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**MARLANT Male Athlete of the Year** Pg. 16

Monday, July 10, 2017



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# TRIDENT

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

## Celebrating National Aboriginal Day



*Mi'kmaq dancer Noel Julian performs at the Mawita'jik - "Let us Gather" event on the Halifax Common on June 21.*  
MONA GHIZ/MARLANT PA

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A ship's team diver jumps from the deck in preparation for hull inspection during HMCS St. John's stop-over in Souda Bay, Crete, during Operation REASSURANCE

LS OGLE HENRY, FIS



A CH-124 Sea King maritime helicopter deploys flares during flight operations as HMCS St. John's crosses the Mediterranean Sea during Operation REASSURANCE, on May 22, 2017.

LS OGLE HENRY, FIS

# HMCS St. John's returns soon from deployment

By Virginia Beaton, Trident Staff

HMCS St. John's is nearing the end of her deployment to Op REASSURANCE. Since departing Halifax on January 9, 2017, the ship has sailed with NATO partners as the RCN representative with NATO Standing Maritime Group 2, with a mission focused on enhancing regional security and stability in the Mediterranean.

The photos give an idea of what the ship and crew have done and continue to do during the deployment. Since January, the ship has completed a variety of tasks and port visits, including a stop in Romania during which crewmembers volunteered at a local orphanage.



Boatswain LS Stephen Copp conducts maintenance on the 0.50 caliber heavy machine gun on board HMCS St. John's during Operation REASSURANCE.

LS OGLE HENRY, FIS



Senior Supply Technician PO1 Sherri Lewis guides a crate of supplies aboard HMCS St. John's, during a stop-over in Souda Bay, Crete, during Operation REASSURANCE.

LS OGLE HENRY, FIS

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Members of the Air Detachment Ground Crew conduct repairs to the CH-124 Sea King maritime helicopter engine as HMCS St. John's stops at Palma, Spain.

LS OGLE HENRY, FIS HALIFAX

# MARLANT takes part in National Aboriginal Day celebrations

By Ryan Melanson,  
Trident Staff

A large crowd of MARLANT personnel gathered in the Halifax Common alongside members of Aboriginal communities from across the province on June 21 for the Mawita'jik – “Let us Gather” event marking National Aboriginal Day in Canada.

The MARLANT Defense Aboriginal Advisory Group partnered with the Mi'kmaq Native Friendship Centre (MNFC) for the Mawita'jik event, and hundreds of uniformed personnel attended and took part in the activities of the day. This included workshops, a market, cultural performances and competitions, and dancing, including a veteran's dance in front of the main stage, with all serving and retired CAF members invited to join in.

During the event's opening ceremonies, the MNFC also made a presentation to RAdm John Newton, Commander MARLANT and JTFA, who was described as a great friend and supporter of the local Aboriginal community and of pushing for better Indigenous representation within the CAF. CPO2(ret'd) Debbie Eisan, a 36-year RCN veteran of Ojibway descent, who also serves as a community events planner with the MNFC, said 10 years as an aboriginal advisor to the CAF made her aware of how much progress has been made and how much work is still to come, and she commended RAdm Newton and MARLANT for pro-



RAdm John Newton displays the blanket presented to him by the Mi'kmaq Native Friendship Council alongside Denise and Bert Onebreath Mitchell, the lead dancers at the Mawita'jik event.

MONA GHIZ/MARLANT PA

gressive action on Indigenous issues within the organization.

“I've had the opportunity to work with some very wonderful leaders, and RAdm Newton is someone who gets it, he understands the importance of knowing our culture and he understands the importance of moving ahead with reconciliation,” she said.

With RAdm Newton soon stepping away from his position with MARLANT, she said the Aboriginal community wanted to leave him with a parting gift, and Elder Tom Christmas, along with Chief Wilbert Marshall, as-

sisted in a blanket ceremony honouring RAdm Newton. He was wrapped in a blanket decorated with four tipis, representing the different directions and interconnected elements of life.

“We want him to know he will always be in our hearts and our minds as we move ahead,” Eisan said.

Through his years as a naval officer and leader, RAdm Newton said he's learned more about Mi'kmaq and Indigenous people as part of the larger story of Canada, including the many problematic elements of that story, and he said he strives to represent

those communities while in uniform. He gave credit for his learning on these issues to local Mi'kmaq and Aboriginal leaders, as well as fellow CAF members like CPO2 (ret'd) Eisan and all who have been members of the Defence Aboriginal Advisory Group.

“They all have day jobs, but they put in a considerable amount of time and effort into these activities, and into teaching us, the serving members of the Canadian Armed Forces, about a more inclusive future, a more generous spirit, and a far greater empathy for where we've been and where we now must go,” RAdm Newton said.

Pamela Glode-Desrocher, as the MNFC's executive director, gave similar comments when describing the goals of the large gathering on the common.

“It is about reconciliation, about bringing people together and doing things together. We're reducing barriers and having serious conversations in a light-hearted manner, we're celebrating our local talent and we're helping people understanding our communities,” she said.

The excitement for the local Mi'kmaq community continued later that day, when HRM council announced they would be exploring a sale of the former Canadian Red Cross building on Gottingen street as a possible new headquarters for the MNFC. National Aboriginal Day in Halifax also included performances on the Waterfront for APTN's Aboriginal Day Live broadcast.

## CFB Halifax welcomes new Base Chief

By Virginia Beaton,  
Trident Staff

CPO1 David Steeves became the new Base Chief for CFB Halifax during a Change of Appointment ceremony on Thursday, June 22.

During the ceremony, which took place in the TEME Vehicle Bay in Bldg WL 57, CPO1 Steeves accepted the ceremonial drill cane from Capt(N) Forget, Base Commander, and outgoing Base Chief, CPO1 Brown. “In this technological age, it seems like it should be the ceremonial handing over of the BlackBerry,” joked Capt(N) Forget.

In his farewell address, CPO1 Brown took the opportunity to thank friends and colleagues for their comradeship during his career, especially during his three years as Base Chief.

CPO1 Brown acknowledged TEME, first for their cooperation in having the ceremony in the TEME Vehicle Bay, and also for allowing him to occasionally bring DND staff cars into the bay to wash them, for what he referred to as “therapy.” In stressful times, CPO1 Brown stated, “there's nothing like bringing in a dirty car, washing it, vacuuming the inside, making it all clean again.”

He also thanked personnel ranging



P3 CPO1 Brown, Capt(N) Forget, and CPO1 Steeves sign the certificates during the BCPO Change of Appointment ceremony.

OS JOHN YGLESIAS, FIS

from Base Chief of Staff Wayne DiPersio, to the chaplains, the MFRC, and all of his fellow Chief Petty Officers.

The ceremony also was a chance for CPO1 Brown to share four axioms that he had learned over time, from sources ranging from RAdm (ret'd)

Pat Finn, to a US Navy Seal.

First, said CPO1 Brown, “You can't lead from behind a desk.” Second, “Humans are more important than hardware.” Third, “The Sergeant Major eats last.” And finally, “Talking ain't doing.”

These axioms provide a solid guide for the military life, CPO1 Brown emphasized.

Capt(N) Forget thanked CPO1 Brown for his many years of service, observing “The dedication of this person to the Canadian Armed Forces...I haven't met many people like him.” Capt(N) Forget also welcomed CPO1 Steeves. “We're looking forward to leading the Base together.”

CPO1 Steeves, who comes to CFB Halifax after two years as the AJAG(A) Chief, thanked CPO1 Brown for his help during the transition, and Capt(N) Forget for his reception into the Base's command team. CPO1 Steeves also thanked his mother and his family for their support.

He pointed out that the front row consisted of a group of young Leading Seamen and Master Seamen, most of whom he had served with in HMCS Athabaskan. “I bumped some senior people out of the row because it was important that these sailors be here.” He also welcomed out the new Formation Master Seaman.

Expressing his enthusiasm for the job that lies ahead, CPO1 Steeves noted he was a strong supporter of Op HONOUR. “Be nice to each other, and take care of each other.”

## Publication Schedule for 2017

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

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# Community Calendar

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

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

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

## Tuesday Night Tunes

**Time: 7 p.m.**

**Date: Tuesday, July 11**

**Location: Maritime Museum of the Atlantic**

As part of its regular series of free live entertainment in the Museum courtyard, the Maritime Museum of the Atlantic is welcoming back The Fine Tuners, a Cape Breton Celtic fiddle group based in Halifax, Nova Scotia featuring Andrew Touesnard on fiddle, Stephen MacNeil on double bass and Ross Billard on piano. The Fine Tuners have gone on to perform hundreds of events including corporate events, weddings, bar gigs and house parties, and have recorded four albums of Cape Breton toe tapping fiddle tunes. The waterfront event is jointly organized by the Maritime Museum of the Atlantic and Waterfront Development.

**Celebration 150: Black Loyalist Voices**

**Date: July 15 - 16**

**Location: Black Loyalist Heritage Centre, Birchtown**

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

**Halifax Pride Festival**

**Date: July 20-30**

This year marks the 30th anniversary of the Halifax Pride Festival, which has grown to become one of the

premier Pride events in Canada and the largest of its kind in the Maritimes. This year's festival runs from July 20-30, with the annual Pride Parade taking place in the opening days of the festival. Last year's parade had a strong showing of uniformed MAR-LANT personnel, and the same is expected for 2017. Visit [halifaxpride.com](http://halifaxpride.com) for the most up-to-date information.

**National Acadian Day Live Concert**

**Time: 7 p.m.**

**Date: Tuesday, August 15**

**Location: Halifax Central Library**

Come out and celebrate National Acadian Day with fantastic music from our rich East Coast. Maxim Cormier is an award-winning Acadian/Métis guitarist, composer, producer and educator from Chéticamp, Nova Scotia. Maxim is trained in classical, jazz and world music and has performed across Canada and the world. He'll be giving a free performance at the Central Library's Paul O'Regan Hall.

## People First: Resolving Sea Duty allowance discrepancies – levelling the playing field

By Navy News

Over the past 16 months, National Defence's Directorate of Military Pay and Allowances Processing (DM-PAP), with assistance and support from the RCN, has been verifying the payment of Sea Duty Allowance (SDA) for personnel who were posted to HMC Ships undergoing refit from September 2001 to June 2014.

This review of Sea Duty Allowance was initiated following the successful resolution of a grievance submitted by an RCN sailor who noticed a discrepancy between the existing policy and how it was being applied. In fact, at the request of the RCN, DMPAP conducted a wider investigation into the matter and found that more than 4,600 sailors were incorrectly paid Sea Duty Allowance during a 13-year period.

The policy application discrepancy has since been corrected and all sailors impacted by this error are having their pay accounts corrected. With the review drawing to a close, the RCN is pleased to report that over 4,600 affected personnel have been collectively paid almost \$17 million in additional Sea Duty Allowance entitlements.

However, the audit also uncovered other inaccuracies that needed to

be fixed. Unfortunately, 63 members were overpaid during the same time period – amounting to approximately 1.3% of the total number of accounts reviewed. Many of these were as a result of incorrect SDA level increases being entered into the pay system. It is the RCN's collective responsibility to ensure that taxpayer money is spent responsibly, and that members only receive the compensation they're entitled to. At the same time, the RCN deals with such matters respectfully and with much regard to the personal circumstances of its sailors.

The 63 members affected by the overpayment are being notified of the issue, and are being given time to decide on a repayment plan that best suits their respective situations. Affected members are encouraged to seek assistance from their pay office to determine the repayment rate that best suits their financial situation.

Unit Commanding Officers can approve a recovery time up to the length of time the overpayment occurred. The RCN is committed to facilitating this process for all affected members. If any member will encounter financial hardship while the recovery is being made they can seek financial counselling from SISIP Financial.

## Injury prevention and active living

By Strengthening the Forces

Summertime offers a wide variety of outdoor activities. To lower your risk of dehydration on hot, humid days, remember to drink plenty of fluids, and don't forget to wear protective gear.

For more information about injury prevention, staying safe and having fun this summer, check out these links:

Every summer many military members play soccer whether it's at work or as part of a recreational or competitive team. Find out how you can reduce your chances of sustaining injuries by adopting a recognized warmup training program from FIFA: [http://www.f-marc.com/downloads/posters\\_generic/english.pdf](http://www.f-marc.com/downloads/posters_generic/english.pdf).

