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

Memorial Cup comes to MARLANT

RCN personnel welcome the Halifax Mooseheads hockey organization and the Memorial Cup trophy to HMCS Charlottetown as part of Canadian Hockey League's Mastercard Memorial Cup Trophy Tour to celebrate the 100th anniversary of the Cup.

MONA GHIZ, MARLANT PA



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2018** Pg. 3



**BIS Change of
Command** Pg. 7



**Evolving role of
PAOs** Pg. 10



**Regional Basketball
champions** Pg. 19



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Critical HMCS *Sackville* repair work gets underway

By Ryan Melanson,
Trident Staff

For the first time since 2008, Canada's oldest warship has been hoisted on the Syncrolift at HMC Dockyard and moved inside the submarine shed, where it will spend the next several months undergoing maintenance and repair work.

HMCS *Sackville* was tugged from its winter Dockyard berth and brought up from the water on February 11, and moved into the shed four days later after an initial cleaning of the 77-year-old hull. She's now in the hands of FMF Cape Scott personnel, who have begun the process of sandblasting, sonic testing and other steps to determine the exact extent of the work needed on the ship.

With almost 10 years having passed since its last docking, trustees with the Canadian Naval Memorial Trust (CNMT), the non-profit organization that owns *Sackville*, have become less certain about the condition of the ship, particularly the status of the underwater hull. The worries have yet to impact the ship's regular summer program at the Halifax waterfront, but its annual committal of ashes service on Battle of the Atlantic Sunday hasn't happened since 2014, and without the repair work, the future of Canada's Naval Memorial would likely be in jeopardy.

"It's critical to get it done now, and we actually determined when we left downtown in October that we wouldn't bring the ship back until we got the work done, because of the uncertainty of the condition," said CNMT Chair Cdr (Ret'd) Wendall Brown.

"This work is very significant for us and for the ship."

The funding to carry out the re-



HMCS *Sackville* has been hoisted from the water and towed into the submarine shed at HMC Dockyard, where she'll be undergoing repair work over the next three months.

SANDY MCCLEARN, CNMT TRUSTEE

pairs, a contribution from the federal government of as much as \$3.5 million, was announced in January, putting an end to questions about *Sackville*'s immediate future that were still in play just a few months ago.

"Navy headquarters has really gone to bat for us to achieve what's been achieved so far, and we're very appreciative," said LCdr (Ret'd) Jim Reddy,

the ship's current Commanding Officer. Reddy, along with other trustees and members of the ship's volunteer crew, will continue with their regular duties and provide assistance to FMF staff through the process.

A previous arrangement in place since the late 80s saw the ship brought to HMC Dockyard every six years for a quick refit that involved sandblasting and checking the integrity of the steel. This latest docking period will be more extensive, and a significant portion of the steel hull may be replaced entirely. The main problem isn't corrosion from saltwater on the outside of the hull, but rather humidity, which has caused problems in some of the less protected interior areas on the port side of the ship, specifically the engine and boiler rooms.

"With all the machinery, it's very difficult to get in and around that to properly sandblast and paint. That's an area where we think there will be a fair amount of steel being replaced," Brown said.

Sackville's popularity over the summer months – the ship welcomed more than 25,000 visitors at the waterfront in 2017 – is a testament to the importance of keeping

the ship maintained and accessible to the public. The last of the 123 Flower-class Corvettes delivered to Canada during the Second World War, it serves as a link to the past for visitors whose relatives served in Flower-class ships or during the Battle of the Atlantic in other capacities. Brown even recalled a visit last summer from a 91-year-old veteran who served as a stoker in *Sackville* when he was only 17, and who was still spry moving down the narrow ladder to the engine room. Cruise ships with American or British passengers also tend to bring along Second World War enthusiasts who either seek out the ship directly or find it as a welcome surprise.

"The interest is still very much there, and that's why we want to get it preserved, so we can carry on indefinitely down on the waterfront," Brown said.

While the full extent of repairs is yet to be determined, those involved estimate the project will take about three months, allowing *Sackville* to be ready for its 2018 tourist season.

"We expect she'll be in better shape than ever and ready to go," Reddy said.





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RCN concludes participation in CUTLASS EXPRESS 2018

By Lt(N) Linda Coleman,
MARLANT Public Affairs

It wasn't a routine international tasking for four Royal Canadian Navy (RCN) sailors from MARLANT.

Dressed in desert combats, LCdr Paul Smith, CPO2 Dale Yerardi, Lt(N) Ted Marr and I participated in CUTLASS EXPRESS 2018 (CE18), a U.S. Naval Forces Africa-led engagement designed to assist in improving maritime law enforcement capacity and promote national and regional security in Eastern Africa. Leaving Halifax in late January, the sailors travelled halfway around the world to South-east Africa with LCdr Smith and I arriving in Maputo, Mozambique, and CPO2 Yerardi and Lt(N) Marr arriving in Dar es Salaam, Tanzania.

LCdr Smith, senior RCN assessor for CE18, was the Task Force Commander during HMC Ships *Summerside* and *Moncton*'s deployment to West Africa last year. Their mission was to foster relationships and maritime security capacity building in the Gulf of Guinea region, as well as participate in Exercise OBANGAME EXPRESS.

"I'm honoured to be back in Africa with the RCN, continuing the great work we started last year in West Africa," said LCdr Smith.

The RCN's contribution to CE18 this



Sara Nhacuongue, Emergency Response Coordinator at the National Maritime Authority of Mozambique, provides LCdr Paul Smith and Col Darwin Ziprick, Canadian Defence Advisor at the High Commission of Canada in South Africa, a tour of the Maritime Operations Centre in Maputo, Mozambique.

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year included strategic engagements with Mozambique and Tanzania to promote maritime security capacity building at the Tanzania and Mozambique Maritime Operations Centres (MOC). Sent as advisors, the RCN members provided support and men-

torship on maritime security awareness, passing on Canadian expertise in this field. The aim was to encourage engagement and cooperation, and to inform their MOCs of new ways they can apply modern maritime security concepts. The sessions ran

from January 31 to February 8, and briefings from the RCN included topics such as Law of the Sea, the RCN's role in search and rescue, and boarding operations.

"During the capacity building sessions, we listened to the local military and civilian operators in order to understand how they run their maritime operations centres," LCdr Smith said.

"This allowed us to gain an appreciation as to how they currently operate, listen to what they need or want help with, and offer assistance on how they can improve. We're here to listen and provide assistance."

In Tanzania, the participants represented all the major players for maritime security including the Tanzanian People's Defence Force, the Tanzanian Maritime Police, the International Maritime Organization, the Tanzanian Maritime Coordination Centre and the Dar es Salaam harbour authority. In Mozambique, the participants included members of the Mozambique Navy and the National Maritime Authority of Mozambique (INAMAR).

The capacity building sessions provided an opportunity for the local maritime organizations to come together and engage. The sharing of information between the organizations is a challenge that they hope to overcome one day.

Continued on page 4



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Schedule
for 2018

January 8 — MFRC; 12 Wing Shearwater centenary special
January 22
February 5 — MFRC; Money Matters
February 19
March 5 — MFRC
March 19 — Posting Season
April 2 — MFRC; Car Sales, used
April 16 — Spring Automotive Maintenance
April 30 — Battle of the Atlantic special
May 14 — MFRC; Spring Home & Garden
May 28
June 11 — MFRC and DND Family Days special
June 25
July 9 — MFRC
July 23
August 6 — MFRC
August 20 — Back to School
September 4 — MFRC; Car Sales, new models & leftovers
September 17 — Fall Home Improvement
October 1 — MFRC
October 15 — Fall Automotive Maintenance
October 29 — Remembrance special
November 13 — MFRC
November 26 — Holiday Shopping
December 10 — MFRC and Year End review

Editor: **Virginia Beaton**

editor@tridentnews.ca
(902) 427-4235

Journalist: **Ryan Melanson**

reporter@tridentnews.ca
(902) 427-4231

Editorial Advisor: **Mike Bonin**

Mike.bonin@forces.gc.ca
(902) 721-1968

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Advertising Sales

Dave MacNeil

902-422-4990 ex 1811
davemacneil@advocatemediainc.com

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

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

2632 Halifax West Royal Canadian Army Cadet Corps

Time: 6:30 - 9 p.m.

Date: Monday each week

Location: 73 Hobson Lake Drive, Halifax

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Author Reading: *Radio Okapi Kindu*

Time: 6:30 p.m.

Date: Tuesday, March 6

Location: Central Library Room 301

In 2004, as six years of war involving eight countries and several million deaths were ending in a ceasefire, Halifax native Jennifer Bakody found herself up the Congo River, managing a joint NGO and U.N.-backed radio station. At a time when the words 'fake' and 'news' are being paired together, *Radio Okapi Kindu: The Station that Helped Bring Peace to the Congo* pays homage to one of Africa's greatest

modern-day success stories and honors the importance journalism plays in our daily lives. Join Bakody as she speaks and reads passages from her book.

MARLANT International Women's Day Event

Time: 8:00 a.m. for registration

Date: Thursday, March 8

Location: Juno Tower, BLDG S-105, Formal Dining Room

Join members of the MARLANT Defence Women's Advisory Organization for a day that will include workshops, exhibitors, guest speakers, and more. Register early, as seating is limited. To register or for more information, visit www.iwd-halifax.com. Women from other federal departments, agencies, and crown corporations, as well as the Public Service Alliance of Canada and their retirees, have also been invited to attend this year's event.

Dalhousie University Belong Forum

Time: 7 p.m. - 9 p.m.

Date: Friday, March 9

Location: Potter Auditorium, 6100 University Ave

The second event in Dalhousie University's Belong Forum series, featured as part of the school's 2018 Bicentennial celebrations, will feature Senator Murray Sinclair. The first Aboriginal Judge to be appointed in Manitoba, and former chairman of the Truth and Reconciliation Commission, Sinclair will share his unique perspective on diversity and inclusion around the Belong Forum's central question of 'What would it take to create a world where we all

feel like we truly belong?' The event is free to the public, but seating is limited at registration is required at Eventbrite.ca

Author Reading: Cuba - U.S. Relations: Obama and Beyond

Time: 7 - 8:30 p.m.

Date: Tuesday, March 15

Location: Terry Symonds Auditorium, Halifax North Library

Join author Arnold August as he deals with the relationship between the two countries, delving into past and current U.S. aggression against Cuba's artistic field, ideology, and politics. Based on 20 years of fieldwork in and investigation of Cuba, August's book provides a unique perspective on the cultural war being waged by the U.S. The reading is free to the public.

Nova Scotia and the First World War

Time: 7 p.m.

Date: Tuesday, March 27

Location: Government House, 1451 Barrington Street

In this edition of the Evenings at Government House series commemorating the centenary of the end of the First World War, Dr. Brian Tennyson of Cape Breton University will present on the war from a Nova Scotia perspective. Nova Scotia's experience was unique because of its position on the Atlantic coast. It was home to two naval bases and convoy gathering ports, as well as two American naval air bases, and enemy submarines operated in its coastal waters. This is a free public event, but registration is required. Call 902-424-7001 or visit lt.gov.ns.ca.

RCN concludes participation

Continued from page 3

"The sessions were a huge success," said CPO2 Yerardi. He described how dialogue didn't come easy at first between the different organizations, but that quickly changed after the first day.

"We decided to take a person from the Fisheries Department and team that person up with the Naval Police, for example. Then we had one of them explain how the other would benefit from information sharing, and vice versa. We did this for a whole class of over 40, and it was great. It got people talking to one another, and it turned into a great networking tool. I believe we helped knock down some barriers concerning information sharing amongst the different departments. We also listened to their concerns and offered advice where we could."

When asked about the value of CE18 for local maritime operators, Sara

Nhacuongue, the Emergency Response Coordinator at INAMAR, said that participating is beneficial.

"This experience helps us improve our procedures in case of emergency and organize the way we work as a team with the other organizations to respond more quickly and effectively."

RCN participation in CE18 also offered an opportunity for the sailors to learn about Tanzanian and Mozambique culture. During lunch hour, RCN members and the local participants exchanged stories, sharing examples of what life is like in our different countries. LCdr Smith and I also visited and toured the historic community of Mafalala in Maputo, Mozambique, and donated school supplies to the local elementary school.

"It was great to engage with the local community and learn about their culture and heritage. Maputo is a city rich in maritime history, and under-

standing this background provides us with a better appreciation of how they operate today, helping us improve our role as advisors during CUTLASS EXPRESS," LCdr Smith said.

On February 8, CE18 concluded and the participants were provided with certificates of completion. In attendance were the High Commissioner of Canada to Tanzania, Ian Myles, the High Commissioner of Canada to Mozambique, Antoine Chevrier, representatives from the U.S. Embassy, and local maritime organizations. U.S. Africa Command sponsors the EXPRESS series of engagements, which includes CUTLASS, OBANGAME and PHOENIX. HMC Ships *Kingston* and *Summerside*, a detachment of personnel from the Maritime Tactical Operations Group, and a Maritime Operations Centre mentorship team will participate in OBANGAME EXPRESS in March 2018.

La Marine royale canadienne conclut sa participation à CUTLASS EXPRESS 2018

Par le lieutenant de vaisseau
Linda Coleman,
FMARA AP

Ce n'était pas une mission internationale de routine pour quatre marins de la Marine royale canadienne (MRC) des Forces maritimes de l'Atlantique.

