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Monday, April 16, 2018



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# TRIDENT

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

## Flyers win Old Timers' national hockey gold



The 12 Wing Shearwater Flyers celebrate their 4-3 gold medal win over CFB Valcartier, proudly displaying the championship banner as well as the #27 in honour of the late Sgt (ret'd) Rob Sneath and his years of contributions to CAF hockey.

PTE BRENDA LEROUX, BORDEN IMAGERY



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**Obangame Express 2018**  
Pg. 7



**Halifax teams win volleyball gold**  
Pg. 22



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*The graduates of the RCN's first Mar Tech RQ-OS course at Tribute Tower on March 29.*

CPL J.W.S. HOUCK, 5 CDN DIV

# First Mar Tech graduation marks new chapter for RCN trades

**By Ryan Melanson,**  
Trident Staff

The Royal Canadian Navy has been slowly transitioning to the new

Marine Technician trade over the last three years, and recently marked a new milestone on that front. A graduation ceremony for the very first Mar Tech RQ-OS course was held at Trib-

ute Tower at CFB Halifax on March 29, capping off nearly nine months of intense work for the 18 sailors who made up the group.

"We determined what type of new technician the Navy needed, and there have been a lot of challenges, but thanks to the positive attitudes and incredible work of everyone involved, we now have the first course behind us," said Cmdre Craig Skjerpen, Commander CANFLTANT, speaking to the graduates of the course and their colleagues, friends and family members who attended the ceremony.

The Marine Technician, or Mar Tech, is a new trade that will soon replace the marine engineer, electrical technician and hull technician legacy occupations, along with the Naval Reserve's marine engineering systems operator position. Mar Techs will still develop specializations, but each sailor will start off with a wider base of knowledge that includes elements of the former trades along with new material.

"As opposed to having four specific trades and deploying them independently on a ship, we'll now have multiple people that can do some of these tasks. It's going to allow us to reduce our manning and crew sizes while maintaining the same capabilities we have right now," said CPO2 Ed Burns, the MSE Division CPO at Naval Fleet School (Atlantic).

"This is absolutely the way we want to be moving toward the future."

The transition to Mar Tech is the first in a series of planned changes, with studies currently underway into aspects of the boatswain, steward, and naval communicator trades, while another study is looking at combat trades. The initial course began in July of last year, and the program has grown steadily since then, with more

graduates soon to follow. Members of the first group have played an instrumental role in improving the course for the next iterations. CPO2 Burns said students were tasked with providing feedback through the process, and asked to speak up if they identified issues with their training.

"The feedback is very important. They took the time to cross-reference their own course materials with what we were doing to make sure nothing was missed. It's not something we typically ask members to do during a course, but they took the task on and took it seriously," he added.

"That gave us what we needed to make changes and start making the course better for the next groups."

A number of these first graduates are originally from Nova Scotia, while others hail from other provinces like New Brunswick, Ontario and British Columbia, with one sailor, OS Najib Moussa, having emigrated to Canada from Egypt before joining the RCN in Halifax. They've all received postings, with some heading to frigates of the Atlantic Fleet like HMCS *Halifax*, *Toronto*, and *Fredericton*, some being posted to West Coast frigates, and others sent to continue their training on either coast as part of the MCDV fleet.

The goal in developing the Mar Tech trade is to prepare the RCN for the future fleet, including the soon to be delivered Harry-DeWolf class AOPS and the Canadian Surface Combatant through the 2020s. As these new sailors progress into leadership roles in their various ships, they'll be on the front lines of that effort, Cmdre Skjerpen said.

"There's going to be ups and downs, challenges and long deployments, but they are going to see and be a part of changes in the Navy that I've only dreamed of."

**Celebrate the 100th anniversary of  
12 Wing Shearwater by stepping back in time  
with the Shearwater Aviation Museum**



**HS-2L Flying Boat No. 1876 at moorings off the Naval Air Station, Eastern Passage, Dartmouth, Nova Scotia, in spring 1919. This is one of 12 HS-2L Flying Boats operated by the United States Navy from bases at Halifax and Sydney, Nova Scotia. PHOTO: DND Archives, CN-6508**

Shearwater Aviation Museum  
32 Bonaventure St., Shearwater, NS  
902-720-1083  
[www.shearwateraviationmuseum.ns.ca](http://www.shearwateraviationmuseum.ns.ca)





# Halifax Hurricanes host first CAF/DND Appreciation Game

By Ryan Melanson,  
Trident Staff

CFB Halifax always strives to be a part of the larger HRM community, forming partnerships with local organizations as often as possible. And on March 25, a new partnership kicked off, with the Halifax Hurricanes of the National Basketball League of Canada hosting guests from the Base and MARLANT for their very first CAF/DND Appreciation Game.

Military members and civilian DND employees were eligible to receive one free ticket each to the Hurricanes’ game against the Cape Breton Highlanders, while tickets were on offer to family members and friends at a discounted price. The day kicked off with the Stadacona Band’s rendition of the national anthem, CFB Halifax Base Commander Capt(N) Paul Forget was joined by his daughters to make an opening address on the court and throw up the ceremonial tip off, and then the action got underway in front of a crowd that contained many guests in uniform, including members of the Atlantic Regional Champion CFB Halifax men’s basketball team watching from the skybox.

“We’re really pleased to be partnering with the Hurricanes on this,” Capt(N) Forget said.



LS Ryan McKinstry of HMCS Toronto takes part in a shooting challenge between quarters.

MONA GHIZ, MARLANT PA

“They’re a great organization that does a lot of work in the community and for local families, and we’re all about family at CFB Halifax. Everybody works very hard, so this is a chance to relax, have some fun and see some great basketball.”

As for the game itself, the two teams fought a back and forth battle, with the Hurricanes able to take the lead



The Halifax Hurricanes took a 118-111 win over the Cape Breton Highlanders.

MONA GHIZ, MARLANT PA

in the final minutes thanks to clutch three-point shooting from guard Ta’Quan Zimmerman. Some CAF attendees also took part in the shooting challenge between quarters.

For the young ones at the game who needed a break from watching hoops, inflatable bouncy castles, face painting and other activities took place courtside to help keep everyone happy.

Capt(N) Forget said he wanted to give an extra thanks to the Hurricanes organization for supporting the CAF and DND through the Appreciation Game, and as for the Hurricanes, the team hopes to have picked up a few new fans as they prepare for their NBL Canada playoff run against the Island Storm in the opening round.

National Defence and Canadian Forces Ombudsman

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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

Editor: **Virginia Beaton**

editor@tridentnews.ca  
(902) 427-4235

Journalist: **Ryan Melanson**

reporter@tridentnews.ca  
(902) 427-4231

Editorial Advisor: **Margaret Conway**

margaret.conway@forces.gc.ca  
902-721-0560

**www.tridentnewspaper.com**

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

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Community Calendar

*Reunion and event notices must be submitted by email.*

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

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

Nova Scotia Naval Officers  
Association Bursaries

**Date: Apply by May 1**

The Nova Scotia Naval Officers As- sociation Bursary Trust is once again offering two bursaries in the amount of \$1500 each to financially assist deserving students for the coming school year. Eligible applicants must be residents of Nova Scotia, who have a naval connection, e.g. dependents of Regular Force (Navy) or former naval members; members of the Naval Reserve, Sea Cadets, and relatives or dependents of NSNOA members. Ap- plicants must be enrolled as, or have applied to enroll as full time students in any Canadian university. Major considerations will be financial need, academic grades, community involve- ment and other activities. Application and reference forms may be down- loaded from the NSNOA website at nsnoa.ca or obtained by calling 902- 477-474.

Book Launch: From 14th Colony  
to Confederation

**Time: 7 p.m.**

**Date: Tuesday, April 17**

**Location: Maritime Museum of the Atlantic**

Do you know the location of the ear- liest capital of British Nova Scotia? What about how political parties first evolved in the province, or the old concept of the ‘Maritime Union’ and why it failed? Join Alex Boutilier to discuss the answers to these and other thought-provoking questions of how Nova Scotia and Canada came to be. His new book details the careers of the power brokers that ruled the 14th Colony until the establishment of re- sponsible government in 1848, as well

as the struggles of those who fought to have their voices heard or simply to survive. Boutilier hails from Sydney Mines, Cape Breton and is an alumni of Saint Mary’s University, as well as a former instructor at the school’s Writing Centre.

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 bicenten- nial celebrations, as well at 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.

Halifax Harbour with Mac Mackay

**Time: 10 a.m. - 12 p.m.**

**Date: Wednesday, April 25**

**Location: Halifax Central Library**

Mac Mackay, CBC Nova Scotia’s Harbour Watcher, will present a course on the history, geography, and geology of Halifax Harbour, including the harbour’s shipping history and governance. Topics include the evolu- tion of ships and shipping in Halifax;

fish and other resources related to the harbour; and the container revolu- tion.

Battle of the Atlantic Memorial  
Concert featuring the Stadacona  
Band

**Time: 2 p.m.**

**Date: Sunday, April 29**

**Location: Halifax Central Library**

Join us for an afternoon of contem- porary and wartime music with this renowned RCN orchestra, famous for its musical excellence spanning more than 75 years. Most recently the Stad- acona Band performed at the Invictus Games in the presence of Prince Harry. Expect to be entertained! And yes, there will be a sing-a-long. In partnership with HMCS Sackville and Canada's Naval Memorial Trust. Admission is free.

Author talk: The Endless Battle  
with Andy Flanagan

**Time: 7 p.m.**

**Date: Tuesday, May 8**

**Location: Maritime Museum of the Atlantic**

Based on first-hand accounts of the author's father, Andrew "Ando" Fla- nagan, a rifleman from Jacquet River, NB, The Endless Battle explores the Battle of Hong Kong - which was the first land battle fought by Canadians during the Second World War - and its long aftermath. Flanagan was born in the small rural community of Belledune, NB, and his writing has appeared in the Northern Light, the Ottawa Citizen, and on CBC.ca. He will speak about the battle, Canadian POWs during the war, and will be available to sign books afterward.

CAF Health and Wellness Challenge

By Health Promotion Staff

The Health Promotion Team in Halifax is thrilled to invite the CAF and supporting Defense Team com- munity to be part of something super exciting. We are launching a 2018 Health and Wellness Challenge that is bigger and better than ever...it will take place over 100 days.

Why 100 days?

One hundred days is an adequate amount of time to ingrain and main- tain new healthy behaviours and it also coincides with 12 Wing Shearwa- ter celebrating its 100th Anniversary.

Implementation of challenges such as 100 Days of Health have been shown to improve physical and mental health, while emphasizing

social support and having fun through interactive competition. The small lifestyle choices we make in our day- to-day lives really do add up. Take for instance, electing to walk more by parking your car 100 metres further from work every day. Over a 30-year career, that simple decision would result in an additional 1,500 kilome- tres of walking. While it may seem unbelievable, walking this distance will burn more than 14 kg of fat.

All members of the CAF and the supporting Defense Team who regis- ter, will commit to 100 days of pre-set healthy behaviours and will then have the opportunity to:

- Accumulate points to become eli- gible for some exciting prizes;
- Gain self-awareness about their

current health behaviors;

- Learn many recommendations for nutrition; active living and injury prevention; social wellness; and addiction awareness; and
- Positively influence their overall health for future years ahead.

Join the challenge and make every choice count.