Avoid paying a fine if you are planning to rent a boat or kayak this summer. Like all transportation modes there are regulations regarding the operation of watercrafts. Make sure you have everything you need to meet the minimum safety equipment requirements before you leave the shore with your kayak, canoe or any other boat. Depending on the boat type you are renting you may also need a Pleasure Craft License. Check the Transport Canada website or <http://www.tc.gc.ca/eng/marinesafety/debs-obs-menu-1362.htm> or the Safe Boating Guide at <http://www.tc.gc.ca/eng/marinesafety/debs-obs-menu-1362.htm> to prepare yourself to have a safe and wonderful experience.

# HMCS *Halifax* brings in \$30,000 for Children's Wish Foundation

By Ryan Melanson,  
Trident Staff

A long-standing tradition for HMCS *Halifax* has logged another successful year, with a team of 12 members of the ship's company running across the province in support of sick children in need of a wish. The HMCS *Halifax* Run for the Wish campaign stretched this year from Sydney to Yarmouth over a 10-day period, with runners taking relay-style turns to cover the roughly 700 kilometre route.

The unit celebrated the end of the campaign and the team's return to Halifax with a closing ceremony and barbecue outside the *Halifax* shore office on June 22, where representatives from the Children's Wish Foundation were on hand to receive a donation.

Cheryl Mathews, the foundation's Halifax director, thanked the crew for another successful year on behalf of all the children who benefit from the funds raised. DND as a whole is one of the largest contributors to the charity, and the HMCS *Halifax* event alone has pulled in more than \$150,000 over the last decade.

"The wishes wouldn't happen without people like the good folks from HMCS *Halifax* here with me today. We really enjoy working with them every year and they do so much for the kids," Mathews said.

This year's fundraising total was presented on a giant cheque to Mathews by team member Lt(N) Taryn McGillis, adding another \$30,613 to the grand total raised through the years. Money is raised through sponsors along the route, events on board the ship, charity tournaments and other activities, as well as fundraising from team members at the individual level. The runners also visit local schools, community centres, legions and other stops through the province, meeting a number of Children's Wish Foundation wish recipients along the way.

Each year, one ambassador child, set to receive a wish from the foundation, gets to know the running



Cheryl Mathews of the Children's Wish Foundation poses with the running team, three-year-old Gracie Bell and her family to accept a cheque for \$30,613 from HMCS *Halifax*.

RYAN MELANSON/TRIDENT STAFF

team a little more closely and meet with the sailors at the beginning and end of the journey, and this year's ambassador is actually a member of the local DND community. Three-year-old Gracie Bell, who has battled and recovered from Acute Myeloid Leukemia, is the daughter of Cpl Tammie Bell and MCpl Darren Bell, who have both recently been posted to Halifax.

Cpl Bell said she had already been in contact with Children's Wish about Gracie being a 'poster child' for the foundation when she learned about the HMCS *Halifax* run.

"And with this event being done each year by sailors, and the fact that my husband and I are both in

the service, it all connected really well."

The family met with the team for their grand send off earlier in June, followed along with updates on social media, and were happy to be at the finale to spend some time with the runners and the rest of the crew of *Halifax*. She said Gracie will be using her wish for a trip to Disneyworld, and they plan to wait until she's a few years older and can appreciate the experience. She said being involved with Run for the Wish has been a great experience for her family.

"This is an incredible foundation and it's really an amazing gift to have your child and your family

receive something like this, and to have these military members giving this kind of support makes me very proud."

Cdr Geoff Steed, *Halifax's* Commanding Officer, said he was thrilled with his first chance to see members of his crew pull off the campaign, and he related that hard work to the work the crew will soon be performing in their ship and at sea.

"It's about the spirit that resonated throughout this effort, it's about the leadership, the guidance, the team effort, the drive and the hard work that goes into this. It all represents everything we're going to be doing next year as we bring our ship back into active service," he said.



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# A soldier of the Great War

During *Ex ATLANTIC GUARDIAN IV*, from June 12 – 16, CPO1 Brown, then Base Chief CFB Halifax, LS Bouzane from HMCS Cabot, LS Peppard from the CDU, and Cpl Hiscock and Cpl Mackenzie from 35 FD AMB, joined members of CFS St. John's and officers from Fish & Wildlife Enforcement Eastern Region in restoring a gravesite on Brunette Island. The grave marker and site are in memory of Pte Aaron Keeping Douglass, Regt # 2904, of the Royal Newfoundland Regiment. Pte Douglass was killed in action on September 29, 1918 and his remains were never officially found or identified. Before September 29, Pte Douglass had survived a gas attack and was shot in the arm before being returned to the front, where he was killed in action. On October 3, 1919, his family on Brunette Island received \$48.39 to settle his estate. During *Ex ATLANTIC GUARDIAN IV*, the group also installed a flagpole and raised the Royal Newfoundland Regiment banner.

CONTRIBUTED



# HMCS Sackville a big draw for summer tourists

By Ryan Melanson,  
Trident Staff

HMCS *Sackville* is one of the top destinations for tourists along the Halifax Waterfront and across the region, and they've got the certificate to prove it.

The last of Canada's Second World War Corvettes, now a museum ship under the care of the Canadian Naval Memorial Trust, recently received its 2017 Certificate of Excellence from Trip Advisor. These are awarded each year based on the attractions or businesses that get consistently strong reviews from the website's users, and *Sackville* has been chosen a number of years in a row.

"It shows that we're still getting good reports from guests, and we're pretty pleased to be included in the top 10 year after year, out of about 150 sites in the HRM," said Doug Thomas, the executive director of the Memorial Trust, after the vessel's first fully open day of the season on June 26.

Every summer, *Sackville* crewmembers meet visitors or cruise ship passengers who have family naval or Second World War connections, who are military or history buffs, or who are simply moved by touring such an impressive piece of Canadian history and getting a small look at what life was like for sailors during the Battle of the Atlantic.

"It's a place that is often a destination for people when they get here. All of us have had people who come to the ship and describe it as being the main thing they want to see on their cruise

or while they're in Halifax," Thomas said.

"She's the last one, there simply are no more corvettes of her type."

And even for those who aren't planning on stepping on board *Sackville* before touring the waterfront, the imposing structure and its unique camouflage paint tends to capture attention, and the Trust has found that the ship's visual presence downtown is also its most effective form of publicity, Thomas said.

"We've spent considerable sums through the years to advertise ourselves, but the best advertising seems to be the eyeball itself."

The ship is now open for tours at the waterfront seven days a week, from 10 a.m. - 4 p.m., and visitors can choose to explore *Sackville* on their own or get a guided tour. A few keen summer students are brought on for this purpose each year, and one of the Duty Trustees, normally a serving or retired RCN member, is typically on board as well.

"We've got a very interesting group on board to show people around," Thomas said.

For more information about *Sackville*, the Canadian Naval Memorial Trust, or the ongoing Battle of the Atlantic Place project, visit <http://hmcssackville.ca>.

*HMCS Sackville, Canada's Naval Memorial, is open for tours for the season, seven days a week from 10 a.m. - 4 p.m. on the Halifax Boardwalk.*

RYAN MELANSON/TRIDENT STAFF





Leading Wren Denise Collins presents a bouquet of roses to Her Excellency Mrs. Michener, wife of His Excellency Governor General Michener.



The International Naval Parade, held on Thursday, June 22, 1967, included more than 2,000 marching sailors and military bands.

# 50 years ago: Trident reports on Canada's centennial Naval Assembly

By Virginia Beaton,  
Trident Staff

As we celebrate Canada 150, we look back at 1967, the Canadian centennial year, and how the Royal Canadian Navy marked that occasion.

A significant event was the Naval Assembly that took place in Halifax.

From June 19 to 26, 1967, 40 warships from Canada and from 12 Commonwealth navies and other countries, including the US, Germany, Italy, France, Columbia, and Den-

mark, assembled here.

The ships ranged from HMCS *Provider*, to the heavy cruiser USS *Newport News*, as well as frigates and guided missile destroyers, down to the Italian yacht *Corsaro II*.

Trident had been in existence for less than a year but the staff at the time stepped up for the occasion, providing coverage of the weeklong events.

According to the article in Trident's July 14, 1957 edition, all the ships were in place by Wednesday, June 21.

"They formed three lines between the Angus L. MacDonald Bridge and George's Island, a distance of one and one half miles."

The review took place on Friday, June 23, with reviewing officers and guests of honour His Excellency Roland Michener, Governor General of Canada; the Honourable Paul Hellyer, Minister of National Defence; and Gen J. V. Allard, Chief of the Defence Staff, and RAdm O'Brien aboard reviewing ship HMCS *Chaleur*.

According to Trident, the assembled ships were dressed overall, cheered the Governor General as he reviewed, and "As the last enthusiastic shout died away, Maritime Command planes and helicopters from CFB Shearwater flew overhead in a dramatic fly-past."

Most of the ships were open for public tours, and other events during the week included a parade of more than 2,000 sailors; fireworks, church services, and concerts with military bands.

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# What's been going on at the MFRC

## H&R MFRC's Annual General Meeting

On Wednesday, June 14 the H&R MFRC hosted our Annual General Meeting. Thank you to everyone who attended.

## Vacation Lottery Extravaganza Winner for June

Congratulations to Cpl Scott Lindsay, grand prize winner of the H&R MFRC's Vacation Lottery Extravaganza for June.

## On your mark, get set, go! It's time to begin a deployment

Summer plans are ramping up for most families, with sunny beach days, special vacations and barbecues in sight. However, for some military families their focus is on family readiness and deployment preparations. Whether your loved one is going away for two weeks of training, or for six months, now is the time to get connected with the H&R MFRC.

"Many military families would agree that their loved one's departure is the hardest part of the deployment and it takes some time and patience for life to settle into a new normal. Out of the four phases in the cycle of deployment, the pre-deployment phase certainly has unique stressors. The more prepared your family is in advance, the smoother the transition can be," says Julia Clairmont, Deployment Services, H&R MFRC.

As soon as your family is notified that your loved one will be deploying, the first step is to get connected with us. We can support your family, as well as your loved one's ship/unit through the pre-deployment phase by providing a variety of family readiness resources. One very criti-

cal step that your loved one can do before departing is to complete the **MFRC Family Contact Information Form**. This simple tool helps us keep families informed, supported and connected. We provide information, workshops, and great family activities specifically for deployed families and we are happy to communicate with whoever your CF member identifies as family.

We understand the importance of preparing for a deployment and the many steps that need to be taken to ensure both the CAF member and family are ready. Prior to a deployment, make sure your family:

- Attends the MFRC Pre-deployment Family Briefing
- Fills out the MFRC Family Contact Information Form
- Completes an MFRC child care plan if you have children
- Sign-up for the MFRC eNews: email [info@halifaxmfr.ca](mailto:info@halifaxmfr.ca)
- Apply for a CFOne Card to access discounts
- Has the mailing address for the ship/unit, including rank and service number of the CAF member
- Has the contact number for the H&R MFRC: 902-427-7788

The H&R MFRC is here to help your family before, during and after a deployment. Our Family Information and Referral Services Team (FIRST) is available 24 hours a day to answer any questions or concerns. We are only a phone call away. Stop by our Halifax, Shearwater or Cape Breton Site to get to know us prior to the deployment and begin your family's journey confident and knowing that everyone is prepared. Follow us on Facebook [www.facebook.com/HalifaxRegion-MFRC](http://www.facebook.com/HalifaxRegion-MFRC) or visit [www.halifaxmfr.ca](http://www.halifaxmfr.ca).

# Ce qui se passe au CRFM

## Assemblée générale annuelle du CRFM d'Halifax et régions

Le mercredi 14 juin, le CRFM d'Halifax et régions a tenu son assemblée générale. Merci à tous d'être venus.

## Gagnant de la loterie Extravaganza Vacances au soleil pour le mois de juin

Félicitations à Cpl Scott Lindsay, grand gagnant du tirage de juin de la loterie Extravaganza Vacances au soleil du CRFM H et R.

## À vos marques, prêts, partez! En route pour le déploiement

La planification des activités de l'été va bon train pour la plupart des familles et les journées ensoleillées à la plage, les vacances spéciales et les barbecues approchent. Cependant, pour certaines familles militaires, l'accent est mis sur la préparation de leur famille et les préparatifs en vue d'un déploiement. Que votre être cher parte pour deux semaines d'entraînement ou pour six mois, c'est maintenant le temps d'établir le contact avec le CRFM H et R.

« De nombreuses familles militaires vous diront que le départ de leur être cher est la partie la plus difficile du déploiement, et qu'il faut un certain temps et de la patience avant que la vie ne reprenne son nouveau cours normal. L'une des quatre phases du cycle de déploiement, le pré-déploiement, présente certainement des facteurs de stress qui lui sont uniques. Plus votre famille sera préparée à l'avance, plus la transition se passera en douceur, » explique Julia Clairmont, des Services d'aide au déploiement du CRFM H et R.