Vêtus de leur tenue de combat du désert, le capitaine de corvette Paul Smith, le premier maître de 2e classe Dale Yerardi, le lieutenant de vaisseau Ted Marr et moi ont participé à CUTLASS EXPRESS 2018, un engagement mené par les forces navales américaines en Afrique conçu pour aider à améliorer la capacité d'application de la loi maritime et promouvoir la sécurité nationale et régionale en Afrique de l'Est.

Après avoir quitté Halifax à la fin du mois de janvier, les marins ont parcouru la moitié du globe jusqu'en Afrique du Sud-Est. Le Capc Smith et moi se sont rendus à Maputo, au Mozambique, tandis que le PM 2 Yerardi et le Ltv Marr ont voyagé jusqu'à Dar es-Salaam, en Tanzanie.

Le Capc Smith, évaluateur principal de la MRC pour CUTLASS EXPRESS 18, était le commandant de la Force opérationnelle pendant le déploiement des Navires canadiens de Sa Majesté *Summerside* et *Moncton* en Afrique de l'Ouest l'an dernier. Leur mission consistait à favoriser les relations, à renforcer les capacités de sécurité maritime dans la région du golfe de Guinée, ainsi qu'à participer à l'exercice OBANGAME EXPRESS.

« Je suis honoré d'être de retour en Afrique avec la MRC afin d'y poursuivre l'excellent travail que nous avons commencé l'an dernier en Afrique de l'Ouest, » a déclaré le Capc Smith.

La contribution de la MRC à CUTLASS EXPRESS 18 cette année comprenait des engagements stratégiques avec le Mozambique et la Tanzanie pour promouvoir le renforcement des capacités en matière de sécurité maritime dans les centres des opérations maritimes de Tanzanie et du Mozambique. Envoyés comme conseillers, les membres de la MRC ont fourni du soutien et du mentorat sur la sensibilisation à la sécurité maritime, transmettant ainsi l'expertise canadienne dans ce domaine. L'objectif était d'encourager l'engagement et la coopération, et d'informer leurs centres des opérations maritimes des nouvelles façons



Le capitaine de corvette Paul Smith et le lieutenant de vaisseau Linda Coleman, en compagnie de membres de la Marine mozambicaine participant à CUTLASS EXPRESS 2018 à Maputo, au Mozambique.

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d'appliquer les concepts modernes de sécurité maritime. Les séances ont eu lieu du 31 janvier au 8 février 2018, et les séances d'information de la MRC ont porté sur des sujets comme le droit de la mer, le rôle de la MRC dans les opérations de recherche et sauvetage et les opérations d'arraisonnement.

« Au cours des séances de renforcement des capacités, nous avons écouté les opérateurs militaires et civils locaux afin de comprendre comment ils gèrent leurs centres d'opérations maritimes, » a déclaré le Capc Smith. « Cela nous a permis de mieux comprendre comment ils fonctionnent actuellement, de prendre connaissance de leurs besoins ou de l'aide qu'ils veulent obtenir, et de les conseiller. Nous sommes ici pour écouter et aider. »

En Tanzanie, les participants représentaient les principaux acteurs de la sécurité maritime, y compris la Force de défense du peuple tanzanien, la Police maritime de Tanzanie, l'Organisation maritime internatio-

nale, le Centre de coordination maritime de Tanzanie et l'administration portuaire de Dar es-Salaam. Au Mozambique, les participants comprenaient des membres des forces navales mozambicaines et de l'Autorité maritime nationale du Mozambique (INAMAR).

Les séances de renforcement des capacités ont permis aux organisations maritimes locales de se réunir et d'échanger. La diffusion de l'information entre les organisations est un défi qu'ils espèrent surmonter un jour.

« Les séances ont connu un immense succès, » a déclaré le PM 2 Yerardi, en ajoutant à quel point le dialogue entre les différentes organisations n'a pas été facile au début. Or, cela a rapidement changé après le premier jour. « Par exemple, nous avons jumelé une personne du ministère des Pêches avec la police navale. Ensuite, l'un d'eux a expliqué comment l'autre tirerait profit de l'échange de renseignements, et vice versa. Nous avons procédé ainsi avec

un groupe de plus de 40 personnes, et c'était formidable. Cela a permis aux gens de se parler et a constitué pour eux un excellent outil de réseautage. Je crois que nous avons contribué à éliminer certains obstacles à l'échange de renseignements entre les différents ministères. Nous avons aussi écouté les préoccupations des participants et nous leur avons donné des conseils lorsque nous le pouvions. »

Lorsqu'on l'a interrogée sur la valeur de CUTLASS EXPRESS 18 pour les intervenants maritimes locaux, Sara Nhacuongue, coordonnatrice des interventions d'urgence à l'INAMAR, a affirmé que cette participation est bénéfique. « Cette expérience nous aide à améliorer nos procédures en cas d'urgence et à organiser notre façon de travailler en équipe avec les autres organisations afin d'intervenir plus rapidement et plus efficacement. »

La participation de la MRC à CUTLASS EXPRESS 18 a également permis aux marins de se familiariser avec la culture de la Tanzanie et du Mozambique. Pendant l'heure du déjeuner, les membres de la MRC et les participants locaux ont échangé des anecdotes illustrant les modes de vie de nos différents pays. Le Capc Smith et moi ont également visité le quartier historique de Mafalala à Maputo, au Mozambique, et ont fait don de fournitures scolaires à l'école primaire locale.

« C'était formidable de dialoguer avec les représentants de la collectivité locale et d'apprendre à connaître leur culture et leur patrimoine. Maputo est une ville riche en histoire maritime. Prendre connaissance de son contexte nous a permis de mieux comprendre comment ils fonctionnent aujourd'hui, ce qui nous aide à améliorer notre rôle de conseillers pendant CUTLASS EXPRESS, » a déclaré le Capc Smith.

Le 8 février, CUTLASS EXPRESS 18 a pris fin et les participants ont reçu des certificats de participation. Le haut-commissaire du Canada en Tanzanie, Ian Myles, le haut commissaire du Canada au Mozambique, Antoine Chevrier, ainsi que des représentants de l'ambassade des États-Unis et des organisations maritimes locales étaient présents.

Le Commandement des États-Unis en Afrique parraine la série d'engagements EXPRESS, qui comprend CUTLASS, OBANGAME et PHOENIX. Les NCSM *Kingston* et *Summerside*, un détachement du personnel du Groupe des opérations tactiques maritimes ainsi qu'une équipe de mentorat du Centre des opérations maritimes participeront à OBANGAME EXPRESS en mars 2018.



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By Lt(N) Adam Drover,
Naval Training Development Center Atlantic

The future of training is to increase the reality of its execution. Operators of the RCN have utilized numerous full mission simulators, part-task trainers, and emulators since the Second World War in order to develop and hone skills required at sea. Some of the RCN's current and recent simulators facilitate multiple operations and bridge teams, such as the Synthetic Environment Advanced Warfare Operations and Leadership Facility (SEAWOLF) and Synthetic Environment Advanced Combat Operations Trainer (SEACOT). They, however, require back rooms of operators to execute training scenarios for both individual and collective training.

The Naval Training Development Center Atlantic (NTDC(A)), the RCN Center of Excellence for Combat and Deck Operations training continues to trial and assess the latest technology to exploit on behalf of the RCN Individual Training system. While attempting to increase the realism of training scenarios and finding ways to efficiently reconstruct synthetic training serials both in simulators and at sea, NTDC(A) took advantage of a particular Maritime Evaluation that was conducted with the RCN Distributed Mission Operations Center (DMOC) in December



While attempting to increase the realism of training scenarios and finding ways to efficiently reconstruct synthetic training serials both in simulators and at sea, NTDC(A) took advantage of a particular Maritime Evaluation that was conducted with the RCN Distributed Mission Operations Center (DMOC) in December 2017.

2017.

The Director of Naval Requirements (DNR) 5 conducted the Maritime Evaluation to examine the capability to exchange information between the SEACOT and the Submarine Command Team Trainer (SCTT) via the RCN DMOC. Constructed as part of the Canadian Synthetic Environment (CASE) project, the RCN DMOC is intended to act as a hub using distributed interactive simulation, an international protocol standard that facilitates real-time platform-

level war-gaming simulations. Set during Exercise Virtual 17, the latest in an annual series of exercises as part of the CASE project, DNR 5 had support from the Naval Personnel and Training Group, the Canadian Submarine Force, the Operations Team from HMCS *St. John's*, the Canadian Forces Maritime Warfare Centre, Canadian Forces Aerospace Warfare Centre, and various contractors. Ultimately the technical objectives were achieved with an enormous amount of data and observations to aid in the devel-

opment of Distributed Mission Training (DMT) in the RCN. A crew in the SCTT was able to interact with crews in the SEACOT and operators at the Aerospace Warfare Centre using the CF-188 Hornet Mission Support Simulator.

By utilizing a collective training event with HMCS *St. John's* Operations Team, an individual training event, the Underwater Warfare Director Course at Naval Fleet School Atlantic, and the resources of the RCN DMOC, NTDC(A) trialed how DMT could be used in individual training and ultimately the development of Technology Enabled Learning (TEL) tools as part of the Future Naval Training System Strategy. From this, processes and procedures on the use of DMT to create 3D training aids, along with interactive scenarios for use by trainees were developed. This

work will set the stage for the modernization of RCN training capabilities with TEL networked classrooms and simulators.

Technology Enabled Learning continues to be advanced alongside Distributed Mission Training throughout the RCN. Future initiatives will see more simulators and even HMC Ships themselves connecting to a common synthetic environment to enhance the quality and conduct of both individual and collective training.

SUBMITTED

March is Nutrition Month: Unlock the Potential of Food

By Kathleen Bayliss-Byrne,
Dietitian, CF H Svcs C (A), Nutritional
Wellness Working Group, MARLANT
Health and Wellness Strategy

The 2018 Nutrition Month campaign will help Canadians discover the potential of food to enhance lives,

improve health, inspire children, fuel activities and bring people together.

Food is impacting every part of our lives by nourishing us, preventing and managing chronic conditions such as diabetes, heart disease, high blood pressure, digestive issues and many more health concerns.

Food is affecting our lifestyle by uniting us in the kitchen as well as at the dinner table.

Families who are gardening, shopping at local farmer's markets or grocers and cooking together are experiencing the joy of whole foods by savouring meals at the dinner table. Parents are involving their children in the entire process teaching children about the benefits of healthy food.

Many people are gardening in their backyards or on their deck or in a plot in their community garden. Food is bringing us together at many social events thus enhancing our lives and improving our health.

To find out more about the potential of food please click on the printable factsheets button to find both English and French versions at www.NutritionMonth2018.ca on the five (5) topics during this month's campaign.

Potential to fuel: Stay energised by planning nutritious snacks for when you are hungry between meals.

Potential to discover: Foster healthy eating habits in children by teaching them to shop and cook.

Potential to prevent: Understand

how food can help prevent chronic diseases like type 2 diabetes and heart disease.

Potential to heal: Learn how food can promote healing and how dietitians working in health care teams to make a difference.

Potential to bring us together: Enjoy to benefits of bringing families and friends together with food.

While you are on www.NutritionMonth2018.ca:

Click on the feature recipes button to find 15 healthy recipes.

Click on Get the APPS button Cookspiration and Eatracker.

Join Canadians to **take the challenge** to unlock the potential of food at www.NutritionMonth2018.ca. Use #NutritionMonth on your twitter posts.

Check out www.dietitiansns.com to find a Nova Scotia dietitian (local services for civilians) or for some tried and tested recipes from some of our local dietitians.

Military members can access our base dietitian through their respective CDU's by requesting a referral from your doctor or physician assistant or nurse practitioner.

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Artifacts belonging to Lt(N) Barry Troy returning to Canada

By RCAF Public Affairs

On September 22, 2017, following hurricanes in the Jacksonville, Florida, area, a parachute and accompanying items were retrieved from a beach near Naval Station Mayport, which is located near Jacksonville.

These items were identified as belonging to Lt(N) William Thomas Barry Troy, a pilot with the Royal Canadian Navy who lost his life on February 25, 1958, when his McDonnell F2H-3 Banshee fighter jet vanished in dense fog following takeoff from Mayport. Lt(N) Troy and the pilots of three other Canadian Banshees had been participating in joint exercises with the United States Navy at Mayport and were returning to HMCS Bonaventure. Lt(N) Troy's remains were never found.

On Monday, February 26, 2018, the artifacts were formally transferred to the care of the Royal Canadian Air Force at a brief ceremony at Naval Station Mayport. The event was an opportunity to thank the Jacksonville park ranger, Zachary Johnson, who retrieved the items from the beach, and the Jacksonville police officer, Officer Nolan Kea, who has been safeguarding them. Lt(N) Troy's brother, Dick Troy, and his wife Therese Troy, along with senior military personnel from the United States and Canada, were scheduled to participate.

Following a larger event in Ottawa at a date yet to be announced, most of the artifacts will, in time, be displayed at the Aviation Museum at 12 Wing Shearwater, Nova Scotia. At the time of Lt(N) Troy's death, 12 Wing was a Royal Canadian Navy establishment and Lt(N) Troy's home base. All military aviation assets, missions, and organizations, including 12 Wing Shearwater, are now the responsibility of the RCAF.

New Commanding Officer at BIS

By Virginia Beaton,
Trident Staff

Cdr Eric McCallum assumed command of Base Information Services (BIS) from Cdr Seana Routledge during a change of command ceremony on the Bridge in Juno Tower on Tuesday, February 13, 2018.

"The last 18 months of command have been the most exciting and rewarding of my career," Cdr Routledge told the audience. She listed numerous events and large initiatives that BIS had supported during that time, including HMCS *Montreal's* Harpoon missile firing, and praised BIS personnel's "drive, dedication, and determination."

