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TRIDENT

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

**Fast
and
furious**

During Small Boat Training for junior officers and for bosuns on July 4, a RHIB zooms past Peggy's Cove, to the delight of tourists visiting the lighthouse.

MONA GHIZ, MARLANT PA



**New Base Commander
at CFB Halifax Pg. 3**



**Shearwater 100
Pg. 12-14**



**HMCS Calgary sailors at the
Calgary Stampede Pg. 15**



**RCN takes home CAF
grappling trophy Pg. 20**



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Run backs wishes, builds community support

By Sara White,
The Aurora Managing Editor

A clubhouse sandwich, strawberry shortcake and a \$500 donation awaited eight sailors running their way across Nova Scotia, making a July 2 lunch stop at Farmer's Family Diner in Millville.

HMCS *Halifax* sailors participating in the ship's 15th Run for the Wish Children's Wish Foundation fundraiser were midway through this year's effort, underway June 27 from North Sydney. Running in legs to cover 80 kilometres a day over 10 days, with time in communities along the way to meet people, collect donations and visit with hosting Legions and past wish recipient families, the contingent was on the go.

"The running is the easy part!" said PO2 Lawrence Settle. "The fundraising is hard."

Since 2003, *Halifax* has raised more than \$250,000 for the Children's Wish Foundation. This year's goal is \$30,000. That'll be enough to cover the team's adopted wish kid: Charlee, an eight-year-old girl with cystic fibrosis who saw them off from North Sydney. Her face on the side of the sailors' support van keeps them moving. Charlee loves all things "princess," reading, and eating chocolate ice cream. Once the *Halifax* team has raised enough to cover her wish to travel to Disney, their remaining fundraising will make wishes happen for two more children working with the Nova Scotia Chapter of the Children's Wish Foundation.

"We're stopping along the way at Legions for breakfast and lunches, and the wish kids in those communities are being invited to come in," PO2 Settle said. "It's really amazing how many kids there are in Nova Scotia."

Often, those Legions are making Run for the Wish donations, but the team often just stops along its way in places that look busy, or drop in on community businesses, and ask if they can set up, talk about the run and take any donations on the spot.



In the final leg of the Run for the Wish 720 km run across Nova Scotia, members of HMCS Halifax jogged to the finish with a Bravo Zulu from their crewmates who lined the jetty in front of their ship at HMC Dockyard. Cdr Scott Nelson, Commanding Officer of Halifax, presented Dr. Bruce Crooks, Pediatric Oncologist IWK and Patricia Bishara, Children's Wish NS with a cheque for \$24,750.

MONA GHIZ, MARLANT PA

"Sometimes, we're leaving, and people are running up to the van," said LS Kevin Miller. "The support has been great."

The stop in Millville is close to the team's heart: Betty Hebb, a long-time volunteer with the Valley sub-chapter of the Children's Wish Foundation, offers lunch at her restaurant, and makes her own donation to the cause.

"This year, it's \$500 from a Mother's Day basket we raffled for the run," Hebb said. They've been stopping here for eight years, anyway."

She invited them all back August

26 for an outdoor music jamboree in the restaurant's parking lot, a fundraiser for the organization but also a celebration of Hebb's 80th birthday.

"And I don't want anything – I just

want people to support the Children's Wish Foundation," she said.

Settle said that could be tricky: the sailors expect they'll be back at sea by then, having just arrived home after a deployment at the end of June.



Betty Hebb welcomes HMCS Halifax Run for the Wish sailors to her Farmer's Family Diner July 2, offering lunch and on-the-road donation support for the group's cross-province fundraising run.

SARA WHITE, THE AURORA



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New Base Commander happy to return to the east coast

By Ryan Melanson,
Trident Staff

The last time Capt(N) David Mazur was posted to Halifax was more than 15 years ago, serving in HMCS *Halifax* as the ship's Command Control Information Officer. Since then, he's progressed through his career in Esquimalt, with a resume that now includes stints as the Canadian Fleet Pacific Operations Officer, the CO of HMCS *Vancouver*, and the CO of Sea Training Pacific.

He's no stranger to command, but his latest tasking promises to bring a host of new challenges, as he takes the reins of Canada's largest military base. Capt(N) Mazur officially took command of CFB Halifax on July 11 at a ceremony inside the STADPLEX gym at Stadacona.

"I couldn't be happier to be back in Halifax. I recognize the key role CFB Halifax plays in supporting the Fleet and other operations, and it's clear that I'm taking over the helm of a very dedicated and professional team," he said.

He thanked outgoing CFB Halifax Base Commander Capt(N) Paul Forget for his work and leadership in the position over the previous 15 months, as well RAdm Craig Baines, Commander MARLANT and JTFA, for having confidence in him to lead the base through the coming years, and his family, including wife Marise and sons Kevin and Eric, who attended the ceremony.

Along with members of MARLANT senior leadership and a cross-section of uniformed and civilian employees of CFB Halifax, the Change of Command was also attended by His Honour Arthur J. Leblanc, Lieutenant Governor of Nova Scotia, and Her Honour Patsy Leblanc, Halifax Mayor Mike Savage, Halifax Regional Police Chief Jean Michel Blais, and other members of the wider community, highlighting the links that exist between the base and the Halifax Regional Municipality.

In an address at the ceremony, RAdm Baines noted that being a good community neighbour, and maintaining relationships with all levels of government, is one of the ways the job differs from other command appointments.

"The job of base commander is a complex one, requiring a unique set of skills to manage the diverse portfolio and workforce that encompasses CFB Halifax," he said, while also expressing confidence in Capt(N) Mazur's abilities in his new role.

"The size and scale of this task is considerably larger, but I know he's ready for the challenge and I know



Outgoing CFB Halifax Base Commander Capt(N) Paul Forget, left, and new Base Commander Capt(N) David Mazur, in Juno Tower following the Change of Command ceremony on July 11.

LS DAN BARD, FIS

he'll make the best of this opportunity to hone his skills in areas that are atypical for a Naval Warfare Officer."

Outgoing Base Commander Capt(N) Forget was lauded for successes during his short time leading CFB Halifax, and his year spent as MARLANT Chief of Staff before that. This included spearheading Canada 150 events at the base in 2017, facilitating the handovers of CFS St. John's and Detachment Cape Breton to the Canadian Army, and working with the province on a new health care strategy to support military families in the region.

Capt(N) Forget will now head to Ottawa for a position with the Director Military Careers Administration. He thanked the many units and organizations connected to CFB Halifax for the support during his tenure, naming BLog, BIS, BAdm, Base Comptroller and others, along with civilian-led groups like QHM, Base Fire Department, the Halifax & Region MFRC and PSP Halifax. He also praised his internal staff and the three Base Chief Petty Officers, CPO1 Lee Brown, CPO1 Dave Steeves, and now CPO1 Kent Gregory, who have served during his command.

"They all form a united group delivering force support at the largest base in Canada. The professionalism and incredible dedication they show in dealing with problems from day to day is unsurpassed, and the ability and flexibility they've shown in ever-changing circumstances, cannot be overstated," he said.

"I have no doubt those efforts will continue past my departure."



From left, outgoing CFB Halifax Base Commander Capt(N) Paul Forget, RAdm Craig Baines, Commander MARLANT and JTFA, and new Base Commander Capt(N) David Mazur, after signing the paperwork to make the change official on July 11 at STADPLEX in Halifax.

LS DAN BARD, FIS


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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.

**Gender & Armed Conflict:
From Sudan to Syria**

Time: 7 - 8:30 p.m.

Date: Wednesday, July 25

Location: Central Library

The VTECS Speaker Series brings renowned international peace and security experts to Halifax to discuss innovative and approaches to protecting children and civilians in conflict zones. The theme of this year's series is Realities of War: Children, Civilians and the Impacts of Conflict. Dr. Rania Alahmer, a senior reproductive health and gender-based violence professional, will share her experiences working in conflict zones such as Darfur, Libya, and Syria, where she served as a gender-based violence specialist with the United Nations Population Fund. The talk is presented in partnership with the Romeo Dallaire Child Soldiers Initiative, Wounded Warriors Canada, and Dalhousie University.

Learn to Camp with Parks Canada

Time: 1 - 4 p.m.

Date: Thursday, August 2

Location: 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.

National Acadian Day Celebration

Time: 7 - 8:30 p.m.

Date: Wednesday, August 15

Location: Central Library

Come out and celebrate National Acadian Day 2018 at the library, featuring workshops and fantastic live music in Paul O'Regan Hall by Acadian musicians from across the East Coast. Provincial Acadian Day celebrations will also take place on August 15 at the Acadian Museum & Archives in West Pubnico, from 11 a.m. - 3 p.m., with music, barbecue and free horse rides.

Tuesday Night Tunes

Time: 7 p.m.

Date: July 31 & August 7

Location: Maritime Museum of the Atlantic

This series of free Tuesday-evening concerts at the Maritime Museum of the Atlantic is continuing throughout

the summer. On July 31, the museum will welcome John Christopher of St. John's Newfoundland, who brings a musical resume that includes performances at the Mariposa Folk Festival and Montreal's Wheel Club. Then, on August 7, the museum audience will be treated to a concert from the Yarmouth Shantymen. The group has been performing their traditional work and sea tunes, sung with their own twists and harmonies, for more than three decades, and are returning for their third performance at the museum. Free concerts continue each Tuesday until September.

CFB Halifax Natal Day Pancake Breakfast

Time: 8 a.m. - 10 a.m.