Dès que votre famille est avisée que votre être cher partira en déploiement, la première étape consiste

à établir le contact avec nous. Nous pouvons aider votre famille, de même que le navire/l'unité de votre être cher, durant la phase de pré-déploiement en vous offrant toute une gamme de ressources concernant la préparation de la famille. Une mesure très importante que votre être cher peut prendre avant son départ consiste à remplir le **Formulaire des coordonnées de la famille du CRFM**. Cet outil simple nous aide à fournir aux familles des renseignements, du soutien et des contacts dont elles pourront bénéficier. Nous offrons de l'information, des ateliers et de merveilleuses activités familiales destinées spécifiquement aux familles de militaires déployés et nous serons heureux de communiquer avec quiconque votre membre des FC aura indiqué comme faisant partie de sa famille sur le formulaire.

Nous comprenons l'importance de bien se préparer pour un déploiement et toutes les mesures qu'il faut prendre afin de voir à ce que le militaire et la famille soient prêts. Avant un déploiement, voyez à ce que votre famille :

- Assiste à la séance d'information préalable au déploiement à l'intention des familles du CRFM
- Remplisse le formulaire des coordonnées de la famille du CRFM
- Produise un plan de garde d'urgence du CRFM si vous avez des enfants
- S'abonne au bulletin électronique du CRFM. Envoyer un courriel à [info@halifaxmfr.ca](mailto:info@halifaxmfr.ca)
- Soumette une demande de Carte FC pour avoir droit à des rabais
- Ait bien l'adresse postale du navire/de l'unité, y compris le grade et le numéro matricule du membre des FC
- Ait bien le numéro à composer pour rejoindre le CRFM H et R: 902-427-7788

La vie nous réserve toutes sortes de choses et le CRFM d'Halifax et régions est là pour aider votre famille avant, durant et après un déploiement. Notre équipe des services d'information et d'orientation pour les familles (ESIOF) est disponible 24 heures sur 24, 7 jours sur 7 pour répondre à vos questions ou à vos préoccupations. Il suffit d'un simple coup de fil. Passez nous voir dans nos locaux d'Halifax, de Shearwater ou du Cap Breton afin que nous puissions faire connaissance avant le déploiement et que vous puissiez entreprendre votre périple familial en toute confiance et en sachant que tous sont prêts. Suivez-nous sur Facebook [www.facebook.com/HalifaxRegionMFRC](http://www.facebook.com/HalifaxRegionMFRC) ou visitez-nous à [www.halifaxmfr.ca](http://www.halifaxmfr.ca).



The H&R MFRC's Board of Directors at their Annual General Meeting in Shearwater on Wednesday, June 14, 2017.

# Operation NUNAKPUT 2017 launched in the Northwest Territories

By DND

A group of about 140 CAF members and employees from other government departments and agencies will take part in Operation NUNAKPUT 2017 from June 26 to July 18 in the Northwest Territories.

Operation NUNAKPUT 2017 consists of a series of maritime and safety patrols, water and ground reconnaissance, survival training, and a disaster preparation assessment. This year's operation takes place around Great Slave Lake, around Deline, along the Mackenzie River up to Tuktoyaktuk, at Hay River, and on the Nahanni River.

The CAF regularly conduct operations and exercises in the North to exercise Canadian sovereignty and to maintain a visible and persistent regional presence. Strong, Secure, Engaged, Canada's new defence policy, tasks the CAF with enhancing its ability to operate in the North while building whole-of-government capacity to ensure regional safety and security.

"Joint Task Force (North), as part of the Canadian Armed Forces, is responsible to continuously execute surveillance and control operations in the Canadian North, year-round. This



A Royal Canadian Navy cutter, the Defender, from CFB Halifax is used to provide 1 Canadian Rangers Patrol Group with critical Search and Rescue and small craft training on Great Slave Lake near Yellowknife, Northwest Territories during Operation NUNAKPUT on July 11, 2016.

PO2 BELINDA GROVES, TASK FORCE IMAGERY TECHNICIAN

responsibility is shared with several other government departments from all three levels of government. Operation NUNAKPUT allows us to build relationships with other north-

ern partners in order to meet these responsibilities," said BGen Mike Nixon, Commanding Officer, Joint Task Force (North).

The Royal Canadian Navy has

provided three Inshore Jet Boats (32-foot patrol boats) and 22 personnel from CFB Halifax and CFB Esquimalt.

The Canadian Army has deployed 85 members from the 1st Canadian Ranger Patrol Group, 2nd Battalion, the Royal 22nd Regiment, 4 Engineer Support Regiment, and 38 Canadian Brigade Group.

A team from 38 Canadian Brigade Group in Winnipeg, Manitoba, is conducting a disaster preparation assessment in Hay River, Northwest Territories.

440 (Transport) Squadron, based in Yellowknife, Northwest Territories, is transporting personnel and supplies throughout the operation.

Approximately 25 other government department and agencies (OGDA) members, including the RCMP, Department of Fisheries and Oceans, the Canadian Coast Guard Auxiliary, and Government of Northwest Territories are working with CAF members.

Enhancing the ability to operate collectively and share best practices in training with OGDAs in the North benefits all parties involved while respecting each participating department's unique mandate, role, and responsibility.

## Family Days giveaways keep on coming

By Ryan Melanson,  
Trident Staff

The 21st annual edition of DND Family Days may have wrapped up on June 17, but some of the prize giveaways carried on in the weeks following the main event at the Dockyard, with a number of happy winners.

One of the most sought after prizes, a \$5,000 heat pump package from Nova Scotia Power, had its draw on June 23, and all those who visited the Nova Scotia Power Comfort Zone tent at Family Days to enter the contest were eligible. The winners were LS Matthew Dempsey, a cook currently posted to HMCS Fredericton, and his fiancée Emily Gorre, who took credit for filling out the ballot that ended up being a winner.

"This is actually something we wanted, but we knew it was expensive and we've been preparing everything for our wedding," Gorre said after accepting the prize from Nova Scotia Power's Judy O'Leary at the couple's home in the Clayton Park area. They said they were hoping to improve air circulation and get cooler summer nights once the system is installed.

"When Emily first told me, I thought



Emily Gorre and LS Matthew Dempsey, seen here along with Justin Gillard of Evergreen Electric and Judy O'Leary of Nova Scotia Power, were the winners of a \$5,000 heat pump package from DND Family Days.

RYAN MELANSON/TRIDENT STAFF

we had won \$5,000 cash and I was pretty happy, but for what we need right now, the heat pump is an even better prize," LS Dempsey added. They were able to begin the installation process

right away, with Justin Gillard from Evergreen Electric coming along for the prize presentation and to start looking at different placement options for the heat pump inside the home.

O'Leary said the heat pump giveaways, something Nova Scotia Power has been doing regularly to promote the technology and encourage people to make the switch, is even more fun when the well-deserved gift can be given to an Armed Forces member.

"We love participating in Family Days and we love to see that it's such a close-knit military community that gets together for that festival every year. To be able to help out members of that community like Emily and Matthew makes it even better."

And while Family Days is all about crafting the best experience for the thousands of visitors to the Dockyard, many volunteers work hard to make that happen each year, and that group had their own thank you barbecue and prize draw at Juno Tower on June 22. Volunteers from PSP Halifax, BAdm, Military Police Unit and others took home gift cards, bicycles, firepits and other prizes.

"It's just something we like to do to let everyone know their work is appreciated, because along with our sponsors, the volunteers are an integral part of making Family Days a success every year," said CFB Halifax BAdm Officer LCdr Craig Gillis.

# Naval Security Team conducts readiness training

By Will Chaster,  
The Lookout

A crowd of shouting protestors marches towards a barricade guarded by a security force wearing dark Kevlar vests. Most of the protestors stop a few feet from the guards, but two walk up to the barricade, screaming with arms waving.

In the midst of this chaos, the guards remain immovable. Calmly they defuse the situation and do not react to the provocation of the activists. After a while the crowd disperses and the guards fall out.

A protest scenario was one of many exercised recently by the Naval Security Team (NST) as part of its validation readiness training in order to deploy. Sea Training Pacific implemented the training.

“We’re making these exercises as close to the real thing as possible so they are prepared for any eventuality,” said Cdr Christopher Peschke, Commanding Officer of Sea Training Pacific.

The week-long exercise took place on land and at sea, and included everything from low-key activities such as searching bags and checking identification, to high pressure situations such as confronting a crowd of angry

protestors or dealing with a car bomb.

The 78 NST reservists from across the country underwent weeks of individual training in first aid and weapons drill before arriving at CFB Esquimalt, B.C.

“There’s such a wide variety of people here; we have everyone from newly graduated university students to school teachers to a dentist. It’s a really interesting crowd,” said Cdr Peschke.

The training involved participation from B.C. Ambulance, 11 Field Ambulance, Military Police Unit Esquimalt, Fleet Diving Unit (Pacific), HMCS *Vancouver* crew and Sea Training staff.

These NST members were selected from a pool of reservists who must sign a Reserve contract and go through intensive training before being allowed to deploy overseas. Their job is to ensure force protection and security for Canadian naval units in both domestic and foreign ports.

“The individual training of the men and women of the NST is remarkably good; they’re right on the curve of where we’d want them to be,” said Cdr Peschke.

With this training completed, the NST will deploy to South Korea in support of POSEIDON CUTLASS 17.

# Un entraînement en disponibilité opérationnelle pour l'Équipe de sécurité navale

Par Will Chaster,  
Le journal Lookout

Une foule bruyante de manifestants se dirige vers une barricade protégée par des forces de sécurité portant des vestes en Kevlar de teinte foncée. La plupart des manifestants s'arrêtent à quelques mètres des forces, alors que deux personnes marchent jusqu'à la barricade en criant, les bras en l'air.

Au milieu de ce chaos, les forces demeurent inébranlables. Elles désamorcent calmement la situation et ne réagissent pas à la provocation des activistes. La foule finit par se disperser et les forces rompent les rangs.

Cette manifestation constitue l'un des nombreux scénarios de l'entraînement en disponibilité opérationnelle auquel a récemment participé l'Équipe de sécurité navale (ESN) pour valider sa disponibilité opérationnelle avant le déploiement. L'entraînement a été offert par Entraînement en mer (Pacifique) [EM(P)].

« Nous avons mis au point des exercices aussi réels que possible pour préparer les participants à toute éventualité, » a dit le capf Christopher Peschke, commandant d'EM (P).

L'exercice d'une semaine s'est déroulé à terre et en mer et comportait un peu de tout, des activités simples, comme la fouille des sacs et la vérification des pièces d'identité, aux situations très stressantes, comme la confrontation de manifestants en colère ou l'intervention lors d'un attentat à la voiture piégée.

Les 78 réservistes de l'ESN de partout au pays ont suivi pendant des semaines un entraînement individuel en premiers soins et en maniement des armes avant d'arriver à la BFC Esquimalt (C.-B.).

« Le groupe est tellement diversifié : nous avons de nouveaux diplômés universitaires, des enseignants, des dentistes, c'est vraiment intéressant, » a expliqué le capf Peschke.

L'entraînement a regroupé des membres du Service ambulancier de la C.-B., de la 11e Ambulance de campagne, de l'Unité de police militaire Esquimalt, de l'Unité de plongée de la Flotte (Pacifique), de l'équipage du NCSM *Vancouver* et du personnel d'EM (P).

Les membres de l'ESN viennent d'un bassin de réservistes qui doivent signer un contrat avec la Réserve et suivre un entraînement intensif avant de participer à des missions à l'étranger. Ils sont censés assurer la protection et la sécurité des unités navales canadiennes dans les ports, au pays et à l'étranger.

« L'entraînement individuel des membres de l'ESN a été vraiment bon; les objectifs ont été atteints, » a souligné le capf Peschke.

Les membres de l'ESN qui ont suivi cet entraînement sont maintenant prêts à aller en Corée du Sud dans les prochaines semaines à l'appui du POSEIDON CUTLASS 17.

## July 24 is International Self Care Day

By Health Promotion Staff

What makes you mad? Bad drivers? Long lineups? Slow wifi?

We can help. Contact Health Promotion at 902-722-4956 or email [hfxhealthpromotion@forces.gc.ca](mailto:hfxhealthpromotion@forces.gc.ca) and sign up for a program that help you manage life's stressors.



Members of the Naval Security Team conduct training at CFB Esquimalt, B.C. Un entraînement en disponibilité opérationnelle pour l'Équipe de sécurité navale.

