were well-prepared.

“Morris did a good job on a challenging hoist, with sea conditions and it being night. The Sorca crew had all the proper safety and signalling equipment and made the right call.”

D-Day veteran awarded French Legion of Honour

By Ryan Melanson,
Trident Staff

More than 70 years after taking part in some of the most horrific battles of the Second World War, including the invasion of Normandy, a veteran and former RCN sailor was awarded by France on June 9 with the country's highest decoration for service, the French Legion of Honour.

Fred Turnbull joined the RCN in 1942 at 17 and served as a bowman/gunner on board Landing Craft Assault Flotillas in the Mediterranean and in the English Channel, participating in the invasion of Sicily in 1943 and in the D-Day landings on the beaches of Normandy in 1944, among other operations. The bravery he showed, allowing soldiers to disembark landing crafts while under heavy fire, has put him in league with about 600 other Canadians who have been awarded the Legion of Honour from France.

He was presented the medal by Laurence Monmayrant, the Consul General of France for the Atlantic Provinces, who explained just how significant it is for the Second World War sailor to receive the prestigious decoration.

"It is the highest national order in France. Since it was created in 1802 by Napoleon Bonaparte, it has been awarded in recognition of outstanding contributions or achievements made for the progress of France or in defence of the nation," she said.

The Consul General said she was particularly proud to celebrate the occasion with Mr. Turnbull, who she described as a living page out of her country's history books, with contributions to its liberation that are more



Fred Turnbull receives the French Legion of Honour decoration from Laurence Monmayrant, the Consul General of France for the Atlantic Provinces.

RYAN MELANSON/TRIDENT STAFF

than worthy of the recognition.

"As early as 17 years old, he was brave enough to volunteer. In doing so, along with many other young Canadians, he contributed to the rescue of a Europe that was plagued by the Nazi regime," she said.

The Legion of Honour medal itself is a five-armed cross with a V-shaped

cut-out at the end of each arm. The 92-year-old veteran gave an emphatic thumbs up for the crowd as Monmayrant pinned the medal to his lapel.

"This isn't something I ever thought would happen, and this is something I accept on behalf of all the landing craft crews that landed on Normandy," Turnbull said immediately

afterward. He recalled his visits to France following the war, including during the 35th anniversary of the D-Day landings in 1979, and joked about never paying for a drink once word got out of his involvement in the landing operations.

"I saw that as an indication of how the French people appreciated the Canadians and what they had done," he said.

History and war buffs might recall Turnbull's name from having read his book *The Invasion Diaries*, written largely from the diaries he kept while overseas, something that was illegal for sailors to do at the time. Turnbull's daughter, Beth Follett, read an excerpt from the book at the award ceremony, describing the invasion of Normandy and the chaos her father was witness to, surrounded by mines, explosions and dead bodies. She said her father didn't talk about the war when she was growing up and that his book and the subsequent attention put on his naval career has helped her and her brother understand his role in the conflict. Releasing from the RCN after the war, Turnbull studied at McGill University in his hometown of Montreal and went into business, retiring in 1989 from a position with Montreal Trust after a long civilian career. As he put it - "Life went on."

"But we had no idea what he had gone through as a mere teenager, along with so many others. They were brave beyond their years," his daughter said.

The Ceremony was hosted by the Canadian Naval Memorial Trust in the Ballroom of Juno Tower, with Cdr(ret'd) William Gard serving as emcee for the occasion.

Memorial sculptural monument dedicated to Lost Airmen of the Empire

By Capt Peter Ryan,
12 Wing PAO

On June 1, several hundred people attended a dedication on the North side of the Victoria International Airport overlooking 443 Maritime Helicopter Squadron for those who were lost at RCAF Station Patricia Bay during the Second World War.

The memorial consists of twenty-five, 12-foot high, Corten Steel, Cooper's Hawk Feathers with the names and ages of each of the fallen cut into the feathers.

The memorial is located on Hospital Hill, named for the base hospital at the time. Over 5,000 personnel trained to serve as pilots, navigators, armourers and mechanics in advanced training as part of the British Commonwealth Air Training Plan. This was

the third largest training centre of its kind in Canada at the time.

A total of 179 people perished while posted to or working at RCAF Station Patricia Bay, or were aboard aircraft from that base.

The occasion was marked by a trooping of colours by 443 Squadron, remarks from dignitaries and a flypast featuring a variety of RCAF aircraft.

The monument was selected by Victoria Airport Authority and a group of citizens including members from 443 Squadron who formed a working group that had the common goal of increasing the awareness of the proud military history of the airport. The memorial sculpture was designed by Illarion Gallant and is accessible to the general public.



Helping veterans find good, well-paying jobs

By Employment and Social Development Canada

Canada's veterans have served our country with bravery, honour and dignity-putting their lives at risk to protect our freedom. CAF members and their families deserve our gratitude and continued support when they transition from military to civilian life.

Enhancements introduced to the Government of Canada's Job Bank website will help veterans in finding the information they need to plan their career or find good, well-paying civilian jobs. The new updates make the website more user-friendly and also include resources and tools to help employers and organizations that help veterans in transitioning to civilian employment.

Job Bank, the Government of Canada's free and bilingual website helps connect job seekers and employers across the country. It provides access to timely, reliable, and comprehensive labour market information to help ensure that all Canadians can make informed career decisions. Since 2015, the website has given employers the option of marketing their job postings to apprentices, Indigenous Peoples,

newcomers to Canada, persons with disabilities, seniors, students and veterans of the CAF.

"Helping Canada's veterans find good jobs in the private sector is truly a win-win for everyone. Veterans get to put their training and hard-earned skills to good use, while Canadian businesses benefit from the unique skills veterans offer," said the Honourable Kent Hehr, Minister of Veterans Affairs and Associate Minister of the Department of National Defence.

In 2016, close to 10,000 Regular and Reserve Force members released from the military. While many of them transition successfully, we recognize that some struggle. Job Bank is Canada's online employment and labour market information service. It receives 180,000 site visits and 1,250,000 views per day. In 2016, over 600,000 jobs were posted through Job Bank.

Labour market information includes any data, information or analyses that can assist Canadians in making informed decisions or plans related to: learning, training and skills development; employment, job searches and career planning; staff recruitment, retention and related business decisions; and workforce investment strategies.

National Public Service Week



MARLANT celebrated 2017 National Public Service Week, which ran from June 11-17, with its annual coffee break gathering for civilian DND team members in the lobby of D201. Coffee, tea, pastries and fruit were in abundance, and a number of employees spoke to the crowd about their jobs and their positive experience working in the public service. Pictured from left during the cake cutting are Cindy Ohearn, MS Kory Tynes, RAdm John Newton, Tracey Mitchell, and Jenny Torres.

OS JOHN IGLESIAS, FIS HALIFAX

Aider les anciens combattants à trouver un bon emploi bien rémunéré

Par Emploi et Développement social Canada

Les anciens combattants du Canada ont servi notre pays bravement, avec honneur et en toute dignité. Ils ont mis leur vie en péril pour protéger notre liberté. Les membres des FAC et leurs familles méritent notre gratitude et notre soutien continu lorsqu'ils doivent faire la transition de la vie militaire à la vie civile.

Grâce à des améliorations au site web du Guichet-Emplois du gouvernement du Canada, les anciens combattants pourront trouver les renseignements nécessaires afin de planifier leur carrière ou trouver un bon emploi civil bien rémunéré. Les mises à jour rendent le site Web plus convivial et offrent des ressources et des outils pour aider les employeurs et les organismes qui aident les anciens combattants à faire la transition vers un emploi civil.

Le Guichet-Emplois, un site gratuit et bilingue du gouvernement du Canada, aide à créer des liens entre les chercheurs d'emplois et les employeurs au pays. Ce site offre l'accès à des renseignements sur le marché du travail opportuns, fiables

et compréhensifs pour faire en sorte que tous les Canadiens puissent prendre des décisions éclairées quant à leur carrière. Depuis 2015, le site offre la possibilité aux employeurs d'afficher leurs offres d'emplois pour les apprentis, les Autochtones, les nouveaux arrivants, les personnes handicapées, les personnes âgées, les étudiants et les anciens combattants des FAC.

« Aider les vétérans canadiens à trouver des emplois de qualité dans le secteur privé est nettement avantageux pour toutes les parties. Les anciens combattants mettent à profit leur formation et leurs compétences durement acquises tandis que les entreprises canadiennes bénéficient des compétences uniques qu'ils ont à offrir, » a dit L'honorable Kent Hehr, ministre des Anciens Combattants et ministre associé de la Défense nationale.

En 2016, près de 10 000 membres des Forces régulières et de réserve ont été libérés de l'armée. Bien que la plupart des anciens combattants réussissent leur transition, nous sommes conscients que certains d'entre eux éprouvent des difficultés.

