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TRIDENT

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*Midway rides always are a popular feature
at DND Family Days. This year's event took
place in HMC Dockyard on June 22 and 23.*

DAVE HURTUBISE, PSP



**HMCS Windsor
returns**

Pg. 3



**HMCS Oriole visits
Toronto**

Pg. 8



**DND Family Days kicks
off summer**

Pg. 15



**Train for the Navy
10K**

Pg. 22



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Heroes and Legends at the Royal Nova Scotia International Tattoo

By Virginia Beaton,
Trident Staff

This year, the Royal Nova Scotia International Tattoo (RNSIT) celebrates the 40th year that it has showcased the Canadian Armed Forces' work for Canada and Canadians.

At the opening night in the Scotiabank Centre on Wednesday, June 27, Her Excellency the Right Honourable Julie Payette, Governor General of Canada, addressed the audience and declared the 2018 Tattoo to be officially launched.

This year's theme was Heroes and Legends, with an emphasis on commemoration of the 100th anniversary of the end of the First World War, the Battle of the Atlantic, and Women in Service.

The Battle of the Atlantic scene included a voiceover describing the battle as the longest continuous battle of the Second World War, and sound effects and footage on the giant screen allowed the audience to experience some of the sights and sounds of the war at sea.

Several new acts this year included



Massed military bands are a key element of every Royal Nova Scotia International Tattoo.

LS DAN BARD, FIS

the State Academic Ensemble of Folk Dance of Adygea. The dancers in this ensemble from a small republic

within Russia performed dance routines that were a striking and athletic blend of folk dance with ballet.

Also new were the Simba Zambezi Acrobats, from Nairobi, Kenya, whose crowd-pleasing routines included doing the limbo under a fire stick, building human pyramids, and skipping rope while doing sit-ups, handstands, and back flips.

The Tattoo doesn't often have participants from the Middle East, and this year there were two such acts. First was the Royal Circassian Honour Guard of the Kingdom of Jordan, a seven-member troupe whose routine included dazzling, albeit terrifying routines with each man twirling two swords, called the shashka and the qama.

Also from Jordan was the Silent Drill Team of the Royal Honour Guard, whose smoothly executed rifle drills earned them applause and gasps of admiration from the crowd.

The Halifax Multicultural Drummers gave a rousing performance of a routine called Malaria No More, and the Langley Ukelele Ensemble played and sang pop hits from the 1950s and 1960s, including *RESPECT*, *I Can't Get No Satisfaction*, and *Hey Jude*.

And in the Kids, Please Don't Try This At Home category of stunts, Team Airtime, from Germany, performed bicycle antics that involved cycling up and down steep ramps while leaping off the bikes to perform mid-air somersaults, front flips and back flips.

As always, the Canadian Armed Forces had a strong presence in the show. The Stadacona Band of the Royal Canadian Navy was the pit band, and other CAF participants included the National Band of the



The Royal Circassian Honour Guard serves the Kingdom of Jordan. This is their first appearance at the Royal Nova Scotia International Tattoo.

LS DAN BARD, FIS

Naval Reserve, the Royal Canadian Artillery Band, and the Canadian Army Military Band. CAF personnel from 12 Wing Shearwater, 14 Wing Greenwood, the 2nd Battalion Royal Canadian Regiment, and 5th Canadian Division Support Group also performed with the Tattoo's massed pipes and drums, and members of various cadet groups also were featured in scenes such as the Battle of the Atlantic.

5th Canadian Division, aka The Mighty Maroon Machine, also presented a dynamic segment that opened with a tank entering the arena with a machine gun mounted and firing blank rounds, followed by soldiers firing at targets, and more soldiers rappelling down from the rafters.

Other international military participants included the 2nd Marine Division Band, and the German Air Force Band Munster. As well, the Combined Singapore Police Force Band played while the big screen and voiceover informed the audience about Singapore's history and its current circumstances as an economic powerhouse.

As always, the Tattoo Dancers and the children's and adult choruses provide solid backup and support to the featured acts. Also worthy of mention are the featured guest soloists: Heather Rankin, singing *Tell My Ma*; Cyndi Cain and Brenna Conrad, in the *When You Believe* scene that paid tribute to women in military service; and Marcel d'Entremont, in the Act One finale commemoration of the First World War, titled *Today Won't Come Again*.



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HMCS Windsor back in Halifax after NATO deployment in Mediterranean

By Ryan Melanson,
Trident Staff

After more than four years in command of HMCS Windsor, Cdr Peter Chu said it was a strange feeling to be watching from the jetty as the submarine came alongside in Halifax on June 20.

“I can’t help but critique every movement,” he joked, as the submarine approached HMC Dockyard.

“But I’m also feeling a lot of pride in what the crew has accomplished.”

Windsor sailed back into Halifax Harbour on June 20, marking the end of 133 days at sea, the longest deployment yet for the Victoria-class submarine. Cdr Chu was the boat’s Commanding Officer for the bulk of that deployment, including NATO exercises and operations in the Baltic and Mediterranean seas. On June 3 in Cadiz, Spain, he handed over command of Windsor to new CO LCdr William Matheson, who led the crew through the final weeks as they crossed the Atlantic en route to Halifax.

“For the change of command to happen at that time, it shows that there’s a lot of confidence among our bosses in the training of our submariners and the command qualifications we all go through. It was an awesome opportunity for LCdr Matheson to step in and get his feet wet,” Cdr Chu said.

Along with the new milestone regarding consecutive days at sea for Windsor, the deployment marked the first time a Canadian submarine has been operational in the Mediterranean in more than four decades. With HMCS Chicoutimi on the west coast recently returning from its own six-month Asia-Pacific deployment, and HMCS Victoria out of refit and beginning workups, it’s an exciting time across the Canadian Submarine Force.

The work done in the Mediterranean, including training alongside the warships and aircraft of eight different partner nations during NATO Exercise DYNAMIC MANTA, led the 59 crewmembers to learn lessons that will pay off during future missions, said new CO LCdr Matheson.

“We got great intel on what exactly is required for a submarine to operate in a theatre as dynamic as the Mediterranean. It’s a busy area of the world with respect to traffic, we had multiple nations involved, and you need to be able to have good interoperability with those other nations to be successful.”

Windsor also took part in NATO Operation SEA GUARDIAN, which was designed to build an updated picture of daily shipping route activities in



HMCS Windsor returned to Halifax on June 20 after more than five months deployed in the Baltic and Mediterranean alongside NATO allies.

the Mediterranean to contribute to a safe and secure maritime environment.

The RCN’s overall goal with the deployment was to highlight the importance of the Euro-Atlantic region as part of Canada’s commitment to supporting NATO in maintaining regional peace and security.

“I was fortunate enough to take over and bring the boat home, but the crew deserves credit for all the hard work and all the successes they’ve had,” LCdr Matheson said.

And for submariners like PO2 Matthew Larkin, the timely homecoming means they can enjoy the summer months with their families after spending the spring at sea. Despite



A happy homecoming for the Larkin family. From left, Jennifer, Michael, Isabelle and PO2 Matthew Larkin on the jetty after HMCS Windsor came alongside on June 20.

greeted at the jetty by his wife Jennifer and kids Michael and Isabelle, along with other families, friends and colleagues, senior officers, and the Stadcona Band, who all came out to welcome the submariners home.

“You shut the hatch and get on with the day to day stuff, and you get the job done, but you always miss your family and miss home. I’m really happy to be back,” PO2 Larkin added.

In a press release, VAdm Ron Lloyd, Commander RCN, said HMCS Windsor has proven once again that Canada’s Victoria-class submarines are a valuable instrument of power projection on the international stage.

“Windsor’s deployment is a demonstration to our allies and adversaries, that Canada is a credible, reliable and effective player in the undersea domain.”

Next on the agenda for Windsor will be further training and exercises off the coast of Nova Scotia.

MONA GHIZ, MARLANT PA

the positive experience of deploying and training overseas, being away for an extended period of time is always difficult, PO2 Larkin said. He was

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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.

Tuesday Night Tunes

Time: 7 p.m.

Date: Tuesday, July 10

Location: Maritime Museum of the Atlantic

The next installment of the Maritime Museum of the Atlantic's series of free summer concerts will feature David Bradshaw. A Newfoundland born singer-songwriter and multi-instrumentalist, Bradshaw is now based in Nova Scotia. His latest album, Songs from the Former County, was released in 2014; he has performed several times on the ECMA stage and plays solo and with his band at venues around Nova Scotia and the Atlantic provinces.

TD Halifax Jazz Festival: African Drumming

Time: 11 a.m. - 12 p.m.

Date: Friday, July 13

Location: Halifax North Memorial Public Library

Join the organizers for some African drumming on the lawn outside the library. Part demonstration, part participation - everyone is welcome to learn and make some noise. This event is presented as part of the TD Halifax Jazz Festival, with other free library events through the week including live performances, music workshops and informative talks featuring talented musicians. Visit <http://halifaxjazzfestival.ca> for the full list of events and shows.

Learn to Camp with Parks Canada

Time: 3 - 4:30 p.m.

Date: Thursday, July 19

Location: Halifax Central Library

Do you want to camp but don't know where to start? Learn the camping basics so you can get outside with confidence this summer. Pick up new skills from a Parks Canada camping guru as you cycle through the different "Learn-to camp" stations. You'll learn to set up a tent, build a fire, and how to be safe in the wilderness. Experienced nature lovers are welcome as well, and Parks Canada staff will have plenty of helpful tips that novice or even expert campers can benefit from. No registration is required for this free workshop, which is being offered in partnership with Parks Canada.

Halifax Pride Parade

Time: 1 p.m.

Date: Saturday, July 21

Location: Downtown Halifax

The Halifax Pride Parade is the signature event of one of Canada's largest Pride festivals. Everyone is invited to be part of the excitement, share in the spirit of Halifax Pride, and support the LGBTQ+ community. The parade begins near HMC Dockyard, and can be viewed anywhere along the route beginning from Upper

Water Street and continuing onto Barrington Street, Spring Garden Road, South Park Road, and finally finishing at the Pride Festival at the Garrison Grounds on Bell Road. A CAF contingent will form up at the parade prep area in the Dockyard parking lot beginning at noon. Dress of the day and other information will be sent to all MCAN users in the coming weeks.

Halifax Pride Speaker Series:

A Two-Spirit Journey

Time: 7 - 8:30 p.m.

