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TRIDENT

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

HMCS Moncton assists with narcotics seizure

*Crewmembers
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process to the US
Coast Guard on
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during Operation
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Remembrance Day ceremony attracts large crowd

By Virginia Beaton,
Trident Staff

A 21-gun salute from Citadel Hill thundered across the harbour as people stood silent in Halifax's Grand Parade for the Royal Canadian Legion's annual Remembrance Day ceremony.

This year marks the 100th anniversary of the battle of Passchendaele, stated Jay Tofflemire, First Vice President of Nova Scotia/Nunavut Command of the Royal Canadian Legion. As master of ceremonies for the occasion, Tofflemire reminded the crowd of the importance of remembering and acknowledging the contributions of Canada's military personnel, both past and present. He spoke of visiting the Last Steps memorial that commemorates First World War military members who departed Canada to serve in Europe, and noted, "It's one of many monuments that remind us of what our young men and women have done for Canada."

The ceremony included the traditional two minutes of silence in memory of the fallen, as well as the *Flowers of the Forest Lament*, the *Last Post*, and a helicopter flypast.

The Act of Remembrance was followed by the release of a group of white doves, symbolizing the wish for peace, and the reading of Psalm 121.

As the Queen's representative, His Honour Arthur LeBlanc, Lieutenant Governor of Nova Scotia, laid the first wreath at the memorial.

Karen Sutherland, the sister of Pte Nathan Smith, laid a wreath as the representative of Memorial Cross families. Pte Smith, a native of Nova Scotia, was killed in Afghanistan in 2002.

RAdm Craig Baines, Commander JTFA and MARLANT, laid a wreath, followed by military and diplomatic entities such as 1 Canadian Air Division, Veterans Affairs Canada, consuls from the United States and Norway, the RCMP, the Canadian Naval Memorial Trust, the Fleet Club, the Last Post Fund, and many more. Civic, professional and academic groups and organizations including Halifax Regional Municipality, Dalhousie University, several unions, and several fraternities and sororities, to name but a few, also participated in the wreath laying.

HMCS *Scotian* hosted a ceremony at the Sailors' Memorial in Point Pleasant Park, and 12 Wing Shearwater held one at the Afghanistan Memorial at the wing.



LS Richard Balbuena stands sentry at the National War Memorial in Ottawa during Remembrance Day ceremonies on November 11.
PTE TORI LAKE, CFSU OTTAWA

Dominican-born sailor proud to represent RCN on Remembrance Day

By Ryan Melanson,
Trident Staff

LS Richard Balbuena left his office job in Montreal in 2009 to pursue an exciting and fulfilling career in the Royal Canadian Navy, and less than a decade later, he knows he made the right choice.

As a Weapons Engineering Technician in the Atlantic Fleet, he's served in HMC ships *Toronto*, *Ville de Quebec*, and *Fredericton*, completed extensive deployments in the Caribbean and Mediterranean, helped intercept illicit cargo in the Arabian Sea, and provided important Spanish translation during a trip to South America, just to name a few tasks.

"Every day can be different in the Navy, and that's part of the reason I joined," said LS Balbuena, who was born in the Dominican Republic and arrived in Quebec with his family in 1988.

"I'm around amazing people every day, seeing countries and places that I never thought I would see, and I'm a part of something bigger than just myself."

Now, LS Balbuena is reflecting on what may be his most important tasking yet. As part of the 2017 Remembrance Day Sentry Program, he was selected as one of just six CAF members to stand sentry at the National War Memorial during ceremonies on November 11.

The program was established in 1998, and selection is considered a high honour, with units nominating members who have shown exceptional service and dedication to their country. The six CAF members, along with one RCMP participant, also take part in a busy week-long program that includes a meeting with the Governor General, visits to Parliament Hill and RCMP facilities, and other special events.

LS Balbuena is proud to be called upon for such an important ceremonial duty, just like he was earlier this year when he represented the RCN at the Canadian National Vimy Memorial in France, but he prefers to focus on the big picture, rather than his personal accomplishments.

"Of course it feels good to be recognized for how you've done your job,

but it really isn't about me. I've been tasked to represent the Navy, so I'll be standing up straight and looking proud on behalf of all my brothers in arms," he said.

He was joined in Ottawa by his wife Nancy and a number of family members from Quebec, while his four children tuned in to the Remembrance Day service from home.

As someone who came to Canada as an immigrant at a young age, LS Balbuena has always seen his service as an opportunity to give back to the country for welcoming his family so warmly almost 30 years ago. Honouring our veterans and the sacrifices of those who served in the past is a part of that, he said.

"Since the day my family moved here, when we first touched Canadian soil, we felt a welcoming. I was feeling patriotic before I could even speak the official languages. It makes me so proud to say this is my country, and to be showing respect for people who have given their lives and sacrificed themselves in the name of our values. It's very important to me."



MARLANT image tech ‘overwhelmed’ with pride during sentry duty

By Ryan Melanson,
Trident Staff

PO2 Peter Reed has made a career out of photographing CAF members and capturing significant military moments, but his most recent tasking put him on the other side of the camera lens.

An Imaging Technician with Formation Imaging Services in Halifax, PO2 Reed served as the Sentry Commander for the tri-service rotation of this year’s National Sentry Program in Ottawa, marching members out to the National War Memorial each day to stand sentry and guard over the Tomb of the Unknown Soldier.

“There’s an overwhelming feeling each time I march the troops out,” PO2 Reed said.

“I was nervous at first, but once you actually start marching toward the tomb, there’s just such a strong sense of pride, and of the dedication I’ve brought to the service and to my career.”

The tri-service rotation, composed of 20 personnel of mixed Army, RCAF and RCN backgrounds, marks the final leg of the 2017 National Sentry Program, which began on April 9 and ended on November 10. The group arrived in Ottawa a week early for drill and training, including knowledge tests regarding the Memorial and the story of the Unknown Soldier, then took over sentry duties on October 21.

The Ceremonial Guard conducts the training and broadly oversees the program, but it falls on the ROTO Commander to ensure the day-to-day operations and changing of the guard run smoothly, with two sentries standing guard from 9 a.m. to 5 p.m. each day, along with a third



PO2 Peter Reed served as Sentry Commander for the tri-service rotation of the 2017 National Sentry Program from October 21 to November 10.

MCPL CAROLE GOSSELIN, CFSU OTTAWA

member acting as a ‘roamer.’

“We have a third person so if people visiting the site have any questions about the memorial, why people are standing there, what their duties are, and so on, they can have those questions answered,” PO2 Reed said, describing a steady stream of visitors that want to shake hands, take photos and thank the members for their service.

As an image tech shooting exercises and operations around the world, or diving in the Arctic to photograph Franklin’s lost ships, his job in the CAF comes with a lot of excitement. Serving with the Sentry Program, however, representing all those who serve and who have served in the past, is a unique experience. The shooting at the War Memorial in 2014 that resulted in the tragic death of Cpl Nathan Cirillo also weighs on the mind of every CAF member who stands sentry, PO2 Reed said, and members of Cpl Cirillo’s family met with members of his rotation while visiting the memorial recently.

“His family members continue to come here often, just to say hi and meet the troops. I think it reinforces how important this is,” PO2 Reed said.

“Members of the CAF will always say ‘We’re just doing our job,’ or ‘This is what we signed up for,’ but it really hits home when I march the troops up there and see the drive and effort they put into this task and everything it represents.”

The tri-service rotation stood sentry for the last time on November 10 before handing control back to the Ceremonial Guard to prepare this year’s Remembrance Day Sentry Program on November 11.

IDPWD 2017 set for December 4

By Dan Peppar,
Employment Equity Manager,
CHRSC(A)

The International Day for Persons with Disabilities (IDPWD) event will take place December 4, 2017. To celebrate and honour IDPWD, MARLANT and the local defence advisory group for persons with disabilities will host this event in recognition of the talents, barriers, and accomplishments of persons with disabilities. This year’s keynote speaker will be Eric Payne, accomplished motivational speaker and CAF veteran.

The day aims to promote a better understanding of disability issues with a focus on the rights of persons with disabilities, and gains to be derived from the integration of persons with disabilities in every aspect of the political, social, economic and cul-

tural life of their communities.

Inclusion is not just a disability issue. Inclusion is about all of us, inclusion treasures diversity and builds community. By opening doors to new ways of thinking and focusing on the different abilities within our teams, we enable the team to reach its full potential and maximize organizational effectiveness.

The event will take place from 10-11:30 a.m. in the multipurpose room of the Piers Military Community Centre, WP106, Windsor Park. The event is open to all defence community members, and military dress for the event is dress of the day.

There will be information kiosks set up and personnel will be available to answer questions and provide information.

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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 email.
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.

615 (Bluenose) Royal Canadian Air Cadet Squadron

Time: 6:15 – 9:15 p.m.

Date: Wednesday each week

Location: CFB Halifax

Flight principles, air navigation, meteorology, first aid, airframes, engines, marksmanship, effective speaking, instructional techniques and leadership are some of the things you will learn as a member of 615 (Bluenose) Squadron. If you are 12 -18 years of age you can join. Air cadet activities are centered on aeronautics and leadership. There are no fees to join and uniforms are provided. Summer training courses from 2-7 weeks in length are available. 615 (Bluenose) Squadron meets Wednesdays from 6:15-9:15 pm at the former CFNES, CFB Halifax. Note: Due to construction near the main gate, the present entrance to the base is in front of the Wardroom. For more information, go on-line to www.615aircadets.ca or email 615air@cadets.gc.ca.

2632 Halifax West Royal Canadian Army Cadet Corps

Time: 6:30 - 9 p.m.

Date: Monday each week

Location: 73 Hobson Lake Drive, Halifax

We develop in youth the attributes of good citizenship and leadership, we promote physical fitness, and we explore and learn about various customs and traditions. How do we ac-

complish this? We do this by delivering a dynamic and exciting program like no other in our area. We focus on outdoor and cadet leadership development by offering such activities as canoeing, hiking, biking, abseiling, orienteering, marksmanship, biathlon, sports and so much more. Don't wait any longer to join us. If you're 12-18 years of age, come on out to 73 Hobsons Lake Drive on Monday Nights from 6:30-9pm to participate in a program that will stay with you for the rest of your life. Visit <http://halifaxcadets.ca> for more information.

A Beary Merry Christmas with the Stadacona Band

Time: 7:30 - 9 p.m.

Date: Monday, November 27

Location: Rebecca Cohn Auditorium, 6101 University Ave

Join the Salvation Army - Maritime Division and the Stadacona Band of the Royal Canadian Navy at the Rebecca Cohn Auditorium for this annual Christmas show. Tickets are just \$10 with a donation of a toy or gift card to bring light into a child's world at Christmas. All proceeds go to The Salvation Army Christmas Assistance programs. To purchase tickets, contact the box office at 902-494-3820 or toll free at 1-800-874-1669 or online at dal.ca/dept/arts-centre.html

Dartmouth Christmas Tree Lighting

Time: 4:30 - 6 p.m.

