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TRIDENT

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

Welcome to the Fleet

HMCS Oriole, commissioned into the Royal Canadian Navy in 1952, is welcomed into the Atlantic Fleet on May 29, 2018. HMCS Oriole is participating in the Great lakes Deployment of 2018.

MONA GHIZ, MARLANT PA



CFAEP graduation
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HMCS Oriole departs for
the Great Lakes Pg. 7



DND Family Days
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RCN wins at CAF National
Running Pg. 21



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BMO support of CF families ... a century-old tradition

When representatives of BMO (Bank of Montreal) take part in the upcoming Family Days celebration June 22 and 23, they'll be keeping alive a century-old tradition of supporting military families.

"BMO has a long tradition of supporting national defence efforts, dating back to the First World War, when BMO established temporary branches to pay troops at various encampments throughout Canada," said Gary Anderson, BMO's regional

vice-president, Halifax Metro.

"Today we are pleased to offer discounted banking rates and other special benefits, such as the Integrated Relocation Program Mortgage Offer and the BMO Support Our Troops Mastercard, through which a portion of each transaction goes to Canadian Forces morale and welfare programs," he added.

Earlier this spring, BMO celebrated the opening of its new Halifax headquarters at the BMO

Nova Centre. Anderson said the new office building affords an opportunity to better serve its clients.

"As

a result of the move, BMO will consolidate all of its lines of business under one roof, enhancing the customer experience and allowing members of the national defence community to access experts, supported by state-of-the-art technology, to offer an exceptional banking all in one location," he noted.

He said the annual Family Days event, held each year at the dockyard, is a great opportunity for BMO to thank and to recognize Canadian Forces families for their commitment to support and defend the nation.

But it's only one of several initiatives the company has in place to help celebrate the military communities, as it's also involved with the Family Resource Day and the Navy Bike Ride.



BMO



151778

Remembrance ceremony for No. 2 Construction Battalion

By Russell Grosse,
Executive Director, Black Cultural
Centre

The 25th Annual Remembrance ceremony for No. 2 Construction Battalion will take place at 10:30 a.m. on Saturday, July 7 at the DeCoste Centre in Pictou.

When the First World War broke out in 1914, Black Nova Scotians responded patriotically to the call to arms. Despite being ready and willing to serve overseas, and contrary to official government policy, they were told by most unit commanding officers, "This is a white man's war." As a result, the vast majority of Black men were turned away to avoid an integrated army.

Determined to serve, Black Canadians rallied for equality. The solution was a segregated battalion. On July 5, 1916, more than 600 Black men – about 300 from Nova Scotia and another 300 or so from the rest of Canada, the United States and the British West Indies – formed No. 2 Construction Battalion, Canadian

Expeditionary Force.

2018 marks the 102nd anniversary of the formation of No. 2 Construction Battalion (aka the Black Battalion). Canada's first and only segregated all-Black unit paved the way to a future of diversity, as demonstrated in today's armed forces. With the simple desire to serve their country, these men forged a remarkable legacy and are an important part of this country's history.

The purpose of this program is to increase awareness of the history of No. 2 Construction Battalion and provide a greater understanding of the sacrifice and efforts made by these Black Canadian soldiers.

The event will include an honour parade starting at 10:30 a.m. with an indoor ceremony at 11 a.m.

Bus service will be available from the Black Cultural Centre.

For further information, please contact the Black Cultural Centre:

Russell Grosse, Executive Director, Black Cultural Centre.

Call 902-434-6223; toll free, 1-800-465-0767; or email contact@bccns.com

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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
May 28 — Spring Home & Garden
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 that one year from publication date. Submissions may be edited.

The Fine Tuners in Concert
Time: 7 p.m.
Date: Tuesday, June 12
Location: Maritime Museum of the Atlantic

As part of its regular series of free summer live entertainment, Tuesday Night Tunes, the Maritime Museum of the Atlantic is pleased to welcome back The Fine Tuners, a Cape Breton Celtic fiddle group based in Halifax, Nova , featuring Andrew Touesnard on fiddle, Stephen MacNeil on double bass and Ross Billard on piano. The group has performed at hundreds of events including corporate functions, weddings, bar gigs and house parties. The Fine Tuners also have recorded four CDs of Cape Breton toe tapping fiddle tunes. The event is jointly organized by the Maritime Museum of the Atlantic and HRM Waterfront Development

The Right Stuff for the Right Whale
Time: 7 - 8:30 p.m.
Date: Tuesday, June 12
Location: Halifax Central Library

The public is invited to this presentation on the North Atlantic Right Whale, and what must be done to prevent the possible extinction of one of the most endangered large baleen whales in the world. The talk will

focus primarily on vessel strikes and the story of what science and technology can do to minimize the risk. Presenting partners include Dalhousie University, the Canadian Meteorological and Oceanographic Society, the Canadian Whale Institute, and the Government of Canada.

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.

Canada Day Family Fun Fest
Time: 12 - 6 p.m.

Date: Sunday, July 1
Location: Emera Oval, Halifax Common

Don't miss this Canada Day tradition in Halifax, featuring free entertainment, interactive activities, science experiments, food trucks, face painting, and inflatable attractions. For the first time,the CAF Skyhawks Parachute team will be on site performing their close proximity sky formations. There will also be shows and meet and greets by the K9 Hi Flyers Dog Agility Team, and a Touch-A-Truck event presented by the Royal Nova Scotia International Tattoo.

Halifax-Dartmouth Canada Day Concert

Time: 5 p.m. - 12:00 a.m.

Date: Sunday, July 1

Location: Alderney Landing

Atlantic Canada's largest free, all-ages concert of the summer is back at Alderney Landing for 2018. Juno nominated Allan Rayman makes his Atlantic Canadian debut to headline the show with his blend of alternative R&B meets grunge-rock. Also performing will be Juno-nominated singer-songwriter Mo Kenney, as well as Nova Scotian artists T. Thomason and Alfie. The night wraps up with the official Canada Day Fireworks Show over the harbour, visible from Alderney Landing or Ferry Terminal Park.

Life is like a garden

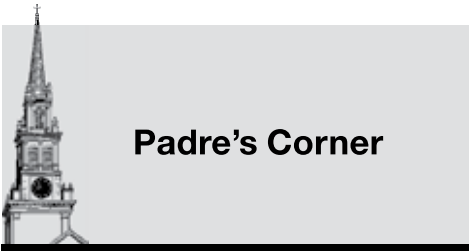
By **Capt Jim McCorrison**,
Fleet Chaplain

As the spring comes to a close many of us are well into the routine of sparking up the BBQ for family and friends, mowing lawns, and tending the gardens that had been planted earlier in the spring. With the coming warmth our socialising and work will move outdoors more than during the cold winter months.

Padres often talk about life as being like a garden. Life as a garden can be a helpful image because, just as with a garden, our lives are a place where we cultivate many of our desires. We start new relationships, act on new ideas, and make room for unforeseen opportunities that come to us. Also, like a garden, life is the place where we tend these new parts of our lives so that they can take firm root and grow into something beautiful and fruitful. But, as any gardener knows, to have a strong and healthy garden takes more than simply throwing some seeds on a patch of ground. The soil must be assessed: Is it rocky or

hard, or maybe it's lacking the nutrients that would make a seed grow and blossom? Does the sun shine on it too much or too little? Can the seeds to be planted really take root in the soil? Beyond all these questions are the answers of what work must be done for the garden to be the garden we want. And when the questions have been answered the work begins: first, of working the soil until it is ready for the seed, and then the regular work of tending the garden – of watering and weeding and pruning the plants.

