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TRIDENT

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



Fireworks and festivities

HMCS Oriole lies alongside in Port Colborne, Ontario as fireworks celebrate 2018 Canal Days, highlighting Port Colborne's marine heritage. The sail training vessel was in port as part of its 2018 Great Lakes Deployment on August 5, 2018.

MCPL NEIL CLARKSON, FIS



HMCS Oriole visits communities Pg. 3



Ex RIMPAC 2018 winds up Pg. 8



Updates from Op REASSURANCE Pg. 10



Soccer gold for Halifax Mariners Pg. 20



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Shearwater celebrates 100 years with new Aviation Park

By Ryan Melanson,
Trident Staff

As 12 Wing Shearwater officially celebrated its 100-year anniversary from August 1-3, members of the defence community gathered for a special 100th Anniversary Dedication Parade and the grand opening of the new Shearwater Aviation Park, dedicated to the thousands who have contributed at the air base through the years and made sacrifices in service to Canada.

"The park is a culmination of the hard work and dedication of the members of the maritime aviation community, who have defended and protected Canadian airspace, and who have contributed their skills toward international peace and security," said BGen Lise Bourgon, the Director General Operation of Strategic Joint Staff, who travelled to Shearwater for the centennial festivities and to preside over the dedication parade.

The Shearwater Aviation Park itself includes three historical aircraft that will remain on display outdoors, a CT-133 Silver Star, a Grumman Avenger and a CH-124 Sea King, along with a number of plaques and historical monuments with information on Shearwater squadrons and operations. It sits directly across the road from the Shearwater Aviation Museum, which will also be receiving two more Sea Kings to be included in indoor static displays.

BGen Bourgon, a former Sea King pilot and former Wing Commander at 12 Wing Shearwater, said she was honoured to be invited back for the occasion. She spoke about Shearwater's long history with the Sea King, which saw her deploy with HMC ships *Preserver*, *Ville de Quebec*, *Toronto* and *Montreal*, as well as the excitement that's arrived with the transition to the CH-148 Cyclone.

"With state of the art technology, this aircraft is at the forefront of modern warfare, and will be the most capable maritime helicopter in the world," she said.

"It will allow 12 Wing Shearwater to continue to serve the Royal Canadian Air Force and Royal Canadian Navy with flying colours."

Other speakers at the parade included Cmdre Darren Garnier, representing MARLANT and the RCN, as well as HCol Donald Julien, who brought well wishes on behalf of Mi'kmaq veterans and the wider Mi'kmaq community, as well as Halifax Mayor Mike Savage.

Celebrations through the week also saw a day of historical workshops at the wing, featuring speakers that included a former Air Force Commander in LGen (ret'd) Larry Ashley, former Commanding Officers of local squadrons, and others, delivering presentations on historical aircraft like the Curtiss HS-2L flying boats, the Grumman Avenger and Tracker, and Sea King itself.

A gala dinner was also held on August 2, with current and former members of the maritime aviation community gathering at the new Halifax Convention Centre to mark the 100-year milestone in style. Special guests at the event included Lee Byrd, the granddaughter of US Navy Admiral Richard Byrd, the first officer to command the air station at Shearwater in 1918, along with LGen (ret'd) Ashley, and Col (ret'd) John Cody, who served as Wing Commander in Shearwater during the mid 1990s, overseeing the downsizing and transition to a helicopter-only air station.

Cmdre Garnier referenced those changes, along with other challenges faced at the wing over the years, in his remarks at the anniversary parade. The ability of personnel to persevere through those tough moments, and the ongoing strength of the Shearwater aviation community, is one of the reasons the base has had longevity, he said. It is Canada's second oldest military airfield, surpassed only by CFB Borden.

"There have been challenges and changing relationships along the way, but here we stand," Cmdre Garnier said.

"Maritime aviation has never been stronger. We're moving proudly into a new decade and a new century of excellence. The airmen and airwomen we see before us are the ones who are going to bring us that capability."

12 Wing personnel on parade in front of the new Shearwater Aviation Park on August 2, as part of the Wing's 100th anniversary celebrations.

RYAN MELANSON, TRIDENT STAFF



Col Sid Connor, Wing Commander 12 Wing Shearwater, speaks during the 100th Anniversary Gala Dinner at the Halifax Convention Centre on August 2.

LS BRAD UPSHALL, 12 WING IMAGING

HMCS Oriole on display during Canal Days in Port Colborne

By Lt(N) Bill King,
Public Affairs Officer

Over 4000 visitors to Port Colborne during Canal Days this past weekend flocked aboard HMCS Oriole for free public tours provided as part of the Great Lakes Deployment (GLD).

Built in 1921, Oriole served as the flagship of the Royal Canadian Yacht Club racing out of Toronto until it was gifted to the Navy League to provide a training platform for sailors during the Second World War. Later commissioned into the RCN in 1952, the ship continued to serve as a training vessel based in Esquimalt, B.C. until being sailed through the Panama Canal to Halifax last summer and undergoing a refit.

In its new role sailing out of Halifax, Oriole serves as both a sail training vessel and a piece of Canada's naval history open for public tours, often in ports that seldom see an RCN vessel. The permanent crew of nine RCN sailors is augmented with changing groups of sea cadets and reservists to make 21 sailors on deck. Although modern navigation aids and safety gear have been fitted, the sailing gear is rigged and operated much as when she was originally built, thus providing for hands-on seamanship training.

"We take on new cadets Sunday night and train them in how to rig and sail the boat. It takes four or five of them braced on the deck to pull in one sheet, and then secure it and get out from under the line safely. Just when they're getting good we swap them for a new group the next week and do it again," said Oriole's Cox'n, PO1 Scott Harrod.

Canal Days was first held in 1979 on the 150th anniversary of the opening of the original Welland Canal. This marine heritage festival continues to attract tall ships from around the



LCdr Drew Foran Commanding Officer (1st rear left) of HMCS Oriole, and Susan Freeman (2nd rear left) great niece of George Gooderham, the original owner of Oriole, pose with cadets and crewmembers aboard HMCS Oriole prior to Port Colborne Canal Days during the vessel's 2018 Great Lakes Deployment on August 5, 2018.

MCPL NEIL CLARKSON, FIS

Great Lakes. "As a tall ship, Oriole is a piece of Canada's history that attracts an audience. The GLD is intended to provide Canadians an opportunity to visit our ships and speak with RCN sailors. I'd like to continue to show Oriole off at festivals like this one on the Great Lakes next year," said Commanding Officer LCdr Drew Foran.

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



Cadet Bryce Garrioch puts the finishing touches on cleaning the hull of HMCS Oriole prior to participating in Port Colborne Canal Days deck tours.

MCPL NEIL CLARKSON, FIS

NAME	JOHNSON, JANINE //
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LOCATION	HALIFAX //
TITLE	SECURITY GUARD //
SERVICE	2012-PRESENT //

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TRIDENT

Publication Schedule for 2018

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

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Community Calendar

Reunion and event notices must be submitted by email.

editor@tridentnews.ca include the sender's name and phone number.

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

Tuesday Night Tunes

Time: 7 p.m.

Date: Tuesday, August 28

Location: Maritime Museum of the Atlantic

For the final event in this weekly series of free summer concerts, the Maritime Museum of the Atlantic is welcoming back three of its most popular performers. Ann Fearon, Vince Morash and James Crouse make up the trio known as Put the Kettle On. Fearon, an award winner at the 2010 Lunenburg Folk Harbour Festival Songwriting Competition, is a new addition to the group, with her blend of Celtic and traditional tunes sure to provide a great addition to the ensemble. The Tuesday Night Tunes are a cooperative venture between the Maritime Museum of the Atlantic and Develop Nova Scotia.

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.

Author's Stage: The Best of The Great Trail

Time: 6:30 - 8 p.m.

Date: Tuesday, September 4

Location: Halifax Central Library

Michael Haynes is one of the leading authorities on trail development in Canada. He has written several trail guides, travel articles, and is a regular commentator for CBC Radio. His new book *Best Of The Great Trail: Volume 1: Newfoundland To Southern Ontario On The Trans Canada Trail* is the essential companion to the eastern part of Canada's national trail. All are invited to learn about the beauty Canada has to offer during Haynes' presentation.

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.

615 (Bluenose) Royal Canadian Air Cadet Squadron

Time: 6:15-9:15 p.m.

Date: Wednesdays

Location: CFB Halifax

Flight principles, air navigation, me-

teology, first aid, airframes, engines, marksmanship, effective speaking, instructional techniques and leadership are some of the things you will learn as a member of 615 (Bluenose) Squadron. If you are 12-18 years of age, you can join. Air cadet activities are centered on aeronautics and leadership. There are no fees to join and uniforms are provided. Summer training courses from 2-7 weeks in length are available. 615 (Bluenose) Squadron meets Wednesdays from 6:15-9:15 pm at CFB Halifax. The main entrance to CFB Halifax is at the corner of Gottingen and Almond. For more information, go online to www.615aircadets.ca or email 615air@cadets.gc.ca.

Mi'kmaq Treaty Day

Date: Monday, October 1

Location: Province House/Grand Parade Square

CAF members are invited to events marking the 32nd annual Mi'kmaq Treaty Day in Nova Scotia. Treaty Day is held each October to highlight the importance of the treaties signed from 1725 to 1761 between the Crown and the Mi'kmaq people. Ceremonies in Halifax will include a flag raising at Government House at 8:30 a.m., followed by Treaty Day church services at St. Mary's Basilica at 9:30 a.m. At 10:45 a.m., the Veterans Parade of Honour will march up Barrington Street toward the Grand Parade Square. A veteran's address will be delivered at the Grand Parade by HCol Donald Julien, a member of the Mi'kmaq Grand Council and Senior Aboriginal Community Advisor for the Atlantic Defence Aboriginal Advisory Group.



New CO for FDU(A)

The Fleet Diving Unit Atlantic (FDU(A)) held a Change of Command parade on July 27, 2018. Outgoing Commanding Officer, Lcdr William Barter (left) signs the certificates together with Cdr Peter Koch (centre), Coastal Forces Atlantic Commander, and incoming FDU(A) Commanding Officer, Lcdr Patrick Fournier (right).