# What support means

By Capt Donna Riguidel,  
CFLA PAO

“I found a family, and I learned to lead.”

Senior Associate Deputy Minister Jody Thomas was sincere and earnest as she addressed the crowd at the Canadian Forces Liaison Council 2017 Awards Dinner. The Awards are held every two years to recognize those employers and educators who go above and beyond in supporting reservists. This year, the day-long event on May 25, 2017, included a luncheon, afternoon provincial awards ceremony at Cartier Square Drill Hall, and then the national award ceremony dinner at the War Museum. Canadian entertainer Tom Jackson delighted the crowd with music and heartfelt comments. “We are all driven to serve,” he said to the crowd, before launching into a warm rendition of *Oh Canada*.”

Winner of the Most Supportive Employer in Canada, VIA Rail, received its award at the gala dinner, to resounding applause. VIA Rail not only offers CAF members a discount, but also, among

several other CAF-centric policies, has an employment program to help members transition from uniform life.

“We continue to recognize the value of employing someone currently serving or having served in the CAF,” said Yves Desjardins-Siciliano, President and Chief Executive Officer, VIA Rail.

During the evening program, Gen Paul Bury, Chief of Reserves, spoke of sacrifice and how the weight of deployment can be heavy, in a different way, for those that serve part time.

“Knowing that programs and policies like these allow our members to effectively press ‘pause’ on their lives, and still have school or a civilian career waiting for them back home. The value of that support cannot be measured,” Gen Bury said.

Competition for these awards was fierce. Going beyond merely accommodating requests for time off to train or deploy, many employers and educators offered top-up of pay, benefit extension, flexible scheduling, providing corporate facilities for training and even volunteering to help at mess events.

Fireweed RV, a company with just



During the Canadian Forces Liaisons Council Awards Ceremony, Dalhousie University won the award for being Most Supportive to student reservists. From left: Bill Mahoney, Cpl Joanna Blodgett, Dr. Olga Theou, and Army Commander Gen Paul Wynnyk.

CPL MICHAEL J. MACISAAC, CFSU OTTAWA IMAGING SERVICES

four employees, won in the special award category for small organizations. Fireweed RV employee, Cadet Instructor, Lt John Robertson (2685 Royal Canadian Army Cadet Corps, The Yukon Regiment), has not only gotten time off for training, but his employer offers their place of business to the local cadet unit to use. Although accommodating time off can leave his business short staffed by 25%, Fireweed

RV owner David Robertson is proud to support his employee and the CAF.

Acting Vice-Chief of Defence, RAdm Ron Lloyd explained how important that pride and cooperation can be to the overall picture. “The Canadian Armed Forces makes a difference. The Reserves, as a part of the CAF, make a difference in lives all over the world. You, as a part of that team, make a difference. Thank you.”

# Summer: the season of transition

By Lt(N) Graeme Carruth,  
Base Chaplain, FCC(P), CF H Svcs C(A)

“Hey, summer’s here!”

For many Canadians this phrase comes fueled with the anticipation of restful days of fun with family and friends and lazy evenings over a barbecue or beverage perhaps at a beach or a dock or simply a back yard. Children look forward to holidays that will stretch out seemingly forever inviting untold possibilities of new experiences and relaxation.

The same is true for military families. But for us there is the added drama for many of transition. The long-awaited posting messages that arrived in spring suddenly come into effect and the mass movement of family furniture and effects is on. And with that many face the barely controlled chaos not only of changing jobs but of moving towns,

changing communities and uprooting lives hoping to plant them somewhere else wondering what sort of community we will find when we get there.

Even if the APS doesn’t see us moving locations it may see us changing places where we work or changing the teams with which we work.

Simply stated, summer for the military member and her family is a season of transition and change. And while it may be said that for some, change is what we live for, many more of us find even desirable change uncomfortable, chaotic and stressful.

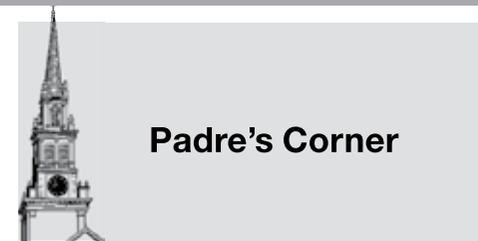
So what can we do with that? Where can we find some stability and hope when everything is going crazy?

Having faced many occasions of such transition something I’ve found has helped me keep it together when everything feels like it’s flying apart is the wisdom of St. David, the patron saint

of Wales, who said, “remember the little things.” For me that has meant:

1. staying connected with those people who have been part of my circle where I came from,
2. remembering that where I am going will have joys I have not thought of,
3. reminding myself that, no, the new place will not be perfect, but then the place I’m leaving wasn’t perfect either – each has its warts but in different ways,
4. pushing myself a little to tap into the social world of the new place when I arrive, and
5. looking for some unique spots, maybe a park, a pub, a playground for the kids that could become my new special place.

As a chaplain naturally one of the important little things I try to remember is that the God who was with me in the old place and with the team I used to work with is with me here in the new context. Jesus once said to His fol-



## Padre’s Corner

lowers, “I’m going ahead of you to prepare a place for you so that where I am you may be also.” It’s a saying we often hear at funerals but I think it has a far more compelling application in the world of the living. I understand Jesus with these words also to be saying, “I am going ahead of you into the new situation you will be entering and I will prepare a place for you there, with the new town, the new team, and the new community. When you get there good things will be waiting for you and I’ll be there to share them with you.”

As we face the transition season that is summer let’s trust that the God we worship or whatever grounds our spirituality, will go with us giving us the assurance that we are not alone.

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# A MARS officer on exchange

By SLt **Kassandra O'Rourke**,  
HMCS *Ottawa*

I had the privilege of spending a few days on board the New Zealand frigate *Te Kaha* during the recent PACIFIC GUARDIAN Exercise, a multi-national event with the goal of improving cooperation and interoperability between navies.

The four-day exercise off the South East Coast of Japan was led by Commander Canadian Fleet Pacific and included HMC Ships *Ottawa* and *Winnipeg*, JS *Inazuma* and RNZNS *Te Kaha*.

The Royal New Zealand Navy is incredibly professional and knows how to balance the hard work associated with life at sea with a fantastic sense of humour. The ship's motto is 'He Ponanga Kaha' or 'Service with Strength.'

I was picked up and transported over to their flight deck by their Sea Sprite helicopter. Once I arrived on board I was shown to the Wardroom and to my cabin where I shared a room with one other female bridge watchkeeper.

I started noticing early on how similar our navies were to each other.

The bridge equipment is almost identical to our own. One big difference I found interesting was that,



SLt **Kassandra O'Rourke** (left) meets her New Zealand counterpart, SLt **Caitlin Wiseman**, who spent a few days sailing with HMCS *Ottawa*.

although their ship is only slightly smaller than ours, they sail with at least 50 fewer personnel than we do.

Their bridge watchkeepers must also attain three separate tickets to get qualified in comparison to our one. They will be fully qualified upon achieving their final ticket, whereas we must stand a Naval Officer Professional Qualification board in order to be promoted to Lieutenant (Navy).

That first afternoon, I participated

in a boxing fitness class. At first I was unaware of how the class was going to be broken down. I saw the crew putting on the boxing gloves that were littered all over the flight deck, so I followed suit. An unexpected steering gear breakdown drill pulled the instructor away to different duties. Suddenly a voice recording came over the work out speakers with a countdown starting at 10. With about five seconds left to go, I frantically looked around

for direction. I saw a whiteboard with the instructions, "You know what to do" written on it. I did not know what to do.

It dawned on me that this might be some kind of extreme session where we box the person closest to us and only one of us is left standing in the end. I saw people warming up by throwing jabs and tossing upper cuts into the air. My adrenaline was spiked at this point and I was ready for anything. Luckily one of their crewmembers jogged up to me in the last second with padded gloves and asked if I needed a partner. It was a normal work out. That was a relief, although, it would have made for an epic story.

The Principle Warfare Officers, who have a very similar job to our Operations Room Officers, took me under their wing. I spent a lot of time in their Operations Room. I sat right next to each of them with a headset on so that I could see and hear everything that was going on. I learned a lot about warfare - both anti-air and anti-submarine.

During my second day, the ship had internal training where they went to action stations for a battle problem. A few of the positions had different duties than what I am used to seeing, but in the end it looks like we all approach damage control with the same kind of

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# with a New Zealand warship

tactics; fires and floods are everyone's enemy at sea.

After a busy morning, the ship paused and gathered in their respective messes to support their national rugby team. We watched 15 minutes of highlights before getting right back to work. That afternoon I observed Officer of the Watch manoeuvres and was quite impressed with their skill. They used a few different techniques that I think will come in handy the next time I have the opportunity.

My favourite thing that I learned on their ship was their Navy Creed. It goes as follows:

"I am a sailor of the Royal New Zealand Navy  
 Te Taua Moana o Aotearoa  
 I represent the proud heritage of those who have gone before me  
 I serve to protect our people and our whanau with integrity and mana  
 I will follow those above me and lead those below me  
 I embody the Navy's Core Values –  
 Courage, Commitment, Comradeship  
 And will challenge those who do not  
 He heramana ahau, I am a sailor."

Overall, the crew was very welcoming. I learned a lot about their navy and their country and I would like to work with them again in the future.

As it is, I may get that chance sooner than later as *Te Kaha* is scheduled



A New Zealand Sea Sprite helicopter from HMNZS Te Kaha arrives to return SLt O'Rourke from her host ship.

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to arrive in Victoria for a refit and upgrades on their frigates within the next year or so.

Exchanges like this are a great opportunity for sailors to see the bigger picture and interact with our

allies while bringing back lessons and perspective from other professional mariners.



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German 'trash percussion performers' the Groove Onkels



The Kalutsikh Brothers, an acrobatic act from Moscow, Russia.

## Royal Nova Scotia Tattoo celebrates Vimy Ridge, Halifax Explosion centennials

By Ryan Melanson,  
Trident Staff

The Royal Nova Scotia International Tattoo rolled back into town from June 29 - July 6, bringing with it another exciting lineup of both military and civilian musicians, pipers, drummers, acrobats, daredevils and other performers, forming together for another year of memorable shows at the Scotiabank Centre and around Halifax.

In her debut year on the job, Tattoo director Jennie King highlighted the show's goal of commemorating, honouring and educating Canadians, which this year was done through special tribute segments touching on the 100-year anniversaries of both the Halifax Explosion and the Battle of Vimy Ridge, as well as the 150th anniversary of Confederation. And for the first time, 3D mapping and floor projection equipment was able to enhance the storytelling ability in new and innovative ways.

"This year, history is literally coming alive with this new technology," King said.

The CAF is always an important partner to the Tattoo Society in making the show run smoothly, and this year was no different, with many serving members and multiple CAF bands involved in the performance itself, and others supporting behind the scenes. For some, like the members of the Stadacona Band, returning to the Tattoo each year is a familiar tradition, but for others, performing on the floor of the Scotiabank Centre is a whole new experience.

The 8 Wing Band from CFB Trenton, for example, were playing for much larger crowds than usual as thousands poured into the arena over the six days of performances. MWO Chris Webster, originally from Winnipeg and posted to Trenton, said it was the first time the all-volunteer



The Calgary Fiddlers perform with the Tattoo Highland Dancers

RYAN MELANSON/TRIDENT STAFF

band had performed at the Nova Scotia Tattoo, and that the experience of working alongside so many other performers and being part of a grand spectacle is a great learning opportunity for the part-time musicians.

"There's no professional musicians in the band, they're all retired members or currently serving members in another trade, so this is a big opportunity for us; we're very thankful to be here."

The CAF contingent was joined by the RCMP National Ceremonial Troop, as well as military colleagues from other nations, including the German Mountain Army Band, as well as the United States Navy Fleet Forces Band, made up of musically talented sailors from across the United States and known as "The Finest in the Fleet."

This was the second year in a row that a U.S. military group performed at the Tattoo, which is unique in that their bands and drill teams generally don't get permission to be outside of the country on July 4, the American Independence Day Holiday. In 2016, the United States Air Force Honor Guard Drill Team was able to make the trip, the first for a U.S. Armed Forces group in 20 years, and this

year, largely because of the Canada 150 celebrations, the Fleet Forces Band was happy to keep that representation going.

"We would normally be in the United States at this time, but 150 years as a nation is a very big milestone, and our two countries certainly have a special relationship; we're here to help affirm that," said Ensign Matt Shea, the group's Assistant Band Master.