Date: Saturday, December 2
Location: Sullivan's Pond,

Dartmouth

You're invited to kick off the Christmas season in Dartmouth. The TD Dartmouth Christmas tree lighting will take place Saturday, December 2, beginning at 4:30 p.m., and will also feature free Christmas entertainment, hot chocolate for the kids, and fireworks, along with an appearance by Santa himself.

Hope and Survival: A Story of the Halifax Explosion

Time: 10:30 a.m.

Date: Friday, December 1

Location: Bedford Public Library

This brand-new children's book was written and illustrated by Laurie Swim to accompany the community art quilt project commemorating the 100th anniversary of the Halifax Explosion. Please join the library in welcoming the author for a special reading and a Q&A.

Halifax Explosion Blast Cloud Images

Time: 7 p.m.

Date: Tuesday, December 5

Location: Maritime Museum of the Atlantic

Until recent years, the notion that the iconic photograph of the 1917 Halifax Explosion blast cloud had been taken from a steamer located at the ocean end of the harbour looking inward towards Bedford Basin continued to pervade the lore surrounding the disaster. Joel Zemel's research into this photograph and others showing the 1917 Halifax Explosion blast cloud has rewritten the book regarding many of the accepted locations of explosion photographers. His free talk will offer some insight into his methodology that serves to underscore the importance of getting the facts straight when it comes to determining the provenance of important archival photographs.

Halifax Explosion Remembrance with George Elliott Clarke

Time: 6:30 p.m.

Date: Wednesday, December 6

Location: Halifax Central Library

Gather as a community to commemorate the tragic events and lives lost in the Halifax Explosion that took place 100 years ago. The evening will feature Parliamentary Poet Laureate, George Elliott Clarke, and Symphony Nova Scotia performing against a backdrop of images from December 1917. Participants will have an opportunity to reflect and add a personal tribute to the City's Centenary Book of Remembrance. This program is a part of the Library's commemoration of the 100th anniversary of the Halifax Explosion.

St. Mark's Church hosts Remembrance Sunday Service

St. Mark's Anglican Church in Halifax hosted a Remembrance Sunday and Memorial Service on November 5 to mark the 100th anniversary of the Halifax Explosion. A wreath in memory of military and naval responders was presented by Commodore Craig Skjerpen, on behalf of RAdm Craig Baines, Commander, Joint Task Force Atlantic and Maritime Forces Atlantic.

DAVE MACNEIL





The boarding party of HMCS Charlottetown practices its skills of boarding and securing a vessel during Operation REASSURANCE on October 14, 2017.

CPL J.W.S. HOUCK, FIS

HMCS Charlottetown completes successful Rest and Maintenance Period in Split, Croatia

By Lt(N) Meghan Jacques,
HMCS Charlottetown Unit Public Affairs Representative

HMCS Charlottetown, currently deployed on Operation REASSURANCE in the Eastern Mediterranean, conducted a Rest and Maintenance Period (RAMP) in Split, Croatia from October 15, 2017 to November 7, 2017 to support its continued deployment overseas into the New Year.

The purpose of a RAMP for a deployed ship is twofold: it provides the opportunity for members of the ship's company to take mission leave, and allows for the conduct of essential maintenance. Ships need rest periods while deployed because there is some maintenance that cannot be done while machinery is operating.

Some tasks require technical experts that are not part of the core crew of a deploying warship. Over 30 support staff from Halifax, Nova Scotia and a number of Croatian civilian contractors hired through the Royal Canadian Navy were present onboard to enable the completion of the major projects scheduled for the maintenance period.

According to SLt Taylor Donovan, a Marine Systems Engineer in Charlottetown, "one of the hardest parts of the RAMP was managing major projects with minimal ship staff ensuring that members were available to support the repair facility as required."

Overall, the maintenance period required coordination between multiple outside agencies in order to be successful. The weekly shipboard planning meetings to coordinate the RAMP started as early as August 2017,

just after the ship departed Halifax.

The most notable maintenance project was the replacement of Diesel Generator No. 1: one of four generators that comprise the Power Generation and Distribution system onboard Charlottetown.

With the help of embarked support staff, Charlottetown's engineering department also rebuilt a coupling of the ship's cruising engine and the Standby Assembly.

In addition to the work completed during the maintenance period, Charlottetown also had an opportunity to take advantage of the port visit to showcase the strength of Canadian-Croatian relations.

RAdm Craig Baines, the Commander of Maritime Forces Atlantic, visited Charlottetown and its Commanding Officer, Cdr Nathan Decicco, upon arrival in Croatia in October. Together, RAdm Baines and Cdr Decicco hosted embassy guests as well as the head of the Croatian Navy, RAdm Petranovic, for a reception onboard Charlottetown on October 16.

Charlottetown's Enhanced Naval Boarding Party and Dive Teams both conducted cross-training with teams from the Croatian Navy, and members of the crew participated in Croatian Defense industry equipment demonstrations and presentations.

As an occasion to strengthen bilateral relations and provide a critical rest and maintenance opportunity, Charlottetown's recent RAMP has ensured that the ship and crew remain ready to continue with NATO assurance and deterrence measures as part of Operation REASSURANCE.

Remembering the First World War

(1918)
saillant d'Ypres, John McCrae des plus célèbres poèmes de la guerre. À sa mort en 1918, il était canadien à Boulogne-sur-Mer. Une forte impulsion à l'effort par sa plume, le coquelicot la fleur du souvenir, symbole de la guerre.

L. JOHN McCRAE

(1872-1918)
John McCrae hier het gedicht "In Flanders Fields" opgesteld. Hij was geboren in Guelph in Ontario, Canada. Hij was in 1914 vrijwillig bij de Canadese expeditie naar Europa. Zijn dood in 1918 was het resultaat van een schotwond in de Vlaamse velden een jaar na de oorlog.

While serving as a military doctor, John McCrae wrote *In Flanders Fields*, one of the most enduring poems of the First World War. Born at Guelph, Ontario, he was practising medicine in Montreal when he volunteered, in 1914, to join the Canadian Expeditionary Force which was being sent to fight in Europe. His stirring poem, written near the trenches at Ypres, provided a strong stimulus to the Allied war effort. McCrae died in 1918 while serving at a Canadian army hospital in Boulogne-sur-Mer. His words have made the poppy a lasting symbol of self-sacrifice in war.

OBERSTLEUTNANT JOHN McCRAE
(1872 - 1918)

Als Militärarzt in Belgien schrieb John McCrae 1915 an diesem Ort "In Flanders Fields", eines der berühmtesten Gedichte des Ersten Weltkriegs. Der in Guelph (Ontario) geborene McCrae war Arzt in Montreal, als er sich 1914 freiwillig zum kanadischen Expeditionskorps meldete, das in den Krieg nach Europa geschickt wurde. Sein ergreifendes Gedicht gab den Alliierten Truppen starken Antrieb. Als John McCrae 1918 starb, war er Chelarzt des kanadischen Militärspitals in Boulogne-sur-Mer. Durch sein Gedicht wurde die Mohnblume in Flanderns Feldern zum bleibenden Symbol der Selbstaufopferung im Krieg.

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A soldier's shadow falls onto a plaque during the ceremony honouring LCol John McCrae at the John McCrae Dressing Station in Ypres, Belgium on November 10, 2017. This year marks the centenary of the battle of Passchendaele.

LS ZACHARIAH STOPA, CANADIAN FORCES COMBAT CAMERA

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Royal Canadian Navy participates in NATO missile exercise

By Lt(N) Linda Coleman,
MARLANT PAO

It's early October in the North Atlantic off the coast of Scotland. A NATO Maritime Task Group consisting of eight nations is operating in consort. As Canadians back home are celebrating Thanksgiving, tensions are high in the Operations Room of HMCS *Montréal*. The ship is under imminent threat as a fictitious enemy nation has fired a ballistic missile and anti-ship missiles in their direction. The NATO Maritime Task Group is there to take all enemy missiles out.

Naval Combat Information Operator: "Pop-up! Bearing 1-5-8, range 20 miles."

Operations Room Officer: "Take all missiles threatening HMCS *Montréal*!"

Above Water Warfare Officer: "A-system locked on. Missile away!"

These are just some of the commands heard throughout the Operations Room when an enemy missile is detected and fired upon. *Montréal's* Above Water Warfare Officer, Lt(N) Anne-Marie Day, launches the ship's Evolved Sea Sparrow Missiles to intercept the simulated incoming threat. She successfully engages the threat, defending her ship and her shipmates.

Welcome to FORMIDABLE SHIELD 2017.

Few people have had the occasion to experience what Lt(N) Day has just accomplished. Firing missiles from a warship is an extremely complex task involving high-tech systems programmed with the latest technology.

Immediately after the launch, embarked civilian technical experts from FMF Cape Scott, along with embarked contractors, begin analyzing data from the Combat Management System, radars and other technical equipment. The data collected is sent to the Maritime Warfare Centre in Halifax where it is analyzed in order to validate or refine tactics and doctrine to find new and improved ways to fight the ship. Their presence plays an important role in keeping the Royal Canadian Navy (RCN) a globally deployable, multi-mission capable enterprise.

So what exactly is FORMIDABLE SHIELD, and why was the RCN participating?

FORMIDABLE SHIELD is the first in a planned recurring biennial exercise that follows NATO's decision in 2010 to develop a capability to defend its European members from ballistic missile threats. The exercise is building upon the capabilities demonstrated during At-Sea Demonstration 2015, which included the first NATO ship transmissions of Ballistic Missile Defence (BMD) cues to a U.S. Navy guided missile destroyer.



Lt(N) Anne-Marie Day, the Above Water Warfare Director of HMCS Montréal in the operations room as the ship participates in an anti-ship missile tracking exercise while deployed on Neptune Trident 17-2 on September 25, 2017.

LS DAN BARD, FIS

Conducted by Naval Striking and Support Forces NATO on behalf of the U.S. Navy's 6th Fleet, FORMIDABLE SHIELD is designed to improve allied interoperability in an Integrated Air Missile Defence (IAMD) environment using NATO command and control reporting structures, and to train the countries' missile defence systems. Combined BMD and air defence live-fire engagements are inserted into the exercise to simulate real world operations. The live-fire exercise was the first time in Europe that allies practiced defending against incoming ballistic missiles with no prior warning.

During the exercise, allied ships detected, tracked and defended against a range of targets simulating anti-ship and ballistic missiles. Drills included sharing a common tactical picture (through the Link 16 communications system), and conducting joint mission planning and engagement coordination.

"Link 16 is critical for FORMIDABLE SHIELD," said MS Jeffrey Miller, Naval Combat Information Operator and Link 16 coordinator. "It enables us to build a shared maritime picture with our NATO allies, which in turn leads to successful interoperability."

The role of *Montréal* during the exercise was to "help protect the BMD shooters from the more conventional anti-ship missile threats," said Cdr Chris Sherban, Commanding Officer of *Montréal*. "What was great about this exercise was that it was a black missile firing event which means that we were not cued ahead of time to where and when the threat would present itself. When the threat was detected and the war cries were made, it was fantastic to see how the team and the system performed. It gave us a lot of confidence in the ability of the system to perform and help defend the ship in a high threat operational environment."