For more information or to register visit <https://www.cafconnection.ca/halifax/hp/100daysofhealth>. By regis- tering for the Challenge you will have access to health information, healthy eating tips, updates, and many other exclusive resources.

Remember there is no day like the present to start making small lifestyle changes that will have a huge impact on your health.



# Persevering through harsh weather in HMCS *Glace Bay*

By **LS Michael Spencer,**  
HMCS *Glace Bay*

It's 8:05 a.m. on March 8 when the Commanding Officer begins his hands fall in address. Today he sounds particularly inspiring, despite the howling winds but a pane of glass away.

The weather's bad, we all know this. There is a point of pride in the idea that while three other ships have cancelled their sailing program due to weather, the mighty HMCS *Glace Bay* shall complete its program. We are the ready duty ship after all.

Interestingly enough, the gleam in his eye and smile on his face says this is more about pride and accomplishment than anything else. The brief concludes with a sailor awarded a medal for sailing accomplishments.

The engineers have drills to do. If the weather won't stop the ship from concluding its program, it has no chance of stopping those intrepid technicians from training the next generation.

Still, the weather churns and whirls and the cable party closes up. The wind hounds them relentlessly as the anchor is hauled up, but not one sailor



*Snow begins to build up on the stern of HMCS Glace Bay on the morning of March 8.*  
LS MICHAEL SPENCER, HMCS GLACE BAY

falters in his or her duty; today the CO has truly inspired his crew. One by one, the six shackles are recalled to their resting place and the anchor finds its home.

Free from its tether, the steady ship steams onwards towards the camber knowing the worst is yet to come. The

pipe goes out on all channels, it's the port ship hands' turn to close up. The cable party members again brace the unhindered weather on the open fo'c'sle and their cold bones creak into action once more.

Those engineers who trained now have their turn at the weather as

well. Donning their weather gear and balaclavas they prep the sweep deck for the transit to our berth at November Bravo. Tenaciously, the wind howls and the snow falls and the sleet assaults.

With no regard for the burning of their skin from the ripping cold or the stinging of their faces from the hammering wind and sleet, those well inspired sailors bring the ship to where she needs to go.

Above the sound of the Executive Officer directing us confidently is the big bad wind threatening to blow our house down, and the sound of the flags waving in the wind crackling like fireworks on Canada Day. United in suffering and perseverance, the crew stood against the wind and made our determination known. The wind can fill our sails but it can never bring down the house that Canada built.

No wind, nor storm, nor act of nature shall stand between a sailor and the willful execution of their duties. Under the sound of our Naval Ensign flapping in the wind we brought our ship alongside safely. Just another Navy day for the amply inspired crew of HMCS *Glace Bay*.

## “Unless I see, I will not believe”

By **Capt Innocent Inienwe,**  
Chaplain, TEME, Blog, FMF Cape Scott, CFB Halifax

Today a lot of people struggle with believing things without seeing them. This holds true of the saying, “Seeing is believing.”

In the scriptures we hear about the Doubting Thomas who never believed or refused to believe in the resurrection of the Lord unless he saw the risen Christ face to face.

John 20: 24-29 tells us that a few days after the resurrection, Jesus appeared to His disciples but one of them, Thomas who was called the twin, was not with them. And so the other disciples told him, “We have seen the Lord,” and he replied, “Unless I see the mark of the nails in His hands, and put my finger in the mark of the nails and my hand in the side, I will not believe.”

A few days later Jesus appeared again to them but this time Thomas was present. Jesus went straight to him and said to Thomas, “Put your finger here and see My hands. Reach out your hand and put it in My side. Do not doubt but believe.” Thomas then made the great proclamation of faith, “My Lord and my God.” Jesus said to him, “Have you believed, Thomas, because you have seen Me? Blessed are those who have not seen and yet have come to believe.”

Thomas; unless we have an experiential knowledge of something, we can never believe it. Unless we can feel and touch something, it doesn't exist. We want to see, we want to experience and touch before we believe.

My mother is not an exception here. When as a teenager after high school, I enrolled to serve in the Nigerian Navy, my mother found out and was very distraught about it. I was stopped from becoming a Marine for two reasons; first for family reasons as the first son, who according to Igbo tradition has the duty to keep the family name and tradition. Secondly, it would be a risky venture. She did not want me to die. She wanted me to get married someday and have children that will keep the family name.

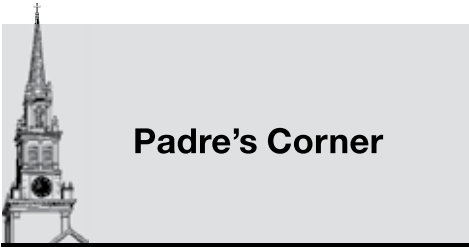
Sometimes, “Man proposes but God disposes.” Our thoughts and ways are not God's thoughts and ways for us. His ways and wishes for us might sometimes be different from the way we think or wish for ourselves.

A few years later I responded to the solemn call to serve God as a Catholic priest. This meant that I could never get married nor have children of my own. Surprisingly, my mother did not object to this decision, perhaps as a very strong and faithful Catholic that she is. She did not bother if I had children or not, if the family name was kept or not. She was very happy

and excited that her son will be a priest and she will be call Mama Fada (Father's mother)

After a few years of my ministry in Canada, I decided to follow my teenage dream of being in the military. So I enrolled into the chaplaincy branch of the CAF. I called my mother and told her about my new status thinking she would rejoice and be happy for me. I was wrong because that was not what I got. She was very furious and wondered why I “left” the priesthood. In spite of all attempts to explain to her that I was still a priest but serving in the military, she did not believe me. How else could I convince her but to bring her to Canada and show her what I do and to prove to her that I still celebrate mass and do priestly duties even as an Army officer.

It was not until my mother visited Canada, went with me to mass at the



Base Chapel and watched me actually celebrate mass that she finally believed that I am still a priest even though in uniform. You could imagine the kind of relief and contentment she had after the mass. She now believes because she has seen.

There is nothing like seeing something for yourself, with your two eyes. Sometimes it is the best way to believe in something. The same is true for spiritual things that can be seen not with our natural eyes but with our spiritual eyes, or both. But we have always to remember what Jesus said to Thomas; “Blessed are those who have not seen but have come to believe.” Be among the blessed during this Easter Season.

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# CAF's senior NCM says taking care of members is key to the future

By Ryan Melanson,  
Trident Staff

CWO Kevin West has seen a lot of changes through his 35 years with the CAF, but when it comes to the way the organization treats its people, the CAF's senior CWO says not all of those changes have been positive.

"Over time, we've gotten meaner and cheaper when it comes to people. We've cut back on things, we've taken things away. Some of it, rightfully so, but far too many times it hasn't been the right move."

But as he prepares to wind up his military career this coming summer, he told NCMs gathered at Tribute Tower in Halifax that he feels optimistic about what's coming next for the CAF, both in the near future and over the long term. CWO West has been conducting a series of town hall events at bases across the country, with the Halifax stop happening on March 28. He began his career in Halifax as a Naval Reservist in 1983, and served here again in the early 2000s with Helicopter Air Detachments as part of 426 Squadron in Shearwater.

He spoke about Canada's latest Defence Policy – Strong, Secure, Engaged, and the funding contained within for health and wellness support, new benefits to military families, and improved transitions for sick or injured members who release from the CAF, among other areas. But he also shared his thoughts on possible changes further in the future aimed at boosting recruitment and retention and improving quality of life for members.

Stability can be lacking in the CAF, and has been an important factor in discussions about the future, CWO West said. A structure that would allow personnel to easily transition from full-time to part-time work, or that could introduce restrictions on postings or deployments for members with family health issues or other life interruptions, could ease stress and allow the Forces to hold on to



CWO Kevin West, the Canadian Forces Chief Warrant Officer, held a town hall with non-commissioned members at Tribute Tower in Halifax on March 28.

RYAN MELANSON, TRIDENT STAFF

some people who may be forced to retire otherwise.

"The majority of people who join the Canadian Armed Forces want to be that pedal to the metal, fully engaged member. But every once in a while, for whatever reason, they might have to take a knee," he said.

"Maybe I can still work full time, but I need to stay in Halifax near the IWK. Or maybe I need to be part time. Maybe a member wants to go back

to school. The system could work in a way that makes these things possible."

He also mentioned the possibility of more CAF help with issues like family doctors or child care, specifically when postings require members to make new arrangements for these types of crucial services.

It's about making common sense changes for the betterment of the organization and its members, he said. Another possible area of change of interest to sailors could involve courses and training in digital classrooms. Long-held opinions are that in-person learning can rarely be replaced, but with huge advances in technology, and ongoing struggles to get personnel fully trained and deployable, a change could be in order. More learning by remote location could be another added stability factor for members and their families, CWO West added.

"If you can still go home at night while getting your same qualification at the same level of standard, then

we need to look at that more seriously."

As the CAF strives to meet lofty recruitment targets, including a Force made up of 25% women by 2026, it needs work on becoming a more attractive career path when compared to the private sector, he said.

But one issue that can be tackled immediately, and that has also been a focus for CWO West on his farewell tour, revolves around the values held by CAF members and the way that personnel in uniform treat one another. He spoke about the importance of Op Honour, about treating all members with respect, and described these issues as another key factor in recruitment, especially of people from diverse backgrounds.

"Inappropriate ethical behaviour is about a lack of respect, and going forward, anyone who wears the uniform of the Canadian Armed Forces will be respected. That's the way it has to be."

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- Gospel according to John

148718





# RCN participates in Obangame Express 2018

By Lt(N) Linda Coleman,  
MARLANT PAO

Two Royal Canadian Navy (RCN) warships are patrolling the calm seas in the Gulf of Guinea. A pipe is made: “Boats’ crews and lowerers close up, prepare to launch the RHIB!” This was the signal that the latest inject for Obangame Express had started and HMC Ships *Kingston* and *Summerside* were preparing to receive a boarding party from a West African partner navy. A Rigid Hull Inflatable Boat (RHIB) is launched as a safety precaution. A ship can be seen in the distance, and they’re hailing the RCN warship. “This is the Guinean Navy, what are you doing here?” The RCN doesn’t respond after several hails, prompting the Guinean Navy to escalate for a boarding.

As the Guinean Navy launches their boarding party boat, members of HMCS *Summerside* identified as actors to play pirates, drug runners, or illegal fishermen dressed in civilian clothing prepare to receive the boarding party and play their role. The Operations Officer stood close by to monitor and ensure the scenario was being played out properly as the boarding party applied boarding tactics and procedures throughout the ship.

This is Obangame Express. Led by U.S. Naval Forces Africa, the exercise is designed to improve cooperation amongst participating nations



Maritime Tactical Operations Group (MTOG) and the Liberian Coast Guard approach HMCS *Summerside* during Obangame Express on March 25, 2018.

AB JOHN IGLESIAS, FIS

and strengthen maritime interdiction operations in order to increase maritime safety and security in the Gulf of Guinea – an area that is seeing an increase in illegal maritime activity lately.

From March 22 to 27, *Kingston* and *Summerside* participated in the exercise, conducting counter-piracy, counter-narcotic and illegal fishing scenarios with navies from Cote d’Ivoire, Togo, Ghana, Guinea, Sierra Leone, and Liberia, with assessors from coun-

tries such as the Netherlands, Belgium, and Canada to monitor and mentor the West African boarding teams.

