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TRIDENT

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Taking the shot

LS Brandon Humphrey (right) and LS Jordan Park (left) currently deployed on board HMCS St. John's in the Baltic Sea, perform live fire training with a .50 calibre heavy machine gun during Op REASSURANCE on April 13, 2018.

CPL TONY CHAND, FIS



NATO exercises on Op REASSURANCE Pg. 5



HMCS Oriole Change of Command Pg. 6



Battle of the Atlantic Pgs. 11-13



Regional Squash Champions Pg. 21



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RCN ships back in Halifax after unique West African deployment

By Ryan Melanson,
Trident Staff

After nearly three months away from home in the warm West African climate, the crews of HMC ships *Summerside* and *Kingston* were quickly reintroduced to Halifax-style weather as they came alongside Jetty NC on April 17.

Heavy rain and 60 km/h wind gusts made for a cold and wet return, but plenty of families, kids and even a few excited pets were still on hand to welcome the sailors home after successfully carrying out Op PROJECTION West Africa.

The mission was described as a strategic engagement meant to support capacity building and foster relationships with partner navies, as well as to engage at the community level, visiting and helping out with manual labour tasks at schools, daycares and other locations in multiple countries, including Cape Verde, Senegal, Liberia, Cote d'Ivoire, Nigeria, Benin and Ghana. The ships sailed from their final port of call in Madeira in early April and arrived in Halifax about nine days later.

It's the type of deployment that many have described as a trip of a lifetime, but that doesn't mean sailors weren't excited step off their respective ships and get reunited with loved ones.

"It was an incredible experience, different than anything I've done be-



HMC ships *Summerside* and *Kingston* have a stormy welcome as they returned to Halifax from Op PROJECTION West Africa on April 17.

MONA GHIZ, MARLANT PA

fore, but I still can't describe how good it feels to be home. I've been waiting for this day for a long time now," said SLt Joannie Martin-Labelle, one of the first off HMCS *Kingston*, who was greeted by kisses from both her boyfriend, Lt(N) Sebastien Williamson, and her puppy Merlin.

MS Joey Roberts, also a member of HMCS *Kingston*, came to the ship with sailing experience mainly on the larger Halifax-class frigates, but said once he adjusted to the bumpy ride of

crossing the Atlantic in an MCDV, he enjoyed being part of a smaller crew on the unique trip. The at-sea portion of Op PROJECTION, which included the US-led Obangame Express exercise from March 22-27, saw *Kingston* and *Summerside*, along with Dutch and Belgian partners, lead exercises with the Navies of Cote d'Ivoire, Togo, Ghana, Guinea, Sierra Leone and Liberia.

"Bringing the other Navies over onto our ships was a highlight. We were teaching them some counter-piracy techniques, drug interdiction maneuvers and procedures, and there was a lot for us to gain as well in passing that knowledge along," MS Roberts said.

LCdr Matthew Woodburn, *Kingston's* Commanding Officer, echoed those comments. While the Canadian ships served as a platform for exercises mainly focused on building capacity for the West African personnel, he described an exchange of cultures, ideas and best practices that was beneficial all around. This

started before the vessels even departed in February, with exchange officers from Ghana and Cote d'Ivoire accompanying the RCN crews across the Atlantic.

"We were really able to learn from each other. We saw how they do their work with these types of operations, and they were able to see what we have on our ships and how we conduct our business for Maritime security," LCdr Woodburn said.

The majority of those who made up the two ships' companies were deploying and operating in that area of the world for the first time, while a few others, including LCdr Emily Lambert, *Summerside's* CO, were returning after being a part of the initial 2017 deployment. This year, she was able to bring familiarity with the region and the like-minded Navies the RCN is working with, and she also further developed friendships and working relationships with some African

counterparts who she got to know during last year's trip.

"And the RCN plans to continue sailing to the region for the next three to five years, so we'll become more familiar and this will become a more typical deployment for us. We've done a lot in these two years to build relationships with some of these like-minded West African Navies, so it will be very important to continue that work," she said.

The community-focused portions of the trip involved not only deliveries of donations and lending a hand to local schools, but also plenty of meetings with community members and welcoming of visitors on board the ships, with a special focus on meeting young women and promoting women's rights and equality.

"That was very special to me and my crew," LCdr Lambert added.

"We were able to pass on our stories and hopefully help inspire some young women and let them see that there are non-traditional jobs that they can aspire to."

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MARLANT wears #jerseysforhumboldt

Military members and DND employees wear their #jerseysforhumboldt for the Humboldt Broncos community and the incident's first responders during National Jersey Day on April 12, 2018 at HMC Dockyard Halifax. Members of HMCS Halifax man the rails and members and employees of Fleet Maintenance Facility Cape Scott stand on the jetty.

MONA GHIZ, MARLANT PA

Shearwater Flyers pay tribute to Humboldt

The Canadian Armed Forces Over 40 National Hockey Champions from 12 Wing Shearwater show their support and respect to the Humboldt Broncos Junior League hockey team who were involved in a tragic bus accident en route to a playoff game in Nipawin, Saskatchewan, killing 16 people on April 6, 2018. From left to right: CWO Ron MacGillivray (Coach), MWO Moe Gravel (Goalie), 12 Wing Shearwater CWO Dave Hepditch, CWO Calvin Fowler (Asst. Coach), MWO Wade Sutton (Team Captain), and CPO1 Chris Belanger (Asst. Captain).

CPL JENNIFER CHIASSON, 12 WING IMAGING



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HMCS St. John's performs manoeuvres with other members of Standing NATO Maritime Group One while on Op REASSURANCE in the Baltic Sea, March 21, 2018.
CPL TONY CHAND, FIS

HMCS St. John's participates in passing exercises with Danish, German, Latvian, Lithuanian, and Polish naval ships

By Capt Christopher Daniel,
CJOC Public Affairs, and SLt Derek
Frank, HMCS St. John's UPAR

HMCS St. John's participated in a series of passing exercises (PASSEX) with NATO Allies in the Baltic Sea from March 14 to 22, 2018.

Participating ships from other nations in the Alliance included HDMS Niels Juel from Denmark; FGS Erfurt from Germany; P15 Selis from Lithuania; LNS Skrunda and LNS Versaitis from Latvia; and ORP General Kazimierz Pułaski, ORP General Tadeusz Kościuszko, ORP Kaszub and ORP Bałtyk from Poland.

PASSEX is an exercise conducted by two or more navies to ensure that they are able to communicate and cooperate while operating at sea. The drills can be as basic as communica-

tion via flashing light, radio procedure drills, or tactical and formation maneuvering. It also includes more advanced electronic and digital co-operation including using electronic communications and target acquisition.

"You have to be adaptable," said LS Nicole Fabella, a naval communicator aboard St. John's. "Although we use the same codebook, the way in which countries train their communicators can be different, especially when operating with navies that speak languages other than English. It is more about different styles than anything else."

The PASSEX further enhanced the robust relationships between the participating navies. The series provided an opportunity for NATO allies to continue building their strengths in working together in the areas of

Anti-Air Warfare, Anti-Submarine Warfare, and Anti-Surface Warfare.

Standing NATO Maritime Group One (SNMG1) planned the majority of the serials in this PASSEX, with contributions from the participating nations. The week-long exercise practiced every aspect of warfare at sea. It also demonstrated NATO's resolve by continuing to exercise in and around the Baltic Sea.

"Every time you get the chance to work alongside other navies is a privilege. As part of SNMG1, our motto is Stronger Together," said Cdr Gord Noseworthy, Commanding Officer of St. John's.

"Time spent conducting operations with Allies overseas helps increase our knowledge of how our Allies function, and therefore contributes to increased global security. Every-

one here has enjoyed our time so far in the Baltic Sea, and we're looking forward to working with additional nations throughout the remainder of our deployment," continued Cdr Noseworthy.

St. John's officially joined SNMG1 on January 18, 2018 as part of Op REASSURANCE, Canada's support to NATO assurance and deterrence measures in Central and Eastern Europe. The deployment of an HMCS frigate in support of NATO assurance and deterrence measures provides Canada with the flexibility to execute a range of missions across a broad spectrum of operations in support of the international effort in the region. These include surveillance and monitoring, regional defence and diplomatic engagement, and capacity building.



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Publication
Schedule
for 2018

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

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Community Calendar

Reunion and event notices must be submitted by email.
editor@tridentnews.ca include the sender's name and phone number.

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

GeekFest Spring Offensive
Time: 10:30 a.m. – 9 p.m.
Date: Saturday, May 5
Location: Sea King Club,
242 Warrior Avenue, 12 Wing
Shearwater

Presented by the Roll the Initiative Gaming group, the GeekFest Spring Offensive is a tabletop gaming event that will also serve as a Children's Wish Foundation fundraiser through NDWCC. Games set to be played through the day include Warhammer 40k, Magic: The Gathering, and Pokemon TCG. Games will be sanctioned and with official judges present, with a \$10 registration cost for Warhammer 40k and Pokemon, and a \$20 registration cost for Magic: The Gathering. There is plenty of space and the event is open to friends and family of military members. Registration is currently open – contact LS Kyle Gillard at Kyle.Gillard2@forces.gc.ca or RollTheInitiativeGaming@gmail.com to register or for more information.

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" Flanagan, 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 Second World War, and will be available to sign books afterward.

By the Canadian Naval Review

The Canadian Naval Review will be holding its annual essay competition again in 2018. There will be a prize of \$1,000 for the best essay, provided by the Canadian Naval Memorial Trust. The winning essay will be published in CNR. (Other non-winning essays will also be considered for publication, subject to editorial review.)

Essays submitted to the contest should relate to the following topics: Canadian maritime security; Canadian naval policy; Canadian naval issues; Canadian naval operations; his-

Halifax Harbour with Mac Mackay
Time: 10 a.m. - 12 p.m.
Date: Wednesday, May 9
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 evolution of ships and shipping in Halifax; fish and other resources related to the harbour; and the container revolution.

The Voyage Out: Words & Music of Poets of the Sea
Time: 2 - 3:30 p.m.
Date: Saturday, May 12
Location: Alderney Gate Library
Irish poet Anne-Marie Fyfe will lead guests through readings, lectures, and music, with a sea-focused presentation spanning great novelists, travel writers, and poets, as well as local Nova Scotian writers who've participated in her workshops. The sea is a recurring presence in Fyfe's poetry, and continues in current writing/travel projects which combine poetry and prose memories of growing up, life by the sea in Ireland, and other coastal locales experienced in travel. Fyfe will be joined by musician Cahal Dallat.

