



**MyGROUP**  
AUTO AND HOME  
INSURANCE

**Offering exclusive rates to the Canadian Forces Community**

With savings of up to 60%, discover the difference your group advantage could make today

**CLICK OR CALL FOR A QUOTE TODAY!**

**MYGROUP.CA/CAF**

**1-844-999-7687**

167238

Monday, April 22, 2019



Volume 53, Issue 8

[www.tridentnewspaper.com](http://www.tridentnewspaper.com)

# TRIDENT

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



## Working with allies in the Black Sea

*NATO allies move into formation beside HMCS Toronto in preparation for a gun exercise in the Black Sea during NATO Exercise SEA SHIELD on April 8, 2019.*

MCPL MANUELA BERGER, FIS



**Betty the barber retires**

**Pg. 5**



**Battle of the Atlantic**

**Pgs 12-15**



**Regional Powerlifting Championship**

**Pg. 22**



*We have all your shopping needs.*

**VISIT CANEX WINDSOR PARK**

**Now Open SUNDAYS 1200 - 1700**

**CANEX.ca**



167240



# Seeking out spirits at the Naval Museum of Halifax

By Ryan Melanson,  
Trident Staff

Jim Northrup says he's heard a lot of strange stories about the Naval Museum of Halifax over the years.

A retired submariner and volunteer at the museum, Northrup recalled a story from a commissionaire about seeing a woman in the building after hours, only to have her disappear when he spoke to her. He also remembered contractors replacing the windows of the 200-year-old building, who talked about feeling the presence of people standing behind or beside them while they worked.

"There's all kinds of stories like that. I've felt it too. I had a friend who called this building the creepiest place he ever worked in," Northrup said.

Those types of stories were what led Lost Soul Spiritual Services, a local group that specializes in "spiritual and paranormal house cleansing," to the museum for a special visit and investigation of Admiralty House on March 25. While the group normally works with people who are troubled by feelings of spirits or paranormal activity in their homes, the

Base agreed to have the group in for a fun investigation into the creepy tales that have circulated for years.

Heather Rann, a self-described medium and one of the founders of the group, said she's done similar work in the past at the Halifax Citadel and Fortress of Louisbourg, but Admiralty House marked the biggest

project with her current teammates and new gear, including a Structured Light Sensor camera system like the type often used to seek out paranormal activity on TV.

"This is one of our bigger and more exciting investigations," she said.

Rann and her colleagues got a tour of the building, learned a bit of the

history, including the involvement in the Halifax Explosion, and then split up to begin a night of thorough investigation.

The bulk of the investigation took place late in the evening, when the darkness and quiet could aid their efforts, and Rann said she greatly appreciated museum staff staying through the night to allow them all the time they needed. They also had a few curious visitors stop by during the night, including Northrup, who shared a few of his stories with the group, as well as Base Commander Capt(N) David Mazur.

Afterward, the group said they encountered a number of "entities" and collected different pieces of evidence during the investigation; they plan to return to the museum in the coming weeks to present their findings and takeaways from the visit.

While a paranormal investigation is a little out of the ordinary for CFB Halifax, museum director Jennifer Hevenor said she was happy to have the group in.

"It's something fun and different. There's a lot of history here. We're excited to see what they come up with."



Retired submariner Jim Northrup spoke to members of the Lost Soul group about the history of Admiralty House and some of his own experiences in the building through the years.

RYAN MELANSON, TRIDENT STAFF



Lost Souls member Amanda Dyke gathers evidence in the museum's attic.

RYAN MELANSON, TRIDENT STAFF



The Lost Souls Spiritual Services group was invited to the Naval Museum of Halifax on March 25 to perform a spiritual and paranormal investigation.

RYAN MELANSON, TRIDENT STAFF



**I understand the processes and stress of being posted! Military Relocation Specialist On the List for 30+ Years**

**Expert marketer and negotiator HHT specialist**

**rozprince.com**

**Specializing in  
Dartmouth,  
Eastern Passage  
Cole Harbour  
and outskirts to  
Porter's Lake**

**CENTURY 21**  
Trident Realty Ltd.

**902-456-6375**  
**rozprince@eastlink.ca**



# HMCS *Toronto* strengthening NATO relationships on Op REASSURANCE

By Ryan Melanson,  
Trident Staff

As HMCS *Toronto* continues its Op REASSURANCE deployment in support of NATO assurance measures in Central and Eastern Europe, the ship recently began a three-week period involving patrols and exercises in the Black Sea with Standing NATO Maritime Group Two (SNMG2) colleagues, as well as a special port visit to Odesa, Ukraine.

Cdr Martin Fluet, *Toronto*'s Commanding Officer described the visit to Odesa as one of the most significant accomplishments for *Toronto* on the deployment so far. The ship spent three days alongside in Ukraine, along with ESPS Santa Maria, with a busy schedule of engagement activities. Thousands of members of the public were welcomed onboard for ship tours, groups of naval cadets were given insight into ship operations, a diplomatic luncheon was held that included the head of the Ukrainian Navy as well as the Ambassadors of Canada and Spain, and the ships' COs took part in a large press conference attended by media outlets from around the world. Cdr Fluet added that the work done alongside was an important extension of the military-level relationship building that's been taking place among allies at sea.

"The visit leveraged great strategic effect and was a valuable opportunity to engage Ukraine both as a partner in Canada's commitment to stability, peace, and freedom of navigation but also as an aspiring member of NATO," he said, adding that his sailors also benefited from the interactions with community members and other visitors to the ship.

Following the stop in Odesa, *Toronto* and Santa Maria reunited



HMCS *Toronto* sits alongside in Odesa, Ukraine during a routine port visit while patrolling the Black Sea during Operation REASSURANCE.

with the other ships of SNMG2 to take part in Exercise SEA SHIELD, which was hosted and coordinated by Romania in the Black Sea and also involved ships from Bulgaria, Greece, the Netherlands and Turkey. The four-day exercise once again focused on interoperation among the various navies, and included communications, maneuvering, and gunnery drills.

And as *Toronto* conducts this work at sea, it's benefiting from the added capability of sailing with the CH-148 Cyclone Helicopter. They're the second crew to take the new platform to the Mediterranean, and lessons learned from last year's deployment with *Ville de Quebec* have been used to get the most out of the aircraft.

"This is felt particularly in terms of maintenance routine improvements. *Toronto*'s air detachment has been able to build upon that foundation

to improve efficiencies and get more out of the helicopter. These efficiency improvements have resulted in over 250 flight hours on this deployment so far," Cdr Fluet said, adding that 10 hours of flight per day has become

common. The Cyclone's updated range and sensor suite have also greatly improved situational awareness and the ship's intelligence, surveillance, and reconnaissance functions, he added.

"On recent patrols, the helicopter has been a true force multiplier."

The crew is approximately halfway through their six-month Op REASSURANCE deployment, having left Halifax in mid-January, and the CO credited his sailors for the high morale and work ethic on the ship despite operational challenges and the long stretch of time away from home.

"Over the course of the deployment they have developed excellent team spirit and have learned to rely on one another to accomplish the tasks at hand," he said.

"We all miss home quite a lot, and look forward to returning home in the summer to be with our families again."

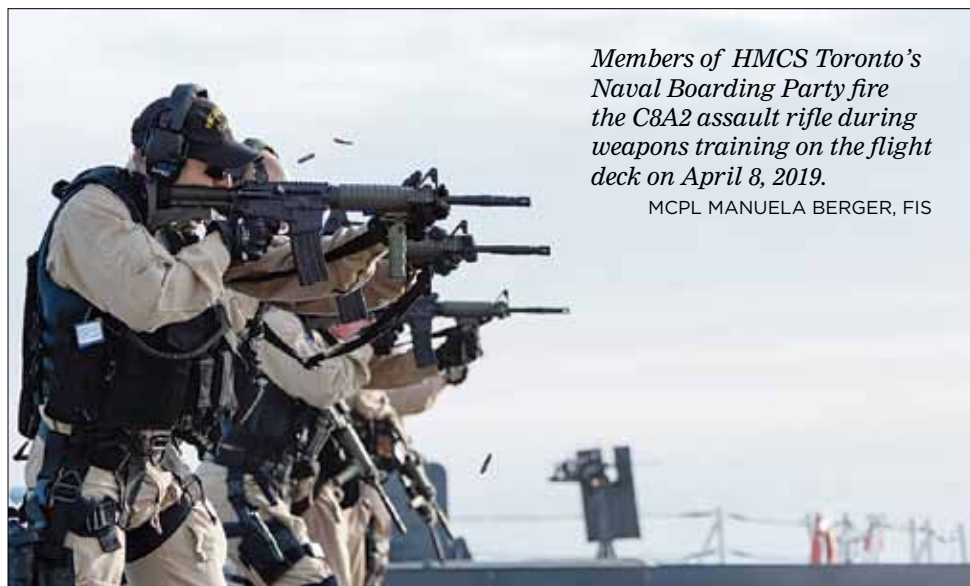
HMCS *Toronto* is due to return to Halifax in June, with *Halifax* set to replace it as the next ship on Op REASSURANCE. Seven different RCN ships have supported the mission since it began in 2014.

MCPL MANUELA BERGER, FIS



The CH-148 Cyclone, RAPTOR, embarked on HMCS *Toronto*, carries out vertical replenishment training in the Black Sea during Exercise SEA SHIELD on April 9, 2019.

MCPL MANUELA BERGER, FIS



Members of HMCS *Toronto*'s Naval Boarding Party fire the C8A2 assault rifle during weapons training on the flight deck on April 8, 2019.

MCPL MANUELA BERGER, FIS

 <p><b>MILITARY &amp; RCMP MOM!</b></p>		<p><b>HALIFAX, Nova Scotia</b> <a href="http://www.ihomeshalifax.com">www.ihomeshalifax.com</a></p> <p><b>ROSE BRINE, REALTOR®</b> SPECIALIZING IN MILITARY &amp; RCMP RELOCATIONS 23 YEARS OF AWARD WINNING SERVICE</p> <p><b>902-471-2934</b> <a href="mailto:rosebrinerealtor@gmail.com">rosebrinerealtor@gmail.com</a></p> <p><b>RE/MAX nova</b> 6363 Lady Hammond Road, Halifax, Nova Scotia <small>Independently Owned &amp; Operated</small></p>
--	--	---



# TRIDENT

## Publication Schedule for 2019

January 14 — MFRC & Money Matters  
January 28  
February 11 — MFRC  
February 25  
March 11 — MFRC  
March 25 — Posting Season  
April 8 — MFRC & Spring Automotive  
April 22 — Battle of the Atlantic  
May 6 — MFRC & Spring Home and Garden  
May 21  
June 3 — MFRC & Family Days  
June 17  
July 2 — MFRC  
July 15  
July 29 — MFRC  
August 12 — Back to School  
August 26 — MFRC  
September 9  
September 23 — MFRC & DEFSEC  
October 7 — Fall Home Improvement  
October 21 — MFRC  
November 4 — Remembrance Day  
November 18 — MFRC & Holiday Shopping  
December 2  
December 16 — MFRC & Year End Review

Editor: **Virginia Beaton**

editor@tridentnews.ca  
(902) 427-4235

Journalist: **Ryan Melanson**

reporter@tridentnews.ca  
(902) 427-4231

Editorial Advisor: **Margaret Conway**

margaret.conway@forces.gc.ca  
902-721-0560

**www.tridentnewspaper.com**

## Advertising Sales

**Dave MacNeil**  
902-209-0570

davemacneil@advocatemediainc.com

Trident is an authorized military publication distributed across Canada and throughout the world every second Monday, and is published with the permission of Rear Admiral Craig Baines, Commander, Joint Task Force Atlantic. The Editor reserves the right to edit, condense or reject copy, photographs or advertising to achieve the aims of a service newspaper as defined by the Interim Canadian Forces Newspapers Policy dated April 11, 2005. Deadline for copy and advertising is 10 a.m., 11 business days prior to the publication date. Material must be accompanied by the contributor's name, address and phone number. Opinions and advertisements printed in Trident are those of the individual contributor or advertiser and do not necessarily reflect the opinions or endorsements of the DND, the Editor or the Publisher.

Le Trident est une publication militaire autorisée par le contre-amiral Craig Baines, Commandant la force opérationnelle interarmées de l'Atlantique, qui est distribuée partout au Canada et outremer les lundis toutes les quinze semaines. Le rédacteur en chef se réserve le droit de modifier, de condenser ou de rejeter les articles, photographies ou annonces publicitaires jugées contraires aux objectifs d'un journal militaire selon la définition donnée à politique temporaire des journaux des forces canadiennes. L'heure de tombée des annonces publicitaires ou des articles est fixée à 1000 le jeudi précédant la semaine de publication. Les textes peuvent être soumis en français ou en anglais; ils doivent indiquer le nom, l'adresse et le numéro de téléphone du collaborateur. Les opinions et les annonces publicitaires imprimées par le Trident sont celles des collaborateurs et agents publicitaires et non nécessairement celles de la rédaction, du MDN ou de l'éditeur.

### Annual Subscription (25 issues):

- NS: \$37.38 (\$32.50 + 15 % HST)
- ON, NB & Nfld: \$36.73 (\$32.50 + 13% HST)
- BC: \$36.40 (\$32.50 + 12% HST)
- Remainder of Canada: \$34.13 (\$32.50 + GST)
- United States: \$45 US
- Abroad: \$65 US

**Courier address:**  
2740 Barrington Street,  
Halifax, N.S.  
B3K 5X5

Publication Mail Agreement No.  
40023785

Return undelivered Canadian address to:  
Trident Newspaper Bldg, S-93  
PO Box 99000  
Station Forces, Halifax, NS B3K 5X5  
Return Postage Guaranteed  
ISN 0025-3413

Circulation: Minimum 8,500

# 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.*

## CFB Halifax Walk

**Time: 10:30 a.m.**

**Date: Wednesday, April 24**

**Location: CFB Halifax Stadacona**

The CFB Halifax Walks are now taking place on the last Wednesday of every month. Both military and civilian members are welcome to participate. The group will convene in front of S-90 at Stadacona for a PSP led warmup. The walk will take approximately 30 minutes and will cover 2.5 - 3 kilometres, heading towards Fort Needham and back. For more information, please contact Lucas Hardie at 902-427-6335.