Le Guichet-Emplois est le service

de renseignements sur l'emploi et le marché du travail en ligne du Canada. Le site reçoit 180 000 visites et est consulté 1 250 000 fois par jour. En 2016, près de 600 000 emplois ont été affichés sur le Guichet-Emplois.

L'information sur le marché du travail comprend des données, des renseignements et des analyses qui peuvent aider les Canadiens à

prendre des décisions éclairées ou à faire des choix pour ce qui touche l'apprentissage, la formation, le perfectionnement des compétences, l'emploi, la recherche d'emploi, la planification professionnelle, le recrutement, le maintien en poste et d'autres décisions opérationnelles connexes, ainsi que les stratégies d'investissement dans les effectifs.



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Former COs celebrate 20 years of HMCS *Goose Bay* and the Kingston class

By Ryan Melanson,
Trident Staff

The Commanding Officer of HMCS *Goose Bay* recently held a reunion of sorts for those who've commanded the Kingston-class ship, inviting former COs on board for a luncheon to recognize the 20-year milestone of the vessel being in service.

LCdr Robert Tucker gathered in the wardroom with five former COs, LCdr (Ret'd) Robert Green, Capt(N) Chris Ross, Cdr (Ret'd) Richard Oland, LCdr Craig Gillis and Cdr Jason Karle - making six of the ship's nine COs present for the occasion.

Goose Bay's actual commissioning date was in 1998, meaning the true 20th anniversary will fall next year, but LCdr Tucker said he wanted to get the former commanders together, and knowing the ship will be going down into an extended readiness period at the end of 2017, this spring presented the best opportunity. The officers had lunch in the Wardroom and toured through the ship to get a look at what had changed since their time in charge.

"We talked about all of our collective experiences in command, and our notable moments, both good and bad," LCdr Tucker said. They also spoke about the growth of the MCDV com-



LCdr Robert Tucker, LCdr (Ret'd) Robert Green, Captain(N) Chris Ross, Cdr (Ret'd) Richard Oland, LCdr Craig Gillis and Cdr Jason Karle - making six of the ship's nine COs present for the occasion.

LS MATHEW COTTINGHAM, HMCS GOOSE BAY

munity, and the evolution of the ship from primarily being a platform for reservists to where it is today.

"The types of missions these ships have been assigned has grown exponentially, where we see them now assigned as international deployers and to named missions like Op CARIBBE and Op NANOOK."

During the tour, the former COs were collectively quite surprised with the technology advances and new pieces of equipment on board, LCdr Tucker said, which speaks to how

the class has progressed since being brought on in the 90s.

A few of *Goose Bay's* highlights since being commissioned include being one of the first RCN ships to sail to the Arctic in more than a decade in 2002 along with HMCS *Summerside*, and also being one of the first of the class to cross the Atlantic to Europe. And during his own stint commanding the ship, which began in June of 2016, LCdr Walsh has had an exceptionally busy program, including the 2016 Great Lakes Deployment, Exer-

cise Cutlass Fury, a workups program, and recently, serving as an unofficial trial ship for the Kingston class.

"We started bringing on gear and trialing new procedures on board, acting as a test platform," he said. This means experimenting with a new crewing model for the engineering department, new damage control procedures, and new remotely-controlled weapons systems.

Currently, *Goose Bay* is participating in community visits as part of this year's Great Lakes Deployment, which has also taken its commander back to his hometown of Kingston, Ontario. The deployment was actually on LCdr Tucker's mind as he planned his reunion luncheon with the former COs; he saw it as an opportunity for his team to advance their hospitality skills ahead of welcoming so many guests on board during the GLD.

"That was one of the driving forces behind this for me and they did an exceptional job," he said.

Goose Bay will be back in Halifax early in July, with a brief leave period for the crew before deploying to the Arctic later in the summer on either Op QIMMIQ or NANOOK, and then going down into its extended readiness state for maintenance, repairs and upgrades.



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HMCS *Ottawa* achieves milestone missile shoot

By SLt Jacob Booth,
HMCS *Ottawa*

HMCS *Ottawa* achieved another milestone after successfully completing a layered missile engagement against a Hammerhead target while deployed on Poseidon Cutlass 17-1. After many weeks of training, the exercise concluded with the launch of an Evolved Sea Sparrow Missile (ESSM) and engagements with the Bo-fors 57mm Mark III and 20mm Close-in-Weapons-System in an impressive display of firepower.

Conducted off the coast of Okinawa, Japan, a first for the Royal Canadian Navy (RCN), the trial demonstrated the capabilities of the ESSM when used in Surface-to-Air in Surface-to-Surface (SASS) Mode against a small boat attack, as might be experienced during asymmetric warfare.

The target for the event was provided by QinetiQ Target Systems Canada (formerly Meggitt), a Canadian company based out of Medicine Hat, Alberta.

Intended for destruction, these targets provide an opportunity for ships to exercise their skills while employing weapons systems to their full potential.

Preparations were extensive and undertaken over countless hours of training and study. From refining a checklist of actions by individual team members, to refining the optimal employment of weapons and



Off the coast of Okinawa, Japan, HMCS *Ottawa* fires an Evolved Sea Sparrow Missile against a Hammerhead target while deployed on POSEIDON CUTLASS 17-1.

SUBMITTED

sensors, and participating in increasingly complex training scenarios, the operations room worked on every detail to hone their operational skills and warrior spirit, not only to ensure the success of the shoot, but to also defend the ship against asymmetric threats such as small boats.

Although everything was well prepared by the time *Ottawa* arrived on the range, Fire Control Operator, LS Derek Urichuk, said the anticipation in the operations room was palpable.

“I couldn’t believe the nervous excitement that was felt throughout the ship as we all awaited the shoot.”

A very early morning start saw the

commencement of checklist items that culminated with a mid-morning action alarm energizing the ship to Action Stations.

Closing at high speed, the target was piloted towards *Ottawa* to simulate a small attack craft, triggering the above water warfare team to action.

With the ship’s Surface Warfare Controller, PO1 Eric Lemay, barking out orders, the team went through the layers of defensive weapons, from the missile engagement, quickly transitioning to the 57mm main gun, and finally an engagement with the Close-in-Weapons-System, ultimately disabling the target and halting it

from closing the ship any further. When asked about witnessing the experience, the Officer of the Watch, Lt(N) Stephan Oxley, remarked, “Participating in this exercise has been a highlight of my career - this is why I joined the navy.”

This exercise, combined with the previous missile shoot in March off San Diego, demonstrated the navy’s ability to conduct and support Force Generation overseas. Additionally, as part of the objectives of Poseidon Cutlass 17-1, the ship was resupplied with missiles while alongside in Guam, and reloaded with targets in Malaysia. Building the knowledge and skills to accomplish these complex logistical tasks was also a key element of the navy’s goals for this deployment.

The extensive preparation and training lead to a successful layered engagement for the RCN. It’s been one of the many highlights of *Ottawa*’s deployment as the team continues the mission in support of the maintenance of regional peace and security in the Indo-Asia Pacific while also bolstering Canadian diplomatic engagement and defence relations.

Having left Okinawa Japan, *Ottawa* has now rejoined sister ship *Winnipeg* after weeks of conducting separate programs, to transit northbound together, towards the next exercise with Allies and Partner nations in advance of Exercise PACIFIC GUARDIAN.

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RCN occupations restructured to better support future fleet

By Darlene Blakeley,
Senior Editor and Writer, Navy PA

Occupations within the Royal Canadian Navy (RCN) are currently being restructured to better prepare for future ships as the navy begins the largest peacetime fleet recapitalization of its modern history.

The National Shipbuilding Strategy will see the introduction of three new classes of ship to the existing fleet of Kingston, Victoria and modernized Halifax-class platforms. In support of Commander RCN's intent and guidance, this new RCN will require modernized and flexible naval occupations. As a result, a realignment of non-commissioned member (NCM) occupations to prepare for manning future fleet platforms needed to be undertaken.

Prior to this realignment, the Combat Systems Technician Occupational Analysis (OA) study commenced in the fall of 2003 and was conducted in conjunction with a broader study looking at the implementation of career fields in the RCN. The study looked to create a new occupation that grouped five legacy occupations together: Naval Weapons Technician; Naval Electronics Technician - Acoustic; Naval Electronics Technician - Communications; Naval Electronics Technician - Tactical; and Naval Electronics Technician - Manager.

This resulted in the creation of the Weapons Engineering Technician occupation that stood up September 1, 2011.

The next OA restructured the Marine System Engineering occupations of Marine Engineer and Electrician Technician, beginning in the fall of 2014, with Marine Engineering Systems Operator joining the study in January 2015 and Hull Technician in September of that same year.

"The purpose of the OA was to develop an occupational structure that is best able to support Commander RCN's priorities of ensuring excellence in operations at sea; enabling the transition to the future fleet; evolving the 'business of our business'; and energizing the institu-



PO2 Andrew Childs makes new parts on a metal lathe aboard HMCS Fredericton during *Ex SPARTAN WARRIOR* in October 2016.