IWK Art Show and Sale
Time: 9 a.m. – 4:30 p.m.
Date May 17, 18, 22-26
Location: Chase Gallery, Nova Scotia Archives
The IWK Kermesse Art Show and Sale takes place starting May 17. There will be over 100 original paintings donated by local artists for sale. The proceeds from the Art Show and Sale will support the Auxiliary's contributions toward providing care and comfort to patients and families at the IWK. The Show and Sale takes place at the Chase Gallery, NS Archives

Building at 6016 University Ave. The opening reception is on Thursday, May 17, 7-9 pm (everyone welcome). The show continues Friday May 18 and then on Tuesday, May 22 through Saturday, May 26. Admission is free.

Deadman's Island Memorial Event
Time: 10 a.m.
Date: Monday, May 28
Location: Deadman's Island, off Cedarbank Terrace
An annual event held in Halifax on Memorial Day Monday commemorates the more than 200 American service members who died as prisoners of war on Melville Island during the War of 1812. The Americans were buried on Deadman's Island along with quarantine patients, refugees and others. Join members of MAR-LANT, along with a delegation from the United States Consulate General in Halifax, for this special ceremony.

Author talk with Eli Moskowitz
Time: 2 p.m.
Date: Sunday, June 24
Location: Maritime Museum of the Atlantic
Eli Moskowitz's book, *The Jews of the Titanic*, now translated into English, focuses on the lives and deaths of the Jewish passengers who sailed on the Titanic. It covers various Jewish aspects of the voyage and of the sinking, and is the result of a long research on the subject, including an attempt to compose a unique and complete list of all 2,200 Jews who sailed on the Titanic, and identifying many of them who were previously unknown. Eli Moskowitz was born in Jerusalem, Israel. He has a B.Ed in Education and an M.A. in Jewish History. He is an educator by profession and a Titanic researcher in his spare time. This event is presented in partnership with the Atlantic Jewish Council.

Essay contest has \$1,000 prize

tory/historical operations of the Canadian Navy; global maritime issues (such as piracy, smuggling, fishing, environment); Canadian oceans policy and issues; Arctic maritime issues; Maritime transport and shipping.
If you have any questions about the particular topic, contact naval.review@dal.ca.

Contest Guidelines and Judging
Submissions for the 2018 CNR essay competition must be received at naval.review@dal.ca by Monday, September 30, 2018.
Submissions are not to exceed 3,000 words. Longer submissions will be

penalized in the adjudication process.
Submissions cannot have been published elsewhere.
All submissions must be in electronic format and any accompanying photographs, images, or other graphics and tables must also be included as a separate file.
The essays will be assessed by a panel of judges on the basics of a number of criteria including readability, breadth, importance, accessibility and relevance. The decision of the judges is final. All authors will be notified of the judges' decision within two months of the submission deadline.

New CO will sail HMCS *Oriole* to 2018 Great Lakes Deployment

By Ryan Melanson,
Trident Staff

The Royal Canadian Navy's oldest commissioned vessel, the tall ship HMCS *Oriole*, had an exceptionally busy and successful program through 2017. Under the command of LCdr Mike Wills, *Oriole* made the marathon 16,000 kilometre sail from Esquimalt to Halifax, including stops at 10 different Canadian cities as part of the Rendez-vous 2017 Tall Ships Regatta.

Through that period, the ship cycled through more than 300 crewmembers, took 400 sea cadets and hundreds of other visitors for day sails, and while alongside, routinely welcomed more than 1,000 visitors on board each day. While transiting between ports, sailors dealt with 60 knot winds, 4-6 metre waves, multiple ripped sails and a host of other technical difficulties.

Yet through it all, the six-month program was carried out without any major setbacks, no shortages of supplies, and no injuries worse than a sprained ankle.



Capt(N) Jeff Hamilton, Commander 5th Maritime Operations Group, presides over a Change of Command ceremony on April 16, as LCdr Drew Foran (right) takes over HMCS *Oriole* from LCdr Mike Wills (left).

CPL J.W.S. HOUCK, FIS

"This is a result of the senior members of the crew, who overcame

everything that was sent their way, and for that I'll be forever grateful," said LCdr Wills, who handed over command of the ship to incoming CO LCdr Drew Foran at a ceremony in the Juno Tower Bridge on April 16.

Oriole is currently undergoing a major refit at the Lunenburg shipyard, including a full revamp of wiring and electrical systems and removal and refinishing of both masts, to prepare the ship for the summer and beyond. Earlier work was also completed on the West Coast by SNC-Lavalin, to bring the ship up to standards that were needed to carry out the extended sail to Halifax. It wasn't long ago that the ship's sailing future was in question, but after multiple inspections and risk assessments, RCN leadership committed the resources to ensure *Oriole*, which was launched in 1921 and commissioned in 1952, will continue to sail for the foreseeable future.

"A lot of tough decisions were made prior to the Tall Ships Regatta in 2017, and I won't forget the confidence that was placed in me and the ship," said LCdr Wills, who will now return to Esquimalt to take command of the Naval Security Team.

As for the incoming CO, LCdr Foran grew up in a military family, has been sailing on tall ships since he was 14 years old, and said he's thrilled that his career path has led him to take the reins of *Oriole* as his first command.

"This is truly my dream job and I intend to give it my all," he added.

Next up for the nearly 100-year-old

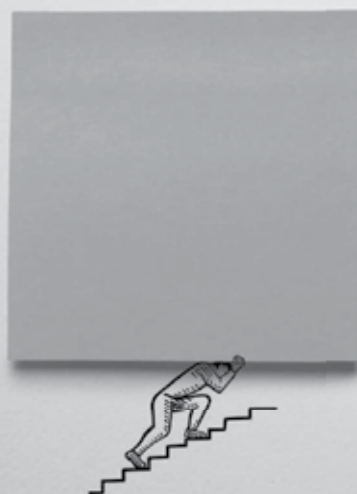
ship, following the completion of refit work, will be the 2018 Great Lakes Deployment, where LCdr Foran and his new crew will use *Oriole* as an outreach tool to introduce Canadians to a piece of RCN history while showcasing the skill and professionalism of those who sail in it.

"It presents to Canadians the capabilities and competencies of the RCN at a very different level, and a level that a lot of Canadians can relate to more easily than with our large modern ships," said Capt(N) Jeff Hamilton, CO of 5th Maritime Operations Group, who presided over the change of command ceremony.

"It also instills teamwork, discipline and core mariner competencies that are hard to get in today's world. *Oriole* helps us step back in time a bit, and reinforce the fact that the ocean environment hasn't changed - it remains harsh and unforgiving."

LCdr Foran thanked his chain of command, including Capt(N) Hamilton, for allowing him the opportunity to lead the ship through its Great Lakes program, as well as LCdr Wills, for watching over *Oriole* up to this point. With his new crew and soon a newly-refurbished ship to sail in, he expressed confidence that the successes *Oriole* saw in 2017 will continue through any future programs.

"We have some big shoes to fill, but in the short time since we've met, the crew has already shown me their eagerness to learn and their drive. We have quite the adventure ahead of us," he said.



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LIFE.CHANGING



HMCS *Fredericton* team gearing up for charity bike ride across New Brunswick

By Ryan Melanson,
Trident Staff

Over the past nine years, crews from HMCS *Fredericton* have raised nearly \$500,000 for the Children's Wish Foundation New Brunswick chapter through the ship's annual Bike for Wishes fundraiser. It's become an important source of funds for the organization, as well as a great morale booster for the RCN sailors who take part each year. Now, as the weather starts to warm up, they're ready to do it once again.

This year, *Fredericton* has renamed its signature fundraiser, now known as Sailor for Wishes, but the intent remains the same – to cycle 1,000 kilometres across the province of New Brunswick, stopping at numerous communities along the way to raise much-needed funds for the Children's Wish Foundation.

For the event's tenth anniversary, the crew hopes to top last years' fundraising total, which set a new high mark of \$77,000.

"This year, our goal is to raise about \$100,000, which would work out to be about 10 wishes granted for kids," said Lt(N) Ian Daniels, the lead organizer for the 2018 Sailor for Wishes team.



Members of the HMCS *Fredericton* Sailor for Wishes team train with a spin class at the Shearwater gym on April 12.

PHOTO: RYAN MELANSON, TRIDENT STAFF

The team will split up into two groups of 10, each biking a different route across the province, with stops at communities including Bathurst, Miramichi, Caraquet, Campbellton, Moncton, Sussex, Oro-

mocto, Saint John and more. Fundraisers are held in each community at grocery stores or other local businesses, and members will also meet with Children's Wish foundation representatives, including Wish

recipients and their families, along the way.

While most of the team members enjoy cycling on their own time, they also began training together in early April in preparation for the long-distance rides in August, with PSP's Matt MacKenzie leading training sessions on stationary bikes at the Shearwater gym. He said the focus for training has been on short, intense intervals.

"This is so they can be developing the power and strength they need for long distances, rather than the endurance training they'll be doing on their own time."

As August gets closer, the sessions will get more difficult, with longer bursts of sustained effort and shorter rest periods.

"We'll keep progressively adding to it, trying to tailor the classes for what the team needs," MacKenzie added.

The fundraiser officially kicks off on August 6; the team will make their way through the province, and wrap up in the ship's namesake city on August 11, with closing ceremonies taking place at Officers' Square in downtown Fredericton. Stay tuned for more information on how to support the team as August approaches.

Meet the Sailor for Wishes team

MS Lisa Benedetto

Hometown: Fredericton, New Brunswick
Occupation: Naval Communicator

Why did you join the Sailor for Wishes team?

"Being from Fredericton originally, I'm excited to be part of something that's going to help out children across from New Brunswick. I can't wait to be there and I hope I get to see lots of New Brunswickers out to support us."



MS Lisa Benedetto
RYAN MELANSON,
TRIDENT STAFF

What does being a sailor mean to you?

"It means being able to contribute to my country, being able to see the world, and doing something that will make my family proud."

LS Ryan Wall

Hometown: Oromocto, New Brunswick
Occupation: Steward

Why did you join the Sailor for Wishes team?

"I used to take part in Children's Wish Foundation parades when I was younger, so I know the organization, and I thought it would be a great to challenge to take on. I'm going to do everything I can to support the cause."



LS Ryan Wall
RYAN MELANSON,
TRIDENT STAFF

What does being a sailor mean to you?

"For me, it's about serving my country and doing what I can to make it a safe place for my future kids and others to grow up in."

Lt(N) Ian Daniels

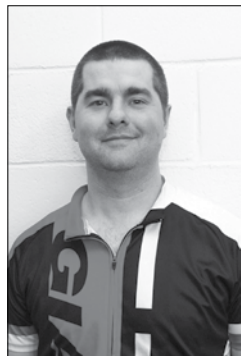
Hometown: Halifax, Nova Scotia
Occupation: Combat Systems Engineering Officer

Why did you join the Sailor for Wishes team?