She thanked RAdm Baines, Cmdre Page, Capt(N) Forget, and in particular Capt(N) Stephane Lafond, Commandant of FMF Cape Scott, observing, "If I were to name my greatest mentor, it would be you."



Capt(N) Paul Forget, Commander CFB Halifax, presides over a change of command ceremony on February 13, 2018, as Cdr Eric McCallum (right) takes over CFB Halifax Base Information Services from Cdr Seana Routledge (left).

MONA GHIZ, MARLANT PA

She also thanked her fellow Commanding Officers, colleagues at MARLANT HQ, and the N6 team, as well as her family, including husband Cmdre Skjerpen, and her mother.

"You've been a stellar Commanding Officer," Capt(N) Forget told Cdr Routledge. "You accomplished so much in

only 18 months at BIS." Capt(N) Forget welcomed Cdr McCallum, saying, "It's now yours to choose, what the next stage of BIS will be."

RAdm Baines also thanked Cdr Routledge, noting that she is an engineer by profession and added, "A lot of the best jobs are engineering jobs."

Cdr McCallum thanked BIS personnel "for making me feel welcome." He observed that Cdr Routledge's passion for the job and for her team, as well as her administrative skills, "led to an extremely well organized handover package."

Dignitaries at the event included RAdm Craig Baines, Commander JTFA and MARLANT; Cmdre Simon Page, Director General DGMEPM; Cmdre Craig Skjerpen, Commander Canadian Fleet Atlantic; and Capt(N) Paul Forget, CFB Halifax Base Commander, who presided over the ceremony.

Becoming who I am

By Capt Denis Dion,
Padre Campus Atlantic/FCC (RC)

The three monotheistic religions (religions that believe in one and transcendent God) offer a time to their faithful to develop their human and spiritual growth.

Islam has the Ramadan, the Holy Month. In 2018, this month will be from May 17 to June 14. This is a fasting and charity time. A fasting time when Muslims are told not to eat, drink or smoke from sunrise to sunset. The Ramadan is also the charity month; once finished, the faithful must pay alms, the Zakât al-fitr. For Muslims, the Ramadan is meant to be a demanding act of personal and deep faith. They seek a greater awareness in everyday life of their closeness to God.

Judaism has, among other moments, the Yom Kippur, also known as the Day of Atonement. This is the holiest day of the year for Jewish people. Its central themes are atonement and repentance. The Yom Kippur is an approximate 25-hour period of fasting and intensive prayer, often spent in synagogue services. It is a time of unemployment, of fasting marked by rites of mortification. It is a time for

the propitiation of faults in the form of return to God, the true goal of all sacrifice. Divine forgiveness, however, is not effective for the faults committed against one's neighbour unless forgiveness of the offended person is obtained.

Christianity, especially the Eastern Churches and the Catholic Church, has Lent. It is a 40-day period of fasting, prayer and sharing, referring to the 40 days of Jesus' fasting in the desert. It is a time of preparation to commemorate the death and resurrection of Jesus. This time is marked by a call to a more intense life of prayer, of detachment from material goods, of sharing and of a particular attention to the most deprived which must extend every day of the year.

All these moments are for me different movements of spirituality. In a way, they join several other streams of spirituality that I did not have the space to develop here, such as Buddhism, Hinduism, and various aboriginal spiritualities. Each offers, in different ways, a period in which a change, a deep inner change, is proposed. We have never finished growing inwardly and learning about ourselves and others. We are never finished knowing each other. Ramadan, Yom Kippur, and



Padre's Corner

Lent remind us in a way that every day is given to us in order to become more deeply what I am called to be and deeply become who I am.

For the Christian and for the priest that I am, this is a given time to become more who I am under the loving gaze of God: His beloved son and brother of all humankind. Easter, which is the culmination of Lent and which is the feast that reminds us that life is stronger than death, that life has conquered death. The time of Lent is for me a call to celebrate life by recognizing what is beautiful, good and right in my everyday life. It is also a time to become aware of what prevents me from leading a full and abundant life. It is a call from God to go inside of my soul and see: if there is hate, that I sow love; if there is injury, that I offer pardon; if there is doubt, that I nourish faith; if there is despair, that I bring hope; if there is darkness, that I radiate light; if there is sadness, that I put forth joy.



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902-444-0147 brendan@brendanmaguire.ca

Royal Canadian Navy hosts Ideas Hack-a-thon at Techstars Toronto

By RCN

As Canadian academics, scientists and entrepreneurs continue to push the envelope in the research and commercialization of technologies associated with Artificial Intelligence (AI), the Royal Canadian Navy (RCN) hosted its first-ever Ideas Hack-a-thon on February 10, 2018 in partnership with Techstars Toronto.

The Ideas Hack-a-thon was facilitated by Sunil Sharma, Managing Director of Techstars Toronto, a local entrepreneurial accelerator, and engaged more than a dozen local entrepreneurs, all of whom are active in the AI sector. Sharma is a former Canadian Foreign Service Officer who cut his teeth in the Canadian start-up ecosystem as a Managing Partner of Extreme Venture Partners. Also participating was Mark McQueen, an Honorary Captain of the RCN and President and Executive Managing Director of CIBC Innovation Banking.

The goal of this exciting day was to gather a diverse group of individuals in an effort to help the RCN introduce practical applications of AI into the daily work of its sailors, whether at sea or at home.

With the help of Techstars Toronto, a volunteer crew was drawn from an invited pool of Ontario-based academics, entrepreneurs, scientists and students with an expertise or affinity for various applications of AI. The crew included officers of the RCN's Naval Reserve unit in Toronto, HMCS *York*, as well as key leaders of the RCN's Ottawa-based information technology team.

The participation of these Reserve and Regular force members of the RCN was invaluable to their fellow crewmembers as they shared their personal experiences at sea in humanitarian, search and rescue, and NATO-led missions.

"For more than a century, across a broad range of defence and security challenges – from humanitarian assistance and disaster response at home or abroad to a major regional or global conflict – the RCN has exemplified its motto of Ready Aye Ready," said VAdm Ron Lloyd, Commander, RCN. "That said, if we are going to continue to be the most rapidly deployable and versatile instrument of national power, the RCN needs to ensure that we continue



The RCN hosted its first-ever Ideas Hack-a-thon on February 10, 2018 in partnership with Techstars Toronto.

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to adapt to the ever-changing landscape. Through this Ideas Hack-a-thon, we are hoping to harness some of the energy and ingenuity in Canada's fast-growing AI sector. If we succeed in this effort, our sailors will be better prepared than ever to fulfill our mission on behalf of Canada, and we'll have the pleasure of helping Canadian entrepreneurs take their companies to the next level."

The crew was asked to generate practical applications of AI in four distinct areas of relevance to the RCN: administration / database analysis; recruiting; training; and defensive undersea warfare.

"Whether it be how we analyze sonar findings at sea or the method we use to answer simple personnel questions via email, there are a variety of opportunities where the RCN can capitalize on recent advancements in AI," said Cmdre Casper Donovan, Director General of Naval Force Development.

"Our Fellows appreciate the opportunity to learn with the RCN and private sector as new technologies become ever more important," added the Hon Hugh Segal, Principal of Massey College and a participant in

the day's events. "As an Honorary Naval Captain, it is inspiring to see the RCN learn from some of the region's most energetic entrepreneurs."

"We appreciated the opportunity to work with Admiral Lloyd and his sailors in this unique setting," added Sharma. "I know our Techstars entrepreneurs, as well as the Massey College family, were energized by the opportunity to work with Canada's navy on

some interesting AI challenges. As an Angel investor and entrepreneur, the RCN could represent the perfect anchor client for many of Canada's most promising early stage AI start-ups. This Ideas Hack-a-thon was a great example of the exciting things that are going on in the Canadian start-up ecosystem. Entrepreneurs will relish the chance to test some new technologies in partnership with the RCN."

Candidates wanted for Clearance Diver occupation

By RCN

CAF members interested in becoming Clearance Divers can learn more during information sessions to be held at bases and wings across Canada during the month of March.

At CFB Halifax, the information sessions will take place from 1-3 p.m. and 4-6 p.m. on Tuesday March 27 in bldg S-90.

"Any CAF member interested in finding out how to become a Clearance Diver is invited to attend," says Lt(N) Mike St-Pierre, Executive Officer of Fleet Diving Unit (Pacific).

It has never been easier to become a Clearance Diver as previous restrictions have been lifted. Voluntary Occupational Transfer is now open to any CAF member from any trade, with or without dive training. Provided you are qualified in your

current occupation, meet the medical and fitness requirements, and have 48 months' continuous service, you are eligible. Clearance Divers operate in the most unforgiving environments employing sophisticated equipment and the latest technologies to achieve their mission. They are highly trained specialists who undergo rigorous training, selected from the few who have what it takes to endure extreme conditions to achieve mission success.

The Clearance Diver occupation has a long and storied history. The first units were formed during the Second World War to disarm sea mines throughout Europe and the South Pacific. From their auspicious beginnings, Clearance Divers have been at the forefront of RCN and CAF operations throughout the world, including operations in Afghanistan, Bosnia and Herzegovina, and most recently, Ukraine.



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Bell Let's Talk Day (and every day)

In support of the movement, #Bell-LetsTalk, staff at all three H&R MFRC sites (Halifax, Shearwater and Sydney) participated in Bell Let's Talk day on January 31. However, support for mental health is not limited to one day a year at the H&R MFRC.

Formerly known as Prevention Support and Intervention (PSI), our Mental Health & Well-Being team offers a range of services and programs to support military families, including counselling services. Our Family Well-Being Counsellors are comprised of professionals with experience in counselling, family and peer support, and crisis intervention.

Support can be accessed for a variety of reasons, including: work-related separations, parenting challenges, relationship issues, separation and divorce, grief and loss, and family violence. Counselling sessions are short-term and requests for support are typically addressed within one business day; evening appointments outside of regular business hours can be accommodated upon request. Counsellors work closely with community agencies and partners to identify the most appropriate course of action to support a family's well-being.

As a member of the Mental Health & Well-Being Team, a Family Liaison Officer, working in partnership with the Integrated Personnel Support Centre (IPSC), provides services and support to military families coping with a CAF member's illness, serious injury or death.

There is a range of short-term support resources available to military families during exceptional circumstances. These support services are managed by the Mental Health & Well-Being Team and include, but are not limited to, the following:

MFRC Short-Term Accommodations

We manage six apartments in Halifax for CAF members and their families to use when a crisis, compassionate or exceptional circumstance affects the family's ability to remain in their home. The stay is subsidized by the H&R MFRC and an established criteria is used to determine priority stays and length of stay. We work with families on a case by case basis.

Financial Resources

There may be times when families are faced with personal financial challenges. There is an established criteria to determine eligibility for financial support (i.e. Financial Assistance Fund, funds, grocery cards) and we work with families on a case by case basis.

Emergency Child Care

The H&R MFRC, through the Military Family Services Program (MFSP) Emergency Child Care (ECC) Policy supports families by facilitating short-term emergency child care requirements. There is an established national criteria to determine eligibility. Families are encouraged to develop a comprehensive child care plan and in the event this plan fails, families are eligible to access MFS Emergency Child Care. This care is available 24/7 however, it may take several hours to put into place. In discussion with the family, application of resources will be decided on a case by case basis.

Respite Child Care

We recognize that sometimes families need a break, especially during a deployment. If a situation is not considered an emergency but child care would be considered beneficial to a family's well-being, a period of respite childcare may be available to a family. This service is a local enhancement to the MFSP Emergency Child Care Policy. Our Family Well-Being Counsellors work with families to address their specific needs. Please note that certain eligibility criteria apply.

To speak with a member of the Mental Health and Well-Being Team regarding any of these services or any questions you may have, please call 902-427-7788 and ask to speak with the Family Well-Being Counsellor on intake.

McDonald's supports military families...We're lovin' it!

In January, local McDonald's franchisee Peter MacIsaac opened the doors of his new Dartmouth location on Pleasant Street in Dartmouth. Understanding the close proximity to CFB Halifax and 12 Wing Shearwater, MacIsaac dedicated the official opening weekend to military families. To mark the opening, MacIsaac donated \$2,000 to the H&R MFRC, along with proceeds from coffee sales during that opening weekend, which totalled \$1,508. These monies will help fund short-term accommodations, emergency childcare, and the youth centre, as well as other programs and services for CAF members and their families.

On an ongoing basis, the H&R MFRC will collaborate with McDonald's to provide complimentary coffee and hot chocolate to military members and their families at departures and homecomings, as was the case during the cold morning departure of HMCS *St. John's* and the homecoming of *Charlottetown*.



Shelley Hopkins, executive director of the H&R MFRC and Amy Braye, vice chair of the H&R MFRC Board of Directors, serve Claude and Lisa Malenfant, serving CAF member and spouse, at McDonald's grand opening weekend, which was dedicated to military families.

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"With our restaurants being located so close to CFB Halifax and 12 Wing Shearwater," said MacIsaac, "I would like to make our coffee the official Welcome Home coffee of military families – the strength behind the uniform, as a small token of appreciation for everything they do for our country."

We truly appreciate the generous support McDonald's is showing to military families. We're lovin' it!

Vacation Lottery Extravaganza 2016-2017 Winner for February/Gagnant de la loterie Extravaganza Vacances au soleil pour le mois de février

Congratulations to Bernie Martin, civilian, grand prizewinner of the H&R MFRC's Vacation Lottery Extravaganza for February. Félicitations à Bernie Martin, civil, grand gagnant du tirage de février de la loterie Extravaganza Vacances au soleil du CRFM H et R.