Life is like a garden. Our lives may be like the soil of a garden that may or may not be ready for the seeds of relationships, or new ideas, or dreams to take root. We may first have to prepare ourselves – alter our expectations of what time and space will be needed for the new and good things we want. And when we've done that we still have tend to these new parts of our life – nourish them and, sometimes, weed or prune them if they become unmanageable or out of control. To begin something new in our lives which will thrive will take more than



just showing up and going through the motions, more than just throwing some seeds on a patch of ground.

Summer is a great time for gardens to grow and it is also a great time for our lives to flourish. For many this summer will be a time of being posted – of transplanting life from here to somewhere else. For others, it will be a time when stronger roots can grow into the soil of life where you are.

In either case, this summer is a time when we can become more mindful of the place we find ourselves, with the people and interests which surround us. And like a gardener, it is a time when we can re-assess our life and how it is growing, and consider what changes could be made to make it stronger, healthier, and more abundant. When you see the gardens this summer, think of them as a reminder of the work in life needed to make life strong and beautiful.



A cultural presentation, including dancing and drumming, was part of the Canadian Forces Aboriginal Entry Program graduation ceremony at HMCS Scotian.

MONA GHIZ, MARLANT PA

Hard work pays off for Aboriginal Entry Program graduates

By Ryan Melanson,
Trident Staff

Even with years of experience in Air Cadets to help prepare her, 20-year-old Kayla Syrie said the first few days with the Canadian Forces Aboriginal Entry Program (CFAEP) required a big adjustment.

"The first morning was a big wake up call. We were up at 5 a.m., we were doing PT in the rain, it was very fast paced. That adjustment was the hardest part."

Her CFAEP group wrapped up their three weeks in Halifax during a graduation ceremony at HMCS Scotian on May 25, after getting a taste of military life with daily PT, marching and parade training, and exposure to different CAF trades and environments.

"It was an awesome experience and we really came together as a team by the end, which was very rewarding," added Syrie, who has Algonquin heritage and is from Wasaga Beach, Ontario. Having completed the program, she's already begun the process of joining the CAF, with hopes of either pursuing the Aircraft Structures Technician trade or attending the Military Police Academy.

Every member of this year's group of 15 graduates has indicated a desire to join the CAF in the Regular or Reserve Force, and many have already been accepted and begun the official process. It's a typical result for the program, which is geared toward increasing Aboriginal enrollment in the CAF and presenting the organization as an inclusive environment to start a career with. Individuals between 18-30 years old and of First Nation, Metis or Inuit descent, with an interest in the CAF, are invited to bases to participate in the immersive experience. While it involves activities like weapons and navigation training, day sails on a warship, and an Army experience in Gaagetown, the program also explores CAF culture, and how different identities can fit within it.

"We want to give them an opportunity to understand military culture, but also to understand that there are opportuni-

ties for Indigenous cultures and military culture to coexist – that there are outstanding career opportunities with the CAF based on leadership, teamwork and respect," said PO2 Shawn Swinimer of Naval Fleet School Atlantic, who served as an instructor with the CFAEP in 2017 and again for this year.

PO2 Swinimer described this year's group of graduates as outstanding recruits, and said it was easy to feel proud after seeing the candidates respond to the initial shock of military life and eventually thrive as a team.

"There are unique challenges that come with life in the Canadian Armed Forces, and they've overcome those challenges with a lot of hard work. They should feel very proud on parade today."

For Evan Charters of Edmonton, the graduation was a proud moment, but also one that he hopes others can look to for inspiration. He plans to join the Army, and after breezing through the rappel tower exercise and weapons training, hopes to become an Infantry Soldier.

"My mother works with Aboriginal youth back at home, and a lot of them come from a hard way of life. In doing this, I just want to show them that a person from our (Cree) community can break the stigmas and become something better," he said.

The graduation parade at Scotian was reviewed by BGen Virginia Tattersall, Deputy Commander, Military Personnel Generation, along with HCol Donald Julien, a member of the Mi'kmaq Grand Council and honorary Colonel for 5th Canadian Division. Other guests included His Honour Arthur J. Leblanc, Lieutenant Governor of Nova Scotia, and Her Honour Patsy Leblanc, CPO2 (ret'd) Debbie Eisan, a 36-year military veteran and member of the Aboriginal community, as well as members of the MARLANT Aboriginal Advisory Group. Following the official ceremonies, guests were treated to a performance by the Eastern Eagle drum group, along with ceremonial dancing led by CPO2 (ret'd) Eisan.

US Navy and CAF recognize Memorial Day on Deadman's Island

By Ryan Melanson,
Trident Staff

One of the earliest accounts of Deadman's Island as a final resting place for soldiers comes from the journal of Privateersman Benjamin Palmer, an American held as a POW during the War of 1812.

In a poem written from the prison at Melville Island, Palmer lamented the growing number of fellow captives who were dying and being buried on the island then known as Target Hill. He also predicted that the dead servicemen would ultimately be forgotten, writing:

*"No monumental marble shows...
Whose silent dust does there repose
All sleep unknown; their bodies rot
By all, save distant friends, forgot."*

The facility on Melville Island held more than 8,000 Americans as POWs

through the course of the war, including those captured in land battle on the frontier, as well as sailors and privateers captured at sea.

Since 2005, both Canadians and Americans have gathered at the Deadman's Island burial site on the American Memorial Day holiday to ensure the 195 Americans who died and were buried there, along with 66 individuals from France and 9 from Spain, are not forgotten, as Palmer predicted they would be, but honoured for giving their lives in service.

And in 2016, both Melville and Deadman's Island were designated as National Historic Sites by Parks Canada and the Historic Sites and Monuments Board of Canada, with new educational displays and plaques joining the original monument installed by the US Department of Veterans Affairs in 2005.

Continued on page 7



US sailors bow their heads in honour of the American, French and Spanish prisoners of war buried on Deadman's Island.

RYAN MELANSON, TRIDENT STAFF

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HMCS *Labrador* veteran reaches out to HMCS *Shawinigan* sailors

By CPO2 Rick Bungay,
Patrol Vessel Chief Engineer,
Sea Training Atlantic

Recently I was approached through my HMCS *Labrador* Naval History social media page by a former crew-member of HMCS *Labrador*. HMCS *Labrador*, a Wind Class icebreaker, was the first warship to transit the Northwest Passage, in 1954. Martin "Smudge" Smith was a communicator onboard *Labrador* in 1955 during their operations in support of the installation of the Pine Tree line and as a former RCN member, wanted to reconnect with the RCN by donating books from his personal library. Knowing that HMCS *Shawinigan* was standing up their ship from a recent tiered readiness program, they were in need

of new books, I accepted the donations on behalf of *Shawinigan*. Being a former member of the Ship's Company who had been to the Arctic on many occasions, I realized the importance of having a diverse ship's library of books to break up the long days at sea.

I dropped by at his home in Cole Harbour with my co-worker PO1 Branton and we presented him with an HMCS *Shawinigan* ball cap and a previous OP NANOOK challenge coin that had an image of his old ship *Labrador*. While we were there, he told me stories of his interesting career in the RCN. Of particular interest is one of the anecdotes he told me while he was drafted in *Labrador*.

"In HMCS *Labrador*, all communications waste paper and message material had to be burnt. And as

we were communications vessel for the entire Pine Tree line task force, waste accumulated rapidly. Burning was accomplished by reporting to the bridge and getting permission to hang a do not use sign on the ship's fog horn control. Then you went down into the engine room and climbed up the funnel. A ladder took you up to the very top of the stack, completely surrounded by steel in an area which forced one to crouch while stuffing your waste paper into a potbellied stove. Not a job that was to be envied."

Today we have specialized lockout procedures and machines in the destruction of messages and cryptographic material. This really demonstrates that the RCN sailor of the past had to deal with such problems. I find that looking at the RCN of the past and talk-



HMCS *Labrador*'s comms department, circa 1955. Martin Smith is in the back row, 6th from the left.