The RCN routinely conducts international maritime training with like-minded nations. NATO is one of Canada's longest standing and most enduring partnerships, and the RCN is committed to acting collectively with NATO allies and the international community to ensure maritime stability and security. So the RCN's participation in FORMIDABLE SHIELD is no surprise.

"Participation in NATO live-fire exercises such as FORMIDABLE SHIELD

is important for the RCN as it allows us to test our interoperability with our allies and our ability to integrate into a task group in a complex warfare environment," said Capt(N) Jeff Hamilton, Deputy Commander Canadian Fleet Atlantic and Test Director embarked in *Montréal* for FORMIDABLE SHIELD 17. "Exercises like this allow us to test the sophisticated equipment required in modern naval warfare and evaluate crew proficiency in tactical doctrine, as well as their ability to communicate effectively in the most demanding environment possible."

Parts of FORMIDABLE SHIELD overlapped with the United Kingdom-led JOINT WARRIOR 172, which also took place off the coast of Scotland. JOINT WARRIOR is a multinational exercise that typically involves over 30 warships, numerous aircraft, marines and troops, and is the largest military exercise in Europe. This year's iteration focused on anti-submarine, mine warfare and live-firing activity.

The RCN led anti-submarine warfare (ASW) training during JOINT WARRIOR 172. HMCS *Montréal* released Expendable Mobile ASW Training Targets (EMATTs), which simulate submarine movements and noise patterns and act as training for sonar operators. HMCS *Montréal*, along with seven other warships from allied navies, used *Montréal's* EMATTs for ASW training, practicing the detection, location and tracking of enemy submarines, all while strengthening interoperability.

It's only fitting that *Montréal* was the ship chosen to take part in FORMIDABLE SHIELD. It is the RCN's Experimental Ship – or "X-Ship" – a program designed to advance innovative and leading edge naval concepts in all areas of warship deployment, crewing and sustainment. The innovative X-Ship program will benefit the RCN in many ways as streamlining capabilities and finding new efficiencies allows increased effectiveness across a wide array of naval operations.

"There's a definite synergy between our role as the X-Ship and our participation in FORMIDABLE SHIELD 17. We are helping to define the capabilities of the future fleet to participate in an IAMD Task Group and defeat current and evolving maritime threats," said Cdr Sherban.

FORMIDABLE SHIELD ran from September 24 to October 17, 2017 on the U.K. Ministry of Defence's Hebrides Range based in the Western Isles of Scotland. The exercise involved 14 ships, 10 aircraft and approximately 3,300 personnel from eight nations, including Canada, France, Germany, Italy, Netherlands, Spain, United Kingdom and the United States.



Members of Trinity Detachment, NOPFWI, and their families attended a Remembrance Day ceremony at the Veterans of Foreign Wars Post in Oak Harbor.



PO2 Pollard and his sons Seth and Camden affix their poppies to the CAF Wreath on completion of the Remembrance Day Ceremony.

A Canadian Remembrance Day south of the border

By LCdr Graham Collins,
Trinity Det Comd NOPFWI

On the morning of Saturday 11 November, most of the 37-strong contingent of the Trinity Detachment, Naval Ocean Processing Facility, Whidbey Island, gathered with their families at the Veterans of Foreign Wars (VFW) Post in Oak Harbor to pay their respects and honour to those that lost their lives during the Great War and in all wars and conflicts that followed.

The RCN Sailors were joined by

members of the Royal Canadian Air Force, Canadian Army, Royal Australian Air force, Royal Air Force, and Royal Navy to make it a true Commonwealth event. Members of the United States Navy and Veterans of Foreign Wars contingent were also present.

This is the fourth year that Trinity Det has used the VFW facility and the number of attendees has gratifyingly grown each year. After the ceremony the approx. 80 attendees were treated to a most welcome brunch in the VFW facility.

Oxford School salutes CAF personnel



Students at Oxford School honour CAF members past and present with a Remembrance Day ceremony on November 10, 2017. LCdr Adriano Lozer spoke to students Oxford School during Remembrance Day ceremony on November 10 as part of the Veterans' Week Speakers Program. Nine members of the Royal Canadian Navy and three veterans took part. Students recited poems and stories while the school's band performed O Canada and The Last Post. Primary students presented sailors and veterans with a unique gift of appreciation. Each gift was a handcrafted clay maple leaf or poppy made by grade two and three students who were selected to take part in a commemoration project to create one of 600,000 sculptures marking victims of Battle of Passchendaele and to commemorate the end of the First World War from clay for the "Coming World Remember Me" initiative organized by the Belgian government. The clay from this project was donated to the students to make the handcrafted gifts which were presented in a gift wrap box to our members and veterans

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'Til We Meet Again concert a hit

By Virginia Beaton,
Trident Staff

An overflow audience filled the Paul O'Regan Hall at Halifax Central Library, for the Stadacona Band's 16th annual 'Til We Meet Again concert.

Under the direction of Lt(N) Patrice Arsenault, Commanding Officer and Director of Music, and with guest performer Liz Rigney, the band performed a varied and engaging program of music ranging from war-time hits such as *We'll Meet Again*, to PO2 Davidge's rousing version of the traditional sea shanty *Heave Away*, to *Mars*, from Gustav Holst's symphonic suite titled *The Planets*.

The concert is a partnership between the band and the QE II Foundation, in support of the memorial garden at Camp Hill Veterans Memorial Hospital, and a number of veterans from the hospital were present in the audience.

"This is something they [veterans] always look forward to attending each year," said Heather White, Director Veterans' Services and Geriatrics, Camp Hill Veterans Memorial Hospital. She thanked JTFA and MARLANT for their ongoing support of the concert.

RAdm Craig Baines, Commander JTFA and MARLANT, noted that this year marks the 100th anniversary of the establishment of Camp Hill as a centre for treating veterans of the First World War. He added that this year also is the centenary of the Halifax Explosion, and that Camp Hill hospital played a significant role in providing medical care in the aftermath of that event. With so many people injured in the explosion, RAdm



The Stadacona Band plays its annual 'Til We Meet Again concert at the Halifax Central Library.

MIKE BONIN, BASE PAO

Baines observed, the hospital, which had only recently been established, quickly went from treating 250 people, to treating more than 1400.

The band's musical repertoire paid tribute to the tunes of the 1940s: a trio of the band's female musicians stepped out front to sing *Boogie Woogie Bugle Boy*, in the style of the Andrews Sisters; the Stadacona Big Band played *Take the A Train*; and the Stadacona Jazz Combo, led by

PO2 Krisanne Crowell, played *Tuxedo Junction*.

For the Service Salute, master of ceremonies PO2 Michel Wade invited audience members to stand in acknowledgement of their own or a family member's service in a branch of the service, as that service's ceremonial march was played: *Heart of Oak*; *Great Little Army*; *RCAF Marchpast*; and the *RCMP Marchpast*.

The audience also showed itself to

be in good voice for the singalong, led by Liz Rigney, PO2 Crowell, and PO2 Wilson, in songs such as *Quartermaster's Stores*, and *Wish Me Luck*.

The afternoon ended on a somber note, with PO2 Davidge's rendition of *The Last Farewell*, followed by *The Last Post* and *God Save the Queen*.

The ushers and the Colour Party at the concert comprised cadets from 1 RCSCC Nelson, 24 RCSCC Magnificent, and 305 RCSCC Sackville.

Mayday, Mayday! Exercise Salish Sea 17 simulates maritime disaster in B.C.

By Lt(N) Melissa J Kia,
MARPAAC/JTFP Public Affairs

On the morning of October 25, B.C. Ferries' Coastal Renaissance was far outside its usual route as it sailed between Salt Spring and Galiano Islands.

The diversion from its standard trek was part of a multi-agency emergency response training exercise that involved 14 agencies in the region including the Canadian Armed Forces.

Shortly after 8 a.m., residents surrounding the Trincomali Channel could see the beginning of Exercise Salish Sea 17.

The ersatz Mayday went out over marine traffic services and 97 actors from Joint Task Force (Pacific) (JTFP), representing the ferry's guests and crew, began their evacu-

ation as sirens blared on board, and a simulated fire erupted on the car decks below.

As the Coastal Renaissance enacted a full passenger evacuation by deploying escape slides and life rafts, JTFP and Canadian Coast Guard (CCG) assets sprang into action by deploying over 15 vessels including the ready duty ship HMCS *Regina* and an Orca-class patrol training craft from the base.

Joint Rescue Coordination Center (JRCC) Victoria hastily called in air support from CFB Comox and 443 Maritime Helicopter Squadron, who launched helicopter and fixed wing aircraft to the aid of the stricken ferry, along with a crew of search and rescue technicians. Assistance from the U.S. Coast Guard came in the form of one of their ships and a Dolphin

rescue helicopter to hoist passengers off the ferry's upper decks.

Once clear of the ferry, passengers were transported to a staging area on Salt Spring Island. British Columbia Emergency Health Services' set to work helping the wounded. Teams of paramedics bent to the task of triaging and treating fictional injured, who sported life-like makeup simulating serious injuries and burns from the fire on board. The most severe cases were transported by air to waiting hospitals emergency rooms, for further medical treatment drills.

Once the search and rescue portions of the exercise were complete, JTFP officially transferred command of operations to the CCG, who led the environmental response on the second day of the exercise.

Day two saw the CCG Ship Bartlett stand in for the Coastal Renaissance as the vessel for the Marine Environmental Response portion of the exercise. Responders practiced how agencies would work together to ensure a coordinated joint response for environmental protection and stewardship following this type of marine emergency.

Exercise Salish Sea 17 was designed to practice the province's joint ability to provide search and rescue and environmental consequence management to the Province of B.C.'s busy waterways. The knowledge gained from this extensive training will go a long way in helping to increase interoperability, strengthen inter-agency partnerships and ensure B.C. is ready in the event of a major maritime disaster.



RCN recognizes 95-year-old survivor of HMCS *Louisburg* sinking

By Darlene Blakeley,
Senior Editor and Writer, Navy Public Affairs

The naval veterans who served so valiantly during the Second World War have not been forgotten, and that includes 95-year-old retired Chief Petty Officer Ernie Pain.

Pain was a crewmember of HMCS *Louisburg*, a Flower-class corvette sunk by enemy aircraft on February 6, 1943 while escorting a convoy from Gibraltar to Algeria. Thirty-eight members of the ship's company were lost; 45 survived, including then Able Seaman Pain.

The Royal Canadian Navy (RCN) was contacted by his granddaughter Jennifer Pain-Andrejin, who thought it would be a great idea if someone from the navy could attend Pain's 95th birthday party at the Cornwall, Ont., branch of the Royal Canadian Legion on October 21, 2017.

"I am hoping someone from the navy would be available to come and give Ernie their best wishes on this special day," she wrote. "My Grampa is a character, to say the least, and I know he would love this more than anything. The party starts around 7 p.m., and I'm sure he will be hitting the dance floor shortly thereafter!"

CPO1 Dave Bisal of the Directorate of Naval Personnel and Training at National Defence Headquarters in Ottawa was happy to attend the birthday party on behalf of the RCN.

"I was honoured to represent the RCN at the 95th birthday of Ernie Pain," says CPO1 Bisal. "When I arrived I had the pleasure of meeting Ernie and three generations of his family, as well as a great number of his friends."