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The changing nature of public affairs in the CAF

By Ryan Melanson,
Trident Staff

Military public affairs officers normally prefer to stay out of the spotlight, but that wasn't the case on February 21, as four senior PAOs from local offices spoke about their jobs to a group of retired military members and other stakeholders.

"The nature of public affairs has been changing over the course of recent decades, and our role in supporting operations has also changed. PA now has a big role to play in enabling and achieving strategic operational success," said LCdr Jordan Holder, senior MARLANT PAO, to members of the Royal United Services Institute of Nova Scotia gathered at the RA Park Officers' Mess. LCdr Holder spoke alongside Maj Amber Bineau of JTFA, LCdr Kelly Williamson of 5 Cdn Div, and Maj James Simiana of NDPAO Atlantic.

LCdr Holder referenced recent deployments where PA messaging, and the strategic intent behind it, was important to achieving mission objectives. During Op LENTUS in 2017 in response to ice storms in New Brunswick, a key goal was to use the CAF's presence as a reminder to locals that the federal government was aware of their plight and ready to help.

"The key for us in communications is ensuring that people are aware of our ability to provide for their safety and security. So during that ice storm, it was critical that the people of New Brunswick knew we were there," he said, and PA used all avenues to achieve that. In some cases, the knowledge that help had arrived was as comforting as the actual work being carried out.

"If people don't think the govern-



LCdr Jordan Holder, the senior PAO for MARLANT, speaks to members of RUSI(NS) on February 21.

RYAN MELANSON, TRIDENT STAFF

ment is there, looking after them, they might lose confidence in the government's ability to do that."

During overseas operations, often in highly-politicized environments, new hybrid warfare strategies involve our adversaries pushing out messages that seek to delegitimize governments, or introduce misinformation into the discourse to confuse the public and change narratives. Communications through PA is also a big part of countering that, LCdr Holder said.

And as advances in technology continue to change common forms of communication, PAOs have adapted and now include social media as one of their most critical tools for sending out information. Platforms like Twit-

ter and Facebook have been especially useful in emergency or breaking news scenarios, when the media and public need details quickly. Maj Simiana gave the example of a crash during a training flight at 15 Wing Moose Jaw in early 2017, when the student and instructor were forced to carry out a controlled ejection.

"Media monitor police and fire channels, and that got picked up very quickly," he said, forcing PA personnel to react, and the first news of the crash and pilot and instructor's safety was sent via tweet just minutes after the event.

And in an example of situation occurring while deployed abroad, LCdr Williamson recalled her deployment with DART following a devastating

Earthquake in Nepal in 2015. When a second earthquake knocked out power and caused a new round of panic and confusion, determining the safety of CAF members and other Canadians in the country, and communicating that to the public, became a top priority.

"Again, we ended up using social media to put out that first 'All Canadian are safe' message, right from theatre as it happened," she said.

As traditional news media struggles as an industry and reporters become less specialized, these digital mediums are also used increasingly to keep the public informed about all aspects of the CAF in a strategic way, including as a recruitment tool. CAF accounts strive to send out messaging that can be relatable to younger audiences, and in a recent case, a social media influencer in the Toronto area was invited by PA to CFB Borden to shoot video and vlog to her followers while touring the base. The result was an immediate boost in web traffic for the local recruiting group.

Whether in support of domestic or international operations or areas like recruitment and public engagement, the PA branch increasingly sees itself as one aspect of Strategic Command, along with other enablers like military diplomacy and PsyOps. This doesn't negate the traditional PA function of providing truthful information about Canada's military and being accountable to Canadians, but rather recognizes the reality that strategic impact should be considered anytime information is pushed to the public, Maj Simiana said.

"The moment you inform somebody is the moment you can influence them, whether you intend to or not."

ADM (HR-Civ) personnel receive honours

ADM Award recipients from ADM (HR-Civ) celebrate after receiving their award certificates on February 13 at Stadacona. Recipients were lauded for displaying exceptional client service, for demonstrating an innovative approach and resolution to client staffing and capacity issues, and for showing leadership by creating inspiring opportunities through which HR-Civ employees can network in a positive work environment. Second row, from left: Sarah Carter, Kelly Rodgers, Kim Veinot, Andria Smith, Joanne Lenihan, Natalie Livingston, Patrick Hunt. Front from left, award presenter/Director June Bowser, and Brandi Roberts. Missing from photo: Charles Hart. Congratulations to all recipients.

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The science behind the sound: The thunder of artillery guns explained

By Maj Craig Cutting,
The Royal Regiment of Canadian
Artillery School

For anyone, including those residents of the communities surrounding 5th Canadian Division Support Base Gagetown (5 CDSB) who are curious as to why they hear the awe-inspiring thunder of howitzers differently on any given day, the intent of this article is to explain both the scientific and training requirements of the how and the why guns are heard in good weather and in bad, during the day and night.

It is the ardent hope of the author that the reader will emerge with an understanding of why the volume and propagation of sound from the Guns, even when firing from similar locations, can significantly fluctuate based on several factors that will be described herein.

Atmospheric effects on sound

First, to address the scientific aspects of how guns are heard, it must be understood that atmospheric effects, comprised of four major factors: wind, temperature, humidity and cloud cover, will have a large impact on sound. These four major factors will now be discussed in order, with a practical example provided at the end.

Wind

The first factor is wind, which alters sound propagation by bending the sound wave. At lower elevations, wind travels more slowly due to terrain features such as hills, trees, etc. At higher elevations, wind travels faster

as it is unimpeded. Therefore, if you are downwind from a source, you will hear louder noise levels than someone standing upwind.

Temperature

The next factor is temperature gradients in the atmosphere. On a hot day, the air is warmest near the ground and decreases in temperature at higher altitudes, which causes sound waves to refract upward, away from the ground. On a cold day, this temperature gradient will reverse, having the opposite effect. Therefore, at night when it is cooler, a listener will experience raised noise levels compared to midday when it is much warmer.

Humidity

The third factor is humidity, which also has an impact on sound wave propagation. As the humidity increases, so too does the percentage of water molecules in the air. Because water molecules have less mass than nitrogen and oxygen, the air becomes less dense allowing sound to travel faster. Therefore, a relative humidity increase will result in a raised noise level at the listener's location.

Cloud cover

The final factor is cloud cover, a constant feature in the Maritimes. On a clear day, sound waves will propagate into the atmosphere and eventually dissipate. However, on a cloudy day, the sound waves will be redirected off of the clouds back to the ground and will therefore result in a raised noise level at the listener's location.



Soldiers from The Royal Regiment of Canadian Artillery School, conduct a 21-gun salute to mark the first official visit of Her Excellency, the Honourable Julie Payette to New Brunswick on November 7, 2017.

GINA CROCCO, TACTICS SCHOOL, COMBAT TRAINING CENTRE, GAGETOWN

In the spring, an example of the aforementioned factors would be on a cool, cloudy, humid evening, the guns firing will be heard from much farther away, especially if downwind, than upwind from guns firing on a dry, hot, clear afternoon.

The why of the noise barrage is two-fold

As for the why guns are heard, The Royal Regiment of Canadian Artillery School, located within 5 CDSB, exists to provide the Canadian Army with combat-capable soldiers and officers

ready to meet the operational and domestic requirements of the CAF in service to the Government of Canada.

To provide world-class training, the practical impact is that guns fire by day and night, in all weather conditions, to prepare Canadians to fight and win within a challenging modern battlefield.

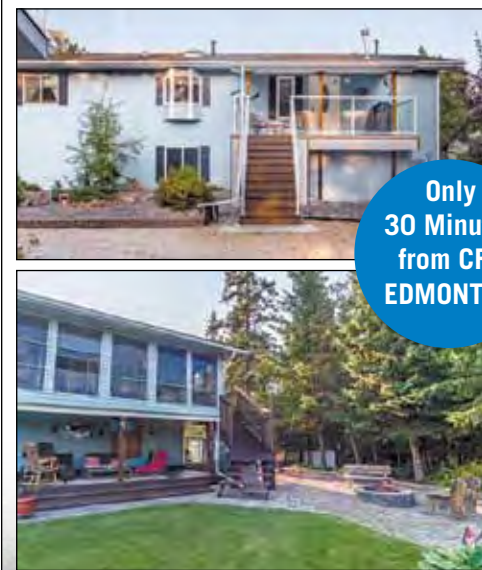
Hopefully this article provides some illumination as to the god-like thunder wielded by The Kings of Battle. While this noise may be initially disconcerting to some, know that it is the sound of the CAF training to stand on guard for our great nation.

HMC Ships donate to daycare during deployment



In Praia, Cape Verde, Canadian Ambassador Lise Filiatrault (second row, first on right) stands with volunteers from HMC Ships Kingston and Summerside, and daycare staff and children, after the ships donated items from Canada to the daycare. The donated items came from CAF and DND personnel and the public in Halifax.

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Keen Reservist blends civilian profession

By Lynn Capuano,
Army Public Affairs

In his working life, Capt Felix Odartey-Wellington happily juggles and blends two very different yet complementary careers, one requiring a Canadian Army (CA) uniform and one for which he wears a suit and tie.

Living and working in Sydney, Nova Scotia, he trains at least one evening a week and one weekend a month to be ready to help with the defense and security of Canada and its Allies. The captain has participated in a number of exercises in the last seven years.

"In Canada, I've been involved in exercises like STAGED RESPONSE in Nova Scotia and STRIDENT TRACER in New Brunswick. Outside of Canada, I've been on SOUTHBOUND TROOPER in the United States and TRADEWINDS in Jamaica," he said.

Capt Odartey-Wellington has served with 36 Canadian Brigade Group Headquarters (36 CBG HQ) for the past three years and with The Cape Breton Highlanders from 2010 to 2015. As Public Affairs Officer (PAO) for 36 CBG HQ, he works with another PAO to cover all of the brigade's 11 units, whose functions include signals, artillery, infantry, combat engineering, combat service support and armoured reconnaissance.



The graduating class of the Canadian Army Reserve Basic Public Affairs Officer Course on June 12, 2015. (From left to right: Capt Derek Picard-Fortin, Capt Valérie Harvey, A/SLt Marie-Jil Coudé, Capt Nathan James, and then 2Lt Felix Odartey-Wellington.

"I'm looking forward to MAROON RAIDER in New Brunswick in the last week of August," he said. Exercise MAROON RAIDER is the new name for the 5th Canadian Division's larg-

est annual exercise. Previously called STRIDENT TRACER, it gives Reservists from all units in Atlantic Canada the opportunity to train shoulder to shoulder with US National Guard ele-

ments in a realistic setting.

Capt Odartey-Wellington received the Queen Elizabeth II Diamond Jubilee medal in 2012. The citation read, in part: "in recognition of the outstanding contribution you made to your unit, Land Force Atlantic Area and your community."

When he is not in his Army uniform, which he first donned at the age of 39, he is known as Dr. Odartey-Wellington. An Associate Professor of Communication at Cape Breton University (CBU) in Sydney, Nova Scotia since 2009, he brings a wealth of education and life experience to both sides of his identity.

"In my native Ghana, I trained and worked as a lawyer and broadcaster before immigrating to Canada in 2002," Dr. Odartey-Wellington explained. He pursued his interest in communication by earning a Master's degree in Media Studies at Concordia University in Montreal and a Doctorate in Communication and Culture from Ryerson and York Universities in Toronto before moving to a faculty position at CBU.

He has also taught at York University's Osgoode Hall Law School, at Ryerson University, and puts his broadcasting background to good use as the faculty and regulatory advisor for CBU's campus radio station.

CPL HEATHER TIFFNEY, CFSU(OTTAWA)



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and military skills, benefiting both

His academic research interests include corporate communication, political communication, race and media, news and public affairs, as well as communication law and policy. A review of an anonymous Rate my Teacher website shows one student bemoaning the fact that this professor is “a hard marker,” while another enthused, “By far the best prof I ever had. I would take any course that he taught. He’s funny, and very easy to pay attention to, he clearly loves his job and he made me look forward to going to class for the first time in my life.”

Capt Odartey-Wellington found the university was very supportive of the CAF and he soon joined the Canadian Army Reserve (ARes) after meeting like-minded colleagues. “Being a Public Affairs Officer in the ARes gives me current real-world experience that I’m able to bring to the classroom for the benefit of my students,” he said. “I also have the flexibility to pursue my passion for communication both in an exciting military context and in a rigorous academic environment.” “My teaching and research help me hone the critical thinking skills required for my demanding tasks as a Public Affairs Officer. I’m exposed to the most current Communication concepts needed for my military work.”

“Many professionals worry that being in the Reserves could negatively impact their careers,” he observed. “But there are flexibilities worked into the Reserve system, and the time management skills you gain in your military training come in handy too.” “Being active in the ARes did not affect my opportunities to be awarded tenure and promotion at CBU, nor has it affected my research and teaching. If anything, it has positively impacted my research and teaching.” When people ask Capt Odartey-Wellington if they should also join the Army Reserve, his response is, “Do it. For so many reasons – for one, it will give you so many opportunities for career development. Two, it will give you an opportunity to serve your country while staying in your community.” He continued, “I also would encourage people who have recently come from other countries, to also join. They should know that these opportunities exist and make the most of them.” Capt/Prof Odartey-Wellington thoroughly enjoys his dual working life. His day job finds him in dress shoes on polished floors, while his ARes career requires Army boots in muddy terrain. “There is never a boring weekend or summer!”



