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Tuesday, September 5, 2017



Volume 51, Issue 18

www.tridentnewspaper.com

TRIDENT

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



Canadian Army soldiers and Canadian Rangers found a warm welcome aboard HMCS Montreal during Op NANOOK 2017.

LS DAN BARD, FIS HALIFAX



Contract awarded to service
new RCN ships Pg. 3



Op NANOOK 2017 Pg. 10



Naval Museum tells Halifax
Explosion story Pg. 12



800 runners compete
in Navy 10K Pg. 18



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A CH-124 Sea King helicopter fires off chaff flares during a training activity, while HMCS Charlottetown transits across the Atlantic Ocean on August 11, 2017, as part of Op REASSURANCE.

CPL J.W.S. HOUCK, FIS



German tugboat Corvin moves around HMCS Charlottetown as the ship prepares to depart Naval Base Wilhelmshaven, Germany during Op REASSURANCE on August 21, 2017.

CPL J.W.S. HOUCK, FIS

HMCS Charlottetown on Op REASSURANCE



Firefighters respond to a simulated helicopter crash aboard HMCS Charlottetown during Op REASSURANCE, while crossing the Atlantic Ocean on August 15, 2017.

CPL J.W.S. HOUCK, FIS



A force protection member patrols the upper decks of HMCS Charlottetown as the ship prepares to depart Naval Base Wilhelmshaven, Germany during Op REASSURANCE on August 21, 2017.

CPL J.W.S. HOUCK, FIS

\$800M contract announced for AOPS in-service support

By Ryan Melanson,
Trident Staff

Representatives from private industry, the federal government and the Royal Canadian Navy gathered at the Dartmouth waterfront on August 17 to announce the awarding of a Navy in-service support contract worth more than \$5 billion over the next 35 years.

The contract, awarded to the joint venture of Thales Canada Inc. and Thales Australia Inc., deals with in-service support for the RCN's Arctic and Offshore Patrol Ships, currently being constructed by Irving Shipbuilding in Halifax, as well as the future Joint Support Ships, which are to be built at Seaspan Shipyards in Vancouver. It covers refit, repair and maintenance, as well as training for the two new Navy platforms, beginning for an initial eight-year service period at an estimated cost of \$800 million, with options to extend up to the 35-year life cycle of the ships that would put the final estimated total at \$5.2 billion.

Jim Carr, the acting federal minister of Public Services and Procurement, announced the contract during a press conference at Alderney Landing, with the view of CFB Halifax and the Atlantic Fleet providing a backdrop from across the harbour. He described the competitive process that took place over the last year as open, transparent, and innovative in the way industry was engaged throughout, resulting in four strong bids submitted to the government.

"Building ships is a big and important undertaking, but we also need to make sure plans are in place to keep these ships at peak performance, while growing and diversifying the Canadian marine industry," Carr said, adding that the contract with Thales should create more than 2,000 well-paying jobs across the country through the coming decades. Though the company is headquartered in France, all in-service support work will be carried out in Canada, except for cases where a ship requires support while already overseas. Terms require Thales to hire a variety of subcontractors from different regions



Jim Carr, Acting Minister of Public Services and Procurement, announced the awarding of an in-service support contract for two new classes of RCN ships at Alderney Landing on August 17.

RYAN MELANSON/TRIDENT STAFF

of the country to complete the work to ensure economic benefits are spread out.

"The goal is to engage and develop the best cadre of local contractors, creating a new Canadian supply chain across the country," said Thales Canada CEO Mark Halinaty following the announcement.

There are more details to come, such as where the majority of in-service support on the ships will actually take place, and the extent to which the two existing fleet maintenance facilities will be involved. A press release issued alongside the announcement says work will be conducted on East Coast ships in the Atlantic provinces, Quebec or Ontario, while work on the Pacific Fleet ships will happen in the

Western provinces and territories. The acting minister said the awarding of the contract to Thales will not have an impact on the number of jobs that exist in the DND civilian workforce, and RAdm John Newton, Commander MARLANT and JTFA, described the contract as a positive new partnership and part of maintaining a balance between work done by DND employees and work contracted out to private industry.

"Technology changes, ship designs change, and we're constantly migrating our in-house capability very slowly to keep a balance between what industry can provide, the readiness of ships when we demand it, international deployments, and what the Royal Canadian Navy can provide

with specialized teams and specialized operational equipment, weapons and sensors," he said.

"It's a fine balance that's always under examination and evolution." Thales Canada is initially expanding the workforce at its Ottawa headquarters, where logistics, technical work and equipment testing will take place, and Halinaty said the company will likely establish a presence in Halifax in the near future.

As for the ships themselves, the AOPS project will see up to six ships eventually being delivered from Irving Shipbuilding, with the first, HMCS *Harry DeWolf*, set to arrive in late 2018, while the first JSS, HMCS *Queenston*, is scheduled for delivery from Vancouver Shipyards in 2021.

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Publication
Schedule
for 2017

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

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

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

Annual Subscription (25 issues):

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

Courier address:

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

Publication Mail Agreement No.
40023785

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

Circulation: Minimum 8,500

Community Calendar

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

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

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

Military-themed Art Show

Date: August 1 - September 28

Location: Gallery 97, 11 Glendale Drive, Lower Sackville

An art show of military paintings and paintings by retired military members will be on display at Gallery 97 in Lower Sackville, corner of Cobequid Road and Glendale Drive, starting on August 1. The show will be open for viewing from 9 a.m. - 4 p.m. on weekdays and 1:00 p.m. - 3:00 p.m. on Saturdays. All paintings are for sale and a portion of proceeds will be used to support the 97.5 community radio station.

Book Launch: Random Shots by David Mossman

Time: 7 p.m.

Date: Tuesday, September 5

Location: Maritime Museum of the Atlantic

Survival, the act of staying alive, is the theme of this collection of short stories selected across the life of a lucky and well-travelled risk-taking Maritime son. As story-teller, David Mossman draws heavily on personal experience as an exploration geologist to recount incidents on four continents. Mossman is a professor emeritus of geoscience at Mount Allison University, and is also the author of Going Over: a Nova Scotia Soldier in World War I and Oceans of Rum: the Nova Scotia Banana Fleet in Rum-Runner Heaven.

Intro to Photoshop Series

Time: 6:30 - 8 p.m.

Date: Tuesday, September 12

Location: Halifax Central Library

Join us as we explore the various retouching tools of Adobe Photoshop and learn how to manipulate your images to look their very best in free monthly lessons. Basic computer skills are required, and previous knowledge of Photoshop is an asset. We'll have a laptop and sample images here waiting for you. September 12 will focus on the Clone Stamp and Healing Brush Features, while the next session on October 10 will be on Levels and Colour Correction. Registration is required at halifaxpubliclibraries.ca/programs.

Halifax Celtic Festival

Date: September 13-17

The Halifax Celtic Festival 2017 will be hosted from September 13-17, with main events taking place at the Halifax Forum Multipurpose Centre and various other locations around HRM. Admission is free, and attendees can take in music, dancing, food and other family friendly events. The festival is organized by the Celtic Cultural Society of Nova Scotia, and more information as the event approaches will be available at halifaxcelticfest.ca

Treaty Day ceremonies

Date: Monday, October 2

Location: Province House/Grand Parade Square

All CAF members are invited to join MARLANT senior leaders and mem-

bers of the Defence Aboriginal Advisory Group at events marking the 31st annual Mi'kmaq Treaty Day in Nova Scotia. Treaty Day is held each October to highlight the importance of the treaties signed from 1725 to 1761 between the Crown and the Mi'kmaq people. Ceremonies in Halifax will include a flag raising at Government House at 8:30 a.m., followed by Treaty Day church services at St. Mary's Basilica at 9:30 a.m. At 10:45 a.m., the Veteran's Parade of Honour will march up Barrington Street toward the Grand Parade Square, where the mayor's flag raising ceremony will take place at 11:15 a.m. A veteran's address will be delivered at the Grand Parade by HLCol Donald Julien, a member of the Mi'kmaq Grand Council and Senior Aboriginal Community Advisor for the Atlantic Defence Aboriginal Advisory Group.

Dalhousie University Mawio'mi

Time: 10 a.m. - 4 p.m.

Date: Monday, October 6

Location: Dalhousie Quad and others TBD

This year marks the Dalhousie Native Student Association's 8th Annual Mawio'mi here on the Dalhousie University Campus. The daylong event showcases the raising of the Mi'kmaq flag, Mi'kmaq drummers, dancers and crafters, while honoring our Elders on recognized unceded Mi'kmaq territory. This learning opportunity and community event is free and open to all members of the public.

CAF clearance divers participate in unexploded ordnance disposal operation in Latvia

By DND

Eleven CAF clearance divers and support personnel participated in Operation OPEN SPIRIT 2017 in Latvia from August 18 to 31, 2017.

These CAF members came from the Fleet Diving Units (Atlantic and Pacific) in both Halifax, Nova Scotia and Esquimalt, British Columbia. They worked alongside personnel from the Latvian Naval Flotilla and 13 other partner nations. Their mission was to clear explosive remnants of the First and Second World Wars in the Baltic Sea.

Operation OPEN SPIRIT is a multinational naval mine clearance and ordnance disposal mission. It is hosted on a yearly rotational basis since 1997 by one of three Baltic nations – Estonia, Latvia and Lithuania. It aims to reduce the threat of unexploded ordnance throughout the Baltic Sea region, including seabed

communications lines, international shipping routes, and fishing areas.

Although the CAF's participation in Operation OPEN SPIRIT 2017 was not part of Operation REASSURANCE, this deployment of Canadian experts in disposing sub-surface munitions demonstrated the CAF's reinforced role in NATO and commitment with Allies and defence and security partners in the region. CAF members were previously sent to Latvia as part of Operation OPEN SPIRIT 2014. "The Canadian Armed Forces is proud to deploy this highly capable, well-trained, and experienced team of clearance divers. Canada's participation in OPEN SPIRIT 2017 forges stronger relationships with our NATO allies and contributes to safer navigation in the Baltic Sea," said LGen Stephen Bowes, Commander Canadian Joint Operations Command.

Operation OPEN SPIRIT 2017 took

place in the Territorial Waters and Exclusive Economic Zone of Latvia. The CAF members are operating from the naval base in Mikeltnoris.

LCdr William Barter, Commanding Officer of Fleet Diving Unit (Atlantic), was the Task Force Commander of Operation OPEN SPIRIT 2017.

Fleet Diving Units (Atlantic and Pacific) members are fully trained in mine countermeasures, routine and emergency underwater repairs, seabed searches, dive equipment repair and maintenance, submarine rescue, dive training, and support to other government agencies.

Fourteen nations participated in Operation OPEN SPIRIT 2017, including Belgium, Canada, Estonia, Finland, France, Germany, Latvia, Lithuania, Netherlands, New Zealand, Poland, Sweden, United Kingdom and the United States. The Latvian Naval Flotilla was the lead for this year's OPEN SPIRIT.

Participate in the 2017 Employee Survey

By John Forster,
Deputy Minister

August 21 marks the official launch of the 2017 Public Service Employee Survey (PSES), which takes place from August 21 to September 29. Since 1999, the survey has been an extremely useful way to gather the views of all of us as to how we can improve our workplace and continue providing excellent service to Canadians. The 119-question survey, led by Statistics Canada, provides you with the opportunity to share your views on your leadership, workforce and workplace.

I encourage all civilian employees of the Defence Team to participate. The more of us that take the time to complete the survey, the more useful the results will be. By participating, you can tell us what you think about how well we are managing our people, where we can improve, and what is needed to make it easier for us to be a more effective organization. Please be assured that your responses will be kept confidential.

You may be asking, “Didn’t a Public Service employee survey just take place?”

In February of this year, the first Public Service Employee Annual Survey was introduced as a short annual survey to gather employees’ views on a few key issues, whereas the PSES is a much more comprehensive study conducted every three years.