LS LAURANCE CLARKE, 12 WING IMAGING SERVICES

New conductor for the Stadacona Band

By Virginia Beaton,
Trident staff

Many Change of Command ceremonies feature the Stadacona Band of the Royal Canadian Navy playing music, in a supporting role.

On Thursday August 2, the band took centre stage. Literally.

During a Change of Command ceremony held at the Piers Military Community Centre, LCdr Patrice Arsenault, outgoing Commanding Officer and Director of Music, relinquished command to Lt(N) Bradley Ritson, incoming CO and Director of Music.

After two very busy years as CO, LCdr Arsenault has been posted to CFB Borden as Officer Commanding Music Division, Canadian Forces Logistics Training Centre.

After taking the podium to conduct the band one last time, in a performance of an excerpt from Gustav Mahler's Symphony # 3, LCdr Arsenault gave his farewell address.

"Military music is an important part of military capability," he noted.

LCdr Arsenault praised the accomplishments of the band, noting that they play as many as 150 events each year. In addition the bandmembers



LCdr Patrice Arsenault conducts the Stadacona Band of the Royal Canadian Navy during the Change of Command Ceremony on August 2, 2018.

AB TYLER ANTONIEW, FIS

have individual accomplishments, ranging from participating in smaller ensembles within the band, to composing and arranging music, to participation in military events such as PO2 Matt Reiner's recent stint as 2IC with

MARLANT's Nijmegen marching contingent.

Referring to the bandmembers as "exceptional musicians", LCdr Arsenault stated that it had been a privilege "to be the conductor of the

Stadacona Band." He thanked the band, the band Chief, and MARLANT Chief of Staff Capt(N) Guillaume Lafrance for supporting the band's endeavours.

Capt(N) Lafrance, presiding officer for the occasion, also thanked the band for their role in presenting the Royal Canadian Navy to the Canadian public.

As musicians, "We are truly lucky to do what we do in service to our country," said incoming CO, Lt(N) Ritson. He thanked LCdr Arsenault for his successful role in directing the band during the past two years, and stated that he and his family look forward to their new posting in Halifax. Following his remarks, Lt(N) Ritson conducted the band in a march titled Sarafand.

Lt(N) Ritson joined the CAF Primary Reserves in 1995 as a musician with the Band of the Ceremonial Guard, and is a graduate of the University of Toronto. He joined the Regular Forces and was a member of the RCAF band in Winnipeg. During his posting there, he also worked as a music clinician and adjudicator and performed with the Winnipeg Symphony, the Winnipeg Jazz Orchestra, and the Royal Winnipeg Ballet. In 2012, Lt(N) Ritson commissioned and in 2014 he became Director of Music for the Band of the Ceremonial Guard.

A new fall schedule, a plan for time

By Lt(N) Warren Clapham,
BTL Chaplain, CFB Halifax

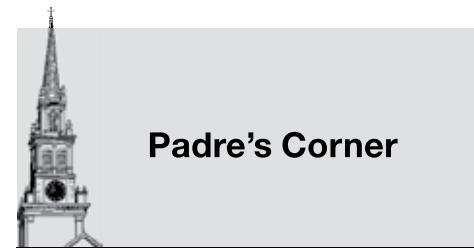
Another summer has almost passed, and it is time to find a new routine for the fall. For those with children this means that school, band, Scouting, Guiding, hockey, and a myriad other activities are about to start. The Bible says, "There is a time for everything, and a season for every activity under the heavens" (Ecclesiastes 3:1). This is the year that my eldest son starts school, and I'm sure it will be an emotional time for him, his mother and I. There are others who are seeing their children off to university, or college, you may even be going yourself.

If that's the case, there is so much to prepare in these times, getting school supplies, new clothes and lunch kits. Meeting teachers and visiting schools. Calming nerves and readying minds out of the summer slump. Even getting out of the summer sleep in routines we may have grown accustomed to. Packing the backpacks, or packing the car for the trip to a new dorm room.

Remember that each new season in our lives or the lives of our children is teeming with new and exciting adventures, as well as challenges. The question then becomes how are we going to face those challenges? For me, I believe in family. And I would suggest one of the best ways to handle these

challenges is together. As we begin the new fall routine I want to encourage you to remember to build family time into your schedule with all the new and exciting things which are about to start.

So what does family time look like? This can be as different as each family is different. Perhaps it is family dinner each night, or a weekend dinner together. For others who are separated, maybe it is a scheduled video chat, or phone call. Or perhaps family time has not been part of your life yet, the new fall routine is the perfect season to start it, and the perfect time to be intentional about keeping it. Family time does not have to be complicated,



Padre's Corner

just ask about the day, or the week, open the communication lines and you may be surprised what your family will start to share when they are given the opportunity.

As military members we are often called away from our families, so let's make the most of the time we have with them by spending time, and talking to them on purpose, after all failure to plan is a plan to fail. So let's plan family time into the schedule this fall.



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CFB Halifax celebrates Natal Day with a free pancake breakfast



CFB Halifax military personnel and members of HMCS Sackville, Canada's Naval Memorial, prepare and serve pancakes to members of the public during the annual CFB Halifax Natal Day Pancake Breakfast held on August 6 at the Hydrostone Market in Halifax. Over 1400 community members enjoyed this year's breakfast, one of many community events held during the 2018 Halifax-Dartmouth Natal Day Festival.

AB JOHN IGLESIAS, FIS

Welcome to the RCAF Library

By The Maple Leaf

The Royal Canadian Air Force Library is a virtual library featuring a diverse collection of online resources including e-books and audiobooks, theses, technical reports, and conference papers.

Members of the Defence Team, both military and civilian, can access the online collection on the Defence Team Intranet or on the Internet. Mobile access is also available, and allows users to download materials onto a personal device. Downloads require a membership, which can be acquired by completing and submitting the application form.

You are encouraged to capitalize on this valuable resource by visiting the RCAF Library site on the Defence Team Intranet (internal link).

Alternatively, you can browse our virtual collection on the Internet: <https://cfc.overdrive.com/>

For all inquiries and suggestions, you are welcome to contact us at RAWC.Library@forces.gc.ca

SURVEY

ON SEXUAL MISCONDUCT



Coming this fall

The voluntary and confidential Statistics Canada Survey on Sexual Misconduct in the CAF will be sent to Regular Force and Primary Reserve personnel starting 14 September. Be sure to complete yours. Every voice counts.

Operation
HONOUR

SONDAGE

SUR L'INCONDUITE SEXUELLE



À venir cet automne

À compter du 14 septembre, les membres de la Force régulière et de la Première réserve recevront le sondage confidentiel et optionnel de Statistique Canada sur l'inconduite sexuelle dans les FAC. Veillez à bien le remplir; chaque opinion compte!

Opération
HONOUR

HMC Ships *Charlottetown* and *Kingston* deploy on Op NANOOK 2018

By RCN

On Wednesday August 8, HMCS *Charlottetown* and *Kingston* have departed from their home port of Halifax, N.S., to participate in this year's Op NANOOK, Canada's premier annual northern sovereignty operation.

During Op NANOOK 2018, *Charlottetown* and *Kingston* will work with the Canadian Army, the Royal Canadian Air Force, other Government of Canada agencies, northern community leadership, and allies, including Denmark and the United States, in joint maritime defence and security scenarios. These joint engagements are designed to foster greater interop-

erability amongst partners, and ensure the CAF have the ability to effectively respond in the North when called upon by the Government of Canada.

"Our annual contribution to Operation NANOOK demonstrates the Royal Canadian Navy's commitment to the Arctic region. Operation NANOOK 2018 will provide a unique opportunity for multiple agencies and allies to work together and strengthen our security capabilities in the North. This deployment will also test the ability of the Royal Canadian Navy, Canadian Army and Royal Canadian Air Force to work successfully in a joint environment," said RAdm Craig Baines, Commander Maritime Forces Atlantic

and Joint Task Force Atlantic.

Op NANOOK is Canada's largest and best known annual operation in the North and builds on the CAF ability to operate in the challenging Arctic environment to provide a rapid response to issues of public safety and security.

Op NANOOK has taken place each year since 2007 and consisted of one or two major activities during August and September. This year, the CAF have amalgamated some northern operations that will now form separate deployments throughout the year, allowing the CAF to work more effectively with other government departments and partner agencies. A more persistent presence in the North

through Op NANOOK will enhance the mobility, reach and footprint of the CAF in Canada's North to support operations, exercises, and the CAF's ability to project force into the region.

Charlottetown and *Kingston* will visit various communities in the Arctic, including Iqaluit, Nunavut, and Nuuk, Greenland. These engagements provide our sailors with an incredible opportunity to connect and strengthen our relationships with northern communities.

The maritime component of Op NANOOK 2018 will be conducted in the vicinity of the Labrador and Eastern Arctic Seas from August 8 to September 4, 2018.



Change of command in HMCS *St. John's*

Cdr Gord Noseworthy (second from right), outgoing Commanding Officer of HMCS *St. John's*, receives a framed photo montage during a Change of Command ceremony aboard the ship on July 25, 2018. The ship's new CO is Cdr Peter Sproule.

AB JOHN IGLESIAS, FIS

Bienvenue à la bibliothèque de l'ARC

Par L'ARC

La bibliothèque de l'Aviation royale canadienne (ARC) est une bibliothèque virtuelle qui renferme une collection variée de ressources en ligne, notamment des livres numériques et livres audio, des thèses, des rapports techniques et des documents de séance.

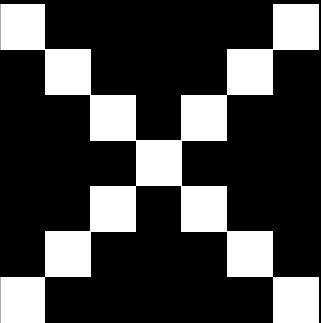
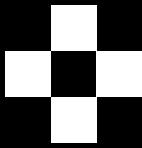
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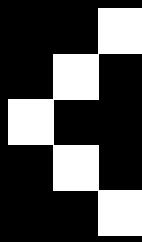
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Canadian Armed Forces successfully complete Exercise RIMPAC 2018

By DND

A CAF contingent of more than 1 000 personnel successfully completed Exercise Rim of the Pacific (RIMPAC) 2018 on August 3, following an intensive multi-week program conducted in and around the Hawaiian Islands and Southern California. Along with personnel, the CAF deployed five ships and a CP-140 Maritime Patrol Aircraft.

