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# TRIDENT

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

## Welcome home

*LS Hurry of HMCS Shawinigan receives a warm welcome home from his family. On Friday, April 26, HMC Ships Kingston and Shawinigan returned from Op PROJECTION, having visited five countries in West Africa.*

MONA GHIZ, MARLANT PA



**HMCS *Toronto* leaves the Black Sea Pg. 3**



**Updates from Op CARIBBE Pgs 12-14**



**CAF Basketball nationals Pg. 20**



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# CFB Halifax gathers to celebrate success and prepare for the year ahead

By Ryan Melanson,  
Trident Staff

Since taking over as Base Commander of CFB Halifax nine months ago, Capt(N) David Mazur said he's found a lot to be proud of. The shore personnel of CFB Halifax have supported the deployment of seven RCN ships during that time, the base brought a new accommodations block online with Tribute Tower, and entities like BLog, BIS, BCompt, BAdm and others have all had noteworthy successes worth celebrating at the unit level.

What the Base Commander found, however, is that he had no good avenue for recognizing unit or personal accomplishments and for commending his people for the hard work they do each day. This was part of the reason for the return of Base Divisions, which haven't been held regularly at CFB Halifax in recent years. The first was held at the new Willow Park Armoury on April 17, with CAF members from all three elements on parade, and Capt(N) Mazur said Divisions will continue to be held quarterly going forward.

"The base is an extremely large organization, it's high performing and it has a diverse workforce. It's important, in my opinion, to get together every now and then to celebrate what we've achieved as a group, as well as celebrating individual achievements."

Looking ahead to his next year in command, Capt(N) Mazur mentioned some upcoming tasks that will involve the wider community, like Base involvement in the Memorial Cup, the upcoming Skills Canada National Competition in Halifax, and D-Day 75th Anniversary events in June. Navy-focused events on the horizon include the completion of Jetty NJ, the commissioning of HMCS *Harry DeWolf*, and upcoming NATO Exercise CUTLASS FURY, which will see 22 warships visiting the region.

With busy times ahead, the Base Commander also stressed that people need to take care of themselves, and encouraged members to find time for a bit of fun and exercise during their day.

"If you have your own ideas on how to make your workplace more fun, engage your chain of command, make recommendations, and be prepared to lead and get involved," he said.

"There's always going to be more work to do than the hours we have to do it. But we need to pace ourselves and stay healthy."

Base Divisions includes an important Honours and Awards component, and the following presentations and promotions were made while members were assembled at the Armoury:



CFB Halifax Base Commander Capt(N) David Mazur salutes personnel on parade during Base Divisions at Willow Park on April 17.

AVR RENZO RUIZ HAAS, FIS



Capt(N) David Mazur presents the Base Commander's Commendation to members of the HMC Dockyard and CFAD Fire Departments for their response to a shipboard fire at the Imperial Oil Refinery in January of this year.

AVR RENZO RUIZ HAAS, FIS



Cdr Eric McCallum, BIS Commanding Officer, inspects sailors on parade inside the new Willow Park Armoury.

AVR RENZO RUIZ HAAS, FIS

- The Canadian Forces Decoration was presented to Cdr Routledge (1st Clasp), PO2 Boulanger, Mcpl Tackaberry, and AB Jellicoe.
- The Special Service Medal - NATO was presented to MS Bech (Op REASSURANCE Roto 5, 2016), LS Fougere (Op REASSURANCE Roto 7, 2017), and LS Moulaison (Op SEXTANT HMCS *Iroquois*, 2006)
- The Base Commander's Commendation was presented to Brian MacDonald, Chris Wagner, and Ryan Stewart, representing the HMC Dockyard and CFAD Fire Departments, for their response to a

shipboard fire onboard the tanker KIVALLIQ W at the Imperial Oil Refinery on January 27 of this year. Crews assisted the HRM Fire Department to bring the situation under control quickly.

- The 35 Brigade Commander's Commendation was presented to Cpl Jeffery Kosciak for his work on Exercise GUERRIER NORDIQUE 2018.
- The Public Service 35 year Long Service Award was presented to Mr. Joe Chaput and Mr. Glen McMullin, recognizing the milestone in their careers of service to Canada.

