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TRIDENT

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

Welcome to the fleet

The Royal Canadian Navy welcomes Motor Vessel Asterix to the fleet in HMC Dockyard Halifax on March 6, 2018. As VAdm Lloyd, Commander RCN looks on, MV Asterix is welcomed to the Navy with the breaking of the Canadian Forces Auxiliary Vessel Jack.

MONA GHIZ, MARLANT PA



MV Asterix joins the fleet Pg. 3



Posting Season feature Pgs. 11-14



Lost Banshee pilot remembered Pg. 15



Navy Tridents Triathlon set for June 3 Pg. 20



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Halifax school sends donations to West Africa with help from the RCN

By Lt(N) Linda Coleman,
MARLANT PAO

As HMC Ships *Kingston* and *Summerside* began preparations for their deployment to West Africa, word spread that the ships were offering to transport donations to African schools in need. Donations poured in from all over Halifax, including École Beaubassin, a local elementary school in Bedford. One of the teachers was particularly passionate about donating because her husband is the Operations Officer in HMCS *Summerside*, Lt(N) Guillaume Desjardins.

"When my wife, Janie, heard we were collecting donations for some French speaking African countries, she thought this would be a great opportunity to get her school involved, French school to French school," said Lt(N) Desjardins.

The school found math, science, and French books from its collection to donate. The school also used their Facebook page to reach out to their community as a donation drive, which proved to be a success. Parents and students added to the donation pile, with students even donating some of their favourite reading books. In the end, École Beaubassin ended up donating over 2000 French books for *Kingston* and *Summerside* to transport to West Africa.

On February 22, 2018, the Ships' Companies delivered the items, along with toys, blankets, toiletries, first aid supplies and clothes to Diaraf Falla Paye, a French school in Dakar, Senegal.

"We don't often have this opportunity to give donations by hand and see the direct impact it has to those receiving it. This is great, you know exactly where your donations are going. It's also great to make relationships and hopefully we'll be back next year," added Lt(N) Desjardins.

The members spent the whole day at the school, conducting repairs to desks, doors, plumbing, and removing large stones from the yard, making it a safer environment for the kids to play in. During the visit, the sailors also couldn't help but take the time to interact with the very curious children who adored playing with the sailors.

"It made me feel special to see how the kids interact, it's so different from home. It was nice to help them and feel like we're making a difference," said LS Alexy Thibault who played and sang with some young girls in the school yard.

Kingston and *Summerside* are currently deployed on Op PROJECTION West Africa, engaging with local communities and contributing to regional stability and security.



Ships' companies of HMC Ships Kingston and Summerside provide donations to Diaraf Falla Paye, a local school in Dakar, during OP PROJECTION West Africa at the port city of Dakar, Senegal on February 22, 2018.

OS JOHN IGLESIAS, FIS



LCdr Matt Woodburn, CO of HMCS Kingston, thanks the students at the school for welcoming the RCN.



Members of HMCS Kingston and Summerside's ships' companies interact with the students and do repairs on desks during their visit to the school.

OS JOHN IGLESIAS, FIS

OS JOHN IGLESIAS, FIS

Making naval history: MV Asterix officially welcomed to Canadian Fleet Atlantic

By Ryan Melanson,
Trident Staff

After saying goodbye to multiple vessels in recent years, the Royal Canadian Navy was able to welcome a new one to the fold on March 6, as the AOR ship MV Asterix formally joined Canadian Fleet Atlantic during a ceremony inside the ship's hangar while alongside at HMC Dockyard.

The former commercial container vessel was stripped down and converted by Davie Shipbuilding in Quebec to meet the Navy's supply ship needs in a 24-month process that was completed in late 2017. Asterix arrived in Halifax in December to begin early sea trials and conduct RAS tests with CANFLTLANT frigates. After completing those initial tests and achieving full operational capability with its mixed crew of RCN sailors and civilian mariners, the ship can formally be considered part of the fleet.

"I believe that we are making naval history today," said LCdr Jason Walsh, the Commanding Officer of Naval Replenishment Unit Asterix, the unit that operates on board the ship alongside the civilian crew employed by Federal Fleet Services.

"In addition to the robust capabilities and tremendous support that Asterix brings to the fleet and to the Navy, the arrival of the ship also marks a new era of teamwork and cohesion between the RCN and the civilian mariners who'll be essential to ensuring the smooth and efficient operations of this vessel," LCdr Walsh said.

CEOs and other representatives from Davie and Federal Fleet Services were on hand for the welcoming, along with ADM(Mat) Director General Richard Steele and a number of MLAs and MPs, including Ontario MP Cheryl Gallant, Vice Chair of the Standing Parliamentary Committee on National Defence. For Navy representation, senior MARLANT leaders were joined by VAdm Ron Lloyd, Commander RCN, and RCN Chief Petty Officer CPO1 Michel Vigneault, along with Honorary Naval Captains Fred George and Tom Paddon. Cer-

emonial aspects of the day included the presentation of the ship's bell and the breaking of the Canadian Forces Auxiliary Vessel Jack. CPO2 (Ret'd) Debbie Eisan, an elder with the Mi'kmaw Native Friendship Centre in Halifax, also provided smudging in the hangar at the onset of the event.

Federal Fleet Services CEO Spencer Fraser described the ship as being designed 'by sailors, for sailors,' with an extensive consultation process that brought in suggestions from hundreds of serving and retired CAF members. Much has been made of the amenities in Asterix compared to other warships, with dorm-room style accommodations, wi-fi throughout, private catering and full gym facilities designed by Goodlife Fitness. Fraser focused on the operational capabilities, however, specifically the ship's four RAS stations designed by Toronto's Hepburn Engineering.

"We wanted Asterix to be distinctly Canadian, and to set a new standard for this type of ship around the world," Fraser said.

"On the operational front, Asterix has the best replenishment at sea equipment available anywhere in the world. We briefed NATO on this several months ago, and there was wide recognition that Canada is now leading the pack."

The project involved years of teamwork between Davie, Federal Fleet Services, the RCN, DND and PSPC, and teamwork will remain critical to the success of Asterix through its five-year contract, which has options to be extended up to 10 years or for the Government of Canada to eventually acquire the ship permanently. Maintaining a good working relationship between the roughly 45 CAF crewmembers and 30 civilian sailors on board at any given time will be a constant effort, said RAdm Craig Baines, Commander MARLANT and JTFA.

"But we're already seeing that happening and learning some fantastic lessons along with Federal Fleet Services," he added.

Continued on page 4



Members of NRU Asterix man the rails of the ship prior to the ceremony welcoming MV Asterix to the Atlantic Fleet on March 6.

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Publication 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

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Community Calendar

Reunion and event notices must be submitted by email.

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

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

International Day for the Elimination of Racial Discrimination, March 21, 2018

Time: 10 a.m. – 12 p.m.

Date: Wednesday, March 21

Location: Piers Military Community Centre, WP106

Join your MARLANT colleagues from across the local area as they participate in this celebration under the DND theme DVMAG: Equity Engaged at the Multi-Purpose room, Piers Military Community Centre, WP106, 6393 Homefire Crescent, Halifax.

The Defence Visible Minority Advisory group is pleased to have to keynote speaker Superintendent Don Maclean, Halifax Regional Police. Join us from 10 a.m. to noon on March 21. Kiosks from the local community will be onsite. Dress will be dress of the day. Questions can be directed to Dan Pepar, Employment Equity Manager, at 902-721-1143.

Why North Korea is a Threat

Time: 7 p.m.

Date: Wednesday, March 21

Location: Halifax Central Library

Join Dalhousie University Associate Professor Robert Huish for a talk that will reveal chilling details of North Korea's nuclear ambitions and human rights abuses. Titled 'Why North Korea is a Threat to the World and To Itself: How to Understand the Hermit Kingdom', the presentation will explore how the Kim family clings to power in Pyongyang, and why the international community fails to bring stability to North Korea. Huish will also show how students, activists, and community groups can have an important role in supporting those who suffer under the Kim Regime.

A Night in the Trenches

Time: Doors Open at 3 p.m., Chow at 5 p.m.

Date: Wednesday, March 28.

Location: Royal Artillery Park

Officers Mess, 1575 Queen Street

Join the soldiers of the Mighty Maroon Machine, the 5th Canadian Division, as they commemorate the Battle of Moreuil Wood, a piece of Canadian Army history. A series of vignettes representing the life of a Canadian soldier in the trenches will be displayed on the grounds of Royal Artillery Park and traditional trench stew will be served along with refreshments.

Musings from a Life at Sea with Patricia Martinson

Time: 7 p.m.

Date: Tuesday, April 3

Location: Maritime Museum of the Atlantic

Irish-born Patricia Martinson served in the Royal Indian Naval Volunteer Reserve during the Second World War and between 1947 and 1980, was an officer in the British Merchant Navy. She has assisted with operations for the Royal Nova Scotia International Tattoo and is a member of the Canadian Naval Memorial Trust. Travelling thousands of miles during her career has given Patricia a remarkable insight in the life of a sailor. Join her for an evening of reminiscences and anecdotes that will be sure to entertain and inspire.

Halifax Explosion Philatelic Exhibit

Time: 7 p.m.

Date: Tuesday, March 27

This talk by Leon Matthys is meant as an introduction to both the tragedy that took place in the Harbour and to the realm of stamp collecting, philately and social history and postal history. Using the medium of stamp collecting, he'll provide plenty of examples of mailed postcards, letters, business stationery, and various relics of the time from his ever-changing and evolving displays. A companion multimedia slideshow goes with this

recount of the epic catastrophe which took Halifax Harbour by surprise a century ago.

Dalhousie University Belong Forum

Time: 7 p.m.

Date: Tuesday, April 17

Location: Rebecca Cohn Auditorium

Join the Dal community for a conversation with famed Indigenous singer-songwriter and social activist Buffy Sainte-Marie, as she shares her unique perspective on diversity and inclusion and receives an honorary degree from Dalhousie. The evening is part of the university's bicentennial celebrations, as well as the latest installment of the Belong Forum, a series of speaking events centred around the question "What would it take to create a world where we all feel like we truly belong?" Tickets are free to the public, but must be reserved through eventbrite.ca. For more information, contact 200years@dal.ca.

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.

Making naval history

Continued from page 3

With the paying off of the former HMC Ships *Protecteur* in 2015 and *Preserver* in 2016, the Navy has been without a replenishment ship. Work with the Spanish Navy and other allies has helped preserve the capability for sailors through training, but the importance of the RCN having its own oiler can't be understated, RAdm Baines said.

"It's very important to be able to sustain the fleet when we're operating, whether that's domestically or internationally. Right now, for all the

missions the Navy is conducting, the Asterix can support us."

The ship isn't equipped with any weaponry, and will rely on the supporting forces it sails alongside for defence. Should the RCN take on new missions in more dangerous areas, the situation will be re-examined to determine whether it's appropriate for Asterix to deploy, he said.

