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**New commander for  
CANFLTANT Pg. 3**



**GLD 2017 with  
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**MARLANT supports  
Halifax Pride Pg. 11**



**CAF team wins  
Marblehead trophy Pg. 20**

Monday, August 7, 2017



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# TRIDENT

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

## Rendez-vous 2017

*HMCS Toronto conducts a 15-gun salute to welcome aboard the Lieutenant Governor of Quebec, the Honorable J. Michel Doyon during Rendez-vous 2017 in Quebec City on July 21, 2017.*

CPL ANDREW KELLY, CF COMBAT CAMERA



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# Interim AOR unveiled at public ceremony in Quebec

By Ryan Melanson,  
Trident Staff

The RCN's interim Auxiliary Oiler Replenishment ship was unveiled to the public in its nearly-completed state during an open-house event at Davie Shipbuilding's Quebec shipyard on July 21.

VAdm Rob Lloyd, Commander RCN, was at the unveiling, along with a number of representatives from industry and the federal government, and said it was a privilege for him and RCN Chief Petty Officer CPO1 Michel Vigneault to be some of the first people to see the converted container ship in its new, freshly painted state.

The MV Asterix, as it will remain known during its service to the Navy, has been dubbed the first Resolve-class naval support ship by Davie Shipbuilding, and in a news release, the shipbuilder said Asterix will provide "a wide range of functions from at-sea replenishment of fuels and cargo to aviation support, fleet medical support and humanitarian and disaster relief," to the RCN. The ship is intended to fill the Navy's replenishment-at-sea capability gap as it awaits the construction and arrival

of the Queenston-class Joint Support Ships. The federal government has agreed to lease the ship for a five-year period, with a crew of CAF Mission Specialists serving alongside civilian mariners and a civilian master employed by Davie sister company Federal Fleet Services. The ship is expected in Halifax this fall to begin trials, and is set to be in service supporting the Atlantic or Pacific Fleet by early next year.

The unveiling event included the traditional breaking of the sacrificial champagne bottle on the bow by the sponsor of the ship in order to bless the ship and her crew, which was performed by Her Honour Mrs. Pauline Th  berge, spouse of His Honour the Honourable J. Michel Doyon, the Lieutenant Governor of Quebec.

Davie Shipbuilding Chairman Alex Vicefield said in a news release the day was a celebration of what the company's team of shipbuilders has achieved in a short time frame. Work on the conversion began in May of last year.

"The delivery of this ship will restore Canada's ability to form a naval task group. What a great way to celebrate Canada's 150th anniversary," he said.



VAdm Ron Lloyd, Commander RCN, and RCN Chief Petty Officer CPO1 Michel Vigneault, were on hand for the unveiling of the converted MV Asterix in Quebec on July 21.

DAVIE SHIPBUILDING

## 12 Wing welcomes new commander

By 12 Wing PA

Col Sid Connor assumed command of 12 Wing from Col Peter Allan on July 19 at 12 Wing. MGen Christian Drouin, Commander 1 Canadian Air Division/Canadian NORAD Region, presided over the change of command ceremony.

"I extend a warm welcome to Colonel Connor, a highly experienced aviator, officer, and leader, and a fitting choice for this Wing. I would also like to thank Colonel Allan for his exemplary leadership. He empowered the men and women in his charge to become an active part of the implementation work being done – and subsequently share in their success," said MGen Drouin.

Before this appointment, Col Connor was an international fellow of the United States Air Force Air War College at Maxwell Air Force Base in Montgomery, Alabama. His experience also includes being 12 Wing Staff Officer for the Maritime Helicopter Program, Operational Requirements and Training Manager for the Maritime Helicopter Project, Commanding Officer of the Helicopter Operational Test and Evaluation Facility (HOTEF) and Commanding Officer of 12 Wing Operations and Deputy Director of



During a ceremony on the airfield on July 19, MGen Christian Drouin, Commander 1 Canadian Air Division/Canadian NORAD Region (centre) presides over the Change of Command between outgoing 12 Wing Commander Col Peter Allan (left) and incoming commander, Col Sid Connor (right).

CPL JENNIFER CHIASSEON, 12 WING IMAGING

Combat Operations at the US Central Command's Combined Air Operations Center.

Col Allan will be appointed Deputy Chief of Staff – Continental Operations at the Canadian Joint Operations Command in Ottawa.

"I thank the airmen and airwomen

of our Maritime Helicopter community for their sacrifices and outstanding contributions these past two years. They are the backbone of our success, allowing us to fulfill our duties to our partners and allies and of 12 Wing's ability to project the reach and air power needed to support our

operations around the world," said Col Peter Allan, outgoing Commander 12 Wing.

"I am honoured to have the opportunity to return to the home of naval aviation in Canada and take command of 12 Wing during this transition period. I look forward to leading the dedicated men and women of our Maritime Helicopter community as we develop the CH148 Cyclone's operational capability," said Col Connor.

12 Wing is home to the Maritime Helicopter Community including 443 Squadron in Pat Bay, B.C. The CH124 Sea King is one of the busiest aircraft in the Royal Canadian Air Force. 12 Wing provides Wings for the Fleet on both coasts, with support from highly skilled and dedicated maintenance, training and operational squadrons.

12 Wing is undergoing a transition from the CH124 Sea King to the CH148 Cyclone. Drawing from a rich history of Sea King-related projects, HOTEF has already fully transitioned to the CH148 Cyclone. HOTEF maintenance personnel and aircrew conduct the Operational Test and Evaluation required to support introduction of the CH148 into operational service and to expand the tactical capabilities of Canada's newest maritime helicopter weapon system.



# Atlantic Fleet gets new Commander as period of rejuvenation continues

By Ryan Melanson,  
Trident Staff

Change of Command ceremonies have been a common occurrence around CFB Halifax in recent weeks, and one of the most significant was held on July 18, as RAdm Craig Baines turned over command of Canadian Fleet Atlantic (CAN-FLTLANT) to Cmdre Craig Skjerpen.

Cmdre Skjerpen previously played an important role in Fleet activities as the Commanding Officer of Sea Training Atlantic and Fifth Maritime Operations Group since 2014, and at a ceremony held on the flight deck of HMCS *Fredericton*, he described the Fleet and the RCN overall as being in the midst of a rejuvenation period. As he takes command, goals of the Atlantic Fleet will be to continue exploiting the advancements in the newly modernized Halifax-class ships, to advance training in preparation for new classes of ships, and to continue changing the culture of the Navy for the better, holding on to only the beneficial aspects of tradition.

"The Navy has changed much of how it achieves and maintains readiness... we're going to continue to innovate, continue to change and continue to improve on what we do as a Navy to make it better," Cmdre Skjerpen said, while referencing the new Defence Policy to stress the importance of recruiting and holding on to good people, and providing opportunity for sailors to lead and grow professionally. Originally from Saskatchewan,



From left, RAdm Craig Baines, RAdm John Newton, and Cmdre Craig Skjerpen sign the official documents at the Change of Command ceremony for Canadian Fleet Atlantic on July 18.

CPL J.W.S. HOUCK, FIS HALIFAX

Cmdre Skjerpen first joined the RCN in 1988 as a reservist in Saskatoon, and has in recent years served as the XO of HMCS *Iroquois* and the CO of HMCS *Charlottetown*, deploying to NATO Operation UNIFIED PROTECTOR in Libya. He was joined at the ceremony by his wife and children along with other family who came from Alberta, New Brunswick, and as far away as Seattle for the occasion, and he thanked them for the support and sacrifice that has allowed him to focus on his naval career. He called out and thanked a number of colleagues from FMF Cape Scott, 12 Wing Shearwater, 5 Cdn Div and others groups who supported him at MOG 5 and who he'll continue to work closely

with, and also spoke about the working environment created by RAdm Baines and RAdm John Newton, Commander MARLANT and JTFA, that has helped contribute to his successes so far.

"I've enjoyed the mentorship and guidance, but most of all I appreciate that latitude I've had to simply get things done, to get on with the business. That's what I've tried to do and that's what I'll continue to do," Cmdre Skjerpen said.

As for the outgoing CCFL, RAdm Baines used a poker metaphor in summarizing his three years leading Canada's Atlantic Fleet.

"I was dealt a hand of four aces," he said, describing the men and women

of the fleet, the shore and support staff at CFB Halifax, his personal team including assistants and Flag Lieutenants, and the overarching leadership from RAdm Newton.

He said some of his favourite moments in the job came when he had the chance to sail with various ships of the fleet, including as the Task Group Commander overseeing NATO exercises Joint Warrior and Cutlass Fury in the fall of 2016, getting to see sailors in action and putting the equipment in use. The work of crews and command teams across the formation made his job easier, and they deserve special recognition, he said.

"Whether it was deploying, doing exercises, or handling the myriad of divisional and administrative issues, budget challenges, or cultural changes happening within the Navy, they were always professional, brought their best to the game, and always represented Canada so well."

RAdm Newton had praise for both RAdm Baines, who will take over command of MARLANT and JTFA later this summer, and the new CCFL in Cmdre Skjerpen, and said both men have already had major impacts in the implementation of new training procedures, new maintenance programs and new technologies.

"It is because of their leadership of fine sailors, all rowing the boat together, that we have generated a steady stream of warships to the NATO Op REASSURANCE mission, to the counter-drug mission in the Caribbean, and to capacity building in Africa. Their DNA is seen in successful deployments across the Indo-Asia Pacific consistently over the past two years, and in Arctic patrols of increased vigour and complexity," he said.

## Local artist commissioned for parting gift to CCFL

By Ryan Melanson,  
Trident Staff

Deciding on an appropriate departing gift for RAdm Craig Baines wasn't an easy job, according to Fleet Commander Chief of Staff Cdr Nancy Setchell.

First, he said he didn't want any special gift. When pressed, he started asking for mementos from his office, like a favourite mounted plaque from his office.

"And I had to say 'Sir, you're not really allowed to take that,'" she joked.

Eventually, they settled on a professionally-produced print of a Halifax-class Frigate, but soon realized the only prints available were taken of ships before the completion of their HCM-FELEX upgrades.

"For someone who is handing over a completely modernized fleet and all the work that went into that, it wouldn't be appropriate," Cdr Setchell said.

For a solution to the problem, she got creative, and reached out to local artist Richard Rudnicki, who has previously done work for the RCN as one of six artists commissioned for the Naval Centennial Paintings in 2010, as

well as other military and historical pieces.

Rudnicki's original painting, based on an image captured by FIS Halifax Image Tech Cpl Anthony Chand, features HMCS *Montreal* at sea during Exercise Spartan Warrior in the fall of 2016.



RAdm Craig Baines, outgoing Commander CANFLTLANT, looks at the original painting by local artist Richard Rudnicki, which was presented to him as a departing gift at his Change of Command ceremony. On the right is Cpl Anthony Chand, the image tech who took the photo that was used as reference material.


CPL J.W.S. HOUCK, FIS HALIFAX

Rudnicki said he enjoys painting warships and has done so before with pieces focused on both the Battle of the Atlantic and the 1991 Gulf War deployment. For this painting, he said choosing the correct photo as a reference was very important.


"It makes all the difference depending on what reference material I


have. Colour is everything, for both photographers and artists, so I was sent about three dozen photographs and one of them in particular jumped out at me. The photo has a good angle, with a great sky and water in the foreground. I cropped the horizon lower to get the silhouette of the top of the ship and added in a bow wave, so I did change it up a little bit."

Continued on page 15




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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.

**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.

**Jigs Start Here in Concert**

**Time: 7 p.m.**

**Date: Tuesday, August 8**

**Location: Maritime Museum of the Atlantic**

The Maritime Museum of the Atlantic is pleased to welcome back Jigs Start Here for another installment of the Tuesday Night Tunes summer music series. Jigs Start Here is fiddler Brad Reid and friends.

Their performances showcase Cape Breton and mainland Nova Scotia's contribution to the fiddling culture of Canada through its many great local composers. Currently a member of the Cape Breton Fiddler's Association and the Canadian Grand Masters Fiddling Association, Reid also leads the Baroque N' Fiddle String Quartet.

**North by Night Market**

**Time: 7 - 10 p.m.**

**Date: Friday, August 11**

**Location: North End Halifax**

This popular free event in Squiggle Park, hosted by the North End Business Association, is back for 2017. North by Night features a DJ dance party, good food, local merchants and artisans, vintage finds and more. This is a family friendly event, so feel free to bring the kids for some evening fun in one of the city's most vibrant neighborhoods. More information available at gonorthhalifax.ca.

