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# TRIDENT

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

## HMCS *Summerside* wins Admiral's Cup

*RAdm Craig Baines and CPO1 Pierre Auger present the Admiral's Cup to the ship's company of HMCS Summerside, in recognition of the ship's many accomplishments this year.*

MONA GHIZ, MARLANT PA



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# FEATURE OF THE WEEK



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# 31st Treaty Day a celebration of peace and cooperation

By Ryan Melanson,  
Trident Staff

For Nova Scotia's Mi'kmaq community, Treaty Day, held each year on October 1, offers an opportunity for celebration, but also for learning and progress.

The day recognizes the importance of the treaties of peace and friendship signed between the Crown and the Mi'kmaq people between 1725 and 1761, as well as the court cases that have upheld the treaties since then. It also serves as an annual affirmation of the shared rights and responsibilities contained within those treaties.

"These treaties bind us together and remind us of the importance of cooperation and dialogue moving forward, and that we are all treaty people," said Grand Chief Ben Sylliboy.

Since 1986, the Mi'kmaq community and government representatives, including service members, have gathered at the beginning of October to observe the day. This year, the annual Mi'kmaq flag raising ceremony took place on the morning of October 2 at Government House, followed by



*Treaty Day parade up Barrington Street toward the Grand Parade Square on October 2.*

MONA GHIZ, MARLANT PA



*Leaders from Nova Scotia's Mi'kmaq community attend the Treaty Day ceremony in the Grand Parade in Halifax.*

MONA GHIZ, MARLANT PA

a Treaty Day Church service at St. Mary's Basilica and then a Veterans' Parade of Honour to the Grand Parade Square, where the Mi'kmaq Nation flag was also raised in front of Province House.

As he has in recent years, HCol Donald Julien, Executive Director of the Confederacy of Mainland Mi'kmaq and an advisor to the CAF on Aboriginal issues, delivered a Veterans' Address as part of the morning's ceremonies. Veterans from the Mi'kmaq community have played a prominent role in Treaty Day celebration since 1986, and as the number of living veterans from the Second World War and Korean conflict continues to decline, it's increasingly important to commemorate their service, he said.

"And we also honour the many Mi'kmaq who have served in peacetime, who served in Afghanistan, and who continue to serve today."

HRM Mayor Mike Savage also spoke at the flag raising, describing Treaty Day as a time to reflect on the importance of the special relationship with Nova Scotia's Mi'kmaq people, and to engage in conversations on how to continue strengthening that relationship.

A large contingent of uniformed personnel, including many Indigenous service members, were on hand to show support and respect for Nova Scotia's Mi'kmaq community, with rows of RCN, RCAF, Army and RCMP lining the Grand Parade Square, and

Sgt Tony Parsons proudly displaying the new MARLANT Eagle Staff as part of the Veterans' parade.

Following events in the Parade Square, a reception and awards ceremony was held at the World Trade and Convention Centre, where a number of awards and scholarships were presented to elders and youth from Mi'kmaq communities across the province. Earlier Treaty Day activities also took place on October 1, including a Mawio'mi featuring drumming, dancing and exhibitors at the Lord Nelson Hotel.

October has also marked Mi'kmaq history month in the province since 1993, and the focus this year is being put on the innovations and legacies of the Mi'kmaq people, highlighting ties to the first use of items like hockey pucks and sticks, canoes, toboggans, and maple syrup. Some of these innovations are illustrated on the official 2017 Mi'kmaq history month poster, with a goal of showing off some of the Mi'kmaq contributions that have enriched the lives of all Canadians. More information on events through the month can be found at [mikmaqhistorymonth.ca](http://mikmaqhistorymonth.ca).

"All Nova Scotians can celebrate and take great pride in the rich and very special Mi'kmaq history, heritage and culture that are defining characteristics of this province," said The Honourable Arthur J. LeBlanc, Lieutenant Governor of Nova Scotia.

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*Sarah McLachlan performs with the combined forces of the Stadacona and Naden Bands of the Royal Canadian Navy.*

CPL JEAN-ROCH CHABOT

# Stadacona Band at the Invictus Games, Toronto 2017

**By LS Emily Bellman,**  
Stadacona Band of the Royal Canadian Navy

On Saturday September 23, 2017, the Stadacona Band of the Royal Canadian Navy, under the baton and direction of Commanding Officer Lt(N) Patrice Arsenaault, performed at the opening ceremonies of the Invictus Games hosted in Toronto, ON. This year marks the third annual games, founded by His Royal Highness Prince Harry in 2014. There were 17 countries represented, with Canada having one of the larger representations of 91 athletes out of a total of 550.

Along with the Stadacona Band, there were three additional Regular Force bands: the Naden Band of the Royal Canadian Navy from Victoria, BC, The Royal 22nd Regiment Band of the CAF from Valcartier, QC, and the Central Band of the CAF from Ottawa, ON. Other dignitaries and Canadian icons were present, such as the Prime Minister of Canada; The Right Honourable Justin Trudeau, His Excellency the Governor General David Johnson with his wife Sharon Johnson, the Three Tenors vocal group, Canadian actor Mike Myers, and singer Sarah McLachlan.

The Stadacona Band arrived in Toronto, ON on a Hercules C-130 J model on September 21. As we made our way to our transport, many Invictus

athletes were also arriving from other countries at the same time from the United States, France, Germany and Australia. Even just two days before the opening ceremonies, it was evident that the excitement and camaraderie in Toronto was high. On the morning and afternoon of September 23, the Stad Band had intensive rehearsals for the opening ceremonies. The Central Band and the Royal 22nd Regiment Band performed at the beginning of the ceremony as the different countries were introduced, and the Naden and Stadacona Bands performed near the end of the ceremony accompanying Canadian (fellow Haligonian) artist Sarah McLachlan. The opening ceremonies kicked off at 8 p.m. EST.

The Invictus Games were established to promote hope, spirit and community for service members with injuries both visible and invisible. The opening ceremonies included speeches by “Man in Motion” Rick Hanson, and Capt (ret’d) Trevor Greene, a former Officer with the Seaforth Highlanders. Capt Greene’s presence alone was an inspiration to everyone in attendance as he shared his experiences overseas and his own personal challenges he faced every day. He spoke about the incredible importance of family and the role they play, and ended with a powerful message to the athletes: “All of you were faced with the same choice and you all made the same decision. You chose to believe in yourself

– and I believe in you.”

The sense of community was shared with all four of the six Regular Force bands that took part. With the high demand of the Regular Force bands in their respective bases across the country, there is rarely any performance overlap and limited opportunities to work with musicians outside of the respective bands.

The Stadacona Band thoroughly enjoyed being able to meet and reconnect with fellow military musicians and old colleagues, some after many years. Each band took part in different parts of the ceremony, so we had the opportunity to listen to the other performances. It is not often that a musician experiences a performance from outside of the band, and only reinforced the notion of being in the presence of some of the best musicians in Canada.

The Stadacona Band also received some great feedback from other bands watching from the audience. Having musicians giving fellow musicians goosebumps, it was an unforgettable experience that is not likely happen again for some time. The high calibre live performances only seemed to heighten the positivity of the games. With emotional video clips and powerful speeches, the opening ceremonies were a highlight of Canada’s sesquicentennial year of celebration, and of the incredible legacy of the Invictus Games.

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

**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.

**48th Annual Mini Grey Cup  
Time: 1 p.m.  
Date: Friday, October 20  
Location: Porteus Field,  
Stadacona**

The teams are set, practices are wrapping up, and the players are ready to leave it all on the field in CFB Halifax's annual flag football matchup. For nearly 50 years the Fleet Club Slackers have taken on the Wardroom Officers in the Mini Grey Cup, and while both teams can claim a number of victories over the decades, the Slackers have been almost untouchable through the last 20 years. The game now takes place alongside CAF Sports Day, and all are invited to Porteus Field to watch the action on October 20, with kickoff set for 1 p.m.

**Prospect Road Crafters' Market  
Time: 10 a.m. - 4 p.m.  
Date: Saturday, October 21  
Location: Prospect  
Community Centre**

Join local merchants for the eighth annual edition of this day-long market, featuring a variety of handcrafted items, free admission, free parking, live music, door prizes and lunch options – fun for the whole family.

**Family Concert Series:  
Symphony meets Bhangra  
Time: 1:30 p.m.  
(sensory friendly) and 3 p.m.  
Date: Sunday, October 22  
Location: Pier 21**

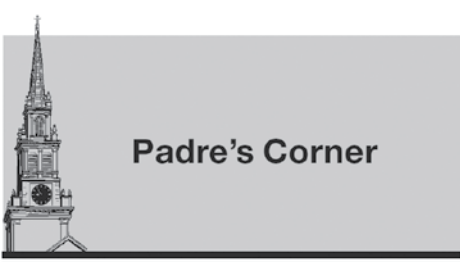
Halifax's own Maritime Bhangra Group is a social media sensation, with more than a million YouTube views and tens of thousands of devoted online followers. Now, experience this joyful Punjabi dance live in concert with Symphony Nova Scotia! Featuring bright, lively music from around the world, this contagiously cheery concert is sure to put a smile on your face. The 1:30 p.m. "sensory friendly" performance is quieter and shorter, with less onstage discussion. It is designed for those with autism or developmental disabilities, but all are welcome to attend. Registration is free for families with children. Seating is first-come, first-served. Register at <http://symphonynovascotia.ca>

**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, *Newfoundlander 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.

**Book Event: Breaking  
Disaster by Katie Ingram  
Time: 7 p.m.  
Date: Tuesday, October 24  
Location: Maritime  
Museum of the Atlantic**

In *Breaking Disaster*, Katie Ingram traces the details and stories of the Halifax Explosion as she pieces together the different narratives in the press from the week that followed December 6, 1917, many of which have long faded into the larger Explosion story. Together, they present the overarching image of Halifax at the time – survival and confusion – while separately they show just how much impact one event had. Ingram is a graduate of both Dalhousie University and the University of King's College. A Halifax-based freelance journalist and writer, her work has been in such publications as *Halifax Magazine*, *The Week*, *Atlantic Books Today*, and *Atlantic Business*.



Padre's Corner

Expressing gratitude

By Lt(N) Haupi Tombing,  
Chaplain, 12 Wing Shearwater.

Thanksgiving is one of my favourite holidays of the year. Summer has ended, and with the change of season, schools are in full swing, busy families are juggling demanding schedules, while beautiful Fall colours dazzle the landscape. Thanksgiving prompts us to pause from the daily grind, take time to reflect, and give thanks for the blessings we have. It calls our attention to look at what we do have, rather than what we do not have.

