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Welcome home, HMCS St. John's

Friends and family, including four-footed friends, welcome home HMCS St. John's as the ship returns to its homeport on July 23, 2018 after completing a six-month deployment on Op REASSURANCE in the Baltic Sea, Northern Atlantic Ocean and the Mediterranean Sea.

MONA GHIZ, MARLANT PA



Defence Minister visits Halifax Pg. 5



RCN leaves a legacy in St. John's Pg. 8



Sea Kings go out in style Pg. 12



Invictus Games training camp Pg. 20

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HMCS *Ville de Québec* departs with embarked Cyclone for Op REASSURANCE

By Ryan Melanson,
Trident Staff

A new milestone for Canadian maritime aviation was reached on July 18, as HMCS *Ville de Québec* set sail for Op REASSURANCE along with an embarked CH-148 Cyclone helicopter and Helicopter Air Detachment. The departure marks the first operational deployment for the new helicopter, and the result of more than three years of testing, evaluation, and training.

Col Sid Connor, Wing Commander at 12 Wing Shearwater, was on hand to speak with the air crew and support staff at the jetty before they left for the roughly six-month deployment, which will focus on supporting NATO assurance measures in Central and Eastern Europe.

"This is an amazing change for our air crews, and this is the start of the next chapter in maritime helicopter operations, working with the Navy wherever Canada chooses to send us. It's a very exciting time," Col Connor said.

The Cyclone, manufactured by Sikorsky, comes with numerous technological improvements compared to the CH-124 Sea King fleet, including flight speed, distance, sensors and communications. The Cyclone flies from a frigate with the same four-person air crew as the Sea King, but with many tasks now being automated, personnel are free to do more to support the ship.

"What's changed is the types of tasks they'll do, the range of tasks they're able to do, and the amount of effectiveness the crews will get



HMCS *Ville de Québec*'s embarked Helicopter Air Detachment is the first crew to deploy with the RCAF's new maritime helicopter, the CH-148 Cyclone.

MONA GHIZ, MARLANT PA

out of the equipment," Col Connor added.

While there was plenty of excitement around the departure, with a highly-capable crew deploying with a new piece of military kit for the first time, it was also an emotional day at the dockyard. Hundreds of families and friends were on hand to see the crew off, and there were lots of hugs and tears prior to *Ville de Québec* making its way out of the harbour.

Cdr Scott Robinson, the ship's Commanding Officer, is father to a

five-year-old son and three-year-old daughter, and said being separated from family is always tough, adding that missing milestones, like his son's first day of school this coming September, adds to the difficulty.

"This is hard on our families, and without their support, we wouldn't have been able to achieve what we've achieved so far, or what we will ultimately accomplish over the next six months."

While overseas, the ship's company will continue to count on their family back home for extra support,

he added.

"I'd ask all the family members here today to continue sending positive support to their loved ones on board *Ville de Québec*, because their love will contribute to the success of our mission and allow us to focus on the job at hand."

That mission will mainly involve supporting NATO assurance and deterrence measures in the Baltic and Mediterranean. The ship is set to join Standing NATO Maritime Group 1, a naval force composed of ships from various allied countries, in the coming weeks, continuing in the role most recently filled by HMCS *St. John's*. *Ville de Québec* and its embarked Cyclone will conduct surface patrols and subsurface surveillance, while also participating in training exercises meant to keep crews at high readiness and ensure the task group is combat capable.

"We want to maintain our proficiency as much as we can, at the very highest level, in case the government of Canada calls on us to do something or react to some sort of real-world event," Cdr Robinson said.

He also thanked those who helped his team reach their current readiness level, including personnel from Sea Training (Atlantic) and FMF Cape Scott, as well as the crew themselves, for putting in long hours and overcoming obstacles as they prepared to deploy.

"The ship and crew have come a long way since I took command almost a year ago. We're ready to help, ready to lead, and ready to fight."



Cdr Scott Robinson, Commanding Officer of HMCS *Ville de Québec*, speaks to families and colleagues before departing Halifax on the morning of July 18.

MONA GHIZ, MARLANT PA



Families watch from the jetty as HMCS *Ville de Québec* fades into the fog while departing Halifax on July 18.

RYAN MELANSON, TRIDENT STAFF

HMCS *St. John's* wraps up busy year with return to Halifax

By Ryan Melanson,
Trident Staff

When HMCS *St. John's* arrived in Halifax on July 23, the ship and crew were rightfully celebrated for completing a six-month deployment to Op REASSURANCE, working with NATO allies to support assurance and deterrence measures in Central and Eastern Europe.

This recent deployment, however, wasn't the only accomplishment for the ship since Cdr Gord Noseworthy took command in July of last year. *St. John's* has spent most of the last 12 months operating at a very high tempo, beginning with a deployment to Op RENAISSANCE in fall 2017, responding to the Caribbean Islands after hurricanes Irma and Maria ravaged the region. They spent a month sailing in the area near South Cai-cos and then Dominica, conducting rescues of stranded individuals and

bringing essential supplies to shore.

After returning to Halifax in October of last year, the crew jumped right into high-readiness workups and training to prepare for their next mission, and on January 16 of this year, sailed once again to join Op REASSURANCE.

"To think back to last summer, when we all came together from various units and shore offices and whatnot, to then be able to provide occupational effectiveness on the other side of the world, it's been special for me to have a front-row seat for that," Cdr Noseworthy said, reflecting on the last 12 months with his crew.

"I couldn't be more proud of their work, and I'm extremely pleased and honoured to have sailed with each and every one of them."

The ship joined the NATO task force in the Baltic in late January, led by Danish ship HDMS Niels Juel, and commenced with early integration training around the Baltic states, before eventually heading to the eastern Mediterranean for the bulk of the mission. They were supported by an embarked CH-124 Sea King helicopter affectionately known as Black Horse. While the RCN and RCAF have been celebrating the transition to the Cyclone for maritime helicopter operations, the crew of *St. John's* experienced the other end of that milestone, as the last ship to deploy operationally with the Sea King. As always, the aircraft was reliable and performed well through the deployment. The air crew, from 443 Squadron in Patricia Bay, British Columbia, will now return to the west coast.

"It was a bit of an historic moment to disembark her at the end of the trip, marking the end of 50 years of Navy operations with that helicopter. The helicopter is now safely in Shearwater," Cdr Noseworthy said.

Of course, the focus of the homecoming at HMC Dockyard was on reunions, rather than operations,



LS Alexis Lambert-Murphy had one special family member travel all the way from Montreal to meet HMCS *St. John's* as it returned to Halifax.

MONA GHIZ,
MARLANT PA



Lt(N) William Scott, Combat Officer, holds his daughter on the jetty after arriving back in Halifax.

MONA GHIZ, MARLANT PA



Sailors disembark HMCS *St. John's* to reunite with family and friends on the jetty on July 23.

MONA GHIZ, MARLANT PA

with hundreds of friends, families, colleagues and even pets lining the jetty as the ship came alongside. As is tradition, one sailor from the ship's company won the chance to be the first down the gangway, with LS Daniel Laplante happily disembarking and being greeted by his wife Melissa, with a big kiss for the crowd and TV cameras. The rest of the crew followed for their own happy reunions, with many carrying flowers for their

loved ones as they walked off the ship.

"The deployment was good, lots of good work, but it's a long time to be away from home. We've been waiting for this day for a very long time," said LS Cara Vassallo, a MAR TECH on board *St. John's*, as she prepared to head home with her wife, LS Ashley Vassallo.

Canada's maritime contribution to Op REASSURANCE continues with HMCS *Ville de Québec*. The ship left Halifax on July 18 and will return in early 2019.



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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 than one year from publication date. Submissions may be edited.

Tuesday Night Tunes

Time: 7 p.m.

Date: August 7 & 14

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 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. Then, on August 14, the museum will welcome the eclectic ensemble known as the Hallowtown Stompers. Formed in Halifax in 2015, the Stompers are a jug band who play 20s and 30s-style blues and jazz as well as country, folk and bluegrass tunes with a few originals mixed in. Free concerts continue each Tuesday until September.

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 Maxim Cormier and other 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.

Learn to Camp with Parks Canada

Time: 1 - 4 p.m.

Date: Thursday, August 16

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.

Nautical Postcards with Kayla Rudderham

Time: 2 - 4 p.m.

Date: Tuesday, August 21
Location: Maritime Museum of the Atlantic

As part of the museum's Artist of the Day series, Join artist Kayla Rudderham in printing original lino-cut postcards in the afternoon. Choose between CSS Acadia and Merlin McCaw or take home both as souvenirs. This activity is geared towards kids and takes place in the museum courtyard; admission is free.

Dalhousie Belong Forum with Senator Murray Sinclair

Time: 7 - 9 p.m.

Date: Wednesday, September 5

Location: Rebecca Cohn

Auditorium

What would it take to create a world where we all feel like we truly belong? That's the question behind the Belong Forums, a public lecture series in honour of Dalhousie University's 200th anniversary, featuring internationally respected thinkers, trailblazers and change-makers. Join Dalhousie for a conversation with Senator Murray Sinclair, the first Aboriginal Judge appointed in Manitoba, and former chairman of the Truth and Reconciliation Commission, as he shares his unique perspective on diversity and inclusion. Free admission with limited seats available.



HOTEF Change of Command

A Helicopter Operational Test and Evaluation Facility (HOTEF) Change of Command parade took place in the Shearwater Aviation Museum at 12 Wing Shearwater on July 12, 2018. Col Sid Connor (centre), Wing Commander 12 Wing, was the presiding officer at the ceremony. Maj David Della Rocca (left) assumed command of HOTEF from Commanding Officer LCol David Ferris (right).

LS BRAD UPSHALL, 12 WING IMAGING SERVICES

Defence Minister highlights importance of Op REASSURANCE

By Ryan Melanson,
Trident Staff

The deployment of HMCS *Ville de Québec* to Op REASSURANCE marks nearly four years of Royal Canadian Navy support to the NATO mission, which began in 2014 in response to Russia's aggressive actions in Crimea and Eastern Ukraine.

While in Halifax to see off *Ville de Québec* and celebrate the first operational deployment of the CH-148 Cyclone, Minister of National Defence Harjit Sajjan spoke about the importance of the mission and the extension of the CAF role beyond the original four-year mandate.

Op REASSURANCE involves land, sea and air activities in and around NATO member countries in Central and Eastern Europe, and is meant to assure our allies that they will be defended against further aggressive actions in the region by Russia or any other nation.

Four years in, these assurance and deterrence measures are still needed, Sajjan said.