## Transplant Your Seeds

**Time: 1:30 – 3 p.m.**

**Date: Saturday, April 27**

**Location: Halifax Central Library, Spring Garden Road**

The seeds we planted a month ago are getting big. Learn to transplant them into larger pots so the roots can grow strong. This workshop is in partnership with the Atlantic Master Gardeners. Location is the Lou Duggan Creative Studio on the second floor of the library. Advance registration is required.

## Battle of the Atlantic concert

**Time: 2 p.m.**

**Date: Sunday, April 28**

**Location: Halifax Central Library**

The Stadacona Band of the Royal Canadian Navy will present its annual Battle of the Atlantic concert at the Halifax Central Library on Sunday, April 28. Admission is free and all are welcome.

## Remembering Canada's Heroes

**Time: 7 p.m.**

**Date: Tuesday, April 30**

**Location: Maritime Museum of the Atlantic**

As we approach the commemoration of the Battle of the Atlantic, the Maritime Museum of the Atlantic is pleased to welcome Bill Green of Remembering Canada's Heroes, a registered charity bringing interesting Canadian historical events to the attention of high school students in Atlantic Canada. Green's presentation takes Second World War, Korean War, Cold War and Peacekeeping Veterans into High School History classrooms to deliver one hour presentations describing several important Canadian achievements since September 1939. Join Green for this free talk that explores a number of themes centering around the roles played by the sailors and ships of the Royal Canadian Navy and our Merchant Navy during the Second World War.

## HMCS Athabaskan G07 Memorial Service

**Time: 1 p.m.**

**Date: Sunday, April 28**

**Location: HMCS Haida, Hamilton, Ontario**

HMCS *Haida*, the ceremonial flagship of the Royal Canadian Navy, will host a Memorial Service marking 75 years since the sinking of the first HMCS Athabaskan on April 29, 1944. Organized by Parks Canada, the afternoon will consist of a ceremony alongside *Haida*, a wreath laying aboard the ship, and a reception afterward at HMCS *Star*. The event is open to the public but the reception is by invitation only. Organizers would be pleased to welcome any former crew of any of the three ships named HMCS *Athabaskan*, and ask anyone interested in attending to contact the Friends of HMCS *Haida* organization at info@hmcsaida.com

**RPG Club: Hensch-Kin's Guild of Halifax**

**Time: 5 – 8:30 p.m.**

**Date: Wednesday, May 1**

**Location: Halifax Central Library, Spring Garden Road**

The Hensch-Kin's Guild of Halifax is a club dedicated to tabletop role-playing games (RPGs), including Dungeons and Dragons, Call of Cthulhu, and many more. These nights are fun, social events. No prior gaming experience is necessary. BMO Community Room, second floor. Ages 14+.

## Yom HaShoah – Holocaust Remembrance Day

**Time: 7:30 p.m.**

**Date: Wednesday, May 1**

**Location: Canadian Museum of Immigration at Pier 2, 1055 Marginal Road**

A Holocaust Remembrance event will be held at Pier 21 on Wednesday, May 1. Keynote speaker will be Ellin Bessner, author of *Double Threat: Canadian Jews, the Military and WWII*. The program includes a memorial candle-lighting ceremony, with a reception and book signing to follow. The event is presented in partnership with the Canadian Museum of Immigration at Pier 21. The program is free and open to the public.

## RCSCC Bras D'Or 40<sup>th</sup> Anniversary Date: May 24-26

The 40th Anniversary of 268 Royal Canadian Sea Cadets Corps Bras D'Or will take place on the weekend of May 24 to 26, 2019 in Quispamsis and Rothesay, New Brunswick. The events will include a Meet and Greet on Friday, May 24 at Branch 58 Legion, the Annual Cadet Review and Dinner on Saturday May 25, and a barbecue at Meenan's Cove Beach on Sunday, May 26. For more information please email eisanb@nb.sympatico.ca or call Brian at 506-849-4146.



# Students meet a raptor during Techsploration

*Students from Central Kings Rural High School learn about wildlife control during a tour of 12 Wing Shearwater on April 1, 2019. The tour was in collaboration with Techsploration, an organization that seeks to increase the number of women working in the science, trades and technology-related occupations.*

LS LAURANCE CLARKE, 12 WING OPERATIONS SUPPORT SQUADRON IMAGING



# A legend retires after 43 years

By CPO2 Dave Skinner,  
Staff Officer, PCC Atlantic

On March 29, 2019, Sandra Elizabeth Croney, better known as Betty, hung up her apron and clippers and closed shop for the last time after almost 43 years as the well-known A-Block Barber.

Originally from Halifax, Betty grew up in the north end, attended Queen Elizabeth High School, and went on to graduate from the Nova Scotia Institute of Technology (now NSCC on Leeds Street). Betty started cutting hair at Shannon Park on April 21, 1976 and immediately realized that she had a deep connection with her customers. After only a brief time at Shannon Park, Betty moved to the Halifax side, and relocated her shop in the corner of Atlantic Block where she remained for the next four decades until the demise of A-Block in 2017.

A visit to get a haircut at Betty's shop was an experience all of its own - from her cheery smile as she told you to "scoot your bones down" so she could reach the top of your head, to the discussions of CFB Halifax dress policy, politics and the latest rumours circulating around the base. As you reached to pay, you were sure to catch the beginnings of her next client's conversation starting up, or just continuing from the conversation you thought was ending while you flashed up the vacuum cleaner to do a once-over on your uniform.

The A-Block Barber shop hours varied throughout the year as Betty would always be vigilant of Base Change of Command ceremonies (and even invited as a guest), course graduations and any event that required



*The group of friends and colleagues who attended Betty's retirement gathering at S-90 on March 29.*

RYAN MELANSON, TRIDENT STAFF



*Betty gets ready to cut her cake, which was made by Base Operations Officer LCdr Sylvie Robinson.*

RYAN MELANSON, TRIDENT STAFF

smart looking soldiers, sailors and airmen. Betty was well known for being open at 5:30 a.m. and ready to serve her first customer as soon as they darkened her doorway.

I visited Betty many times in the shop over the years, as a junior ranks member in the early 90s when

it was usually a certain Chief that recommended I stop in and mention his name to get the Chief's special, and lately as an aging sailor sometimes just to say hello and feel the nostalgia of such great times not forgotten.

Throughout the years, Betty was

always a supporter of the Chaplain services and made regular donations to the fund.

Betty, you are certainly going to be missed by the extended family you've been a part of for so many years. Fair winds and following seas, and thank you for the memories!

## When prayer is difficult

By Capt (Padre) PJ Vere,  
Fleet Chaplain Canadian Fleet Atlantic

Sometimes prayer is difficult.

This is true for everyone who believes in God—regardless of religion or level of devotion practiced.

Even as a chaplain I struggle to focus while praying. Just making time for prayer is an act of self-discipline.

This usually happens when I am tired, or when life has become too fast with work or family responsibilities pressing in.

My first temptation is to set aside prayer time and devote myself exclusively to resolving these other urgencies.

I forget how much I need time alone with God to express my human need for a loving relationship with my creator.

This is when I must remind myself

that I am not alone in the struggle to pray.

Jesus Himself struggled to pray in the Garden of Gethsemane.

On the night before His crucifixion, while those closest to him slept unaware of what was to come, Jesus was so overcome by anxiety and depression that He sweated drops of blood.

Jesus' struggle during His time of prayer stood out to St. Luke as a physician—that is, a medical doctor in the ancient Middle East—who recorded this detail in his gospel account of Christ's death and resurrection.

In other words, even Jesus found prayer difficult when He needed it most.

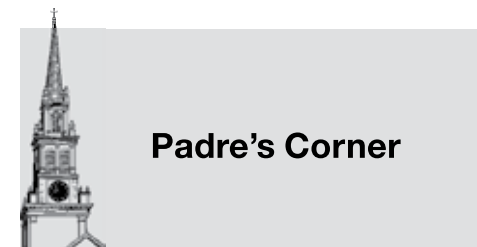
Therefore, we as less-than-perfect believers should not be harsh on ourselves when we too struggle to come before God and pray.

No student is greater than his or

her master, Jesus gently reminds us. He understands when we struggle to pray.

Thus we need only remember that prayer is about conversing with God, Who already knows each of our needs and desires.

For as one wise ancient Christian



Padre's Corner

stated, "God does not listen to the exact words of our prayers but to the love in our hearts when we put forward the effort to pray."

### COME TO WORSHIP

at  
**CF CHAPELS**

Chapel Services de la Chapelle • Sunday/dimanche

**STADACONA**

8h30 - Protestant  
- English

**SHEARWATER**

10h00 - Roman Catholic  
- Bilingual/bilingue

Visit: [www.rcmilord.com](http://www.rcmilord.com) for more information/pour les renseignements  
BAPTISM, MATRIMONY & OTHER SACRAMENTS - BY APPOINTMENT/REQUEST

*"In the beginning was the Word, and the Word was with God, and the Word was God"*

*- Gospel according to John*

167249



# Canadian Forces Military Police report initial results from the Sexual Assault Review Program (SARP)

By DND

The Canadian Forces Provost Marshal (CFPM), is announcing the initial results of the work completed by the SARP External Review Team (ERT).

The review was conducted over a 10-day period in December 2018. Along with facilitators from the CFNIS, members of the ERT included a civilian crown prosecutor specializing in Sexual Assault prosecutions, a victim/violence against women advocate, a team leader from the Sexual Misconduct Response Centre (SMRC) and a primary care nurse with the Canadian Forces Health Services Group. All members of the team underwent initial training and were subsequently provided access to all unfounded sexual assault investigative files from 2010 to 2016 for their review.

The ERT reviewed 67 of the 113 files. (This total number stems from an internal review that was completed in June 2018 by the CFNIS. As announced in November 2018, 179 files from 2010 to 2016 had been coded as unfounded. An internal review of those files had found that 23 files required additional review, 43 files needed to be re-coded, and 113 files remained unfounded.)

Their initial findings reaffirmed that for the most part files were properly coded as unfounded at the time of conclusion. However due to recent changes in clearance coding from the Canadian Centre for Justice Statistics (CCJS) they made recommendation to amend the clearance status of some files. Over the course of the file review the ERT commented that MP investigators developed very good rapport with the victim, validating the continued need for trauma informed sexual assault investigation training, which was proactively adopted by the CFNIS in 2016.

Preparations are now underway for the ERT to conduct its second review session, which will include the remaining 46 files from 2010-2016 as

well as all unfounded sexual assault files from 2017 and 2018.

### Quick facts

The intent of the SARP is to implement an open and transparent case review model of unfounded sexual assault investigations to include an external review team of stakeholders with case file access.

The goals of SARP are to validate the unfounded coding and conduct a substantive review of the investigation.

A majority of CFNIS investigations are for allegations of criminal sexual offences. The Sexual Offence Response Team (SORT), created in 2016, provides investigators with a nucleus of expertise regarding historical investigative techniques; new trends in law enforcement concerning sexually based offences; and best practices for future sexual related investigations.

In addition to standard training received by all investigators in the CFNIS, members of the SORT also receive specialized training in investigating sexual assault; physical abuse and child death; investigating offences against children; investigative and forensic interviewing techniques; and trauma informed care training.

Frontline Military Police remain a key part of the investigative process as they are often the first point of contact for victims/complainants in the reporting of any offence. Military Police often interact with victims as they attempt to deal with their trauma. The primary task in those situations is to support and protect the victim.

Any member who has experienced or witnessed harmful and inappropriate sexual behaviour of any kind in the Canadian Armed Forces (CAF) has a range of options available to him or her. For more information regarding available services, please visit: <http://www.forces.gc.ca/en/caf-community-support-services/sexual-misconduct.page>

# Ham & cheese quiche in a hash brown crust

By Juno Catering staff

Now that Easter is past, this is a wonderful dish to use up any leftover ham. This dish is gluten free and can be served for breakfast, lunch or dinner.

**Serves: 8-10**  
**Ready in: 2 hours**

- Ingredients:**
- 200 g butter, melted
  - 1 kg frozen shredded hash browns, thawed and drained
  - 7 ea eggs, large
  - 375 ml coffee cream (18% MF)
  - 350 g Swiss cheese, shredded
  - 80 ml fresh chives, chopped
  - 125 g cooked ham, diced
  - Salt and pepper to taste

- Directions:**
1. Preheat oven to 425F.
  2. Grease the bottom and sides of a 9”

- spring-form pan with butter.
3. In a large bowl, toss the hash browns and butter until well mixed. Evenly press the hash brown mix into the bottom and sides of the spring-form pan.
4. Bake in the oven until golden brown and crispy, approximately 45 minutes. Remove from the oven.
5. Reduce the oven temperature to 350F.
6. In a large bowl, whisk the eggs and cream until well combined. Add the cheese, chives and ham. Season with salt and pepper.
7. Pour the egg mixture into the potato crust and bake until the eggs are set, approximately 40 minutes.
8. Remove from the oven and let cool in the pan for 10 minutes. Run a knife around the edge of the spring-form pan and gently open and remove the ring.
9. Cut the quiche into wedges and serve warm.

# Updated CFB Halifax parking policy

The CFB Halifax parking policy has been updated to better capture past amendments as well as a new violation policy. The CFB Halifax parking policy is available at [http://Halifax.mil.ca/CFBHalifax/bcomd/pages/bcomd\\_parking.html](http://Halifax.mil.ca/CFBHalifax/bcomd/pages/bcomd_parking.html)

- References:
- a. DAOD 1004-0, Parking
  - b. DAOD 1004-1 Parking Administration
  - c. MARLANTORD 1865-0
  - d. Government property traffic regulations

# Nouvelle politique sur le stationnement de la BFC Halifax

La politique relative au stationnement de la BFC Halifax a été mise à jour pour mieux tenir compte des modifications antérieures ainsi que d’une nouvelle politique relative aux infractions. Vous pouvez la consulter à l’adresse suivante : [http://Halifax.mil.ca/CFBHalifax/bcomd/pages/bcomd\\_parking.html](http://Halifax.mil.ca/CFBHalifax/bcomd/pages/bcomd_parking.html)

- Références :
- a. DAOD 1004-0, Stationnement
  - b. DAOD 1004-1 Administration du stationnement
  - c. OFMAR(A) 1865-0
  - d. Règlement relatif à la circulation sur les terrains du gouvernement

**FOR SALE:**

Naval officers doeskin mess kit - jacket 40-42 , pants 38. Package will include white mess jacket, high collar white "ice cream suit " jacket and pants, white short sleeve shirt and pants, 3 linen waistcoats, black dress Wellington boots size 9.5, Canex windbreaker size 44. Asking \$300. Call **902-448-6375**.