SUBMITTED

ing to sailors who came before us, are key to moving forward in regards to the future fleet and dealing with unusual operating areas such as the Arctic.

I would certainly like to thank Martin Smith for opening this sailor's eyes to this lesser known aspect of the RCN's past, and also, for his generous contribution to *Shawinigan*. Once a sailor, always a sailor.

Military Family Identification card (MFID) now available

By CFB Halifax Base PA

What is the MFID? The MFID is meant mainly to assist family members in accessing HMC Dockyard by vehicle so that CAF members can be picked up and dropped off in closer proximity to their respective jetties. The MFID also allows access to all non-operational zones within CFB Halifax. This MFID does not replace the CFOne Card which offers discounts.

Who qualifies? CAF Dependents 16 years old and above as per the member's MPRR.

Where/when can I apply? From June 4-15, MFIDs can be obtained at both the Halifax and Shearwater Military Family Resource Centres (MFRCs) on weekdays from 2 pm to 7 pm. Permanent hours of operation will be announced at a later date.

What do I bring? 1. CAF Identification Card; 2. Copy of MPRR to ensure dependants are registered; 3. Completed application form (<http://halifax.mil.ca/CFBHalifax/BCOMD/documents/MFID%20FORMEN.pdf>); 4. Dependant must have two pieces of ID (one that includes photo identification) as per NDSOD Standard A, Annex A, Table 4;

5. Please note: The CAF member and his/her dependant(s) must all be present to obtain the MFID.

More information is available in MARLANTGEN 029/18.



CFB Halifax Base Commander Capt(N) Paul Forget accompanied his wife Tammi (left) and their daughters Melanie, Janelle and Natalie to the Halifax & Region Military Family Resource Centre Halifax site on May 24 where they received the first four Military Family Identification cards (MFIDs) printed at CFB Halifax. Le 24 mai, le commandant de la BFC Halifax, le capitaine de vaisseau Paul Forget, accompagné de sa femme Tammi (à gauche) et de ses filles Mélanie, Janelle et Natalie, s'est présenté au Centre de ressources pour les familles des militaires d'Halifax où il a reçu la première des quatre cartes d'identité de famille de militaire (IDFM) imprimées à la BFC Halifax.

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La carte d'Identité de famille de militaire (IDFM) est maintenant disponible

Par BFC Halifax OAP

À quoi sert la carte IDFM? La

carte IDFM vise essentiellement* à permettre aux familles de militaires d'entrer sur les lieux de l'arsenal CSM en voiture afin de passer prendre des membres des FAC ou de les déposer à proximité de leur jetée. La carte IDFM donne accès aussi à toutes les zones non opérationnelles au sein de la BFC Halifax. La carte IDFM ne remplace pas la carte UneFC qui offre des rabais.

Qui peut en bénéficier? Les personnes à charge du membre des FAC qui sont âgées de 16

ans ou plus, selon le SDPM du militaire.

Où et quand puis-je présenter une demande? Du 4 au 15 juin, vous pouvez vous procurer votre IDFM au Centre de ressources pour les familles des militaires (CRMF) d'Halifax ou au CRFM de Shearwater, en semaine de 14 h à 19 h. Un horaire permanent sera annoncé prochainement.

Que dois-je apporter? 1. Votre carte d'identité des FAC; 2. Une copie de votre SDPM pour s'assurer que les personnes qui sont à votre charge y sont inscrites; 3. La demande dûment remplie (<http://halifax.mil.ca/CFBHalifax/BCOMD/documents/MFID%20FORMEN.pdf>); 4. Les personnes qui sont à votre charge doivent avoir sur elles deux cartes d'identité (l'une avec une photo), conformément aux dispositions des ODSDN (norme A, annexe A, tableau 4); 5. Remarque : Le membre des FAC et les personnes qui sont à sa charge doivent être présents pour obtenir la carte IDFM.

Pour en savoir davantage, consultez le MARLANTGEN 029/18.

**A HUGE
THANK YOU TO ALL
OUR MILITARY MEN AND WOMEN,
PAST, PRESENT AND FUTURE!**

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HMCS *Oriole* joins the Atlantic Fleet, departs for Great Lakes Deployment

By Ryan Melanson,
Trident Staff

The latest ship to join Canadian Fleet Atlantic also happens to be the RCN's longest serving commissioned vessel. HMCS *Oriole*, Canada's Navy tall ship, was inducted into the fleet with a small ceremony at HMC Dockyard on May 29, just minutes before the ship and her crew departed Halifax for the St. Lawrence Seaway and the 2018 Great Lakes Deployment.

Oriole, built in 1921, then donated to the RCN and commissioned in 1952, is essentially an ambassador ship for the Navy, used for public outreach and for training junior sailors. The 31-metre tall sailing ketch was previously based at CFB Esquimalt, and the goal in transferring her to the east coast is to give a different segment of the Canadian population a chance to enjoy the history and heritage that *Oriole* offers. This began in 2017, when the ship first made the daunting 16,000 sail to Halifax for the Rendez-vous Tall Ships Regatta, and continues now with the ship as an official member of the Fleet, led by Commanding Officer LCdr Drew Foran.

"The Great Lakes is an outreach mission, and we'll be conducting 14 different port visits as we sail from Halifax all the way to Windsor, On-



Cmdre Craig Skjerpen, Commander CANFLTANT, speaks to *Oriole* CO LCdr Drew Foran and his crew prior to the ship's departure on May 29.

MONA GHIZ, MARLANT PA

tario and back," LCdr Foran said.

Deployments to the Great Lakes region in the summertime have been a regular RCN activity for decades, often involving port visits, community activities, day sails on larger ships, and other methods of introducing Canadians who live away from the east or west coasts to their Navy and its highly-trained personnel.

"This ship is really a means of delivering the sailors who are part of to-

day's Royal Canadian Navy to Canadians, to allow them to tell their stories of the work they do in the Navy, and do it on this important and historic vessel. She's a beautiful ship that just finished refit, so it's a fantastic opportunity for us," LCdr Foran added.

Roughly 20 sailors at a time will crew the ship for the summer, and many of them will be getting some of their first sailing experiences. As part of celebrations this year marking the

100th anniversary of the Royal Canadian Sea Cadets, *Oriole* has invited some of the organization's top 14-18 year old members to train aboard the vessel, and it's expected that about half the crew will be composed of cadets through the July and August portions of the trip.

"The main thing they'll be doing is learning how to sail," LCdr Foran said.

"We'll get a new group of cadets each week, and we'll be taking them from one port to the next to learn how to sail, do some adventure training, do some team-building exercises, and work together with the rest of my crew."

And with the ship just recently back from more than six months of refit at the Lunenburg Shipyard, including new wiring, electrical work and refinishing of the masts, she's in top shape to be shown off to Canadians, and fully capable of handling whatever conditions the crew finds themselves in at sea.

"It's certainly different than sailing on an average warship, and that should bring some exciting moments for the crew. We're looking forward to it."

The Great Lakes Deployment will continue through the summer, and *Oriole* is due back in Halifax by the end of September.

US Navy and CAF recognize Memorial Day on Deadman's Island

Continued from page 5

"We must pay tribute to those lives who have been lost. The Americans, the French, the Spanish, those who were slaves at one time and who sought freedom, and who found themselves here," said RAdm Margaret Kibben, Chief of Chaplains of the US Navy and the senior U.S. Armed Forces member in attendance. She was joined at the ceremony by USN sailors, other USN exchange officers posted to Halifax, and Steven Giegerich, US Consul General in Halifax.

"We stand here also because of the historic grace of Canada, who en-

sured we would pay tribute to those who have fallen, for it is our duty to honour them," RAdm Kibben added.

Canadian military and government representatives included Capt(N) Paul Forget, CFB Halifax Base Commander, BGen Derek Macaulay, Commander 5 Cdn Div, His Honour Lieutenant Governor of Nova Scotia Arthur J. LeBlanc and Her Honour Mrs. Patsy LeBlanc, and HRM District 9 Councillor Shawn Cleary.