Capt Felix Odartey-Wellington, PAO for 36 Canadian Brigade Group, rappels from a tower on September 13, 2017 at 5th Canadian Division Support Base Gagetown in New Brunswick during a training exercise.

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At the end of a ship's deployment on Op CARIBBE, the USCG tallies up the amount of the drugs seized or disrupted by each ship and awards them with crossed out snowflakes to add to the ship's bridge wings.

SUBMITTED

Open season for Op CARIBBE

By SLt M.X. Déry,
MARPAF PA

Year 12 of Op CARIBBE is set to begin with HMC Ships *Edmonton* and *Whitehorse* leading the charge.

Last year, the CAF contributed to the United States Coast Guard (USCG) seizing or disrupting of approximately 11.5 metric tonnes of illicit drugs.

The Commanding Officer of *Edmonton*, LCdr Brian Henwood, is looking forward to heading down South to conduct interdiction operations.

"This is a great opportunity to get over the horizon and to effect things down range," he says.

LCdr Collin Forsberg, Commanding Officer of *Whitehorse*, agreed with LCdr Henwood, saying the operation has a real impact on the people back home.

"It is very rewarding working with the U.S. Coast Guard. This is a mission that makes life better for Canadians."

LCdr Forsberg has deployed twice before on this operation.

Recently, RAdm Art McDonald, Commander MARPAF, spoke to media in San Diego during the offload

of cocaine seized during the last two months of operations in 2017.

"Ladies and gentleman, just as today's offload represents a part of the record almost 500,000 pounds that was interdicted in 2017, worth about \$6.6 billion U.S. dollars, a part of today's offload is also a direct involvement of Canadian participation."

At the end of a ship's deployment, the USCG tallies up the amount of the drugs seized or disrupted by each ship and awards them with crossed out snowflakes to add to their bridge wings. The snowflakes serve to recognize hard work and instill a sense of pride in the ship's company.

With a fresh paint job, *Whitehorse* departs homeport with a bare bridge wing while *Edmonton* proudly wears seven snowflakes earned on previous deployments.

The objectives of the upcoming mission are clear and there seems no hint of rivalry between the commanding officers.

"We are down there to support each other," said LCdr Henwood. "One ship's success is a success for the team."

HMCS *Winnipeg* passes on Flagship Torch

By Lt(N) Ellie Aminaie,
HMCS *Winnipeg*

After nearly a year as the Flagship of the West Coast Fleet, HMCS *Winnipeg* handed over the reins to HMCS *Calgary* February 2, in order to undergo an extended maintenance and upgrade period. During its tenure as Flagship, *Winnipeg* was involved in many high tempo operations.

Starting March 2017

Upon completion of Sea Training-led Intermediate Air Ship Readiness Training in March 2017, *Winnipeg* deployed in company with Ottawa for Poseidon Cutlass 17-1 in the Indo-Asia Pacific region. The two ships conducted an array of operations with regional foreign navies.

These multi-national operations, which had the Commander Canadian Fleet Pacific and his staff embarked in *Winnipeg* for portions of the deployment, included exercises with the Australian, Indian, Sri Lankan, Japanese, South Korean, New Zealand and United States Navies.

During the deployment, *Winnipeg* had the Maritime Tactical Operations Group embarked, showcasing this advanced capability of the Royal Canadian Navy to our allied navies. Multiple port visits allowed the ship's company to represent Canada at global engagement events in the Philippines, Malaysia, India, Singapore, Sri Lanka, Japan and South Korea. Most notably, the port visit in Malaysia included a high profile global engagement component in support of the Minister of National Defence.

Another notable milestone for this deployment was the proof of concept of the Naval Security Team that consisted of Reserve Force personnel providing enhanced Force Protection to deployed ships while alongside Busan, Korea.

Winnipeg's return transit to Esquimalt after five months abroad included a Replenishment at Sea Force Generation tasking in company with *Ottawa* and the Chilean Tanker *Almirante Montt*, where the Deck department was trained in operations with the tanker, conducting 22 seamanship evolutions within the span of two weeks.

September 2017

This high readiness ship was put to sea shortly after returning from Poseidon Cutlass 17-1 in September 2017 to support the training of an East Coast Air Detachment.

In October, *Winnipeg* embarked members of the Canadian Leaders at Sea programme for a three-day transit to San Francisco for that city's Fleet Week.

The sail facilitated numerous training opportunities, including a stellar ship-wide Damage Control demonstration for the civilian guests onboard.

Once alongside in San Francisco, the ship hosted over 200 high profile military and industry guests onboard at a

reception co-hosted by the Commander Maritime Forces Pacific and Consular General of Canada in San Francisco.

Additionally, nearly 4,000 civilians came onboard for a tour of the ship, and the ship's company participated in many activities ashore, including a significant amount of charitable work.

October 2017

Winnipeg sailed for the remainder of October in the vicinity of NanOOSE Bay, advancing the operational testing and evaluation of Anti-Submarine tactics in the Royal Canadian Navy during Optest Stargazer.

November 2017

The ship was back at sea in November in the West Coast Firing Area, where the Above Water Warfare team honed their skills against unmanned aerial vehicles (UAV). The crew demonstrated particular skill in employing *Winnipeg's* RAMSES against the UAVs. The ship also had the honour of being the platform for the ceremony of Committal of Ashes at sea for 13 National Defence members.

Winnipeg's programme in November also included representing the Royal Canadian Navy at the United Nations Peacekeeping Defence Ministers' Conference. While alongside Canada Place in Vancouver, *Winnipeg* provided a hosting platform for various events throughout the conference, as well as comprehensive tours of the ship to UN delegates.

The conference had many high profile Canadians in attendance including The Prime Minister, the Minister of National Defence, the Minister of Foreign Affairs, the Minister of International Development and la francophonie and the Chief of Defence Staff.

Actress Angelina Jolie, who is a Special Envoy to the United Nations High Commissioner for Refugees, was also in attendance.

Shortly after returning to homeport, *Winnipeg* was back at sea in support of the Fleet Navigating Officer course, qualifying four new Navigators to the fleet. Having spent most of the year in international waters, the crew relished the chance to transit the picturesque Southern Gulf Islands at high speeds, and enjoyed the scenery in Desolation Sound's rugged Teakarne Arm.

December 2017

The 2017's sailing programme for *Winnipeg* concluded in December with another week at sea in support of the Shipborne Air Controller (SAC) course, qualifying four SACs to the fleet. However, the Flagship's duties did not end there as *Winnipeg* was the West Coast Fleet's designated Ready Duty Ship throughout the holiday season, with the crew fully prepared to respond to any tasking domestically and abroad.

Continued on page 15

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By SLt Mike Harris,
HMCS Regina

Over the speaker bellowed "Threat Threat Threat! Threat bearing green 25, GP 1 stand to."

As two personnel from the bridge run out to the starboard .50 cal machine gun, the Boatswain's Mate informs the rest of the ship's company about the possible aggressor bearing down onto HMCS Regina at tremendous speed.

This sudden jolt of excitement was frequent throughout all hours as HMC

A member of Regina's bridge warning organization maintains visual on a remote controlled target boat (Hammer Head) as a flare flies and the ship's whistle sounds.

SUBMITTED

Through the windows of the bridge

Ships Regina and Vancouver conducted intermediate multi-ship readiness trials during their sail to San Diego and Hawaii.

This training is the next step in Regina's training program since completing a major refit last spring. This month of training focuses on simulating wartime scenarios. Sailors had to track and fight both fictitious and physical air, sea and subsurface targets, while others responded to battle damage and casualties.

"GP 1 Engage!" and not a breath after the order. The Gun Position peppers the ocean with controlled bursts aiming at where the target would be in a real world situation. As the occasional tracer round ricochets off the wave tops, the only other witnesses are the stars in an otherwise seemingly infinite empty world on a cool night in the middle of the Pacific Ocean.

Barely audible over the sound of machine gun fire, "SAWS Action" comes over the internal speakers as the Operations Room, tucked away within the ship, prepares another means of defence Regina possesses in its arsenal.

Through the glow of the stars, the large barrel of the 57mm gun comes into sight as it trains onto bearing, controlled by the skilled operators below the feet of the bridge. Louder than thunder, the air fills with hair-raising concussions as two rounds are fired down range. If this were a real threat, it wouldn't exist anymore.

This training keeps the sailors of Regina, and other crews alike, capable of protecting themselves, allowing them to fulfill their role of protecting Canada, and maintaining international peace and stability for future generations.

Toronto Maple Leafs pay tribute to the Royal Canadian Navy



VAdm Ron Lloyd, centre, Commander RCN, and Command Chief Petty Officer CPO1 Michel Vigneault, right, accept a framed version of the new RCN Stadium Series Sweater from Toronto Maple Leafs alumnus Darryl Sittler.

CONTRIBUTED

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

The Toronto Maple Leafs Hockey Club paid tribute to the RCN recently when it unveiled a Stadium Series Sweater designed for its outdoor game against the Washington Capitals at the United States Naval Academy in Annapolis, Maryland on March 3, 2018.

The Leafs wore an all-white uniform, trimmed in blue, representing the Canadian Naval Ensign. In addition to being one of the most recognized visual identifiers of the RCN, the Canadian Naval Ensign is a symbol of excellence portraying the professionalism and dedication of Canadian sailors who deploy around the world.

"The Maple Leafs have had a very long and proud association with our Armed Forces throughout the years and this special game is an important opportunity for us to not only pay tribute to the RCN, but to also say thank you to the many men and women who serve our country so bravely," team president Brendan Shanahan said in a statement. "This

unique uniform, to mark a unique occasion, celebrates the traditions of both the RCN and the Toronto Maple Leafs, and it will be a great honour for our players to wear this sweater."

The Maple Leafs wore white sweaters for the first time in an outdoor game along with white helmets, socks, gloves and pants, all with blue trim. The motto of the RCN, Ready, Aye, Ready, was featured prominently inside the collar of the sweater. The Maple Leafs' inspiring Honour. Pride. Courage. appeared on the top stripe of the left sleeve.

VAdm Ron Lloyd, Commander RCN, said he was "simply blown away" by the Maple Leafs' new RCN jersey, which was unveiled in Toronto on February 10 by Maple Leafs alumnus Darryl Sittler at the Leafs game against the Ottawa Senators.

"This jersey is a winner and a phenomenal tribute to the men and women of the RCN," VAdm Lloyd said. "A special thank you to the Maple Leafs for all the work they did to make this jersey a reality. Bravo Zulu!"

HMCS Winnipeg

Continued from page 14

January 2018

Before handing over the reins of the Flagship of the West Coast Fleet, Winnipeg had one last tasking in January 2018, once again in cooperation with 443 MH Squadron, with the aim of qualifying Maritime Forces Pacific and Maritime Forces Atlantic personnel in Ship Without Airborne Detachment operations, and air crew qualifications.

Winnipeg undoubtedly had a very busy programme over the course of the past year, sailing over 38,600

nautical miles, with 215 days away from home. Ship and crew were instrumental in the training and development of hundreds of Canadian Armed Forces personnel in various areas of qualification, ranging from multiple echelons of warfare to logistics. It is not without the support of various key players ashore that Winnipeg was able to achieve mission success at home and abroad as the Flagship of the West Coast Fleet.

HMCS Calgary is wished all the best as that ship and crew takes on this new and challenging role.

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Le programme de surveillance océanique des Rangers canadiens contribue à une recherche sur l'Arctique

Par Steven Fouchard,
Affaires publiques de l'Armée

Les Rangers canadiens aident le ministère des Pêches et des Océans (MPO) à recueillir des données qui permettront de dresser un tableau sans précédent des eaux de l'Arctique, selon un rapport du MPO.

Cette initiative, surnommée Programme de surveillance océanique des Rangers canadiens (CROW), produit des données qui alimenteront un large éventail de recherches. Mike Dempsey, un technicien en océanographie de l'Arctique du MPO, souligne que le soutien des membres du 1er Groupe de patrouilles des Rangers canadiens (1 GPRC) est extrêmement précieux.

« Le Programme CROW permet d'ajouter de la profondeur aux observations faites l'hiver et d'alimenter de nombreux projets distincts, » résume M. Dempsey. « Certaines de ces observations portent sur le climat, d'autres sur les enjeux liés à la pêche et d'autres encore sont des données de surveillance destinées à des études à long terme sur l'éventuel développement ou l'augmentation du trafic maritime. Nous en apprenons beaucoup sur la navigation dans les glaces et les déplacements en hiver grâce aux Rangers. Nous adorons travailler avec eux, ce sont des gens formidables. »

Au début de 2017, des conseillers scientifiques du MPO ont visité les communautés de Kugluktuk, Cambridge Bay, Gjoa Haven et Paulatuk au Nunavut et dans Territoires du Nord-Ouest. Ils ont formé des Rangers de chacun de ces endroits à utiliser différents instruments qu'ils ont laissés sur place afin de permettre la poursuite des travaux en cours.

Le lieutenant-colonel Luis Carvalho, commandant du 1 GPRC, fait

remarquer que les Rangers viennent en aide à de nombreux projets du genre.

« L'expertise des Rangers canadiens sur ce territoire est sans égale, déclare-t-il. L'environnement change de manière radicale dans le Nord, on y retrouve parfois des conditions de voile blanc. Les Rangers connaissent parfaitement leur chemin et ils peuvent vous guider jusqu'à votre destination. Pour les scientifiques, c'est essentiel. Mieux vaut ne pas perdre de temps en se rendant quelque part pour exécuter une tâche. »

Toutes les personnes impliquées tirent parti du projet, mentionne Dempsey. Les communautés du Nord autant que les milieux scientifiques et universitaires.