# Halifax region DND Career Fair set for May 8

Get your resume ready! Hiring managers and supervisors from Maritime Forces Atlantic (MARLANT) and other CAF and DND organizations in the Halifax region will be hosting a career fair on Wednesday, May 8 at the new Willow Park Armoury, 3225 Husky Drive.

"This career fair provides a unique opportunity for our serving DND employees and CAF members to explore other areas of MARLANT wherein their skills and talents can be used and expanded upon to further their professional development and career goals," says Capt(N) Guillaume Lafrance, MARLANT Chief of Staff and the senior leader championing this hiring initiative. "The career fair will also enable us to attract excellent talent external to the Public Service that will help to renew and strengthen our workforce," he adds.

DND is one of the largest federal government employers, providing services and support to the CAF. Here in Halifax, DND is looking to fill civilian positions in many areas ranging from clerical/administrative services and information technology/information management to skilled trades and French language services. Jobs are also available for ships' officers, ships' crew, storespersons and more. Representatives from Personnel Support Programs, CAF Reserve units and other DND-affiliated organizations will also be on hand at the career fair and looking to fill positions within their respective establishments.

Current DND civilian employees, CAF members and CAF Veterans

are invited to attend the career fair from 8:30am to 3:00 pm, while members of the general public will be welcomed from 10:30 a.m. until 3:00 pm. Parking will be located across the street from the Willow Park Armoury at Windsor Park, however accessible parking will be available at Willow Park. Persons with physical or other limitations who require accommodation should contact DNDCareers-CarrieresMDN@forces.gc.ca so appropriate arrangements can be made. Presentation of photo identification is required for entry.

Those attending the career fair should bring along a current résumé and can expect to network with supervisors and hiring managers. On the spot interviews may even be held.

A career with DND offers exciting benefits including interesting and challenging work; professional development; opportunities for advancement; an awards and recognition program; work-life balance and well-being culture; and health and wellness programs.

DND is also committed to building a skilled and diverse workforce that reflects the Canadians we serve. As a result, employment equity is promoted and those attending the career fair are encouraged to indicate on their résumé if they are a woman, an Indigenous person, a person with a disability or a member of a visible minority group.

Registration for this event is not required. Questions? Please contact DNDCareers-CarrieresMDN@forces.gc.ca. See you on May 8!

# Le salon de l'emploi du MDN dans la région d'Halifax aura lieu le 8 mai

C'est le moment de préparer votre CV! Les gestionnaires recruteurs et superviseurs des Forces maritimes de l'Atlantique (FMAR[A]) et d'autres organisations des FAC et du MDN dans la région d'Halifax seront présents lors d'un salon de l'emploi le mercredi 8 mai, au nouveau manège militaire de Willow Park, situé au 3225, promenade Husky.

« Ce salon de l'emploi offre une occasion particulière aux employés du MDN et aux membres des FAC d'explorer d'autres secteurs des FMAR(A) où ils pourraient faire valoir leurs compétences et leurs talents tout en progressant dans leur perfectionnement professionnel et leur cheminement de carrière », affirme le Capv Guillaume Lafrance, chef d'état-major des FMAR(A) et haut dirigeant responsable de cette initiative de recrutement. « Le salon de l'emploi nous permettra aussi d'attirer des gens de talent qui ne font pas encore partie de la fonction publique et qui nous aideront à renouveler et à renforcer notre effectif, » ajoute-t-il.

Le MDN est l'un des plus importants employeurs du gouvernement fédéral, et fournit des services et du soutien aux FAC. À Halifax, le MDN cherche à pourvoir des postes pour civils dans de nombreux domaines allant des services de bureau/services administratifs et de la gestion de la technologie de l'information/de l'information aux métiers spécialisés et aux services en français. Des emplois sont également disponibles pour les officiers de marine, les équipages de navires, les magasiniers et plus encore. Des représentants des Programmes de soutien du personnel, des unités de la Réserve des FAC et d'autres organisations associées au MDN seront également sur place dans le but de recruter des employés dans leurs établissements respectifs.

Les employés civils du MDN, les membres des FAC actuels et anciens sont invités à assister au salon de l'emploi de 8 h 30 à 15 h, tandis que le grand public sera accueilli de 10 h 30 à 15 h. L'aire de stationnement est située de l'autre côté de la rue du manège militaire de Willow Park, à Windsor Park. Il y aura toutefois des places de stationnement pour personnes à mobilité réduite à Willow Park. Les personnes ayant des limitations physiques ou autres pour lesquelles des mesures d'adaptation doivent être prises sont invitées à écrire à cette fin à l'adresse DNDCareers-CarrieresMDN@forces.gc.ca. Il faut présenter une pièce d'identité avec photo pour entrer.

Les personnes qui participent au salon de l'emploi devraient avoir en main un curriculum vitae à jour et peuvent s'attendre à faire du réseautage avec leurs superviseurs et les gestionnaires recruteurs. Des entretiens sur place pourraient même avoir lieu.

Le MDN offre d'excellents avantages professionnels, notamment un travail intéressant et stimulant, du perfectionnement professionnel, des possibilités d'avancement, un programme de prix et de récompenses, une culture de conciliation travail-vie personnelle et de bien-être, ainsi que des programmes de santé et de mieux-être.

Le MDN s'est aussi engagé à bâtir une main-d'œuvre qualifiée et diversifiée qui reflète la population canadienne. Par conséquent, l'équité en matière d'emploi est favorisée et les participants sont encouragés à indiquer sur leur curriculum vitae s'ils sont une femme, un Autochtone, une personne handicapée ou un membre d'une minorité visible.

Nul besoin de s'inscrire au salon pour y participer. Des questions? Écrivez-nous : DNDCareers-CarrieresMDN@forces.gc.ca. Rendez-vous le 8 mai!



the  
**DAVID DUNN**  
group

**Chris Brothers, REALTOR®**  
C 902.222.3577  
F 902.455.6730  
E chrisbrothers@royallepage.ca  
DavidDunn.ca

**ROYAL LEPAGE** **GO BEYOND**



# Royal Canadian Navy warships make PHOENIX EXPRESS debut

By Lt(N) Jeff Lura,  
PAO, Op PROJECTION West Africa

On March 29, 2019, the 15th edition of PHOENIX EXPRESS officially began in Casablanca, Morocco. Following a formal opening ceremony, ships and personnel from Spain, Tunisia, Morocco, and other participating nations departed for an operating area in the western Mediterranean Sea, in and around the territorial waters of various North African countries. For the next week, they would work cooperatively to enhance their responses to trafficking, irregular migration, the transport of illegal goods, and other threats to regional stability.

Joining them for the first time for this year's operations: warships of the Royal Canadian Navy (RCN).

Well into their Operation PROJECTION deployment in Africa, HMC Ships *Kingston* and *Shawinigan* joined a team of liaison officers to form Canada's contribution to this important multinational initiative.

PHOENIX EXPRESS requires ships to conduct frequent maritime interdiction and boarding operations, where participating navies stop suspicious vessels and send teams to verify if criminal activity is occurring on-board. In order to maximize training value for all participants, *Kingston* and *Shawinigan* acted as dedicated target vessels, freeing up local ships to focus on honing their skills.

The RCN contribution was greatly appreciated. "We're very happy to see Canadian ships here for the first time," said Royal Moroccan Navy Captain Chaouni while addressing participants during a pre-sail conference. "I will keep saying it until the end of the exercise."

The task of organizing and executing complex scenarios that would challenge partner nation crews and boarding teams was not a simple one. In *Kingston*, that responsibility fell to LS Mark Woudstra, one of the ship's Naval Combat Information Operators. In this role, he was responsible for running two scenarios per day, organizing the actors, props, and documents required by each.

*Continued on page 9*



*PO1 Chris Oldham, Coxswain of HMCS Kingston, watches the Royal Moroccan Navy ship Lieutenant-Colonel Errhamani during PHOENIX EXPRESS 19 in the Western Mediterranean Sea on April 3, 2019.*

CPL DAVID VELDMAN, FIS

*A Tunisian Maritime Interdiction Team prepares to board HMCS Kingston while LCdr Jeremy Samson looks on from the bridge during PHOENIX EXPRESS 19 in the Western Mediterranean Sea on April 2, 2019.*

CPL DAVID VELDMAN, FIS



**Buying, Selling or Relocating**  
**Are you buying a good investment?**  
**What is your property worth?**

We are experts in Real Estate Valuation, providing accurate  
**Estimates of Value**, serving military families for 25 years.

Greg Lockyer, CRA

Chris Flick, AACI

Steve Horswill, AACI

o: 902-466-2000 f: 902-466-2732 w: alderneyappraisals.com



# Royal Canadian Navy warships make PHOENIX EXPRESS debut

*Continued from page 8*

“The best part of Op PROJECTION is working with other countries, so I was very happy to be so involved,” he recalled after the exercise.

“We put a lot of work into the scenarios, and even though I sometimes secretly hope they don’t find our fake illicit goods, I’m happy when they do. It’s obvious from the looks on the boarding teams’ faces after the training that our work helped them improve, and it feels good to be a part of that.”

After a demanding week at sea, PHOENIX EXPRESS 2019 ended on a high note, with groups of ships sailing together through the Strait of Gibraltar and back to Casablanca. A few days later, at a reception hosted by *Kingston*, sailors from attending nations took advantage of the cordial atmosphere to compare notes and exchange lessons learned during the engagement. For *Shawinigan*’s Commanding Officer, LCdr Teri Share, it was an occasion to take stock of the

two ships’ many accomplishments since arriving in African waters.

“PHOENIX EXPRESS was our second major multinational training engagement in the span of a few weeks,” she explained, referencing OBANGAME EXPRESS, which the ships had recently participated in. “As we begin our transit back to Halifax, I think we can all be proud of the contribution we’ve made to maritime security in both Western and Northern Africa, and of the relationships we’ve fostered in the region.”

*Kingston* and *Shawinigan* are now en-route back to home port, where they will officially and successfully conclude Operation PROJECTION West Africa 2019.

*LS Mark Woudstra shakes hands with a member of the Royal Moroccan Navy after a successful boarding exercise during PHOENIX EXPRESS 19 in the Western Mediterranean Sea on April 1, 2019.*

CPL DAVID VELDMAN, FIS



## Military Personnel Command initiatives deliver for military, veterans and families

By MPC

Military Personnel Command (MPC), which sets the personnel policies for people in uniform, is on track to delivering the new initiatives outlined in Canada’s Defence Policy *Strong, Secure, Engaged* (SSE). The initiatives include benefits that contribute to a full and satisfying life experience. CAF members joining today, as well as those now in mid-career, will see these gains continue to grow for them and their families in the years ahead, even after they enter the next phase in life.

“Our vision statement *People First, Mission Always* goes to the heart of ensuring that Canadian Armed Forces members, veterans, and their families are well-supported, diverse, and resilient,” said LGen Charles Lamarre, Commander of Military Personnel Command, “As we look back on the past fiscal year, I am proud of the impressive amount of work we have accomplished.”

Many of the key MPC accomplishments for 2018 / 19 will directly enhance your lives as CAF members.

If deployed on a named CAF operation, you will have more money in your pocket thanks to new tax relief measures.

The Seamless Canada initiative, launched in June 2018, will make moving to another part of Canada easier for you and your family. The CAF is working with federal, provincial, and private sector partners to improve the coordination of services across the country.

If you need to talk to someone, the 24/7 Family Information Line, confidential sessions via telephone or video can now be booked, providing a convenient and responsive service for military families.

If your partner is looking for a job, the Military Spousal Employment Network and the Military Spouse Initiative offer potential job opportunities to military spouses of currently serving members.

When you are posted, improvements to relocation services will help you and your family navigate the system more efficiently.

LGBT and non-LGBT members of the Defence Team may look to the Positive Space Ambassador initiative, a volunteer and peer-based support network within the workplace that promotes diversity and inclusion across the country. The Defence Team is also promoting diversity and inclusion as a core institutional value, has appointed a Diversity Champion, and

is integrating Gender-Based Analysis Plus in all defence activities.

Op GENERATION is making recruitment easier and faster, with a new digital recruiting platform and attraction campaign for people considering a career in the CAF.

Stood up on December 10, 2018, the CAF Transition Group ensures the wellbeing of you and your family as they help you move seamlessly into civilian life.

Two other MPC initiatives that will benefit you in the long term are Pension for Life and the new Veterans’ Service Card (VSC). If you are a CAF member or a veteran living with a service-related illness or injury, Pension for Life empowers you to choose

the form of compensation that works best for you and your family. Rolled out in September 2018, the VSC recognizes CAF members’ past service and helps them stay connected to military and veteran support programs.

Military Personnel Command’s commitment to its people begins from the moment military members join the CAF, continues throughout their careers, and extends to that critical time of transition when they embark on a new life. Offering steadfast support to members builds a strong and agile defence organization and acknowledges the sacred obligation the Government of Canada has to Canada’s military personnel, veterans, and their families.