From June 27 to August 2, the CAF operated alongside approximately 25 000 military personnel from 24 other nations as well as more than 200 aircraft and 50 ships and submarines. Under-scoring the RIMPAC theme of “Capable, Adaptive, Partners,” the CAF contingent demonstrated excellence in complex land, sea, and air operations, while integrating with allied forces.

RIMPAC is the world’s largest maritime exercise. Canada, along with Australia and the United States, has participated in every exercise since its inception in 1971, making RIMPAC 2018 the 26th exercise in the series. RIMPAC is held every two years, led by the Commander, United States Pacific Fleet and executed by the Commander, United States 3rd Fleet.

“RIMPAC 2018 was a fantastic opportunity for Canada’s naval, land, and air forces to exercise a wide range of capabilities alongside our allies.



Chilean Navy frigate CNS Almirante Lynch (FF 07) and Indian Navy stealth multi-role frigate INS Sahyadri (F49) perform a replenishment-at-sea with RCN's supply ship MV Asterix (centre) off the coast of Hawaii during RIMPAC, July 28, 2018

PHOTO COURTESY USN MASS COMMUNICATION SPECIALIST 1ST CLASS ARTHURGWAIN L. MARQUEZ/RELEASED

Canada is a founding member of RIMPAC, and we have demonstrated once again this year that we are a strong, capable partner in the Pacific. As this exercise gets bigger and more nations participate, Canada will expand its knowledge and expertise while creating relationships that endure beyond the end of RIMPAC,” said RAdm Bob Auchterlonie, Deputy Commander,

RIMPAC 2018 Combined Task Force.

RIMPAC is the world's largest international maritime exercise. It provides a unique training opportunity that helps participants foster and sustain the cooperative relationships that are critical to ensuring the safety of sea lanes and security on the world's oceans.

The Royal Canadian Navy (RCN)

was represented by HMC Ships Vancouver, Ottawa, Whitehorse, and Yellowknife, as well as the Auxiliary Oiler Replenishment ship, Motor Vessel (MV) Asterix. The ships participated in a wide scope of training scenarios such as anti-submarine warfare, maritime interdiction operations, mine sweeping and neutralization, command and control and communication operations, ship manoeuvring, standard naval drills, weapons firings, and sea combat. MV Asterix conducted 20 successful replenishments at sea.

RCN Clearance Divers were also a key component of RIMPAC 2018, conducting explosive ordnance disposal and salvage diving operations with divers from other nations.

Canadian Army soldiers from the 2nd Battalion, Royal 22e Régiment, were part of the combined Marine Air-Ground Task Force in Southern California. They conducted numerous multinational training events, including

complex live fire ranges, infantry immersion training, aviation drills, helocasting, and amphibious assault training.

The Royal Canadian Air Force deployed a CP-140 Maritime Patrol Aircraft. It conducted more than a dozen anti-submarine warfare missions, amassing over 100 hours of flying time.

Remembering Swissair Flight 111, 20 years later

Military vital to Swissair recovery operation

Maritime Forces Atlantic TRIDENT Thursday, September 10, 1998 3

by Kim Cameron

A week after the tragedy of the Swissair Flight 111 crash, Canadian military personnel are still hard at work recovering debris. The plane went down off Peggy's Cove Sept. 2, taking all 229 souls onboard with her. There were no survivors.

Many of the East Coast navy, army and air force personnel involved in the effort, now called Operation Persistence, have been on-scene since the beginning. Originally there to search for survivors, for the past six days personnel have turned their efforts to the grim task of recovering remains and wreckage.

It's HMCS Preserver job to co-

ordinate all assets in the search and recovery process, says Cdr Nigel Greenwood, the tanker's executive officer.

It's a huge responsibility, but one that the ship's commanding officer, Cdr Rick Town, and his crew are prepared for.

“It's Cdr Town's job to co-ordinate all that and ensure that we're not tripping over each other,” he says. “The co-ordination effort from Preserver has focussed on the joint effort of finding the remains of the aircraft and victims.”

Greenwood says it is amazing how naval training teaches sailors how to deal with a task such as this. He notes that Preserver has just

come out of refit and is still conducting trials. The ship has not gone through work-ups yet.

“Work-ups are designed to teach crews how to deal with scenarios such as this,” he says. “It speaks volumes about our naval training, that this crew, without the benefit of work-ups, is able to complete this task.”

Assets that Preserver is in charge of include: the Canadian navy ships Kingston, Moncton, Anticosti, Preserver, Okanagan, Seashell, Granby, Ville de Quebec and Glenevis (both now back in Halifax); Coast Guard ships Mary Hichens, Simon Fraser, Earl Gray and Sambro; Department of

Fisheries and Oceans ship Matthew and her tender Plover; many small inshore craft manned by volunteers; helicopters from Shearwater, Auroras and Hercules aircraft from CFB Greenwood, and DC3s from the Department of the Environment. As each asset has different abilities, it is up to Town to make the best use of what each can provide, says Greenwood.

“The Coast Guard has an amazing experience in search and rescue, and has been of tremendous assistance in handling the shoreline search,” Greenwood says.

Greenwood stresses that it has been an “extraordinary group effort” among all those involved – no one

group can take all the credit.

Although the work asked of them has been harrowing, Greenwood says his crew are holding up remarkably well. He notes that a crisis intervention team has been onboard and has been of great assistance. There's also a great deal of mutual support among the crew.

He is proud of the crew's performance and notes they have gone beyond what's normally expected.

“No matter how gruesome the job is, we know that if it was our loved ones out there, we'd want someone else to search as diligently and with as much compassion and persistence as we're using.”

Des changements importants au système de justice militaire

Par MDN

Le 1^{er} septembre 2018, des articles de la *Loi visant à renforcer la justice militaire pour la défense du Canada* entreront en vigueur et introduiront un certain nombre de changements substantiels au système de justice militaire.

Voici certains des changements les plus importants au niveau du procès sommaire :

- Si l'officier qui préside au procès sommaire déclare l'accusé coupable, il peut l'absoudre inconditionnellement, ordonner la suspension d'une peine ou ordonner que le contrevenant purge une peine de façon discontinue;
- Délai de prescription de 6 mois pour porter des accusations afin qu'elles soient jugées par procès sommaire;
- L'accusé peut renoncer à la fois au délai de prescription de 6 mois et au délai de prescription de 12 mois préexistant pour commencer le procès sommaire;
- Les commandants supérieurs peuvent infliger des peines mineures aux élèves-officiers, soit la consigne au navire et au quartier, les travaux et exercices supplémentaires et la suppression de congé;
- Les officiers détenant le grade de lieutenant-colonel peuvent désor-

mais être jugés par procès sommaire si l'officier le présidant détient au moins le grade de colonel;

- La peine mineure d'avertissement n'est plus disponible.

Les améliorations quant à l'équité et à la souplesse apportées au moyen de ces modifications augmentent l'efficacité et la légitimité du système de justice militaire. Celles-ci démontrent un engagement continu à faire évoluer le système de justice militaire afin de mieux servir les forces armées et tous les Canadiens, tout en demeurant pertinent et en contribuant à l'efficacité opérationnelle des FAC en assurant le maintien de la discipline, de l'efficacité et du moral.

Les officiers présidant les procès sommaires doivent être parfaitement au courant de ces changements afin de continuer à exercer leurs fonctions à compter du 1^{er} septembre 2018. La formation et attestation des officiers présidents - mise à jour (FAOP - Mise à jour) est disponible sur le Réseau d'apprentissage de la Défense et doit être complétée par tous les officiers présidant.

Les détails et les instructions d'inscription pour la FAOP - Mise à jour sont disponibles dans le CANFORGEN 095/18.

Plus de renseignements concernant les changements à venir sont disponibles sur Canada.ca.

Changes to military justice system

By DND

On September 1, 2018, sections of the *Strengthening Military Justice* in the *Defence of Canada Act* will come into force, introducing a number of substantial changes to the military justice system.

Some of the more significant changes at the summary trial level include:

- Authority for the presiding officer, when there is a finding of guilt, to direct an absolute discharge, order a suspended sentence or an intermittent sentence;
- A 6-month limitation period within which a charge must be laid in order for it to proceed at summary trial;
- An accused person may waive both the 6-month charge limitation period, as well as the pre-existing 12-month limitation period within which a summary trial must commence;
- Superior commanders may impose minor punishments for officer cadets, such as confinement to barracks, extra work and drill and stoppage of leave;
- Lieutenant-Colonels may be tried by summary trial by superior commanders holding the rank of Colonel and above; and
- There is no longer a minor punishment of caution.

The changes enhance fairness and



flexibility of the military justice system, demonstrating a continuing commitment to evolve to better serve the armed forces and all Canadians, while remaining relevant and contributing to the CAF operational effectiveness by maintaining discipline, efficiency and morale.

Presiding officers must be fully up to speed on these changes in order to continue to exercise their duties come September 1, 2018. The Presiding Officer Certification Training Update (POCT - Update) is available on the Defence Learning Network and must be completed by all presiding officers.

Information and registration instructions for the POCT - Update are available in CANFORGEN 095/18.

More information on the upcoming changes is available on Canada.ca.

Special Forces Operator Voluntary Occupational Transfer 2019/2020

By DND

If you are a CAF member with 24 months continuous service, and meet the other requirements, you can apply.

Deadline for completed files to local Base Personnel Selection Officers is November 9, 2018.

Information on this year's competition can be found within CANFORGEN 104=18 or at <http://vcds.mil.ca/apps/canforgens/default-enf.asp?id=104-18&type=canforgen>

For further information on CSOR and the Special Forces Operator trade, contact CSPR recruiting at CAOR.Recruiting@forces.gc.ca

Reclassement volontaire opérateur des forces spéciales 2019-2020

Par MDN

Si vous comptez 24 mois de services continu et respectez les autres exigences, vous pouvez poser votre candidature.

Les dossiers complets doivent parvenir aux officiers de sélection du personnel de la base locaux au plus tard de le 9 novembre 2018.