"We had to go up to a very high level to get it approved, but thankfully we were able to do that."

Of course, plenty other acts exciting civilian acts from a number of countries and from all walks of life rounded out the Tattoo's 2017 roster. Returning for the first time in 15 years were the IMPS Motorcycle Display Team, a group of talented young daredevils from the UK (some as young as five years old), and they were joined by fellow Europeans the Groove Onkels from Germany, who perform 'trash percussion' acts using garbage and recycling bins, as well as Guinness World Record holding acrobats the Kalutsikh Brothers from Moscow, Russia, and the award-winning Swiss



The London-based IMPS Motorcycle display team

gymnasts Holmikers, among a number of others.

The full Tattoo experience is obviously found during the performances at Scotiabank Centre, but plenty of others also got a taste of the Tattoo thanks to the Canada 150 parade on July 1, Tattoo festival events across the city, including at the Downtown Dartmouth ArtsTravaganza Festival, and even one special performance in Lunenburg.

In total, a contingent of about 250 CAF members lent support to the Tattoo and its related activities this year, including 90 musicians, more than 40 pipes and drummers, two obstacle race teams, a naval display team and a large group of logistics and administrative support staff.

"The CAF is always proud to work with the Tattoo production team and all the performers; everybody works hard to deliver an exciting cultural celebration of Canada," said LCdr Sidney Green, the officer in charge of CAF support to the Tattoo.

"It's a signature event for us and it affords us a good opportunity to raise awareness and understanding of our many roles and accomplishments."

# Members of HMCS *Winnipeg* spend time leading by serving

By Padre Lt(N) Matthew Squires, HMCS *Winnipeg*

Eighteen members of HMCS *Winnipeg* shared the June 2 morning with residents and staff of the Ang Mo Kio Training and Development Centre as a community relations initiative in support of *Poseidon Cutlass 17*.

Ang Mo Kio is one of six training and development centres run by an organization in Singapore named the Movement for the Intellectually Disabled (MINDS). It is the mission of MINDS to provide care, improve wellbeing, and facilitate the cognitive development of Singaporeans in need.

This is not the first time the Royal Canadian Navy has been involved in supporting MINDS. In January 2016, 17 members of *Winnipeg* visited the Fernvale Gardens School during Operation REASSURANCE, and during WESTPLOY 2016; HMCS *Vancouver* visited the Eunost Training and Devel-

opment Centre.

The morning began with a briefing by Isaac Loh, AMK TDC Training Officer. Loh's brief raised awareness of the work of the Centre and provided situational awareness in preparation for the sailor's morning with the clients. Half of the crew volunteered their time conducting much needed maintenance on the facility, while the other half joined the clients in a nature walk coupled with sports activities.

Upon completion of the morning, the crew distributed goodie bags prepared by Swee Leng Ng, Public Affairs Officer of the High Commission of Canada in Singapore. Each goodie bag was distributed with pride, testifying to Canadian generosity while displaying a Canada 150 logo.

When reflecting on his time with the residents of the Centre, LS Kyle Pillar said, "As members of the CAF we have the ability to provide aid and care to those in need, whether the

need be big or small. Spending the morning with the kids at the Ang Mo Kio Training and Development Centre was a fantastic opportunity to provide assistance and care where it was needed, while hopefully bringing joy to at least one of the kids that day."

The actions and attitudes of sailors such as LS Pillar speak to a greater tone seemingly evident throughout *Winnipeg's* visit to Singapore. During a reception hosted by *Winnipeg* that included attendees representing the Southeast Asian Young Leaders' Programme, guests had the privilege of hearing an address by Canada's Chief of Defence Staff, Gen Jonathan Vance. Gen Vance set the tone by reminding every individual on the flight deck that evening of the need for more values based leaders within Canada and throughout world.

A significant aspect of POSEIDON CUTLASS 17 is about shaping Royal Canadian Navy leaders of all ranks,

while further deepening international relationships among prominent leaders within a global climate that is desperate for values based leaders. Each community relation event contributes to the mission as it exposes the great values of Canadian leaders as evident in the experience of LS Berge Hamian who said, "I was looking forward to jump right in and serve the best way I could; however, not without some trepidation, especially after the director of the centre warned us that we may see some shocking and unusual behaviour from the residents. But once we started helping the residents to accomplish their tasks during the sports activity, it helped significantly in establishing rapport and trust between us. The nerves subsided and before I knew it, unfortunately, it was time to go. It turned out to be a fulfilling morning and it felt good that we represented our country and our ship proudly."

## RCMP Musical Ride comes to Halifax

By Trident Staff

The RCMP Musical Ride will present two performances in Halifax, on July 17 and 18.

Parks Canada and the Halifax Citadel National Historic Site present these performances as part of celebrations for Canada 150.

The Musical Ride is comprised of 32 RCMP members and their horses, performing a choreographed routine to music.

The events are free, with a food or cash donation to FEED Nova Scotia. The location is the Halifax Citadel Garrison Grounds on

July 18 and 19 from 1 p.m. to 4 p.m. Before the Musical Ride starts at 2 p.m., at 1:30 p.m. the Halifax Junior Bengal Lancers and the Halifax Citadel Regimental Association's 78th Highlanders will perform displays.

Seating for this event is general admission, on a first-come, first-served basis. Audience members should bring their own blankets or lawn chairs for seating on Citadel Hill overlooking the Garrison Grounds. There will be limited accessible seating and accessible parking at the venue.

For more information on the RCMP Musical Ride, visit [www.rcmp-grc.gc.ca/en/musical-ride](http://www.rcmp-grc.gc.ca/en/musical-ride).

## Jane Austen fans hold annual conference in Halifax

By Virginia Beaton, Trident Staff

It is a truth universally acknowledged that a Jane Austen conference titled *Transatlantic Perspectives on Jane Austen: 200 Years of Persuasion*, must be held in Halifax. Though the novelist spent all of her life in England, two of her brothers were Royal Navy officers who sailed in and out of this city during the first half of the 19th century.

From June 20 to 27, 2017, fans of novelist Jane Austen came from their homes in the United Kingdom, Australia, and across North America to Halifax for their annual conference. One of the outings during the week was a visit to Stadacona's Admiralty House, which houses the Naval Museum of Halifax.

The building was once home to Austen's brother, Admiral Francis Austen (1774-1865). He had an illustrious career, rising to become Commander in Chief of the North America Station and the West Indies

from 1844-48, during which time he lived in Admiralty House.

"Welcome to Admiralty House," museum curator Rick Sanderson told the conference attendees. Sanderson described the history of the building, which is built of stone. "It took five years to complete and it was finally done in 1819," said Sanderson. "It has five floors, 30 rooms, and 16 fireplaces."

The building was an important hub for Halifax's military commanders and for civic gentry, according to Sanderson. Social occasions could be lavish, he observed, saying, "There was one party held here that was attended by 850 people. Two bands played."

Another of Austen's brothers, then Lt(N) Charles Austen, first came to Halifax in 1806 as commander of HMS *Indian* and spent the next five years sailing from Halifax to Bermuda and elsewhere. According to notes in the society's Halifax program, his son, also named Charles, was a Lt(N) in Adm Austen's flagship HMS *Vindictive*, and in 1848 married a Halifax girl in St. Paul's Church. The notes

also included a watercolour painting done by Adm Francis Austen's son, Herbert Austen, who was senior lieutenant in *Vindictive* during his father's time as Commander North Atlantic Station.

Jane Austen's brother, Charles, "is my great-great-grandfather," said Patrick Stokes, convener of the conference.

Stokes noted that the conference had been held in Halifax a dozen years ago. He noted that as 2017 is the 200th anniversary of Austen's death, and of the publication of *Persuasion*, her final novel and one that has a strong Royal Navy theme, bringing the conference to Halifax seemed like a good idea.

During the conference, several lectures by academics focused on the naval careers of the Austen brothers, and also on Jane Austen's sister-in-law Fanny Palmer Austen. Fanny was married to Charles Austen and according to the program notes, her letters from Halifax to England shed light on her experiences as the wife of a naval officer.



### Percé Rock

*HMCS Goose Bay sails past Percé Rock near the Gaspé Peninsula, Quebec, during the Great Lakes Deployment, June 18, 2017.*

MCPL CHARLES STEPHEN, FIS HALIFAX

# TRIDENT Sports

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

## Health and Lifestyle Information Survey of Canadian Armed Forces Personnel

Physical Activity and Injuries



Results from the 2013/14 Regular Force survey.

### PHYSICALLY ACTIVE

### SEDENTARY



A significant increase from **79%** in 2008/09.  
\*Measured using the Godin Leisure-Time Exercise Questionnaire.

an increase from **27 hrs/wk** in 2008/09 and **24 hrs/wk** in 2004. Almost entirely driven by an increase in time using computers.

### ORGANIZATIONAL SUPPORT

**72%** agreed that CAF leadership encourages personnel to be active

**90%** had access to exercise facilities

**87%** were given time to exercise while at work

### INJURIES

**32%** had a repetitive strain injury serious enough to limit their normal activities in the 12 months preceding the survey. A significant increase from **23%** in 2008/09.

**19%** had an acute injury serious enough to limit their normal activities in the 12 months preceding the survey, unchanged from 2008/09.



#### MOST INJURIES:

- happened during physical training, sports, and military training;
- affected lower body parts and/or lower back; and
- musculoskeletal injuries are the #1 reason for not deploying.

### "CALL TO ACTION"

Try 30-60 minutes of daily moderate to vigorous exercise	It's good for your health.
Progress your fitness training carefully	It's a great way to reduce your risk of injury.
Stay in the game	Wear protective equipment at work and at play.
Reduce your risk of injury	By doing 5 to 10 minutes of active warm-up before sports and fitness training.
Do 2 days of strength training a week	It's a wise investment in terms of fitness and injury prevention.
Try limiting your high impact activities to every second day	Your legs will love you for it.



MARLANT Male Athlete of the Year Lt(N) Cody Brown is seen in action at the 2017 CAF National Basketball Championship this past April in Borden.

OS CAMDEN SCOTT, BORDEN IMAGERY

## Basketball standout named MARLANT Male Athlete of the Year

By Ryan Melanson,  
Trident Staff

After being an integral member of the CFB Halifax men's basketball team for the better part of a decade, and coming off an especially busy 2016 playing CAF and CISM ball, MARLANT'S Male Athlete of the Year says he feels grateful for all the opportunity he's had playing sports in the military.

Lt(N) Cody Brown started playing with the base team seven years ago shortly after joining the Navy and meeting long-time coach Kevin Miller, with experience under his belt playing at Mount Saint Vincent University. Soon after, he was scouted by CISM coaches as well, and he's been heavily involved in CAF basketball ever since.

"I was actually pretty shocked, because I'm mainly a one-sport athlete with basketball, but I have done a lot with that sport," he said about receiving the award, which was presented at the CFB Halifax Sports Recognition Breakfast on May 15. The past year saw Lt(N) Brown and the base team win yet another gold medal at CAF regionals and a silver at nationals, while he also contributed at CISM tournaments in Belgium and Germany. He was also a key component of the base team during its streak of four consecutive

gold medals at CAF nationals from 2011-2014.

Lt(N) Brown, a MARS officer posted to HMCS *Fredericton*, said he credited and thanked his new chain of command for the nomination that got him the title, which also puts him in the running for the wider RCN and CAF Athlete of the Year awards later this year.

He said he has no plans to slow down with basketball anytime soon, and after CAF nationals this past April, he's now looking ahead to an annual NATO tournament this fall in Belgium with the CISM squad, and then to regionals and nationals again next year, where the CFB Halifax team will look to capture the gold after falling short two years in a row. Basketball has become a significant part of his experience in the RCN so far, and he said he's very appreciative of the all the chances to play and all the great teammates and coaches he's been able to work with and build camaraderie and relationships with.

"Playing basketball has honestly been the best part of being in the military for me, and I'm somebody who still enjoys my job otherwise. The sports aspect is very motivating, it keeps me fit and in shape, and some of my best friends that I've made have been members of the base team or the CISM team."



# Fitness and sports updates

By Trident Staff

**MacDonald Beach opened for the 2017 season on Wednesday, July 5.** Beach hours are 11 a.m. - 5 p.m., Wednesday – Sunday. Admission is free. For details on MacDonald Beach, please visit [www.cafconnection.ca/halifax](http://www.cafconnection.ca/halifax)

**Please note that the ball field located at Windsor Park will not be opening for the season.** The Shearwater ball field is open and is taking bookings for the season. Please reach out to Tony Hamilton at 902.721.8412 or at [Tony.Hamilton@forces.gc.ca](mailto:Tony.Hamilton@forces.gc.ca).