"We're not here to take aggressive actions of our own or to create conflict, we're reacting to aggressive actions and trying to prevent future conflict. At the end of the day, we'll do what we feel is necessary in order to give confidence to our allies."

And considering the dynamic threats faced by NATO today, the addition of



Minister of National Defence Harjit Sajjan visited Halifax on July 18, where he met with deploying CAF members and families at HMCS Scotian and attended the departure ceremony for HMCS *Ville de Québec*.

MONA GHIZ, MARLANT PA

the technologically-advanced Cyclone to the Maritime Task Group, integrating with a newly-modernized Halifax-class frigate, makes the Canadian contribution even more significant.

"This is brand-new technology that's going to add to the already-tremendous capability of our ships and the work they're doing," the Minister added.

"As a collective, working with our

allies, it sends a very strong message of deterrence. It says nations are coming together and bringing their best technology and best capability to deter nations who are starting to go against the international rules-based order."

In addition to support to the Op REASSURANCE Maritime Task Force and Enhanced Forward Presence Battlegroup Latvia, Sajjan also high-

lighted other contributions to NATO, including the recent announcement that Canada will deploy 250 troops this fall to lead a new NATO training mission as part of Operation IMPACT in Iraq.

The Minister also met with a number of *Ville de Québec* sailors and their families prior to the ship's departure on July 18, which provided an opportunity to highlight the federal government's newly-announced Seamless Canada initiative. Through meetings with provincial and territorial governments across the country, the program is aiming to improve and simplify the process of moving across provincial lines for posted CAF members and their families. In New Brunswick and Nova Scotia, for example, governments have recently made moves to help military families get access to health care and family doctors in a timely manner.

Alongside new funding for Military Family Services announced in Canada's latest Defence Policy, as well as tax-free pay for deployed members, Seamless Canada is part of a new focus on the health and wellbeing of CAF personnel and their families, Sajjan said.

"The number one asset is our people and the families who support them, so we're doing a lot of things behind the scenes that I feel very proud of on this issue, and we're going to continue doing that."

Mid-summer check-in

By Lt(N) Graeme Carruth,
Base Chaplain: TEME, BLOG, RPOS(H)/
RPOU(A)

Summer! Woohoo! Yeah! Ever since we were in school many of us have had that attitude to summer. Even if we preferred the cold and found our meaning in life through winter sports summer still had the magic of a really looong holiday to play with friends, hang out, do what we wanted, vacation, or go to camp. As we come to adulthood even with the responsibilities of family and household the idea of summer can fill us with a joie de vivre at the prospect of having some free time to get away from it all even if getting away means simply kicking round the home.

That said, sometimes all that anticipated joy can come with a trap that only begins to close on us as August marches on. Like Christmas, we can build high expectations for summer. And good on us for dreaming big. Good on us for imagining the places we'll go, the upgrades to the house we'll finish, the time we'll spend with the kids or parents, etc. But what happens when August starts to creep away on us and we have not yet achieved those grand plans or at

least not in the way we imagined? The second half of summer can begin to depress us. When the good we had planned and intended starts to look like it won't get done, guilt can slowly rob what joy we might yet glean from what remains of the summer.

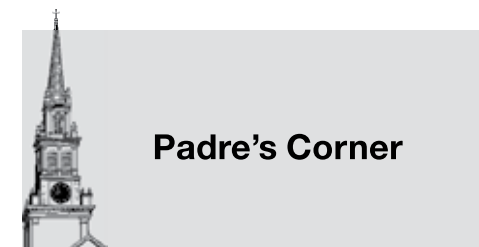
What is our faithful response?

Personally, I find the best place to begin is with kindness. In particular, kindness to ourselves. If we haven't succeeded at all our big plans, or even any of them, then instead of beating ourselves up over it we can focus on the situation at hand. We can ask ourselves if what we originally hoped to do is still possible. Maybe everything we had planned is supposed to happen in August, or maybe we have managed to do something already and with a bit of reorganising we can make a go of finishing the rest in the time that remains. If not though then it's time to remember that unlike Operation HONOUR, "Operation Achieve the Best Most Productive Awesome Summer In the History of the World" is not a no-fail mission.

With the advent of August maybe it's time to take advantage of life's frequent reality check: First, if we can't do what we had hoped, then we can

prioritise which of those plans matters most and consider them alongside the time that remains. Second, we need to recall what July was like. In other words, what did the previous 31 days allow us to do – probably the next 31 days will afford the same amount of get up and go time.

But perhaps the most important reality check for August is remembering that, to paraphrase Jesus, "Summer was made for humanity, not humanity for summer." Speaking from one of many Christian perspectives, what I hear in these words is that we are more important as people created in God's image, than even our best plans,



Padre's Corner

hopes and dreams. When Jesus told people that He came to earth so people could enjoy abundant life, I believe part of His message was a passionate invitation to put our plans into perspective. What we get done matters far less than simply enjoying the day whatever that brings.

So here's to August. Here's to savouring each day. Here's to doing what brings joy and not stressing over what remains undone.

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A submariner swings a paddle



Cdr Mike Mangin has already completed four excursions with Outward Bound.

SUBMITTED



Cdr Mangin describes himself as a rookie paddler so as well as learning the mechanics and strokes while he's on the water, he watches instructional videos on YouTube.

By Peter Mallett,
The Lookout Staff

A senior commander with the Canadian Submarine Force will fulfill his dream this summer of paddling the waters of the far north's South Nahanni River.

Cdr Mike Mangin, Deputy Commander Operations of the Canadian Submarine Force, will be part of Outward Bound Canada's 10-day canoe expedition on the scenic, but fast-moving river in the Northwest Territories.

The expedition is part of Outward Bound Canada's Reach Beyond Fundraising Expeditions, which are a unique opportunity for people to achieve a personal aspiration while making a difference.

"Paddling the Nahanni River has been a life-long goal of mine and now that I'm getting close to the dates the excitement is mounting," said Cdr Mangin.

After two days of preparation for the trip in Fort Simpson, NWT, the 12-person team, including two guides, will fly to Virginia Falls and set off in canoes on August 5.

They plan to arrive at their destination at Nahanni Butte on August 14 after covering a distance of approximately 240 kilometres. The fast-moving, white water course features several rapids and will take them through the Nahanni National Park Reserve and past the majestic Mackenzie and Selwyn Mountains.

Cdr Mangin, 50, began his career with Canada's navy in 1991 and in his

current job plans submarine operations and scheduling. His busy work schedule inhibited him from taking part in Outward Bound's canoe training camp in the spring.

He also confesses to be a rookie paddler with limited experience in a canoe. Learning the mechanics and strokes of a canoeist is his biggest challenge, so he's busy watching instructional videos on YouTube.

The outdoor element, while breathtaking, will be plagued with relentless swarms of mosquitos and blackflies.

This journey will mark his fifth excursion with Outward Bound Canada since he first heard about the organization in 2011.

Founded in 1941 in Wales to provide survival skills for being lost at sea, Outward Bound has evolved into a non-profit with chapters around the globe. Its mandate is to build leadership and teamwork skills through specialized expeditions for civilians. Outward Bound also offers a weeklong adventure-based resiliency training veterans program for those impacted by occupational stress injuries.

In addition to being a participant, Cdr Mangin has operated as a military liaison for an Outward Bound Veterans Program adventure. His role was twofold: helping adventure tour guides understand the needs of former military members, while at the same time offering reassurance to participants that someone who understands their culture was part of the group.

"The program puts former service members in small teams, something they have been used to working in for most of their careers," said Cdr Mangin. "We are used to being reliant on each other, and for a lot of people who transition out of the military, they lose that structure and the idea of 'if you have my back, I have yours'. During wilderness adventures like this, everyone on the team has a job to do and you need to work in teams like this to survive."

His latest adventure is not specifically designed for military veterans, but rather is a fundraiser for Outward Bound's four support programs: Veterans, female victims of domestic abuse, at-risk inner-city youth, and Indigenous youth. His team will be made up of civilians from across the country and from all walks of life.

Cdr Mangin is paying the \$7,000 registration fee and the extra \$2,000 in out-of-pocket expenses for the trip. He hopes to raise \$6,000 to help support the funded programs through word of mouth and by crowd funding.

If you are interested in supporting his fundraising campaign visit his webpage at www.canadahelps.org/en/charities/outward-bound-canada/p2p/nahanni_river_2018/page/mike-mangins-outward-bound-reach-beyond-expedition-nahanni-2018/

SUBMITTED



HMCS Oriole on display in historic Port Stanley

By Lt(N) Bill King,
Public Affairs Officer

When HMCS *Oriole* was built in 1921, Port Stanley was known as The Coney Island of the Great Lakes. Both *Oriole* and the town have aged well over the last century as they continue to attract tourists. Almost 1000 guests toured the ship during the port visit from July 20 to 23.

In the early years, Port Stanley was a transit point for coal and wood moving between Canada and the United States, and many of the early immigrants entered Canada via ships crossing Lake Erie. The large cargo vessels have been replaced with numerous sailboats and fishing vessels, both commercial and private. Although the London and Port Stanley Railway that brought in the crowds was closed and the famous Stork Club dance hall burnt down in 1979, the wide sandy beaches remain the place to be during the warm days of summer.

Oriole was built and used primarily for racing until it was sold to the Navy League in 1941 to provide a training platform for sailors during the war, and commissioned into the RCN in 1952. It continued to serve as a training vessel based in Esquimalt B.C. until being sailed through the Panama Canal to Halifax last summer.

During the transits between ports on the Great Lakes Deployment (GLD), the Royal Canadian Navy crew is augmented with sea cadets and reservists to make 21 sailors on deck as required to operate the tremendous sails without the assistance of winches as fitted on modern sailboats. Unlike *Oriole*, Canada's warships are fitted with some of the most modern systems available, but the basics of seamanship and interaction with the sea as experienced aboard *Oriole*, don't change.

The GLD is intended to provide Canadians an opportunity to visit their ships and speak with crewmembers in ports on the Great Lakes.

"Just last year she was sailed from Victoria around to Halifax to allow a whole other segment of the Canadian population to view the ship and speak to the sailors. With her draught, I can bring *Oriole* into communities that don't normally host an RCN ship, and as a tall ship, *Oriole* herself is a piece of Canada's history that attracts an audience," said LCdr Drew Foran, *Oriole's* CO.



Port Stanley Mayor David Marr and his wife Sandy present a Certificate of Recognition on the Occasion of the Visit to Port Stanley to LCdr Drew Foran (second from left), CO of HMCS *Oriole*, in the presence of LCdr Jeremy Breese, CO of HMCS *Prevost* (left) on July 20 during the Great Lakes Deployment 2018.