The combined results from the two surveys will allow us to identify trends and address the issues that concern you. They will help to reinforce a culture of respect within the Public Service and ensure that we are

on track when it comes to addressing key people management issues, such as engagement, leadership, diversity, and innovation. The following are examples of actions taken to address key issues raised in the 2014 PSES:

- Respondents indicated Workplace – Harassment as an area needing improvement. As a result, ADM(S&T) established a Workplace Wellbeing Strategy and a L1 Harassment advisor in order to address the issue.

- ADM(HR-Civ) created the Next Generation Project Team, to oversee the initiative to improve visibility, awareness and understanding of the impact of organizational changes on employees, in response to issues raised concerning Workplace - Organizational Goals.

- As for issues voiced about Leadership – Senior Management, CMP created or filled Deputy/Chief of Staff positions to share and distribute workload and oversee efficient delegation of tasks to Directors.

- ADM(IE) launched a learning strategy to provide employees with relevant knowledge and skills to help foster a high performing organization to address issues regarding Workforce – Job Fit and Development.

Your managers and I are committed to following up on the results of the 2017 PSES. We will publish the results in the spring of 2018, and produce a joint action plan to respond to its key findings.

For more information about the Public Service Employee Surveys, visit the Public Service Employee Survey web page.

Your opinion counts. I hope you will take a few minutes to tell us what you think.



Cdr Perks assumes command of Base Administration

Capt(N) Paul Forget (centre), presided over a Change of Command ceremony on Tuesday, August 15 during which Cdr Patrick Perks (right) assumed command of Base Administration from LCdr Craig Gillis.

MS JOSEPH PENTON, BADM

Participez au Sondage auprès des employés de 2017

Par John Forster,
Sous-ministre

Le 21 août marque le lancement officiel du Sondage auprès des fonctionnaires fédéraux 2017 (SAFF), qui a lieu du 21 août au 29 septembre. Depuis 1999, ce sondage représente un excellent moyen de recueillir les commentaires de tous et toutes portant sur les manières que nous pouvons améliorer notre milieu de travail et continuer à fournir d'excellents services aux Canadiens et aux Canadiennes. Le sondage, comprenant 119 questions et dirigé par Statistique Canada, vous donne l'occasion de partager votre opinion concernant la direction, l'effectif et le milieu de travail.

J'encourage les employés civils de l'Équipe de la Défense à participer à ce sondage. Plus il y a de personnes qui prennent le temps de répondre au sondage, plus les résultats seront utiles. En participant, vous pouvez nous dire ce que vous pensez de la ges-

tion de notre effectif, ce que nous pouvons améliorer, et ce dont nous avons besoin pour nous à aider à devenir une organisation plus efficace. Soyez assuré que vos réponses demeureront confidentielles.

Vous vous dites peut-être : « n'y a-t-il pas déjà eu un sondage auprès des employés récemment? »

En février dernier, le tout premier Sondage annuel auprès des fonctionnaires fédéraux a été lancé en tant que court sondage annuel pour recueillir les commentaires des employés sur certains enjeux principaux, alors que le SAFF constitue une étude beaucoup plus approfondie menée aux trois ans.

Les résultats des deux sondages nous permettront de cerner des tendances et de traiter les questions qui vous préoccupent. Ils aideront à renforcer une culture de respect au sein de la fonction publique et veilleront à ce que nous suivions la bonne voie pour aborder les questions touchant la gestion de l'effectif, comme la mobilisation, le leadership, la diversité et

l'innovation. Voici quelques exemples de mesures prises pour traiter des questions principales qui ont été indiquées dans le SAFF 2014:

- Les répondants ont indiqué que des améliorations s'imposaient en ce qui concerne la gestion du harcèlement en milieu de travail. Le SMA (S et T) a donc mis sur pied une stratégie sur le mieux-être en milieu de travail et a nommé un conseiller de N1 en matière de harcèlement pour traiter ce problème.

- Le SMA (RH-Civ) a établi l'Équipe de projet de la prochaine génération afin de superviser l'initiative pour améliorer sa visibilité, la sensibilisation et la compréhension des impacts qu'ont les changements organisationnels sur les employés, afin de répondre aux enjeux concernant le milieu de travail : objectifs organisationnels.

- En ce qui concerne les enjeux soulevés au sujet de la direction – haute gestion, le groupe du CPM a créé et doté des postes de sous/chef d'état-major pour partager et distribuer la

charge de travail et pour surveiller la délégation efficace de tâches aux directeurs.

- Le SMA (IE) a lancé une stratégie d'apprentissage pour transmettre aux employés les connaissances et les compétences pertinentes dans le but de favoriser la création d'une organisation hautement performante pour traiter les enjeux concernant l'effectif : compatibilité entre la personne et l'emploi et perfectionnement.

Vos gestionnaires et moi-même nous engageons à faire un suivi des résultats du SAFF 2017. Nous publierons les résultats au printemps de 2018, et nous créerons un plan d'action conjoint pour répondre aux enjeux clés soulevés.

Pour obtenir plus de renseignements sur les sondages auprès des employés de la fonction publique, visitez le site Web du Sondage auprès des employés de la fonction publique.

Votre opinion est importante. J'espère que vous prendrez quelques minutes pour nous donner votre avis.



Freedom of the city

On Friday, August 18, 2017, the 78th Highlanders parade through the streets of Halifax with colours flying, bayonets fixed and drums beating during a Freedom of the City parade. This annual parade is in recognition of the 78th Highlanders' contribution to tourism in Halifax and the province of Nova Scotia.

The practice of granting military units Freedom of the City dates back to the 17th century. Historically, allowing soldiers to march through the city boundaries was a mark of the trust of the civic government had in the unit. In more recent times, the wartime service of military units has often resulted in this honour being bestowed by a grateful city. The 78th Highlanders are a key interpretive program provided by Parks Canada and the Halifax Citadel Regimental Association. The unit accepted the honour of Freedom of the City in 1999 as a tribute to all British military units that served in Halifax from 1749 to 1906.



JEFFREY LANSING, PARKS CANADA



Building bridges during Ex STRIDENT TRACER 17

Ever watch a bridge being built before? US National Guard and Canadian Combat Engineers work shoulder-to-shoulder on a bridge construction project at the 5th Canadian Division Support Base Gagetown during #ExSTRIDENTTRACER17



75th Anniversary of the Dieppe raid

The CAF contingent conducts drill on the esplanade near the Pourville monument during the 75th anniversary of the Dieppe Raid in Pourville, France on August 20, 2017.

CPL ANDREW KELLY, CANADIAN FORCES COMBAT CAMERA



HMCS Charlottetown Crew Spotlight

MS K. Greg Roland

MS K. Greg Roland is from Alder Point, Cape Breton, Nova Scotia and is a Naval Communicator in HMCS Charlottetown's Combat Department. In an interview conducted aboard HMCS Charlotte- town while the ship was alongside in Wilhelmshav- en, Germany, he had this to say about his work aboard and time with the Royal Canadian Navy overseas:



computer networks and infrastructure. It is very demanding—both in terms of time and energy—and so you must find ways to balance the workload and demands with personal recharge time. The nature of my job is to fix computer network problems and help the crew perform better. It is a very independent role

and requires one to be organized, resilient and to have a wide base of technical ability. But those are just the hard skills. Even more important are the soft skills; everyone onboard utilizes computers onboard, so I work with everyone from the CO to the brand new sailor. So, it is important to know how to discuss issues at many different levels. I guess you could also include that it helps to be a people person, not just an IT person. It helps to understand the challenges people will be facing if I don't get my job done correctly.

What is one great thing about your ship?

The experiences and different perspectives everyone has are some of things I appreciate the most. While the whole human experience is quite similar for each of us aboard, how we view events can be widely separate and individual. That has allowed me to constantly challenge and expand my perspective and continuously grow as a person—which in turn feeds back into my contribution of perspective and so the circle just grows and grows. Life onboard a warship—especially if you're a little older, and have previous work experience outside of the navy—allows you to realize just how strong and motivated you can be. We do things that most people only dream about and some cannot imagine.

What do you do for fun when you aren't deployed overseas?

I enjoy cycling, reading, movies and long walks with my wife Jill, and am extremely passionate about motorcycling.

LS Tyler Bested

LS Tyler Bested, from Bancroft, Ontario, is a Naval Combat Information Operator from HMCS Charlottetown's Combat Department and a member of the ship's dive team. In an interview conducted aboard Charlottetown while the ship was transiting between Wilhelmshaven, Germany and Helsinki, Finland, he had this to say about his work aboard and time with the Royal Canadian Navy overseas:



on have all been made possible—the world's a big place, and I like to think that this job may have a positive impact on it some way or another.

What is one great thing about your ship?

The people I get to work with make this job fantastic. It's like a giant family. Everyone comes from different backgrounds with different stories to tell and different ways to approach certain situations. You can constantly learn from these people and sometimes even teach them a thing or two. The best part of this job is waking up and saying "Good morning" to everyone I pass in the flats. It makes my day and I hope it sometimes makes theirs as well.

What do you do for fun when you aren't deployed overseas?

I love staying active. My poor wife is always getting dragged to my hockey or soccer games. We also get out hiking a lot. Nova Scotia is a beautiful province with many opportunities for exploring! One time I even signed up to run across the province for charity during the Run for the Wish.

When and why did you join the Navy?

The reason I joined the navy was because I wanted to be a fighter pilot. Allow me to explain: I never had the vision requirements for the job, and there was no corrective vision surgery during the 80s, but my curiosity about military life never left. In fact, it has always been with me. I love war movies and the sense of warrior spirit. It sounds cliché I know, but I think many people aboard can relate to that feeling. So to that end—and after a couple of decades of unfulfilling jobs and low pay—I was fed up. My wife and I had just become empty nesters, I was 38, and we decided that, if I was going to do this, it was now or never, even if it was only to get it out of my system. Almost a decade later, I'm still here...I guess it's still in my system. So it was at 40 that I started basic training, and at my first posting aboard a ship, even as an Ordinary Seaman, I was doing the job of Acting Information System Administrator and not quite as much cleaning or basic tasks as your typical Ordinary Seaman, as I had a fair bit of technical experience already. And given that I've worked many different jobs across several industries, I joined with a stronger appreciation of my current role.

What do you do on board now?

I am the Information Systems Administrator onboard *Charlottetown*, and I am the only one aboard. I am tasked with the efficient running, repair, and upgrading of *Charlottetown's*

When and why did you join the Navy?

I'd like to say I only joined the military with the urge to serve my country, but the truth is I joined because of competitiveness; I was always told I "couldn't do it," or "wouldn't make it in the armed forces." And I've always had a little fire in my stomach to prove people wrong. I'd like to think I've not only adapted well into the military lifestyle, but I've also excelled in it.

What makes you stay?

Among other things, I think just the simple fact that I'm getting paid to explore the world. Places I would never imagine myself seeing and adventures I never saw myself going



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Change of command in HMCS *Summerside*



In a Change of Command ceremony presided over by Capt(N) Jeffrey Hamilton (centre), CO MOG5, LCdr Emily Lambert (left) succeeded LCdr Paul Smith (right) as Commanding Officer of HMCS *Summerside* on August 11, 2017.

MCPL CHRIS RINGIUS, FIS HALIFAX

Challenge on! Annual 14 Wing adventure race registration is open

By Sara Keddy,
Managing Editor, The Aurora

Get your running shoes, bikes and navigation skills ready: 14 Greenwood Wing's 11th Adventure Challenge is almost here.

September 29, teams of four will once again converge upon the trails, woods and waters around Cloud Lake as they vie for the first place prize. Like previous years, competitors can expect their physical and mental abilities to be put to the test. New twists and exciting new challenges will keep everyone on their toes.

Team members are expected to be fit and prepared to run, bike and hike reasonable distances. The 14 Wing Personnel Support Programs staff at the Fitness & Sports Centre are available to help you develop a training plan suitable to your fitness level.

Navigation skills a little rusty? Intermediate-level map and compass skills are strongly encouraged for this challenge. Yow wouldn't want to end up like a certain team last year.

