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TRIDENT

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



Invictus Flag in Halifax

Vimy the Invictus mascot (left) greets RADm Craig Baines, Commander JTFA and MARLANT; Michael Burns, CEO Invictus Games 2017, and Col Craig Landry (right) 5th Canadian Division Chief of Staff. In the background is HMCS Toronto.

MCPL CHRIS RINGIUS, FIS HALIFAX



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Invictus Games national tour makes stop in Halifax

By Ryan Melanson,
Trident Staff

With less than three weeks to go before hundreds of injured and ill armed forces personnel arrive in Toronto for the 2017 Invictus Games, organizers brought the spirit and energy of the event to Halifax for a stop on their national tour.

The Invictus Team spent 37 days travelling the country, stopping at 22 CAF bases along the way to drum up excitement for Invictus and spread the message of perseverance and camaraderie associated with the annual adaptive sporting event. They brought with them organizers, officials, mascots and Invictus competitors, and on September 5, they visited HMCS *Scotian* for the latest stop.

"It's been an incredible experience for us to bring the team to thousands of Canadians across the country, and give more people a chance to be part of the spirit of these games and to learn about the impact," said Invictus Games CEO Michael Burns, who is also a co-founder of the True Patriot Love Foundation and a recipient of the Canadian Forces Medallion for Distinguished Service.

The multi-sport, international competition was first held in 2014, and has since become an annual event, with this year's games set to welcome 550 athletes from 17 different countries. All of the competitors are either currently serving or retired service members who became injured or ill while serving or as a direct consequence of their service. In Canada, many of our Invictus competitors get linked up with the games through the Soldier On program, and this year they will be competing in sports like powerlifting, archery, cycling, wheelchair rugby and basketball, golf and track & field.

While the fitness, training and competition aspect brings benefits, the games have also become known for



A massive Invictus Games banner hangs from the side of HMCS Toronto to mark the Halifax stop of the Invictus National Flag tour on September 5.

RYAN MELANSON, TRIDENT STAFF

the bonds that form between athletes, even those from different nations, as they meet other uniformed personnel who have dealt with the difficult process of rebounding from injuries, post-traumatic stress or other types of mental illness.

Among the military leaders who turned out for the rally was RAdm Craig Baines, the new Commander of MARLANT and JTFA, remarking that a rally in support of the Invictus Games was the perfect place to appear for his first public event in the new role.

"We couldn't be more proud of the currently serving members and veterans who are volunteering to compete in Toronto and represent Canada. These games show the resilience of

our people and emphasize the importance and power of rehabilitative sports," he said.

He described the service men and women who compete at Invictus, including a number of members from the Halifax area taking part this year, as embodying the fighting spirit of service personnel, working tirelessly to set and meet new goals despite limitations placed on them by physical injuries or mental illness.

"Our men and women in uniform can overcome obstacles and rise to the occasion, every time, and these games are another example of that," he said.

The rally also included the participation of four local Invictus flag bearers, who aren't competitors in the

games, but who are serving or veteran CAF members who have contributed to military sport in the Halifax region and wanted to show support for the wounded warriors headed to the Invictus Games – these included CWO (retd) John McGrath, WO Charlene Arsenault, SLt Samuel Taylor, and Avr Adrian Osmond.

Tickets are still available for events as part of the 2017 Invictus Games at Invictusgames2017.com, and portions will be broadcast nationally on TSN.

"Canadians from coast to coast are going to be moved and inspired by this, and we encourage everyone who can't make it to Toronto to watch at home and take in the incredible stories of these men and women," Burns said.

Sailor ready to cycle his way to Invictus gold

By Ryan Melanson,
Trident Staff

After falling from a ship's ladder and suffering a traumatic head injury while deployed to Op MOBILE in 2011, LS Peter Dennis said his family and colleagues started noticing changes in his behaviour and personality.

"I wasn't feeling normal, I was angry, lashing out, and my wife knew something wasn't right," he said.

"I wasn't the same Peter I used to be."

It was about two years later when the changes became drastic enough that his unit pushed him to get help. Since then, he's been diagnosed with PTSD along with other chronic injuries, and he's started on the path to recovery.

One of the most useful tools on that road has been his involvement with the Soldier On program, from which



LS Peter Dennis (centre, red shirt) is surrounded by the crowd at HMCS Scotian for a group photo following the Invictus Games rally in Halifax on August 5.

MCPL CHRIS RINGIUS, FIS
HALIFAX

he was first introduced to the idea of the Invictus Games. He'll be competing at the games in Toronto from September 23-30 as part of Team Canada's cycling squad. He got a bike and started training more than two years ago, and recently has been to training camps in Esquimalt and in Kingston, where he's been able to work with coaches to improve his fitness while meeting other injured or ill CAF veterans who can relate to his experiences

and share advice and encouragement.

"The impact has been huge for me. I can socialize again now; I have team support and I have new friends I can talk to if I need to," he said.

"We keep in touch on social media when we're not seeing each other at the training camps. I have friends across Canada now."

LS Dennis is from the Eskasoni First Nation in Cape Breton, but now lives in Sackville with his wife and

two children, with two more twin boys on the way, while working with SISIP Financial as part of the JPSU. He said the buildup around the Invictus Games has kept him positive and motivated, and with daily 30km bike rides as part of his training, the benefits have become physical in addition to mental. He's losing weight, feeling better, and joked that he's now able to fit into his Team Canada uniform, which wasn't the case this time last year.

With the games only weeks away, he said he was excited and ready to give it his all for a gold medal, though he won't leave disappointed if that's not the case.

"Honestly I'm just happy to be there and to complete the tasks. I'll be retiring from the military soon, so crossing the finish line will be sort of the start of the next chapter of my life," LS Dennis said.

New era for MARLANT/JTFA as RAdm Baines takes command

By Ryan Melanson,
Trident Staff

Through his four years in command of MARLANT and JTFA, RAdm John Newton became known for his unorthodox and colourful leadership style, something that was clearly reflected in the ceremony as the formation said goodbye to the outgoing commander on September 1.

Sing-a-longs, props, a few tears and lots of laughter were all part of the Change of Command Ceremony, which saw RAdm Craig Baines, former Commander of CANFLTANT, take over from the man who served as his boss for the previous years.

With plenty of serving and retired colleagues present, including VAdm Ron Lloyd, Commander RCN, along with family, friends and members of the wider Halifax community, RAdm Newton pointed out some of the highlights of his time in command. From seeing the completion of the HCM/FELEX process, to pushing HMCS *Windsor* through hundreds of days at sea, to deploying personnel to a range of operations and exercises that broke from RCN routine and created new avenues for the Navy.

"I wanted us to learn and undertake international relationships we've never tried before, to step outside the comfort zone of key enabling allies and push a statement through new partners. If it was hard, or impossible, I wanted to try, because there's nobody after us to do it," he said.

He had many thanks for the different people, units, and organizations who supported him and the formation since 2013, and wielding an oversized wrench for effect, gave a special shout out to the civilian engineers and other staff at FMF Cape Scott, instructing the Stadacona Band to play a rendition of Taking Care of Business in honour of the workforce. The band later led a sing-a-long of Heave Away at the Admiral's request, and also had a surprise in store with the first performance of the newly-composed RAdm Newton March.

He was never shy about his love for the Arctic, and RAdm Newton men-



RAdm Craig Baines, LGen Steve Bowes, VAdm Ron Lloyd, and RAdm John Newton sign the Change of Command certificates during the ceremony on September 1, 2017.

MONA GHIZ, MARLANT PA

tioned advancing Navy operations in Canada's North as one of the proudest achievements through his command, one that connected with his personal passions for the Northern land and the communities of largely Indigenous Canadians who populate them.

"One of the best ways we can show substantive progress on inclusivity and diversity is by ensuring sailors, soldiers, and airmen and women are sent forth regularly to the coastal and aboriginal communities across the breadth of the north," he said.

"Contact between service personnel and Aboriginal communities is essential in demonstrating that the Canadian Armed Forces serves all Canadians."

MARLANT also made large strides in connecting with local Indigenous communities and potential Indigenous recruits in the last four years, and HCol Donald Julien, a CAF veteran and member of the Mi'kmaw

Grand Council, was on hand to recognize RAdm Newton for that work. He was presented with a framed ceremonial Eagle Feather, an acknowledgement of 'love, appreciation, and respect,' for his work supporting CAF Aboriginal programs, for visiting local community events and powwows, and for generally strengthening MARLANT's relationship with Indigenous people in Nova Scotia.

"There is no higher honour than to receive an Eagle Feather from a Mi'kmaw elder and member of the Mi'kmaw grand council," HCol Julien said.

RAdm Newton also received kind words from his successor, as RAdm Baines thanked him for the vision, energy and creativity he brought to the job. Because the two worked so closely together during what the incoming Commander described as a three-year job shadow, the formation can expect much of the same strong leadership

it's used to, he said.

"You won't see a lot of differences. One of the best things about working with RAdm Newton over the last three years is that he and I are completely in sync and aligned as to the direction the East Coast fleet should be moving in and how we conduct our operations."

RAdm Baines said he was excited above all else to be stepping into the role, with HMCS *Harry DeWolf* and other new ships on the way, and after working with base staff and sailing with the fleet extensively as CCFL, he said he has nothing but confidence in the formation he's now been tasked to lead.

"When I arrived here for the first time in 1989 as a Sub-Lieutenant, I could never have imagined I'd be standing here in this position," he said.

"I'm humbled and it's an absolute honour."

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Schedule
for 2017

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

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Community Calendar

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

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

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

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: 6-12-17: The Halifax Explosion

Time: 7 p.m.
Date: Tuesday, September 26
Location: Maritime Museum of the Atlantic

On December 6, 1917, two tramp steamers, the Mont-Blanc and the Imo, collided in wartime Halifax Harbour, creating the largest man-made explosion prior to the development of nuclear weapons. More than 2,000 people died, 9,000 were injured, 6,000 people were left homeless and an additional 19,000 were left without adequate shelter. In a combination of words and images (many never seen before), John Boileau delivers a breathtaking account of the magnitude of this event. Boileau is the bestselling author of a dozen books of historical non-fiction. He has written hundreds of magazine and newspaper articles, book reviews and opinion pieces. He also served in the Canadian Army for 37 years, retiring as a colonel in 1999. He is a graduate of the University of New Brunswick and is currently Honorary Colonel of The Halifax Rifles.

Treaty Day Ceremonies
Date: Monday, October 2
Location: Province House/Grand Parade Square

All CAF members are invited to join MARLANT senior leaders and members 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.

Author Daniel Paul: Chief Lightning Bolt
Time: 7 p.m.
Date: Thursday, October 19
Location: Halifax North Memorial Library
As part of events marking Mi'kmaq

Heritage Month, Daniel Paul will read from his first novel, Chief Lightning Bolt, a life's journey set in pre-contact Mi'kmaq territory. Rather than telling a collision-of-cultures story, Paul shows readers the beautiful, vibrant culture that was lost to colonization. The novel follows Lightning Bolt's upbringing and rise to leader for his people, and shows readers the ceremonies, traditions, and teachings of the Mi'kmaw people. Daniel Paul is also the author of We Were Not The Savages, a Mi'kmaw History of the Colonial Period in Mi'kmaw Territory. Presented by Fernwood Publishing and Scotiabank.

In Conversation with Alan Doyle
Time: 6:30 p.m.
Date: Monday, October 23
Location: Halifax Central Library

Following the fantastic success of his bestselling memoir, Where I Belong, Great Big Sea frontman Alan Doyle returns with a new book, Newfoundland in Canada: Always Going Somewhere, Always Coming Home, a hilarious, heartwarming account of leaving Newfoundland and discovering Canada for the first time. Alan will be in conversation with bestselling author and Chronicle Herald Columnist John DeMont.