MCPL NEIL CLARKSON, FIS

Dave Phillips, Town Cryer for the County of Elgin, announces HMCS *Oriole* open to visitors.

MCPL NEIL CLARKSON, FIS

Oriole departed its homeport of Halifax at the end of May. Thus far, the ship has hosted visitors in Toronto, Hamilton, Port Dalhousie, Oakville, and Port Stanley. *Oriole* moves on to Windsor, Port Colbourne, Whitby, Kingston, Trois Rivières, Quebec City, Sept-Îles, and Gaspé before returning to its homeport in late September.



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BRENDAN
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The RCN in St. John's: A rich

By Margaret Conway,
CFB Halifax Public Affairs

On July 13, 2018, CFB Halifax and the Royal Canadian Navy (RCN) handed over command authority of Canadian Forces Station (CFS) St. John's to the 5th Canadian Division Support Group of the Canadian Army (CA). Here's a look back at the RCN's presence in the city of St. John's through times of war and peace which resulted in an everlasting bond between Canada's navy and the people and province of Newfoundland.

History

The RCN has been connected to the city of St. John's and the province of Newfoundland for over a century dating back to the First World War.

In 1910, the heavy protected cruiser HMCS *Niobe* was purchased by Canada from the Royal Navy (RN) for use as a sovereignty patrol and training vessel by the RCN (known then as the Naval Service of Canada). In September 1914, *Niobe* joined the war effort, traveling to the St. John's Harbour in the Dominion of Newfoundland, then a British colony, to pick up 107 sailors from the Royal Naval Reserve Newfoundland Division who had been training on British ship HMS *Calypso*. *Niobe's* combined crew of Canadian and British sailors, including the Newfoundland reservists, patrolled the waters from New York and Boston to Iceland for enemy cruisers and Merchant vessels.

As the Second World War began, the RCN's presence in St. John's grew: Canada's sailors were called on to help protect merchant ships traversing the Atlantic Ocean to deliver essential North American supplies and military personnel to Britain. RCN warships and sailors comprised over half of the escort vessels defending merchant ships from German U-boats. The Battle of the Atlantic (BOA), as it became known, was the longest continuous military campaign of that war.

The St. John's Harbour became a key geographic location during the BOA, as its proximity to Europe allowed the RCN, RN and allied navies to remove a dangerous protection gap that had left Merchant vessels at the mercy of the U-boats. Merchant ships from Halifax would now be escorted to St. John's and turned over to the Newfoundland Escort Force (NEF), a combination of RCN and RN ships that, given their location, could now sail further in order to perform a

direct hand-off to allied vessels in the mid-Atlantic.

With the creation of the NEF, the city of St. John's became a busy naval hub during the Second World War. On shore, clubs, messes and recreation camps offered social refuge to naval and merchant sailors who had come together in a time of great conflict. The St. John's-based Crow's Nest, originally known as the Seagoing Officers' Club when it was established by then RCN Captain Rollo Mainguy, still exists today.

Despite the many tragic losses that occurred while battles raged throughout the cold North Atlantic, the war had created what would become a lasting bond between the people of Newfoundland and the RCN.

Canadian Forces Station St. John's

Post-war, the RCN maintained its presence in St. John's, eventually taking command of

Dedication of naval artifacts

In the fall of 2017, Rick Sanderson, director of the Naval Museum of Halifax, was asked to curate a collection of naval artifacts to display at CFS St. John's with help from the station's Commanding Officer (CO), LCdr Gerry Parsons. The collection, meant to serve as a lasting reminder of the RCN's enduring relationship with St. John's and the province of Newfoundland, was revealed at a dedication of naval artifacts ceremony held on July 12 at CFS St. John's.

"This room, these displays are dedicated to the people of St. John's," explained LCdr Parsons, gesturing toward the various historical items and photographs placed along the perimeter of the room.

The wheel from HMS *Calypso*, encased in a large glass display, was the most prominent piece in the collection. *Calypso*, an RN

Argentia Naval Air Station and Fort Pepperrell were also included in the display.

On hand to witness the dedication ceremony were members from the station and large contingent of local guests and friends of the station who would be attending the CFS St. John's 50th anniversary naval mess dinner held later that same evening. Many of these guests would return to the station the next morning as well to witness a particularly significant Change of Command ceremony.

CFS St. John's Change of Command

"Now, before we get started, I'd like to survey the crowd. Is anyone looking to buy a house?"

It was a Change of Command ceremony that began more like a stand-up comedy routine, as LCdr Gerry Parsons posed this question to a room full of colleagues, family members and community partners. There was instant laughter from the crowd, a group comprised largely of military members who are all too familiar with the buying and selling of homes that occurs during the busy posting season.

Despite his playful demeanor, LCdr Parsons was prepared for a very bittersweet day personally, but also a day of great change for the RCN. It was July 13, 2018, and after four years as the CFS St. John's CO, LCdr Parsons was saying farewell to his command post and to the people and place that he'd come to appreciate so fully.

In his departing address, he detailed some of the highlights during his years in command. The 75th anniversaries of the Bell Island U-Boat attacks, the Atlantic Charter and the Crow's Nest

were mentioned along with CUTLASS FURY 2016, a joint maritime training anti-submarine warfare event that saw eight warships from five nations make a port visit to St. John's.

LCdr Parsons praised the military and civilian workforce at the station for its enduring professionalism, giving personal thanks to his internal command team, PSP, SISIP, the MFRC and the CFB Halifax Base Commanders who held command during his tenure as station CO. "If you don't have your people, you don't have anything," he remarked, concluding his address soon after with a formal welcome and some words of encouragement for incoming CO Maj Robert McKenzie. "Rob, you've got a good ship here. They will continue to carry the torch."

Continued on page 9



RCN and allied vessels of the Newfoundland Escort Force are shown in St. John's Harbour during the Second World War.

PHOTO COURTESY OF THE NAVAL MUSEUM OF HALIFAX

CFS St. John's upon its creation in the late 1960s. The property on which CFS St. John's was established had originally been developed as Fort Pepperrell, a United States military base built in 1941 through a lend-lease agreement with the United Kingdom. When the American base closed in 1960, the land was transferred back to the Crown and on June 21, 1968, CFS St. John's was officially opened for business. Under RCN command for the last 50 years, the station has provided operational and logistical support to various lodger units throughout the province and essential support to naval ships visiting St. John's. The station was housed in multiple war-era buildings until 2014 when the state of the art Surgeon LCdr W. Anthony Paddon Building was completed.

corvette, served as the official training ship for members of the Royal Naval Reserve (RNR) Newfoundland Division in the early 1900s. The *Calypso* display also included a ceremonial launch kit from HMS *Calypso* dating back to 1883 along with a ditty box belonging to RNR Newfoundland Division Member George Chesley Allen.

Other elements of the naval display included four panels of historical imagery highlighting the naval presence in St. John's throughout the past century. The black and white prints ranged from photos of warships in the St. John's Harbour to an image of a friendly basketball game held between sailors from HMCS *Cabot*, St. John's Naval Reserve Division, and the Memorial University men's basketball team. Photos of former American installations such as

history and lasting legacy

Continued from page 8

CFS St. John's Transfer of Command Authority

A routine military Change of Command ceremony follows a fairly predictable sequence. The incoming and outgoing parties deliver speeches, the Presiding Officer adds his or her remarks and the command scrolls are signed, among other traditions. All of these elements were present at the CFS St. John's Change of Command on July 13.

On this particular occasion, however, both LCdr Parsons and Maj McKenzie were involved in a sword ceremony. During the ceremony, LCdr Parsons picked up and handed a naval sword to the senior RCN representative and the ceremony's Presiding Officer, Cmdre Darren Garnier, after which Maj McKenzie received an army sword from the senior CA representative and Deputy Commander of 5th Canadian Division, BGen James Camsell. This giving and receiving of swords was a significant departure from the standard sequence of events as it signified the transfer of command authority of CFS St. John's from CFB Halifax (RCN) to 5th Canadian Division Support Group (CA).

For much of its 50-year history under RCN command, CFS St. John's has been home to six Canadian Army Reserve units that have occupied the majority of the office and training facilities. Transferring command authority of the station from CFB Halifax (RCN) to the 5th Canadian Division Support Group (CA) will enable these Army Reserve units to receive the administrative and logis-



Left to right: LCdr Gerry Parsons, outgoing Commanding Officer (CO), Cmdre Darren Garnier, Presiding Officer and Maj Robert McKenzie, incoming station CO complete the signing of the Change of Command scrolls at CFS St. John's on July 13.

MARGARET CONWAY, BASE PUBLIC AFFAIRS

tic support necessary to implement mission specific capabilities that have been assigned to them through the Strengthening the Army Reserve initiative, part of the Strong, Secure, Engaged defence policy.

Cmdre Garnier, who himself held command of CFS St. John's from 2006 to 2007, understood the significance of the sword ceremony very well. "The men and women who will lead this station in the future are acutely aware of its history," he remarked, alluding to the station's 50 years of operation under the care and direction of the RCN and the Canadian Navy's enduring relationship with the people of Newfoundland. Despite what he described as a day "filled with lots of emotion for many," Cmdre Garnier spoke with reassurance in his address, confirming what is already known to many: that the RCN has been connected to the city of St. John's and surrounding communities for over a century, and that the station's transfer to CA command in no way diminishes the deep connec-

tion that exists between the RCN, the city of St. John's and the province of Newfoundland.

Cmdre Garnier closed his remarks by thanking LCdr Parsons for his excellent work on behalf of the RCN and the CAF and wishing Maj McKenzie the best as he assumed command of the station. He then pointed to the stunning vista of land and sea beyond the room's full wall of windows that reveals a narrow waterway connecting St. John's to the North Atlantic. He reminded the incoming CO and the 5th Canadian Division representatives on-hand that to move forward and progress was essential to the continued success and CFS St. John's and that, despite the challenges that may lay ahead, there is always a new day.

"The sun always rises over Quidi Vidi through that little gut."



Rick Sanderson, Director of the Naval Museum of Halifax, stands beside the HMS Calypso display he curated during a dedication of naval artifacts ceremony at the CFS St. John's Surgeon Lieutenant-Commander W. Anthony Paddon Building on July 12.

MARGARET CONWAY, BASE PUBLIC AFFAIRS



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Marching with Pride

The Stadacona Band of the Royal Canadian Navy marches shoulder to shoulder with the community during the annual Halifax Pride parade on July 21, 2018. The DND/CAF participation also included a float and a marching contingent.