He presented Pain with a certificate and coin from the Deputy Commander RCN, RAdm Gilles Couturier, recognizing his 95th birthday, as well as his courage, sacrifice and dedication to Canada as a member of the RCN during the Second World War.

"It is important to remember and to recognize that at the start of the Second World War the RCN was a tiny navy of 11 warships. By war's end it had over 375 combat vessels and responsibility for the entire northwest Atlantic, playing a vital role in keeping the sea lanes to Europe open," says CPO1 Bisal. "None of this would have been possible without people like Ernie Pain and all the others who volunteered to serve and put their lives at risk on a daily basis. That kind of dedication cannot be recognized enough."

Ms. Pain-Andrejin says the visit of CPO1 Bisal was a big surprise for



Ernie Pain in his uniform during the Second World War.

SUBMITTED

her grandfather. "This was unexpected and made for one proud navy man. You took the time to appreciate the sacrifices one of the last veterans of the Second World War made. These men have after-effects that last a lifetime and all they really want in return is to be recognized for what they did. They returned to everyday lives with no fanfare and really didn't expect any, but they are the reason we have the incredible lifestyles and country we live in today."

She says that Mr. Pain appreciated the RCN taking notice of all he had sacrificed and given to the navy. "He actually never talks about his time in the navy as a sacrifice. He talks about it like one of the best times of his life, even during the war."

Mr. Pain joined the RCN in 1939 after spending time in the merchant navy. He says that when the bombs hit *Louisburg*, he was knocked out. When he woke up, there was no-one left on the ship. The quarterdeck was up to his knees in water and as he grabbed a lifejacket and waded out, something on the ship exploded, blowing him out of the water. Eventually he was hailed by another survivor and they made it to safety.

"I'm very lucky I'm here today," he says.

Mr. Pain left the navy after the war and worked at Northern Electric, and also as a park ranger in Ontario. He and his wife Helen (who died eight years ago) have one son, two grandchildren and four great-grandchildren.



Ernie Pain, right, receives a certificate honouring his 95th birthday and war service from CPO1 Dave Bisal.

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Photos showing both military personnel and civilians among the wreckage following the explosion.

NAVAL MUSEUM OF HALIFAX

Military contribution to Halifax Explosion relief should be recognized, historian says

By Ryan Melanson,
Trident Staff

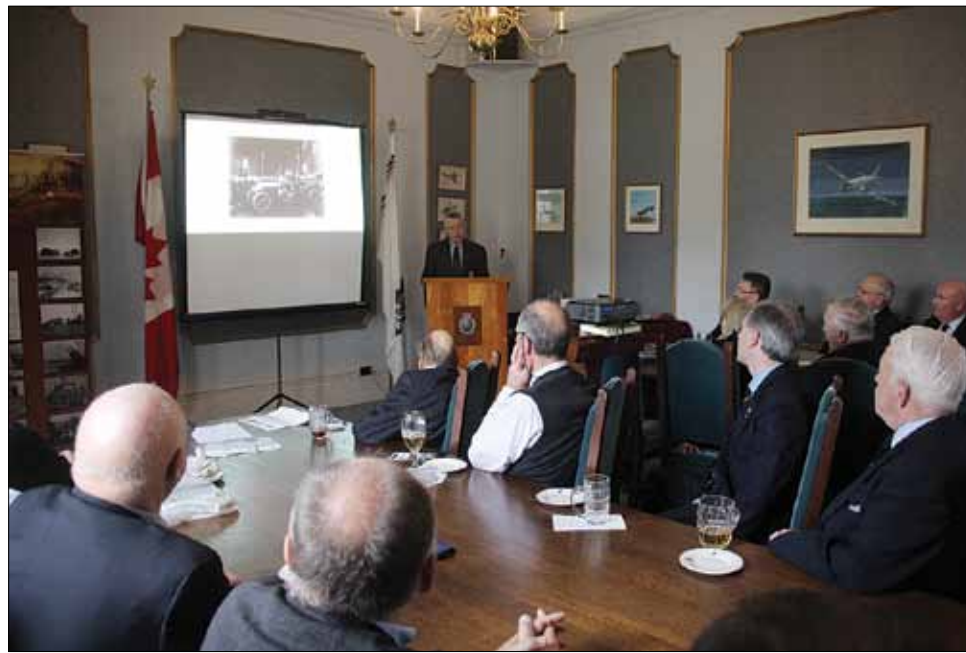
"I have never seen anything on the battlefield equal to the destruction that I witnessed in Halifax today."

Those words were written by LCol Frank Bell, then the assistant director of medical services for Military District #6, in the initial aftermath of the Halifax Explosion on December 6, 1917.

The disaster, caused by the collision in the Harbour of the French munitions ship *Mont Blanc*, loaded with 2,600 tons of explosives, and the Norwegian ship *Imo*, killed nearly 2,000 people, eviscerated the North End and Richmond areas of Halifax, and left as many as 10,000 badly injured and 25,000 homeless or without adequate shelter in its wake.

Yet despite the utter devastation that would shape the city and many of its residents for decades to come, recovery and relief efforts following the blast came together quickly and were remarkably well organized. One of the reasons this was able to happen was because of military personnel like LCol Bell. About 3,300 Army personnel were stationed in the city at the time, spread out across artillery, engineering, infantry and other support units, as well as about 1,700 in transit to and from Europe for the war effort. The small Royal Canadian Navy had a presence that included the depot ship *HMCS Niobe*, 10 minesweepers, two submarines, 13 auxiliary patrol vessels and other assets, and a number of Royal Navy and American ships were in the area at the time.

"Quite simply, if it were not for the more than 5,000 Canadian and British soldiers, and the large number of Canadian, British and American sailors



Col(Ret'd) John Boileau speaks to members of the Royal United Services Institute of Nova Scotia on November 16.

RYAN MELANSON, TRIDENT STAFF

in the city, more people would have died, more property damage would have occurred, and quite possibly, a degree of anarchy would have prevailed," said Col (Ret'd) John Boileau, now a military historian and author of numerous books.

Boileau's latest, titled *06.12.17. The Halifax Explosion*, published by Macintyre Purcell Publishing, presents the explosion's story, including the military role in relief efforts, in a visually interesting format accompanied by a large collection of photos, maps and illustrations. He's been promoting the new book with a number of speaking engagements ahead of the explosion's 100th anniversary in December, and most recently spoke to members of the Royal United Services Institute of Nova Scotia, where his presentation put a focus on the role

played by sailors and soldiers.

From the ill-fated naval crews who ventured to the collision scene to help, unaware of the volatile cargo, to the thousands of soldiers who sprang to action almost immediately, and the sailors from other ships who came to shore, military personnel were key to early rescue and aid work. About 600 members of the Canadian Army Medical Corps, as well as a small number of RCN surgeons and nurses at Admiralty House, also helped ensure that medical help was available from the beginning. At the height of the relief efforts, more than 40 hospitals were in operation, many of them makeshift, and fully or partially staffed by military personnel.

Sailors and soldiers also dug through rubble for survivors, set up and administered first aid posts,

collected the dead, delivered supplies like food, clothing and blankets, helped guard homes and businesses from looters, and assisted in getting the injured to hospitals, including to ships with medical facilities.

In Boileau's view, Halifax's role as the city most involved in the First World War effort gave it a major advantage in dealing with the horrific incident, particularly early on before help began to arrive from outside communities. First responders with Halifax police and fire services were essential, but combined numbered less than 250 personnel at the time.

"The soldiers had great numbers and they were prepared for land warfare for their entire uniformed life, and the monumental battles of the First World War gave added impetus to this training. The destruction in Halifax was in every way comparable to the devastation the war brought to European communities and war zones," he said.

The annual commemoration ceremony in Fort Needham Memorial Park is attended by MARLANT senior leaders, and normally supported by the Stadacona Band, but military involvement is otherwise limited, and official remarks made to attendees tend not to make mention of Army and Navy contributions. Members of the city's Halifax Explosion 100th Anniversary Advisory Committee have indicated that the role will be recognized during this year's main ceremony, and Boileau said he's focusing on the topic in hopes that others will raise it with the municipality as an error that should be corrected.

"This has never been formally recognized at the annual memorial service or elsewhere. It's a bizarre oversight that has continued for far too long, and it's been a mystery to me."

Winning design chosen for CF Health Services Group logo contest

By The Maple Leaf

Cpl Isabelle Pelchat submitted the winning design to the Canadian Forces Health Services Group's Patient Safety program logo contest. The goal of the contest, launched DND-wide in October 2016, was to find a logo to represent its Patient Safety program and its projects and initiatives.

This logo will represent the important work being done by the Patient Safety program and will contribute to the increasing awareness of patient safety among personnel. Designs were judged on criteria such as creativity, reproducibility, and accuracy.

CF Health Services Group would like to congratulate the winner and thank those who participated in the contest. All of the submissions demonstrated an enthusiasm and understanding of patient safety. The enthusiasm this contest generated for the Patient Safety program and for patient care encourages Health Services Group personnel to continue to work toward their ultimate goal: to implement a culture of high-level patient safety awareness.

Here we learn a little more about the thoughts behind the winning design.

Q: Tell us about yourself.
A: I am a dental technician at 1st Dental Unit Detachment Greenwood, N.S. I've been a dental technician in the [Canadian Armed Forces] since I completed my training at College Boreal in 2012. Before that, I was a weather technician for six years and completed a deployment to Afghanistan.

Q: Why did you join the CAF?
A: I first joined 11 years ago for the challenge that a job in the CAF would bring me, and I stayed because I found a career and stable job that I loved doing.

Q: What was your thought process behind the logo?
A: With the design of this logo, I wanted both medical and dental professionals to be able to identify themselves in it. I wanted the logo to accurately represent both sides. I combined both units' colors in a diamond symbol, which represents safety. The Delta represents the dental service and the rod of Asclepius represents the medical service. The logo symbolizes that everyone is working together towards the same objective of safe patient care. This is important in the design because patient safety means that these professionals are always striving towards providing high-quality care.

Honours for 443 Sqn's Chief Warrant Officer



Her Excellency the Right Honourable Julie Payette, Governor General and Commander-in-Chief of Canada, presided over an Order of Military Merit investiture ceremony at Rideau Hall, on November 10, 2017. Her Excellency presented the Member insignia of Order of Military Merit to CWO Kevin Denis Colcy, M.M.M., C.D. CWO Colcy is Squadron Chief Warrant Officer, 443 Maritime Helicopter Squadron.

Sélection de la conception gagnante dans le cadre du concours de logo du Groupe des Services de santé des FC

Par La Feuille d'érable

C'est la caporal Isabelle Pelchat qui a présenté la conception gagnante pendant le concours de logo du Programme de sécurité des patients du Groupe des Services de santé des Forces canadiennes. Le concours, qui a été lancé à l'échelle du MDN en octobre 2016, avait pour objet de trouver un logo représentant le Programme de sécurité des patients, de même que ses projets et ses initiatives.

Ce logo représentera le travail important effectué dans le cadre du Programme de sécurité des patients et contribuera à accroître la sensibilisation du personnel à l'égard de la sécurité des patients. Les logos proposés ont été évalués en fonction de critères, dont la créativité, la reproductibilité et la justesse.