Speaking to reporters following the ceremony, VAdm Lloyd said the new AOR will continue to sail with CANFLTLANT ships in the coming months, and as the summer nears, she'll sail to meet

up with West Coast ships HMCS *Ottawa* and *Vancouver* for a deployment to the 2018 Rim of the Pacific Exercise off the coast of Hawaii. As the world's largest maritime demonstration of sea power, RIMPAC is seen as a good venue to introduce Canada's allies to its new ship.

"Training is absolutely essential to everything we do at sea. It's important to be able to practice with your teammates, and RIMPAC provides an outstanding opportunity to do that with our American and Australian friends, the Japanese Maritime Self Defence Forces, and others," VAdm Lloyd said.



Stop the Violence founder brings his message to CFB Halifax

By Ryan Melanson,
Trident Staff

The journey that brought Quentrel Provo to CFB Halifax started in August of 2012, when his cousin Kaylin Diggs was assaulted and killed during a night out in downtown Halifax.

While he and his family were devastated, Provo took the tragic loss and used it as a catalyst to do something positive in his community. The first Stop the Violence walk took place in 2012 across the Macdonald Bridge, in honour of Kaylin Diggs and all others in the area who have suffered violent deaths.

“We had our first march four weeks after his death, which was a powerful statement, and things have continued from there,” he said, speaking to a full room of CFB Halifax members at the Piers Community Centre in Windsor Park on February 28 at an event marking the end of African Heritage Month.

There were no initial plans to continue beyond the first march, but Provo, who works for Veterans Affairs Canada alongside his activism work, said the overwhelming response and a sense of responsibility to community encouraged him to take Stop the Violence further.

“I heard from victims of violence, from mothers, and from other people that this moved them and touched them and gave them hope, so that drove me to continue what I do. It



Local activist Quentrel Provo, founder of the Stop the Violence movement and brand, speaks to members of the defence community at the Piers Community Centre in Windsor Park at an event marking African Heritage Month.

RYAN MELANSON, TRIDENT STAFF

wasn't easy, and it still isn't easy, but I keep going,” he said.

Five years later, Stop the Violence is a nationally recognized non-profit and clothing brand, and Provo's movement has given him the chance to spread his anti-violence message to everyone from local politicians and police chiefs up to Prime Minister Justin Trudeau. He speaks at local schools, holds events in the community, and the annual march in May is still going strong, drawing nearly 1,000 people in 2017.

Following his presentation, Provo

spoke with members of the crowd about his work pushing for more anti-school bullying action from the provincial government, and also spoke with Base Commander Capt(N) Paul Forget about ways CFB Halifax may be able to connect with his organization in the future.

The event was hosted by the MAR-LANT Employment Equity Group and the Defence Visible Minority Advisory Group (DVMAG), one of four advisory groups that exist across the formation. LS Jordan Tatton, the military co-chair for DVMAG, also

took the opportunity to introduce the room of CAF personnel to the group and its mission to create equitable workplaces for every member of the formation.

“Our role is to provide advice to DND and to the CAF about issues of systemic racism or barriers that present themselves to members,” LS Tatton said. While diversity and the number of women and visible minorities among the ranks is a common topic, the idea of equity can be more difficult to grasp. Groups like DVMAG and the associated Employment Equity groups focusing on women, Aboriginal issues and persons with disabilities strive to ensure that the same opportunities for things like training, career advancement and senior or management positions exist across the board.

“I've been a part of focus groups and I've heard disheartening tales from fellow sailors who have experienced discrimination and racism in the workplace, and didn't know where to turn,” LS Tatton said. He encouraged all his fellow junior-ranked members in attendance to keep their eyes and ears out for discrimination in any form in their workplaces, and to refuse to let unacceptable behaviour be ignored or slide by as a joke. He also called on those in leadership positions to be extra vigilant in ensuring all members of their units are given the respect and opportunities they deserve.

Easter, a season of renewal

By Lt USN Travis Gardner,
Base Chaplain CFB Halifax

For the 2.3 billion Christians around the world (Pewresearch.org) Easter is kind of a big deal. So big in fact that you may have heard of it even if you aren't a Christian. Besides tasty chocolate eggs brought by a bunny, Easter brings focus to the acts of Jesus Christ. His brutal death which He took in our stead, and His resurrection. Without Jesus' ultimate act of love, sacrifice, and resurrection, Christianity means nothing, and we Christians can all go home.

For starters Jesus angered the wrong people, and He was really good at it. These were the Pharisees and Sadducees, the Jewish religious authority and they despised him. When they would look for Jesus they would sometimes find Him in the local pub hanging out with hookers and tax collectors. When asked why, He responded with who needs a doctor, the sick or the well? It stands to reason why Jesus didn't get angry often, but when He did they knew it. He even called them a nest of vipers. #OhNoHeDidnt!

So what happened to Jesus? Let's dish. He was stripped of His clothes,

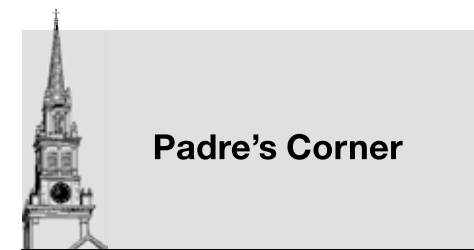
beaten, had His beard pulled out, was flogged, and had a crown made out of twisted thorns jammed onto his head. This was no UFC fight, rather a strictly one-sided beat down. Let's not forget that He was then made to carry His instrument of death, the cross, on His back to where it would be sent upright with Him on it. He marched as far as His strength allowed before someone finally took it from Him and carried it the rest of the way. Crucifixion was brutal. It was so bad the Romans in the 4th century under Constantine finally said, enough. Crucifixion was reserved for the lowest criminal in Roman society (murderers, slaves, disgraced soldiers etc.).

It's odd that Jesus was crucified then, right? After all, He didn't murder anyone. Crucifixion was so particularly nasty, awful, painful, and dreaded, people of that day said “I can't even” millennia before the millennia of today. You would hang for hours if not sometimes days trying to stand up with your hands and feet bound to the cross. In Jesus' instance the Bible tells us they straight up nailed His feet and hands to it.

The purpose of all of this was to make you feel the burn in your mus-

cles, become so weak all you could do was slouch, then suffocate and die. Like I said, brutal. It's also important to point out Jesus was taunted tirelessly through this process until He finally exhaled His last breath. But the story thankfully doesn't end there as Holy Scripture tells us that on the third day Jesus rose from the dead.

I often have heard the words, “I'm a good person.” The expectation is that gets us traction with God and into heaven. Unfortunately no one passes the Ten Commandments test, as it turns out we're all sinners and pretty good at sinning. We deserved Jesus' spot on the cross for that reason as the wages of sin is death. Jesus took our



place because He loves us. His death and resurrection gets us into heaven, we just have to invite Him into our heart and make Him Lord of our life. (Romans 10:9-10,13)

Jesus was never about legalism, God has been and will always be about the heart. So the next time you find yourself anywhere from a small pickle to a huge traumatic event, remember that God is there for you during any crisis just as He was there for you on the cross. #HappyEaster!

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International Women's Day a chance to listen, learn, and share

By Virginia Beaton,
Trident Staff

MARLANT marked International Women's Day 2018 with an event that ranged from a session on confidence building, to one that offered options on how to take charge of your financial life.

The theme was *Strong Women for Change: Stop the Violence, Do It Now!*

In the opening session, guest speaker Jennifer Howard, executive director of the Public Service Alliance of Canada (PSAC), focused on the topic of domestic violence, especially as it pertains to the workplace. As to whether unions have an interest and duty to end domestic violence, Howard said that they do. "We have a responsibility to our members as full people... to make the world a better place."

The workplace as well as the home can be affected by domestic violence, as a woman who is experiencing it at home may as a result be late for work, miss days of work, or be harassed by constant phone calls by her partner, according to Howard.

To begin to deal with this, it's necessary to acknowledge there is a problem, she says. "The first thing to understand is that domestic violence is our business." Though colleagues or friends who know or suspect a prob-



Jennifer Howard, executive director of the Public Service Alliance of Canada, gives the opening address during the International Women's Day Event held at the Wardroom on Thursday, March 8, 2018.

MIKE BONIN

lem may be reluctant to ask, "Secrecy allows violence to go on unchecked."

Some unions and workplaces have been able to negotiate leave policies and job protection for employees escaping situations of domestic violence, says Howard. Formerly an MLA and then a cabinet minister in the Manitoba provincial government, Howard spoke about that province's enactment of legislation to allow

employees time off work for specific purposes to address violence issues in the home. In hearings before the legislation was enacted, the MLAs listened to many stories from people describing their experiences with family violence and how it shaped their lives.

"One of the things we can do is to tell our stories and to listen to other people's stories," said Howard. She described her own childhood, during

which her stepfather abused Howard and her mother until the night Howard fled the house, believing that otherwise, he might kill her. That prompted her mother to leave as well, and to end the marriage.

Workshops during the day included a session on confidence building, and another titled Taking Charge of Your Financial Life. Presented by financial coach Paula Roode, the session focused on ways to better understand and manage your money.

Statistics from as recently as 2015 show that almost half of Canadians live paycheque to paycheque, Roode observed.

"People really need facts and information about money," she noted, adding that with these, people can develop strategies and make good decisions about everything from what kind of insurance to buy, to how to manage debt and credit cards.

"Financial goals are highly individual," said Roode. However, she stressed the importance of having an emergency fund, as well as a short term savings fund for items such as a vacation, and a long term savings and/or investment fund for retirement.

The event was open to CAF members, PSAC members and employees of federal departments, agencies and Crown corporations.

Army cook takes an ocean dip with Logistic Branch's 50th anniversary flag

By LCol Douglas Martin,
Director Public Affairs Planning
(Operations)

A Canadian Army cook stationed at 19 Wing Comox has made history by being the first to dive to a depth of nearly 60 feet, or about 18 metres below sea level, with the Logistics Branch 50th Anniversary Flag and Pennant.

Corporal Patrick Espanola of 19 Mission Support Squadron made the salt-water dive in Tayee Cove, Nanaimo, B.C. on February 19 with the safety assistance of fellow members of the Pacific Divers SCUBA Club.

"To me, this flag is building connections from here to the farthest coast," said Cpl Espanola. "It shows how we support each other and we rely on teamwork."

Cpl Espanola and his friends made the 30-minute dive under chilly temperatures.

"We wore dry-suits and dove to about 55 feet [17 metres] below the surface," said Cpl Espanola. "The visibility wasn't very good so we came

back to about 35 to 45 feet [11 to 14 metres] for the photographs."

Cpl Espanola has been a cook in 19 Wing Comox since 2015. He is a stalwart member of the 19 Wing community. Along with his membership with the dive club, Cpl Espanola has held executive membership in the Wing's Auto Club and Woodworking Club, he is the Food representative at the Junior Ranks Mess, is a bartender for all three Messes at the Wing and if that wasn't enough, he is a member of the Ground Search and Rescue team in the Comox Valley.