Teams must have four participants, and one support member with a vehicle able to carry four bicycles. Team members must be prepared with their own equipment, which will be specified on a kit list well in advance of the challenge; and must supply their own bicycle (there is a limited supply available to sign out at the F&S Centre).

Organizers are also excited to announce online registration for the first time! The team fee is \$100, payable at cafconnection.ca/Greenwood/Adventure-Challenge.aspx. The fee covers use of some equipment, prizes, a T-shirt and dinner after the event. Registration is open until September 11.

Questions or concerns may be addressed to the event OPI, MCpl Evan St. Cyr at evan.st.cyr@forces.gc.ca.

RCN trains with the Chilean Navy

By Lt(N) Ellie Aminaie,
OIC Canadian Crew onboard
Almirante Montt

Seventeen RCN sailors, ranging from the rank of Lt(N) to Ordinary Seaman, took part in Replenishment at Sea (RAS) force generation training on board the Chilean Tanker Almirante Montt for three weeks.

With the absence of an Auxiliary Oiler Replenishment (AOR) platform in the Pacific Fleet since the decommissioning of HMCS *Protecteur* in 2015, many junior sailors have not had the opportunity to operate with a tanker, let alone on board one. In preparation for the arrival of Canada's own AOR, MV Asterix, in 2018, this timely opportunity to train RCN sailors onboard Almirante Montt proved very beneficial.

The Montt travelled from its home naval base in Valparaiso, Chile, to meet the Canadian sailors in Pearl Harbour, Hawaii in mid-July. The Montt then proceeded west to rendezvous with HMC Ships *Ottawa* and *Winnipeg*, who were on their journey home to Esquimalt after a five-month deployment on POSEIDON CUTLASS.

Once the three ships met, the RAS force generation training was in full swing, carrying out a multitude of

exercises ranged from Liquid Replenishment at Sea (fuelling), Heavy Jackstay (for transferring provisions) and two-point and multi-ship replenishments. The RCN crew onboard Montt consisted of twelve Boatswains, four Bridge Watchkeepers, and a Maritime Surface Officer Lieutenant who was the Officer in Charge of the team. They all found great benefit for this hands-on experience as it allowed them to put their training into practical use, furthering their professional development.

While the Canadian crew observed the first two seamanship evolutions conducted by the Chilean crew, they actively participated in follow-on evolutions and safely carried out the replenishment of *Ottawa* and *Winnipeg*.

"The interoperability between the two navies was seamless and the Canadian crew took direction from the experienced Chilean crew and applied the lessons learned in follow-on seamanship evolutions," remarked Captain Rene Rojas, Commanding Officer of Almirante Montt. "Within two weeks, the Canadian crew took charge, confident in their ability to operate the various replenishment stations onboard Montt, without assistance. I was quite impressed by

their professionalism of the Canadian crew."

While en route to Esquimalt, the three ships also exchanged sailors daily, referred to as cross-pollination, in order to expose a greater number of RCN sailors to AOR operations. This opportunity was well received by the 26 RCN sailors who had a chance to experience life onboard a tanker for a day.

The Canadian crew spent a total of 18 days onboard the Almirante Montt, travelling a total of 4,517 nautical miles, through five time zones while conducting a total of 21 seamanship evolutions with *Ottawa* and *Winnipeg*.

This was the third and final year that the RCN and Chilean Navy will conduct RAS force generation training together. Aside from providing an opportunity for Canadian sailors to hone their skills in RAS operations, this training also afforded the Canadian crew the opportunity to learn more about the operations and culture of the Chilean Navy.

The Chilean sailors were hosted in Victoria for eight days, where they had a chance to experience a west coast Canadian summer, before proceeding on their 21-day journey back to Chile, where it is currently the winter season.

34 women preview the military experience, complete first ever Women in Force Program

By DND

The Canadian Armed Forces Women in Force Program (CAF WFP) has wrapped up its inaugural 10-day events, which gave participants an opportunity to learn about military life before making a decision to join. The events were held simultaneously at CFB Borden, Ontario and Saint-Jean Garrison, Quebec from August 14 to 23, 2017.

The 34 participants were able to experience different facets of a military lifestyle, including fitness training, hands-on demonstrations of occupations, and tactical skills, as well as the opportunity to meet and talk with women CAF members.

The primary goal of this initiative is to inform and educate women on military careers, lifestyle, and the challenges and opportunities of CAF employment through a realistic job preview. By raising awareness about life in the CAF, the program aims to enable participants to make an informed decision about a career in the military.

“These 10 days provided the participants with valuable information and experience that will enable them to make an informed decision about pursuing a career with the CAF. Regardless of whether these participants have decided to join the CAF, I am confident that they are now better informed about what life is really like for women in the Forces,” said LGen Charles Lamarre, Commander, Military Personnel Command.

“It was privilege to meet and speak with the women who are participating in this program. They wanted to experience military life and in so doing learn about the opportunities and

benefits of a career in the CAF. I think the Women in Force Program has provided them an excellent preview. This program is just one of many initiatives that we are using to increase the recruitment of women in the CAF,” said.

BGen Virginia Tattersall, Deputy Commander, Military Personnel Generation.

The Honourable Harjit S. Sajjan, Minister of National Defence, addressed the participants at the Canadian Forces Leadership and Recruit School on Thursday, August 17, 2017. He was accompanied by Jean Rioux, Parliamentary Secretary to the Minister of National Defence, and Sherry Romanado, Parliamentary Secretary to the Minister of Veterans Affairs and Associate Minister of National Defence.

The CAF WFP supports a commitment outlined in Canada’s new defence policy – Strong, Secure, Engaged – that seeks to capitalize on the unique talents and skill sets of our country’s varied population by focusing on diversity and gender equality.

Women currently account for 15.2 per cent of the CAF’s personnel (Regular and Primary Reserve Force as of May 19, 2017). In accordance with Canada’s Employment Equity Act and direction from the Chief of the Defence Staff, the CAF is committed to increasing the number of service women to form at least 25.1 per cent of its total personnel strength by 2026.

The three-day pilot serials will be conducted October 20-22, 2017 at CFB Borden, Ontario, in English and October 28-30, 2017 at Saint-Jean Garrison, Quebec, in French.



CWO Susan Endean speaks to the participants of the Women in Force program in CFB Borden, Ontario on August 15, 2017.

AVR RACHAEL ALLEN, CFB BORDEN IMAGERY

Plus de 30 femmes ont fait l'expérience des FA en prenant part à la toute première édition du programme Les femmes font la force

Par MDN

Le programme Les femmes font la force des FAC, qui offre la possibilité aux participantes d'en apprendre davantage sur la vie dans les forces armées avant de prendre la décision de s'enrôler, a conclu sa première édition aujourd'hui, après dix jours d'activités, soit du 14 au 23 août, à la BFC Borden en Ontario et à la Garnison Saint-Jean au Québec.

Les 34 participantes ont eu l'occasion de découvrir divers aspects du mode de vie militaire, comme l'entraînement physique, la démonstration pratique de différents métiers militaire et l'acquisition de compétences tactiques. Elles ont aussi eu la chance de rencontrer des femmes qui se sont enrôlées dans les FAC et de discuter avec elles.

Cette initiative vise principalement à renseigner et à sensibiliser les femmes au sujet des carrières, du mode de vie, des défis et des possibilités d'emplois dans les FAC en leur offrant un aperçu réaliste du travail. En faisant connaître la vie dans les FAC, le programme permet aux participantes de prendre une décision éclairée avant d'envisager une carrière dans les forces armées.

« Ces dix derniers jours ont permis aux participantes d'acquérir de l'expérience et des renseignements précieux qui leur permettront de prendre une décision éclairée avant de poursuivre une carrière dans les FAC. Qu'elles choisissent de s'enrôler ou non dans les FAC, je crois qu'elles sont désormais mieux informées au sujet de la vie des femmes dans les Forces, » a dit Le lieutenant-général Charles Lamarre, commandant du Commandement du personnel militaire.

« C'était un privilège de pouvoir rencontrer les femmes participant à ce programme et de discuter avec elles. Elles voulaient faire l'expérience du mode de vie militaire et en apprendre davantage au

sujet des possibilités de carrière et des avantages sociaux des FAC. Je crois que le programme Les femmes font la force leur en ont offert un excellent aperçu. Ce programme n'est que l'une des nombreuses initiatives visant à recruter un plus grand nombre de femmes dans les FAC, » a dit La brigadier-général Virginia Tattersall, commandante adjointe du Commandement du personnel militaire.

L'honorable Harjit S. Sajjan, ministre de la Défense nationale, s'est adressé aux participantes à l'École de leadership et de recrues des Forces canadiennes le jeudi 17 août 2017. Il était accompagné de M. Jean Rioux, secrétaire parlementaire du ministre de la Défense nationale, et de Mme Sherry Romanado, secrétaire parlementaire du ministre des Anciens Combattants et ministre associé de la Défense nationale.

Le programme Les femmes font la force des FAC s'inscrit dans le cadre de l'un des engagements énoncés dans la nouvelle politique de défense du Canada, intitulée Protection, sécurité, engagement, soit celui de tirer parti des talents et des compétences uniques de la population variée du pays en mettant l'accent sur la diversité et l'égalité entre les sexes.

Les femmes constituent 15,2 % du personnel des FAC (de la Force régulière et de la Première réserve en date du 19 mai 2017). Conformément à la Loi sur l'équité en matière d'emploi du Canada et à la directive du chef d'état-major de la défense, les FAC se sont engagées à augmenter le nombre de femmes militaires afin qu'elles représentent au moins 25,1 % de tout le personnel d'ici 2026.

Les séances pilotes d'une durée de trois jours auront lieu du 20 au 22 octobre 2017 à la BFC Borden (Ontario), en anglais, et du 28 au 30 octobre 2017 à la Garnison Saint-Jean (Québec), en français.

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- Gospel according to John

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Op NANOOK 2017: RCN, RCAF, and Canadian Army operate together in the north



Officers from HMCS Montreal visit a local school in Labrador during OP NANOOK.

LS DAN BARD, FIS HALIFAX



Members of the 4th Artillery Regiment and 5th Canadian Rangers Patrol Group arriving at HMCS Goose Bay stand for a group photo with the ship's company prior to boarding in Cartright, Labrador during Op NANOOK on August 18, 2017.

CPL TONY CHAND, FIS



HMCS Montreal navigates between a towering cliff and an iceberg during Op NANOOK.

LS DAN BARD, FIS HALIFAX



Members from 5 Canadian Ranger Patrol group and CAF members board a CC-130J Hercules bound for Voisey Bay, Labrador; outside of 5 Hanger at 5 Wing Goose Bay during Operation NANOOK on August 19, 2017.

CPL ANTHONY LAVIOLETTE, 12 WING IMAGING SERVICES



Members of the Arctic Response Company Group board a Rigid Hull Inflatable Boat to be brought out to HMCS Goose Bay at Voisey's Bay, Labrador on August 20, 2017 during Operation NANOOK.

LS BRAD UPSHALL, 12 WING IMAGING



PO Susana Sears gives a tour of HMCS Montreal to residents of Pond Inlet on August 14, 2017, during OP NANOOK.

LS DAN BARD, FIS HALIFAX



In the air for Op NANOOK

By Capt Sylvain Rousseau,
12 Wing PAO

Capt Stew Warden is a pilot from 12 Wing Shearwater in Dartmouth, Nova Scotia deployed on Op NANOOK in Goose Bay, Labrador. His coordination of the multiple Royal Canadian Air Force assets to deliver air lift for ground forces and to conduct intercept and surveillance training with the Royal Canadian Navy is crucial to joint operations in this rugged and austere region.

Capt Warden's experience on international operational deployments allows him to tackle challenges with ease when facing diversity. "There's always different challenges in each environment that you deploy in. Specifically, here in Labrador, our biggest challenge has been the weather," said Capt Warden. Despite having to deal with poor weather conditions coupled with a difficult geographical landscape, which continually affect logistic capabilities, everyone works tirelessly to support operations on the ground. "We've faced a lot of challenges, but we've always been able to overcome, adapt and keep troops and supplies moving out the door."