Date: Monday, August 6

Location: Halifax Hydrostone

Free delicious pancakes will once again be cooked up by the women and men of MARLANT and CFB Halifax (served from 8 a.m. until 10 a.m. while quantities last), along with free family entertainment & activities for the whole family. This is just one of the many events happening as part of the 2018 Halifax-Dartmouth Natal Day Festival from August 3-6, including the 123rd Annual Pepsi Natal Day Parade. For a full list of events visit <http://www.natalday.org>.

Nurturing creative hobbies

By **Lt(N) Haupi Tombing**,
Chaplain, 12 Wing Shearwater, FDU (A)

I enjoy photography. I am an accidental mobile photographer. By that I mean, I did not intentionally choose to become a photographer. Photography found me.

Photography was once an expensive hobby that many people, including myself, could not easily afford during the film era. Some of you may remember the horror of being told at the photo pick-up counter that all your shots turned out blank. You felt the pinch of disappointment, wasted time, money, and worst of all the special moment/memory that you thought you had captured was not there.

However, the emergence of digital cameras, and saturation of smartphones coupled with nifty apps have made photography much more affordable and accessible as a hobby. Technology has turned virtually anyone with a smartphone into an instant mobile photographer. Snap, Preview, Edit, Save, Post, and/or Delete.

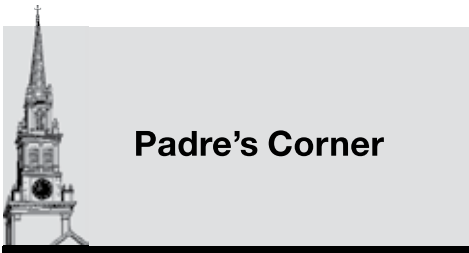
About four years ago, I began taking photos on my long walks through woods, parks, streets and beaches.

The instant gratification of capturing the moment with just a smartphone in my hand was very fulfilling. Soon, I found myself capturing moments wherever I went and realized that I had discovered a wonderful creative activity.

As I began to foster this newly-found hobby, I noticed a subtle but significant shift within me; I learned to slow down and be present in the moment. In essence, on the busy highway of daily living, photography forces me to slow down, observe, compose/frame, or reframe, and capture the beauty of the moment. I began to notice landscapes, people, and structures with all their splendid shapes and colours like never before. Photography infuses creative beauty into my life and nurtures me.

Much like the importance of exercise to the physical body, creative hobbies have an important role in our self-care and resilience. They nurture our spirits and feed our souls.

A recent study showed that there is a direct correlation between creative hobbies and job performance; those who had creative hobbies outside of their work were found to be more productive. The recharging,



Padre's Corner

stimulating, and recovery value of creative hobbies are profound. I have found that whenever I feel stuck, one of the quickest ways to get unstuck is to take a break and nurture my creative hobby, which is mobile photography.

What is your creative hobby?

How have you been nurturing it?

"You can't use up creativity. The more you use, the more you have." – Maya Angelou

Reference

Eschleman, K.J., Madsen, J., Alarcon, G., & Barelka, A. (2014). Benefiting from creative activity: The positive relationships between creative activity, recovery experiences, and performance-related outcomes.

Journal of Occupational and Organizational Psychology, 87(3). doi:10.1111/joop.2014.87.issue-3

Outgoing Base Chief reflects on a year at CFB Halifax

By Ryan Melanson,
Trident Staff

CPO1 Dave Steeves barely had one year in the role as CFB Halifax Base Chief Petty Officer, but judging by the packed crowd who came to see him off at the Juno Tower Chiefs' and Petty Officer's Mess on July 3, he made a big impact in that short time.

CPO1 Steeves will be taking his no-nonsense and practical approach to Navy business, along with his energy and sense of humor, to the west coast, where he has already been appointed the new Formation Chief for Maritime Forces Pacific.

"It's always a shame when you measure a posting in months rather than years, so it is with sadness that I leave CFB Halifax, but we accomplished a lot in that short time," he said. He specifically highlighted some of the major positive changes he witnessed at the base, like the razing of A-Block and start of construction on the Combined Seamanship Training Facility, the opening of the first Integrated Conflict/Complaint Management Centre, repairs to the Bonaventure Anchor Memorial, the first days at sea for Asterix, and the continuing construction of HMCS Harry DeWolf and the rest of the AOPS.

He thanked a countless number of CFB Halifax units by name for their work over the last year, as well as outgoing Base Commander Capt(N) Paul Forget and the staff in the Base Commander's office for always being helpful and allowing for a fun work environment with high morale.



Outgoing CFB Halifax Chief Petty Officer CPO1 Dave Steeves, left, with incoming Base CPO1 Kent Gregory. The change was made official during a Change of Appointment ceremony at the Juno Tower Chiefs' and Petty Officer's Mess on July 3.

MARGARET CONWAY, CFB HALIFAX PUBLIC AFFAIRS

CPO1 Steeves kept things light-hearted to the very end, donning Blues Brothers-style sunglasses alongside Capt(N) Forget and incoming Base Chief CPO1 Kent Gregory as they signed the documents and made the change official.

As a piece of parting advice, CPO1 Steeves told his colleagues to always search for ways to disrupt the status quo and make changes for the betterment of the RCN.

"Just because something has always

been a certain way, doesn't mean that's the way it should be. Always strive to leave the organization, and those around you, better than when you came in," he said.

As the incoming Base Chief, CPO1 Gregory recalled his first days at Stadacona in 1985 as a young Ordinary Seaman pay writer, and said the appointment as Base Chief marks his career coming full circle. He also noted the role of a Base Chief has changed since that time, and that they aren't

always like the intimidating figures he remembers from his early years.

"The base chief is no longer staring out his office window looking for faults, but is instead looking holistically at the base, trying to see how we can make life better for everyone at CFB Halifax," said CPO1 Gregory, who comes to the role after having recently served as the Chief Warrant Officer for the Canadian Forces College in Toronto.

In his first remarks after officially accepting the appointment, he acknowledged that CFB Halifax sits on unceded Mi'kmaq territory, and praised CAF initiatives to end discrimination based on factors like race, cultural differences, or sexual orientation, specifically citing the work of the CFB Halifax Positive Space Working Group and the various Defence Advisory Groups.

"Today, we embrace all members of our society, accepting our differences and, in some cases, even celebrating them," said CPO1 Gregory, who came out as gay during his naval service and credited his fiancé Brad, who attended the ceremony, with being a big source of support as he prepares for the next stage of his career.

He thanked a number of other friends and colleagues who've helped him reach this point, as well as CPO1 Steeves for setting a high standard during his year in the Base Chief role.

"It's my pleasure to accept the reins as Base Chief, and to continue the good work CFB Halifax has done over the years and under CPO1 Steeves' stewardship."



Cadets sail in HMCS Oriole during Great Lakes Deployment

Cadets from Phase One Serial Four 2018 Great Lakes Deployment pose with LCdr Drew Foran (centre rear), Commanding Officer of HMCS Oriole on Lake Ontario on June 28, 2018.

MCPL NEIL CLARKSON, FIS

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- Gospel according to John 153870

Annual Arctic Backpacks for Kids

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

As in previous years, I am organizing a school backpack community outreach initiative for our northern neighbors. The north is famous for their generosity and I was on the receiving end of one such act during a previous deployment to the Arctic, so I would like to give something back to the communities that support the RCN so much. This was also a continuation of initiatives started by HMCS Labrador's ship's company back in the early 1950s.

HMCS Charlottetown has graciously agreed to transport the backpacks to communities they will visit during Op NANOOK. If you are interested in donating, we are seeking school supplies and new or gently used backpacks. I strongly encourage ship's companies to support this worthy cause. The MFRC Halifax has again volunteered to act as a drop-off point for donations. The cut-off date for all donations is August 3.

Any questions can be directed to CPO2 Richard Bungay at richard.bungay@forces.gc.ca



School supplies and new or gently used backpacks to be donated to northern communities during Op NANOOK can be dropped off at the Halifax & Region MFRC.

MONA GHIZ, MARLANT PA

Garden party for 200th anniversary of Admiralty House

By James Wise,
Clerical Student, BAdm

Time travel to the 1800s as we celebrate the 200th anniversary of Halifax's Admiralty House. Join us at Admiralty House on July 28 for a celebratory garden party commemorating the house's 200th birthday. Located at Stadacona, Admiralty House, opened in 1818, has been a staple of the Royal Canadian Navy since before its formal conception, withstanding wars and The Halifax Explosion.

Today the house serves as the home of the Naval Museum of Halifax, an institution devoted to preserving the rich naval history of this city, and of Canada as a whole.

The garden party will take place from 12 to 2 p.m. on July 28 and will feature exhibits of the museum and 19th century ballroom dancing, as well as tea and light refreshments.

Admiralty House is located at 2729 Gottingen St, Halifax NS, B3K 5X5.

Admission is free. Regrettably the facility is not wheelchair accessible.



Now on the ground with Op PRESENCE - Mali

CAF personnel with Op PRESENCE - Mali arrive in a CC-130 Hercules at Camp Castor in Gao, Mali on July 7, 2018.

MCPL JENNIFER KUSCHE



MARLANT gets new Formation Chief as outgoing Chief joins officer ranks

By Ryan Melanson,
Trident Staff

As the Maritime Forces Atlantic Formation Chief for the past three years, CPO1 Pierre Auger has spent a lot of time with senior RCN officers, offering advice and communicating their intent down to his subordinates. So much time, in fact, that he's now becoming one of them.

As CPO1 Auger stepped away from the Formation Chief role during a Change of Appointment ceremony aboard HMCS Charlottetown on July 10, his commissioning paperwork was being prepared the very same day. Now, as LCdr Auger, he'll work in Ottawa to lead the RCN's coming Food Services trade review.

"His experience, his approach, and his rationality have all been recognized by us asking him to stick around in our organization as an officer," said RAdm Craig Baines, Commander MARLANT and JTFA.