"I volunteer to help run clubs and to have better connections with our huge family," said Cpl Espanola.

The 50th Anniversary Flag Relay has already visited 11 countries and two American states. It has traveled a distance well over the circumference of the earth at the equator.

The flag will continue across Canada culminating with a special parade on Parliament Hill in Ottawa on October 19, when the Logistics Branch will receive the Royal designation from Her Majesty as the Branch becomes the Royal Canadian Logistics Service.



In the deep: Army cook Cpl Patrick Espanola of 19 Mission Support Squadron, at about 45 feet (about 14 metres) below sea level on February 19, 2018 off the coast of British Columbia.

CPL CURTIS COLES, 19 MISSION SUPPORT SQUADRON AND MEMBER, PACIFIC DIVERS SCUBA CLUB.

Vietnamese refugee gives back as a naval officer

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

It has been a long and remarkable journey from Vietnamese refugee to Canadian naval officer.

LCdr Kim Poirrier, a logistics officer working with the Directorate of Naval Strategy in Ottawa, credits the CAF for shaping her into the strong, independent and confident woman she is today.

“My journey in the CAF as a naval officer has opened doors for me, given me exposure to travel, and the ability to work at a professional level that I never dreamed possible,” she says. “I have a great sense of pride in wearing my uniform, not only for my own achievements, but also for what my uniform represents.”

Life has not always been easy for LCdr Poirrier. She was eight years old when the communist regime of the day began to persecute the ethnic Chinese entrepreneurial class in the former South Vietnam. Her parents owned and operated a successful plastics enterprise and their fairly wealthy family of 11 lived in a beautiful three-storey house, with a nanny and servants. All of this changed suddenly in 1979 when they went from riches to rags.

Her family was stripped of everything they owned and resettled into a detention camp along with other wealthy Chinese business families, to work and farm the land.

“This was a life sentence of hardship and starvation,” LCdr Poirrier explains. “My father had to make the most difficult decision of his life – risk the lives of his wife and nine children to escape from Vietnam for a second chance at life, or stay and risk starvation and even worse treatment from the communist government.”

Eventually her parents, along with a number of other wealthy families, got together and paid many pieces of gold to get a fishing boat in order to escape Vietnam. The family survived near-death experiences during the escape, including starvation, piracy and a terrible storm. After a series of harrowing events they arrived in Malaysia, where they joined other refugees waiting for immigration officials from western nations to offer sponsorship. After a few months they were accepted by Canada, sponsored by the Assumption Parish Catholic Church in St. Walburg, Sask., a town of 500.

“They welcomed us with open arms,” recalls LCdr Poirrier. “Thanks to Canadian generosity and compassion, our family was given not only a second chance at life, but



LCdr Kim Poirrier, whose family emigrated to Canada from Vietnam, says she takes pride in wearing her RCN uniform not only because of her own achievements, “but also for what my uniform represents.”

also the security to enjoy our lives and prosper.”

Having been given a fresh opportunity to explore a new life for herself, LCdr Poirrier wanted to give back to her adopted country.

“As Canadians, we are privileged to live in a society that values human rights and that has a democratically-elected government that enables us to enjoy freedom of speech, association, religion and equal opportunities. To truly appreciate this privilege is to give back.”

LCdr Poirrier and her family thrived in Canada, and she went on to attend university. It was there that she decided to join the Naval Reserve in 1991, and later went on to join the Regular Force navy. Over the years she has deployed on humanitarian missions; served a tour of duty in Afghanistan; worked on multimillion dollar capital projects as a senior cost analyst; and provided logistics support to overseas missions, contributing in her own small way to international peace and security.

“The military has much to offer as a career, an employer of choice and a unique lifestyle,” she says. “It is made up of ordinary Canadians who discovered they can achieve extraordinary results with some training, the right support and confident determination.”

Married to Dave Poirrier, another CAF officer, with two daughters Cassandra and Jamie, LCdr Poirrier’s busy life includes helping both her local community and the country as a whole.

“My philosophy is to live life to the fullest, have the compassion to help those in need, and give back to the

community as much as possible,” she says. “I’ve been active in a number of capacities wherever I have lived.”

As a volunteer, LCdr Poirrier has worked with the Salvation Army, the Heart and Stroke Foundation, food banks and women’s shelters. She regularly takes part in speaking events, including Asian heritage celebrations, Canadian citizenship ceremonies and recruiting initiatives.

She is particularly active in promoting minority and cultural issues, as well as issues that affect women.

“I am passionate about women’s issues and promoting gender equality. I want to be a role model for my kids, and also the younger women who seek my mentorship,” she says.

In particular her deployment to Afghanistan gave her a deeper understanding of the plight of women in certain cultures.

“It opened my eyes to the status of women in that part of world. I was inspired to become active in the fight for gender equalities and the advancement of women.”

In the future she hopes to represent the CAF by participating in a United Nations initiative to increase women’s

contributions to peace and security.

Fitness is also important to LCdr Poirrier and she holds a black belt in Tae Kwon Do. She volunteers with a non-profit organization to teach kids and also helps organize martial arts and self-defence classes for the National Defence Workplace Charitable Campaign. One of her personal goals is to work on her Second Degree black belt, in order to be able to teach self-defence to disadvantaged women.

LCdr Poirrier is proud to be a member of the CAF and highly recommends it as a career choice for women looking for challenges and adventure. Not only did it help her grow as a person by providing a wide range of experiences, it also gave her the chance to further her education.

“Since English was my second language, it was hard enough to do a Bachelor degree,” she explains. “I never intended to go higher. But it was

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difficult to pass up this type of opportunity for a higher education paid for by the CAF. It was hard working full-time and going to school on my own time, but I did it. It was an incredible feeling of accomplishment when I walked across the stage to receive my certificate. Best of all, my family was there to celebrate this achievement with me as the first child in our family to get a Master’s degree.”

Through the hardship of her early years, LCdr Poirrier has gained a unique perspective on how the past shapes who we are as individuals.

“Life does not always turn out as planned, but it is what you learn from it and do with it that will make you who you are today,” she says. “My experiences in the military have certainly challenged me. Over the years, I’ve exceeded personal limits that I never could have imagined overcoming and I’ve achieved more than I ever dreamed possible. Whether you decide to join the CAF or not, as a proud Canadian and as a woman, I encourage you to take advantage of the opportunities available to all of us in Canada and take bold action toward achieving your dreams.”

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“In the beginning was the Word, and the Word was with God, and the Word was God.”

- Gospel according to John
147241

Bringing positivity and excellence to CFB Halifax, one [shredded] document at a time

By Margaret Conway,
Acting Base Public Affairs Officer
CFB Halifax

Human resource specialists throughout the Department of National Defence (DND) work diligently to meet organizational business needs through employee recruitment, development and retention. While all staff are appreciated for their wide range of skills and abilities, there are some employees that truly stand out for their unwavering commitment to quality (and friendly) customer service.

Meet Kyle Angevine, a part-time civilian employee at CFB Halifax. Kyle joined the Defence Team in April 2016 through a partnership between staff at local ADM (HR-Civ), DND's civilian human resources centre in Halifax, and Prescott Group, a non-profit agency whose goal is to enhance the independence of adults with intellectual disabilities through social enterprise, personal development and community employment opportunities. ADM (HR-Civ) staff had noticed that the shredding of paper in their centre was often delayed, which left bags of documents – often protected in nature – piling up. After identifying this business need, ADM (HR-Civ) employees reached out to Prescott Group with a job description. Prescott Employment Coach Katie Mitchell identified Kyle, her client, as the perfect person for the job.

“Sometimes there's a fear of a lack of independence, or the amount of

work it will require to manage one of our clients despite all of their amazing capabilities,” explained Mitchell of the potential concerns voiced by organizations looking to employ adults with intellectual disabilities. Prescott Group Employment Coaches like Mitchell understand the importance of guided integration, assisting their clients in the workplace until they are comfortable with their roles and offering ongoing support to both their clients and employers. Another large piece of Prescott Group's Employment Services cache is employer education. Before Kyle started his job, Prescott Group representatives, a member from Autism Nova Scotia and members of Kyle's family visited Stadacona for an information session. This session outlined Prescott Group's Employment Services offerings and provided some welcome education on how employees can communicate and socialize effectively with persons with intellectual disabilities. The session provided staff with a great foundation of awareness and allowed them to get excited about Kyle's new role within the organization.

Kyle works from CFB Halifax headquarters two mornings each week, taking apart old files and shredding documents. He has become so efficient at his job that other units in the building have gotten involved, leaving their bags of documents for shredding at the ADM (HR-Civ) main counter. With a winning attitude, friendly demeanor and great focus, Kyle has been an invaluable addition to the

team, a sentiment echoed by everyone he meets. “We are very proud of the amazing work and positive energy that Kyle brings to our workplace,” said June Bowser, ADM (HR-Civ) Director of Client Relations and E-Staffing and one of the employees who reached out to Prescott Group in the beginning. “To have watched him grow into the role has been extremely rewarding.”

Kyle's success in this role is no surprise, as he's certainly no stranger to hard work. He is a long-time volunteer at the Halifax & Region MFRC - 14 years and counting - where he assists on Mondays with labeling troop kits, shredding paper, watering plants and cleaning, among other tasks. On Tuesdays and Thursdays he volunteers at Autism Nova Scotia where he performs data entry, shredding, filling of envelopes and even assists with the organization's *The Promise of a Pearl* social enterprise, sorting and packaging jewelry made by individuals with autism. Combine that with his Special Olympics commitments in both bowling and basketball, Kyle doesn't see too much downtime.

“Some Mondays I have free. I'll watch TV or movies,” explained Kyle, making particular mention of his favourite game show *The Price is Right*. He also loves walking, especially at Point Pleasant Park.

Kyle's role within ADM (HR-Civ) has been a welcome addition to his busy schedule, offering him meaningful, paid work experience and heightened independence, and the benefits



Kyle Angevine is all smiles while working a Friday morning shift at CFB Halifax.

MARGARET CONWAY, A/BPAO

of his employment on base extend even further. Kyle has brought important knowledge and awareness of intellectual disabilities to many employees at CFB Halifax, an instrumental outcome for the base as it strives for greater diversity and inclusivity in the workplace. “I'm thrilled at what ADM (HR-Civ) and Prescott Group have done here,” said CFB Halifax Base Commander Capt(N) Paul Forget. “Kyle is the type of employee everyone needs, and we hope that this is only the beginning.”

This should be only the beginning for Kyle at CFB Halifax. ADM (HR-Civ) hopes to move him from a term to a permanent position later this year, with potential to expand his operations to other buildings on base. As Kyle's duties grow, so too will his impact on the ADM (HR-Civ) team and the base as a whole. Thank you, Kyle, for all that you do. Bravo Zulu!