CPL TONY CHAND, FIS

tion," explains Cdr Luc Tremblay, Director Naval Personnel and Training 3.

As part of the OA, the legacy occupations were reviewed to determine the tasks they performed and evaluate commonalities.

"Based on common tasks several options for restructuring were developed and presented for decision," says Cdr Tremblay. "In the end, the option for a common occupation called Marine Technician (Mar Tech), with Electrician and Mechanical Specialist sub-occupations, was chosen."

The OA then developed the requirements for the new occupation including job descriptions, employment structure and applicable establishment changes, which form the basis of the Military Employment Structure Implementation Plan.

"The new Mar Tech occupation is expected to stand up on May 1, with all occupations transferring into the new structure. The Reserve component is expected to follow in the coming months once all the Reserve positions have been determined to complete their establishment," says Cdr Tremblay. "The Directorate of Na-

val Personnel and Training will drive implementation to ensure that the new trade is properly managed and trained, and has competent personnel to support operations."

Naval Reserve component

The development of the Naval Reserve component had originally been delayed with the Reserve establishment review happening concurrently. When the basic framework of the Reserve component of Mar Tech was complete, the details of the final structure were developed during a week-long working group held at Naval Reserve Headquarters in July 2016.

The results were approved by Deputy Commander RCN in October 2016 as a single occupation that mirrors the Mechanical sub-occupation and supports the Naval Reserve mission, in a strategic augmentation role, of force generating trained engineers who can be employed at sea and ashore in a wide range of missions. Employment for Reserve Mar Techs will focus on support to Naval Security Teams, Maritime Tactical Operations Group (small boats) and Orca-class patrol vessels.

Multi-disciplined approach

Cdr Tremblay says that under the new structure, sailors will require a multi-disciplined approach in order to manage the complex technologies and leaner crewing models proposed for the future fleet. The multi-disciplined Mar Tech will support the fleet with competencies closely aligned with those of the International Maritime Organization (IMO).

"Large commercial vessels have operated for years with minimal crew-

ing as compared to RCN ships, and the Mar Tech trade has been designed with the applicable IMO guidelines for competency in manning our current and future fleet," explains Cdr Tremblay. "As we are a naval organization that operates in the marine environment, the Mar Tech will also require specialized training in order to support both internal and external battles, requirements that do not exist in the civilian world."

Trades training will change from a comprehensive process, one course teaches all, to a modularized one. Naval Training Development Centre Pacific will identify and develop both Mar Tech delta training (that which has not yet been completed as part of legacy training) and steady-state training for the legacy occupations. The modularized Mar Tech training plan will prevent duplication of training and allow for the more efficient and timely training of new personnel. A methodology has been developed that will assist in identifying delta training requirements and rationalize them to ensure the safety of equipment, the vessel, or personnel are not compromised.

Occupation and career managers are working to ensure that promotions will continue in order to meet RCN needs and are conducted in the usual fair and transparent manner. Legacy career progression will continue in the individual's respective occupation for 2017/2018. The following year, Mar Tech career managers will produce a matrix to ensure no legacy occupations are at a disadvantage to one another for career progression, and to ensure seniority is carried over in an equal and fair manner. This matrix will be maintained and adjusted as necessary to ensure fairness until all of the legacy occupations have been fully integrated into Mar Tech.

Proud legacy occupations

Cdr Tremblay admits there has been some apprehension and concerns from those affected. "The members of the proud legacy occupations made it abundantly clear in their feedback that they were worried about a loss of specialization as a result of the new occupation, and where they would fit into the new paradigm," he says. "After numerous town halls and information sessions, these sailors are starting to see the benefits of the alignment with civilian standards, and that at a base level, they will become a more rounded maintainer with a general knowledge in electrical, mechanical and hull systems, much like that in the civilian marine industry."

Continued on page 15



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Quilts of Valour

By Sgt Doug Setter,
JPSU Pacific

Few awards can hold a candle to one of the most thoughtful gifts that an injured military member can receive...a Quilt of Valour. It is a handmade quilt made by a Canadian volunteer.

Quilts of Valour - Canada Society™ started in 2006 when a civilian in Edmonton, Lezley Zwaal, witnessed three injured soldiers without quilts. She had the impression that our injured soldiers are often forgotten. Lezley contacted the Quilts of Valor in the United States to learn how she could present quilts to our own injured service personnel in Canada.

Lezley received three quilts from local quilters in Edmonton and was able to present them to the three injured soldiers. This gesture got her television coverage, where she asked for volunteers. Soon quilts were coming from across Canada and in 2009, Quilts of Valour Canada became a non-profit, registered charitable society with Lezley Zwaal as the president. Currently, there are 35 representatives and approximately 200 members, spread across the provinces throughout Canada (None yet for the northern territories but they have been in contact with quilters in the north.) While many of the volunteer members are quilters, the only prerequisite for membership is to have a passion for helping.

To date, more than 8,500 quilts have been made and presented to injured personnel. These quilts follow no particular pattern except that they must be 55" x 70" and follow a mature design (no children's prints). Most quilters do not want to be boxed into a particular design, so they put their own artistic touch into each quilt. These quilts are distributed to injured members through the Integrated Personnel Support Centres (IPSC) located on most bases. These quilts are not retirement gifts and are exclusively given to injured members.

When one quilt was presented to a young corporal, his daughter mistakenly thought that it was for her. To negotiate the situation, the corporal would share the quilt with her every night. He would then explain to her that sometimes he would leave their family to deploy overseas "to protect people, like the ones who made this quilt."

Mary Ewing has been involved with Quilts of Valour - Canada Society™ since 2006 (she saw Lezley on television) and has been president since 2014. Although she has never served in the military, she has quite the military background. Her husband is retired from the Navy after a 31-year career; she has sons in both the Air Force and Army and her grandson will continue the family tradition this summer in St Jean, Quebec where



Coxswained by none other than Paul Ring (Regatta Hall of Famer and former Navy Rowing Team Coach), Tina Hunt, Royal Regatta Champion and CFS St. John's Deputy PSP Manager, Sgt Paula Roberts (Championship Rower) and the Command teams from both the Station and CFB Halifax braved the early morning rain and fog to try their hand at the fixed seat, single oar sweep rowing.

SUBMITTED

CFB Halifax Command Team goes on the water

By LCdr Gerry Parsons,
Commanding Officer CFS St. John's

CFS St. John's hosts the CFB Halifax Command Team for an introduction and unit brief as a part of Base Command turnover. This brief was called to order, not only to welcome Capt (N) Forget to view the extent of the CFB Halifax area of responsibility, but to

also provide him a warm welcome to the frigid sub-arctic terrain that many MARLANT sailors hail from. Over the two-day visit, Capt(N) Forget toured CFS St. John's, a \$157 million facility which opened its doors as a Force Support Unit in June 2014. During the visit I, as the Station Commanding Officer, capitalized on an opportunity to have the CFB Halifax Command

team out for some early morning PT on the historic Quidi Vidi Lake, home of North America's oldest sporting event and Newfoundland's favorite summertime pastime – The St. John's Royal Regatta. Celebrating its 200Th anniversary next year, the St. John's Royal Regatta will be one of the largest celebrations of the rowing sports longstanding history.

RCN occupations... *Continued from page 14*

Once sailors specialize in one of the two sub-occupations, they will be able to carry out most repairs individually, without having to call on the expertise of another trade discipline, as was done in the past, making them more efficient at their jobs. For example, a Leading Seaman in the Mechanical or Electrical stream will no longer need to rely on a legacy occupation to remove wires before removing a pump – one person will do that regardless of the sub-occupation.

"The end result will be a new occupation that retains the skills and knowledge of the legacy occupations, but aligns closer to Transport Canada and IMO competencies in order to produce those efficiencies and individual skill sets that will be required in the future fleet," explains Cdr Tremblay.

The comprehensive examination of the RCN NCM occupations continues with the envisioned Deck Operations

occupation structure that has commenced on the heels of Mar Tech, and will allow for efficiencies to be realized by aligning the Steward and Boatswain occupations, and some additional tasks from Naval Communicator.

The next OA will begin later this year, examining the feasibility of creating a new Combat Operations occupation, encompassing the cur-

rent Naval Combat Operator, Naval Electronic Sensor Operator and Sonar Operator occupations, and potentially elements of Naval Communicator.

While the comprehensive examination has been focused on non-commissioned occupations, at this time no direction has been given to examine officer occupations.

With files from CPO2 Shaun Perry

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HMCS *Ottawa* Celebrates Canada 150 at Sea

By Lt(N) Daemen Wolch,
HMCS *Ottawa*

How does a Canadian warship commemorate Canada 150 while deployed half way around the world?

In the case of HMCS *Ottawa*, the answer would be with a specially created Canada 150 screen, being used by the ship during POSEIDON CUTLASS 17, while conducting exercises with other navies in the region – an important part of Canada's strategic involvement in the South China Sea.