Op NANOOK tests our capabilities to operate in northern and remote areas and provides an opportunity



Capt Stew Warden, a pilot based in 12 Wing Shearwater, says the biggest challenge in Labrador during Op NANOOK has been the weather.
MONA GHIZ,
MARLANT PA

to achieve joint training objectives that we are not normally able to do on such a large scale. "Never head your bets on anything. Expect the

unexpected, and always be prepared to react to an evolving situation," said Capt Warden.
Capt Warden is originally from

Ingersoll, Ontario, and he is currently awaiting for training on the CH148 Cyclone Helicopter.

HMCS Kingston charts Canada's most northern waterways

By PO2 Jonathan Osmond,
HMCS Kingston

Prior to departing Halifax, Nova Scotia for the Canadian Arctic, HMCS Kingston was selected by the Department of Fisheries and Oceans, and the Meteorological and Oceanographic Centre at CFB Halifax, to assist in launching a specially designed hydraulic float in the Labrador Sea to help increase knowledge of Canada's Arctic waters.

The float was launched as part of the International Argo Program, a research organization that partners with 30 nations, including Canada, and uses thousands of floats located around the globe to monitor water temperature, salinity, density and more recently biogeochemistry. The program has a special interest in quantifying the ocean heat content, with the data being available to anyone interested in ocean research.

The Argo float works by floating at a distance of about 1000 feet below the ocean's surface where it will collect data for a set period of time before conducting a deep dive to 2000 feet. On completion of the deep dive it will return to the surface and transmit its data via satellite to researchers at shore stations, allowing for near-real time data collection. The float deployed by Kingston will be transmitting data for the next four years.

As Kingston continues its patrol northward for Operation LIMPID, a CAF surveillance and sovereignty operation in the Arctic, it will continue to work in partnership with the Canadian Hydrographic Services and Hydrographic Services Office to chart Canada's most northern waterways, an important task in order to increase our awareness and understanding through Whole of Government co-operation within the great Canadian North.



PO2 Jonathan Osmond launches a specially designed hydraulic float in the Labrador Sea. It will help to increase knowledge of Canada's Arctic waters and will transmit data for the next four years.

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New Halifax Explosion exhibit looks

By Ryan Melanson,
Trident Staff

As the SS Mont Blanc sat burning in Halifax Harbour on the morning of December 8, 1917, minutes after colliding with the Norwegian ship Imo, few people were aware of the munition ship's explosive cargo and the potential for disaster that would soon come to fruition.

The Commanding Officer of HMCS *Niobe* watched the collision unfold and sent seven of his sailors in the ship's small steam pinnacle to assist the crew of the Mont Blanc. What happened next, of course, ended more than a thousand lives and changed Halifax forever, as 2,500 tons of explosives were ignited in a blast that levelled nearby buildings and caused destruction for kilometres in all directions.

The sailors in *Niobe*'s pinnacle were killed instantly, having just come alongside the Mont Blanc moments before the explosion. Acting Bosn Albert Charles Mattison was among them, and his story is just one of the many that make up the Naval Museum of Halifax's newest exhibit, titled "The RCN & the Halifax Explosion." It's comprised of a number of artifacts, photos, documents, stories and other mementos from the disaster, some from the museum's existing



The collection of photos found in the new exhibit provide a rare look at the destruction in HMC Dockyard and the North End Neighborhood, the gruesome search and rescue/recovery effort that followed the Explosion, and the medical care offered to the thousands of injured survivors.

collection and archives, some on loan from other institutions, and other newly discovered pieces that are being displayed publicly for the first time.

From the ill-fated crew of *Niobe*'s pinnacle, Mattison's portrait is displayed, along with his First World War victory medal, and just a few steps over are newly recovered debris

from his ship – a cover plate from the engine room and a telegraph repeater from the bridge – found last year during the jetty construction at HMC Dockyard.



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at disaster from naval perspective

“As they dredge stuff up, they’re finding things that were basically just pushed over the side of the ship at the time. They pulled the ship back in and tied her up after the explosion, and just started clearing the decks,” said museum Curator Rick Sanderson.

The exhibit was put together as part of commemorations for the 100th anniversary of the Halifax Explosion this December. With the RCN and its sailors playing a significant role in the explosion story, and the museum building itself a former naval hospital that treated some of the first survivors, this wider look at the tragedy made sense as the latest addition to the collection.

“This building is intimately associated with the explosion, and two people died here on that day. You are standing inside part of the history when you’re in here,” Sanderson said.

Stories of hospital staff working on survivors while injured themselves, eventually passing out due to shock and blood loss, are found among the many documents, and roof beams recovered from the building’s attic are on display, clearly showing the damage caused by the blast all the way from the harbour. A collection of photos and artifacts also focuses on the building’s time as the Massachusetts-Halifax Relief Commission Public Health Centre.

The exhibit room is loosely divided into four sections, focusing on the

North End community, the Dockyard and ships/sailors of the fleet, the rescue, recovery and hospitalization efforts, and the soldiers of Wellington Barracks. A larger narrative is still being developed around the artifacts, and some new pieces are still being added to the exhibit.

The latest, a twisted and mangled chunk of the hull of the SS Mont-Blanc, was donated by a private citizen whose family held onto the historic piece of metal for nearly a century.

“The piece was lodged in the exterior wall of the family home in 1917, and that home doesn’t exist anymore and we’re not sure how badly damaged it was in the explosion, but it’s a fairly substantial piece of the hull,” said Sanderson. The metal was originally found at the home of David Maclellan near the current corner of Almond and Robie Streets, and was donated by his granddaughter Elizabeth Campbell.

The official opening of the exhibit, with Base Commander Capt(N) Paul Forget attending, was held on August 11 to coincide with the 2017 Conference and Annual General Meeting of the Canadian Nautical Research Society, which was hosted at the museum from August 10-12. The Society planned a portion of their conference around the Halifax Explosion, with tours of historic sites and various experts and authors brought in

to speak with the roughly 50-person group. Small tweaks to the new collection are still being made, though it is open to the public to view during regular museum hours, and a second, more public opening event may be held as the Explosion’s centenary gets closer.

Sanderson didn’t put it together alone, and credited the help of Lisa McNivin with research, acquisitions and installation, history PHD student Courtney Mzurak with research and layout, and Joyce Yates with exhibit preparation. The museum is inside the Stadacona Gates and open Monday to Friday from 10 a.m. to 3 p.m. to view the new exhibit and the rest of the great collection.



This mangled chunk of metal from the hull of the SS Mont Blanc was found lodged in a home more than two kilometres from the blast site, and recently donated to the Naval Museum of Halifax.



Display with the First World War Victory Medal belong to Charles Mattison, who died as part of the volunteer boat crew sent over to HMCS Niobe following the crash in the harbour.



A roof beam recovered from the attic of Admiralty House, which was a naval hospital in 1917. The destructive power of the blast caused much of the roof to cave in.

ALL PHOTOS BY RYAN MELANSON/TRIDENT STAFF



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Sailors from HMCS Oriole stand on the deck as the ship comes alongside in Saint John, NB on August 18, the last of the stops for Oriole's Tall Ships tour.

SUBMITTED BY THE SHIP

Summer in HMCS Oriole helped young sailors get sea legs

By Ryan Melanson,
Trident Staff

NCdt Josh Partridge is only at the beginning of his naval career, preparing to enter his fourth year at RMC, but it's already given him a once-in-a-lifetime experience that he says he'll remember forever.

He was one of 12 deckhands making up the crew of HMCS Oriole through the final leg of its epic 16,000 kilometre journey from Esquimalt to the East Coast to take part in the Rendez-Vous 2017 Tall Ships Regatta. The ship was in Halifax for that festival in early August, then departed for a final series of port visits that included Shelburne, Lunenburg, St. Peter's, and Saint John, NB.

NCdt Partridge joined the ship after the last crew swap in Charlottetown following the Canada Day weekend, and has been at sea with the RCN's oldest in-service ship steadily since then. He also spent time in HMCS Montreal earlier in the summer, but said crewing Oriole has been the highlight of his young career, and described the last months as an intimate and challenging, but ultimately rewarding, experience.

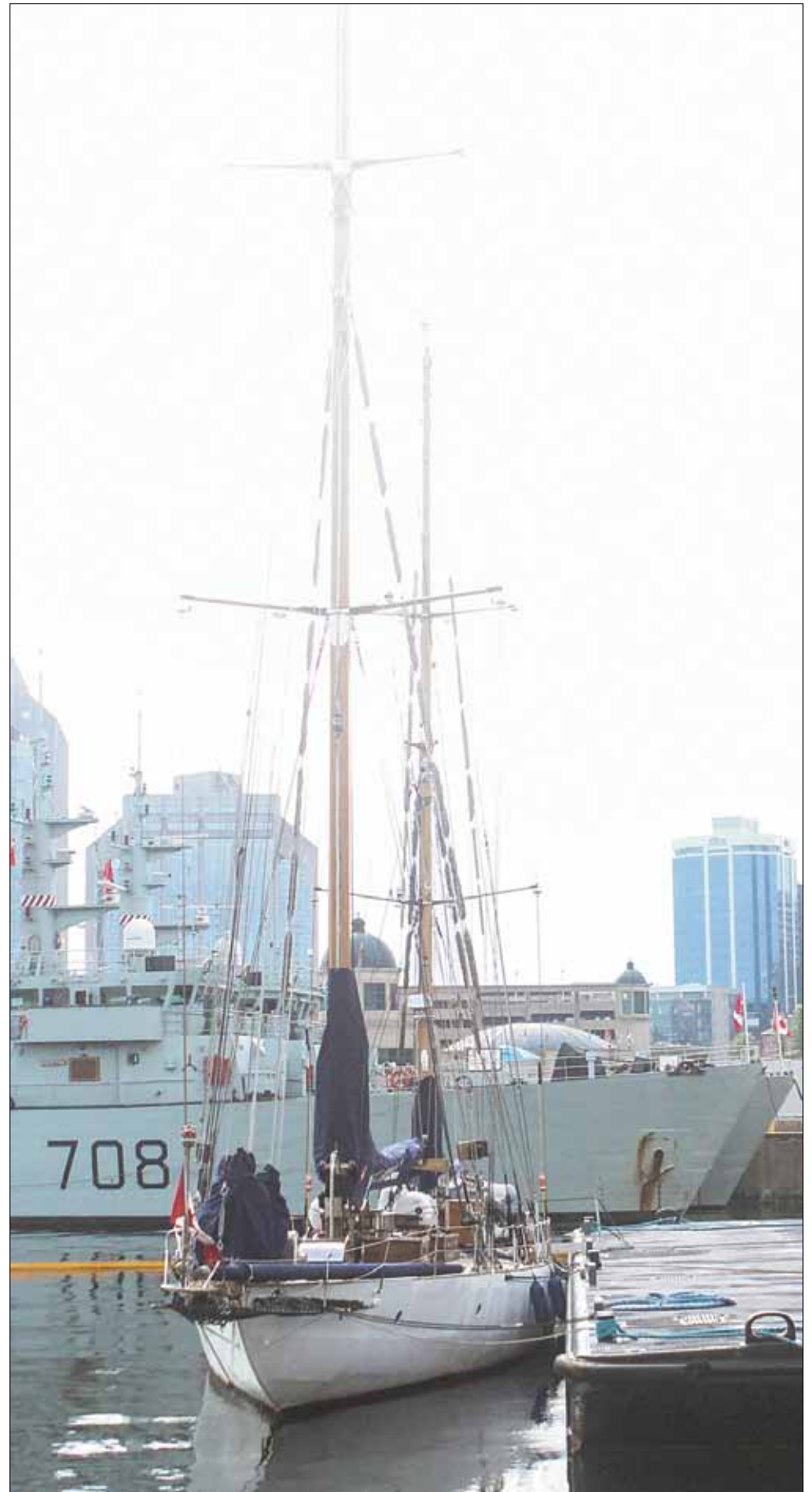
"It helps us junior guys get our sea legs before we head out onto the

fighting platforms, to get acclimatized to this type of environment. You play a bigger role with more responsibility that you would as a junior officer on a larger ship," he said, adding that from the first day sailing out of Charlottetown, in the straits between the Island and the mainland, the crew learned how the ketch handles in rough weather. It helped form quick bonds, and the camaraderie among the 20-man crew has grown further since then.