Date: Sunday, July 22

Location: Halifax Central Library

A Two-Spirit Journey is Ma-Nee Chacaby's extraordinary account of her life as an Ojibwa-Cree lesbian. From her early, often harrowing memories of life and abuse in a remote Ojibwa community stricken by poverty and alcoholism, Chacaby's story is one of enduring and ultimately overcoming the social, economic, and health legacies of colonialism. Ma-Nee has faced numerous challenges in her life that have prompted her to embark on a path of spiritual healing through art. As a two-spirited elder and storyteller, she uses various media for personal and community spiritual healing. This author talk is presented in partnership with Halifax Pride.

What is spiritual fitness?

By **Lt(N) Corey Pickens,**
Fleet Chaplain, MARLANT

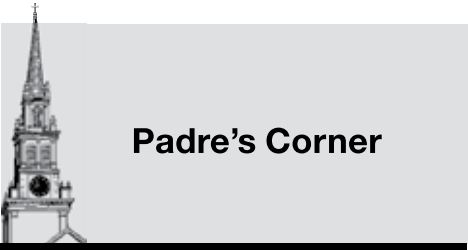
Having just returned from a sail with the new AOR, NRU Asterix, I was super grateful for the PT opportunities provided while on board. The new gym and fitness equipment made it easy to work out regularly. We also had a super PSP specialist who worked us hard with an early morning boot camp, spin classes, a yoga / stretch class, individualized coaching and a weekly ship wide all hands PT experience. It was amazing. The difference this made in our crew was notable. Your personal fitness is an important part of your health and wellness. I still get a little nervous every year when I face the FORCE test ritual. It makes a big difference going into the test physically prepared and ready.

Have you ever wondered about your spiritual fitness? Basically, spiritual fitness is anything in your life that guides you in a positive direction. It's a strengthening set of beliefs, principles or values that sustain a person beyond the support of family and friends. The definition of spirituality is broad and

may vary depending on who you ask. It's a big topic, but for this discussion, it is not necessarily about religion. Your personal beliefs and values may include religion but they may not. Our personal beliefs can shape our actions and become a source of comfort and strength. Spiritual fitness develops the personal qualities needed to sustain a person in times of danger, hardship or tragedy. Spiritual qualities form the basis of our character, decision-making and our integrity.

The military expects us to live by certain military values, which are the moral foundations of good citizenship and character. We know these ethical values as expressed in integrity, loyalty, courage, stewardship and excellence. The test here is not so much what a person says, but how he or she acts. Our spiritual fitness provides an opportunity to demonstrate our character and values in the everyday.

To reflect on your spiritual fitness, think about your personal behaviours and attitudes and their effect on others. Are you able to maintain a positive attitude toward self and others? Are you able to thrive through tough



Padre's Corner

times? The CAF has created some interesting material on this topic of Spiritual fitness. Ask your unit chaplain for more information about this topic. We have an excellent aide memoir resource entitled Achieving Spiritual Resiliency that discusses this topic. CF chaplains are non-denominational and highly experienced counselors who are interested in your spiritual fitness. We encourage members to engage in activities that strengthen character and values, to be involved in actions that fortify the inner self to build confidence. We are in this together.

Like physical fitness, our spiritual fitness is often better developed as we engage in it with others. So balance your personal spiritual rituals with time spent with others on a similar path. Seek out a community that provides support and guidance as you explore and develop your spiritual fitness. So keep fit and have fun. I'll see you at the next FORCE test!

MPU Halifax raises \$29,500 with Race the Base event

By Ryan Melanson,
Trident Staff

The sight of custom cars speeding down the decommissioned airfield at 12 Wing Shearwater would normally be cause for alarm, but that wasn't the case on June 2. Thanks to a partnership between Military Police Unit (MPU) Halifax and local group Cars & Coffee, the site was host to 150 cars and more than 2,000 spectators for the first Race the Base event, a fundraiser in support of the Military Police Fund for Blind Children (MPFBC).

The day was a huge success, surpassing the initial fundraising goal of \$25,000 and setting a standard that those involved hope to improve upon in years ahead.

The partnership began in summer 2017 when MPU Halifax first connected with Cars & Coffee, a group of self-described gearheads who aim to help local charities by meeting up and showing off their sweet rides.

"We're a charity group of car enthusiasts; we organize monthly shows and we've been doing it for about four years now. It started out very small, and has ramped up to the point we're at now," said Constant Ma, the group's founder and executive director.

The 2017 event, a Show 'n' Shine, brought in about \$5,000 for the MPFBC, and the organizers immediately started thinking about how to expand on the idea for 2018.

"The drag racing was the big draw this year. People were very excited about it," said Ty Fetinko, who volunteered at Race the Base with the Cars & Coffee group. About \$17,000 was raised prior to the event through



From left, Race the Base volunteer Ty Fetinko, LS Alexandre Sausins and Cpl Carol-Ann Caron, local MPFBC reps, Maj Melanie Rheaume, MPU Halifax Commanding Officer, LCol Vanessa Hanrahan, national chair for the MPFBC, CWO Sandra Madore, Constant Ma, Cars & Coffee Executive Director, and Paul Zhang of YST Auto in Lower Sackville. The local reps presented LCol Hanrahan with a cheque for \$29,500, the total amount raised from the Race the Base fundraiser.

RYAN MELANSON, TRIDENT STAFF

sponsorships alone, and then nearly doubled following Race the Base, ending with a total of \$29,500 raised.

The donation to the MPFBC was so significant that LCol Vanessa Hanra-

han, the Commander of the Canadian Army Military Police Group, who also serves as the national board chair for the charity, came from Ottawa for a cheque presentation on June 20 to personally thank those who made the event possible. This included representatives from Cars & Coffee, Paul Zhang of YST Auto, who attended Race the Base and made a contribution to the MPFBC, along with LS Alexandre Sausins and Cpl Carol-Ann Caron, the charity reps at MPU Halifax who co-organized the drag-racing event.

"It's no small feat to put on a big event like this and have it become a success," LCol Hanrahan said.

"It can be difficult to come into the military environment and integrate with us, and with all the special rules and regulations that might come up. I'm thrilled they were able to come together and put on such a fantastic event."

Because of this donation and others like it, the charity will deliver more than \$250,000 in gifts to vision impaired children this year, in the form of braille readers and other accessibility devices, and also provides funding to other charities and organizations that support blind children and young adults. The fund is run and managed entirely by Military Police volunteers who receive no additional pay or benefits for the work, and at least one representative can be found at every Military Police unit.

"The only reason we can keep doing this is because of volunteers and sponsors and people who help us raise the money, which is why we're so grateful for all the hard work and dedication that went into Race the Base," LCol Hanrahan said.

The organizers say there are hopes to return to Shearwater in 2019 for an even larger event, and to continue annually from there.



LCol Vanessa Hanrahan and Paul Zhang of YST Auto show off Paul's Nissan GT-R, which was a big hit at the Race the Base fundraiser on June 2.

RYAN MELANSON, TRIDENT STAFF



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100th anniversary of the sinking of Canadian Hospital Ship HMHS Llandoverly Castle

By Lt(N) Krista Ryan,
Critical Care Nursing Officer,
1 Canadian Field Hospital,
High Readiness Detachment Halifax



Representatives from CF Health Services Centre (Atlantic), 1 Canadian Field Hospital High Readiness Detachment attend the memorial ceremony for the 14 Nursing Sisters lost in June 1918 when a German U-boat sank the Canadian hospital ship Llandoverly Castle.

SUBMITTED

During the ceremony held on the Halifax waterfront, retired nurses of the Nursing History Nova Scotia organization attended in their civil-

ian nursing uniforms and capes, which dated back to 1953. LCol Sheila MacLean, Commanding Officer, and CWO Greg McDonald, Unit Chief of Canadian Forces Health Services Centre Atlantic, as well as 1 Canadian Field Hospital High Readiness Detachment Commander, Maj Sharon Higgins, were in attendance along with five other currently serving Nursing Officers from CFB Halifax.

During the ceremony, LCol MacLean discussed how today's serving CAF Nursing Officers are working outside the roles which were once considered traditional. She highlighted how Nursing Officers are embedded in civilian hospitals maintaining the more traditional bedside role, but also are filling key senior leadership positions within Canadian Health Services Group and beyond. LCol MacLean believes what has not changed over the past century is the dedication and commitment of mili-

tary nurses to their patients as seen in day to day work, and in military operations.

Members of the Nursing History Nova Scotia organization (Victoria General Hospital), and a currently serving CAF Nursing Officer stood to represent each of the 14 Nursing Sisters who perished in this tragedy. Each nursing representative was given a red rose, as roses were a symbol for the losses of the Great War before the poppy was adopted as a symbol of remembrance in 1921. In turn, each nurse walked the pathway of the brow through The Last Steps Memorial Arch and placed the rose into the harbour.

The Llandoverly Castle tragedy from the Great War was nearly forgotten. In an effort to renew awareness of the controversial event that took place 100 years ago, a new opera has been written about the sinking of the ship and in remembrance of the Nursing Sisters that lost their lives on June 27, 1918. It debuted in Toronto on June 26, 2018.



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Inclusion at the H&R MFRC

By Sarah-Jean Mannette,
H&R MFRC

For the H&R MFRC, evolving to meet the needs of families is essential to continue to provide meaningful support to families living the military lifestyle. Inclusion is one of the areas in which we are expanding.

We have recently developed a statement of practice for inclusion:

The H&R MFRC is committed to fostering a sense of belonging to military families of all abilities by providing an environment and experiences that promote positive social relationships, development and learning.

Inclusion means participants are able to access programs in meaningful ways that will create positive experiences. The H&R MFRC supports both child and adult rights to be valued as individuals and as members of families, communities and society. We recognize all children and adults have unique needs, some reflecting their family's background and culture. It is our goal to provide inclusive and diverse programs and services that meet social, cultural and linguistic considerations by providing

appropriate group experiences for all participants.

The H&R MFRC views families as partners, who lead the decision-making process, meaning that families know what their needs are and what works best and therefore must influence the approaches developed by service providers. We are committed to staff accessing professional development to acquire and enhance knowledge and skills to implement inclusive practice.

How inclusion support is provided

Some children and adults may need additional supports and accommodations to fully participate in programs. Families are requested to disclose unique needs, exceptional circumstances or diagnosed disabilities to ensure appropriate supports are in place to maximize participation in all programs they wish to attend.

The H&R MFRC works directly with the families and participants to determine and implement program accommodations or adaptations to ensure the participant can actively partake in all aspects of the program, to the best of our ability, recognizing our own

limitations.

The H&R MFRC Director of Inclusion, in collaboration with the Inclusion Coordinators, will work one on one with families to assist them to navigate and connect with community resources and agencies.

Melissa Clark, Director of Inclusion, says, "It's essential for us to create a safe space, so that families can feel comfortable disclosing information on their needs, and know that they will receive compassionate care."