The word gratitude is derived from

the Latin root *gratitudo* from *gratia*, meaning grace, graciousness, or gratefulness. It is the one emotion that most people feel frequently and strongly, that relates to our ability to feel and express thankfulness. All derivatives from this Latin root have to do with kindness, generosity, gifts, and getting something for nothing. We have all been both givers and/or recipients of grace, graciousness, kindness, generosity, goodness, or gifts big and small. Gratitude is other-directed.

Traditionally, the concept of gratitude was prominent in theological and philosophical studies. Major world religions recognize and teach the importance of gratitude. In 2004, Robert Emmons, a Psychology professor at the University of California, began a study on gratitude through a psychological lens. His research showed that expressing gratitude improves one's mental, emotional, physical, and relational wellbeing, and contributes to overall happiness. These accumulating empirical evidences of

the positive impact of gratitude are also consistent with traditional treatments of gratitude by theologians and philosophers.

Recently a friend of mine posted a statement on Facebook that caught my attention. It read, "Gratitude turns adequate into abundance." This is a powerful statement worth reflecting upon. In a fragmented world absorbed with *Me*, *My Rights*, *My Hurts*, and *My Entitlements*, we rob ourselves of the incredible happiness and abundance we are meant to enjoy when we forget to be grateful. Thanksgiving gently calls us back to that which is good for our wellbeing; to count our blessings and express our gratitude.

This season, what are you grateful for?

References  
1. Dictionary.com  
2. Emmons, R.A., & McCullough, M.E. (Eds.). (2004) *The Psychology of Gratitude*. New York: Oxford University Press.





# HMCS *Halifax* ship's company on the march

*Cdr Geoffrey Steed, Commanding Officer of HMCS Halifax, leads the way as the ship's company marches through Irving Shipyard to go aboard their ship and return her to CAN-FLTLANT following a maintenance period in the shipyard.*

MONA GHIZ, MARLANT PA

## DND's best and brightest in the spotlight at Honours and Recognition ceremony

By Ryan Melanson,  
Trident Staff

The new Commander MARLANT/JTFA, RAdm Craig Baines, had one of his first opportunities on September 21 to recognize members of the Formation for going above and beyond their duties in support of the RCN and CAF. The Admiral's Honours and Recognition Presentation Ceremony was held at Juno Tower, with recipients, their friends and family members and unit representatives all in attendance.

The ceremonies are meant to highlight the good work of the members and give them a platform to be recognized, but are also used by senior officers as a way to get familiarized with some of the inspiring stories and emerging leaders across the organization.

The day saw 15 different certificates handed out to deserving CAF members and DND civilian employees.

The Commander Maritime Forces Atlantic Certificate of Achievement – Bravo Zulu Award, was presented to MS Dan Camellato, for his work as a member of Trinity's Current Intelligence section in 2016, and as the Acting Intelligence Officer in HMCS *Frederickton* in 2015. As a Leading Seaman at the time, his behind-the-scenes support and analytical skills are said to have directly impacted the quality and speed of Trinity's functions in support of the formation.

The Commander MARLANT BZ Award also went to a group of three logistics staff members who supported those deploying to Op DISTINCTION from January to April of this year. As employees of CFB Halifax Clothing Stores, the work of Cpl Steve Holmes, Cpl Daphne Perley and Avr Natacha Rowsell brought more than 1,750 pairs of boots out of MARLANT stocks and over to those participating in the 100th Anniversary Ceremony of the Battle of Vimy Ridge, ensuring the memorial event could be staged successfully.

Lt(N) Jennifer McGean was next to receive the BZ Award, for her time as Deputy Fleet Logistics Officer at CANFLTLANT headquarters from Sep-

tember 2016 to January 2017. She was lauded for financial expertise beyond her experience, and for her tireless support of the fleet's shipboard LogOs, which allowed others in her office to focus on operations during a busy fall period for the fleet.

Civilian employee Hal Payne also received the award for his work as a Gearbox Inspector at FMF Cape Scott. During a scheduled inspection of HMCS *Montreal*, his attention to detail allowed for the discovery of a small issue, which was corrected with a gear tooth replacement to prevent any failures at sea.

Roy Jeffrey, who has worked as RPOU(A)'s Halifax Dockyard Infrastructure Maintenance Manager since 2006, received the BZ Award for his long-running commitment to the role, generating highly effective teams of trade workers and always showing genuine concern for the welfare and workload of his staff.

And under the umbrella of his second job title, RAdm Baines also presented one sailor with the Commander Joint Task Force Atlantic Certificate of Achievement, which focused on contributions made in support of joint operations or exercises. Sgt Corey Meikle was present to accept the award on behalf of 3 Intelligence Company's High Readiness Intelligence Support Team for work in support of Op LENTUS in early 2017. In particular, the forward deployment of two members to the Task Force headquarters in Lameque, New Brunswick was cited as critical in gathering valuable data from ground forces.

Other awards presented by RAdm Baines included the Commander CJOC Commendation, on behalf of LGen Steve Bowes. The first went to Lt(N) Joel Cormier, who was deployed to the Baltic in May 2016 as the officer in charge of a Task Force diversion team in Lithuania. His Canadian team was more productive than any other country, carrying out 27 dives and identifying more than 60 marine mines to be eliminated.

A Commander CJOC Commendation was also presented to LCdr Pierre-Luc Dessureault-Beaulieu, who served as Combat Officer in HMCS *Fred-*

*erickton* during the ship's 2016 Op REASSURANCE deployment. He was awarded for his planning and leadership in coordinating three passing exercises with the Navies of Bulgaria, Romania and Turkey, constantly liaising with representatives of those countries as well as high-ranking NATO officials.

LS Matthew Thornhill also received the Commendation for work on the Op REASSURANCE mission, during *Charlottetown's* deployment through the second half of 2016. As a cook on board, he was known for elevating the creativity and skill of the entire galley staff, resulting in a morale boost for well-fed sailors, and for exceptional meals that aligned with local dietary restrictions to be served to VIP guests in Egypt.

And on behalf of VAdm Ron Lloyd, Commander RCN, RAdm Baines also presented the Commander RCN Commendation to three individuals, awarded for exceptional contributions to naval work and for enhancing the reputation and profile of the RCN.

The first went to DND civilian Cory Baillie, who was able to resolve critical data collection system failures that would have prohibited RCN involvement in portions of Exercise JOINT WARRIOR and RIMPAC in 2016. Because of his work, HMC ships *Montreal*, *Vancouver*, and *Calgary* were able to participate in HULKEX and Anti-Ship Missile Defence exercises.

MS Tavis Moffat was awarded the Commander RCN Commendation for his decisive and life-saving action in responding to a choking victim on board *Charlottetown* during a Christmas dinner in 2015. MS Moffat was credited with saving his shipmate's life by providing first aid immediately and clearing the blocked airway.

And finally, CPO2 Pierre Sevigny was also awarded the Commander RCN Commendation, for his unwavering dedication to the Professional Weapons Engineering group from 2012 to 2016, providing advice to sailors, guidance to leaders, and inspiring more than 500 fellow engineers. His work was said to have brought great credit to the group following its merger in 2011.



# HMCS *Montréal* honours fallen Second World War sailors

By: Lt(N) Linda Coleman,  
MARLANT Public Affairs

On September 18 and 19, 2017, HMCS *Montréal* took time from their operation to honour and remember the officers and sailors of HMCS *Athabaskan* who were lost at sea when the ship was torpedoed and sank off the coast of France on April 29, 1944 during the Second World War.

On September 18, the ship's company, along with staff members from Canadian Fleet Atlantic embarked in HMCS *Montréal* for NEPTUNE TRIDENT 17-02, visited Plouescat Cemetery in France where 59 out of the 128 sailors from HMCS *Athabaskan* are buried. Wreaths were laid at the cenotaph by HMCS *Montréal* and Canadian Fleet Atlantic leadership. The next day, as the ship transited north as part of NEPTUNE TRIDENT, HMCS *Montréal* laid a wreath at sea over the area where HMCS *Athabaskan* sank. The wreath was laid by those who served in HMCS *Athabaskan III*, named after the original *Athabaskan*, whose members felt a close connection to the ship and its history.

The Commanding Officer of HMCS *Montréal*, Cdr Chris Sherban, made remarks during the ceremony that were raw and heartfelt. The remarks serve as a reminder of the horrors of war, the sacrifices made, and the importance of why we continue to remember our fallen heroes. Commander Sherban's remarks are as follows:

Good Evening *Montréal*,

We are here not just to commemorate the loss of the *Athabaskan*, but to commemorate and honour the bravery and sacrifice of those officers and sailors who sailed on board her.

When I was at the cemetery yesterday, I was struck, as I usually am when I visit a war cemetery by the age of the fallen. Just imagine for a moment, you are here at this place, serving in the *Athabaskan* on that dark, cold morning in April. You're in a fight with 2 Kriegsmarine torpedo boats 3 nautical miles off the coast, dangerously close to navigational hazards that could rip the bottom out of the ship at any moment. The noise would be deafening. Enemy rounds are impacting all around you, the wind and the boilers are roaring as you're conducting tactical manoeuvres at speed, the forward and after batteries are firing salvo after salvo of 4.7 inch rounds at the enemy and with every round fired the concussions from the blasts are assailing every one of your senses. The only lights that you can see are the flashes from your guns and those of HMCS *Haida*'s and the enemy's. Then, without warning, there is a tremendous explosion and you are catapulted into the air as the enemy torpedo finds



Capt(N) Jeff Hamilton, Commander 5 Maritime Operations Group, walks between gravestones of members of HMCS *Athabaskan* that was attacked and sank during the Second World War off the coast of France. The ship's company of HMCS *Montréal* held a ceremony during their visit to France on September 19, 2017.

PHOTO: LS DAN BARD, FIS HALIFAX

its target. The ship shakes and heaves, many of the stokers who were below decks when the torpedo hit are already dead. Burning oil is all around you and as you still try to keep up the fire on the enemy ship, lights start to fade as the plant loses steam, damage control systems fail and you hear the frenetic shouts from the bridge to abandon ship and you jump into freezing water that is alight with burning bunker fuel. As you try to stay afloat you see the bodies and body parts of your shipmates float past you. You hear their screaming as they are being burned alive or are suffering from horrendous injuries and you are calling out for help, hoping against hope that somebody will find and save you.