Pour obtenir de l'information sur le concours de cette année, consultez le CANFORGEN 104-18 à <http://vcds.mil.ca/apps/canforgens/default-fra.asp?id=104-18&type=canforgen>

Pour en savoir plus sur le ROSC et le métier d'opérateur des forces spéciales, communiquez avec les responsables du recrutement du ROSC: CSOR.Recruiting@forces.gc.ca

Québec general election on October 1st
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HMCS *Ville de Québec* in PASSEX with Japanese Maritime Self-Defense Force

By Lt(N) Béchard,
HMCS *Ville de Québec* Bridge
Watchkeeper, Op REASSURANCE

On August 1st, 2018, HMCS *Ville de Québec* met with Japanese training ship JS Kashima and Takanami-class destroyer JS Makinami in the Western Mediterranean sea for a passing exercise (PASSEX). The goal was to increase interoperability between NATO and the Japanese Maritime Self Defence Force, as well as strengthen ties between partner nations and Allies.

The exercise included multiple serials planned over the afternoon. First, the bridge teams were able to practice their ship handling and radio procedures skills through fleet manoeuvres. After that, each ship got the opportunity to conduct replenishment at sea approaches. The replenishment at sea was conducted in a 'leap frog' approach by the three ships in sequence.

"As a junior bridge watchkeeper, it was a great opportunity to be able to drive my first replenishment at sea approach on a Japanese ship," said SL Antoine Blais, a Bridge Watchkeeper onboard *Ville de Québec*.

Following the replenishment at sea approaches, the ships skillfully drove into formation to allow JS Makinami's SH-60 helicopter to take pictures. Prior

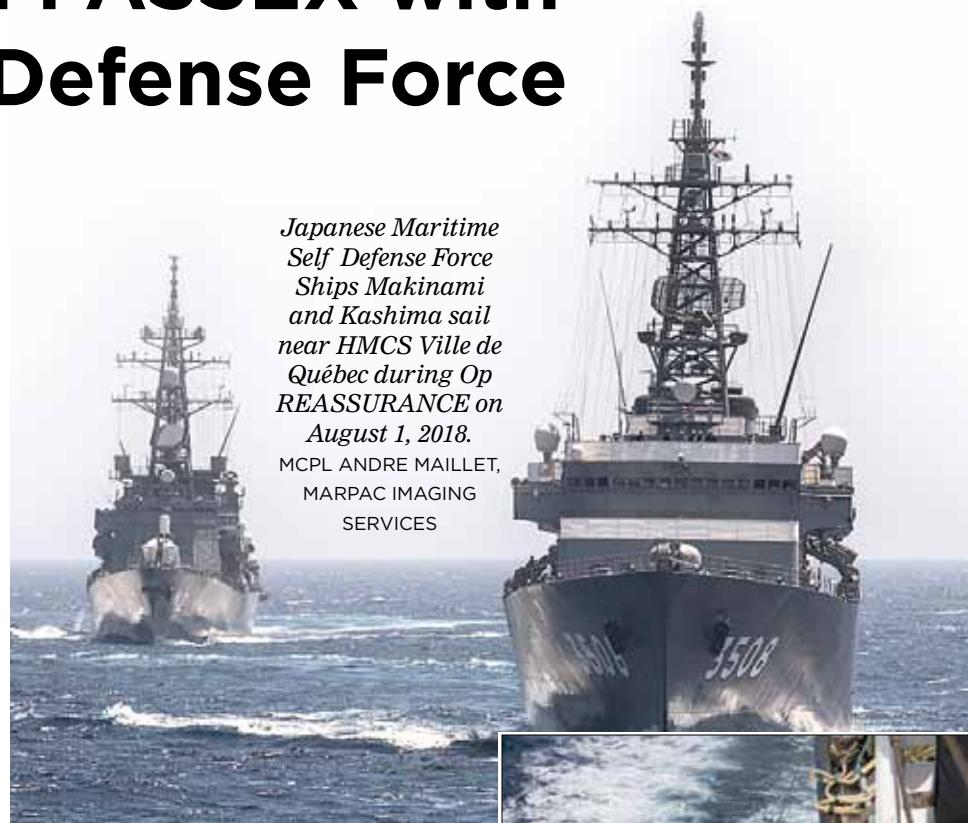
to detaching the ships, a farewell pass was conducted to wish fair winds and following seas to our Japanese consorts as they continued Westward.

Once the ships left the formation, JS Makinami's helicopter proceeded with valuable training with *Ville de Québec*. The helicopter landed on the Canadian ship so that their crew could exchange gifts with the Commanding Officer, Cdr Scott Robinson. Operating with a foreign helicopter provided a great training opportunity for the air detachment and the shipborne air controllers, who rose to the challenge of operating with a foreign aircraft.

Overall, the brief exercise with the Japanese Maritime Self-Defense Force was a success and led to a better understanding of our partners' operating procedures. The ship's company appreciated this first encounter with a partner during this deployment and the opportunity to practice task group procedures ahead of joining with units of Standing NATO Maritime Group 2 in the upcoming weeks.

Japanese Maritime Self Defense Force Ships Makinami and Kashima sail near HMCS Ville de Québec during Op REASSURANCE on August 1, 2018.

MCPL ANDRE MAILLET,
MARPAK IMAGING
SERVICES



Members of Naval Tactical Operations Group conduct a nighttime training shoot onboard HMCS Ville de Québec.

MCPL ANDRE MAILLET, MARPAK IMAGING SERVICES



HMCS Ville de Québec crew participates in Ship Without Air Detachment training on August 3, 2018.

MCPL ANDRE MAILLET,
MARPAK IMAGING SERVICES



A member of the Naval Tactical Operations Group detachment rappels into a rigid hulled inflatable boat from HMCS Ville de Québec.

MCPL ANDRE MAILLET, MARPAK IMAGING
SERVICES



HMCS Ville de Québec fires the Close-In Weapon System on August 5, 2018.

MCPL ANDRE MAILLET, MARPAK IMAGING SERVICES



A Japanese Maritime Self Defense Force SH-60 lands on HMCS Ville de Québec in the Mediterranean Sea.

MCPL ANDRE MAILLET, MARPAK IMAGING SERVICES



111 Wing RCAFA Centennial of Flight Memorial unveiled

By Bud Berntson,
RCAFA

One of the primary roles of the Royal Canadian Air Force Association (RCAFA) is the preserving and perpetuation of the glorious traditions of the Royal Canadian Air Force.

In this regard, members of 111 Wing RCAFA are proud to introduce our centennial of flight memorial to the 12 Wing Memorial Park.

During these past 100 years, Shearwater has been home to many air organizations, most notably those associated with the RCAF and Naval Air. It is an honour to have the opportunity to recognize all those who served.

The inscription on the monument reads:

“On the occasion of the 100th anniversary of aviation from this site this memorial is dedicated by 111 Wing Royal Canadian Air Force Association to all those who gallantly served their nation. Their sacrifices inspire all those who follow.”

The members of 111 Wing wish to acknowledge Veterans Affairs Canada for their support in bringing our project to a successful completion, and to 12 Wing Shearwater for this opportunity to fulfill our commitment.

PER ARDUA AD ASTRA

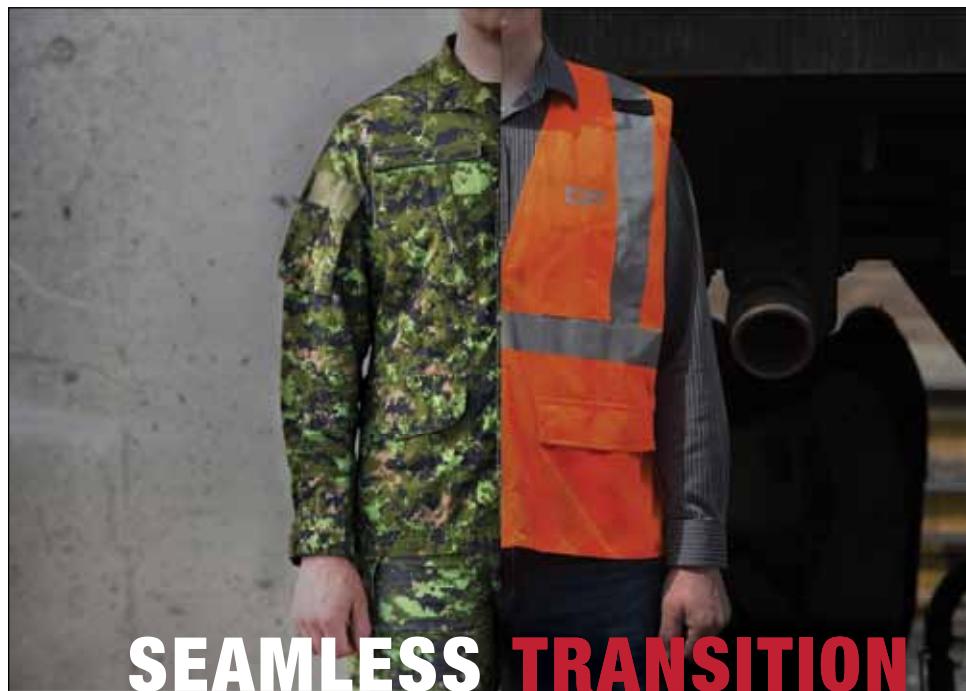


Members of the 111 RCAF Association display their memorial plaque which is now on display in the 12 Wing Memorial Park.

New CO for HMCS Shawinigan

LCdr Scot Meagher, outgoing Commanding Officer of HMCS Shawinigan, Cdr Peter Koch, and LCdr Teri Share, incoming CO of Shawinigan sign the Change of Command certificates during a ceremony aboard the ship on July 18, 2018.

LS DAN BARD, FIS



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Admiralty House celebrates 200th anniversary

The Naval Museum of Halifax hosted a Garden Party on July 28 to celebrate the 200th anniversary of Admiralty House. Guests toured the museum, indulged in tea and desserts and were treated to a fun-filled afternoon of English Country and Scottish dance lessons. Admiralty House was originally constructed as the official residence of Commander in Chief, North American Station. Throughout the years, it has been used as a summer residence, a host location for grand balls, a hospital, a wardroom and even briefly as a morgue for military and naval dead after the Halifax Explosion. Today, Admiralty House is home to the Naval Museum of Halifax. The museum, located at 2729 Gottingen Street, is open to the public Monday through Friday from 9 a.m. to 3:30 p.m. Admission is free. The museum can be accessed by vehicle or on foot via the Stadacona main gate (Almon Street/Gottingen Street intersection). Valid government-issued photo ID is required.