- CPO1 Edwin Hardy was officially promoted to his current rank, effective as of September 21, 2018.
- Further promotions included Lt Guanlao promoted to Captain, LS Labonte promoted to Acting Sub-Lieutenant, PO2 Drake promoted to Petty Officer, 1st Class, PO2 Hawco promoted to Petty Officer, 1st Class, MCpl Pye promoted to Sergeant, Cpl Charette promoted to Master Corporal, Cpl Lindsay promoted to Master Corporal, Cfn Kosciak promoted to Corporal, Avr Moore promoted to Corporal, and Avr (B) LaFond promoted to Aviator Technician.



# HMCS *Toronto* wraps up Black Sea deployment

By SLt Clint Grant,  
Op REASSURANCE

From March 28 to April 17, 2019, HMCS *Toronto* was in the Black Sea as part of Standing NATO Maritime Group Two (SNMG2) conducting a variety of maritime situational awareness patrols and interoperability exercises with other navies.

In that time, *Toronto* made a strong showing of Canadian presence and was able to foster strong working relationships with NATO allies and the Ukrainian Navy. Toronto's Commanding Officer, Cdr Martin Fluet, reflected on SNMG2 operations in the Black Sea. "This planned routine patrol in the Black Sea was very successful and allowed us to develop and improve our interoperability with our partners and allies in this part of the world."

*Toronto* visited the port of Odessa, Ukraine from April 1 to 3, during which a number of official calls, diplomatic luncheons, ship tours, and meetings with Ukrainian military officials took place. "The true value of NATO's visit to Odessa will be a legacy of ongoing cooperation and the exchange of skills and ideas to foster closer collaboration in our partnership for peace going forward," said Lt(N) Nathan Jenkins, *Toronto*'s Operations Officer.

On April 4, *Toronto* conducted interoperability exercises with the Ukrainian Navy, including manoeuvring exercises, communications exercises, and gunnery drills. The aim of these activities was to support expanded Canadian and NATO contributions to capacity building with the Ukrainian military. These maritime exercises presented an opportunity for the Ukrainian Navy to learn more about NATO best practices as part of their desired accession to NATO. On comple-



Members of HMCS *Toronto*'s Naval Boarding Party conduct boarding party training with Romanian Ship *Regele Ferdinand* in the Black Sea during *Ex SEA SHIELD*, April 9.

MCPL MANUELA BERGER, FIS HALIFAX

tion of drills with the Ukrainian Navy, *Toronto* proceeded to rejoin the SNMG2 Task Group to conduct maritime situational awareness patrols.

After several days at sea with SNMG2, the Task Group visited the port of Constanta, Romania. The Task Group then joined the Romanian Navy to participate in Exercise SEA SHIELD from April 8 to 12. It was a weeklong training event hosted by Romania aimed at achieving greater proficiency in the warfare disciplines and achieving a

consistent level of interoperability among NATO allies. *Toronto* led one of the premier serials of the exercise by offering a drone Hammerhead target for gunnery exercise, enabling allied vessels to perform target acquisition and firing proficiency practice. *Toronto*'s execution was commended by the Commander of SNMG2 for the smooth effective execution.

Now that SNMG2 has exited the Black Sea and re-entered the Mediterranean, *Toronto* will transit to the port of Civitavecchia, Italy, in

order to undergo a rest and maintenance period. This period will provide the crew with an opportunity to rest and recover from the busy operational tempo during the Black Sea patrol, and afford time to conduct mid-mission maintenance on the ship and helicopter.

Once the rest and maintenance period is complete, *Toronto* will proceed to sea to carry on its mission representing Canada and supporting NATO presence in the Mediterranean Sea as part of Op REASSURANCE.



HMCS *Toronto*'s Naval Boarding Party fires the C8A2 assault rifle during weapons training on the flight deck during Op REASSURANCE, April 8.