In a speech, Capt(N) Forget chose to recognize Memorial Day and honour those buried on the island not by recounting the conflicts of

200 years ago, but by celebrating the relationship between Canada and the United States that has developed since then.

"Canada and the United States found an enduring and mutually beneficial alliance that has seen us through two World Wars, the Korean conflict, the Cold War, and the complex and uncertain world that has continued to evolve since the fall of the Berlin Wall," he said.

"Today, we continue as inseparable allies in NATO, in NORAD, in the Pacific, and our Armed Forces serve side by side in counter-drug operations, patrolling the sea lanes of the North

Atlantic, on Op REASSURANCE in the Black, Baltic, and Mediterranean Seas, and on countless other missions around the world."

The ceremony included both a one and three-volley cannon salute, and the American flag was first raised, and then lowered to half mast to honour the dead, at the nearby Armdale Yacht Club. The Guard of Honour, led by Machinist's Mate 3rd Class Jose Diaz was accompanied by the Stadcona Band and 12 Wing Pipe Major WO Katie Buckland. Also in attendance were The King's Orange Rangers, an 18th century Loyalist reenactment group.

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CFMWS puts a focus on employee wellness

By Ryan Melanson,
Trident Staff

Canadian Forces Morale and Welfare Services employs hard-working individuals on bases across Canada, and on May 30, the organization took a day to put an extra focus on the wellbeing of its people.

The Be Well, Work Well Wellness Fair involved activities focused on healthy lifestyles, with booths at CANEX highlighting the store's healthier options under the BeneFit program, while SISIP Financial held an open-house style event aimed at providing helpful financial information and introducing services that can help reduce money stress.

Online, a virtual Wellness Fair provided additional resources on



PSP Fitness and Sports Coordinator Jason Price presents a 20-year Long Service Award from CFMWS to Gloria Pitman, prior to employees getting together for some afternoon bowling as part of the Bell Well, Work Well Wellness Fair on May 30.

RYAN MELANSON, TRIDENT STAFF

<http://cfmws.com>, with tips on living a healthier lifestyle, along with information from partners and community resources like Great West Life, CFOne, the Heart and Stroke Foundation, and Workplace Strategies for Mental Health.

And to help lighten the load for the afternoon and provide a mental health break, CFMWS employees in Halifax were invited to take a couple hours away from the office for a team bowling party at STADPLEX.

Promotion at Trinity Det NOPFWI



MS Michael Laurie, a Sonar Operator posted to the Trinity Det Naval Ocean Processing Facility Whidbey Island (NOPFWI), is promoted to his current rank by LCdr Collins, CO of Trinity Det NOPFWI, and PO1 Brett Marchand.

SUBMITTED

Sable Island trip a highlight for special guests aboard HMCS *Halifax*

By Ryan Melanson,
Trident Staff

The Canadian Leaders at Sea program (CLaS) routinely offers unforgettable naval experiences to influential civilians from a variety of different backgrounds, and the program's latest outing was no different. This time, however, as HMCS *Halifax* set sail with eight special guests aboard on May 16, some members of the crew were getting ready for a once-in-a-lifetime trip of their own.

The three-day CLaS program involved a thrilling visit to the Sable Island National Park Reserve, a large narrow sandbar located about 175 kilometres off the coast of Nova Scotia. Sometimes known as the Graveyard of the Atlantic, the island was first explored in the 15th century and is known for being the site of hundreds of shipwrecks in the years prior to its first lighthouse being installed

in 1873. Today, the area is under the jurisdiction of Parks Canada and technology has made shipwrecks a lesser worry, but ships still exercise caution due to the always-shifting sandbars of the island and the thick fog that frequently rolls in.

And despite the fog presenting its usual challenges, *Halifax* was able to anchor offshore, launch its small boats, and conduct a number of successful transfers to and from the beach early in the morning on May 17. The CLaS guests and others got a 90-minute tour of the island from the Parks Canada staff who embarked *Halifax* and sailed with the group. They ran into multiple groups of the famous Sable Island horses, along with the thousands of grey seals that line the beaches at the edge of the water.

It's Canada's farthest offshore island, and has a number of characteristics, including its wild animal populations, that make it both intriguing

and worth protecting.

"It's a hugely dynamic sliver of sand. It's persisted for thousands of years, but it also changes significantly as the sands shift," said Alannah Phillips, Park Manager for Sable Island.

"It has an amazing combination of natural history and cultural or human history, which is part of the reason it's been made a National Park Reserve."

Ali Ehsassi, the Member of Parliament for the Toronto riding of Willowdale, came as a guest on the trip, and even had the opportunity to raise a new Canadian flag at the island's Main Station along with *Halifax* CO Cdr Scott Nelson. He described the island as breathtaking, and said after witnessing the extensive work and planning required to make it to the shore, he felt extremely lucky to be one of the few Canadians to see it firsthand.

"Sable Island was beautiful, of course, but it was really quite an adventure just getting to the island, that in itself was very intriguing and something I won't forget. A lot of credit goes to the people who worked hard to get us there," he added. The guests donned full immersion suits, transferred from the anchored ship to a RHIB via the Billy Pugh rescue net, and travelled about 1.5 kilometres to the beach, transferring again to a smaller, beach-landing boat near the shore.

Members of the ship's company who also made it to the island included the command team, the small boat crew, and 15 sailors who won the chance by

participating in a raffle on ship.

"This is something a lot of the sailors had interest in, and unfortunately there just isn't time to send everybody, so we asked people to pitch in \$5 to enter the draw," said ship Coxn CPO1 Gerry Doute, adding that money raised was donated to the Children's Wish Foundation Nova Scotia chapter.

After a very early start to the day, everyone was back on board *Halifax* in time for soup at 10 a.m., and the intensive CLaS experience continued from there. Guests fired weapons, including the .50 calibre and C9 machine guns, in a force protection scenario, suited up to fight simulated fires, tried their hand at different positions on the bridge, and learned about a few RCN traditions during a Spiffy Dins in the Wardroom, just to name a few activities.

The goal of the program is to leave guests with a greater understanding of the RCN's work defending Canada at home and abroad, provide some insight into day-to-day naval life, and highlight the impressive skill sets and advanced technologies found in a ship, submarine or maritime helicopter. Along with the stay on board *Halifax*, guests toured MARLANT, CFB Halifax and 12 Wing Shearwater sites on land, visited the construction site of the future fleet at Irving Shipbuilding, and had briefings from both Cmdre Craig Skjerpen, Commander CANFLTANT, and RAdm Craig Baines, Commander MARLANT and JTFA.

Continued on page 10

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First Ever McHappy Day® for the H&R MFRC

By Sarah-Jean Mannette,
Halifax & Region MFRC

Wednesday, May 2, was not an ordinary Wednesday. It was McHappy Day®, an annual one-day fundraising event held by McDonald's restaurants across Canada to raise money for Ronald McDonald Houses and other local charities.

It was not ordinary at all; it was an extraordinary day for the Halifax & Region Military Family Resource Centre (H&R MFRC), and most importantly, for military families in the area. For the first time ever, a portion of McHappy Day® proceeds from the McDonald's Kempt Road and Pleasant Street locations went to the H&R MFRC.

Peter MacIsaac, McDonald's franchisee of five locations, including Kempt Road and Pleasant Street, was grateful for the opportunity to raise awareness of the H&R MFRC and to continue to support military families in the area. "With our restaurants being located so close to CFB Halifax and 12 Wing Shearwater, allocating a portion of proceeds to the H&R MFRC made perfect sense."