MARGARET CONWAY, CFB HALIFAX PUBLIC AFFAIRS



Raise the Arrow

A Port Inspection diver from Fleet Diving Unit (Atlantic) takes measurements of a potential artifact during a search for Avro Arrow Free Flight models in Lake Ontario on August 9, 2018 in support of OEX Recovery Group's Raise the Arrow expedition.

MCPL TRUE-DEE MCCARTHY, CANADIAN FORCES COMBAT CAMERA



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Ce programme appuie les militaires en voie de libération pour des raisons médicales, les vétérans libérés pour des raisons médicales et leur famille. Si vous êtes en transition, visitez ConnexionFAC.ca ou votre centre de ressources pour les familles des militaires, ou appelez la Ligne d'information pour les familles au **1-800-866-4546**



Cdr Chalmers takes command at Base Logistics

Cdr Chris Chalmers (left), CFB Halifax Base Commander Capt(N) David Mazur (centre) and Cdr Darren Dempsey (Right) pose for a command picture during the Base Logistics Change of Command Ceremony held on July 20, 2018 at Willow Park. Cdr Chalmers is the new commander of Base Logistics, succeeding Cdr Dempsey.

AB TYLER ANTONIEW, FIS



Remembering the Korean War

Members of the CAF talk with veterans at Camp Hill Veterans Memorial Hospital before a memorial service to mark the 65th anniversary of the end of the Korean War on July 27, 2018.

LS DAN BARD, FIS



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LCol Kwasny takes command at 423 Squadron

423 Maritime Helicopter Squadron held a Change of Command ceremony on July 27, 2018 at 12 Wing Shearwater, Nova Scotia. Outgoing Commanding Officer (CO), LCol Jody Smith (left), 12 Wing Commander, Col Sid Connor (centre) and incoming CO, LCol Cory Kwasny (right) stand on parade during the ceremony.

MCPL ALEXANDRE PAQUIN, 12 WING IMAGING SERVICES

Putting their best foot forward

CAF expanding options with an individual combat boot purchase program

By Antonia Lafkas,
Army PA

CAF members will soon be able to step up their choices when it comes to their combat boots.

The CAF has a new program to equip eligible members with temperate boots that better meet individual fit, form and functional requirements. Eligibility for the program is limited to personnel entitled to wear combat boots as part of their regular duties.

Central to this decision is the CAF's fundamental commitment to ensuring that personnel are properly equipped and ready to serve. Offering entitled members greater flexibility and choice when it comes to operational footwear will help match the right footwear with each individual, enhancing ability to perform.

As of late summer 2018, the first stage of the new boot program will give eligible personnel a personalized fit and a choice of boot styles that will not only fit well, but perform well in the field. Within guidelines, they will be able to purchase boots of their choice that meet specific criteria and submit claims for reimbursement through their units.

The second stage of this program will include a pre-qualified product list, followed by the transition to an online ordering model similar to the way Distinctive Environmental Uniforms are currently managed.

Temperate boots are intended for cool and warm weather conditions, such as those experienced in most parts of Canada during the spring, summer and fall. Specialized footwear such as steel-toed boots or boots designed specifically for hot, wet or cold weather are not included in this program.

Boots purchased under this program must conform to the following guidelines:

- The preferred boot colour is brown, however black and tan are acceptable.
- The boot must be designed to perform well in temperate conditions between +4°C and +35°C.
- Boot height from the side of the

combat boot measured from the inside of the boot must be a minimum of 15 cm to a maximum of 23 cm.

- The boot must have a non-marking nitrile rubber outsole that is resistant to fuel, oil and acid.

LCol Robin Chénard leads the combat boot working group. "Equipping a diverse team of military members comes with a number of complexities. We are finding that a one-size-fits-all approach is not practical when it comes to operational footwear," he said.

"The intention of this program is to provide personnel with boots that will meet their individual needs, as well as the needs of service. We hope that this expanded choice will add value and help our members always remain strong, proud and ready to serve."

Some details of the program are still under development. Combat boots for recruits will still be drawn from the existing national inventory and supplied through training facilities. Once entitled personnel have successfully completed their Basic Military Qualification, they will be permitted to buy boots under the plan and be reimbursed for this expense.

The CAF is working to develop this arrangement and to have it take effect as soon as possible. Further information will become available once the program is in place. A CAN-FORGEN (Canadian Forces General message) and a series of frequently asked questions will be provided to provide necessary details and guidance.

Canadian Army Chief Warrant Officer Andrew Durnford, the Regimental Sergeant Major for 3rd Battalion, The Royal Canadian Regiment, has been involved in the development of the new program and emphasizes the importance of this new approach.

"Making sure our members have the combat boots that are best suited to their operating environment must include boots that best suit their personal needs," he said. "It is critical to make sure they are equipped for success."







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Prisoner of war diary available online

By RCAF Public Affairs with files from the Comox Air Force Museum

A true Canadian military treasure has been digitized and is now available for everyone to see on the website of the Comox Air Force Museum.

Flight Lieutenant John Colwell was a prisoner of war at Stalag Luft III—site of the famous Great Escape.

He documented his time as a prisoner, including preparations for the escape, in meticulous detail in a diary provided by the YMCA. As well as recording day to day events, he drew illustrations of camp living conditions, recorded daily menus and the Christmas 1944 menu, listed prisoner and air force slang, drew diagrams of the Great Escape tunnel, and much, much more. He was a so-called tinbanger—making pots, pans and household items from tin cans. He even includes in his diary the numbers and types of tin cans used to make various items.

Flight Lieutenant Colwell was also directly involved in preparations for the escape. He was a so-called penguin—one of the men responsible for covertly distributing the 86 tons of sand dug from the tunnels around the compound. He was slated to be the 146th person to go through the tunnel, but the escapers were discovered by German guards after only 76 had gotten out. All but three were recaptured and 50 were executed.

Following the war, he and his wife Fern took over the family poultry farm on near Lantzville on Vancouver Island. In August 2002, he donated his diary to the Comox Museum. Now, it has been digitized as a PDF and is available on the museum's website.

Gary Brammer, who volunteers with the museum, describes on the museum's website why the Colwell Diary is his favourite exhibit.

"I had no hesitation in picking the

Flight Lieutenant Colwell Diary as my number one exhibit. The very fact it survived the war is incredible in itself. It gives us a detailed, unique look at the great escape from Stalag Luft III POW camp. "The detail, colour, and story hidden within its pages is second to none, but there is also something else there that is the reason why it's my favourite exhibit.

"I think we forget that the men who took part in this escape were in fact, young men, no more than boys. The inner strength and fortitude that drove these men to survive the brutal conditions alone is to be admired, but I think there is so much more. They had a pride and sense of duty that drove them on. They could have had a fairly comfortable safe war, just allowing the war to carry on outside the fence line but they felt a duty to do what they could to disrupt the German war effort in any way they could.

"The diary shows the incredible intelligence of these men in the way they used everyday items to make tools and find engineering solutions to tough problems. The diary shows teamwork, sacrifice, and the inner strength I think they all had.

"I hope that this diary can be used as a teaching tool to show our children today that they too can do more with what they have around them. The power and strength they have inside of each and every one hopefully can be brought out without having to face the same terrible adversity that these men had to face. Remember that 50 men were shot for showing the world their greatness when they succeeded in this great escape. May they not be forgotten, and this diary is a wonderful way to remember."

Flight Lieutenant Colwell was born in India in 1916 and died in British Columbia on April 8, 2007.



Avr Ian Boughton graduates, earns trophy

Avr Ian Boughton is a recent graduate of the Airborne Electronic Sensor Operator (AES Op) course in Winnipeg, Manitoba. Avr Boughton earned not only his AES Op Wings, but also the Reginald McNamara Trophy by finishing first overall in his class. AES Ops use advanced electronic sensor systems to operate airborne sensors on board long-range patrol aircraft, maritime helicopters and unmanned aerial vehicles. They are responsible for detecting and tracking submarines, providing support for search and rescue operations/medical evacuations, and assisting other government departments and agencies in the collection of evidence and counter-narcotic patrols. In September 2016, Boughton joined the RCAF as a direct entry AES Op. He graduated from the Basic AES Op Qualification course in Winnipeg on June 20, 2018 and is now posted to 423 (MH) Sqn Shearwater where he will attend his platform specific training and eventually fly on the CH-148 Cyclone.

SUBMITTED



Vehicle maintenance during OP PRESENCE in Mali

Vehicle technicians change an axle on a rough terrain forklift at Camp Castor in Gao, Mali during Operation PRESENCE-Mali on August 13, 2018.

CPL KEN BELIWICZ

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- Gospel according to John

1552/74

FMF Cape Scott ready for busy period with new CO at helm

By Ryan Melanson,
Trident Staff

While Cdr Andrew Forbes spent less than a year as Commanding Officer of Fleet Maintenance Facility Cape Scott, that was plenty of time to understand the crucial nature of the work done by FMF personnel every day in support of the RCN.

Successfully sending a Navy ship or submarine to sea takes an incredible amount of effort from the command team, crew and training staff, but the maintenance and repair work that happens behind the scenes can be equally important.

“What sometimes gets overlooked is the work of the FMF technicians and engineers, who work late into the evenings and weekends to make sure ship sailing schedules are maintained, both alongside in the Dockyard and around the world,” Cdr Forbes said, during a change of command ceremony for Cape Scott held outside D201 on NF Jetty on August 10.

“A change of command event for a large shore-based unit like this is as much about recognizing the accomplishments of the entire team as it is about the two people handing over the command responsibilities,” he added, before highlighting some of the recent projects undertaken by FMF’s largely-civilian staff.

These included changing the gearbox idler out of a Halifax-class ship, a first for FME, as well as the change out of a diesel engine power plant while a ship was deployed in theatre, requiring 40 FMF public servants to travel to carry out the work. The unit also supported HMCS *Windsor* this past spring during a deployed maintenance period, completing 6,000 hours of maintenance work abroad, allowing the RCN to sustain the deployment of the sub for an extended period.