**India Festival 2017**

**Time: 11 a.m. - 8 p.m. each day**

**Date: August 11-13**

**Location: Halifax Forum**

Come enjoy the experience of Indian culture with members of Halifax's Indian community; plenty of food, dancing and music will be enjoyed over the three days. Admission is only \$2, and guests will have the opportunity to purchase Indian cuisine, clothing, jewellery and henna. Don't miss this opportunity to get connected with your community. For questions please call 902-443-9331 or email indiafest.halifax@gmail.com.

**Hero Central Vacation Bible School**

**Time: 9:30 a.m. - 12 p.m.**

**Date: August 21 - August 25**

**Location: Shearwater Chapel (13 Bonaventure street)**

The Padres have organized a Hero Central Vacation Bible School for children age 5 -Grade 5. Each morning there will be fun with music, snacks, games and lessons. There is no cost to attend.

For more info or to register call Terri at 902-427-0521

## The gift of kindness

By Lt(N) Warren Clapham,  
Chaplain, CFB Halifax

In many faith traditions, there are a variety of good principles for living a fulfilling and honourable life. In the Christian tradition, which is mine, there are precepts called the Fruits of the Spirit. Depending on the branch of Christianity, they may vary slightly, but generally they are “love, joy, peace, forbearance [also called patience], kindness, goodness, faithfulness, gentleness and self-control.”<sup>1</sup> And I want to talk about one of these; kindness. Never underestimate kindness, or its impact. For example, I was once the recipient of kindness.

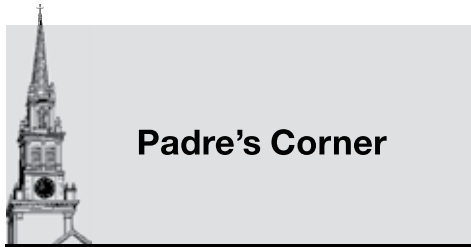
When I was a student, I worked at a fast food restaurant in Riverview, New Brunswick. After class one evening, I was on my way to work. The sun had gone to bed early as it does in the Canadian winter, and it was snowing quite heavily. The highway I was traveling began to get rutted in snow when suddenly my car caught one of those ruts, and spun out. I found myself in the snowy median of the highway.

So there I was, no money (the plight of many students), my car was stuck, and I was expected at work in 15 minutes. It is difficult to describe

my feelings at this point. I was angry because I spun out and didn't recover. I was anxious because I was a young student, with no way to pay for the tow truck I was going to need. I felt dread because I didn't want to face my boss after arriving late, again. I was lonely because even though there were others zooming by on the highway, they passed by with no concern.

Then suddenly I heard a voice in the darkness, saying “Are you alright?” I looked and there, stopped at the side of the road, was a man and his half-ton truck. We exchanged pleasantries and he asked if my car would still run. Thankfully it was undamaged. Then he asked if I had a tow rope; which, thanks to my mother and the emergency kit she insisted on giving me, I did. I hooked the rope to my car, he hooked a chain to his truck, we met in the middle and he pulled me to the shoulder of the road.

After thanking him profusely, I reached in my pocket and tried to give him a 10 dollar bill; it was all I had and, truth be told it was going to be my supper that night at work. But all he said was “No thanks, keep your money, have a good night, and drive safe.” He tossed the chain into the back of his truck and drove off.



As I returned the rope to the back of my car, I could feel the fear was gone, the dread was gone, the anger was gone, and the loneliness was gone. I felt uplifted, I was walking on air, and the burden had been lifted. And I cried out with thanksgiving to my God.

Looking back, that act of kindness didn't really cost the gentleman anything (if he is reading this, thank you again so very much). But it was really only a couple minutes of his time. And it affected me to the point where I am still talking about it 20 years later.

And so never underestimate an act of kindness, whether it is a kind word, or a kind act, for a stranger or a loved one; we all have kindness in us. I pray that we let it out from time to time as this gentleman did that dark night. We may find that we are the light of someone else's day.

<sup>1</sup> Galatians 5: 22b-23a (Holy Bible, New International Version®, Copyright ©1973, 1978, 1984, 2011 by Biblica, Inc.®)



# Stad Band Chief commissions from the ranks, trades her flute for a baton

By Ryan Melanson,  
Trident Staff

Lt(N) Catherine Norris has played a lot of flute solos during her time as a musician in the CAF, but none quite as significant as the one she played for a small audience in the Stadacona Band's Windsor Park rehearsal room on July 14.

The occasion was her Commissioning from the Ranks Ceremony, as the former Stadacona Band Chief will now continue her CAF musical career as an officer. Her husband, parents and in-laws, as well as a few friends and well wishers, were on hand for the ceremony, and Base Commander Capt(N) Paul Forget was there to make it official.

"When military musicians are non-commissioned members, the way they regularly perform is by playing their instruments, while officers make music by conducting their various ensembles," said Lt(N) Patrice Arsenault, the band's Commanding Officer. As a send off, the band accompanied then CPO2 Norris in the performance of Cecile Chaminade's Concertino for Flute, before she stepped into the conductor's role with her new rank to lead the band through O Canada and God Save the Queen.

The band originally planned to have Lt(N) Norris conduct through the whole ceremony, but switched gears to allow her the chance to perform as a

non-commissioned member for a final time.

"During the rehearsal, one of the musicians reminded me that I'll now be conducting for the rest of my career, so we thought it was more appropriate that I actually play the flute," she said.

"That solo was actually one of the first pieces I learned to play with the band."

Lt(N) Norris was also busy preparing for a move to Borden (hitting the road the day after the ceremony) where she'll begin a year-long course as she transitions into the officer role. Following that, she could be posted to conduct any one of the many military bands across the country or to a music training position. She qualified for the commissioning by having 10 years of reg force service, by being above the rank of PO2, and by being nominated by her Commanding Officer.

For now, PO1 Charmaine Chaddock will step in to serve as the Stad band's Acting Chief, and while Lt(N) Norris will miss the job, she's excited about new opportunities ahead.

"It's been great working here; this is an amazing band and it was a real privilege to be the Band Chief and to experience life on the East Coast and this wonderful community atmosphere," she said.

"But I'm always excited to move on to what's next and to start learning new things."



*Lt(N) Catherine Norris gets some help with her new epaulettes from her mother Sue during her Commissioning from the Ranks Ceremony on July 14.*

RYAN MELANSON/TRIDENT STAFF



## Capt(N) Hamilton assumes command of MOG5

*During a change of command ceremony on Monday, July 17, Capt(N) Jeff Hamilton assumed command of MOG 5. He succeeds Commodore Craig Skjerpen, who now is Commander of Canadian Fleet Atlantic.*

CPL J. W. S. HOUCK, FIS HALIFAX



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# CF H Svcs C (A) Lab Tech finding the positive from her experience with cancer

By Ryan Melanson,  
Trident Staff

Currently, you can find WO LaLena Stary most days at work at CF H Svcs C (A), where she serves as one of three senior Lab Techs in the country, overseeing the large Eastern region and ensuring policies and procedures are closely followed in her trade.

But just over a year ago, things were very different. WO Stary was diagnosed with stage 2 breast cancer in May of 2016, had surgery soon afterward, and put her life and military career on hold for months of difficult chemotherapy and radiation treatments. She's been back at work full time since March, but continues to juggle doctor visits and final treatment sessions.

"It's been a long road. I've had a lot of appointments and dealt with a lot of doctors, but I've also had the opportunity to learn a lot and meet so many amazing people who are going through the same experience," she said.

She was so impacted by the small community of patients, as well as the caring and dedicated doctors and staff at the QEII Cancer Centre, that as she began to turn the corner on the most difficult of her treatments, she also began brainstorming a way to give back. She hoped to come up with an idea that could serve as a thank you for all who those who helped her, as well as a support to future patients who'll have similar experiences.

The result of that initial brainstorming, now being done in partnership with the QEII Foundation, is called the Chair Project. Beginning on WO Stary's last day of treatment, August 29, a picture will be taken of each patient who sits in one specific chair at the VG Chemo Unit. Her



*WO LaLena Stary, left, a senior Lab Tech at CF H Svcs C (A), has started the Chair Project, which will see hundreds of cancer patients share photos like this one over the next year, to be used as part of the QEII Foundation's 2018 cancer fundraising campaign.*

SUBMITTED

photo will be the first, followed by every patient who uses the seat over the next 365 days. The photos will be used online to spread awareness and tell the stories of individual patients, and the project will eventually be compiled into a video to be used as part of the Foundation's 2018 cancer campaign. The photos will be selfies or portraits taken by friends or nurses,

with patients encouraged to get others involved in the process, since nurses, friends and family play a large role in the treatment and recovery process.

"I wanted to come up with something that would connect with people on a very visceral or emotional level, because cancer does not discriminate, and when it comes into your life it could be a friend or a family mem-

ber or someone you care about," WO Stary said.

"To think of how many people would be in just that one chair each day, and then all of the other people whose lives are impacted by those patients, there's so many."

She initially approached the Foundation for permission to do the project on a small scale, but the communications team was excited about the idea and chose to lend their support.

"It's just a simple idea, but they've been very receptive to it and I think people are excited that the idea came from someone with the outlook of a patient," she said, adding that any effect her project can have in bringing in much-needed donations for the QEII through their cancer campaign will be make the initiative even more worthwhile.

She said the support of the CAF, and specifically her unit, both in removing the stress of work while she was sick by covering her duties, and providing constant support for anything she needed, was extremely important. Even just being accompanied by colleagues in uniform during long treatments at the VG helped her carry on, she said.

"They had my back for everything."

An avid athlete who ran half marathons regularly before her diagnosis, WO Stary said starting from a high level of fitness was crucial in her recovery, and she managed to continue exercising soon after surgery last year. She's been back to a daily exercise and clean eating routine for months now, and plans to make a return to race running at the Navy 10K on August 20.

"It will be my first run since I started treatment; I'm looking forward to it," she said.

## Dolphin ice sculpture decorates table at reception

By Virginia Beaton,  
Trident Staff

During the recent visit to Halifax by the US Navy's Carrier Strike Group Ten, RAdm Newton hosted a reception at the Wardroom for visiting military commanders and dignitaries.

As always, CFB Halifax's galley staff rose to the occasion and provided the finest quality food, and also, table décor.

An ice sculpture of a blue dolphin added a nice Navy touch to the occasion. The sculpture was created by OS MacTavish, using a mold and blue food colouring to achieve the final result.

The finished product weighed approximately 75 pounds. "It would take quite a while to thaw out," said LS Gary Koshowski, surveying the sculpture as it was wheeled out of the freezer.

Tools used to sculpt the product include a chisel, but for very large sculptures made from big chunks of ice, chefs have been known to use a chain saw.

*OS Timothy MacTavish uses a kitchen knife to shape final details on the ice sculpture of a dolphin.*

MIKE BONIN, CFB HALIFAX PAO





# Military Police raise money for MP Fund for Blind Children

By Cpl Christina Fahie,  
CF National Investigation Service,  
Atlantic Region

At 8 a.m. on June 25, LS Alexandre Sausins and his team of volunteers gathered at Lower Base 12 Wing Shearwater to prep the grounds and receive car and motorcycle enthusiasts from across the province. This year the Military Police Unit Halifax with co-host Cars and Coffee, organized a Show 'N' Shine with all donations going to the Military Police Fund for Blind Children (MPFBC). This event showcased art on wheels that included vehicles from the Mustang Club and Corvette, as well as onlookers young and old, for an estimated 2,000 visitors. This entire event was live broadcast by 92.9 Jack FM.

The event was host to approximately 350 cars and 200 motorcycles throughout the day and included an opportunity to have your vehicle photographed on November Alpha Jetty. If you had an opportunity to visit the event, we hope you tasted the local wares offered by vendors such as

Rustic Crust, Mr. Smooth, or Millers Kettle Corn, had some fun with the mobile gaming unit from Giant Promotions, or bounced to your heart's content in the bouncy castles from HRM Mascots. The event had several special guest booths which included Privateer Harley Davidson, Hellbound Custom Cycles, Porsche, Mazda, Nissan, and Kraftworks Auto Inc.

This year the event collected \$4700 in cash donations with more still being submitted to MPFBC.



*The Military Police Unit Halifax hosts a Show 'N' Shine event as a fundraiser for the Military Police Fund for Blind Children. The event, held at the Lower Base in 12 Wing Shearwater, raised \$4700 in cash donations.*

MCPL CHELSEY HUTSON, 12 WING IMAGING

Col James Riley Stone, was the founder of the Fund, which had its humble beginnings in 1957. Col Stone was the Canadian Army Provost Marshal (Military Police), when his daughter Moira was afflicted with cancer of the eye, resulting in sudden blindness and subsequently death.