RAdm Baines praised the Chief for being a source of advice in recent years, and for the intellectual approach he brought to the role, often branching outside of traditional areas of focus for a Formation Chief.

"The job requires you to straddle the line between the strategic, the operational, and the tactical, at the same time bridging the officer corps and the NCM corps, making it all into one cohesive piece. I don't think people realize how significant that challenge can be, and Pierre met that challenge," he said.

CPO1 Auger recalled some of the most memorable moments of his time at the Formation, including seeing steel cut on the first three Arctic Offshore Patrol Ships at Irving Shipbuilding, while also saying goodbye to HMC ships *Iroquois*, *Athabaskan*, and *Preserver*.

"Saying goodbye to *Athabaskan* specifically, having sailed on her extensively and at three different times, was special to me. That ship was like a second home for me," he said, adding that his posting as Coxn of HMCS *Preserver* also left him with fond memories of the supply ship.

"Seeing the ships come and go on, on Op REASSURANCE or Op CA-



From left, outgoing MARLANT Formation Chief CPO1 Pierre Auger; RAdm Craig Baines, Commander MARLANT and JTFA, and new Formation Chief CPO1 Derek Kitching aboard HMCS Charlottetown, where the Change of Appointment Ceremony took place on July 10.

OS TYLER ANTONEW, FIS

RIBBE, and seeing *Windsor's* deployments, and the MCDVs sailing to the West Coast of Africa, has also been incredible. It seems so easy at times, standing on the jetty, but that's never the case, it is always a tremendous feat," CPO1 Auger added.

He thanked the various Chiefs and Petty Officers and junior-ranked members who have worked under him and helped the formation thrive since 2015, highlighted the important community commitment activities undertaken by members of the fleet, and spoke highly of efforts to make the formation a more welcoming and inclusive environment for all members of the team.

"At the same time, we can't forget the business at hand; we're in the

business of warfare, and it's not always pretty," he said.

"We must be sure to teach the next generation what it means to truly be ready, because we don't know what tomorrow will bring.

The incoming Formation Chief, CPO1 Derek Kitching, recently made the move from the west coast with his wife Laura and children Devon and Paige. He said he didn't expect to reach this level in the organization when he joined the Navy as a Marine Engineer in 1998, and that he aims not to disappointment in his important new job.

"I could not have gotten here alone. It took a herculean effort from many people who have supported me," he said, crediting his family for instilling

values of respect and hard work, as well as the many peers who have lent him a hand through his career.

And after touring the formation with CPO1 Auger and meeting representatives of various units and ships of the Fleet, he said he's confident he'll receive even more of that crucial support as he settles in at MARLANT.

"All the soldiers, sailors, airmen and airwomen I met were extremely proud and enthusiastic about their work, and proud to be a part of this formation, as they should be," he said.

"They work to a high standard with limited resources; I was thoroughly impressed by our best asset, our people, and I'm looking forward to working with them."



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Military training builds confidence prior to Miss Universe Canada pageant

By SLt M.X. Déry,
MARPAF PA

By the time SLt Nimmi Augustine packs her bags this fall and heads off to the University of Toronto, she will have one amazing story to tell.

One that involves a little glitz, a little glamour, and touches on her master's degree in global affairs.

The junior Marine Systems Engineering Officer is vying to become the next Miss Universe Canada, with the pageant set to start August 16. Her goal is showcase her belief of inclusivity and acceptance of all communities, part of her global affairs philosophy.

"There is more than one avenue to your ultimate goal," said SLt Augustine of the contest. "I thought this is another piece that I can at least try to reach people."

Before she can glide across the stage at the John Bassett Theatre at the Metro Toronto Convention Centre, representing British Columbia in the preliminary and final competitions, she must first fulfill her role as a contestant by learning the many pageant skills.

To prepare, she has dashed over from Vancouver Island to Vancouver once a month since February for pageant workshops.

"They teach you everything from walking to speaking to the public," said SLt Augustine. "One thing Canada does very uniquely in our pageants is we have a charity piece portion where we have to host a



SLt Nimmo Augustine will be a candidate in the Miss Universe Canada pageant.

SUBMITTED

charity event."

She's dived right into this component and planned a July 27 dance workshop entitled The Secret Language: Charity Partner Dancing Workshop and Social, in which dance instructors from Victoria will teach the foundations of partner dancing and communication.

"The instructors are coming from all different styles. The lessons and activities can be used in all forms of dancing."

She believes there are no gender roles in dancing because, with good

communication, either person can lead.

"Whoever wants to take the lead can take the lead," she said.

All funds raised will go to the Victoria Cool-Aid Society, particularly to the Sandy Merriman House, an Emergency Shelter for homeless and at-risk women.

"It [Sandy Merriman House] has a very inclusive definition of women," explains SLt Augustine. "It includes trans-women, gender fluid and non-binary people. I think that is the direction we should be going when it comes

to acceptance and including people in the community."

That strong sense of inclusion is what defines her view of the Miss Universe Canada pageant.

"My platform is one of acceptance and inclusivity, and instead of redefining beauty, un-defining it. Meaning that anyone has that within themselves; anyone can do it."

The pageant is like the Royal Military College, where trainees learn to balance education, fitness, and learning to become leaders.

"It gives you that sense of confidence," she said. "Building yourself up, especially at a young age, being an officer and having to make decisions."

Regardless of the pageant outcome, she plans to use that experience, coupled with her navy work, towards her degree.

"My ultimate career ambition is to find a job that fuses both international development and international security. We need to create a secure space for people to conduct their activities and ensuring their liberty to do so. An example would be working in infrastructure protection and looking at robust solutions to enhance the security of refugee camps."

For those interested in coming to the charity event for the Victoria Cool-Aid society, visit: www.facebook.com/events/1820745251567387/

The charity event is July 27: 6:30 to 7:30 p.m. is the class, 7:30 -9:30 p.m. is the social at the Downtown Community Centre, 755 Pandora Ave. Cash at the door, sliding scale \$5-\$30.

HMCS Summerside sailors on parade

HMCS Summerside crewmembers march in the Lobster Carnival Parade in Summerside, PEI on Saturday, July 14, 2018.

JOHN CLEVETT



HMCS Sackville refit continues

By LCdr (ret'd) Pat Jessup,
Canadian Naval Memorial Trust

The iconic Second World War corvette HMCS *Sackville*, a popular and long established visitor attraction on the historic Halifax waterfront will be missing the summer season this year.

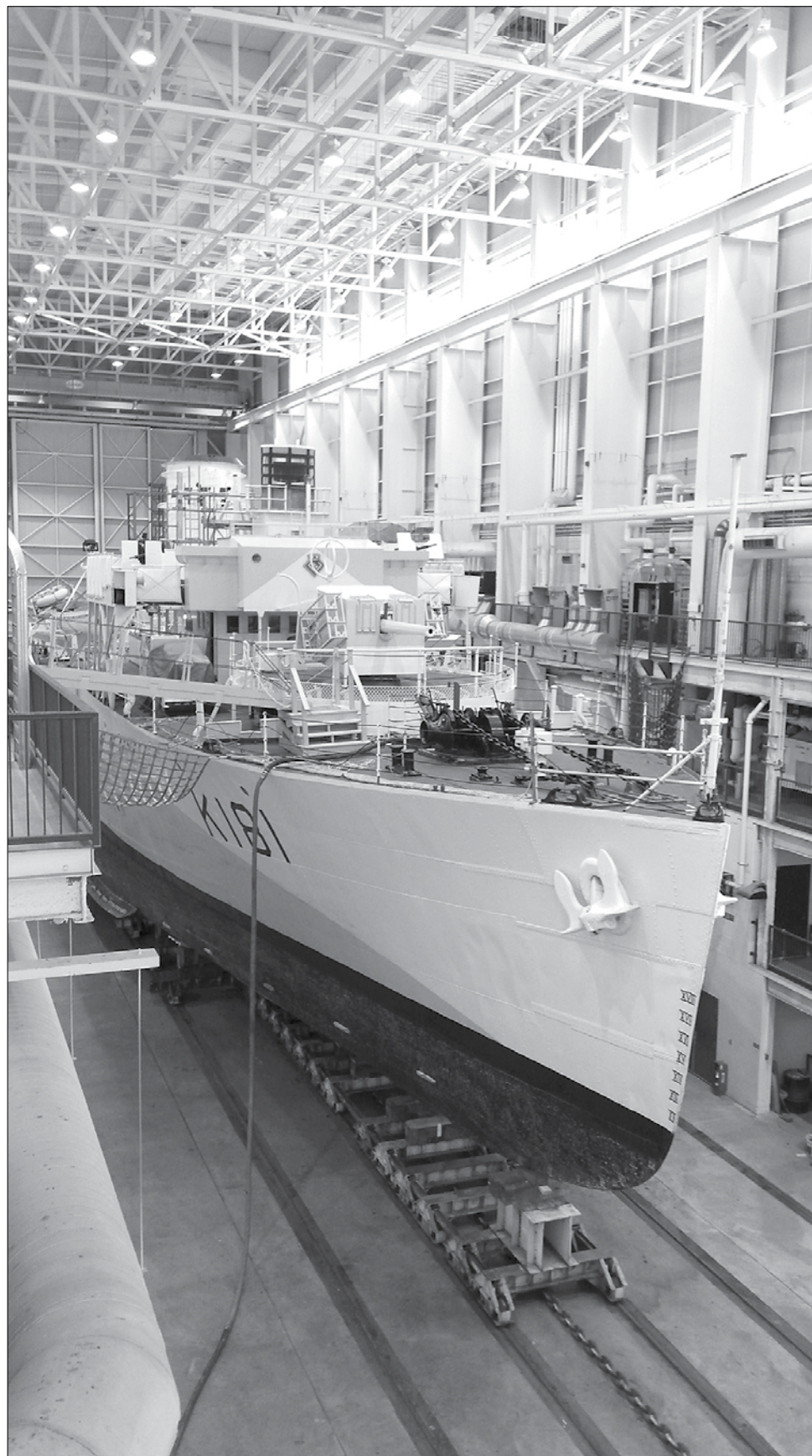
Cdr (ret'd) Wendall Brown, Chair of the volunteer Canadian Naval Memorial Trust (CNMT) that maintains and operates *Sackville* and LCdr (ret'd) Jim Reddy, Commanding Officer, briefed members on the ship's status at CNMT's annual general meeting June 28 in Halifax. The 77-year-old ship is undergoing an extended docking period in HMC Dockyard including hull repairs that are expected to continue into the fall. Current plans call for *Sackville* to be back at her summer berth at Sackville Landing, next to the Maritime Museum of the Atlantic in 2019.