Trinity Det NOPFWI Coxn receives award

CPO2 Doug Brown, Coxn of Trinity Det NOPFWI receives the Integrated Undersea Surveillance System (IUSS) breast insignia and certificate from Capt Lures, USN, Commander Undersea Surveillance. The IUSS breast insignia is a military badge of the US Navy.

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Trinity Det NOPFWI Commander receives award

LCdr Graham Collins, CO of Trinity Det NOPFWI receives the Integrated Undersea Surveillance System (IUSS) breast insignia and certificate from Capt Lures, USN, Commander Undersea Surveillance.

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Cdr Martin Fluet, Toronto's Commanding Officer, explains watchkeeping to CLaS guests on the ship's bridge.

RYAN MELANSON, TRIDENT STAFF

HMCS Toronto welcomes CLaS guests for International Women's Day

By Ryan Melanson, Trident Staff

As the CAF celebrated International Women's Day on March 8 with events across the country, the Atlantic Fleet played its part by inviting a group of women to board a Halifax-class Frigate for the day, meet female Navy sailors and learn about life in the RCN.

About 50 women joined HMCS Toronto for the special day, including 15 leaders in government and industry who visited the base as part of the RCN's Canadian Leaders at Sea (CLaS) Program; the group included elected MPs and MLAs from different provinces, academics, and representatives of organizations like Lockheed Martin Canada, Jazz Aviation and Nova Scotia Power.

Stormy weather caused a planned day sail to be called off, but the women were still able to get the Navy experience, touring the ship and taking in demonstrations around small arms, damage control, firefighting, and an action stations scenario in the operations room. The day was also scheduled to allow ample time for conversations and questions between the guests and the many female sailors on board for the day, including those who are part of the ship's company of

HMCS Toronto and others from units across MARLANT who came along to enhance the experience.

"I've never been on a frigate before, so this is still very exciting and a new adventure for me even if the ship doesn't move," said Halifax-based business consultant Floria Aghdamimehr as she tried on some boarding party gear. She said she expected to meet women in uniform among the crew of a modern warship, but actually seeing the sailors in their element, explaining their jobs and leading tour groups through the morning, had a powerful impact. Others echoed those comments.

"It's not just seeing all the women on the ship, but also seeing the power and influence and responsibility they have, and that they aren't afraid to take on a difficult job," said Sharon Kaur, a purchasing supervisor with Jazz Aviation, after meeting young Naval Warfare Officers on the ship's bridge and learning about the responsibilities of watchkeeping.

"I'm also a strong supporter of women in aviation, which is my background, so it's very inspiring to see what the Navy is doing with their women, and I'm very impressed."

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Op NUNALIVUT 2018



LS Valerie LeClair, Task Force Imagery Technician, prepares for her dive with the help of members from Fleet Diving Unit (Atlantic) during Operation NUNALIVUT in Cambridge Bay, Nunavut on March 5, 2018.

CPL MYKI POIRIER-JOYAL, TASK FORCE IMAGERY TECHNICIAN



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HMCS *Toronto* welcomes CLaS guests for International Women's Day

Continued from page 9

The RCN and the CAF overall still have work ahead to meet the 25 per cent goal of female representation in the military laid out in Canada's new defence policy, which is part of the reason the day's guests also included potential recruits suggested by CFRC Halifax. It's no secret that a CAF career also comes with challenges, and the CLaS guests had plenty of questions about the support provided to sailors, and specifically the challenges around deploying and being separated from family at home.

"It's challenging for anyone who has to leave their kids for an extended period of time," said LCdr Amber Comisso, who has two young children of her own, and spoke about the feelings of helplessness that come with being thousands of miles away and worrying about loved ones. But she also highlighted the family support functions of the MFRC and other ways the CAF works to ease the burden on military families.

"We hope one thing the women really feel today is the community that exists on a ship, and the great support network the sailors have on board."

The CLaS experience also includes tours of other shore-based facilities,

an audience with senior formation leaders, and though the day was all about the women of the RCN, the guests also spent time with RAdm Craig Baines, Commander MARLANT and JTFA, and Cdr Martin Fluet, *Toronto's* CO.

Cdr Fluet's crew in *Toronto* currently includes 23 women, which is slightly below average for the Halifax-class, and he said that he hopes to see those numbers slowly increase through the coming years. He assumed command of *Toronto* barely a month ago, but he's already identified some of his

female sailors as key factors in the ship's success as they prepare for a deployment to Op REASSURANCE in early 2019.

"Women bring so much to the ship's company. The dynamic is different, we get people working together

differently and get new ideas that come from a different perspective. We need more women in our military, so I truly hope we've properly showcased the Navy and what it offers with all our great guests today," he said.



Guests learn about the CAF's use of the C8 Carbine during a weapons demonstration.

RYAN MELANSON, TRIDENT STAFF



The guests who embarked HMCS *Toronto* on International Women's Day join RAdm Craig Baines and other sailors for a photo in the ship's hangar.

CPL JESSICA FOX, FIS HALIFAX

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5 smart tricks to make cleaning faster and easier

Get a jump on your spring-cleaning with some tips that'll leave every corner in your home spotless in no time.

Make it part of your routine. If you wait to clean and tidy up once a week, a month or even a season, you're setting yourself up for a long, heavy chore that you'll only dread and procrastinate. Instead, try incorporating easy tasks like wiping the kitchen counters, straightening out the living room and freshening up your bed with linen spray into your daily schedule and you'll have a much easier and quicker time of it when you deep clean.

Choose appliances that tackle the dirty work. You may already have a self-cleaning oven or laundry machine, but that self-cleaning magic is more valuable than ever when you can have it in the bathroom. The new VorMax Plus self-cleaning toilet from American Standard is a huge time-saver that cleans and freshens your toilet every time you flush. Available at Home Depot, it features an innovative design that uses a Lysol fresh infuser that

reduces dirt buildup and an antimicrobial surface that inhibits the growth of stain- and odour-causing bacteria.

Set tidying up on autopilot. It's a lot easier to clean when you have a system that keeps your house clean. Keep your mud room area in top shape by encouraging everyone to sort their coats, shoes and mitts as soon as they set foot in the door with designated hangers and pretty storage boxes. Eliminate unattractive packaging and clutter in the bathroom and kitchen with mason jars and decorative canisters for your toiletries and dried goods.

Have items work double duty. Get creative and think outside the box to find things that can do some of the cleaning for you. For example, your dishwasher can do much more than just clean your plates, pots and pans. Load it up with plastic toys, light fixtures and toothbrush holders and have it run while you work on everything else. Using dryer sheets to prevent musty odours in clothing storage boxes, linen closets and shoes means you won't have

to do extra cleaning or laundry just to get rid of unwanted smells.

Add some inspiration. Sometimes tasks feel like they take forever simply because they're dull and repetitive. Time flies by when you're entertained, so listen to a podcast or stream re-runs of your favourite show in the background for cleaning that seems speedier. You can also use the time more efficiently by multitasking and squeezing in a workout while you clean. Make every step count with a fitness tracker and throw in a few exercises like pushups or squats every time you switch rooms and easily meet your daily physical activity goals.

www.newscanada.com

Add value and style to your home

Updating your home can make the space more livable and beautiful. But giving your home a refresh can also boost your property value. Here are some ideas to consider for your next improvement project, big or small.

Layer the lighting. The secret to making a room look like it came straight out of a magazine is layered lighting. Set the tone with ambient lighting at every height. Try experimenting with wall-mounted sconces, pendants, chandeliers or foot lamps for a brighter space and increased functionality.

Customize your window treatments. Made-to-order window coverings are like a well-tailored blazer — they instantly add timeless luxury and professional sophistication. Opt

Continued on page 13

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Moving on up: Should you buy or sell first?

In Canada's evolving real estate markets, both buying and selling a home are very personal decisions. Add buying and selling at the same time, and the process becomes even trickier. The path up the property ladder is different for everyone and which to do first depends on your unique circumstances.

"Buying and selling a home at the same time is no small endeavour and involves extensive research and a clear understanding of all the steps involved," explains Nicole Wells, vice-president of home equity finance at RBC.

Here are some things to consider before making a move:

Should I sell first? The upside of selling first is that you will know how much money you have to work with, and it's also easier to get new financing when you need it. However, if there are delays or challenges finding the right new home for you, you may incur additional rent and storage costs in the interim.

Should I buy first? In this case, you will have time to plan your move and get your current home ready to sell. However, closing dates on both the purchase

and sale may not line up and if your home doesn't sell for a while, you'll be stuck with two mortgages at once and a higher debt-to-income ratio.

Add a contract contingency. Whether you're buying or selling, try to add a contingency to your contract that lines up the closing dates to bridge the in-between period. This isn't always possible, as it depends on the market and whether the buyer/seller is willing to agree to an extended or reduced period of time.

Know the markets. Research prices in the areas where you're buying and selling. Does the market favour buyers

or sellers? This is the best way to decide which move to make first. As a rule of thumb, you want to sell first in a buyers' market and do the contrary in one that favours sellers.

Consider rental revenue. Research the rental market in your area and calculate the cost versus profit ratio of renting out your home to tenants, rather than selling it. It could be financially advantageous, and real estate could be a great way to diversify your investment portfolio.

Find more information online at rbc.com/home.
www.newscanada.com

Add value and style to your home

Continued from page 11

for a classic look with clean lines that's always in style, like Vignette modern roman shades from Hunter Douglas. Unlike other roman shades, they can open from the top, from the bottom, or somewhere in-between for the perfect balance of privacy and light. Choose from an array of luxurious textures and colours to transform your windows.

Stage like a pro. Even if you're the only one who will be seeing your home this weekend, style the place like a designer would for an open house. Start with your coffee table — combine one large statement piece like a vase or bowl

and stack art books or candles for fashionable flair. Other meaningful touches are fresh orchids, plumping the pillows and draping a throw across the couch.

Modernize your kitchen. Few renovation projects offer a better return on your investment than a kitchen upgrade. This key room is the heart of the home and is often the first place guests look. Even small updates can make a big difference. Try swapping out a dated sink or an ancient microwave for a new energy-efficient model, or painting the cabinets and replacing knobs and handles with a stylish metal like brass.

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Great tips for hiring a renovation contractor

If your home needs a refresh, consider opting for the services of a licensed and qualified contractor for projects that are beyond your DIY skills. Use these tips to select the right one:

Find a contractor you can trust and are comfortable with. Check out the renovator thoroughly. Ask lots of questions when you meet, talk with previous customers, and visit past or current projects. Don't underestimate the importance of a comfortable personal fit so that you feel they are easy to talk with and are responsive.

Find out what services the contractor offers. Many professional renovation contractors also provide design and planning services that add value to the process. A true pro will point out opportunities for improving your design and any alternative that can save you money or improve the overall quality of your project.