During his daughter's illness, Col Stone came into contact with organizations that were struggling to help blind children. He became aware that there were many other blind children less fortunate than his daughter, who were unable, through lack of money, to enjoy some of the simpler things in

life. Their plight affected him tremendously and he was determined to help them in every way he could. He canvassed members of the Military Police, asking them to voluntarily contribute one or two dollars per year and using their donations, established a Fund to help blind children.

## All systems go for cell phones on ships

By Peter Mallett,  
The Lookout Staff Writer

Calling home or catching up with friends on social media just got a whole lot easier on board surface warships thanks to a new policy by the Royal Canadian Navy (RCN).

New regulations greatly expand the areas ships' companies can use their cell phones and other personal mobile devices.

CPO2 Carl Dixon, Information and Security Systems officer for Joint Task Force Pacific N6, says the new policy takes effect immediately.

"This is a time where the RCN emphasizes our motto that says: mission first, sailors always. This new policy is a progressive one that allows sailors to have a much better quality of life while they are away from their loved ones, all the while maintaining a high degree of security," says CPO2 Dixon.

Most high-tech gadgets including cell phones, tablets, E Readers, game consoles, Blu-Ray players, wireless speakers, smart wear and virtually any device capable of wireless transmission, can now be used in almost every location on a surface vessel. Their use continues to be restricted in areas where classified processes is taking place, such as the bridge and Operations Room.

The old policy limited the use of wireless technology to the flight deck, quarter decks and hangar of Halifax Class Frigates, and similar areas on other RCN vessels.

While RCN ships do not transmit a Wi-Fi signal, sailors will now be able to make personal phone calls and use data from bow to stern, when they are in range of their private carrier's signal.

MARPAC Information and Protection Officer, Robert Sayle, says the policy change had been in the works

for some time, and after a careful review of the policy by senior leadership, the thumbs up was given.

"There has been a big push for this initiative and a risk analysis was recently done by DND to investigate the impacts of permitting these devices on board its vessels," says Sayle. "Mobile devices are ubiquitous and DND officials in Ottawa have established that the [security] risk is minimal."

Although the new policy allows for increased flexibility with regard to the use of wireless devices, commanders may authorize increased procedures to ensure a robust security posture is maintained when dealing with non-ship's company personnel. All personnel may be subject to random searches for unauthorized wireless devices operating in restricted areas.

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# Soldier's Battlefield Bike Ride beyond memorable

By Peter Mallett,  
The Lookout Staff writer

Saddle sore, fatigued and sweaty, Capt Jacqueline Zweng walked up to the Menin Gate Memorial to the Missing in Ypres, Belgium, with a wreath in hand. It was 8 p.m. and she had been asked to represent Wounded Warriors at the nightly service that has occurred uninterrupted since 1928.

The memorial's giant triumphal arch and cavernous Hall of Memory on its underside are located at the beginning of the main road that led Allied soldiers to the front line. Within the hall are the names of 54,395 Commonwealth soldiers who died, but whose bodies were never found or identified.

It was mid-way through the Battlefield Bike Ride and Capt Zeng was feeling the exhaustion, both mentally and physically, that comes from biking hundreds of kilometres a day across the countryside of France and Belgium.

"The Menin Gate was exactly the perspective I needed. There up there on the gate and hall were engraved the names of each of these thousands of soldiers, most of whom didn't make it past their 25th birthday. Some of them died the first day they walked into the battlefield. That experience made me rethink my own journey in life, the preciousness of life, and how lucky I am to have survived cancer. It's also given me an overwhelming inspiration and an incredible feeling



*Riders approach the Menin Gate, the Memorial to the Missing. Representing the Wounded Warriors, Capt Jacqueline Zweng laid a wreath there at the nightly service that has occurred uninterrupted since 1928.*

SUBMITTED

of confidence going forward to make the most out of every day, moment and second."

Her journey to France in June to join 140 other cyclists for the 600 kilometre nine-day ride in support of Wounded Warriors really began two years before.

In 2015 she was diagnosed with breast cancer. This led to a partial mastectomy, chemotherapy and IV treatments every three weeks. By March 2017, she felt well enough to

take on the Battlefield Tour.

"In the beginning my doctors said you won't be able to do many of things you have done before, especially ones that are physically gruelling. But I decided that nobody could tell me what I can and can't do, and I would work day and night in my recovery so I could get back on my bike."

That tenacity is what placed her in the saddle as she pushed off from Canterbury to Dover, England, to catch the ferry to France. From Calais, her

group of 25 riders criss-crossed the country stopping at historic battlefields and monuments in Flanders, The Somme, and Ypres Salient in Belgium. The entire 140 riders met up at Vimy Ridge for the 100th Anniversary of the Battle of Vimy Ridge.

"It was all the beautiful little villages and buildings with thatched roofs, the rolling hills of lavender, wheat and barley, and all the sights and sounds along the way," she says.

When people approached the riders and asked them about their colourful red cycling jerseys emblazoned with maple leaves and what group they were with, Capt Zweng says she and the other riders always took time to explain.

"We told them a little bit about Wounded Warriors and how they were helping their comrades with Post-Traumatic Stress Disorder and other mental and physical illness. Most people were enthused, congratulated us and really appreciated the Wounded Warriors stickers and bracelets we gave them."

She is now back in Victoria and her job as a Cadet Instructor at the Regional Cadet Support Unit, but the impact of that ride still remains.

"Completing this trip allowed me to remember what I am living for and just how far I have come. Maybe the cancer will come back, maybe it won't, but the ride gave me an incredible perspective and new lease on life, and the ability to enjoy the moment, enjoy every day, and make sure it is a positive one."

## Canadian Rangers join in Franklin Expedition homecoming

By Steven Fouchard,  
Army Public Affairs

An Inuit Canadian Ranger calls an invitation to take part in the opening of a new exhibit of artifacts from the storied Franklin Expedition a sign of appreciation for the role of the Inuit community in expanding the knowledge of it.

MCpl Sammy Kogvik, Second in Command of the Gjoa Haven Ranger Patrol, part of 1 Canadian Ranger Patrol Group (1 CRPG), was invited to the opening of the exhibit, entitled *Death in the ice: the shocking story of Franklin's final expedition* that took place July 14 at the National Maritime Museum (NMM) in Greenwich, England.

"Yeah, I'm looking forward to it," he said, speaking from Gjoa Haven

shortly before departing, along with 1 CRPG's Sgt Sean Murphy. "I was thinking it is a sign of appreciation."

The Franklin Expedition left England in May 1845 in hopes of completing the charting of the Northwest Passage to allow ships faster access to Asia from Europe. Led by Sir John Franklin, the expedition consisted of 128 men and two ships – HM Ships *Erebus* and *Terror*.

Both ships and their crews were lost several months later, having been last seen in Baffin Bay in July of 1845. More than 30 searches mounted between 1847 and 1880 failed to turn up any evidence of what had gone wrong.

A team led by Parks Canada discovered *Erebus* in 2014 off Victoria Island in Nunavut. *Terror* was found only last year in a search mounted by the non-profit Arctic Research Foundation.

MCpl Kogvik was part of that search and guided the team to the wreck of *Terror*. In an odd twist to the story, he and a friend had actually found *Terror* six years earlier while on a fishing trip. Though they took photographs of its mast sticking up out of the ice at the time, the camera was lost before they could be shared and MCpl Kogvik feared his story would not be credible without them.

The new exhibit is a collaboration between the NMM, Parks Canada, the Nunavut government, The Inuit Heritage Trust, and the Canadian Museum of History (CMH).

"It is impossible to overestimate how information on the Franklin Expedition preserved in Inuit oral accounts has contributed to a better understanding of what happened," said CMH's Dr. Karen Ryan, the ex-

hibit curator. "Important finds were made beginning in 1859 and continue to the present day with the discovery of *Erebus* and *Terror*, all based largely upon information preserved in Inuit accounts."

The exhibit includes listening stations where visitors can hear Inuit speakers on the topic in both English and Inuktitut.

"Inuit speakers discuss the continued importance of oral histories to Inuit culture," Dr. Ryan explained. "There are oral histories relating to the environment in the area of King William Island where the Expedition ships were first trapped by ice, and descriptions of meetings with Franklin crewmen after they had deserted their ships."

*Continued on page 9*



# Crossing the International Date Line, HMCS *Ottawa* turns back time

By SLt S. Mairi Anderson,  
HMCS *Ottawa*

Everyone knows that familiar feeling on a Sunday night of Monday looming with its return to work, and the weekend just wasn't long enough. How often have you wished you had just one more day, one more Sunday to enjoy your weekend?

HMCS *Ottawa*, currently transiting the Pacific from Japan to Hawaii, got to experience the joy of an extra Sunday as they crossed the International Date Line from West to East July 23. Known as Double Day, in *Ottawa*, July 23 came twice in 2017.

"Eggs? Eggs? You want eggs? Two? Can I interest you in three?" called out Lt(N) Julian Yates, the ship's Logistics Officer.

To make the ship's second experience of July 23, 2017, special, the Wardroom served breakfast to the Master Seaman and Below in a reversal of ranks. Junior sailors called out their breakfast order to the heads of their departments with joking ran up and down the meal line. Everyone in *Ottawa* was relieved the next day when the cooks took up their regular station on the steam line and the morning eggs arrived as ordered.

For those to whom Sunday is a day of reflection and prayer, the Padre on board, Capt Joachim Nnanna, offered a bible study to celebrate having two Sundays back to back.

"We have a wonderful congregation on board the ship and they ask the really hard questions. Double Day brought up the theological question of which is the real Sunday, the real day of rest? The fact that the crew asks these kinds of questions points to a deep spirituality and an attitude of seeking answers that attracted me to military Chaplaincy in the first place."

Some sailors used the extra day to fit in physical training on the flight deck, enjoying the sunshine. Crew-

members lifted weights, ran laps or engaged in the Personnel Support Programs-led workouts offered throughout the day. While physical fitness is a priority in *Ottawa*, with exercise classes regularly offered several times a day, Double Day meant a little more free time to fit in personal physical activity such as yoga, martial arts, or a grappling session by members of the ship's Boarding Party.

Double Day continued with a barbeque for supper, encouraging the crew to revel in the endless blue sky and deep blue sea that the mid-Pacific offers. Again reversing roles, the Chiefs and Petty Officers staffed the barbeque, cooking burgers and sausages for the ship's company.

The evening continued with a boisterous charity auction. For the past few weeks, sailors have bought tickets for a draw to get that first kiss on the jetty once *Ottawa* returns to Esquimalt, as well as the Fly Home Lottery, giving a lucky sailor a chance to fly home early.

SLt Kassandra O'Rourke, winner of the First Kiss Lottery, was eager to tell her girlfriend the good news.

"She will be so excited; I can hardly wait to see her again!"

The auction also sold off items collected throughout the near six-month deployment from ports as diverse as Manila, Philippines, and Tokyo, Japan.

The evening ended at the Flight Deck Drive In with a movie screened on the hangar door as sailors curled up on gym mats in the warm Pacific breeze. The stars came out and the Milky Way arched over the ship as the credits rolled. AB Robert Gaumond-Harriet, a Supply Technician, summed up his experience of living July 23, 2017, twice.

"It was a special day. It was really nice to get the chance to relax with my friends on board and recharge before the homeward leg of our sail on Poseidon Cutlass 17."



PO1 Roberto Aretusi and CPO2 Herman Rohrbach grill up burgers for HMCS *Ottawa* during the Double Day barbeque on July 23, 2017 as the ship crosses the International Date Line on POSEIDON CUTLASS 17.

RCN PA

## What's cooking in HMCS *Ottawa*?

By SLt S. Mairi Anderson,  
HMCS *Ottawa*

The excellent cooking continues onboard HMCS *Ottawa* as the ship transits the Pacific Ocean on Poseidon Cutlass 17.

This turkey burger recipe is a favourite with the crew and was served during the Double Day barbeque on July 23, 2017, as *Ottawa* crossed the International Date Line. Crewmembers enjoyed burgers barbequed by the Chiefs and Petty Officers on the flight deck as the ship celebrated experiencing July 23, twice.

For Ordinary Seaman Michel Cotton, the love of cooking that led him to a career as a cook in the Royal Canadian Navy hasn't diminished during this deployment.