The 205-foot *Sackville* commissioned in 1941 and was designated Canada's Naval Memorial by the

Federal Government in 1985. Earlier this year the government announced a contribution of up to \$3.5 million for required repairs to the ship. In February, *Sackville*—the last of the Allies' 269 wartime corvettes—entered the submarine shed in Dockyard via the naval syncrolift to undergo inspection and refit.

The meeting confirmed the action taken by the CNMT board of directors that focuses the Trust's actions and fundraising on a phased approach to repair *Sackville* to ensure the ship's safety and seaworthiness. This approach will enable *Sackville* to continue to operate as a national memorial to naval and merchant seamen and to recognize Canada's significant achievement at sea during the Second World War.

HMCS *Sackville* has been recognized by Trip Advisor for "5 consecutive years of consistently high ratings from travellers" and awarded the Hall of Fame 2018 Certificate of Excellence.



Repair and restoration work continues on HMCS Sackville.

LCDR (RET'D) PAT JESSUP, CNMT



Change of Command at Naval Fleet School (Atlantic)

Cdr Pete Lebel, departing Commanding Officer of Naval Fleet School (Atlantic), Capt(N) Martin Drews, Commander of Naval Personnel Training Group, and Cdr Danny Croucher, incoming Commanding Officer of Naval Fleet School (Atlantic) sign the Change of Command certificates during the Change of Command ceremony, Porteous Field, CFB Halifax on June 27, 2018.

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Boat club tailor-made for military members

Freedom Boat Club, North America's largest and oldest boat club since 1989 with more than 160 locations in the US and Canada, has opened its first location on Canada's East Coast in Halifax at the Kings Wharf Marina on the Dartmouth Waterfront.

The new Halifax club brings the total number of Canadian locations to four, joining two clubs in Vancouver, British Columbia, and a new Toronto, Ontario location that opened earlier in July. Local entrepreneur and businessman Eric Stanley and his parents, Jim and Sheila Stanley, own and operate Freedom Boat Club Nova Scotia.

"Boating has always been central to the Stanley family recreational experience," says Eric Stanley. "From water-skiing as a youngster, to sailing, to power boating, being on the water continues to shape wonderful experiences and fond memories."

Prior to launching Freedom Boat Club Nova Scotia, Jim spent his career as a senior executive in the education and public sectors, specializing in the economic and business development fields. Sheila is a retired entrepreneur, educator, and senior human resources management executive. Eric has 20 years of owner and senior management experience in the recreational vehicle and large automobile dealership business.

Freedom is at the core of the Freedom Boat Club experience - freedom from the cares of owning a boat and freedom to enjoy wonderful days on the water. The club owns, cleans, maintains, and insures the boats.

"Club members have the freedom to spend precious time with family and friends, freedom to relax, freedom to explore new places, freedom from life's stressors... the list goes on," Jim explains. "What could be simpler than that?"

"Of particular interest to military members may be the flexibility/portability of membership," he says. Club members who re-locate can transfer their membership to another club for a modest fee, and "with locations on both coasts as well as central Canada, this could be a significant benefit for those whose military careers involve moving".

Members of the military and emergency and first responders (e.g. police, firemen, paramedics, Coast Guard) also enjoy a special discounted price on the initial cost of joining the Club.

Freedom Boat Club members have unlimited access to a fleet whose boats are always new or like new. All



Pictured above from left to right are co-owners Jim, Sheila, and Eric Stanley with Barry Slade, COO for Freedom Boat Club Corporate and Jordan Whitehouse, Membership Services Coordinator for the Halifax location.

boats in the Nova Scotia fleet are new this year, and boats will be renewed on a regular basis so that no boat will ever be kept in the fleet longer than three years.

The initial Kings Wharf fleet is designed to satisfy a range of boating interests from fishing to cruising to leisurely touring, and includes a 22.5 foot Glastron GT225 bowrider, a 22 foot Glastron GTD220 deck boat, a 22 foot Berkshire Tri toon pontoon boat, and a 22 foot Wellcraft 222 Fisherman sport fish boat.

As the club grows, so will the fleet and the number of locations. The boat to member ratio will always be one boat for every eight to 10 mem-

bers. This allows the club to deliver on its promise of unlimited access to the fleet. The 2018 fleet comprises all power boats but, depending on the interests of the club members, sailboats may be added in future. As this club expands to include other locations, members will also have unlimited access to the fleet in all locations. The owners are also looking forward to

hosting social events for members to share their experiences.

Freedom Boat Club is the only boat club franchisor in North America offering an exclusive Reciprocal Access Program, making boating available to its members at each of the 160+ locations; for example, an FBC Nova Scotia member traveling to Florida (where there are more than 50 locations) can enjoy up to four reservations at each of those locations annually, and their only cost is the gas they use.

Safety is a cornerstone of FBC membership, and the club provides unlimited, free education and training to its members on and off the water via fully qualified trainers.

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General Jonathan Vance, Chief of the Defence Staff, visits Nova Scotia



Gen Vance and CWO Alain Guimond, CAF Chief Warrant Officer, salute the memorial to No. 2 Construction Battalion during the ceremony in Pictou on July 7.

SGT LANCE WADE, 5 CDN DIV HQ PA



Gen Vance inspects a Tri-Service Quarter Guard during his visit to 12 Wing Shearwater, NS on July 6, 2018.

LS BRAD UPSHALL, 12 WING IMAGING



Gen Vance (second from left) is joined by former Lt Governor BGen (ret'd) J. J. Grant (first on left), CWO Alain Guimond (third from left) and other dignitaries onstage at the Hector Centre for the ceremony commemorating No. 2 Construction Battalion.

SGT LANCE WADE, 5 CDN DIV HQ PA



Gen Jonathan Vance joins other dignitaries in recognizing the significance of the No. 2 Construction Battalion Commemoration Event in Pictou, NS on July 7, 2018. This year marks the 102nd anniversary of the establishment of the battalion, also known as Canada's Black Battalion.

SGT LANCE WADE, 5 CDN DIV HQ PA



During his visit to CFB Halifax, Gen Vance answers questions brought up by the Junior Ranks during a meeting at the Fleet Club on July 6, 2018.

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Shearwater 100

AUGUST 1-3, 2018



Retired RCAF Colonel explores 100 years

By Ryan Melanson,
Trident Staff

The air station now known as 12 Wing Shearwater has existed under many different names, and has been under the control of many different

organizations, since the first operational patrols took off from the site in 1918.

From its early years playing host to US Navy airmen during the First World War as United States Naval Air Station Halifax, to its short-lived

stint as Canadian Air Board Station Dartmouth, then RCAF Station Dartmouth, Royal Canadian Naval Air Station Dartmouth, CFB Shearwater, and now 12 Wing Shearwater, the long list of different authorities to which the base answered to is reflective of the colourful history of military aviation in Canada and in this region.

This was part of the focus for Col (Ret'd) John Orr in his recent presentation on the history of Shearwater at a meeting of the Royal United Services Institute of Nova Scotia (RUSI(NS)) on June 20. Col Orr, a former CO of 423 Squadron and former Maritime Air Component Commander, titled his talk "Seven Flags over Shearwater: 100 years of an East Coast Air Station."

"Since its inception, Shearwater has served under a variety of organizations, hence the seven flags over Shearwater. It's location at the entrance to Halifax, Atlantic Canada's major port, and the great circle route between North America and Europe,

means that it has been, and will continue to be, involved with ships and those that go to sea," Col Orr said.

"In its various incarnations, Shearwater is in many ways a unique military institution, and its history illustrates the many twists and turns in the development of Canadian military aviation," he said.

Rather than an exhaustive chronological history of operations or a description of every aircraft ever flown from the air station, Col Orr explored some of the influential leaders who have left their mark on Shearwater under its different organizational umbrellas. The list includes one former Chief of the Defence Staff, Adm Robert Falls, the last CDS who was also a Second World War veteran, as well as former Air Force commanders LGen Larry Ashley and LGen Angus Watt. Col Orr, however, chose to focus on lesser-known figures.

The first were US Navy LCdr Richard Byrd and LCol John Cull of the RAF, who both played instrumental

Undated photo shows Sea Kings flying past as airmen stand on parade.

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Shearwater 100

AUGUST 1-3, 2018



of maritime aviation in Shearwater

roles in the birth of Shearwater as an air base during the First World War.

"Because the Royal Canadian Naval Air Service had neither the equipment nor the personnel to carry out operational patrols in 1918, the US Navy agreed to fill the gap in Nova Scotia with their own equipment and personnel while the RCNAS was being trained," Col Orr said.