For more information on the H&R MFRC's inclusion services, please call: 902-720-2168.

What's been going on at the H&R MFRC / Ce qui se passe au CRFM H et R

H&R MFRC's Annual General Meeting

On Wednesday, June 20, the H&R MFRC hosted the Annual General Meeting at the Halifax site MFRC. Thank you to everyone who attended. There were laughs, highlights, farewells and even some fun with numbers. If you were not able to attend, the H&R MFRC Annual General Report is available on our website: www.halifaxmfrc.ca.

Highlights of the meeting included the presentation of the approved budget, election of new board members, words from the Base Commander and Wing Commander, and several presentations. Awards of recognition were handed out to Happy Harry's and McDonald's for their generous support.

Leaving the Board are: CPO1 Dan Mercier, CPO1 Dave Steeves, Colleen Mitchell, and Barb Corbett, who has served the military community for over 20 years in various capacities. Amanda Lutz, Larissa Page, CPO1 Kent Gregory and CPO1 Tim Blonde will officially join the Board in this fall.

Myrna Stewart, and Jill Clarke, staff at the H&R MFRC, received acknowledgement for their 20 years of continued passion and commitment supporting military families.

CFB Halifax Base Commander Capt(N) Paul Forget spoke on the strong connection forged between the Base and the H&R MFRC. Commander of 12 Wing Shearwater, Col Sid Connor highlighted the role the H&R MFRC plays, and shared a heartfelt story of when his daughter returned to the Shearwater Children's Centre, 15 years after attending the child care program.

FSWEP students contribute to workplace success at CFB Halifax

By Margaret Conway,
CFB Halifax Public Affairs

Each year, the Federal Student Work Experience Program (FSWEP) introduces high school, college, CEGEP and university students to life in the federal public service.

Offering full-time and part-time paid employment to its participants, the FSWEP program is beneficial to both the students and their employers. The program allows students to gain valuable work experience, skills and confidence while they foster lasting connections with their peers and superiors, all while providing employers with motivated workers who positively impact their workplaces and contribute to the greater goals of all federal departments.

CFB Halifax has welcomed FSWEP students to the local Defence community for many years, and the number of full-time hires this season exemplifies the growth and success of the program on Base. This year's spring/summer hires total 42 students, nearly double the 23 students that were hired for the 2017 spring/summer season.

The success of student hiring at CFB Halifax is a direct result of the hard work carried out by the Base Business Management (BBM) team. Cheryl Gorman, Personnel Program Manager with BBM and head of the student hiring program, explained the motivation to continue hiring more students. "Students bring a level of health and vitality to the workplace. They have great ideas, are hard workers and aren't afraid to tackle projects head-on," she said. "These are our future leaders. If we can provide them with foundational knowledge of how a career in the public service may fit into their lives post-graduation, we will benefit from these amazing students not only today, but hopefully in the long-term as well."

At CFB Halifax, FSWEP students are employed in a variety of occupations, from business administration to landscaping, information technology to museum services and everything in between. And unlike co-operative education programs that guide students toward occupations closely related to their programs of study, the FSWEP program provides the flexibility to apply for a wide range of jobs that may be of interest to the participants.

Preston Simmons, a first-time FSWEP participant, is taking advantage of the program's flexibility this summer. Nearing the completion of a neuroscience degree at Carleton University and with his eye on medi-

cal school in the future, Simmons decided to try something new between semesters, applying for a CFB Halifax summer landscaper position that was posted through the FSWEP program. "I wish I'd found out about it sooner," he explained of the program, which he learned about through a guest lecturer at his university. Born and raised in Halifax, Simmons hopes that his inaugural FSWEP experience will provide him with an opportunity to get inside and see how the Base operates, to gain some work experience and to make connections.

Getting a first taste of the FSWEP program often isn't enough for our students. CFB Halifax sees many returning students each year, some even staying on part-time during the academic year. Of the 42 students hired this summer, 34% have returned as re-hires.

Stewart Grant is entering into his second summer as an FSWEP student at CFB Halifax. Currently studying business and economics at Acadia University, Grant is using some of his academic knowledge to assist in the Base Logistics (BLog) procurement department at HMC Dockyard. "Last year, I worked with the staffing department. It was neat seeing the different occupations, was fun to be part of the staffing team and will be a good asset for the future," Grant explained. He listed the many benefits that exist as a returning FSWEP student which include the transferrable knowledge and pre-existing relationships he has taken into this term along with the streamlined enrolment process he experienced.

Both Grant and Simmons are from the local area, but FSWEP sees students

from across the country apply for positions at CFB Halifax as well. Rebekah Kinal was born and raised in Ontario, but came east to study at Dalhousie University. Like Grant, she is employed with BLog this summer, working in the Orderly Room and with Environmental Health and Safety. Despite missing home, she is happy about her decision to apply for the FSWEP program here in Halifax. "My manager has been giving me opportunities to visit other locations on Base to see where I could work in the future," explains Kinal, who has no military background and is experiencing life at CFB Halifax for the very first time. No stranger to hard work, she spends her Monday to Friday with BLog while maintaining a part-time job in retail as well.

For some FSWEP participants, their introduction to the program begins after many years of experi-

ence in the work force. Corey Parker studies Pipe Trades at the Nova Scotia Community College IT Campus, returning back to school recently after a career working in warehouse production and logistics. Now a participant in the FSWEP program putting his warehouse skills to work at 12 Wing Shearwater, Parker hopes that getting a foot in the door now will provide him with solid contacts and work experience that he can use when seeking jobs post-graduation. "I'd love to become an apprentice and build a career with the federal government," Parker explains, going on to discuss the skilled trade occupations that exist locally at CFB Halifax such as those found at Fleet Maintenance Facility Cape Scott.

Parker, Kinal, Grant and Simmons are only four of the many FSWEP students who are hired through the program at CFB

Halifax and across the country each year. Their reasons for applying and experiences once accepted are all very different, however they all contribute to something great: a growing student community that is making CFB Halifax better each and every year. Thank you to this year's FSWEP students for your hard work and many contributions to our Defence Team.

In order to be eligible for the FSWEP program, you must be a full-time student registered in a recognized institution, must be returning to full-time studies in the next academic year and must meet the minimum age requirement in the province of work. For more information on the FSWEP program or to apply, please visit <https://www.canada.ca/en/public-service-commission/jobs/services/recruitment/students/federal-student-work-program.html>



CFB Halifax Base Commander Capt(N) Forget (centre) welcomes Federal Student Work Experience Program students to CFB Halifax during a student orientation session on June 8.

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HMCS *Oriole* visits Toronto

by PO2 Ciara Murphy

It's been 25 years since a sailor glancing up from the deck of HMCS *Oriole* has been able to take in the Toronto skyline, but all that changed when the two-masted tall ship came alongside the Royal Canadian Yacht Club (RCYC) on June 19. *Oriole* called into port in Toronto as part of its 2018 Great Lakes Deployment (GLD), arriving to a homecoming ceremony at the RCYC, participating in the Redpath Waterfront Festival from June 21-24, and joining members of units from the GTA for the annual Pride Parade.

Oriole was built by Dominion Shipbuilding at the RCYC for George H. Gooderham (the Yacht Club's Commodore at the time), and launched on June 4, 1921. Although *Oriole* was used for training during the Second World War, it was not officially commissioned until June 19, 1952. With time spent serving on both the East and West Coasts of Canada, it is the longest-serving commissioned ship in Canada's fleet.

Oriole is making its way from Halifax to Windsor during its three-and-a-half month deployment on the Great Lakes. The ship will call in at 14 different ports along the St. Lawrence Seaway and throughout the Great Lakes. *Oriole* will open for



Royal Canadian Navy Reservists from HMCS York ready HMCS *Oriole* for departure from the Royal Canadian Yacht Club, Toronto Island as part of the ship's 2018 Great Lakes Deployment on June 22, 2018.

MCPL NEIL CLARKSON, FIS

public tours, host cocktail receptions, bring guests aboard for day sails, and participate in local festivals.

Oriole's trip also presents a valuable opportunity for sailors and cadets from units along its route to gain experience on a commissioned ship. OS David Machuca Cubias and OS Christian Campbell, both members

of HMCS York, were two such sailors. When OS Machuca Cubias joined the Royal Canadian Navy as a Reserve Marine Technician, he never considered the possibility that he would be training aboard a commissioned tall ship. He learned a lot in his short time aboard, expressing surprise at the amount of preparation required

before the boat could leave the wall, and at the level of teamwork required from the new sailors as soon as they stepped aboard.

OS Campbell, a Boatswain, put his Naval Environmental Training Program training to work as he manned the stern line while coming alongside HTO Park. Expertly throwing a monkey's fist to the sailors ashore, he played a vital role in helping to get the ship alongside. OS Campbell was excited for the opportunity to get out on the water and apply his training to a real life situation.

Over the course of *Oriole's* visit to Toronto, sailors from York gained experience on board during day sails, standing sentry during 24-hour Duty Watches, and exercising their small boat manoeuvring skills while escorting her alongside. Although both OS Machuca Cubias and OS Campbell still have to complete their trade-related training, both sailors are eager to gain as much experi-

ence as they can, and the *Oriole's* visit offered them a valuable opportunity to apply their skills on the water. Asked if he would recommend that his colleagues take advantage of an opportunity to join *Oriole* for a sail, OS Machuca Cubias didn't hesitate: "If you get the chance, you should go for it!"

Portuguese Navy's Tall Ship visits Halifax



The Portuguese Navy tall ship NRP *Sagres* arrives in Halifax for a port visit at Pier 24 on June 17, 2018

MONA GHIZ, MARLANT PA

Outgoing CO reflects on nearly four years at CFMWC

By Ryan Melanson,
Trident Staff

A lot has happened at the Canadian Forces Maritime Warfare Centre (CFMWC) since Capt(N) Darren Garnier took command just under four years ago.

They've supported the firing of 173 heavyweight torpedoes and 52 lightweight torpedoes of various configurations, 47 SeaSparrow missiles, and six sea-to-shore Harpoon II missiles, with corresponding data collection for each. This was just one example provided by Cmdre Richard Feltham as he attempted to sum up Capt(N) Garnier's time in command at CFMWC.

The Warfare Centre's work focuses on the underlying concepts, doctrine and strategies at play during all RCN exercises and operations. It happens in the background, and much of the work is classified, meaning the contributions of the CFMWC, and in turn the contributions of Capt(N) Garnier over the previous three years and 11 months, can sometimes go unrecognized.

"What Capt(N) Garnier has done to advance our tactical development, our bridges with our neighbours, and the force development conceptual underpinnings of the Royal Canadian Navy, has been truly impressive," Cmdre Feltham said.