**ANTOVIC  
REAL PROPERTY  
APPRAISALS INC.**

**NEED YOUR HOME APPRAISED?**

Are you relocating? Call us!  
Friendly, Reliable, Accurate, Timely

**Servicing: Sackville, Bedford, Halifax/Dartmouth & Outlying Areas**  
Tel: (902)441-4434 • Fax: (902) 406-5525 • [www.antovicappraisals.com](http://www.antovicappraisals.com) • Email: [jantovic@eastlink.ca](mailto:jantovic@eastlink.ca)  
*We look forward to speaking with you!*





# CHALLENGES AND FUTURE PLANS FOR MAR TECH TRAINING DEVELOPMENT



Mitigate Risks and Decisions

**2016** Naval Training Development Centres created, as Centres of Excellence in training development

**2017** 2017 MAR TECH stood up

**2018** PROPEL inception (Feb 18)

**Risks**  
with PROPEL

- External capacity (industry)
- Quality
- Internal capacity (development capacity to meet timelines)

- RCN training is modernized to harness technology learning tools and methods for the Fleet Schools/training sites across Canada
- Legacy courses begin fading out as MAR TECH courses become available
- MSE division = 21 personnel and over 400 years of experience
- MAR TECH represents approximately 26% of the RCN personnel

- A thrust for development of MAR TECH training
- First major, comprehensive, courseware design and development initiative fitting into leading edge training with Technology Enabled Learning (TEL) enhancement
- Courseware development contracted to industry to alleviate strain on internal resources and to meet timeline
- A foundational training approach was taken

- 3 phased Quality Control Plan included initial review, Enabling Objective review and Performance Objective review
- Employing Marine Systems Engineers (actual and recently retired) to review material being developed
- Leverage industry to provide necessary levels of expertise for courseware development
- Employing reviews checklists and providing the contractors with templates to reduce the risk of overlooking errors with the material
- Changes to equipment and the addition of new platforms will require adaptations/rework of core courseware
- Lack of internal academic pedagogic expertise to develop academic focused courseware

## Advantages of contracting

- More effective use of our SME
- Industry can provide expertise to develop comprehensive and updated courseware
- Combination of civilian industry and military to train effective technician
- Some institutions instructed our technicians for the past 20+ years, in addition to providing support to industrial customers
- Leverage industry capabilities to advance technology enabled learning

## Outcome and product

- Right training at the right time
- Length of training is reduced without compromising any element to get effective technicians
- Task list followed to ensure all aspects of MAR TECH have been captured during courseware development
- Comprehensive lesson plans and courseware
- New platforms being delivered require fewer overhauls of the training material
- Foundational style training provides cross platform flexibility for the RCN to facilitate movement of personnel
- Enhances technicians for critical thinking by employing training to a variety of equipment and situations

## Future plans for the training

- Technology Enabled Learning (TEL) applications will play a critical role in the instruction
- TEL should be developed, where possible, in tandem with MAR TECH courseware as a key strategic component
- Use of existing training material to assist with the development of new courseware
- New training structures will leverage emerging technology to generate efficiency, effectiveness and economies of scale in support of operational excellence
- Progressive thinking towards modern instructional design
- Working towards a distributed and individualized learning approach



**DND**  
**FAMILY**   
**HMC DOCKYARD**  
**ARSENAL CSM** *Days*

**JUNE 21-22**

**SAVE THE DATE!**

[cafconnection.ca/Halifax](http://cafconnection.ca/Halifax)  /psphalifax



# V2V launching new brew

By Peter Mallett,  
The Lookout Staff

A new Victoria microbrewery that supports veterans' programs is launching its second beer, a blonde ale whose name and logo celebrates a British naval ship.

The new brew comes on the heels of a month-long Name that Beer and Design a Logo contest by V2V Black Hops Brewing. The brewery's Graeme Hafey announced the new Kolsch-style summer ale will be called The Brig Blonde Ale.

Micheal Bevans, a resident from Cardston, Alberta, came up with the winning name for the new beer. His black and gold sleeve design features one of England's brig-style ships used by the Royal Navy during the Napoleonic Wars.

Hafey and two V2V co-workers judged 20 entries and chose Bevans' name and design to be the most appealing.

V2V launched its first beer Victory Ale in November 2018, an English Bitter-style ale that celebrated the 100th anniversary of the armistice of the First World War, and the brave Canadians who fought and died there.

This time, Hafey says, he wanted to employ a naval theme as a dedication to the Royal Canadian Navy. He was

impressed by the more than 20 entries, many of which came from CFB Esquimalt civilian staff and military personnel.

Bevans received the \$150 cash prize for his winning entry. He donated his winnings to Steve Critchley, the owner of Can Praxis, an Alberta-based charitable organization that uses horseback riding and equine engagement to help military, veterans and first responders and their partners suffering from Post-Traumatic Stress Disorder (PTSD) and mental trauma injuries.

V2V Black Hops Brewing recently announced a brewing production partnership with Spinnakers Brew Pub, which will now produce his craft beer in small batches.

Victory Ale is currently available in Cascadia Liquor Stores, Four Mile Liquor Store and the Tudor House Liquor Store. Victory Ale draft is available at Spinnakers, CFB Esquimalt's Wardroom, the Breakwater Café and Bistro, The Six Mile Pub, and the Churchill Pub.

Later this year, Hafey says he is planning on producing a third beer, this time with an aviation or first responder theme in mind.

He is also looking for volunteers to drive up sales in support of his cause.



**kw SELECT REALTY**  
KELLERWILLIAMS.

## POSTED? NEED REAL ESTATE EXPERTISE?

Keller Williams has IRP Registered Suppliers ready to serve you.

### BEDFORD



70 Sunrise Hill  
Bedford

**\$329,900**

MLS 201905928  
PHYLLIS JOHNSON



PHYLLIS JOHNSON  
**902-471-4987**

phyllisjohnson470@gmail.com

### FALL RIVER



50 Richardson Drive  
Fall River

**\$299,500**

MLS 201904752  
SMITH TEAM



THE SMITH REAL ESTATE TEAM  
LORI-LYNN: **902-229-8491**  
CHRIS: **902-229-4810**  
lorilynnsmith@kw.com  
christopher.smith@kw.com

### HALIFAX



6089 Lady Hammond Road  
Halifax

**\$625,000**

MLS 201904767  
LEAMAN MURRAY



LEAMAN MURRAY  
REAL ESTATE GROUP  
ANDREW: **902-880-1490**  
ANGELA: **902-292-7826**  
info@leamanmurray.ca

### FALL RIVER



5 Snow Drive  
Fall River

**\$299,900**

MLS 40302317  
MURPHY TEAM



JERRY AND ANNETTE  
MURPHY'S TEAM  
**902-456-3730**  
murphys@kwhalifax.com

### BEAVERBANK



23 Colville Court  
Beaverbank

**\$344,900**

MLS 201906198  
YOUNG REAL ESTATE TEAM



YOUNG REAL ESTATE TEAM  
SUSAN: **902-830-7865**  
CHRIS: **902-877-0945**  
info@youngrealestate.ca

Not intended to solicit clients already under contract.

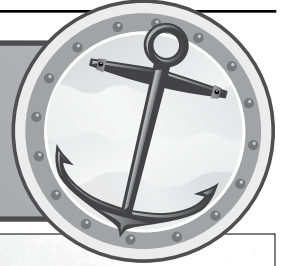


167250

Keller Williams Select Realty • 222 Waterfront Dr. Suite 106, Bedford, NS B4A OH3



# BATTLE OF THE ATLANTIC



## Canada and the Battle of the Atlantic

By CPO1 (ret'd) Pat Devenish

The Second World War's longest single campaign occurred right off our doorsteps in what was called the Battle of the Atlantic. It commenced on day one of the Second World War; September 3, 1939 and ended with Germany's unconditional surrender on May 8, 1945. Many have discussed which battle, which campaign, which leader was most prominent in the Allied victory in the Second World War but few will argue that the most important campaign in the European war was the Battle of the Atlantic.

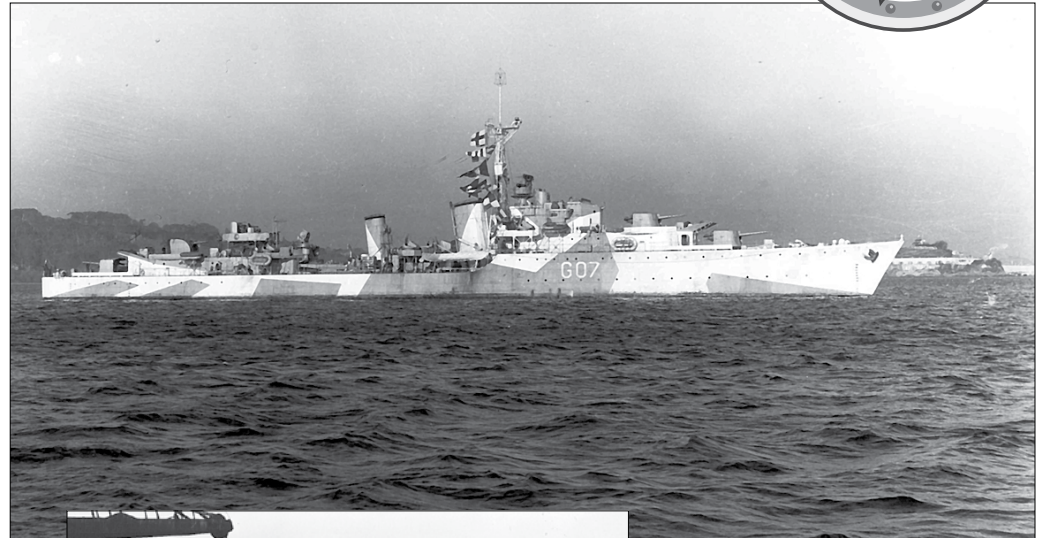
### Royal Canadian Navy ships lost in the Second World War:

HMCS *Fraser*: June 25, 1940  
 HMCS *Bras d'Or*: October 19, 1940  
 HMCS *Margaree*: October 20, 1940  
 HMCS *Otter*: March 26, 1941  
 HMCS *Levis*: September 19, 1941  
 HMCS *Windflower*: December 7, 1941  
 HMCS *Spikenard*: February 10, 1942  
 HMCS *Raccoon*: September 7, 1942  
 HMCS *Charlottetown*: September 11, 1942  
 HMCS *Ottawa*: September 13, 1942

HMCS *Louisburg*: February 6, 1943  
 HMCS *Weyburn*: February 22, 1943  
 HMCS *St. Croix*: September 20, 1943  
 HMCS *Chedabucto*: October 21, 1943  
 HMCS *Athabaskan*: April 28-29, 1944  
 HMCS *Valleyfield*: May 6, 1944  
 HMCS *Regina*: August 8, 1944  
 HMCS *Alberni*: August 21, 1944  
 HMCS *Skeena*: October 25, 1944  
 HMCS *Shawinigan*: November 24, 1944  
 HMCS *Clayoquot*: Christmas Eve, 1944  
 HMCS *Trentonian*: February 22, 1945  
 HMCS *Guysborough*: March 17, 1945  
 HMCS *Esquimalt*: April 15, 1945

### Vessels deemed total losses:

HMCS *Ypres*: May 12, 1941  
 HMCS *Adversus*: December 20, 1941  
 HMCS *Saguenay*: November 15, 1942  
 HMCS *Columbia*: February 25, 1944  
 HMCS *Chebogue*: October 4, 1944  
 HMCS *Magog*: October 14, 1944  
 29th Motor Torpedo Boat Flotilla: February 14, 1945  
 HMCS *Teme*: March 29, 1945



*On the night of April 28-29, 1944, HMCS Athabaskan joined Haida in chasing two German destroyers patrolling the French coast near Brest, France. Early in the morning on April 29, a torpedo from a German destroyer struck Athabaskan's port side. A second explosion, suspected to be Athabaskan's aft magazine, caused her to sink in under three minutes.*



*HMCS Chebogue was torpedoed in the mid-Atlantic by U-1227 and lost seven of her crew. The frigate made landfall near Wales but promptly sank in a gale.*

## The loss of HMCS St. Croix

By CPO1 (ret'd) Patrick Devenish

Many stories of our Navy's history are kept hidden until someone brings them to the forefront and though this story has been told in several books, we still need to be reminded on occasion of the sacrifices of those who came before us. Such is the story of the Town class destroyer HMCS *St. Croix* which was in service with the Royal Canadian Navy (RCN) from September of 1940 until her loss in the cold and unforgiving North Atlantic in September of 1943.

*St. Croix* started life as USS McCook, a Clemson class destroyer in service with the USN following the First World War. In 1939, though the United States had not entered into the Second World War yet, President, Franklin Delano Roosevelt confided in Prime Minister Winston Churchill his desire for the US to assist the Commonwealth in their struggles in Europe without breaking any rules involving the neutrality of the US at that time.

Among many other clever ruses to get equipment to aid in the fight, the US and Britain signed a Lend-Lease

agreement in late 1940. This agreement, among other things, saw 50 post-First World War destroyers reactivated in the USN and transferred to the Royal Navy (RN) in exchange for 50-year leases at various Commonwealth military bases and stations around the globe. USS McCook, along with six other (and later nine more) of these destroyers were immediately transferred to the RCN.

USS McCook was recommissioned into the RCN as HMCS *St. Croix* on September 24, 1940. The RN had christened these vessels as the Town class

but the norm for the RCN at the time was for destroyers to be named for rivers. In an effort to satisfy both requirements, these vessels carried the names of towns/rivers bordering the United States and Canada; hence names like *St. Croix*, *Niagara*, *St. Claire*, *Columbia*, *St. Francis*, to name a few.

*St. Croix* began escort duties with the RCN in March of 1941 joining the Newfoundland Escort Force escorting convoys from St. John's, Newfoundland to Reykjavik, Iceland where the

*Continued on page 13*



**DARRELL SAMSON**

Member of Parliament • Député  
 Sackville-Preston-Chezzetcook

Darrell.Samson@parl.gc.ca

902•861•2311



**DARREN FISHER**  
 Member of Parliament - Dartmouth-Cole Harbour

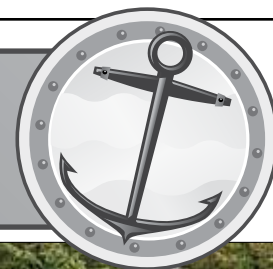
**"Their memory shall endure."**

82 Tacoma Dr, Suite 200 Dartmouth, NS  
 T: 902-462-6453 | F: 902-462-6493  
 Darren.Fisher@parl.gc.ca  
 @DarrenFisherNS

**www.DarrenFisher.ca**



# BATTLE OF THE ATLANTIC



## Stadacona Band to play annual Battle of the Atlantic concert

By Virginia Beaton,  
Trident Staff

Each year, the Stadacona Band of the Royal Canadian Navy marks the Battle of the Atlantic with a concert.