LCdr Byrd arrived in August of 1918, with his men conducting the first flights out of Shearwater just weeks later in Curtiss HS2L Flying Boats, while LCol Cull was tasked with establishing a framework for the

new RCNAS, which was to conduct flights from Halifax, Cape Race, Cape Sable, and Sydney.

"He and a small team attempted to direct this service from scratch, as well as engaging in the quasi diplomatic challenges of inserting a foreign military service inside a Canadian structure. That so much was accomplished

in a short time was truly remarkable. It was aided by the fact that Cull and Byrd hit it off immediately and established a decades-long friendship."

Nearly 20 years later, just prior to the outbreak of the Second World War, Shearwater entered an era that would see major expansions as the government planned for the RCAF to play a primary role in conflict to avoid the high casualty numbers of the First World War. A man at

the centre of this period was Air Marshall (Ret'd) Gus Edwards, who entered as commander of RCAF Station Dartmouth in 1934 and remained until 1938. While overseeing significant expansions through an unemployment relief program, including new hangars and the station's first runways, Edwards also built up Shearwater's No.5 Flying Boat squadron to be a respectable force.

The squadron and Edwards were praised for supporting a rescue mission following the 1936 Moose River Mine Disaster, with squadron aircraft helping to shuttle equipment and people to the mine site, and to bring some of the rescued miners to hospital.

"When he turned over command in 1938, Edwards had led the station through a remarkable transformation, from an operational backwater to being the only combat-ready unit of the RCAF in Canada prior to the outbreak of the Second World War," Col Orr noted.

Continued on page 14



While Shearwater focuses on maritime helicopter operations today, fixed-wing aircraft flew from the air station during both world wars, and runways were operational at the site until 2002.

SHEARWATER AVIATION MUSEUM



An aerial view of the air station now known as 12 Wing Shearwater

SHEARWATER AVIATION MUSEUM

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Shearwater 100

100 years

AUGUST 1-3, 2018



Continued from page 13

While those individuals and others highlighted in the presentation led Shearwater through exciting milestones or major expansions, there have also been instances of difficult or uncertain times at the air station. The future of Shearwater was considered to be up in the air following the Armistice in 1918 and subsequent disbanding of the Royal Canadian Naval Air Service, and again following the end of the Second World War, prior to the establishment of the RCN's new Fleet Air Branch in 1946.

One of the most notable, and modern, examples of uncertainty, at what was then known as CFB Shearwater, came in 1993, while the base was under the command of Col (ret'd) John Cody. A change in government brought with it the cancellation of the EH-101 helicopter contract, which was set to deliver a replacement for the aging Sea King Fleet. This was followed by directives to scale back operations at Shearwater, which would become a lodger unit of CFB Halifax, and see a reduc-

tion of about 1,200 personnel, alongside other downsizing taking place across Air Command. Col (ret'd) Cody described this period as one of the most difficult of his military career, and worries about further reductions or even a full closure of the wing were again prominent during this period.

Yet despite the discouragement, Shearwater became a workhorse for Air Command as wings across Canada struggled to adjust to the changes, and Col Orr said the bulk of Air Command's quotas and operational requirements were met off the back of Shearwater during that time.

"After the setbacks, the Sea Kings and Shearwater carried on in the hopes of better days ahead," Col Orr said.

And now, as the Wing celebrates its centennial year and prepares for the gala events marking that milestone in August, it seems those better days have arrived. While the Sea King helicopter is still in service on Op REASSURANCE in the Mediterranean and in other domestic taskings, Shearwater's 406 Maritime Operational Training

A group of CH-124 Sea Kings fly over then CFB Shearwater during celebrations in 1989 marking 25 years in service for the helicopter.

SHEARWATER AVIATION MUSEUM



SHEARWATER 100 SCHEDULE OF EVENTS AUGUST 1-3

Wednesday, August 1

- 1 p.m. Historical Workshop, Shearwater Aviation Museum.
- 4 p.m. Meet and Greet, Shearwater Aviation Museum. Cost: \$10 per person.
- 5 p.m. Sea King CH12401 Dedication Ceremony.

Thursday, August 2

- 10 a.m. 100th Anniversary Dedication Parade, 12 Wing Shearwater
- 11 a.m. Maritime Aviation Memorial Service, Shearwater Aviation Museum.
- 6 p.m. Gala Dinner at the Nova Centre. Cost: \$100 per person.

Friday, August 3

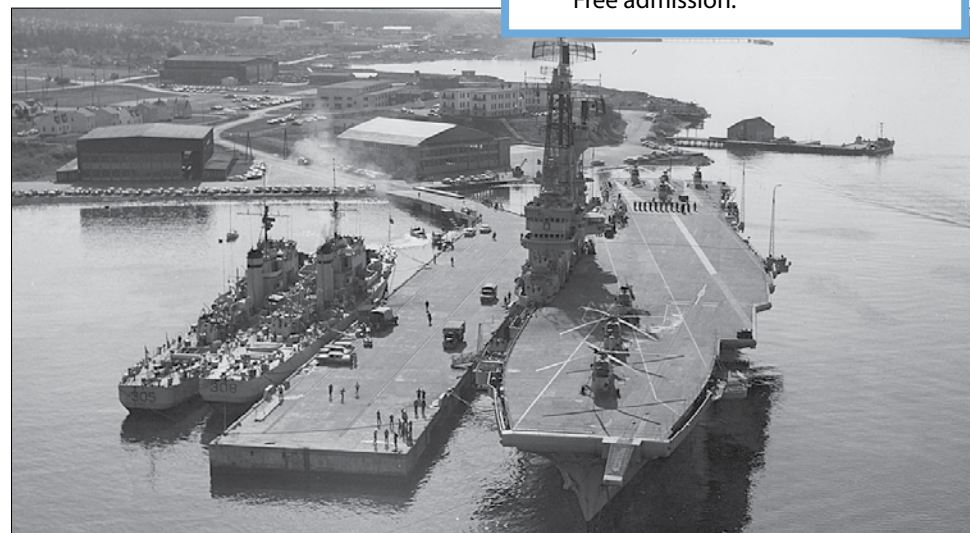
- 8 a.m. – 3 p.m. Baseball Tournament.
- 10 a.m. – 2 p.m. Family Day activities, Shearwater Aviation Museum.
- 1 p.m. Golf Tournament, Hartlen Point Golf Club. Cost: \$60 per person.
- 7 p.m. Symphony Nova Scotia performance, Halifax Central Library. Free admission.

Squadron has fully switched their focus to the CH-148 Cyclone, and Canada's new maritime helicopter is set to deploy overseas for the first time this summer with HMCS Ville de Quebec.

"The air station is now the master base for Maritime Helicopter operations of the RCAF, and major construction activity has once again taken place, this time to welcome the new maritime helicopter, the Cyclone," Col Orr said.

He added that the story of Shearwater, which includes combat operations in both World Wars, great military leaders, tumultuous times, and decades of excellence in maritime aviation, is an important and interesting one to explore, especially as 12 Wing marks 100 years since the first HS2L flying boats took off from United States Naval Air Station Halifax in 1918.

"Whether at peace or war, and under a variety of flags and ensigns, Shearwater has made a major contribution to Canada, the local community, and both civil and military aviation."



HMCS Bonaventure, seen here alongside HMCS La Hulioise and HMCS Inch Arran, was Canada's third and final serving aircraft carrier, supporting naval air squadrons until her decommissioning in 1970.

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HMCS *Calgary* sailors attend the Calgary Stampede

By Lt(N) Paul Pendergast,
MARPAF PA

Sailors from HMCS *Calgary* once again donned their Smithbilt hats at the 2018 Calgary Stampede. Twenty-eight *Calgary* sailors participated in the 10-day event as part of an annual name-sake city visit and were joined by the National Band of the Naval Reserve, as well as personnel from the Naval Security Team, Maritime Tactical Operations Group, Canadian Forces Fleet School (Esquimalt), Fleet Maintenance Facility Cape Breton and HMCS *Tecumseh*.

This year marked the 106th edition of the Greatest Outdoor Show on Earth, and officially kicked off when the Navy led the military contingent in the Stampede Parade. Thousands of Calgarians lining the streets stood and cheered enthusiastically when the sailors and soldiers passed by. On the Stampede grounds, the Royal Canadian Navy (RCN) was joined by members from the Canadian Army and RCAF at the CAF display.

The crew of *Calgary* made a stop at the Foothills Medical Centre to donate \$3,350 from their charity fund to the Calgary Health Trust in support of the Burn Unit.

Calgary raises money for the Trust and other charities through various activities, including 50/50 draws, barbecues and their Cowboy Up event,



LS Laurent Morin of HMCS *Tecumseh* cooks pancakes at a Calgary Stampede pancake breakfast in Calgary, Alberta on July 9, 2018.

LS SISI XU, MARPAF IMAGING

which brings Calgarians and friends of the crew on board to meet the *Calgary* crew and experience a day on the ship.

Money that has been donated by *Calgary* in previous years has been used for purchasing priority equipment, staff education and research for the Burn Unit.

"The Calgary Stampede attracts in excess of 1.2 million visitors to the

grounds, said Cdr Blair Saltel, Commanding Officer of *Calgary*. "That provides the RCN an occasion to inform Canadians and visitors from aboard on our capabilities and accomplishments. Furthermore, it gives my exceptional sailors the chance to excite potential recruits concerning the opportunities and adventure a career in the RCN provides."

Along with the display at the Stampede Grounds, there were numerous events around the city such as daily pancake breakfasts, where Navy personnel would join other volunteers in serving a hearty breakfast for up to five thousand people. The Navy Display Bus provided information to young and old on life at sea and ashore with the RCN, and SONAR the Navy Mascot was there to entertain the children.