Now imagine that you're 18 - 20 years old – the same age as many of the sailors in the *Athabaskan* and indeed all of the fighting ships of the Navy. A year ago, you were finishing school, working on your family's farm, trying to find a date for the next dance and suffering from all of that angst and awkwardness that sometimes afflict those who are young. Now you're fighting for your life off a foreign coast wondering if you're going to live or die. Imagine you at that age. It is easy to forget how young the crew was. The old man, the Captain, was only 31 years old!

These young men came from all parts of Canada and they fought a fierce battle with the enemy and many died on this spot 73 years ago. Walking amongst the tombstones yesterday at Plouescat and seeing all of the sailors who are still known only to God, the carnage and ferociousness of the battle is easily evident. There were many stories of bravery, courage and self-sacrifice that cold April morning. One of the stories that resonates with me the most is the story of the Captain, John Stubbs. Already in the water as his ship sank around him, the *Haida* spotted and approached him. HMCS *Haida*'s Captain, Harry DeWolf, implored Stubbs to come aboard, however he refused rescue, demanded that DeWolf take *Haida* back to England before they could be targeted by the Luftwaffe or returning Kriegsmarine units and then swam back to save as many of his sailors as possible. He died and is buried in Plouescat alongside those very same sailors. I only hope that if ever faced with a similar situation that I could find in myself the courage, poise and leadership that John Stubbs displayed that morning.

These are the qualities that we must strive to emulate and it is why we are paying homage to those that served in the *Athabaskan*. They bravely fought here, thousands of miles from their

homes and loved ones and many died so that others may live free. I believe that it is our sacred duty to remember their sacrifice, bravery and courage. These are the ideals upon which the culture and fighting spirit of the Royal Canadian Navy were formed. They are the ideals that we must model as we continue to serve this great country of ours.

- Cdr Chris Sherban

The ceremony concluded with the ship's company of HMCS *Montréal* feeling a sense of honour, pride, and relief that we're no longer sailing in such dangerous times. Following the ceremony, HMCS *Montréal* continued sailing north on NEPTUNE TRIDENT 17-02, conducting operations with partners and allies, and continuing the Royal Canadian Navy (RCN) tradition of being Ready Aye Ready when called upon. NEPTUNE TRIDENT 17-02 is the overarching RCN deployment which will include participation in FORMIDABLE SHIELD 17 - a U.S. led, joint NATO live fire Integrated Air Missile Defence exercise involving eight nations, including Canada, France, Germany, Italy, Netherlands, Spain, United Kingdom and the United States. HMCS *Montréal*'s deployment is taking place in the North Atlantic and North Sea from September 8 to December 2, 2017.





# Le NCSM *Montréal* commémore les marins tombés durant la Deuxième Guerre mondiale

Par le Ltv Linda Coleman,  
NCSM *Montréal* OAP

Les 18 et 19 septembre 2017, le NCSM *Montréal* a suspendu ses opérations pour commémorer et se rappeler des officiers et marins du NCSM *Athabaskan* perdus en mer lorsque le navire a été torpillé et a coulé au large des côtes de la France le 29 avril 1944 au cours de la Deuxième Guerre mondiale.

Le 18 septembre, les membres d'équipage du NCSM *Montréal*, accompagnés d'officiers d'état-major de la Flotte canadienne de l'Atlantique embarqués à son bord pour participer à l'exercice Neptune Trident 17-02, ont visité le cimetière de Plouescat en France, où 59 des 128 marins du NCSM *Athabaskan* sont enterrés. Des couronnes ont été déposées au cénotaphe par l'équipage du NCSM *Montréal* et les officiers d'état-major de la Flotte canadienne de l'Atlantique. Le lendemain, navigant vers le nord dans le cadre de l'exercice Neptune Trident, le NCSM *Montréal* a jeté une couronne en mer près de l'endroit où le NCSM *Athabaskan* a sombré. La couronne a été jetée à la mer par d'anciens membres d'équipage du NCSM *Athabaskan III*, nommé d'après l'*Athabaskan* d'origine, navire dont les membres d'équipage ont toujours ressenti un lien étroit avec le navire et son histoire.

Le commandant du *Montréal*, le capitaine de frégate Chris Sherban, a prononcé un discours dur et direct lors de la cérémonie. Ses propos sont un rappel des horreurs de la guerre, des sacrifices faits et de l'importance de la raison pour laquelle nous continuons à nous souvenir de nos héros morts au combat. Voici les propos du capitaine de frégate Sherban :

Bonsoir NCSM *Montréal*,

Nous sommes ici pour nous rappeler de la perte de l'*Athabaskan*, mais aussi pour commémorer et honorer la bravoure et le sacrifice des officiers et marins qui ont navigué à son bord.

Quand j'étais au cimetière hier, j'ai été frappé, comme à l'habitude quand je visite un cimetière de guerre, par l'âge des morts. Imaginez un instant, vous êtes ici à cet endroit, en service à bord de l'*Athabaskan*, en ce matin sombre et froid d'avril. Votre navire est engagé contre deux torpilleurs de la Kriegsmarine à trois milles nautiques au large de la côte, dangereusement proches de dangers à la navigation pouvant éventrer la coque du navire à tout moment. Le bruit est assourdissant. Les obus ennemis explosent tout autour de vous, le vent et les chaudières rugissent alors que le navire effectue des manœuvres tactiques à pleine vitesse, les batteries avant et arrière tirent salve après salve d'obus de 4,7 pouces sur l'ennemi et à chaque tir d'obus, les effets du tir et de la détonation

assaillent tous vos sens. Les seules lueurs que vous pouvez voir sont les éclairs des canons de votre navire, du NCSM *Haïda* et de ceux de l'ennemi. Puis, soudainement, une torpille ennemie atteint son but, une énorme explosion survient et vous êtes projeté dans les airs. Le navire est secoué et tremble! De nombreux marins qui se trouvaient sous le pont dans la salle des machines sont déjà morts. Le mazout brûle tout autour du navire et pendant que vous tentez de maintenir le tir sur les navires ennemis, l'éclairage commence à faiblir alors que les machines perdent de leur puissance. Les systèmes de contrôle des avaries ne fonctionnent plus et vous entendez les cris frénétiques venant de la passerelle d'abandonner le navire. Vous sautez dans l'eau froide sur laquelle le combustible des soutes brûle. Alors que vous tentez de rester à flot, vous voyez les corps et les membres arrachés de vos compagnons de bord flotter devant vous. Vous entendez leurs cris alors qu'ils brûlent vifs ou souffrent d'horribles blessures et vous criez à l'aide, espérant contre toute attente que quelqu'un vous trouve et vous sauve.

Imaginez maintenant que vous avez entre 18 et 20 ans – le même âge que beaucoup de marins de l'*Athabaskan*, et même de tous les navires de combat de la Marine. Il y a un an, vous étiez en train de terminer l'école. Vous travailliez à la ferme familiale, espériez avoir un rendez-vous avec une fille pour aller à la prochaine danse et viviez toute cette angoisse et cette maladresse qui afflige parfois les jeunes. Maintenant, vous vous débattiez pour rester en vie au large d'une côte étrangère et vous vous demandez si vous allez survivre ou mourir. Imaginez-vous à cet âge. Il est facile d'oublier l'âge des membres de l'équipage. Le vieux à bord – le capitaine – n'avait que 31 ans!

Ces jeunes hommes originaires de toutes les parties du Canada, ont combattu avec fureur contre l'ennemi et beaucoup sont morts ici il y a 73 ans. En marchant parmi les pierres tombales hier à Plouescat et en voyant tous ces marins qui ne sont connus que de Dieu, le carnage et la férocité de la bataille apparaissent facilement. Il y a eu beaucoup d'actes de bravoure, de courage et de sacrifice en ce froid matin d'avril. L'une des histoires qui m'interpelle le plus est celle du capitaine John Stubbs. Déjà dans l'eau alors que son navire sombrait tout autour de lui, le *Haïda* l'a repéré et s'est approché. Le capitaine du NCSM *Haïda*, Harry DeWolf, a imploré Stubbs de monter à bord, mais Stubbs a refusé d'être secouru, exigeant que DeWolf ramène le *Haïda* en Angleterre avant de devenir la cible de la Luftwaffe ou que des unités de la Kriegsmarine ne reviennent. Il s'est ensuite éloigné à la nage pour sauver autant de ses

marins que possible. Il est mort et enterré à Plouescat, aux côtés de ces mêmes marins. J'espère seulement que si jamais je suis confronté à une situation similaire, je pourrai trouver en moi-même autant de courage, de sang-froid et de leadership que John Stubbs en a eu ce matin-là.

Ce sont là les qualités que nous devons nous efforcer d'émuler et c'est pourquoi nous rendons hommage à ceux qui ont servi à bord de l'*Athabaskan*. Ils ont combattu courageusement ici, à des milliers de kilomètres de leurs foyers et de leurs proches, et beaucoup sont morts pour que d'autres vivent en liberté. Je crois qu'il est de notre devoir sacré de se souvenir de leur sacrifice, de leur bravoure et de leur courage. Ce sont les idéaux sur lesquels la culture et l'esprit de combat de la Marine royale canadienne ont été formés. Ce sont les idéaux que nous devons émuler alors que nous continuons à servir ce grand pays.

- Capf Chris Sherban

À la fin de la cérémonie, l'équipage

du NCSM *Montréal* ressentait de l'honneur et de la fierté, mais aussi un sentiment de soulagement de ne plus naviguer dans des temps aussi dangereux. Après la cérémonie, le NCSM *Montréal* a continué de naviguer vers le nord pour participer à l'Ex NEPTUNE TRIDENT 17-02, mener des opérations avec ses partenaires des marines alliées, et poursuivre la tradition de la Marine royale canadienne (MRC) d'être « Toujours là, toujours prêts » lorsqu'elle est appelée. L'Ex NEPTUNE TRIDENT 17-02 est un déploiement global de la MRC comprenant une participation à FORMIDABLE SHIELD 17 – un exercice interarmées de tir réel et de défense aérienne et antimissile intégrée de l'OTAN, dirigé par les États-Unis et réunissant huit pays, dont l'Allemagne, le Canada, l'Espagne, les États-Unis, la France, l'Italie, les Pays-Bas et le Royaume-Uni. Le déploiement du NCSM *Montréal* se déroulera dans l'Atlantique Nord et en mer du Nord du 8 septembre au 2 décembre 2017.

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# Piano from former U.S. military base restored

By Glen Whiffen,  
The Telegram  
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To look at it six months ago in a building at the former U.S. Naval base in Argentia, you'd say the 75-year-old Wurlitzer baby grand piano had seen its day.