General Panet High School Reunion
Date: May 18-20, 2018
Location: Petawawa, Ontario
Calling all alumni of General Panet High School! Although the school has been torn down to build a new Canex store, the General Panet spirit still lives in all of those who attended the school near CFB Petawawa. A committee is organizing a large reunion for former students to take place next spring. For more information or to register, contact Keith Croucher at kcroucher57@eastlink.ca.

SCAN seminar to be held in October

By CFB Halifax

A Second Career Assistance Network (SCAN) seminar will be held from October 24-26, 2017, from 8 a.m. to 4 p.m. at the bingo hall of the Halifax Forum.

Members are encouraged to attend a SCAN seminar if they are within five years of anticipated retirement, and again within the year before actual release.

Topics to be presented will include release benefits and entitlements,

administrative procedures, financial planning, and medical pensions. The general portion of the SCAN seminar will be on October 24 and 25. And is open to all members and their spouses. The final day, October 26, will focus on all medical release information, specifically for ill and injured members and their spouses.

Online registration is required, through the CFB Halifax Base Personnel Selection Office (psohalifax@forces.gc.ca). Please include your name, service number, unit,

email address, telephone number, and which dates you would like to attend. There is free parking on site. Attendees are encouraged to bring their own coffee/tea as no hospitality service will be provided. Ensure that you are your spouse bring your ID (driver's license). Please note that access into the building will not be available until approximately 7:45 a.m. For further information, please email psohalifax@forces.gc.ca

Commander RCN holds town hall during Halifax visit

By Ryan Melanson,
Trident Staff

The Commander of the Royal Canadian Navy met with a packed room of sailors of various ranks and occupations at the CFMWC at CFB Halifax on August 31, providing an update on Navy operations and projects while also responding to questions and concerns.

The town hall-style meeting with VAdm Ron Lloyd came just days after his meetings with the CDS and other CAF leaders in Ottawa, and also followed a sit-down with the RCN Admirals in Halifax, organized ahead of the MARLANT/JTFA Change of Command.

VAdm Lloyd commended the members of the Atlantic Fleet and its support units in the room for their work in pushing the Navy through an exceptionally busy spring and summer season that he described as a high point so far in his command. Specifically through the April-June period, he highlighted the two RCN ships deployed to the Indo-Pacific region, along with two in the Gulf of Guinea, one ship in Central America and another on a long-term deployment in the Mediterranean, along with HMCS *Oriole* making its own epic trip from Esquimalt to the East Coast. Mission objectives ranged from countering illicit drug trafficking, to supporting NATO allies in the Med, to training, diplomacy and public outreach.

"If that doesn't speak to a globally deployed Navy, out making a difference on behalf of Canada and Canadians, I don't know what does," VAdm Lloyd said.

He also spoke about the future naval



VAdm Ron Lloyd, Commander RCN, speaks with sailors during a Q&A Town Hall held at the CFMWC on August 31.

RYAN MELANSON, TRIDENT STAFF

fleet and the commitments to the RCN found in Canada's new defence policy, which secures the full funding of new ships, including the \$60 billion project that will eventually replace the capabilities of both the Iroquois and Halifax class ships. The policy also includes the cost of up to six Arctic and Offshore Patrol Vessels as well as two Joint Support Ships.

"From the Navy's perspective, securing 15 Canadian Surface Combatants, along with those other new capabilities, is fantastic news," VAdm Lloyd said.

RCN Chief Petty Officer CPO1 Michel Vigneault told the crowd

gathered that it's understandable for sailors to have frustrations about the speed of shipbuilding programs and the procurement process more than seven years after the launch of the NSPS. But with a newly modernized shipyard next door finishing the construction of HMCS *Harry DeWolf*, and the Navy's Interim AOR set to arrive at HMC Dockyard this fall, sailors should take note of what's happening right now in Halifax to the set Navy up for the decades to come, he said.

"The change is visible, it's something you can see with your eyes every day and things are going to keep changing."

VAdm Lloyd also spoke about Op HONOUR, reaffirming the Navy's commitment to stamping out inappropriate sexual behaviour and explaining the rationale in including Op Honour training scenarios during ship work-ups, or asking Op HONOUR related questions during boards. With the key-stones of the strategy being embedded in the RCN's new Code of Conduct, and the knowledge that inappropriate behaviour among the ranks can impact operational readiness, abiding by the principles of Op HONOUR is crucially important, he said.

Leadership on this issue is to be expected from Command Teams and senior members, but lower ranked sailors will have a large role to play in ensuring the initiative is taken seriously and creating a supportive environment where these behaviours won't be tolerated.

"The first line of defence against harmful and inappropriate sexual behaviour, from my perspective, is probably the junior NCMs and junior officers," VAdm Lloyd said.

Discussions and questions through the afternoon also focused on topics like the coming arrival of MV *Asterix* and working alongside civilian mariners, the transition to the CH-148 Cyclone, the new expedited enrolment process for the Naval Reserve and its impact on the MCDV community, and the future of RCN research after the decommissioning of the former CFAV *Quest*. The crowd also heard from RAdm Gilles Couturier, Deputy Commander RCN, and RAdm Craig Baines, the new Commander of MARLANT and JTFA.

To every thing, there is a season



Padre's Corner

By Lt(N) Robert Parker,
Interim Senior Fleet Chaplain

It is always at this time of year, when the kids head back to school, and the last bash of the summer, being Labour Day Weekend, is a fond memory that I can't help hearing in my mind the passage from the Book of Ecclesiastes, chapter three; "*For every thing there is a season, and a time for every matter under heaven.*"

We are very season oriented in the CAF. Posting season. Promotion season. If you have served in the Army, there is Summer EX season and Winter EX season. We are also 'time for every matter under heaven' people. We all have those things in our lives that

matter to us. It could be our family or our job, our car or boat. It could be the way people think about us or the esteem we look for in the approval of others. Sometimes the matter is not as important as the having of the matter.

It always seems like someone else has an opinion on our matter, what we should or shouldn't be doing in our matter, whether it is a spouse, child, in-law, Petty Officer or Divisional Officer; someone is always, it seems to be making our matter, their matter.

While sometimes interference is for our own good, that someone else, has our best interests at heart, but other times, it feels like something out of a bad 70s sitcom, where you can't get away with anything without mom or dad finding out. What I think is important is that we all understand that King Solomon, the author of this passage in the Bible, wants us to see life is not just about us, that while we continue to go through the ebb and flow of life, things happen. Things that we have no control over. Like the darkness and dread of night is fol-

lowed by the bright rays of morning's light. The sky, filled with the darkest of clouds with the rumble of thunder and flash of lightning will once again be clear and bright. Life may seem dark and the matter of life surrounding you and closing in, in due time, the light will shine into the darkness and those things that in the dark look large and over whelming, are not as large as we thought and there is room to breathe.

With the coming of the fall, comes the routine and rotation of life. The

mornings will start getting cooler, the trees will start to change colour, and life may seem to get a little more rushed.

If things are changing in your life and looking darker, if the matter of life is overwhelming, there are people who can help. Contact your unit chaplain, make an appointment with the helping professionals in the Psychosocial Department at the Stad Hospital, talk to your Medical Officer or call the Canadian Forces Member Assistance Program.



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Federal Fleet Services unveils new details of Navy AOR project

By Ryan Melanson,
Trident Staff

As the Atlantic Fleet prepares for the delivery of the Navy's interim supply ship, the head of the company responsible for operating the new civilian-owned vessel spoke to industry experts and defence officials in Halifax with new details about the MV Asterix and Project Resolve.

Federal Fleet Services CEO Spencer Fraser gave a presentation at DEFSEC Atlantic, one of Canada's largest defence trade shows, which was held in Halifax from September 5-7. Federal Fleet Services is the sister company to Davie Shipbuilding, which purchased and converted the German cargo ship into a fully-capable tanker ship to be used by the Navy.

The latest update on the project came with the company's announcement of a new operations sub-centre to be opened in Halifax in the coming months to coincide with the Asterix arriving in its initial homeport of Halifax later this fall.

Though plans are for the ship to sail on both coasts, including a deployment to RIMPAC in 2018, CEO Spencer Fraser said the majority of the ship's civilian mariners will be from Nova Scotia. In total, Federal Fleet Services says the new Halifax sub-centre will create 718 jobs annually through the project's 10-year provision of services agreement, while generating an additional \$1.8 billion in economic spinoffs through that period.

"We're proud to be in Halifax and our ship will be home ported here just a couple months from now. We're looking to have a big economic impact in this city," Fraser said.

With a number of RCN personnel attending the presentation, Fraser highlighted some of the major differences to be found in the Asterix as compared to the Protecteur-class AORs that many RCN sailors are familiar with. The supply ship will utilize an integrated bridge that allows for additional monitoring of machinery and damage control systems. For the RAS capability, more of the equipment, including winches, are contained below deck.

"Nothing is exposed anymore, which is a massive change from the Protecteur class in terms of executing the operations on board," he said.

More details about the accommodation on board were also revealed, and sailors can expect private cabins for the most part, with wireless internet, heated floors, and gym equipment operated by GoodLife Fitness.

"All of the capabilities of the Protecteur class are being restored, and in cases where we could make improvements upon those, we did," he said.



MV Asterix is scheduled to arrive in its new homeport of Halifax later this fall.

SUBMITTED

As for the working relationship between civilian mariners and Navy personnel, or 'CAF Mission Specialists' as they'll be called, Fraser said Federal Fleet Services will employ two 36-person civilian crews broken down into three departments – deck crew, engineers, and hospitality staff. Similarly, the Navy has described having two separate East and West coast crews for the ship, whose duties will revolve around RAS, flight operations, health services and logistics.

The ship plans to sail with 150 people on board, with the ability to add an additional 350 for major humanitarian efforts or other overseas operations. The galley will be prepared to serve 500 hot meals in one sitting, with an elevator straight to the flight deck for quick transfer of food to shore if needed.

Fraser described Project Resolve as a success so far, with the converted ship floated up on Labour Day and now undergoing initial trials in Quebec, on track to be delivered to the Navy within 24 months of the initial contract signed with the Federal Government in December of 2015. While the project hasn't been free of controversy or questions due to the unorthodox operating relationship between the private firm and the Navy, he said the importance of restoring the RCN's tanker capability is what stands out.

The Navy's new supply ships to be built from scratch in British Columbia, the Queenston class Joint Support Ships, aren't due for delivery until 2021 and 2022.

"We're doing what many Navies across the world have done for non

combatant ships, which is to take a civilian ship, in this case a brand new 700 TEU cargo ship, and we're converting it to have AOR capability," Fraser said.

"We're going to have a true blue-water Navy."



Federal Fleet Services CEO Spencer Fraser speaks to a crowd about Project Resolve at DEFSEC Atlantic in Halifax on September 6.

RYAN MELANSON/TRIDENT STAFF

Fall Harvest Festival set for October 20

By Kathleen Bayliss-Byrne,
Co-Chair Nutritional Wellness Working Group and Base Dietitian

The MARLANT Health and Wellness Strategy and the Nutritional Wellness Working Group bring you the first Fall Harvest Festival, on October 20 from 10 a.m. to 3 p.m. at the new Fleet Club.

Please join us at some point throughout this time frame to visit and purchase local foods from our first Farmers Market, meet some of our local farmers, check out some educational displays, learn about innovative fertilizers and taste test some hearty fall soups and fresh local breads at the cooking demos section.

We have invited a number of talented local experts to speak about gardening topics and we believe your attendance and attention is well worth your time.

The schedule is as follows:

- 10:30 a.m. Fall Preparations & Starting your First Garden; Jenni Blackmore.
- 11:15 a.m. Vegetable/Herb Container Gardening; GiGi Pelletier.
- 12:30 p.m. Benefits of Honey Bees; Lorraine Simmons-Yerian.
- 1 p.m. Flaxseeds: Why They Matter; Howard Selig.