MONA GHIZ, MARLANT PA



Submariners recognized for achievements overseas

By Ryan Melanson,
Trident Staff

After returning from a nearly five-month long successful deployment, the crew of HMCS *Windsor* were recently visited by the Commander of the Canadian Submarine Force (CCSF) to celebrate their achievements at sea.

Capt(N) Chris Robinson was in Halifax on July 5 along with Force Chief CPO1 Dave Bryson to congratulate *Windsor*, as well as to present NATO Service Medals, Dolphin badges and promotions to members of the crew.

Windsor returned to Halifax on June 20 after 133 days in the Baltic and Mediterranean seas, where they participated in NATO exercise DYNAMIC MANTA and NATO exercise SEA GUARDIAN.

"This team had a very successful deployment, they had some time off with their families, and now they're ready to go back to sea, so I wanted to be here now to make sure they're recognized for that hard work," Capt(N) Robinson said.

He presented NATO Service Medals to multiple members of the crew, including XO Lt(N) Eric Isabelle and previous CO Cdr Peter Chu, for their participation in SEA GUARDIAN.



Capt(N) Chris Robinson (right), Commander Canadian Submarine Force, presents a NATO Service Medal for Operation Sea Guardian to Lt(N) Eric Isabelle, XO of HMCS Windsor.

The NATO operation took place from April 26 to May 15, and was focused on building a comprehensive picture of daily activities shipping routes in the Mediterranean, contributing to security and safety in that region.

The CCSF and Force Chief have

also developed a brand new certificate marking qualification in submarines, to be presented to new submariners alongside their submarine badge.

"For most of us, qualifying for our dolphins is one of the proudest moments of our military career, and it's

something that should be recognized" Capt(N) Robinson said, explaining the intent behind developing the certificate.

"It outlines what it means to truly be qualified in submarines. Everyone who qualifies for a position at sea on board will be awarded one of these certificates."

The text on the new certificate reads "Having successfully completed the rigorous professional requirements for service in submarines, having gained a thorough knowledge of submarine construction and operation, having demonstrated dedication and reliability, and having my full confidence and trust, I hereby certify that the following member is qualified in submarines". It was presented, along with the Dolphins, to new submariners LS Brody Gray and AB David Robichaud.

Capt(N) Robinson also presided over the promotion of *Windsor* crew members during his visit. LS Ian Jacobson was promoted to Master Seaman, MS Reeves Matheson was promoted to Petty Officer, 2nd Class, MS Matthew Gray was also promoted to Petty Officer, 2nd Class, PO2 Michael Hamilton was promoted to Petty Officer, 1st Class, and Lt(N) Edward Feltham was promoted to Lieutenant-Commander.

RYAN MELANSON, TRIDENT STAFF



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She was fierce

By Sarah-Jean Mannette,
H&R MFRC staff

Kim Mills is a military spouse, mother of three, and has experienced four overseas deployments, numerous relocations, and some topsy-turvy along the way. She is also a blogger, author, and uses humour to share her perspective on what it means to live the military lifestyle.

And for the first time ever, Kim visited the Halifax & Region MFRC.

Through casual conversation, Kim shared with an audience of 40 military spouses, friends, and She is Fierce followers, that resiliency isn't a competition. As she wrote in her blog, "The definition of resiliency is not: who can endure the worst while using the least help in order to ensure bragging rights later." She continued, "To teach resiliency, we need to stop glorifying how far we can push ourselves alone until we break, and instead encourage those to reach out early, before they burn out."

While sharing her experiences, she effortlessly created a safe space, allowing the audience to freely laugh, cry, applaud, speak up, and connect. Throughout the over one hour-long conversation, Kim explained that for her, resiliency is twofold: it's reaching out for support, and supporting others to reach out. Her words resonated deeply with members of the audience, several of whom recently said goodbye to their loved ones as they left for a six-month long deployment, and others who welcomed home their spouse after six months at sea.

As an avid supporter of MFRCs, she believes that MFRCs don't host paint nights so military family members can improve their painting skills; they do it so family members can meet the people who are sitting next to them, painting the same bird on the branch that they are, experiencing the same thing they are.

And she's right. The H&R MFRC exists to strengthen the wellbeing of all those who share the unique experience of military life. We fulfill our mission by creating opportunities for military families to connect, providing programs and services that are developed specifically for military families, and being a point of contact for questions, information and referrals. For more information on the H&R MFRC, please visit: www.halifaxmfr.ca.



Youth Centre Staff showed their pride in this year's Pride Parade.

SUBMITTED

Reflections on the Pride Parade

By Sarah-Jean Mannette,
H&R MFRC staff

Youth staff, representing the Halifax & Region MFRC walked alongside members of the CAF and the Positive Space group at this year's Pride Parade. This was the third year that the H&R MFRC participated, in an effort to engage with the community and as an opportunity to raise awareness that the H&R MFRC supports all military families, and strives to be an inclusive environment. It was rainy, even chilly at times, but it was the support from the crowd that warmed the air on July 21, 2018.

As the 141 floats and walking groups exited the dockyard, parade watchers were loud, proud, and enthusiastic, catching the first sight of local and national organizations, not-for-profits, corporations, and government groups showing their support of Halifax's 2SLGBTQ+ community.

The crowd, which was a rainbow of colour, age, background, and belief, roared when the sea of white uni-

forms came into sight. And the cheers continued along the parade route. Some sections of Spring Garden Road and South Park Street were lined four rows deep of parade watchers, while others took in the parade from rooftops, scaffolding, storefronts and restaurants.

It was in one moment, which occurred when the DND contingent hit Barrington Street, lined with spectators, the pedway overhead filled with supporters, the Stadacona Band played the first few bars of Lady Gaga's *Born This Way*, and the crowd cheered, that things became clear. We have come a long way. As a society. As a city. As a collection of people with all sorts of differences, yet a commonality not to be denied: we want to feel accepted.

As the H&R MFRC strategically evolves to respond to the needs of military families, please know, our doors are open to everyone. We will work with you and your family so that you feel accepted in our Centre. For more information, please call: 902-427-7788 or visit: www.halifaxmfr.ca.

Fall Programs and Events at the H&R MFRC

Staff has been busy planning a variety of programs and events to keep the fun going throughout the fall. We will be launching our Fall Program Guide, available online and in paper format starting August 3, 2018. Be sure to visit our website for more details, online registration, and the full calendar of events at www.halifaxmfr.ca or call (902) 427-7788.

Les programmes et événements automnaux du CRFM H et R

Le personnel s'affaire à organiser une belle variété de programmes et d'événements afin que vous puissiez continuer à vous amuser tout au long de l'automne. Notre Guide de la programmation d'automne sera disponible en ligne et en format papier à partir du 3 août 2018. Assurez-vous de visiter notre site Web au www.halifaxmfr.ca ou téléphonez au (902) 427-7788 afin de consulter le calendrier complet en plus de connaître les détails, les inscriptions et les dates limites des événements.

Sea Kings going out in style

By LCol Travis Chapman,
CO 443 (MH) Squadron

Designed in the late 1950s and procured by Canada through a dynamic acquisition programme in the early 1960s, the CH124 Sea King helicopter has served Canadians with distinction since 24 May 1963. Such longevity, combined with avionics and mission system upgrades and the utility of a medium-lift helicopter, has created a legacy that ignites passion spanning multiple generations unlike any other Royal Canadian Air Force (RCAF) asset.

The CH124 predates Bill C-243, The Canadian Forces Reorganization Act, and as such, the Sikorsky HSS-2 was actually acquired as a Royal Canadian Navy (RCN) anti-submarine warfare (ASW) weapon system and designated CHSS-2 upon entering Canadian service. A maritime helicopter from the outset, it has operated aboard the HMCS *Bonaventure* (CVL 22) aircraft carrier, St. Laurent-class destroyer escorts and Iroquois-class destroyers, Auxiliary Oiler Replenishment ships, and Halifax-class frigates.

In many ways, Canada's efforts to embark a large aircraft on a small

flight deck revolutionized the concept of organic air support to naval operations by demonstrating the theoretical to be possible. By leveraging the inherent capabilities of a larger helicopter, crews could carry more armament, more fuel, and a suite of avionics with capacity for growth. Considering the rapid advancement of submarine capabilities in the 1950s, the CHSS-2 became a potent counter-punch to non-friendly submarines, and over time, it also proved capable of acting as an autonomous, multi-role ASW weapon system through several permanent and temporary modifications, including radar, sonobuoy processing, GPS, Automatic Identification System, Tactical

Common Datalink, and various iterations of tactical navigation computers, as well as the development of aircraft-specific tactics for crews to wield.

In an effort to pay tribute to the history of Canada's esteemed maritime helicopter, Maj Trevor Cadeau, 443 (MH) Squadron Aircraft Maintenance Engineering Officer (SAMEO), initiated a project with technical and operational staff at Director Aerospace Equipment Program Management (Maritime) and 1 Canadian Air Division (1 CAD), respectively, in December 2017. He sought the necessary approvals to change CH12417's modern livery to one that recalled a bygone era. The requested paint scheme was inspired by the original RCN livery from 1963 (as pictured on aircraft 4005), and previously applied in 2010 to commemorate the Canadian Naval Centennial.

The success of the latest livery project can be traced to a large team of personnel within Patricia Bay, Shearwater, Ottawa, and Winnipeg. Crucial to project approval were Maj Cadeau; Maj James Wilson (CH124 Aircraft Engineering Officer); LCdr (RN) Simon Peck (12 Air Maintenance Squadron (AMS) Senior Support Engineer); Maj Ryan Snider (Staff Officer MH, 1 CAD); Capt Michael Aubry (Staff Officer, A 4 Maintenance 1 CAD); Sgt Hank Pilgrim (12 AMS); and MCpl Hans Brasche (443 (MH) Sqn).

Essential to its impressive execution were technicians from 12 AMS, 423 (MH) Sqn, and 443 (MH) Sqn; namely, Sgt Hank Pilgrim, Sgt Jason Miller, MCpl Matthew Fournier, Cpl David Anderson, Cpl Terri Brown, Cpl Kevin Coakley, Cpl Jean-Philippe Caron-Vadeboncoeur, Cpl Jeffery Cheeseman, Cpl Scott Delaney, Cpl Carl Hillier, Cpl Megan McKeigan, Cpl Troy McKinney, Cpl Eric Parker, Avr Mark Belliveau, and Avr James Proulx from 12 AMS and 423 (MH) Sqn; and, MCpl Ryan Harpell, Cpl Francois Morin, and Cpl Draven Cowan from 443 (MH) Sqn.