According to Lt(N) Sonja Maul-Wilson, the people of Calgary are very patriotic and have welcomed the crew of *Calgary* with open arms. "People are constantly approaching us and thanking us for our service," said Lt (N) Maul-Wilson. "It happens a lot here."

After the festivities of the Stampede, the crew will quickly transition to the busy job of preparing the ship for an important mission. At the end of July, *Calgary* will deploy on Op PROJECTION. This is a five-month patrol in the Western Pacific that will include visits to Hawaii, Guam, Vietnam, South Korea, Japan, and Australia.

Op PROJECTION will demonstrate RCN operational capabilities, and the flexibility to contribute to a range of requirements: support to international missions, strengthening relationships with allies and partners, and responding to humanitarian or security related incidents in the Indo-Asia Pacific, if required.



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Military and civilian teams battle to create gourmet dishes on Exercise SAFFRON 2018

By Capt Felix Odartey-Wellington,
36 Canadian Brigade Group Public Affairs

“Confit de Canard.” “Scallops with Butternut Squash Caponata.”

These are dishes ordinarily found in the high-end eateries for which downtown Halifax is famous but you would have found comparable fare being prepared in four spartan mobile kitchen trailers (MKTs) parked in Royal Artillery Park, literally cheek-by-jowl with Halifax’s finest food establishments during Ex SAFFRON 2018, 5th Canadian Division’s challenging black box culinary competition.

On March 24, 2018, six teams, each pairing a CAF Reserves cook with a partner from Nova Scotia Community College’s (NSCC’s) Culinary Arts program, armed themselves to prepare gourmet dishes in the MKTs.

CPO1 Jeffery Bromley, one of the organizing staff members, explained that, “As the saying goes, ‘An army marches on its stomach,’ and cooks in the military work long hours so that on land, at sea and in the air, CAF personnel can enjoy nutritious meals. With these MKTs, we are able to provide fresh delicious meals in the field during exercises or in theatre.”

Typical of black box competitions, ingredients were revealed to contestants only just before the competition began. According to Alain “Kilted Chef” Bosse, one of the judges, all the fresh produce was local.

“Apples, squash, scallops, duck, and for a curve ball, 45 minutes in, popcorn as an extra ingredient. They



Cpl Ivy Hawco of 37 Service Battalion in action during Exercise SAFFRON 2018 at Royal Artillery Park, Halifax, on March 24, 2018.

CAPT FELIX ODARTEY-WELLINGTON, 36 CANADIAN BRIGADE GROUP PA

had to produce three courses of the quality you’ll find in a high-end restaurant, but with no electricity or running water, simulating field conditions. That is what makes the competition exciting.”

NSCC Akerley student Kelly-Jo Beck agreed. “This was my first time in this competition and it was totally positive. The equipment was really challenging and the space was cramped with lots of people. You don’t realize how much can be done in the trailers and I’m blown away

to know that you can feed up to 150 people from one trailer. Frankly, I didn’t know much about the role of cooks in the CAF until this competition. I’m now looking into joining the Reserves.”

Teams were judged on criteria including creativity and quality, ability to improvise, teamwork and presentation skills. At the end of eight grueling hours, Daniel Hauphman of NSCC Lunenburg and Cpl Yuri Belyi of 37 Service Battalion in St John’s, N.L., took the first prize.

Their entrée was pan-seared shrimp and scallop with chili and chipotle butter sauce, pan-fried sweet potato discs with honey glaze, raspberry-caramel popcorn, buttered carrots, broccoli, and cauliflower.

Cpl Belyi, full of praise for his fire-team partner’s professionalism and team spirit, described their win as “a pleasant surprise because of the high quality of talent we were competing against.”

Hauphman was similarly impressed, noting, “This is my second year competing and I won the top prize with Corporal Belyi, so second time’s a charm.”

Outlining their battle plan, he said, “Hopefully, we hooked the judges from the beginning with an appetizer of squash purée with pan-fried duck leg wrapped in filo pastry, and sautéed asparagus in butter. Apart from that and our shrimp and scallop entrée, we also served a dessert of apple crumble with a brown sugar and graham cracker crumb base, sautéed apples in brown sugar, maple syrup and cinnamon with nutmeg, topped with raspberry caramel popcorn.”

“My first experience working shoulder-to-shoulder with the military was great, so I came again this year,” he added.

This is indeed the sweet scent of success for Chef Bosse. “This exercise is meant to give civilian cooks a glimpse of what the military does, and this is what brings me back every year,” he said. “The feedback is good.”

Just give ‘er

RCN junior officers and sailors have some fun on the water as they pass Peggy’s Cove Lighthouse in Special Operations RHIBS. They are engaged in training to gain experience in seamanship operations and maneuvering in over-horizon-navigation on July 4, 2018.



Point Pleasant Park's historic forts and batteries

By Len Canfield,
Halifax Military Heritage
Preservation Society

The forts and batteries in Point Pleasant Park dating to 1762, “...represent the entire span of the history of Halifax over its first two centuries,” says Capt(N) (ret’d) Tom Tulloch.

He recently conducted a walking tour of the principal military sites, including Point Pleasant Battery (built in 1762), Northwest Arm Battery (1762), Cambridge Battery (1860s), Prince of Wales Tower (1790s) and Fort Ogilvie (1790s). The British built the fortifications during conflicts with the French and as a base and headquarters for Royal Navy operations in North America. The tour was organized by the Halifax Military Heritage Preservation Society (HMHPS) for members and guests to increase awareness of the heritage significance and tourism potential of the military sites.

“Each of the Point Pleasant fortifications is a time capsule of the politics and technology of its times, and together they are an amazing historical asset right here on our doorstep,” Tulloch explained. While viewing each site in the 190-acre park he briefed on the battery or fort’s purpose and different armaments using drawings, diagrams and photos to illustrate his commentary.

The Northwest Arm Battery and the Point Pleasant Battery were the first two fortifications built at Point Pleasant during the Seven Years War following the establishment of Halifax in 1749. The former was to guard the entrance to the Northwest Arm and the latter the main harbour. Both were rebuilt and rearmed with smooth-bore cannon during the French Revolutionary Wars (1790s). The former fell into disuse in the 1860s; the latter was rebuilt in 1886 and served during the First World War, mounting two 12-pounder quick-firing (QF) guns and searchlights as part of the anti-submarine harbour defences.

Fort Ogilvie was named for General James Ogilvie, commander of Halifax defences. It was built in the 1790s to defend the town through the Napoleonic Wars and the War of 1812. Initially, it mounted six 24-pounder cannon with an effective range of 1,200 yards; as armament technology advanced the fort was upgraded in 1870 with five 9-inch and five 7-inch rifled muzzle-loading (RML) guns with an effective range of 5,500 yards. Around this time the fort was paired with the nearby Cambridge Battery. It was rebuilt in 1900, mounting breech-loading (BL) guns (range of 12,000 yards) and remained in use as a training battery into the Second World War (the last active military site in Point Pleasant Park).



Capt(N) (ret’d) Tom Tulloch briefs on the role of the Prince of Wales Tower prior to members of the tour group having a look inside the 220-year-old fortification.

LEN CANFIELD, HMHPS

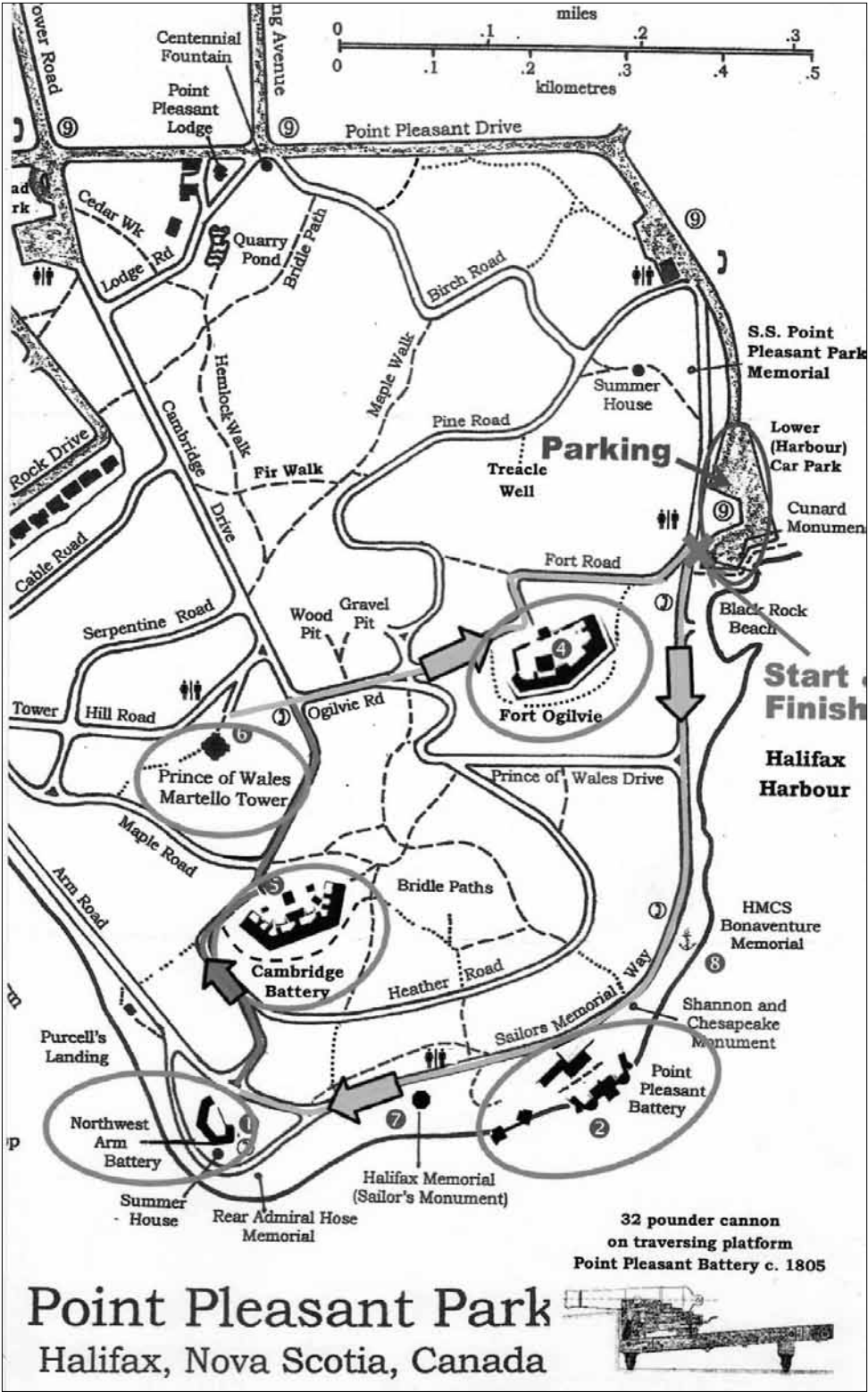
Cambridge Battery, named for the Duke of Cambridge, commander of the British Army, was built during the American Civil War era. It mounted five 10-inch/18 ton and three 7-inch/7 ton RML guns to counter newer long-range naval guns and ironclad enemy warships. It was later rearmed with the 6-inch BL guns.