Screens are tools used by navies to assist with the assignment of positioning when working with other ships at sea. Different segments of the surrounding area are each assigned a name for the sake of brevity. Often a theme is chosen for the names that reflects the mission at hand. In this case, *Ottawa* chose to spread some Canadiana to our foreign consorts.

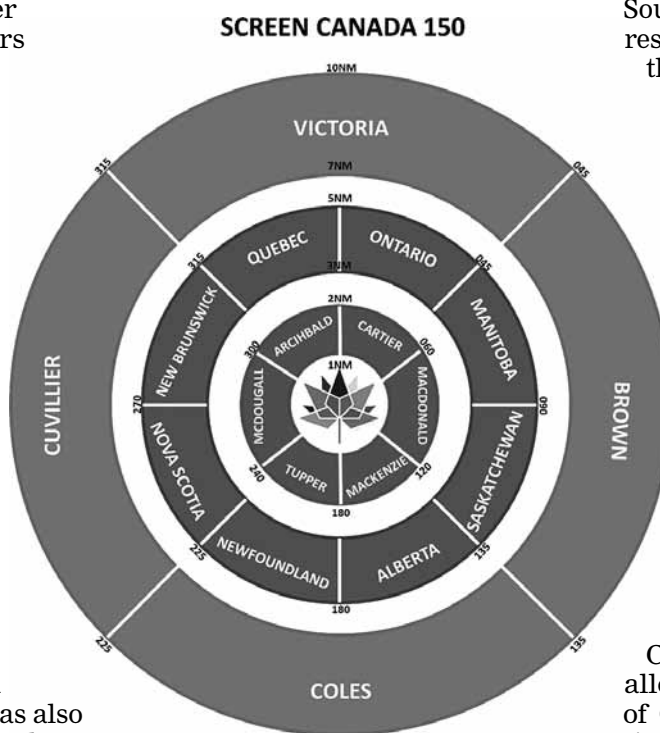
The Canada 150 screen celebrates the sesquicentennial with an ode to the mothers and fathers of Confederation, as well as a nod to the

Canadian provinces. The inner sectors are named after Fathers of Confederation: Sir John A. MacDonald, Sir George Archibald, Sir George-Étienne Cartier, Sir Charles Tupper, Alexander MacKenzie, and William McDougall.

The middle sectors each bear the name of a Canadian province.

Finally, the outer sectors are named after Mothers of Confederation: Queen Victoria, Anne Brown, Mercy Coles, and Luce Cuvillier.

The screen was first used by HMC Ships *Ottawa* and *Winnipeg* and HMAS *Ballarat*, an Australian warship. The three ships conducted exercises over the course of three days using the Canadian designed screen. The screen was also successfully used with the French ship *Prairial*, during a full day of activities. The Canada 150 screen will be used with other regional partners as *Ottawa* continues its mission of



South Korea; Incheon, and Busan, respectively, where the ships will have the honour of kicking off the country's 150th Canada Day celebrations.

Although the women and men aboard these ships will be far from home, planning has already begun for how to best celebrate on July 1. Being 16 hours ahead of their families' back home means these sailors will be some of the first people to ring in Canada 150.

Lt(N) Curtis Dollis, Navigating Officer onboard *Ottawa*, has become very familiar with the screen over the past four months.

"Ships routinely use screens in operations, but using bits of Canadian history while doing so allows us to promote Government of Canada strategic communications goals while also adding a bit of Canadian flavour to our exercises with our partners in the region," he says.

The Canada 150 screen highlights Canada's history and our geography while showing our commitment to peace and prosperity in the region. It also allows the sailors onboard *Ottawa* to keep Canada in their minds while deployed in the Indo-Asia-Pacific region.

global engagement while deployed on POSEIDON CUTLASS 17.

The Canada 150 screen will see its next use during Pacific Guardian 17, an exercise to be conducted with ships from the New Zealand, Japanese, and American navies later this month. This exercise will prelude *Ottawa's* and *Winnipeg's* arrivals to

New Office of Disability Management

By Kin Choi,
ADM(HR-Civ)

I am pleased to announce the launch of the initial phase of our new Office of Disability Management <<http://hrciv-rhciv.mil.ca/en/m-office-of-disability-management.page>> (ODM), which is part of our Total Health and Wellness Strategy. This new service is designed to support employees and managers dealing with disability-related matters due to illness, impairment and injury.

The ODM will offer individualized, expert advice and case management services on a variety of disability management processes, such as early intervention to prevent further illness or injury, support during recovery, and accommodation. The ODM will also provide direct, case-by-case guidance and tools to both employees and management, enabling employees to either

stay at work, or to support them from the onset of leave through to a safe and successful return to the workplace.

The ODM will be implemented in the National Capital Region (NCR) over the coming year. The first phase will be piloted with ADM(IM), CMP and ADM(HR-Civ) this spring and summer, so that we may troubleshoot issues and adjust processes prior to extending the service to others. Additional L1s will follow this fall.

Every employee and manager located in the NCR should have access to the ODM by the end of this fiscal year. In parallel, we will continue to work towards being fully operational across the country in the coming fiscal years.

We believe that this new service will help employees feel better supported in time of need and lessen some of the burden on managers.

Additional information will be communicated as we move forward.

Nouveau bureau de gestion de l'invalidité

Par Kin Choi,
SMA(RH-Civ)

Je suis heureux d'annoncer le lancement de la phase initiale de la mise sur pied de notre nouveau bureau de gestion de l'invalidité <<http://hrciv-rhciv.mil.ca/fr/g-bureau-de-gestion-invalidite.page>> (BGI), qui fait partie de notre stratégie de santé globale et de mieux-être. Il s'agit d'un nouveau service qui vise à offrir du soutien aux employés et aux gestionnaires qui doivent traiter des questions relatives à l'invalidité en raison d'une maladie, d'un handicap ou d'une blessure.

Le BGI offrira des services personnalisés de conseils ainsi que de gestion des cas et spécialisés sur divers processus de gestion de l'invalidité, notamment l'intervention précoce dans le but de davantage prévenir une maladie ou une blessure, le soutien pendant le rétablissement et les mesures d'adaptation. Il fournira également une orientation directe et des outils, selon le cas, tant aux employés qu'aux gestionnaires, dans le but soit de permettre aux employés de rester au travail, soit de les soutenir à

partir du début de leur congé jusqu'à leur retour sécuritaire et réussi en milieu de travail.

Le BGI sera mis sur pied dans la Région de la Capitale Nationale (RCN) au cours de la prochaine année. La première phase sera mise à l'essai au sein des organisations du SMA(GI), du CPM et du SMA(RH-Civ) au cours de ce printemps et de cet été. Il est donc possible que nous ayons à résoudre des problèmes et à ajuster les processus avant d'offrir les services aux autres organisations, notamment aux autres organisations de N1 cet automne.

Tous les employés et gestionnaires qui travaillent dans la RCN devraient avoir accès au BGI d'ici la fin de la présente année financière. Parallèlement, nous poursuivrons nos efforts afin que le BGI soit pleinement opérationnel, partout au pays, au cours des prochaines années financières.

Nous croyons que ce nouveau service aidera les employés à se sentir mieux soutenus en cas de besoin et allégera la tâche des gestionnaires.

Des informations supplémentaires vous seront communiquées au fur et à mesure que le projet progresse.

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3 Intelligence Company takes the lead in training future Intelligence Operators

By MCpl Molly Woodgate,
Unit Public Affairs Representative,
3 Intelligence Company

3 Intelligence Company (3 Int Coy), a reserve unit based in Halifax, has taken on teaching the full-time Maintenance of Certification (MOC) Intelligence Operator Course in Nova Scotia. The course is running from 24 May until 1 September at 5 Canadian Division Training Center, Aldershot.

"This is the first full-time satellite course of this type to be taught in Halifax and the course was maximum loaded with 24 students from across Canada; representing 3, 4, 6, and 7 Intelligence Companies of the Primary Reserve (PRes) as well as Regular Force (RegF) personnel," said Maj Jamie Foote, Commanding Officer, 3 Int Coy.

The course is usually taught by the Canadian Forces School of Military Intelligence (CFMSI) in Kingston ON, but this year there are two satellite courses being run: one in Nova Scotia and another in Quebec. Maj Foote said the school decided to run the satellite courses because they were not able to train all the Intelligence Operators (PRes and RegF) waiting to go on the course. This training is a key example of the One



Students in the Maintenance of Certification (MOC) Intelligence Operator Course enjoy a visit from HCol Harold Skaarup (centre) during the recent course in Aldershot, NS.

CAPT S.A. ERSKINE

Force concept which harmonizes the training between the Regular Force and the Reserves.

"It was determined that only 60-70% of PRes Intelligence Operators awaiting training could be provided the opportunity to undertake their trade qualification course under the normal summer training model. This would also not allow for the training of any

Regular Force members during the summer," he said.