Of course, once painted, it had to be reassembled! WO Michael Griffin, Sgt Tom Legg, MCpl Luc Godin, MCpl Derrick Curry, MCpl Luc Garneau, MCpl Aaron Pottelberg, MCpl Kevin Ferguson, Cpl Michael Milton, Cpl Doug Luffman, Cpl Craig Cox, and Cpl Logan Randall from 12 AMS and 423 (MH) Sqn; and WO Jean-Francois Bordeleau, Sgt Paul Van Bommel, MCpl Erick Gagnon,

MCpl Eric Duchesne, MCpl Hans Brasche, MCpl Jonathan Audet, Cpl Brendan Wales, Cpl Robert Bracey, and Cpl Andrew Hamilton from 443 (MH) Sqn all worked hard to put it back together and prep the aircraft for its cross-country ferry.

Not only does the special paint herald the Sea King's history and exceptional contributions to RCN and RCAF operations over the last 55 years, but the project presented an uncommon professional development opportunity for many

Aircraft Structures (ACS) technicians. Those involved were able to exercise their own painting skillsets, as well as utilize the new paint booth in the 12 AMS hangar in Shearwater, NS. In addition to CH12417, team members repainted aircraft CH12401 in preparation for its induction into the Shearwater Aviation Museum (SAM). Although 423 (MH) Squadron ceased Sea King flight operations on the east coast in January, 2018 and has already transitioned to the CH-148 Cyclone, 443 (MH) Squadron has been busy flying the CH-124 throughout 2018 in support of deployed operations on HMCS *St. John's*, and domestic taskings and advanced force generation at Arundel Castle in Patricia Bay, BC.

On June 13, 2018, a crew from 443 (MH) Squadron left Shearwater to commence a cross-country ferry flight bringing CH12417 from the home of maritime aviation in Shearwater to 12 Wing's west coast forward operating base in Pat Bay, BC. 443 (MH) Squadron is proud of our history and success with the Sea King, and will enthusiastically fly CH12417 during the fleet's last six months of RCAF service. Over the summer, civilians and service personnel can expect to see CH12417 in its new clothes at various airshows, and in the skies over Victoria and Pat Bay, BC. Adding an extra dose of excitement, Cyclones will operate alongside Sea Kings at 443 (MH) Squadron from August until the end of December, 2018. Post-retirement, it is expected that CH12417 will remain at 443 (MH) Squadron as a gate guardian.

CH12417 will also be present at the Sea King Retirement 2018 festivities planned in Victoria from November 30 to December 1, 2018. The organizing committee is planning an impassioned salute to this workhorse's 55 years of service to Canada, and CH12417 should feature prominently in both the flying and ground events. Additional information and ticket details can be found at www.skr18.ca. An outstanding example of pride in our aircraft and our community's history, many thanks and congratulations to those who made the CH12417 throwback livery possible. It is a fitting compliment to a weapon system that has served generations of Canadians at home, and Canada's foreign policy abroad for more than 55 years.



The CH12417 Sea King, with commemorative livery, sits side-by-side with the CH148817 Cyclone at 12 Wing Shearwater.

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Pride flag raised at CFB Halifax

CFB Halifax senior leadership and members of the CFB Halifax Positive Space Initiative Working Group gather to show their #HFXPRIDE spirit after a flag raising ceremony at Base Headquarters on July 19. Our Positive Space members are volunteers trained to become Positive Space Champions who strive to provide a welcoming and inclusive environment for everyone including members of the 2SLGBTQ+ community.

MARGARET CONWAY, CFB HALIFAX PUBLIC AFFAIRS



Trident reporter Ryan Melanson, and editor Virginia Beaton, celebrated three wins at the recent Canadian Community Newspaper Awards.

Trident Brings Home Awards

Trident Military Newspaper garnered three awards at the recent Canadian Community Newspaper Awards, finishing second in the competition for Best Canadian Forces Base Newspaper. Trident was also honoured for “Best Spot News Photo” and “Best News Feature Photo” in a competition with community newspapers across the country of similar distribution size.



This photo took second place for Best Spot News Coverage (circulation of 12,500 and over). Cadets from Royal Military College get a taste of life at sea during a day sail aboard HMCS Ville de Quebec. Cadets maintain their footing on the flight deck during speed trial maneuvers on May 3, 2017. Photo by MONA GHIZ, MARLANT PA



This photo placed Trident in third overall in its category for Best News Feature Photo (circulation 12,500 and over). A CH-124 Sea King maritime helicopter deploys flares during flight operations as HMCS St. John's crosses the Mediterranean Sea during Operation REASSURANCE, on May 22, 2017. Photo by LS OGLE HENRY, FIS



Trinity Det NOPFWI families celebrate Canada Day at Rocky Point, Whidbey Island

ALL PHOTOS BY LS STEVEN EPPLER

Canada Day (only just) south of the border

By LCdr Graham Collins,
outgoing CO Trinity Detachment Naval Ocean Processing Facility Whidbey Island

A mere two hours drive south of Vancouver and within sight of Vancouver Island is Whidbey Island, WA. There is a large US Naval Air Station (NAS) on the island and one of the lodger units is the Naval Ocean Processing Facility (NOPF). Thirty-seven RCN personnel are posted to the Trinity Detachment NOPFWI and every year they get together to celebrate being Canadian. This year the families gathered at the Rocky Point leisure facility just outside the NAS and overlooking the Straits of Juan De Fuca.

It was a fabulous sunny day and whilst the kids tired themselves out on the bouncy

castle, their parents enjoyed a BBQ, potluck dishes and liquid refreshments. Eleven personnel are posted back to Canada this APS, so the opportunity was taken to present kids that are leaving with Trinity Det Command Challenge Coins. Serving members were presented with engraved coin holders or plaques to commemorate their time at the NOPF. This was my and my spouse Alison's third and last Canada Day on the Island. We will be returning to Ottawa this APS. CPO2 Brown presented me with a 3D chart of the area.

Seth (L) and Camden (R) Pollard receive Challenge Coins from LCdr Collins, CO Trinity Det, and CPO2 Brown, Coxn Trinity Det.



LCdr Collins (left) receives a 3D Chart of Puget Sound from CPO2 Brown.



PO1 Marchand (left) receives engraved plaque from LCdr Collins.



MS Wood (left) receives a coin holder and challenge coins from MS Forest, Beaver Lodge president.

HMCS *Summerside* crew visits namesake city for annual Lobster Carnival

By Lt(N) Guillaume Desjardins,
HMCS *Summerside* OPSO

Seven crew members of HMCS *Summerside* visited their Namesake City during its annual lobster carnival from July 12-14, taking part in various cultural and charity events. In true island tradition, the crew were greeted with warmth and welcomed like family into the community. In fact, the crew was invited to participate in many of the carnival's events including the Biscuit and Roll competition, the Community BBQ, the Traditional Lobster Dinner and most importantly the Lobster Eating Competition and Cardboard Boat Race.

Summerside's Commanding Officer, LCdr Emily Lambert, was asked to be one of three judges for the Biscuit and Roll competition. LCdr Lambert sampled over 26 biscuits and rolls to crown both a biscuit and roll champion from amongst the many great participants with bragging rights at stake. She had this to say after the judging: "It was difficult to pick out the best biscuit and roll from so many wonderful entries. Thank you to all the participants for a little taste of heaven."

That same day, four members of *Summerside's* crew were randomly selected to take part in a Lobster Eating Competition with the aim of seeing who among the 10 participants could eat a lobster the fastest. The participants included SLt Steven Gallant, one of the ship's watch keepers, PO1 Mark Cyr, the ship's chief engineer who was eating lobster for the first time ever, LS Mike Gallant, a marine technician on board who hails from Summerside, and PO1 Adam Boone, the ship's coxswain. PO1 Boone placed second in the competition and was crowned winner after the first place finisher, Jim Cooke, a local fisher, relinquished his title in a show of good sportsmanship due to his extensive experience. Both the first and second place winners exchanged hats and shared seafaring tales. Regardless of how they finished, it's fair to say that all the participants were winners as no one ever loses when eating lobster.

The final event at the carnival was the long awaited cardboard boat race in front of a very large crowd. The ship had a lot to prove as they had been the first to sink the previous year and the RCN's honor was a stake. Armed with many, many rolls of Damage Control tape (Duct Tape), this year's entry looked formidable and ready to take on the field after being paraded through the streets of the city in the morning during the city's parade. After many intense races, the cardboard boat of *Summerside* sailed to victory and was crowned champion in front of what seemed like the entire city. In true RCN fashion, at the end



SLt Gallant and LS Gallant, aboard the cardboard replica HMCS *Summerside*, not only won the race but carried out a successful search and rescue mission for the crewmembers of the *Banana Splash* cardboard boat.

of the last race of the cardboard boat race, the replica cardboard boat HMCS *Summerside* turned around to go rescue the crew of the sinking *Banana Splash* cardboard boat. On completion of the races, an ensuing cardboard boat destruction derby was underway with the rest of the cardboard boats zeroing in on the ship and capsized the HMCS *Summerside* cardboard boat, raising a large cheer from the crowd.

When not otherwise engaged in cardboard warfare or eating, the crew assisted the local volunteers with serving the famous lobster dinner and helped to sever up hot dogs at the community BBQ. Lorri Ellis, manager of heritage and culture for the city of Summerside had this to say about the crew's participation: "Having HMCS *Summerside* personnel involved and supporting our Lobster Carnival means a great deal to our staff. All involved were wholeheartedly giving of their time. They did it with smiles, professionalism and most importantly with heart. Their help means more than words can say. Thank you."

The trip also gave the team an opportunity to meet with the City's Mayor, Bill Martin, where we discussed what was going on in the city of Summerside and upcoming projects, while seated in the council chambers of city hall. It was quite apparent that the city had made some significant progress and the sense of community and the pride that residents feel about their beloved

local Royal Canadian Legion Branch 5 in support of Generation XX, a local youth support center. Finally, the command team was invited to Summerside's Boys and Girls Club annual celebrity gala dinner where they presented a charitable donation on behalf of the entire ship company, the donation having been collected by the ship during the year.

After this whirlwind visit, all crewmembers departed the community with a greater appreciation of the island's charm and hospitality leaving behind new friends while also strengthening the bonds between the ship and its namesake city, and enjoying bellies full of lobster.

Following the ship's visit, the ship received the following email message from Marlene Campbell, organizer of the Lobster Carnival.