"I've been really impressed with everyone on board and we worked together through some rough moments. It's a very different platform, that's for sure. It bounces you around a lot in the waves and it can be a pretty thrilling experience. If you don't get seasick on this ship, you'll never get seasick."

For Oriole's usual annual engagements on the West Coast, the focus for the ship is on community outreach rather than training, but that doesn't make the sea time any less valuable, and those who sailed in Oriole through the long trip this year no doubt built up some sailing chops, said LCdr Mike Wills, the ship's Commanding Officer.

"Any investment in basic seamanship and teamwork and leadership



HMCS Oriole will be at HMC Dockyard until entering a refit period at the end of September. It's currently docked at HMCS Sackville's usual winter berth near Jetty NB.

RYAN MELANSON/TRIDENT STAFF

training is not lost, and it's not class specific either. There were a lot of challenges and a lot of learning on this trip."

On the smaller scale, the RCN is also hoping to use its two non-commissioned training vessels, STV Tuna and STV Goldcrest, now both on the west coast, as more consistent learning platforms for RMC cadets in the summer or junior sailors awaiting training.

As for Oriole, its entire crew was flown back to the West Coast at the end of August, but will be back for another short period in late September

to sail to the ship to a still-to-be-determined local shipyard for refit work. All the electrical and wiring will be redone, and both masts will be removed and refurbished, along with bulkhead maintenance and a fresh coat of paint.

"It's going to be looking pretty special when they're all finished," LCdr Wills said.

The command team and a new crew of sailors is scheduled to return in the spring to sail to next year's Great Lakes Deployment, before making the shorter, but still impressive, 7,000km trip back to Esquimalt.

Mentoring on SEA BREEZE 2017 in Odessa, Ukraine

By Capt Marc GREATTI,
MARLANT PA

Odessa, in Ukraine, is a port city...a historic city, and since early July, it has been the site of SEA BREEZE 2017 (SB17), a multi-national training event led by the United States and Ukraine Navies. The aim of SB17 was to enhance interoperability and strengthen maritime security in the Black Sea Region.

SB17 included 16 nations, 30 vessels, 17 aircraft and approximately 3,000 personnel, not to mention a maritime amphibious component working in conjunction with Ukrainian law enforcement agencies. With this many working parts, the need for command and control is crucial, especially for a military that has their sights set on working to a NATO standard.

Mentorship will greatly assist with implementing a standardized international system of command and control. It provides the opportunity to learn under the direction of those with significant experience in NATO style operations. Enter the International team of Mentors. With experienced senior naval officers from France, the United Kingdom, Canada, Norway, Belgium and Sweden, the task of guiding Ukrainian Maritime Operations Center staff officers had begun in earnest.

"The recognized expertise of RCN Maritime Operational Planners is increasingly called upon to support training initiatives." These are the words of Cdr David Finch, Maritime Component Commander and Deputy Chief of Staff - Exercise, Plans & Readiness at MARLANT. "...the development of HQ structures, systems and trained personnel, applying modern doctrinal planning processes will ensure Ukraine Navy and Maritime Security forces achievement of maritime interoperability objectives."

The Ukrainian Navy has been extremely eager to learn in addition to being open to change. Their original



The Canadian Contingent from MARLANT to Sea Breeze 2017 in Odessa, Ukraine, was under command of Cdr Geoff Steed (third from left).

SUBMITTED

military culture was based heavily on the Russian military model in where initiative and flexibility are stifled in an atmosphere of command micro-management and risk adversity.

It is understood that transformation will be a long term goal. However, RCN mentors have worked diligently and challenged the Ukrainian officers consistently so as to provide the foundation for positive change within the Maritime Operation Center.

"They will not be there tomorrow..." said mentor Cdr Thor Straten of the Norwegian Navy. "They will not get there next week, nor next year, but they are making great progress

and will get there eventually."

Further contributing to the Canadian effort were two important elements. First, a contingent of 8 Royal Canadian Navy Clearance Divers from Fleet Diving Unit (Atlantic). Under the supervision of Lt(N) Adrian Lalancette, the Canadian divers provided top notch instruction to their diving counterparts from Ukraine, Romania and Georgia who greatly appreciated the opportunity to learn from true experts in their field. Second, SB17 also delved into the many different facets of martial and maritime law. LCdr (then Lt(N)) Derek Schroeder, of the Halifax Judge Advocate General's Office, worked with legal advisors from the United States and Ukraine in order to highlight the importance of legal considerations during the operational planning process and into the training.

The principal effort, however, during SB17 took place behind the scenes in the form of the mentor team. Continually providing solid advice, critiques and supervision, the mentor's contribution was crucial in ensuring

that the Ukrainian Navy is set up for success in the quest to obtain the standard of operating within a NATO environment.

"I cannot stress enough the importance of the mentor role in SEA BREEZE," states Cdr Geoff Steed, the Senior Canadian mentor and team lead. "Our ability to provide solid guidance in running a Maritime Operations Centre to an acceptable NATO standard is highly valued by the Ukraine Navy. The training relationships and friendships that we have forged in Ukraine have aided greatly in the development of their operational planning process and significantly improve interoperability."

SB17 ran the better part of July from July 4 to 23. During this time frame, the Royal Canadian Navy team of mentors and divers from MARLANT worked hard to provide direction and forge friendships that not only pave the way for the Ukraine Navy to better operate in a NATO environment, but also ensure good will and continued collaboration for the foreseeable future.



Lt(N) Adrian Lalancette, Dive Team Commander, speaks with International media during a SEA BREEZE 2017 press day.

CAPT MARC GREATTI, MARLANT PA

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Clash of the Titans

Start the hockey season early. Come to the Halifax Forum (Windsor & Almon Street) Thursday, September 7 at 6 p.m. to see the Halifax Mariners take on the Esprit de Corps Commandos in a grudge hockey match. Free admission. This is open to all. Reception to follow at 7:30 p.m. This event is a fundraiser for the H&R MFRC. Your support to our team is essential. See you there.

Choc des Titans

Commencez dès maintenant la saison de hockey. Rendez-vous au Forum d'Halifax (à l'angle des rues Windsor et Almon) le jeudi 7 septembre à 18 h pour voir les Mariniers d'Halifax affronter le Commando de l'Esprit de Corps dans un match de hockey aux allures de règlement de comptes. Entrée est gratuite. Cet événement est ouvert à tous ! Une réception aura lieu après le match à 19 h 30. Il s'agit d'une activité de collecte de fonds pour le CRFM H et R. Notre équipe compte sur votre soutien. Soyez-y.

NDWCC - Drop and Give Us 10 (dollars)!

As you may know, the National Defence Workplace Charitable Campaign (NDWCC) kicks off this month. This annual campaign makes it easy for you to choose the charities that you personally want to support. The H&R MFRC has launched our Drop and Give Us 10! campaign to assist you with your decision. We are asking for every military member to give us a donation of \$10 per month. By selecting the H&R MFRC as your charity of choice, you help support the high quality programming we provide to the military community and their families. For more information, please visit www.halifaxmfr.ca.

CCMTDN - Passez nous voir et donnez un 10 (dollars)!

Comme vous le savez peut-être déjà, la Campagne de charité en milieu de travail de la Défense nationale (CCMTDN) débutera en septembre. Cette campagne annuelle vous encourage à donner à un organisme de charité de votre choix. Afin de faciliter votre choix d'organisme, le CRFM H et R lance sa campagne Passez-nous voir et donnez un 10!, par conséquent, nous demandons à chaque membre militaire de nous faire un don de 10 \$ par mois. En choisissant le CRFM H et R en tant qu'organisme de charité, vous aidez à améliorer la programmation de haute qualité que nous offrons à la communauté militaire et leur famille. Pour plus d'information, veuillez svp visiter le www.halifaxmfr.ca.



On August 14 at RA Park, Peter Haydon (left) President of the Nova Scotia Branch of the Naval Association of Canada (NAC) presents John McCabe, Director Fund Development for the Halifax and Region MFRC with a cheque for \$1000.00 as a contribution to MFRC activities in supporting members of the Canadian Armed Forces and their families. Every year the Halifax Branch of NAC supports a local charity or service organization which directly helps former and serving members of the Canadian Forces. Previous recipients include the Canadian Legion's initiative to provide service dogs for former members of the CF suffering from PTSD. Contributions are made individually by members of the Branch. For further information on NSNAC please contact Peter Haydon at pthaydon@gmail.com

SUBMITTED

Vacation Lottery Extravaganza Winner for August / Gagnant de la loterie Extravaganza Vacances au soleil pour le mois d'août

Congratulations to LS Lucas Linfield, HMCS Fredericton, grand prize winner of the H&R MFRC's Vacation Lottery Extravaganza for October. Félicitations à LS Lucas Linfield, HMCS Fredericton, grand gagnant du tirage d'octobre 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. Be sure to visit our website for more details, registration deadlines, and the full calendar of events at www.halifaxmfr.ca or call (902) 427-7788.

Pick up our Fall Program Guide today to discover an array of programs designed to help you and your family connect with other military families, have fun and feel supported by your local MFRC.

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. Assurez-vous de visiter notre site Web au 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. Ramassez notre Guide des programmes d'automne aujourd'hui pour découvrir une série de pro-

grammes conçus pour vous aider et votre famille à vous connecter avec d'autres familles militaires, amusez-vous et bénéficiez du soutien de votre CRFM local.

Backpacks for Kids

During July and August, the H&R MFRC collected donations in the form of school supplies to be sent in HMC Ships Goose Bay and Kingston to children in the Arctic. Spearheaded by CPO2 Richard Bungay, the drive collected a total of 70 backpacks stuffed full of supplies and an additional 10 bags of extra supplies for classrooms. Each backpack had all the supplies that a child would need to effectively participate in their studies. From everyone at the H&R MFRC, we wish to thank everyone who donated in any capacity to this drive. Your contribution is greatly appreciated.



Originally from Ottawa, Lt(N) Coleman, joined the CAF in 2007 as a Public Affairs Officer looking for adventure, and opportunities to travel the world, and she did just that.

MONA GHIZ, MARLANT PA

Navy nuptials

By 2Lt Michelle Noseworthy
37 CBG HQ

Planning a wedding is no small task. But planning a wedding while deployed – that’s tough. Lt(N) Linda Coleman is currently deployed on Op NANOOK and is a Public Affairs Officer with MARLANT HQ in Halifax. As she works long hours as second-in-command for the Public Affairs detachment in Goose Bay, Labrador, her wedding dress sits at home waiting to be fitted, her seating arrangements have yet to be done, and the wedding is only two months away.

She will be home for a few days only to leave again in HMCS Montreal for a month-long deployment in Europe working with NATO on Ex JOINT WARRIOR, a tri-service multinational exercise that involves numerous warships, aircraft, marines and troops, and will arrive home only a week and half before her wedding. Lt(N) Coleman’s fiancé, LCdr Matt Woodburn, is also deployed as the Commanding Officer of HMCS Kingston, currently conducting sovereignty patrols in the high Arctic on Op LIMPID.

The couple have not been together for more than a week at a time since their engagement last summer. Although constant deployments are challenging for Lt(N) Coleman, she and her fiancé find ways to make it work. “It is all about independence, confidence, trust and communication,” says Lt(N) Coleman. “When there is available connectivity, we communicate through satellite phone, but mostly rely on email. Chatting daily through whatever means possible helps keep us connected.” Here and there they have managed to see each other for a weekend at a time, and those moments are pretty special.