The personnel of 3 Int Coy decided to get involved and help solve the problem by running the course on behalf of CFSMI. All of the instructors and arrangements for the course have been seen to by the unit. It's not completely unfamiliar ground for the unit as they used to teach the course

in different modules until 2012. The Hon LCol Harold Skaarup of 3 Int Coy and Maj Foote both recently visited the course to give them a brief history of the branch.

"I was struck by how personable and well-spoken all of them were – a credit to our trade, and I am proud to say 3 Int Coy is taking a lead on making excellent training happen right here in the Maritimes," said HLCOL Skaarup.

The course will train the candidates on the key skills of an Intelligence Operator, which consists of gathering information from various sources about a specific topic; and collation and analysis prior to providing written and/or verbal briefs to a Commander. This process strives to provide the most informed military intelligence analysis in support of operations, planning, and decision-making. The training supports a

key element within the Defence Policy by improving surveillance and intelligence capabilities to anticipate emerging threats and challenges to Canada's security.

3 In Coy is actively recruiting personnel interested in employment within the Intelligence Branch. Inquiries can be directed to Sgt Desilets at 902-722-4220.

CAF Imagery Contest starts now

By CFMWS

With the emerging importance of video, the CAF Photography Contest has been officially renamed as the CAF Imagery Contest.

The annual CAF Imagery Contest celebrates the talented photographers and videographers that capture life in CAF communities from coast to coast. Whether you're a seasoned professional or an amateur photographer or videographer lover, this is the contest for you.

Entries will be accepted between June 15 and the closing date of September 1, 2017

Since 1968, the Imagery Contest has celebrated the many facets of military life through recognizing excellence in the art of photography. Honouring both the novice and advanced, photographers compete for top place finishes in eight categories, and distinguished titles such as Photographer of the Year. We are now excited to include the addition of video submissions.

Since 1992, the contest has been organized by CAF Imaging Systems Program Management and Canadian Forces Morale and Welfare Services (CFMWS).

ation of imagery which depicts the many aspects of life in the military, and recognizes those members of the military community who have attained a level of excellence in the art of photography and videography.

The contest is organized by the Imaging Systems Program Management (ISPM) of the Canadian Forces Intelligence Command (CFINTCOM), and CFMWS. Various companies from industry provide prizes and awards.

Contestants must have a CF1 Card, if not already in possession of a CF1 Card you can apply for a FREE card at: www.cfmws.com/en/OurServices/CFOne/Pages/BeforeYouBegin

The contestants must indicate on the Entry Form his/her affiliation with CAF/DND as described in the Eligibility criteria. Members and their families who are directly associated with the organizing, running, sponsoring or judging of this contest, are specifically excluded from participating.

Each contestant must submit his/her entries in only one of two classifications: Novice or Advanced. The contestant must choose the classification which best, and most fairly, fits their own ability and experience in the field of photography using the following

guidelines: Novice classification is for those contestants that meet all of the following criteria: Photography is a hobby not a profession; have never entered in the CAF/DND Photo Contest Professional/Advanced Category; and have never been awarded Best in Show or Photographer of the Year in previous CAF/DND Photo Contest. Advanced classification is for those contestants that meet any of the following criteria: Photography is a profession; have demonstrated advanced level skills in Photography; have previously entered in the CAF/DND Photo Contest Professional/Advanced Category; or have been awarded Best in Show or Photographer of the Year in previous CAF/DND Photo Contest.

Note: Personnel currently or previously employed as Imagery Technicians, as well as anyone who regularly profits from his/her photography in any way other than photo contests, must submit his/her entries in the Advanced classification.

Anyone requiring further clarification should contact the organizing committee. Based on those guidelines the committee reserves the right to move a contestant from Novice to Advanced.

The online entry form is available at: www.cafconnection.ca/National/Get-Involved/CAF-Imagery-Contest/Photography-Submission. Complete the form, upload your images (max of 5 MB per image) and submit. For more information, go to www.cafimagerycontest.ca or email: cafimagerycontest@cfmws.com



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Cyclists participate in the first annual MARLANT Navy Bike Ride, held at 12 Wing Shearwater on June 2.

NCDT ALEX ROY, MARLANT PA

Bicycle safety

By CPO1 Lee Brown,
BCPO

It is that time of year where we are seeing more and more of our members of CFB Halifax, HMC Dockyard, Shearwater and surrounding areas using their bicycles for transportation. While biking to work can be exhilarating, healthy, fun and a green alternative, some cyclists are not following all the rules of the road as they pertain to them. Please refer to the attached links for more information. Please familiarize yourself to ensure you have a safe and enjoyable cycling experience.

<http://nslegislature.ca/legc/statutes/motor%20vehicle.pdf>

<https://novascotia.ca/tran/publications/NovaScotiaBicycleSafety.pdf>

<https://www.dal.ca/dept/bike-centre/resources/laws.html>

Top 10 cycling rules for Nova Scotia

1. Cyclists of all ages must wear a proper fitted helmet that complies with the regulations. A properly designed and fitted helmet greatly reduces the risk of brain injury, the leading type of fatal or disabling injury to cyclists. To ensure proper fit, consult with sales staff when you buy a helmet and follow manufacturer's instructions. Generally speaking, the helmet should be snug, low on the forehead and with the chin strap tight enough to only allow one finger between it and your chin.

2. Cycles are required to have a bell

or horn to warn pedestrians and other vehicles that you are approaching.

3. Cycles must have a front light and a back reflector (or light) if you are going to bike later than 30mins after sunset (dusk, not darkness)

4. Cyclists may pass motor vehicles on the right if it is safe to do so.

5. Motor vehicles may not park in a bike lane.

6. Motor vehicles may only pass a bicycle if it is safe to do so and there is at least one meter open space between the vehicle and the cyclist. Motor vehicles may cross a line to pass a bicycle safely.

7. Cyclists are allowed to take the full lane if going through a roundabout, making a left turn, or otherwise feel that they need to do so for their safety.

8. Bicycles are allowed on 100 series highways unless the highway has posted "no bikes or slow moving vehicles" signs. Restricted highways include stretches of 111, 103, 102 and the Bedford bypass.

9. Cyclists must follow the same laws as a motor vehicle, unless the law has made specific exemptions (such as passing on the right). For example, cyclists may not ride on the sidewalk, or use crosswalks while riding their bicycle.

10. No person shall ride a bicycle, tricycle, or similar machine on a sidewalk, except for children (16 and under), who may cycle on a sidewalk in a public square, park, city or town.

Celebrate Canada Day 2017

By Trident Staff

Looking for ways to celebrate Canada's 150th birthday? Here's a list of Canada Day activities for the whole family. All events are free unless otherwise noted.

Halifax Pancake Breakfast.

Presented by Pepsi, 8:00 a.m. - 9:00 a.m. Grand Parade, Halifax. Start Canada Day 2017 with a free pancake breakfast while supplies last. The Lions Club, DND and our Air Cadets dedicate their Canada Day to make this event special for our community. Performance by The Tattoo Choir.

Dartmouth Pancake Breakfast.

8:00 a.m. - 10:00 a.m. Start Canada Day 2017 with a FREE pancake breakfast at Alderney Landing (while supplies last). The Lions Club, DND and our Air Cadets dedicate their Canada Day to make this event special for our community. Join us as Red Label Kilts & Tartan Design unveil the Official Dartmouth City Of Lakes Tartan.

Royal Nova Scotia International Tattoo Parade. 11:00 a.m. - 12:00 p.m. Fun for all ages. Bring the whole family.

Official Halifax Celebration of Canada 150. 12:00 p.m. - 2 p.m. Halifax Citadel National Historic Site. Celebrate Canada's 150th birthday inside the walls of the historic Halifax Citadel - a Confederation-era site. It all starts with the firing of the iconic noon gun followed by the traditional 21-gun salute. Enjoy bands, choirs, 78th Highlander military performances, presentations and don't miss the official Canada Day cake served by a

78th Highlander. Bring your friends and family and enjoy the atmosphere while you celebrate this significant milestone in our history as a nation.

Canada Day Family Fun Fest.

Presented by Maple Lodge Farms. 12:00 p.m. - 6:00 p.m. Halifax Commons. Maple Lodge Farms is proud to present the largest family celebration of our birthday in Atlantic Canada. Free entertainment, interactive activities, science experiments, food trucks, face painting, inflatables, and appearances by your favourite characters. Shows and meet and greets by the K9 Hi Flyers Dog Agility Team. Touch-A-Truck Provided by the Royal Nova Scotia International Tattoo.

Learn to Camp Program. 12:00 p.m. - 4:00 p.m., Parks Canada Plaza, Halifax Commons. Parks Canada offers interactive camping lessons in the heart of Halifax through the Learn To Camp program. Learn how to pitch a tent and other camping basics and games!

Free concert. 2:00 p.m. - 4:00 p.m. Sullivan's Pond, Dartmouth. Free gazebo concert featuring Canadian artists The Rock A Barons, The BBQ Kings, and special guests. Free Maple Leaf cookies while quantities last.