"I'm a cyclist myself; I bike to and from work every day. I saw an opportunity to join the team and do some good work for Children's Wish. I'm looking forward to seeing some areas of New Brunswick that I've never been to before."

What does being a sailor mean to you?

"It means to serve Canada by helping the country achieve its goals through the Navy, and also to help my fellow sailors achieve their own personal goals."



Lt(N) Ian Daniels
RYAN MELANSON,
TRIDENT STAFF

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Sailors' training saves a life

By Peter Mallett,
The Lookout Staff

Four Royal Canadian Navy sailors put their life-saving skills to action on the evening of March 17 that resulted in saving the life of a civilian.

After a few leisurely frames of bowling at the Langford Bowling Lanes, OS Hubert Desbiens and LS Alexandre Bujold-Foisy left the building for the parking lot, followed a few minutes later by OS Christopher Hachez and OS Frederic Lapointe, who had stopped to pay for the games.

There the sailors encountered two men in a fight. According to Westshore RCMP, it was the result of an argument that turned violent, with one man allegedly stabbing the other.

The wounds were so severe a fan of blood sprayed across the tarmac. Realizing the victim was in desperate straits, OS Desbiens and OS Hachez rushed to the man and started first aid. Drawing from their training, one sailor took off his sweater and wrapped it around the victim's arm as a tourniquet. Together they put the man into the recovery position to ensure he could breathe.

"The victim kind of passed out for like five seconds, and I thought: We



LS Bujold-Foisy (left) and OS Hachez (right,) crewmembers of HMCS Vancouver, were two of four RCN members who intervened in a stabbing on March 17, 2018 in Langford, BC.

MCPL BRENT KENNY, MARPAC IMAGING SERVICES

need to do something more, there's something else going on," said OS Desbiens.

The two sailors did a full review of the victim's body looking for more wounds. They discovered another one in the man's chest.

"Once we figured out he had more

wounds than what we expected we started taking off our clothes and using them as bandages," said OS Hachez. "We were always giving him some information to keep him awake, and kept pressure on his wounds."

As the two sailors were doing first aid, LS Bujold-Foisy, ran back to Lang-

ford Lanes to get the cashier to call 911.

Amidst all the chaos, OS Lapointe stood by the victim as a measure of protection until the police and ambulance were on scene.

Constable Matt Baker of the Westshore RCMP said the sailors' trust in each other, and their military and first aid training, helped the victim and the situation that night.

"There was a couple times it was touch and go; without their quick thinking, without their communication and their skill, there's a very good chance that man could have died," he said. "So we want to say thank you to them."

Two days later, police arrested a 20-year-old male in connection with the stabbing. He is charged with aggravated assault. RCMP said the accused and victim were known to each other.

According to Westshore RCMP, the victim is in stable but serious condition.

LS Alexandre Bujold-Foisy and OS Christopher Hachez are currently sailing in HMCS Vancouver on Operation Projection, a three-month patrol in the Indo Asia-Pacific region. OS Frederic Lapointe serves in HMCS Regina. OS Hubert Desbiens is on a dive course at CFB Esquimalt.

Promotion at NOPFWI

PO2 Gillan is promoted to his current rank by LCdr Collins, CO of Trinity Det Naval Ocean Processing Facility Whidbey Island (NOPFWI). Vicki Gillan assists with the promotion.

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Awards ceremony recognizes competence and bravery

By Virginia Beaton,
Trident Staff

The quarterly MARLANT/Joint Task Force Atlantic (JTFA) Honours and Awards ceremony took place on April 12, 2018.

Before the awards were presented, master of ceremonies Greg Mullen announced a minute of silence to acknowledge the people who died in the crash in Humboldt, Saskatchewan.

Following that, Mullen introduced RAdm Craig Baines, Commander JTFA and MARLANT, presiding officer, who presented the various awards. Military and civilian personnel were honoured for accomplishments ranging from fighting a fire aboard a frigate, to achieving 50 years of service to the Government of Canada. With each presentation, RAdm Baines congratulated the recipient and conversed about the job or event that resulted in the award.

Lt(N) Greg Oickle received the Chief of Defence Staff Commendation in recognition of his role as contingent commander of a 28-person combined dive team of the RCN and the Parks Canada Underwater Archeology Unit during Op NUNALIVUT 2015, from March 31 to April 22, 2015. The dive team surveyed the wreck of HMS *Erebus*, one of the Franklin Expedition's lost ships.

RAdm Baines queried Lt(N) Oickle about the experience, asking, "What did you think was the most interesting artifact?" "The cannon," replied Lt(N) Oickle.

The next category of award was the Commander Royal Canadian Navy Commendations. PO1 Robert Cyr, a Marine Technician, received this award for his actions on October 31, 2016 aboard HMCS *Fredericton*, when he rectified a diesel generator that was initially beyond ship staff capability. This allowed the ship to continue her mission and to save time and cost for a deployable repair team.

PO1 Natasha Leavitt also received the Commander Royal Canadian Navy Commendation for her leadership, dedication, and knowledge as Chief Clerk in *Fredericton*, during the Tiered Readiness Program May 2015



The recipients of MARLANT/JTFA honours and awards, together with RAdm Craig Baines (front row centre), Commander JTFA and MARLANT, and CPO1 Pierre Auger (front row, fourth from left), Formation Chief Petty Officer.

CPL J. W. S. HOUCK, FISI

to January 2016. Her team's administrative support to the ship's company contributed to the ship's administrative preparedness and achievement of high readiness status prior to deploying on Op REASSURANCE.

LS Lucas Linfield received the Commander Royal Canadian Navy Commendation for his contributions to rectifying the ship's diesel generators so that the ship met material baseline standards compliance which eliminated the need for a deployable repair team and allowed it to continue and complete its mission.

Allan Perry, a retired PO1 received the Commander Royal Canadian Navy Commendation. While a PO2 and a senior Weapons Engineering Technician at Cape Scott, he researched and procured a significant cost-saving alternative for the Tactical Television Console System for the Victoria-class submarines.

CPO2 Vincent Prosper received the Commander Royal Canadian Navy Commendation for his actions on April 1, 2017, in helping a senior citizen who was experiencing difficulty breathing.

Bruce Wilkie also received the Commander Royal Canadian Navy Commendation for his work from 2015-2017 when he designed, built, and configured a network trainer that allowed the repatriation of Naval Communi-

cator training from a civilian service provider. The citation noted, "By enabling the training to be conducted at Naval Fleet Schools, he significantly improved annual cost savings."

The next award was the Commander Canadian Joint Operations Command Commendation, which went to Lt(N) Dustin Allen who served as Plans Officer with the Maritime Component Command function, of MARLANT N3 organization from April 2013 to May 2016. Throughout this period, he provided extensive operational support to forces deployed both domestically and internationally. The citation noted that he coordinated MARLANT's logistical and engineering authorities, in response to a gas turbine fire in HMCS *Toronto*, while it was deployed in the Indian Ocean.

The Government of Canada Long Service Award, recognizing 50 years of loyal and dedicated service, went to Ralph O'Connell. "You have served the Government of Canada longer than I've been alive," said RAdm Baines, adding, "Very few people receive an award such as this."

The next presentations were the Commander MARLANT and Commander JTFA Certificates of Achievement. Sherry Keeping, an Information Technology Project Manager with BIS, received the Commander MARLANT Certificate of Achievement for providing support to the Naval Training Development Centre (Atlantic) during its implementation of new training development labs.

PO2 Marlin Morton received the Commander MARLANT Certificate of Achievement for his achievements as a Marine Technician aboard HMCS *Moncton* during NEPTUNE TRIDENT 2017, from February 17 to May 2, 2017. While alongside in Dakar, Senegal, he led a team of engineers in repairing the Number 2 Main Diesel Alternator and Auxiliary Diesel Alternator;

repairs that are typically beyond the scope of Kingston Class engineering departments. RAdm Baines queried PO2 Morton about the repair, asking, "How did you figure what to do? Was it expertise?" PO2 Morton replied, "It was trial and error, and 16 years of expertise!"

Lt(N) Matthew Noiles received the Commander MARLANT Certificate of Achievement for his work as a senior staff officer and exercise planner on the staff of the Commander CAN-FLTLANT during the planning and execution of Ex CUTLASS FURY 16, from July to September 2016. The citation noted, "...his tireless efforts were instrumental in the many successes of the largest multi-national Anti-Submarine Warfare exercise on the Atlantic coast in over 20 years, reflecting great credit upon the Royal Canadian Navy."

OS Derek Suckling and MS Emily Walsh both received Commander MARLANT Certificates of Achievement for their courageous response to a fire in the Four Mess Flats aboard HMCS *Toronto* on June 30, 2017. The citation noted, "Their aggressive actions in responding to the emergency and combatting the escalating flames, despite the overwhelming smoke, significantly contributed to extinguishing the fire," preventing further damage and allowing the ship to continue its operational schedule.

Aaron Carpenter, formerly of Parks Canada received the Commander JTFA's Certificate of Achievement for his work on Ex SABLE ISLAND SURVEYOR 1-16 from October 3-17, 2016, as the Operations Officer with Parks Canada.

Maj Christopher Hanley received the Commander JTFA Certificate of Achievement for his planning and execution of Ex READY WARDEN 3-16, as the lead planner for JTFA.

The awards ceremony was followed by a reception for colleagues, family, and friends of the awards recipients.



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Logistics Branch flag relay in Halifax



As part of the ongoing celebrations marking the 50th anniversary of the CAF Logistics Branch, the Logistics Branch flag has been making its way around the country and world, with stops at each location where CAF Logisticians are posted or deployed. On April 9, the flag relay reached Halifax, where Logisticians brought it to the Halifax Citadel National Historic Site for a photo opportunity.

RYAN MELANSON, TRIDENT STAFF

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Battle of the Atlantic

The Church Pennant

By Padre Lt(N) David N Jackson, RCN

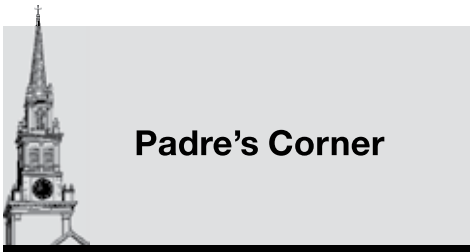
A longstanding tradition we have in the Royal Canadian Navy is, of course, the Church Pennant. It is a tradition we share with the Royal Navy, other Commonwealth Navies and the Royal Netherlands Navy, and has been in use since the 17th Century. The Church Pennant is a white pennant with a red St. George's cross and a red, white and blue fly flown during the time that a church service or prayers during a ceremony are being held on board ship.