**The Formation Women's Soccer Team** has started weekly practices in preparation for the Atlantic Regional Tournament hosted by CFB Gaagetown 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](mailto:Emily.Bowen@forces.gc.ca) for additional details and to be added to the team email list.

**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 STADPLEX** goes from June 6 – July 27 on Tuesdays and Thursdays 7:30 – 8:30 a.m. Group meetings will include a brief information session followed by a group run and additional cross training. Included in these sessions is an assessment of foot strike and running cadence as well as important information to improve running performance and decrease risk of injury. For any questions or to express interest in joining this program, please contact Briana Plante at [briana.plante@forces.gc.ca](mailto:briana.plante@forces.gc.ca) or at 902-721-8416.

**Join PSP Community Recreation** for pick-up beach volleyball on Tuesdays and Thursdays from 7-9 p.m. at the Shearwater Fitness, Sports and Recreation Centre. All equipment will be provided and teams will be organized upon arrival. For more information, please call 902-720-3463.

**Join PSP Community Recreation** for pick-up basketball at the Shearwater Fitness, Sports and Recreation Centre. All equipment will be provided and teams will be organized upon arrival. Mondays and Wednesdays, 7 – 9 p.m. For more information, please call 902-720-3463

## FLEET – Fitness Class Schedule

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

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

## SHEARWATER – Fitness Class Schedule

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

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

## STADPLEX – Fitness Class Schedule

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

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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

# Counting down to the Invictus Games

Members of JTF Central Headquarters march in support of their comrades in arms during the 100-day countdown to the Invictus Games in downtown Toronto on June 15, 2017.

MCPL PRECIOUS CARANDANG, 4TH CANADIAN DIVISION PA

## Health and Lifestyle Information Survey of Canadian Armed Forces Personnel

Nutrition and Obesity



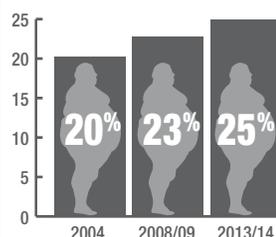
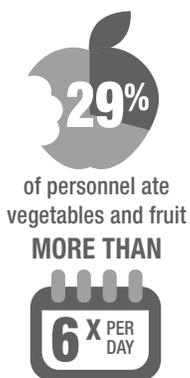
Results from the 2013/14 Regular Force survey.

### KNOWLEDGE

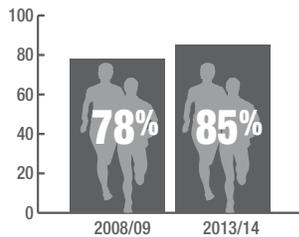
### BODY WEIGHT



### UNHEALTHY DIET



The percentage of obese personnel increased significantly from **20% in 2004**.



Although physical activity has increased (up to **85% of personnel were sufficiently active in 2013/14** compared to **78% in 2008/09**), the percentage of obese personnel remains high.

### "CALL TO ACTION"

**Stay focussed**, eating breakfast daily is a great way to start your day.

**Make the better choice** when eating out, your waistline will thank you.

**Increase performance** by eating vegetables and fruit 6X or more per day.

Aiming for 30-60 minutes of daily **physical activity** can help you achieve and maintain a healthy weight.



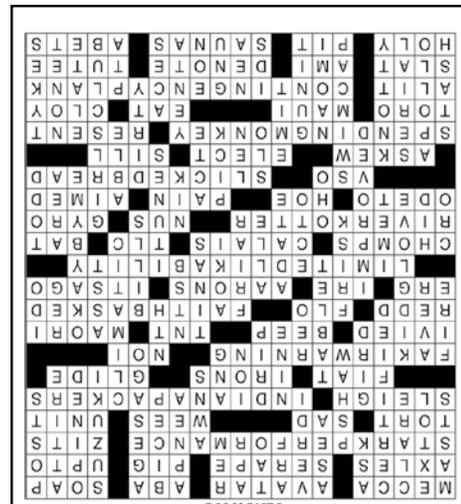
## Boxing trivia

By Stephen Stone and Tom Thomson

### Questions

1. This former heavyweight champion fought in four different decades and is the most recent inductee into the International Boxing Hall of Fame.
2. From 1919 to 1926 he reigned as heavyweight champion of the world. Who was the Manassa Mauler?
3. Who is recognized as the last world heavyweight champion under the London Prize Ring Rules of bare-knuckle boxing and the first under the Marquess of Queensberry Rules of gloved boxing?
4. Who holds the record for title defenses with 25 and has the longest continuous reign (4270 days) as heavyweight champion?
5. Who is the only heavyweight champion to have a CFL football team named after him?
6. Who retired after 49 fights as the only undefeated heavyweight champion?
7. Who was the heavyweight champion known as the Cinderella Man?
8. Who did Muhammad Ali consider to be "the toughest guy I ever fought"?
9. Who was the first fighter to defeat Mike Tyson in a heavyweight championship fight?
10. Who was known as the Bayonne Bleeder?
11. Who was the first fighter to regain the heavyweight championship in a rematch?

12. Who trained both Flord Patterson and Mike Tyson?
13. Who was often heard to proclaim (with some justification) "I am the greatest!"?
14. Who is arguably the best heavyweight boxer never to have fought for a world title?
15. Who was the tallest and heaviest heavyweight champion?
16. Who was the shortest heavyweight champion?
17. Who was the oldest heavyweight champion?
18. Who was the youngest heavyweight champion?
19. Who was the first heavyweight to win the title while still the reigning Olympic champion?
20. Who held the heavyweight championship for more days than any other fighter?





Both the CFB Halifax men's and women's soccer teams have begun early practices ahead of the CAF Atlantic Regional Championship in August

RYAN MELANSON/  
TRIDENT STAFF

## Soccer season getting started for CFB Halifax teams

By Ryan Melanson,  
Trident Staff

Soccer season for CAF teams is just beginning to get underway, and both the CFB Halifax men's and women's clubs have begun early practices in Dartmouth to prepare for the CAF Atlantic Regional Championship.

For the women's team, the goal will be to take gold at regionals and be the team representing the Atlantic region at nationals. The regional tournament has been revived in recent years after the previous selection-camp format, which was needed when there weren't enough players available to field teams for an Atlantic tournament. The last two years saw only teams from Halifax and Gagetown competing, but it looks likely that Greenwood will compete this year as well.

"It would be nice to have three teams and play more of a real tournament," said Capt Katie MacAskill, one of the team's co-managers. She said the year is starting off well for the women, with a group of first-time players mixed in with more experi-

enced athletes, including some who have played at the CISM level. In trying to grow the sport, the women have put a focus on identifying potential new players and getting them involved.

"We've been trying to get the word out as much as possible, and especially to reservists and people at units that we might not see if we just go the gyms or the soccer field to find players," Capt MacAskill said. The practices are open to players of all experience levels, and anyone interested can email Emily.Bowen@forces.gc.ca.

On the men's side of things, the Halifax team advanced to the finals at CAF nationals last year before settling for silver in a disappointing finish. Coaches said a number of players from that successful 2016 team are returning and ready to take another run at the gold medal this year, with practices soon moving to Porteus Field and becoming mandatory for players. It all starts on August 8 in Gagetown for the Atlantic Regionals, with Nationals set for September 9-14 at CFB Borden.

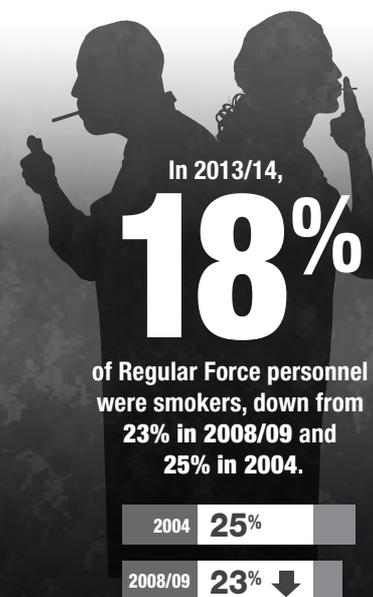
## Health and Lifestyle Information Survey of Canadian Armed Forces Personnel

Tobacco and Alcohol Use



Results from the 2013/14 Regular Force survey.

### SMOKING



### ALCOHOL USE



### SMOKING



#### SMOKING INITIATION

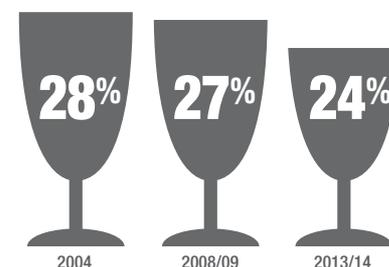
If no one started smoking after joining the CAF, there would be roughly **1800 fewer smokers** in the Regular Forces.

**19%** of current smokers started after they joined the CAF.

#### AMONG THESE CURRENT SMOKERS

- 57%** started smoking during basic training,
- 24%** during occupational training,
- 9%** during deployment,
- 10%** at another time.

### HARMFUL DRINKING



The 2013/14 result for personnel who exceeded the Low Risk Drinking Guidelines for acute effects of alcohol use was not a statistically significant change from **27% in 2008/09**. But it was a significant decrease from the **28% of personnel in 2004**.

#### PERCENTAGE OF REGULAR FORCE PERSONNEL WHO FLAGGED POSITIVE FOR CHRONIC ALCOHOL ABUSE:

- 2004 **16%**
- 2008/09 **17%**
- 2013/14 **20%**

\*Measured using the Alcohol Use Disorders Identification Test (AUDIT)

### "CALL TO ACTION"

#### INDIVIDUAL LEVEL

**Become aware** of the Low Risk Drinking Guidelines to ensure you are within the limits of moderation.

**Intervene early** if you think a colleague or subordinate has a substance use issue.

#### POPULATION LEVEL

**Promote smoking cessation** aids, resources and programs available to CAF members.

**Work to decrease** access and availability of tobacco on CAF property.



# Women in Force set for launch

By Peter Mallett,  
The Lookout Staff Writer

A new recruiting program set to launch at two test bases will give women considering a career in the CAF an intimate look at military life.

The rollout of the Women in Force pilot project involves 120 participants taking part in two 10-day events.

They will be split between CFB Borden's Logistics Training Centre for those speaking English, and for French speaking women at the Leadership Recruit School at Saint-Jean Garrison, Que. from Aug. 14 to 23.

Two shorter three-day weekend sessions will also be offered at the same venues in late October.

The program is in line with the Chief of Defence Staff's commitment to increase the percentage of women in the military to 25.1 per cent by 2026, says Lieutenant-Colonel Suzanne Raby Deputy Commander, Canadian Forces Recruiting Group Headquarters.

"The whole purpose of Women in Force is to get the information out there and let Canadian women realize there are a multitude of career paths available to them in the armed forces," she says.

LCol Raby is 37 years into her CAF career and can speak first-hand about the expanding role of women in Canada's military. She was in the first

wave of women to graduate from the Royal Military College in 1984.

"When I joined the military only five per cent of our membership were women, and women were restricted from serving in many of the front line occupations, such as infantry soldier, fighter pilot or submariner, so indeed we [women] have come a long way since I joined," says LCol Raby.

The Women in Force program will emphasize the current career opportunities in all 106 occupations.

Participants will reside on base, eat at the mess and interact with military members. Tours and hands-on exercises, such as the CAF fitness test and firing a weapon, will also broaden their knowledge.

Interest in the Women in Force program has been encouraging, with all 120 spots filled and a waiting list over approximately 40 hopefuls.

The program remains a pilot project. Lessons learned from it will be reviewed, with the intention to apply this concept to recruiting and attraction initiatives in the future.

For more information about the Women in Force program visit their webpage: [https://www.canada.ca/en/departement-national-defence/campaigns/in-demand-jobs/women-in-force.html?utm\\_campaign=not-applicable&utm\\_medium=vanity-url&utm\\_source=canada-ca\\_try-the-military](https://www.canada.ca/en/departement-national-defence/campaigns/in-demand-jobs/women-in-force.html?utm_campaign=not-applicable&utm_medium=vanity-url&utm_source=canada-ca_try-the-military)

## Ensuring the safety of Canada's non-combatant Navy fleet

By DND

The Government is focused on ensuring our public dollars go farther and are used smarter, as we make investments to create middle class jobs today and sustainable economic growth for years to come.

To this end, Canada has awarded a contract to ABS Americas in Houston, Texas, following a competitive process, to ensure that environmental standards are met onboard the RCN's non-combatant fleet and that the ships continue to be safe to operate.