This year's event will take place at 2 p.m. on Sunday, April 28, at the Halifax Central Library.

Under the direction of Lt(N) Bradley Ritson, Commanding Officer and Director of Music, the band will play a program that commemorates the end of the Battle of the Atlantic, the longest battle of the Second World War. As well, this year's theme will also include the 75th anniversary of D-Day.

According to the bandmember LS Chelsea Alexi, "We're doing a super cool storyline from gearing up to the war, the tragedy and then rebuilding again, all through a musical reenact-

ment. It's going to be a fun, lively show of music and video and a brief review of the history of the war/campaign."

Special guests who will perform include the Halifax Military Wives Choir, singing *Eternal Father* with the band, as well as a medley of songs made famous by singer Vera Lynn. The Dalhousie Swing Dancers will perform a dance routine.

The concert's hosts are Olga Milosevich and VAdm (Ret'd) Duncan (Dusty) Miller. Having had lead roles in a number of Gilbert and Sullivan musicals, VAdm (ret'd) Miller will sing his infamous version of *I've Got a Little List from Gilbert* and Sullivan's operetta *The Mikado*. The audience will enjoy hearing the names of those public figures who are included on the little list, and who will or won't be missed.



The Stadacona Band of the Royal Canadian Navy.

SUBMITTED

Several members of the Stadacona Band - PO2 Krisanne Crowell, LS Chelsea Alexi, and LS Emily Bellman - will step out front to sing *Bei Mir Bist Du Schön*. The Andrews Sisters, a popular trio of singing sisters, made this song a hit just before the war.

The band will maintain that nostalgic mood with tunes such as *Take the A Train* and *American Patrol*.

No military band program would be complete without marches, and the program will also feature marches such as H.M Jollies' Wootton Bassett March, and also a variation on *Heart of Oak*, titled *Heart of Oak Fantasy*, composed by former band conductor Cdr Jack McGuire.

The concert is free and open to the public.

## The loss of HMCS St. Croix

Continued from page 12

RN took over. The following year, escort vessels remained with their charges for the entire trip and the force was renamed the Mid-Ocean Escort Force which extended its terminus to Londonderry, Northern Ireland.

In July of 1942 while part of the escorting force with convoy ON 127, *St. Croix* was credited with the sinking of German submarine U-90 while the convoy lost two merchant ships with a third damaged. In March 1943 while en route to Gibraltar, she shared in the sinking of U-87 with the RCN corvette *Shediac*. By May 1943, the Battle of the Atlantic had turned in favour of the Allies.

In September 1943 however, Germany began a new, more aggressive offensive with new tactics and advanced weapons and sensor equipment on their submarines. On September 16, *St. Croix* was called to aid a large convoy actually comprised of two combined convoys: ONS 18 and ON 202, heading east. Two days out of the Bay of Biscay and for three days following, this convoy was at the mercy of a U-boat pack of 19 German submarines.

In the end, three escorts, six merchant ships and three submarines

and their crews would be lost. Early on September 20, *St. Croix* was the first to be hit when she took three torpedoes to her stern from U-305. As another escort in the group, the RN corvette HMS *Polyanthus* was acting as a screen, the RN frigate *Itchen* conducted rescue operations. Unfortunately the sight of two vessels stationary in the water was too tempting a target for the Captain of U-952 and the submarine was able to sneak in at relatively close range, sinking *Polyanthus* as well. *Itchen*, forced to call off rescue operations returned the next morning, picking up 81 of *St. Croix*'s crew as well as one from *Polyanthus*.

The following day, *Itchen* herself was torpedoed by U-666 with only three men rescued; two of *Itchen*'s crew and one from *St. Croix*'s.

Is the story of Convoy ON 202/ONS 18 typical of Atlantic crossings? No, it is not. Many convoys made crossings without ever even sighting the enemy. There are cases where escorts plying the North Atlantic over the five years of war that were never witness to the carnage that could have befallen them...and that is the key; could have. Young men sailed day after day, month after month, year after year where the threat of death was constant, always willing, always ready - Ready, Aye, Ready.

### Sail On

For all who sailed,  
For all who prayed  
For those we mourn,  
For those who survived,  
For blasted days,  
For anguished nights,  
For all brave men  
and women,  
For freedom won,  
May one sail on,  
That none be lost.



## HMCS SACKVILLE

### Remembers and Honours

HMCS Sackville, as Canada's Naval Memorial, commemorates those who made the supreme sacrifice, and remembers and honours all those who served in the Royal Canadian Navy during war, conflict, tension and peace.

Sackville is maintained and operated by the volunteer Canadian Naval Memorial Trust with more than 1000 Trustees cross the country. Please support HMCS Sackville and join our team of Trustees.

### HMCS SACKVILLE

Canadian Naval Memorial Trust

PO Box 99000 Stn Forces, Halifax, NS B3K 5X5

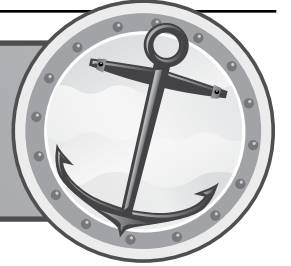
Ship Telephone: 902-427-2837 (Nov - June) / 902-429-2132 (July - Oct)

www.hmcssackville.ca





# BATTLE OF THE ATLANTIC



*HMCS Trentonian at Milford Haven, freshly painted in the Admiralty Disruptive paint scheme in July 1944*

COURTESY OF ROGER LITWILLER

## The last corvette lost in the Battle of the Atlantic

By Ryan Melanson,  
Trident Staff

When naval historian and author Roger Litwiller began researching for his first book, with a plan to highlight RCN ships named after communities along Ontario's Bay of Quinte, he found that most accounts of the Battle of the Atlantic had little mention of HMCS *Trentonian*.

It was usually noted the ship was built with a longer focsle than other flower-class Corvettes, that it was involved in D-Day operations, and that it was torpedoed and sunk on February 22, 1945 off of Falmouth, England, with six sailors being lost.

"That's usually about it. Most books basically have three paragraphs on *Trentonian*," Litwiller said.

He published his book *Warships of the Bay of Quinte* in 2011, focusing on *Trentonian*, along with HMC ships *Belleville*, *Hallowell*, *Napanee*, and the two Minesweepers named Quinte. Afterwards, he returned to *Trentonian*, uncovering more stories, letters and other artifacts, and focused entirely on the ship for his second book, *White Ensign Flying*, published in 2014.

Litwiller will give a presentation on *Trentonian* in Halifax on May 4, largely based on his book, at the Maritime Museum of the Atlantic, as part of the annual Battle of the Atlantic commemorations.

One of the key hooks for publishing the book, he said, was the ship's status as the last Corvette to be lost in action during the Battle of the Atlantic. HMS *Bluebell*, sunk on February 17, 1945,

just days earlier, had sometimes been identified as the last British corvette to be lost.

"But *Trentonian* was the last of any country. This is the largest class of warship ever built, and one of the few classes that was used by both sides," he said, referencing German use of captured French corvettes during the war.

"That makes this an internationally significant story, which is something I was able to pick up on and pitch towards the publisher. This isn't just local history."

Along with the story of the sinking, other highlights from Litwiller's talk will include *Trentonian*'s role on D-Day, described in letters from the CO to the namesake town, as well as the multiple friendly fire incidents the ship was involved in through its time in service. His well-researched facts and timelines are accompanied by a number of anecdotes and personal photos gathered from visits and interviews with veterans who sailed in the ship.

Litwiller is a former Naval Reservist and Sea Cadet CIC who also works as a paramedic in Eastern Ontario, and said his upcoming retirement will allow time to focus on his next naval research projects.

The presentation *White Ensign Flying: The Battle of the Atlantic and the loss of HMCS Trentonian* with Roger Litwiller starts at 2 p.m. on May 4 inside the Maritime Museum's second-floor warehouse theatre. For more information on Litwiller's research, books and photo collections, visit <http://rogerlitwiller.com>.



**ANDY  
FILLMORE**  
Member of Parliament  
Halifax

808-1888 Brunswick Street  
902.426.8691  
[andy.fillmore@parl.gc.ca](mailto:andy.fillmore@parl.gc.ca)  
[@andyfillmorehfx](https://twitter.com/andyfillmorehfx)

167256

M.P. HALIFAX WEST  
**geoff  
regan**



**"Remembering  
courage and  
determination."**

1496 Bedford Highway, Suite 222  
Bedford, NS B4A 1E5

902.426.2217  
[geoff@geoffregan.ca](mailto:geoff@geoffregan.ca)  
[www.geoffregan.ca](http://www.geoffregan.ca)

167258



# BATTLE OF THE ATLANTIC 2019



*To you from  
failing hands we throw  
the torch*

## **WOs' & Sgts' Mess**

12 Wing Shearwater  
PO Box 148  
Shearwater, NS B0J 3A0  
902-720-1089  
Office hours Mon-Fri 9am-3pm

## **Royal Canadian Naval Association Peregrine Branch**

2623 Agricola Street  
Halifax, NS B3K 4C7  
902-454-4385  
Club hours:  
Closed Sun & Mon  
Tues-Thurs 1-6pm  
Fri 1-9pm  
Sat 1-6pm  
Open House after completion of  
Battle of the Atlantic Sunday  
Ceremonies  
Everyone welcome

## **The Royal Canadian Naval Benevolent Fund**

6 Beechwood Ave., Suite 9  
Ottawa, ON K1L 8B4  
Toll free: 1-888-557-8777  
Office Hours: 9am-4pm Mon-Fri  
Email: rcnbf@rcnbf.com  
Web: www.rcnbf.ca  
"Established 1942 to relieve distress &  
promote well-being of eligible Regular and  
Reserve Force personnel, Veterans and  
their Dependents, who have served in the  
Royal Canadian Navy, Maritime Command  
as well as Merchant Navy war veterans."

## **Fleet Club Atlantic**

PO Box 99000, Stn Forces  
Halifax, NS B3K 5X5  
Main office 902-721-8350  
PMC 902-721-8219  
Fax 902-429-1710  
Battle of the Atlantic  
Fellowship Reception  
May 5, noon-2pm  
Light lunch and beverage  
Following ceremonies and parade  
Open to all members and guests,  
retired members & veterans,  
no children.

## **Somme Br. 31. R.C.L.**

54 King Street  
PO Box 99  
Dartmouth, NS B2Y 3Y2  
902-463-1050  
Mon-Thurs 10am-11:30pm  
Fri 10am-10pm  
Sat 10am-12:30am  
Sun noon-7pm  
May 5 Battle of the Atlantic  
Ceremonies at Commodore Park  
10am-noon

## **Sackville Legion, RCL Calais Branch 162**

45 Sackville Cross Road  
Lower Sackville, NS  
Upstairs bar 902-865-9177  
Office 902-865-4583  
Mon closed  
Tue noon-10pm  
Wed 10am-10pm  
Thurs 10am-11pm  
Fri 10am-1am  
Sat noon-10pm  
Sun noon-6pm

## **Can Legion, Br. 164**

1341 Main Road  
PO Box 13  
Eastern Passage, NS B3G 1M4  
rcl164@outlook.com  
902-465-3700  
Sun closed  
Mon-Sat open at noon  
Hall for rental  
Gen. meeting 2nd Thurs of mnth  
Except July & August

## **Centennial Branch 160**

703 Main St.  
Dartmouth, NS B2W 3T6  
902-462-2910/902-404-3011  
Open Mon-Sat 12 to 11pm  
Hall rentals/catering on site  
Chase the Ace Fri 5 to 8pm  
Bingos Sun, doors open @ 5:30pm  
Battle of the Atlantic Sunday 11am  
Parade & ceremony, Commodore Park,  
Dartmouth / public invited  
New members always welcome  
Lots of events happening  
Branch events/darts/pool/cards

## **Earl Francis Spryfield Memorial Branch 152**

7 Sussex Street  
Halifax, NS B3P 1L1  
902-477-0467  
Mon-Sat 10am-midnight  
Fri & Sat private functions  
and dances open till 1am  
Sun noon-11:30pm  
Bingo every Sun 1pm  
Karaoke nights (dates vary) 9pm-1am  
Branch events: pool/darts/cards

***We the members of the following Royal Canadian Legions,  
Associations and Messes, hold high the torch for future generations***



# HMCS *Regina* makes her first drug bust during OP ARTEMIS

By Lt(N) Rob Davenport,  
Weapons Officer

On April 7, 2019, HMCS *Regina* boarded an unregistered dhow (local fishing vessel) in the Arabian Sea sailing on the Hash Highway – a known smuggling route in the Indian Ocean. The boarding led to *Regina*'s first drug bust of Op ARTEMIS 2019, seizing more than 2,500 kg of hashish. By destroying the drugs at their source, *Regina* is reducing the flow of illegal narcotics and money into the hands of organized crime and terrorist groups.

*Regina*, working under Canadian-led Combined Task Force (CTF) 150, is operating in the Arabian Sea as part of a 33-nation coalition known as Combined Maritime Forces. The mission: counter terrorism and maritime security operations aimed at intercepting the smuggling of illicit goods, including narcotics, which fund terrorist networks. The illegal narcotics flow from the Makran Coast to Yemen and Africa, some of which are eventually destined for Europe and North America.

At first glance, seizing and destroying drugs at their source appears to accomplish the objective; however, the situation in the Indian Ocean is far more complicated. The people who transport these illegal narcotics are not evil actors of organized crime or terrorists. They don't resist being boarded, nor do they interfere with the boarding team during a search of the vessel. The crew are typically fishermen, taking a lucrative opportunity to transport cargo to support their families due to poverty and instability in their home regions. Although it's imperative for ships under the command of CTF 150 to stop the flow of illicit narcotics and money through the Arabian Sea and Indian Ocean, it is equally important to ensure that these fishermen are able to return to their legitimate livelihoods. In order to accomplish this, we do not confiscate their vessels, and any damages made during searches are repaired prior to departing. *Regina* supplied bottled water and fruit to the crew, who have often been at sea for long periods of



From left: MS Mark Sebulsky, MCpl Derek Scott, Cpl Chantale Robichaud and LS Jessica Armstrong transport part of the first load of seized hashish to the ship's flight deck onboard HMCS REGINA during Op ARTEMIS on April 6, 2019.