MCPL MANUELA BERGER, FIS HALIFAX



Crewmembers of the air detachment onboard HMCS *Toronto* load Raptor, the embarked CH-148 Cyclone with MK-46 torpedoes during Op REASSURANCE, while sailing the Black Sea, April 15, 2019.

MCPL MANUELA BERGER, FIS HALIFAX





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  
May 21 — Spring Home and Garden  
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

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# Community Calendar

*Reunion and event notices must be submitted by email.*

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

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

**Where the Land Meets the Sea: The Coastal Geography and Geology of Nova Scotia and Newfoundland**

**Time: 7 p.m.**

**Date: Tuesday, May 7**

**Location: Maritime Museum of the Atlantic**

Atlantic Canada has a unique geo- logical history that rivals anywhere else on the continent and has been laid bare for all to see along our rug- ged and meandering coastline. The sea kayak is an ideal means to explore our isles and inlets, headlands and harbours, and to reach many of their hidden gems. Contrasts abound: from the 100 Wild Islands along our Eastern Shore to the Highlands of Cape Bret- on which originated in an early Africa and Europe, to the Bay of Fundy, once the ancient rift valley of a supercon- tinent. Join Dr. Scott Cunningham of Coastal Adventures, and the author of Sea Kayaking in Nova Scotia, as he describes the special coastal areas he has discovered over years of explor- ing our marine wilderness on foot and in kayak.

**Mini-Con: The Evolution of Science-Fiction Films**

**Time: 1 – 2 p.m.**

**Date: Saturday, May 11**

Invasions from Mars. Replicants. Intergalactic Federations. We all know them, but what do they say about the real world, and what films have had the most impact through- out the years? This panel of youth volunteers from Central Library will be taking a look at the trends of sci- ence fiction sub-genres, the impacts of certain films on the genre, how Sci-Fi has changed through the decades and what it reflects about society. Expect lots of passionate

discussion and a dive into the iconic films of the past to modern feats of cinema.

Halifax Central Library's 5th An- nual Mini-Con is a full-day, all-ages celebration of all things geek. Come dressed in your favourite cosplay and nerd out with us as we take over the Library for the day. Ages 12 and up.

**Arctic Adventures of a Coast Guard Nurse**

**Time: 7 p.m.**

**Date: Tuesday, May 21**

**Location: Maritime Museum of the Atlantic**

Come join the sailing adventures of a Coast Guard Health Officer from Halifax to Eureka, through the North West Passage, off the coasts of Labrador, Nunavut, Alaska and Greenland. Theresa McGuire is a registered nurse on board who handles everyday health and safety challenges at sea and is always pre- pared for disaster if it should arise. Step aboard to see vivid photos of crew life at sea and in Arctic commu- nities. Amazing videos of icebreak- ing, icebergs, flying in helicopters, and ocean wildlife will be shared with engaging narration from the perspective of a medical professional onboard. Theresa is a certified Oc- cupational Health Nurse and Cana- dian Registered Safety Professional. Shortly after graduating as a Regis- tered Nurse from the Victoria Gen- eral Hospital in Halifax in 1988, she set off to work in Quebec, England, Ontario, BC, and New Brunswick. She is currently employed with the IWK's occupational health program and sails with the Coast Guard on summer deployments to the Arctic as a Health Officer.

**Kermesse Art Show and Sale**

**Time: 7–9 p.m.**

**Date: May 22-30**

**Location: Chase Gallery, Nova Scotia Public Archives**

The IWK Kermesse Art Show and Sale takes place from May 22-30. More than 100 local artists will be donating their paintings to this art show and sale. The show and sale takes place at the Chase Gallery in the NS Archives Building at 6016 University Ave in Halifax. The opening reception is on Wednesday, May 22 from 7-9 and every- one is welcome. The show continues on Thursday, May 23 through Satur- day, May 30. Admission is free.

**RCSCC Bras D'Or 40th Anniversary**

**Date: May 24-26**

The 40th Anniversary of 268 Royal Ca- nadian 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 informa- tion please email eisanb@nb.sympatico. ca or call Brian at 506-849-4146.