Shelley Hopkins, executive director of the H&R MFRC, was thrilled when MacIsaac approached the Centre about McHappy Day. "The H&R MFRC has been supporting military families for over 30 years, and this is the first time we have had the opportunity to be part of McHappy Day. Our partnership with McDonald's is a great way to support military families and raise the profile of the H&R MFRC."

"There are approximately 10,000 military members and families in the area we serve and we want them to see themselves in the Centre. We are their MFRC," Hopkins said. The H&R MFRC supports Regular and Reserve Force CAF members, medically releasing CAF and Veterans families, within Halifax and region, Shearwater and Central and Northern Nova Scotia, including Cape Breton.

From a combination of cash donations and proceeds from every Big Mac, Happy Meal, and hot McCafé beverage purchased during McHappy Day®, the H&R MFRC received \$5,292.50. These funds will directly support upgrades to the youth centres, including youth programming.

H&R MFRC youth programs provide a safe and structured environment for youth ages, 8 to 18, to learn



Peter MacIsaac, franchisee of McDonald's on Pleasant Street and Kempt Road, present Shelley Hopkins and H&R MFRC staff with a cheque from McHappy Day. Showing their support are CWO Hepditch, Col Connor, CPO1 Steeves and Capt(N) Forget.

SUBMITTED

valuable skills, discover new interests, and connect with other youth from military families. Programming, which is generally held at the youth centres, include fun activities like Royal Heist Escape Room, educational opportunities such as Cooking in the Kitchen and Leaders in Training. Summer camps are also offered at both youth centres.

In addition to the donations received, McHappy Day® gave staff and volunteers of the H&R MFRC chance to connect with the community. In their red shirts, they called out order numbers, assisted customers in the restaurants, gathered donations, and raised awareness about the ways in which the H&R MFRC supports military families.

Commander of 12 Wing Shearwater, Col Sid Connor and Wing Chief CWO David Hepditch handed out orders inside the Pleasant Street location, while CFB Halifax Base Commander Capt(N) Paul Forget, Base Chief CPO1 David Steeves, and Hopkins worked the Kempt Road drive-thru.

When interviewed by Live 105 Halifax, part of which was aired, Col Connor stressed the importance of the H&R MFRC, "They provide outstanding support to military families, which is essential so that CAF members can focus on their work - knowing their family is taken care of back at home."

"The support was overwhelming," said Capt(N) Forget. "The generosity shows just how tightly knit our community is and the desire people have to support military families." For Capt(N) Forget, being at the helm, even just for a few hours, brought back fond memories. "I worked at McDonald's as a teenager. It was a great experience. Although the technology has changed, a Big Mac is a Big Mac!"

Hopkins added, "We sincerely thank everyone who supported McHappy Day® and to John MacIsaac and the amazing staff at the Kempt Road and Pleasant Street locations. They were outstanding and so helpful."

The H&R MFRC is a not-for-profit, charitable organization, governed by a volunteer Board of Directors made up of a minimum of 51 per cent military family members. Supporting military families since 1986, the mission of the H&R MFRC is to strengthen the wellbeing of all those who share the unique experience of military life. The H&R MFRC customizes its programs to meet the changing needs of military families, and focus on: mental health & well-being, education & employment, relocation, personal development, deployment, veteran family transition support, as well as child, youth and parenting. For more information on the H&R MFRC, please visit: <http://www.halifaxmfrc.ca>.

The H&R MFRC Annual General Meeting

Join us Wednesday, June 20, 4-6:30pm at the Halifax Site MFRC for light refreshments from 4-5pm, followed by the Annual General Meeting, from 5-6:30pm. Connect with your MFRC and military community, hear about the cool things we've done this past year and elect next year's Board of Directors. There is no cost and all military members and their families are welcome. Childcare is available. Call 902-427-7788 to register for childcare by Friday, June 15.

L'assemblée annuelle du CRFM d'Halifax et régions

Joignez-vous à nous mercredi le 20 juin de 16 h à 18 h 30 au CRFM de Shearwater. Des rafraîchissements légers seront servis de 16 h à 17 h et il sera suivi par l'Assemblée générale annuelle de 17 h à 18 h 30. Apprenez à connaître votre CRFM ainsi que la communauté militaire, prenez connaissance des choses intéressantes que nous avons faites au cours de l'année dernière et votez pour le prochain conseil d'administration. Tous les membres des Forces armées canadiennes et leur famille sont invités et c'est gratuit. Le service de garde vous est offert. Téléphonez au 902-427-7788 avant le vendredi 15 juin pour vous inscrire au service de garde.

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Sable Island trip a highlight for special guests aboard HMCS *Halifax*

Continued from page 8

As a former Naval Reservist, CLaS guest Maureen Harquail, now the Director of Anti-Money Laundering and Anti-Terrorist Financing Policy for CIBC, said she left *Halifax* feeling more up to date on her knowledge of today's RCN. She said she was

enthused seeing the professionalism of the personnel, the level of support and respect shown for the crew by leaders like Cdr Nelson and his XO, LCdr Nick Buxton, and the level of confidence shown by Cmdre Craig Skjerpen, Commander CANFLT-LANT, in *Halifax's* young and energetic command team.

"I feel like I'm seeing a different culture and a change in the mentality of leadership that's very positive, and that could be attractive in getting more young people engaged and interested in joining the Forces." She added her thanks for the hospitality shown to the whole group, and said she hoped to see the RCN con-

tinue to focus on outreach and allowing civilians to experience a taste of naval life. "Canadians don't know their Navy as well as they should, and it's a shame, because they're missing out on an awesome group of people who do some incredible work."



Catherine St. Jacques, a Phd. candidate in political studies at Dalhousie University, fires the C9 machine gun during a force protection demonstration with HMCS *Halifax*.
OS TYLER ANTONEW, FIS



The Parks Canada staff, CLaS guests, Cdr Scott Nelson and members of the ship's company of HMCS *Halifax* raise a new Canadian flag for the Parks Canada station on Sable Island during a visit on May 17,
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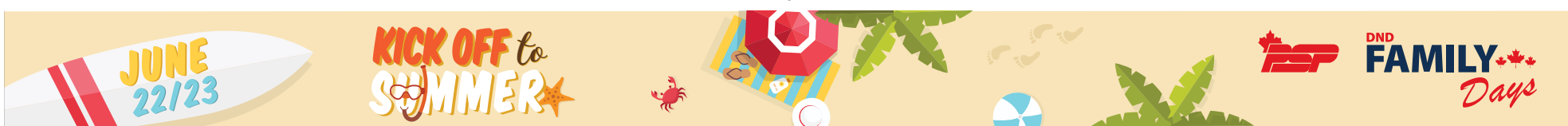
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Kick off your summer with

By Ryan Melanson,
Trident Staff

The weather is starting to warm up, and the 22nd Annual DND Family Days, happening June 22-23, is the perfect venue for members of the DND community to start getting into the summer spirit. As always, the event is presented by Personnel Support Programs Halifax, and promises to be a fun-filled two days of mechanical and inflatable rides,

carnival games, military tours, good food, live music, prize draws and more.

It's expected that more than 20,000 CAF members and their families, as well as civilian DND and NPF employees, will pour into the festival site, which will be set up right inside HMC Dockyard over the two days.

Returning as the Family Days presenting sponsor for 2018 is Sobeys, who will be on site with their always-popular cookie decorating booth;

cookies are free of charge, and while the kids have the most fun decorating, mom and dad are welcome to join in as well. Keep an eye out for other special treats on offer from Sobeys through the weekend, and the sponsor will also be kicking off this year's prize draws, giving away an evening at the Royal Nova Scotia International Tattoo in the 24-seat Wiser's Lounge Executive Skybox.

New Platinum Plus Sponsor Irving Shipbuilding, who plan to launch the first ship of the Navy's future fleet, HMCS *Harry DeWolf*, later this year, will also be at the Dockyard. The Irving Shipbuilding Children's Entertainment Zone, featuring inflatables and other kids' activities, will be located at the south end of the site just past HMCS *Scotian*.