"The dedication with which people in this building work to further RCN interests and make ourselves more operationally effective is as impressive today as it has always been."

Cmdre Feltham, the RCN's Director General of Naval Force Development, presided over the change of command ceremony at CFMWC on June 18, which saw Capt(N) Garnier hand over command to Capt(N) Jamie Tennant. He described both officers as good friends and highly capable leaders; he served as XO during Capt(N) Garnier's time in command of HMCS *Preserver*, and also worked closely with Capt(N) Tennant during his command of HMCS *Montreal*.

Capt(N) Garnier, who is set to be promoted to Commodore and assume command of Combined Task Force 150, said the CFMWC will benefit from fresh ideas at the helm as the RCN begins looking toward its future fleet, and said he was confident Capt(N) Tennant will help build on the successes of previous years.

He described his experience in command as profoundly humbling, and gave credit to the CFMWC staff, made up of military and civilian



From left, Capt(N) Darren Garnier, outgoing Commanding Officer of the Canadian Forces Maritime Warfare Centre, with Cmdre Richard Feltham, and incoming CO Capt(N) Jamie Tennant, at the Change of Command ceremony on June 18.

AB TYLER ANTONEW, FIS HALIFAX

employees along with contractors, for keeping the Navy on the cutting edge of doctrine and tactics, modeling and simulation development, and force development for the future.

"I've been able to work with the most intelligent, bright, devoted and highly motivated people on the business of putting our ships and helicopters to sea, with the best tactics and the best ability to fight against any adversary they might go up against," Capt(N) Garnier said.

"Without the work that happens here, we just wouldn't be the Navy that we are."

And any major milestone for the CFMWC wouldn't be complete with remembering LCdr John Stubbs, the Commanding Officer of HMCS *Athabaskan* G07, who died along with 128 others when the ship was torpedoed and sunk in April of 1944 off the coast of France. The CFMWC is housed in the Stubbs building at Stadacona, which is named in his honour.

"He was an incredible, inspirational

leader, a young man who went to war and lost his life in the bay of Biscay," Capt(N) Garnier said.

"We all stand collectively on his shoulder and the shoulders of all those men and women who sacrificed their lives at the various stages of our existence."

For incoming CO Capt(N) Tennant, recent weeks have been packed with briefings and meetings as he gets up to speed on the business of the Warfare Centre. Despite being new to the

building, his background of largely operational or sea training postings makes him familiar with the concepts at play.

"My entire job has been applying and assessing things that were done here at the Warfare Centre, whether it was tactics or doctrine or settings on the CCS," he said.

"I'm very excited to now be part of that work, and that work is going to keep leading the Navy forward, just as it's done in the past."

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Cutting steel for the first Joint Support Ship

On Friday, June 15, the Honourable Harjit Sajjan, Minister of National Defence, observes as the steel is cut for the Royal Canadian Navy's first Joint Support Ship (JSS), to be built at Seaspan Shipyards in North Vancouver, BC. Once completed, the two ships, to be named HMCS Protecteur and HMCS Preserver, will be more than 173 metres in length and with a design displacement of nearly 20,000 tonnes. They will have the capacity to support the RCN's domestic and deployed operations, including humanitarian missions. These ships will deliver fuel and other vital supplies to vessels at sea, offer modern medical and dental facilities, and provide support for helicopter operations and equipment repair.

HEATH MOFFAT



MARPAC welcomes aboard new Commander

By Peter Mallett,
The Lookout Staff

RAdm Bob Auchterlonie assumed command of MARPAC in a Change of Command Ceremony involving two former shipmates in HMC Dockyard on June 22.

In a ceremony presided over by the Commander of the Royal Canadian Navy, VAdm Ron Lloyd, RAdm Art McDonald had his Distinguishing Flag hauled down from the mast of HMCS *Calgary* that was docked alongside A-Jetty.

"Admiral Lloyd sir, I stand ready to be relieved," declared a saluting RAdm McDonald as responsibility for MARPAC and Joint Task Force Pacific was passed to RAdm Bob Auchterlonie.

A gathering of approximately 250 attended the ceremony, including MARPAC senior leadership and their families, community leaders, and dignitaries that included the Lieutenant Governor of British Columbia, the Honourable Janet Austin.

RAdm McDonald and RAdm Auchterlonie have worked together on several occasions and have forged a strong friendship over the years, both men noted in their remarks.

"The RCN is a brotherhood and I spent three years with Art in Cabin No. 7 aboard *Calgary*," said RAdm Auchterlonie to the crowd. "He is not only a great cabin mate but a great leader and will serve the RCN well as its new Deputy Commander."

RAdm McDonald now moves on to Ottawa to become Deputy Commander of the RCN.



From left: RAdm Art McDonald, outgoing Commander of MARPAC and Joint Task Force (Pacific), VAdm Ron Lloyd, Commander RCN, and RAdm Bob Auchterlonie, incoming Commander of MARPAC and Joint Task Force Pacific, sign the Change of Command certificate at CFB Esquimalt on June 22, 2018.

LS DAVID GARIEPY, MARPAC IMAGING SERVICES

In his farewell address, RAdm McDonald took time to thank every unit within the formation by name. He made note of the wide-ranging success stories at MARPAC since he took the watch in June 2016. A few of those included the completion of the Halifax-Class Modernization project; the successful 197-day deployment of submarine *Chicoutimi*; Kingston Class vessels and their crew's role in Canada's anti-drug smuggling mission Op CARIBBE; as well as emergency forest fire and flood relief efforts in British Columbia over the past year.

"We all have much to celebrate and your success builds a better future. I

am certainly proud of all of you and I bid you all a Bravo Zulu," said RAdm McDonald.

He and VAdm Lloyd then gave their official welcome to the new MARPAC Commander who is also a familiar face. RAdm Auchterlonie returns to Esquimalt after serving two years as Deputy Commander of Canadian Joint Operations Command. He previously served as Base Commander of CFB Esquimalt in 2012 and 2013 and Commander Canadian Fleet Pacific from 2013 to 2015.

As part of his leadership vision, RAdm Auchterlonie noted several keys for MARPAC's continued suc-

cess including continuing its strong presence in the Asia-Pacific region; being always ready to deploy as spelled out in Canada's Defence Policy entitled *Strong, Secure, Engaged*; and his vision of "People first, mission always," emphasizing the importance of the people of the RCN and their families.

The Change of Command concluded with the signing of official certificates.

"It is now my job to maintain this level of excellence for the Royal Canadian Navy and it is a job I am proud to do," said RAdm Auchterlonie. "Vice-Admiral Lloyd, Sir, I have the watch."

Enter your best photos and videos to the CAF Imagery Contest

By Christine Caron,
Communications Advisor, CFMWS

Ladies and gentlemen, get your cameras ready. The 51st annual CAF Imagery Contest will be open for submissions from June 15 – September 1, and we want you to send us your best shots and videos.

Whether you're a seasoned professional, an amateur photography lover or a hobby videographer, this is the contest for you. The photography portion of the contest accepts images in eight diverse categories, and is open to all members of the Defence Team and their families.

There are two video categories as well. To enter the Actuality category, send us your real-world, 30-second to 2-minute video footage. For Social Media entries, submit your 30-second to 1-minute inspirational message videos.

Photographers and videographers are eligible to win \$10,000 in prizes from our sponsors.

The CAF Imagery Contest will also be again welcoming nominations for the Military Photographer Achievement Award, a prize introduced in 2015 to recognize the contributions that CAF Imagery Technicians have made to the CAF community.

For five decades, the Imagery Contest has been celebrating the talented photographers who capture life in CAF communities from coast to coast. As you take photos this summer, keep the Imagery Contest in mind. Family gatherings, scenic vacations, sports tournaments, or special work events...the possibilities are endless.

Please visit www.cafimagerycontest.ca to enter and for full contest details.

Concours d'imagerie des FAC : faites-nous parvenir vos plus belles photos et vos meilleurs vidéos

Par Christine Caron,
Conseillère en communications
SBMFC

Mesdames et messieurs, à vos marques, cliquez! La 51e édition annuelle du Concours d'imagerie des FAC aura lieu du 15 juin au 1er septembre, et nous vous invitons à nous envoyer vos plus belles créations photos et vidéos.

Que vous soyez un professionnel chevronné ou un photographe ou vidéographe amateur, ce concours est pour vous. Le volet photographie du concours comporte huit catégories différentes, et tous les membres de l'Équipe de la Défense et leur famille peuvent y prendre part.

Le volet vidéo comprend deux catégories. Dans la catégorie Réalité, faites-nous parvenir une séquence vidéo de 30 secondes à 2 minutes illustrant un événement réel et dans la catégorie Médias sociaux, un message vidéo inspirant de 30 secondes à 1 minute. Vous trouverez d'autres précisions ci-dessous.

Les photographes et les vidéographes courent la chance de gagner 10 000 \$ en prix offerts par nos commanditaires.

Dans le cadre du Concours d'imagerie des FAC, la candidature de techniciens en imagerie des FAC peut être proposée encore cette année en vue du Prix d'excellence du photographe militaire. Lancé en 2015, ce prix vise à reconnaître leur contribution à la communauté des FAC.

Depuis cinq décennies, le Concours d'imagerie des FAC met en vedette les œuvres de photographes talentueux qui croquent sur le vif la vie dans les communautés des FAC à l'échelle pancanadienne. Quand vous prendrez des photos cet été, gardez à l'esprit le concours. Réunions de famille, paysages pittoresques en vacances, tournois sportifs ou événements professionnels... les occasions sont illimitées.

Pour connaître tous les détails du concours et pour vous y inscrire, rendez-vous au www.concoursdimageriedesfac.ca

Behind the scenes at the Tattoo



LS Emily Dean, a Supply Technician at CFB Halifax, recently worked as member of the CAF support team tasked with assisting the many CAF members who performed in the 2018 Royal Nova Scotia International Tattoo (RNSIT). LS Dean was responsible for the control and procurement of goods, weapons, blank ammunition and additional supplies required for the various CAF contributions to the RNSIT performances, which ran from June 26 to July 2. The historical themes of this year's RNSIT commemorated Women in Service, the Battle of the Atlantic and the end of the First World War. Many thanks to the 250+ CAF performers and support staff for their hard work preparing for the 2018 RNSIT, and congratulations to all involved on a successful show.

MARGARET CONWAY, CFB HALIFAX PUBLIC AFFAIRS



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Members of HMCS Shawinigan perform a 50 caliber weapons shoot en route to Ex TRADEWINDS 18.