**Metis and Heritage: Follow the Mi'kmaq Trails**

**Time: 10:30 a.m.- 4 p.m.**

**Date: Friday, June 21**

**Where: Musée des Acadiens des Pubnicos and Centre de recherche, West Pubnico**

Experience Mi'kmaq traditions with display of furs, nature walks, music, history, genealogy and arti- facts. This event is free and open to the public. For more information, please call 902-762-3380.

## The oddest weed

**By Lt(N) Warren Clapham,**  
Chaplain, Basic Training List

When I was posted to Halifax, my family was excited to move into our new home. That first summer was filled with getting things ready, unpacking and meeting the people of our new neighbourhood. Because of all the distractions, the weed went almost unnoticed that first year. The next year, however, it was un mistake- able. There was basil growing all through our front lawn. My family loves basil and we even tried to grow it at our former residence, with lim- ited success. Our goal usually was to get enough to make a batch or two of

fresh summer pesto. Now every time I cut my lawn, I smell pesto!

This spring the basil is really taking over, and it needs to be dealt with. So the fight has begun. Thanks to my father-in-law, much of it was raked and pulled in the last few days. It has been devastating to the lawn, but I have faith that with a little seed and some care, it will come back. My next door neighbour shared that the previous owner struggled with this odd weed as well. The basil had been planted in a garden in the backyard, then it made its way into the compost which was spread in the front yard around shrubs and trees. This is when it took root and it has been a problem ever since.



### Padre's Corner

As padres, we are always looking for interesting ways to make the spiritual and unseen world more understandable. So let me ask, are there things in our lives that can be like this odd weed? Perhaps it is something we once enjoyed but now seems to have taken over our lives, or maybe it's something we thought we dealt with long ago but now has popped up again. Each of our lives

*Continued on page 5*



# Newly promoted Petty Officers celebrate with family, colleagues

By Trident Staff

A group of ten RCN sailors began the next phase of their naval careers during a special ceremony aboard HMCS *Ville de Québec* on April 4, marking their promotion from the rank of Master Seaman to Petty Officer, 2nd Class.

These ceremonies are part of a new initiative that aims to recognize the hard work that goes into reaching this rank; they allow sailors a chance to properly celebrate this career milestone with their supervisors, peers and family members. As senior leaders noted, the promotion to PO2 brings big changes, including membership in a new mess and new responsibilities that leverage experience and leadership skills.

The ceremony was presided over by Fleet Chief CPO1 Tim Blonde and CCFL Cmdre Craig Skjerpen, who noted that personnel who reach these senior NCO ranks will be crucial as the RCN begins

to introduce the Harry DeWolf-class and other new ships in the coming years.

The following sailors were promoted from Master Seaman to Petty Officer, 2nd Class during the ceremony:

- PO2 Frank Joseph Bastarache (HMCS *Charlottetown*)
- PO2 Cameron Fraser (HMCS *St. John's*)
- PO2 Jonathan Guimond (HMCS *Halifax*)
- PO2 David Hatcher (Naval Fleet School (Atlantic))
- PO2 Michael Kostopoulos (HMCS *Montreal*)
- PO2 Douglas Noseworthy (FMF Cape Scott)
- PO2 Stefan Pickett (MOG 5)
- PO2 Chad Raymond (HMCS *Charlottetown*)
- PO2 Gabriel Tanguay (Naval Fleet School (Atlantic))
- PO2 Christopher Trask (HMCS *Harry DeWolf*)



The group of sailors promoted from the rank of Master Seaman to Petty Officer, 2nd Class on April 4, with Fleet Chief CPO1 Tim Blonde and Cmdre Craig Skjerpen in the centre.

PTE SARINA MCNEILL, FIS



PO2 Stefan Pickett gets a little help with his new epaulettes from fiancée Salina Kemp and Cmdre Craig Skjerpen.

PTE SARINA MCNEILL, FIS



Each sailor received the new epaulettes along with a scroll that lists "The Duties and Responsibilities of Chief Petty Officers and Petty Officers."

PTE SARINA MCNEILL, FIS

## The oddest weed

Continued from page 4

is like a garden and they need to be cultivated, planted, fertilized, and even from time to time, weeded. So what does this mean in a practical sense?