"I have worked in hospitality in my home town of Ottawa, so it was really special that my first sail was in HMCS *Ottawa*."

Talking as he shapes the turkey burgers by hand, OS Cotton continues.

"I joined the Canadian Armed Forces because I wanted to do something different, something that helped people. It has been amazing to do a job that I love while seeing the world on this deployment."

**Hand Made Turkey Burger with Cranberry Mayonnaise**  
**Turkey Patty**  
Makes 8 patties

2lbs	ground turkey
¼ cup	green onions, chopped
1cup	bread crumbs
1tsp	poultry seasoning
1/2 cup	dried cranberries
3 ea	eggs, beaten
To taste	salt & Pepper

**Cranberry Mayonnaise**

1cup	mayonnaise
½ cup	cranberry jelly
To taste	salt & pepper
8ea	bun, your choice
1tsp	butter

Combine turkey patty ingredients well. Form into 8, 4-inch patties. Place in refrigerator, covered.

Mix mayonnaise and cranberries together and set aside in refrigerator.

Use grill, barbeque or fry pan as preferred. Internal temp should be between 155-165 degrees Celsius when fully cooked.

Butter bun and grill until properly toasted.

Place 1 tbsp of cranberry mayonnaise on bottom of bun. Top with one burger patty. Finish with your favorite choices of burger condiments and enjoy.

## Canadian Rangers...

Continued from page 8

"I've been familiar with the Expedition's story and have followed the research that has taken place on it for a long time," she added. "So seeing some of those iconic Franklin artifacts was pretty thrilling. I hope that visitors who are familiar with the Expedition's story have their own

theories about what went wrong and those who are not will be similarly thrilled."

*Death in the ice: the shocking story of Franklin's final expedition* is on show at the NMM until January 7, 2018. The exhibit will move to the Canadian Museum of History in Gatineau, Quebec in March, 2018.

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# HMCS *Toronto* on the Great Lakes Deployment 2017

By Lt (N) R. MacDonald,  
HMCS *Toronto*

It's been a busy six weeks for the officers and crew of HMCS *Toronto*. The planning and preparation to get her ready to slip on the 12th of June for Basic Single Ship Readiness Trials (BSSRT) was an accomplishment in itself. Some doubted it would happen on time. The crew pulled together, we slipped our lines and a week later *Toronto* had successfully completed BSSRT and was looking forward to a port visit to Boston, then a rendezvous with the USS Eisenhower task group before returning home by the end of the month. However, while en route to Boston, the RCN tasked *Toronto* to return to Halifax to prepare to execute a portion of NCSM *Ville de Québec's* Great Lakes Deployment.

A program two months in the planning was hoisted in by *Toronto* and in less than 24 hours she headed for the St. Lawrence Seaway for the first leg of what turned out to be much more than a temporary fill-in for *Ville de Québec*. Transiting the St. Lawrence Seaway and its system of locks is no small task for a large warship. A lock transit training program was put together en-route, and proved very successful. Upon arrival in Toronto, we prepared to receive guests and dignitaries for six days where over 20,000 people toured the ship. *Toronto* also hosted the first of three receptions, where the cooks demonstrated the outstanding talents we almost take for granted in *Toronto* and a day sail for a hundred guests.

We proceeded down the Seaway towards Montréal; only then we knew that we'd be taking on the rest of *Ville de Québec's* program and the planning for the next three weeks kicked into high gear as further preparations were made for tours, ceremonial requirements, and visits from VIPs. While in Montréal and Trois Rivières, we received an overwhelming reception from the local communities, who in the thousands, stayed in line under



HMCS *Toronto* arrives in Quebec City for Rendezvous 2017.

CPL KENNETH GALBRAITH, FIS HALIFAX

the sun for long periods for a chance to take an upper deck tour and speak to crewmembers about their lives on board and our ship's capabilities.

The culmination of the GLD was in the city of Québec. As *Toronto* transited the St. Lawrence River, we fired a 21 gun Royal Salute from the saluting cannons as we passed by the Governor General's residence and came alongside the Old Port of Québec for Rendezvous 2017: a huge event that involved tall ships from all over the world arriving in Québec for an incredible maritime festival. Five working days of tours, parades, photo ops, and events with First Nations were planned. Other vessels included HMCS *Oriole*, USS *Jason Dunham*, Chilean Tallship *Esmeralda*, and Ecuadorean Tall Ship *Guaya*. Starting it off involved a luncheon and bilateral conference between the Commander RCN VAdm Ron Lloyd and the Chief of Naval Operations of the US Navy, Admiral John Richardson hosted by our Commanding Officer, Cdr Steven Archer, in his cabin. We were honoured that one

of the signature events; a reception hosted by Commander RCN, VAdm Lloyd, took place in *Toronto* and attended by many VIPs including the Lieutenant Governor of Québec, his Excellency Michel Doyon, who was delighted to receive a 15 gun vice-regal salute in honour of his official visit. While alongside, we again hosted thousands of curious people for upper deck tours. Upon departing Québec, *Toronto* participated in a sail past with the larger vessels participating in Rendezvous 2017, and the embarkation of 15 members of Canadian Leaders at Sea for a three day demonstration of life on board a warship during our transit back home to Halifax.

The success of GLD 2017 can be attributed to the exhaustive plan conducted by *Toronto*, MARLANT, and NAVRES HQ and supported by HMCS *York*, HMCS *Radisson*, HMCS *Montcalm*, and the members of NCSM *Ville de Québec* who supplemented vacant billets during our trip. It was overall, an excellent demonstration of Ready Aye Ready in its finest form.



LS Brad Forbes holds the line to a fender in the rain as AB Alana Wallace helps check the height, as the ship traverses a lock on the St. Lawrence Seaway for the Great Lakes Tour for Canada 150.

CPL KENNETH GALBRAITH, FIS HALIFAX



Coxswain CPO1 Lawrence Hudson (left), Commanding Officer Cdr Steven Archer (centre), and Executive Officer Mark O'Donohue (right) are welcomed to the city by members of the Huron Wendat native tribe during a smudging ceremony, Quebec City, Quebec on 18 July 2017.

CPL KENNETH GALBRAITH, FIS HALIFAX



Visitors tour HMCS *Toronto* during the ship's namesake city visit during the Great Lakes Deployment 2017.

CPL KENNETH GALBRAITH, FIS HALIFAX



# MARLANT promotes inclusivity, equality during Halifax Pride

By Ryan Melanson,  
Trident Staff

The Halifax Pride Festival took place from July 20-30 with events around the region, and along with members participating in the Pride Parade itself, CFB Halifax and HMC Dockyard showed support with the ships of the Atlantic Fleet hoisting the rainbow Pride flag on July 22, with all other units having permission to do the same, and the flag was also flown outside S-90 at CFB Halifax each day through the Pride Festival.

The 2017 parade, which marked the 30th installment of the festival's signature event, saw a large number of CAF personnel in uniform taking part, and for the second year in a row, they were joined by senior leaders from across Formation Halifax who came out to reinforce a message of inclusivity and show respect for their LGBTQ+ colleagues. RAdm John Newton personally encouraged commanding officers and unit chiefs to join him and Formation Chief CPO1 Pierre Auger in the parade and to encourage others to take part as well. While not official CAF events, members are authorized to march in Pride parades, and no longer have to seek approval from their Chain of Command to do so.

RAdm Newton has stressed the value of supporting the event, as the experience of marching is a positive and fulfilling one, and the presence of the large uniformed contingent reflects well on the Armed Forces in the public eye.

"This visual signalling reinforces strategic Canadian Armed Forces policy and messaging on inclusivity and diversity, a policy that embraces as equals all Canadians, no matter the gender identity or sexual preference of any particular member," he said in a message to the Formation.

CFB Halifax is also the first CAF base to establish a Positive Space Initiative, with a working group stood up and charter signed by former Base Commander Capt(N) Chris Sutherland in August of 2016. The initiative is led by military personnel and civilian DND employees, with a goal to create a more inclusive and



*The CFB Halifax Float, with the Positive Space Initiative banner displayed, was a part of the 30th Annual Halifax Pride Parade on July 22.*

MONA GHIZ, MARLANT PA

respectful workplace for LGBTQ+ members of the Defence community. Members of the group took part in the parade and some of them rode on the new CFB Halifax float, with the Positive Space banner and logo clearly displayed.

MWO Helene Trudel, the military co-chair of the Positive Space Working Group, who volunteers alongside civilian co-chair Tracy Mitchell, said it was an exciting moment for her and the other members to be part of such a large event and soak in the energy of tens of thousands of parade goers.

"It was awesome, we had a good group of people marching and we really had a blast. Those of us on the float could look out and see all the crowds of people and try to make them cheer; it was just a lot of fun."

It was her first chance to attend the Halifax parade, one the largest in the country, since being posted to 36 CBG two years ago, and while she took part in other regional parades in the past, this was her first time doing so while also expressing her CAF identity by being in uniform.

"This was my first time marching in a Pride parade in my uniform, and this year is my 30th anniversary of joining the military, so that feels special," she said.

Anyone interested in learning more about the Positive Space Initiative can reach out by email – the group is listed in the DWAN global address directory as 'HFX Positive Space Working Group' – and can also look out for the announcement of Positive Space outreach events on base beginning early next year.



## CFB Halifax Proud

*Members of the CFB Halifax Positive Space Working Group raise the pride flag July 20 to kick off Pride Week. The Positive Space Working Group is a team of military and civilian volunteers who are committed to improving the working environment for the LGTBQ+ community and all members of the Defence Team. The working group has Champions who, through leading by example, help create a welcoming and inclusive atmosphere for people of all sexual orientations and gender identities. From left to right: Capt(N) Paul Forget, BComd, MWO Helene Trudel, military co-chair, and Tracey Mitchell, civilian co-chair. The distinctive rainbow flag was flown proudly at different locations through CFB Halifax property. CFB Halifax is the first military base in Canada to have a Positive Space Initiative.*

MCPL CHRIS RINGUS, FIS



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# Operation NUNAKPUT 2017



*Deployed members of Joint Task Force (North) canoe down the Nahanni River located in the Nahanni National Reserve Park during Line Of Operation 3 during Operation NUNAKPUT 2017, Northwest Territories.*

PO2 BELINDA GROVES, TASK FORCE IMAGERY TECHNICIAN.

By DND

The CAF have successfully concluded Operation NUNAKPUT 2017 after nearly four weeks of presence and domain operations across the Northwest Territories.

Approximately 140 personnel from the CAF and other government departments and agencies were deployed throughout the Northwest Territories. During the operation, Task Force NUNAKPUT conducted land and waterborne operations in order to demonstrate Joint Task Force (North)'s ability to project a military presence and maintain awareness within the Northwest Territories area of responsibility.

The CAF regularly conducts operations and exercises to maintain a visible and persistent regional presence in Canada's North. Strong, Secure, Engaged, Canada's new defence policy, will enhance the CAF's presence and ability to operate in the North while building whole-of-government capacity to ensure regional safety and security.

"Led by Joint Task Force (North), deployed Canadian Armed Forces members and other government departments and agencies members, have successfully completed Operation NUNAKPUT 2017. This operation



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# concludes in Hay River, NWT

provided both a unique opportunity for many of our members to operate on Canada's Northern internal waterways during summer, as well as occasions to develop common operating procedures with other governmental agencies," said BGen Mike Nixon, Commander Joint Task Force (North).

The RCN deployed three Inshore Jet Boats (32-foot patrol boats) and 15 personnel from Yellowknife to Tuktoyaktuk. Transiting Great Slave Lake and the Mackenzie River, the RCN, with help from the 1st Canadian Ranger Patrol Group (1 CRPG), conducted domain awareness on 4,100 km of inland waterways.

The Canadian Army deployed 105 personnel from 1 CRPG; 2nd Battalion, Royal 22e Régiment; 4 Engineer Support Regiment (4 ESR); and 38 Canadian Brigade Group (38 CBG). Canadian Army elements patrolled over 1,700 kilometers of inland waterways across the Northwest Territories. 1 CRPG supported the RCN by establishing camps at each overnight location along the Mackenzie River. In addition, 1 CRPG deployed a Forward Command Post to Tulita to coordinate movement of all elements.

Royal 22e Régiment and Canadian Rangers conducted land and waterborne surveillance patrols along the Great Bear River between Deline and Tulita. They also cleaned up an austere landing strip located near the Great Bear River. It had been more than 20 years since a good cleanup had been done on the spot. The reopening of the runway will be an asset to the communities for the servicing of local cell phone towers and emergency preparedness due to forest fires. 1 CRPG, the RCN, 4 ESR, the Canadian Coast Guard Auxiliary, and Fisheries and Oceans Canada conducted joint



Ranger MCpl Robert Wilkins helps Lt(N) Jeff Horne to anchor the boat to the dock in Hay River, NWT during Operation NUNAK-PUT 2017.