Le Groupe des Services de santé des FC souhaite féliciter la gagnante et remercier tous ceux et celles qui ont participé au concours. Tous les logos démontraient l'enthousiasme de leur concepteur ainsi que leur compréhension de la sécurité des patients. L'enthousiasme que ce concours a suscité à l'égard du Programme de sécurité des patients et des soins aux patients encourage le personnel du Groupe des Services de santé des FC à poursuivre son travail en vue d'atteindre son objectif ultime : instaurer une culture de sensibilisation générale en ce qui concerne la sécurité des patients.

Nous avons discuté avec la caporal Pelchat pour en apprendre davantage sur le raisonnement qui l'a amenée à concevoir ce logo.

Q : Parlez-nous de vous.
R : Je suis technicienne dentaire au sein du Détachement de la 1re Unité dentaire de Greenwood, en Nouvelle-Écosse. J'exerce ces fonctions au sein des Forces armées canadiennes depuis la fin de ma formation au Collège Boréal en 2012. Avant cela, j'ai été technicienne en météorologie pendant six ans et j'ai participé à un déploiement en Afghanistan.

Q : Pourquoi vous êtes-vous enrôlée dans les FAC?
R : Je me suis enrôlée il y a onze ans en raison du défi que les FAC me permettraient de relever, et je suis restée parce que j'ai trouvé dans les FAC une carrière et un emploi stable que j'aime exercer.

Q : Quel processus de réflexion est à l'origine de votre logo?
R : Je voulais que les professionnels de la santé, qu'ils soient du milieu médical ou dentaire, se reconnaissent dans ce logo. Il était important pour moi que ce logo représente adéquatement ces deux domaines. J'ai combiné les couleurs des deux unités pour créer un losange représentant la sécurité. Le delta représente les services dentaires, alors que le bâton d'Esculape représente les services médicaux. Ce logo symbolise le fait que tout le monde travaille de concert en vue d'atteindre un même objectif, à savoir la prestation de soins sécuritaires. C'est un élément important du logo parce que la sécurité des patients signifie que les professionnels de la santé s'efforcent toujours d'offrir des soins de grande qualité.

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How to save on holiday shopping

(NC) Forget Black Friday and Cyber Monday crowds and line-ups — these pro tips will help you save big all season long.

Shop on Tuesday. Some research shows that online retailers usually offer the best deals on Tuesdays, so load up your shopping cart over the weekend and wait to check out and pay a couple of days later.

De-stress. Did you know that stress can actually make you spend more money? Take steps to avoid hitting the mall or browsing online shops when you're anxious or overwhelmed. Try listening to soothing music on your headphones, doing some deep breathing exercises or waiting until after your gym or yoga class to make your purchases.

Use your rewards points. Earn rewards points for yourself while you shop for others, or spend your points to knock some gifts off your list. For example, the new Marriott Rewards More program lets members earn and redeem points for purchases from major retailers like Apple, Roots Canada and Lego.

You can even use rewards points or a combination of cash and points directly on the sites. The convenient tool bar visible on the app and the desktop browser, link with each member's account to display the number of points and cash equivalent needed.

Grab a buddy. Many in-store sales require that you spend more to save more — for example, buy two get one free or buy four get three free. Instead of buying so much stuff you won't be able to use it all, go with a friend to split the deal. They'll also keep you in check if you stray from your list for an impulse buy.

Max out discounts. Some great ways to get the lowest prices include price matching, using a mobile app that compares prices and checking websites and mobile apps for special coupons. Another great trick is to compare in-store sales and prices with online — they're often different and can help you shave some serious dollars from the purchase price.

Find more information at www.members.marriott.com.

The 10 best toys to give this Christmas season

(NC) The must-have toys for 2017 include something for every age and stage, and at every budget. Whether you've got a builder, adventure-seeker or curious preschooler on your list, there's a toy for every child.

It's also easier than ever to shop for toys, with some retail stores offering in-store, online and app options.

"We take the guesswork out of finding the hottest toys at the lowest prices," said Sarah Dennie, director of customer marketing at Walmart Canada. "Our Toy Academy team listens, analyzes and tracks all the toy data, ratings and reviews online. We use this information to create top toy lists so our customers can easily find the perfect gifts for their kids."

The best toys guaranteed to put a smile on little faces this year include:

For one- to three-year-olds: The Think & Learn Teach n' Tag Movi is an adorable mini robot that encourages preschoolers to get moving while simultaneously teaching them to follow directions.

For three- to five-year-olds: Children will serve up creativity and imagination with the Laugh & Learn Servin' Up Fun Food Truck — its blend of kitchen and vehicle play will keep preschoolers engaged for hours. Inspired by the hit television series, the PJ Masks Deluxe Headquarters play-set, another great toy,

is a double-sided playset filled with stimulating kid-powered features. Finally, the Paw Patrol My Size Lookout Tower and the Paw Patrol Sea Patrol-er both offer hours of exciting rescue missions for kids who love the popular television show.

For five- to eight-year-olds: The Fur-Real Roarin' Tyler Tiger is an interactive pet that reacts to sound and touch with over 100 responses. And for those who crave action, the Hot Wheels Ballistik Racer is a super-fast remote-control car with endless stunt and trick possibilities.

For eight- to 10-year-olds: The Nerf Modulus Regulator with three firing modes keeps kids' active while fueling their desire for adventure.

For kids 12 years old and up: It's all about crazy cool gadgets, and the Propel Maxi-

mum X01 Micro Drone is just that. This drone encourages technical skills for the future while also offering hours of fun. For those who enjoy mind games, Hearing Things gets players to wear speech-cancelling electronic headphones and guess what they think a teammate is saying by reading their lips.

Find the best toys for all budgets at Walmart.ca/Toy-Academy



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CANEX/SISIP give back to Formation Halifax

By Ryan Melanson,
Trident Staff

CANEX and SISIP Financial have been serving military communities across Canada for nearly 50 years, and it's no different at CFB Halifax. CAF members support these CFMWS organizations with their hard-earned money, and in turn, CANEX and SISIP give some of those funds back each year to support base initiatives.

This year, the giving back came in the form of a cheque for an impressive \$179,967 toward the base/wing fund covering CFB Halifax and 12 Wing Shearwater. The cheque was recently presented to CFB Halifax Base Commander Capt(N) Paul Forget by local CANEX Manager Glenn Banfield and SISIP Branch Manager Jim Boylan.

CANEX and SISIP have always used a portion of their profits to contribute back to the base/wing fund, in accordance with their mandate of supporting military members and their families. They began presenting the amount with a ceremonial cheque three years ago to help illustrate the mutually beneficial relationship between the different entities. This year's presentation was made in the Sea Room inside Juno Tower on No-



From left, CANEX CFB Halifax Manager Glenn Banfield, Base Commander Capt(N) Paul Forget, and SISIP Branch Manager Jim Boylan at Juno Tower on November 15, where CANEX and SISIP presented a cheque for \$179,967 to the CFB Halifax and 12 Wing Shearwater base/wing fund.

RYAN MELANSON/TRIDENT STAFF

vember 15, with CFMWS employees from CANEX, SISIP and PSP joined by military personnel including Capt(N) Forget, BAdm Officer Cdr Pat Perks and BAdm Chief CPO1 Sifton Mosher. "As divisions of CFMWS, we're here

to enhance the quality of life of the military community. It's what we do," Boylan said. He explained that this includes the insurance, investment, savings and other financial services offered by SISIP, as well as the

products and helpful payment plans offered by CANEX, and then extends to other initiatives in support of the formation, like the annual cheque presentation. "We see this as a testament to our commitment and support for the formation and for the CAF members. None of this is possible without their patronage of CANEX and without them utilizing the products and services offered by SISIP," he said. Capt(N) Forget said he's been working since taking over the Base Commander role to encourage his Formation members to take advantage of the services and products offered by CFMWS as much as possible. "We're helping ourselves when we take advantage of these things, and the service is always fantastic," he said, adding that another nearly \$200,000 for the base/wing fund is just an extra reminder that spending money at CANEX and SISIP directly benefits the military community. He also commended PSP Halifax for its recent work in support of CAF Sports Day and a slew of better-health related activities. "Everything we're doing for betterment of our service members is on the right track, and a contribution like this goes a long way in helping with that."

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Sea King crash in 1967: friendships emerge from tragedy

By Virginia Beaton,
Trident Staff

On November 30, 1967, a Sea King helicopter from HMCS *Bonaventure* crashed into the ocean during a training exercise. Two of the crew, pilot Lt Leo Wolfe, and co-pilot, SLt Brian Roberts, survived the crash but the two other crewmembers, tactical officer Commissioned Officer Claire Tully, and radio navigator PO1 Douglas Mander, were killed.

Brian Lapierre, a retired sailor who was a young Ordinary Seaman in *Bonaventure* at that time, remembers that the next morning, the ship's company mustered on the deck for a ceremony and a wreath laying to acknowledge the losses that had just occurred. Lapierre continued his naval career, later becoming a submariner, but the memory of that Sea King crash remained with him. "I've always carried that with me and I wanted to know more about what happened," he says.

Many years later, Lapierre was waiting in line outside a hardware store when he fell into conversation with another customer. That man turned out to be the son of Commissioned Officer Claire Tully. Lapierre also saw a news story that mentioned Mark Mander, the recently retired Chief of Police for Kentville, who is one of PO1 Mander's three sons. Lapierre contacted him and in October 2017, Lapierre introduced Mander to Don Courcy, the RCN diver who was dispatched to the crash site to look for survivors. According to Lapierre, it seemed fated to happen at this time, 50 years after the crash.

"It's remarkable," says Mander. With sincere emotion, he describes how meeting Lapierre and Courcy has helped bring closure to that painful and difficult memory from his childhood. Of Courcy, who was attached to a horse collar as he jumped into heavy seas and swam to the crash site, Mander emphasizes, "He risked his own life in that debris field, in that fuel, to save two other people. It's heroic."



Commissioned Officer Claire Tully

SUBMITTED



Don Courcy, Brian Lapierre, and Mark Mander finally all meet together.

RYAN MELANSON, TRIDENT STAFF

The events leading to the crash were as follows: on November 30, 1967, the aircraft carrier HMCS *Bonaventure* was sailing 250 miles north of Bermuda. An embarked Sea King helicopter, CHSS-124-02, was on what was planned as a four-hour night flight.

Approximately three and a half hours into the flight, around 10:45 p.m. local time or 12:45Z, the Sea King crashed into the ocean.

Other RCN ships, including HMC Ships *Provider*, *Fraser*, and *Gatineau*, were in the area at the time. *Gatineau* was designated as the rescue ship and Don Courcy, a radio operator and one of the ship's divers, was sent out as rescue diver.

"I didn't think anything about it, I dived into the water the same as usual," says Courcy. He swam towards the life raft that held the survivors and as-

sisted with their transfer into the boat that had been launched. Back aboard *Gatineau*, Courcy noticed a bank of barracudas nearby and recalls, "I was glad to be back onboard my ship."

Several ships, as well as anti-submarine aircraft and helicopters, searched the area and found some of the wreckage of the Sea King, but the remains of Commissioned Officer Tully and PO1 Mander were never found.