Free concert. Presented By Southwest Properties. 2:00 p.m. - 4:00 p.m., Halifax Public Gardens. Join ECMA nominated singer and songwriter Ian Janes in The Halifax Public Gardens for a free Canada Day Concert. Free maple cookies while quantities last.

Continued on page 19

Volunteering for the veterans



Military members teamed up for the annual spring cleanup of the grounds outside Camp Hill Veterans Memorial Hospital in Halifax on May 25, 2017. The volunteers performed tasks ranging from raking and clearing away dead leaves and brush, to painting the fence.

MS RONNIE KINNIE, FIS

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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

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Celebrate Canada Day 2017...

Continued from page 18

Community Citizenship Ceremony. 2:45 p.m.- 3:45 p.m., Halifax Citadel National Historic Site of Canada. In celebration of Canada 150, Immigration, Refugees and Citizenship Canada and the Institute for Canadian Citizenship will host a special community citizenship ceremony at Halifax Citadel National Historic Site. Reaffirm your citizenship and celebrate Canada Day with Canada's newest citizens.

Main Event Concert. 5:00 p.m - 11:59 p.m., Halifax Commons. Free Canada Day Concert featuring Deadmau5 and his revolutionary CUBE 2.1 for the first time ever in Canada. This year's concert features a wide variety of acts including: Deadmau5, Matt Mays, Izabelle, Ashelin, Rebecca Thomas, and Stan Rogers Tribute presented by Neptune Theatre. All ages concert with 19+ Licensed Area (I.D. required)

Official Fireworks. Presented by Dartmouth Crossing. 10:00 p.m. Halifax Commons. The Canada 150 Fireworks are going to be a spectacular presentation. This year will be a pyro-musical, with the show choreographed to music. The best viewing point will be at the Halifax Commons.

If you don't want to be in the concert area there will be a fireworks viewing area where you can bring your chairs or blankets in the green space of the Emera Oval.

Canada 150 at Kejimikujik National Park and National Historic Site, 3005 Main Pky, Maitland Bridge NS. www.parkscanada.gc.ca/keji

Celebrate with us by participating in the first Keji Tintamarre (an Acadian tradition of marching and making noise with improvised instruments and other noisemakers), followed by a group campfire, lemonade and free cupcakes. Join us for the official launch of the Friends of Keji Photo Contest and the exciting 2017 guided interpretation programs.

Canada 150 at Fort Anne National Historic Site, 12:00 p.m. – 3:00 p.m., 323 St. George Street, Annapolis Royal NS. www.parkscanada.gc.ca/fortanne

Celebrate Canada's 150th birthday at Parks Canada's oldest administered national historic site. Engage all your senses - sing Oh Canada as you watch the flag raised at Town Hall; join Parks Canada's mascot, Parka, in the procession to the fort; enjoy a piece of cake; set out your blanket for a picnic and enjoy the musical entertainment.

Canada 150 at Port-Royal National



Soldiers of the 78th Highlanders prepare to fire the daily noon gun at Halifax Citadel National Historic Site. On Canada Day 2017, the Citadel will host celebrations including military drills by the Highlanders to mark Canada's 150th birthday.

PARKS CANADA

Historic Site, 1:00 p.m. – 3: p.m., 53 Historic Lane, Granville Ferry NS. www.parkscanada.gc.ca/portroyal. Celebrate Canada's 150th birthday at Port-Royal, Parks Canada's first

reconstructed site. Listen to musical entertainment and enjoy a slice of Canada Day cake at the oldest permanent European settlement north of Saint Augustine, Florida.

Two Second World War Lynxes commemorated at 406 (M) OTS Squadron

By Lt Drover,
406 (M) OTS UPAR

On the morning of June 8, 2017, 406 (M) OTS Squadron gathered to honour the memory of two former Lynxes, Wing Commander Robert "Moose" Fumerton, and Wing Commander Patrick Bing, with the dedication of their new home as the Fumerton and Bing Training Centre. Among the more than 30 members of the extended Fumerton and Bing families in attendance, we welcomed one of WCdr Fumerton's daughters, Maureen Shipton, and WCdr Bing's son, Gerrard Bing, each of whom spoke to the occasion. Their accounts of their dads' exploits and character outside the RCAF coupled with our collective understanding of their wartime service made for a powerful and at times emotional event.

In 2016, 406 (Maritime) Operational Training Squadron re-located from Shearwater's lower base Second World War-era "E" and "5" buildings, where training for the CH124 Sea King was designed and had been delivered since 1971. The dedication of the Fumerton and Bing Training Center (F&BTC) represents a significant moment in 406 (M) OTS's history as it strides forward. In the F&BTC, the Squadron will train aviators and warriors to operate the Sikorsky CH148



Members of the Fumerton and Bing families attend the dedication of the Fumerton and Bing Training Centre at 406 (M) OTS Squadron at 12 Wing Shearwater.

LS LAURANCE CLARKE, 12 WING IMAGING SERVICES

Cyclone Helicopter with advanced full-mission and part-task synthetic flying, mission, and maintenance simulators that are fully Distributed Interactive Simulation/High-Level Architecture compliant to enable future interaction with the Canadian Advanced Synthetic Environment.

Wing Commander Robert "Moose" Fumerton, DFC with Bar, AFC was first attached to 406 Sqn in England as the squadron was just beginning to train for night fighting. With his Observer/Navigator then-Sergeant Pat Bing, they made the RCAF's first night fighter victory on September 1, 1941 before 406 Squadron was even declared fully operational. The next day, Fumerton and Bing went to find the downed German Junkers JU-

88 bomber, cut out one of the Iron Crosses, and hung it in the crew room for use as the 406 Squadron Iron Cross Scoreboard, which is now on display at F&BTC. Fumerton and Bing's posting to 406 was fairly short and they de-

parted for the Middle East in October 1941. Fumerton returned to 406 Sqn as Commanding Officer in August 1943 until the end of his operational tour in July 1944.

Wing Commander Leslie Patrick Stanford Bing, DFC and Bar, was Fumerton's long term Observer/Navigator through their time at 406 Sqn and subsequent postings where the crew continued to create a reputation of skilled flying and daring battles, even being shot down on a couple occasions. Postwar, WCdr Bing continued serving in the RCAF and retired at the rank of Wing Commander.

The F&BTC is dedicated to the memory of these proud and distinguished Lynxes and represents the next step in the Squadron's capability to be poised and ready to generate Wings for the Fleet.

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TRIDENT Sports

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First ever MARLANT Navy Bike Ride a big success

By Ryan Melanson,
Trident Staff

Hundreds of military cyclists headed out for a morning on the trails on June 2 for the first annual MARLANT Navy Bike Ride, and judging by the large turnout and rave reviews from those who took part, they may have established a new tradition for the region.

The intent was to put together a small local ride to shadow the larger Navy Bike Ride, which was held for the first time this year in Ottawa on May 20, but turnout was stronger than expected and about 400 bikers hit the Shearwater Trail in the morning to follow either a 6km, 15km or 30km route. About half the riders opted to buy and wear the special Navy Bike Ride jerseys for the event, creating a great show of RCN pride as the pack traversed the trails and crossed the Salt Marsh Trail toward Lawrencetown.

A number of the formation's senior leaders took part, including RAdm John Newton and Formation Chief CPO1 Pierre Auger, and while official registration was only open to CAF members, trails remained open to the



Cyclists ride along the Salt Marsh Trail toward Lawrencetown during the MARLANT Navy Bike Ride on Friday, June 2.

MONA GHIZ/MARLANT PA

public and some participants brought along family members.

LCdr Amber Comisso completed the full 30km ride and said she had a blast getting out on her bike for the morning alongside so many fellow sailors and other CAF members.

"I had signed up for the ride in Ottawa because I loved the idea of the Navy getting together like this, get-

ting outside to celebrate fitness and what we're all about. When I found out we were having our ride here I had to do it," she said.

"It's been incredible to watch this thing grow from a small idea to what we have here today."

LCdr Kray Robichaud played a role in putting the event together, along with CPO1 Sifton Mosher and Lt(N) Guillermo Rivera, as well as PSP Halifax staff. He said plans for a modest event to coincide with the Ottawa ride began a couple months ago, and expanded as more people showed interest. Organizers were surprised at how quickly registrations began to pour in soon after news of the ride went out.

The route was chosen because, depending on how far along the trail the

cyclists chose to travel, it presented a challenge for veteran riders while still being accessible to the novices with the short 6km route on the Shearwater Trail. LCdr Robichaud lives in Eastern Passage and said he remembered how impressed he was with the trail system when he first discovered it; he hoped some of the participants would have the same reaction.

"I wanted people who have never experienced the trail before to get a chance, because it's just breathtaking," he said.

"And the novice riders are really the target audience we wanted to get at this event, so we wanted to make it exciting for them as well."