SUBMITTED

"Again I just want to thank the members of the crew of HMCS *Summerside* who came to Summerside to be part of the 62nd Lobster Carnival. Your presence really added to the carnival atmosphere, and we've had nothing but positive feedback from the public about your involvement. The crew made every event they were involved with so much more fun for everyone. Our volunteers really enjoyed working with each of you at the suppers. I felt rather bad asking you to work, but the crew just made it fun for everyone. We will truly miss having you next year."

city was discussed. The crew also had the chance to visit the Summerside Fire Hall and to learn about the large volunteer firefighter crew from volunteer firefighter Jim McCausland. The crew was also able to re-connect with Mrs. Theresa Gallant, *Summerside's* ship's sponsor, and daughter Bonita Gallant. The meetings with the City's Mayor and ship sponsor gave the crew the opportunity to highlight what the ship had been up to in the last year, and all of its successes.

The following day, the crew was able to give back to the community by helping serve a pancake breakfast at the





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Up in the air with the Shearwater Radio Control Flyers' Club

By Cpl Brian Watters,
12 Wing Imagery Services

The Shearwater Radio Control Flyers, a military club, held a Fun Fly at the decommissioned runway of 12 Wing Shearwater on the weekend of July 14.

I had an opportunity to capture some video and photos while attending the event, and took a few moments to interview the president of the club, and recently retired Capt Vic Ruzgys.

This is the transcript of his remarks from that interview:

"My name is Vic Ruzgys, I'm the president of the Shearwater Radio Control Flyers. Today is our annual 'Fun-Fly. It's an open event to members of any other radio control clubs, and an opportunity to showcase our club, our flying site, and is also open to any spectators that might be interested in viewing.

This event is actually an annual event, typically held in the middle of July, as opposed to our regular flying which happens here on weekends – every Saturday, Sunday (and holidays), weather permitting, starting typically in May, until the weather gets a little too cold for us in November.

In the wintertime when the outdoor flying comes to a halt, we have the opportunity to use the Shearwater gymnasium to fly indoors. We have special models for that, which are small, lightweight and typically fly slower.

Our annual event is held as an opportunity to get members of different clubs together, and just enjoy a day of flying, as well as the camaraderie of a bunch of RC flyers all in one place at one time. Most RC clubs have an an-



A lineup of radio controlled jets, their pilots, and visitors who came to watch.

CPL BRIAN WATTERS, 12
WING IMAGERY SERVICES

Some out of province RC model flyers set up brought their own accommodations, and will travel on to other events throughout the Atlantic Provinces this summer.

nual Fun-Fly throughout the year, so this is our event here at Shearwater.

We very much encourage new members, whether they be experienced flyers coming from other areas, or anybody who's never flown before. We have a training program here at the club, as well as training aircraft and qualified instructors that are available to teach people how to fly radio control.

The training system involves two radios connected electronically so that the instructor is basically flying with you and can readily take control if you start to get into trouble. So if you have no flying experience whatsoever, you are still able to learn at a gradual pace, without fear of crashing.

We are a military club, but we are allowed a 50% ratio of non-military



members, and we certainly encourage any people interested to contact us.

Transport Canada, in the last year or so, has come down with some fairly rigorous regulations about where and how you can fly radio controlled model aircraft, which means that most areas are now out of bounds for that sort of flying. The benefits of joining a club such as ours, is that we have a sanctioned airfield here, where we are permitted to fly under the auspices of the Model Aeronautics Association

of Canada (MAAC). We are therefore not bound by a lot of the restrictions that you would find outside of a sanctioned model airfield. So that's the biggest benefit of joining a club."

For more information on the Shearwater RC Flyers, please visit their Facebook page by searching Shearwater Radio Control Flyers, or visiting www.facebook.com/groups/shearwaterrcflyers

The video can be seen on YouTube at <https://youtu.be/D0tukpc6MrQ>



Seventy-nine-year-old Jim Lloyd, a member of the Saint John, NB Flying Club with the 1/5 scale Warbird he assembled between January 1 and June 2010. Lloyd spent the weekend camping out on the decommissioned runway with his wife Pamela. He emigrated from England in 1977, and recalls flying rubber band aircraft as a child. Jim's Warbird has flown 160 flights so far.

CPL BRIAN WATTERS, 12 WING IMAGERY SERVICES



Vic Ruzgys is the President of the Shearwater Radio Control Flyers Association, and is happy with this year's turnout to the annual Fly-In / Air Show.

CPL BRIAN WATTERS, 12 WING IMAGERY SERVICES

NAVRES boss celebrates 'extraordinary' days in Victoria

By Peter Mallett,
The Lookout Staff Writer

Two senior naval officers at CFB Esquimalt relinquished their commands last week, and are now going down separate career paths, but doing it together.

Married couple Commodore Marta Mulkins and RAdm Jeff Zwick have signed over their commands, packed their household, and are set to move to Ottawa.

For Cmdre Mulkins, it is the Naval Reserve (NAVRES) Command that she handed over to Cmdre Michael Hopper. Having reached the pinnacle of her 33-year career, she heads back to civilian life and a job in the Federal Public Service.

The day before her change of command, RAdm Zwick, her husband of 12 years, relinquished his command of Canadian Fleet Pacific to Cmdre Angus Topshee.

RAdm Zwick's next charge is Chief of Force Development, a Vice Chief of the Defence Staff branch position at NDHQ.

Even though she's heading full-time into a civilian job, Cmdre Mulkins

will keep one foot in the naval reserves, serving as a part-time sailor.

"I would say commanding NAVRES has probably been one of the richest, most rewarding experiences of my life," said Cmdre Mulkins. "Being based in Victoria and in the heart of Maritime Forces Pacific and working with its fantastic leaders and staff has just been simply extraordinary."

As head of NAVRES she managed the 24 Naval Reserve stone frigates and approximately 3,000 reserve sailors. While that might seem impressive on its own, one might argue her greatest achievement is ploughing pathways for women in the navy.

In 2003, she became the first female officer to command a warship in the Royal Canadian Navy, serving as commanding officer of HMCS *Kingston*, and then later headed Ottawa's Naval Reserve Division HMCS *Carleton*.

Other notable postings in her work portfolio include being head of Strategic Communications at National Defence Headquarters in Ottawa and a six-month deployment to Afghanistan in 2006 as a member of the strategic

advisory team on Operation ARGUS.

Like most reservists, she has worked two career streams, sometimes simultaneously. Supporting this multi-career path, she says, should be the central theme as the Naval Reserve plots a course for the future in hopes of meeting Canada's Defence Policy *Strong, Secure, Engaged* goal of 1,500 more Naval Reservists.

"It has been my mantra from day one: the reserves must remain an endeavour that is worth people's time and energy because it is so discretionary. We enable people to reach their potential, get the training, education and employment opportunities they need. We have been key enablers to make sure the naval reserves continue to be that highly skilled, high output force that the Canadian Armed Forces requires."

In collaboration with her husband, Cmdre Mulkins met that goal with the creation of the Naval Security Team, an all Naval Reserve force protection team trained to defend Canadian naval assets when alongside overseas.

"We were two Commodores working for the same boss and had mandates

that made it necessary for us to collaborate regularly. It's one of the great things about our relationship in that we have so many shared interests in the navy."

A closing chapter as Commodore was her trip to Fiji this spring to visit the Naval Security Team on post protecting HMCS *Vancouver*. Cmdre Mulkins offered her encouragement and best wishes to sailors of the Republic of Fiji Navy, who enrolled their first female sailors in February. Although it was an informal sit-down, she was able to impart some guidance to these female trailblazers.

"I got a chance to talk to the Fijian sailors about how important gender integration is and the significance of what they are doing," said Cmdre Mulkins. "I'm sure the Fijian Navy will be offering a great career path for their recruits and they are now being offered an opportunity to reach their potential. 'Go for it,' I told them 'and have the best career you can.'"

That advice is something Cmdre Mulkins has lived throughout her career.



Wound Stripe presented nearly 30 years after injury

Thanks to the efforts of JPSU and IPSC staff, a Wound Stripe was recently presented to a retired RCAF Captain for injuries he suffered in 1989. While deployed to Syria and the Golan Heights, Capt (ret'd) Patrick Ryan, CD, was injured due to hostile enemy actions received in honourable circumstances in a special duty area while serving on a United Nations Operation, qualifying him for the Wound Stripe. The Sacrifice Medal replaced the Wound Stripe for members of the Canadian Armed Forces in 2008. In attendance for the presentation were members of JPSU/IPSC, 12 Wing Commander Col Sid Connor, 12 Wing CWO David Hepditch and Capt (ret'd) Ryan's Wife Cindy. The couple traveled from their home in Debert for the occasion.

IPSC



12 Air Maintenance Squadron welcomes new Commanding Officer

LCol Tara Willis, incoming Commanding Officer of 12 Air Maintenance Squadron, salutes during the Change of Command Parade held on the 423 Squadron hangar floor on July 5, 2018. Col Sid Connor, Wing Commander 12 Wing Shearwater, presided over the signing of the Change of Command certificates between outgoing Commanding Officer LCol Brian Payan and LCol Willis.

CPL JENNIFER CHIASSON, 12 WING IMAGERY SERVICES

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Des soins de santé dans des conditions difficiles : les techniciens médicaux des FAC expliquent leur rôle pendant l'Op PRESENCE - Mali

Par le Cpl Alexandre Gagné et le Cpl Marjorie Matte,
Techniciens médicaux du 25e Centre des Services de santé des FAC

Être les premiers techniciens médicaux (médics) des FAC en déploiement à Gao au Mali implique plusieurs difficultés. La chaleur, la poussière, le manque de ressources, le niveau de danger, les délais et les communications manquantes rendent notre travail plus complexe et nous devons faire preuve de débrouillardise.

L'entraide est certainement notre plus grande force, ce qui nous permet, entre autres, de faciliter notre adaptation aux nouvelles conditions de cet environnement. Tous les quarts de métiers doivent travailler ensemble vers un but commun qui est l'ouverture du camp pour les canadiens.

Nous avons reçu beaucoup d'aide de la part des allemands qui sont présents sur le camp depuis déjà plusieurs années. Même avec des ressources limitées, le travail d'équipe nous permet d'être plus efficaces. Nous recevons aussi beaucoup de compréhension et de confiance de la part des superviseurs. En étant valorisé dans notre travail, nous pouvons donner un meilleur rendement. De plus, la camaraderie dans une situation comme celle-ci est beaucoup plus facile. Les liens d'amitiés se créent plus rapidement, sans nécessairement tenir compte des grades. Ici, tous les militaires doivent donner un maximum d'efforts, quel que soit la tâche car on est tous ensemble dans le même desert.