Later, an official Board of Inquiry was held and among its findings, it was deemed that no person was to blame for the injuries and deaths resulting from the accident. Pilot distraction and/or fatigue were assessed as being among the contributing factors to the crash.

In the aftermath of the accident, Mander says, the community in the Dartmouth neighbourhood where the family lived,

rallied around to show support to his mother, who was suddenly a widow with three young children. At the time of their father's death, Mander's elder brother was 10, Mark Mander was seven, and the youngest boy was just four.

Whether it was shoveling their driveway and sidewalk, "or noticing whenever the Mander boys might get into trouble, the neighbours kept an eye out for us," Mander recalls.

Choosing a career in law enforcement, Mander says that he has always felt a close connection with the military. In 2013 during a military ceremony to commemorate Sea King crewmembers who died while operating the helicopters, Mander received a Memorial Ribbon.



PO1 Douglas Mander

SUBMITTED

Continued on page 15

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Sea King crash in 1967

Continued from page 14

Over time, chance encounters with his father's friends and comrades have helped fill in Mander's picture of his father, and to discover unexpected similarities between father and son. Following a speaking engagement for Remembrance Day one year, Mander was approached by an RCN veteran who introduced himself and told him, "I was one of your dad's bunkmates."

Mander says, "I love to hear the stories about him. My father was a practical joker, I'm a practical joker. He loved to teach, and I love to teach."

Earlier this year, when Mander heard that one of the Sea Kings was being decommissioned, he contacted 12 Wing and asked if he could receive a tail rotor from that helicopter, in memory of his father.

"They took the time and made the effort to paint it with the colours from that era, and the Wing Commander presented it to me. I have it now, in my study at home."

At last, having access to the report from the Board of Inquiry into the accident, and having met Lapierre and Courcy, Mander says he is grateful for the information he has received that has allowed him to finally piece together what happened on that night, 50 years ago. He says, "I believe the crash was an accident. Accidents happen."

However, he still hopes to someday have the opportunity to drop a wreath of commemoration for his father, at the site where the crash took place.



Col Peter Allan, Commander 12 Wing, presents Mark Mander with a tail rotor from a decommissioned Sea King helicopter.

CPL JENNIFER CHIASSON, 12 WING IMAGING



The Sea King which would crash on November 30, 1967, shown that year on the flight deck of HMCS Bonaventure.

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CAF begin explosive threat training in Iraq, adjusting Air Task Force contributions

By DND

As part of Canada's ongoing commitment to enable the lasting defeat of Daesh, CAF engineers are delivering explosive threat training to Iraqi security forces (ISF). As well, to better meet the needs of the Global Coalition, the CAF is adjusting its aircraft contributions.

Approximately 20 Canadian Army engineers have deployed to deliver explosive threat training to the ISF in Besmaya, Iraq. Responding to the Coalition's needs and an evolving military campaign, the CAF has also deployed a second CC-130J Hercules aircraft to join Joint Task Force Iraq (JTF-I), while the CP-140 Aurora detachment will return to Canada in mid-December.

"Canada is committed to working with our Coalition partners as we work towards the defeat of Daesh. In doing so, we continue to assess the conditions in the region and adjust our contributions to ensure we provide the best resources to support Coalition efforts," said Harjit S. Sajjan, Defence Minister.

"The Canadian Armed Forces is adjusting Joint Task Force Iraq's contributions so our forces can assist in Iraq's consolidation of the gains as operations continue to destroy Daesh's remaining capabilities. The Royal



A door gunner with the Tactical Aviation Detachment watches out of a CH-146 Griffon helicopter during Operation IMPACT on September 27, 2017.

OP IMPACT, DND

Canadian Air Force's long range patrol fleet has supported three years of valuable intelligence efforts over Iraq and Syria. We welcome the Royal Canadian Engineers to our team, and know the Iraqi Army Bomb Disposal school's

instructors are looking forward to our contributions to enhance Iraqi abilities to deal with explosive threats from Daesh. The additional CC-130J Hercules will improve our ability to move the people and equipment needed to further stabilize Iraq to the benefit of its people," said BGen Daniel MacIsaac, Commander Joint Task Force - Iraq.

The changes to the CAF contributions are a result of the evolving conditions in Iraq and the nature of the Coalition's campaign. This ensures Canada continues to provide highly valuable contributions to Coalition operations.

The explosive threat training team is an additional CAF contribution to help enhance the capacity of ISF as we work towards defeating Daesh. Canada has committed to deliver at least three training serials to the ISF over the coming months.

The initial training will be delivered in cooperation with other NATO nations under the NATO Training and Capacity Building - Iraq (NTCB-I) mandate and in coordination with the Global Coalition's Middle East Stabilization Force.

The CAF training program is based on a train-the-trainer approach aiming for the ISF to be self-sufficient in the long term and to develop an ISF instructor cadre in the area of counter-improvised explosive devices (C-IED).

An additional CC-130J Hercules has deployed from 8 Wing Trenton to further enhance Canada's contribution to Coalition air mobility operations, transporting personnel and cargo within the region.

The CP-140 Aurora will conclude over three years of support to the Coalition, returning to Canada in mid-December. To date, the Aurora aircraft has flown over 850 sorties, directly contributing to the defeat of Daesh, by supporting Coalition intelligence, surveillance and reconnaissance efforts.

Canada's contribution will now include:

- An Air Mobility Detachment with one CC-150 Polaris aerial refueling aircraft and two CC-130J Hercules;

- A tactical helicopter detachment with up to four CH-146 Griffons;

- The recently extended CAF-led Role 2 medical facility;

- Training, advising, and assisting Iraqi security forces;

- Support to the Global Coalition's Ministerial Liaison Team; and

- Support to the Global Coalition with other highly-skilled personnel, including the All Source Intelligence Centre.

The recently renewed Op IMPACT mandate provides the CAF with the authority to tailor its contribution to the Global Coalition's campaign against Daesh.

Programme En route vers la préparation mentale : au-delà de la salle de classe

Par La Feuille d'érable

Grâce à l'application mobile, les instructeurs de cours des FAC peuvent plus facilement enseigner des qualités intellectuelles durant des activités d'instruction ordinaires et les dirigeants des FAC peuvent promouvoir davantage ces qualités tout au long de la vie professionnelle.

Les FAC reconnaissent que la santé mentale et le bien-être contribuent pour beaucoup à l'état de préparation opérationnelle. En route vers la préparation mentale (RVPM) est un programme d'éducation et de formation des FAC fondé sur des données probantes liées à la santé mentale. Ce programme, élaboré au cours des neuf dernières années, a été conçu pour améliorer les connaissances sur la santé mentale et rehausser la résilience et la force mentale, afin d'améliorer, au bout du compte, le rendement à court terme et la santé mentale.

L'un des éléments fondamentaux du programme est le modèle du continuum de santé mentale, qui a été conçu en collaboration avec le Corps des Marines des États-Unis. L'utilisation du continuum comme point d'ancrage permet d'offrir au personnel des FAC des renseignements qui normalisent les fluctuations de l'état de santé mentale. Ainsi, cela crée des attentes en matière de rétablissement et de bien-être et met en valeur des mesures que les personnes peuvent prendre pour maintenir ou raffermir leur santé mentale. Quoique le principal mode de prestation de la formation du programme RVPM ait été l'apprentissage en salle de classe, des études récentes montrent que la pratique répétée des habiletés dans un environnement de formation améliore l'efficacité et la capacité des participants à retenir l'information. Dans cette optique, les FAC ont conçu une application mobile qui permet aux membres des FAC

d'adapter le contenu pédagogique du programme RVPM aux rôles et aux situations qui leur sont propres. Ce contenu est donc accessible aux membres des FAC en tout lieu et en tout temps, lorsqu'ils en ont besoin.

« L'application mobile du programme RVPM constitue un outil qui permet de poursuivre la formation sans mettre les pieds dans une salle de classe. Elle a été conçue comme complément au programme d'enseignement actuel du programme RVPM, » affirme le médecin général des FAC, le brigadier-général Andrew Downes. « Nous veillons à ce que la formation soit à portée de la main des membres des FAC, peu importe leur rôle professionnel ou leur situation personnelle, ou encore, leur lieu d'affectation, que ce soit au Canada ou à l'étranger; ainsi, nous pouvons améliorer le rendement, la résilience et le bien-être des militaires pendant des années à venir. » Grâce à

l'application mobile, les instructeurs de cours des FAC peuvent plus facilement enseigner des qualités intellectuelles durant des activités d'instruction ordinaires et les dirigeants des FAC peuvent promouvoir davantage ces qualités tout au long de la vie professionnelle.

L'application du programme RVPM est conçue en tant que complément à la formation en salle de classe; elle offre aux membres des FAC et à leurs familles les moyens de personnaliser la mise en œuvre des habiletés et l'intégration de celles-ci dans les situations quotidiennes pertinentes. La pratique répétée de ces habiletés contribue à l'amélioration du rendement et de la santé mentale.

L'application du programme RVPM a été mise au point par Recherche et développement pour la défense Canada (RDDC), en collaboration avec les Services de santé des Forces canadiennes.

HMCS *Nanaimo* aids in drug seizure

Courtesy of Lookout Newspaper

HMCS *Nanaimo* helped the United States Coast Guard (USCG) seize 478 kilograms of cocaine from a suspect vessel in the eastern Pacific Ocean on October 31, 2017.

After stopping the vessel, *Nanaimo* launched a rigid-hulled inflatable boat carrying a USCG law enforcement detachment (LEDET) to board the vessel. The LEDET then apprehended three suspected smugglers.

The cocaine was packaged in small amounts and stored throughout the vessel. It was later transferred to a USCG cutter. The next day the suspected smugglers were transported to a USCG cutter on patrol in the region. *Nanaimo* then resumed operations.

The Canadian Armed Forces (CAF) have conducted Operation CARIBBE missions since November 2006, and remain committed to working with

western hemisphere and European partners in successfully disrupting illicit trafficking operations in the region.

To date, the CAF has directly contributed to the seizure and disruption of over 69 metric tonnes of illicit drugs over the 11 years it has been involved in this operation.

Members of a United States Coast Guard Law Enforcement Detachment embarked aboard HMCS Nanaimo transfer seized narcotics to a United States Coast Guard interceptor boat during Operation CARIBBE on November 4, 2017.

MARPAC IMAGING SERVICES



Road to Mental Readiness program goes beyond the classroom

By The Maple Leaf

The CAF has developed a mobile application allowing CAF personnel to adapt the R2MR instructional content to their particular roles and life situations, making it available anywhere and anytime, as needed by CAF members.

The CAF recognizes that mental fitness and well-being are key contributors to operational readiness. The CAF's Road to Mental Readiness (R2MR) program, an evidence-based comprehensive mental health training and education program developed over the past nine years, is designed to increase mental health literacy and enhance resilience and mental toughness to improve short-term performance and mental health outcomes.

One of the foundational elements of the program is the Mental Health Continuum Model (MHCM), developed in collaboration with the United States Marine Corps (USMC).