Make sure you have a detailed written contract. A professional contractor will always provide a complete written contract that spells out everything, including their warranty. Never settle for anything less than this. Working with a contractor who

does business the right way means not having to lie awake at night worrying what the final costs will be, or if the job will even get finished. A cash deal with no contract is no deal at all.

Know what to expect. Ask a lot of questions before any work begins. Who will be at your home for each portion of the work? How will your day-to-day living be impacted? Should you consider moving out during any portion of the construction process? What if you want to make changes? The more you know upfront about the whole process, the less anxious you'll feel.

Take an active role throughout the project. The best renovation results come from good communication between you and your renovation contractor. Ask for regular updates and know how to get hold of the contractor if you have questions or concerns. Be prepared to spend time going over drawings, monitoring the project's progress and fully discussing decisions.

Don't expect a problem-free renovation. The bigger the project, the more likely you'll run into the unexpected, such as existing deficiencies

hidden in the walls, delays in special orders or bad weather. Be flexible and understand that some things are beyond the contractor's control.

The Canadian Home Builder's Asso-

ciation offers free information on how to hire a contractor the smart and safe way. Find more information at www.getitinwriting.ca.

www.newscanada.com

How to avoid real estate fraud

As housing prices climb in many markets across the country, real estate fraud can become a much more enticing prospect for scammers. While it's one of the lesser known kinds of fraud in Canada, its impact can be devastating.

There are two types of real estate fraud that may result in financial losses — title fraud and foreclosure fraud.

Title fraud happens when a fraudster steals the title to a home — usually after stealing the owner's identity — then sells the home or applies for a new mortgage against it.

Foreclosure fraud happens when homeowners having difficulty making their payments mistakenly turn to a fraudster, who convinces them to transfer their property title in return for a loan. Often, the fraudster keeps their loan payments and resells or remortgages the victim's home.

Protect yourself from becoming a victim of real estate fraud with these simple tips:

- Safeguard your personal financial information.



- Contact your mortgage lender first if you are having difficulty making your mortgage payments.

- Consult your lawyer before giving another person a right to deal with your home or other assets.

- Research the company or individual who is offering you a loan.

- Do a land title search with your provincial or territorial land registry office. This search will show the name of the property owner and any mortgages or liens registered on the title.

Consider buying title insurance to protect against title fraud.

Find more information online at canada.ca/money.

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Lost Canadian Banshee pilot remembered at US naval base

By Joanna Calder,
D Air PA

On February 25, 1958, Lt Barry Troy was part of a four-ship Royal Canadian Navy F2H-3 Banshee flight heading south along the coast of Florida from United States Naval Station Mayport outside Jacksonville. They were enroute to a point south of Jacksonville Beach where they would then turn and head back to HMCS *Bonaventure*, which was about 64 kilometres offshore.

Unexpectedly, a fog bank loomed ahead of the flight. The leader of the formation of fighters and the next two pilots turned right – westward towards land – and flew out of the fog bank within moments. Lt Troy turned left – eastwards over the Atlantic Ocean – presumably because he wasn't sure of the location of the aircraft ahead of him and wanted to avoid a collision in the blinding fog. He was flying low and fast, probably only 500 feet (152 metres) above the water.

He was never seen again.



The artifacts recovered include a parachute, parachute cover and harness, an inflatable life jacket and pieces of the Banshee Lt Barry Troy was flying when he crashed. In the centre foreground are straps from the life jacket with Lt Troy's name written on them, which enabled the park ranger who found them and the police officer who took custody of the artifacts to identify to whom they belonged.

JOANNA CALDER, RCAF PUBLIC AFFAIRS

At the time, a few items were recovered from the Atlantic Ocean about two miles east of Jacksonville Beach: some paper, his helmet, his shaving kit and some fragments of wreckage. What became of these items following the conclusion of the Board of Inquiry into the incident is a mystery and, for six decades, nothing more was found.

Last autumn, fierce hurricanes swept through the area. Following the storms, a Jacksonville park ranger, Zachary Johnson, decided to investigate a bundle of debris near the high water line on Hanna Park beach in Jacksonville. From the NATO stock number on one of the items, he realized the bundle contained military

items. "I knew I had found something special when I saw the lieutenant's [name stencilled on one of the items]," he told a Jacksonville reporter.

Sixty years and one day after Lt Troy vanished, representatives of RCAF took custody of the historic items at a brief ceremony held at Mayport on the morning of February 26, 2018. Representatives of the RCAF, the RCN and the United States Navy (USN) attended the event, which was held near the beach, about a few kilometres north of the location where Lt Troy disappeared.

It was also an opportunity to thank Johnson and Officer Nolan Kea, of the Jacksonville Police Office (who has had custody of the items since last autumn) for their commitment to ensuring the safety of the artifacts.

An honoured guest was Dick Troy, accompanied by his wife Pauline. Troy was only 21 when his big brother Barry disappeared.

Continued on page 16

DND FAMILY Days

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Lost Canadian Banshee pilot remembered at US naval base

Continued from page 15

The ceremony opened with a low flypast of two USN Sea Hawk helicopters. “We are here this morning because of a hurricane,” said the master of ceremonies, Master Chief Bill Houlihan, command master chief at Naval Station Mayport. “We are here because, just as the sea sometimes takes, it also gives back. Today we can look to the sea and say thank you for providing what some military families never receive, and that is closure.”

RAdm Sean Buck, Commander of the US Naval Forces Southern Command and Commander of the US 4th Fleet, welcomed the Canadians to Mayport.

“We are going to have the opportunity to celebrate humanity, sacrifice, and an enduring and strong bond between two nations: Canada and the United States. We celebrate the humanity of individuals as well as nations. We celebrate the sacrifice of individuals, as well as nations ... and we give thanks to all the men and women who have chosen to wear the cloth of our respective nations.”

The recovered items include an oxygen tank, a parachute, parachute cover and parachute harness, an inflatable life vest and life vest straps, and small pieces of the aircraft. Lt Troy’s name is written on the life jacket straps. Given the condition of the items, it is thought that the items may have been washed ashore at some point after the crash and buried beneath the dunes for years before being uncovered by the 2017 storms.

“We’ve grieved all these years,” said Troy, who lives in California. “We were a very close-knit family, and this settles in our mind exactly what happened. I’m amazed at what they did find and the fact that his name was on that [strap] after 60 years ... which brought us to this day.

“When I touched that ‘chute and harness ... knowing it was his body that last wore that ‘chute, it’s some kind of connection. It sends chills through me, but it’s a good feeling.”

Col Tom Dunne, Canadian air attaché at the Embassy of Canada in Washington, thanked Ranger Johnson and Officer Kea and presented them with signed letters of appreciation from the commander of the RCAF, LGen Michael Hood, as well as other mementos.

Following the formal remarks, the base chaplain offered prayers, a USN bugler played the Last Post and a minute of silence was held. Then, in a brief but moving moment, a USN sailor presented Troy with a folded Canadian flag. The flag had been flown at the Embassy of Canada in Washington the day before, on the 60th anniversary of Lt Troy’s death.

After the morning’s events were concluded, Officer Kea signed over the items, which he had secured in the Jacksonville Police evidence lock-up, to Dr. Richard Mayne,



Lt Barry Troy [photo inset] disappeared off the Florida coast, several miles south of this beach at Naval Station Mayport, near Jacksonville, on February 25, 1958.

BEACH PHOTO AND MONTAGE BY JOANNA CALDER, RCAF PUBLIC AFFAIRS

senior historian for the RCAF. Christine Hines, curator of the Shearwater Aviation Museum in Nova Scotia, where the artifacts will find a permanent home, carefully packed the items for shipment back to Canada.

At the time of Lt Troy’s death, maritime air was the responsibility of the RCN. Now, all CAF aviation assets and missions fall under the RCAF. Both the Air Force and the Navy, therefore, consider Lt Troy to be one of their own. When these artifacts are ultimately taken into the care of the aviation museum in Shearwater, they will be returning to Lt Troy’s home base, which is now an Air Force Wing.

Lt William Thomas Barry Troy, Royal Canadian Navy

Barry Troy was born December 6, 1928, in Chatham, New Brunswick, the son of J. Thomas and Lilian M. Troy.

He attended St. Francis Xavier University in Antigonish where he joined a university military training program in 1947. After graduating in 1951, he joined the RCN, first as a deck officer. “He then decided he wanted to be a pilot,” said his brother, Dick Troy. In 1958, Barry Troy was a member of RCN’s VF-871 (871 Squadron), based at Shearwater, Nova Scotia, flying the McDonnell F2H-3 Banshee fighter jet.

In 1952, the RCN had adopted USN

designators for its squadrons, so V designated heavier-than-air squadrons, S designated anti-submarine squadrons and F designated fighter squadrons. Therefore, VF indicates a heavier-than-air fighter squadron.

“My Mum and Dad grieved for years,” said Troy. “I think they would be very honoured by what happened here today.

“Barry was bigger than life, an impressive guy,” he continued. “Everybody liked him and he was somebody who you could look up to [and] the kind of guy who never gave up.” Under his photo in the St. Francis Xavier yearbook, says Troy, were written the words “The grandest guy at StFX”.

The crash

In early 1958, *Bonaventure*, a Canadian aircraft carrier that had been commissioned about 13 months before, was in the Mayport area. It was carrying Grumman S-2F Tracker aircraft and Sikorsky HO4S helicopters from naval anti-submarine warfare (ASW) squadrons, based at Shearwater, that were exercising in their ASW role.

Banshees from VF-871 left Shearwater in mid-February, heading toward Mayport and the *Bonaventure*. There, VF-871 Squadron exchanged places with the ASW squadrons and the Banshee pilots began work on their aircraft carrier qualifications. VF-871

operated from the *Bonnie*, with Mayport as an alternate landing place. Later, the squadron would fly to Charleston, South Carolina, to rejoin the *Bonaventure* and prepare for Exercise MAPLE ROYAL, a Canadian 12-ship exercise to be held in the Bermuda area.

At about 11 a.m. on Tuesday, February 25, a flight of four Banshees, under the leadership of LCdr J.J. Harvie, departed from Mayport to return to the *Bonnie*. The weather earlier in the day had been foggy, but the meteorological report from Mayport indicated the fog had lifted and the flight could take place. The plan was to fly south along the coastline to a point south of Jacksonville Beach, where the four aircraft would form up, and then

go into a left-hand circuit (initially turning an eastward direction over the ocean) and then transit to the ship.

The #2 Banshee had formed up with the lead aircraft and #3 was joining up. But then, “as I closed on [Jacksonville] Beach, I saw this fog bank ahead,” LCdr Harvie told the Board of Inquiry, convened on March 8, 1958. The meteorological office had not been aware of the fog bank and it came as a surprise to the lead pilot. “By the time I saw it, it was too late to do a turn with the flight forming as it was, so I told #3 to turn right on to [heading] 270 (editor’s note: that is, towards land on the right) ... I looked back to see where #4 [Lt Troy] was and I did not see him.