We believe in supporting a sustainable environment and the value of recycle, reuse, and reduce and therefore will have some of the cloth bags from the Family Days available for carrying your food harvest bounty.

Bring your refillable water container to this event as we will be promoting tap water and will have some fruit infused water for your hydration pleasure.

This is also National Sports Day so while you are out and around participating in a variety of sport activities, drop in to see us.

Don't miss this fun event. Everyone is welcome.

Help after Hurricane Harvey



Members of the United States Air Force, unload supplies from a Canadian CC130J model Hercules Aircraft, September 03, 2017 in San Antonio Texas, United States of America.

Novels evoke Afghanistan mission

By Cpl Alex Greer,
39 Service Battalion

To some, the war in Afghanistan is over, but for many others it is still ongoing.

Two authors, both American, have captured in novel form, portraits of that conflict and portraits of those involved, both Afghans and outsiders. *The Mullah's Storm*, by Thomas W. Young (Putnam, 2011) and *Raptor Six*, (Shiloh Run Press, 2014) by Ronie Kendig, both evoke the Afghanistan mission.

Both authors are well qualified to write war stories. Thomas Young is a retired U.S. Air Force Warrant Officer and Ronie Kendig is a self-confessed US Army base brat. Although *The Mullah's Storm* and *Raptor Six* are focused on American service personnel operating in northern Afghanistan, the respective story lines capture the protracted nature of that ongoing conflict with the Taliban. These novels could well be about the Canadians in Kandahar or the British in Helmand province.

They show the Afghan war is not one of big battles, but of small skirmishes as the Taliban strike at the coalition forces and then blend into the local population. Add to this the element of asymmetrical warfare – a fight between professional military and insurgents.

There are intriguing plots in each novel, but what grabs and keeps the reader's attention is how the main characters are transformed by this war of attrition.

Mullah's Storm is about three survivors from a USAF Hercules transport that is downed over the Hindu Kush north of Kabul by an anti-aircraft missile. Maj Parsons, an air navigator, Sgt Gold, a female army linguist, and a Taliban mullah who is the high value prisoner, must survive the mountain cold while being pursued by Taliban fighters. It is Sgt Gold's knowledge of Pashtun and of Afghan culture that is indispensable in dealing with the locals. Moreover, Maj Parsons is struck by Sgt Gold's idealism in that she refuses to hate even after she was captured and tortured by the Taliban.

Raptor Six is about a US Army Special Forces Team (with the addition of one Australian) operating in the Mazir-al-Sherif area who are tasked with retrieving computers stolen by the Taliban. The main character, Capt Watters, is a dedicated military professional with strong ethics. His thoughts are mission, mission and mission. Zarah Zanick ("ZZ") is an Afghan-American and a Christian who has taken on the risky job of being a teacher in Mazir-al-Sherif. With her knowledge of computers she aids the team, but she gets captured and tortured by the Taliban. Like Gold, she too refuses to give up her values, and does make a strong impression on Capt Watters.

Both novels capture the drawn out war, and end with firefights and many unanswered questions. The characters are strong and the suspense is gripping, and yes, both authors have written sequels.

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VISION

RCAF receives new Colours

By RCAF Public Affairs

Governor General and Commander-in-Chief of Canada David Johnston presented the Royal Canadian Air Force with new Colours during a military parade and ceremony at Nathan Phillips Square in Toronto, on Friday, September 1, 2017.

Colours are consecrated ceremonial flags carried by designated CAF combatant formations and units. The RCAF carries two Colours: the Queen's Colour, a maple leaf flag with the Sovereign's cypher in the centre, which symbolizes loyalty to the Crown, and the Command Colour, a blue flag with the RCAF's badge at the centre, symbolizing the RCAF's pride, cohesion, and valour. The RCAF Colours replace the Air Command Colours that were presented 35 years ago in 1982.

"Our Colours are precious, and embody the pride, dedication, duty, and honour of all RCAF personnel, past and present," said LGen Michael Hood, commander of the RCAF. "As we accept these new Colours, all members of the RCAF, regardless of rank, occupation, or experience, symbolically rededicate themselves to upholding these qualities. I am delighted that we are celebrating this historical event with the citizens of Toronto, a city rich in RCAF history and present-day connections."

Before presenting the new Colours, Governor General Johnston reviewed the parade.

Coinciding with the parade, the RCAF, with civilian partners from Vintage Wings of Canada and the Canadian Warplane Heritage Museum, conducted a parade of aircraft in the sky above Nathan Phillips Square. The flypast included vintage aircraft from the Second World War and aircraft from current RCAF fleets. The Canadian Forces Snowbirds and the CF-18 Demonstration Hornet, which were in Toronto for the Canadian International Air Show, September 2-4, participated.



The RCAF is presented with new Colours during a military parade and ceremony at Nathan Phillips Square in Toronto, on Friday, September 1, 2017. His Excellency the Right Honourable David Johnston, Governor General and Commander-in-Chief of Canada, presented the new colours to the RCAF. The new Royal Canadian Air Force colours are laid over the drums prior to the consecration ceremony.

SGT CHRISTOPHER BENTLEY, 16 WING IMAGING, BORDEN

As the RCAF grows, it is important that Canadians have the opportunity to learn more about this technologically advanced and innovative force, both for its essential role in the defence of Canada, and for potential employment. Toronto has significant ties to the RCAF, including Wing Commander William Barker, a First World War fighter ace who served as first president of the Toronto Maple Leafs; the development of the G-suit by University of Toronto researcher Wilbur Franks; and Malton, the birthplace of the Avro Arrow.

"The Royal Canadian Air Force, as the guarantor of Canadian sovereignty, has a long and proud history

of defending Canada and its allies," said Defence Minister Harjit S. Sajjan. "The RCAF members of today can take pride in the past and all that these Colours represent as they look to an innovative and proud future."

The RCAF was the first of the Commonwealth air forces to be granted, as a service, the privilege of carrying the King's Colour, which it received in 1950 together with the RCAF Colour. Both were presented in the name of King George VI on Parliament Hill, Ottawa, on the King's birthday, June 5, 1950, by the Governor-General, Viscount Alexander of Tunis. These were replaced by the Air Command Colours in 1982.

The 1982 Command Colour carried the badge of Air Command. The new Command Colour reflects the new RCAF badge that was created following the restoration of the RCAF's historic name in 2011, and includes the RCAF's motto *Sic itur ad astra*: "Such is the pathway to the stars." The new Queen's Colour carries the RCAF's restored name.

The RCAF is honoured that the Mayor of Toronto declared September 1, 2017, as Royal Canadian Air Force Day. City Hall lights, the TORONTO sign in Nathan Phillips Square, and the CN Tower were all being illuminated in the colour of RCAF blue to mark the special occasion.

New MARLANT Commander says 'Proud Boys' incident can be a learning opportunity

By Ryan Melanson,
Trident Staff

The Navy's new East Coast Admiral says that lessons can be learned from an incident in which service personnel acted inappropriately in public earlier this summer.

While it was announced on August 31 that an investigation into the Canada Day 'Proud Boys' incident has ended with no charges being laid and members involved returning to their duties, RAdm Craig Baines, Commander MARLANT and JTFA, says the seriousness of what happened is

not lost on him, and that it presents a big learning opportunity for service personnel.

"What we need to do now is take advantage of what has happened, and use it to educate people to understand why what happened was wrong and inappropriate. We need our sailors, soldiers, airmen and women and our civilians to understand what we stand for and why we stand for it," he said.

On July 1, five members of the CAF, including RCN sailors, interrupted a Mi'kmaw ceremony being held near the downtown Halifax statue of former Nova Scotia governor Edward

Cornwallis. Videos posted online showed the members identifying themselves as CAF personnel while expressing their personal political opinions and claiming to be members of the Proud Boys, a group of self-described 'Western chauvinists.'

Following the incident, Chief of Defence Staff Gen Jonathan Vance announced the members would be removed from training and duties while an investigation and review of the circumstances was conducted.

"I detest any action by a Canadian Armed Forces member that is intended to show disrespect towards the

very people and cultures we value in Canada," he wrote at the time.

RAdm Baines said the relationship between the military and the Indigenous community is extremely important in this region, and that he intends to continue strengthening ties that have been formed in recent years. He said he hopes members of the local Mi'kmaw communities can see past this particular incident and that the CAF can prove itself going forward to be an organization that serves and respects all Canadians.

"My message would be 'let's look ahead together to the future.'"

New customized labs for the Naval Engineering Test Establishment

By DND

The Government of Canada is committed to delivering real benefits for Canadians including the creation of good middle class jobs. This \$22.2 million infrastructure project created economic development opportunities for local communities, contributing to the creation of 30 permanent jobs at Naval Engineering Test Establishment (NETE), as well as 100 other jobs with regional employers.

On Wednesday, August 30, on behalf of Defence Minister Harjit S. Sajjan, Minister of Transport Marc Garneau, and Jean Rioux, the Parliamentary Secretary to the Minister of Defence, took part in a ceremony highlighting the end of three years of renovation work on the NETE facility.

As outlined in Canada’s defence policy, Strong, Secure, Engaged, the Government is committed to providing the women and men of the CAF the support they need, including modern infrastructure where they can work and train.

Technical testing and evaluation are an essential step in the process of acquiring new naval equipment. New workshops and laboratories, custom-made and state-of-the-art, will allow for more in-depth testing on a larger number of projects. The modernized NETE facility will continue to ensure that the CAF is equipped with safe equipment, suited to its needs and responsive to the challenges of the future.

The construction work was completed on schedule and on budget.

“The engineers and personnel of the Naval Engineering Test Establishment put naval equipment through stringent testing to identify what is best for future fleets, and to ensure that the Canadian Armed Forces has safe and suitable equipment to meet the challenges of the future, be they in the icy cold of the Arctic, the rough seas of the Atlantic, or the warm temperatures of the Pacific,” said Defence Minister Harjit S. Sajjan.

“Customized state-of-the-art labs at the Naval Engineering Test Establishment will improve the global capacities of the Royal Canadian Navy and ensure its safety on deployments. Investments like these also demonstrate the Government of Canada’s continued commitment to

better equip its uniformed women and men who, throughout the most critical times, serve the Canadian population,” said Minister of Transport Marc Garneau.

“The Government of Canada is focused on renewing and replacing the fleet equipment of the Royal Canadian Navy. In so doing, Defence investments support not only naval engagement, but also technological innovation, as well as provide middle-class jobs in the Montreal region,” said Parliamentary Secretary to the Minister of Defence Jean Rioux.

The Naval Engineering Test Establishment (NETE) in Montreal is the principal test and evaluation centre for naval equipment, and supports the Royal Canadian Navy from coast to coast.

The \$22.2 million project value included the purchase of equipment, workstations and customized workshops, the creation of the electromagnetic protection room, security services, and the design, demolition, construction and commissioning of the facilities.

The design and construction contract was awarded to Pomerleau Inc. and its subcontractor Architecture 49 at a value of \$16.1 million.

The modernized NETE facility has an expanded area of nearly 2 900 m2 to provide more in-depth services in the following areas: information and communication systems, marine systems, combat and control systems, and testing and infrastructure support.

The Department of National Defence requires new infrastructure projects to meet industry-recognized standards, such as the Leadership in Energy and Environmental Design (LEED) Silver standard, or equivalent. The NETE facility incorporates several green building concepts and meets the criteria for LEED Silver certification.

As outlined in Canada’s defence policy, Strong, Secure, Engaged, greening Defence infrastructure will help reduce greenhouse gas emissions from the Department’s buildings and commercial vehicle fleet by 40 percent (from 2005 levels) by 2030.

The modernized NETE facility supports the priority of creating groups of Defence innovators to conduct advanced research and development activities in areas that are critical to future Defence needs.