PO2 BELINDA GROVES, TASK FORCE IMAGERY TECHNICIAN

training in the vicinity of Aklavik and Tuktoyaktuk. Training focused on navigation through river systems, and search and rescue techniques. A team from 38 CBG in Winnipeg, Man., conducted a disaster preparation assessment in Hay River, N.W.T., in order to determine the community's ability to support an evacuation

of a local community in the event of a community emergency due to forest fires. Two Royal Canadian Air Force CC-138 Twin Otters from 440 (Transport) Squadron, based in Yellowknife, N.W.T., flew 50 hours to transport personnel and supplies throughout the operation. 440 Squadron also support-

ed Fisheries and Oceans Canada by conducting patrols for illegal fishing. Approximately 15 other government department and agencies members, such as the RCMP, Fisheries and Oceans Canada, the Canadian Coast Guard Auxiliary, and the Government of Northwest Territories deployed with CAF members.



## Parade of Sail concludes Tall Ships 2017

HMCS Oriole participates in the Parade of Sail on August 1 that concluded the Tall Ships 2017 festival in Halifax.

JOHN CLEVETT

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# Veteran's Uncommon Artwork creates buzz at War Memorial

By Peter Mallett,  
The Lookout Staff Writer

The newest project by artist Jessica Lynn Wiebe involved filling and stacking 550 sandbags around the First and Second World War monuments at the Acadia War Memorial in Wolfville, Nova Scotia.

The former CAF Reservist, now an Artist in Residence at the MacPhee Centre for Creative Learning in Dartmouth, NS, says her performance art piece was physically demanding to create, and unorthodox.

In late May, as part of King's County Uncommon Common Art Exhibit, Wiebe and a team of participants (veterans and civilians) built a trench wall around the war monuments located on the Acadia University campus.

"Monuments tend to merge with the landscape over time and become invisible in our every day. The temporary trench built around the war memorial protects memory and disrupts the invisibility," says Wiebe. "This performance-based installation investigates the physical experience and sacrifices of war that monuments represent. It is about linking a new generation of soldiers and their experience of war with former generations, and at the same time bridging the gap between civilian understanding and military experience."

The 29-year-old graduate of the Nova Scotia College of Art and Design draws inspiration from first-hand experience. Wiebe was an artillery gunner with 26th Field Artillery Regiment in her home province of Manitoba, and in 2008 deployed to Afghanistan with the 2nd Battalion, Princess Patricia's Canadian Light Infantry (PPCLI).

"Coming home from that experience [in Afghanistan] changes you," says Wiebe. "Art does not always have to be cathartic or have healing power; art can be art. But I also believe it is important to artistically document Canada's role in Afghanistan."

Her ink drawings and mixed media sketches documenting the conflict in Afghanistan were exhibited at the Army Museum in Halifax's Citadel Hill in 2013 and are currently still on display. In the collection is a variety of images portraying Canadian military members and civilians to showcase the human side of war.

"As an artist, I feel it's important to document not only the intensity of war, but also the daily activities of soldiers in training and in the downtime, sitting and waiting for their next set of orders."

"I remember watching motorcycles and trails of dust, vehicles overpopulated with people, animals and cargo, and the Afghan landscape; the dull beige landscape camouflages my ex-



Artist and former CAF Army Reservist Jessica Lynn Wiebe's newest project involved filling and stacking 550 sandbags around the First and Second World War monuments at the Acadia War Memorial in Wolfville.

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perience and memories and finds its way into my work," says Wiebe.

As part of this performance art piece, she packed a 25-kilogram concrete sandbag sculpted by hand into a rucksack and marched 14 kilometres from Camp Aldershot, where the sandbags were prepared, to the war memorial in Wolfville following the old Dominion Atlantic Railroad. The old railroad is now a walking and biking path that runs along Nova Scotia.

"The Dominion Atlantic Railroad transported thousands of soldiers from around Nova Scotia to Camp Aldershot for basic training before being sent to the trenches and battlefields of the First and Second World War," she says. "The march was a genuine effort to symbolically tie the performance to the soldiers training and being transported through this landscape."

Wiebe's Uncommon Common Art work titled, The Space Between will remain at the memorial until Oct. 30. It can be viewed at [www.uncommoncommonart.com](http://www.uncommoncommonart.com) and is Stop 6. More on the artist can be found at [www.jessicalynnwiebe.com](http://www.jessicalynnwiebe.com).



Formerly an artillery gunner with 26th Field Artillery Regiment in Manitoba, Wiebe deployed to Afghanistan with the 2nd Battalion, Princess Patricia's Canadian Light Infantry in 2008.

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# What does family mean to you?

Since the H&R MFRC opened our doors 30 years ago, the definition of family has changed. It is no longer the cookie cutter family: a working dad and a stay-at-home mom, with two kids and a dog in a wood-paneled station wagon, summering at the beach and venturing down snowy roads during the holidays. Families have evolved and so must our scope. So, last spring, we asked the military community: "Family: what does it mean to you?"

We received some really great stories, photos, artwork, and insight into how some military family members define family. Based on this input and what we have learned about families, we define families as: the people in your life who are important to you and those you care about.

Of the articles submitted, we selected one that poetically represents a common voice. It even mentions the MFRC. In all sincerity, please do take the time to read the following story written by a military spouse.

# Family means everything

By Laura Henderson-McFadden

Simply put, family means everything. I am a 25-year-old mother of three, and proud spouse of Alex McFadden, a serving member of our Royal Canadian Navy. Layla is eight, Logan is six, and Lincoln, our youngest, is two years old. I am sure you are doing the math in your head and now realize I was a teen mom. Our little family started on March 28, 2008, a month after I turned 17. Our beautiful baby girl was born and our family formed. The first time I held my daughter, cemented in me the importance of family, the importance of working together as a unit to survive and strive. Between school, working and raising our children we never let our family slow down our dreams.

This is what led Alex to applying to the military. His dream was to provide a comfortable life for us. One where I didn't need to work 40+ hours a week and could stay home to raise

our children. When Alex went off to basic training, we had no idea what being a military family meant, or the sacrifices we would have to make. It was a tough first year, but once again the idea of family is what drove us. Our family members, our friends, our neighbours, all helped immensely during his nine months of training. I was so thankful and impressed how everyone pulled together to get us through. I thought for sure I finally found and knew the true meaning of family and it was this. Little did I know what the next four years of my life living within a military community would have in store.

In November 2012, we moved to Shearwater, NS. Almost immediately I was welcomed by my neighbours, other women in the same situation as me. All of us missing our families near and far. These women, these beautiful amazing women are the ones that really represent what family means. Because we are all in the same situa-

tion, we all get it. We cry together, we laugh together, we raise our families together.

Growing up, you think family are the people who share your last name. In reality, family is everyone and everywhere. Family is everything, family is bringing a neighbour Tim Hortons because they are having a down day. Family is going to playgroup at the MFRC so someone else can parent your child for 30 seconds, so you can breathe because you haven't showered in three days because your husband is away defending our country. Family is not having to lock your doors because you trust your neighbours. Family is knowing a scoop of sugar is just a text message away. Family is supporting each other in good and bad times. Family is going into your local MFRC and having them address you by your name even though they see hundreds of families on a regular basis. Simply put, family means everything.

### Vacation Lottery Extravaganza Winner for July / Gagnant de la loterie Extravaganza Vacances au soleil pour le mois de juillet

Congratulations to Cindy Grenon, Food Services, grand prizewinner of the H&R MFRC's Vacation Lottery Extravaganza for July. Félicitations à Cindy Grenon, Food Services, grand gagnant du tirage de juillet de la loterie Extravaganza Vacances au soleil du CRFM H et R.

### Fall Programs and Events at the MFRC

Staff has been busy planning a variety of programs and events to keep the fun going throughout the fall. We will be launching our Fall Program Guide, available online and in paper format starting August 20. Be sure to visit our website for more details, registration deadlines, and the full calendar of events at [www.halifaxmfr.ca](http://www.halifaxmfr.ca) or call (902) 427-7788.

### Les programmes et événements automnaux du CRFM

Le personnel s'affaire à organiser une belle variété de programmes et d'événements afin que vous puissiez continuer à vous amuser tout au long de l'automne. Notre Guide de la programmation d'automne sera disponible en ligne et en format papier à partir du 20 août. Assurez-vous de visiter notre site Web au [www.halifaxmfr.ca](http://www.halifaxmfr.ca) ou téléphonez au (902) 427-7788 afin de consulter le calendrier complet en plus de connaître les détails, les inscriptions et les dates limites des événements.



Congratulations to Capt(N) Forget on winning a prize from July's Vacation Lottery Extravaganza. This fundraiser goes a long way to help support programs and services for military families.

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## Local artist...

*Continued from page 3*

Rudnicki attended the Change of Command ceremony and was on hand with Cpl Chand to see the painting unveiled and presented to RAdm Baines, who thanked them both for making the piece of artwork possible.

"It looked great all framed up and a lot of people approached me after the ceremony and said they were excited about the painting, and that it does capture the look and feel of a ship being at sea, which was my hope. I was happy to be a part of it."

Rudnicki is also the Artist in Residence at the Army Museum at the Halifax Citadel, and is currently working on a graphic novel project based on a fictional story involving HMCS *Sackville* and the Battle of the Atlantic.

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# Sexual Misconduct Response Centre services now available 24/7

By DND

Deputy Minister John Forster is pleased to announce that the Sexual Misconduct Response Centre (SMRC) has increased the availability of its services to 24 hours a day, seven days a week, 365 days a year.

This increase in availability allows CAF members to access supportive counselling both in Canada and abroad at all times. The expansion to 24/7 has been a priority for the SMRC to better meet the needs of CAF members for immediate counselling.

The SMRC was specifically established to support CAF members who have been affected by harmful and inappropriate sexual behaviour. Civilian employees of the Department of National Defence have access to the Employee Assistance Program, a service that is also available 24/7.

To shift to 24/7 service delivery, the SMRC hired additional counsellors to meet the demands of 24/7 shifts. The Centre now counts eight (8) counsellors who work on stand-by rotation. Initially, one senior counsellor and one counsellor will work the evening-night shifts.

SMRC counsellors are civilians with university degrees in counselling, social work or psychology; they have significant experience in the military and with mental health, trauma or other fields of support. The SMRC

also ensures its personnel attends additional comprehensive training upon their arrival at the Centre.

"I am pleased that the Sexual Misconduct Response Centre is now in a position to provide this needed service to Canadian Armed Forces members anywhere in the world and at any time," said John Forster, Deputy Minister of the Department of National Defence.

"Adopting a 24/7 delivery model has been a priority for the Sexual Misconduct Response Centre as it continues to evolve in the area of victim support. I am pleased to be able to provide around-the-clock services to Canadian Armed Forces members who may require support," said Dr. Denise Preston, Executive Director, SMRC.

On July 24, 2017, the SMRC launched its new 24/7 service delivery model. CAF members are now able to contact professional counsellors regarding situations of sexual and inappropriate behaviours by phone or e-mail, and access confidential, supportive counselling at any time of the day or night all year round.

The provision of 24/7 bilingual supportive counselling has been a priority for the SMRC in order to meet the needs of CAF members, whenever they need help and support.

The SMRC, established in September 2015, is the first ever organization for the CAF dedicated to supporting

victims of harmful and inappropriate sexual behaviour. It is one of the cornerstones of the response to the External Review Authority Report on Sexual Misconduct and Sexual Harassment in the CAF and of Operation HONOUR.

The SMRC provides confidential

supportive counselling by telephone or email to CAF members. Its approach is focused on active listening, identification of options, provision of information on resources, and facilitated access to services provided by the vast network of internal and external resources.

## Les services du CIIS sont maintenant offerts 24/7

Par MDN

Le sous-ministre John Forster est heureux d'annoncer que le Centre d'intervention sur l'inconduite sexuelle (CIIS) a augmenté l'accessibilité à ses services à 24 heures par jour, sept jours par semaine et 365 jours par année.

Cette augmentation dans l'accessibilité permet aux membres des FAC d'avoir accès à des services de counselling au Canada et à l'étranger en tout temps. L'élargissement de l'offre de service à 24 heures par jour et sept jours par semaine était une priorité pour le CIIS afin de mieux répondre aux besoins des membres des FAC.