“Obangame Express offered a great opportunity for like-minded Navies to work together towards increasing interoperability and maritime security in the Gulf of Guinea,” said LCdr Matt Woodburn, Commanding Officer of *Kingston* and Task Force Commander for Op PROJECTION 18-03. “Participating helps us develop a greater knowledge and understanding of the operating conditions within the West Africa Gulf of Guinea region, which is an area the Royal Canadian Navy will strive to operate in and continue to build upon the relationships and foundations established to date.”

The RCN’s Maritime Tactical Operations Group (MTOG), an enhanced naval boarding party capability, also participated in Obangame Express by conducting a combined Canadian - Cote d’Ivoire and Liberia capacity building engagement to further develop professional relationships. MTOG provided mentoring at the tactical and operational level, exchanged low-level tactics, techniques and procedures, and acted as board, search, and seizure assessors.

In addition to the at sea naval assets,

a Canadian Maritime Operations Center (MOC) mentorship team participated in Obangame Express from land. Canadian Liaison Officers worked from MOC’s in Gabon, Ghana, Liberia, and Sierra Leone to mentor and test the participating nation’s abilities to share information and improve cooperation – a critical component for a successful MOC.

Interacting with West African navies is still very new for the RCN. “This was my first time participating with West African countries,” said SLt Steven Gallant, Bridge Watch Keeper in *Summerside*. “Working with the West African boarding teams has been an eye opening experience as their methods and procedures differ greatly from ours. Where their navies are still developing, it is clear that exercises such as Obangame Express are adding a lot of training value for them,” added SLt Gallant.

Last year, LCdr Emily Lambert was deployed to the MOC in Sierra Leone during Obangame Express 2017. Now the Commanding Officer of *Summerside*, she ran into Sierra Leone Navy members she met at the MOC last year during their boarding exercise in her ship.

“I feel very fortunate to have had the opportunity to participate in Obangame Express two years in a row. The friendships I developed last year in Sierra Leone as an MOC advisor for the RCN were solidified this year when I had the pleasure of seeing some of the same members from the Sierra Leone MOC as part of the boarding team onboard *Summerside*. This demonstrates that the relationship building with partner navies that Obangame Express is aimed to improve upon is working, and I hope to participate again in the future.”

*Kingston* and HMCS *Summerside* were deployed to West Africa as part of Op PROJECTION, a strategic engagement with regional nations to support capacity building and foster relationships with partner navies. The RCN has committed another three to five years of deploying to the area to continue building relationships in the West Africa region, and promoting maritime security in the Gulf of Guinea.



Members of the embarked MTOG oversee members of the Liberian Coast Guard as they perform a counter narcotics exercise with crewmembers from HMCS *Summerside* role-playing as part of Obangame Express, a multinational training scenario taking place during Operation PROJECTION on March 25, 2018.

AB JOHN IGLESIAS, FIS

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# Connecting a future ship to the past

By SLt M.X. Déry,  
MARPAC PA

Cdr Michele Tessier has been undergoing training to prepare her for the unique challenges of working in the Arctic as Commanding Officer of HMCS *Margaret Brooke*, the second Harry DeWolf class Arctic and Off-shore Patrol Vessel.

The ship's name is in honour of LCdr Margaret M. Brooke who survived the sinking of the ferry SS *Caribou* after it was torpedoed by a German U-boat off the coast of Newfoundland in October 1942. She and a colleague, SLt Agnes Wilkie, clung to ropes on an overturned lifeboat until hypothermia caused Wilkie to lose consciousness. LCdr Brooke held onto the lifeboat with one hand and her unconscious friend with the other until daybreak when, despite her best efforts, a wave pulled SLt Wilkie away. For her selfless act, LCdr Brooke was named a Member of the Order of the British Empire.

"We want to make sure that LCdr Margaret Brooke's story continues on and lives with the ship and that we are able to pay homage to her, not just in the naming of the ship, but as we go places in Canada. We can talk about what kind of a person she was and why the ship has her name," said Cdr Tessier.

Recently she spent a few days in and around Saskatoon visiting places of importance to LCdr Margaret Brooke's life.

She spoke to the crew of HMCS *Unicorn*, the reserve unit LCdr Margaret Brooke joined in 1942, about her experiences in the Arctic and the opportunities for them in the future.

"I told them what my impressions of the Arctic were, the beauty of it, the danger of it, the fragility of it and what kind of impact we can have there," she said.

She also met the Mayor of Saskatoon, gave live television and newspaper interviews, gave a presentation to the Canadian International Council, and met the Dean of the College of Arts and Science of the University of Saskatchewan.

The latter was in recognition of the Alumni of Influence Award that was posthumously awarded to LCdr Margaret Brooke, who earned three degrees at the university, for her



From left: Cdr Michele Tessier; Margaret and Alyson Brooke, and Commander Canadian Fleet Atlantic Cmdr Craig Skjerpen stand with the banner honouring LCdr Margaret Brooke.

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landmark papers on the geology of Saskatchewan and Alberta, and her exploits in the Second World War.

At the award ceremony, Cdr Tessier met, for the first time, the nieces of LCdr Margaret Brooke, Margaret and Allyson Brooke, the former being the ship's sponsor.

"I think it's important that we make a connection between the ship and Saskatoon, because of the Brooke family being from that area and Margaret's connection with the city."

After her tour in Saskatchewan, Cdr Tessier returned to Victoria firm in the knowledge there is a lot more travelling ahead, and a move to Halifax this summer.

"I'll be doing a course at the Marine Institute in St. John's Newfoundland, which is an ice navigation course," said Cdr Tessier.

With two journeys through the Arctic already completed, she looks forward to the two to three planned future training voyages aboard the icebreaker Canadian Coast Guard Ship *Louis S. St-Laurent*.

"I'm getting exposure to the Western Arctic, Eastern Arctic, and the Gulf of St. Lawrence and the River," she said.

Icebreaking training can be unnerving to even the most seasoned mariners who spent years learning

how to avoid collisions with objects at sea.

"I keep saying to people, I spent 20 years of my career learning how not to hit stuff and now I'm being told to take this ship and go hit stuff," said Cdr Tessier.

Aboard the CCGS *Louis S. St-Laurent*, she has gotten firsthand experience conducting icebreaking.

"I physically had the throttles and rode the ship right up onto the ice, felt the shudder and then the crack down through [the ice], and then the ship listed three degrees to starboard."

However, there is more to commanding a vessel in the Arctic than knowledge of how to break ice. She asked the commanding officer of the CCGS *Louis S. St-Laurent*, Capt Wayne Duffett, what his greatest concern was outside of poor weather, the stability of the vessel, or hitting ice.

"Being up there with inexperienced watch officers, because you can have someone who doesn't recognize when things are getting a little more tenuous, a little more dangerous, someone who is overly confident could have things go sideways really quickly," said Cdr Tessier.

The dangers of the Arctic are not lost on her, nor is her role as a steward of the North.

"The Arctic is a pristine environment that we're trying not to pollute, and so it is that concept of we have to protect the Arctic while we're patrolling the Arctic."

## The story of the four leaf clover

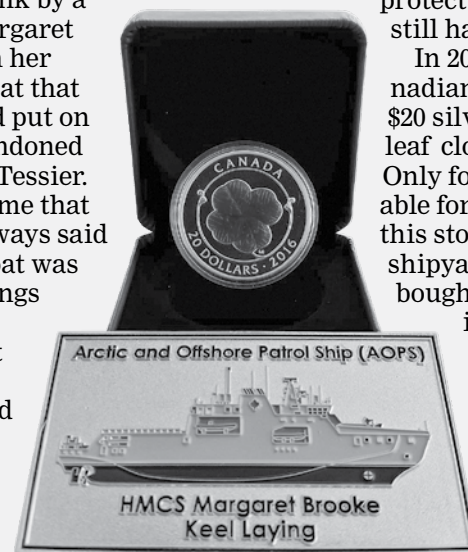
By SLt M.X. Déry,  
MARPAC PA

"The story is she was given a four leaf clover, I think by a patient, and Margaret Brooke had it in her big Burberry coat that she grabbed and put on before they abandoned ship," says Cdr Tessier. "Her niece told me that Aunt Margie always said the Burberry coat was one of those things that saved her life; you know it was a big thick coat that she had on, but the four leaf clover was in the coat. So, obviously she considered it to be a good luck charm. "Her father gave her a locket that she put the

four leaf clover in. Their family were avid boaters, so every time there was a new boat in the family the locket went into the boat to protect it. And the family still has that locket."

In 2016, the Royal Canadian Mint produced a \$20 silver coin with a four leaf clover on the face. Only four coins were available for purchase when this story reached the shipyard. The coins were bought, and one was laid

in the keel of the ship last year. Another was given to Cdr Michele Tessier. Another was given to the ship's sponsor, Margaret Brooke, and the final coin to Olivia Strowbridge, the Irving Shipyards employee who laid the coin.



The four leaf clover coin produced by the Royal Canadian Mint recognizes the valour of LCdr Margaret Brooke.

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# Royal Naval Dockyard, a Bermuda gem

By Cdr (ret'd) Len Canfield,  
Canadian Naval Memorial Trust

Nova Scotians visiting the Royal Naval Dockyard complex in Bermuda will probably be struck by the similarity with HMC Dockyard and Stadaco-na in Halifax.

Not surprising, Nova Scotia and Bermuda share a similar history of European settlement and the influence of the British Royal Navy on the development of the province and the 21-mile long island.

While European settlement in Acadia/Nova Scotia took root in 1605 at Port Royal, Bermuda's first British settlement had its origins in 1609 when Admiral Sir George Somers and his crew were shipwrecked on the island en route to Jamestown, Virginia.

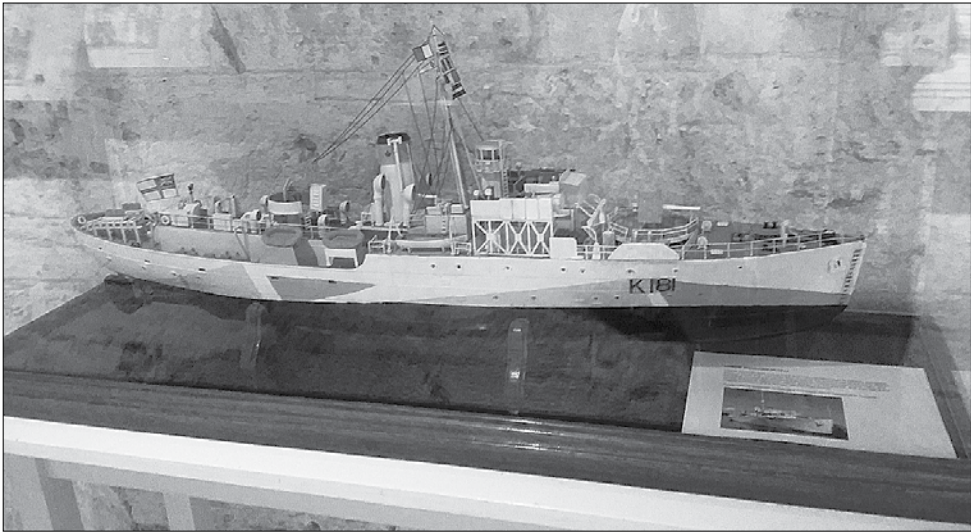
Bermuda's early settlement and fortifications began at the east end of the island (St George's Parish) where Sir George and his crew first 'came ashore.' It was also this part of the island that played an important role in supporting Allied naval and air operations during the Second World War.