Projects in the near future, he said, will include the conversion of



Capt(N) David Benoit delivers his first address as the new Commanding Officer of FMF Cape Scott on August 10.

RYAN MELANSON, TRIDENT STAFF

HMCS *St. John's* to be compatible with the CH-148 Cyclone, and the transition to a new operating cycle for the Victoria-class subs, requiring an estimated 300,000 hours of work from FMF personnel.

“These examples represent large scale projects that would be challenging to achieve for a single company on its own,” he said. As relationships with private industry and in-service support contracts continue to evolve, this work will also ensure the expertise of FMF staff continues to be used properly through the coming years.

Cdr Forbes thanked RCN and MARLANT senior leadership for the opportunity to temporarily lead the facility, including Cmdre Christopher Earl, Director General

Maritime Equipment Program Management (MEPM), who came from Esquimalt to attend the ceremony. Plenty of credit was also given to Capt(N) Stéphane Lafond, who served as CO of Cape Scott from 2014 until earlier this year, for setting a new standard for leadership at the facility.

FMF’s new CO, Capt(N) David Benoit, comes prepared for the role as a former MEPM Fleet Management Section Head and former Chief of Staff for MEPM in Ottawa. He said he plans for his time in command to be defined by innovation,

inclusive diversity, technical excellence and respect, underpinned by the wider values of RCN and of the CAF.

He added he was excited to be working with his RCN colleagues, as well as civilian management and union leaders, as the facility responds to new challenges and changes in the coming years.

“I look forward to seeing firsthand the stellar output and high calibre of the hard-working women and men who have decided to serve their country in this unique, demanding and very direct way,” he said



From left, incoming CO Capt(N) David Benoit, Cmdre Craig Skjerpen, Commander CANFLTANT, and outgoing CO Cdr Andrew Forbes sign the documents marking the Change of Command at FMF Cape Scott,

RYAN MELANSON, TRIDENT STAFF

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HMCS Moncton visits Toronto, Ontario as part of the Great Lakes Deployment 2018. The deployment showcases the equipment and skills of the Royal Canadian Navy and its personnel.

CPL JOEY BEAUDIN, 19 WING IMAGING, COMOX

HMCS Moncton participates in the Great Lakes Deployment 2018



Andre Colenbrander, Royal Canadian Yacht Club (RCYC) Rear-Commodore Fleet, invites members of HMCS Moncton to the RCYC on Toronto Island on July 18. From left to right: LCdr Russell Hodgson, Lt(N) Zach Reed, Lt(N) Kyle Allward, PO2 Eric Lawrence, PO1 Sebastien Rose, MS Ryan Tenhaaf, RCYC Rear-Commodore Fleet Andre Colenbrander. Lt(N) Allward and PO2 Lawrence display the Perpetual Cup trophy which the ship won during Fleet Week in New York.

CPL JOEY BEAUDIN, 19 WING IMAGING, COMOX



A CP-140 Aurora aircraft flies past HMCS Moncton on the Gulf of Saint Lawrence on August 8.

CPL JOEY BEAUDIN, 19 WING IMAGING, COMOX



MS Jason Harnish fires HMCS Moncton's saluting gun to return respect to Fort Wellington on approach of Prescott, Ontario on July 27.

CPL JOEY BEAUDIN, 19 WING IMAGING, COMOX



HMCS Moncton arrives in Québec City, Québec on August 3.

CPL JOEY BEAUDIN, 19 WING IMAGING, COMOX

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BACK TO SCHOOL



How to save big on back-to-school spending

With the return to classes quickly becoming one of the most expensive times of the year, it's easy to overspend. Fortunately, you can keep your wallet out of detention with these simple tips to stretch your budget.

Keep on trend with affordable fashion. Back-to-school clothes can mean big bucks for parents, especially when kids want the latest trends. Make a list of what your child needs and compromise on a few inexpensive pieces they really want. They'll feel confident walking into their new classroom and you'll feel comfortable knowing you've outfitted them with items you're both happy with.

Stay tech-savvy. It's important to be digitally connected with your kids, especially when they're traveling to and from school alone. There are tons of fancy plans out there, so it's important to ensure you're only paying for what you really need. The Mobile Shop has some great options

that are sure to fit your family's unique needs.

Come up with lunchbox ideas together. There's no bigger waste than seeing the sandwich you made the night before come back in its container at the end of the day. Healthy options are important, but consider coming up with a few new lunch ideas your kids will be excited to eat. Include them in the process of shopping and packing their meals to help them look forward to lunch time.

Maximize spending with your points card. Select a points credit card that makes it easy to earn and redeem on all your back-to-school spending. A card like the PC Financial World Elite Mastercard offers more options than ever to earn points on everything from clothes to groceries to school supplies. It's a great way to earn big on essential purchases.

www.newscanada.com

Back to school: How to make the most of the semester

As students are preparing for the return to classes, many are looking for ways beyond academics to get most out of their education. Experts say there are many other important areas for students to develop during their schooling.

Working. For high school and university students, working a part-time job can often be a rewarding educational experience in its own right. It can help develop discipline, a strong work ethic and allow for some additional freedom with the earned money. It is also useful when building a resume for employment down the road.

Volunteering. This is a great way to enhance learning while expanding a student's social circles. Many non-profit organizations such as Amnesty International support clubs and groups in high schools and on university campuses and can be a great place to start looking.



Extracurricular. Healthy living and wellness are important parts of a student's overall development. Enrolling in an extracurricular sport or other activity is a great way to round out the semester. Whether it's joining a soccer team, intramural volleyball or a school art club, enrolling in extracurricular activities helps bring balance and fun to the school year.

www.newscanada.com

5 tips for a smooth school year

Starting a new year of classes and homework can be stressful for parents and kids alike. Fortunately, you can follow these few simple tips to get your family on the right track.

Inventory last year's leftovers. Whether it's school supplies, clothes or extracurricular gear, see what you can reuse or repurpose and what you need to put on your shopping list. Make sure there's a place for everything and keep it all organized so it's easy for the kids to find when they need it.

Create a family calendar. Jot down key information that's relevant for everyone, like when you'll need to work late, when swimming lessons are and the night of the school play. This will make scheduling a breeze. While you're at it, take time to book dentist appointments and physicals now to get the best timeslots.

Prepare a dedicated homework station. Set up a spot that's free of clutter and distraction to help even those with the shortest of attention spans to stay focused. Try putting it

near the kitchen if your kids might need a bit of supervision. This is also a good opportunity to talk about ground rules around internet use.

Get excited about a variety of activities. Some kids have a hard time with schoolwork and getting good grades, while others may obsess about their marks. Either way, teach them the all-important concept of balance by preparing for other aspects of life, like volunteering, sports and art.

Plan your vacation early. The peak time for family vacations is during the summer when school is out, but travelling during other breaks and even during the school season can be just as easy and save you a bundle. And if you plan early, you'll get the best choice of flights, hotels and rooms. Check out hotel, air and activity packages from Air Canada Vacations, which offer family-friendly hotels and discounts and special perks for kids. Some even have rooms for families of five, menus and activities adapted to children and water parks on site.

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TRIDENT Sports

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CAF sailing team brings home trophies from offshore race

By Ryan Melanson,
Trident Staff

A pair of CAF sport sailing enthusiasts have once again come away as winners from a prestigious international event. Capt Mike Evans, an RCAF Weapons Tactics Analyst at Trinity, and LS Spencer Baldwin, a Steward currently posted to HMCS *Ville de Québec*, were part of a four-person crew that finished with strong results at the 2018 Route Halifax-Saint Pierre Ocean Race.

The event is held every two years, with both amateur and professional sailors traversing 355 nautical miles between Halifax and Saint Pierre and Miquelon, a pair of French islands off the coast of Newfoundland and the last remaining French territories in North America.

Capt Evans, skipper of the Bavaria 38 cruiser Sea Smoke, entered the race with LS Baldwin and two civilian sailors to round out the crew, with the team taking a third-place finish in their division after more than 48 hours on the water.

"It was a good result for us. You always want to win, obviously, but it was still a great race in extremely challenging conditions," Capt Evans said, describing 25-35 knot winds for the majority of the race.

"We're a short four-person crew, so



Capt Mike Evans' Bavaria 38 cruiser, known as Sea Smoke, is seen at sea during the 2018 Route Halifax - St. Pierre Ocean Race, held from June 22 - 26.

COURTESY OF
ROUTE HALIFAX-ST. PIERRE
OCEAN RACE

everybody was pushed to their limits. Driving is difficult and tiring in those conditions."

The Sea Smoke team also received the trophy for top military team, presented by Capitaine de frégate Lemoine, Captain of the French Navy ship Fulmar. The ship normally patrols the

water off Saint-Pierre and Miquelon, but came to Halifax for the start of the race, including festivities at the Halifax Waterfront, and followed the competitors closely through the event in case assistance was needed.

As usual, the competition was tight during the last few miles of the race, with boats closing in on each and sailors going all out during the final stretch. It speaks to the skill level of all involved and the high quality of offshore racing that takes place at each installment of the Route Halifax-St. Pierre, Capt Evans said.

"At the end of the race, we were all within a few miles of each other and all finished within five or ten minutes of the competition. It was close and exciting, which is incredible after 355 miles of racing."

He credited some of the success to his watch captain Lesley Taylor, another veteran racer who received Sail Nova Scotia's Female Sailor of the Year Award in 2017, while LS Baldwin, the bowman, also took turns driving the boat, and helped keep morale up by using his Steward skills to brew top-notch coffee and keep the crew well fed. Capt Evans noted that his crew was likely the only one to enjoy beef tenderloin fresh out of the oven while at sea.

LS Baldwin flew to Europe shortly after the race to join HMCS *Ville de Québec*, which recently departed for Op REASSURANCE, but the team will likely be back together next summer to compete in the Marblehead to Halifax Ocean Race, another biennial offshore event that attracts some of North America's top sailors.



From left, LS Spencer Baldwin, Lesley Taylor, and Capt Mike Evans receive their award for a third-place finish in the ORC full crew division.

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Halifax soccer teams take gold at CAF Regional Championship

By Ryan Melanson,
Trident Staff

The CFB Halifax Men's Soccer Team are once again headed to the CAF National Championship, and team captain Lt(N) John Couch said the squad is in a great position to be gold-medal winners in 2018, after close second-place finishes in recent years.