According to Carr's Flags of the World, the Church Pennant first came into use in the mid-17th Century, during the Anglo-Dutch War. The Dutch and the English would both hold church services while at sea, and in order that these services would not be disturbed, a pennant was created by sewing together the English flag (St. George's Cross) and the Dutch tricolour, and was hoisted in all ships. When flown, this pennant indicated that the ships were at worship and that a truce was in force.

In present times, the Church Pennant continues to serve much the same function. When it is hoisted it signifies to other ships that the ship is holding a religious service, reduce speed, pass with caution. It is also normal practice that while a ship is flying the Church Pennant other warships do not send signals except in emergency. It may also be flown from the main mast by shore establishments when church services are being conducted.

The creation and use of the Church Pennant shows that, from its inception, the Navy has felt it important to make time for prayers to take place at sea, even in the midst of war.

As any sailor will tell you, life at sea is not always easy. The sea can be a dangerous and unforgiving place



– even more so in times of war. As Battle of the Atlantic Sunday approaches on May 6, I would encourage people to take time to remember the sacrifice of those sailors who have gone before us, and in prayer or quiet reflection remember those currently serving at sea, that the Lord of the Sea might grant them protection from the perils of the sea, and sustain them in their daily service, that they may have the spiritual resilience to push on and return to their homes and families with thanksgiving.

As we prepare to mark Battle of Atlantic Sunday on May 6, I leave you with the words of the Naval Prayer:

O Eternal Lord God, who alone spreadest out the heavens and rulest the raging of the sea; who has compassed the waters with bounds until day and night come to an end; be pleased to receive into Thy Almighty and most gracious protection the persons of us Thy servants, and the Fleet in which we serve. Preserve us from the dangers of the sea, and from the violence of the enemy, that we may be a safeguard unto our most gracious Sovereign Lady, Queen Elizabeth, and her Dominions, and a security for such as pass on the seas upon their lawful occasions; that the inhabitants of our commonwealth may in peace and quietness serve Thee our God; and that we may return in safety to enjoy the blessings of the land, with the fruits of our labours, and with a thankful remembrance for Thy mercies to praise and glorify Thy holy name. Amen.

Battle of the Atlantic Week events

By Trident Staff

On Saturday, May 5 at 11 a.m., there will be an event commemorating the merchant navy's participation in the Battle of the Atlantic. The location will be the Maritime Museum of the Atlantic.

On Sunday, May 6 at 11 a.m., there will be a Battle of the Atlantic

memorial ceremony at Camp Hill Veterans Memorial Hospital.

On Sunday, May 6 at 11 a.m., there will be a Battle of the Atlantic ceremony at the Sailors Memorial in Point Pleasant Park in Halifax. Participants will include an Honour Guard and the Stadacona Band of Maritime Forces Atlantic. Wreaths will be laid at the memorial site.



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Battle of the Atlantic

Refurbishing HMCS Sackville

BY CPO1 (ret'd) Pat Devenish,
Canadian Naval Memorial Trust

Before delving into the progress on board HMCS *Sackville*, I think a bit of a backgrounder is in order. When I first left the Navy in August 2015, I decided to become a full time volunteer with the ship. My mandate as her engineer was clear from day one; we need to get this ship dry-docked and the hull strengthened and repaired. For various reasons, the winters of both 2015 and 2016 were not an option for us to utilize the Navy's syncrolift. This was a cause for concern last spring to both the Trust and FMF's Hull Surveyor, Hugh Lankester because of the increasing advancement of corrosion inside the ship. Without the necessary hull repairs the Trust was facing the stark reality that the summer of 2017 would be the last time HMCS *Sackville*, Canada's Naval Memorial, was safe enough to be open to visitors and would not return her downtown location.

Everything changed on a blustery January 26, with the dockside announcement by the President of the Treasury Board, The Honourable Scott Bryson, of up to \$3.5M over two fiscal years of National Defence funding, for urgent repairs of HMCS *Sackville*. This one-time grant to the Canadian Naval Memorial Trust couldn't have come at a better time and was a testament to the concern and support of the Commander of the Navy and the Deputy Minister of National Defence.

A busy stretch followed which saw surveys of tanks, spaces, hull fittings and a clearing out of pretty much every space. At the same time, *Sackville* staff under direction from FMF's Docking Officer Jacques Arsenault, began securing the ship to make it safe for relocation of the ship.

Much planning went into the physical shift from *Sackville*'s comfortable berth to the Captain Bernard Leitch Johnson submarine building/repair facility and winter weather was a concern. With an early morning low tide and light winds forecast for Sunday, February 11, a large component



From left: Bob Naugler, HMCS *Sackville*'s Project Leader at FMF Cape Scott; LCdr (ret'd) Jim Reddy, *Sackville*'s Commanding Officer; and Kevin Waterman-Ship's Custodian, Ship's Canteen/Bar Manager, Ship's Assistant CBM and Ship's Acting Chief ERA.

PAT JESSUP, CNMT

of MARLANT personnel (including Fleet Maintenance Facility docking staff and riggers, Queen's Harbour Master tugs and pilots, line handlers from HMCS *Fredericton*, divers from the Fleet Diving Unit (Atlantic), and time lapse photographers from the Forces Imaging Section), gathered with Trustees before dawn in cold pouring rain to start the process. The move was slow and delicate given the fragility of Canada's 77-year-old Naval Memorial.

From my standpoint as the ship's engineer, this just meant the start of what would be a very busy next few months for several of us. That said, as luck would have it, I decided to take

a term position at NFSA that started three days later...which brings me to my first statement about a backgrounder.

Through it all, Kevin Waterman has stayed the course, attending to every detail with a smooth and calm demeanour, and a sense of fairness and ability to inspire others. All the while ensuring maximum effort from the team of contractors and FMF workers on board. A BIG shout out to *Sackville*'s current Acting/CERA Kevin Waterman is therefore in order.

It is difficult to not only start the work required on a 77-year-old hull but even to determine the scope of the work required which would entail removing everything not nailed, bolted, welded or screwed down. Following that, you need to remove more items before you can even start to sandblast and gain an appreciation for what actually is required.

There are a few smaller spaces that are at this stage and there is no doubt that the task ahead for not only the planning, but even the detail of the work that really must be carried out to see *Sackville* through to another generation, is daunting. The ship is in a sad state as are all ships during this type of work.

That said, the committed crew, the FMF workers, the contractors and even the commissionaire at the front desk have a certain jump in their step. This isn't just another refit; this is HMCS *Sackville*, Canada's Naval Memorial and they all realize they are a part of the history. Yes, even the A/CERA. All the effort is going to be worth it when *Sackville* comes out of her cocoon in a few months, ready to welcome visitors again for generations to come.



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Battle of the Atlantic

A deadly week of the war

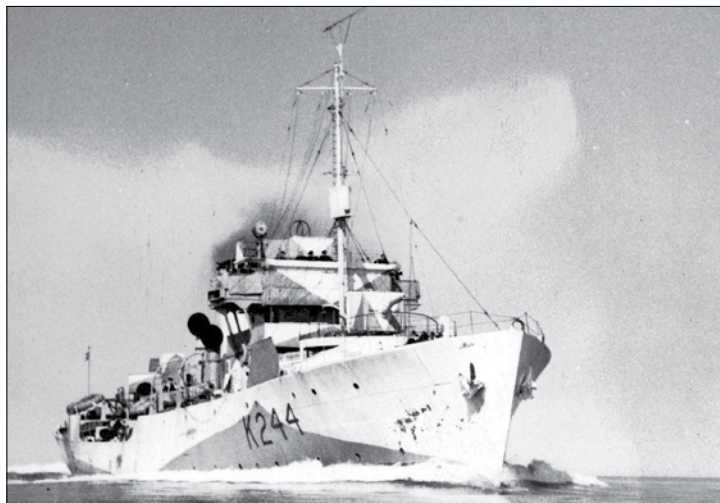
By Virginia Beaton,
Trident Staff

Of all the months and years of the Second World War, a week in early September of 1942 may stand out as one of the deadliest, in terms of Royal Canadian Navy ships lost to enemy action.

On September 11, 1942, HMCS *Charlottetown*, an RCN corvette, was returning to her home base in Gaspé, Quebec after escorting convoy SQ-35.

It's likely that nerves were on edge because of the frequency with which merchant navy and RCN ships were encountering U-boats not only in the mid-Atlantic, but closer to North America. Barely a month earlier, HMCS *Assiniboine* had been escorting convoy SC-94 from Sydney, NS to Liverpool in the UK when that ship rammed and sank the German submarine U-210 in the north central Atlantic on August 6, 1942.

However, the U-boats were bold and relentless. They prowled the Atlantic coastline, picking off merchant navy ships and increasingly, they were hunting in the Strait of Belle Isle, the Gulf of St. Lawrence and even in the



HMCS *Charlottetown* was sunk by U-517 on September 11, 1942.

DND

St. Lawrence River. In Halifax, apprehension about possible U-boat intrusions into the harbour resulted in the installation of anti-submarine nets strung from the mainland and across the water to McNabs Island.

On September 7, HMCS *Raccoon*, an armed yacht that was part of the escort for convoy SQ-33, was torpedoed

by the German submarine U-165 in the St. Lawrence River, with the loss of all 35 men onboard. Two U-boats, U-517 and U-165, were lurking in the region, waiting for the opportunity to attack merchant navy ships or if the opportunity arose, naval ships. It was the first patrol for both submarines since they had been commissioned into service earlier that year.

Four days after the attack on *Raccoon*, at approximately 8 a.m. on September 11 while HMCS *Charlottetown* was six nautical miles off Cap Chat in the St. Lawrence River, two torpedoes fired from U-517 struck the corvette's starboard side, one of them hitting near the engine room.

Onlookers ashore could see the attack as it happened.

Charlottetown sank quickly but regrettably her depth charges exploded as the ship sank. Though the minesweeper HMCS *Clayoquot* was able to rescue many of the officers and men, nine were lost and among them was *Charlottetown*'s Commanding Officer, LCdr John Bonner.

Three days later, on September 14,



Near the mouth of Halifax harbour, an anti-submarine net stretched across the water with the hope that it would prevent U-boats from direct entry. However, the sinking of HMCS *Clayoquot* on December 24, 1944, and of *Esquimalt* on April 16, 1945 demonstrated the aggression and daring of the U-boat commanders.

DND

1942, the destroyer *Ottawa* which was escorting ON-127, was attacked and sunk by U-91 in the mid-Atlantic, resulting in the loss of 116 RCN members.

As authors W. A. B. Douglas, Roger Sarty, and Michael Whitby noted in *No Higher Purpose: The Official Operational History of the Royal Canadian Navy in the Second World War, 1939-43, Volume II, Part 1*, "One hundred and seventy-seven young Canadians died in the worst week of the young navy's history."