And as riders convened outside the Shearwater Arena for refreshments and prize draws following the ride, the quality of the scenic route was the biggest topic of conversation, with many saying they had discovered a new favourite spot.

"I had to stop and take pictures, it was amazing," said CPO1 Robin Lessard.

Others said they would be back with their families or riding buddies, and many were already talking about how the MARLANT ride could be an even bigger event next year for its second annual installment.

Organizers wanted to thank PSP Halifax staff for assisting with the ride, including Wally Bukowski who provided his always-popular emcee skills for the day, the many sponsors who helped make the event happen and donated draw prizes for participants.

COTW	COTF	Wing Cup
Floor hockey, June 26-30		
Mud Hero, July 8		
Golf, July 24	Golf, July 24	Golf, July 24
Soccer, July 21-24		
Swimming, TBD		
	Running, August 10	
Slo-pitch, June 22-23	Slo-pitch, August 21-25	

12 Wing hosts Navy Tridents Triathlon

By Ryan Melanson,
Trident Staff

Athletes of all skill levels flocked to 12 Wing Shearwater on Sunday, June 4, for one of the Halifax DND community's signature events. The Annual Navy Tridents Triathlon and Duathlon, hosted by the Navy Trident Triathlon Club, is the first Triathlon event for the season in Nova Scotia, with distances from the short Tri-a-tri up to the Sprint Triathlon or Duathlon meaning a varied crowd of both newcomers and seasoned athletes always turns out.

The popular event included some changes this year, with new routes for all three disciplines to accommodate a larger number of participants. The

race was also the first ever Draft Legal Jr Elite race held in Nova Scotia, which involves bikers being permitted to ride in packs or closely behind each other. Club member PO1 Patrick Lavigne said these races are typically hosted by much larger clubs, and that it was a major feat to pull it off with the small 32-member group. Eight men and five women at the race were also competing for a spot on Team Nova Scotia for the upcoming Canada Games.

"It was rewarding for the club members knowing that all their efforts were not only supporting these athletes, but supporting bringing the sport in Nova Scotia to the same level as in other provinces," PO1 Lavigne said.

Continued on page 21

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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. 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.

Learn to Run Program at STAD-PLEX 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

12 Wing hosts Navy Tridents Triathlon

Continued from page 20

The club also added a new category this year for military race teams, with the Health Services squad, led by LCol Sheela MacLean, taking first place. And as usual, the race also brought out many who were trying this type of activity for the first time, with the Tri-a-tri distance offering an accessible starting point to get introduced to the sport.

Other winners at the event included: Peter Corbin (1:03) and Maggie

McClure (1:14), winners of the male and female Draft Legal race, Sprint Triathlon overall winners Nicholas Phillips (1:07) and Andrea Burris (1:19), and Sprint Triathlon military winners LS Daniel Hannah (1:16) and Lt(N) Emilie Beland (1:21).

The Navy Tridents wished to thank all 56 volunteers who assisted with the event, including Tri Nova Scotia Officials, Stacey Robichaud and Heather Arbour from PSP Halifax, and Race Director CPO2 Cyrus John.



Participants compete during the biking portion of the Navy Tridents Triathlon and Duathlon, held on June 4 at 12 Wing Shearwater.

The Montreal Expos and the Toronto Blue Jays

By Stephen Stone and Tom Thomson

Questions

1. The Expos won their inaugural game in 1969 11-10 against the eventual world series winners. Which team lost that first Expos game?
2. Toronto beat the Chicago White Sox in the Jays first game, 9-5, despite playing in a snow squall due mainly to this first baseman's two home runs.
3. In their ninth game of the 1969 season who pitched the Expos first no-hitter? It was his first of two no-hitters he threw for the Expos.
4. His Expos nickname was Le Grand Orange.
5. These are the only Expos in The Baseball Hall of Fame.
6. Which Expo gave up the home run on Blue Monday in 1981?
7. As well as number 42, which was retired by all of Major League Baseball, the Blue Jays have only retired one other number. Which is it and who wore it?
8. Who was the first Blue Jay to be named the ALs most valuable player?
9. Who made the tag, in the World Series against the Braves which video showed was a tag for the

- third out on a triple play even though the umpire called the runner safe?
10. Who was the first Blue Jay enshrined in Baseball's Hall of Fame?
 11. Who was the Mayor of "Jonesville" in Montreal?
 12. Who was the starting third baseman for the Expos in 1969?
 13. Who was the Expos' opening day catcher?
 14. Who was the opening day catcher for the Toronto Blue Jays?
 15. Which was the fastest AL expansion team to win the World Series?
 16. There are only two major league baseball teams under corporate ownership. Rogers' Communication owns the Blue Jays. Who owns the other team?
 17. Where did the Expos play the first games in Montreal?
 18. Where did the Blue Jays play their first games in Toronto?
 19. To whom did Mike Timlin throw Otis Nixon's bunt in the bottom of the 11th inning to win the first World Series?
 20. In the regular season, 1993, it was the first time in 100 years that the top three hitters for the batting crown were from the same team. Who were they and who actually won the crown?

Answers on page 23



Morning PT during EX TRADEWINDS 17

Caribbean divers along with two CAF divers from Fleet Diving Unit Atlantic do morning physical training during Exercise TRADEWINDS 17 in Chaguaramas, Trinidad and Tobago on June 2, 2017.

MCPL GABRIELLE DESROCHERS, CF COMBAT CAMERA

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Col Pete Saunders congratulates MCpl Gabriel Auclair for his recent gold medal achievement at the Senior Canadian Weightlifting Championships.

CPL JENNIFER CHIASSON, 12 WING IMAGERY

AVN tech from 12 Wing takes gold at national weightlifting championship

By Cpl Jennifer Chiasson,
12 Wing Imagery Services

MCpl Gabriel Auclair won a national gold medal during the Senior Canadian Weightlifting Championships in La Prairie, Quebec on May 21, 2017.

Year upon year, it seems that more people step into the world of Olympic Weightlifting, while others have dedicated themselves to the sport at a very young age. 12 Wing Shearwater is please to introduce one such man who has kept his focus on his goals from a young age and has lead himself to a national gold medal, in Olympic Weightlifting.

MCpl Auclair is an Aviation Systems Technician (AVN) from Lachute Quebec, posted to 12 Wing Shearwater. He has contributed to the Maritime Helicopter Squadrons between 423 Squadron (Sqn) Shearwater and 443 Sqn Pat Bay on the east coast, and finally back to 406 Sqn for the past 15 years.

"I started the sport when I was 15 years old, in my high school. I

stopped when I joined the Canadian Armed Forces at 17, and I restarted the sport when I was 26 years old."

With passion, dedication and support from his coach, Guy Marineau, MCpl Auclair has surpassed his goal of not only competing at the national level, but taking home a gold medal with a Snatch weight of 144kg (317 lbs.) and a Clean Jerk of 193kg (425 lbs.).

"At this point, I want the 2018 Commonwealth Games. I am at the moment, able to participate in the next event held in Toronto, Summerfest, to hopefully qualify for the 2017 Senior World Championship and the 2017 Commonwealth Championship. I have to participate in one of these two competitions to be chosen for the 2018 Commonwealth Games."

MCpl Auclair will continue his training at Renfrew Strength and Conditioning Center in Elmsdale, Nova Scotia, four to six times a week with the hopes of reaching his objective of competing in the 2018 Commonwealth Games.



Members of Formation Halifax, including RAdm John Newton, Commander MARLANT and JTFA, lift up PO2 William Duff for the #ALS Lift Challenge prior to a Formation run on June 15.

RYAN MELANSON, TRIDENT STAFF

Formation runners 'Give a Lift' in support of ALS

By Ryan Melanson,
Trident Staff

The latest Formation Run/Walk was held on the morning of June 15 as part of the MARLANT Health and Wellness Strategy, but with an added twist in support of a sailor recently diagnosed with a debilitating disease.

The hundreds of members gathered in front of D201 for the run also participated in the 'Give a Lift for ALS' challenge, a social media campaign that encourages supporters to lift a friend in the air for a photo and share it on social media with the hashtag #ALS Lift, while nominating three others to do the same. It's a follow-up to the successful ALS Ice Bucket Challenge that raised millions for the cause in 2014.

Some took individual photos for the campaign with FIS photographers on site, and then all gathered for a group photo where a number of members held up PO2 William Duff. PO2 Duff is a MESO with more than 10 years of service, who has sailed on both coasts and is currently employed at MOG 5. He is married to a service spouse, has two young children, and was recently diagnosed with ALS.

"He's one of us, so we're doing this for one of our own and to show support for the fight against ALS," said CPO1 John Wilson, Coxn of the Fleet Health and Welfare Champion unit HMCS Halifax.

Information about donating to ALS research was also available, and more fundraising information can be found at <http://ALS Lift.org>. 100% of



Batman lifts the Easter Bunny for the #ALS Lift Challenge.