« Nous donnerons accès aux données afin que les gens soient au courant des études qui se déroulent dans leur cour, qu'ils sachent ce qui se fait et ce qui est découvert. La population du Nord participe également à ce dialogue, » ajoute-t-il. « Il existe une longue tradition de chercheurs venant du sud qui se rendent en Arctique afin de recueillir des données pour les ramener chez eux. Les gens du Nord sont curieux de savoir sur quoi portent ces études. Il existe aussi beaucoup de connaissances traditionnelles auxquelles nous n'avons pas accès et qui sont pourtant très précieuses. »

« Les anciens possèdent beaucoup de savoir; ils savent naviguer en se fiant à leur mémoire et à ce qu'ils voient, ils savent lire la neige et la glace, » signale-t-il. « Nous apprenons toujours quelque chose en parlant avec les Rangers, que ce soit sur les poissons, les phoques, la glace, les courants et toutes sortes de choses du genre. L'interaction entre le savoir traditionnel des Rangers et les connaissances scientifiques du gouvernement joue un grand rôle à ce chapitre. »



Target practice at sea

The MTOG Tiger Team and boarding party members conduct pistol training in HMCS St. John's during Op REASSURANCE.

CPL TONY CHAND, FIS

Canadian Rangers Ocean Watch program assisting Arctic research

By Steven Fouchard,
Army Public Affairs

Canadian Rangers are assisting the Department of Fisheries and Oceans (DFO) in gathering data that a DFO report says will offer “unprecedented” views of Arctic waters.

The initiative, dubbed Canadian Ranger Ocean Watch (CROW), is generating data that will inform a broad spectrum of research. Mike Dempsey, a DFO Arctic Oceanographic Technician said members of 1st Canadian Ranger Patrol Group (1 CRPG) have been providing invaluable support.

“CROW is a way of adding depth to winter observations informing a number of different projects,” said Dempsey. “Some of this is climate-related, some is related to fishery issues, and some is monitoring for long-term studies before potential development or increases in shipping. We learn a lot from the Rangers on navigating the ice and winter travel. We love working with the Rangers. They're amazing.”

DFO science advisors visited communities in Nunavut and the Northwest Territories in early 2017: Kugluktuk, Cambridge Bay, Gjoa Haven, and Paulatuk. They trained local Rangers in the use of various instruments and left them behind so the work, which is ongoing, could continue.

LCol Luis Carvalho, 1 CRPG's commanding officer, noted that Rangers assist with many such projects.

“The Canadian Rangers' skills on the land are second to none,” he said. “The environment changes quite drastically in the north – you get white out conditions at times. The Rangers know exactly where they're going and they can get you to the target zone as required. For the scientists, that's critical. You don't have a lot of time to waste getting out to the target to do the task.”

The project's benefits are very much mutual, Dempsey said, and will be felt as much in northern communities as in research and academic circles.

“We will make the data available so that people are aware of the studies being done in their backyards – what's being done and what's being found. We also want to engage the northern population in a dialogue,” he noted. “There's been a long history of southern researchers going up to the Arctic, mining data, and taking it home. People up north say, ‘What's that all about?’ There's also a lot of traditional knowledge which wasn't being accessed that is very valuable.”

“There's a lot of information available from the elders who do a lot of navigation by eye and by memory about reading snow and ice,” he added. “We're always learning by talking to the Rangers about fish and seals and ice and currents and that sort of thing. The interplay between traditional knowledge and government science is a big part of this.”



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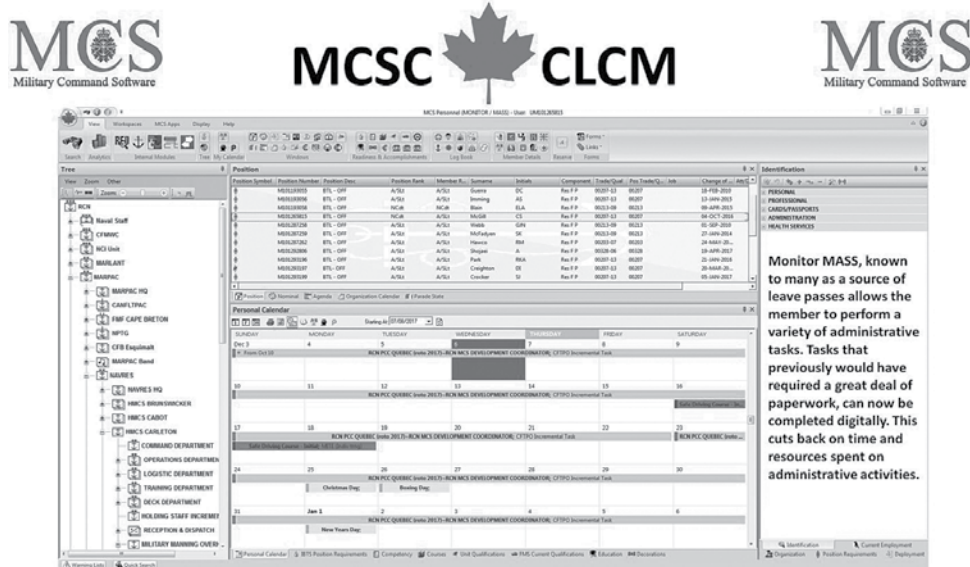
CAF members benefit from new software applications, on time and on budget

By A/SLt Chris McGill,
RCN MCS Development Coordinator,
DNSM 6

CAF members can now benefit from a software application suite developed in house, on time, and within budget. The Military Command Software Centre (MCSC), originally stood up by the Army to meet rapidly evolving needs, has built an 18-year record of deploying responsive, military-specific and cost-effective software applications for CAF-wide use.

The Military Command Software Centre is helping to reduce administrative burdens with the Monitor MASS system. With over 50,000 users across the CAF, Monitor MASS is the best-known MCSC application, and is familiar to many as a source of leave forms. The software has evolved into a general purpose Military Administrative Support System (MASS), simplifying several unit-level administrative tasks, and replacing thousands of spreadsheets and local databases.

The RCN has contributed a great deal of resources to MCSC projects. Through the work of Director of Naval Strategic Management: Governance (DNSM 6) and the RCN MCS Development Team, the RCN has initiated



A Screenshot of Monitor MASS the “cornerstone” of the MCSC Application Suite.

ated the process of integrating MCS applications into their management structure.

CF Tasks, Planning and Operations (CFTPO) is another major MCSC application. It is used for operational and cross-command tasking, and is also widely employed within the Army, RCN, RCAF and CF Health Services. CFTPO has over 7,000 users

and manages over 200,000 tasks per year. Both CFTPO and Monitor MASS communicate in real-time, and are inherently aware of the chain of command, providing data and functionality as appropriate to the user's rank and position.

In 2015, the MCSC deployed the CF Recruit Information Management System version 2 (CFRIMS-2), replacing an obsolete system based on the commercial PeopleSoft software. The CAF must recruit in accordance with the National Defence Act, and software to meet that unique set of requirements could not be bought commercially. Deploying agile development methods, an MCSC team was able to build a system meeting unique military requirements for approximately five percent of the eight-figure cost projected for a non-compliant commercial system.

The widespread adoption of MCSC applications across the CAF is a consequence of responsiveness to military needs, above all to the need for change. Mark Proudman, a software designer with the MCSC, says “For us, agile isn't just a slogan: agile methods anticipate and plan for changing requirements. Any information system that does not plan to change is tying leadership's hands.”

The RCN is already benefitting from the work at the MCSC with all major RCN warships now deploying the

disconnected Monitor MASS Nomad version. Nomad allows for data and code synchronization to occur when Defence Wide Area Network (DWAN) is available alongside. This capability eliminates the need for a huge amount of documentation, and saves space on the ship, further benefitting the crew.

The Professional Development Training Management System (PDTMS), a project spearheaded by CPO1 Steve Gracey and CPO2 Robin Côté at DNSM6, will enable highly enhanced training management capabilities. The main advantages PDTMS brings to the table are greater transparency and organizational capability regarding training, scheduling, and qualifications. This allows for the greater coordination of resources such as instructors, classrooms and equipment needed for the course. It allows priorities to be set to ensure a set amount of spaces for certain elements, reservists, or even individuals with an urgent need to complete a course. The national training calendar within PDTMS will be available in Monitor MASS and accessible for viewing by all members.

An important application within PDTMS is the Ability, Achievement, Authorization Module (A3M). A3M tracks and displays all competencies (National Qualifications (NQuals)) ensuring their validity and equivalency, even if the course completed is changed. The A3M assists in the recognition of a member's PLAR (Prior Learning Assessment and Recognition), and simplifies recognition of equivalent military/civilian skills in a new military trade. This prevents unnecessary training repetition based on the recognition of qualifications obtained in a previous military or civilian trade.

The Multi-Module tracking employed in the module allows members to enter courses midway ensuring the maximum amount of members have the appropriate training offered to them. This enables administrators to take a previously qualified civilian or member who has already completed certain modules, and put them into a course midway. The time, resources and training saved by this recognition will greatly benefit the CAF's intake, and retention of new skilled recruits.

The MCSC has a full docket of incoming requirements to meet the needs of an expanding military user community. The power of MCSC applications is available to all DWAN users under the Control Panel Get Programs or Run Advertised Programs selections, grouped together under the prefix MCS.

HMCS Regina charity: Make it personal

By SLt M.X. Déry,
MARPA PAC

When HMCS *Regina*'s crew sets out to do something, they get the job done.

So when this year's National Defence Workplace Charitable Campaign (NDWCC) season kicked off, *Regina*'s crew had their sights on surpassing the previous year's contribution, and they did. They managed to raise \$41,525, a 23 per cent increase on last year's already substantial sum.

“I believe the dramatic increase this year was a direct response to the day sail *Regina* put on for the Chris Knox Foundation,” said Lt(N) Gregory Kuhn, NDWCC Co-ordinator in *Regina*. “Donating this year became personal – you could now put a face to the organization you were donating to.”

The Chris Knox Foundation, *Regina*'s official charity, will get the lion's share of the funds, over \$20,500, raised through the ship's handful of fundraising events. But the highlight of the events was the shaving of heads and mustaches on the flight deck.

PO1 Lee Richardson helped raise the funds to shave Lt(N) Tracy Tkachuk's mustache, but soon discovered that

Lt(N) Tkachuk had also been raising funds to shave PO1 Richardson's head.

“When you thought I had the best of Tkachuk, I did not,” said PO1 Richardson. “Remember it's for the children!”

PO1 Darren Peat set a high price for his classic mustache, thinking that his lofty goal of \$5,000 would never be reached.

“PO Richardson suggested it [the mustache shave] so I asked my wife; she said ‘no way!’ So I said name a price and she said \$5,000 assuming there was no way the ship would ever make it,” said PO1 Peat.

It took one day to raise over \$6,225 to win the shaving rights to his mustache.

“Wife hated it, said I look like Charlie Brown without any facial hair. I didn't even recognize myself in the mirror since it has been about 20 years since I have last been clean shaven,” he said.

Lt(N) Gregory Kuhn explains his ship's fundraising success.

“The reason that *Regina* has successfully raised over \$75,000 over the past two years for NDWCC is because our ship's company is absolutely committed to the policy of giving back to the community that we serve.”

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The year of the logistician

By MCpl Annie-Claude Venne,
Human Resources Administrator,
CJOC HQ

2018 marks the 50th Anniversary of the CF Logistics Branch. A series of activities and events will take place throughout the coming months to highlight the contribution by Logisticians to the success of Canadian military operations at home and around the world. With a festive spirit, LGen Charles Lamarre, senior Logistician in the CAF, addressed a crowd of logisticians in a ceremony to launch the Year of the Logistician on January 26 in Ottawa.

"This year we will celebrate the continuing support that we are bringing to 20 operations around the world," said LGen Charles Lamarre. "Fourteen thousand men and women from the Regular and Reserve Force make up the Logistics Branch. It is a massive occupation that that enables the success of the Canadian Armed Forces on every operation that we undertake ... whether it's fighting floods like we had recently in the Gatineau area or any other event when Canadians need our help on top of our



standing commitments with NATO and NORAD.

"We are also a great example of diversity," said LGen Lamarre. "Thirty-three percent of the Branch is made up of women that bring their own excellence to what we do. We've got visible minorities around the six to seven percent range and about three percent of us are of Aboriginal extraction who are serving their country. That is a great turnout...for diversity and inclusion for a branch that really represents the Canadian population."

Although the Logistics Branch is celebrating its 50th anniversary, LGen Lamarre explained that the history of logistical support to the CAF really began in 1901 with the establishment of four companies that became the foundation of the Royal Canadian Army Service Corps.

After the First World War, the various Corps were granted the Royal designation for the excellence of the work done supporting the Canadian Expeditionary Force. In 1968, with the unification of Canada's military, the Royal designation was dropped and the Canadian Forces Logistics Branch was created. The contribution of Logisticians is, since the very beginning, critical to the success of any CAF mission.

Throughout 2018, logisticians will celebrate in their work place and with a series of public events. A dominant activity is the Logistics Branch 50th Anniversary Flag Relay. The relay began in July 2017 and since then, the flag has been greeted by logisticians in 17 countries and has travelled more than 44,000 kilometres, greater than once around the world at the equator. The flag will now make its way across Canada.