La communication sur le camp est difficile. Nous n'avons pas accès au réseau cellulaire, ni aux réseaux sociaux. Quelques minutes par jour avec un téléphone satellite nous permettent de donner des nouvelles à nos familles. Nous pouvons toutefois profiter de la cafétéria du camp où nous mangeons bien. La température ressentie frôle parfois les 50 degrés Celsius. Heureusement, nous avons la chance d'avoir l'air climatisé dans l'hôpital rôle 1 que nous sommes venus installer et dans les tentes où nous dormons. Parfois, le sommeil est plus difficile lors des tempêtes de sables Haboob ayant des vents de plus de 100 km/h. Le temps de douche est limité à deux minutes par jour, mais

au moins nous avons de l'eau chaude (haha!).

Au niveau médical, l'environnement ne permet pas toujours d'avoir des techniques propres ou stériles, donc plus de précautions sont nécessaires. L'installation de l'hôpital rôle 1 a aussi été un défi compte tenu de ces conditions, de l'espace disponible, et du matériel qui arrivait un peu à tous les jours. L'expérience que nous avons acquise au courant des années précédentes nous a permis de palier aux difficultés rencontrées. Comme nous n'avons pas de distractions extérieures, nous sommes davantage axés sur les tâches de la mission dont le contact avec les patients, qui eux, sont très respectueux du travail que l'on fait. Étant donné le niveau de menace, nous devons toujours être prêts à toute éventualité.

Toutes ces conditions réunies ont le pouvoir d'augmenter la maturité d'un médic, tant au niveau militaire qu'au niveau des aptitudes médicales. L'opportunité que nous avons eu de vivre cette expérience sera gravé dans nos mémoires et nous repartirons fièrement d'ici avec une corde de plus à nos arcs.

Health care in austere conditions: CAF medical technicians explain their role during Op PRESENCE - Mali

By Cpl Alexandre Gagné and Cpl Marjorie Matte,
medical technicians, 25 CF H Svcs C

Being the first CAF medics deployed in Gao, Mali involves a number of difficulties. The heat, dust, lack of resources, danger level, delays and lacking communications make our work more complex and force us to become resourceful.

Helping each other is definitely our strength, enabling us to adapt more easily to the new conditions of this environment. All the trades have to work together on a common goal, which is opening the camp for Canadians.

We received a lot of help from the Germans, who have been at the camp for several years. Even with limited resources, teamwork increases our effectiveness. Our supervisors are understanding and have confidence in us. Being valued in our work, we can give our best. In addition, camaraderie comes more easily in a situation like this. Friendships are forged more quickly, without necessarily taking rank into account. Here, all soldiers must give it their all, regardless of the task at hand, as we're all in this together in the same desert.

Communication in the camp is difficult. We don't have access to a

cellular network or social networks. A few minutes per day with a satellite phone enables us to give our families some news. We can also use the camp cafeteria, where we eat well. The temperature sometimes reaches as high as 50 degrees Celsius. Fortunately, we have air conditioning in the rôle 1 hospital we came to set up and in the tents where we sleep. Sometimes, sleep is more difficult during haboobs, sand storms, with winds reaching over 100 km/h. Shower time is limited to two minutes a day, but at least we have hot water (haha!).

At the medical level, the environment doesn't always allow for clean or sterile techniques, so more precautions are needed. Setting up the rôle 1 hospital was also challenging because of the conditions, available space and equipment that trickled in bit by bit each day. Experience acquired over the years enabled us to overcome the difficulties we encountered. Since we have no external distractions, we are more focused on the mission tasks, including contact with patients, who are highly respectful of the work we do. Given the threat level, we need to be prepared for every eventuality.

As a result of these conditions, medics mature as soldiers and hone their medical skills. We will never forget the opportunity we had with this experience, and we will be proud to leave here with one more tool in our toolbox.



Medical personnel with Operation PRESENCE-Mali show off the medical branch flag at the new Role 1 facility at Camp Castor in Gao, Mali. Des membres du personnel médical de l'opération PRESENCE-Mali présentent le drapeau de la Branche des services de santé à la nouvelle installation de rôle 1, au Camp Castor, à Gao, au Mali.

CANADIAN FORCES COMBAT CAMERA

RAdm Truelove savours career in RCN

By Peter Mallett,
The Lookout Staff Writer

Five days after his 55th birthday, Canada's Defence Staff Attaché to Washington, RAdm Bill Truelove called it a career and set out on a new, uncharted course: his retirement.

A Change of Command ceremony was held at the Embassy of Canada, Washington, DC, July 19, presided over by the Vice Chief of the Defence Staff, LGen P.F. Wynnyk. RAdm Truelove handed over his duties to Major General Simon Hetherington.

RAdm Truelove says he savoured and enjoyed every moment of his days in the Royal Canadian Navy (RCN), including his final appointment as Canada's Defence Attaché to the U.S.

"To come here to Washington, D.C., and culminate my career as Defence Attaché has been incredible," said RAdm Truelove during an over-the-phone interview. "Our military enjoys a great historical relationship with the United States military and these indeed have been interesting times to be here."

For three years he worked as the senior accredited military officer representing the CAF in Washington. Top of his agenda was maintaining and strengthening Canada's relationship with the United States military and advising David MacNaughton, Canada's ambassador to the United States.

In his posting, he and his wife Brenda became deans of the Washington Corps of Military Attachés, leading an organization that includes military representatives of 120 nations.

The Change of Command closes a 37-year career. While his career

finishes in the United States, his last appointment in Canada was Commander Maritimes Forces Pacific and Joint Task Force Pacific.

He might never have reached that pinnacle position if it weren't for helping hands early in his career. A vision problem was discovered in his left eye while he was attending Royal Roads Military College. It nearly led to his discharge. If not for the support of Royal Roads Commandant, Captain Bill Draper and RAdm Bob Yanow, RAdm Truelove says his career would have been different. It's this story that has him encouraging the younger generation of sailors to stay the course, overcome the obstacles, and follow in his wake, as an adventurous career can be had in the navy.

"The navy and the CAF represent an incredible way to serve your nation and to do interesting and exciting things around the world," he said. "You can learn and grow, there are great leadership opportunities, and the military offers a great, supportive environment to raise a family and provide for them."

He knows of what he speaks. His father was a naval officer, retiring at the rank of LCdr. He encouraged his son to enlist in the navy.

RAdm Truelove admits to being hooked on life at sea from the beginning: first as a young cadet aboard sail training vessels at the Naval Officer Training Centre HMCS *Venture* and then later aboard RCN minesweepers.

"My first taste of it all and the excitement of being at sea with great shipmates, travelling around the world and doing exciting things was unmatched for me."

He completed his training aboard

HMC Ships *Chaleur*, *Fundy*, *Saskatchewan* and *Qu'Appelle*. In 1986 he served as Bridge Watchkeeper, Navigation Officer and Above Water Warfare Officer aboard *Athabaskan*. He commanded his first vessel in 1997 when he took the helm of *Chaleur*, and in 2003 he assumed command of *Regina*.

Notable overseas deployments during his career include seven months in the Adriatic Sea when the RCN took part in the United Nations embargo of the former Yugoslavia; a five-month deployment to the Persian Gulf in support of Operation APOLLO, part of Canada's contribution to the war on terrorism; and a nine-month deployment to Kabul, Afghanistan, as the Deputy in the Strategic Communications Directorate.

While attending Naval War College in Newport, Rhode Island, as a member of the Naval Command College Class of 2005, he also obtained a master's degree in International Relations at Salve Regina University. Later that year he was appointed Canadian Forces Naval Attaché in Washington before returning to Esquimalt in 2006 and assuming command of Maritime Operations Group Four. He was promoted to Commodore in 2009 and served as Commandant Chancellor of Royal Military College until 2011 before his final promotion to his current rank in 2012 when he was named Commander Maritime Forces Pacific.

Although he faced some rough seas during his command in Esquimalt including the collision and fire aboard *Protecteur* in 2013, there were also many successes. He points to the implementation of the Halifax-Class Modernization program and

structural renewal projects at Fleet Maintenance Facility Cape Breton and elsewhere on base as some key developments in Esquimalt during his tenure.

RAdm Truelove says the construction projects and changing face of Dockyard pale in comparison to the transformation of Canada's navy as an organization, which has occurred during his career. He characterized the navy his father served in, and the one he began with early in his career, to being "rougher around the edges."

"It's amazing to see how we have evolved; the professionalism, focus on a healthy lifestyle and fitness, and the level of investment in training and education and new leadership models," said RAdm Truelove. "We have taken major steps in the reserves, with our civilian workforce, and have developed a greater understanding of the critical role families play in our success."

He says the accomplishments and success of the organization also serve as a great departure point for him, although he doesn't like to use the word "retirement."

He hopes to stay active and engaged on the road ahead instead of "just putting my feet up for an extended time." Staying busy will include continuing to support mental health non-profit Give an Hour, which provides free-of-charge care through its network of health professional volunteers.

He and his wife Brenda are looking forward to moving back to Canada and their home in Ottawa. They also plan on taking a trip to Victoria and reuniting with their two children, Anthony and Ashley.



12 OSS has Change of Command

The 12 Operational Support Squadron Change of Command took place on July 5, 2018 with the outgoing Commanding Officer, Col Liam Cox, welcoming the incoming Commanding Officer, LCol William Reyno during a parade on the hangar floor of Shearwater Hangar 342. Col Sid Connor, Wing Commander 12 Wing, (centre), LCol Reyno (left), and Col Cox (right) sign the Change of Command Certificates with 12 Wing Chief Warrant Officer David Hepditch and 12 OSS Master Warrant Officer Cruikshank behind.

CPL JENNIFER ROBINSON-MCGUIRE, 12 WING IMAGING SERVICES

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Team Canada unveiled in Halifax ahead of 2018 Invictus Games

By Ryan Melanson,
Trident Staff

The Invictus Games comes with all the excitement of a large international sporting event, including stadium venues, cheering fans, and skilled competitors from around the world.

Unlike at other events, however, Invictus Athletes focus less on getting the top results or engaging in fierce competition. For them, the games are about overcoming adversity, and the role of sport and camaraderie in a successful recovery.

"This is less about medals, and more about the triumph of the human spirit," said Michael Burns, an Invictus Games board member and CEO of the 2017 games in Toronto.

"These are men and women who have served their country with great distinction, and all of them, as a result of their service, have been injured in some way. For some, they're about to have their first opportunity in years to put on a Canadian uniform and wear that maple leaf with pride."

Burns was in Halifax on July 25, along with Invictus athletes, coaches and volunteers, for the team's final group training camp before the 2018 Invictus Games, being held in Sydney, Australia October 20-27, as well as for the official announcement of Canada's 2018 team.