Using the continuum as an anchor, CAF personnel are provided with education that normalizes mental health fluctuations. This helps to create an expectation of recovery and wellness, and highlights actions that individuals can take to maintain or regain their mental fitness. While the primary education delivery mode for R2MR has been classroom-based learning, recent evidence has suggested that repeated application and practice of the skills in the training environment improves retention and effectiveness. With this in mind, the CAF developed a mobile application to allow CAF personnel to adapt the R2MR instructional content to their particular roles and life situations.

"The R2MR mobile app is an on-the-go training tool designed to complement the current R2MR curriculum," said the CAF Surgeon General, BGen Andrew Downes. "By ensuring that training is readily available in the CAF members' hands wherever they

serve, be it Canada or abroad and in their professional role or personal life, we are striving to improve performance, resiliency and well-being for years to come." Developing a mobile app, has improved the ability of CAF course instructors to coach mental skills in regular training activities, and improved the ability of the CAF leadership to mentor these skills through the career cycle.

The R2MR app is designed to supplement the in-classroom training

by providing CAF members and their families with the means to personalize the application of the skills and integrate them in relevant daily life situations. Repeated application and practice of these skills contributes to better performance and mental health outcomes.

The R2MR app has been developed by Defence Research and Development Canada (DRDC) in collaboration with Canadian Forces Health Services.



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Army divers work with FDU(A)

Combat Divers from 4 Engineer Support Regiment conduct joint training with divers from Fleet Diving Unit (Atlantic) Divers at the Canadian Coast Guard College in Westmount, Cape Breton during Exercise NIHILO SAPPER

MCPL CHARLES A. STEPHEN, 5TH CANADIAN DIVISION PUBLIC AFFAIRS.

Public Service Awards of Excellence

By MARLANT

Celebrating excellence includes recognizing achievements within our own department, as well as showcasing our success to the Government of Canada and our country. There are several important External Awards whose nomination deadlines occur between September 2017 and February 2018.

You are encouraged to nominate a deserving individual or team for one of these awards, which include the coveted Public Service Award of Excellence. This award recognizes civilian employees and military members who have demonstrated excellence in achieving results for Canadians.

As part of Canada's Defence Policy - Strong, Secure, Engaged, the Total Health and Wellness initiative recognizes employee excellence, which is a key component in creating a supportive and respectful workplace. The Celebrating Excellence Awards (CEA) Program commemorates DND and CAF's greatest strength - its people.

All DND employees and CAF personnel are eligible to be nominated for an award and to nominate other deserving individuals or teams. Your support in recognizing the dedication and professionalism displayed by our civilian employees and military members by sharing their stories of excellence is valued.

To view details of each award and previous recipients and their accomplishments, please visit the Celebrating Excellence Awards page. To nominate an individual or a team click on the specific CEA award and follow the directions under the NOMINATE tab.

Once approved by respective unit's Chain of Command, please submit your nomination to the MARLANT Honours and Recognition Chief, CPO1 Cavel Shebib (427-2632) or the MARLANT Honours and Recognition Co-Ordinator Greg Mullen (427-2268) by Friday, December 8, 2017

Let's celebrate our hard work and showcase our Defence Team's successes!



Camp Hill Clean Up Day 2017

Members from 5 Canadian Division, (from L to R) MCpl Elizabeth Thorpe, Camp Hill Volunteer Coordinator PO2 Nicole Beaupre, and WO Sonya Elson help clean up the grounds at Camp Hill on November 3, 2017. The cleanup is an annual event designed to encourage CAF participation in the overall appearance and care of Camp Hill. Part of this engagement helps preserve the CAF's lineage to the veterans of Camp Hill Veterans Hospital.

5 CDN DIV



Construction at Coast Guard College

Army Reserve soldiers from 36 Combat Engineer Regiment work with troops from 4 Engineer Support Regiment to construct a bridge at the Canadian Coast Guard College in Sydney, NS as part of Exercise NIHILO SAPPER.

MCPL CHARLES A. STEPHEN, 5TH CANADIAN DIVISION PUBLIC AFFAIRS



Welcoming the community

Engineering Support Regiment hosted Cape Breton residents at the Ex NIHILO SAPPER main operating base for a Community Open House on Sunday, November 12.

CPL BRIAN D. WATTERS, 12 WING IMAGING SERVICES



Repairs for the Siege Corridor at the Fortress of Louisbourg

Want to take a trip back in time? Combat Engineers from 4 Engineering Support Regiment are currently remediating the historic Siege Corridor near the Fortress of Louisbourg National Historic Site where many historic battles were fought during colonial times. The bridge construction project is part of Exercise NIHILO SAPPER.

CPL BRIAN D. WATTERS, 12 WING IMAGING SERVICES

Prix d'excellence de la fonction publique

Par FMAR(A)

Célébrer l'excellence comprend la reconnaissance des réalisations au sein de notre ministère, ainsi que la présentation de nos réussites à l'ensemble du gouvernement du Canada et à notre pays. Il y a plusieurs importants prix externes pour lesquels les dates limites de mise en candidature sont entre septembre 2017 et février 2018.

Vous êtes encouragé à proposer la candidature d'une personne ou d'une équipe méritante pour l'un de ces prix, qui comprennent le convoité Prix d'excellence de la fonction publique. Ce prix est décerné à des employés civils et militaires qui ont fourni un rendement exceptionnel dans l'atteinte de résultats pour les Canadiens et les Canadiennes.

Dans le cadre de la Politique de défense du Canada - Protection, Sécurité, Engagement, l'initiative de la santé globale et du mieux-être souligne l'excellence des employés, un élément clé vers la création d'un milieu de travail valorisant et respectueux. Le Programme des prix visant à célébrer l'excellence permet

de mettre en lumière la plus grande force du MDN et des FAC - leurs effectifs. Tous les employés du MDN et les membres du personnel des FAC peuvent être désignés pour recevoir un prix ou proposer la candidature d'autres personnes ou équipes méritantes.

Pour obtenir des détails sur chaque prix et consulter la liste des personnes qui ont déjà reçu ces prix et de leurs réalisations, consulter la page du Programme des prix visant à célébrer l'excellence. Pour poser la candidature d'une personne ou d'une équipe, cliquez sur le prix visant à célébrer l'excellence en question et suivez les directives sous l'onglet NOMINEZ.

Une fois approuvé par la chaîne de commandement des unités respectives, veuillez soumettre votre candidature à le chef de décorations et titres honorifiques de FMAR(A) PM1 Cavel Shebib (427-2632) ou coordonnateur des Décorations et Titres de FMAR(A) Greg Mullen (427-2268) par 8 Dec 2017.

Célébrons notre excellent travail et soulignons les succès de l'Équipe de la Défense!

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TRIDENT Sports

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

MARLANT runners compete at CISM event in Hungary

By Ryan Melanson,
Trident Staff

Fifteen CAF members from across the country travelled to Balatonakarattya, Hungary during the first week of November to compete at the CISM World Military Cross-Country Championship, and among them were MARLANT representatives Lt(N) Michael Bergeron and Lt(N) Natalia Borszczow.

The teams raced across a 2.3km

outdoor cross-country course, with different numbers of laps depending on the category. Canada's long course male team (5 laps for a total of 21.5km) placed 14th out of 19 teams, while the short course male team (2 laps for a total of 4.6km) placed 12th out of 16 teams. The Canadian female team, which also raced the 4.6km short course, placed 12th out of 16 teams.

In total, 236 competitors from 25 different countries competed in the

CISM event, with 229 of the racers completing their respective courses.

Full results for the Canadian team are as follows:

Long course male 11.5km

Matt Setlack, 57th, 39:18
James MacLellan, 72nd, 40:52
Christopher Busset, 77th, 41:27
Michael Bergeron, 80th, 41:38
Alexandre Boule, 83rd, 42:23
Samuel Serviss, 86th, 42:40

Short course male 4.6km

Craig Fettes, 36th, 15:23
Logan Roots, 46th, 15:51
Vincent Duguay, 53rd, 15:59
Mark Brown, 54th, 16:03

Short course female 4.6 km

Celine Best, 33rd, 17:52
Maria McGregor, 41st, 18:23
Isabelle Turner, 45th, 19:03
Lori Coady, 47th, 19:12
Natalia Borszczow, 49th, 19:38



The RCN representatives on Canada's CISM Cross-Country team, from left, Lt(N) Natalia Borszczow, Lt(N) Michael Bergeron, and LS Mark Brown.

SUBMITTED



Lt(N) Michael Bergeron, left, competes in the CISM World Military Cross-Country Championship, held in Hungary from November 3-7.

SUBMITTED

Fitness and sports updates

By Trident Staff

COTW Volleyball will be November 27-30.

Noon Rec Bowling League meets at the Stadacona Lanes in STADPLEX. Every Monday, Wednesday and Friday 12 – 1 p.m. Shoes supplied. Teams can be made up of as many players as you wish, however, only three bowlers per team can bowl on a given day. DND civilian employees are welcome, however, will be required to pay the Com-

munity Rec user fee at the STADPLEX front desk.

Intersection/Drop-In Pickleball. Come and learn a fun new sport.

Shearwater Gym, Mondays and Wednesdays 12 p.m. – 1 p.m. For more information please contact Sgt Rick Austin, 720-1711 or rick.austin@forces.gc.ca

12 Wing Shearwater Men's Hockey Team Coach/Manager needed. Team Practices starting now. Mondays 2 – 3:30 p.m. and Tues-

days 2:30 – 4 p.m. For more information please contact Lt(N) Morash @ 720-1341 or Anthony.Morash@forces.gc.ca

Fall Intersection curling runs until 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

FLEET – Fall Fitness Class Schedule

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

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

SHEARWATER – Fall Fitness Class Schedule

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

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

STADPLEX – Fall Fitness Class Schedule

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

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

Sports trivia potpourri

By Tom Thomson
and Stephen Stone

Questions

1. How many times has the World Series been won in a four-game sweep?
2. Which team was the last winner in a four-game sweep of the World Series?
3. Which franchise has had the most success sweeping the World Series in four games?
4. How many times have the Yankees won consecutive World Series in a four-game sweep?
5. How many times did the American League sweep the World Series?
6. Which teams have won the World Series in a four-game sweep with a

- run differential of six runs over the four games?
7. Who was the World Series MVP in 2017?
8. How many times has the Stanley Cup been won in a four-game sweep since 1939?
9. Which team has won the most Stanley Cups in a four-game sweep?
10. Which team has won the second most Stanley Cups in a four-game sweep?
11. Which team is the only victim of three consecutive four-game sweeps in the Stanley Cup final?
12. Which team beat the Blues giving them its third loss in a four-game sweep?
13. A date that will live forever in the

- hearts of Leaf fans, when did Toronto win its last Stanley Cup?
14. Who won the Conn Smythe trophy in 2017?
15. Who was the first player selected by the Las Vegas Golden Knights in the 2017 entry draft?
16. Who was the first player selected by the Golden Knights in the expansion draft?
17. Which team had the largest margin of victory in the Grey Cup?
18. How many Grey Cup games have had to go to overtime to decide a winner?
19. How many times has the United States won the World Cup of soccer?
20. Who is the defending Rugby Union World Cup champion?