The event calendar also includes a skills-at-arms competition, mess dinners and on Parliament Hill in Ottawa on October 19, the Logistics Branch will receive the Royal designation from Her Majesty as the Branch becomes the *Royal Canadian Logistics Service*.

L'année du logisticien

Par le Caporal-chef
Annie-Claude Venne,
Administratrice des ressources
humaines, QG du COIC

2018 marque le 50^e anniversaire de la Direction de la logistique des Forces canadiennes. Une série d'activités et d'événements auront lieu au cours des prochains mois pour souligner la contribution des logisticiens au succès des opérations militaires canadiennes au pays et ailleurs dans le monde. Dans un esprit festif, le lieutenant-général Charles Lamarre, logisticien principal des FAC, s'est adressé à une foule de logisticiens lors d'une cérémonie marquant le lancement de l'année du logisticien le 26 janvier à Ottawa.

«Cette année, nous célébrerons le soutien continu que nous apportons à 20 opérations dans le monde entier», a déclaré le Lgén Charles Lamarre. «Quatorze mille hommes et femmes de la Force régulière et de la Force de réserve forment la Direction de la logistique. C'est une occupation massive qui permet le succès des Forces armées canadiennes dans toutes les opérations que nous entreprenons ... que ce soit pour lutter contre les inondations comme nous l'avons fait récemment dans la région de Gatineau ou pour tout autre événement où les Canadiens ont besoin de notre aide en plus de nos engagements permanents avec l'OTAN et le NORAD.

«Nous sommes également un excellent exemple de diversité», a déclaré le Lgén Lamarre. «Trente-trois pour cent de la Branche est composée de femmes qui apportent leur propre excellence à ce que nous faisons. Nous avons des minorités visibles de l'ordre de six à sept pour cent et environ trois pour cent d'entre nous sont d'origine autochtone et servent


leur pays. C'est un très bon taux de participation ... pour la diversité et l'inclusion d'une succursale qui représente vraiment la population canadienne.»

Bien que la Direction de la logistique célèbre son 50^e anniversaire, le Lgén Lamarre a expliqué que l'histoire du soutien logistique aux Forces armées canadiennes a vraiment commencé en 1901 avec la création de quatre compagnies qui sont devenues le Corps de l'Armée royale canadienne.

Après la Première Guerre mondiale, les divers corps reçurent la désignation royale pour l'excellence du travail accompli en appui au Corps expéditionnaire canadien. En 1968, avec l'unification de l'armée canadienne, la désignation royale a été abandonnée et la Direction de la logistique des Forces canadiennes a été créée. La contribution des logisticiens est, depuis le début, essentielle au succès de toute mission de la CAF.

Tout au long de 2018, les logisticiens célébreront dans leur lieu de travail et avec une série d'événements publics. Une activité dominante est le Relais du 50^eme Anniversaire de la Branche Logistique. Le relais a commencé en juillet 2017 et depuis, le drapeau a été accueilli par des logisticiens dans 17 pays et a parcouru plus de 44 000 kilomètres; plus d'une fois autour du monde à l'équateur. Le drapeau va maintenant traverser le Canada.

Le calendrier des événements comprend également un concours de compétences en armes, des dîners régimentaires et, sur la Colline du Parlement à Ottawa le 19 octobre, la Direction de la logistique recevra la désignation royale de Sa Majesté à mesure que la succursale deviendra le Service Royal canadienne de la logistique.



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TRIDENT Sports

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Mariners ready for basketball nationals after win at A/R Championship

By Ryan Melanson,
Trident Staff

The CFB Halifax Mariners are once again Atlantic Regional Basketball champions, and after falling short at the national level in recent years, a dominant win at regionals over 14 Wing Greenwood has the team full of confidence.

"We're absolutely winning at nationals this year," said Capt Nic Leger, who was named Halifax's tournament MVP following the 86-54 gold-medal victory.

The tournament was held from February 20-23 at the Stadplex gym at CFB Halifax, with the Mariners joined by teams from Greenwood, Shearwater, and Gagetown. Halifax has built a regional basketball dynasty over the last decade and a half, with an unbeaten streak in the tournament that stretches all the way back to 2002. Earlier in the tournament, the Mariners took victories over Shearwater (80-50), Greenwood (56-45), and Gagetown (78-58) to secure a spot in the finals.

Capt Leger said the team's biggest advantage through the week was their ability to stop their opponents of-

fense. In the final game, this allowed the Mariners to widen the lead early and take some pressure off their own scorers.

"What always makes us the team that we are is that we come together to play defense. You can't always control if the shots are falling, but when we work with each other on defense and get a few steals, we always start rolling," he said.

The CAF National Championship tournament will be held from April 7-11 at 15 Wing Moose Jaw, and Capt Leger said the team will use the bit of time until then to keep sharpening defense and work on team chemistry. With a number of players returning from previous years, the group is already comfortable together, and will look to become an even more cohesive unit.

"It's the same core guys and the same role players coming in and doing their job well, being where they need to be. We'll be ready to go."

High scorers for the Mariners in the final game included team Captain Lt(N) Cody Brown with 22 points, Capt Leger with 15 points, LS Jonathyn Williams with 11 points, and SLt Gregory Wagner-Conserve, also with 11 points.



The Mariners took on the 14 Wing Greenwood Raiders in the championship game at the Stadplex gym.

RYAN MELANSON, TRIDENT STAFF



The CFB Halifax Mariners men's basketball team, seen here with coach Kevin Miller, are CAF Atlantic Regional Basketball Champions for the 16th consecutive time, after a victory over 14 Wing Greenwood in the final game on February 23.

RYAN MELANSON, TRIDENT STAFF

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Military combatives and grappling clubs gaining steam

By Ryan Melanson,
Trident Staff

Competitive grappling has been increasing in popularity across the CAF in recent years, both as an aspect of training and as a sporting activity, and one of the military's senior hand-to-hand combat experts hopes to see that trend continue.

"There's a lot of very high-level folks in the CAF, competitors who have senior belt ranks in judo or Brazilian jiu-jitsu, people who have won provincial, national and world titles," said LCol Steve Burgess, a logistics officer by trade who also serves as a Senior Military Combatives Instructor with the CAF and lead organizer of the annual Military Combatives Grappling Championship tournament at Garrison Petawawa.

The event began in 2013 on a small scale with competitors from within local units and has grown steadily since. Regional-scale combatives tournaments have also been established at CFB Edmonton and CFB Valcartier, and the latest, Ex RELENTLESS WARRIOR in Edmonton, garnered more than 80,000 views on Facebook through an eight-hour live stream of matches.

These events mix legitimate training in close-quarters combat with tournament-style competition and are run as exercises open to military



Ex RELENTLESS WARRIOR at CFB Edmonton is just one of the new combatives grappling events taking place across the CAF.

MCPL GERALD CORMIER, 3 CDN DIV PA

members only. On the recreation side of things, however, 85 percent of bases and wings across the country now have an active PSP-sponsored club focused on combatives training in disciplines like judo, karate, greco-roman wrestling and Brazilian jiu-jitsu.

LCol Burgess, who holds black belts in karate, judo and Brazilian jiu-jitsu, was recently in the Halifax

area conducting a day-long seminar for members of the local 12 Wing jiu-jitsu club, who meet each week and often have members compete in civilian competitions. He'll be back on the east coast this spring with training sessions planned for CAF clubs in New Brunswick and Newfoundland. The hope is to eventually establish recreational combatives grappling leagues across the CAF, with seasons

in the five PSP regional areas leading to an annual national championship. A pilot project for a league is kicking off this spring in Petawawa, and plans are to follow that up with an Ontario Regional Invitational Championship later this fall.

"We're going to use these as a trial to hopefully have PSP formally brought in to the combatives world and run the sport of grappling in the CAF," LCol Burgess said.

As someone who considers hand-to-hand combat an essential skill for all military members, he hopes to see a day when more CAF personnel have the chance to learn and practice these skills within their units, and can then reinforce those skills with leagues, clubs and PSP-run tournaments.

"The essential skills are the ones that keep you alive, the things that save your life. Combatives is all about increasing a soldier's survivability in a high-threat, high-risk environment, and it's one of the building blocks in the foundation of warrior culture and warrior mindset," he said.

The CAF's most skilled grapplers today are people who received the bulk of their training in the civilian world, and LCol Burgess sees an opportunity to change that.

"The hope is that eventually folks joining the CAF can learn these skills here, train at their bases under elite fighters, and then pass those skills on."

The adventures of HMCS *Ville de Québec's* Ice Canoe Team

By Lt(N) Émilie Béchard,
BWK

On the morning of January 28, a team of 8 members from HMCS *Ville de Québec* left Halifax for beautiful Quebec City to undertake a week of training prior to the Carnaval de Québec Ice Canoe Race. The race, held on February 4th, was the biggest event of the season for the Ice Canoeists in Quebec, but also attracted teams as far away as France. Incredibly popular, it gathered the most media attention for the sport. Some teams, like the HMCS *Ville de Québec* crew, only participated in that race, this year.

The race itself departed from Basin Louise where teams proceeded to the ferry terminal in Quebec City before crossing to the adjacent terminal in Lévis then return to Basin Louise. Each team was required to complete the loop twice, so long as they were able to meet the cut off time of 50 minutes for the first lap.

During the training sessions, the team encountered all sorts of weather, from freezing cold and wind with ice pellets in the air to comparatively

warm and (mostly) open water. Race day, however, was mild and snowing making it difficult for the unexperienced team from *Ville de Québec* to differentiate between ice and slush, rendering the progression across the river wet, slow and difficult.

Due to the difficult conditions on race day, the team was unable to make the cut off for the first loop, completing their loop in approximately 1h05m and taking 18th place out of 23 for the race.

Even though the team didn't finish the race, they were still able to complete the first loop 20 minutes faster than the previous year, which was held in similar weather conditions. Many of the team's members eagerly look forward to next year's race, where they are hoping to make even better time. "We really enjoyed learning and taking on this challenge together" said Sub-lieutenant Antoine Blais, who acted as bowsman for the team. When the team rejoined *Ville de Québec* their spirit of camaraderie was infectious, and can only serve them well during the ship's upcoming deployment for Operation REASSURANCE.



HMCS Ville de Québec's Ice Canoe team, from left to right: PO2 Rogers, LS Aubin, Lt(N) Bechard, Lt(N) Casavant, and SLt Blais.

SUBMITTED



Coach sees potential for growth in women’s basketball



CAF female members participate in drills and scrimmages during a three-day basketball skills development camp at the Dockyard gym.

RYAN MELANSON, TRIDENT STAFF

By Ryan Melanson, Trident Staff

Establishing a full CAF women’s basketball program remains a work in progress, but an Atlantic regional development camp was recently held for the third year in a row, and those involved say momentum is moving in the right direction.

The three-day camp was held at the Dockyard Fitness and Sports Centre in Halifax from February 20-23, with 15 women from the Halifax, Greenwood and Gagetown areas participating in drills and other skill-building activities. Some have experience with the game from school or civilian leagues, while others came in with less background hoping to pick up the basics.

They were joined by Capt Russ Payne of 14 Wing Greenwood, who’s been involved in each of three Atlantic camps so far, as well as Mark Forward, head coach of the women’s team at Mount Saint Vincent University. Numbers were up slightly from last year’s camp in Greenwood, and Forward, who also took part in 2017,

said the participants are making progress.

“Last year, the group was a little more nervous, but this year I’m seeing a real thirst to learn, and that’s a good sign. Things are going well; we’re teaching things and then they’re putting those tips into play right away. There’s a big range of skill level, but that’s natural.”

Women who are newer to the game tend to struggle with scoring, and he said a focus for the camp would be on learning to read defense and practicing in 1-on-1 or 2-on-1 situations to develop strategies for making baskets.

“We’re just trying to instill some confidence in them and give them some new moves they can use at the basket.”

Capt Genevieve LeBlanc played basketball through high school and college, and has kept up with the game in civilian leagues since then. Since joining the CAF, she’s been working to promote the sport, recruit potential players and establish these development camps.

“I joined six years ago, and there

was really no CAF women’s basketball when I first arrived in Valcartier,” she said. After three years of gathering interest and pushing local PSP staff, the first skills camp was held in Valcartier in 2015. Soon after, she was posted to Gagetown, where she began the process again and has been instrumental in putting the Atlantic camps together since 2016.

“Now after three years, some of the players have been with us since the beginning and we can really see the progression of their skills, but the challenge is that we lose girls who get posted each year,” she said.

Keeping the momentum that’s been built so far will take constant work, but the goal is to keep working toward a national tournament featuring ‘all-star’ teams selected from a series of regional training camps, similar to what’s been happening with CAF women’s soccer.

“Even today, we have enough women here that we could form a strong Atlantic team. If each region can do the same, we can have a national tournament,” Capt LeBlanc said.