CPL J.W.S.HOUCK, FIS HALIFAX

the money raised will fund the most innovative ALS research through the Adaptive Canuck ALS Foundation, a charitable foundation managed by Canadian patients and families living with the disease.

Following the ALS Challenge, the group ran through HMC Dockyard and along the Halifax boardwalk to promote health and fitness in the fleet. Cdr Geoffrey Steed, the CO of HMCS Halifax, said the runs are going to get more frequent with the onset of nicer weather.

"This is about a culture shift in the Navy, and I can't overemphasize how important it is that we do this and that we focus on the health and wellness of our sailors."

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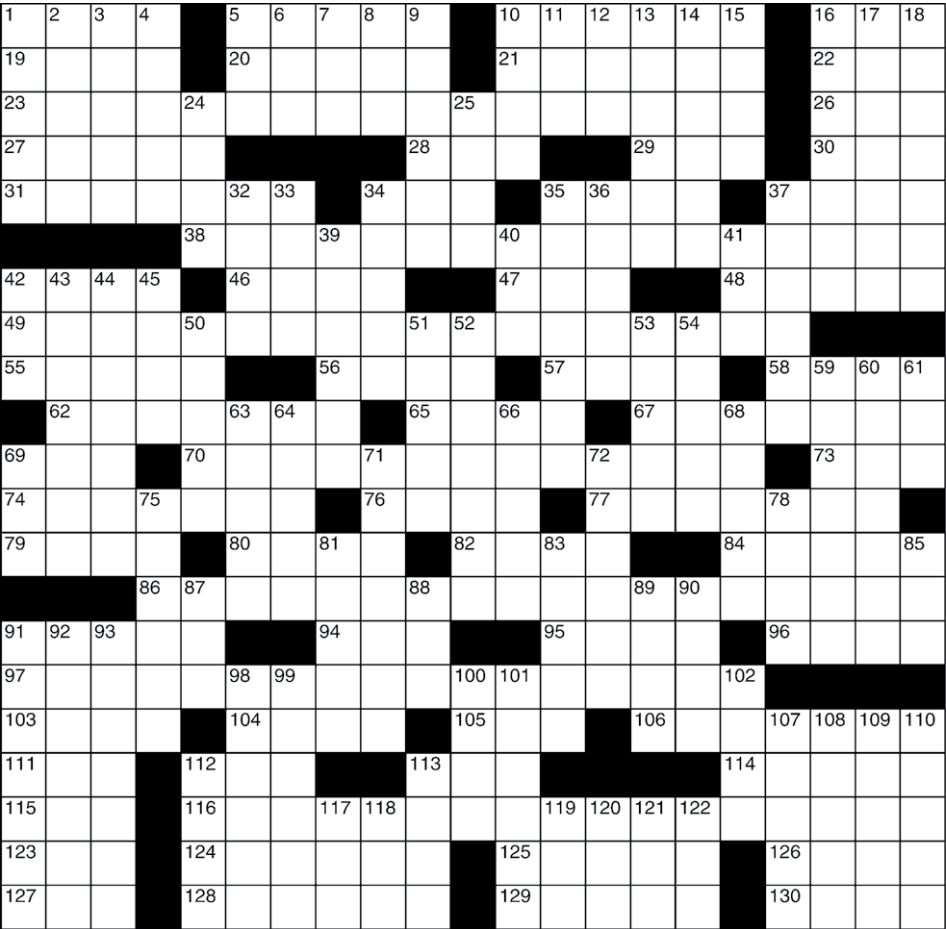


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- ACROSS**
1 Really dislike
5 First-string athletic group
10 Black mark
16 Suffix with fiend
19 27-Across' continent
20 Elder Obama daughter
21 Approached to assail
22 Bakery treat
23 Start of a riddle
26 Carte or mode lead-in
27 Seoul's land
28 Engine sound
29 Also include
30 Erfurt article
31 Spider-Man co-creator
34 Declares, informally
35 Spread of pureed liver
37 Wish for
38 Riddle, part 2
42 Romanov ruler
46 Very regretful one
47 Pretense
48 Lew of "State Fair"
49 Riddle, part 3
55 Jewish holiday in spring
56 Give -- on the back
57 Pop singer Bareilles
58 Times of distinction
62 Informal name for Utah
65 Easter entrees
67 Many truck engines
69 Farrow of films
70 Riddle, part 4
73 Beer in Bath
74 Gucci or Armani rival
76 "That's all there is --"
77 Trials by fire
79 "Hey, you there"
80 Suffix with switch
82 Brand of hair remover
84 Prefix with tasking
86 Riddle, part 5
91 Moved like a kangaroo
94 Stock debut, for short
95 "Oh, uh-huh"
96 Spanish for "other"
97 End of the riddle
103 "Bill" penner Jerome
- 104 Butterlike product
105 -- -di-dah
106 Stir-fry tidbit
111 Meyers or Onassis
112 Leave agape
113 Sun. church talk
114 Sphere
115 Giant in pens
116 Riddle's answer
123 Feline sign
124 Fighting spirit
125 Old major-league team
126 Inert element
127 N.J. hours
128 Elmo's street
129 "10" star Bo
130 Darns, e.g.
- DOWN**
1 Pro-war sorts
2 "Give it --!" ("Try!")
3 Triple crown
4 Worn (away)
5 "I love," to Ovid
6 Frat "T"
7 Pipe fitting
8 Give a boost
9 Chaos
10 Pond coating
11 Sea- -- Airport
12 "-- little teapot ..."
13 Cold Italian desserts
14 Actor Karl
15 Very little
16 Apple debut of 2013
17 Quiet
18 Brick floors of fireplaces
24 Young cow
25 Anise-flavored liqueur
32 Italian money
33 Adequate, to Li'l Abner
34 Waffle pour-on
35 Painter Pablo
36 Allstate rival
37 "Indubitably!"
39 Counteract
40 Dirt Devil, e.g., for short
41 -- -Mart
42 Phone bug
- 43 Crams, e.g.
44 Overdue debt
45 Social reformer Jacob
50 Frat "O"
51 Loutish sort
52 Endurance
53 Opposite of chaos
54 Water nymph of myth
59 Portion out anew
60 Sports VIP
61 Louisville-to-Atlanta dir.
63 Houston college, for short
64 "If -- Would Leave You"
66 Silver or gold
68 Rival
69 Sports VIP
71 Go as low as
72 What the weary get, in a saying
75 Walk over
78 Sedan, say
81 Of sheep
83 From Cork, e.g.
85 "-- perfect world ..."
87 Fourth of a fiscal yr.
88 -- au vin (chicken dish)
89 Shar- -- (wrinkly dogs)
90 Russia's Trotsky
91 Pleasant
92 Manicure boards
93 Yellowish fruit
98 Red-eyed sparrow
99 Tips off
100 "--'s Gold" (1997 film)
101 Part of ERA
102 Usual
107 Takes off the bottle
108 Check recipient
109 Ulna's end
110 Prayer ends
112 PIN points
113 Pal of Hook
117 11-Down guess, briefly
118 Wood for dartboards
119 Hack down
120 "World Cafe" ailer
121 Female koala
122 "Fire away!"



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The Montreal Expos and the Toronto Blue Jays

Questions on page 21

- Answers**
1. New York Mets
2. Doug Ault
3. Bill Stoneman
4. Rusty Staub
5. Gary Carter and Andre Dawson.
6. Steve Rogers gave up the playoff series home run to Rick Monday in the 9th inning to Dodgers Rick Monday.
7. 12 – Roberto Alomar
8. George Bell – 308 avg.; 47 home runs, and 134 RBIs
9. Kelly Gruber
10. Roberto Alomar
11. Left fielder Mack Jones of the Expos.
12. Jose “Coco” Laboy
13. John Bateman
14. Rick Cerone
15. The Toronto Blue Jays
16. Liberty Media owns the Atlanta Braves.
17. Jarry Field
18. Exhibition Stadium in Toronto
19. Joe Carter at first
20. Paul Molitor, Roberto Alomar and the batting crown went to John Olerud batting .363.

A division of CFMWS
Une division des SBMFC

CANADA 150

HAPPY CANADA DAY

JOYEUSE FÊTE DU CANADA



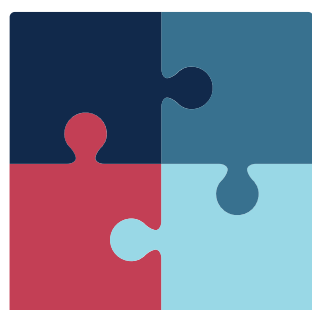
Sexual Assault and Harassment affect ALL Military Personnel.

Women, Men and members of the LGBTQ community are all victims according to a recent StatsCan Survey.

**Are you a survivor of a sexual assault,
sexual harassment or sexualized
discrimination that occurred while
you were serving in the CAF?**

**We will provide you with a safe, open
and confidential space to speak your truth.**

Contact us now to discuss your experiences
or observations. **It's time to take action.**



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