The **Prince of Wales Tower**, a National Historic Site and maintained by Parks Canada, is the oldest existing tower of its kind in North America. The tower is the centerpiece of the park’s once extensive fortifications. Located on the highest point of the park and mounting 6-pounder and 24-pounder cannon and cannonades on the second and top levels it was designed to supplement the defence of the Northwest Arm and to guard the rear approaches to Fort Ogilvie and the batteries below. In the 1860s, the 26 foot high, 72-foot diameter tower with 8-foot thick walls at the base was converted to a self-defending central ammunition magazine.

The good news is that throughout their lengthy histories none of the forts or batteries was called into action to repel an attack by land or sea.

Halifax lawyer and HMHPS board member Bill Piercey commented following the tour, “All Haligonians and indeed all Nova Scotians need to be reminded of the contribution of the British military to Halifax in the 18th and 19th centuries dating to the arrival of Colonel Edward Cornwallis and the first settlers in 1749. The British succeeded in establishing a fortified settlement to protect the town and settlers and guard the mouth of the harbour to ensure the security of a strategic naval and shipping port. Over the years our renowned deep-water port has played a significant role in the development of Halifax and the province.”

HMHPS is a volunteer educational society that promotes public awareness and appreciation for Halifax’s rich military heritage, including military organizations, personalities and events that have shaped the city from its founding to the present.



A map of Point Pleasant Park shows locations of military sites.

TOM TULLOCH

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Total Health and Wellness team visits bases and wings

By Lyne Michaud,
Senior Communications Advisor
Military Strategic Communications –
Personnel and Legal Services, PA

From June 25 to July 11, the Total Health and Wellness Development Team reached out to military and civilian Defence Team members across the country to get their opinions on health and wellness programs, to learn about specific challenges and opportunities for improvement, and to gather ideas for solutions.

Health and wellness touches every individual who is part of the Defence Team. It impacts our ability to deliver our mandate and be operationally effective. Prioritizing the men and women that make up the Defence Team is a top objective of Strong, Secure, Engaged (SSE). Efforts are underway to develop a more comprehensive approach to care that considers psychosocial well-being in the workplace, the personal dimensions of health, and the physical work environment.

To better inform the Total Health and Wellness Strategy (THWS), the Deputy Minister and the Chief of the Defence Staff directed Lieutenant-General Charles Lamarre, Commander of Military Personnel Command (MPC), to conduct

an analysis of National Defence's approach to health and wellness, and assess our members' health and wellness needs.

"Total Health and Wellness is an initiative that puts the individuals at the forefront of our business. Our team's consultation visits at bases and wings represents an opportunity for focus, realignment, and improved coordination across the institution. We are reaching out to our members to seek their input, providing them the opportunity to impact how we want to approach total health and wellness," said LGen Lamarre.

The team conducted a two-day program in Esquimalt, Halifax, 15 Wing Moose Jaw, 22 Wing North Bay, Gagetown, Kingston, Valcartier, and Borden. Through these consultations, Defence Team members were introduced to the THWS initiative, and had a chance to provide feedback on the strategy.

The information gathered from these consultations will be consolidated to develop a national view of common opportunities and challenges that can be addressed by the Total Health and Wellness Strategy in order to improve individuals' quality of living, life and job satisfaction, and engagement at work.

L'équipe de santé globale et de bien-être effectue des visites de consultation dans les bases et les escadres

Par Lyne Michaud,
Conseillère principale en
communications, Communications
stratégiques militaires – Personnel et
services juridiques, AP

Du 25 juin au 11 juillet, l'équipe de développement de la Stratégie de santé globale et de bien-être a consulté des membres de l'Équipe de la Défense partout au Canada afin d'obtenir leurs opinions sur les programmes de santé et bien-être, de connaître leurs difficultés particulières et de recueillir des idées de solutions.

La santé et le bien-être concernent tous les membres de l'Équipe de la Défense. Ils ont une incidence sur notre capacité d'exécuter notre mandat et d'être efficace sur le plan opérationnel. La priorisation des hommes et des femmes qui composent l'Équipe de la Défense est un objectif essentiel de la politique de défense Protection, Sécurité, Engagement

(PSE), et on est en train d'élaborer une approche globalisée de soins tenant compte des aspects psychosociaux du bien être en milieu de travail, des dimensions personnelles de la santé et du milieu de travail physique.

Afin d'orienter la Stratégie de santé globale et de bien-être (SSGB), le sous-ministre et le Chef d'état-major de la Défense ont demandé au lieutenant-général Charles Lamarre, commandant du Commandement du Personnel militaire (CPM), d'effectuer une analyse de la stratégie de la Défense nationale en matière de santé et bien-être, ainsi qu'une évaluation des besoins de nos militaires à cet égard.

« Santé globale et bien-être est une initiative qui place les personnes au premier plan de nos activités. Les visites de consultation de notre équipe dans les bases et les escadres représentent une occasion d'orientation, de réaménagement et d'amélioration des mesures de coordination dans l'ensemble de l'organisation. Nous consultons nos membres pour recueillir leurs commentaires et leur donner la possibilité d'influer sur la façon dont nous voulons aborder la santé globale et le bien-être, » a déclaré le Lgén Lamarre.

L'équipe a mis en œuvre un programme de deux jours dans les sites suivants : Esquimalt, Halifax, 15e Escadre Moose Jaw, 22e Escadre North Bay, Gagetown, Kingston, Valcartier et Borden. Grâce à ces consultations, les membres de l'Équipe de la Défense ont eu l'occasion de connaître l'initiative et de partager leurs commentaires sur la stratégie.

Les renseignements recueillis lors de ces consultations seront regroupés pour établir une vision nationale des possibilités et défis communs qui peuvent être pris en charge par la Stratégie de santé globale et de bien-être afin de stimuler la qualité de vie et d'améliorer leur vie ainsi que leur satisfaction et leur engagement au travail.

Service providers from across CFB Halifax met for a day of small group discussions concerning a CAF Total Health and Wellness Strategy at Juno Tower on July 9.

RYAN MELANSON, TRIDENT STAFF



RCAF shows off the CH-148 Cyclone ahead of first deployment

By Ryan Melanson,
Trident Staff

After nearly three years of training, testing and evaluation, the Royal Canadian Air Force is set for the first overseas deployment of Canada's new state-of-the-art maritime helicopter, the CH-148 Cyclone.

The Cyclone and its accompanying Helicopter Air Detachment (HELAIRDET), based out of 423 Maritime Helicopter Squadron at 12 Wing Shearwater, will be embarking HMCS *Ville de Quebec* on Operation REASSURANCE, departing Halifax on July 18 to join NATO allies in Central and Eastern Europe.

While the equipment may be new, the cooperation between the RCAF and the Royal Canadian Navy is anything but, and the first Cyclone HELAIRDET will be building on a long history of maritime helicopter operations, joining the ship's company to become one seamless team for roughly six months.

"That partnership has existed for many decades with the Sea King, and this is the start of us continuing that with the Cyclone, which we're very excited about," said Col Sid Connor, Wing Commander at 12 Wing Shearwater.

"This is a culmination of several years of testing and evaluation. We had to take a look at our procedures, to make sure we had that right, we had to get the flight time experience, and we had to train crews to be ready for real-life operations."

Ahead of this first operational deployment, the RCAF invited media to 12 Wing on July 13 for a briefing on the Cyclone and Operation REASSURANCE from the Wing Commander. A few lucky reporters were also taken on a flight around Halifax harbour to experience the new platform in action



Reporters and air crew prepare to board a CH-148 Cyclone prior to a media flight around Halifax harbour.

RYAN MELANSON, TRIDENT STAFF

and learn about the Cyclone's enhanced capabilities compared to the CH-124 Sea King fleet.

These advancements include faster flight for longer periods of time and with more stability, along with automated fly-by-wire systems that are a first in the world of military helicopters, and new sensors and communication suites that offer significant improvements over previous technology. Certain tasks, calculations and data collection that was previously done manually can now be automated, allowing crews to fly easier while gathering higher quality information to pass down to a ship.

"This means that when we fly, we're able to give the ship's captain a view over the horizon, either above or below the water, at much greater ranges than we could previously. It's really expanding the eyes and ears of the ship while we're at sea," Col Connor

added.