Winter Olympics 2018 sports trivia

By Stephen Stone and Tom Thomson

Questions

- Who were the gold medal winners of the inaugural mixed double curling event at the 2018 Winter Olympics?
- Who are the most decorated figures skaters in Olympic history?
- What feat was accomplished by Canada in the two-man bobsleigh in 1998 and 2018?
- Who was a victim of a wardrobe malfunction while skating in the ice dancing short program at the 2018 Olympics? She and her partner managed to finish second overall in spite of the malfunction.
- This Canadian snowboarder claimed the bronze medal in men’s slope style after recovering from a near career-ending crash into the trees almost a year earlier.
- What event, won by the Russian team, was introduced at the Sochi Olympics in 2014? Team figure skating.
- In 2018, he won the men’s freestyle moguls ski event.
- He skated internationally for the Netherlands and this year at the 2018 Olympics he won the 10 000 metres skate in an Olympic record time of 12:39.77 minutes. He also won the

- silver in the 5 000 metres.
- Only three countries have won more medals in the winter Olympics than in the summer games. Which country leads the way with 329 winter games medals compared to 152 in the summer games?
- Who is the youngest Olympian to win the gold medal?
- Who acquired the most medals in a single sporting event?
- Outscoring their opponents 403 to 34, posting a staggering record of 37-1-3, which team won 6 of the 7 gold medals in its sport?
- Which Norwegian holds the record for cross-country skiing with 12 medals that include 8 gold? It took 3 Olympiads to achieve this count.
- Bonnie Blair’s six medals in speed skating is second to this American skater who has 2 gold, 2 silver, and 4 bronze.
- This Canadian team went 11-0 in Sochi to win the gold medal.
- Who is the most decorated female winter Olympian with 13 medals?
- Who holds the record for most Olympic games attended as a participant?
- Russian athletes were permitted to compete under the Olympic banner in 2018 because the IOOC banned Russian athletes for doping. Who is the Olympic Athlete from Russia bronze medalist who was found doped and was expelled from the athlete’s village and sent packing? You’d think he would have tried to be extra-clean.
- Who was the first person to win a gold medal in the Summer Olympics and 12 years later win a gold in the winter games.
- In what year did the USA win its first gold medal in hockey?

Answers on page 22

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Super Crossword

Answers



Fitness and sports updates

By Trident Staff

Atlantic regional curling will be held in 12 Wing Shearwater from March 26-29.

The CFB Halifax badminton team is looking for members to compete in the regional tournament in Gagetown March 26-29, 2018.

Currently there are two openings for males in the age category of 45+ and two openings for female players of any age.

If interested, please contact PO2 Dylan Harrold at 721-8222.

COTF Hockey is scheduled for March 26-30. Mega or individual competitions will be determined based on total teams entered. Dates are TBC. More info to follow.

Female hockey players wanted. All skill levels welcome. Come and learn the game and/or better your game in a supportive fun environment. Practices: Shearwater, Mondays 3:30-5 p.m.; and Halifax Forum, Wednesdays, 12:30-2 p.m. If you are interested and want more information, please contact LS Robyn Nicholson at Robyn.Nicholson@forces.gc.ca

CFB Halifax Women's Basketball. If you're looking for a fun and healthy way to keep the Christmas goodies at bay and stay active this winter season, check out women's basketball. No experience necessary. All abilities are welcome. Please contact Capt Rachel Nicholson at rachel.nicholson@forces.gc.ca or call 902-720-1938 for more info.

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 Community 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 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



More taekwondo gold for HMCS York sailor

AB Yvette Yong, right in blue gear, is one of the RCN's most decorated athletes, and she recently continued her domination in the sport of taekwondo at the Taekwondo Canada National Championship, held in Ottawa from February 15-18. AB Yong, a Naval Reservist at HMCS York in Toronto, won gold in the senior -46kg class for the 13th time, putting her only one medal away from tying the national record. The national gold medal follows a bronze medal win at the U.S. Open Championship in Las Vegas earlier in February, where AB Yong competed alongside other members of the CAF Taekwondo Team.

TAEKWONDO CANADA

Winter Olympics 2018 sports trivia

Questions on page 21

Answers

1. John Morris and Kaitlin Lawes, Canada
2. Tessa Virtue and Scott Moir, Canada, with 5 medals; 3 gold and 2 silver
3. Justin Kripps and Alex Kopacz in 2018 and Pierr Lueders with David MacEachern won gold medals while tying Germany in 2018 and Italy in 1998 with the quickest combined time.
4. Gabriella Papadakis' halter strap came undone and she skated on maintaining her modesty.
5. Mark McMorris
6. Canada won the silver (and the gold in 2018) and the USA earned the bronze.
7. Mikael Kingsbury of Canada.
8. Ted-Jan Bloemen
9. Norway. Austria is second with 219 in the snow and 87 summer medals and Liechtenstein with 9 winter medals and 0 summer games medals.
10. Tara Lipinski of the USA, 15 years old. New rules state that an athlete must turn 15 by July first of the year previous to the Olympics.
11. Luger Armin Zoggeler with 6, He won bronze in Lillehammer, silver in Nagano, and then back-to-back gold in Salt lake City and Turin, followed by bronze in Vancouver and, finally, bronze in Sochi
12. Canada hockey (ice hockey, that is)
13. Bjorn Daehlie
14. Apolo Ohno
15. Women's curling team featuring skip Jennifer Jones, Dawn McEwen – lead, Jill Officer – second, and Kaitlyn Lawes – third. BTW Lawes was the distaff member of the mixed pairs curling gold medalists of 2018 with partner John Morris
16. Marit Bjoergen – 7 gold, 4 silver, and 2 bronze as of 2018
17. Noriaki Kishi with 8 games.
18. Aleksandr Krushelnitskii had a banned substance in his urine sample. Performance enhancing drugs in curling?
19. Eddie Eagan won boxing gold in the light heavyweight division in Antwerp, 1920, and gold in Lake Placid, 1932, as part of the USA 4-man bobsleigh team
20. 1960, Squaw Valley, California.

Super Crossword

SECRET SCOUTING MISSIONS

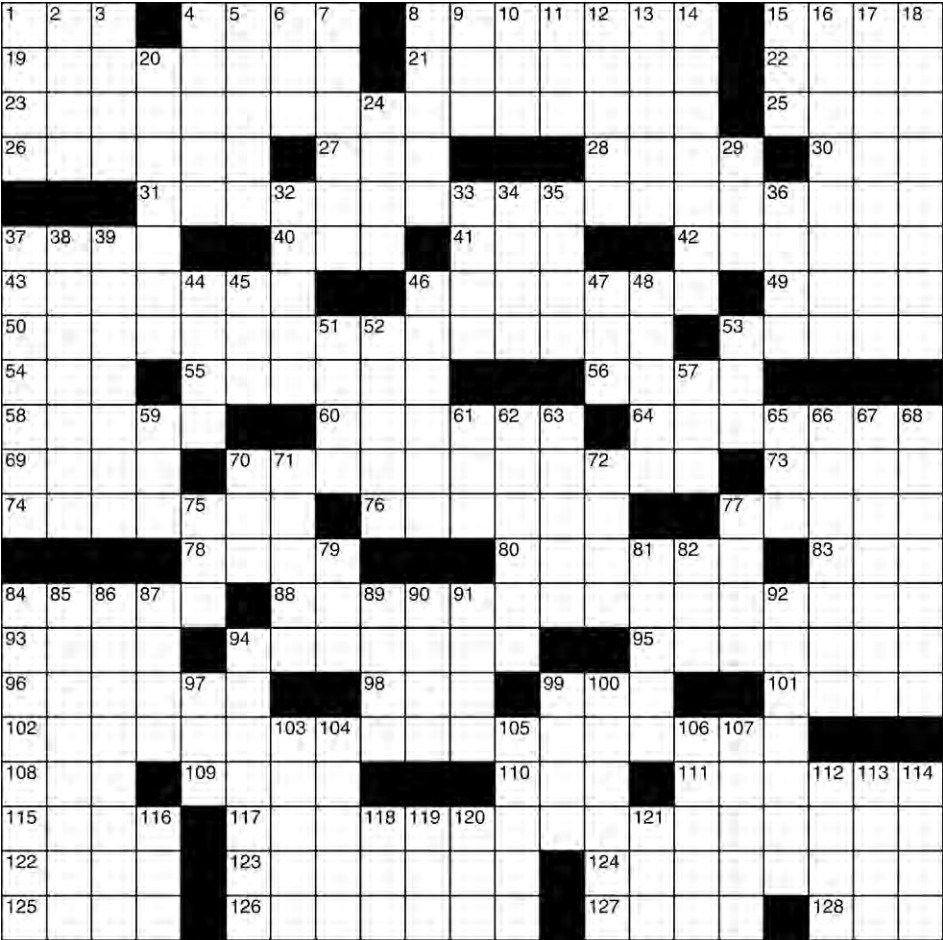
ACROSS

- 1 -- Mart (retail giant)
- 4 Hushed "Hey!"
- 8 Part of PETA
- 15 Some snakes
- 19 Extra refrigerator convenience
- 21 Pre-euro Greek coin
- 22 Scrutinize, with "over"
- 23 Extremely bad weather, e.g.
- 25 Deep purple
- 26 Skating-born Yamaguchi
- 27 Canton-born architect I.M.
- 28 Big cracker brand
- 30 Drink name suffix
- 31 Offering at a memorial service
- 37 Org. for Michelle Wie
- 40 '60s psychedelic
- 41 Nero's 1,006
- 42 Apply an oily liquid to
- 43 Folding art
- 46 It glances off the bat and counts as a strike
- 49 A while ago
- 50 Prevention of a blaze from spreading
- 53 Madden
- 54 "Dracula" director Browning
- 55 "-- doin'!" ("Forget it!")
- 56 Melt
- 58 Dunne of movies
- 60 Slow, tempo-wise
- 64 Not less than
- 69 To be, at the Louvre
- 70 Longtime tech ad slogan (and a hint to this puzzle's theme)
- 73 Essence
- 74 Actress Dawson
- 76 Hip-hop record label
- 77 "-- suggest that ...?"
- 78 About
- 80 African land
- 83 Some vinyl records
- 84 Philately item
- 88 Clash between social groups
- 93 Beseech
- 94 Husky-toned

- 95 Ominous
- 96 "All of Me" director Carl
- 98 Little hotel
- 99 Notable time stretch
- 101 One writing briefs: Abbr.
- 102 Efforts to protect ecosystems, say
- 108 Simile middle
- 109 -- avis
- 110 Existential declaration
- 111 How very close games are won
- 115 Mixed breed
- 117 Calamitous effects
- 122 Love god
- 123 Deep green
- 124 Repeal
- 125 Desiccated
- 126 Late-night flights
- 127 Draws on
- 128 Here-there linkup

DOWN

- 1 Laundry detergent brand
- 2 Aspire PC maker
- 3 -- Strauss jeans
- 4 Trilogy start
- 5 Yarn bundle
- 6 Minute div.
- 7 Recurring themes
- 8 Murphy of "48 Hrs."
- 9 Prefix with glyceride
- 10 Toque, e.g.
- 11 Here, in Arles
- 12 C minor, say
- 13 Prenatal test, briefly
- 14 Track racer's windup
- 15 iPhone extra
- 16 Comforting in sorrow
- 17 Discretion
- 18 College term
- 20 Text or email
- 24 Dweeby sort
- 29 Buddhism school
- 32 Film director Eastwood
- 33 "Hurry up!"
- 34 Half of a zygote
- 35 Cairo's river
- 36 When morning ends
- 37 More exalted
- 38 In advance of
- 39 Bridge parts
- 44 Skin ailment
- 45 Dairy sound
- 46 Conclusion
- 47 Blowup stuff
- 48 "-- to Be You"
- 51 "Imagine --!"
- 52 Helped
- 53 Saddlery tool
- 57 Supped
- 59 School lobby gp.
- 61 Many a PC image file
- 62 Bite, break or bruise
- 63 "August: -- County"
- 65 Mileage rating gp.
- 66 Send in via helicopter, maybe
- 67 Diamond-shaping method
- 68 Abounding in prickly plants
- 70 Grafton's "-- for Innocent"
- 71 Saw edge
- 72 Apple desktop
- 75 Hip-hop music
- 77 Stupid
- 79 "-- Day Will Come"
- 81 Jack Sprat's dietary rule
- 82 Genetic cell stuff
- 84 Family appellations
- 85 Value highly
- 86 Rabble-rouser
- 87 Diner list
- 89 Beef cut
- 90 Sunbathes
- 91 -- Reader
- 92 Tilting
- 94 One walking
- 97 Flub up
- 99 Gabor and Mendes
- 100 French composer Jean-Philippe --
- 103 Felon's deed
- 104 Competed in a regatta
- 105 Fruit coats
- 106 "-- hope so!"
- 107 Butter substitutes
- 112 Thom --
- 113 "Mr. Nobody" star Jared
- 114 River of Flanders
- 116 Mao -- -tung
- 118 In advance of
- 119 Low coral reef
- 120 Bullring shout
- 121 Victims of NFL sacks



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Navy Tridents Triathlon Club to host annual race

By Trident Staff

The Navy Tridents Triathlon Club are holding registration for the 16th edition race on June 3, 2018 at 12 Wing Shearwater. This year the club has added the team relay for units to challenge themselves. The course will be the same as last year and the categories are: Try-a-Tri, a Sprint Triathlon – individual and team, a Duathlon, a draft legal Sprint Triathlon, and a kids' triathlon. For more info on the race contact CPO2 John at cyrus. John@forces.gc.ca

For those who wish to train with the

club and possibly qualify for the national military championship, contact CPO2 Lavigne at plavigne@eastlink.ca

The Tridents' winter training schedule is as follows. Monday, Wednesday and Friday, swim at STADPLEX pool, 6:00-8:30 a.m.; Tuesday, track work at STADPLEX Track, 6:15-7 a.m.; Thursday, spin at 12 Wing Shearwater gym, 5:30-7 p.m.; Saturday, spin at 12 Wing Shearwater gym 10:30 a.m.-12 p.m.; Sunday, BRICK at STADPLEX, 12-2 p.m.

For more information about the race, including costs to participate, go to <http://raceeventguide.ca/events/navy-tridents-triathlon-and-duathlon/>



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