I'm not sure about your gardens, but when I plant a garden there are two kinds of plants I end up with. The ones I planted, and the ones I didn't. I like to plant a variety of vegetables; beans, peas, carrots, beets, and the list goes on.

It is often the same in our lives as well. We intend to plant good things in our lives. Things that will bear the fruit of a life well lived. However,

there is always stuff we didn't intend that seems to pop up. These things compete for the limited resources in our lives like our time, talent, and treasure. These resources are the fertilizer that makes our garden grow, both the plants we intended and the ones we didn't.

When things get out of control, it is important to seek back-up. This help can be from anywhere; a family member, a friend, one of the Sentinel, a padre, or Psycho-social Services. There are many resources available to help when our lives get out of balance. The key is to remember you don't have to do it alone.

In the seasons ahead, I will seek

to take care of the basil in my lawn a little at a time, instead of letting it overwhelm my yard. Perhaps then

I can get back to enjoying pesto on a plate, instead of under my lawnmower.

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167366

# Canada concludes highly successful command of CTF 150

By Lt(N) Linda Coleman,  
CTF 150 Public Affairs Officer

On April 11, 2019, Canada handed over command of Combined Task Force 150 (CTF 150) to Pakistan, completing Canada's fourth command of this multinational counter-terrorism Task Force.

Commodore Darren Garnier, Royal Canadian Navy, relinquished command to Commodore Alveer Ahmed Noor of the Pakistan Navy during a change of command ceremony held at Naval Support Activity (NSA) Bahrain. The ceremony was presided over by VAdm James Malloy, USN, Commander Combined Maritime Forces (CMF).

Through maritime security operations, regional engagements, and capacity building activities, CTF 150 and coalition partners work to deter and deny terrorist organizations any benefits from employing the high seas for smuggling illicit cargo including narcotics, UN embargoed weapons, and Somali charcoal. Profits from drug trafficking in the region are a known source of funding for terrorists and criminal networks. This represents a common threat to the security and prosperity of the region. Member countries that contributed to CTF 150 success during this rotation include Australia, Canada, France, Pakistan, the United Kingdom, and the United States, all working together in direct support in pursuit of CMF goals.

The Canada-led Task Force, supported by the Royal Australian Navy (RAN), completed a highly successful tour by directing 18 boardings from our coalition partners, and seizing and destroying over 33,000 kg of illegal narcotics, with a regional wholesale value of over \$41 million (USD). This marks the second largest volume of illegal narcotics seized in CTF 150 history.

Notably, in December 2018, Royal Navy warship, HMS *Dragon*, broke a record when the ship conducted the largest drug haul in CMF history, seizing and destroying just shy of 10,000 kg of illegal narcotics from two dhows while under CTF 150 command. Also in December, RAN warship, HMAS *Ballarat*, seized the largest dollar value of heroin in CMF history with 766 kg.

"The successes we achieved during our deployment was a team effort with our CMF coalition partners," said Commodore Garnier. "Together, we accomplished regional cooperation and coalition interoperability, while contributing to maritime security by disrupting the use of the high seas as a pathway for illicit activities that is used to fund terrorism."



*HMCS Regina's crew poses with more than 2000 kilograms of narcotics seized from a dhow during Op ARTEMIS in the Pacific Ocean on April 7.*

CPL STUART EVANS, BORDEN IMAGING SERVICES

The Task Force concluded on a high note when on April 7, 2019, Canadian warship, HMCS *Regina*, operating under Canada-led CTF150 command, seized and destroyed 2,569 kgs of hashish in the Indian Ocean.

*Regina* was in the region as part of Canada's increased contribution to Operation ARTEMIS this year. Operation ARTEMIS is the Canadian Armed Forces' (CAF) ongoing contribution to counter-terrorism and maritime security operations in Middle Eastern and East African waters.

*Regina*, along with its embarked Cyclone helicopter, Naval Tactical Operations Group, Naval Replenishment Unit (NRU) Asterix, and a CP-140 Aurora aircraft joined CTF 150 at the end of March. At the time, this marked the CAF's third largest operation, significantly increasing the CAF's footprint in the Middle East and East Africa region.