"This is one of the strongest groups we've ever had coming out of regionals, I don't know if we've ever had a stronger team," Lt(N) Couch said.

"Atlantic Region placed second at nationals two years in a row, and I think we can crack that barrier this time around."

The team earned their trip to nationals with a gold-medal win at the CAF Atlantic Regional Soccer Championship, held in Dartmouth from July 31 - August 2, going up against teams from Gagetown and 14 Wing Greenwood. They shut out both teams through



The Halifax Mariners men's and women's soccer teams show off their Atlantic Region gold medals.

RYAN MELANSON, TRIDENT STAFF

the tournament, with lots of credit going to goaltender Pte Mike Rowsell, defeating Greenwood by a score of 4-0 and winning 1-0 over Gagetown in the round-robin play. They defeated Gagetown again in the finals, by a score of 2-0, to take the Regional gold medal.

"We had a calm intensity out there, everyone focused and did their jobs, and we got it done. We were in control of every game and we outscored both other teams combined," Lt(N) Couch added. He said the majority of the team played strongly and contributed

in their roles, with a special shout out going to SLt Jaidon Freeland of HMCS Charlottetown, who won the tournament MVP award for the Mariners.

On the women's side, the Halifax Mariners also took the gold medal against Gagetown, and will represent the region at Nationals. Only two women's teams competed in the tournament, and through three matches, the teams finished at a 1-1 tie each time, with victories only coming through shootouts. The gold-medal game was another back and forth battle with Gagetown scoring in the first half, Halifax tying it in the second, and the game remaining tied after 20 minutes of extra time before being settled in the shootout. The MVP for the Mariners women's team was LS Caroline Larocque, who works with BIS Client Services.

The CAF National Soccer Championship for both men and women will be held from September 8-13 at CFB Borden.



The Halifax Mariners defeated the Gagetown Warriors 2-0 for the gold medal win at the CAF Atlantic Regional Soccer Championship on August 2 in Dartmouth.

RYAN MELANSON, TRIDENT STAFF



The Halifax Mariner's women's team in action against Gagetown during the CAF Atlantic Regional Soccer Championship on July 31.

RYAN MELANSON, TRIDENT STAFF

Shooting career comes full circle with Methuen Cup win

By Ryan Melanson,
Trident Staff

In 1997, CPO2 Brad Browne was part of the Canadian Armed Forces Combat Shooting Team (CAFCST) that won the Methuen Cup, a prestigious trophy awarded since 1894 to the top international rifle team at the British Army Occupational Shooting Competition (AOSC) in Bisley, UK. The annual event is the British Army's largest shooting competition, and includes a number of international teams each year, making for a showcase of some of the world's best military marksmen.

The Canadian contingent has

continued to have strong results since then, with CPO2 Browne himself returning five more times as a shooter through his career. The Methuen Cup, however, has eluded the Canadian teams, with the Sultan of Oman's Armed Forces taking the trophy each year for the past two decades.

That streak came to an end this year, at the 2018 AOSC, held in Bisley on June 21. This time, with CPO2 Browne as the coach of the Regular Force team, the Canadians secured first, second, and third place finishes in a number of different events, among 54 competing teams, to edge out the Omanis for the top international prize for the first time in 21

years.

"Because I was on the team in 1997, the Methuen cup is near and dear to my heart. I was ecstatic that we won it this year," said CPO2 Browne, who works as a Senior Technical Inspector with BLog. He's been participating in combat shooting competitions since 1993, and was a member of the former tri-service MARLANT Combat Shooting Team. He last shot at Bisley in 2013, and was back this year for his second stint as coach of the Regular Force team.

"At this point in my career, my job is to be an enabler of shooting, and to teach other people what I know and what I've learned from my experi-

ences," he said. CPO2 Browne has also been part of the coaching staff for the Canadian Armed Forces Small Arms Concentration (CAFSAC), our own national shooting competition, for the last several years.

The AOSC, like other military shooting competitions, is not a sport shooting event, but rather a test of marksmanship under difficult conditions that mimic real-world operations. Every event forces competitors to move, and sometimes run, while firing on targets that can be moving, or in some cases, up to 500 metres away, while wearing full combat kit.

Continued on page 21

Shooting career comes full circle with Methuen Cup win

Continued from page 20

The Canadian Regular Force team won first place in two team events – the Building Defence Match, which involves sprints through a wooded trail followed by firing on moving targets up to 400 metres away through windows inside a building, as well as the Combat Snap Shooting match, involving running through obstacles, pop-up targets, and snap shooting while standing and kneeling.

The team also won two silver and three bronze medals in other categories, while the Reserve Force Team, under the coaching of Capt Mike Gray of 36 CGB, also secured a number of wins, including the prize for the top international reserve force team.

CPO2 Browne said it's always an extremely positive experience for Canadian shooters to test their skills with service weapons against allies like the British, Germans, Australia-

lians, Americans, Omanis and more who attend the competition, and that he was proud of the team's strong performance.

"We were able to meet with, interact with, and shoot with, a number of our longtime allies. We competed side by side, and had the chance to compare our best marksmen with their best marksmen, which was fantastic."

As a senior member of the CAF combat shooting community, CPO2 Browne has been working with many of Canada's top shots for years, allowing him to get a feel for shooters' strengths and weaknesses and become a more effective coach. He's also worked to implement new coaching programs and seminars at the annual CAFSAC, as a way to further pass on knowledge and share best practices among coaches. After a successful shooting career, including a finish as runner-up for the Queen's Medal at CAFSAC in 2007, he said giving back



CPO2 Brad Browne, sixth from left, bottom row, is seen with the Canadian contingent at the British Army Occupational Shooting Competition in Bisley, UK, held on June 21.

SUBMITTED

to the younger marksmen has been rewarding.

"I've delivered coaching and guidance to every shooter who has attended CAFSAC in the past years," he said.

"There's that moment when you look into a guy's eyes and he finally gets it. That moment where a shooter begins to self correct, and recognize that he's done it, and thanks you for the help. That's a very good feeling."

Fitness and sports updates

By Trident Staff

Tuesday Track. In preparation for the Navy 10K Run, happening on August 19, Campus Atlantic will be hosting a workout every Tuesday from 8 to 9 a.m. at the Stadacona Track surrounding Porteous Field, CFB Halifax. Experienced military runners Lt(N) Borszczow and Lt(N) Bergeron will be leading the training sessions. Program options for beginner to advanced runners will be offered. Each workout will include: warm-up and dynamic stretching, workout (based on individual strength in running), and cool down and stretching. For more information and to register contact Lt(N) Bergeron at Michael.bergeron2@forces.gc.ca

The 12 Wing Slo-Pitch Team needs a coach and players. Practices will occur on Mondays and Wednesdays beginning at the end of May. Regionals will be in July and will be hosted by Shearwater. If interested in coaching, please contact Ashley Stewart ASAP at Ashley.stewart2@forces.gc.ca

Intersection/Drop-In Pickleball. Come and learn a fun new sport.

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12 Wing Shearwater drop-in basketball is available Wednesdays from 6-8 p.m. For more information please contact: Cpl Gagnon at 902-720-3214 or philip.gagnon@forces.gc.ca

Sports potpourri trivia

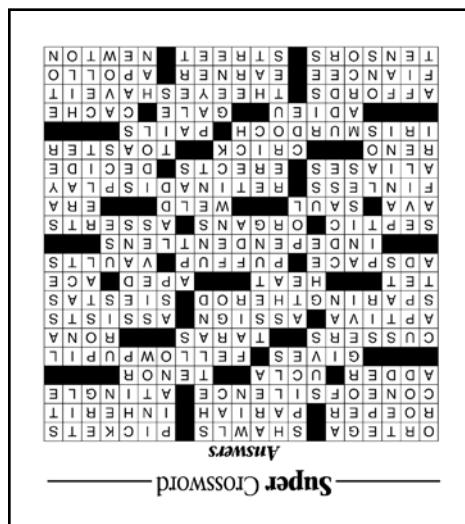
By Stephen Stone

Questions

1. There are runners on first and second with fewer than 2 out. The batter hits a really high fly ball that the third baseman paces back about 10 feet and parks himself under it. He has not yet caught the ball. What is the call by the home plate umpire?
2. In what year did Canada win the Men's Softball World championship for the first time?
3. Which country has won the most medals at the Men's Softball Championship?
4. How fast is the fastest softball pitch by a woman?
5. Why is it called soft ball?
6. What country invented ringette?
7. What was the medal order of finish in the 1990 World Ringette Championship?
8. In the last 10 World Ringette Championships, which two countries played most often in the Gold Medal game?
9. How does the game of ringette start?
10. How long is the shot clock in ringette?
11. Who won horse racing's Triple Crown (Kentucky Derby, Preakness, and Belmont) in 1977 & 78, the only two years of consecutive winners?
12. What is the name of the current Triple Crown winner?
13. How many times has HRM Queen Elizabeth attended the running of The Queen's Plate?

14. Who is Canada's best known male cyclist who won three gold medals at the 1978 Commonwealth games in record time?
15. Who were the Crazy Canucks?
16. Who was the first black player in the National Hockey League?
17. Who are the only three black hockey players in the Hockey Hall of Fame?
18. Who was The King in The King and His Court?
19. A member of the Canadian Golf Hall of Fame, he won 3 PGA events, 8 Canadian PGA events, in the 50s and 60s. Who was this Vancouverite?
20. Who was known as Pipeline Moe?