However, the U-boats would face grim odds for their own survival, as the patrols became increasingly risky for the German submarines and for their crews. The patrol in September 1942 would be U-165's one and only patrol, as it was sunk by an RAF bomber in the Bay of Biscay in late September of 1942. U-517 fared little better. It completed two patrols but was sunk in mid-November of 1942 by the Royal Navy's Fleet Air Arm.

The next year would see a gradual reversal of fortune for Germany's U-boat fleet, with losses of 244 U-boats in 1943, and 249 in 1944.

Sail On

For all who sailed,
For all who prayed
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For those who survived,
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That none be lost.



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Associations and Messes, hold high the torch for future generations***



Former reservist creates art from order

By Peter Mallett,
The Lookout Staff

A former Naval Reservist is rendering a new life in Japan.

From his well-lit windowed studio in Numazu, PO1 (ret'd) Anthony Dunphy dabs his brush into acrylic paint and strokes the canvas.

The 60-year-old Newfoundlander is at work on his latest creation that will soon join others to be sold on his website anthonydunphyfineart.com. Money, while needed to pay the bills, is not his motivation. Rather, he says, it is from a desire to “make people from all over the world smile.”

“My finished works are filled with light and vibrant colours to reflect my personal view of the world. Painting is relaxing, interesting, calming, and a great way for me to feel accomplishment. Joy is found in every part of my experience and I hope that feeling is conveyed through my art.”

He is self-taught, fine tuning his skills with the aid of YouTube videos. He has amassed a sizeable collection

developed over 10 years on varying subjects. “Many people paint only one thing



PO1(ret'd) Dunphy's art often reflects his love of the sea. He was a Naval Reservist for 21 years.

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made its way onto the CD jacket of Los Angeles-based Salsa band the Echo Park Project.

Ideas are mostly born from still photographs taken with an eye for a future painting.

“On average I use photos for 10 or 20 per cent of the painting, the other 80 to 90 per cent is imagination.”

Japan became home in 1998 when he left the Naval Reserve after 21 years of service and secured employment with the Tokyo Center for Language and Culture. He specializes in seminars and lectures on Western business culture and language to Japanese businesspeople being transferred overseas for work.

On the flipside, his art has been influenced by the Asian country.

“Moving to Japan has given me a whole new appreciation for art,” said Dunphy. “Japanese art tends to be two dimensional and monotone but their architecture is amazing, as is the horticulture. Art is an integral part of life here and is appreciated much more so than many other places.”

Over the years he has sold close to 70 paintings through his website, providing him with a passive income” outside of his work.

“When a customer contacts me to ask about a piece it is very exciting because they see value in my ideas and want to share it in their home. This is humbling, something I have created will be a part of other people's lives and consciousness, in homes from Nashville, Tennessee, to London, England, as well as Glasgow, Rome, Switzerland, Hong Kong and many other places around the world where my paintings now reside.”

and become experts in fields such as seascapes; I paint whatever strikes me at the moment,” he said. “I love painting the sea and its many moods, as well as the ships and seamen that work upon it, but I also love painting classic cars, the faces of musicians like Miles Davis and James Brown, and sports like hockey, which I often played while growing up in St. John's.”

His passion for hockey is best exhibited in *Fighting For the Puck*. It depicts players vying for on-ice supremacy in an old-fashioned game of shinny on a frozen pond somewhere in Canada.

But the appeal of his art extends well beyond Canada. A recent portrayal of jazz great Dizzy Gillespie



Remembering Pte Nathan Smith

Karen Sutherland (left), who laid a wreath on behalf of all Memorial Cross recipients at the Remembrance Day ceremony last November at Halifax's Grand Parade, is presented with the Canadian flag that was flown at the ceremony that day. Sutherland's brother, Pte Nathan Smith, was killed in 2002 during a live fire exercise in the theatre of operations when deployed to Afghanistan with Princess Patricia's Canadian Light Infantry (third battalion). Sutherland was joined for the presentation by her son, Connor and parents, Charlotte and Lloyd Smith (pictured) along with a number of close friends and colleagues. The presentation took place at CFB Halifax on April 17, 2018, a particularly poignant day for the family as it marks the 16th anniversary of Pte Smith's tragic passing.

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CLaS participant Raymond Nadeu, CEO of Quebec concierge firm The Private, spent a night at sea with HMCS Charlottetown as part of the Canadian Leaders at Sea program.

CPL J.W.S. HOUCK, FIS

Entrepreneurs go to sea with RCN CLaS program

By Ryan Melanson,
Trident Staff

For the past two years, the RCN's Canadian Leaders at Sea (CLaS) program has been inviting leaders in the world of government, business and academia to participate in immersive Navy experiences on both coasts.

The latest trip saw two successful entrepreneurs from Quebec, Raymond Nadeau, CEO of The Private, a concierge and hospitality business, and Ismael Meskin, co-founder of the communications firm Kimoby, spend a night sailing outside Halifax harbour with HMCS Charlottetown. They were able to meet sailors, dine in the messes, and take in damage control demonstrations, a surface firing exercise, and a weapons shoot with the .50

cal heavy machine gun, among other activities.

The duo also toured important RCN facilities on land like FMF Cape Scott, the Marine Security Operations Centre and Joint Rescue Coordination Centre, the Synchronlift/Submarine Shed with HMCS Sackville, and the Marine Training Security Centre at HMC Dockyard Annex in Dartmouth.

CLaS participant Raymond Nadeau sums up some of his experiences below. He also gave special thanks to the senior leaders who took part during different portions of the CLaS trip, including program director LCdr Kray Robichaud, HMCS Charlottetown Commanding Officer Cdr Nathan Decicco, MARLANT COS Capt(N) Guillaume LaFrance, and Commander CANFLT-LANT Cmdre Craig Skjerpen.

Why did you choose to participate in CLaS?

« Mon frère a fait la guerre du Viêt Nam et je suis sensibilisé par la vie militaire surtout à la vie en mer ayant déjà vécu l'expérience au civil en traversant l'Atlantique en 2015 sur un voilier du type Volvo 60 avec l'équipe Atlas. Mon métier étant de connaître et de travailler avec les propriétaires d'entreprises partout dans le monde, je suis curieux de vivre des expériences qui sortent de l'ordinaire afin de le partager mon expérience avec les personnes-ressources d'entreprises. »

What surprised you the most during your experience in HMCS Charlottetown?

« L'esprit d'équipe est surtout la rigueur de la chaîne de commandement. Mais ce qui m'a surpris le plus c'est le travail du capitaine de frégate qui agit comme coach de formation aux plus jeunes qui sont sur les passerelles, ce partage de connaissance et la place offerte à ceux et celles-ci. »

What was your impression of the RCN personnel you met, from junior ranks to the senior leadership?

« L'accessibilité à ceux et celles-ci, j'ai aimé parler avec le matelot

autant que le commandant, cela m'a permis de mieux comprendre le pourquoi ils où elles sont là. La rencontre avec le commandant et son personnel rapproché lors d'un repas. Le professionnalisme a ce qui touche le travail de pompier les explications et les qualifications nécessaires afin d'être admis à bord. Chaque poste à son importance. Le privilège d'être celui qui a appuyé sur le bouton permettant de tirer du canon et autres activités de sécurité à bord, un encadrement et appuie extraordinaire. Le travail dans les cuisines, le travail pour le bien-être de tous et toutes, la cantine, le gâteau à coque rigide des forces spéciales. Les ingénieurs et exercices de combat. Bravo à tout le monde. »

Would you recommend the CLaS program to others? Why?

« Oui à des groupes comme EO (l'Organisation des entrepreneurs) qui sont propriétaires d'entreprises et qui sont en pouvoir décision, je recommande afin de permettre à ces propriétaires de comprendre le privilège d'avoir un membre des forces de la Marine Royale Canadienne de faire partie de leur équipe par leur leadership et responsabilité. »



CLaS guests take a tour through Irving Shipbuilding's Halifax facility with Communications Director Sean Lewis, getting a look at work currently underway on the future HMC Ships Harry DeWolf and Margaret Brooke. From left, LCdr Kray Robichaud, Sean Lewis, Raymond Nadeau and Ismael Meskin.

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MS Shane Barker (centre) presents the Stewards' Flag to MWO Renee Hansen (left) and Maj Caden Stiles (right).

CPL JAY LAPID

Last steward standing

By 2Lt Daniel McCall,
CFS Alert

After many decades of managing both of the CFS Alert messes and running the Alert Trading Post, the steward trade is at last departing the isolated northern station to be replaced by PSP staff. This marks the end of an era for the station, as the presence of stewards aiding with the morale and welfare of Alert personnel has been a constant since the station's inception. The last of the CFS Alert stewards, MS Shane "Tradie" Barker, is sad to see his trade leaving the station for good, but is proud of everything that has been accomplished by the stewards during their long tenure at the station.

"Alert is more than just a place, it's an experience," MS Barker said of his experiences at the northern station. "It's been a big part of my life, and I'm glad I've had the chance to give something back. Everyone should have the chance to experience a place like this."

MS Barker's presence at CFS Alert will certainly be missed. His constant positivity and relentless enthusiasm have consistently boosted the morale of station personnel, and his skill as a natural entertainer is always sure to draw laughter and smiles at any station event. A born salesman, MS Barker managed to increase the sales at the Alert Trading Post by more than 50% during his time at the station, and has left a lasting mark on all those who have worked around or alongside him.

Melanie Earle, the PSP staff carrying on the torch as manager of the Alert messes and Trading Post, is sad to see MS Barker go, but is also excited to take on the challenge of creating her own legacy at CFS Alert.

So as CFS Alert moves into the season of endless daylight and summer OP BOXTOP, the station welcomes PSP staff as a permanent addition to its family, and bids a warm and fond farewell to the generations of stewards who have dedicated themselves to its success.

RCN seeks candidates for skilled re-enrolment initiative

By the RCN

Due to attrition rates in recent years, certain occupations have become stressed by the lack of personnel.

Individual letters are being sent to identified released members from the Naval Combat Information Operator (NCI Op), Naval Electronic Sensor Operator (NES Op), Sonar Operator (Sonar Op), Naval Communicator (Nav Comm), Weapons Engineering Technician (W Eng Tech) and Marine Technician (Mar Tech) occupations to invite them to re-enroll into the Regular Force in their former occupation and rank.

As the conversion training is still forthcoming for current Mar Tech members, candidates from the former Hull Technician (Hull Tech), Electrician (ET) and Maritime Engineer (Mar Eng) occupations will still be considered trade qualified who re-enroll because they can be employed in legacy positions.

Personnel who meet specific occupation criteria and who released favourably from the Regular Force within the last five years are eligible to re-enroll.

Additionally, for those personnel who meet specific criteria from the NCIOP, NESOP, SONAR OP, NAV-COMM, and MAR TECH trades, including having been favourably released for a minimum of 3 years prior to their date of re-enrolment, a recruiting allowance has been authorised in accordance with CBI 205.525 and an upcoming CANFORGEN.