Le CIIS a été mis sur pied spécialement pour appuyer les membres des FAC qui ont été victimes d'un comportement sexuel dommageable et inapproprié. Les employés civils du ministère de la Défense nationale ont pour leur part accès au Programme d'aide aux employés, un service également offert 24 heures par jour, sept jours par semaine.

Dans le but d'offrir le service 24 heures par jour et sept jours par semaine, le CIIS a embauché des conseillers supplémentaires pour s'occuper des quarts de travail additionnels. Le CIIS compte maintenant huit conseillers qui travaillent en rotation. Initialement, un conseiller principal et un conseiller seront affectés aux quarts de travail de soir et de nuit. Les conseillers du CIIS sont des civils qui possèdent des diplômes universitaires en counselling, en travail social ou en psychologie; ils possèdent aussi une expérience appréciable du domaine militaire, de la santé mentale, des traumatismes et d'autres domaines de soutien. Le CIIS fournit aussi de la formation supplémentaire à leur arrivée au Centre. « Je suis heureux que le Centre d'intervention sur l'inconduite sexuelle soit maintenant en mesure d'offrir ce service nécessaire aux

membres des Forces armées canadiennes n'importe quand et n'importe où au monde, » dit John Forster, sous-ministre du ministère de la Défense nationale. « L'adoption d'un modèle de prestation 24 heures par jour et sept jours par semaine était une priorité pour le Centre d'intervention sur l'inconduite sexuelle dans son évolution comme centre d'appui aux victimes. Je suis heureuse d'avoir la possibilité d'offrir ces services de soutien en tout temps aux membres des Forces armées canadiennes qui en ont besoin, » dit Mme Denise Preston, directrice exécutive, CIIS.

Le CIIS a lancé son nouveau modèle de prestation de service 24 heures par jour et sept jours par semaine le 24 juillet 2017.

Les membres des FAC peuvent maintenant communiquer avec des conseillers professionnels par téléphone ou par courriel, et avoir accès à du counselling confidentiel en tout temps, le jour et la nuit, toute l'année.

La prestation d'un service de counselling bilingue 24 heures par jour et sept jours par semaine était une priorité pour le CIIS afin de répondre aux besoins des membres des Forces armées canadiennes, peu importe l'endroit où le moment où ils ont besoin d'aide et de soutien.

Le CIIS, mis sur pied en septembre 2015, est la première organisation des FAC à voir le jour pour soutenir les victimes des comportements sexuels dommageables et inappropriés. Il constitue l'une des pierres angulaires de la réponse au Rapport de l'examen externe sur l'inconduite sexuelle et le harcèlement sexuel dans les FAC et est associé à l'opération HONOUR.

Le CIIS offre du counselling confidentiel par téléphone ou par courriel aux membres des FAC. Il vise à offrir une écoute active, de l'information sur les options, de l'information sur les ressources et un accès facilité aux services offerts par le vaste réseau de ressources internes et externes.



## New commander for HMCS St. John's

Commodore Craig Skjerpen, Commander CANFLTANT (centre), presided over the change of command ceremony on July 19 in HMCS St. John's. Cdr Gordon Noseworthy (left) assumed command from Cdr Sheldon Gillis.

OS TYLER ANTONAK, FIS HALIFAX



# Op LENTUS: additional CAF personnel arrive in BC to support wildfire effort

By Land Task Force PA

As the wildfires continued to rage in BC's interior last week, the Province of British Columbia requested additional assistance from the Federal Government. Following that request, Canadian Army members made their way to the interior to join the Royal Canadian Air Force in supporting wildfire fighting efforts.

The majority of land forces are from 1 Combat Engineer Regiment (1 CER) in Edmonton, Alberta. They arrived in Williams Lake July 21, and linked in with partner organizations already in place to manage traffic observation and reporting points.

"We've been ready for this deployment; vehicles were ready to go and we were itching to get out the door," said Cpl Thomas Hart, a combat engineer working alongside three other CAF members and a RCMP officer at



Members of Land Task Force - Pacific (LTF -P), give a tour of a Light Armoured Vehicle 6.0 to volunteer firefighters from Willis point near Victoria at the Cariboo Memorial Recreation Complex in Williams Lake, BC during OP LENTUS 17-04.

MCPL MALCOLM BYERS, WAINWRIGHT GARRISON IMAGING

an observation and reporting point south of Williams Lake. "By coming out here we get to help fellow Canadians in a real-life situation, dealing with a real-life problem, where we can

have a beneficial and positive impact on their lives."

Farther south, CAF members had the opportunity to welcome residents of 100 Mile House home after the

evacuation order was downgraded to an evacuation alert on July 22.

Soldiers saw lots of weary but grinning faces, as locals returned home following nearly two weeks away.

"It's been very rewarding to work in our own community, which we don't always get to do," said MCpl Roger Beverage, a Canadian Ranger with the 100 Mile House patrol. "Also, it's been a new experience working so closely with other agencies such as the RCMP and Regular Force."

Once across the BC - Alberta border the soldiers came under operational control of Joint Task Force Pacific (JTTF) headquartered at CFB Esquimalt. JTTF is the CAF organization tasked with conducting domestic military operations in British Columbia, when requested by the province and authorized by the Government of Canada. Op LENTUS is the operation that responds to natural disasters. It is the fourth operation in Canada this year.

## Honorary Naval Captains proud to wear new distinctive insignia

By Kylee Mackay,  
Crowsnest

The RCN has come up with an innovative way to identify and honour its Honorary Naval Captains (HCapt (N)).

The HCapt(N) insignia pin is a new lapel pin designed to be worn on the

HCapt(N) uniform. This pin uniquely represents the commitment to the RCN made by these leaders who have been appointed to act as a bridge between the RCN and their own sectors of influence.

HCapt(N)s are distinguished Canadians who have been appointed by the Minister of National Defence to take

on the role of ambassador for the RCN to the Canadian people. They forge lasting relationships with RCN senior leadership and help the navy communicate its strategic direction and priorities through a variety of events and outreach opportunities.

The new insignia pins were presented to a number of the HCapt(N)s during a mess dinner onboard HMCS *Montréal* while the ship was docked in Montréal for the city's 375th anniversary on May 17.

HCapt(N) Mandy Farmer, from Victoria, was one in attendance to receive her pin that night. "The HCapt(N) insignia pin is very important to me in

this role. It is quite an honour to represent the Royal Canadian Navy and I know that it will provide a unique conversation starter when worn with my civilian clothing in my local and professional communities to speak about RCN personnel, programs and opportunities," she said.

The insignia pins aim to enhance the esprit de corps within the RCN's HCapt(N) community and provide them with a distinctive identifier they can proudly wear on their military or civilian dress. Former HCapt(N)s may also wear the pin in perpetuity.

Depicting the RCN fouled anchor, the new insignia pin is similar to the Sea Service Insignia worn by all RCN officers and non-commissioned members to mark their days at sea. A red maple leaf added to the centre of the anchor on the HCapt(N) insignia pin represents their voluntary service to Canada in this role.



While aboard HMCS *Montréal* for a mess dinner, HCapt(N) Mandy Farmer receives her HCapt(N) insignia from VAdm Lloyd.

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# The sun dips on *Preserver*, last of the Protecteur-class AORs

By Blair Gilmore,  
Research Fellow,  
Royal United Services Institute of NS

August 2, 2017 marked the end of an era for the Canadian built Protecteur-class Auxiliary Oil Replenishment (AOR) ships when *Preserver* transferred from the Royal Canadian Navy (RCN) to her new owners, Marine Recycling Corporation. Navy tugs towed the vessel one last time a short distance off her berth at the Halifax Naval Dockyard. She will be transferred to a civilian tug and then towed to a special facility in Sydney, Cape Breton for breaking and recycling.

As I toured the flats taking part in the last official tour of the vessel, I reflected on the by gone era represented by the ship and her predecessor, *Protecteur*. Standing on the bridge next to the Officer of the Watch's station by the Engine Room speaking tube, I could envision the numerous sundowners that area had witnessed. How many times had the Captain and his ship's officers spent a few quiet minutes up in this spot? How peaceful it would have been on some far off ocean, sipping a beer and perhaps indulging with a cigar, contemplating life at sea, as the fiery orb of the sun sank once again into the abyss. As we traveled through the stripped out 555-foot ship, I wondered how many Duty Roundsmen had followed these paths? How many thousands of times had the decks been scrubbed or the brass fittings polished? How many dignified cocktail gatherings, channel fever parties, baptisms, summary trials, mess dinners, RPCs (Request the Pleasure of Your Company), and countless other functions were held in the Officer's Wardroom, Chief & POs' Mess, Hangar and the Main Cave? What was the number of sea ditties floating about the fleet generated from decades of good-natured *Preserver* sailors' high jinks? The old ship's motto was Heart of the Fleet but it was the continuous presence of thousands of RCN sailors serving, living and toiling aboard her over all those decades that brought life to inanimate steel. Their salty souls permeate the bulkheads and deckplates.

But the old lady's time has come, and she is scheduled meet her fate at the breaking yard. Back on July 30, 1970 when she was commissioned at the Saint John Shipbuilding yard in New Brunswick, it was still common for ships to be powered by steam and she ended up as the last boiler powered vessel in the RCN. In addition, many materials used in her construction are long gone from today's modern ships. Miles of PCB coated copper wiring run through her hull. Much of her interior surface is covered



*HMCS Preserver performs a replenishment at sea in 1971.*

DND



*Crewmembers of HMCS Preserver hand along the ship's final pennant during Preserver's paying off ceremony in HMC Dockyard on Friday, October 21, 2016.*

MONA GHIZ, MARLANT PA

with the old ubiquitous Navy red lead paint. Marine Recycling will have a challenge to safely removing all those toxic substances. Helping to ensure their proper disposal, our RCN tour guide explained that the Department of National Defence will continue to play a watchdog role until the last 15 feet of the ship is left. The building and ultimate breaking of *Preserver* represents a true cradle to grave Canadian shipbuilding process.

*Preserver* faithfully functioned as a vital force multiplier for the RCN. But as the world moved forward, parts for the old ship became scarce and tightening environmental regulations would have kept the single hulled fueling vessel out of most ports. But *Preserver's* usefulness has not entirely waned as she will perform one last useful task for the Navy. The military always ends up in possession of material and equipment that has become obsolete or too expensive to dispose

of. Much of this material ends up warehoused to collect dust. There is a unique item still onboard the ship that epitomizes this dilemma of how to dispose of items that have outlived their usefulness, namely, the Wardroom piano. Years ago, an upright piano was presented to the ship's officers as a gift. It is said to have taken four days of work pulling up hatches and making openings to bring it to its home onboard. The time and effort to remove this unique musical instrument is now not worth the bother. So as is common in the military recy-

cling business, the new owners will receive a ship full of extra bits and pieces of military surplus including a piano. Wouldn't that be a rare find a few months from now on eBay?

There is always a touch of sadness and nostalgia when you say good-bye to a ship, especially when it is the last of her type. The countless eyes that have witnessed innumerable sunrises and sunsets from her decks and stared across the thousands of miles of endless oceans are long gone. All that is left is for the graceful old lady to take her final voyage into the setting sun.





# Naval ambassadors become submariners for a day

By Peter Mallett,  
The Lookout Staff Writer

Dressed in their naval combat dress, two West Coast-based Honorary Captains (Navy) climbed down the main access hatch of HMCS *Chicoutimi* July 13 to tour the living and working space of the long-range hunter-killer submarine.

Once inside the boat, HCapt(N) Mandy Farmer and HCapt(N) David Labistour were able to see the internal workings within the black cigar-shaped hull.

“The submarine was pretty mind blowing, and I can only imagine what life must be like on board for extended periods of time,” said HCapt(N) Farmer. “What also blew me away was the camaraderie and overwhelming sense of family amongst submariners. The passion and dedication they have for their boats and each other was inspirational.”

Submariners Lt(N) David Hendry and CPO2 Jonathan Wright took the two guests through the boat, stopping at the control room to explain how the sonar, control console, and periscope work.

The two were also shown the messes, living quarters, weapons storage, and engine rooms.

“Having people come down in the submarine and see the work that we do gives them a different and unique perspective on what submarines can offer to Canada,” said Lt(N) Hendry. “They can see the capabilities that we have, and the importance of the programme, and what life is like onboard a submarine. It is something that myself and the crew are passionate about, so we always love the opportunity to show off what we do, how we live, and the conditions that we work in.”