Sailor promotes virtues of CAF to new audience

By Peter Mallett,
The Lookout Staff

A sailor with over 22 years of experience in the Royal Canadian Navy (RCN) is educating teens and young adults from Canada’s South Asian community about career opportunities in the military.

PO2 Kanwar Nijjer, a Sikh from the Punjabi region of India, is promoting life in the CAF to bolster diversity recruitment.

“Many Canadians, including those in the South Asian community, really don’t know what the military has to offer in terms of a career path,” he says. “They need to be aware the CAF is not all about combat; they can become a doctor, a lawyer, an engineer, or a trades person.”

For 10 years he has worked at annual Vaisakhi festivals and other community events in Vancouver and Victoria handing out recruiting information. Part of his focus is mentoring wayward youth drawn to gangs and crime in an effort to change their path.

A few weeks ago he broadened his recruitment scope to JoyTV, a Vancouver cable station, where talked about his experience in the military and his mentorship efforts during a taping of the Harpreet Singh Show.

“By wearing a turban on the show, it really makes me stand out, and if the viewers see someone like me on TV they realize that I could be them, or their children, or grandchildren, and that they have a place within the CAF,” he says.

At 15, PO2 Nijjer moved to Edmonton from his birthplace in a small northern India village. Beyond the culture shock of 1981 in Canada, language was his greatest hindrance. His enrolment in a second language English program through the local public school system was key to overcoming the barrier.

“When I came to Canada, education meant a better way of life. The other students in my class were also new to the country, so it was a great starting point. The learning curve

was sharp so I would often stay after classes to learn as much as I could and worked really hard to graduate.”

It is tough, he says, for the children of immigrants who struggle with identity and self-worth because they don’t quite fit in. People in the South Asian community, including his own sons ages 18, 15 and 9, are gradually learning to overcome.

“There is no other country on the planet I would rather live than Canada because we are a country built and united on diversity, tolerance and understanding,” he says. “Canada is a place, more than any other that I know, where so many people from diverse backgrounds live as brothers and sisters.”

It’s a message that PO2 Nijjer says he and others in Canada’s military take to heart when they speak to the next generation of soldiers, sailors and aviators about a career in the CAF.

His work at Naval Fleet School Pacific as a Human Resources Administrator in the Finance Headquarter Division allows him time to co-chair for the Defence Visible Minority Action Group (DVMAG). The group is one of four designated Defence Advisory Groups founded within the legislation of Employment Equity in an effort to overcome discrimination in employment practices, systems and policies against members.

The three other groups on base represent the interests of Aboriginal peoples, women and persons with disabilities and have the same mandate as the DVMAG: to provide advice and information relative to their designated groups to the Defence Team and leadership.

Since joining DVMAG, he has expanded the group from 20 members to 67.

“We need to attract as many people as we can from diverse communities within the military to both support our mandate and mentor others in our ongoing effort to create awareness and cultural diversity in the community.”

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Air Show Atlantic 2017

Air Show Atlantic 2017 took place at 14 Wing Greenwood on August 26-27, 2017. Presented by the Nova Scotia International Air Show Association, the show featured military acts including the Snowbirds and the SkyHawks, as well as static displays of military aircraft. Civilian acts in the show included Thirds Strike Wingwalking and Manfred Radius Air Shows. Other static displays included a runway market and the Atlantic Canadian Living History Association encampment.



Sporting a Nova Scotia flag as well as the Canada Flag parachute, a SkyHawk descends through the air.

SARA KEDDY, MANAGING EDITOR THE AURORA



Static displays on the runway include a living history demonstration as well as static aircraft.

SARA KEDDY, MANAGING EDITOR THE AURORA

Pete McLeod of the Red Bull Air Race Series flies his Zivko Edge 540 at sunset during the military appreciation event on August 25.

LCOL BRUNO BAKER, 14 WING GREENWOOD DEPUTY WING COMMANDER



Two of the Snowbirds perform a routine during the August 26 show.

LCOL BRUNO BAKER, 14 WING GREENWOOD DEPUTY WING COMMANDER

Air Show Atlantic 2017



Following their successful jump, the SkyHawks bundle up their parachutes.

SARA KEDDY, MANAGING
EDITOR THE AURORA

The SkyHawks, the CAF's military parachute demonstration team, salute.

SARA KEDDY, MANAGING
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HOME IMPROVEMENT

Advertising Feature

Save money on energy costs this fall

(NC) As the colder months approach, you'll be looking for ways to keep your home warm. This is a great opportunity to look at ways to save on energy costs this fall and winter. Here are some ways to stay warm while improving your energy efficiency:

Smart thermostats. Turn your thermostat down when you're not at home. Another way to better manage your energy use is installing a smart thermostat, which uses sensors and Wi-Fi to adapt to your schedule and preferences.

Energy-saving renovations. It's not too late to get those last-minute energy upgrades finished — they can save you money in the long run and improve your home environment.

Clean or replace filters. Your furnace's air filter should be cleaned or replaced every three months. When the filter is clogged or dirty it restricts airflow, causing your furnace to work harder to heat your home.

Keep spaces around vents clear. Keep furniture, drapes, rugs and other items away from air vents to allow heat to flow and circulate efficiently.

Eliminate drafts. Keep the heat inside your home by sealing cracks and other openings that allow air to



escape. Prepare your home for the cold months ahead by caulking and weather-stripping doors and windows. Foam gaskets and childproof sockets can also help close spaces, preventing heat from escaping.

Check out rebate programs and incentives. Enbridge offers several options to get money back when you make energy upgrades within your home. For example, buy a qualifying smart thermostat to get \$100 back, or get \$1600 back when you complete certain energy-saving upgrades and a home energy audit. If you qualify for their free Home Winterproofing Program, you could receive new insulation and draft proofing installed by experienced professionals, which can reduce your energy use by up to 30 per cent.

Find more information at enbridgegas.com/rebates.

Prep your home or cottage for winter

(NC) While complaining about the cold is a national pastime, this year you can stay ahead of extreme weather by taking some easy steps to get your home or cottage winter-ready. Here are some DIY ideas to get you started.

How to protect outdoor items. High-wind gusts and below-freezing temperatures can wreak havoc if you're not prepared. Smaller items such as cushions, umbrellas and drained hoses, should be stored in sheds or basements. Protect larger patio furniture, grills or even wood stacks that can't be put in storage with tarps or custom-fit covers and add extra security by taping them down. A roll of strong, all-weather tape, like T-Rex Tape, is an ideal choice since unlike other tapes, it is designed to withstand harsh temperatures to hold stronger and longer. Plus, it can fix any rips or holes you may find along the way, ensuring your items will be in great shape for spring.

How to prevent freezing pipes. Every winter there are billions of dollars in insured losses due to burst pipes and other winter-related damage, according to the Insurance Information Institute. To prevent frozen pipes, it's imperative to drain water from outdoor taps and garden hoses. You should also have any in-ground sprinkler systems winterized.

How to seal off drafts. Windows and doors are the biggest culprits of drafts in your home, but there are products that make sealing them

simple. Stop window drafts with Duck brand roll-on window kits and heavy duty weatherstrip seals, which provide tight barriers to keep warm air in and cold air out. For drafty doors, the double draft seal easily slides onto the bottom of doors to block unwanted chill.

How to clean your eavestroughs. Frozen eavestroughs are another prime source of damage. Ice can accumulate on the edge of the roof and prevent melting snow from draining. That's why it's important to clean debris several times a year. Keep the ladder on a level surface with another person as a spotter. Wear gloves and safety goggles to protect yourself, and drop debris onto a tarp or bucket below. Flush with a hose to check for proper flow and check downspouts for anything that might be lodged.

Thanks to a plethora of online resources, prepping for winter doesn't have to be daunting. Soon you can have your home or cottage ready for whatever winter brings.



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HOME IMPROVEMENT

Advertising Feature

How to hire a kitchen contractor

(NC) Just because every home has a kitchen doesn't mean every contractor is capable of delivering a great kitchen reno. Kitchen work is specialized, so you need to be sure the contractor you choose has the skills to make it a success.

Besides asking for references and checking with past customers for every contractor you're considering, ask questions about the way the kitchen will be designed. Many kitchen specialists have computer software that allows you to see different layouts and material choices in three dimensions. There's no need for you to imagine what anything looks like ahead of time these days.

Also, be sure to ask about the details of the hardware and materials used in cabinets before committing to a particular contractor. Ask to see the hinges and drawer slides that'll be used. Inquire about materials,



too. Few kitchen contractors actually make their own cabinets, so request details about who the fabricator is because you might need replacement doors or drawers down the road.

Kitchen renovations are among the most complicated projects you can undertake. Spend time finding a professional contractor or specialty company that's earned a solid reputation for their work. Remember that a true pro will provide you with a very detailed contract that lays out every aspect of your project, including costs and the payment schedule — never work with someone who won't provide this sort of written document.

Want to take the risk out of hiring a kitchen contractor? The Canadian Home Builder's Association offers free, unbiased information on how to hire a contractor the safe and smart way. Find more information at www.getitinwriting.ca.

Turn energy efficiency into savings

By Scott McGillivray

(NC) If your older home holds more chill than charm, it could be that it's time to consider a few energy efficiency upgrades. Many are simple and cost-effective, but can make a considerable impact on your monthly energy bills. The savings from upgrades typically start right away and can really add up over time.

Employ these top upgrades to help create savings:

- **Replacing older windows** can reduce your energy bill up to 15 percent.
- **Sealing ducts and adding insulation** to prevent heat loss can make a big difference, since 50 percent of the energy a single-family house consumes goes toward heating and cooling. The first place to start is your attic. Use an inorganic batt insulation, like Roxul Comfortbatt, which repels moisture and resists mold. Aim for an R-value of R50 or a depth of 16 inches.
- **Exchanging an old furnace** and for a high-efficiency model with a programmable thermostat can help save as

much as \$300 a year. Newer smart thermostats can recognize your heating habits and help you make adjustments to save energy consumption and costs.

• **Replacing older appliances** with more efficient options can help you realize easy monthly savings. Consider swapping out your fridge, dishwasher, laundry machines, hot water tank and/or air conditioning units, as newer models have advanced considerably over previous generations. Appliance alternatives also exist, such as counter top ovens with convection, slow cook, air fry and dehydration capabilities. They heat up in less time and reduce your carbon footprint.

• **Caulking cracks and crevices** around your home is easy. These can be a source of air leaks, which ultimately are a draw on energy consumption—and your wallet.

Scott McGillivray is the host of the hit HGTV series Income Property and Moving the McGillivrays, a full-time real estate investor, contractor, author, and educator.



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HMCS *Charlottetown* trains in gunnery warfare and submarine tracking in the Baltic Sea

By Lt N) Meghan Jacques,
Operation REASSURANCE
Maritime Task Force UPAR

Since HMCS *Charlottetown* joined Standing NATO Maritime Group One (SNMG1) in mid-August 2017, it has been keeping busy. *Charlottetown*'s crew of 240 personnel has been honing its skills by taking part in task group training exercises. These include naval communications exercises, warfare drills, and practice maneuvering for replenishments-at-sea.

Recently the training continued to intensify with the introduction of multi-ship gunnery and submarine tracking exercises in the Baltic Sea.

On August 28, *Charlottetown*, with His Majesty's Norwegian Ship (HNoMS) Otto Sverdrup, Federal German Ship (FGS) Rhön, and Navio da República Portuguesa (NRP) Francisco de Almeida, conducted live gunnery firing in concert with Finnish Naval Ship (FNS) Hanko.

During this exercise, *Charlottetown* launched a high speed inflatable towed target used for the basic firing serial, which ships can track and shoot for training. *Charlottetown* fired 32 rounds with its 57mm main armament before Finnish ship FNS Hanko ultimately succeeded in destroying



Crewmembers from HMCS *Charlottetown* prepare to deploy a floating target to be used as target practice for Allied NATO vessels during Operation REASSURANCE on August 28, 2017.