MCPL PJ LETOURNEAU, CANADIAN FORCES COMBAT CAMERA

time. NTOG team leader sums it up best:

"My team and I are all sailors and our team's first priority when visiting these ships is the safety and welfare of the sailors on any ship we encounter; drugs being there or not. In order to effectively deter and disrupt the flow of narcotics that is funding terrorism, it is just as important for us to build trust with the people who are being exploited by those same actors who wish to do us harm. We are all trained and prepared for a worst case scenario, but treating the crew with dignity and respect makes our job easier and safer for everyone involved."

This mission has had a direct impact on the lives of Canadians and our Allies, as these drugs are often bound for use in our own cities,

and are closely linked to organized crime networks around the world. Once embarked in *Regina*, the drugs were inventoried, weighed, and then destroyed by members of the Ship's Company. The entire team is immensely proud of the work they've

accomplished, and look forward to future success as they continue on Op ARTEMIS until the end of May 2019.

Ensure you follow HMCS *Regina* on Facebook and Twitter to keep up with exciting developments as they happen.



Members of HMCS Regina's Naval Tactical Operations Group detachment come alongside a vessel of interest during Op ARTEMIS, off the east coast of Africa on April 5, 2019.

MCPL PJ LETOURNEAU, CANADIAN FORCES COMBAT CAMERA

*Woods Limousine Inc.*  
Luxury Sedans & Limousine Services

**Airport Transport**

TOLL FREE 1 888 720 5466  
HALIFAX 902 864 8283  
WOLFVILLE 902 542 5248  
bookings@woodslimo.com

**We Offer Military Discounts**





# RCAF technicians make a winning impression at aerospace maintenance competition

By Maj Holly-Anne Brown

Royal Canadian Air Force air maintenance technicians know all about pressure.

They know that the CAF's readiness and the ability to deliver air power whenever and wherever required depends heavily on their ability to maintain RCAF aircraft so that they are ready to deploy on operations at a moment's notice.

This April, the RCAF notched up that pressure by sending five teams—more than 30 personnel—to Atlanta, Georgia, for four days to compete in the annual Aerospace Maintenance Competition, sponsored by the Aerospace Maintenance Council (AMC).

Sgt Dawn Dearing of the Aerospace Evaluations and Testing Establishment (AETE) at 4 Wing Cold Lake, Alberta, knows a thing or two about competing alongside the aviation industry's best and brightest. She participated as a member of the Elevate Aviation Team at last year's AMC event in Orlando, Florida. (Elevate Aviation is a Canadian non-profit company that "provides a platform for women to thrive and succeed through aviation".)

Her exposure to the competition generated the idea of entering RCAF teams this year.

The AMC's 2019 competition comprised 30 air maintenance tasks; each one was designed, developed, supervised and judged by a variety of airlines, aviation organizations and industries. The maintainers' skills were challenged in the disciplines of inspection, troubleshooting, repairs and testing. Tasks included wheel and brake removal and inspection, dent damage evaluation on an airframe



*Cpl Trisha Chipman is an aviation systems technician on the CC-130 Hercules at 14 Wing Greenwood, Nova Scotia, and a member of the Royal Canadian Air Force all-women tech team that participated in the Air Maintenance Competition in Atlanta, Georgia, in April 2019.*

SARA WHITE, THE AURORA

panel, aileron cable rigging, troubleshooting aircraft power distribution systems and more.

Eighty-four teams, representing militaries, civilian airlines, aviation companies, as well as high schools and colleges with aviation programs, were pitted against each other, racing against the clock to follow a prescribed scenario with a detailed set of instructions.

In addition to the competition being a new experience for the RCAF technicians and based on practices followed



*Having first donned the provided personal protection equipment, Cpl Lynn Williams of 435 Transport and Squadron performs a task that simulated the loading of a small quantity of hazardous commodity from a holding tank into a space vehicle tank.*

RCAF

by civilian aviation industries and organizations, the technicians had to complete all tasks in 15 minutes or less. While Sgt Dearing agrees that technicians have to be able to work under pressure, she is quick to clarify that the pressure they experience at their squadrons doesn't really translate into a timed competition type of situation.

"For me, this [competition] is about the elevation of what we do," she explains. "When we're back home, we are not under that time pressure. We know we have to meet our operational commitments, and we need to put the rubber on the ramp when we need it there but, at the same time, if we have to step back and say, 'I can't do that in the

next five minutes,' they understand that. But here, you have 15 minutes, and then you put your tools down and you walk away."

The contest was fierce, with remarkable talents exhibited by young students and aviation veterans alike.

"This competition is amazing; there's no other way of looking at it," says CWO Steve Godin, the air maintenance branch chief warrant officer. "They've touched just about every aspect of work on an aircraft."

Despite the challenges, the RCAF maintainers more than held their own throughout the competition.

The team from 435 Transport and Rescue Squadron, located in Winnipeg, took second place overall in the military category and Sgt Amélie Côté from the 4 Wing team won the award for best time on task number three: aircraft technologies group sheet metal accuracy. This task required competitors to test their "sheet metal/structures skill and accuracy for locating a part, laying out/markings holes and shims, drilling and dragging holes, as required, in aluminum parts."

"Their knowledge of aircraft is just phenomenal," says CWO Godin. "They've showed us they are leaders. We are very proud of them."

The competition also gave RCAF technicians an amazing opportunity to try new disciplines, to learn from a wide array of experiences, and to gain fresh perspectives.

"It's been really nice to see the emerging technologies that are developing in the aerospace industry," says Cpl Nick Burley, a member of the 435 Squadron team. "When you've been working on an airframe for a while, you kind of get set in your ways, and this is a nice way to break out, see new technologies... and how we can maybe do our job more effectively and more efficiently."

*Continued on page 19*



*Nadia Theodore (kneeling, centre), Consul General of Canada in Atlanta, meets with RCAF air maintenance technicians during the Aerospace Maintenance Competition held in Atlanta, Georgia, April 8-11, 2019.*

RCAF

## LAWYERS - AVOCATS

English/Francais

CRIMINAL LAW  
www.singleton.ns.ca

FAMILY LAW  
www.singletonfamilylaw.ca

902.492.7000 902.483.3080  
(AFTER HOURS)

TOM SINGLETON  
LEORA LAWSON

1809 BARRINGTON STREET, SUITE 1100, HALIFAX, NS B3J 3K8

167264





*A CP-140 Aurora aircraft flies by HMCS Regina and MV ASTERIX during Operation ARTEMIS on March 31, 2019.*

MCPL PJ LETOURNEAU,  
COMBAT CAMERA

# HMCS *Regina* departs Seychelles

**By SLt Jonathan Fields,**  
BWK (UT), HMCS Regina

After a short visit to Victoria, Seychelles, HMCS *Regina* is in all aspects ready for the challenges ahead. While at anchor just outside of Port Victoria, the ship was joined by key personnel from Canadian-led CTF 150 and a CP140 Aurora in preparation for OP ARTEMIS, the part of our patrol for *Regina* during her six-month deployment.

While at anchor, departments conducted inter-agency training with local Seychellois Air Force and Coast Guard members; this was a key opportunity for cross-nation integration, training and diplomacy, creating the groundwork for future RCN opera-

tions in the region. One of the aforementioned training opportunities involved the Seychelles Coast Guard embarking *Regina* to conduct Naval Boarding Party training with the embarked Naval Tactical Operating Group. The training included team movement drills from the flight deck to the bridge and use of force training with sim-munition CEASS (Close Engagement Ammunition Simulation System) in various locations onboard. Personnel also conducted controlled handling & searching techniques in the hangar and on top part ship. In preparation for *Regina's* upcoming ARTEMIS patrols, the embedded NCIS agent assisted the two teams with regards to practical skills and general knowledge of the region. In

addition to the training, the two teams shared many stories and experiences; the Coast Guard advised the boarding party on what to expect from local seafarers during the upcoming months while deployed in the region.

While in the Seychelles, *Regina's* crew took personal time to contribute to charity. Many sailors sacrificed time out of their visit to assemble and deliver shoeboxes filled with school supplies purchased with a donation from Boomer's Legacy Foundation, to a local orphanage called President's Village. Padre Hodson stated, "It leaves you encouraged that people are willing to embrace children from difficult family backgrounds. With their time and energy their focus is to invest into the children to help them to

stand on their own two feet when they leave the Village. I was also encouraged to see how the group of 16 from HMCS *Regina* were willing to give up their time on a short port visit to assist with this community outreach."

The donation of time and effort demonstrates the determination and commitment of HMCS *Regina's* crew, to remain 'Ready to Help' whenever we travel in the world. The visit to the orphanage was reported on the local evening news broadcast, which will help strengthen the bond between Canada and the local community in this small East African country. These opportunities continue to demonstrate that the RCN and the CAF will always find ways to assist others in need, no matter where we visit.



*HMCS Regina's Naval Tactical Operations Group detachment (NTOG) conducts a capacity training session with their Seychelles' military counterpart on March 22, 2019.*

MCPL PJ LETOURNEAU, COMBAT CAMERA



*LS Alexis Côté-Lapointe (right) and OS Tyler Drayson Ferrer depart from HMCS Regina anchored in the vicinity of Victoria, Seychelles during Operation ARTEMIS on March 30, 2019.*

MCPL PJ LETOURNEAU, COMBAT CAMERA



# Monument unveiled at school in Berwick

By CPO2 Ben Broome,  
Formation Technical Authority

On April 11, 2019, a new cenotaph was unveiled outside the Berwick and District School.

This monument was designed by a committee of three Royal Canadian Legion members from Branch 69 in Berwick: Merton Stevens, Terry Dalton, and Eric Struk. The monument was purchased from Keystone Monuments of Berwick. The four flagpoles, and the walkway were financed by funds from Legion Branch 69's Poppy account, with donations from Veterans Affairs Canada, the Nova Scotia Department of Communities, Culture and Heritage, and the Municipality of the County of Kings. In-kind support came from the Town of Berwick and the Annapolis Valley Regional Centre for Education (formerly the School Board).

The War Memorial monument in front of the Berwick School is erected as a way to learn about, and to honour the memory of the 154 men from Western Kings County who gave their lives serving Canada in the First and Second World Wars, and the Korean conflict; the 114,000 Canadian service men and women who died in all wars; and in appreciation for all who have served, or who presently serve in Canada's Armed Forces.

The pictures on our monument are important symbols. On the school side of the monument, to the left, there is a picture of a woman. She is one of the statues at the Vimy Ridge France monument. Sometimes she is called Mother Canada, or Canada Bereft. She represents all of the family members who lost a loved one in military service. The centre panel lists the names of the 154 servicemen from Western Kings County who died in the First and Second World Wars and the Korean Conflict, and the Act of Remembrance. At the top of the center panel, there is a maple leaf. This is the same style of maple leaf that is on every headstone of every Canadian soldier who is buried overseas. On the right side is a picture of a First World War soldier standing on sentry duty.

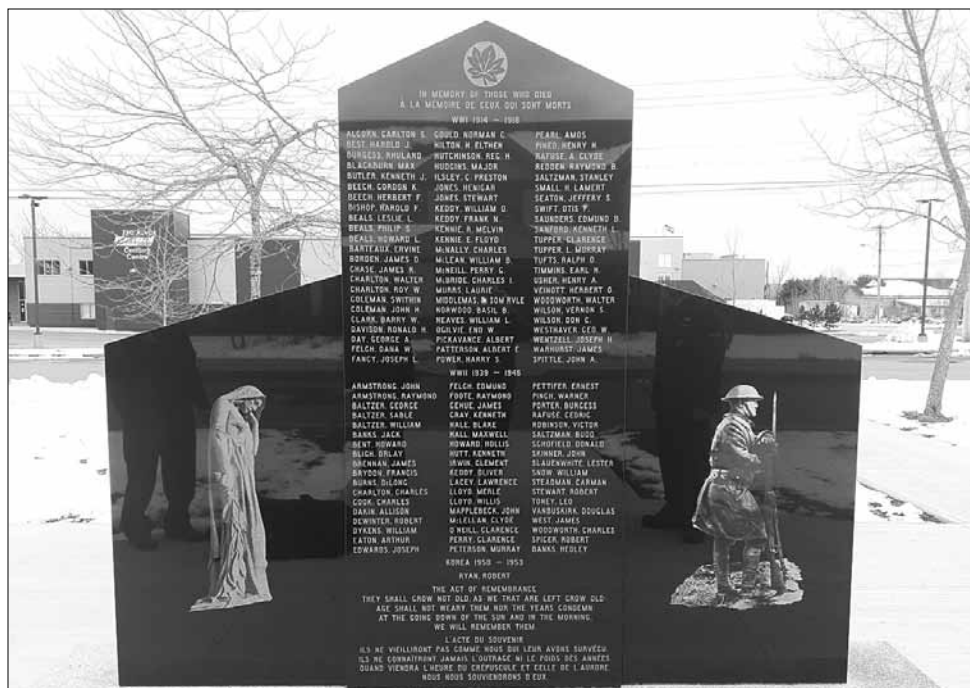
This sentry represents all service men and women who remember their fallen comrades, their brothers and sisters in arms.