In 1944 the Royal Canadian Navy, with an expanding fleet and a major player in the Battle of the Atlantic, commissioned the stone frigate HMCS Somers Isles (a former RN base) as a year-round work-up base. Among the ships dispatched for training was HMCS *Sackville* after she had undergone a major refit at Galveston, Texas in early 1944. As naval historian Marc Milner has written, "*Sackville* trained in the azure blue seas of Bermuda for three weeks of work-ups," sailing out of St George's Harbour."

But it was at the western end of Bermuda, and notably Ireland Island, that the Royal Navy presence was most prominent in the form of the Royal Naval Dockyard (construction began in 1809, 50 years after its Halifax counterpart was started). In the 20th century, the Dockyard and nearby Daniel's Head on Somerset Island would also have a significant Canadian presence from the 1950s to 1993.

When Britain turned over the Dockyard to the Bermuda government in 1951 a Canadian Forces Liaison Office was established and over the years RCN ships regularly visited Bermuda with Canadian sailors participating in exercises and training involving the Dockyard and nearby US Navy facilities.

LCdr (ret'd) Doug Thomas, executive director of the Canadian Naval



A model of HMCS *Sackville* is in a glass case near Allied Convoys display panel in the Commissioner's House.

LEN CANFIELD

Memorial Trust has some fond memories of Bermuda while serving as a young officer in HMC Ships *Fraser*, *Terra Nova*, *Margaree* and *Iroquois* between 1968 and 1985 and training in Bermuda ('Bermadoo' in naval speak).

"Training in Bermuda, a nice two day sail south from Halifax, was particularly welcome in April and May when the island was more spring-like than Nova Scotia," Thomas recalls.

At the same time, once alongside and shore leave granted, he also recalls as officer of the day (OOD) having to deal with younger sailors and their moped misadventures that often resulted in Bermuda road rash (scrapes, bruises, etc) possibly generated by the popularity of a well-known Bermadoo liquid refreshment.

In 1961 (during the Cold War era) the Canadian government approved establishment of a communications (HFDF) installation. This included a transmitter facility on Ireland Island and a receiver facility at Daniel's Head. With a long-term lease on land and

former RN buildings at Daniel's Head the RCN developed an international communications and anti-submarine tracking establishment. Initially known as Naval Radio Station (NRS) Bermuda, it was renamed Canadian Forces Station (CFS) Bermuda in 1969 following unification of the Canadian Forces and was transferred to Communications Command.

In the following years a number of upgrades and additions were carried out at the site before the Canadian government announced the station would close in 1993. At that time CFS Bermuda had grown to more than 200 military and family members. Follow-

ing the station closure the site reverted to private development, including a resort (which later closed).

Today, the RN Dockyard is promoted as one of the island's most popular tourist attractions: "In its heyday the Dockyard provided facilities for the RN's fleet, supported a thriving naval and civilian community and provided trades training for Bermudians." The various buildings support a range of activities and museums, arts and crafts markets as well as food and beverage services. But for the history minded the fortress Keep with its ramparts and bastions—designed to protect the Dockyard—and the dominating Commissioner's House are a must see.

The three storey Commissioner's House was built in the 1820s (using prefabricated cast-iron steel) for the civilian commissioner of the Dockyard. It has a commanding view of the surrounding area, contains extensive military and civilian collections and operates as the National Museum of Bermuda. One is quickly reminded of Admiralty House (1819), home of the Naval Museum of Halifax.

The ground level contains various displays and artifacts depicting

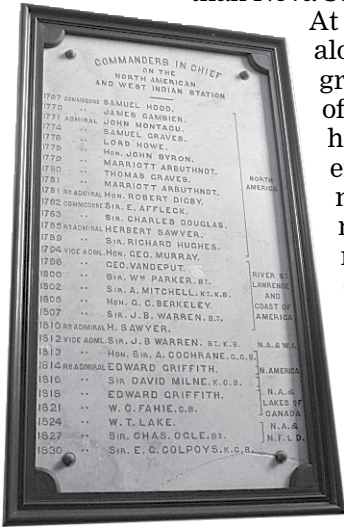


The view from the Commissioner's House, Royal Naval Dockyard, Bermuda.

LEN CANFIELD

Bermuda's defence heritage from the 17th century through to the present. One section of particular interest to Nova Scotians contains display panels depicting Bermuda's role during the Second World War including serving as a major Allied naval base for assembling merchant shipping into trans-Atlantic convoys (like the ports of Halifax and Sydney) and as a vital mid-point in the trans-Atlantic cable communication system. Among the displays is a model of HMCS *Sackville*, the last remaining of the Allies' 269 wartime corvettes.

On the main level is another reminder of the historic Nova Scotia-Bermuda linkage. Mounted on the wall are several display panels bearing the names of Commanders in Chief on the North American and West Indian Station starting with Commodore Samuel Hood in 1767 (18 years after Halifax was established). The names recall the period when the senior Royal Navy officer in the Northern Hemisphere summered in Halifax (Admiralty House) and wintered in a warmer Bermuda.



A tablet bears the names of Commanders in Chief on the North American and West Indian Station.

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# HMCS *Vancouver* slips for Asia

By Lt(N) Tony Wright,  
HMCS *Vancouver* PAO

After a long Easter weekend with family and friends, HMCS *Vancouver* and crew deployed for Operation PROJECTION Indo-Asia Pacific.

This is a three-month patrol in the Western Pacific that will be followed by *Vancouver*'s participation in the 2018 Rim of the Pacific exercise (RIMPAC), the world's largest naval exercise.

*Vancouver* will visit Hong Kong, Singapore, Australia, and Fiji in order to demonstrate Royal Canadian Navy (RCN) operational capabilities, and the flexibility to contribute to a range of requirements: support to international missions, strengthening relationships with allies and partners, and responding to humanitarian or security related incidents in the Indo-Asia Pacific, if required.

The mission will also demonstrate the CAF's ability to project naval influence and support Government of Canada objectives in this region. Canada is a Pacific nation and Op PRO-



RAdm Art McDonald takes the salute as HMCS *Vancouver* departs CFB Esquimalt en route to Operation PROJECTION Indo-Asia Pacific.

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JECTION Indo-Asia Pacific is another example of Canada's commitment to support stability in the region.

"The RCN offers options to government to effectively engage in parts

of the world where our country has economic and security interests, and we are a very flexible resource," says Cdr Christopher Nucci, *Vancouver*'s Commanding Officer. "As *Vancouver*

has experienced first-hand in the past, although ships set sail expecting to complete a certain set of tasks, we can end up doing something completely different within our spectrum of capabilities if the need arises."

In 2016, *Vancouver* deployed to the Western Pacific and was scheduled to participate in the Royal New Zealand Navy's (RNZN) fleet review. That port visit quickly turned into a humanitarian mission after a 7.8 magnitude earthquake struck the Kaikoura region. A task group that included units from Australia, Canada, and the United States contributed to the humanitarian relief effort for the people of New Zealand hit hardest by the powerful earthquake.

"This crew is ready to go," says Cdr Nucci. "We are excited to represent Canada and to meet and work with other nations to promote peace and

security in the region." Following the Op PROJECTION deployment and RIMPAC exercise participation, *Vancouver* is scheduled to return to Canada in August.



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# HMCS *Whitehorse* Chief Cook takes it up a notch on Op CARIBBE

By Lt(N) Paul Pendergast,  
Op CARIBBE PAO

There is an old saying that an army marches on its stomach, and that also is true for the navy.

The daily routine of life at sea for the crews onboard HMC Ships *Edmonton* and *Whitehorse* revolves around the galley and meal times.

Both ships are deployed on Op CARIBBE, Canada's contribution to an international operation to stop illicit trafficking of drugs, weapons, money, and people.

The Chief Cook of *Whitehorse*, who cannot be identified for operational security reasons, is keenly aware of the critical role he plays in maintaining morale among the 48 members of the crew.

"When people come to the steam line for their meal, you can see their face light up if the food is good, and that puts them in a good mood to carry out their duties for the rest of the day," said the Chief Cook.

To get that positive reaction, it starts at the beginning with ordering good quality ingredients, inspecting the food carefully on arrival, and storing it properly in the ship's coolers to maintain inventory control.

"I developed the menu specifically for our crew size, to ensure there is a variety of nutritious and interesting



A cook preps for the evening meal in the galley of HMCS WHITEHORSE during Op CARIBBE off the coast of Central America.

items so people do not get bored with the food," he adds.

The galley in *Whitehorse* likes to take it up a notch.

They provide fresh baking daily, including bread, scones, and desserts such as banana bread or cheesecake. A favorite of the crew is the smooth-

ies that are made daily from fresh fruit.

"It is the little things that make a difference," said the Chief Cook. "Like cooking fresh bacon to use in Caesar salad instead of the packaged type."

Rough weather adds another layer

of difficulty to the job. Anything left on a countertop can end up on the deck, so they have to constantly guard against spillage.

"When it was rough last week, I had to make two half pots of soup instead of one full pot, or it would spill out whenever the ship rolled."

The *Whitehorse* galley serves more than 150 meals per day, including extra meals left out for the night watch. For the length of this deployment on Op CARIBBE, that totals more than 10,000 meals. All of this is accomplished in a galley that measures 12 feet by 14 feet, around the same size as a typical home kitchen for a Canadian family.

With 21 years as a navy cook, *Whitehorse's* Chief Cook has a deep well of experience and knowledge to draw from. He is also supported by two junior cooks who each have five years of service.

"I am fortunate to have two top performing junior cooks to support me. They know what needs to be done and they just go ahead and do it without being told."

The feeling is mutual in the *Whitehorse* galley.

"He is the best Chief Cook I have ever had," said one of the junior cooks. "He never asks us to do anything he wouldn't do himself, and he supports us 100 percent in everything we do."

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# New Brunswicker shares his experience

By Lt(N) Linda Coleman,  
MARLANT PAO

LS Robert Bourque, from Lewisville, a subdivision of Moncton, New Brunswick, is experiencing an opportunity of a lifetime. He's been deployed in HMCS *Summerside* since January 26, 2018 to West Africa as part of Op PROJECTION – a strategic engagement with regional nations to support capacity building and foster relationships with partner navies.

"I've never been so honoured to do something like this. I would have to say that I don't think any future deployments could possibly top this one," said LS Bourque.

During Op PROJECTION, the ship's companies of HMC Ships *Kingston* and *Summerside* visited seven West African countries to conduct community relations while also promoting regional maritime peace and security. Community events included promoting women's rights and equality, meeting members of the various communities, and donating at elementary schools, to name a few.

"I feel we have a direct effect for this mission. We are meeting people, and physically helping. Just doing the small jobs at the schools and daycares like painting, plumbing, and desk repairs,



*LS Bourque, a Marine Technician by occupation, is training to attain Engineering Officer of the Watch certification.*

AB JOHN IGLESIAS, FIS

and to see the smiles and joy it brings them, it means the world to me and I feel that I have made an important contribution to children being able to have a better education," said LS Bourque.

When asked about his favourite experience during Op PROJECTION, LS

Bourque shared a story from his port visit in Cape Verde.

"While I was helping paint at a local elementary school, I saw this little boy of about seven or eight years old taking care of his younger brother who was about three, and they came by our

group, out of curiosity I imagine. I don't know what got into me, but I wanted to meet these kids. So, I went up to them and pulled out my notepad and pen and drew a happy face for each of them and gave it to them. The excitement in their face just for a happy face on a small piece of paper was...no words can describe! I drew a few more pictures and they went off to give them to their parents. The older boy came back later with some friends and we kind of bonded. We played (bottle toss to be specific) throughout the day during breaks from work and he even helped paint. This is the type of memory I will never forget."