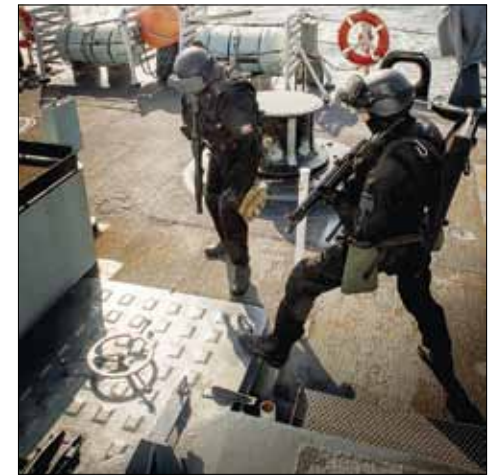
CPL J.W.S. HOUCK, FIS

the simulated target. The gunnery serial was an opportunity for interoperability training and internal team training, building on the earlier integration exercises of the task group.

A couple days later, SNMG1 conducted a simulated submarine tracking exercise. The focus was on underwater warfare to follow-up the surface warfare training from the beginning of the week. The serial included launching Vadar, the Super Lynx

combat helicopter on NRP Francisco de Almeida. Vadar landed on *Charlottetown* to lift the exercise targets and deposit them in the water so that the training serial could start.

Using sensors, each ship tracked the mechanical target and trained their sensor operators in effective communication. Participating crews focused on maintaining clear and coordinated tracking of the exercise target and coordinating each ship's position to



Portuguese Tactical Operations Unit practices cross boarding drill on board HMCS *Charlottetown* during Operation REASSURANCE on August 30, 2017.

CPL J.W.S. HOUCK, FIS

maintain the tactical picture and defend the other ships in the task group. The exercise improved overall task group cooperation and was effective training for all involved.

The increased exercise tempo is helping the task group prepare for exercise NORTHERN COAST, which will promote interoperability and cooperation between participating NATO and Partner for Peace countries.

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HMCS *Charlottetown* Crew Spotlight: LS Alex DeMontmorency

On August 8, 2017, HMCS *Charlottetown* and her crew of 240 departed Halifax, Nova Scotia, to join Standing NATO Maritime Group One (SNMG1) for Operation REASSURANCE. SNMG1 is a naval force made up of ships from various Allied countries, all working together to demonstrate NATO and Canada's ongoing commitment to international security and cooperation. One member of this crew is LS Alex DeMontmorency, from Brantford, Ontario, who is a Naval Combat Information Operator from *Charlottetown's* Combat Department and a member of the ship's organic boarding party team. In an interview conducted aboard *Charlottetown* while the ship was transiting between Helsinki, Finland, and Gdynia, Poland, he had this to say about his work aboard and time with the Royal Canadian Navy overseas:

When and why did you join the Navy?

After attending an advertising program at Sheridan College, I knew going into advertising really wasn't for me. I needed to do something different in life that would allow me to define who I really am. I felt the need to serve my country and follow the footsteps of those who sacrificed



so much for our freedom. It is a very rewarding career with many benefits; I have no regrets to this day.

What makes love your job so much?

I love my job because it gives me a sense of purpose while working as a part of a proficient Operations Room team. Sometimes adrenaline levels can really get high during operations

and exercises; it creates a level of adventure you can find nowhere else. In the RCN you forge bonds with your shipmates that last a lifetime. It really is one big family.

What do you do aboard?

As an NCIOP my primary role is working in the Operations Room. My position on *Charlottetown* is Air Raid

Reporting Operator (ARRO). As an ARRO, my responsibilities are tracking and identifying aircraft within our Area of Operations, and the most important part of my job is early detection and giving warning of missiles inbound to my ship or any ship within a task group we are sailing with. I am also a member of the ship's boarding team. It is an exciting and rewarding duty. We are a major part of Marine Interdiction Operations and Force Protection when we are alongside. The photo is me while I am closed up as part of the Underway Force Protection Component departing Wilhelmshaven, Germany, earlier this deployment.

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

It is essential to retain a mental and physical health while at sea; I do this by taking the time every day for cross fit and running (on a treadmill of course). When we visit ports my first priority is to find a quality golf course. Not many careers give you the opportunity to play 18 all around the world.

Has your first deployment on Op REASSURANCE been what you expected?

It has definitely met expectations for me with the workload and the kind of work we are doing as an operations team. I feel the deployment so far really has brought us closer as a crew and more especially the combat information section.



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‘An orange day at home’ – School counsellor resource to help military kids succeed

By Lynn Capuano,
Army Public Affairs

Twenty years or so ago, 80 per cent of military families in Canada lived apart from the rest of society, with many services offered on the bases. Today, that has been more than completely reversed, with 85 per cent living in their local communities. That change has affected many aspects of military family life, including how children succeed in school.

Challenges arise when community service providers such as schools and health services do not always understand the impact the military lifestyle can have on military families. This lifestyle also affects the families of veterans. There are about 54,000 children in military families across the country, and if the children of veterans are included, the number climbs to about 462,000.

A need for military literacy

The term military literacy in this context can be defined as being aware of the stresses that are common to the military and veteran lifestyle and how to use that knowledge when working with military and veteran families.

“As the military and veteran family community grows, there is a need for military literacy in Canada – awareness of the unique experiences of these families,” said Director of Military Family Services (MFS), Col Dan Harris. “Their reality includes inherent military life stressors such as high mobility,

extended and/or unexpected work-related separation and risk that can have an impact on CAF parents and their children.”

New resource for school counsellors

A new resource, in the form of a 12-page booklet, was launched on May 19, 2017 at the Canadian Counselling and Psychotherapy Association (CCPA) annual conference held in St. John's, Newfoundland. The goal is to have this resource in schools by the start of the 2017/18 academic year.

School Counsellors Working with Military and Veteran Families is the result of a year-long collaboration between the CCPA and the Canadian Military and Veteran Families Leadership Circle (CMVFLC), which is a component of the Military and Veteran Families in Canada Initiative. This initiative is a partnership between the Vanier Institute of the Family, Veterans Affairs Canada and Military Family Services to build awareness, capacity, competency and community regarding military and Veteran families in Canada.

The new resource aims to answer four key questions:

What is the military and veteran lifestyle?

What resources are available to school counsellors to assist them in their work with children and youth of military and veteran families?

How can school counsellors promote mental health and advocate

for students of military and veteran families in schools?

How can school counsellors support classroom teachers in their work with students of military and veteran families?

“While many military youth are both strong and resilient, some students may struggle with some of the routine challenges inherent with the military family lifestyle. A teenager may struggle with a family move that requires both social and academic adaptations,” Col Harris said. “That same teenager might also have to adjust to periods of separation from the serving parent, due to a job-related training or deployment.”

He continued, "School counsellors who understand the challenges associated with the military family lifestyle will be able to detect the differences between adjustment issues and personal learning styles, and between learning disabilities and distractedness."

'An orange day at home'

Tips covered in the resource booklet include information on helping students adapt well to yet another “new normal,” skills that are particularly important when a parent returns from a deployment or training period and reunite with the family.

As noted in the document, students of military and veteran households are not immune to mental health concerns that affect one in five students in Canada. The Department of National Defence's mental health

continuum provides a quick guide to changes in mental health status. The terminology used in the continuum (red, orange, yellow, green) is often used by students from military and veteran families when describing mental health and wellness. Under the “Promoting Mental Health” section, a student is quoted, “It feels like an orange day at home – I feel an edge about it.”

Dr. Kim Hollihan, Deputy CEO of the CCPA and project lead at CCPA for this resource, explained, “If they are hearing that language at home because that is the language a parent is using through therapy, it’s important that school counsellors and school staff working with these youth understand what those words mean so it’s just part of their everyday conversation – oh, feeling orange, ok, I know what that means.”

Subject matter experts with both lived and professional experience

Dr. Kim Hollihan's involvement began at a 2015 conference of the Canadian Institute for Military and Veterans Health Research.

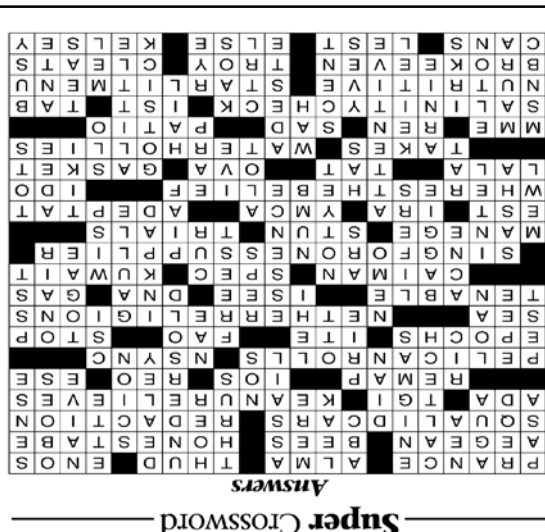
“They had a round table on military family issues that I attended wearing two hats, my professional hat as a leader within our association but also my military spouse hat,” said Dr. Hollihan. Her husband is a Canadian Army artillery officer who deployed to Afghanistan when their two boys, who are now 12 and 14, were of kindergarten and preschool age.

Continued on page 17

Focused on the target

Participants focus on the target during the 2017 CAF Small Arms Concentration at the Connaught Ranges and Primary Training Centre, in Ottawa, Ontario.

CPL JAX KENNEDY, CANADIAN FORCES JOINT IMAGERY CENTRE





An M-06 naval mine is detonated off the coast of Mersrags, Latvia, on August 28, 2017 as part of Operation OPEN SPIRIT 2017, an annual multinational operation dedicated to the clearance and disposal of explosive remnants from the First and Second World Wars.

CPL JORDAN LOBB, CANADIAN FORCES COMBAT CAMERA



CAF Clearance Divers from FDU(A) prepare an underwater charge for mine clearing operations off the coast of Mikejornis, Latvia, on August 27, 2017, during Operation OPEN SPIRIT 2017.

CPL JORDAN LOBB, CANADIAN FORCES COMBAT CAMERA

Explosives from both World Wars cleared during Op OPEN SPIRIT

By DND

Eleven CAF clearance divers and support personnel participated in Op OPEN SPIRIT 2017 in Latvia from August 18 to 31, 2017. These CAF members come from the Fleet Diving Units (Atlantic and Pacific) in Halifax, Nova Scotia and Esquimalt, British Colum-

bia. 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. Op 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 is not part of Op

REASSURANCE, this deployment of Canadian experts in disposing sub-surface munitions demonstrates 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.

'An orange day at home'

Continued from page 16

"That round table led to an invitation to join the Leadership Circle where the notion of military literacy was discussed. The CCPA is a very large national association with more than 6,100 members across the country in every province and territory. We have people who work in the primary and secondary school systems, post-secondary, community-based agencies, government, private practice, so we thought, ok, 'What segment of our membership would have the most contact with military and veteran families?' and of course it was our school counsellors."

The School Counsellors' Chapter of CCPA was quickly onboard and the resource was finalized within one year. "I think we were up to 30 drafts at the end because it was really important to have input from a variety of subject matter expert reviewers. We had a really strong group with both 'lived experience' in the military as well as people with professional experience with the military," she said.

"I have to say it was such an easy partnership. I think that because we all worked together so well, we were

able to achieve it in that one-year period. In the end, the quality of the resource really speaks to the input from all of these leaders in the field."

The way forward

Looking down the road, Dr. Hollihan hopes best practices will be developed and shared among the counsellors through a "community of practice" made up of members who have accumulated experience with military and veteran families.