AB JOHN IGLESIAS, FIS

New Captain for Naval Reserve Atlantic Region



RAdm Craig Baines, Commander MARLANT and JTFA (centre), presides over the CF Naval Reserve (NAVRES) Atlantic Region Captain Change of Appointment ceremony on June 17 at Juno Tower. Capt(N) Paul Henault (right) takes over as NAVRES Atlantic Region Captain from Capt(N) Alex Grant (left).

LT(N) DEVIN HARPER

Naval Tactical Operations Group recruiting sailors

By LS Donafeld,
Naval Tactical Operations Group

The Naval Tactical Operations Group (NTOG) is a unit within the Royal Canadian Navy that specializes in Maritime Interdiction Operations and Force Protection. NTOG is seeking self-motivated, highly professional sailors who are looking for a challenge and want to work in a operationally-focused small team environment to join its ranks. NTOG originally stood up in June 2014 and since then, NTOG has worked with many partner nations on a variety of Operations ranging from Op REASSURANCE, Op EDIFICE and Op PROJECTION.

In order to join NTOG, candidates must undergo a mentally and physically challenging Assessment Centre that is five days for NCMs and NCOs and seven days for Officers. These candidates are both Regular and Reserve Force personnel recruited from across the RCN's sea element personnel, including Naval Reserve Divisions.

The next Assessment Centre will be

running from November 12 – December 2, 2018 and interested candidates should have their application in by October 10, 2018. If a candidate is successful in the Assessment Centre and is selected, they will be required to attend a five-month Naval Tactical Operator Course that covers advanced insertion, tactical shooting, hand to hand combat, Tactical Combat Casualty Care, Close Quarters Battle, rappelling, and Sensitive Site Exploitation. Once the course is complete, Naval Tactical Operators will have many employment opportunities on deployments, expeditionary taskings and further specialized training.

Those who want more information on how to become a Naval Tactical Operator should attend the information session held at S90 Room 317 on July 17, 2018 from 10 a.m. to 12 noon; and July 18, 2018, 1 to 3 p.m.

Contacts:

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Operators of the Naval Tactical Operations Group take part in a range proficiency shoot aboard HMCS Charlottetown as the ship transits the Baltic Sea during Op REASSURANCE, September 6, 2017.

CPL J.W.S. HOUCK, FIS



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HMCS *Vancouver* lends a hand in Fiji

By Lt(N) Tony Wright,
Public Affairs Officer

During HMCS *Vancouver*'s final port visit of Op PROJECTION Asia-Pacific, over 60 volunteers from the ship's company dedicated a day to help a local charity, Homes of Hope, fix up and expand their facilities just outside of Suva, Fiji.

Homes of Hope is a Fiji-based charity working with young women and children who are victims of, or are vulnerable to, situations of forced sexual encounters, sexual exploitation, child abuse, and violence.

It's through direct care at their residential campus and community programs that Homes of Hope gives surviving victims the freedom to step away from the destructive cycles of forced sex, providing a fresh start of hope, freedom, dignity, and life.

Volunteers from every department on the ship put their training to use, using their unique skill sets throughout the campus. Homes of Hope is working to expand the number of women and children who can stay at the residence and also increase the size of their small farm.

Vancouver's crew spent the day clearing jungle, installing fence posts, enlarging and updating facilities in one dormitory, and painting another.

"All of the work you're doing here today is putting us ahead by at least two months," said Homes of Hope Director, Mark Roche.

PO1 Stephen Rownd organized this opportunity for the ship's company.



More than 60 volunteers from the ship's company of HMCS *Vancouver* gather for a photo at the Homes for Hope campus, as they get ready to work on landscaping, renovation and painting projects at the Fiji charity.

LT(N) TONY WRIGHT, HMCS VANCOUVER PAO

"By providing personnel, equipment, and tools we were able to complete tasks they would normally not be able to complete on their own," said PO1 Rownd. "We pro-

vided skilled trades-people that knew how to solve engineering issues at their facility. Many of our crew were women, demonstrating to some of the residents that women are an

equal part of the team."

Vancouver has now completed its port visit to Fiji and is steaming for Hawaii and the Rim of the Pacific Exercise 2018.



Volunteers from HMCS *Vancouver* clear trees in order to put up a fence for livestock at Homes for Hope, a Fiji charity dedicated to ending the cycles of poverty and sexual exploitation of women, during OP PROJECTION Asia Pacific, Suva, Fiji.

LT(N) TONY WRIGHT, HMCS VANCOUVER PAO



Volunteers from HMCS *Vancouver* repair a roof at Homes for Hope, a Fiji charity dedicated to ending the cycles of poverty and sexual exploitation of women.

LT(N) TONY WRIGHT, HMCS VANCOUVER PAO

DND Family Days a kick-off to summer

By Virginia Beaton,
Trident Staff

Here's a fun fact for DND Family Days. During the annual two-day event, Sobey's, the event's Presenting Sponsor, bakes and distributes at least 7,000 cookies to the attendees.

But you didn't have to be a cookie monster to have a good time at DND Family Days 2018.

With free midway rides, inflatable amusements, face painting, free Tim Hortons coffee, fruit chillers and frozen lemonade, balloons, RHIB rides, musical entertainment, tours of ships and a Cyclone helicopter, two trackless trains and best of all, fantastic prize draws, a good time was guaranteed for all.

CAF, DND and NPF personnel and their families strolled through HMC Dockyard, enjoying the warm sunny days and the chance to try activities ranging from taking a family photo at the Xerox or at the jetty near HMCS Scotian, RHIBs took people for a fast tour of the harbour, while at the nearby Irving Entertainment Zone, hosted by Platinum Plus sponsor Irving Shipbuilding Inc., kids bounced around on the giant inflatable amusements. On Friday, there were free rides on the Harbour Hopper and on both days, CBC Kids characters including Chirp were on hand to pose for selfies.

Near the Cyclone helicopter that was open for a static display on NB jetty, the ever popular trackless train presented by VIA Rail Canada chugged up and down.

In the PSP Entertainment Tent, Casino Nova Scotia sponsored performances by musician T. Thomason on Friday, and Devarrow on Saturday.

Farther down the dockyard, the train from Giant Tiger drove up and down ND jetty and judging by the smiles on the riders' faces, the bright yellow train was a big hit, as was the Giant Tiger mascot. "Two of the Giant Tiger staff brought this train all the way from Ontario, just for Family Days," said Missy Sonier, PSP Corporate Sponsorship manager.

During the

opening ceremony in the tent on Friday, Capt(N) Paul Forget, Base Commander CFB Halifax, joked with the crowd, saying, "I had all the padres praying so we would have this good weather."

Calling DND Family Days "an amazing event", Capt(N) Forget emphasized that it required a lot of work by a lot of people. "Let's hear a big shout-out to PSP staff and volunteers who put this together," he said, adding "And to the corporate sponsors who give of their money and time and people to put this event on, as well."

Thanks to PSP Corporate Sponsorship and the 53 corporate sponsors of the event, the prize draws just seem to get better every year. The prize giveaways ranged from a first class round trip for four to Toronto with VIA Rail, including meals and accommodations, to Google Home, to free coffee at Tim Hortons for a year, Skybox seats for 24 people to attend the Royal Nova Scotia International Tattoo, 2500 Air Miles, gift baskets, gift cards at businesses ranging from CANEX to Home Depot to Pizza Pizza, to Sobey's, to a complete set of tires worth \$800, and much more.

The bicycle giveaway is an audience favourite, as sponsors Raytheon and GoGold contribute 30 bikes from Canadian Tire, with 15 given away each day.

This year's big prize draw, held on Saturday, was a WestJet flight for four to anywhere that WestJet flies in North America or the Caribbean.

In addition to providing fun activities for the kids, DND Family Days is always a chance for the adults to acquire information about things ranging from the learn to camp programs offered by Parks Canada, to the advantages of heat pumps, with info distributed by Nova Scotia Power.

At the end of DND Family Days, everyone went home tired but happy, and carrying a grab bag loaded with corporate sponsors' free giveaways including Frisbees, miniature soap, sunglasses, pens, and candy.



Chirp, once of CBC's Kids' best known characters, was available for hugs and selfies.

DAVE HURTUBISE, PSP



Kids could get their faces, hands and arms decorated with paint and glitter during DND Family Days.

DAVE HURTUBISE, PSP



Passengers enjoy riding on Giant Tiger's train, taking a tour along ND jetty.

DAVE HURTUBISE, PSP



Sobey's made and served at least 7,000 cookies during DND Family Days. With or without icing, the cookies were delicious.

DAVE HURTUBISE, PSP

Two sailors in a class of their own

By Peter Mallett,
The Lookout Staff

Two sailors celebrated an academic feat last week when they graduated from Royal Roads University each with their Master's degree.

Donning their dress uniform with graduation cap and gown, the two Marine Technicians were the only Non-Commissioned Members (NCMs) in their graduating class at the June 12 Convocation Ceremony in the Royal Theatre.

CPO2 Andre Aubry, who works as a Career Manager at National Defence Headquarters in Ottawa, stepped up to the podium and received his diploma, a Master's in Leadership. His classmate, CPO2 Robert (Sean) Wilcox, who works at DGMETM in Ottawa as a Naval Signature Management and Survivability Chief, was honoured twice: receiving his Master's in International Leadership and the Royal Roads Founders Award for Leadership.

Both men were low-key about the uniqueness of their accomplishment - a level of academic achievement normally achieved by officers.

"We aren't the first and nor will we be the last non-commissioned members in the Canadian Armed Forces to receive a master's degree, but yes this is certainly rare," said CPO2 Aubry, who has been in the military for 20 years. "Working towards this [degree] has been an incredible benefit to my career, but also for my personal growth."

Both indicated their road to higher learning came with a huge time commitment. Their programs each took approximately 30 months to complete on top of their full-time job requirements. Each sailor estimated spend-



CPO2 Wilcox (left) and CPO2 Aubry congratulate each other upon receiving their Master's degrees from Royal Roads University

SUBMITTED

ing between 30 to 40 hours a week attending lectures, studying, and writing assignments.

CPO2 Aubry says he is looking forward to applying what he learned, and the implementation his thesis The Tactical to Strategic PO1/WO and CPO2/MWO of the CAF. His research looked at how to effectively transition

senior NCMs from the tactical to the strategic level.

"The main purpose of my project was to follow up on the Strategic Employment Model [SEM]," wrote CPO2 Aubry in his thesis summary.

He added that "part of the implementation of this project will enable future senior NCMs a complete strate-

gic outlook in order for them to make the best decisions for the organization and people they serve and lead collaboratively."

CPO2 Wilcox has been a CAF member for over 22 years and focused his studies on developing liaisons with foreign governments that included a residency project in Ecuador. His thesis *Institutional Mentorship and How it Can Advance the Position of Women with the Profession of Arms* and was sponsored by Ecuador's military.