LS Bourque joined the RCN in 2011 as a Marine Technician – Electrician.

"At first I joined just to do my part for Canada and serve. It was something I always wanted to do since high school. But it turned out to be more than that. I realized paid trade training and the benefits, along with job security, became of great importance to me as well."

As a Marine Technician, LS Bourque feels that every day is an adventure at work. He's training to attain the Engineering Officer of the Watch certification where he is responsible for monitoring and controlling the machinery plant equipment, ensuring the ship is running correctly and capable of doing its mission.

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# in West Africa with the RCN



LS Bourque talks in with a guest aboard HMCS Summerside during a tour of the ship for students from Lycée Militaire School in Benin during Op PROJECTION West Africa.

PO2 PETER REED, FIS

“I like that I need to use logic, reasoning, and to think outside the box when troubleshooting inoperable equipment, and using my hands to repair them,” adds LS Bourque.

However, like all members of a ship’s company, his job is being a sailor first.

“My primary job is a Marine Tech-

nician, but I’m a sailor first, so I do line handling, small boat recovery, and ship maintenance. Everyday can be a surprise, emergencies can occur, so being a firefighter for fires, or getting wet to isolate or block a cracked water pipe can get the adrenaline going. I get to experience all these great things about my job while meeting



LS Bourque draws happy faces on a notebook for two brothers in Cape Verde.

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new crew members that come on-board, and travelling the world seeing places I would never go see on my own.”

Although based out of Halifax now, LS Bourque maintains close ties to the Moncton area. He spends weekends at a nearby trailer he purchased near Parlee Beach in Shediac, which is now

his hometown escape with his wife Jill and two kids, Anika and Nathan.

“We love spending our weekends on Parlee Beach as a family and playing games with the other families and friends we have there,” he said.

LS Bourque returns from Op PROJECTION West Africa later this month.



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# 2018 Demonstration Hornet celebrates NORAD's 60th anniversary

By Capt Jennifer Howell,  
8 Wing PAO

The freshly-painted 2018 CF-18 Demonstration Team jet was towed into a 4 Wing Cold Lake, Alberta, hangar on a sunny April 3 afternoon in front of an eager crowd.

"Wow... oh wow," said Captain Stefan Porteous.

This was the first time he'd seen the finished CF-18 Hornet that he'll spend the summer flying for air show audiences across North America and the United Kingdom.

"I'd only seen the teaser photos we posted about a month ago," he said, smiling, with the bright blue, white, red and grey jet behind him.

During his address to the crowd, Capt Porteous introduced his maintenance and safety pilot team and thanked the army of people it took to get ready for the 2018 season.

"I realize that a staggering amount of work has gone into completing the paint job and preparing the aircraft for the show season," he said. "I think that everyone here today, as well as those following this unveil live online, would agree with me when I say that you have done an outstanding job!"

BGen Sean Boyle, the deputy commander of 1 Canadian Air Division, also attended the much-anticipated



*The paint scheme of the 2018 Demonstration Hornet celebrates the 60th anniversary of the NORAD Agreement.*

CPL JUSTIN ROY, 4 WING

unveiling of the "NORAD 60" paint scheme, which honours this year's 60th anniversary of the NORAD agreement.

"NORAD is a unique example of the depth and breadth of the Canadian and U.S. partnership in the common defense of our continent," he said.

"It is a relationship built on trust, mutual benefit, and a mutual respect for sovereignty. Our collaborative relationship is one of the closest and most extensive in history."

BGen Boyle went on to thank the team at 1 Air Maintenance Squadron

who, under the direction of designers Capt Jeff Chester and Jim Beliveau, brought the design to life.

The CF-18 Demo Team now moves to 19 Wing Comox, British Columbia, to fine tune the routine before the first airshow on May 4, 2018.

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# SPRING

## AUTOMOTIVE MAINTENANCE



### Spring cleaning: It's not just for the home

(NC) When tidying up your home for the warmer weather, don't forget to look in your garage. Keeping your vehicle clean isn't just about appearances, it should be included in your vehicle's ongoing maintenance regimen to help protect your investment. "Cleaning and protecting your vehicle's many surfaces will increase longevity and help ensure a higher re-sale value," says Michael Bettencourt, managing editor at Autotrader.ca.

Here are three tips to keep in mind:

**Tools of the trade.** Invest in the proper cleaning solutions including sponges, brushes and a quality chamois.

**Clean and protect.** Applying a coat of wax regularly will add a layer of protection.

**Close examination.** A thorough cleaning may help identify small problems before they become big issues. Find more tips at [www.autotrader.ca](http://www.autotrader.ca). [www.newscanada.com](http://www.newscanada.com)

### Saving money at the pumps: Regular or premium fuel

(NC) Many drivers assume that since premium fuel costs more and has higher octane, then it must be more refined or better for their engine. Conversely, it can be tempting to save at the pumps by opting for a regular unleaded gasoline rather than topping up with the expensive stuff.

Here, Michael Bettencourt, managing editor at Autotrader.ca, shares what you need to know before your next trip to the pumps.

**What's in a number?** Regular octane in Canada generally falls between 87 and 89 with premium normally being offered at 91, or even as high as 94 at some stations. Octane ratings are measured in anti-knock index values (AKI). The main difference between gasolines with different octane numbers is the compression they can withstand before detonating, not the cleanliness or purity of the fuel.

**Form and function.** Engines are designed depending on regulations, investment and purpose. Each will feature compression ratios and design attributes specific to the intention of that power plant.

**Hard-knock life.** Modern premium

vehicles feature anti-knock sensors, so filling up with the wrong fuel by accident won't do much damage to the vehicle's internals on a limited basis, but could nullify the warranty if done regularly. Engine management software will compensate by slowing ignition timing, so performance will be impacted.

**Decisions, decisions.** Engines that have been optimized for higher octane fuel are able to extract more power from it than an engine designed to run on lower octane. It's always best to take the manufacturer's recommendation. A higher-octane fuel will offer improved performance, but only if the engine is designed for it.

"It's important to follow the specific instructions for your vehicle and do some research prior to purchasing a new one," says Bettencourt. "Understanding the ins and outs of your vehicle and its needs will help you anticipate how much you will pay at the pumps and whether you should choose regular or premium next time you fill up."

Find more tips at [www.autotrader.ca](http://www.autotrader.ca). [www.newscanada.com](http://www.newscanada.com)

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# Canadian Sailors support security and stability in the Middle East

By SLt S. Mairi Anderson,  
PAO, Combined Task Force 150

The Naval Warfare Lieutenant\* was quietly sitting in his office at Naval Fleet School in Esquimalt, British Columbia, when he saw the email asking for an available RCN officer to go to Bahrain. Right away, he knew that this was an opportunity to have an effect in an important area of the world.

"I volunteered for Operation ARTEMIS," said the Future Operations Coordinator for Combined Task Force 150 (CTF 150) as he reflected on his journey from Canada's West Coast to the Arabian Gulf. "In addition to the invaluable professional experience a deployment brings, Operation ARTEMIS has a significant impact on international waters of the Middle East. The area of operations covered by CTF 150 is an area of great global significance; I felt it was my chance to really make a difference."

Operation ARTEMIS is Canada's direct contribution to CTF 150, one of

the three naval task forces working under the 32-nation coalition of the Combined Maritime Forces (CMF).

Promoting security and stability across six million square kilometers of ocean, CTF 150 coordinates ships and surveillance systems to intercept shipments of narcotics and weapons in the international waters of the Middle East. Together, the nations that contribute to CTF 150 are keeping some of the world's busiest shipping lanes safe for global commerce.

Eight sailors from the RCN are deployed to CTF 150 headquarters in Bahrain. The headquarters is currently under the command of the Royal Australian Navy (RAN), supported by a combined Australian and Canadian staff. This is the fourth time that Australia and Canada have shared responsibility for CTF 150, and the Canadian sailors fill roles from watch keeper to Chief of Staff for the headquarters.

In addition to the RCN sailors, the CAF continues to deploy the Unclas-

sified Remote-sensing Situational Awareness (URSA) system to support CMF. URSA is a Canadian-developed system that downloads imagery directly from commercial satellites, providing up to the minute imagery of an area of operations.

"Having Canadians on the team has been a real asset to our rotation," said Cmdre Mal Wise, the RAN Commander of CTF 150. "The close relationship between Canada and Australia is demonstrated through the interoperability at our headquarters; working together, we can accomplish much more than would be possible individually. In addition, the unique capacity provided by URSA increases our effectiveness, giving us better situational awareness of what is going on at sea."

The interoperability valued by Cmdre Wise was one of the reasons that the Future Operations Coordinator volunteered for Operation ARTEMIS. "This deployment was a chance to work as part of a multinational headquarters, coordinating assets

from multiple partner navies to do the business of maritime security."

The combined Australian and Canadian team took the helm of CTF 150 in December 2017, and direct multinational assets from partner nations like Australia, France, New Zealand, Pakistan, the United Kingdom, and the United States.

In the last three months, CTF 150 has seized over 16 tonnes of hashish and 1.5 tonnes of heroin, valued in excess of \$1 billion USD. While the Naval Warfare Officer is excited to return home to his family on the West Coast, this deployment has been a highlight in his career with the RCN. "Professionally, I have learned so much, putting my training to use in an international environment. Personally, working with Australia and other nations means that I now have sailors that I call friends from around the globe."

*\*Due to operational security requirements, CAF members deployed on Operation ARTEMIS are not named.*

## Stadacona Band to play Battle of the Atlantic concert

By LS Emily Bellman,  
Stadacona Band PA

Hear the Stadacona Band of the Royal Canadian Navy play its annual Battle of the Atlantic concert, presented this year on Sunday, April 29, at 2 p.m.

The concert will take place at the Halifax Central Library on Spring Garden Road at 2 p.m. Admission is free and all are welcome.

Under the direction of Lt(N)

Patrice Arsenault, Commanding Officer and Director of Music, the band will play a variety of musical selections. Singer Liz Rigney will be guest soloist.

This is the 21st annual Battle of the Atlantic concert and it will be the final public performance with the band for trumpet player PO2 Raef Wilson, who retires this summer. PO2 Wilson has served in the CAF for 42 years and has been a member of the Stadacona Band for 32 years.



## Bridge Warning Organization training during Op PROJECTION West Africa

AB Willis Ross (left), LS Patrick Booth (centre) and PO2 Greg Hobbs perform Bridge Warning Organization training with the .50 calibre machine gun onboard HMCS Kingston during Op PROJECTION, March 31, 2018.

SGT SHILO ADAMSON, CF RECRUITING GROUP HEADQUARTERS, CFB BORDEN



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# Mapping and Charting Establishment celebrates The Big 200

By Capt Jill Lawrence,  
PAO CF Intelligence Command

Thanks to the work of the Mapping and Charting Establishment (MCE) at Canadian Forces Intelligence Command, the CAF has the world at its fingertips.

The MCE has achieved Lead Nation status within the Multinational Geospatial Co-production Program (MGCP), allowing them virtually unlimited access to global foundation geospatial data collected by 31 participating nations – available with just a few clicks of the mouse.