Col Harris also sees feedback resulting in continued development of the resource. "At Military Family Services, we are always listening to what families tell us, so we are in a position to collect and document the many stories we hear about the anecdotal family feedback that the resource may generate."

"Military Family Services is extremely happy to be working with CCPA and our extended partners from the Canadian Military and Veteran Families Leadership Circle. I am extremely grateful for the leadership and determination of CCPA in the development of this publication that will have tangible outcomes for military families across Canada," said Col Harris.

Second in an ongoing series

School Counsellors Working with Military and Veteran Families is the second in a series of publications designed to educate non-military community service providers on the unique lifestyle challenges faced by spouses and children who support their military family members on the home front.

"We are remaining a member of the Canadian Military and Veterans Families Leadership Circle. We are very proud to be a part of that and will actively engage and continue to look for opportunities to collaborate again and I think the outcome will certainly benefit a whole lot of children and families across the country," said Dr. Hollihan.

The first publication in the series was developed in collaboration with the College of Family Physicians of Canada and was electronically distributed to over 35,000 family physicians in Canada, and it has received generally positive feedback.

Other subjects that may be studied for new publications include caregivers, teachers, first responders, employers, mental health professionals and financial professionals to name a few.

"Each resource takes time and care to 'get it right' by listening to the organizations with whom we partner and with the military and veteran families who help to validate the resources we are developing," said Col Harris.

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First Pay Bulletin released

By Public Services and Procurement Canada

On August 25, 2017, Public Services and Procurement Canada (PSPC) took another concrete step towards providing federal employees with meaningful information about actions being taken to address pay issues by releasing its first Pay Bulletin. One of the first commitments made by the ministerial working group to address pay issues was to be open and transparent with our employees by providing meaningful, timely and employee-focused communications.

This monthly bulletin provides regular updates as well as up-to-date information on various topics and progress points, such as details of collective agreement implementation, progress on reducing the queue and responses to frequently asked questions.

Our government is committed to reporting on progress towards achieving steady state and resolving pay issues in a meaningful way. The monthly Public Service Pay Centre also released that day, highlights progress made in August along three measures: transactions beyond the normal workload, Pay Centre workflow and the percentage of transactions processed within service standards.

Since July, an integrated team has been put in place to identify and address root cause issues by looking at the human resources to pay business processes so that our pay system works reliably and effectively.

The team, which includes representatives from PSPC and the Treasury Board of Canada Secretariat, works with colleagues in departments and agencies, as well as unions, to share information and updates to address pay issues. This includes recently developed dashboards that provide department heads with a snapshot of the pay situation across the public service. These documents are a work in progress and are evolving to ensure that they are accurate and provide relevant information. They help inform discussions and decision-making to address pay issues not only at the Pay Centre, but across government.

The team meets regularly with unions through the formal Union Management Consultation Committee to share information, such as progress to address the workload at the Pay Centre, collective agreement implementation and communication to employees. Strong collaboration and open discussions are the hallmark of this committee, whose members share a common goal of resolving pay issues for employees.

The government maintains its commitment to providing clear, meaningful information on progress regarding pay issues.

Naval Security Team

By Peter Mallett,
The Lookout Staff

The year-old Naval Security Team has taken another step towards providing improved port protection to Royal Canadian Navy vessels after a successful deployment to Fiji.

Ten members of the Naval Security Team and two personnel from the Maritime Tactical Operations Group travelled to the South Pacific Nation's capital city of Suva August 11 to 20 to train alongside 12 personnel from the Republic of Fiji Navy.

Commanding Officer, LCdr Jeff Chura says although his unit is still "growing and refining," he has been impressed with its initial efforts to enhance understanding and cooperation with partner navies through such global engagements and bi-lateral training exercises.

"The biggest takeaway from the deployment to Fiji was that it gave our personnel a better understanding and perspective of how other militaries do business, how to interact with another navy, and how they would approach situations," he said. "They are normally stationed domestically or in continental North America, so expedition-



Ten members of the Naval Security Team and two personnel from the Maritime Tactical Operations Group travelled to the South Pacific Nation's capital city of Suva from August 11 to 20 to train alongside 12 personnel from the Republic of Fiji Navy. The RCN's visit occurred just ahead of Fiji's integration of women into their military next year.

ary overseas operations give them the international experience they need."

Canadian and Fijian sailors focused on the safety and security of vessels approaching a berth, alongside, and departing, while learning the dynamics of setting up force protection (secured) zones in both military and non-military harbours.

The deployment was part of the Royal Canadian Navy's (RCN) POSEIDON CUTLASS, a series of training exercises with regional partner navies at sea. The Naval Security Team also

completed a deployment to Busan, South Korea, in June, that was also part of POSEIDON CUTLASS.

Since the RCN's visit occurred just ahead of Fiji's integration of women into their military next year, there were discussions with LCdr Chura and his team about gender equity in Canada's military.

Their hosts had a strong interest in visiting Canada to interview Canadian female personnel about their experiences in the military and to see them perform in a working environment.

"They wanted to know what to do and what to avoid, and the challenges that integration could pose," he said.

SUBMITTED

He said Fiji's military were encouraged to learn the Naval Security Team had four women in its ranks including Executive Officer Lt(N) Barbara VanAkker.

On the final day of their deployment members of both navies embarked to a private government island for a cultural exchange in the form of a traditional Lovo Feast, similar to a Hawaiian Luau. Their final afternoon in Fiji was spent on a scenic powder sand beach with traditional food, song, dance, and a chance to play beach ball and snorkel.

Le gouvernement du Canada publie un nouveau bulletin sur la paye

Par Services publics et Approvisionnement

Services publics et Approvisionnement Canada (SPAC) a pris une autre mesure concrète visant à fournir aux employés fédéraux des renseignements pertinents au sujet des actions entreprises pour résoudre les problèmes de paye : il a publié son premier bulletin sur la paye. L'un des premiers engagements du groupe de travail de ministres chargé de résoudre les problèmes de paye consistait à faire preuve d'ouverture et de transparence auprès des employés en leur communiquant des renseignements significatifs, pertinents et bien ciblés.

Ce bulletin mensuel fournit des mises à jour périodiques ainsi que les plus récents renseignements sur différents sujets et les progrès réalisés, comme de l'information concernant la mise en œuvre des conventions collectives, les progrès réalisés à l'égard de la réduction de la file d'attente et des réponses aux questions fréquemment posées.

Notre gouvernement s'est engagé à présenter des rapports tangibles sur les progrès réalisés quant à l'atteinte

de l'état de stabilité et la résolution des problèmes de paye. Les points saillants des progrès réalisés au cours du mois d'août ont également été présentés dans le tableau de bord mensuel du Centre des services de paye de la fonction publique pour ce qui suit : les mouvements excédant la charge normale de travail, le flux de travail au Centre des services de paye et le pourcentage de mouvements traités dans le respect des normes de service.

Une équipe intégrée a été mise sur pied en juillet afin de cerner et de régler les causes fondamentales des problèmes en examinant le processus des ressources humaines à la paye pour que notre système de paye fonctionne de manière efficace et fiable. Cette équipe, qui est composée de représentants de SPAC et du Secrétariat du Conseil de Trésor du Canada, collabore avec des collègues des ministères et organismes ainsi qu'avec les syndicats en vue d'échanger de l'information et des mises à jour pour régler les problèmes de paye. Parmi ces renseignements, on trouve des tableaux de bord conçus récemment qui présente aux dirigeants des ministères un aperçu de la situation

de la rémunération dans l'ensemble de la fonction publique. Ces documents, qui ne sont jamais définitifs, évoluent au fil de temps pour assurer l'exactitude et la pertinence des renseignements qu'ils contiennent. Leur contenu éclaire les discussions et la prise des décisions concernant la résolution des problèmes de paye non seulement au Centre de services de paye, mais aussi dans l'ensemble du gouvernement.

L'équipe rencontre régulièrement les syndicats dans le cadre formel du Comité de consultation syndicale-patronale, afin d'échanger de l'information telle que les progrès réalisés à l'égard de la charge de travail au Centre des services de paye, la mise en œuvre des conventions collectives et la communication avec les employés. Une forte collaboration et des discussions ouvertes caractérisent ce comité, dont les membres poursuivent tous le même but, à savoir régler les problèmes de paye des employés.

Le gouvernement maintient son engagement de communiquer des renseignements pertinents et clairs sur les progrès réalisés à l'égard des problèmes de paye.

TRIDENT Sports

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

Running the Helsinki 10K

By Lt(N) Meghan Jacques,
HMCS Charlottetown

The Navy 10k began in 1986, and has since seen 1000s of participants show their support for the men and women of the RCN, CAF, and their families. Open to military and civilian participants, the run fosters not only support of the military, but encourages fitness and healthy living for all ages. At 10:30 AM on August 26, while deployed on Op REASSURANCE, members of HMCS Charlottetown joined together to show their support of the annual run—able to participate thanks to the Virtual Run option, and the dedication of running-enthusiast AB Ryan Francom.

AB Francom, hailing from Morin Heights, QC, is a Naval Combat Information Operator from Charlottetown, employed as an Anti-Submarine Plotting Operator and a member of the ship's dive team. Additionally, this year he was the organizer of the Navy 10K for Charlottetown on her deployment with Standing NATO Maritime Group 1 (SNMG1). He is an all-around active and enthusiastic team player who loves getting involved around the ship, and had this to say about his role as the coordinator for Charlottetown's run.

"A week before we left for Op Reassurance I received a message from LS Justin Daoust [a financial clerk also deployed with Charlottetown] asking me if I intended to take part in the Navy 10K Virtual run option while we



LCdr Nathan Decicco (left), XO of HMCS Charlottetown, and Cdr Jeff Hutt, CO of Charlottetown, present AB Francom with a Physical Fitness Award at sea en route to Wilhelmshaven, Germany.

CPL J. W. S. HOUCK, FIS

were sailing," AB Francom explained, when asked how he found out about the option of hosting a satellite run, "because he had participated in the Navy 10K in previous years, he was on the mailing list for the Navy 10km, and found out about it over email."

"For the last two years I had partaken in the Navy 10K...and wasn't looking forward to missing it this year. So I was immediately excited by the idea of a virtual run," he added. "Initially, we intended to just run by ourselves... but we decided that it would be more exciting to open the run up to as many

members of the ship's company as possible." Not willing to keep the good news to himself, AB Francom began canvassing the crew for interest and support. "From that point I began planning Charlottetown's Navy 10K; luckily the quiet transit across the Atlantic afforded me the time to begin setting things in place. We knew our first port in Wilhelmshaven, Germany would be busy, so our second port, Helsinki, Finland seemed to offer the best option...besides, with so many scenic locations it was an ideal city to stage the run. We eventually settled on run-

ning Töölönlahti, one of the most popular of all running loops in Helsinki." The Töölönlahti route is a beautiful and quiet path following the shoreline with views of the Finlandia Hall, the Opera House and the tower of the Olympic Stadium, and served as a perfect location but AB Francom's work wasn't over just because he had chosen the date and location.

"As soon as I had the plan together our Sports Officer, PO2 Shawn Bell, sent the details in an email to the ship's company...after which I received slow but steady interest from the crew. In total 15 people put their names forward, some taking advantage of the Navy 10K virtual option with official registration, others just looking for an opportunity to take part in an organized run." With participants organized, it was official. "The run was set for 10:30 on Saturday in downtown Helsinki's Töölönlahti park."

As with all great endeavors, there were bound to be some hurdles. As AB Francom puts it, "The day of the race was more chaotic than I would have liked; schedule mix-ups, delays, and a long walk to the starting point made for a poor tone initially. But, by the time the run had ended, most of the runners were smiling and having fun—which was ultimately the real goal of the run."

"Overall," he concluded with a laugh, "I would like to think of the run as a success. People enjoyed themselves and I learned quite a few things about planning a group run!"