If you are interested, email SkilledRCN.MCRqualifiee@forces.gc.ca or call 1-833-203-2698. An applicant can expect a call-back within 5 business days from a dedicated member of our team to provide direction with regards to follow-on steps and answer questions.

If you know someone that may be interested, please pass this information along.

La MRC cherche à réenrôler des candidats qualifiés

Par la MRC

En raison du taux d'attrition des dernières années, certains groupes professionnels souffrent d'un manque de personnel.

Des lettres ont été envoyées à des anciens militaires qui faisaient partie des groupes professionnels d'opérateur d'équipement d'informations de combat (Marine) (OP EICM), d'opérateur de détecteurs électroniques (Marine) (OP DEM), d'opérateur de sonar (Op Sonar), de communicateur naval (Comm Nav), de technicien du génie des armes (TECH GA) et de technicien de marine (Tech Mar) afin de les inviter à se réenrôler dans la Force régulière et de réintégrer leurs anciens GPM et grade.

En attendant la mise au point de l'instruction de conversion des membres du groupe professionnel de Tech Mar actuel, les candidats des anciens groupes professionnels de technicien de coque (TECH COQUE), d'électricien (ELEC) et de génie maritime (G Mar) qui se réenrôlent seront toujours considérés comme étant qualifiés et pourront réintégrer leur ancien poste.

Les personnes qui répondent aux critères de sélection propres à certains groupes professionnels et qui ont obtenu une libération favorable de la Force régulière au cours des cinq dernières années sont admissibles au réenrôlement.

De plus, les personnes qui répondent aux critères d'admissibilité propres aux GPM OP EICM, OP DEM, Op Sonar, Comm Nav et Tech Mar et qui ont obtenu une libération favorable au cours des trois dernières années au moins précédant la date de leur réenrôlement, auront droit à une indemnité de recrutement conformément aux dispositions de la DRAS 205.525 et d'un prochain CANFORGEN.

Si cette invitation vous intéresse, envoyez un courriel à l'adresse suivante : SkilledRCN.MCRqualifiee@forces.gc.ca ou composez le 1-833-203-2698. Un membre de notre équipe devrait vous rappeler dans un délai de 5 jours ouvrables pour vous expliquer la marche à suivre et répondre à vos questions.

Si vous connaissez une personne que cette offre pourrait intéresser, veuillez lui transmettre l'information.



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Second Career Assistance Network event set for May

By PSO Halifax

A Second Career Assistance Network (SCAN) workshop will take place from May 15-17, 2018 from 8 a.m. to 4 p.m. at the Halifax Forum Bingo Hall.

CAF members are encouraged to attend a SCAN seminar within five years of anticipated retirement, and again within the year before release. Some of the topics being presented include release benefits and entitlements, administrative procedures, financial planning, and medical pensions.

The general portion of the SCAN will be held May 15 and 16 and is open to all members and their spouses. The last day (May 17) will focus on all medical release

information, specifically for Ill and Injured members and their spouses.

Online registration is required, via the CFB Halifax Base Personnel Selection Office (psohalifax@forces.gc.ca). Please include your name, service number, unit, e-mail address, telephone number, and which dates you would like to attend. There is free parking on site, and members are encouraged to bring their own coffee/tea as no hospitality service will be provided. Ensure you and your spouse bring your ID card (driver's license). Also, please note that access into the building will not be available until approximately 7:45 a.m.

If you have any questions, please send an email to psohalifax@forces.gc.ca

Séminaire du service de préparation à une seconde carrière, mai 2018

Par PSO Halifax

Un séminaire du service de préparation à une seconde carrière sera mai 2018 de 8 h à 16 h au salle de bingo - forum de Halifax.

Les militaires qui prévoient prendre leur retraite au cours des cinq prochaines années sont encouragés à assister à un séminaire du SPSC dès maintenant ainsi qu'une seconde fois durant l'année qui précède le départ à la retraite. Les sujets abordés lors du séminaire comprennent la prestation et les subventions accordées lors de la libération, les formalités administratives, la planification financière et les pensions pour des raisons médicales.

La portion générale du séminaire aura lieu les 15 et 16 mai et est ouverte à tous les militaires et leur conjoint. La dernière journée (le 17 mai) mettra l'accent sur les informations rela-

tives à la libération pour des raisons médicales et s'adresse spécifiquement aux militaires blessés et malades et à leur conjoint.

L'inscription en ligne est obligatoire sur le site Web du Bureau de sélection du personnel de la BFC Halifax (psohalifax@forces.gc.ca). Veuillez soumettre votre nom, numéro militaire, unité militaire, courrier électronique, numéro de téléphone, et les jours que vous voudriez assister. Du stationnement gratuit est disponible. Nous encourageons les participants à apporter leur propre breuvage puisqu'il n'y aura pas de rafraîchissement sur place. Assurez-vous (et votre conjoint) de prendre votre carte d'identité (permis de conduire). Aussi, veuillez noter que l'accès à l'immeuble n'est possible qu'à partir de 7 h 45.

Pour toute question, veuillez envoyer un courrier électronique à psohalifax@forces.gc.ca.

Spring and summer means the start of Lyme Disease season

By Jaime Blommaert

RN, BScN, Infection Prevention and Control Nurse, CF H Svcs (A)

As spring is in full swing and summer is on its way, it is time to go outside and enjoy the outdoors. Before you go frolicking in the grass and the woods with your families, there are a few prevention tips that you may want to keep in the back of your mind to keep yourself and your family safe this summer. Spring and summer are the start of Lyme disease season.

Lyme disease is a disease that is transmitted to humans through the bite of hard ticks. The tick responsible for Lyme disease in North America is the black legged tick that is known to be a potential carrier of the parasite *Borrelia burgdorferi*. The hosts of these black legged ticks and

therefore the carriers of the parasite that causes Lyme disease are small animals and birds. Infection of these hosts do not lead to Lyme disease in the animals or birds, but in humans it can lead to Lyme disease infection.

One of the signs of possible Lyme disease infection is a bulls eye type rash at the site of the tick bite that is seen in 60-80% of the cases. Some of the other signs and symptoms that may be seen are stiff neck, tiredness, fever, headache and joint pain. If Lyme disease spreads throughout the body you may see multiple bulls eye rashes appear below the initial site of the tick bite. There may also be arthritis type symptoms as well as heart rhythm changes or brain disorders (encephalopathy) involving memory, mood, and sleep, short-term memory loss, difficulty concentrating, mental

fogginess, problems following conversations and numbness in the arms, legs, hands, or feet.

Prevention of tick bites is key in stopping Lyme disease infection. Here are some prevention strategies that help reduce the potential exposure to Lyme disease:

- Apply insect repellent to all exposed areas of the skin that contains at least 20% DEET.
- Wear long sleeved shirts with the cuffs down and buttoned and long pants tucked into your boots or socks.
- Operational clothing can be treated with permethrin to prevent tick bites.
- Avoiding areas where ticks populations are high such as in tall grass, areas of grassland around wooded areas and forested areas.

These prevention strategies should be followed closely by personnel that are on field exercises in wooded or grassland areas in the months of May to November, and therefore at an increased risk.

Transmission of Lyme disease is unlikely in the first day or two after the attachment of the tick, so prompt removal is key. The tick should be brought in if possible to be identified by medical personnel in case medication has to be started as a result of the bite by a black legged tick. If the tick has been attached for 36 hours or more and is identified as a tick carrying the infection antibiotics may be given. Check yourself at least daily to ensure that you are tick free.

With a little bit of prevention, you can go out, enjoy the warming weather and get some long awaited time outside.

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- Kit Tilly, PhD, Patricia A. Rosa, PhD, and Philip E. Stewart, PhD, Biology of Infection with *Borrelia burgdorferi*, Infect Dis Clin North Am. 2008 June ; 22(2): 217-234.
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Sports award first winners

By Stephen Stone

Questions

1. Who was the first Major League Baseball first baseman to be named The Sporting News Rookie of the Year?
2. Who won the first Cy Young Award?
3. Who was the first Canadian University football player to win the Hec Creighton award as Most Outstanding Canadian football player in university sports with two different teams?
4. Who was the first pitcher to win the Cy Young Award in a unanimous vote?
5. Which team was the first winner of The Prince of Wales Trophy?
6. Who was the first winner, as chosen by the Football Reporters of Canada, of the Annis Stukus award as Coach of the year in the CFL?
7. Who was the first winner of the Hart Trophy as MVP in the NHL?
8. Who was the first designated hitter to win The Silver Slugger award in MLB?
9. Who first won the Vezina Trophy as the league's most valuable goaltender in the regular season?
10. Who was the first winner of the Calder Trophy as NHL Rookie of the Year?
11. Who was first awarded the Bill Masterton Memorial Trophy exemplifying sportsmanship, perseverance and dedication to hockey?
12. Who was the first CFL quarterback to win the CFL's Most Outstanding Player Award?
13. Who was first awarded the Lady Byng Trophy as the NHL's Most Gentlemanly Player?
14. Who was the first (as so far – only) Canadian University Sports football player to win the Hec Creighton award 3 consecutive times?
15. Which university team won the first CIAU University Cup (now called the David Johnston Cup)?
16. Which university hockey coach was the 1st winner of the Father George Kehoe Memorial Award
17. The governing body for women's university hockey was the CIAU which then became CIS and is now U Sports. Which team was the first Canadian University Women's Hockey Champions?
18. Who was the first recipient of the Marion Hillard Award as Outstanding Student-Athlete for women's hockey?
19. Who was the first woman to win the Lou Marsh Trophy as Canada's Outstanding Athlete?
20. Who was the first golfer to win the Lou Marsh Award as Canada's top athlete?

Answers on page 22

CFB Halifax players headed to National Squash Championship

By Ryan Melanson,
Trident Staff

The CAF Regional Squash Championship was recently held in Gagetown, and after settling for second place last year, the team from CFB Halifax was able to step up and take the Championship banner for 2018.

While squash is an individual or doubles sport, team points are accumulated round-robin style from the various divisions, including the Open male and Open women divisions, along with Senior (40+), Masters (45+), and Under 30. While Halifax was at a disadvantage due to fielding a team of seven players rather than the maximum of nine, they were still able to beat out the second-place Greenwood team by a total of 90-83 points.

Five members of the team qualified individually for CAF Squash Nationals, taking place during the first week of May in Borden – CPO1 Stephane Gagnon of FMFCS in the Masters division, Lt(N) David Weatherall of HMCS *Ville de Quebec* as the Open 2 player, Lt(N) Fergus Lavelle of NFR in the Open 4 spot, OS Darren Mullins of HMCS *Montreal*, who won the U30 Division, and LS Ashley Fletcher of HMCS *Montreal* in the women's Open 2 spot.