“This is a most decisive milestone in MCE’s history, the result of 13 years of outstanding dedication and professionalism in our Foundation Production Squadron. I am impressed by their attention to detail, stamina and motivation. What’s most important here is they have truly enabled CAF operations since the start of the program, and will continue to do so for the future,” said LCol Claire Bramma, Commanding Officer, MCE.

The MGCP represents a coalition of countries who have been collecting high-resolution geospatial data since 2005 for contribution to a central database accessible by participating nations. Each country is responsible to produce a number of cells of data at standardized technical and quality specifications. Each cell represents 1° x 1° which is enough data to produce 16 x 1:50k maps sheets. The quality assurance (QA) of all data is conducted by accredited nations, and Canada acts as the custodian of the program’s QA documentation.

To reach Lead Nation status, MCE

extracted the data from satellite imagery to produce 200 cells – “The Big 200” – which they just completed in March. Their cells included areas of interest for Canada, which included locations throughout the Middle East and Caribbean. Participating countries did not collect data over sovereign territories.

The data now accessible to MCE can be used by units across the CAF and is an invaluable tool in not only planning, but in executing operations. For example, MCE conducted near real-time mapping of hard-hit areas in Haiti following the earthquake in 2010. The data collected was used to create maps that were sent to deployed troops to aid in the delivery of humanitarian assistance.

“The MGCP data has proven valuable beyond any dollar value that can be assigned. Our business is producing data and maps to support of CAF requirements and our allies for international operations. To do this the MGCP has afforded us with unlimited access to, and the ability to contribute to, a global high-resolution dataset in the production of digital map data and hard copy maps,” said John Healey, Head of Production, MCE.

It’s estimated this geospatial data is currently worth roughly \$1 billion that will grow as additional data is produced. Despite this incredible milestone, the work doesn’t stop for MCE who will continue producing cells and contributing to the growth of this valuable project.

For more information on how to obtain MGCP data or any other geospatial information visit MCE on the DWAN at <http://intranet.mil.ca/en/organizations/cfintcom/mce.page>



From left: John Healey, Head of Production, Mapping and Charting Establishment (MCE); LCol Claire Bramma, Commanding Officer, MCE; RAdm Scott Bishop, Commander, CF Intelligence Command; and Sean Noll, National Geospatial-Intelligence Agency Liaison, celebrate the occasion of the Big 200. Gauche a droit : John Healey, chef de la production, Service de cartographie (S Carto); Lieutenant-colonel Claire Bramma, commandant du S Carto; Contre-Amiral Scott Bishop, Commandant du Commandement du renseignement des FC; et Sean Noll, Liaison du National Geospatial-Intelligence Agency célèbrent L’enfin 200 cellules.

MCPL FRANCIS GINGRAS, CF JOINT IMAGERY CENTRE

# Enfin 200 cellules pour le Service de cartographie

Par le Capitaine Jill Lawrence,  
OAP Commandement du renseignement des FC

Grâce aux travaux du Service de cartographie (S Carto) du Commandement du renseignement des Forces canadiennes, les Forces armées canadiennes ont le monde au bout des doigts.

Le S Carto a atteint le statut de nation prédominante au sein du Programme de coproduction géospatiale multinationale (PCGM), ce qui lui donne un accès quasi illimité aux données géospatiales mondiales de base recueillies par les 31 pays participants, et ce, en quelques clics de souris.

« Il s’agit d’un jalon très important de l’histoire du S Carto, soit le résultat de 13 ans de dévouement et de professionnalisme exceptionnels au sein de notre Escadron de production des fondations. Je suis fier de son souci du détail, de son endurance et de sa motivation. Mais le plus important, c’est qu’il a véritablement contribué aux opérations du CAF depuis le lancement du programme, et continuera de le faire, » indique le lieutenant-colonel Claire Bramma, commandant du S Carto.

Le PCGM représente une coalition de pays qui recueillent des données géospatiales haute résolution depuis 2005 à des fins d’alimentation d’une base de données centrale accessible par les pays membres. Il incombe à chaque pays de produire un certain nombre de cellules de données selon des spécifications normalisées sur le plan technique et sur le plan de la qualité. Chaque cellule représente 1° x 1°, ce qui constitue suffisamment de données pour produire 16 x 1:50 k feuilles cartographiques. L’assurance de la qualité (AQ) des données est assurée par les pays avec accréditation, et le Canada agit à titre de responsable des documents d’AQ du programme.

Pour atteindre le statut de nation prédominante, le S Carto a extrait les données d’images satellites afin de produire 200 cellules (« enfin 200 cellules »), une tâche qu’il vient de termi-

ner en mars. Les cellules comprenaient des zones d’intérêt prioritaires pour le Canada, ce qui comprenait des endroits au Moyen-Orient et dans les Caraïbes. Les pays membres n’ont pas recueilli de données dans les territoires souverains.

Les données qui sont maintenant accessibles au S Carto peuvent être utilisées par les unités à l’échelle des FAC et constituent un outil précieux pour la planification et l’exécution des opérations. Par exemple, le S Carto a mené des activités de cartographie en temps quasi réel dans les régions dévastées par le tremblement de terre en Haïti en 2010. Les données recueillies ont servi à créer des cartes qui ont été envoyées aux troupes déployées afin de contribuer à la prestation d’aide humanitaire.

« Les données recueillies dans le cadre du PCGM se sont avérées utiles au-delà de toute valeur monétaire qu’on leur aurait attribuée. Notre objectif consiste à produire des données et des cartes pour répondre aux besoins des FAC et de nos alliés dans le cadre d’opérations internationales. Pour ce faire, le PCGM nous a accordé un accès illimité à l’ensemble de données haute résolution mondiale afin de produire des données cartographiques numériques et des cartes papier, et nous a permis de contribuer à cet ensemble, » indique John Healey, chef de la production, S Carto.

On estime que ces données géospatiales valent actuellement environ un milliard de dollars, une somme qui augmentera au fur et à mesure que l’on produit davantage de données. Malgré ce jalon incroyable, le travail dans le cadre du PCGM ne cesse pas; on continuera de produire des données et de contribuer à la croissance de projet précieux.

Pour obtenir de plus amples renseignements sur la façon d’obtenir des données recueillies dans le cadre du PCGM ou d’autres données géospatiales, consulter le site Web du S Carto sur le RED à l’adresse : <http://intranet.mil.ca/fr/organizations/cfintcom/mce.page>

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# Capt Stephanie Dennis recognized as an Academic All Canadian

By Janet Bryson,

Senior Communications Manager, Communications and Marketing, Dalhousie University

Capt Stephanie Dennis (née Bigelow) a Comox, BC native and second year Dalhousie medical student, has been recognized as an Academic All Canadian by U Sports, the leader of university sports in Canada. An Academic All Canadian is one of the highest honours a student athlete can achieve. To qualify student athletes must maintain an academic standing of 80% or better while playing on a university varsity team. A former Canadian junior national team member, Capt Dennis swims on the Dalhousie swim team.

All Canadian honourees are also committed to providing service and leadership to their communities.

Capt Dennis is no exception. She began her military career 13 years ago as an officer, and in addition to her service to her country, she has volunteered for a wide variety of initiatives, including the CAF Speakers bureau - a national outreach program that provides speakers to schools, conferences, and organizations across the country.

Capt Dennis received her bachelor's degree in chemistry at the Royal Military College of Canada in Kingston, Ontario. After graduation, she earned her wings as an Air Force Navigator and became the first female instructor to train Air Force Navigators at 1 Canadian Forces Flying Training School at CFB Winnipeg. After three years of instructing, Capt Dennis was posted to Nova Scotia where she was the first person to successfully become a Tactical Navigator immediately out of flight school on the CP-140 Aurora, a long-range patrol aircraft. During her time on the Aurora, Capt Dennis chased drug smugglers over the Caribbean, hunted submarines throughout the Atlantic Ocean, and all while pregnant with her first child.

A passion for the benefits of a healthy lifestyle led Capt Dennis to apply to the CAF Medical Officer Training Program. She was accepted to the program and Dalhousie's Faculty of



*Capt Stephanie Dennis and her daughter Freya attend the Academic All Canadian sports awards luncheon. Freya is wearing a tiger costume because a tiger is the Dalhousie mascot.*

SUBMITTED

Medicine in 2016. It also meant that Capt Dennis had an opportunity to be an active member of the Dalhousie swim team.

"I've had such a great experience working with the coaches, including Lance Cansdale our head coach," says Capt Dennis. "And I am so inspired by the men and women on the team. They are such dedicated, smart individuals. They are balancing so much between their studies, community work and being on a varsity team. I have so much respect for them."

Capt Dennis is also managing a balancing act and she attributes much of her success to the support of her husband, Scott Dennis. In addition to her studies, commitment to her swim team and to the CAF, she also has a two-year-old son, Eric, and 10-month-old daughter, Freya. In fact, Capt Dennis was pregnant with Freya in the first year of medical school and brought her to the All Canadian Awards luncheon, holding her in her arms as she accepted her award. "I showed up with my daughter. She had been with me in my belly the whole time I was swimming for the swim team, so she deserved the award as well!"



*Capt Stephanie Dennis (centre) is a member of the Dalhousie Swim team.*

DALHOUSIE ATHLETICS

Capt Dennis would like to work in the area of family medicine and in her final year of medical school would like to complete her student research project on the benefits of exercise and

pregnancy. "I am always surprised at what you can do if you put your mind to something. I am a big believer in taking an opportunity if it is presented to you."

## Room clearing training in HMCS St John's



*RCN members deployed onboard HMCS St. John's as part of the Ship's Naval Boarding Party perform room clearing training throughout the ship during Op REASSURANCE.*

CPL TONY CHAND, FIS



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# Naval Security Team safeguards ships in foreign ports

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

The safety of ships and sailors in foreign ports is top-of-mind for the flexible, scalable and dynamic team that recently deployed from Maritime Forces Pacific in Esquimalt, B.C., to Copenhagen, Denmark.

For three weeks, the Naval Security Team's (NST) mission deployment team will take over the force protection component of HMCS *St. John's*' duty watch during the frigate's rest and maintenance period in Copenhagen, so that more members of the ship's company can go home for their designated break during Operation REASSURANCE.

Op REASSURANCE is the CAF's contribution to NATO assurance and deterrence measures in Central and Eastern Europe. *St. John's* began its deployment on January 18, 2018, when it joined Standing NATO Maritime Group One, a naval force made up of ships from various allied countries that work together for a common purpose in the Mediterranean Sea, the North Atlantic Ocean and the Baltic Sea.

The Royal Canadian Navy's NST provides naval reservists with opportunities for real-world, expeditionary operations around the world. The training given to sailors is focused on specific operational and tactical skill sets, and is more advanced than that given during normal trade or occupation training.

"It provides challenging, interesting and unique experiences providing naval effects both on land and at sea," says LCdr Jeff Chura, who took over as Commanding Officer of the NST on March 9. "This type of training and work can help re-energize the Naval Reserve by increasing not only recruiting, but also retention."

For this deployment, the team consists of 36 reservists from 18 Naval Reserve Divisions across the country, representing every military occupation. Together, the team also speaks nine different languages.

LCdr Chura says the training varies depending on the mission type and the size of the group, but the current team conducted four weeks of diverse training including dynamic tactical shooting with the Maritime Tactical Operations Group (MTOG); combat casualty care and first aid; firearms and ammunition training for shoot-no-shoot decision-making development; RCMP training on identifying who is



*AB Alex Gauthier, a member of the Naval Security Team.*

CPL BLAINE SEWELL, MARPAC

carrying hidden weapons; psychology/mindset of criminal/terrorist suspects; and shipboard force protection organization, duties and responsibilities.