“It would seem that [Lt Troy] was following me to join up. When I went into the fog bank he went into a left hand turn [toward the ocean] into the fog bank ... and he didn’t come out of it.”

From this and other testimony, and in the absence of any eye witnesses, the Board of Inquiry deduced that Lt Troy had probably turned left to ensure he avoided the other three Banshees turning right ahead of him. “The board considers that the following is the most probably sequence of events. When the leader of the formation disappeared into the fog bank, [Lt] Troy had not yet joined, but could well have been closing rapidly. When [Lt] Troy entered cloud, he probably turned left to avoid the formation ahead, which he would know by the transmission of his leader to be turning right. [He] became disoriented on instruments and crashed in the sea.”

The board also indicated that they found “the flight was properly planned, briefed, and authorized in the light of the then-existing and forecast weather conditions”.

In their findings, the board absolved Lt Troy, finding “that [Lt] Troy was not to blame for the accident, that all flying and aircraft maintenance orders ... were complied with, and that the aircraft was serviceable for the flight as planned.

“The cause of the accident was disorientation while on instruments, following an unexpected entry into cloud at low altitude,” the board concluded.

Closure

Lt Troy’s name is inscribed on a memorial “dedicated to the men and women who died while serving with the Canadian Navy during peacetime” in Point Pleasant Park, Halifax, Nova Scotia. Dick Troy and some of his siblings visited the memorial, which features *Bonaventure*’s anchor and cable, several years ago.

Lt Troy’s name and the words “lost at sea” are inscribed on his parents’ gravestone, but, although a memorial service was held at the time he died, there were no remains to inter. At the ceremony, Dick Troy was given a part of the downed Banshee which he and his siblings now plan to bury in their parents’ grave plot.

“He was our hero, our big brother. We lost him, and now we have him back in a way. So there’s some finality, a closure, to what happened 60 years ago,” said Troy.



McDonnell F2H-3 Banshee fighter jet, with its wings folded, is pulled by a mule on the flight deck of HMCS Bonaventure. Lt Barry Troy was enroute back to the *Bonnie* on February 25, 1958, near Naval Station Mayport in Florida, when he encountered an unexpected fog bank. His Banshee crashed, and he was never seen again.

DND ARCHIVES, CT-623



The Mighty Maroon Machine commemorates the Battle of Moreuil Wood at *A Night in the Trenches*



The Canadian cavalry charge on March 30, 2018 at the Battle of Moreuil Wood was one of the last great cavalry charges. A German force occupied the wood, approximately 20 kilometres from Amiens and the Canadian Army, including members of the Royal Canadian Dragoons, Lord Strathcona's Horse and Fort Garry Horse, rode in.

By Capt Jamie Tobin,
5 Cdn Div PAO

It is a common practice of military organizations to commemorate military events both solemnly and with pride. *A Night in the Trenches* is meant to proudly recognise the service of Canadian soldiers during the First World War.

On Wednesday, March 28, BGen Derek Macaulay (a cavalry officer) and the Royal Artillery Park Officers' Mess will mark the occasion of the Battle of Moreuil Wood on March 30, 1918. A series of vignettes representing the life of a Canadian soldier in the trenches will be displayed on the grounds of Royal Artillery Park.

Please join the soldiers of the Mighty Maroon Machine and experience the life in the trenches. All members of the CFB Halifax Officers' Mess are welcome to join in the commemoration. Doors open at 3 p.m. and chow will be served at 5 p.m. Traditional trench stew will be served along with refreshments. Dress for military is CADPAT and dress for civilians is business casual.

SUBMITTED

98-year-old RCAF veteran gets surprise visit

By NORAD Public Affairs

A 98-year-old Royal Canadian Air Force Second World War veteran and former Prisoner of War now living in Colorado Springs, Colorado, received a surprise visit February 23.

George Sweanor, a retired RCAF Squadron Leader, was met by members of 419 Tactical Fighter (Training) Squadron at the Colorado Springs Airport following the unit's training mission in El Centro, California. Sweanor was one of the founding members of the squadron that stood up in 1941 in the United Kingdom as the third RCAF bomber squadron overseas.

Members of 419 Squadron talked with and listened to Sweanor for more than an hour as he reminisced about his time with the squadron and his experiences during the Second World War.

"It was an honor for us to meet such a distinguished veteran and founding member of 419 Squadron," said Maj Ryan Kastrukoff, Deputy Commanding Officer of the unit.

During the war, Sweanor served with the RCAF in the United Kingdom with 419 Squadron. In 1942, he was shot down and captured after multiple flights over enemy territory, spending 800 days as a POW. Sweanor was also involved in a daring escape

from Stalag Luft III prisoner of war camp in Zagan, Poland, in 1944 and acted as a security lookout during the excavation of the escape tunnel dubbed "Harry". This event was immortalized in the 1963 film *The Great Escape*.

Following the war, Sweanor remained with the RCAF. Also of note, he was one member of a group that opened Cheyenne Mountain, former home to North American Aerospace Defense Command, which is celebrating its 60th Anniversary this year.

His last assignment was in Colorado Springs where he retired and began teaching at Mitchell High School. He is also a founding member of 971 Royal Canadian Air Force Association Wing in Colorado Springs and regularly attends events as a special guest, along with members of the CAF serving at NORAD.

As part of the visit, Squadron members presented him with a book commemorating the 75th anniversary of the squadron, a current squadron patch and a squadron patch with his name stitched into it. Sweanor has written one book and continues to write his own blog.

NOTE: The current 419 Tactical Fighter (Training) Squadron was formerly known from 1941-1945 as No. 419 Squadron, Royal Canadian Air Force.



George Sweanor, a retired 98-year-old RCAF Squadron Leader and Second World War veteran living in Colorado Springs, receives a surprise visit from members of 419 Tactical Fighter (Training) Squadron. Sweanor was one of the founding members of the squadron that was stood up in 1941 in the United Kingdom. In the background, one of seven CT-155 Hawk jets they flew, this one in particular sporting a special Second World War paint scheme.

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Canadian Submarine Force Awards and Presentations



Lt(N) Paul Leprieur receives the Commander Royal Canadian Navy Commendation for demonstrating impressive leadership, technical acumen and strategic focus in achieving the Commanders intent for operational submarines, from Capt(N) Christopher Robinson, Commander Canadian Submarine Force.

MS YEVRAG EVANS



Cdr Andrew MacKenzie receives the First Clasp for the Canadian Forces Decoration from Capt(N) Christopher Robinson.

MS YEVRAG EVANS



LCdr Dale Turetski receives the NATO Special Service Medal by Capt(N) Christopher Robinson.

MS YERAG EVANS



LCdr Dale Turetski receives the Second Clasp for the Canadian Forces Decoration from Capt(N) Christopher Robinson.

MS YEVRAG EVANS



Cdr Christopher Holland receives the First Clasp for the Canadian Forces Decoration from Capt(N) Christopher Robinson.

MS YEVRAG EVANS



En terre ferme: Le Caporal Patrick Espanola, cuisinier de l'Armée du 19e Escadron de soutien de mission, prépare du poisson pour le déjeuner dans la cuisine de la 19e Escadre Comox, en Colombie-Britannique, le 3 mars 2018.

CAPORAL CURTIS COLES, 19E ESCADRON DE SOUTIEN DE MISSION ET MEMBRE DU CLUB DE PLONGÉE SOUS-MARINE PACIFIC DIVERS.

Un cuisinier de l'armée fait un plongeon dans l'océan avec le drapeau du 50e anniversaire du Service de la logistique

Par le Lcol Douglas Martin,
Directeur des affaires publiques –
Planification (Opérations)

Un cuisinier de l'Armée canadienne stationné à la 19e Escadre Comox a marqué l'histoire en étant le premier à plonger jusqu'à une profondeur de près de 60 pieds, soit environ 18 mètres sous le niveau de la mer, avec le drapeau et le fanion du 50e anniversaire de la Logistique.

Le caporal Patrick Espanola du 19e Escadron de soutien à la mission a effectué la plongée en eau salée à Tayee Cove, à Nanoose, en Colombie-Britannique le 19 février avec l'aide de sécurité des membres du Club de plongée Pacific Divers.

«Pour moi, ce drapeau établit des liens d'ici jusqu'à la côte la plus éloignée,» a déclaré le Cpl Espanola. "Cela montre comment nous nous soutenons les uns les autres et nous comptons sur le travail d'équipe."

Le Cpl Espanola et ses amis ont fait la plongée de 30 minutes à des températures fraîches.

«Nous portions des combinaisons sèches et avons plongé à environ 55 pieds sous la surface,» a déclaré le Cpl Espanola. "La visibilité n'était pas très bonne donc nous sommes reve-

nus à environ 35 à 45 pieds pour les photos."

Le Cpl Espanola est cuisinier à la 19e Escadre Comox depuis 2015. Il est un membre éminent de la communauté de la 19e Escadre. En plus de son appartenance au club de plongée, le Cpl Espanola a été membre du Wing's Auto Club et du Woodworking Club, il est le représentant des aliments au mess des soldats, il est barman pour les trois mess de l'escadre et si ce n'était pas le cas assez, il est membre de l'équipe de recherche et de sauvetage au sol dans la vallée de Comox.

«Je fais du bénévolat pour aider à gérer des clubs et pour avoir de meilleures relations avec notre grande famille,» a déclaré le Cpl Espanola.

Le Relais du 50e anniversaire a déjà visité 11 pays et deux États américains. Il a parcouru une distance bien au-dessus de la circonférence de la Terre à l'équateur. Le drapeau continuera à travers le Canada et se terminera par un défilé spécial sur la Colline du Parlement à Ottawa le 19 octobre. Le Service de la logistique recevra la désignation royale de Sa Majesté alors que la succursale deviendra le Service royal canadien de la logistique.

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Halifax Hurricanes to host family-friendly CAF/DND appreciation basketball game March 25

By CFB Halifax Public Affairs

Halifax's National Basketball League team, the Halifax Hurricanes, will pay special tribute to our military and civilian personnel when they host a CAF/DND appreciation game at 2 p.m. this Sunday, March 25 at Scotiabank Centre.

"The military community plays such a huge role in our city," said Kevin Sanford, Director of Business Operations with the Hurricanes. "We're very excited to have serving members, their families, and civilian DND staff from CFB Halifax on hand for this fun afternoon."

The league leading Hurricanes will take on the Cape Breton Highlanders at Sunday's game, but there will be more than just basketball to enjoy. From 1 – 2 p.m. and again at halftime, there will be bouncy castles, face painting and a photo-booth onsite. There'll also be a halftime performance by Neptune Theatre's cast of MAMMA MIA!

"This is a really unique opportunity to spend a fun, kid-friendly afternoon with your family and friends," explained CFB Halifax Base Commander Capt(N) Paul Forget. "We appreciate the support that the Hurricanes organization is showing our military community through this initiative; I'm personally looking forward to a great game."