On the street side of the monument, to the left, is a picture of a wreath with poppies on it, in remembrance of the 114,000 Canadians who died serving our country. The center panel is a picture



*On the street side of the monument, design elements include a wreath with poppies on it and a depiction of a Second World War recruiting poster. The torch-bearer is from the Vimy monument and on the far right panel is the cap badge of the 85th Battalion, Nova Scotia Highlanders.*

CPO2 BEN BROOME



*On the side of the monument that faces the school, design elements include Mother Canada: the names of the 154 servicemen from Western Kings County who died in the First and Second World Wars and the Korean Conflict; and the Act of Remembrance. There is also a maple leaf and a depiction of a First World War soldier on sentry duty.*

CPO2 BEN BROOME

and quote of a Second World War recruiting poster. The man holding the torch is a statue at the top of the Vimy France monument. This torchbearer reminds us of the ongoing importance of past and present military service. We are grateful for our present military personnel who are now holding the torch, protecting us and serving Canada. On the right-most panel is a picture of a cap badge of the 85th Battalion,

Nova Scotia Highlanders. The soldiers wore this badge on their berets. This 85th battalion was formed with volunteers from all across Nova Scotia and were first trained at Camp Aldershot. The special role of the 85th Battalion of the Nova Scotia Highlanders at the Battle of Vimy Ridge is recognized, for they captured the highest point of Vimy Ridge, where the Canadian monument now stands.

## RCAF technicians make a winning impression

*Continued from page 17*

“The best value of this competition, for me, was when the technicians were outside of their comfort zones,” says Col Andrew Wedgwood, the air maintenance branch advisor. “They were doing tasks [that were] perhaps outside of their trades, but what’s important is how they reacted outside of that comfort zone, because it’s going to happen during their careers.”

Next year’s event will be held in Dallas, Texas, and, with this year’s success under their belts, many of the RCAF competitors are already raring to go.

Perhaps, however, as Cpl Samantha Yeadon of the RCAF Spitfires team, says, the best reward is the realization that “this competition gives us the confidence to do more than we think we can.”

### The teams

Five RCAF teams competed in Atlanta. See the full list of all competitors in “RCAF technicians ready to compete in Atlanta”.

<http://www.rcf-arc.forces.gc.ca/en/article-template-standard.page?doc=rcf-technicians-ready-to-compete-in-atlanta/jtk9a2yj>

• 4 Wing Team, led by Sgt Dawn Dearing. This team comprised technicians from units belonging to 4 Wing Cold Lake, Alberta.

• 401 Rams, from 401 Tactical Fighter Squadron, led by WO Darryl Poole. 401 Squadron is also located at 4 Wing.

• 19 Wing Search and Rescue Maintenance Team, led by Sgt Brad Saunders. This team comprises technicians from several squadrons at 19 Wing Comox, British Columbia.

• 435 Transport and Rescue Squadron, led by Sgt Serena Cross. 435 Squadron is also based at 19 Wing.

• The RCAF Spitfires, an all-female team, led by MWO Theresa Nevills. This team brought together women from several RCAF units across the country.

In addition, RCAF technicians made up four of the five members of Elevate Aviation’s all-women team.

**CENTURY 21**  
Trident Realty Ltd.

**With 33 years of combined real estate business, 34 years in the military, and first-hand relocation experience, we can assist you throughout the IRP process and all other real estate needs.**

*Jim & Jackie Pitt*



### 99 Lorian Drive, Porters Lake

Bright and Spacious, over 2,000 sq. ft. 3 bedrm, 2 full bath home plus huge 25x34 steel A-frame garage with loft. Close to schools and amenities.



Cell: 902.489.2525 • Fax: 902.434.9764  
[jackie.pitt@century21.ca](mailto:jackie.pitt@century21.ca) • [century21.ca/jackiepitt](http://century21.ca/jackiepitt)



# TRIDENT Sports

What’s the score with local sports in your community? Send write-ups, photos, and results to [editor@tridentnews.ca](mailto:editor@tridentnews.ca)

## 17th Navy Tridents Triathlon and Duathlon set for June 2

By Ryan Melanson,  
Trident Staff

The Navy Tridents Triathlon and Duathlon has grown and evolved through the last 16 years, and that continues as organizers prepare for the 2019 edition of the annual race on Sunday, June 2.

For the first time, the event will be open to registration for Triathlon Canada Junior Elite racers, and the high-level athletes will compete in two races – an initial morning run, and the final draft in the afternoon. The addition adds an exciting component and opens the race up to even more potential participants, said Navy Tridents club member PO2 Beth Fellows.

As usual, there are also a number of other options for registering. Adults can register for the Sprint Triathlon (750m swim, 20km bike, 5km run), the Duathlon (2.5km run, 20km bike, 5km run), and the Try-a-tri (300m swim, 10km bike, 2.5km run) as individuals, or for the Sprint Team race with up to 3 members. There will



Participants compete in the cycling portion of the 2017 Navy Trident Triathlon and Duathlon. This year’s event will take place June 2 at 12 Wing Shearwater.

SUBMITTED

also be a military challenge for teams representing different units.

Two different kids races will also be offered for competitors 15 and under, with the option of a 25m swim, 750m bike, and 400m run, or a 100m swim, 1.5km bike, and 800m run. Racers aged 12-15 can also compete at the Super Sprint distance, which is a 300m swim, 10km bike and 2.5km run.

The race takes place in and around the Shearwater Fitness and Sports

Centre and the Flyer Trail.

“The course is ideal for the beginner or the advanced athlete. With a pool swim, a bike course completely on base and a looped run on the Flyer Trail, it’s not too intimidating for beginners but still plenty challenging for seasoned pros,” PO2 Fellows said.

“It’s a race for the whole family.”

Registration for the Navy Tridents Triathlon and Duathlon is open now at <http://cafconnection.ca/Halifax/NavyTridents>, and the race has sold out in the past, so organizers recommend acting fast to secure a spot.

Anyone interested in training with the Navy Tridents or Canadian Forces Atlantic Swim Team (CFAST) is also welcome at the Shearwater pool on Tuesdays and Thursdays from 8 - 9 p.m. and on Sundays from 7 - 9 p.m. For more information, visit the Navy Tridents Triathlon Club page at <http://https://www.facebook.com/triathlonclubnavytridents/> or contact club president Lt(N) Sam Kehler at [Samuel.Kehler@forces.gc.ca](mailto:Samuel.Kehler@forces.gc.ca).

## FLEET – Spring Fitness Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30-8:15	XX	XX	SPIN	XX	XX
8:30-9:30	FORCE Prep	FORCE Prep	FORCE Prep	FORCE Prep	FORCE Prep
12:00-13:00	YOGA	XX	YOGA	YOGA	XX
12:10-12:55	TACTICAL ATHLETE STRENGTH	SPIN	TACTICAL ATHLETE CONDITIONING	TACTICAL ATHLETE STRENGTH	STEP AEROBICS

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

## SHEARWATER – Spring Fitness Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30-7:30		LANE SWIM		LANE SWIM		
7:30-8:15	FORCE PREP		FORCE PREP		FORCE PREP*	SPIN (0930-1030)
11:45-12:30	SPIN	TRX	SPIN	FUNCTIONAL STRENGTH	RANGE OF MOTION	
12:00-13:00	LANE SWIM	LANE SWIM	LANE SWIM	LANE SWIM	LANE SWIM	
12:30-13:00	YOGA		YOGA			
18:00-19:00	YOGA	BOOT CAMP	YOGA	BOOT CAMP		

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





# Fitness and sports updates

By Trident Staff

**The CFB Halifax Walk** takes place at 10:30 a.m. on the last Wednesday of every month. Both military and civilian members are welcome to participate. The group will convene at the STAD gardens in front of S-90 for a PSP led warmup. The walk will take approx. 30 minutes and be approx. 2.5-3km, heading towards Fort Needham and back. For more information please contact Lucas Hardie at 902-427-6335 or email [Lucas.Hardie@forces.gc.ca](mailto:Lucas.Hardie@forces.gc.ca)

**The FORCE Rewards Program** is designed to recognize CAF personnel who achieve high levels of health-related fitness and operational readiness on their FORCE Fitness Profile, as part of their annual FORCE Evaluation. In line with the CAF objective of maintaining high levels of health-related fitness and operational readiness, this program is being implemented to motivate CAF personnel to pursue physical activity while recognizing those who achieve excellence. FORCE Program location: Fleet Gym loca-

tion, D216, Mondays, 10 a.m. and Tuesdays, 1:30 p.m. HMCS Scotian location: Fridays, 10 a.m. and 1:30 p.m.

**Has competing a triathlon been on your bucket list?** Don't know where to start? Join the Navy Tridents Triathlon Club. Membership is \$50 for military members and their families, \$60 for DND employees and their families, and \$65 for civilian friends. Contact club president Lt(N) Sam Kehler at [samuel.kehler@forces.gc.ca](mailto:samuel.kehler@forces.gc.ca) or search Navy Tridents Triathlon Club on Facebook.

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

Shearwater Gym, Mondays and Wednesdays 12 p.m. – 1 p.m. For more information please contact Sgt Rick Austin, 720-1711 or [rick.austin@forces.gc.ca](mailto:rick.austin@forces.gc.ca)

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

## Bad boys (and girls) in sports

By Stephen Stone

These were inspired after watching Game 8 of the 1972 Summit Series.

### Questions

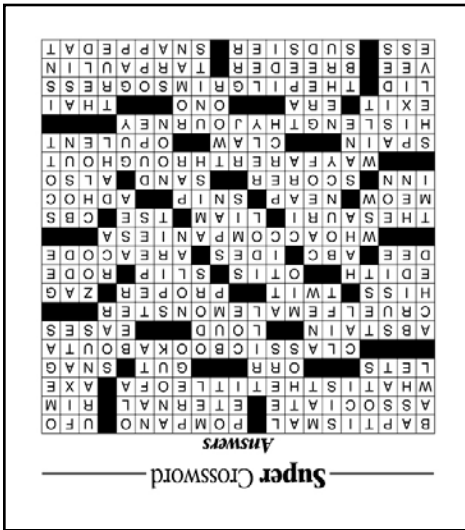
1. These two officials from West Germany were thought by Team Canada 1972 officials to be incompetent and biased. Team Canada refused to play Game 8 if they were involved. The USSR agreed to the request to replace these officials but on game day reinstated one of them. Who were these infamously bad referees, nicknamed Baad and Wurst?
2. Who hired a goon to smash the knee of her rival prior to competing in the 1994 Olympic women's skating competition?
3. He learned to box while in prison. His contract was owned by The Mob. A challenger for his heavy-weight title, after an incident in a Las Vegas hotel, said, "I act crazy. He is crazy."
4. He fathered 11 children by 10 women, played for the Denver Broncos after signing a five-year, \$23-million contract, operated a drug trafficking operation (not necessarily during his career) and was sentenced to a three-year jail term.
5. He shot and killed a man in 1954, stomped one of his employees to death, bribed a hospitalized Muhammed Ali, and stole millions from Mike Tyson.
6. Who was the former Detroit Tiger ace, organist, extortionist, drug trafficker, money launderer and embezzler?
7. Who is the professional American female body builder who was convicted and sentenced to 19-years-to-life for the 1995 Valentine's Day murder of her husband and fellow body builder Ray?
8. Who is the former Cincinnati Red and Montreal Expo banned for life from baseball because of gambling?
9. Who is the deceitful cheater who had all seven of his Tour de France wins tossed because he doped?
10. Which former Buffalo Bill was found not guilty of murder (if the glove don't fit you got to acquit) but was jailed for breaking into a hotel room to steal sports memorabilia?
11. Who was the former Penn State defensive co-ordinator who was convicted for sexual abuse and campus rapes of young boys?
12. Who won the 1980 Boston Marathon without breaking a sweat in the near record time of 2:31:56? Unfortunately she cheated and took a short cut.
13. Which team entered the 2000 Paralympic basketball competition with two players with an IQ below 70, but 10 players with no disability, thus winning the gold medal by cheating?
14. Who was the former NBA referee who was fired for betting on and fixing games?
15. Who were the eight players banned

- for life for throwing the 1919 World Series?
16. Which female track star, winner of four medals at the Sydney Olympics, was forced to return them after her dealer admitted to giving her PEDs four years later?
  17. Which Canadian gold medal winner in the 100 metres forfeited his medal after testing positive for a banned substance in 1988?
  18. His parents forged his birth certificate to say he was two years younger than he was. He was throwing a 70 mph fastball playing in the little leagues as a 12-year-old, when he was actually 14. He threw a no-hitter in the Little League World Series. After the forgery by his father was discovered, all of his records and wins were wiped out
  19. He was a jockey in the 1990s. His horse's name was Landing Officer. His most memorable race came on a foggy day where no one could see the track. Once the gun sounded, instead of going around the mile-long track, Carmouche halted his horse and backed his horse up 200 yards before the finish line and waited for the other horses to come close behind him. He then kicked Landing Officer into full speed across the finish line – everyone thought he had won. The other jockeys were upset, having not seen him, the 23-to-1 underdog, pass them. The video proved to be inconclusive, but upon inspection of the horse there were no signs

of mud splatter on the horse's legs from running on a muddy race track. The horse was not breathing heavily as would be appropriate for a vigorous race such as this. The Louisiana Racing Commission was not fooled and they banned the jockey from horse racing for 10 years.

20. The rule stated a player couldn't score if he took a shot from within the crease. He scored the winning goal, but looking more closely at the replay his skate was in the crease. It was the Stanley Cup-winning goal and the Buffalo Sabres are still waiting for their first Cup win. Who scored the goal for the Dallas Stars?

Answers on page 23



**Are you planning to buy or sell a home?**  
**For results that *move* you, give me a call!**

Registered with Brookfield Global Relocation Services

**VerveRealty.ca**

[Michael.Sears@VerveRealty.ca](mailto:Michael.Sears@VerveRealty.ca) | Michael Sears CD | REALTOR® | 902-225-5050





# Regional powerlifting first Aldershot-hosted CAF competition

By Sara White,  
Managing Editor, The Aurora

Heavy weights didn't put off 5th Canadian Division Support Base Gagetown Detachment Aldershot from hosting its first ever CAF regional sports championship. From April 1 to 3, the base staged the Atlantic Regional powerlifting competition.

"Welcome to Aldershot," Maj Brian Brooks, commanding officer, said at the April 2 opening ceremonies. "I'm excited about what's going to be happening over the next day or so, but I'm excited to be in Aldershot every day."

"Our mission is to support training – army, navy, air force and whoever else finds us. You're here to compete. You're in the land of Glooscap, a legendary Mi'kmaq figure representing perseverance and strength. That's you, too. Have a good competition!"