Pushed to the side for years — since the base closed in 1994 — it lay dust-coated and faded, its cabinet chipped and showing signs of rot, the old iron strings no longer able to carry a tune.

When St. John's master piano technician Alastair L. Collis had a look at it at the request of the Port Authority of Argentia a couple of years ago — the port authority oversees economic development at the former base site — he found it to be “in

terrible shape.”

“Only for what it was,” he said, “I would have condemned it.”

But because of “what it was” it has been given a second life. No piano in this province has gotten more play in its day. It's a piano steeped in history: among those said to have tickled its ivories during its years at the American base are the likes of Bob Hope, Frank Sinatra and Connie Francis.

Other celebrities who played, sat on or danced around the piano during the famous USO shows there included Vera Lynn and Jayne Mansfield.

Many local bands and performers, as well, used the piano during the many dances and concerts at the base over the years.

Fully restored during the summer, the piano now sits in what is known as the Argentia Room at Canadian Forces Station (CFS) St. John's. Getting it there took a partnership among a number of people and organizations.

Last spring CFS St. John's Commanding Officer LCdr Gerry Parsons contacted Collis — head of A.L. Collis Piano, Organ Sales and Service — to ask about the cost of buying a piano for the sitting foyer outside the officers' mess at the Lieutenant-Commander W. Anthony Paddon Building in St. John's.

Collis told Parsons about the piano at Argentia, and Parsons was intrigued.

“My intent was to have that piano, to be played and enjoyed by all who pass through here to promote the military camaraderie and traditions,” Parsons said in his office at CFS St. John's.

“We spend so much time reflecting on remembrance of our fallen — and not to take any focus away from that — but I wanted to put a spotlight on the good times and the importance of the mess, membership, the at-home support and the social outreach that you find in bases that provide that camaraderie and strength behind the deployment. And that relation-building with your fellow comrades, sailors, airmen and soldiers, and the stories that get shared and the musical performances that are put off.

“And with this piano, with such a musical history with all these famous artists coming up and through that base of Argentia, it was a great and fitting tribute to that to have this baby grand restored.”

Local historian Edward Lake wrote up the history of the piano that was made into a storyboard to accompany the instrument.

The storyboard notes that in 1943, the U.S. Navy and the U.S. Army purchased 17 pianos — five grand, six baby grand and six upright models — from A.L. Collis and Son, then located in Harbour Grace, for placement throughout the base at Argentia.

When the Americans left the base in 1994, only



LCdr Gerry Parsons, Commanding Officer CFS St. John's sits at the keyboard of the newly restored piano in The Argentia Room at CFS St. John's.

GLEN WHIFFEN, THE TELEGRAM

one piano was left — the Wurlitzer baby grand — and it was stored on the lower level of the former Windjammer Club at the base. (In 1943, the piano had been in use in the Navy 103 Club, which was also known as the Sailors' Hall.)

In May of this year, the board of directors of the Port of Argentia voted to donate the piano to CFS St. John's.

Funding for the restoration work was provided by well-known philanthropist Elinor Gill Ratcliffe, who has contributed to many projects in the province, including the Royal Newfoundland Regiment Gallery at The Rooms.

She said the piano project, however, was different from the other projects she has been involved with.

“It's unique. I have chosen mostly, over the years, to support things of culture and the arts, and they are usually the orphan things left over when there's a cutback,” Ratcliffe said.

“This was quite different from other projects that I've done, but nonetheless rewarding. All the projects I support, I treat them like they are my children because you do put quite a bit of your emotional personality into it, too. It's not just where can I spend money, it's what's going to happen and who are these people. But this was very inspiring and a lot of credit to so many people.

“We had a little celebration and reception to welcome the piano to its new home, and we heard some music from the period.”

Vivian Smith, chair of the Port of Argentia board of directors, said her husband, George, actually played at the American base as a musician in local bands such as the Midsounds and the Ducats, and as backup for bigger visiting acts.

“It was pretty sentimental for us to make the decision to donate the piano, but we felt it was a great place for it to be, where everyone could enjoy it in the Argentia Room,” Smith said.

“My husband played for some of the USO shows that came to Argentia. That piano kind of touched all of us here in the Placentia area and we are just

so happy it has a great home right now.”

Port of Argentia CEO Harvey Brenton said he had long hoped the piano could be salvaged and put to use again. He said learning the full history of the piano was an eye-opener.

“The piano sat there in that room (at Argentia) and I used to, on Friday afternoons, play some songs on the piano myself, with nobody around, and would kind of imagine that Jane Mansfield sat on top of the piano, or Frank Sinatra or Bob Hope were there playing that piano,” Brenton said. “We didn't realize what we had until Alastair came out and gave us the backstory to it. The history that was there was just remarkable.”

Collis and his team of Frederick (Teddy) Young, Darrell Williams and Jeff Tucker restored the musical components of the piano to like-new condition, and furniture restorer Lyle Hampton refinished the woodwork.

In fact, Collis and his family's business, which was started by his grandfather in 1908, had a long connection with the former American base. His father, in addition to selling the pianos to the base, had the contract to keep the pianos tuned.

Collis said the baby grand piano arrived at his workshop in May and the restoration was completed in time for a dedication ceremony held at CFS St. John's last month. It was dedicated to the memory of the American military presence at Argentia and the significant economic impacts of the U.S. presence in the province.

“It was a big job just to clean the keyboard. But the action wasn't too bad, apart from cleaning and pinning, the hammers were good on it, but the cabinet was destroyed,” Collis said.

“We rebuilt the cabinet.

“It means the world to me. I did it as if it was my piano. And with the new strings it sounds beautiful. It's better than original because the strings you are putting on pianos today are so perfect, it is much different than years ago.

“I was very honoured to be asked to restore that piano and I hope they have many years of enjoyment.”



# CANEX Gaming Series trophy comes to Halifax for second year in a row

By Ryan Melanson,  
Trident Staff

It seems that members of Formation Halifax not only excel in real-world military operations, but on the virtual battlefield as well.

The Second Annual CANEX Championship Gaming Series took place from August 18 to 20, and for the second time, the Championship trophy was presented to a team from the Halifax region.

The tournament-format event featured 16 teams of gamers representing bases across the country, battling it out online in a series of matches that were broadcast live on the streaming service Twitch. Last year, competitors played military first-person shooter game Counter-Strike: Global Offensive, and organizers switched it up this year with Overwatch, a massively popular shooter that puts the emphasis on teamwork and completing objectives.

LS Chris Hanratty, captain of the winning Halifax team and a member of BIS Client Services, entered the tournament with a few colleagues for the first time this year after seeing a notice posted at the Stadacona CANEX store.

"There's a group of us that work together and we play the game together semi frequently, so we thought it would be fun to put together a team and give it a shot," he said.

Thanks to their experience with the game, their team, named Desktop Support, took down the competition without much challenge in the opening matches, but still had to get serious in the later rounds to come out on top against similarly

skilled gamers from other bases, including their final opponents from CFB Petawawa.

"From the semi-finals on we got down to the teams who played the game really well and put a lot of practice into preparing, so there was a good mix of skill levels through the tournament," LS Hanratty said.

Five of the six team members met at the Stadacona CANEX recently to officially accept their winning trophy from CFB Halifax Base Commander Capt(N) Paul Forget, along with an impressive set of prizes. Each member of the winning team came away with package of gaming gear worth more than \$400, including a backpack, headset, gaming mouse and keyboard. Other prizes were awarded to the second place team, along with random draw prizes open to all competitors. Those who tuned in on Twitch to watch also had a chance to win, with draw prizes for viewers that included a \$500 gaming monitor and a \$1,300 Acer laptop.

Both the number of participants (109) and number of people who tuned in and interacted with the matches online were up significantly compared to the debut of the Gaming Series in 2016, and organizers with CANEX are calling the event's second year a success. Sponsors to be thanked include MSI, Asus, Acer, Cougar, and NVIDIA, which are all brands carried at CANEX stores. You can look out for information regarding next year's Gaming Series at <http://Canex.ca/CCGS>



From left, CFMWS District Manager Benoit Chartrand, civilian employee Matt Hogue, Cpl Mark Osbourne, LS Chris Hanratty, CFB Halifax Base Commander Capt(N) Paul Forget, Cpl Shaun Beals, Cpl Mitch Mancini, and CANEX CFB Halifax and Shearwater Manager Glenn Banfield.

SUBMITTED



The aircrew of HMCS Charlottetown prepare the helicopter landing trap after a flying mission during Operation REASSURANCE on September 7, 2017.

CPL J.W.S. HOUCK, FIS

## HMCS Charlottetown supports NATO operations in the Baltic Sea

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

In August 2017, HMCS *Charlottetown* was deployed to the Baltic Sea on Operation REASSURANCE, joining the Standing NATO Maritime Group One (SNMG1). The SNMG1 is a naval force made up of ships from NATO countries that are working together to reassure allies in the region of NATO's ability to support stability and security in the region.

"As part of routine SNMG1 operations, HMCS *Charlottetown* conducts patrols to improve awareness, which is used to monitor patterns of maritime and air traffic in the area of operations," said Cdr Nathan Decicco, Commanding Officer of *Charlottetown*.

The SNMG1 operates in the Baltic Sea with many other nations as it does in all international waterways. Part of the routine work of maintaining awareness is monitoring routine foreign naval and air activities also occurring in the Baltic Sea. In early September, during Russia's preparations for ZAPAD 17, *Charlottetown* and her embarked CH-124 Sea King helicopter observed routine Russian air and naval activity while sailing in the Baltic.

During these interactions, *Charlottetown* and her embarked CH-124 helicopter maintained a professional posture while observing Russian warships and aircraft. This was integral to maintaining awareness, which contributes to the SNMG1's overall mission of maintaining situational awareness, maritime security, and stability in the Baltic region.

"HMCS *Charlottetown* also participates in regular training serials with SNMG1 consorts, improving overall interoperability and is integrated in larger coordinated national and NATO exercises including NORTH-EAST COAST in the Baltic Sea and BRILLIANT MARINER in the Mediterranean Sea," said Cdr Decicco.

*Charlottetown* excels at maintaining accurate real-time awareness while participating in concurrent advanced training serials. The ability of *Charlottetown*'s Operations Team to manage multiple simultaneous scenarios and maintain succinct and accurate tactical communications demonstrates the strength and professionalism of Canada's Navy and is an important and meaningful contribution to NATO's assurance operations in the Baltic Sea.

*Charlottetown* is the seventh Royal Canadian Navy Ship tasked to Operation REASSURANCE.