This contract is valued at approximately \$12.2 million for the first five years, with four additional five-year options for a potential contract length of 25 years. Eighty per cent of all work under this contract is required to be conducted in Canada and will provide well paid middle-class jobs for Canadians.

Through this monitoring and reporting work, the Department of National Defence will enhance the safety of non-combatant vessels, such as the Arctic and Offshore Patrol Ships, the Joint Support Ships and the Maritime Coastal Defence vessels and adopt a

worldwide industry best practice.

Canada's new Defence Policy, Strong, Secure, Engaged, is committed to ensuring the health and safety of Defence personnel and Canadians, protecting the environment, and sustainably managing Defence operations.

In May 2015, DND developed a framework to introduce naval classification and certification for ship safety to the Navy's combat ships. Under this framework similar services will be provided to the remaining RCN fleet of non-combatant ships including the Arctic and Offshore Patrol Ships, Joint Support Ships, Maritime Coastal Defence Vessels, Orca-class Patrol Craft training vessels, selected Auxiliaries, and smaller vessels.

The RCN is adopting a marine industry best practice to continue to assure its non-combatant vessels are compliant with environmental standards.

As stated in Canada's Defence Policy, DND aims to modernize its business of defence to maximize operational output and ensure that every defence dollar is put to the best use in achieving its objectives.

## HMCS Toronto sailors on Great Lakes Deployment

ALL PHOTOS BY CPL KENNETH GALBRAITH

Cdr Steven Archer was born in Ottawa, Ontario, but grew up in Mississauga, Ontario and attended Meadowdale and Clarkson secondary schools. He joined the CAF in 1998 as a Direct Entry Officer accepting his commission as a MARS Officer in Victoria, British Columbia.

Cdr Archer received his degree of Bachelor of Military Arts and Sciences in June 2012. On completion of his naval training, Cdr Archer joined HMCS *Regina* in 1999. While in Regina he was deployed as a part of OP AUGMENTATION and was awarded his Bridge Keeping Certificate and Competency level 2. After successful completion on Fleet Navigation Officer Training in 2001, Cdr Archer joined *Calgary* as the Navigation officer. While aboard *Calgary* he deployed to the Arabian Sea in support of OP APOLLO. Cdr Archer served aboard *Toronto* as an Operations Room Officer (ORO) during the ship's deployment with Standing Naval Maritime Group 1 in her circumnavigation of the African Continent in 2007, as a part of the NATO Reaction Force. During this deployment, *Toronto* participated in OP SEXTANT and OP ACTIVE ENDEAVOUR. Following this initial posting to HMCS *Toronto*, Cdr Archer was appointed as ORO Course Officer, prior to being selected to attend Staff College at the CF College in Toronto.

Upon completion of Staff College in 2011, Cdr Archer was posted to the Strategic Joint Staff at NDHQ in Ottawa where he served as the Executive Assistant to the director of Staff, MGen Jonathan Vance. Cdr Archer was appointed as the Execu-



CDR STEVEN ARCHER

tive Officer (XO) of *Toronto* in 2012, when they had a successful deployment on OP ARTEMIS in the city of Toronto, after which Cdr Archer assumed the duties of XO Sea Training Atlantic. On promotion to his current rank of Commander in July 2014, he assumed duties of Director Underwater Battlespace as the CF Maritime Warfare Centre. June 12, 2015 marks the date that Cdr Archer assumed command of *Toronto*.

He resides in Halifax with his wife Carmen and two daughters. Though he has led a successful career, Cdr Archer has yet to master the art of golf and occasionally proves his rugby skills are fading, but enjoys following his daughters' athletic endeavours.

Lt(N) Kevin Reyes, a Marine Systems Engineering Officer (MSEO), is originally from Scarborough, Ontario. His career in the RCN began in 2010 shortly after attaining a Bachelor of Engineering in Nuclear Engineering from the University of Ontario, Institute of Technology, by attending Basic Officer Training in St Jean-sur-Richelieu.

After basic training Lt(N) Reyes was sent to Victoria, BC for the Naval Environmental Training Program, then on to Halifax for his Naval Engineering Indoctrination qualification aboard HMCS *Ville de Quebec*. In 2012 Kevin was on the move again, this time to Portsmouth, United Kingdom to serve aboard HMS *Sultan* as a part of his MSEO training program. 2013 brought a return to Halifax and posting aboard HMCS *Preserver* as an MSEO trainee, where he deployed on several operations and exercises. Ottawa was the next stop for Lt(N) Reyes where he was involved with strategic material support management in support of the Canadian Fleet.

Currently Lt(N) Kevin Reyes is serving as the Assistant MSEO



LT(N) KEVIN REYES

aboard *Toronto*. Although he has had the opportunity to visit numerous ports around the world, this port visit to his hometown will be like no other. He looks forward to taking friends and family on a tour of the ship while *Toronto* visits her namesake city.

## HMCS Toronto sailors on Great Lakes Deployment

ALL PHOTOS BY CPL KENNETH GALBRAITH



LT(N) JIM LITTLE

to Toronto as Operations Officer.

Jim resides in Timberlea, Nova Scotia with his wife Elizabeth and two children; he is an avid fly fisherman, a fan of all Toronto sports teams and looks forward to spending Canada 150 in the city.

AB Travis Clayton Maxwell from Toronto, Ontario was born in 1980. He has been working since he was 15, including 19 years in the retail grocery sector and also working secondary part time jobs in the media field. Travis graduated from Newtonbrook Secondary School then moved on to graduate college with a diploma in Radio Broadcasting.

In 2014 at the age of 34, AB Maxwell wanted to do more with his life, he wanted a career that would give him the feeling he was doing something that had meaning. He visited the recruitment center in Toronto at Yonge and Sheppard, and joined the CAF as a Sonar Operator. After the 13 week Basic Training course in St. Jean-sur-Richelieu, Quebec, he completed his trades training in Esquimalt, BC.

In the few years that have past he has served aboard several of HMC Ships and currently serves aboard Toronto, where he feels a little piece of home is always with him. He looks forward to having friends and



AB TRAVIS CLAYTON MAXWELL

family come on board and take a tour of the ship to show them what it's like working and living at sea is all about. AB Maxwell feels that this will be a great 150th celebration for Canada and is glad he will be able to spend it with both his Toronto family and his family in the city of Toronto.

AB Natalie Selkirk, originally from Whitby Ontario, was born in 1992. She attended Henry Street High School in Whitby, where in the summers she sailed competitively in a single person Byte sailboat, before attending Humber College for the Police Foundations program. After completing the first year of college she decided that it wasn't for her and wanted to do something more so she joined the RCN branch of the CAF as a Sonar Operator in 2013.

Upon completing basic training at the CF Leadership and Recruit School in St Jean-sur-Richelieu, Quebec, Natalie was moved to Victoria, BC to complete the Naval Environment Training Program and the Qualification Level 3 (QL3) Sonar Operator trades course. After successfully completing these courses, AB Selkirk was posted to Halifax where she took part in the final sail of HMCS Athabaskan, before her current post aboard Toronto. She is excited to be taking part



AB NATALIE SELKIRK

in the Canada 150 celebrations in Toronto where she will have the opportunity to see her family and show them life aboard a CPF.



LS CHRIS RICHARDS

150 Celebration and plans to visit some old stomping grounds for good eats.

LS Chris Richards, from Cookstown Ontario, was born in Barrie, Ontario in 1981. He attended Banting Memorial High school in Alliston, and after graduating studied as a Law Clerk at Humber College (North Campus). LS Richards worked several jobs after college including as a driver's helper and as a DJ, before moving to Ottawa where he continued as a professional DJ. In 2001 Chris joined the RCN as a Weapons Engineering Technician - Communications Maintainer, where he works with the communications equipment aboard the ship. This allows him to keep doing things he enjoys aboard ship, like DJing BBQs and special VIP events. Without the support of his loving wife Amanda, and their two boys, Jayde and Ryder, LS Chris Richards couldn't do what he does, they are his inspiration and love to make them proud as a member of the CAF. Chris looks forward to returning to the Greater Toronto Area, for the Canada

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# Your pension roadmap

By DND

You can request and submit your pension forms during your release process to avoid delays in receiving your CAF pension payment. You should confirm the Government of Canada Pension Centre <<http://www.tpsgc-pwgsc.gc.ca/fac-caf/accueil-home-eng.html>> has received all your pension forms prior to your release, to ensure you go from paycheque to pension payment within 30 days after your release date.

Your release date is your last day of paid service in the CAF which should not be confused with you last day in uniform if you elect to take retirement leave. Your pension plan provides for different payments options including a return of contributions or transfer value for members with less than 9,131 days (25 years) of CAF service at release.

Seven release process steps for receiving your pension payment:

## 1. Plan for your release

You should plan your release and know your benefit entitlements at least six months prior to save yourself time, avoid delays and be set-up for success in your transition. Take advantage of available resources to help you make informed decisions including your leadership, Pension Centre, CAF transition services, and the CAF release sections. As a CAF member, your CAF pension may be one of many benefits available to support you following your service.

You should contact the Pension Centre at <http://www.tpsgc-pwgsc.gc.ca/fac-caf/cntctns-cntctus-eng.html> to: get a pension estimate using the self-service portal at <http://www.tpsgc-pwgsc.gc.ca/fac-caf/vedette-feature2-eng.html> or by calling 1-800-267-0325; discuss the forms and your pension options with a pension expert; and complete your service buy-back <http://www.tpsgc-pwgsc.gc.ca/fac-caf/act/rnsrgm/rcht-bybck-eng.html> by notifying them of your intent prior to release.

You should also consider contacting these other resources when developing your release plan: transition services at <http://www.forces.gc.ca/en/caf-community-support-services/caf-transition-services.page> that provides second career assistance and workshops; your local release section that will explain the release process and severance entitlement; your Unit or Base Orderly Room that can confirm your leave entitlement; SISIP Financial at <https://www.cfmws.com/en/AboutUs/SISIPFS/Pages/default.aspx> that provides financial and disability benefit services; Veterans Affairs Canada at [\[forces.gc.ca/en/caf-community-benefits/know-your-benefits-articles/veterans.gc.ca\]\(http://forces.gc.ca/en/caf-community-benefits/know-your-benefits-articles/veterans.gc.ca\) that provides support services with your My VAC Account at \[http://www.veterans.gc.ca/eng/e\\\_services\]\(http://www.veterans.gc.ca/eng/e\_services\); Canada Pension Plan at <http://www.forces.gc.ca/en/caf-community-benefits/canada.ca/cpp> that provides CPP benefit information; and Québec Pension Plan at <http://www.forces.gc.ca/en/caf-community-benefits/know-your-benefits-articles/rrq.gouv.qc.ca> that provides QPP benefit information.](http://www.</a></p>
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## 2. Request your release

You should request your release from the CAF at least six months prior to your release date after discussing your plan and entitlements in step one. You will need to confirm your address is accurate to ensure that you receive your pension forms from the Pension Centre. Changes to your release plan after this point can cause delays.

## 3. Complete your initial release interview

You should have your initial release interview at least one month prior to your release date. You should bring your pension estimate and be prepared to discuss any concerns and/or questions related to the pension package.

## 4. Request and submit your pension forms

You can request and submit your pension forms to the Pension Centre up-to 30 days prior to your release date. Late or incomplete submissions may delay your pension payment. If you're having trouble completing or submitting your forms contact the Pension Centre.

## 5. Confirm your forms were received

Prior to your release date, you should contact the Pension Centre and confirm your complete package was received and is being processed.

## 6. Complete your final release interview

You will participate in your final release interview on your release date/last day of paid service in the CAF. However, members electing to take retirement leave would complete this step prior to starting their leave.

## 7. Receive your pension payment

You should expect your pension payment from the Pension Centre within 45 days of your release date, or in cases of late or incomplete submissions, within 30 days of receipt of all required documentation.

# En route vers votre pension

Par MDN

Votre date de libération correspond à votre dernier jour de service payé au sein des FAC, à ne pas confondre avec votre dernier jour en uniforme, si vous optez pour un congé de retraite. Votre régime de pension prévoit différentes options de paiement, y compris un remboursement des cotisations ou une valeur de transfert pour les membres ayant moins de 9 131 jours (25 ans) de service dans les FAC au moment de leur libération.