"Accomplishing this program has opened my eyes to a global perspective [of the military] which falls in line with the strategic aspect of the forces versus the tactical aspect," said CPO2 Maxwell. "It really means being able to see the forces as a whole and how we fit into the world instead of just how we fit into CFB Halifax or Esquimalt, for example."

The Ecuadorian military has set out to achieve gender equity and therefore embraced the opportunity to work with CPO2 Wilcox. He spent a good chunk of his time in Ecuador touring military bases and academies and speaking about the increasing influence of women in Canada's military, while learning about the gender inequities that exist in their society.

Pending CAF approval he is hoping to return to Ecuador at some point later this year, along with a team of Canadian military personnel who will form a working group that will work towards the establishment of a leadership institute.

To further that effort CPO2 Wilcox says he wants to continue his studies at Royal Roads. He is waiting for CAF approval and university funding that will enable him to work towards his PhD in International Leadership.

Naval Reserve Atlantic Region welcomes new Chief Petty Officer

RAdm Craig Baines, Commander MARLANT and JTFA (centre), presides over the CF Naval Reserve (NAVRES) Atlantic Region Chief Petty Officer Change of Appointment ceremony on June 17 at Juno Tower. CPO1 Ron Chesley (left) takes over as NAVRES Atlantic Region Chief Petty Officer from CPO1 Todd Kelly (right).

LT(N) DEVIN HARPER



CAF set to participate in Exercise RIMPAC

By DND

More than 1,000 Canadian sailors, soldiers, and aviators are set to participate in Exercise Rim of the Pacific (RIMPAC). The world’s largest international maritime exercise takes place June 27 to Aug. 2 in and around the Hawaiian Islands and Southern California.

During RIMPAC, forces will exercise a wide range of capabilities from disaster relief to maritime security operations and complex warfighting.

Canada, along with Australia and the United States, has participated in every RIMPAC exercise since its inception in 1971. The continued participation of the CAF reinforces Canada’s commitment to enhancing partnerships and security in the Asia-Pacific region.

“Canada is an important ally in the Asia-Pacific region. Participating in RIMPAC is just one example of how our Canadian Armed Forces continue to support Canada’s engagement and leadership in the region,” said Harjit S. Sajjan, Defence Minister.

“RIMPAC offers a uniquely complex and challenging multinational environment for Canadian Armed Forces personnel to hone their skills. Our service men and women will represent Canada proudly, being leaders amongst allies,” said RAdm Bob Auchterlonie, Deputy Commander Combined Task Force RIMPAC.

Royal Canadian Navy participation includes more than 675 sailors. Two frigates, HMC Ships *Ottawa* and *Vancouver*, and one Auxiliary Oiler Replenishment ship, MV Asterix, have deployed to Hawaii. Meanwhile two maritime coastal defence vessels, *Yellowknife* and *Whitehorse*, will operate off the coast of Southern California.

Approximately 170 soldiers from the Canadian Army are at Camp



A crewmember raises the Royal Canadian Navy colours aboard HMCS Ottawa during RIMPAC 2018 in Hawaii.

CPL TREVOR MATHESON, 14 WING GREENWOOD IMAGING SERVICES

Pendleton in Southern California. This includes a dismounted infantry company group from the 2nd Battalion, Royal 22nd Regiment.

The Royal Canadian Air Force is sending approximately 75 members with a CP-140 Maritime Patrol Aircraft and a deployable mission support centre.

Additional CAF personnel are serving various coalition staff functions to support the exercise. There is also

a national command and support team to ensure continued operational, logistical, and administrative support to deployed elements.

Reflecting Canada’s leadership role in RIMPAC, several Canadian officers will hold key appointments during RIMPAC:

RAdm Bob Auchterlonie is the Combined Task Force Deputy Commander, second-in-command of all international forces within the exercise.

Capt(N) Matthew Coates is the maritime component Deputy Commander.

Col Michael Atkins is the air component Deputy Commander. Col Dennis O’Reilly is the Combined Air Operations Centre Director.

Capt(N) Matthew Bowen is the Deputy Exercise Director.

In total, Exercise RIMPAC includes 25,000 personnel from 26 nations, 47 surface ships, five submarines, 18 national land forces, and more than 200 aircraft.



MV Asterix arrives at Joint Base Pearl Harbor-Hickam in preparation for RIMPAC 2018. The world’s largest international maritime exercise, RIMPAC provides a unique training opportunity while fostering and sustaining cooperative relationships among participants critical to ensuring the safety of sea lanes and security of the world’s oceans. RIMPAC 2018 is the 26th exercise in the series that began in 1971.

MASS COMMUNICATION SPECIALIST 2ND CLASS JUSTIN R. PACHECO, USN



Members of 2nd and 3rd Battalion Royal 22e Régiment unload during MV-22 Osprey loading and unloading drills at the RIMPAC exercise at Camp Talega, Camp Pendleton, California.

OS JUSTIN SPINELLO, 4 WING IMAGING, COLD LAKE.

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CLaS: civilians become sailors for three days

By Xavier Belhomme,
Co-op student, MARLANT PA

The Canadian Leaders at Sea (CLaS) program offers an incredible experience to Canadian leaders in business, government and academia. From June 13-15, six fortunate individuals enjoyed the exceptional hospitality of the Atlantic Fleet and the Royal Canadian Navy.

The program consists of three days packed with thrilling experiences for CLaS members. The journey began at 9 a.m. with a tour of the Regional Joint Operations Centre (RJOC), Maritime Security Operations Centre (MSOC) and the Joint Rescue Coordination Centre (JRCC). They also met Commodore Craig Skjerpen Commander, Canadian Fleet Atlantic, who gave a brief overview of the Royal Canadian Navy.

CLaS participants visited Irving Shipyards where they received a guided tour of the facility. CLaS participants were surprised at the sheer size of the Irving complex, which occupies 18,000 square metres. A majority of the guests were entrepreneurs who marvelled at the accomplishments of the Irving family.

Following the tour of the Irving shipyard, participants visited HMCS *Moncton* for a tour and lunch with the crew. The guests were overwhelmed with the welcoming nature and esprit de corps of the ship's crew. Dr. Marc Lacroix, who operates a practice in Quebec City, said, "We are really treated like guests of high esteem."

RCN food is always top caliber and the participants of CLaS were able to experience this first hand during their three-day voyage at sea. The tour continued with the guests traveling to other areas such as HMC Dockyard and the Maritime Security Training Centre. The tour stopped once more for a tour of the Submarine Trainer. The guests saw and



CLaS participants (from left) Marc Michaud, Sebastien Belanger, Dr. Marc Lacroix, and Sherry Colville prepare to take a ride out to meet HMCS *Halifax* in Halifax Harbour on June 13, 2018.

LS BRAD UPSHALL, 12 WING IMAGING SERVICES

experienced a small portion of the extreme training submariners must go through to function in a submarine.

Before heading off to sea, the CLaS participants stopped for a short tour of the Naval Museum. In the evening, the participants embarked in HMCS *Halifax*, where the crew sprang into action to show the guests an exciting demonstration—Man Overboard. The exercise captivated the participants due to the

crew's proficiency and organization during the exercise. "I'm impressed with the crew's coordination and efficiency as I did similar exercises in the past," said CLaS participant Ray Coutu, Parks Canada. Following the Man Overboard exercise, the ship then demonstrated high speed maneuvering which thoroughly impressed the participants. After the action-packed day, they were able to relax, kick back and indulge in some chicken wings with Cdr Scott Nelson, Commanding Officer of *Halifax*.

The next morning, CLaS participants were fortunate to have the Naval Boarding party demonstrate some of their tactics. The participants got the chance to try some tactical drills with the Naval Boarding party team. The following hour, the ship's divers gave a brief explanation on their job to the participants. As part of the experience, the CLaS members received the option to try some of the diving gear.

At 10 a.m., CLaS participants got the chance to experience another tradition of the Royal Canadian Navy before they set off to tackle the rest of day – stand easy, with soup.

One intense activity for the visitors was firing weapons with live ammunition. The ship's crew prepared a firing range and while some guests were reluctant to try shooting,

eventually they all participated. The crew then demonstrated what occurs during Action Stations. This drill includes emergency stations, flood control, and casualty clearing, to name a few. Dr. Marc Lacroix stated, "I was surprised by the coordination and speed of the ship's medical team during the casualty clearing exercise."

One of the more exciting exercises was the smoke maze. Sherry Colville, one of the participants said, "Wearing the fire gear and trying to work your way through the smoke maze was very interesting." After completing Action Stations, the participants took some time to prepare themselves for an exclusive dinner with the ship's officers in the Wardroom.

The last day aboard ship, the crew allowed the participants to try out the ship's .50 calibre machine guns against waterborne threats, where they were able to shoot at moving target vehicles on the water. Following this exercise, the crew ate a last meal with the participants before saying their farewells.

The participants of CLaS enjoyed the experience very much. The support, trust and spirit of fraternity amongst all members of the crew, regardless of rank, position or title will be an extremely significant take-away from their CLaS experience.



CLaS participants take part in a hands-on small boat attack exercise onboard HMCS *Halifax* on June 15, 2018.

LS BRAD UPSHALL, 12 WING IMAGING SERVICES

CDS announces CAF General and Flag Officer senior appointments, promotions, and retirements

By DND

Gen Jonathan Vance, CDS is pleased to announce an addition to the initial list of CAF General and Flag Officer senior appointments, promotions, and retirements that will occur in 2018.

These officers lead the CAF in defending our country's values and interests, at home and abroad.

Promotions and appointments resulting from retirements are as follows:

BGen J.B. Ploughman will retire from service, resulting in the following promotions and appointments:

BGen G.R. Smith will be appointed Assistant Chief of Staff J5 at Supreme Headquarters Allied Powers Europe (SHAPE) in Casteau, Belgium, replacing BGen Ploughman.

Col D.O. (Darlene) Quinn will be promoted to the rank of BGen and appointed National Military Representative Europe in Casteau, Belgium, replacing BGen Smith.

BGen K.L. Woiden will retire from service, resulting in the following promotion and appointment:

BGen D.B. Cochrane will be appointed Commander National Cadet and Junior Canadian Rangers Support Group at National Defence Headquarters (NDHQ) in Ottawa, replacing BGen Woiden.

BGen S.A. Howden will retire from service, resulting in the following promotion and appointment:

Col A.R. Day will be promoted to the rank of BGen and appointed Director General Air Staff and Director General Air Reserve at NDHQ in Ottawa, replacing BGen S.A. Howden.