Lt(N) Lavelle said the Halifax



From left, LS Alan Ritcey, Lt(N) Fergus Lavelle, LCdr Chris Lien, OS Darren Mullins, LS Ashley Fletcher, CPO1 Stephane Gagnon and Lt(N) David Weatherall were members of the winning CFB Halifax team at CAF Atlantic Regional Squash Championship, held March 27-29 in Gagetown.

AB KARINE CHARETTE. COMBAT TRAINING CENTRE GAGETOWN

team fought hard to take this year's Regional team title, and that the five qualifying members are excited to join the rest of the Atlantic team to hopefully bring home gold from Nationals. One goal is to put some extra attention on the sport in the Halifax region to help drum up interest for the coming

years. While it takes place on a small court, squash is a high intensity and high exertion sport that provides a strong cardio workout, he added. "We still feel like the sport of squash is a bit of a secret as far as the regional and national level sports go, and we can always use more players."

Fitness and sports updates

By Trident Staff

MEGA COTW/COTF Floor Hockey is scheduled to run from April 30-May 4.
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 Com-

munity Rec user fee at the STADPLEX front desk.
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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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The war on drug trafficking

By Lt(N) Paul Pendergast,
MARPAC PAO

As HMC Ships *Whitehorse* and *Edmonton* slipped all lines and proceeded to sea from San Diego, Calif., on February 26, 2018, there was a palpable sense of seriousness among both crews.

As they exited the harbour, they turned south to begin their two-month deployment on Op CARIBBE, Canada's contribution to an international operation to stop illicit trafficking of drugs, weapons, money and people.

The eastern Pacific Ocean is a huge body of water, stretching for thousands of miles along the coast of South and Central America, and up to North America. It is along this maritime highway that drugs have been making their way onto the streets of Canada and the United States.

Since the CAF began participating in Op CARIBBE in 2006, they have contributed to the seizure of more than 83 tonnes of cocaine, and it shows no signs of slowing down. In 2017 alone, the CAF helped the US Coast Guard seize or disrupt over 11.5 metric tonnes of cocaine.

These are drugs that are not reaching our streets and causing harm to our people. There is also a disruptive effect, where it becomes more difficult for criminal organizations to conduct their business.

For the crew of *Whitehorse*, deploying on this operation is the culmination of an intense period of planning and preparation. In October 2017, the crew of *Brandon* conducted a hull transfer to *Whitehorse*, which had just completed a six-month docking work period of planned maintenance and painting, and the installation of new equipment.

Then began the process of bringing the ship and crew to the level of proficiency that is required for this type of deployment. This is achieved through a tiered readiness program during which Sea Training (Pacific) tests the ship and crew in increasingly realistic and complex scenarios until they are determined to be fully ready for the mission. The program ensures the ship meets safety and administrative standards, and that the crew can conduct the full gamut of seamanship evolutions. These include replenishment at sea, tow exercises and helicopter hoists.

During the program, *Whitehorse* also visited Seattle, Wash., to train in foreign port duty watch routines and other activities.

In January, the US Coast Guard Law Enforcement Detachment (LEDET) travelled to Esquimalt, B.C., to see the ship and meet with the crew in order to develop a working relationship that will be critical to the success of the mission.

Before departing Esquimalt on February 16, all crewmembers had to be assessed to ensure they were medically fit to deploy, and any members that were not had to be replaced.

With Sea Training (Pacific) embarked, they conducted mission readi-



Three bales of cocaine are transferred from HMCS Whitehorse to a Rigid Hulled Inflatable Boat from the US Coast Guard Cutter Steadfast on April 8, 2018, as part of the 1520 kg of cocaine seized on April 5, 2018 off the coast of Central America during Operation CARIBBE.

MARPAC PUBLIC AFFAIRS

ness training designed to prepare them for the specific task of monitoring and interdicting illicit drug shipments.

The first stop was in San Diego, where Sea Training disembarked, having achieved its job of bringing the ships to the required level of readiness. With a U.S. Coast Guard LEDET now embarked in each ship, they were ready to begin the operation.

It takes several days to transit to the patrol areas on the west coast of Central America. The first few days of the operation were dedicated to LEDET integration training to confirm tactics and procedures were aligned, and to get the crew of *Whitehorse* working with the LEDET as one team.

LCdr Collin Forsberg, Commanding Officer of *Whitehorse*, was eager to begin the hunt. This is his second Op CARIBBE and his first in command.

"This crew is the most capable I have ever seen on a vessel of this size, and with the addition of the LEDET, they are fully ready to carry out this mission," he said. "Although these criminal organizations will continue trafficking to North America, the effective partnership between the Royal Canadian Navy, the US Coast Guard and all the other nations involved in JIATFS [Joint Interagency Task Force South], has caused a serious disruption of their efforts, and the result is less drugs reaching the streets of cities like Los Angeles, Toronto and Vancouver."



A member of the US Coast Guard removes a one-kg package of cocaine for testing on HMCS Whitehorse, part of the 1,500 kg of cocaine seized on April 5, 2018 during Op CARIBBE.

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TRIDENT Sports

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National CAF grappling exercise set for June 23 in Petawawa

By Ryan Melanson,
Trident Staff

Registration is now open for the sixth annual Military Combatives Grappling Championship (MCGC), set for June 23 at 4 CDSB Petawawa, and combat sports and grappling practitioners in the Halifax area are encouraged to form teams and sign up.

The MCGC is pan-CAF military combatives exercise that takes the form of a tournament with multiple weight classes and skill levels. Last year, more than 130 competitors, representing a wide range of ranks and trades from across the country, took part in the event. New this year will be an enhanced focus on the team aspect, with new 2nd and 3rd place trophies added for the Team Championship categories. Though all competition is one-on-one, teams are encouraged as a method of building unit esprit de corps.

Now in its sixth year, the exercise has grown with each iteration, and the popularity of combatives and grappling across the CAF, as well as the skill levels of the competitors, has grown along with it. Smaller exercises and tournaments have sprung up at bases across the country, and a majority of bases now have a PSP-sponsored club focused on training various combat disciplines, like the 12 Wing Brazilian Jiu-Jitsu club in Shearwater. CAF members have also competed internationally, finding success at some of the world's largest Brazilian Jiu-Jitsu tournaments, and in one recent example, Canadians deployed with NATO's enhanced Forward Presence Battle Group in Latvia competed at



A Canadian soldier (left standing) from the enhanced Forward Presence Battle Group Latvia, participates in a Latvian Grappling Championship at the 34. Secondary School at Riga, Latvia on April 15.

CPL JEAN-ROCH CHABOT, EFP BG LATVIA

the Open Latvian Grappling Championship on April 15.

"The competition is going to feature the CAF's highest level fighters from across the entire force, some of whom are already recognized Canadian national and world-level champions,"

said LCol Steve Burgess, the tournament technical director and senior CAF military combatives instructor, adding that categories are also available for those with beginner skill levels.

Because the MCGC is an official CAF exercise, registration is open only to Regular and Reserve Force soldiers, sailors, aircrew and special operators, at a cost of \$25 each, and all team members will be required to show military ID prior to weigh ins on June 23. While the competition is restricted to CAF members only, both military and civilian spectators are welcome and encouraged to attend and support the athletes. The day's events will also be streamed live on Facebook and Youtube via the official Canadian Army accounts, a popular

feature that saw thousands of people tune in for the 2017 edition.

Early registrations are already rolling in, and LCol Burgess hopes to see the largest number of participants yet, including new faces, for 2018. He said all formations and units are encouraged to field a combatives team if possible.

"This is our opportunity to showcase the high level of combatives expertise that exists within the CAF and demonstrate to the world the CAF's mastery of the most fundamental warrior skillset: hand-to-hand combat," LCol Burgess said.

For more information on the MCGC or to register your team, visit the website at <http://combativesgrappling.com> or contact steven.burgess@forces.gc.ca for questions.



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Former Sea Cadet makes her mark at Winter Olympics

By Peter Mallett,
The Lookout Staff

Emma Lunder, a former Sea Cadet, represented Canada in biathlon at the 2018 Olympic Winter Games in South Korea and describes her experience as hitting a career bullseye.

Fourteen years of training were validated when she marched with the Canadian delegation at the opening ceremony at Olympic Stadium in Pyeongchang Feb. 9.

"It was absolutely incredible to walk into the stadium in a sea of red and white and surrounded by hundreds of Canadian athletes," said Lunder. "There were so many bright lights and flashbulbs flashing everywhere, and I think it finally hit me at that moment that I was going to be racing for Canada at absolutely the highest level."

The 26-year-old, who also competes on the World Cup Biathlon circuit, says her Olympic dream was sparked after joining the Royal Canadian Sea Cadets Corps (RCSCC) in 2004.

The sports are a major part of the army, sea and air cadet program with yearly regional, provincial and national competitions. It tests a person's physical endurance through skiing long distances followed by the mental toughness that comes from shooting at a target more than 50 metres away with .22 calibre long rifle.

Lunder says the sport was a perfect fit because of the intense physical and mental challenges.

"Imagine sprinting up and down several flights of stairs before stopping abruptly and trying to thread a needle," she said of the biathlon experience. "The accuracy needed to hit a toonie-sized target 50 metres away is not an easy task; the key is to train your body to settle down and your mind to focus right after skiing."

Staying on target

Canada's Olympic biathlon team employs sports psychologists to help centre the athletes. Lunder focuses on key words while shooting.

"An example would be saying the word 'trigger' in my mind, so that during shooting my thoughts aren't wondering off, or if I start to hear the



Emma Lunder, a former Sea Cadet, started participating in biathlon while she was a cadet. She was a member of Canada's biathlon team at the Winter Olympics in Pyeongchang.

SUBMITTED

hits and misses of other competitors around me," she explains. "Instead, I'm very focussed on making sure I have a gentle trigger squeeze and follow through for all five of my shots."

Although she failed to reach the podium in Pyeongchang, she played a role in getting Canada to a 10th Place finish in the Women's 4 x 6 Relay.

"Racing at the Olympics was amazing. The relay is a special race because it gives you a true sense that you are part of something bigger and you are racing for one another," she said. "On my last lap all I could think about was skiing as fast as I could to gain a few extra seconds for the next competitor, and achieving that was definitely a career highlight for me."

Extreme winter weather conditions forced the postponement of several skiing events. Conditions improved, but only slightly for the relay race;

Lunder and the other competitors were greeted with strong winds, snow, and bitterly cold conditions.

As an individual Olympic competitor, she competed in the Women's 15 kilometre Individual and 7.5km Sprint where she finished 54th in a field of 87 entrants in both races, and 53rd in the Women's 10km pursuit in a field of 63.