Answers on page 22



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Sports potpourri

Questions on page 21

Answers

1. Infield fly...batter is out
2. 1972 with a 1-0 victory over the USA
3. New Zealand – 13: 7 gold – 4 silver – 2 bronze
4. Monica Abbott of the Houston Scrap Yard Dawgs in the National Pro Fastball League (USA) who threw a scorching 77 mph pitch in 2012. The distance from the mound to the plate is 46 feet.
5. It was invented in 1887 in Chicago, Illinois, United States as an indoor game. It was at various times called indoor baseball, mush ball, playground, softball, kitten ball, and because it was also played by women, ladies' baseball. The name softball was given to the game in 1926, because the ball used to be soft.
6. Canada in 1963 by the Northern Ontario Recreation Directors Association.
7. Alberta – gold; Ontario – silver; Quebec – bronze.
8. Canada and Finland. Canada won gold twice – 1996 & 2002; Finland the rest.
9. The visiting team gets possession of the ring at centre ice.
10. The team with possession of the ring has 30 seconds to take a shot, except for the kids game.
11. Seattle Slew in '77 and Affirmed in '78
12. Justify – ridden by Mike Smith
13. 4 times – 1959 – '73 – '97 – 2010
14. Jocelyn Lovell
15. The Crazy Canucks was a group of World Cup alpine ski racers from Canada who rose to prominence in the 1970s and 1980s. Jungle Jim Hunter, Dave Irwin, Dave Murray, Steve Podborski, and Ken Read earned themselves a reputation for fast and seemingly reckless skiing in the downhill event.
16. Willie O'Ree from Fredericton, New Brunswick, played for the Bruins in 1958 for 45 games.
17. Willie O'Ree, Grant Fuhr, and Angela James
18. Eddie Feigner. On February 18, 1967, Feigner appeared in a celebrity charity softball game against many major league players. In the game, Feigner struck out Willie Mays, Willie McCovey, Brooks Robinson, Roberto Clemente, Maury Wills, and Harmon Killebrew all in a row.
19. Stan Leonard
20. Moe Norman. Lee Trevino, when asked who was the best golfer he ever knew, quickly replied Moe Norman.

Naval Communicator is one of Canada's top bodybuilders



LS Alishia Reid recently deployed with HMCS St. John's on Op REASSURANCE.

By WO David Mosher,
HMCS Hunter

LS Alishia Reid has been in the Royal Canadian Navy for seven years as a Naval Communicator, and recently finished a deployment as a force protection operator with the Naval Security Team aboard HMCS St. John's during Op REASSURANCE in Copenhagen, Denmark.

Outside of her naval career, however, LS Reid has become one of Canada's top female bodybuilders, and when not deployed serving her country, she can often be found training in the gymnasium at her reserve unit HMCS Hunter in Windsor, Ontario.

Her most recent achievements came at the The Canadian Physique Alliance Natural Canadian Pro Qualifier on August 4 in Toronto. LS Reid cracked the top 5 against competitors from across the country in the Open

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Continued on page 23



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SEEING THINGS

ACROSS

- 1 Brand of taco shells
- 7 Serapes, e.g.
- 13 Holders of strike signs
- 20 Film critic Richard
- 21 Social outcast
- 22 Be given via will
- 23 "Get Smart" device for a secret conversation
- 25 All excited
- 26 One using a plus sign
- 27 Rose Bowl sch.
- 28 Mario Lanza, for one
- 30 Hands over
- 32 Classmate
- 38 People swearing
- 42 Actress Reid and skater Lipinski
- 43 Barrett of gossip columns
- 44 1990s IBM computer
- 45 Give out, as a task
- 47 Helps out
- 50 Withholding corporal punishment, biblically

- 52 Baja naps
- 53 Holiday in Hanoi
- 54 Oven output
- 55 Imitated
- 56 Top pitcher
- 57 Mag revenue source
- 61 Get bloated
- 65 Leaps over
- 67 PBS series featuring documentary films
- 70 -- tank
- 73 Keyboard instruments
- 74 Avers
- 78 Gardner of the screen
- 79 Biblical king before David
- 81 Join closely
- 83 Historic time
- 84 Like some snakelike fish
- 86 High-definition iPad feature
- 92 Faux names
- 93 Puts up, as an edifice
- 94 Arrive at a choice
- 95 City near Lake Tahoe

- 96 Watson's partner
- 97 Popping-up appliance
- 98 "Under the Net" novelist
- 102 Shovel go-withs
- 104 "Cheerio!"
- 105 High wind
- 106 Private stash
- 111 Provides
- 115 Punny statement about seven key words in this puzzle
- 119 Soon-to-be bride
- 120 Salary maker
- 121 Artemis' twin
- 122 Stretching muscles
- 123 With 32-Down, event with a funnel cake stand, often
- 124 Unit of force

DOWN

- 1 Sea menace
- 2 Big crucifix
- 3 Take care of
- 4 Sword sort

- 5 1936-52 British king
- 6 "Woof!" kin
- 7 Mace, e.g.
- 8 Recital sites
- 9 Locale
- 10 Finish at #1
- 11 Body of eau
- 12 Kind of pony or sheepdog
- 13 Keyboard instrument
- 14 Being pulled
- 15 Bird's sound
- 16 Actor Wahl
- 17 Unit of work
- 18 "Shop -- you drop"
- 19 -- Jeanne d'Arc: Abbr.
- 24 RAV4s, e.g.
- 29 Golf's Ernie
- 31 Persia, now
- 32 See 123-Across
- 33 As a result
- 34 "Mila 18" author Leon
- 35 USPS part
- 36 Unbroken
- 37 Damsels
- 38 -- pall over
- 39 Elevated
- 40 Sports data

- 41 Knightly title
- 42 Mao of China
- 45 Had food
- 46 One forming something
- 47 Cleo's cobra
- 48 Kitchen tools
- 49 Car types
- 51 Indian butter
- 55 Liable
- 58 Indy area
- 59 Licoricelike flavorers
- 60 Music box?
- 62 Agcy. OK'ing medicines
- 63 "Dudley Do-Right" damsel Nell
- 64 Not mailed, say
- 66 Exercise
- 68 D.C. figure
- 69 Alan of film
- 70 African hunt
- 71 More sinful
- 72 Some Italian sandwiches
- 75 Kindled again
- 76 Vocation
- 77 Singer Leo
- 80 Sub inits.
- 82 -- Cruces

- 85 Its capital is Vientiane
- 86 Puts on a new course
- 87 Actor Close
- 88 Cal --
- 89 Big star, say
- 90 Picture of an ocean view
- 91 Mac rivals
- 96 String after B
- 97 Track beams
- 99 -- Polo
- 100 Cow's milk source
- 101 Gets higher
- 102 Wage recipient
- 103 At the ready
- 105 Unit of heredity
- 107 State boldly
- 108 Old Briton
- 109 Hawaii County seat
- 110 Rival school of Harrow
- 111 Not fore
- 112 "Bah!"
- 113 Groupie, e.g.
- 114 Come- -- (skills)
- 116 Sombrero, for example
- 117 Be wrong
- 118 Sci-fi's Solo

Naval Communicator is one of Canada's top bodybuilders

Continued from page 22

Figure F competition, making her now qualified to compete in North American championships like the Arnold Amateur Classic or the Amateur Olympia.

LS Reid said training for the event was difficult, with the recent deployment cutting her preparation time shorter than she'd like, but it was all worth it.

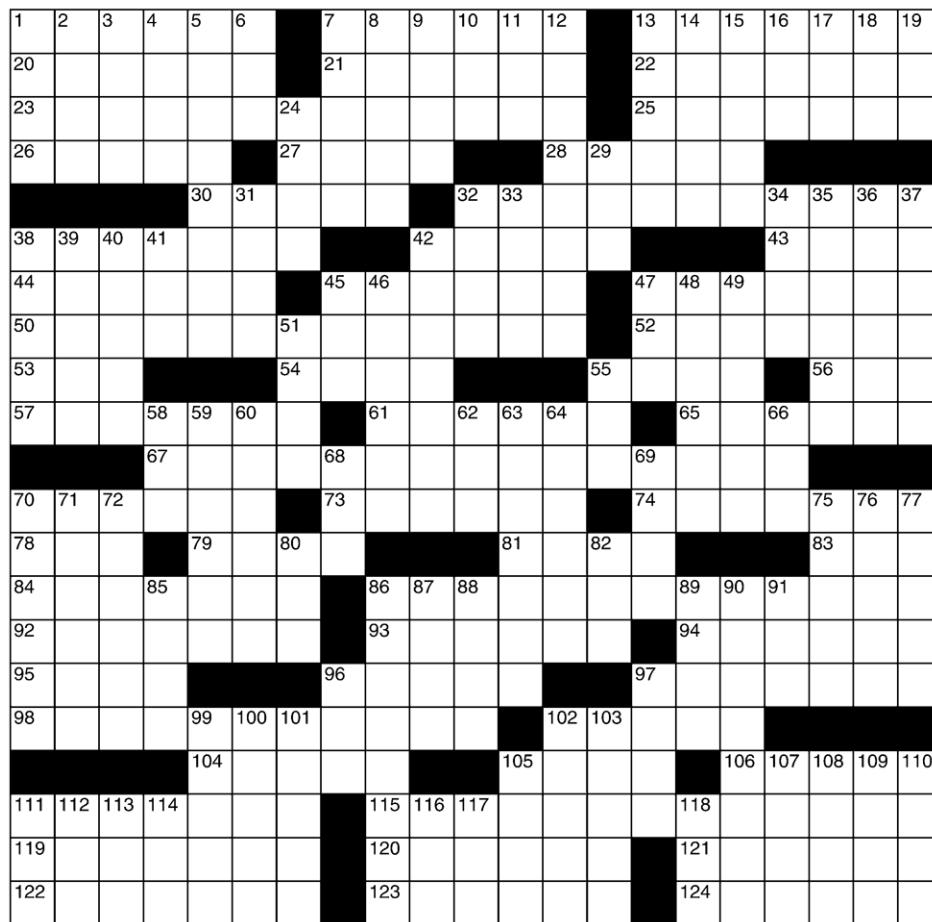
"Being told I have one of the best bodies in the country is more than a dream come true," she said.

She got her start as a powerlifter, competing in 2015 at Canadian Powerlifting Federation events and even sitting new national records for squats and bench press at the 81kg level. After making the switch to

bodybuilding, her previous highlights including winning first place in the Region at The 2017 Stephanie Worsfold Classic in London, Ontario, and first place in The Canadian Physique Alliance 2017 Ontario Natural Championships, which qualified her for the national event this year.

The Canadian Physique Alliance is a direct affiliate of the International Federation of Bodybuilding and Fitness Pro League, and LS Reid said she has aspirations to continue with strong results and one day become a professional bodybuilder.

But with her most recent national event wrapped up, the next move for LS Reid will be to Esquimalt, where she's recently been posted to HMCS *Yellowknife* for the next chapter in her RCN career.



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