Twenty-eight athletes from 9 Wing Gander, 14 Wing Greenwood, Aldershot, Shearwater, Halifax and Gagetown competed individually and in teams. Events included the deadlift, bench press and squat in three men's weight classes, plus a women's division; with weights and scores tallied



Halifax's LS Christopher Barnes lifts in the men's heavyweight division.

SARA WHITE, THE AURORA

out to determine the winners.

Gagetown won the team award, with individual athlete results as follows:

## Women's overall

Second Lieutenant Lisa Wolf, Gagetown, first place (275 total kgs, 328.6 Wilks pts); Cpl Devine, Gagetown, second place (357.5 total kgs, 316.7 Wilks pts); OS Boudreau, Halifax, third place (312 total kgs, 284.6 Wilks pts).

## Men's lightweight

MWO Rob Dyke, Gander, first place (590 total kgs, 403.7 Wilks pts); LS Bonvie, Halifax, second place (520 total kgs, 372.2 Wilks pts); MCpl Aitcheson, Gagetown, third place (462.5 total kgs, 338.6 Wilks pts)

## Men's middleweight

Cpl Dixon, Gagetown, first place (672.5 total kgs, 413 Wilks pts); LS

Johnson, Halifax, second place (655 total kgs, 404 Wilks pts); Sheppard, Halifax, third place (580 total kgs, 359.4 Wilks pts).

## Men's heavyweight

Capt Morrow, Gagetown, first place (725 total kgs, 431.1 Wilks pts); MCpl Audette, Gagetown, second place (682.2 total kgs, 402.2 Wilks pts); MS Hibbert, Halifax, third place (625 total kgs, 372.7 Wilks pts).

Results from Greenwood- and Aldershot-based athletes included, in men's lightweight: Cpl Francis Wheeler, Aldershot, seventh place (400 total kgs, 274.3 Wilks pts); in men's middleweight: Aviator Wile, Greenwood, fifth place (500 total kgs, 330 Wilks pts); Sgt Bessegato, Aldershot, sixth place (510 total kgs, 312.9 Wilks pts); Aviator David Szasz, Greenwood, seventh place (445 total kgs, 277.7 Wilks pts); in men's heavyweight: Aviator Peddle, Greenwood, sixth place (507.5 total kgs, 301.5 Wilks pts); Pte Murphy, Greenwood, seventh place (415 total kgs, 251.9 Wilks pts); Cpl McKillop, Aldershot, DQ (507.5 total kgs, 291.5 Wilks pts).

Don't make  
a move  
without us.

Get up to  
**\$2,000**  
in a cash bonus with  
a BMO mortgage!\*

## Take advantage of these special offers for the Canadian Defence Community<sup>1</sup>.

- Sign-up for **FREE<sup>2</sup> Banking** with the Performance Plan – no minimum balance required to waive fee.
- Then start saving with **BMO Employee Pricing** on a wide range of Mortgage options<sup>3,4</sup>.

Visit your local branch or [bmo.com/cdcb](http://bmo.com/cdcb) to book an appointment.

**BMO**  Official bank of the  
Canadian Defence Community

\*Conditions apply, visit [bmo.com/mortgage130](http://bmo.com/mortgage130) for offer details. <sup>1</sup>Proof of CDCB eligibility is required. <sup>2</sup>The monthly Performance Plan fee is waived. You are responsible for all transaction, service, and product fees not included in the Plan. <sup>3</sup>Applications and the amount you can borrow are subject to meeting BMO's usual credit criteria. <sup>4</sup>To qualify for the CDCB special rates on 5-year fixed and 5-year variable rate mortgage, you must have a Canadian Dollar Primary Chequing Account (Chequing Account) with a CDCB Performance or Premium Plan; and set up the Chequing Account as the funding account for the BMO Mortgage; and have one (1) recurring direct deposit into the Chequing Account.





# Bad boys (and girls) in sports

Questions on page 21

Answers

1. Franz Baader and Josef Kompalla. It was Kompalla who gave USSR a two-man advantage within the first three minutes of the first period and disqualified JP Parise.

2. Tonya Harding hired someone to smash Nancy Kerrigan's knee. Kerrigan won silver and Harding
- finished out of contention and eventually was forced out of the U.S. Figure Skating Association.

3. Sonny Liston, who lost his title to Cassius Clay, who is best known as Muhammed Ali.

4. Travis Henry

5. Fight promoter Don King

6. Denny McLain

7. Sally McNeil

8. Pete Rose
9. Lance Armstrong

10. "The Juice" O.J. Simpson

11. Jerry Sandusky

12. Rosie Ruiz

13. The Spanish Paralympic basketball team coached by Fernando Martin Vincente.

14. Tim Donaghy. He served a jail term of 15 months.

15. The 1919 Chicago White Sox were nicknamed the Black Sox for the
- scandal. Those involved were "Chick" Gandil, Eddie Cicotte, "Happy" Felsch, "Shoeless" Joe Jackson, Fred McMullin, "Swede" Riseberg, "Buck" Weaver and "Lefty" Williams.

16. Marion Jones

17. Ben Johnson

18. Danny Almonte

19. Sylvester Carmouche

20. Brett Hull

## Super Crossword

### LITERATURE FIEND

ACROSS

- 1 Of Christian ritual immersion

10 Fish also called a "jack"

17 Ship for ETs

20 Work partner

21 Everlasting

22 Edge

23 Start of a riddle

25 Log cutter

26 Reply to "Shall we?"

27 Bruins legend Bobby

28 A Dieter may try to lose it

29 Obstruction

30 Riddle, part 2

37 Decline to vote

41 Earsplitting

42 Alleviates

43 Riddle, part 3

49 Cat sound

50 Make fun of

51 Seemly

52 Zig's reverse

55 Archie's sitcom wife

57 Name on an elevator

60 Minor error

61 Bicycled, e.g.

62 Rock singer Snider

63 Epitome of easiness

66 3/15 or 4/13, day-wise

68 315 or 413, phone-wise

70 Riddle, part 4

73 Roget's references

76 "Taken" star Neeson

77 China's Lao- --

78 "Blue Bloods" ailer

81 Cat sound

82 Tide type

84 Scissor cut

86 For only the case at hand

88 Rest house

89 Player getting a goal

91 Hourglass fill

94 Plus

95 Riddle, part 5

99 Part of Iberia

102 Crab part

103 Plush

104 End of the riddle

110 Go offstage

111 Geologic span

112 Lennon's lady
- 113 Cuisine with tom yum

117 Jar coverer

118 Riddle's answer

125 Flying geese formation

126 Stud farm owner, e.g.

127 Waterproof sheet

128 Suffix with govern

129 More lathery

130 Got testy with
- 53 Stir in, e.g.

54 "You don't say!"

56 "Funny joke!"

58 Joss or tiki

59 Hauling trucks

61 Panasonic alternative

64 Like pogo sticks

65 Mailer's "via"

67 Arch across

69 Far off the shore

70 ENE's reverse

71 One-named singer with the 2005 hit "Oh"

72 Simple-living sect

73 "I didn't need that level of detail!" in texts

74 Cackling bird

75 Geologic span

78 Sevigny of "Kids"

79 Officer over deckhands

80 Actor Wolf

83 Lake fish

85 Golf number

87 "The BFG" author Roald

89 Reasonable

90 Depend

92 Twelve p.m.

93 Bamboozle

95 Droop

96 British rule in old India

97 -- more (greater than one)

98 Bloke

99 Postpone

100 Fairies

101 Stage actors' whispers

105 India's first prime minister

106 Gluttony, e.g.

107 Records on a cassette

108 Army outfits

109 Like Livy

113 "That's right"

114 Embraced

115 Korea locale

116 "-- that right?"

118 "American Dad!" ailer

119 Meanie Amin

120 Singer David -- Roth

121 Hound sound

122 Madrid Mrs.

123 Antonym: Abbr.

124 Disparity

DOWN

- 1 Cry out loud

2 Tennis champ Arthur

3 Exam taken by many jrs.

4 Little tykes

5 Here, to Hugo

6 Auntie, to Mom

7 Wrestlers' pad

8 Pal of Porthos and Aramis

9 Looks of lust

10 Architect I.M. --

11 See 12-Down

12 With 11-Down, New York Giants legend

13 Pasta sauce brand

14 Actress -- Aimee

15 U.S.-Can.-Mex. treaty

16 Schnozz suffix

17 Planet with 27 moons

18 Focus one's gaze

19 Final Greek letters

24 Vocal quaver

29 Really rise

30 Slugger Ripken

31 Raise

32 From scratch

33 British runner Sebastian

34 Jostle

35 Scents

36 Heady brew

37 Really longed

38 Wedding party?

39 "Wake Up Little --" (1957 hit)

40 Trial balloon

44 "O Sole --" (Italian song)

45 High storage room

46 "Memento" director Christopher

47 Soul

48 Conical homes

52 Wildlife park
- 53 Stir in, e.g.

54 "You don't say!"

56 "Funny joke!"

58 Joss or tiki

59 Hauling trucks

61 Panasonic alternative

64 Like pogo sticks

65 Mailer's "via"

67 Arch across

69 Far off the shore

70 ENE's reverse

71 One-named singer with the 2005 hit "Oh"

72 Simple-living sect

73 "I didn't need that level of detail!" in texts

74 Cackling bird

75 Geologic span

78 Sevigny of "Kids"

79 Officer over deckhands

80 Actor Wolf

83 Lake fish

85 Golf number

87 "The BFG" author Roald

89 Reasonable

90 Depend

92 Twelve p.m.

93 Bamboozle

95 Droop

96 British rule in old India

97 -- more (greater than one)

98 Bloke

99 Postpone

100 Fairies

101 Stage actors' whispers

105 India's first prime minister

106 Gluttony, e.g.

107 Records on a cassette

108 Army outfits

109 Like Livy

113 "That's right"

114 Embraced

115 Korea locale

116 "-- that right?"

118 "American Dad!" ailer

119 Meanie Amin

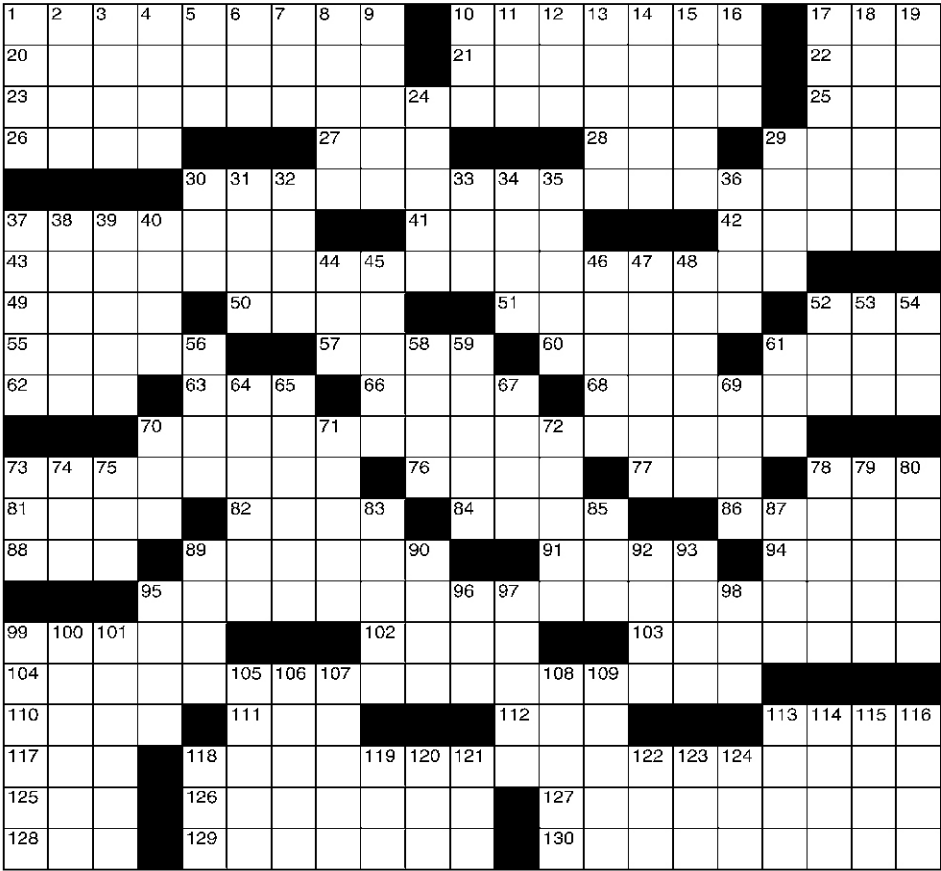
120 Singer David -- Roth

121 Hound sound

122 Madrid Mrs.

123 Antonym: Abbr.

124 Disparity



©2019 King Features Syndicate, Inc. All rights reserved.



POSTED?

GET PRE-APPROVED BEFORE YOUR HHT

WE OFFER:

- Military clause for some mortgages
- A six-month mortgage protection plan, paid by us
- Instant pre-approvals
- A one-year home system warranty

SPECIAL DND OFFERS AVAILABLE. CALL TODAY!

Use the "Support Our Troops" Promo code for a .10 rate cashback on your approved rate. OAC.

1.800.991.7993 • MORTGAGEFORCES.CA

167252



Veterans Affairs  
CanadaAnciens Combattants  
Canada

Canada



## PENSION FOR LIFE FOR VETERANS WITH SERVICE-RELATED INJURY OR ILLNESS

The new Pension for Life helps you transition to life after service with the recognition and income support you need.

Learn more: [veterans.gc.ca/pensionforlife](https://veterans.gc.ca/pensionforlife)  
1-866-522-2122

## PENSION À VIE POUR LES VÉTÉRANS ATTEINTS D'UNE BLESSURE OU D'UNE MALADIE LIÉE AU SERVICE

La nouvelle pension à vie vous aide à faire la transition à la vie après le service grâce à la reconnaissance et au soutien du revenu dont vous avez besoin.

Apprenez-en plus : [veterans.gc.ca/pensionavie](https://veterans.gc.ca/pensionavie)  
1-866-522-2022