CTF 150 successes can also be attributed to the CAF Unclassified Remote-sensing Situational Awareness (URSA) system, which allows for the download of satellite data directly from commercial satellites, providing up-to-date situational awareness of operational theatres. The system proved to be a valuable asset for CTF 150 in supporting its mission by contributing to building and maintaining situational awareness and patterns of life at sea.



*Canadian Task Force 150 during Op ARTEMIS in the Pacific Ocean on March 31, 2019.*

CPL STUART EVANS, BORDEN IMAGING SERVICES

*Continued on page 7*



# Come out and play at DND Family Days 2019

By Virginia Beaton,  
Trident Staff

DND Family Days 2019 will be here soon.

This year's event will take place in HMC Dockyard on Friday June 21 and Saturday June 22 and the theme is Come Out and Play!

"The idea with our theme is for people to come with their families and to have fun," says Missy Sonier, Manager of PSP Corporate Sponsorship.

Along with the usual attractions such as inflatable amusements in the Irving Entertainment Zone, and a midway, get ready to see many references to board games. A new feature this year will be a passport: visit certain designated sponsors' booths to get your passport stamped.

As always, Sonier and her team at Corporate Sponsorship have lined up a variety of sponsors whose generosity makes DND Family Days possible each year. Sobeys is the Presenting Sponsor.



At the midway, the rewards for winners range from stuffed toys to colourful strings of beads.

Other sponsors will include Westjet, which has contributed a draw prize of a flight for a family of four. VIA Rail

Canada has contributed a train trip from Halifax to Toronto for a family of four in a first class sleeper.

There will be musical entertainment, rides in RHIBS, and ship tours. If you would enjoy a free ride on the Harbour Hopper, be sure to attend DND Family Days on Friday because that's the day that the Harbour Hopper will be there.

On both days, the prize draws take place at 2 p.m. in the big tent. Prizes range from bicycles, to gift cards, to bonus AirMiles. And remember, you have to be in the tent during the draw to be eligible to win.

Friday's event will run from noon to 6 p.m., and Saturday's event is from 10 a.m. to 5 p.m.

Busses will run from Shearwater to HMC Dockyard to transport people from the Dartmouth side so that they may enjoy Family Days and not have to deal with parking their vehicles near the site.

Check the PSP Halifax website at [www.cafconnection.ca/Halifax/Home.aspx](http://www.cafconnection.ca/Halifax/Home.aspx) for more updates. There will be more information in upcoming Trident editions as well.

SUBMITTED

## Canada concludes highly successful command of CTF 150

Continued from page 6

Commodore Garnier also toured the region, meeting with key leaders to discuss the maritime security environment in the CTF 150 area of operations. He conducted Key Leadership Engagements in Egypt, Mozambique, Oman, Seychelles and the United Arab Emirates. Commodore Garnier stressed the same key points when he said: "detering and denying terrorists the use of the seas as a venue for illegal activities is a team effort as no single state can shoulder this burden alone. The very nature of CTF 150 operations requires the Task Force to work closely with partners and allies in order to achieve success. Strengthening relationships with regional navies improves interoperability, and allows CTF 150 to build trust, share information, and remain engaged in regional efforts and challenges."

Commodore Garnier concluded his tour by adding: "I'm extremely proud of the hard work, dedication and professionalism demonstrated by our combined Canadian-Australian Task Force over the past five months. Leading people of this caliber is both a privilege and personally rewarding."

Canada is a member of CMF and has been contributing to CTF 150 through Royal Canadian Navy warships, Royal Canadian Air Force maritime surveillance, and/or staff



Members of the combined Canadian-Australian CTF 150 Task Force, led by Commodore Darren Garnier, stand with Vice-Admiral James Malloy, USN, Commander Combined Maritime Forces upon conclusion of the April 11, 2019 Change of Command ceremony after Canada handed over command to Pakistan.

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# August ride for Wounded Warriors programs registering now

By Sara White,  
Managing editor, The Aurora

The ride itself is one thing, but the resting is another.