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- Gospel according to John

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## HMCS Halifax returns to CANFLTLANT

*HMCS Halifax sails under the Macdonald Bridge on September 27, 2017, returning to CANFLTLANT after completing a maintenance period at Irving Shipyard in Halifax.*

MONA GHIZ, MARLANT PA

# Healthy Workplace Month

By DND

October is Healthy Workplace Month. The month includes the following themes: Mental Illness Awareness Week, resources to support a healthy workplace, the Employee Assistance Program's 35th year anniversary week, and nutrition and physical health. We start the month with Mental Illness Awareness Week. Every year since 1992, the first week in October helps to open the eyes of Canadians to the reality of mental illness.

As leaders, we have to take the time to learn what resources are available to ourselves, our colleagues, and our families. We need to know what support is available, and how to access it. Visit your local

base and wing clinics, reach out to your local medical services personnel or family doctor, and make sure that if you or someone you know needs help, you know where to find it.

Defence Team members are invited to make a difference by engaging in activities and practices that promote a healthy mind, body and work environment. Managers are encouraged to support their employees' participation. Details about planned activities are available on the Defence Team's CHWM intranet site along with tools, promotional material and information to help you foster a healthy workplace throughout the month of October and beyond.

The self-stigma regarding mental

health must end. Seeking help is not a sign of weakness, but of strength. Whether it's putting our own hand up to say that we need help, or reaching out to our colleagues, family members or friends to make sure that they're OK, we all have a role to play in encouraging dialogue on this important subject. Don't underestimate the impact you can have.

For those of you currently combating mental illness, don't avoid or delay accessing support services and treatment. If you have thoughts of suicide, help is immediately available by calling 911. Expert help is also available at your base and wing clinics, via the Member Assistance Program or civilian Employee Assistance Program (1-800-268-7708) or at your local emergency room. Reach

out to your friends, family members, leaders, padres and medical professionals for support.

We encourage all our members to also take the opportunity of Mental Illness Awareness Week to connect with your fellow Canadians – talk about and learn more about mental illness and how we can combat the stigma associated with it.

If you or someone you know is struggling with mental illness, take the courageous first step to seek help and start on the path to mental wellness.

For more information on Mental Illness Awareness Week, please visit the Canadian Alliance on Mental Illness and Mental Health's website at <http://www.camimh.ca/mental-illness-awareness-week/about-miaw/>.

# Mois de la santé au travail

Par MDN

Octobre est le Mois de la santé au travail. Celui-ci traitera des thèmes suivants : Semaine de sensibilisation aux maladies mentales, Ressources pour soutenir un milieu de travail sain, Semaine du 35e anniversaire du Programme d'aide aux employés et Nutrition et santé physique. Pour commencer le mois, nous soulignons la Semaine de sensibilisation aux maladies mentales. Depuis 1992, la première semaine d'octobre est consacrée à la sensibilisation des Canadiens et des Canadiennes à la réalité de la santé mentale.

En tant que dirigeants, nous devons prendre le temps nécessaire pour prendre connaissance des ressources auxquelles nos collègues, nos famille et nous-même avons accès. Nous devons connaître le soutien offert et savoir comment y accéder. Visitez les cliniques des bases et des escadres ou communiquez avec le personnel des

services médicaux de votre localité ou votre médecin de famille. Et surtout, n'oubliez pas : si vous avez besoin d'aide ou connaissez quelqu'un qui en a besoin, vous savez où en trouver.

On invite les membres de l'Équipe de la Défense à améliorer leur santé et celle de leurs collègues en prenant part à des activités et en mettant en œuvre des pratiques qui favorisent un esprit, un corps et un milieu de travail sains. On encourage les gestionnaires à soutenir la participation de leurs employés. Pour obtenir de plus amples renseignements sur ces activités, consultez le site intranet de l'Équipe de la Défense sur le Mois national de la santé au travail. Vous y trouverez également des outils, du matériel de promotion et de l'information qui vous aideront à créer un milieu de travail sain tout au long du mois d'octobre et après.

Il faut mettre un terme à l'autostigmatisation relativement à la santé mentale. Demander de l'aide

ne constitue pas un signe de faiblesse; il s'agit plutôt d'un signe de force. Que ce soit lever sa propre main pour avouer que l'on a besoin de soutien ou s'informer auprès de collègues, de membres de sa famille ou d'amis pour confirmer qu'ils vont bien, nous prêtons tous la main à l'appui d'un dialogue traitant de ce sujet important. Ne sous-estimez pas l'influence que vous exercez sur les autres.

Si vous êtes actuellement aux prises avec des problèmes de santé mentale, n'hésitez pas à demander du soutien ou des traitements, et surtout, n'attendez pas. Si vous pensez au suicide, il faut immédiatement obtenir de l'aide en composant le 9-1-1. Vous pouvez également recourir à des services d'expert aux cliniques des bases et des escadres, par l'intermédiaire du Programme d'aide aux membres ou du Programme d'aide aux employés civils (1-800-268-7708), ou encore rendez-vous aux salles d'urgence de votre région. Faites appel à vos amis,

à votre famille, à vos supérieurs, à vos aumôniers et aux professionnels de la santé afin d'obtenir du soutien.

Par ailleurs, nous incitons tous les membres de l'Équipe de la Défense à saisir l'occasion que nous offre la Semaine de sensibilisation aux maladies mentales de nouer des liens avec nos concitoyens canadiens; discutez des maladies mentales et des façons dont nous pouvons mettre fin à la stigmatisation qui y est associée.

Si vous êtes aux prises avec une maladie mentale ou si quelqu'un dans votre entourage l'est, prenez votre courage à deux mains et franchissez la première étape pour obtenir de l'aide et vous mettre sur la voie du mieux-être mental.

Pour obtenir plus d'information sur la Semaine de sensibilisation aux maladies mentales, consultez le site Web de l'Alliance canadienne pour la maladie mentale et la santé mentale, <http://www.camimh.ca/fr/ssmm/a-propos-de-ssmm/>.



## Stadacona Band to present annual 'Till We Meet Again concert

By the Stadacona Band of the Royal Canadian Navy

The Stadacona Band of the Royal Canadian Navy, under the direction of Lt(N) Patrice Arsenault, will be presenting the 16th annual 'Till We Meet Again concert on Sunday, November 5, 2017 at 2 p.m. at the Halifax Central Library, located at 5440 Spring Garden Road.

Admission is free. This concert is in support of Camp Hill Memorial Gardens at the QEII Health Sciences Centre. Please come join the Stadacona Band and special guests as we pay tribute to our veterans and those men and women who paid the ultimate sacrifice in defense of Canada. Hope to see you there.

# Our NDWCC – we live here and believe in our community

By Capt(N) Paul Forget,  
Base Commander, CFB Halifax

Greetings: as the new Base Commander at CFB Halifax, let me tell you, my first impressions of this Base are fantastic! So far I have seen nothing but focused, dedicated and enthusiastic people wherever I go. You have impressed me with your skills and friendly nature. A real Maritime welcome!

As we settle into work after summer vacations and job transfers, we also shift our attention to families, community and personal involvement with varied organizations. We all lead busy lives and seek to do more to be active in one way or another. Whether you are a minor sports coach, spiritual leader, volunteer fire fighter, member of a school committee or a Brownie leader, you give freely of your time with no expectation for anything in return. That is the true mark of community-based volunteerism, which is so richly undertaken by many of you here in Halifax.

Another way that we contribute to our local communities is through participation in the National Defence Workplace Charitable Campaign, our charity campaign. As Chair of the Campaign, I can attest that our collective charity efforts supports the United Way of Halifax and their 50 agencies to deliver over 100 different community services, and it also provides much needed funds to the local chapters of the 16 recognized HealthPartners. I am further supported by two Co-Chairs: Cdr Pat Perks and

Cdr Corey Gleason along with their team of volunteer canvassers.

Your donation is not just about money, but admittedly, many of the local community support agencies, local health partners and your individually chosen charities, do need funds for their programs. All your support goes to worthy causes and besides money, there are other opportunities to help, perhaps you could read to a youth after school, pick up groceries for a senior or donate old clothes. With a donor participation rate of less than 20%, I know that we as a DND Community can do better, especially as our campaign reminds us of the need all around us, some of which directly impacts us and our own neighbourhoods.

Our monetary goal is not ambitious, but based on your past generosity, collectively we can achieve it. Our goal is that all of us are informed of the great services and programs that are available to the community and you have an informed decision regarding donating. What if you took the Commander of the Royal Canadian Navy's Canada 150 challenge and donated only \$1.50 per pay towards a recognized charity of your choice? I invite you to listen to your unit canvassers and to also browse our campaign website, <http://halifax.mil.ca/NDWCC.htm>, as it offers a wealth of information on the various charities that can be supported and the different special events, raffles and draws that are taking place, including one for those that contribute as a Leadership Donor. Any donation will help us to collectively make a difference in the lives of others.

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# Searching for SAR Techs – November 10 deadline

*A Search and Rescue Technician from 413 Transport and Rescue Squadron free fall jumps from a CC-130 Hercules aircraft during a jump camp held in 14 Wing Greenwood, Nova Scotia, on September 10, 2014.*

CPL NEIL CLARKSON

## By the Directorate of Air Personnel Strategy

For men and women in the CAF who are ready for an exciting career change, consider the current opportunity to become a Search and Rescue Technician (SAR Tech) with the Royal Canadian Air Force.

This proud and prestigious occupation accepts Regular and Reserve Force members who want to undergo an occupational transfer from within the CAF.

“If you are looking for a job that is as rewarding as it is challenging, then becoming a SAR Tech should be at the top of your list,” said CWO Greg Smit, SAR Tech Chief and Senior Occupational Advisor. “If you are fit, motivated, and want to make a real difference...the difference between life and

death...then you are at the top of our list as a SAR Tech candidate. We need men and women to join our dedicated SAR team, helping to uphold our motto: That Others May Live.”

SAR Tech training takes place at the Canadian Forces School of Search and Rescue (CFSSAR) located at 19 Wing Comox, British Columbia, as well as some satellite training locations including Jarvis Lake, Alberta, Eloy, Arizona and Jasper National Park and Esquimalt, British Columbia. The course duration is approximately 12 months, after which graduates receive their SAR Tech wings and orange beret. SAR Techs are experts in an incredibly wide range of skills, including parachuting, scuba-diving, mountain-climbing, wilderness survival and emergency medical treatment at the paramedic level. They will operate from both fixed-wing aircraft and helicopters, the latter including

hoists into and out of austere locations or vessels on the high seas. As part of a highly trained and well respected crew, SAR Techs assist in saving the lives of hundreds of Canadians every year, from coast to coast to coast.