Answers on page 23



RCAF sailboat racer competes at prestigious Hong Kong event

By Ryan Melanson,
Trident Staff

One of Formation Halifax's top sport sailors is back from testing his racing skills overseas against some of the best in the world.

Capt Mike Evans, a Weapons Tactics Analyst at Trinity, led a 12-man crew in a Beneteau 40.7 sailboat through the China Cup International Regatta 2017, a massive four-day racing event in and around Hong Kong that saw more than 1,500 sailors from 40 different countries compete in a series of inshore races.

This year was the event's 11th installment, and the fourth year for Capt Evans, who sails representing Sail Canada and the Royal Nova Scotia Yacht Club. The regatta has grown each year to the point where it now takes over a part of the city with a festival-like atmosphere, attracts sailing's top professionals and brings in plenty of big-money sponsors.

"It's truly a spectacle, and you pinch yourself that you get the chance to be there in the middle of it," said Capt Evans, who assembled a civilian team of eight Canadians from various yacht clubs, along with other sailors from Germany, New Zealand and China, to take on the difficult races.

His team finished 17th in a field of 30 in the Beneteau 40.7 fleet category, in which each team competes in an identical sailboat to allow the sailors to race on equal terms. Finishing 17th was far from a disappointment for the crew, however. In a field packed with professionals, including the winners of this year's America's Cup race in Bermuda, the team finished ahead of all the other non-professional crews in the fleet, earning a trophy for top amateur performance.

With only two days of practice as a team before the races began, sailors still adjusting to the time change, and the challenges of working with an unfamiliar boat, the team started things off with the deck stacked against them.

"But you try to rise above all that and work as a team, and get on with the task at hand, and that's the most rewarding part of it. It's not unlike any operation we take on in the military," Capt Evans said.

"My biggest advantage was probably the group of sailors I put together to do it. It's very tough to get people to go halfway across the world and take time out of their lives to do this, and they did great."

Capt Evans has also competed at a number of North American races, often with other CAF members, including a recent third overall finish with his own Bavaria .38 cruiser,



Capt Mike Evans and his teammates from this year's China Cup International Regatta, which took place from October 26-29 in and around Hong Kong, China.

PHOTO: SUBMITTED

Sea Smoke, at the Marblehead to Halifax Ocean Race this past summer. Those previous successes earn him the chance to compete at larger races, and he's already earned his invite to represent Sail Canada once again at the China Cup Regatta in 2018.

"I'm going to work on mitigating mistakes, I'll have another look at how to fine-tune the boat, and we'll see if we can get an even better result next time," he said.



Capt Mike Evans' team competes on a Beneteau 40.7 sailboat during the China Cup International Regatta 2017.

PHOTO: SUBMITTED

Super Crossword

BOXING CLASSES

ACROSS

- 1 Racket string material
7 Mornings, in brief
10 Tip politely, as a cap
14 Foe
19 Goddess of the arts
20 Single guy
22 Cartoon art of Japan
23 Flip one's lid
25 Certain opening for a bolt
26 Proportional relationship
27 Millennium ends?
28 Bottle plugs
30 Welsh pooch
33 Brit's baby buggy
35 "I think," to a texter
37 Former miler Sebastian
38 Rainbow part
39 Drake's genre
41 Small, aggressive fowl
47 24-hr. sources of bills
49 Sorority letter
51 Pluto pursued her
52 Having ill will
53 Free-swimming, stalkless
echinoderm

- 56 In addition
58 Big blender brand
59 "-- Was a Lady" (Ethel
60 Merman song)
61 Crystal ball user
61 Spring or fall
63 Discontinue
64 Martyr who's the patron of
65 sailors
66 Made red-faced
68 24 hours --
69 Rouse to action
74 Close kin, for short
77 Final deed
78 Walks pompously
82 Capote, to pals
83 Distill brine from
84 Put in a juicer
88 Fertiliser compound
89 "Crimewave" director Sam

- 91 "... bug -- feature?"
92 Wallow, as a pig in mud
94 Erase from memory
96 Crude
98 Kansas city
99 In -- (testy)
100 Language of Chaucer
103 Gershwin's "Concerto --"
105 Prefix with propyl
106 Suffix with urban
107 Wormfish lookalike
108 Focal points
110 Aspiring attys.' exams
112 Make dingier
116 -- roll (hot)
118 Mizrahi of fashion
120 See 97-Down
121 Genre for a headbanger
127 Carried
128 Motorcycle attachments
129 Dwell too much (on)
130 Hog havens
131 Smell
132 Vote against
133 Word that can follow seven
key words in this puzzle

DOWN

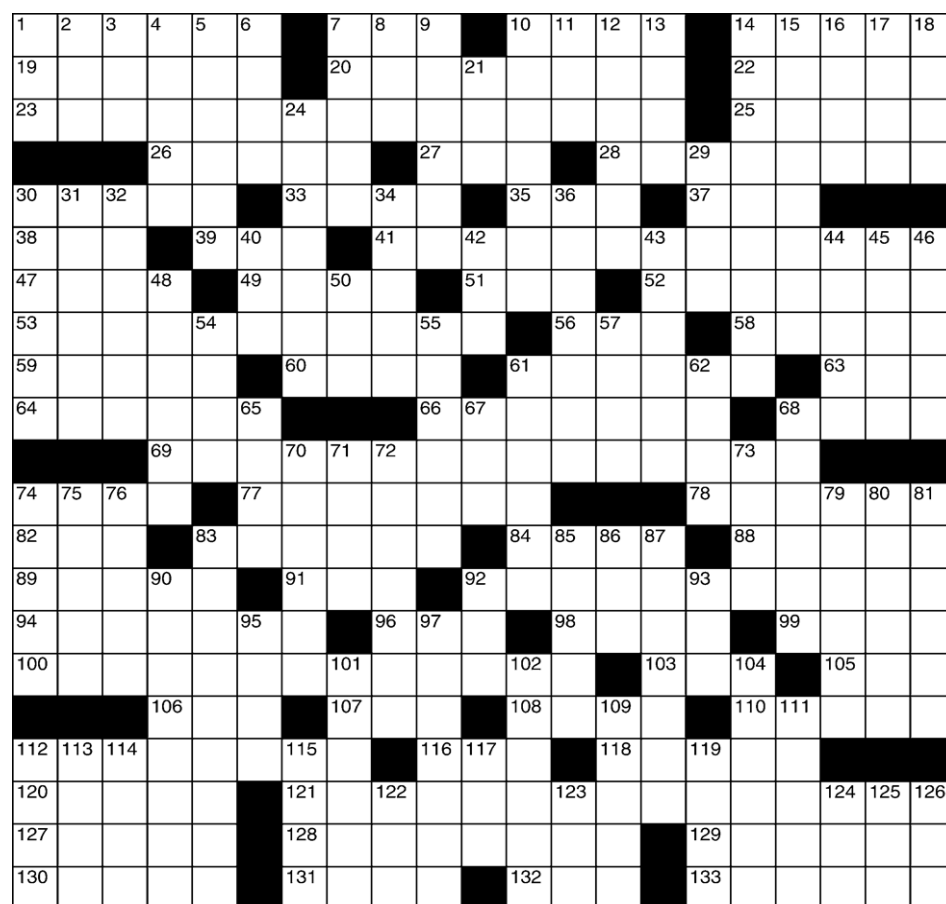
- | | |
|----|------------------------|
| 1 | Half- -- (latte order) |
| 2 | Ocean east of Ga. |
| 3 | Your, old-style |
| 4 | Knighted maestro Solti |
| 5 | One-sided |
| 6 | 1909-13 president |
| 7 | Detest |
| 8 | Risque West |
| 9 | Proposed arrangement |
| 10 | Mass per unit volume |
| 11 | Trite |
| 12 | City near Sacramento |
| 13 | Worry |
| 14 | Pest control option |
| 15 | Examines |
| 16 | Loathsome |
| 17 | Love god |
| 18 | "I'm aame!" |

- 21 Easter roast
24 Server rewarders
29 Dos + seis
30 Vexes
31 Gulp down more than
32 Renovated
34 Die away
36 Toy dog
40 1861-65 prez
42 Neither fish -- fowl
43 Elected
44 Falsified, as a check
45 Kagan on the bench
46 Dweebish
48 Makes quiet
50 Mao -- -tung
54 Hot-rod engine
55 PLO leader
57 Island with Interstate H1
61 Philosopher Jean-Paul
62 Chances
65 Eye rudely
67 Pen brand
68 Exuberant cry in Mexico
70 Downs a brew, say
71 Ruler of yore
72 Like escapees
73 Sicilian lava spewer
74 Play, as a guitar
75 Shiraz native
76 Put together
79 Edenic place
80 Most factual
81 Fights
83 Sounds after hang-ups
85 Nobelist Root
86 -- -Z (total)
87 Singer Etheridge
90 Doctor's field
92 1914-18 conflict: Abbr.
93 Galloped
95 Stagger
97 With 120-Across, from square one
101 Sea nymph
102 Tribal illness curer

- 104 In a sauce of blazing liquor
109 Itsy- --
111 Italian for "pardon me"
112 Smidgens
113 Gershwin's "-- Rhythm"

- 114 Goa garb
115 Really, really
117 JFK's home
119 "That's -- blow"
122 Ruckus

- 123 History topic
124 Subdivision: Abbr.
125 "Kinda" suffix
126 Texas hrs.



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Sports trivia potpourri

Questions on page 21

Answers

- 21.
2. The San Francisco Giants in 2012 over the Detroit Tigers.
3. The New York Yankees have swept the Series eight times while being swept three times themselves.
4. Three - 1927 over the Pirates & 1928 over the Cardinals, 1938 over the Cubs & 1939 over the Reds, 1998 over the Padres & 1999 over the Braves.
5. 13.
6. The Chicago White Sox over the Houston Astros in 2005, The Yankees over Philadelphia in 1950 and New York over New York in 1922 - the Giants over the Yankees.
7. George Springer - Houston Astros - .379 batting average, five home runs, seven RBI's, 11 hits and eight runs scored. Springer's five home runs equals the record set in 1977 by Reggie Jackson of the Yankees and equaled in 2009 by Chase Utley of the Phillies.
10. Detroit Red Wings with four.
11. St Louis Blues - 1968, 1969, 1970.
12. Boston Bruins in 1970.
13. May 2, 1967, a date which lives in infamy for Habs fans.
14. Sidney Crosby - Pittsburgh Penguins.
15. Cody Glass - Portland Winterhawks (WHL) - sixth overall pick.
16. Calvin Pickard - goaltender - from the Colorado Avalanche - subsequently traded to Toronto.
17. Queen's University over the Regina Roughriders 54-0 in 1922.
18. Three - Winnipeg over Hamilton 21-14 in 1961, Edmonton over Montreal 38-35 in 2005, Ottawa over Calgary 39-33 in 2016.
19. One. They beat England 1-0 in an upset in 1950. The USA would not qualify for the World Cup again until 1990.
20. New Zealand All Blacks defeated Australia 34-17 in 2015.

8. 20.
9. Montreal Canadiens with six.
10. Detroit Red Wings with four.
11. St Louis Blues - 1968, 1969, 1970.
12. Boston Bruins in 1970.
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