JTFA PA team goes to OP NANOOK

By 2Lt Michelle Noseworthy,
37 CBG HQ

There is no better place to see the Army, Navy, and Air Force working together like a well-oiled machine than in the Public Affairs hub of Operation NANOOK 2017 in Goose Bay, Labrador. Maj Amber Bineau, Senior Public Affairs Officer for JTFA, and her detachment know how to get things done. “We’re not just a team, we’re a family,” says Lt(N) Linda Coleman from MARLANT. “Together,” she says, “we successfully captured dynamic imagery and informed Canadians about the importance of Op NANOOK, and more importantly the CAF members that made it happen.”

From hosting executives and VIPs, daily briefings to higher headquarters, gathering still and video imagery, producing videos and social media posts, and coordinating embedded media, the Public Affairs team put in long days during the operation. The whole team learned to change plans and adapt quickly as inclement weather limited air support and affected troop movement, demonstrating the real life challenges of operating in the North. Despite rain and blackflies, image technicians, Cpl Anthony Laviolette, LS Brad Upshall, and Mona Ghiz climbed to the top of the air traffic control tower, deployed with the troops in the field, and climbed aboard aircraft to capture the perfect shot, then returned at the end of the day for hours of editing and uploading before they slept. Image technicians, LS Dan Bard in HMCS Montreal and Cpl Tony Chand in HMCS Goose Bay also provided imagery support from their ships, highlighting naval support during Op NANOOK.

Deploying to the communities of Natuashish, Nain, Voisey’s Bay and Saglek in northern Labrador provided the CAF an opportunity to celebrate the contributions that First Nations, Inuit, and Metis have made to Canada, and to continue refining ongoing work with communities and their leaders to increase awareness of the CAF and its importance. “My favourite part of the operation,” says Capt Sylvain Rousseau of 12 Wing Shearwater, “was interacting with the people from the communities of Labrador and hearing their stories.” Lt Matt Howse, also part of the public affairs team, showed his commitment to community interaction by participating in a 13.5 km canoe race with the people of Goose Bay.

The public affairs mission is to inform Canadians about their CAF, and despite the communications challenges in the remote and austere parts of the sub-Arctic, they were able to do so in real time. “It’s a challenge in itself to deploy with the army in the field, but doing this with sensitive camera equipment in the rain or dust with a job to do increases



From hosting executives and VIPs, daily briefings to higher headquarters, gathering still and video imagery, producing videos and social media posts, and coordinating embedded media, the Public Affairs team put in long days during OP NANOOK.

MONA GHIZ, MARLANT PA

the challenge,” says imagery technician LS Upshall, who was forward deployed with the Arctic Response Company Group in Voisey’s Bay and Saglek. With no internet access, no place to set up, and only spotty satellite signal, getting the images out of the field seemed almost impossible, but with help from the Company Headquarters, he was able to transmit through the Ground to Air Transmitter Receiver (GATR), which enabled the Public Affairs team in Goose Bay to release imagery on social media within 24 hours instead of having to wait for the snail-mail option—using resupply flights to send still imagery back to Goose Bay Headquarters on memory sticks.

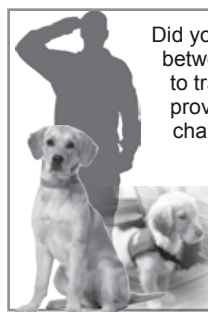
Social media experts Lt(N) Coleman, and Mona Ghiz pushed out over 110 photos, 60 tweets, and six videos during Op NANOOK, reaching thousands of Canadians. Four articles and seven hometowners were written, highlighting the personal stories of some of the deployed members, and

what they have contributed to the operation.

It takes a lot of planning and coordination and solid relationships with the other branch/staff heads and components to make things happen, but as Maj Bineau states, “when the chain of command supports the human and equipment resources requirement needed to achieve the intended public affairs effect, the result is what the Joint Task Force Atlantic public affairs team was able to produce - rapid imagery and social media turn-around from air, land and sea operations in addition to traditional media coverage.”

Throughout Op NANOOK, the public affairs team used each other’s strengths, and cultivated their abilities with unique learning opportunities as a Joint Task Force and successfully communicated the importance of Northern operations to Canadians from coast to coast to coast.

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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

Navy 10K draws big numbers for Canada 150 edition

By Ryan Melanson,
Trident Staff

Good running conditions and special Canada 150 promotions helped make this year's 32nd annual Navy 10K one of the largest ever, with more than 800 military and civilian participants taking to the streets of Halifax's North End for either a 5K or 10K run.

Capt(N) Jeff Hamilton, the new commander of MOG5, spoke to participants at the starting line on Gottingen Street about the importance of the annual event and the importance of fitness overall to the defence community, before putting on his own race bib and joining in for the 5K portion (he finished in 34:16).

"It's important that we continue to find time for events like this. We're always trying to find the healthiest work/life balance that we can, and to promote physical fitness within the community, within our families and amongst ourselves. This is a great way to do it," Capt(N) Hamilton said.

Emcees Bobby Mac from Q104 and PSP Halifax's Own Wally Bukowski took it from there, providing commentary as the race got underway. And for the second year in a row, LS Mark Brown, who is posted to CFLRS in Quebec, travelled to Halifax to make his presence known at the Navy 10K. After finishing first overall in the 5K event in 2016, LS Brown ran the 10K this year, once again besting all the competition and taking first place, crossing the finish line with an impressive time of 34:42. He had the added honour of being presented the 1st overall prize by Capt(N) Hamilton, his very first commanding officer from earlier in his career.



Runners take off from the starting line as the 32nd Annual Navy 10K Run gets underway on Gottingen Street on August 20.

RYAN MELANSON/TRIDENT STAFF

"I have a lot of respect for him, so it's a huge honour. I wanted to challenge myself this year and I had a really good run," he said, thanking his current coaches and chain of command for supporting his involvement in various running events through the season.

Of course, plenty of runners from outside the DND community also took part, including a standout from the 5K run – 10-year-old Abby Lewis was the first of the women runners to cross the 5K finish line with a time of 18:53, beating out her closest competitor by almost two whole minutes.

Some also had special reasons for being there. Melissa Doucette decided to come out for a 5K run on her wedding day, and was set to say her vows about seven hours after the 9:30 a.m. start time; she ran with a veil on, while her father Blair ran alongside with a 'Father of the Bride' t-shirt.

"Running is one of my favourite

things to do, so why not do my favourite thing on my wedding day? I'll make sure I'm not late to be there this afternoon," she joked.

The day also saw about 75 younger athletes take part in the pre-race 1.25K and 2.5K kids runs, and the Rim Reapers wheelchair team took part in the full race, with nine para-athletes completing either the 5K or 10K distances.

PSP Halifax Fitness and Sports Coordinator Kevin Miller said he was happy to see so many people out for the run, and noted that numbers were coincidentally up by about 150 runners from the 2016 event. He also thanked the many sponsors that made the run possible and donated drinks, snacks and prizes for the participants, including Westjet, Lasik MD, Lululemon, Alexander Keiths, Via Rail, Subway, Harding Real Estate, Atlantica Hotel, Q104, and more. Draw prizes handed out include a \$500 Via Rail voucher, hotel stays, headphones,



LS Mark Brown, seen here getting his prize from Capt(N) Jeff Hamilton, was the first overall winner for the 10K leg of the race.

MEGHAN FASH/PSP HALIFAX

barbecues, and the grand prize was a WestJet travel package, including accommodations, to the Army Run in Ottawa on September 17.

Some final prize draws are still to come, as they will include all those who participated in Navy 10K satellite runs outside of Halifax; including HMCS Charlottetown, who did their satellite event in Helsinki, Finland while deployed to Op REASSURANCE.

The overall best times for the race were:

Military 5K

Men - Robert Walsh (18:41)

Women - Joanne Henneberry (20:42)

Civilian 5K

Men - Jacob Benoit (16:59)

Women - Abby Lewis (18:54)

Military 10K

Men - Mark Brown (34:42)

Women - Rosalie Solomon (47:48)

Civilian 10K

Men - Graeme Allardice (35:59)

Women - Rayleen Hill (38:44)

The Rim Reapers are a group of local para-athletes who competed in the Navy 10K using wheelchairs.

RYAN MELANSON/
TRIDENT STAFF



The 2.5K kids run gets underway, with two loops around Stadacona prior to the main race.

RYAN MELANSON/TRIDENT STAFF



Participants complete the swimming portion of the mini-triathlon at the 2016 PO2 Craig Blake Memorial Fitness Challenge, held at MacDonald Beach in Shearwater. This year's event is scheduled for the morning of September 29.

MEGHAN FASH, PSP HALIFAX

Memorial Challenge set for September 29 to honour sailor killed in Afghanistan

By Ryan Melanson,
Trident Staff

PO2 Craig Blake's life was tragically cut short in 2010, but his memory continues to live on in a number of ways. The wider HRM community has honoured the fallen sailor and clearance diver with the naming of the Craig Blake Memorial Park in Dartmouth, as well as with the Craig Blake harbour ferry launched by Halifax Transit in 2015.

But his RCN brothers and sisters, specifically his former Fleet Diving Unit (Atlantic) colleagues, choose to remember PO2 Blake by partaking in what was one of his favourite activities. Each year since 2011, CAF, DND and NPF participants have taken to MacDonald Beach to compete in what is now known as the PO2 Craig Blake Memorial Fitness Challenge, a mini-triathlon involving a 300m swim, a 6.5K mountain bike and a 2K run. PO2 Blake was an advocate for health, fitness and the importance of sports during his time with the RCN, and along with coaching minor hockey and other activities, he was also known for being an avid triathlete.

The short distances of the Memorial Challenge are likely a breeze for seasoned triathletes, but the event is meant to also attract those who don't necessarily think of themselves as endurance competitors. And with the option to compete as a team of three, you only need to be able to complete a short swim, bike or run to take part.

Though MacDonald Beach has been

closed to the public for the majority of the summer, organizers say the area will be safe and ready for race day on September 29. Registration is now open at raceroster.com at a cost of \$20 for individuals who wish to complete each portion of the race on their own, or \$45 for a two or three-person team, and PSP will be offering cash-only race-day registration at MacDonald Beach from 7:45 a.m. - 9:30 a.m. for the same prices. More than 150 people registered last year, and CAF members are highly encouraged to form a team with unit colleagues and come out to compete, even if it involves stepping out of your comfort zone. PSP will also cover registration fees for one team from each COTW, COTF or Wing Cup unit. This must be done through unit sports reps, and results for those teams will count for points toward those inter-unit competitions only.

A lunch will be provided after the race and draws will take place for prizes from sponsors. FDU(A), which typically has near 100% participation for the event, is also planning a reception following the race at their unit for all participants who wish to attend.

The Challenge is open to serving CAF members and veterans, DND or NPF employees only. Those who register before September 1 will be entered into a draw to win two free registrations to the Army Run in Ottawa on September 17. For more information or questions, contact PSP Fitness and Sports Coordinator Kevin Miller at Kevin.Miller3@forces.gc.ca.

NCM Flag Football practices underway soon

By Sean Parker,
FMF Cape Scott

Preparations for Mini Grey Cup 48 are underway, and the NCM flag football team is looking for new recruits.

The Mini Grey Cup, which had its inaugural game in 1969, is an annual flag football game between the NCMs (Slackers) and Officers (Wardroom). The NCMs have had the edge as of late, but every year the contest is spirited and competitive, and well attended by spectators.

A strong core of veteran players is due to return to this year's team, including former MVP Running Back LS Isaac Blakata, Defensive Back LS Lyndon Eustache, and Linebacker LS Kevin Allen. They, among others will lead the core of the Slackers team, but new players are needed to fill all positions.



The Slackers play the Wardroom during the 2016 Mini Grey Cup game on Porteous Field at Stadacona on October 13, 2016.

LS VALERIA LECLAIR, FIS HALIFAX

The coaching staff is encouraging all interested NCMs to come out and enjoy the tradition that is the Slackers Football Club, and Mini Grey Cup.