"I was disappointed with my individual Olympic races and it was really hard for me to deal with. I couldn't fight like I wanted at the most prestigious race weekend of my life," she said. "I did, however leave everything I had on the race course and my shooting was decent, so I am happy about giving my all for the entire two weeks."

Despite the disappointment of not reaching the Olympic podium, she had several strong performances after Pyeongchang.

On March 10 at a World Cup race in Kontiolahti, Finland, she finished in 43rd Place in the Women's 7.5km Sprint Race out of a field of 96 competitors. Then in her season finale at the Canadian National Biathlon Championships in Charlo, N.B., March 20 to 25, she captured two silver medals and a bronze.

"When I started doing biathlon through cadets, I had absolutely no idea I would get to where I have today," said Lunder. "The advice I have for others is: Take whatever opportunities you can and go with them for as long as you can, because you never know what might end up happening."

2018 Winter Olympics Biathlon events were held at the Alpensia Biathlon Centre in Daegwallyeong-myeon, South Korea.

Emma Lunder of Canada's Biathlon Team placement:

Women's 15km Individual, Finished 54th (out of 87 entries) 46:56.6

Women's 7.5km Sprint, 54th (87 entries) 23:30.4;

Women's 10km Pursuit, 53rd (63 entries) 36:52.1;

Women's 4x6 Relay, Canada, 10th (18 entries) 1:13:36.8

Biathlon Basics:

Derived

from the Greek word meaning two contests, biathlon combines skiing and shooting and draws on traditional Scandinavian backcountry hunting practices. As an athletic endeavor,

the first biathlons took place in the 18th Century as part of a military competition between Norway and Sweden. A version of the biathlon called Ski Patrol was introduced as an event at the Winter Olympics 1924 before the arrival of the present day competition at the 1960 Games. With guns strapped to their backs, competitors ski a predetermined distance before stopping to shoot at targets in one of two positions, lying down or standing upright.



Emma Lunder

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Sports award first winners

Questions on page 21

Answers

1. Jackie Robinson, Brooklyn Dodgers, 1947.
2. Don Newcombe, Brooklyn Dodgers, 1956 - 27-7, 3.06 ERA and 139 Ks.
3. Erik Glavic, Saint Mary's Huskies, 2007; Calgary Dinos, 2009.
4. Sandy Koufax, LA Dodgers, 1963 - 25-5, 1.88 ERA, and 306 Ks.
5. Montreal Canadiens, December 15, 1925; 3-1 winners over the New York Americans. It was awarded to the winning team of the first hockey game in Madison Square Gardens and subsequently to the team that won the Eastern Conference playoffs.
6. Jim Trimble, Hamilton Tiger-Cats, 1961.
7. Frank Nighbor, Ottawa Senators, 1923-24.
8. Reggie Jackson, New York Yankees, 1980.
9. George Hainsworth, Montreal Canadiens, 1926-27; GP-44; SO 14; GAA 1.47.
10. Syl Apps, Toronto Maple Leafs, 1936-37; 16 goals, 29 assists, 10 PiM 48 GP.
11. Claude Provost, Montreal Canadiens, 1967-68.
12. Sam "The Rifle" Etcheverry, Montreal Alouettes, 1954.
13. Frank Nighbor, Ottawa Senators, 1924-25.
14. Chris Flynn, Saint Mary's Huskies QB, 1988, '89, '90.
15. McMaster Marlins, 1963; 3-2 winners over UBC Thunderbirds.
16. Tom Watt, University of Toronto, 1970-71.
17. Concordia Stingers, 1998.
18. Karen Kendell, Concordia Stingers, 1997-98.
19. Barbara Ann Scott, figure skating, 1945. She also won the award in 1947 & 1948.
20. Marlene Streit, 1951. She also won in 1956.

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- ACROSS**

1 Fuel dispenser

8 Beat, as wings

12 Pairs

16 Boohoo

19 Waldorf -- (hotel)

20 Instantly

22 Stan of comics

23 Start of a riddle

25 Eggs in a lab

26 Lock insert

27 AAA request

28 -- Aviv

29 Entryways

31 Riddle, part 2

39 Said aloud

41 Zebra's kin

42 Very gloomy

43 "Electric" fish

44 One of the 12 apostles

45 Post-Q string

46 Alternative to Zoloft or Paxil

48 Riddle, part 3

55 Olive of comics

56 2004-10 nickname on the Houston Rockets

57 Actor Mineo

58 Biting comedy

59 Boozed up

61 Slangy assents

65 Arcade coin

66 Not firm
- 69 Riddle, part 4

72 Allows to

73 Less diluted

75 Opening for a letter-shaped bolt

76 Like part of the heart

78 "The Simpsons" voice actor Hank

80 Disk in a 1990s fad game

82 "Milk" Oscar winner Sean

83 OR figure

86 Riddle, part 5

92 Crystal-lined stones

93 Scepter

94 Mobster's code of silence

95 Fair-minded

99 Take -- (sample the drink)

100 The "E" of PEI: Abbr.

101 Having as a foundation

102 End of the riddle

106 Persona non -- (outcast)

107 Quadrennial games org.

108 Brain wave test, in brief

109 Chest bone

112 Address for a knight

113 Riddle's answer

121 Koko or Kong

122 Most itty-bitty

123 Decorated pilots

124 Get married

125 Hedge shrubs

126 Lofty works

127 Least slobby
- DOWN**

1 Rubberneck

2 Court great Arthur

3 "Don't move"

4 Lobster trap

5 Geller with a psychic act

6 Prefix with represent

7 Gave a gentle touch

8 Whizzed by

9 Ignited

10 Some spitzes

11 Actor Finch

12 Lao- --

13 "Says --?"

14 Gut-punch sound

15 Exaggerated

16 Dress

17 Let slip

18 Leavenings

21 Quickly, musically

24 Santa's laugh sounds

30 Swallowed

32 Utter agony

33 Noble Brit

34 Said nothing

35 "Como --?" (Juan's greeting)

36 Univ. lecturer

37 Minnelli of "Arthur"

38 Garner

39 As many as

40 "So -- say"

45 School break

- 46 Volcano that destroyed St. Pierre

47 Small talk

49 Knows the answer

50 Be really flattering

51 Ringlike isle

52 Tandem, e.g.

53 Pitcher Saberhagen

54 Hankers

59 Far from lax

60 650, in old Rome

62 Gardner of old films

63 Table protector under a warm dish

64 Not as iffy

66 Fix, as a dog or cat

67 Liqueur akin to Sambuca
- 68 Herr's wife

70 Pueblo dwellers

71 Vocalize loudly

74 Actress Diana

77 Absence of vigor

79 "Save me --"

81 Avant- -- (totally new)

83 Cajun dish

84 Painter Dix

85 Bluish green

87 "Baloney!," to Brits

88 Falco or Adams

89 Patches

90 Costs for cheap apartments

91 Jail unit

95 Many-pieced puzzle

96 Still green
- 97 Roped in

98 Trike rider

100 Cut in glass

101 Enthusiast

103 Run-down

104 Lead-in to economic or political

105 Lead-in to colonial

110 Glazes, e.g.

111 Unequaled

114 "-- haw!"

115 "Gross!"

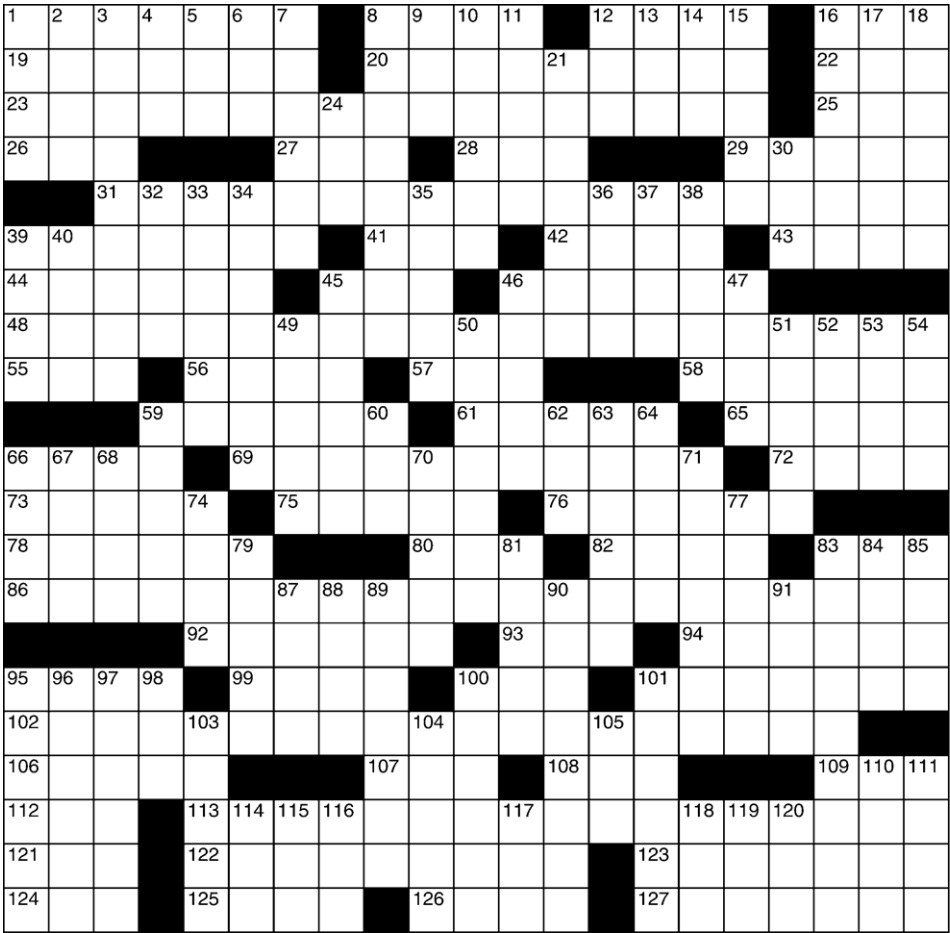
116 Little -- (tykes)

117 British verb ending

118 Be in the running (for)

119 Noted time

120 Actor Faxon



CFAST swimmers attend UNB swim meet

CFAST swimmers joined forces with Gagetown at the recent University of New Brunswick masters swim meet. The team took second place in the women's 200 medley relay race and the 200 medley mix relay, first place in the women's 200 free style relay, and first in the 200 freestyle mix relay. LS Nicole Winsor from NFS(A) on the right of the picture easily qualified for CAF Nationals next year. From left: CPO2 Patrick Lavigne, Jodi Schnare, Cpl Frederick Morissette, MCpl Martin Larose, Cpl Robynne Hansen, Capt Francesca Walsh, and LS Nicole Winsor.



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