Once this training program was completed, the team underwent a week-long validation period with Sea Training (Pacific) to determine its operational readiness.

Team members are excited to be deploying to Copenhagen after their intense training schedule. Some common characteristics that seem to bind all the members of the team together are a yearning for adventure and travel within a structure of self-discipline and strong work ethic; a commitment to teamwork and strong friendships; a love of learning and challenging oneself to the fullest; and a desire for an active lifestyle.

AB Alex Gauthier, a reservist from *Champlain* in Chicoutimi, Que., speaks multiple languages and joined the NST earlier this year. He is looking forward to his time overseas, saying he enjoys being outside of his comfort zone and taking on new challenges.

"Being a part of the NST is a great challenge that touches on the values of teamwork and self-discipline," he says. "I love the fact that it is made up entirely of reservists from across the country and demonstrates that we can accomplish great things together."

His thoughts are echoed by AB Stephanie Vibert, a boatswain from York in Toronto, who would also like to inspire young women in Canada.

"I would like to let them know that they can, without a doubt, excel in a career that was traditionally reserved

for men," explains AB Vibert. "And I am very proud to be able to protect my shipmates and my country as part of the NST."

She adds that she loves the idea of using the knowledge and skills learned in training to explore new places. "I was seeking adventure, travel, camaraderie and lifelong friendships. I am very fortunate to have already found these during the time that I have been with HMCS York."

LCdr Chura believes the NST concept provides a new and unique capability for the RCN in the shape of a dynamic team dedicated to force protection and security.

"This is something that we, as an organization, have never had before," he explains. "The training programs are still relatively new and are being refined and improved constantly, but I think they have proven so far to provide a well-balanced and effective force."

In fact, the NST's first deployment, designed to prove the capability of the concept, was to Busan, South Korea last year where a team of 78 personnel provided force protection for *Winnipeg* during its port visit. Concurrently, the team worked closely with Republic of Korea Navy (ROKN) personnel to develop, practise and execute an exercise demonstration of combined RCN-ROKN operations for both Canadian and Korean flag officers and VIPs.

"Feedback from both *Winnipeg* and the ROKN was positive," says LCdr Chura, who has been with the NST team since its inception. "The NST concept was proven beyond a doubt."

The second deployment was a team



*AB Stephanie Vibert, a member of the Naval Security Team.*

CPL BLAINE SEWELL, MARPAC

of 10 NST personnel and two MTOG personnel to Suva, Fiji as a global engagement-style capability building exercise with the Republic of Fiji Navy (RFN). For a week, the RCN and RFN demonstrated techniques to each other and exchanged standard operating procedures.

"Concurrently, both LCdr Wil Lund, the Commanding Officer of MTOG, and I had the opportunity to liaise with the Canadian High Commissioner and the Canadian Defence Attaché to Fiji, as well as Fijian military and diplomatic personnel, and numerous international defence attachés. This interaction was so successful that the RCN was invited back to the region, and both NST and a Canadian ship will be returning to Fiji this spring."

When the Copenhagen mission is over, the NST core team continues with planning and training for future operations, and the current reservists are de-mobilized and either return to other Naval Reserve contracts around the country or to their home units. Those with NST training and experience then form a pool of personnel that may be called up to participate in another NST mission deployment team in the future.

"In our current manning construct and operations tempo, there is only one mission deployment team at any one time, but as the team continues to mature and grow there is the possibility that in the future more than one team may be deployed at the same time," says LCdr Chura. "The NST never rests on its laurels and will always push itself to be better and better."

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# TRIDENT Sports

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

## Shearwater Flyers bring home gold from CAF OT Hockey Nationals

By Ryan Melanson,  
Trident Staff

Heading into the finals of the CAF Old Timer's Hockey National Championship on March 22, all signs were pointing to a gold-medal win for CFB Valcartier. Representing the Quebec region, the team shut out each opponent through the round-robin portion and semi final, scoring a whopping 24 goals without allowing a single shot to get by their own goal-tender.

The final game however, against the 12 Wing Shearwater Flyers, played out differently.

After falling behind 1-0 early in the game, the Flyers took the lead in the second period and didn't give it up, leading to a 4-3 finish and a championship victory for the Atlantic region.

"We were able to bring it to another level and we shut them down at their own game," said CWO Ron MacGillivray, head coach for the Shearwater team through their successful stint at the Regional Championship earlier this year as well as at the Nationals at CFB Borden. He said team cohesion was a big factor in the successful season, and also gave credit to the extra players from other Atlantic teams who joined the main Shearwater squad in Borden.

"We had a great team. We ran all three lines through the final, and I

think everybody on the team could feel like they were really a part of that win, which was great."

The Flyers notched wins in the round-robin portion against teams

from CFB Kingston (7-2), CFB Edmonton (8-1) and CFB Esquimalt (4-2), and their only loss came at the hands of the Valcartier team that they would meet again in the finals. The Flyers played to a 3-3 tie against CFB Kingston in the semifinal, with their earlier round-robin victory over the team earning them a spot in the finals.

Shout-outs went to MCpl Alan Rockwell of TEME, who took the game MVP award for the finals, as well as WO Maxime Morency, a pickup from Gagetown for nationals who was awarded the MVP title for the tournament overall.

Many of the Flyers players this season were also old teammates and longtime friends of Sgt (ret'd) Rob

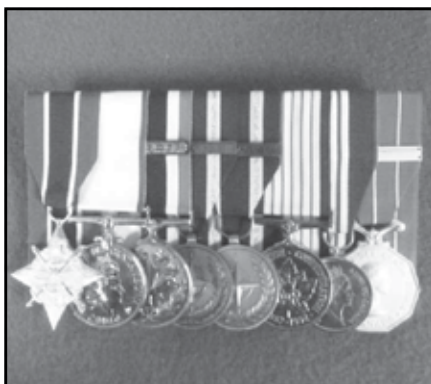
Sneath, who died in late 2017 after a battle with melanoma, and they dedicated their win to the late CAF hockey standout. At Regionals in Gagetown earlier this year, the tournament MVP award wasn't handed out to an individual, but rather dedicated to Sgt (ret'd) Sneath, and after the win at Nationals, the team again honoured Sneath with his Flyers #27 included in the championship photo.

"Rob was an integral part of the Shearwater and Old Timer's hockey teams and won many Regional and National Championships. This one was for him," said CPO1 Chris Belanger, a member of the team and unit Chief at FDU(A).



*The 12 Wing Shearwater Flyers, representing the Atlantic region, took on CFB Valcartier, representing the Quebec region, in the finals of the CAF Old Timer's National Hockey Championship. The tournament was held from March 19-22 at the Andy Anderson Arena at CFB Borden.*

PTE BRENDA LEROUX, BORDEN IMAGERY



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# CFB Halifax team wins Regional Curling gold

By Ryan Melanson,  
Trident Staff

Five teams from across the region battled it out from March 27-29 at the CFB Halifax Curling Club for the title of Atlantic Champions, with the home team from CFB Halifax coming away with the banner and gold medals.

The winners were one of two Halifax teams who competed, alongside teams from 12 Wing Shearwater, 14 Wing Greenwood, and 5 CDSB Gagetown. The winning team went undefeated through the tournament, with victories over Shearwater (7-2), Gagetown (8-2), Greenwood (7-0), and the second Halifax team (8-3).

The final match saw Halifax once again facing Shearwater. Led by skip PO2 Heather Whiteway, Halifax took the lead in the opening end and continued scoring, shutting down the 12 Wing team's attempts to catch up and ending in a 6-3 final score after eight ends.

Along the with PO2 Whiteway, who works at FMF Cape Scott, the Championship team was made up of LS Marc Vezina, also of FMF, PO1 Denny Wil-



*The CFB Halifax team in action during the final match of the Atlantic Regional Curling Championship at the CFB Halifax Curling Club.*

RYAN MELANSON, TRIDENT STAFF



*From left, the team of PO1 Denny Wilson, PO2 Heather Whiteway, LS Blaine Richard, LS Marc Vezina, and LS Adam Wilson are Atlantic Regional Curling Champions for 2018.*

RYAN MELANSON, TRIDENT STAFF

son and LS Blaine Richard, who both work at Naval Fleet School (Atlantic), and LS Adam Wilson of Trinity.

"Everyone had fun and it was a great way to start the Easter week-

end," said PO2 Whiteway after receiving the Championship banner. She also thanked PSP Halifax, specifically Fitness and Sports Coordinator Ashley Stewart, for organizing the

tournament, as well as CFB Halifax Base Chief CPO1 Dave Steeves for attending the final game and handing out the hardware during the closing ceremonies.

## Commonwealth Games trivia, 1930 – 2016

By Stephen Stone

Although started as the British Empire Games, then as the British Empire and Commonwealth Games, and British Commonwealth Games, the questions will use the current term of The Commonwealth Games.

**Questions**

1. Marcus Stephen, 1990 – 2002, won 12 medals (7 gold ) and eventually became President of this island nation which at one time had the highest per capita income of any country.
2. In what event did Gordon Smallacombe win the very first gold medal in the history of the modern Commonwealth games?
3. Of the 11 teams that participated in the inaugural Commonwealth games, these two were the only ones to not win a medal.
4. This winner of the Boston Marathon in 1926 and 1929 won the bronze medal at the first Commonwealth Games. Since 1975, a marathon has been held in his honour in New Glasgow, Nova Scotia.
5. At the 1954 games in Vancouver, Roger Bannister ran the Miracle Mile in 3:59.4. Who also broke the 4-minute barrier but finished second?
6. Who were the first 2 women to win Gold medals in diving at the Commonwealth Games?
7. At the 1950 games, who was the “Mad

- Dog” who won wrestling gold in the middleweight division?
8. At the 1950 New Zealand games which Canadian diver won a gold and silver medal?
  9. This Canadian, the first president of the World Anti-Doping Agency, won a gold medal in 110 yd freestyle swimming event at the Perth, Australia Games in 1962.
  10. In 1962 she won gold in the 100-metre butterfly and the next year at the Pan-Am games in Sao Paulo, she won 4 silver medals in the 100 metre freestyle, 110 metre butterfly, 4x100 freestyle relay, and the 4x100 medley relay.
  11. Who was the Mighty Mouse who won

- 7 medals at the Kingston, Jamaica games in 1968?
12. In 1958, Canada won 1 gold medal. In which event did Canada show supremacy?
13. Who was Canada's first men's gold medal badminton winner at the Commonwealth Games?
14. He won a bronze in the cycling time trial and gold in the 10-mile scratch as well as silver in the tandem race with partner Barry Harvey.
15. Canada won gold and silver in 2 diving events at the 1970 games. Who won the gold and who won silver?
16. In 1978, Canada won gold and 2 Cana-

- dians tied for silver in the women's all round gymnastics event. With the tie for silver, there was no bronze awarded. Who were these mavens of the mat?
17. In 1978, which Canadian swimmer won 6 gold medals?
18. In Glasgow, Scotland, in 2016, which Canadian rhythmic gymnast won 5 gold medals?
19. Who was the Nova Scotian silver medal-winning gymnast at the Glasgow Commonwealth games?
20. Who won the heptathlon for Canada in Glasgow?