If this sounds exciting to you, and you're up for the challenge, you should contact your Base or Wing Personnel Selection Officer. The deadline for submission to National Defence Headquarters is 10 November 2017. In addition, MW Morgan Biderman and Sgt Nicolas Ruel will be conducting information briefings at many wings and bases across Canada in the coming weeks.

For additional information, a SAR Tech recruiting PowerPoint presentation and information is available at the following web site (intranet only): <http://rcmf.mil.ca/en/2-cad/air-force-training/air-ops-training-pages/sar-tech.page>

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# Vous avez jusqu'au 10 novembre pour devenir technicien en SAR

Par Organisation du Directeur – Stratégie du personnel (Air)

Vous faites partie des FAC et vous estimez qu'un changement de carrière palpitant s'impose? Si c'est le cas, ne ratez pas l'occasion de devenir technicien en recherche et en sauvetage (Tech SAR) dans l'Aviation royale canadienne.

Ce métier prestigieux empreint de fierté s'adresse aux militaires de la Force régulière et de la Réserve qui souhaitent changer de groupe professionnel dans les FAC.

« Si vous cherchez un métier aussi gratifiant que stimulant, devenir Tech SAR devrait figurer au haut de votre liste, » dit l'adjudant-chef Greg Smit, Tech SAR en chef et conseiller professionnel principal. « Si vous êtes en forme, motivé et souhaitez améliorer le cours des choses, notamment en sauvant la vie de quelqu'un, vous figurez au haut de notre liste à titre de candidat au métier de Tech SAR. Nous avons besoin d'hommes et de femmes qui veulent se joindre à notre équipe dévouée de SAR et adopter notre devise : pour que d'autres puissent vivre. »

La formation des Tech SAR se donne à École de recherche et de sauvetage des Forces canadiennes, située à la 19e Escadre Comox, en Colombie-Britannique, ainsi qu'à des établissements secondaires, dont Jarvis Lake, en Alberta, Eloy, en Ari-

zona, ainsi que le Parc national de Jasper et Esquimalt, en Colombie-Britannique.

Le cours dure environ 12 mois, après quoi les diplômés reçoivent leurs ailes de Tech SAR et leur béret orange. Les Tech SAR sont des experts dans un très grand nombre de domaines, dont le parachutisme, la plongée, l'escalade, la survie en forêt et les soins paramédicaux urgents. Ils travaillent à bord d'avions, mais aussi d'hélicoptères munis de treuils afin de pouvoir atteindre des endroits difficiles d'accès et des navires en haute mer. Formant une équipe hautement compétente et grandement respectée, les Tech SAR sauvent la vie de centaines de Canadiens tous les ans partout au pays.

Si cette perspective vous enthousiasme et que vous vous croyez à la hauteur de la tâche, communiquez avec l'agent de sélection de votre base ou escadre. Vous avez jusqu'au 10 novembre 2017 pour présenter votre demande au Quartier général de la Défense nationale. De plus, l'adjudant-maitre Morgan Biderman et le sergent Nicolas Ruel donneront des séances d'information dans de nombreuses escadres et bases partout au pays dans les semaines à venir.

Pour en savoir plus, consultez la présentation PowerPoint au sujet du recrutement de Tech SAR qui se trouve au <http://rcmf.mil.ca/fr/2-cad/air-force-training/air-ops-training-pages/sar-tech.page> (sur l'intranet seulement).



Une technicienne en recherche et en sauvetage participe au dernier exercice du SAREX 15, qui s'est tenu à Comox, en Colombie-Britannique.

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# On The ROAD

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## 4 common habits that could be damaging your car



(NC) Kissing the curb with your tire or waiting a few more kilometres to top up your motor oil may seem harmless, but the damage you're doing is often hidden and detrimental to your vehicle's lifespan.

"Becoming aware of the mistakes we make as drivers is the first step to preventing serious damage to your car," explains Darryl Croft, OK Tire automotive expert. "The other is to take your car in for regular inspections. Your technician will be able to rectify any issues before serious harm is done or safety is a concern."

Curb your enthusiasm. In colder temperatures, braking distance will change. This leaves drivers more susceptible to slipping and sliding, inevitably grazing the curb with their tire. Winter tires are designed to improve your braking performance in cold weather, making this seasonal tire transition a must for Canadian drivers.

Potholes abound. Although many drivers are often unaware that they've hit a pothole, subsequent repairs can soar into the thousands of dollars. If you accidentally drive over a deep pothole in the road, don't wait to have your tires inspected or you could be facing greater damage to other costly vehicle parts. It could

also throw off your wheel alignment, which may result in uneven and premature tire wear. Switching to your winter tires is also a good time to have your alignment checked.

How low can you go? Cars are more efficient these days. For example, drivers can receive alerts when fluids get to critically low levels so there's enough time to act before damage can occur. Going in for regular check-ups to ensure fluid levels are topped up is a key part of preventative maintenance, significantly increasing the number of years of service you'll get from your car. Make sure that fluids are replenished often and your car and wallet will thank you for it.

Are you under pressure? Under-inflation is one of the leading causes of tire failure. If tire pressure is too low, too much of the tire's surface area contacts the road, increasing friction. Increased friction can cause tires to overheat, which can lead to premature wear, tread separation and blowouts. Be sure to check your tire pressure once a month and before long road trips. Always follow the manufacturer's recommendation even in winter.

Find more information at [www.oktire.com](http://www.oktire.com).

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## Sea King vital to humanitarian relief following Hurricane Maria

A CH-124 Sea King helicopter from HMCS St. John's air lifts one of several crates filled with clean water to the island of Dominica during Operation RENAISSANCE, a relief mission in the Caribbean following the destruction of Hurricane Maria, on September 27, 2017.

MCPL CHRIS RINGIUS, FIS



MARLANT has four local EE Defense Advisory Groups (DAGS), namely the Defence Women Advisory Organization (DWAPO), Defence Advisory Group for Persons with Disabilities (DAGPWD), Defence Aboriginal Advisory Group (DAAG) and Defence Visible Minority Advisory Group (DVMAG).

The DAGS are open to both CAF members and DND employees. Each local DAG has a military co-chair, a civilian co-chair and is supported by a senior management EE champion. The role of the DAGS is to provide advice and insight to the leadership of MARLANT on issues relevant to their membership and the implementation of EE programs and policies.

**Presently there are openings** for military co chair for DAGPWD. For the civilian co chairs presently there are openings for DAAG and DAGPWD. All DAGS are also looking for members.

**For more information please contact Dan Peppar at 721-1143 or**  
[http://halifax.mil.ca/HRPP/pages/fhr\\_ee.html](http://halifax.mil.ca/HRPP/pages/fhr_ee.html)





# TRIDENT Sports

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



From left, former Fleet Club Slackers coaches Dave Howe, John "Bubby" Adams and Joey Tynes.

RYAN MELANSON/TRIDENT STAFF

## Slackers coaching team looks back on decades of Mini Grey Cup history

By Ryan Melanson,  
Trident Staff

The annual Mini Grey Cup flag football game has been a tradition at CFB Halifax for nearly half a century, and hundreds of different players have suited up for either the Fleet Club Slackers or Wardroom Officers since the very first kickoff in 1969.

For the last three decades of play, however, the coaching staff backing up the Slackers from the sidelines has been remarkably consistent, perhaps explaining why the Wardroom team can count their victories since 1989 on one hand.

Coaches Dave Howe and Joey Tynes, along with

supporting manager John "Bubby" Adams, were a part of nearly every matchup from the late 80s up until they began to step away from the role just a few years ago. Combine their decades of experience with that of current coaches Rob Jeannot and Sean Parker, who began playing the game in the late 80s and mid 90s, respectively, and you get a core group who have led sailors of all sizes, backgrounds and skill levels through long streaks of Mini Grey Cup victories.

The group takes a serious approach to coaching the game. Practices are twice a week and mandatory if you expect to take the field on gameday, the coaches work their athletes hard and run play after

play to create a winning team with only a couple months of practice time each year.

But it wasn't always that way.

"They (The Slackers) used to lose to the Wardroom every time, for years. They had some good players, but they weren't a team," Howe said with a laugh as a group of the former coaches got together recently to share some memories ahead of this year's game on October 20. In fact, in the pages of Trident following the 1984 Mini Grey Cup, Lt(N) Paul Phillips wrote that "The Wardroom is on a 15 year winning streak and looking for some real competition."

*Continued on page 17*



Continued from page 16

The coach truly responsible for ending that winning streak and turning the tide for the Slackers isn't with us anymore, but his legacy and his love for the game is what has inspired the current group to keep things going. Clinton Adams, a former submariner turned Cape Scott employee, played in the very first Mini Grey Cup in 1969, and after releasing from the Navy in the 80s, began stepping in to help coach.

"When Clinton came in, and then when we (Howe and Tynes) came in a few years later, everything changed. Now, we were running plays, we were running defense, and everybody had to know what they were doing. And if you didn't show up to practice, you weren't going to play," Howe said.

Adams brought Howe and Tynes in for extra help, knowing they had high school and university football backgrounds that would make them assets, and while the two had no connection to the CAF aside from their friend Clinton, the fun of working with the Fleet Club and the excitement of winning year after year got them hooked.

"It really grew on me, and I ended up staying and being a part of it. I used to get my friends to come down for the game, it was always a great time," Tynes said.

"I still try to get down to the game every year even now, though I'm not coaching anymore."

Bubby Adams, Clinton's brother, got involved with the Slackers in a trainer and conditioning coach role soon after, remained a fixture with the team for years and continued with Howe and Tynes following Clinton's death in 2004.

Adams' legacy and contributions to the game as a player and coach will be recognized for years to come; the Mini Grey Cup MVP Trophy is named in his honour, and his old jersey, which hangs in the Fleet Club alongside other memorabilia from the game, is seen as a source of good luck on game days. The years of dedication he put into the Mini Grey Cup, as well as the annual Army-Navy football game, and the mentorship offered to so many

players, has inspired coaches to keep the tradition going since his death.

"Personal pride has a lot to do with it, there's a lot of history there and we like to see the game continue to be played at a high level. Clint was a major father figure for a lot of us and I think we owe that to him," said Jeannot, who joined the Slackers in 1989 and continued playing until retiring from the Navy and switching to coaching duties in 2010.