Practices get underway on Tuesday, September 5 at 4 p.m. at Porteous Field at Stadacona, and continue every Tuesday and Thursday until the big game in October.

For more information, contact coach Sean Parker at 902-292-2627 or email parker.smd@forces.gc.ca or Offensive Co-ordinator Rob Jeannot at 902-427-4834.

Fitness and sports updates

By Trident Staff

The PO2 Craig Blake Memorial Fitness Challenge takes place on Friday, September 29. Register today at www.cafconnection.ca/halifax/FitChallenge. The location is MacDonald Beach in Shearwater. Prices are \$20 Individual and \$45 Team. The challenge includes a 300M swim, a 6.5K mountain bike and a 2K run. Register before September 1 and you'll be entered to win two free registrations to the Army Run in Ottawa. For more info please visit www.cafconnection.ca/halifax or call 902-721-8411

The CAF Atlantic rugby tournament takes place from September 18-22 in Halifax.

The CAF Atlantic Powerlifting tournament takes place from November 21-23 in Halifax.

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.

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.

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Mark Blakefield wins National Capital Support Our Troops Golf

By CFMWS

Maysville, Kentucky's Mark Blakefield shot a final round 6-under 65 on Sunday, August 20, 2017, at Hylands Golf Club to win the National Capital Open to Support Our Troops, his first Mackenzie Tour – PGA TOUR Canada victory.

The 35-year old took control of the tournament with birdies on seven of eight holes in the middle of his round, and then converted tricky up-and-downs for par on the final two holes to win by two over Dallas, Texas' Kramer Hickok.

"You gotta get it done, one way or another. Winning's never easy, and hardly ever do you just get a walk in the park to the 18th green. Sometimes you have to come up with something when you need it," said Blakefield, who finished at 20-under for the week.

The National Capital Open to Support Our Troops announced a donation of \$78,200 to Soldier On, a CAF program that supports currently serving members and veterans to overcome their physical or mental health illness or injury through physical activity and sport.

"Sports inspire Canadian Armed Forces members to improve their physical fitness and build their leadership and self-discipline skills. The same can be said for the young golfers who competed in this year's tournament," said Commodore Sean N. Cantelon, Chief Executive Officer, Canadian Forces Morale and Welfare Services. "Thank you to all the volunteers, sponsors, spectators and staff who came out each day rain or shine to ensure the event was a success. Your involvement helped us raise funds to assist our ill and injured members with the purchase of sporting and recreational equipment and help them participate in life changing activities."



Mark Blakefield remporte l'Omnium de la capitale nationale pour Appuyons nos troupes

Par SBMFC

Mark Blakefield, de Maysville, au Kentucky, a été couronné champion de l'Omnium de la capitale nationale pour Appuyons nos troupes dont la ronde finale s'est déroulée le dimanche 20 août 2017 au Club de golf Hylands. Il a remis une carte de 65 (moins -6), signant ainsi une première victoire sur le circuit Mackenzie Tour – PGA TOUR Canada.

Le golfeur de 35 ans a pris les devants en réalisant des oiselets sur sept des huit trous au milieu de la ronde, puis a réussi de difficiles coups d'approche et coups roulés sur les deux derniers trous pour l'emporter par deux coups sur son rival Kramer Hickok, de Dallas, au Texas.

« Il faut aller jusqu'au bout, d'une façon ou de l'autre. Remporter la victoire n'est jamais facile, et se rendre au 18e trou sans obstacle, presque impossible. Parfois, on doit trouver le moyen de se dépasser, » de déclarer Blakefield, qui a terminé avec un pointage cumulatif de moins -20 pour la semaine.

L'Omnium de la capitale nationale

pour Appuyons nos troupes a permis d'amasser 78 200 \$ en appui à Sans limites, un programme des FAC qui aide les militaires actifs et les vétérans à surmonter leur maladie ou leur blessure physique ou mentale par l'activité physique et le sport.

« Les sports incitent les membres des Forces armées canadiennes à améliorer leur condition physique et à perfectionner leurs qualités de chef et leur discipline personnelle. Le même principe s'applique aux jeunes golfeurs qui ont pris part au tournoi de cette année, » d'ajouter le commodore Sean N. Cantelon, chef de la direction des Services de bien-être et moral des FC. « Je tiens à remercier tous les bénévoles, les commanditaires, les spectateurs et les membres du personnel qui étaient présents chaque jour, beau temps, mauvais temps, afin d'assurer le succès de cet événement. Grâce à votre engagement, nous avons recueilli des fonds pour aider les militaires malades ou blessés à faire l'achat d'équipement sportif ou récréatif et à participer à des activités qui transforment leur existence.

Sports trivia: Canadian boxing

By Tom Thomson and Stephen Stone

Questions

1. He was born in Normanby Township near Hanover, Ontario and was the first Canadian to win the world heavyweight title. He became champion in 1906 and defended the title 11 times until he was knocked out by Jack Johnson in 1908.
2. He was the first black world boxing champion in any weight division, the first ever Canadian-born world boxing champion and was considered the #1 featherweight of all time by Ring Magazine founder Nat Fleischer.
3. Considered by many to be the best pound-for-pound boxer in the heavyweight division, he won the black heavyweight championship but was never given a shot at the world heavyweight title.
4. This five-time Canadian heavyweight champion was noted for his granite chin. He fought Floyd Patterson in Ring Magazine's Fight of the Year in 1965.
5. He won gold medals representing Canada at the 1986 Commonwealth Games and the 1988 Summer Olympics in the super heavyweight division, turned professional and became the last undisputed world heavyweight champion.
6. Born in Halifax in 1942, he was Canadian middleweight champion from 1967 to 1977.
7. This Edmonton boxer won the light flyweight gold medal at the 1986 Commonwealth Games. After turning professional, he won the International Boxing Organization world flyweight championship in 1994. He retired from boxing in 2002.
8. This Montreal boxer held world titles in two different weight divisions (IBF junior lightweight and WBC super lightweight) and died under mysterious circumstances in 2009.
9. This two-time welterweight world champion was born in Ireland, grew up in Saskatchewan and Vancouver and appeared in several boxing-themed movies after he retired in 1936. He is considered pound-for-pound to be the second greatest Canadian boxer after Sam Langford.
10. This Edmonton boxer was Canadian lightweight champion from 1968 to 1975 and at one point made it up to #4 in Ring Magazine's lightweight rankings.
11. This Edmonton boxer started his fight career in mixed martial arts but switched to boxing full-time in 2015. He became Universal Boxing Organization world light heavyweight champion on February 17, 2017 and is undefeated in 12 boxing contests.
12. He was the last man to fight Muhammad Ali and won in a ten-round decision.
13. Berbick's first professional loss came in a fight against this big Columbian.
14. He was the toughest man Archie Moore ever fought. The Fighting Fisherman from Baie-St-Anne, New Brunswick was a Canadian middleweight and light heavyweight and Commonwealth light heavyweight title holder.
15. This boxer from Winnipeg was the WBC world light heavyweight champion. In 1988, he put his title on the line against Sugar Ray Leonard who put up his WBC super middleweight title. Leonard, despite being knocked down in the fourth round, came back to win with a ninth round TKO.
16. These five brothers from Montreal were all boxers. All five fought as amateurs, four became professionals, three were Canadian champions and two became world champions.
17. This Calgary boxer won a gold medal at the 1982 Commonwealth Games and silver at the 1984 Summer Olympics in the heavyweight division. After turning professional, he was Canadian heavyweight champion from 1986 to 1988. He is now a judge on the Court of Queen's Bench in Calgary.
18. This Nova Scotia boxer was Canadian and Commonwealth middleweight champion in the 1960's. He graduated from Emerson College in Boston with B.Sc. and M.Sc. degrees but died at the age of 30 following surgery for a brain tumor.
19. This Canadian boxer from Cobourg, Ontario won gold in the women's flyweight division at the 2011 and 2015 Pan American Games and bronze at the 2014 Commonwealth Games.
20. This Canadian professional boxer, born in Hay River, NWT but now fighting out of Edmonton, is an eight-time world champion in women's featherweight, super featherweight and lightweight divisions.

Answers on page 23

Introducing FORCE COMBAT: The new operational fitness objective for the Canadian Army

By Maj Krzysztof Stachura,
PAO Canadian Army Doctrine and
Training Centre, and
Dr. Tara Reilly,
Senior Officer Human Performance
Research DFit, PSP

Physical fitness is an integral component of military service and Canadian Army (CA) soldiers must be physically fit. Strength and endurance could mean the difference between success and failure in a military operation.

The CA has traditionally used a load-bearing march, familiar to most as the Battle Fitness Test (BFT), as the accepted physical fitness Individual Battle Task Standard (IBTS) and originally designed to ensure CA soldiers are physically prepared for Land Operations.

While the current and familiar FORCE evaluation was being developed, Human Performance Research and Development (HPR&D) was monitoring and evaluating the physical demands of typical CA operational tasks conducted in various environments. The conclusion: the BFT no longer had broad operational relevance for the CA and a new CA physical fitness IBTS needed to be developed.

The result is FORCE Combat; the most comprehensive and scientifically validated physical fitness IBTS ever developed for the CA.

FORCE Combat represents an evolution of the existing IBTS based on modern and relevant CA operational tasks observed over the last 15 years. Those required to complete FORCE Combat will shortly begin transition training in order to prepare for the formal implementation in October 2017.

Research was conducted

by PSP and the CA to validate the transition from the old to the new IBTS. For example, trials were performed to determine the optimum number of practice attempts to account for the initial learning curve associated with the new evaluation (3 times). The DFit.ca training program developed for those who were originally unable to complete FORCE Combat was also validated with great success (all participants who followed the program successfully achieved the new IBTS). Field trials in various locations in Canada have resulted in the development of scientifically validated tools and resources to help CA soldiers achieve the new standard and maintain a level of physical fitness that allows them to thrive and succeed during modern operations.

To see FORCE Combat and access training resources visit:

- www.forcecombat.ca
- www.dfit.ca



Field trials in Canada have resulted in the development of scientifically validated tools and resources to help CA soldiers achieve the new standard and maintain a level of physical fitness that allows them to thrive and succeed during modern operations.

FORCE combat : Le nouvel objectif de condition physique opérationnelle pour l'Armée canadienne

Par Maj Krzysztof Stachura,
OAP Centre de doctrine et d'instruction
de l'Armée canadienne, et
Tara Reilly,
Ph. D., Agente supérieure de la recherche en performance humaine, DCP,
PSP.

La condition physique fait partie intégrante du service militaire et les soldats de l'Armée canadienne (AC) doivent être en bonne condition physique. La force et l'endurance peuvent déterminer la réussite ou l'échec d'une opération militaire.

La marche avec charge, appelée le Test d'aptitude physique au combat (TAPC), que l'AC a toujours utilisé à titre de norme individuelle d'aptitude au combat (NIAC), a pour objectif de préparer les soldats de l'AC aux exigences physiques des opérations de l'Armée de terre.

Durant l'élaboration de l'évaluation FORCE actuelle,

l'équipe de Recherche et développement en performance humaine (RDPH) a observé et évalué les exigences physiques liées aux tâches opérationnelles typiques de l'AC dans divers milieux. L'équipe est arrivée à la conclusion suivante : le TAPC n'a plus la pertinence opérationnelle voulue pour l'AC et une nouvelle NIAC pour l'AC s'impose.

FORCE combat est le fruit des travaux d'élaboration menés à cette fin. Il constitue la NIAC la plus complète et scientifiquement validée jamais élaborée pour l'AC.

L'évaluation FORCE combat résulte de l'évolution de la NIAC actuelle fondée sur les tâches opérationnelles modernes et pertinentes de l'AC observées au cours des 15 dernières années. Les militaires qui doivent faire l'évaluation FORCE combat commenceront sous peu un entraînement transitoire en prévision de la mise en œuvre officielle prévue pour octobre 2017.