Founded in 2014 and with subsequent events in 2016 and 2017, The Invictus Games is a multi-sport competition in which all participants are serving or retired military members who have overcome an injury or illness in order to participate. Canada's 40 athletes will compete against more than 500 competitors from 18 other nations, in adaptive sports like wheelchair rugby and basketball, cycling, track, sailing, archery, powerlifting and more. Canada's team in Australia, managed and selected through the Soldier On program from a pool of hundreds of applicants, will include 18 serving and 22 retired CAF members.

Team Captain Maj (ret'd) Robert Hicks described the group as representative of all three CAF elements, with diverse backgrounds and different experiences with injury, illness and recovery.

"But what's shared is that everyone here has sacrificed in service of their country, whether their injuries were physical, or involved mental health,



The roster for Canada's 2018 Invictus Games team was unveiled at HMCS Scotian on July 25, with all team members and their families in Halifax for the announcement.

SOLDIER ON

Invictus Games Team Canada members play wheelchair basketball at STADPLEX as part of the team's training camp in Halifax in preparation for the 2018 Invictus Games in Sydney, Australia.

SOLDIER ON

or a combination of the two," he said, adding that the training sessions at different venues around Halifax have already begun pushing members of the team to their limits and past previous obstacles. Venues for the training camp included the STADPLEX, Dockyard and Shearwater gyms, as well as MacDonald Beach, the Royal Nova Scotia Yacht Squadron, and Beazley Field in Dartmouth.

"We're going to continue to train hard and smart, and we're going to

show the rest of Canada and the world what it means to be truly Invictus," Maj(Ret'd) Hicks said.

BGen Mark Misener, Commanding Officer of the Joint Personnel Support Unit and Mission Head for Canada's Invictus team, was also in Halifax for the training camp, and said he's been inspired by the dedication shown from Team Canada so far. For some, being in Halifax among peers and overcoming social isolation is a success in its own right, with the physical training

adding to the intensity of the week.

"These athletes have faced great diversity and they've met that challenge. They've actively chosen to bolster their recovery through sport, and through reconnecting with family, peers and community," he said.

Canadians are encouraged to follow along with Team Canada on social media as the athletes continue to prepare for October, and to tune in on television and online for the main event in Sydney this fall.



Last chance to register for Navy 10K

By Ryan Melanson,
Trident Staff

With less than two weeks to go before the 2018 Navy 10K Run on August 19, those who haven't registered yet are encouraged to dust off their running gear and sign up for either the 5K or 10K route through Halifax's North End.

Registration for the race is only \$30 for CAF members and \$40 for civilians, with registration for the 1.25K and 2.5K kids runs also available for \$20. An extra \$5 fee will be added for those who register in person on race day.

The early bird registration prize was recently drawn for, with LS Raymond Kwan of HMCS *Halifax* taking home a \$500 travel voucher from Via Rail, but registering now will still put you in the running for great draw prizes taking place after the race, as well as the prizes for the fastest runners. There isn't much time left for training, but running clinics are continuing on Tuesday mornings at Porteous Field, starting at 8 a.m., and runners are also meeting on Thursday mornings at 8:15 a.m. outside building S15 to run the entire 5K race route.

For those out of town or posted away from Halifax in August, PSP



Participants head south down Gottingen Street during the 2017 Navy 10K Run. This year's race takes place on Sunday, August 19.

RYAN
MELANSON,
TRIDENT STAFF

is also offering a virtual run option, allowing you to participate in the Navy 10K from anywhere in the world while still being eligible for draw prizes. Runners are advised to register as usual, plan out a 10K route,

choose a completion date, and contact PSP to make it official and have your registration switched to a virtual run.

Full guidelines on the virtual run process, as well as general registration and race information, can be

found on <http://raceroster.com>. Things kick off at 7:45 a.m. on August 19 for the kids, while the main race starts just outside the Stadacona gates on Gottingen Street at 9 a.m.

AUGUST 19, 2018

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15 Hacking it

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20 "... hear -- drop"

21 Showing on television

22 Move heavily

23 Krispy Kreme treats

25 Campbell's product

27 "-- vincit amor"

28 Left dreamland

30 Ireland's -- Lingus

31 China's Mao -- -tung

32 Aficionado

33 Sorrow

36 Longtime "Family Circus" cartoonist Keane

38 Entertainer Merman

40 Kellogg's cereal

42 "Pep O Mint" brand

44 Whoop

45 Tall buildings

47 Bowl stats

48 Times to remember

51 HP or Acer products

53 With 72-Down, purring pet that doesn't go outside

55 River of Aragon

59 Stadium snacks

63 Attach, as a sequin

65 Bull battler

66 Objectivist Ayn

67 Back of a 45

69 Course: Abbr.

70 "Ran" director Kurosawa

71 It's baked in a tube pan

73 Marine milieu

75 Advent mo.

76 Hoity--

78 Mata -- (Garbo role)

79 Run, as an art exhibit

80 New Jersey borough east of Paramus

82 They're often pimientostuffed

84 End of a 1/1 song

85 Strip, in a way, as shrimp

88 Some drops on crops

89 Untidy state

90 Extra charge

92 Generational disparity

95 Church part

97 Deep-fried side

101 Trattoria entree

106 "You got it!"

107 Orthodox beginning?

108 19-season Yankee Rivera

109 Succor

110 TGIF's "I"

111 Fond du --, Wisconsin

113 Big name in drug indexes

114 Chose (to)

116 Ingredient in a Cuban sandwich

120 Supermarket chain only selling items like the 10 featured in this puzzle?

123 Leaning Tower locale

124 Banish

125 Liveliness

126 Ballet wear

127 Director Preminger

128 Potato chips, in London

129 Cuts, as logs

130 "Hold it!"

DOWN

1 Fraud figure Bernard

2 Slugger Roberto

3 "Search me"

4 Wise trio

5 Oversaw

6 Kwik-E-Mart operator

7 1980s brand of jeans

8 Like dirty floors

9 To-do list

10 Fully mature

11 Writer Levin

12 Camel, e.g., for short

13 Gulp down quickly

14 "Permit Me Voyage" author

15 Relevant

16 Joyous

17 Less binding

18 Ford flops

24 Hurry

26 Walk along

29 -- buco (Italian dish)

34 NFL luminary

35 "La -- Vita"

36 Emu or owl

37 In the event that it's true

39 RCA product

41 Pearl producer

42 SLR's "L"

43 Treasured violin, in

46 #1 hit for the Troggs

48 Spanish political units

49 Breeding colony of penguins

50 Eritrean, e.g.

52 Proud walk

54 Sheriff Taylor's son

56 Rob (of)

57 Spins

58 Fusing result

60 Ramble on

61 Madcap

62 Get finished

64 Capital of South Korea

67 NFL's Starr

68 Did slaloms, say

71 Digestion aid

72 See 53-Across

74 Yalta's peninsula

77 Less young

79 It may hold Holsteins

81 Clear up, as a mirror

82 Slapstick fight missiles

83 "Strawberry Wine" singer Carter

86 Windmill part

87 Kellogg's cereal

91 Hydroxyl compounds

93 On -- with

94 Settles (on)

96 Parody

97 San Luis --

98 Dodo

99 Demand

100 Six- -- (sub shop sandwich)

102 Inventor Tesla

103 Didn't play in the game

104 Linked with

105 Tallies

108 Bumps into

112 "T.N.T." rock band

113 No. on a new car's sticker

115 Paunches

117 -- Tome and Principe

118 Commercial start for Pen

119 Series of Canon cameras

121 Trial concern

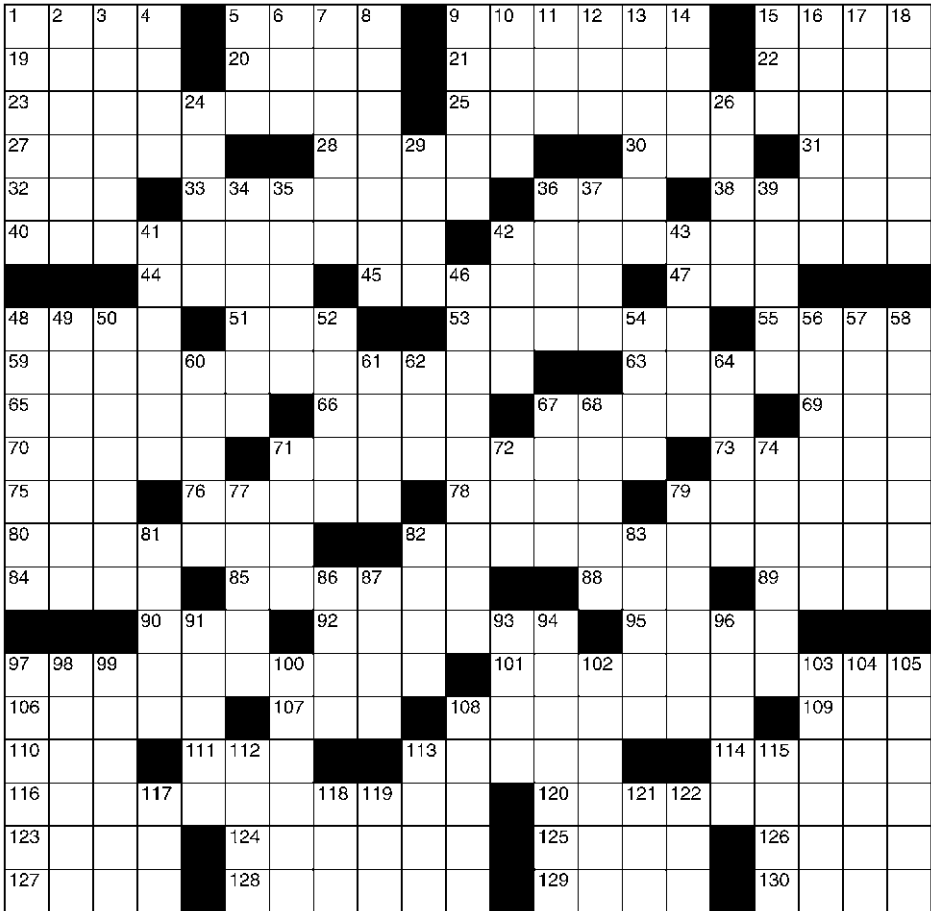
122 Jr. officer

Op PRESENCE personnel and Nijmegen March



Canadian, Dutch, and German military members participate in a shortened version of the Nijmegen March, completing 30 kms on the third of four days at Camp Castor in Gao, Mali on July 19, 2018.

MCPL JENNIFER KUSCHE



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