Military and civilian (DND) personnel can access one free ticket with the presentation of a valid military or DND employee ID at the Ticket Atlantic box office located on the Scotiabank Centre promenade or on base at STADPLEX, the Fleet Fitness & Sports Centre in HMC Dockyard and Shearwater Fitness, Sports & Recreation Centre. Tickets for family members/friends can be purchased at the Ticket Atlantic box office for \$7. Family/friend tickets cannot be purchased on base. Tickets not available online. For more information, call 902-721-0560.



Participants get set to begin the cycling portion during the Navy Tridents Triathlon in June of 2017. This year's event takes place on Sunday, June 3.

SUBMITTED

Navy Tridents Triathlon a good fit for all ages and skill levels

By Ryan Melanson,
Trident Staff

Warmer weather may still be months away, but members of the Navy Tridents Triathlon Club are busy preparing for the 2018 race season, and recently opened registration for their signature annual event. This year's Navy Tridents Triathlon and Duathlon is set for Sunday, June 3 outside the Shearwater Fitness and Sports Centre.

New for this year is the addition of a Kids Triathlon, consisting of a 100m pool swim, 1.5km bike ride, and an 800m run. The race will be one of a handful of kids triathlons in Nova Scotia this year, and Triathlon Nova Scotia has put a focus on getting younger athletes interested.

"It's about breeding the sport from the ground up," said PO2 Beth Fel-

lows, a member of the Navy Tridents club. With just a \$10 registration fee and a medal for every participant, they hope to bring some young racers out to Shearwater. The course is also small enough that parents can keep an eye on their young ones.

Other events include the Duathlon (2.5km/20km/5km), Try-a-Tri (300m/10km/2.5km), and the full distance (750m/20km/5km) Sprint and Draft Legal Sprint Triathlon. A team relay option for the Sprint distance has also been added for this year, along with distinct civilian and military categories for competitors.

With the different distances and categories available, the race is being promoted as one that can be accessible to every member of the family.

"There's the Kids' Race, there's a Try-a-Tri if you're not quite sure

about the distance, there's the team relay if you don't want to get your hair wet, and there's sprint and draft legal, which are distances that can potentially qualify you for the National Championships if you're in the military," PO2 Fellows said.

The indoor pool swim, rather than the open water more common for triathlons, makes the event an especially good choice for kids and first-timers, and there's enough time left until June 3 to get yourself in race shape with a 12-week training plan.

The first 100 people to register get a free Navy Trident swim cap, and registration prices also increase after May 16, so now is the ideal time to commit to racing. Sign up now for the 16th annual edition of the race at raceroster.com – search for 'Tridents Triathlon and Duathlon 2018.'

Mini Grey Cup gets a shout-out from CFL Commissioner

By Ryan Melanson,
Trident Staff

As rumours swirl about the possibility of a Canadian Football League franchise coming to the Halifax area, CFL Commissioner Randy Ambrosie stopped in the city on February 23 for a town-hall style event with local fans. And while the CFL's Grey Cup has been the ultimate prize in Canadian football since 1909, Ambrosie wasn't getting away from Halifax without an introduction to CFB Halifax's own football tradition.

At the start of the event at the Westin Nova Scotian hotel, Ambrosie was presented with the Mini Grey Cup, the trophy awarded after the annual match between the Fleet Club Slackers and Wardroom Officers, which will be celebrating its 50th anniversary in 2019. The CFL's top executive donned an RCAF football jersey and hoisted the Mini Grey Cup above his head on stage for the TV cameras, and continued wearing the jersey for the entirety of the event.

Wally Buckoski of PSP Halifax, who works as the Sports Stores Technician at the Shearwater gym, said he couldn't pass up the opportunity to bring the storied military trophy to



From left, Wally Buckoski of PSP Halifax and Paul Hollingsworth of TSN look on as CFL Commissioner Randy Ambrosie hoists the Mini Grey Cup during his town hall event in Halifax on February 23.

MIKE DEMBECK, CFL.CA

the event, but that he didn't expect it to become part of the show.

"I just showed up at the hotel with the Mini Grey Cup, but I didn't realize it would be so popular. It was a very

cool moment."

He found himself a seat near the front of the room, and once the cameras were rolling, event emcee Paul Hollingsworth of TSN invited him to

bring the cup on stage to introduce it to the Commissioner and take a few photos.

As for the RCAF jersey, Buckoski said he was inspired by the 1942 Toronto RCAF Hurricanes, who won the Grey Cup that year. The ongoing war effort meant that most of the country's best football players had put sports aside to step up in service to their country, and the 1942 Grey Cup final was actually contested between the Toronto squad and another RCAF team from Winnipeg.

Buckoski said it was a stroke of luck that things unfolded the way they did, and that he gave credit to the CFL and the Commissioner for being so receptive and adding the military element to the event on the fly. The CAF and the CFL have had a strong relationship for years, and tributes to veterans and serving members are always included as part of the annual Grey Cup game and accompanying week-long Grey Cup Festival.

"He (Ambrosie) had never seen the Mini Grey Cup before, and I think he was excited to see it and

pretty impressed that the military would do that. The CFL has always been a fan of the military and supportive to the men and women of the Canadian Forces," he said.

Paralympic Games trivia

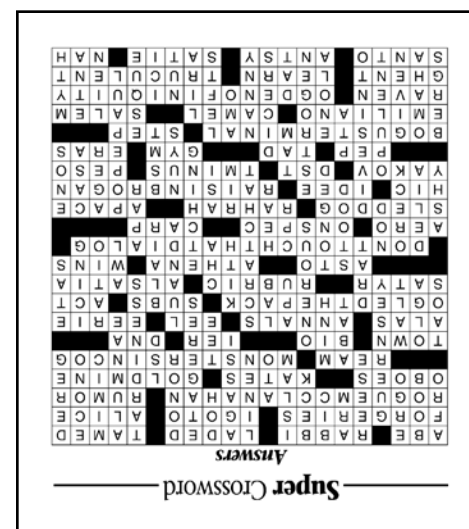
By Stephen Stone
and Tom Thomson

Questions

- At the 2016 Paralympic games in Rio, who was the disabled middle distance runner who ran the 1500 in a record time which also beat able-bodied Olympic champion Matthew Centrowitz time by 1.7 seconds?
- How many visually impaired runner also beat Centrowitz' time in the Rio 1500 Paralympic Games?
- Appointed a senator from Quebec by Prime Minister Justin Trudeau in 2016, from 1992 to 2008, this Paralympian from Saint-Marc-des-Carrieres won 14 gold, 5 silver, and 2 bronze medals at Paralympic games.
- Who is the British Columbian Paralympian won gold in 18 of the 19 swimming events in which he competed?
- Inducted in 2013 to the Canadian Paralympic Hall of Fame, his Paralympic career saw him win 28 medals – 15 gold, 6 silver, and 7 bronze in games from 1976 to 1988.
- When and where were the first Paralympic winter games held?
- Who, and from which country, was the first Paralympian to test positive for steroid use?
- Not surprisingly, which country has had the greatest number of Paralympic medals stripped because of doping infractions. No hint needed for this one, folks.
- Which country, with 135 gold medals, is the most successful Paralympic country?
- Who was the Canadian who competed in, and won, all three Paralympic curling gold medals, not counting the 2018 games?
- Lubov Vorobieva has won this country's only Paralympic medal, a silver in cross-country skiing in 1994 which was its debut in the Paralympic Games.
- Valentina Grigoryeva won two bronze medals in cross-country skiing representing this country in its only Paralympic appearance.
- In what event did Liechtenstein win its only Paralympic Winter Games medal?
- Which country has won the most medals at the Paralympic Winter Games with 345 in total, not including any for 2018?
- In 2000, who set the Canadian record for gold medals won in either a summer or winter Paralympiad?
- In 2010, who was the first athlete in the world to be named to the Winter Paralympic and the Winter Olympics team in the same year?
- Who became the first Canadian to win 3 gold medals at the same winter Paralympic Games?

- Paralympic Games?
- With 16 medals, who is the most successful single sport female athlete in Paralympic Winter games?
- With 41 gold, 9 silver, and 5 bronze, which United States Paralympian is the most successful single sport athlete?
- Who is the most accomplished Paralympian who won 15 medals in several sports at a single Paralympiad?

Answers on page 23



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Training starts soon for 2018 MARLANT Nijmegen team

By Ryan Melanson,
Trident Staff

There's nearly five months to go before the 2018 edition of the International Four Days Marches Nijmegen, but for CAF members hoping to participate in the annual test of endurance in the Netherlands, the time to begin training is now.

About 50 potential marchers recently attended an early information session at Tribute Tower, and the very first 10km training march is set for March 26 at 6 a.m. from Point Pleasant Park. Distances ramp up from there, and by early June, those still in the running will be marching back-to-back 40km days through Halifax and Dartmouth to prove their mettle.

"This is one of the most amazing opportunities you can get in your career, but it's going to be hard work and it's a very competitive process to be chosen," said SLt Jamie Conrod, who led the 2017 team and is serving as an interim team leader until a successor is selected for this year.

The event itself consists of four consecutive days of 40km marches in and around the Dutch city of Nijmegen. It began in 1916 solely as a military exercise for the country's armed forces, but has grown to attract as many as 6,000 military personnel and 40,000 civilians from 50 countries each year. Uniformed marchers are required to complete the 160km course carrying 10kg of dry weight, and though they march a different route than civilians, overlapping sections allow all the marchers to cross paths and meet other groups along the way. The CAF normally sends 13-15 teams to the marches, with MARLANT and MARPAC being the main Navy teams,



Members of the MARLANT team march during the International Four Days Marches Nijmegen in July of 2017.

MCPL CHARLES STEPHEN, FIS

though Army and RCAF personnel who work with Formation Halifax or Esquimalt are also permitted.

The marches can be physically grueling, even with proper training, and sore, battered feet are to be expected, but the experience isn't just about the physical test, SLt Conrod said.

"It's a lot more than just four days in the Netherlands. It's about the people you meet, the teamwork, the camaraderie and the perseverance, and about representing yourself and your country."

But only a lucky few make the final cut each year. The MARLANT team in its final form will be made up of 11 members, including one team leader, a 2IC, and a medic, leaving just 8

free spots for other members. Some drop out early in training and some get injured or pulled away for operational requirements, but with so many interested in participating each year, even sticking it out and completing all training requirements doesn't mean a spot on the team is guaranteed.