Les PSP et l'AC ont réalisé des travaux de recherche pour valider la transition de l'ancienne NIAC à la nouvelle NIAC. Par exemple, on a procédé à des essais vue de déterminer le nombre optimal de tentatives pour l'apprentissage de la nouvelle évaluation (3 fois). Le programme d'entraînement offert sur cphysd.ca qui a été mis au point à l'intention des militaires ne pouvant effectuer l'évaluation FORCE combat a également été validé avec beaucoup de succès (tous les participants ayant suivi le programme ont réussi à satisfaire à la nouvelle NIAC). Les essais pratiques menés à divers endroits au Canada ont permis de mettre au point des ressources et des outils scientifiquement validés pour aider les soldats de l'AC à satisfaire à la nouvelle norme et à maintenir un niveau de condition physique qui leur permet de se développer et de réussir lors des opérations modernes.

Pour voir l'évaluation FORCE combat et avoir accès aux outils d'instruction, visitez :

- www.forcecombat.ca
- www.cphysd.ca

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PSP Fitness and Sports Instructor Tammie Barriage leads a warm-up prior to the formation run.

RYAN MELANSON/TRIDENT STAFF PHOTOS



Cmdre Craig Skjerpen, the new Commander CANFLTLANT, speaks to participants before the start of a formation run on August 24.

MARLANT gets ready for fall with Formation Run

By Ryan Melanson,
Trident Staff

Things are about to get busier around Formation Halifax as the fall season approaches, and as the tempo of work picks up, taking care of yourself becomes more even more important, according to HMCS *Halifax* Commanding Officer Cdr Geoff Steef.

“We’re getting ready for a busy fall and the program the Navy will carry out throughout the fall, but it’s also an important time to reinforce the message of health and wellness that each and every one of us should be taking

it to heart,” he said.

To that end, MARLANT and PSP Halifax have restarted the monthly Formation Run events after a summer break, with hundreds of participants running or walking roughly five kilometres through the Dockyard and along the Halifax waterfront on August 24 in support of the MARLANT Health and Wellness Strategy.

Being able to commit time during the work day to physical fitness is a privilege enjoyed by CAF members, who in turn are responsible for using that time to stay healthy, stay in shape and be ready for any task at hand.

“We can’t do our operations without all of you helping, being fit and being ready to deploy if needed,” Cdr Steed said.

“But it can’t be just one thing that happens once a month; it’s about daily activities, eating healthy, and being ready to support the RCN and its objectives.”

The runners were joined by Cmdre Craig Skjerpen, the new Commander CANFLTLANT, who also spoke and focused on the mental aspect of health and wellness, in particular how regular physical exercise can contribute to better mental health.

“If you’re in better shape, your mind is working better. You’ll feel less overwhelmed, you can be more productive, and you can be happier at work, which means you’ll also be happier at home,” he said.

The runs will take place each month through the Dockyard as long as weather conditions permit. HMCS Halifax is also the formation Health and Wellness champion unit, and after spearheading a tobacco challenge this past spring, a new health-focused initiative and challenge is likely to be rolled out in early October, Cdr Steed said.



Staying fit in HMCS Montreal

Directed by a PSP fitness and sports staff member, crewmembers in HMCS Montreal participate in a workout session on the flight deck during Op NANOOK on August 4, 2017.

LS DAN BARD, FIS HALIFAX

Super Crossword

UP TO THE CH-CHALLENGE

ACROSS

- 1 Plane takeoff guess, briefly
- 4 Tries to nip
- 11 Figurative language
- 16 Excessively
- 19 Hawaiian yellowfin tuna
- 20 Running wild
- 21 Braga or Sotomayor
- 22 Eye, in verse
- 23 New drugs being studied, say
- 26 Coll. dorm overseers
- 27 Pedi offerers
- 28 That, in Peru
- 29 G.P.s' gp.
- 30 Strong-arm
- 32 Altar locale
- 34 Put on a different station
- 39 In serenity
- 42 City in Oklahoma
- 43 Coop female
- 44 People
- 45 Many souffle makers
- 47 Shuffle
- 48 Protrude
- 49 Carrere of film
- 50 "Great joke!"
- 51 Israel's Abba
- 53 "--, ergo sum"
- 56 2014 British Open winner McIlroy
- 58 Pop singer from Oahu
- 61 Sunbathing furniture
- 63 See 104-Down
- 65 Taboo acts
- 67 Water, in Oise
- 68 Film director Spike or Ang
- 69 Nauseating

- 75 "Angie Tribeca" network
- 78 Refrain bit
- 79 Expiate
- 80 Pagan priest
- 84 Securer of a pocket timepiece
- 88 Papal crown
- 91 Relative of -ette
- 92 Native Americans of Nebraska
- 93 Young fellas
- 95 "Othello" villain
- 97 Suffragist -- B. Wells
- 98 Sun -- -sen
- 99 "Platoon" war zone
- 100 Robed group in a loft
- 104 Wise -- owl
- 106 24/7 source of 20s
- 107 Irishman, e.g.
- 108 Honchos
- 109 Product of alkalized cocoa powder
- 113 Little cut
- 114 Warm up again
- 115 Bit of a giggle
- 116 Regulation
- 119 Old Russian ruler
- 121 Groom's vow
- 122 Some Toll House morsels
- 128 Masc. counterpart
- 129 Grub, e.g.
- 130 Game to try something
- 131 After taxes
- 132 Taoism's Lao- --
- 133 Top-tier invitees
- 134 Parts of the solar system
- 135 Main character in "Despicable Me"

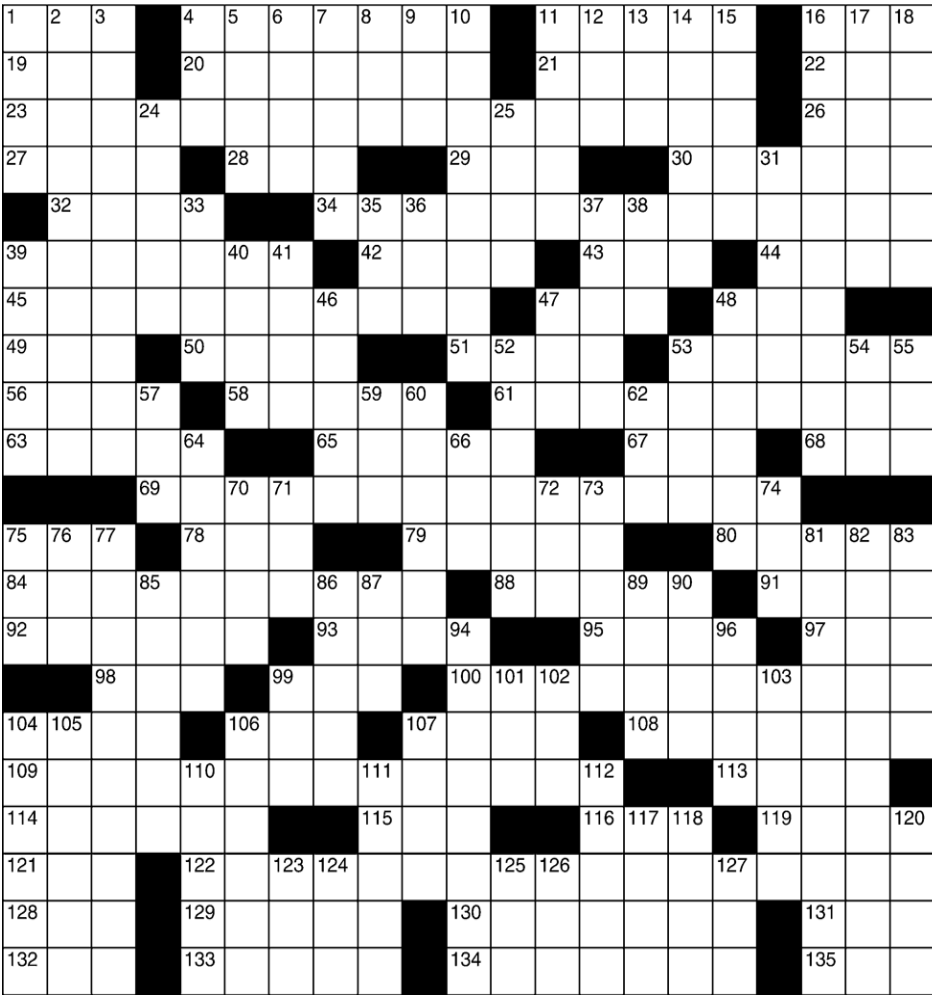
DOWN

- 1 Aural pair
- 2 Mel Gibson war film of 2000
- 3 Goes poof
- 4 Large snake
- 5 About
- 6 Tic -- (some mints)
- 7 Moral climate
- 8 See 13-Down
- 9 Hot tub sigh
- 10 Discourse
- 11 Hall-of-Fame cager -- Thomas
- 12 ENT or OB
- 13 With 8-Down, very shortly
- 14 Auto garage squirter
- 15 Brick dresser
- 16 Like deluges
- 17 Seer's shrine
- 18 Fixate (on)
- 24 German city
- 25 Cato's 2,400
- 31 Plenty
- 33 Per unit
- 35 Very little
- 36 Having one flat, musically
- 37 Beijing site
- 38 Witch's work
- 39 SAG- -- (performers' labor gp.)
- 40 Neighbor of Nigeria
- 41 Amp effect
- 46 Barbera's collaborator
- 47 West with one-liners
- 48 Cheerful
- 52 Pellets for air rifles
- 53 Latte option
- 54 Sports draw

- 55 Raw metal
- 57 "Definitely!"
- 59 Ad add-on?
- 60 Available
- 62 100 yrs.
- 64 To boot
- 66 Mo. in fall
- 70 Tolkien menaces
- 71 -- -jongg
- 72 Prefix with brow
- 73 Broadcast anew
- 74 Test for college srs.
- 75 A pair of
- 6 "Whap!"
- 77 Not inclined to travel
- 81 Forming a labor group

- 82 Very thin material for book pages
- 83 Loved ones
- 85 Opportunity
- 86 Old Texas siege site
- 87 The "sum" of Descartes
- 89 Antler pair
- 90 Turkish VIP
- 94 Increases
- 96 Folkie Phil
- 99 -- degree
- 101 Jimmy Buffett's "Ain't -- Genius"
- 102 Final: Abbr.
- 103 Intuitive inking

- 104 With 63-Across, floating freely on the ocean
- 105 Soft leathers
- 106 Real
- 107 Word after party or film
- 110 "No -- espanol"
- 111 Swindle
- 112 "Levon" singer John
- 117 Lot unit
- 118 Very little bit
- 120 Post-Q string
- 123 Bi- plus one
- 124 Idiot boxes
- 125 Certain NCO
- 126 Out -- job
- 127 Dollar divs.



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Sports trivia: Canadian boxing

Questions on page 21

Answers

- 1. Tommy Burns.
- 2. George Dixon - Halifax, N.S.
- 3. Sam Langford - Weymouth Falls, N.S.
- 4. George Chuvalo.
- 5. Lennox Lewis.
- 6. Dave Downey.
- 7. Scotty "The Bulldog" Olson.
- 8. Arturo Gatti.
- 9. Jimmy McLarnin.
- 10. Al Ford.
- 11. Ryan Ford, son of Al Ford.
- 12. Trevor Berbick.
- 13. Bernardo Mercado. Mercado, six feet six inches tall, knocked out Berbick at 2:55 of the first round on April 3, 1979 at the Halifax Metro Centre. Mercado's big right hand caught Berbick right on the button.

- 14. Yvon Durelle.
- 15. Donny "The Golden Boy" Lalonde.
- 16. The Hiltons - Matthew and Davey were Canadian and world champions, Alex was a Canadian champion, Stewart had a short professional career (4-0-0) and Jimmy never turned professional. Father Dave Hilton Sr. won Canadian titles in three different weight divisions fighting between 1958 and 1976.
- 17. Willie deWit.
- 18. Blair Richardson.
- 19. Mandy Bujold.
- 20. Jelena Mrdjenovich.

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