Before they ventured down the hatch, the two Honorary Captains tried their hand at navigating a submarine into port in the Naval Officer Training Centre bridge simulator. Lt(N) Mark Hiebert and Lt(N) Hendry first gave them a demonstration of the software program that replicates Halifax harbour and the jetty at HMC Dockyard. Then it was the visitors’ turn to take over the bridge controls and guide the virtual submarine alongside.

“Thankfully there will be no consequences if I miscalculate my heading and speed,” joked HCapt(N) Labistour.

Their day-long tour guide, Capt(N) Chris Robinson, Commander of Canadian Submarine Force, says an up-close look at the navy is crucial to the role of Honorary Captains.

“These distinguished Canadians - appointed by the Minister of National Defence - are leaders in their respective fields and take on the role of ambassador for the Royal Canadian Navy (RCN) to the Canadian people as a whole,” he says.

Honorary Captains come from all across the nation and are an integral part of the navy family, each one



Capt(N) Chris Robinson (centre), Commander of the Canadian Submarine Force, describes life aboard a submarine to HCapt(N) Mandy Farmer and HCapt(N) David Labistour.

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committed to making a difference for Canada through their support of the RCN. Understanding the navy, its people, missions, successes and struggles is needed to be successful in their honorary duties, he adds.

“The role of Honorary Captains is to do outreach and to champion our role. Today is our chance to introduce them to the team, and give them a chance to see what we do and how we do it so they are better able to speak on our behalf in the circles in which they work,” said Capt(N) Robinson. “We wanted the experience to be enjoyable, but also make sure they saw as much of the equipment as possible and have a sense of the crew.”

HCapt(N) Mandy Farmer is the President and CEO of Accent Inns Inc. and is affiliated with CFB Esquimalt. HCapt(N) David Labistour is CEO of Mountain Equipment Co-Op and represents the Canadian Submarine Force in his honorary role.

Before calling it a day, the two had lunch with submariners in the Submarine Support Facility cafeteria, and then clambered into a Rigid-Hulled Inflatable Boat for a ride across the harbour to Fleet Diving Unit (Pacific). There they saw the decompression chambers and how they are used, and the Damage Control Building’s Battle System Control Trainer that teaches sailors and submariners how to deal with ship-board floods and fires.

“I expected to see the level of technological sophistication and the strategic side of submarines, but my over-arching takeaway from this experience is the thoughtfulness and intelligence of every man and woman whom I have met,” said Hon Capt(N) Labistour. “It’s an absolute eye-opener to see the depth of thinking that goes into their actions and decisions.”

# Vacation Bible School; Discover your strength in God

By Lt(N) Pickens,  
Chaplain, CFB Halifax

Vacation Bible School (VBS)? What is a VBS? It’s a children’s day program where kids have fun learning life lessons and playing games and meeting new friends. Many churches in our area offer these program for kids to enjoy throughout the summer. This year, our VBS, Vacation Bible School is set to take place from 9:30 a.m. to 12 p.m. daily, August 21-25 at the Shearwater Chapel, St. Michael’s Chapel, 20 Bonaventure St., 12 Wing Shearwater. Kids from age five to Grade 5 are welcome and our Hero theme is Discover Your Strength in God.

Our Chaplain team is pleased to sponsor this five-day program for our military families and their friends. We recognize that parenting is tough stuff. Summertime can put an extra strain on schedules that don’t allow for stay-at-home parent down-time, and further stress the juggling act of working parents. VBS is a great way for kids to have some summer fun and be involved in a positive youth program. This is a program with lots of fun, music, games, snacks, and lessons. It will be led by The Doreys, ministering with One Hope Canada since 2003. Take kids on an epic adventure alongside biblical heroes and discover the qualities that make them truly heroes in God.

Here are three reasons to bring your kids to VBS:

- 1. The Friends  
The Bible says “A true friend loves regardless of the situation, and a real brother exists to share the tough times.” (Proverbs 17:17)

In a safe place, where the judgment

gloves are off and the forgiveness hats are on, friendship in faith is forged. Humanity bonds us together in the rollercoaster of relationships, but we are never alone. Youth need to know how to lean on each other, their parents and mentors. It’s a crucial concept for kids to grasp amidst the treachery of bullying that has shocked school hallways.

- 2. The Songs  
“Deep within me I have hidden Your word so that I will never sin against You.” (Psalm 119:11)

The songs kids learn at VBS every year get stuck in their head and hidden in their hearts. They teach the songs to their friends, to me, to the dog, and even to their Barbies...

Singing praise teaches kids to be joyful and thankful for the world they live in. Smile, laugh, dance, and sing. God knows why the truth of those verses are tucked inside of their souls.

- 3. The Peace (and Quiet)  
VBS provides a peace in knowing your kids are absorbing truth in your absence. God blesses obedience, and I believe that when we place our kids within His walls and are willing to let go and let Him take over for a little bit, our efforts are blessed and our hearts experience His peace.

Parenting is hard. God didn’t promise it would be easy, but He did promise it would be worth it... and He does assure us that we don’t ever have to do it all alone. Remembering that kids are a gift from God removes the pressure we sometimes place on parenting. So take a break this summer. Bring the kids to VBS in Shearwater (or another one near you). If you’re interested, call Teri to register @ 902 427 0521

Happy Summer!

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# 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)

## CAF sailing duo team up again to take home trophy from Marblehead race

By Ryan Melanson,  
Trident Staff

When Capt Mike Evans and LS Spencer Baldwin first teamed up for an offshore ocean race in last year's Route Halifax St. Pierre Race, they came away with a good result despite harsh conditions, last-minute crew injuries and debilitating seasickness.

This year, however, things couldn't have gone better. The duo of Capt Evans, a Weapons Tactics Analyst at Trinity, and LS Baldwin, a Steward in HMCS *Charlottetown*, were joined by a healthy and skilled crew on Capt Evans' sailboat *Sea Smoke*, a Bavaria 38 Cruiser, and completed the Marblehead to Halifax Ocean Race over 365 nautical miles of fair weather and much calmer seas.

The five-person crew placed second in their class and third overall in the Marblehead race, which took place from July 9-12. Combining the results with *Sea Smoke*'s finish in last year's St. Pierre race, Capt Evans was awarded the Friar Trophy for the best combined finish in both offshore races in consecutive years. Capt Evans was determined to win it for a second time, having first won it in 2015, and he was able to secure it with a finishing time at 54 hours, 31 minutes, 57 seconds.

"The Friar Trophy was my goal for this year. It's really the king of trophies for ocean racing on the Eastern Seaboard. You have to be really good, and do it twice in a row, to even be in the running," Capt Evans said.

LS Baldwin experienced his first ever offshore race last year, and a shorthanded crew meant he had to learn fast. This year's race gave him the opportunity to further those skills, and to do it alongside an experienced team of young sailors with racing chops. He said being able to come together with a new team and quickly assume roles on the boat felt like an accomplishment, and that the teamwork and quick-thinking required at sea can be carried over to his job with the Atlantic Fleet. He just barely managed to secure enough leave time to compete in the race during a busy summer for *Charlottetown*.

"I had just got back from Charlottetown for our Canada 150 visit, and I literally jumped onto the RHIB and went right over to *Sea Smoke*. We headed out the harbour as I was



*The view from Sea Smoke during the 2017 Marblehead to Halifax Ocean Race.*

shaking hands because I was meeting people for the first time," he said.

Capt Evans, as the skipper, gave a lot of credit to LS Baldwin and the other crew members doing the driving, trimming and generally being in charge of making *Sea Smoke* go as fast as possible. He recalled a point where the boat's kite snapped off, and the immediate reaction of his sailors, who had a replacement ready in minutes.

"Nobody even needed to talk to each other; they all knew exactly where to be and what to do," he said.

Capt Evans is now prepping for his next race, with hopes of once again representing Sail Canada at this year's China Cup International Regatta. The four-day racing event typically brings out about 1,500 sailors from as many as 35 different countries.

"Marblehead is a race against the best on the Eastern Seaboard, but this



*Capt Mike Evans and the crew of Sea Smoke received the Friar Trophy for the best combined result in both the Marblehead and St. Pierre Ocean Races.*

SUBMITTED

is an inshore race, meaning you race every day, and you're up against the world's best," he said.

LS Baldwin, on the other hand, was preparing to depart for Op REASSUR-

ANCE with HMCS *Charlottetown*, and said he was grateful for the opportunity to compete in the Marblehead race during the ship's busy pre-deployment time.





Thomas Dalziel (right), a Fitness and Sports Instructor at 12 Shearwater, takes on Ariel Abreau at Enfusion 51 at the Halifax Forum on July 8.

MARTIN BLAIS/AGGRO PHOTOGRAPHY

# PSP Fitness and Sports Instructor makes pro kickboxing debut

By Ryan Melanson, Trident Staff

PSP Halifax’s own Thomas Dalziel, a Fitness and Sports Instructor at 12 Wing Shearwater, made his professional kickboxing debut in Halifax recently, competing on the Enfusion 51 fight card at the Halifax Forum on July 8.

Dalziel is a 3rd degree Kajukempo black belt and former amateur kickboxing and amateur muay thai champion, but had yet to have a professional bout, which comes with altered rules and the removal of some protective gear. He took on Dominican fighter Ariel Abreau, and the two fought a close three-round fight, with Dalziel coming out on the losing end of a split decision that the judges scored 27-29, 27-29, 29-27.

Enfusion is a kickboxing and muay thai promotion based in the Netherlands, and the show at the forum marked their first foray into North America. The event was broadcast live on The Fight Network and also streamed online. Dalziel

said that he was disappointed with the loss but had a great experience against a tough opponent, and he plans to get back to training for his next bout as soon as possible after dealing with some post-fight injuries.

Super Crossword

Answers

S	E	M	E	R	H	A	V	A	T	A	V	N	O	E	R	H	E	E	S
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E	M	A	V		C	O	R	I	O		T	O	O						
A	H				F	E	R												

# Fitness and sports updates

By Trident Staff

Please note that the ball field located at Windsor Park will not be open for the season. The Shearwater ball field is open and is taking bookings for the season. Please contact Tony Hamilton at 902.721.8412 or at Tony.Hamilton@forces.gc.ca.

**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.

**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.

# Sports trivia: MLB All-Star games

By Stephen Stone and Tom Thomson

## Questions

- Where and when was the first All-Star game played?
- Which team won?
- Who was the winning pitcher?
- Who hit the first home run in an All-Sar game?
- Also in the first All-Star game, who caught a Chick Hafey shot by reaching over the right field fence, robbing the National League of a chance to tie the game?
- Who hit the first National League home run in an All-Star game?
- Who were the managers in the first All-Star game?
- In what years did MLB play two All-Star games?
- Which player holds the record for most All-Star game appearances?
- Who has the second most appearances?
- What career All-Star records do Mays and Musial share?
- Get out the rye bread and the mustard, Grandma! Who hit the only grand salami in All-Star history?
- Who hustled around the bases for the only inside-the-park home run in All-Star history?
- Who holds or is tied for the greatest number of hitting records in single All-Star games?
- Which pitcher has won the most All-Star games?
- Who holds or is tied for the greatest number of career All-Star pitching records?
- Who was the first MVP in an All-Star game?
- Who are the only father and son to be named MVP in the All-Star game?
- What do these All-Star game players have in common? Gary Carter, Steve Garvey, Willie Mays, Cal Ripken Jr, Mike Trout.
- How many All-Star games have ended in a tie?

Answers on page 23

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# FLEET - Summer Fitness Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30-8:15	Functional Movement	Functional Mobility	Functional Strength	GST	Functional Strength
8:30-9:15	FORCE Prep		FORCE Prep		FORCE Prep*
12:10-12:55		Functional Strength			Functional Movement
12:00-13:00	GST		Spin	Yoga	

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

# SHEARWATER - Summer Fitness Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30-8:15				Functional Strength	FORCE Prep*
8:30-9:15	FORCE Prep		FORCE Prep		
11:45-12:30	Spin	TRX	Spin	Functional Strength	Yoga
12:00-13:00	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim

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

# STADPLEX - Summer Fitness Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30-8:30			Waterworks		Waterworks
8:30-9:30	Force Prep	Force Prep	Force Prep	Force Prep	Force Prep*
9:30-10:30		Pool Jogging		Pool Jogging	
11:30-13:00	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim
12:15-13:00	Upper Body and Core	Spin	Yoga	Lower Body and cardio	Range of Motion
			Cardio   Kick Boxing		Step Aerobics

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

## La DCP aide les astronautes canadiens à toucher les étoiles

Par SBMFC

Le 17 juin 2016, l'Agence spatiale canadienne (ASC) a lancé sa quatrième campagne de recrutement d'astronautes de l'histoire du Canada. La Direction du conditionnement physique (DCP) était chargée de concevoir et de diriger le volet physique du processus de sélection. L'équipe a conçu les différents tests de condition physique, les séances d'entraînement, les scénarios réalistes du poste et l'évaluation physique auxquels les candidats ont été soumis au cours des deux périodes de sélection distinctes à Saint-Jean-sur Richelieu (février 2017) et à Halifax (mars 2017). Le personnel du conditionnement physique des PSP y a fourni un appui considérable tout au long du processus de sélection.