MARLANT team marches at Nijmegen

Members of this year's MARLANT Nijmegen marching team make their way past the Holland Casino as part of the 160km of ground covered over four days at the international marching event, which was held from July 18-21.

MCPL CHARLES A. STEPHEN, FIS HALIFAX

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Sports movie trivia

By Tom Thomson
and Stephen Stone

We give you the quote. You name the movie and the sport. Bonus points if you can name the character and the actor.

Questions

1. Juuuust a bit outside.
2. Yo Adrian! I did it!
3. We shut them down because we can. Tonight, we are the greatest ***** team in the world.
4. The inches we need are everywhere around us. They're in every break of the game, every minute, every second.
5. Wax on, right hand. Wax off, left hand. Wax on, wax off.
6. Always protect the McNuggets.,
7. You must've been something before electricity.

8. Show me the money!
9. There's no crying in *****.
10. I must break you.
11. Pick me out a winner, Bobby.
12. I'll make it.
13. I always felt a man's grip on his club just like a man's grip on his world.
14. I believe in the Church of *****.
15. You had me at "Hello".
16. I sure miss playing basketball. I got depressed as hell when my athlete's foot and jock itch went away.
17. You're gonna eat lightnin' and you're gonna crap thunder.
18. People will come, Ray. People will most definitely come.
19. Momma says alligators are ornery because they got all them teef...but no tooofbrush.
20. Protect yourself at all times.

Answers on page 21

Even more sports trivia: Canadian running records

By Tom Thomson
and Stephen Stone

Questions

1. He holds the Canadian record in the now rarely-run men's 100-yard dash with a time of 9.41 seconds.
2. What is the longest-standing Canadian men's running record?
3. Who holds the longest-standing Canadian women's running record?
4. Who holds the Canadian record in the men's 100 metres?
5. Who holds the Canadian record in the women's 100 metres?
6. Who holds the Canadian women's marathon record?
7. Who holds the greatest number of individual Canadian running records?
8. Who holds the Canadian men's 200 metre record?
9. Who holds the Canadian women's 200 metre record?
10. He won the first Olympic gold medal in men's triathlon.
11. Who holds the Canadian men's one-mile record?
12. Who holds the Canadian women's one-mile record?
13. Who has the Fastest Known Time for a male running the Juan de Fuca Marine Trail on Vancouver Island, a distance of 47 km?
14. Who has the Fastest Known Time for a female running the Juan de Fuca Marine Trail?

15. He ran a world and Olympic record time of 9.79 seconds in the 100 metres at the Seoul Olympics in 1988 then failed the doping test. Who was this disgraced Canadian runner?
16. This Milton, Ontario octogenarian beat the 85-89 world age group record for the 5000 metres by 47 seconds. At the time of his death from prostate cancer on March 13, 2017 he held 36 world age class records on road and track from 1500 metres to the marathon.
17. In 1962 she placed eighth in the 880-yard run at the Commonwealth Games in Perth, Australia. In 1963 she won gold at the Pan-American Games, in 1966, gold at the Commonwealth Games and gold again in 1971 at the Pan-Am Games.
18. During his running career he won 18 national senior championships in Canada, the United States and Great Britain. He won gold in the six-mile run and bronze in the three-mile event at the 1962 Commonwealth Games.
19. Who was the first Canadian to win the Boston Marathon? He is not related to the restaurant.
20. On Canada Day July 1, 2017, Jack Williams, John Oisín O'Keane, Andrew Hall and Jeremy Bryant set a world record in this one-mile event in Vancouver.

Answers on page 23



Competitors embark on the swimming segment of the CAF Triathlon.

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RCN Athlete Going a New Distance

By Peter Mallett,
The Lookout Staff

An accomplished competitive swimmer and distance runner has made the successful transition to triathlon.

Lt(N) Nico Lightbody, a 25-year-old Ship Support Team Officer with Base Information Services (BIS), says he surprised everyone, including himself, with his second place finish in the CAF 2017 National Triathlon Championship held July 7 in Gatineau, Que.

"The Nationals gave me a huge feeling of accomplishment and a confidence boost," he says. But adds the last 200 meters of the race still stings. That's because the winner of the race, Capt Phil Reynolds from CFB St-Jean, got across the finish line just three seconds ahead of him.

A triathlon is one of the toughest tests of athletic endurance and stamina. It includes a 1.5-kilometer swim, 40-km bike ride and 10 km run, and Lt(N) Lightbody says his success didn't come by accident.

He has always excelled at swimming and recently captured a silver medal and five gold medals at the CAF Swimming Nationals held March 24 to 27, 2017, in Unionville, Ont. On the pavement, he has also proven himself a capable distance runner, capturing a top overall finish in his age category in the 2016 Navy Run 10 kilometre run.

"Still, I was very surprised to finish second since I was racing against a bunch of people who had been doing this sport for much longer."

His nearly seamless transition into triathlons continued in August. He was the top Canadian finisher in the Open Age Category at the CISM (International Military Sports Council) 19th World Military Triathlon Championship in Warendorf, Germany, on August 5. Lt(N) Lightbody finished 29th overall in a field of 74 triathletes representing 21 different countries.

"I was ecstatic with my finish and it really surpassed all my expectations," he says. "We had a couple of Olympians in the field and the caliber was really quite good. I was also encouraged by the fact that I finished 3 minutes ahead of Capt Reynolds, who had beaten me in Ottawa."

In order to properly prepare for the physically demanding competitions, Lt(N) Lightbody rose at 5 a.m. each



Lt(N) Lightbody finishes the 10km run segment of the triathlon.

SUBMITTED

morning and spent more than an hour either running, biking or swimming. That was followed by a similar session in the afternoon, while also augmenting with weight training twice weekly. He also found time to swim with the Navy Masters Swimming Club who meet three times per week.

"I also focus on eating a clean diet by eliminating meat and focusing on whole foods that are plant-based," he says. "I'm constantly trying to maintain and improve the way my body is performing in competitions. Getting good sleep is also important, so I am normally in bed around 9 p.m."

He notes the importance of starting off the day on "the right foot" and having a healthy work-lifestyle balance as crucial to his success, both in competition and at work.

Lt(N) Lightbody adds his chain of command has been very supportive of his fitness and competition goals since he began his military career in 2010.

It's an encouraging sign to know the navy supports him and he says that is allowing him to more fully focus on his next competition: the Miami Ironman 70.3. Lt(N) Lightbody will be one of approximately 3,000 civilian and military personnel who converge on South Florida for the annual event.

Fitness and sports updates

By Trident Staff

Want to be on the Slackers team and play in the 2017 Mini Grey Cup? Practices are at 4 p.m. on Porteous Fields every Tuesday and Thursday. **The 12 Wing Shearwater Men’s Hockey Team** is looking for a Coach/Manager. Team practices start soon and are on Mondays 2-3:30 p.m., and Tuesdays

2:30-4 p.m. For more information please contact Lt(N) Morash @720-1341 or Anthony.Morash@forces.gc.ca **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. **Join PSP Community Recreation for pick-up beach volleyball** on

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

FLEET – Fall Fitness Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30-8:15	Movement	Strength	Movement	Mobility	Strength
	Skills + Drills	Gentle Yoga	Skills + Drills	Yoga	Skills + Drills
8:30-9:15	FORCE Prep		FORCE Prep		FORCE Prep+
12:10-12:55	Strength	Movement	Spin	Strength	Friday Funday
12:00-13:00	Yoga		yoga	Yoga	

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

SHEARWATER – Fall Fitness Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00-8:00		Lane Swim		Lane Swim		
7:30-8:15	FROCE Prep		FORCE Prep		FORCE Prep*	
10:00-10:45	Kettlebell		Functional Strength		Range of Motion	Spin (0930-1030)
11:45-12:30	Spin	TRX	Spin	Functional Strength	Yoga	
12:00-13:00	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	
18:00-19:00	Yoga	Boot camp	Yoga	Boot Camp		

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

STADPLEX – Fall Fitness Class Schedule

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

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

Sports movie trivia

Questions on page 20

Answers

1. *Major League* - baseball. Spoken by Harry Doyle played by Bob Ueker.
2. *Rocky II* - boxing. Spoken by Rocky Balboa played by Sylvester Stallone.
3. *Miracle* - hockey. Spoken by Herb Brooks played by Kurt Russell.
4. *Any Given Sunday* - football. Spoken by Tony D'Amato played by Al Pacino.
5. *The Karate Kid* - martial arts. Spoken by Kesuke Miyagi played by

- Noriyuki "Pat" Morita.
6. *The Longest Yard* (2005) - football. Spoken by Cheeseburger Eddy played by Terry Crews.
7. *Caddyshack* - golf. Spoken by Al Czerwik played by Rodney Dangerfield.
8. *Jerry Maguire* - football. Spoken by Rod Tidwell and Jerry Maguire, played by Cuba Gooding Jr and Tom Cruise.
9. *A League of Their Own* - baseball. Spoken by Jimmy Dugan played by

- Tom Hanks.
10. *Rocky IV* - boxing. Spoken by Ivan Drago played by Dolph Lundgren.
11. *The Natural* - baseball. Spoken by Roy Hobbs played by Robert Redford.
12. *Hoosiers* - basketball. Spoken by Jimmy Chitwood played by Maris Valainis.
13. *The Legend of Bagger Vance* - golf. Spoken by Bagger Vance played by Will Smith.
14. *Bull Durham* - baseball. Spoken by Annie Savoy played by Susan Sarandon.
15. *Jerry Maguire* - football. Spoken

- by Dorothy Boyd played by Renee Zellweger.
16. *Breaking Away* - cycling. Spoken by Cyril played by Daniel Stern.
17. *Rocky* - boxing. Spoken by Mickey Goldmill played by Burgess Meredith.
18. *Field of Dreams* - baseball. Spoken by Terence Mann played by James Earl Jones.
19. *The Waterboy* - football. Spoken by Bobby Boucher played by Adam Sandler.
20. *Million Dollar Baby* - boxing. Spoken by Frankie Dunn played by Clint Eastwood.

Focus on hydration

By The Health Promotion Team

Here at Health Promotion we often get questions about hydration, primarily about how much water do I really need to drink? By focusing on our fluid intake and the role it plays in keeping our bodies functioning properly, we can learn to appreciate our dependence on water and the necessity of consuming adequate amounts. To help answer this question, we created the below quick reference guide:

Water is a nutrient that is essential to life. The human body is composed mainly of water, up to 70%, depending on your age, gender and body composition. Most average adults require 2.2 L to 3 L of water per day. Those with a physically active lifestyle require more to compensate losses from sweat. Given the large percentage of water in the human body, it is not surprising that water plays an extremely important role in many of the body's critical functions. Water, a vital nutrient to the life of every cell, regulates our internal body temperature by sweating; helps make nutrients and other essential elements accessible by transporting them to our cells; assists in flushing waste mainly through urination; lubricates joints; forms saliva; and acts as a shock absorber for brain, spinal cord, and fetus. Without water intake, humans cannot live more than three to five days.

Water is the perfect fluid choice during moderate activity. Sports drinks can be helpful if you are planning on exercising at higher than normal levels for more than an hour. They contain carbohydrates and electrolytes that can increase your energy. They also help your body absorb water. However, some sports drinks are high in calories and may contain high levels of sodium (salt). Check the ingredient list and nutritional label. 100% fruit juice packs a bigger nutritional punch than sports drinks, so make your own sport drink using your favourite fruit juices – Mix 500 ml of fruit juice and 500 ml of water and 1.5 ml of salt.