Sept étapes du processus de libération pour recevoir votre pension

## 1. Planifiez votre libération

Pour gagner du temps, éviter les retards et bien réussir votre transition, vous devriez planifier votre libération et connaître les avantages auxquels vous avez droit au moins six mois avant votre libération. Utilisez les ressources disponibles pour vous aider à prendre des décisions éclairées et n'hésitez pas à poser des questions à vos dirigeants, au Centre des pensions, aux services de transition des FAC et aux sections des FAC responsables de la libération. En tant que membre des FAC, votre pension des FAC est l'un des nombreux avantages auxquels vous avez droit au terme de vos années de service.

Vous devriez communiquer avec le Centre des pensions pour obtenir une estimation de votre pension au moyen du portail de libre-service ou en composant le 1-800-267-0325; discuter des formulaires et de vos options de pension avec un expert en la matière; remplir votre demande de rachat de service antérieur en l'avisant de votre intention avant votre libération.

Vous devriez également envisager de communiquer avec les autres ressources ci-après lorsque vous élaborez votre plan de libération.

Les Services de transition qui offrent de l'aide et des ateliers sur les deuxièmes carrières.

Votre section locale de libération qui vous expliquera le processus de libération et vous aidera à calculer votre indemnité de départ, si vous y avez droit. La salle des rapports de votre unité ou de votre base qui peut confirmer votre droit à des congés.

Les Services financiers du RARM qui fournissent des services financiers et des services liés aux prestations d'invalidité.

Anciens Combattants Canada qui fournit des services de soutien pour Mon Dossier ACC.

Le Régime de pensions du Canada (RPC) qui fournit des renseignements relatifs aux prestations du RPC. Le Régime de rentes du Québec (RRQ) qui fournit des renseignements relatifs au RRQ.

## 2. Présentez une demande de libération

Vous devriez demander votre libération des FAC au moins six mois avant votre date de libération, après avoir discuté de votre plan et de vos droits à la première étape. Vous devrez confirmer l'exactitude de votre adresse afin que le Centre des pensions envoie vos formulaires de pension à la bonne adresse. Si vous apportez des modifications à votre plan de libération par la suite, cela risque d'entraîner des retards.

## 3. Participez à votre première entrevue de libération

Votre entrevue de libération initiale devrait avoir lieu au moins un mois avant votre date de libération. Vous devriez apporter votre estimation de pension et être prêt à discuter de toute préoccupation ou question concernant la trousse d'information sur les pensions.

## 4. Demandez et envoyez les formulaires relatifs à votre retraite

Vous pouvez demander et soumettre vos formulaires de pension au Centre des pensions jusqu'à 30 jours avant votre date de libération. Les formulaires incomplets ou présentés en retard pourraient entraîner un retard dans le paiement de votre pension. Si vous avez de la difficulté à remplir ou à soumettre vos formulaires, communiquez avec le Centre des pensions.

## 5. Confirmez la réception de vos formulaires

Avant votre date de libération, vous devriez communiquer avec le Centre des pensions pour confirmer qu'il a bien reçu votre trousse de documents et qu'ils sont en cours de traitement.

## 6. Participez à votre entrevue de libération finale

Vous participerez à votre entrevue de libération finale le jour de votre libération ou le jour correspondant à votre dernier jour de service payé dans les FAC. Cependant les membres qui choisissent de prendre un congé de retraite font leur entrevue avant de débiter leur congé.

## 7. Recevez vos prestations de retraite

Vous devriez recevoir votre paiement de pension du Centre des pensions dans les 45 jours suivant votre date de libération, ou si vous avez soumis des formulaires incomplets ou en retard, dans les 30 jours suivant la réception de tous les documents requis.

# Super Crossword

## HOLLYWOOD HEDGING

### ACROSS

- 1 Muslim holy city
- 6 Krishna, e.g.
- 12 Judges' gp.
- 15 Shower item
- 19 Car rods
- 20 Juan's shawl
- 21 Boar or sow
- 22 As far as
- 23 Very stripped-down rendition?
- 26 Acne, slangily
- 27 Legal injury
- 28 Devoid of joy
- 29 "Pee- -- Big Holiday" (2016 film)
- 30 Curriculum segment
- 31 "Jingle Bells" vehicle
- 33 Hoosiers stuffing suitcases?
- 39 Italian automaker
- 41 Does a pressing job
- 42 Fly smoothly
- 43 Muslim ascetic's caution?
- 47 "-- didn't!" (denier's cry)
- 48 Vine-covered, as a wall
- 49 Horn's honk
- 50 Blasting stuff
- 52 New Zealand aborigine
- 57 Actor Foxx
- 58 "Alice" waitress
- 59 Country singer Hill soaked up the sun?
- 62 Joule division
- 63 Furious state
- 64 -- rod (biblical staff)
- 66 "We have approval"
- 67 What a curmudgeon has?
- 71 Chews (on)
- 73 Northern French port
- 74 Doting affection, briefly
- 75 Cave hanger
- 78 Sitcom teacher who lives

- 80 Some Greek letters
- 81 Lamb-in-pita sandwich
- 82 Keats' "-- a Nightingale"
- 83 Bladed tool
- 84 Aleve target
- 86 Intended
- 87 Abbr. on a brandy label
- 89 Loaf coated with glaze?
- 92 Crooked
- 95 Put in office
- 96 Window or door part
- 97 Primate buying things?
- 101 Harbor ill will toward
- 105 Big name in mowers
- 106 Wailuku site
- 107 Corrode
- 109 Be too sweet
- 110 Landed (on)
- 111 Thick board to be used only in an emergency?
- 117 Bed board
- 118 Pal, in Paris
- 119 Signify
- 120 One-on-one pupil
- 121 Devout
- 122 Peach part
- 123 Hot spots in spas
- 124 Helps pull off a crime

### DOWN

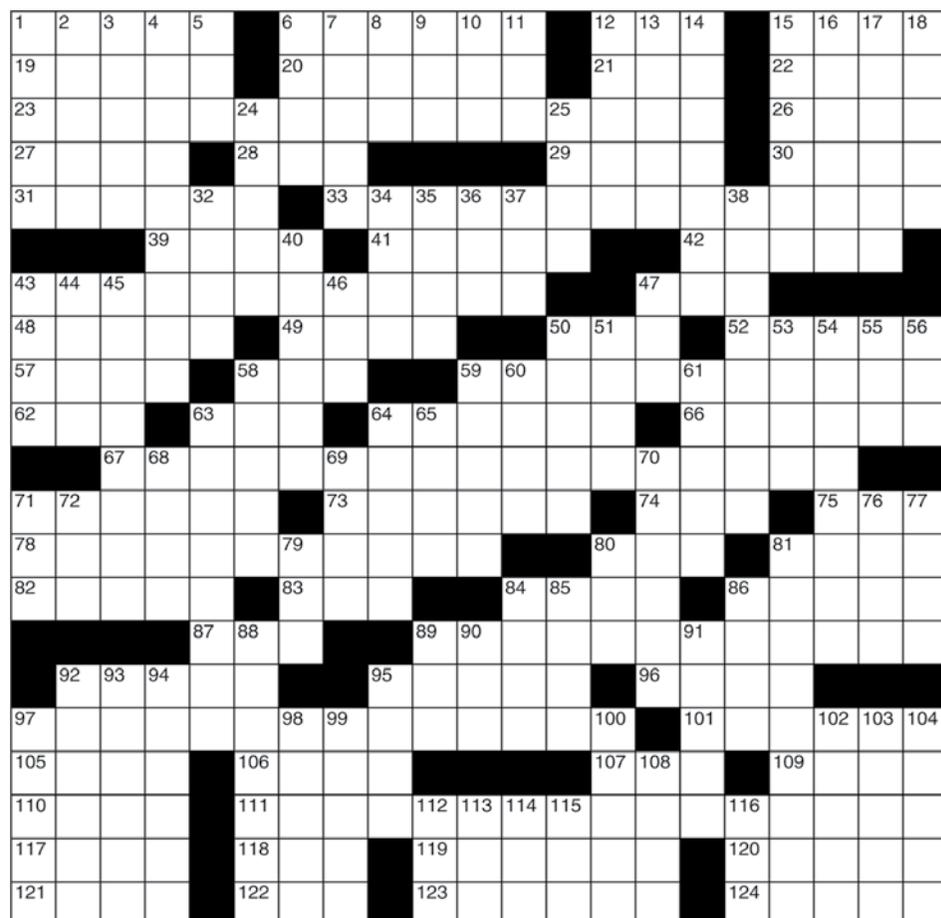
- 1 Ship spars
- 2 Really praise
- 3 Writer -- Boothé Luce
- 4 Part of CPA
- 5 Require (of)
- 6 Off land
- 7 "Falstaff" composer
- 8 Dog's cry
- 9 Wu's "way"
- 10 Tax Day mo.
- 11 Sleep lab concern

- 12 Sleep lab concern
- 13 Arm muscle, informally
- 14 Way back
- 15 Japanese automaker
- 16 Offered views
- 17 Fine apparel
- 18 Blog entries
- 24 "Baloney!"
- 25 Wheat bristles
- 32 Encircle with a band
- 34 IX
- 35 IV hookup
- 36 Tiny thing with a charge
- 37 "Life of Pi" director Lee
- 38 Of weather conditions
- 40 iPad, e.g.
- 43 Passion
- 44 Say to be so
- 45 Careful and delicate, as treatment
- 46 Vintage Olds
- 47 High degree
- 50 Turner and Fey
- 51 Crash-probing agcy.
- 53 Off. aide
- 54 "Fine, as far as I'm concerned"
- 55 Rule, briefly
- 56 Altar answer
- 58 Pat down
- 59 Monastery title
- 60 Golf Hall of Famer Isao --
- 61 Invoices
- 63 Got better
- 64 Set -- (choose the wedding day)
- 65 Everyone, to Hans
- 68 "How -- Your Mother"
- 69 Outer: Prefix
- 70 Big online music store
- 71 --Magnon man
- 72 Veiled

- 76 Region
- 77 Figure skater Eldredge
- 79 "So that's the trick!"
- 80 Suffix with no-good
- 81 After-school youth program, perhaps
- 84 Choose
- 85 Entr'--
- 86 Skillful
- 88 Pool headwear

- 89 -- -mo
- 90 Cariou of Broadway
- 91 Not clean
- 92 God of music
- 93 Daytime drama, e.g.
- 94 Intricate
- 95 Put out
- 97 Squirrel away
- 98 Country singer Judd
- 99 Hit the gas

- 100 Gossipy sort
- 102 Happily
- 103 Tripled trio
- 104 Little 'uns
- 108 Top pilots
- 112 Checkpoint demands
- 113 Pro-learning org.
- 114 Bearded antelope
- 115 Myriad eras
- 116 Pro-learning org.



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# Boxing trivia

Questions on page 21

### Answers

- 1. Evander Holyfield.
- 2. Jack Dempsey.
- 3. John L. Sullivan aka The Boston Strong Boy.
- 4. Joe Louis aka The Brown Bomber.
- 5. Joe Louis. The team is the Winnipeg Blue Bombers.
- 6. Rocky Marciano.
- 7. James J. Braddock.
- 8. Former Canadian champion George

Chualo. Chualo went the distance with Ali in their two fights with no knockdowns. After their first fight held in Toronto, Chualo said Ali went to the hospital while Chualo went dancing with his wife.

- 9. James "Buster" Douglas.
- 10. Chuck Wepner who came within 19 seconds of going the distance with Muhammad Ali in their heavyweight title fight in 1975 and claimed to be the inspiration for the

- movie Rocky.
- 11. Floyd Patterson defeated Ingemar Johansson on June 20, 1960 to become the first heavyweight to regain his title.
- 12. Cus D'Amato.
- 13. Muhammad Ali.
- 14. Sam Langford - Weymouth Falls, Nova Scotia.
- 15. Nikolai Valuev - St. Petersburg, Russia - 2.13 m (seven feet) - 323 pounds when he won the title in 2005.

- 16. Tommy Burns (born Noah Brusso) - Hanover, Ontario - 1.7 m (5 feet, 7 inches) - won the title February, 1906.
- 17. George Foreman - Marshall, Texas - aged 45 years, 299 days.
- 18. Mike Tyson - New York, New York - aged 20 years, 4 months.
- 19. Joe Frazier.
- 20. Wladimir Klitschko - Kiev, Ukraine - 4382 days (2 reigns).



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# Carrier Strike Group Ten arrives in Halifax

*The US Navy aircraft carrier Dwight D. Eisenhower arrives in Halifax on Wednesday, June 28, 2017. Other ships in the group include USS San Jacinto, USS Winston S. Churchill and USNS Robert E. Peary. The group's visit occurred during our Canada 150 celebrations.*

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