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The cookie decorating tables in the Sobeys tent are popular with the whole family.

MEGHAN FASH, PSP HALIFAX

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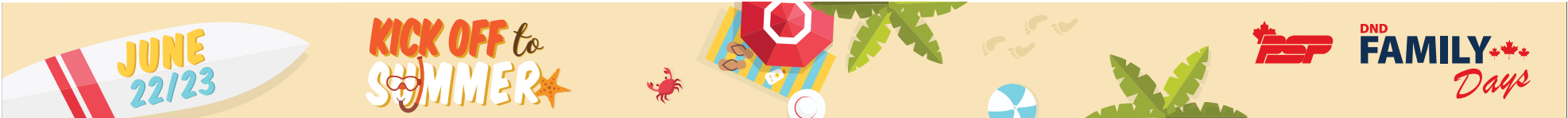
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DND Family Days

Other attractions the kids won't want to miss include face painting, carnival games, the many mechanical midway rides with free admission, the Harbour Hopper, and two different train rides, one offered by Giant Tiger at Jetty NC, and the other by Via Rail Canada at Jetty NB. Young military enthusiasts can also get on board a Halifax-class Frigate or a Maritime Coastal Defence Vessel as part of open ship tours, go on a RHIB ride in the harbour, step inside the cockpit of the new CH-148 Cyclone Helicopter, and learn about Army equipment with static displays from 5 Cdn Div.

Family Days isn't only for kids, however. Parents are encouraged to check out all the sponsor booths, which include helpful home heating and energy tips from Bluewave Energy and Nova Scotia Power, fun simulators from Ok Tire and Dexter Construction, and plenty more. There will be live music over the lunch hour on both days, and the prize draws, beginning at 2 p.m., also offer something for all ages.

Guests are encouraged to check out the booths and attractions through the entire length of the Dockyard site, as there's plenty to see and do at both ends, and special prize draws that can only be entered by visiting specific booths.

Of course, Family Days wouldn't be possible each year without the generous support of all the sponsors. Along with Presenting Sponsor Sobeys and Platinum Plus Sponsor Irving Shipbuilding, the nearly endless list of Family Days supporters includes companies like BMO, Ambassatours, Xerox, Tim Hortons, WestJet, Avis Budget Group, CANEX and SISIP, The Personal, Lord Nelson Hotel and Suites, Manulife, Steele Auto, Glow The Event Store, Via Rail Canada, CBC, Bluewave Energy, MacFarlands Events, Casino Nova Scotia, Pepsi, Logistik, Dexter Construction, Molson Coors, OK Tire, and many more, along with government partners including the Province of Nova Scotia, Veterans Affairs Canada, and Parks Canada.



The inflatable amusements always are a big hit with the kids.
MEGHAN FADH, PSP HALIFAX











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Plenty of prizes to be won at DND Family Days

By Ryan Melanson,
Trident Staff

It wouldn't be DND Family Days without the chance to win some great prizes, and the event's sponsors have once again provided PSP Halifax with a list of giveaways that can get the whole family excited.

Prize draws will take place at 2 p.m. in the main PSP Entertainment Tent on both June 22 and 23. While draw tickets are available to everyone, winners must be present in the tent when their number is called to claim a prize – if the winner can't be found, a new number will be drawn. As usual, visiting the tents and booths of the various Family Days sponsors set up through the Dockyard will also give guests a chance to be entered into extra draws for even more prizes.

The following is just a sample of the prizes on offer through the Family Days weekend:

- First class round trip for four to Toronto with Via Rail, including meals and accommodations
- Grocery gift cards from Presenting Sponsor Sobeys
- Coffee for a year, plus other gift cards, from Tim Hortons
- \$1,000 giveaway from the Ronnie Farrell Home Selling Team
- A set of new tires courtesy of OK Tire
- Halifax Mooseheads skybox tickets courtesy of Molson Coors
- Sailing excursion for 20 people with Ambassatours
- More than 30 bicycles to be handed out courtesy of Canadian Tire
- Electronic fire pits
- Return ferry trip on the Fundy Rose Ferry Service from Digby, NS - Saint John, NB with Bay Ferries Limited.
- Gift certificates from Pizza Pizza, Subway, Giant Tiger and more.

Prize draws take place in the PSP Entertainment Tent, and begin at 2 p.m. on both June 22 and 23.

MEGHAN FASH, PSP HALIFAX



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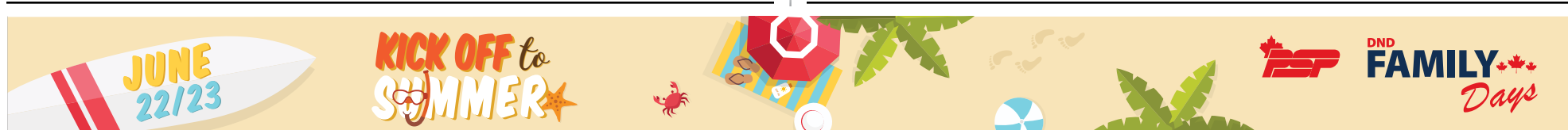


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Free midway rides are a highlight of DND Family Days each year.

RYAN MELANSON, TRIDENT STAFF

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Casino Nova Scotia to provide free Family Days entertainment

By Ryan Melanson,
Trident Staff

One major change for this year’s DND Family Days involves live musical entertainment. Rather than holding a concert in the evening, organizers have partnered with Casino Nova Scotia to bring live music to HMC Dockyard during the daytime for all to enjoy.

On Friday, June 22, guests will be treated to a performance from the Casino Nova Scotia 2018 Artist in Residence – five local acts are currently competing for the spot, with a winner being decided at a finale gala on June 15. And on Saturday, June 23, the Casino’s outgoing 2017 Artist in Residence, Devarrow, will perform. Devarrow is the stage name of Moncton-born singer/songwriter Graham Ereaux, who has been gaining recognition, including an ECMA nomination, since 2015. The free

performances are scheduled from 11:30 a.m. - 1 p.m. on both days.

“Families can now enjoy the event as they stroll through the sponsor’s tents, hearing the music play in the background as they hopefully enjoy a beautiful sunny day. We hope the families enjoy this addition to their afternoon,” said PSP Halifax Senior Manager Joni Sawler.

The new Family Days partnership with Casino Nova Scotia will also include a draw in the main tent for tickets to the Casino’s Friday and Saturday night concerts, with Cape Breton blues rocker Matt Minglewood being the headlining act each night.

Casino Nova Scotia’s Artist in Residence Devarrow will be one of the musical acts performing live at the Family Days site on June 22 and 23.