For more information on hydration or other health topics, please contact the health promotion division at 1 902 722 4956 or email halifaxhealthpromotion@forces.gc.ca

Helpful Hydration Hints

- Carry a personal water bottle for a drink at any time. To reduce your costs, carry a reusable water bottle and fill it with tap water.
- If you don't like the taste of plain water, try adding a slice of lemon or lime to your drink.
- When you're feeling hungry, drink water. Thirst is often confused with hunger. True hunger will not be satisfied by drinking water. Drinking water may also contribute to

a healthy weight-loss plan. Some research suggests that drinking water can help you feel full.

- If you have trouble remembering to drink water, drink on a schedule. For example, drink water when you wake up, at breakfast, lunch, and

dinner, and when you go to bed. Or, drink a small glass of water at the beginning of each hour.

- Drink water when you go to a restaurant. It will keep you hydrated, and it's free.

Sources: Guidelines for drinking fluids to stay hydrated. Dietitians of Canada. www.dietitians.ca.

Top Fuel for Top Performance – Top fuel nutrition tips

HYDRATION INFORMATION

Staying hydrated is extremely important to maintaining optimal health! To make things simple, use this handy handout as your guide to keeping hydrated!

HELPFUL TIPS:

All the information you need to determine your hydration levels can be found in your urine. Use this chart to gauge how hydrated you are/how much water you need!

HIGHLY DEHYDRATED

SERIOUSLY DEHYDRATED

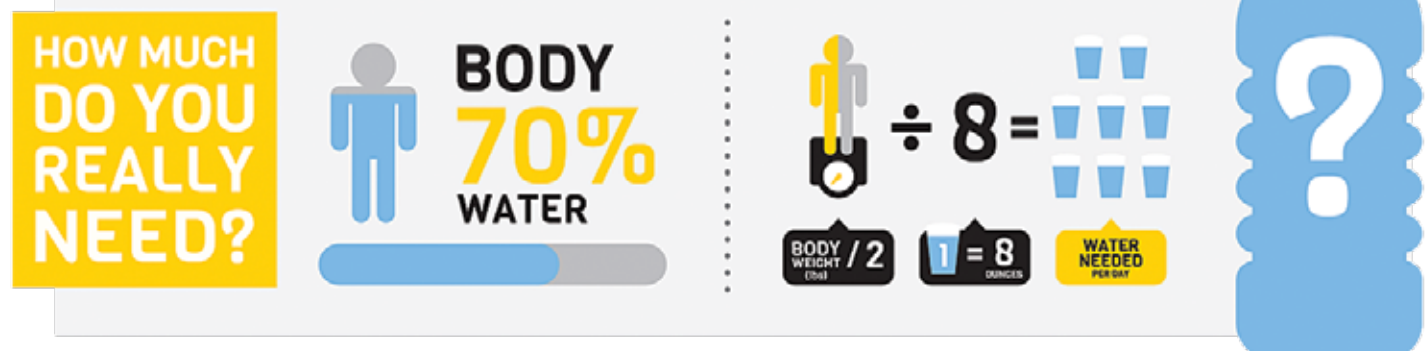
MODERATELY DEHYDRATED

PROPERLY DEHYDRATED

HYDRATED & HEALTHY

FUN FACTS:

Below are some interesting stats to give you a better idea of just how important hydration is to your overall health!



Super Crossword

51 PICKUP

ACROSS

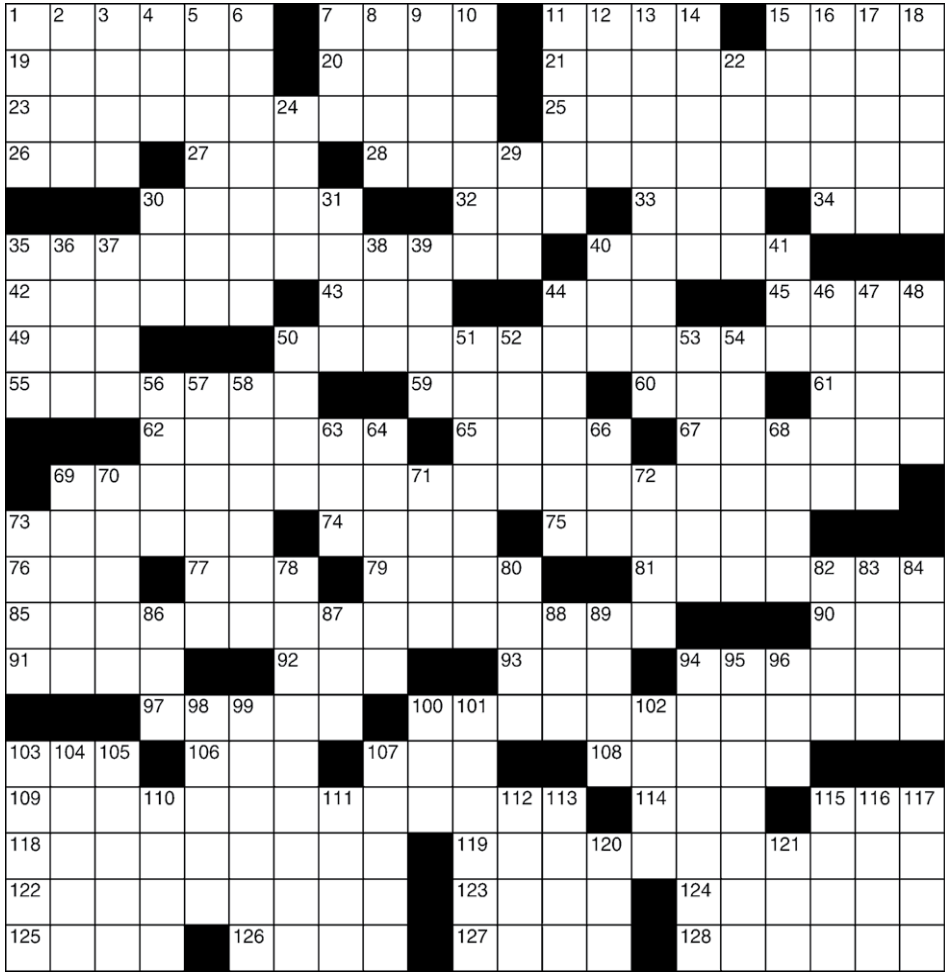
- 1 Move springingly
7 -- mater
11 Impact sound
15 Outfielder Slaughter
19 With 49-Across, it's between Greece and Turkey
20 Hive buzzers
21 Moniker for Lincoln
23 Automobiles that are really dirty?
25 Edited work
26 Tooth doctors' org.
27 -- Fridays (dining chain)
28 "The Matrix" actor eases pain?
30 Draw up new boundaries for
32 Apple's mobile devices run on it
33 Olds antique
34 WNW's opposite
35 Showy flight maneuvers done by some birds?
40 Boy band of pop
42 Geologic time periods
43 Suffix with Wisconsin
44 -- Schwarz
45 Traffic sign
49 See 19-Across
50 Deep-down faiths?
55 Sound, as an argument
59 "That's clear"
60 Cloning material
61 Auto tankful
62 Alligator's cousin
65 Bit of design info
67 Persian Gulf country
69 Serenade your purveyor?
73 Horse riding movements
74 Bedazzle
75 Events with witnesses
76 NY hours

- 77 Lyric-penning Gershwin
79 Longtime youth org.
81 Skilled in
85 "Whatever happened to your faith?"
90 Vow for the nuptials
91 What might follow "tra"
92 Bit of body ink
93 Fertility clinic cells
94 Ring sealing a junction
97 Seizes
100 Give some yuletide plants moisture?
103 Mrs., in France
106 "-- and Stimpy"
107 Depressed
108 Chaise spot
109 Test done by a marine aquarium keeper?
114 Suffix with 36-Down
115 Diner bill
118 Providing nourishment
119 Bill of fare at an outdoor eatery on a clear night?
122 Had profits equaling losses
123 Helen of --
124 Grippers on golf shoes
125 Soup containers
126 For fear that
127 Besides that
128 Grammer of "Frasier"

DOWN

- 1 "Que --?"
2 Necessary: Abbr.
3 Oceano filler
4 Tchr.'s union
5 W. Coast engineering school
6 Puzzles
7 Easy as --
8 Tap mishap
9 Piddling
10 Tear into

- 11 Drive- -- (pickup windows)
12 One using a weeding aid
13 Promoted insufficiently
14 Dallas' -- Plaza
15 Major finale?
16 Easily fooled
17 Reed instruments
18 Get a feeling
22 Offshoot
24 Zoologist Fossey
29 Refusals
30 Rocker Ocasek
31 -- -dieu (pew addition)
35 Real pain
36 Sword type
37 Part of S&L
38 See 121-Down
39 City on Utah Lake
40 Scot's refusal
41 Longtime CBS show
44 Least restricted
46 Forum robes
47 Studio sign
48 "Hey ... you"
50 Sci-fi captain
51 Nature
52 Gym set
53 Rubber stamp go-with
54 Charles de -- Airport
56 Skin woe
57 Ziploc item
58 Pen fixtures?
63 "-- longa ..."
64 "Maybe later"
66 Inferior dog
68 Faint cloud
69 Obama girl
70 PC chip giant
71 Anesthetize
72 Chanteuse Edith
73 Cry weakly
78 Watchful
80 Opposite of 95-Down
82 -- torch (luau lamp)



- 83 "Zip- -- -Doo-Dah"
84 Little 'uns
86 Tattle (on)
87 Owns
88 "-- had it!"
89 Frontier figure Wyatt
94 Took ill
95 Just slightly
96 -- -pitch
98 Palmer of the links

- 99 Actor Harvey
100 Nursery cry
101 "-- Fideles"
102 Greet
103 "Hardball" network
104 Tierney of "Liar Liar"
105 Rocker John
107 Fragrance
110 Ticks off
111 Part of YSL

- 112 PC key abbr.
113 Evil group in "Get Smart"
115 Caddy picks
116 Initial stake
117 Not at all idle
120 Seedy loaf
121 With 38-Down, old New York Giants great

Even more sports trivia: Canadian running records

Questions on page 20

Answers

1. Harry Jerome - set August 6, 1966 in Kingston, Jamaica.
2. The marathon set December 7, 1975 by Jerome Drayton in Fukuoka, Japan in a time of 2:10:09.
3. Marita Payne - 400 metres - set August 6, 1984 in Los Angeles, California in a time of 49.91 seconds and equaled by Jillian Richardson on September 25, 1988 in Seoul, South Korea.
4. Donovan Bailey - 9.84 seconds - set July 27, 1996 in Atlanta, Georgia and equaled by Bruny Surin, August 22, 1999 in Seville, Spain.
5. Angela Bailey - 10.98 seconds - set July 6, 1987 in Budapest, Hungary.
6. Lanni Marchant - 2:28:00 - set Octo-

- ber 20, 2013 in Toronto.
7. Lanni Marchant - six - 20 km, 30 km, 35 km, 40 km road races and half marathon and marathon.
8. Andre de Grasse - 19.80 seconds - set August 17, 2016 in Rio de Janeiro, Brazil.
9. Crystal Emmanuel - 22.50 seconds - set July 18, 2017 in Cork, Ireland.
10. Simon Whitfield - September 17, 2000 in Sydney, Australia.
11. Kevin Sullivan - 3:50.26 - set July 28, 2000 in Oslo, Norway.
12. Leah Pells - 4:23.28 - set August 14, 1996 in Zurich, Switzerland.
13. Matt Cecill - 5:14:27 - July 5, 2014.
14. Jen Segger and Jen Thiel - 7:49:00 - October 13, 2015.
15. Ben Johnson.
16. Ed Whitlock.

17. Abigail "Abby" Hoffman.
18. Bruce Kidd.
19. Ronald J. MacDonald.
20. The one-mile team beer relay. Each team member has to drink 335 ml of 5% beer and run 1/4 mile. Their


time was 4:03.33. The individual beer mile record is held by Corey Bellemore of Windsor, Ontario at 4:34.35 which is only 50 seconds slower than the non-beer world record.



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