Of the 28 helicopters set to be delivered to the RCAF by 2021, 15 have been received, with 13 fully operational Cyclones currently housed at 12 Wing, and two others away receiving upgrades from manufacturer Sikorsky. A portion of the fleet will eventually be sent to 443 Squadron in Esquimalt to support Pacific Fleet operations. Total program costs will be \$3.2 billion, including the 28 helicopters and in-service support for the first 20 years of operations.

Personnel at 12 Wing's Helicopter Operational Test and Evaluation Facility (HOTEF) and 406 Maritime Operational Training Squadron have been working with the Cyclone since 2015, adjusting training and procedures to the new platform and working out early kinks and modifications. This includes many hours of training with frigates of the RCN, including storm-chasing with HMCS *Montreal* to determine limits of operations in heavy sea states. The Op REASSURANCE deployment marks a major next step, however, and the air crew and technicians who embark *Ville de Quebec* will be breaking new ground for the RCAF and for maritime aviation in Canada.



Col Sid Connor, Wing Commander 12 Wing Shearwater, speaks to reporters during a Cyclone media day on July 13.

RYAN MELANSON, TRIDENT STAFF

"This is just the beginning of a buildup of capability. We'll have one detachment out the door with a ship on July 18, and we've already begun preparing two more detachments to leave, one from each coast, in January 2019," Col Connor said.

"It's an exciting time at 12 Wing. I've been calling 2018 the Year of the Cyclone, as we ended our Sea King operations earlier this year, and I think all of us at the wing are feeling lucky to be a part of it."



A CH-148 Cyclone flies over HMC Dockyard in Halifax on July 13.

12 WING IMAGING



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TRIDENT Sports

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More than 150 athletes from across the CAF competed at the annual Military Combatives Grappling Championship on June 23.

MCPL ALEX GAGNON

Navy grappler wins top prize at annual CAF tournament

By Ryan Melanson,
Trident Staff

For the first time since the event's debut in 2013, a member of the Royal Canadian Navy has outlasted the competition to bring home the championship trophy from the Military Combatives Grappling Championship (MCGC).

The MCGC is a pan-CAF military combatives exercise that takes the form of a tournament with multiple weight classes and skill levels. The annual event was held on June 23 at Garrison Petawawa, and PO2 Greg Fillmore of Naval Fleet School (Atlantic), who trains with the local 12 Wing Brazilian Jiu-Jitsu club, was named the tournament's Absolute Champion. To do this, he was first required to win the gold-medal in his division, then defeat other gold-medal winners in an openweight tournament of champions to secure the top prize. In total, he won six matches, coming away with the gold medal, Absolute Champion trophy and ceremonial sword, which he'll hold onto in Halifax until next year.

PO2 Fillmore first attended the grappling event in 2017, winning the silver medal in his division after a

close-fought final match. To take it a step further this year, with the gold medal and Absolute Championship trophy, was gratifying, he said.

"It was a very redeeming moment for sure. I thought I had a shot at it last year and came up short, so it was quite nice to accomplish that this time around."

PO2 Fillmore added that he was thrilled to represent the Navy in being the first competitor to ever take the championship trophy out of Petawawa. Only two sailors registered out of 168 grapplers, stacking the deck strongly against the RCN.

His final match came against MCpl Darren McGuire of 3 RCR, who took the Absolute Champion trophy in 2017. With a size advantage, as well as experience watching MCpl McGuire compete last year, he said he had a slight edge on his opponent.

"I had an idea of what he was all about and what his game was, so I played it smart and I was able to win the match."

The 12 Wing club also saw good overall success in Petawawa. Despite bringing a team of only four individuals, the team finished in third place for overall points, up against other teams composed of a dozen or more



PO2 Greg Fillmore poses with his gold medal, championship trophy and sword, which are awarded to the Absolute Champion at the Military Combatives Grappling Championship. The annual tournament took place on June 23 at 4 CDSB Petawawa.

SUBMITTED

members each. PO2 Fillmore's six straight wins gave them a big boost in points, while silver medals wins from MCpl Ron Dixon and Cpl Steve Canel in their divisions also contributed to the team's score. While all competition is one-on-one, forming teams is encouraged to promote camaraderie and build esprit de corps among CAF members.

The local club has seen slow but continuous growth since being founded in Shearwater a few years ago, and has recently partnered with the civilian-led Halifax Brazilian Jiu-Jitsu society, opening the door for more advanced training for some 12 Wing members through guest seminars and occasional training sessions alongside the civilian club.

"They've been helping us out a lot. They have some elite guys that we've

been training with, and that's helping to bring our people up to the next level," PO2 Fillmore said.

"I'm one of the instructors for our club, so I try to get out there and train with their people when I can, so I can pass that knowledge onto our students."

The 12 Wing Brazilian Jiu-Jitsu club hosts training sessions in the basement of the Shearwater Shearwater Fitness, Sports and Recreation Centre on Tuesdays and Thursdays from 4 p.m. - 6 p.m., along with extra sessions on the weekend. The group is always looking for new members, and open to all experience levels, including those who are brand new to the sport. For more information, contact Scott.Rose2@forces.gc.ca or Gregory.Fillmore@forces.gc.ca.

FLEET – Summer Fitness Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30-8:15	Functional Movement	Functional Strength	Yoga	Functional Movement	Functional Strength
8:30-9:15	FORCE Prep		FORCE Prep		FORCE Prep+
12:10-12:55		Yoga		Yoga	
12:00-13:00	Functional Strength	Functional Movement	Spin	Functional Strength	Bodyweight/Calisthenics

**The last Friday of every month will be a FORCE FAMIL Session*

SHEARWATER – Summer Fitness Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00-8:00		Lane Swim		Lane Swim		
7:30-8:15	FROCE Prep		FORCE Prep		FORCE Prep*	Spin (0930-1030)
10:00-10:45						
11:45-12:30	TRX	Spin	Functional Strength	Spin	Range of Motion	
12:00-13:00	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	

**The last Friday of every month will be a FORCE FAMIL Session*

STADPLEX – Summer Fitness Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:30	FORCE Prep	FORCE Prep	FORCE Prep	FORCE Prep	FORCE Prep*
12:15-13:00	Upper Body and Core	Spin	Yoga	Lower Body and Cardio	Step Aerobics
			Tactical Athlete		

**The last Friday of every month will be a FORCE FAMIL Session*

FIFA World Cup Records up to July 4, 2018

By Stephen Stone

Questions

- Who holds the record for goals scored in a single world cup with 13 in 6 matches in 1958?
- Which country has won the most World Cup titles?
- Which country has the most appearances in the World Cup Title match?
- What is the record for consecutive World Cup Titles and which team(s) hold it?
- What is the worst finish for a host team at the World Cup?

- What is the best finish for a host team at the World Cup?
- What is the worst showing for a defending World Cup Champion?
- What is the best showing for a defending World Cup Champion?
- Which two teams played each other the most times in the World Cup Title match?
- Which team holds the record for appearances in the World Cup never advancing from the first round?
- Who scored the Hand of God goal in the World Cup held in Mexico?
- How many goals did Canada score

- in its only World Cup appearance in 1986?
- What is the record for appearances in the title match without winning the title?
- Who is the oldest player to be named to a World Cup squad?
- Who has scored the most goals in a World Cup Match?
- What is the record for consecutive matches with at least 2 goals in the World Cup?
- Who scored the fastest hat trick in a World Cup tournament match?
- Who is the youngest scorer in the World Cup at 17 years, 249 days?

- Who is the oldest hat trick scorer?
- Who refereed the most tournament matches overall?

Answers on page 23

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Keeping fit in the summer

Military and civilian personnel from the Fleet and from CFB Halifax participate in the warm-up before the Formation Run on July 5, 2018. PSP fitness and sports staff from the Fleet gym lead the warm-up, held outside building D-201.

CPO2 SUE CARON



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 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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Cardboard, duct tape and seamanship win the day for HMCS Summerside sailors



RCN crewmembers from HMCS Summerside (left) compete against the Banana Splash team in the finals of the Cardboard Boat Race during the Lobster Carnival in Summerside, PEI. The team from HMCS Summerside won the event.

JOHN CLEVETT

FIFA World Cup Records up to July 4, 2018

Questions on page 21

Answers

1. Just Fontaine, France, which did not win the tournament.
2. Brazil, 5: 1958, '62, '70, '94, 2002
3. Germany, 8: 1954, '66, '74, '82, '86, '90, 2002, '14. Fifa has absorbed the records of all German teams since German reunification in 1990.
4. 2: Italy – 1934 & '38; Brazil 1958 & '62.
5. 20th position – South Africa – 2010
6. Uruguay – 1930; Italy – 1934; England – 1966; West Germany – 1974; Argentina – 1978; France – 1998.
7. Did not participate – Uruguay – 1934
8. Champion – Italy 1938 and Brazil – 1962
9. Argentina v Germany 3 times: 1986, '90, 2014.
10. Scotland – 8 appearances: 1954, '58, '74, '78, '82, '86, '90, '98
11. Diego Maradona in the 46th minute against England
12. NIL; ZERO; NADA; ZILCH
13. 3- Netherlands: 1974, '78, 2010
14. Essam El-Hadary – Egypt – 2018 – 45 years 161 days
15. Oleg Salenko (Russia) – 5 v Cameroon 1994
16. 4 – Sandor Kocsis – Hungary – 1954
17. Laslo Kiss – 8 minutes v El Salvador at 69'; 72'; 76' in 1982
18. Pele – Brazil vs Wales, June 24th 1958
19. Ronaldo – Portugal, June 15, 2018 vs Spain
20. Ravshan Irmatov -Uzbekistan 11- 2010 – 2018



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