Also significant about Clinton Adams' coaching role was his identity as an African Nova Scotian, and it's said that he was the first black person to coach a military sports team in Canada, as well as one of the Navy's first black submariners, serving on the Oberon-class boats HMCS *Ojibwa*, HMCS *Okanagan* and HMCS *Onondaga*. The addition of Tynes and Howe, making for an all-black coaching staff, was also significant, Bubby Adams said.

"It was historic to have three African Canadians coaching that team, that never happened before, and we did it for all those years."

But race was never a factor when it came to playing football or forming camaraderie among the players and coaches.

"We never had any problems," Howe said.

"For the guys that we were working with, it was all about getting a chance to play the game. And everyone knew us so well."

But while there's plenty of good memories, it's tough for those who have been involved for decades not to lament a lack of enthusiasm for the game compared to years past. The Mini Grey Cup is still enjoyed each year, but the big crowds and raucous post-game gatherings at the Fleet Club have tapered off, and without continued hard work from long-time coaches to keep the annual event



The Slackers team practices twice a week for the 2017 Mini Grey Cup game, to be held on Porteous Field on Friday, October 20, 2017.



Former Slackers player and coach Clinton Adams, left, is remembered for years of dedication and contributions to the Mini Grey Cup game and football at CFB Halifax in general.

MCPL PAUL FORGET, FIS ARCHIVES



The slackers team in 1989 coached by Clinton Adams, seen in this photo from the pages of Trident, broke a 17-year long Wardroom winning streak with a 12-2 victory that was described as an upset at the time.

TRIDENT ARCHIVES

going, it's hard to say what the future holds.

As the 50th anniversary of the game approaches in 2019, Parker said he's been mining the current group of players for those who might be keen to take up the mantle in the future.

"We need people who have the spark, who might not be the best player on the field but who show up at every practice, who are invested in the game, and who might become part

of that core group to keep it going," he said.

This year's game is set for 1 p.m. on October 20 at Porteous Field, with Parker and Jeannot once again leading the Slackers, and the former coaches, some of whom are dealing with health issues, hope to be in attendance. A pre-game ceremony is also scheduled to honour former sailor and Slackers player Terry Kennedy, who died in September.

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*WO Charlene Arsenault crosses the finishing line with a time good for 1st place in the Master Female category.*

CPL FELICIA OGUNNIYA, 12 WING IMAGING



*The mountain biking leg of the PO2 Craig Blake Memorial Fitness Challenge.*

RYAN MELANSON, TRIDENT STAFF

# Overcoming the elements at Craig Blake Memorial Challenge

**By Ryan Melanson,**  
Trident Staff

As the Sports Stores Technician at 12 Wing Shearwater, Wally Bukowski has gotten to know thousands of familiar faces around the wing and the gym through the years, and one of the ones he remembers most vividly is PO2 Craig Blake.

“He was a great guy and a great cyclist, and he loved his bikes so much,” Bukowski said.

“He was so meticulous with his bikes, you would see him outside shining his bikes with lemon pledge, and he would always wear flashy shoes when he was riding,” he added with a laugh.

He said PO2 Blake’s legacy is still alive and well in the Shearwater community, and paying respect to his fallen friend is part of the reason he enthusiastically lends his emcee talents each to the fitness event that honours the former Clearance Diver, who was the first RCN sailor to be killed in Afghanistan in 2010. The 2017 installment of the PO2 Craig Blake Fitness Challenge took place on September 29 at MacDonald Beach, with a big turnout of participants for the mini triathlon that combines a 300m swim with a 6.5km mountain bike ride and a 2km run.

*Continued on page 19*

## Winners at the 2017 PO2 Craig Blake Memorial Fitness Challenge:

### INDIVIDUAL

- Open male - LS Ryan Comeau, NRU Asterix - 31:10**
- Open female - Lt(N) Emilie Beland, HMCS *Toronto* - 37:06**
- Master male - Pierre Chouinard, DGMPD AOPS Det - 31:47**
- Master female - WO Charlene Arsenault - 40:06**

### TEAMS

- Open Team - LS Shawn Miller (HMCS *Montreal*), PO1 John Dewolfe (FMFCS), and LS Mark Brown (CFLRS) - 26:30**
- COTF Team - HMCS *Toronto* (PO2 Stephen Darrigan, PO2 Nick Boran, and OS Brent Salisbury) - 34:32**
- COTW Team - Stadacona Band (LS Marie-Neige Dupuis-Carbonneau, PO2 Yannick Masse, and PO2 Courtney Lambert) - 32:20**
- Wing Cup Team - FDU(A) (PO2 Doug Young, LS Bradley Northrup, and LS Caleb Hooper) - 30:08**





Participants hit the water to start the PO2 Craig Blake Memorial Fitness Challenge on September 29.

RYAN MELANSON, TRIDENT STAFF

Continued from page 18

With heavy rain the day before and low temperatures on race day, swimmers had to fight off the cold in the water, while cyclists dealt with a mountain bike trail that had become a muddy bog. Lots of shoes and legs were caked in mud, with some who fell off their bikes on the trail covered head to toe; luckily, the beach was close by for people to wash off. The conditions were reflected in the finishing times, with PSP Fitness and Sports Coordinator Kevin Miller noting the

muddy trail slowed riders down compared to previous years.

“Really we’re lucky the weather held off as much as it did, even though it was a tough slog for some people through the wet bike trail. We really appreciate everyone coming out for the day and pushing through it,” he said.

As usual, every available member of Fleet Diving Unit (Atlantic), PO2 Blake’s former unit, was out to participate, along with PO2 Blake’s wife Priscilla, and a team from FDU(A) also came away with the Wing Cup victory once all the

finishing times were tallied. LCdr Billy Barter, FDU(A)’s Commanding Officer, said the event continues to be a fitting way to honour PO2 Blake by engaging in the type of activity he enjoyed so much. The unit also hosted a reception for all participants and support staff following the race and awards ceremony.

“He was an athlete and he was an active member of the community and he volunteered his time for all sporting events of all kinds. I think he would be very humbled to see the big crowd here at the beach,” LCdr Barter said.

# Fitness and sports updates

By Trident Staff

**30 Day Bootcamp Challenge.** Attend 15 PSP Halifax fitness classes between October 10 and November 10 and earn a free dry fit t-shirt. To register at STADPLEX, contact lauren.walton@forces.gc.ca; at the Fleet, contact Kali.Borutski@forces.gc.ca; and at Shearwater, contact Joel.Waterfield@forces.gc.ca. For more information, please call 902-427-1469.

**Fall Intersection curling** runs from October 3 – December 12. Open to military members only. Games will be held at 12:30 p.m. every Tuesday at the CFB Halifax Curling Club. Cancellations due to COTF/COTW/Wing Cup, Regionals and Club Bonspiels TBC.

Rosters and contact information for an alternate POC should be submitted to Isaac.Habib@forces.gc.ca

It is recommended that teams have minimum 7-8 players. Anyone not curling for their team that day is invited to arrive at the curling club

to spare for other teams. Individual curlers can submit their names to the spare list. All levels are welcome. 12 Wing Shearwater drop-in basketball is available Wednesdays from 6-8 p.m. For more information please contact: Cpl Gagnon at 902-720-3214 or philip.gagnon@forces.gc.ca

**Want to be on the Wardroom team** and play in the 2017 Mini Grey Cup? Contact John.Willigar@forces.gc.ca

**Want to be on the Slackers team** and play in the 2017 Mini Grey Cup? Practices are at 4 p.m. on Porteous Field 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 CAF Atlantic Powerlifting tournament** takes place from November 21-23 in Halifax.

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# Soldier On - helping support those who serve

By Lt(N) Kelly Boyden,  
CFMWS PAO

Service and sacrifice for one's country... there is no better embodiment of this ethos than the 90 members of Team Canada and their international counterparts at the Invictus Games. The ill and injured members and veterans of the CAF who make up Team Canada continue to serve their country and make all Canadians proud. In this, they are not alone.

There are a full range of support services that are available to Team Canada members. Services include medical care provided through Canadian Forces Health Services, peer support counsellors of Operation Stress Injury Social Support (OSISS) checking in with team members, Military Family Services workers helping look after the needs of team member's families, and many others.

At the centre of all this support is one organization in particular - Soldier On.

"Soldier On has helped me to do things I didn't think I was able to do. More importantly, it has allowed me to feel that competitive side that I haven't felt since my injury," said Lorne Ford, member of Team Cana-

da who competed in indoor rowing and wheelchair rugby. "It is more than just another organization... it's a family. The staff have lived the struggle of conquering their own injuries and know from personal experience what it means to adapt and overcome."

Established in 2006, Soldier On is a CAF program that supports serving and former service personnel to overcome their physical and mental illness or injury through participation in sport and physical activity. Through a combination of public and non-public funds and the generosity of Canadians, Soldier On has been able to help athletes competing in Toronto attain their dream of representing Canada at the Invictus Games 2017.

"We've been lucky enough to be able to provide our Team with top-notch coaching and equipment," said Team Canada and Soldier On, manager Greg Lagace. "We've provided the opportunity, but it's the athletes who have put in the hours of training and hard work."

"We've brought together a team that stretches from coast to coast," added Soldier On, senior manager Jay Feyko. "It's great to see all of Canada represented here. At heart, Invictus is about people, about over-



*Sgt Jessica Rose, seen here at the Invictus Games in Toronto, was one of 11 Canadian athletes to take home a gold medal from the event. A med tech at CF H Svcs (A) who has overcome a number of injuries, Sgt Rose claimed first place in the women's shot-put IF4 event.*

SUBMITTED

coming adversity through camaraderie and sport, and about the journey of recovery."

Invictus Games 2017 ended September 30, but the journey of recovery never stops. It becomes a way of life.

"We've got fall hockey and horse-back riding camps coming up and

we've already begun planning for Invictus 2018 in Australia," said Lagace. "It's hard work, but great fun as well... and if these competitors can't inspire you, nothing will!"

Invictus 2017 in Toronto... it's about smiles and success stories, backed in part by a program named Soldier On.