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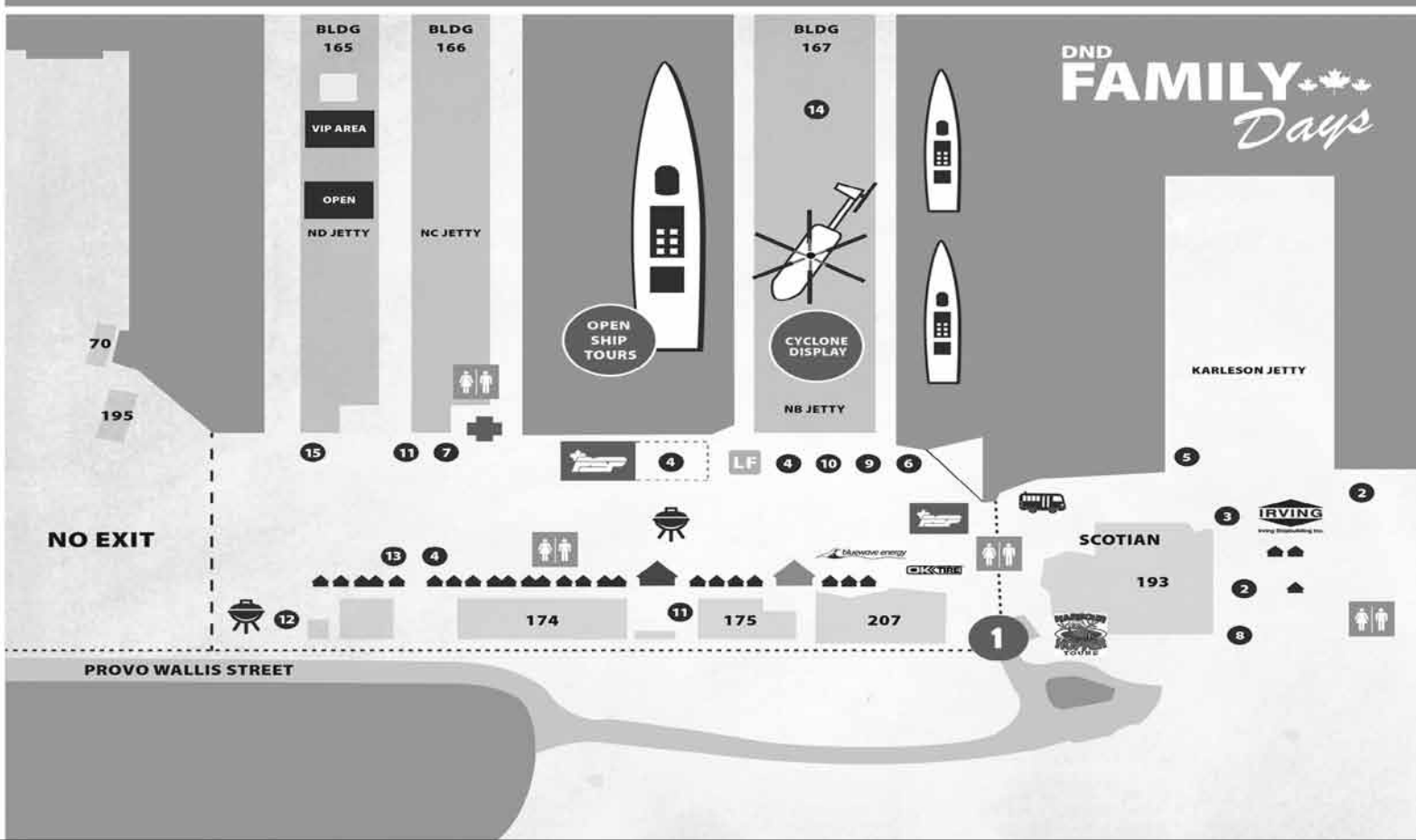
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- Dates & Times: Friday, June 22 (11:30 a.m.-6 p.m.) and Saturday, June 23, (10 a.m.-5 p.m.) Location: HMC Dockyard (Entrance through HMCS Scotian Gate only).
- Access to the interior of HMCS Scotian will be off limits this year, with MOG5, located along Jetty NC, housing the new Family Days VIP area.
- Visit the Murphy's tent early for Harbour Hopper tickets, which will be in limited supply. Runs begin at 11:30 a.m. on Friday only.
- Prize draws begin at 2 p.m. each day in the PSP Entertainment Tent.
- Bring a photo ID (DND ID, Military Family ID or your CFOne card) for entrance to the site through HMCS Scotian, and expect bag checks.
- While inflatables, rides and plenty of other activities will be free, there will be a charge for barbecue tickets and carnival games.
- No pets are allowed on the Family Days site.
- Weather in June can be unpredictable; wear layers in case of cold temperatures, but sunscreen is also recommended.



RHIB rides offer an exciting view of HMC Dockyard and Halifax harbour.

RYAN MELANSON, TRIDENT STAFF

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TRIDENT Sports

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MCpl Martin Larose of 5 Cdn Div makes his way through the course in the 10K event.

COURTESY OF LT(N) MICHAEL BERGERON



Lt(N) Natalia Borszczow of Campus Atlantic won gold in the 5K event at CAF Running Nationals in Ottawa.

COURTESY OF LT(N) MICHAEL BERGERON

RCN wins Environmental Shield award at CAF Running Nationals

By Trident Staff

The CAF National Running Championship was held during the Tamarack Ottawa Race Weekend, from May 26-27, and saw athletes from across the country compete alongside civilians in 5K, 10K, half and full marathon categories.

The Environmental Shield Award,

presented to the best combined team after the four races, went to the runners of the Royal Canadian Navy. Performances from Lt(N) Natalia Borszczow (5K in 19:47), Lt(N) Tyler Cole (10K in 34:46), LS Mark Brown (half marathon in 01:17:42) and Lt(N) Michael Bergeron (full marathon in 02:40:40) added up to secure the award. The times for Lt(N) Borszczow, LS

Brown and Lt(N) Bergeron were also good enough for first place, and a gold medal, in their respective events.

Other gold medal winners at the Running Nationals included Cpl Vincent Duguay in the 5K, Capt Matt Setlack and Capt Celine Best in the 10K, Maj Alana Cadieux in the half marathon and Lt(N) Samantha Bradstreet in the full marathon event.

For some, the event marks the end of the military running season, while others, including some of the Navy winners, as well as Halifax's WO Charlene Arsenault, hope to use their finishing times to secure an invite to the CISM World Military Running Championships, being held this fall in Lebanon.



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Fitness and sports updates

By Trident Staff

CFB Halifax Soccer tryouts will begin as soon as field conditions/availability permits. Any interested soccer players are encouraged to contact Lt(N) John Couch at john.couch@forces.gc.ca regarding the men's team, or Capt Kim O'Rourke at archibaldk9@googlemail.com regard-

ing the women's team.
The 12 Wing Ball Hockey Team needs a coach and players. Practices occur Mondays and Wednesdays from 1 to 3 p.m. Regionals date TBD. If interested in coaching, please contact Ashley Stewart ASAP at Ashley.stewart2@forces.gc.ca
The 12 Wing Slo-Pitch Team needs a coach and players. Practices

will occur on Mondays and Wednesdays beginning at the end of May. Regionals will be in July and will be hosted by Shearwater. If interested in coaching, please contact Ashley Stewart ASAP at Ashley.stewart2@forces.gc.ca
Intersection/Drop-In Pickleball. Come and learn a fun new sport. Shearwater Gym, Mondays and

Wednesdays 12 p.m. – 1 p.m. For more information please contact Sgt Rick Austin, 720-1711 or rick.austin@forces.gc.ca
12 Wing Shearwater drop-in basketball is available Wednesdays from 6-8 p.m. For more information please contact: Cpl Gagnon at 902-720-3214 or philip.gagnon@forces.gc.ca

STADPLEX closure key updates

By CFB Halifax

On May 28, it was announced that the Stadacona Fitness, Sports and Recreation Centre (STADPLEX) will close by October 31, 2018. The long-term safety of our PSP staff, our Defence Team members and community user groups is at the heart of this decision. Real Property Operations has – and continues to – structurally maintain the 75-year-old facility; this maintenance includes the recent securing of its roof. These repairs are provisional, however, and are not guaranteed to withstand the heavy snows and high winds of another Maritime winter.
As the tenant of this publicly owned building, PSP is making every effort to ensure CAF health and physical fitness programs remain available to our local members. PSP plans to deliver many of its STADPLEX programs and services at the Fleet (HMC Dockyard) Fitness Centre and the 12 Wing Fitness, Sports and Recreation Centre, and extended hours of operation at the Fleet gym will be announced in the coming weeks. The most recent closure and programming updates

can be found on the PSP website at <https://www.cafconnection.ca/Halifax/Facilities/Fitness-Sports-and-Recreation-Centres/Stadacona.aspx>.
In the months leading up to this closure, key updates will also be published in the Trident. Updates for June 11, 2018 are as follows:
1. PSP has distributed an e-mail notification to all non-CAF personnel who possess gym memberships as well as CAF personnel whose family members utilize our Base gym services. This notice outlines how users of our fitness facilities can maintain or discontinue their memberships, if desired. Those who wish to withdraw their memberships will receive a prorated reimbursement, while CAF members can request that allotments from their pay be ceased. If you fall within one of these membership groups and have not received this e-mail, please contact Stacey Robichaud at stacey.robichaud@forces.gc.ca.
2. Parking in the spaces along the southeast side of the STADPLEX building is no longer permitted.