Parmi les 3 772 candidatures de Canadiens provenant de chaque province et territoire, ainsi qu'à l'extérieur du Canada, seulement deux candidats ont été sélectionnés pour représenter la nouvelle génération d'explorateurs de l'espace.

Le 1er juillet 2017, plus d'un an après le lancement de la campagne de recrutement d'astronautes canadiens, le LCol Joshua Kutryk et Jennifer Sidey

ont été choisis comme recrues. Le 5 juillet dernier, l'ASC à Saint-Hubert, au Québec, a tenu une cérémonie de reconnaissance à l'intention de tous les membres du personnel qui ont pris part à la campagne de recrutement d'astronautes de 2016-2017. Le MDN et les FAC figuraient au nombre des partenaires qui ont appuyé la campagne.

Au cours de la cérémonie, Patrick Gagnon, gestionnaire supérieur de la performance humaine de la DCP, ainsi que Docteur Joy Klammer et Maj Lenora Collins, du Directeur général - Recherche et analyse (Personnel militaire), ont reçu la médaille du président de l'ASC en reconnaissance de leur leadership, de leur engagement et de l'exécution d'un mandat très exigeant.

L'équipe de recherche en performance humaine de la DCP contribue à préparer le personnel des FAC aux rigueurs de l'environnement opérationnel complexe et exigeant d'aujourd'hui. Des programmes de conditionnement physique ont été conçus spécialement pour les athlètes tactiques de la Marine, de l'Armée de terre et de la Force aérienne dans le but de les aider à optimiser leur condition physique et leur efficacité opérationnelle.

## DFIT helps Canadian astronauts reach the stars

By CFMWS

On June 17, 2016, the Canadian Space Agency (CSA) launched the fourth astronaut recruitment campaign in Canada's history. DFIT was responsible for the design and conduct of the physical aspects of the selection process. The team designed the various physical fitness tests, training sessions, realistic-job-preview scenarios and physical assessments that the candidates were subjected to during two distinct selection periods: St-Jean-sur Richelieu (February 2017) and Halifax (March 2017). Throughout the selection process, tremendous support was given by the PSP Fitness Staff in both St-Jean and Halifax.

Out of 3,772 applications from Canadians in every province and territory, as well as outside Canada, just two candidates were selected to represent Canada's new generation of space explorers.

On July 1, 2017, more than one year after applications opened, LCol Joshua Kutryk and Jennifer

Sidey were named as the two newest Canadian astronaut recruits. At the CSA in St-Hubert QC on July 5, 2017, a recognition ceremony took place for all personnel involved in the 2016-17 Astronaut Recruitment Campaign. DND/CAF was one of the partners that supported the campaign.

During the ceremony, Patrick Gagnon, Senior Manager Human Performance/DFIT, along with Dr. Joy Klammer and Maj Lenora Collins, from Director General Military Personnel Research and Analysis, were awarded the CSA President's Coin in recognition of their leadership, commitment and execution of a very demanding mandate.

DFIT Human Performance helps prepare CAF personnel for the physical rigours of today's complex and demanding operating environments. This includes fitness programs designed especially for Navy, Army and Air Force tactical athletes to help optimize their fitness and operational effectiveness.



# Super Crossword

GETTING SERVED IN THE MIDEAST

ACROSS

- 1 Flag supporter
- 5 Coen of film
- 10 Proposition
- 15 Melville mariner
- 19 One-spot cards
- 20 Bucks
- 21 "Odyssey" enchantress
- 22 Woman of rank
- 23 Start of a riddle
- 26 "... -- it just me?"
- 27 Painful spots
- 28 Literary Leon
- 29 Subj. for U.S. immigrants
- 30 Horseshoe-shaped iron bar
- 31 Riddle, part 2
- 36 Bit of legend
- 37 Transmit
- 38 Showy scarf
- 39 Italian "God"
- 40 Cry loudly
- 43 Singer Smith
- 45 Less bold
- 48 "Misled" singer Celine
- 49 Riddle, part 3
- 56 Marketing news mag
- 57 Big name in electric razors
- 58 Oman export
- 59 "Blue" singer Rimes
- 60 Director Elia
- 61 Hidden mike
- 62 Drop off
- 65 Unit of corn
- 66 Riddle, part 4
- 71 -- Lingus
- 72 "Dr." of rap
- 73 Writer Fleming
- 74 Spud state
- 75 Plane path
- 77 Boom maker
- 78 Obtain
- 81 Hotel room Bible placer
- 82 Riddle, part 5
- 87 Fed a line
- 88 Old-time actress Palmer
- 89 Blue yonder
- 90 Links org.
- 91 Suffix with 121-Across
- 92 "Sure"
- 93 Archibald of old basketball
- 97 Regal Norse name
- 100 End of the riddle
- 107 Jordanian capital
- 108 A, in Acapulco
- 109 Electric, water or gas: Abbr.
- 110 Merger with Mobil in 1999
- 112 Country singer -- Keith
- 113 Riddle's answer
- 117 Author -- Stanley Gardner
- 118 "Later!"
- 119 "Star Trek" officer
- 120 British conservative

DOWN

- 1 Rabbit's feet
- 2 Ellen who was the first Latina in space
- 3 Get wind (of)
- 4 Honor
- 5 Type widths
- 6 Little squirt
- 7 Just so-so
- 8 1999-2004 Oldsmobiles
- 9 Aboriginal
- 10 Autumn mo.
- 11 -- mignon
- 12 Insolent
- 13 "Green" product sticker
- 14 Ump's cousin
- 15 Baked brick
- 16 Last Anglo-Saxon king of England
- 17 Umpteen
- 18 Oscar category for "Let It Go"
- 24 Early Bill Cosby series
- 25 "The end -- sight"
- 30 Stage legend Hagen
- 121 Forecaster
- 122 "Bleeding Love" singer Lewis
- 123 Volga native
- 124 Farm females

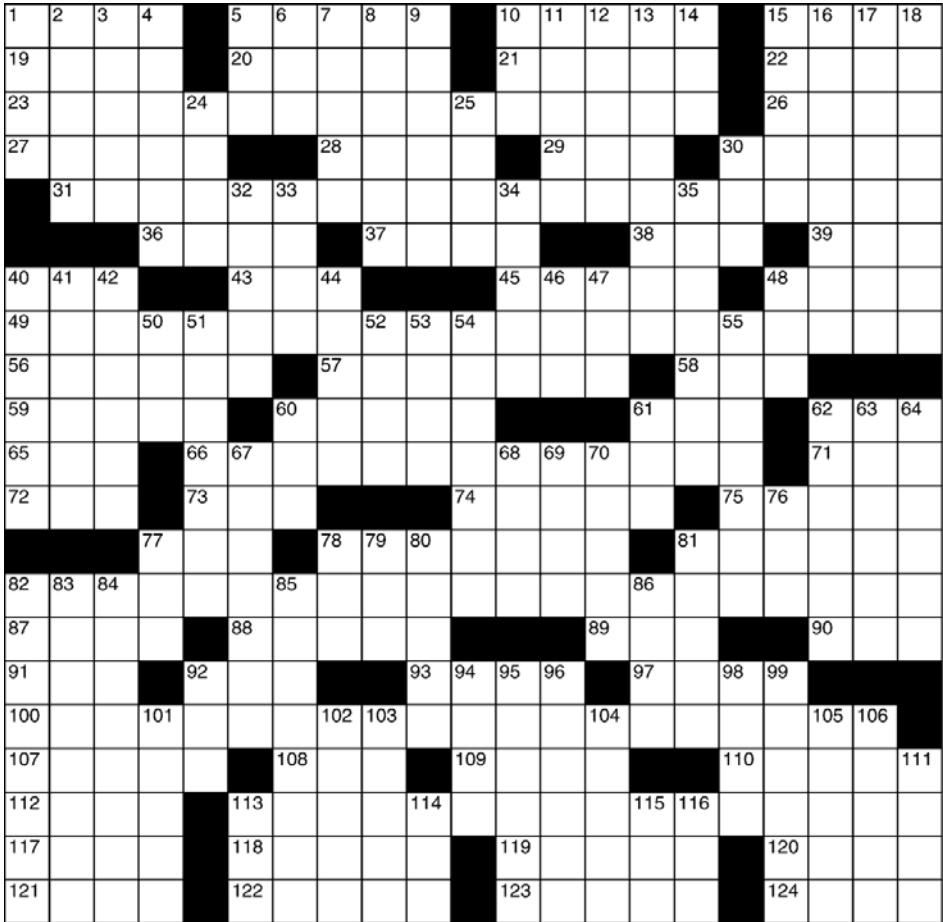
- 32 "No worries"
- 33 Burn black
- 34 Detroit flop
- 35 Detached, as a coupon
- 40 Went flat
- 41 "Mercy me!"
- 42 "Watch out!"
- 44 Talking birds
- 46 Ad --
- 47 Wall St. intro
- 48 Singer Lana -- Rey
- 50 D.C. bigwig
- 51 Common bowling game
- 52 Seep out
- 53 Sardonic Lebowitz
- 54 Intel chip brand
- 55 Result of excessive teasing?
- 60 Guy doll
- 61 Playbill info
- 62 Lessen
- 63 Fit in
- 64 Starr of old comics
- 67 Scary snake
- 68 Actress Falco
- 69 Fix, as socks
- 70 Sharpens
- 76 Bridal vow
- 77 Senator Cruz
- 78 Internet inits.
- 79 D halved
- 80 Actor Aidan
- 81 Country's Crystal
- 82 Protective film sheets
- 83 Mount where four presidents went bust?
- 84 Look like
- 85 Deter
- 86 Hershey's toffee bar
- 92 Urge
- 94 "Son of --!"
- 95 "Shame!"
- 96 "Happy Endings" actress Cuthbert
- 98 New -- (Enya, e.g.)
- 99 Obsess (on)
- 101 Bill settler
- 102 "That Night --" (old film)
- 103 1800s veep Burr
- 104 Scoff at
- 105 U-shaped river bend
- 106 Black, in Lille
- 111 Bill blockers
- 113 -- -Mart
- 114 Simile center
- 115 Italian monk
- 116 Bern's river

## Sports trivia: MLB All-Star games

Questions on page 21

Answers

- 1. Comiskey Park, Chicago - July 6, 1933.
- 2. American League, 4-2.
- 3. Lefty Gomez, New York Yankees.
- 4. Babe Ruth, New York Yankees, two-run shot in the bottom of the third inning in the first All-Star game.
- 5. Babe Ruth.
- 6. Frankie Frisch, St Louis Cardinals, two-run shot in the top of the sixth in the first All-Star game.
- 7. National League, John McGraw, New York Giants. American League, Cornelius McGillicuddy (better known as Connie Mack), Philadelphia Athletics.
- 8. 1959, 1960, 1961, 1962.
- 9. Hank Aaron, Milwaukee/Atlanta Braves, 25.
- 10. Willie Mays, New York/San Francisco Giants; and Stan Musial, St Louis Cardinals - 24 each.
- 11. Extra base hits with eight and total bases with 40
- 12. Fred Lynn, California Angels,1983
- 13. Ichiro Suzuki, Seattle Mariners, 2007
- 14. Ted Williams, Boston Red Sox, RBI's -- 5; runs -- 4; hits -- 4; home runs -- 2; total bases - 10. Williams also holds career records for RBIs with 12 and walks with 11.
- 15. Lefty Gomez, three.
- 16. Don Drysdale, Brooklyn/Los Angeles Dodgers, innings pitched - 19 1/3; batters faced -- 69; strikeouts -- 19; games started - 5.
- 17. Maury Wills, Los Angeles Dodgers,1962.
- 18. Ken Griffey Sr., Cincinnati Reds, 1980; and Ken Griffey Jr., Seattle Mariners, 1992.
- 19. All are two-time All-Star MVPs.
- 20. Two: July 31, 1961 and July 9, 2002.



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