The minimum standard requires a total of 500km in training marches, including the two back-to-back 40km days, along with an optimistic attitude, friendly and social interactions with teammates, and the ability to pass periodic foot inspections. Beyond that, things like attendance and dedication to training days, overall physical fitness, interpersonal skills, and whether the member has attended

TIMELINE FOR NIJMEGEN 2018 TRAINING

- March 26** Training begins at 6 a.m. at Point Pleasant Park lower lot
- April 4** Physio lecture, 8 a.m. at WP106
- April 6** Food for Fuel lecture, 8 a.m. at WP106
- April 12** COC authorization forms due for marchers
- April 16** CADPAT issued and required for further marching
- May 1** Marching with weight begins at 5 kg
- May 22** Full 10kg weight begins
- June 5** Training phase ends, team tryouts begin
- June 7 & 8** Two 40km marches must be completed
- June 11** Final team members announced
- June 15** Mandatory marching with final team begins
- July 12-23** OP NIJMEGEN deployment

Nijmegen in the past are all considered in making the final selections.

Training will take place on Tuesdays and Thursdays (10km), with Friday marches starting at 10km and increasing in distance each week. Some absences are expected, though the minimum training requirements must be met by June, and attendance is a major factor in final team selection. The first weeks are open to all marchers, but full COC approval for training and deploying is required to continue with the team after April 12.

Anyone interested who hasn't yet connected with SLt Conrod can reach him at 902-427-6222 or Jamie.Conrod@forces.gc.ca for more information or application forms.

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.

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.

CFB Halifax Women's Basketball. If you're looking for a fun and healthy way to 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

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Super Crossword

OH GEE!

ACROSS

- 1 Pres. Lincoln
- 4 Bar mitzvah officiant
- 9 Placed a burden on
- 14 Broke, as a horse
- 19 Fake signatures
- 21 Billy Joel's "-- Extremes"
- 22 Rock's Cooper
- 23 "The Golden Girls" co-star being a rascal?
- 25 Bit of gossip
- 26 Conical-bore woodwinds
- 27 Winslet and Middleton
- 28 Source of great wealth
- 30 Make juice of
- 33 Mean beasts wearing disguises?
- 35 Burg
- 38 Life story, for short
- 40 Suffix with cloth or cash
- 41 With 45-Down, place for paternity testing
- 42 "Sad to say ..."
- 43 Record of the years
- 47 Serpentine fish
- 49 Unearthly
- 53 Stared creepily at a group of wolves?
- 56 Long deli sandwiches
- 58 Pretend to be
- 59 Mythical man-horse
- 60 Red chapter heading, e.g.
- 62 Ancient French region
- 64 In re
- 67 Minerva, to the Greeks
- 69 Comes out on top
- 70 "Make no edits to those script lines!"?
- 76 Sleek, informally
- 77 How some freelancers work
- 78 Bellyache
- 79 Iditarod Trail animal
- 81 Very spirited
- 84 Swiftly
- 89 Brand of fruit drinks
- 90 Notion, to Luc
- 92 Heavy work shoe filled with currants?
- 95 Comedian Smirnoff
- 97 Apr. clock setting
- 99 Countdown expression
- 100 Manila money
- 101 Lively spirit
- 103 Smidge
- 105 Phys ed class
- 106 Epochs
- 107 Airport area that's only an illusion?
- 114 Stair unit
- 116 Mexican revolutionary Zapata
- 117 Oasis beast
- 119 Capital of the Beaver State
- 123 Poe's bird
- 124 Evil poet Nash?

- 128 Belgian port
- 129 Wise up
- 130 Aggressively defiant
- 131 -- Domingo
- 132 Unable to relax
- 133 Composer Erik
- 134 "Prob'ly not"

DOWN

- 1 "Hair" style
- 2 -- tube (TV)
- 3 Therefore
- 4 Actress Witherspoon
- 5 Equip for war
- 6 Razor brand
- 7 Radio host Glenn
- 8 Koran's faith
- 9 Tablecloth material
- 10 Tennis great Andre
- 11 Shout on "The Simpsons"
- 12 Curio display stands
- 13 Giving type
- 14 Late state
- 15 Female glands
- 16 Copy closely
- 17 Low-cost, in product names
- 18 Freedom from govt. control
- 20 Brown-and-white cow
- 24 Get from -- B
- 29 '60s drug
- 31 Blind as --
- 32 Ho Chi --

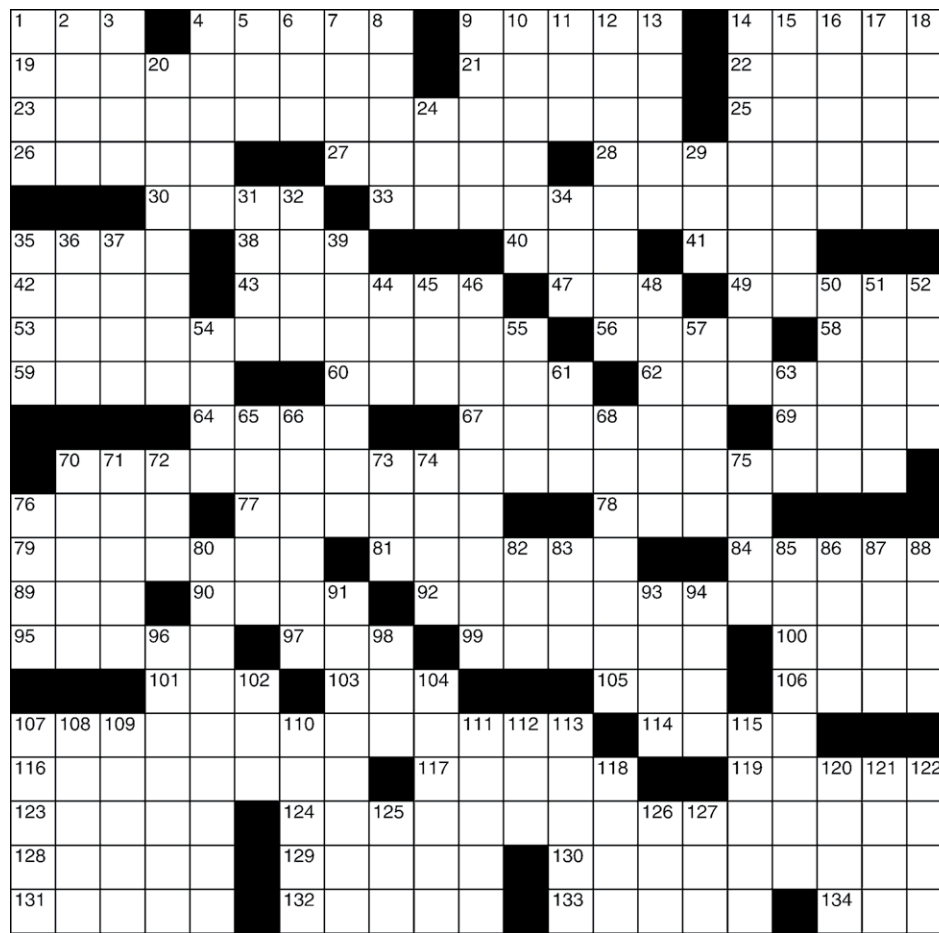
- 34 Golf peg
- 35 New Mexico ski spot
- 36 Bond girl Kurylenko
- 37 Drawer Disney
- 39 Burdensome
- 44 Storekeeper on "The Simpsons"
- 45 See 41-Across
- 46 Try to harm with claws
- 48 Angola's capital
- 50 Cosine, e.g.
- 51 Cake topper
- 52 JFK guesses
- 54 "Blast!"
- 55 Kin's partner
- 57 Linda of "The Exorcist"
- 61 "-- -ching!"
- 63 Hole tool
- 65 Stomached
- 66 Used a tool to grab, as an ice block
- 68 Engraved work of art
- 70 Screenwriter Ephron
- 71 Big name in vacuums
- 72 "Yes" signal
- 73 EMS skill
- 74 Tune in to
- 75 On -- with (similar to)
- 76 Pasty
- 80 Enters headfirst, as a pool
- 82 Cup edge
- 83 "So far -- know ..."
- 85 Any of six pontiffs
- 86 Wine ripener, e.g.
- 87 House, south of the border
- 88 Son of Seth
- 91 Female hormone
- 93 Van --, Calif.
- 94 Cellar, in apt. ads
- 96 Luxurious
- 98 Piper's cap
- 102 School gp.
- 104 Kitchen choppers
- 107 Arctic floaters
- 108 Large city in Nebraska
- 109 Established fact
- 110 -- Gay (warplane)
- 111 Tot watcher
- 112 Latin "I love"
- 113 Some jabs
- 115 Suffix similar to -like
- 118 Pre-euro Italian money
- 120 Security claim
- 121 Italian peak
- 122 Tall tale
- 125 "Gimme --!" (rude demand)
- 126 Granola bit
- 127 Here, in Lyon

Paralympic Games trivia

Questions on page 21

Answers

- 1. Abdellatif Baka, a visually impaired runner from Algeria.
- 2. The first four runners in the 1500 final all beat the Olympic champion's time.
- 3. Chantal Petitclerc
- 4. Michael Edgson competed in 3 games from 1984 to 1992.
- 5. Tim McIsaac of Winnipeg
- 6. Ornskoldsvik, Sweden in 1976.
- 7. Thomas Oelsner of Germany was stripped of his two Alpine skiing gold medals in 2002.
- 8. Russia with 41, 4 times the runner-up and more than 25% of the global total
- 9. Norway. It has sent teams to all the Paralympic games except the 1964 games.
- 10. Sonja Gaudet who was lead stone in 2014, 2010, and 2006.
- 11. Kazakhstan
- 12. The Union of Soviet Socialist Republics (USSR). After its appearance in 1988 the Soviet Union dissolved and now the various republics compete as individual countries.
- 13. Alpine skiing 1994 - bronze
- 14. Germany
- 15. Stephanie Dixon with 5 gold.
- 16. Brian McKeever. He was scratched from the 2010 Olympic team and replaced by another whose 50K cross-country time was better. McKeever won 3 gold in cross-country skiing at the 2010 Paralympics and repeated the feat in 2014 at the Sochi games.
- 17. In the 2010 Winter Paralympics, Lauren Woolstencroft won 5 gold medals for Giant Slalom, Slalom, Super-G, Downhill Skiing, and Super Combined. She became the first Canadian to win 3 golds at the same Winter Paralympics, this total was later increased to 5 golds. With her 4th gold medal, she helped Canada set a record for most gold medals at any Winter Paralympic Games by winning the 7th medal. The previous mark was six, set at the 2002 Salt Lake City Paralympics. With her 5th gold medal, she set the record for most gold medals won by any Winter Paralympian at a single Games, and she tied the record for gold medal haul of any Canadian Paralympian at a single Games, tying Chantal Petitclerc (who did the feat twice) and Stephanie Dixon, both Summer Paralympians. Her five gold are also the record for any Canadian Winter Paralympian or Olympian.
- 18. Reinhold Moller. Germany; 19 gold, 3 silver, 1 bronze in Alpine skiing.
- 19. Trischa Zorn
- 20. Maria Scotti of Italy who won 9 gold and 2 bronze in the 11 throwing events she entered; gold in 50 m breaststroke and silver in 50 m backstroke; silver in wheelchair fencing and table tennis, all at the 1960 Paralympics.



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