Mises à jour importantes concernant la fermeture du STADPLEX

Par BFC Halifax

Le 28 mai, on a annoncé que le Centre de conditionnement physique, de sports et de loisirs de Stadacona (STADPLEX) fermerait ses portes le 31 octobre 2018 au plus tard. La sécurité à long terme du personnel du PSP, des membres de l'Équipe de la Défense et des autres membres du Centre est au cœur de cette décision. L'Unité des opérations immobilières assure depuis toujours l'entretien de cette installation vieille de 75 ans, et la réparation du toit fait partie des travaux qu'elle a récemment effectués. Cependant, ces réparations sont provisoires, et l'on ne peut garantir que le toit puisse résister aux abondantes chutes de neige et aux vents violents d'un autre hiver dans les Maritimes.
En tant que locataire de cette propriété publique, le personnel du PSP met tout en œuvre pour veiller à ce que les membres du Centre continuent à avoir accès aux programmes de santé et des conditionnement physique des FAC. Le personnel du PSP a l'intention d'offrir un grand nombre des programmes et services du STADPLEX au Centre de conditionnement physique de la Flotte (arsenal CSM) et au Centre de conditionnement physique, de sports et de loisirs de la 12e Escadre. Une annonce portant sur le prolongement des heures d'ouverture du gymnase de la Flotte sera diffusée prochainement. Les nouvelles les plus récentes

concernant la fermeture et les programmes se trouvent sur le site Web du PSP à l'adresse suivante : <https://www.connexionfac.ca/Halifax/Adulte/Conditionnement-Physique/Centre-de-conditionnement-physique,-de-sports-et-d/Stadacona.aspx>.
Dans les mois précédant la fermeture, des mises à jour importantes seront publiées dans le journal Trident. Voici celles du 11 juin 2018 :
1. Le personnel du PSP a envoyé un avis par courriel à tous les membres civils du gymnase ainsi qu'aux militaires dont les membres de la famille utilisent le gymnase de la Base. Dans ce courriel, on explique comment les utilisateurs de nos installations de conditionnement physique peuvent conserver ou annuler leur cotisation, selon ce qu'ils auront décidé de faire. Ceux qui souhaitent annuler leur cotisation, recevront un remboursement au prorata. Les membres des FAC peuvent quant à eux demander que les retenues faites sur leur paye soient interrompues. Si vous appartenez à l'un ou l'autre de ces groupes de membres et que vous n'avez pas reçu ce courriel, communiquez avec Stacey Robichaud à l'adresse suivante : stacey.robichaud@forces.gc.ca.
2. Il n'est plus permis d'utiliser les places de stationnement qui se trouvent sur le côté sud est du bâtiment du STADPLEX.

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Amateur, PGA, LPGA, and Masters records trivia

By Stephen Stone

'Tis the time of the year to get out the clubs and swallow your anger management pills.

Hope you can break par with these questions. There is some Canadian content...LOL. The following information may help with one or more of the questions: The modern Slam consists of The Masters – US Open – The Open Championship – and the PGA. The pre-Masters Slam was made up of the British and US Amateur – the US Open and The Open; an Albatross is AKA a double eagle, The Open is the actual name of what we call the British Open

Questions

- 1. Who holds the LPGA record of fewest strokes below par in a 72-hole tournament?
- 2. Who holds the PGA record of 18 tournament wins in a single calendar year?
- 3. Which amateur is the only golfer to complete the Grand Slam in the same calendar year?
- 4. Who is the only golfer to win the Masters, the US Open and the Open in the same calendar year?
- 5. Who scored an albatross at the du

- Maurier Classic at the London Hunt Club (Ontario) in 1993?
- 6. Who scored the first Albatross at the Masters?
- 7. Who scored the first double eagle at the Women's British Open?
- 8. What is the record, and who holds it, of PGA tour wins in 2 consecutive years?
- 9. What record is shared by Se Ri Pak – 1998 Jamie Farr Kroger Classic; Annika Sorenstam – 2001 Standard Register Ping; Wendy Doolan – 2003 Welch's/Fry's Championship; and Juli Inkster – 2003 LPGA Corning Classic?
- 10. Who holds the record of most birdies in a 72 hole PGA tournament?
- 11. Which golfers, what hole, and when were the other 3 double eagles scored at the Masters?
- 12. Who are the five golfers who have won all four of golf's majors at any time during their career? (Remember that this is not a Grand Slam question.)
- 13. Who is the unlucky golfer to finish 2nd six times at the US Open, thus not achieving a slam?
- 14. Here is your gimme. Who has won the most majors with 18 of them?
- 15. Who shares the record with Jack of 5 PGA Championships?

- 16. What 5 tournaments are currently, according to the USLPGA, considered the women's majors?
- 17. The LPGA recognizes which golfer as the only Super Career Grand Slam winner. She is the only LPGA member to win 5 different tournaments recognized as majors.

- 18. Who are the only 3 golfers to win the Masters with a 4 round total of 1 over par?
- 19. Who won the 1st Masters title?
- 20. Here is a second gimme. Who won the Masters with the largest margin of victory to date?

Answers below

Amateur, PGA, LPGA, and Masters records trivia

Questions above

Answers

- 1. Annika Sorenstam – 27 under par – 2001 Standard Register Ping Tournament. She scored 261 on the par 288 course.
- 2. Byron Nelson – 1945
- 3. Bobby Jones – 1930. Tiger Woods completed the Grand Slam in 365 days but the last win was in the second calendar year
- 4. Ben Hogan – 1953
- 5. Dawn Coe-Jones – no 4 par 5.
- 6. Gene Sarazen – April 7, 1935 - 530 yd par 5 - 15th
- 7. Asa Gottmo – Turnberry – August 11, 2002 – 420 yd – par 5 no 7
- 8. Byron Nelson, 26 wins 1944-45. He also holds the record of 32 wins over 3 consecutive years – 1944-46
- 9. Most below par holes in one tournament – 29. Sorenstam bogeyed two holes when recording her record win
- 10. Mark Calcavecchia – 32 – 2001 Phoe-

- nix Open
- 11. Bruce Devlin – 1967 570 yd no. 8; Jeff Maggert – 1994 510 yd no 13; Louis Oosthuizen – 2012 575 no. 2
- 12. Gene Sarazen, Ben Hogan, Gary Player, and, of course, Jack and Tiger
- 13. Phil Mickelson
- 14. Jack “the Golden Bear” Nicklaus
- 15. Walter Hagen
- 16. The ANA Inspiration (formerly the Dinah Shore Open); KPMG Women's LPGA Championship; The US Women's Open; The Ricoh Women's British Open; The Evian Championship.
- 17. Karrie Webb – career winner of the Dinah Shore, LPGA Championship, US Women's Open, the du Maurier, the Women's British Open
- 18. Zach Johnson – 2007; Jack Burke, jr. - 1956; Sam Snead – 1954
- 19. Horton Smith – 1934. He won again in 1936.
- 20. Tiger Woods, as if you didn't know.



12 Wing Family Fun Day

CAF members and their families participate in the 12 Wing Family Fun Day Run/Walk and Barbecue at 12 Wing Shearwater on May 18, 2018.
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