Answers on page 23

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Answers

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Crossword

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Just two teams competed for the men's regional volleyball title, with the CFB Halifax team eventually defeating Greenwood.

LS LOUIS-PHILIPPE DUBÉ, 14 WING IMAGING



The CFB Halifax women's team wins regional volleyball during a tournament held at 14 Wing Greenwood.

LS LOUIS-PHILIPPE DUBÉ, 14 WING IMAGING

# CFB Halifax takes both volleyball regional titles

By Sara White,  
The Aurora Managing Editor

Volleyball action took over the centre court of 14 Wing Greenwood's Fitness & Sports Centre March 20 through 23, as the base hosted the Atlantic Regional men's and women's volleyball tournament.

CFB Halifax made a clean sweep of the titles, winning both the women's and the men's competitions and the berths for the CAF national championships April 21 to 25 at CFB Borden.

14 Wing Greenwood Commander Col Mike Adamson opened the tournament March 21, welcoming athletes and serving up the ceremonial first ball.

"I know these will be a couple of days of exciting competition, and I know everyone will have a great event."

He urged the Greenwood teams to repeat the success of the base's women's hockey team, which won the Atlantic regional title and then the national tournament earlier in March.

"We are cheering for the home teams!"

In the women's division, Halifax defeated Gagetown 25-17, 25-17 and 25-23 to open the tournament. Halifax's Carolyn Pumphrey was the game MVP. In game two, Halifax defeated Greenwood 25-11, 25-10, and 25-5. Game MVP was Halifax's

Jess Baker. Greenwood defeated Gagetown in game three, with MVP Gagetown's Danielle Vortisch. Gagetown and Halifax met again in the semi-final, with Gagetown taking the win. Gagetown's Mary Mejia was game MVP. The final pitted Halifax against Greenwood. Halifax won, with their Kyra Brown the final MVP.

Just two teams entered the men's side of the tournament. In the opener,

Greenwood defeated Halifax 25-11, 19-25, 25-23 and 25-23 – all close games with Greenwood's Arthur White the game MVP. Halifax won the second round, with game MPV Jason Thompson on their side. In the tie breaker for the championship, Halifax persevered, with D McRae from Halifax the game MVP.

Overall tournament MVPs were Pumphrey on the women's side, and Thompson on the men's.

## Fitness and sports updates

By Trident Staff

**The Navy Tridents Triathlon and Duathlon** takes place on Sunday, June 3.

**The second annual Navy Bike Ride** is on Friday June 8 in the same location as last year: the Rails to Trails system in Shearwater/Cole Harbour/Lawrencetown. More details to follow.

**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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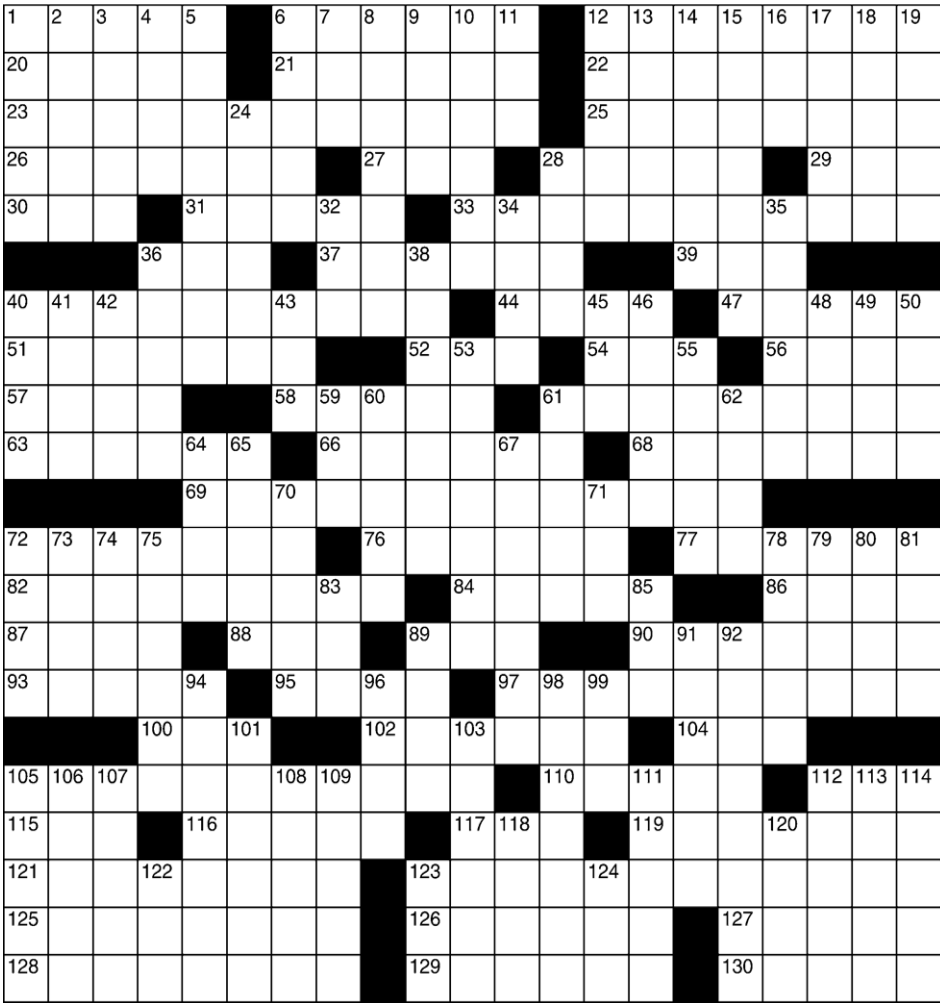


# Super Crossword

## WEE BEINGS

- ACROSS**  
1 Pre-Easter seasons  
6 Confront boldly  
12 Entree companioner  
20 Into pieces  
21 "-- & Greg" (old sitcom)  
22 Baseballer Roberto  
23 Style for Twiggy or Halle Berry  
25 Turned away from sin  
26 Remove with a dustpan, say  
27 Mate of Mom  
28 Dead duck  
29 Jestng sort  
30 Kin of -ette  
31 Prelude  
33 Kitschy lawn decoration  
36 Blasting inits.  
37 Matador  
39 Low mark  
40 Diet Coke alternative  
44 Banjos' cousins, in brief  
47 Boxer Roberto  
51 Duncan of dance  
52 L.A. winter hrs.  
54 Bit of web video gear  
56 Burrito kin  
57 "American Pie" actress Reid  
58 Aesop's language  
61 Robert Louis Stevenson short story, with "The"  
63 POW's place  
66 Difficult trial
- 68 Prize taker  
69 Credits for currying favor  
72 World Series month  
76 Goal  
77 Yard dividers  
82 Grimm story  
84 Born earlier  
86 Roof edge  
87 Took a plane  
88 -- Z (the works)  
89 Part of 55-Down: Abbr.  
90 One issuing a revision  
93 Deer daddies  
95 Filmdom's Kazan  
97 Cookie baker in a tree  
100 Part of UNLV  
102 Least confined  
104 Horace's "-- Poetica"  
105 Swimmer with a long, flattened snout  
110 Singer -- Marie  
112 Destroy the inside of  
115 Lacto- -- diet  
116 Like some perfect games  
117 Wide shoe spec  
119 With regard to pitch  
121 New film's initial showings  
123 Spago restaurateur  
125 Licorice-tasting liqueur  
126 One way to serve cafe  
127 -- Lauder  
128 Alcoves  
129 Surgical inserts  
130 Performers
- DOWN**  
1 Little slip-up  
2 Sweeping stories  
3 Greek island  
4 Duet + one  
5 Enter by foot  
6 Change to fit  
7 Greek letter  
8 One of four on a sedan  
9 Kind of whale  
10 Smear mark  
11 Design on skin, in brief  
12 Atlantic fish  
13 Actress Graff  
14 Rely  
15 Appeared  
16 Woodsy lair  
17 Bisected  
18 Iron output  
19 Bush row  
24 Stalking sort  
28 Totally get  
32 Artery: Abbr.  
34 In -- (mired)  
35 Fix, as a dog  
36 -- wave  
38 Lured  
40 Is in session  
41 Jr.'s exam  
42 -- avis (oddity)  
43 Sharp turn  
45 Green start?  
46 The Devil

- 48 Police action  
49 Crest  
50 "Negative"  
53 BBQ pest  
55 Weekday letters  
59 Propel a boat  
60 Golfer Els  
61 Tow-headed  
62 Emit coherent light  
64 Big name in advice  
65 Garbo of film  
67 Hulking and dumb, maybe  
70 Elocute  
71 Mineral suffix  
72 Does in  
73 City in Colombia
- 74 Arena area  
75 "1984" writer  
78 Gets closer  
79 Blanchett of "Elizabeth"  
80 Stunt puller Knievel  
81 Toiler of yore  
83 Online "Ha!"  
85 Wipe  
89 Jamie of TV  
91 Intend to do  
92 Crazy  
94 Holy French ladies  
96 "-- all possible ..."  
98 Singer Gloria  
99 Summer, in Savoy  
101 Hog noises
- 103 Just manage  
105 Really succeed  
106 Like lambs  
107 Of the fifth element  
108 Novelist Nevil  
109 Tap-dancer Gregory  
111 Les -- -Unis  
112 Thigh-rotating muscle, informally  
113 Peptic disorder  
114 Moppets  
118 Her, to Henri  
120 Lhasa -- (small dog)  
122 Wind dir.  
123 Used to be  
124 "Shool!"



# Commonwealth Games trivia, 1930 – 2016

Questions on page 21

- Answers**
1. Nauru, of Oceania.  
2. Triple jump – 14.76 metres.  
3. Bermuda and Newfoundland.  
4. Johnny Miles.  
5. John Landy of Australia.  
6. Pearl Stoneham – tower; Doris Ogilvie – springboard  
7. Maurice “Mad Dog” Vachon. He became well know as a professional wrestler later.  
8. George Athans – gold, 3-metre springboard; silver, 10-metre platform  
9. Dick Pound - 55.8 sec.  
10. Mary Beth Pauline Stewart.  
11. Elaine Tanner – gold: 110 yd, 220 yd, butterfly; 440 yd medley; 4x110 yd freestyle relay; silver: 110 yd, 220 yd backstroke; 4x110 medley relay.  
12. Men's eight rowing: A.A. MacKinnon, D.J. Arnold, D.W. Pretty, G.A. Mervyn, I.W. d'Hondt, L.K. Loomer, R.A. Wilson, S. Biln, & W.A. McKerlich.  
13. Jamie Paulson. 1970. He also won a bronze with partner Yves Pare.
14. Jocelyn Lovell, He also won the time trial gold in 1978.  
15. Beverly Boys: gold, 3-metre springboard and 10-metre platform; silver, Elizabeth Carruthers, springboard; and Nancy Robertson, platform.  
16. Elfi Schlegel, gold; Monica Goermann and Sherry Hawco, silver. These three along with Teammate Karen Kelsall won gold in the women's team event.  
17. Graham Smith – 100 metre and 200 metre breaststroke, 200 metre and 400 metre individual medley, 4x100 metre freestyle relay, and 4x100 medley relay.  
18. Patricia Bezzoubenko – rhythmic team all-round; individual all-round; individual ball; individual clubs; individual hoop.  
19. Ellie Black of the Alta Gymnastics Club. In 2017, Black became the first Canadian gymnast to win a World all-around medal, winning silver in the all around competition.  
20. Brianne Theisen-Eaton.



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