Commodore R. Pumphrey will retire from service, resulting in the following promotion and appointment:

Capt(N) J.M. Hamilton will be promoted acting while so employed to the rank of Commodore and appointed Director General Defence Force Planning at NDHQ in Ottawa, replacing Commodore Pumphrey.

The following promotions and appointments result from new and continuing service requirements:

VAdm M.A.G. Norman will be appointed to a supernumerary position in the Office of the Chief of the Defence Staff, resulting in the following appointment:

LGen P.F. Wynnyk will be appointed Vice-Chief of the Defence Staff at NDHQ in Ottawa, replacing VAdm Norman.

MGen W.D. Eyre was promoted to

the rank of Lieutenant-General into a new position at United Nations Command (UNC) and appointed Deputy Commander – UNC Korea, resulting in the following promotion and appointment:

Commodore H.C. Edmundson was promoted to the rank of RAdm and appointed Deputy Commander Military Personnel Command at NDHQ in Ottawa, replacing MGen Eyre.

Col C.R. Keiver was promoted to the rank of Brigadier-General and will deploy on Operation IMPACT (JTF-I), replacing BGen A.R. Jayne.

BGen M. Thériault will be seconded to Rideau Hall, as Senior Military Assistant to Her Excellency the Governor General, in Ottawa, resulting in the following promotion and appointment:

Col J. Janzen will be promoted acting while so employed to the rank of BGen and appointed Director General Public Affairs at NDHQ in Ottawa, replacing BGen Thériault.

Commodore M.B. Mulkins will transition to Class A service with the Royal Canadian Navy, resulting in the following promotion and appointment:

Capt(N) M.A. Hopper will be promoted to the rank of Commodore and appointed Commander Naval Reserve at NDHQ in Ottawa, replacing Commodore Mulkins.

BGen J.D.M. Robidoux will continue to serve in her current appointment as Deputy Chief of Reserves, resulting in the following promotion and appointment:

Col C. Mercier will be promoted to the rank of BGen and appointed Deputy Commander 2 Canadian Air Division Joint Task Force (East) in Montreal, replacing BGen Robidoux.

The following acting-while-so-employed Commodores and Brigadier-Generals will be promoted to their substantive rank: Commodore I. Carosielli, Commodore J.A. Clarke, Commodore C.S. Earl, Commodore M.T.J. Kurtz, BGen D.D. Basinger, BGen J.A.S. Bernard, BGen J.B.P. Carpentier, BGen W.H. Fletcher, BGen H.W.R. Goodyear,

BGen C.R. Keiver, BGen M. Misener, BGen P. Peyton,

BGen D.A. Quinn, and BGen M. Thériault.

After distinguished service to Canada and the CAF, the following General and Flag Officers will retire in 2018: Commodore R. Pumphrey, BGen J.B. Ploughman, BGen K.L. Woiden, and BGen S.A. Howden.

Royal Nova Scotia International Tattoo founder receives Order of Merit from Germany



On Friday, June 29, Col (ret'd) Ian Fraser, founder of the Royal Nova Scotia International Tattoo, was awarded The Order of Merit of the Federal Republic of Germany. The ceremony took place at Halifax City Hall, Nova Scotia. Representatives of the province of Nova Scotia, the city of Halifax, the Royal Nova Scotia International Tattoo, the German Embassy in Ottawa, and companions and friends of Col (ret'd) Fraser were present. Fraser receives the Order of Merit from LCol Nico Huelshoff, German Defence Attaché, on behalf of the German Ambassador to Canada, Her Excellency Sabine Sparwasser.

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TRIDENT Sports

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

2018 MARLANT Nijmegen team ready to march 160km

By Ryan Melanson,
Trident Staff

The training hours have been logged, the final team has been selected, and the 2018 MARLANT Nijmegen team is set to represent the CAF in the Netherlands later this month.

The marchers have been training since March for the International Four Days Marches Nijmegen, a prestigious event that involves marching 160 kilometres over four days through the Dutch city of Nijmegen. As many as 50,000 military and civilian participants are expected for this year's 102nd installment of the event, which runs from July 17-20. The CAF normally sends 15 teams from across the country to the marches each year, and with only 11 spots available on each team, there's always competition.

This year's MARLANT squad began with 45 potential team members, saw an initial drop off after the first month, and then settled into a core group of about 25 who completed the training marches, including back-to-back days of 40km treks around Halifax and Dartmouth.

When it came time to select the final team of 11, tough decisions had to be made.

"It's really difficult when you come down to the end, because everybody completed the physical requirements. You have to start to look at the other



The team of marchers who will be representing MARLANT at the 2018 International Four Days Marches Nijmegen from July 17-20.

RYAN MELANSON, TRIDENT STAFF

criteria; it comes down to things like dedication and team spirit," said team leader Lt(N) Jacqueline Grykuliak.

"Who sings marching songs? Who's a team player? Who helps others when they start to struggle? Those things come into play."

For Lt(N) Grykuliak herself, the trip has been on her mind for years. She started training in 2012 on the west coast and was selected as MARPAC team leader, but had to step away in the final weeks due to operational requirements. Since then, she's been waiting

for the right moment to try again, and after a few practice marches with last year's team, she decided to go all in for 2018. It's required a great deal of dedication and time management, balancing the long training hours with work requirements and life as a single mom.

"It's very hard, but it's all worth it. Nijmegen is something you eat, sleep and breathe when you're training for it," she said.

The final MARLANT team includes seven men and four women representing all three CAF elements. For MCpl

Kent Thistle, one of three Army members in the group, extensive marching experience has allowed him to offer tips and advice to the others, including boot suggestions and the most comfortable ways to wear their 10kg backpacks.

"I've also normally been the very last guy at the back when we've been marching, so if anybody is slowing down I could give them a push and hopefully get them motivated a little bit," he said.

Both his parents are Nijmegen alumni, having completed the marches with CAF teams almost 30 years ago, and the event has always been on his radar for that reason. He enjoys testing himself mentally and physically, and said the camaraderie of the team has made training enjoyable every step of the way.

"Everybody's going to get a blister or get a little sore, that's alright. But everybody wants to be here, and we're talking and singing and we end up have a good time."

Lt(N) Grykuliak said she has nothing but praise for the team, who have consistently shown professionalism and enthusiasm over the last three months.

"We marched in -18 C, we marched in torrential downpours; I was almost blown off the sidewalk in the dark at 6 in the morning. But these people keep showing up with smiling faces, ready to go. They're an incredible team"

RCN officer part of CAF sailing team for CISM

By Peter Mallett,
The Lookout Staff

The CAF sailing team made its return to the World Military Sailing Championship and achieved its goal of a respectable showing at the international regatta.

Held June 14 to 21 at the Finnish Naval Academy near Helsinki, the competition featured more than 60 athletes from 15 countries.

Moreover, the year 2018 marks several important jubilees: the 50th World Military Sailing Championships, the 70th anniversary of CISM, or Conseil International de Sport Militaire, normally translated as International Military Sports Council, and the 100th anniversary of the Finnish Navy.

Team Canada failed to qualify for

the elimination round, but finished seventh out of 15 teams during the round robin.

The four-member team was Lt(N) Samantha Morgan, a Marine Systems Engineer from CFB Halifax; MS Clayton Mills, a Marine Technician who works aboard HMCS Calgary; Pte Samuel Plamondon, a sapper from CFB Valcartier; and RCAF Capt Pierre Grignon, who works for the Canadian Joint Operations Command (CJOC) Headquarters in Ottawa.

The last time Canada had competed in a CISM sailing event was 2014. There were no returning members on this year's team and both the team and the team's Manager Lt(N) Kevin Pallard had realistic expectations of their chances of winning the event. Everyone was focused on achieving a strong result and appeared to give the

competition "a run for their money" as Lt(N) Pallard put it.

Inclement weather and then a lack of wind forced organizers to postpone some of the weekend matchups before Brazil was declared champion of the competition. Host nation Finland had a strong showing, but settled for fourth place while Russia and Poland finished second and third respectively. The Canadian team is very pleased to have placed in the top half of teams in Helsinki, and is also hoping to better its performance when they compete at the CISM World Summer Games in Wuhan, China. That competition is in October 2019 and will be raced in the 470 class sailboat.

Inquiries concerning the CAF Sailing Team can be directed to the team manager, Lt(N) Pallard via email at kevin.pallard2@forces.gc.ca



Lt(N) Samantha Morgan, a Marine Systems Engineer from CFB Halifax; RCAF Capt Pierre Grignon, CJOC; Lt(N) Kevin Pallard, team manager; Pte Samuel Plamondon, a sapper from CFB Valcartier; and MS Clayton Mills, a Marine Technician in HMCS Calgary, comprise the CAF sailing team.

SUBMITTED

HMCS Moncton wins Perpetual Cup at NYC Fleet Week Regatta

By Lt(N) Kyle Allward,
XO HMCS Moncton

Among the many events in which HMCS Moncton participated during the course of a busy Fleet Week visit to New York City, one that will be particularly fondly remembered by those who partook is Moncton's victory among a competitive field of boats crewed by the United States Navy, United States Marine Corp, and United States Coast Guard.

The event began early in the morning of May 28, when sailors from Moncton departed Manhattan, bound for New Jersey – the home of the Manhattan Yacht Club. Having arrived ahead of the competition, Moncton's sailors began to prepare themselves for the coming contest. Leveraging the decades of sail racing experience held by PO2 Eric Lawrence, quick lessons were held to ensure the sailors were familiar with the terminology and tasks needed to crew a small sailboat. Prior to departing the ship, the Commanding Officer had directed us to return home victorious, and Moncton had every intention of doing just that.

As our competitors and members of the club continued to filter in, Moncton's crew was assigned their skippers for the race and moved the lessons onto the decks of the boats that would be used for the race. Slipping her berth and hoisting the Naval Ensign into the rigging, we worked into New York Harbour, killed power to the boat's motor, set the jib and mainsail, and began our first series of tacks and jibs. For most of us, it was a new experience in a familiar element.



The winning boat from HMCS Moncton at the 2018 Fleet Week Regatta.

With the 13 participating boats mustered in the vicinity of the start point, the five minute countdown ticked down while the boats jostled for position at the start line. Final instructions were passed by the skippers to the crews, and in seemingly no time at all a gunshot was fired, signaling race start. Tacking quickly into the wind, our skipper pointed our bow toward the navigation buoy marking mid-point of the race. Leaving Ellis Island to Starboard and steering a course to arrive nearly at the feet of the Statue of Liberty, a quick glance astern showed the boat to be distancing itself from the pack.