## Sports and recreation during Op REASSURANCE

*Crewmembers of HMCS Charlottetown participate in ball hockey while alongside Toulon Naval Base, France, during Op REASSURANCE on September 27, 2017.*

CPL J.W.S. HOUCK, FIS



# Sports Trivia

By Tom Thomson and Stephen Stone

## QUESTIONS

1. Who holds the record for home runs by a rookie in Major League Baseball (MLB)?

2. Who holds the record for most goals scored by a rookie the National Hockey League (NHL)?

3. Who holds the MLB record for most seasons with 40 or more home runs?

4. Who holds the NHL record for most goals in his first game?

5. Which two MLB players share the record for most seasons with at least 30 home runs?

6. Who holds the NHL record for most seasons with at least 20 goals scored?

7. Who has the most MLB seasons as league leader in home runs? Who is second?

8. Who holds the NHL record for the longest consecutive point-scoring streak by a defenceman?

9. Who holds MLB's record for most consecutive seasons as league leader in home runs?

10. Who holds the record for fastest goal scored in his first NHL game?

11. Which two MLB players of the modern era hold the record for leading both leagues in home runs?

12. Which goaltender holds the NHL record for most regular season career wins?

13. Who holds the MLB record for career grand slams?

14. Who holds the NHL record for most penalty minutes in one season?

15. Which American League team holds the record for most home runs in a single game?

16. Which NHL goaltender has scored the most points in his career?

17. Which National League team holds the record for most home runs in a single game?

18. Who holds the NHL record for points in a single season by a defenceman?

19. Which MLB team holds the record for most grand slams in a single game?
20. Who holds the NHL record for consecutive games played in a career?
1. Aaron Judge - New York Yankees. Judge hit his 52nd dinger on September 30, 2017 to eclipse Mark McGwire's record of 49 set in 1987.

2. Teemu Selanne - Winnipeg Jets - 76 - 1992-93.

3. Babe Ruth - 11.

4. Auston Matthews - Toronto Maple Leafs - 4 - October 12, 2016.

5. Hank Aaron and Alex Rodriguez - 15.

6. Mr Hockey himself, Gordie Howe with 22.

7. Babe Ruth - 12. Mike Schmidt - Philadelphia Phillies - 8.

8. Paul Coffey - Edmonton Oilers - 28 games - 1985-86.

9. Ralph Kiner - Pittsburgh Pirates - 7.

10. Dave Christian - Winnipeg Jets - 7 seconds - February 29, 1980.

11. Fred McGriff - Toronto Blue Jays - 1989 and San Diego Padres - 1992 and Mark McGwire - Oakland Athletics - 1987, 1996 and St Louis Cardinals - 1998-99.

12. Martin Brodeur - 691.

13. Alex Rodriguez - 25.

14. Dave Schultz - Philadelphia Flyers - 472 - 1974-75.

15. Toronto Blue Jays - 10 - September 14, 1987.

16. Tom Barroso - 48 - all assists.

17. Cincinnati Reds - 9 - September 4, 1999.

18. Bobby Orr - Boston Bruins - 139 - 1970-71.

19. New York Yankees - 3 - August 2, 2011 vs Oakland.

20. Doug Jarvis - 964 - October 8, 1975 - October 10, 1987.

## ANSWERS



## Maintaining fitness while deployed on NEPTUNE TRIDENT 17-02

A sailor in HMCS Montreal carries out physical training on the flight deck during NEPTUNE TRIDENT 17-02.

LS DAN BARD, FIS

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## Terry Fox Run in HMCS Charlottetown

*Crewmembers of HMCS Charlottetown take part in a Terry Fox Run while alongside in Toulon, France, during Operation Reassurance on September 27, 2017.*

CPL J.W.S. HOUCK, FIS



## Halifax doubles up on slo-pitch titles

14 Greenwood hosted the Atlantic Regional men's and women's slo-pitch championship September 18-22, 2017. Despite some wet weather and field shifting, games continued to determine the eventual winners: both the men's and women's teams from CFB Halifax. In women's action, 11 Wing lost its two games 17-6 to Halifax and 19-17 to Gagetown to finish in third place through the round robin. Halifax defeated Gagetown 22-14 to come out in the top spot. Greenwood and Gagetown met in the semi, with Greenwood coming out 30-21 to earn a spot in the final against Halifax. CFB Halifax won that match-up 20-4. In the finals of the men's competition, Halifax beat Greenwood 12-10.

CPL B. WHITE-FINKLE, 14 WING IMAGING





# Super Crossword

ACROSS

1

Nest item

76

4

Funny Mort

77

8

Casual top

79

14

Cape, e.g.

80

19

British lav

81

20

Jai –

84

21

Its capital is Roma

85

22

Berry of "The Call"

86

23

\* Group for motorists

87

25

\* Turn a profit, say

27

Jogging pace

89

28

Scheming

29

Drench

92

30

On the other side of

93

31

\* "La Vie en Rose"

96

singer

97

34

\* Amass wealth

98

38

Aug. hours

100

39

Bonn "one"

102

40

Nail file materials

103

42

As dry as –

106

47

– -Man defense

108

48

"Rugrats" father

111

49

Baddie's look

115

51

Son of Eve

117

52

\* 2009 R. Kelly song

118

56

\* Stay calm

58

10,000,000 ergs

59

Lend support

119

60

Tip sheet statistics

63

Compares

123

64

Askew

65

Guevara the guerrilla

66

Greek diner menu item

67

Lushes

68

\* Fulfill, as a promise

125

71

\* What you don't need

126

a return ticket for

127

Only

128

Skew

129

Cat paw part

130

Speed test

131

Crucial arteries

132

– noire

D.C. VIP

Like tapestries

\* "No noise allowed"

Amtrak area

1

\* Kids' chemistry set,

2

e.g.

3

Fed. of Brezhnev

4

Deliver an address

5

Walk- – (small parts)

6

Chemical ending

7

Nuclear trial, for short

8

Run-of-the-mill

9

"Inc." relative

10

Start for marital

11

\* 13th-century pope

12

\* General Mills cereal

13

Cascade Range peak

14

– kwon do

15

Squirmy fish

16

With 104-Down,

17

cure concocted by

18

Mom

24

\* The mineral citrine,

26

e.g.

32

What the first

33

and last letters

35

of 13 answers in this

36

puzzle proceed

37

through

Lowest point

Lift

Printer's unit

Chemical ending

Gives applause

Capital of 95-Down

Harper of Hollywood

Seaport of Scotland

DOWN

Highly happy

Pumpkins, e.g.

"Get busy!"

Body pouch

Pumpkin pie ingredient

Cart off to the jailhouse

Tripoli's land

Quirky mannerisms

Moe or Larry

Impedes

– du Diable

– de Oro

Frat letter

Mambo relative

Actor Bert

Roll topper

Sad cry

Adidas rival

Sluggo Mel

Tic- – -toe

Fling

Regaled

Element #50

Smells nasty

"Ahh, OK"

## DOWN

## The 8th annual Military and Veteran Health Research Forum

By CMP

LGen Chuck Lamarre, Commander Military Personnel Command, and BGen Andrew Downes, Surgeon General, recently attended the 8th annual Military and Veteran Health Research Forum in Toronto.

Presented by the Canadian Institute for Military and Veteran Health Research from September 25 to 27, the forum served as a focal point for the more than 40 Canadian universities which have agreed to work together in addressing the health research requirements of CAF personnel, veterans, and their families.

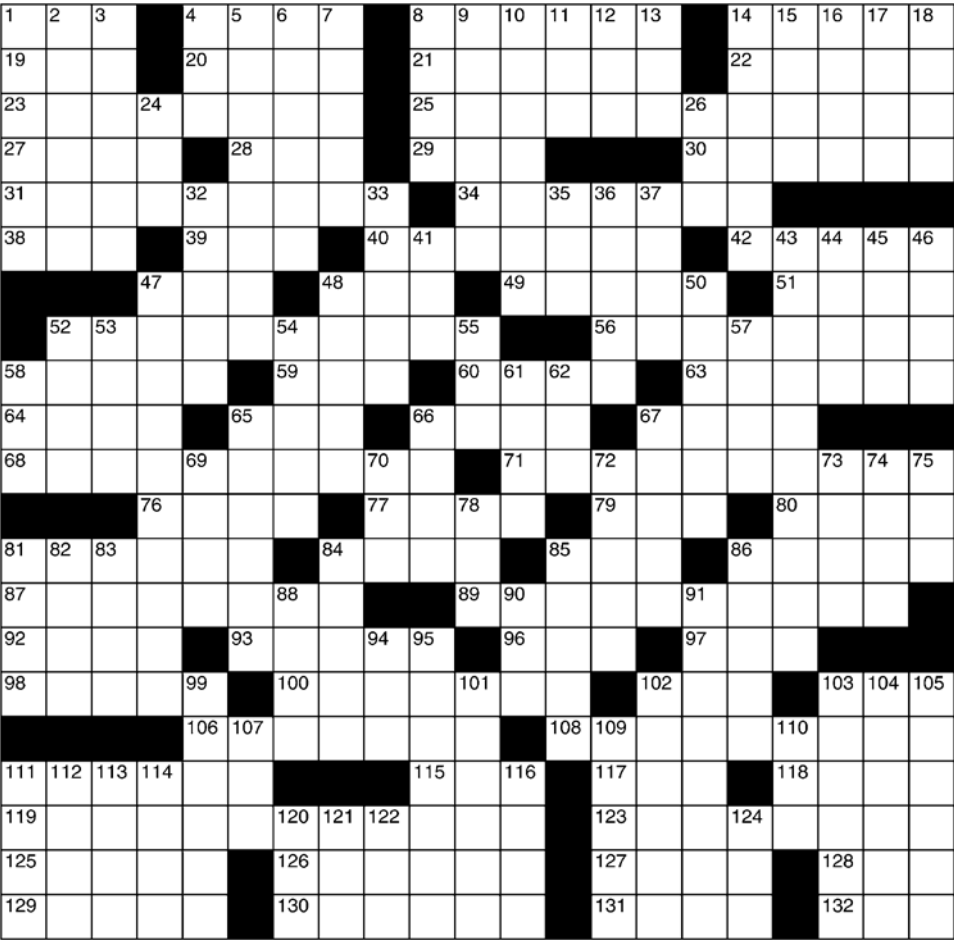
"The Military and Veteran Health Research Forum represents an essential step in building capacity in military and veteran health research in Canada, to improve health outcomes for our military personnel, our veterans, and their families," said LGen Lamarre. "It is critical to sustain the relationships

between universities and research organizations to advance health care for all Canadians."

With a diverse network of academic researchers from across Canada, the annual forum has attracted over 450 Canadian researchers, clinicians, military personnel, veterans, industry stakeholders, government representatives, and international delegates eager to learn and network at Canada's only conference dedicated to health research for the military and veterans.

Three days of discussion and presentations highlighted research in mental health, physical health, rehabilitation, new health technologies, and the transition from military to civilian life. The forum also touched on the social health and wellbeing of personnel, veterans, and their families, occupational health, and evolving treatment programs and clinical practices.

## 26 BEGINNING TO END



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