Rounding the midway point and declining to stop and take photos with

one of New York's most recognizable landmarks, the boat headed directly downwind, spreading the sails as wide as possible to maximize our headway. With the jib and mainsail spread wide to port and starboard blocking much of the view from the cockpit, each member of the crew kept one eye forward to assist the skipper spotting the myriad of ferries and pleasure craft transiting the harbour, even as we all looked anxiously astern to gauge the strength of our lead. Despite the competitor's best efforts, Moncton's lead sailboat crossed the finish line with a comfortable lead on the remainder of the field.

Returning to the Yacht club, Moncton was presented the spoils of her



Lt(N) Kyle Allward, PO2 Eric Lawrence, LS David Dion, and PO1 Ian Smith, all of HMCS Moncton, display the Perpetual Cup.

victory, the Perpetual Cup. Embarking the trophy for our return to Halifax, this marked the first time in the history of the regatta the award has left the United States. It will be proudly displayed in Moncton until such time as it must be returned to Manhattan for the 2019 Regatta. The winning crew –PO1 Ian Smith, PO2 Eric Lawrence, LS David Dion, and I – very much hope to defend the hard won victory next year.

Hall of Fame trivia

By Stephen Stone

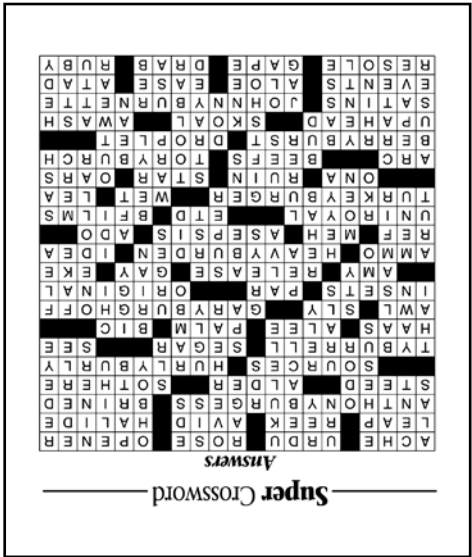
Questions

1. Charlie Goldman, who trained heavyweight champion Rock Marciano, called this Terence Bay light heavyweight (and member of the Canadian Sports Hall of Fame) a "miniature Marciano."
2. Who was the first Canadian woman to win two Olympic gold medals at a single games?
3. Inducted in the Canadian Sports Hall of Fame as a broadcaster, his one trademark was: "He Shoots! He Scores!"
4. He lost to Billie Jean King at The Battle of the Sexes and was inducted into The International Tennis Hall of Fame in 1969.
5. What Hall of Fame, named after the sport's Canadian inventor, is located in Springfield, Massachusetts?
6. Opened in 1963, this Hall is located in Canton, Ohio.
7. Who is the only player to be inducted into both The Pro football HoF and the Canadian Football HoF?

8. Who is the only coach to be inducted into both the pro football HoF and the CFL HoF?
9. This Hall of Fame was first in Novi, Michigan, then the Detroit Science Center in 2009, and it was relocated in 2017 to Daytona International Speedway.
10. Inducted into the International drag Racing Hall of Fame in 2006, she was known as The First Lady of Drag Racing.
11. Inducted into the Motorsports Hall of Fame of America in 1992, he teamed up with Cha Cha as The Bounty Hunter and Bounty Huntress.
12. He won 3 consecutive World Superstars competitions and an award was created in his memory by the Canadian Soccer Hall of Fame.
13. Where is the World Rugby Hall of Fame?
14. Aaron Carpenter broke this World Rugby Hall of Fame inductee's Canadian record of 76 caps while playing for Canada in international matches.
15. Where is the Canadian Baseball Hall of Fame located?

16. Where is The National Baseball Hall of Fame located?
17. Who is the baseball Hall of Famer who wanted to be depicted wearing a New York Mets cap even though his greatest contribution to baseball came as a Montreal Expo?
18. Who is the only baseball player to wear number 13 to have the number retired by his team?
19. Although number 42 was retired by Major League baseball on April 15, 1997 honouring Jackie Robinson, who was the last player to wear number 42 until he retired?
20. As of 2017, who is the only Canadian elected to the FIBA Hall of Fame?

Answers on page 22



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Hall of Fame trivia

Questions on page 21

Answers

1. Richard 'Kid' Howard
2. Carolyn Waldo
3. Foster Hewitt
4. Bobby Riggs
5. The Naismith Memorial Basketball Hall of Fame.
6. The Pro Football Hall of Fame.
7. Warren Moon
8. Bud Grant
9. Motorsports Hall of Fame of America.
10. Shirley Muldowney
11. Conrad "Connie" Kalitta
12. Brian Budd 1952-2008
13. Rugby, England.
14. Al Charron
15. St. Mary's, Ontario
16. Cooperstown, New York, USA
17. Gary Carter
18. Dave Concepcion of the Reds.
19. Mariano Rivera, who retired from the Yankees on September 22, 2013
20. John "Jack" Donohue, class of 2013

Navy 10K training sessions being held at Porteous Field

By Ryan Melanson,
Trident Staff

This year's Navy 10K run is less than two months away, and if you've been slacking off on your training, you may want to start reporting to Porteous Field on Tuesday mornings.

A running clinic will be held each Tuesday from 8 - 9 a.m. to help participants get prepared for the Navy 10K, with hands on training and advice being offered from two of the Royal Canadian Navy's most accomplished runners.

Lt(N) Michael Bergeron and Lt(N) Natalia Borszczow, both members of the CAF CISM running team and medal winners from the CAF Running National Championships, will lead the sessions. The first took place on the morning of June 26, and saw about a dozen runners start their day with some laps around Porteous Field in damp, cold weather. The clinics will continue each week until the Navy 10K.

The workout includes a warm up and cool down, with dynamic stretching, along with the running itself. The organizers recognize they may get runners of varying skill levels, and plan to tailor workouts accordingly for each individual. Broad goals for the clinics are to



Runners do warm-up exercises prior to the main workout at the Running Clinic on Porteous Field.

RYAN MELANSON, TRIDENT STAFF

teach some basic running skills, prevent injuries, and help people complete their desired running distances with less effort. They aim to introduce new exercises each week, and track the results for those who return for multiple sessions.

"We know there's different levels of ability, and we're not trying to make an elite runner out of everybody, but

we're trying to help them improve," said Lt(N) Borszczow.

As for the Navy 10K itself, the event kicks off at 9:30 a.m. August 19 on Gottingen Street outside the Stadacona gate, with both 5K and 10K distances available, as well as shorter runs for the kids. Registration is now open at <http://raceroster.com>.

AUGUST 19, 2018

0800 HRS - KID'S RUN | 0930 HRS - 5K & 10K RUNS

NAVY



10K

RUN

REGISTER AT CAFCONNECTION.CA/HALIFAX/NAVY10K

Super Crossword

TURNING RED

ACROSS

1Dull hurt

5Language of Islamabad

9Thorny plant

13Series start

19Hurdle

20Really smell

21Very eager

22Chlorine or fluorine compound

23"A Clockwork Orange" novelist

26Steeped in salty water

27Ridden horse

28Tree bearing catkins

29"Take that!"

30Derivations

33Commotion

36"Modern Family" co-star

39Popeye creator Elzie

40Get the idea

41"Boys" co-star Lukas

42Not aweather

43Arizona tree

44Pen choice

47Sharp tool

48Shifty

49He played Radar on "M*A*S*H"

54Many mini-maps

56Golf target

58Not trite

59Irving of 101-Down

60Let go of

64Festive

65Stretch, with "out"

66BBs, e.g.

68No light load

70Notion

71KO counter

72"Not impressed"

73Freedom from germs

74Commotion

75Big name in tires

78Takeoff guess, briefly

79Cheap flicks

82Lean patty option

86Just-painted

87Meadow

88Go -- rampage

89Totally spoil

90Pentagram

92Galley tools

93Bit of an oval

96Complaints, informally

97Preppy-boho fashion label

99Line of fruity Cheerios cereals

103Unit of dew

104Further on

105Danish toast

107Flooded (in)

111Shiny fabrics

112Singer of the 1960 hit "You're Sixteen"

116Happenings

117Balm additive

118Make simpler

119Slightly

120Fix, as a shoe bottom

121Look awed

122Colorless

123Red color hidden backward in nine answers in this puzzle

DOWN

1Cry of woe

2Euro division

3Can't stand

4Ancient Greek city

5"Ode on a Grecian --"

6Playa del --

7Utter failure

8Island guitar

9Angry display

10Listen to incidentally

11Bro's sibling

12Pub. house workers

13"Yippee!"

14Second of two sections

15Yale's Yale

16S.F. NFL team

17Swimmer Gertrude

18Flight leaving late at night

24Scent

25Hwys., e.g.

29Camera type, in brief

31Eurasian mountains

32Depend (on)

34Unattractive

35Exceptionally tough guy

36Some spicy cuisine

37[Boring!]

38Common yule tree

39Hot tub locale

44Wilson of the Beach Boys

45Punk rock's -- Pop

46Phi-psi linkup

48Pigs' place

49Slaty colours

50Compels

51100 cents

52Counterfeit

53Tiny parasite

55Punk variant

56Stew veggie

57Thomas -- Edison

60"Get clean" program

61'60s prez

62"Fantastic!"

63Once, formerly

66In -- (trapped)

67Bistro card

68#1 OutKast hit of 2003

69Completed

70Tyrant Amin

72Brand of faucets

74Back, at sea

76"The Thing" studio

77Tempting one

79Emerald, e.g.

80Former Ford div.

81Obi, for one

83Regrets

84Store selling souvenirs

85Naval off.

86Get skewed

90Left the fold

91Strip of computer icons

92Last longer than

93Bully, e.g.

94Put new asphalt on

95Jalopies

96Amigo

98Bit of coffee

100Safari animal

101Streisand film of 1983

102-- -Terre (capital of

Guadeloupe)

103Singer Ho

106Leg midpoint

108Outermost Aleutian island

109Blind guess

110Lamarr of old Hollywood

112Cut unevenly

113Ending for schnozz

114Yank's land

115Yank's rival

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116																					
120																					

Fitness and sports updates

By Trident Staff

Tuesday Track. In preparation for the Navy 10K Run, happening on August 19, Campus Atlantic will be hosting a workout every Tuesday starting June 26 from 8 to 9 a.m. at the Stadacona Track surrounding Porteous Field, CFB Halifax. Experienced military runners Lt(N) Borszczow and

Lt(N) Bergeron will be leading the training sessions. Program options for beginner to advanced runners will be offered. Each workout will include: warm-up and dynamic stretching, workout (based on individual strength in running), and cool down and stretching. For more information and to register contact Lt(N) Bergeron at Michael.bergeron2@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

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