"You get to sit and talk with people," says Dean Peach of the Highway of Heroes Bike Ride, organized by Wounded Warriors Canada.

That time, and activities during off-road social and gala events, is when participants and supporters share their stories and experiences, and find out about the programs WWC offers military veterans, firefighters, paramedics and police; and their families. The organization raises funds and awareness in support of those living with operational stress injuries, such as post-traumatic stress disorder.

This will be Peach's fourth Highway of Heroes ride, but different: he's the lead organizer of a team putting together the first ride to take place in Nova Scotia, set for August 24 and 25.

"I knew there was a group of guys here who would do it, so we jumped

on board. There was one in British Columbia last year, and Wounded Warriors wants to get the word out across the country. This first year here will be about awareness, but we'll build on it."

The Nova Scotia ride is planning for 100 participants. Registration is open now. The ride will start at 14 Wing Greenwood at 8 a.m. August 24 and make its way through the Valley, travelling 92 kilometres and ending the first day at Acadia University. The ride will continue the second day, August 25, covering 112 kilometres through Eastern Kings and Hants counties, ending in Halifax at Citadel Hill.

"Anybody can ride – anybody. You don't have to have a military background. I've ridden with veterinarians, doctors, members of cycling clubs, seniors...."

Participants' \$1,250 fee includes the ride jersey, all the on-route food, bike support and maintenance they need; accommodations and gear transfer

between day one and two, transportation from Halifax to the ride start, or vice versa; the event meet and greet and gala events – and a considerable charitable donation to the cause. They are encouraged to fundraise to increase the ride's success. Sponsors are also a valuable part of the event, taking care of some of the logistical details, ride expenses and gala prizes and auction items.

The highlight of this first ride through Nova Scotia will be the stops the riders make along the routes both days, taking in community war memorials and taking rest breaks at fire halls, military partners, police and paramedic stations. Peach says they are already busy scheduling to incorporate the visits, and planning a few ceremonies to mark some of the significant stops.

The ride is open to anyone who wants to participate. For details or to register, visit [woundedwarriors.ca](http://woundedwarriors.ca) or ride director Dean Peach, [hhrns@woundedwarriors.ca](mailto:hhrns@woundedwarriors.ca) or 902-840-0325.



*The Wounded Warriors Canada Highway of Heroes Bike Ride is coming to Nova Scotia for the first time. Organizers are planning for up to 100 cyclists to take in the two-day event August 24 and 25, taking in both Valley and Halifax routes.*

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# Sailor takes novel approach to fantasy classics

By Peter Mallett,  
The Lookout Staff

A young sailor says he is pleasantly surprised with the reaction, sales, and the hopefully uproarious laughter being generated by his first-ever novel.

OS Logan J. Hunder works as a Naval Communicator aboard HMCS *Vancouver*, and is also the author of *Witches Be Crazy*, a quirky paperback novel that has developed a cult following.

It is best described as one-part fantasy and two-parts comedy. He says his book is a deliberate Murphy's Law-style comedic attack on the classic medieval quest story where everything can and will go wrong.

He began writing *Witches Be Crazy* in 2014 after completing a degree in Criminal Justice at Camosun College. After its release in 2015, OS Hunder has been attracting a loyal following and receiving mostly favourable reviews. He also admits he never anticipated his writing would ever be published.

"The book was my first attempt at a real writing project, and I wasn't sure if anything was going to come of it. When I was in college, I was completely focused on my studies and by the end I was sick of the rigid structure of academic papers, so I eventually turned to creative writing as an outlet. I thought I would just put my writing in a binder and show it to the odd friend and that was about it."

Before putting his novel into stor-

age, OS Hunder decided to shop it around with the hope of finding an agent and publisher. He did.

The book was released last summer by San Francisco-based Skyhorse Publishing. His farcical fantasy novel has already surpassed sales of 2,500 copies and is now going into its second printing.

The story takes place in the mythical Kingdom of Jenair and focuses on a king who has fallen ill and his daughter who is ready to replace him. A cast of well-meaning but bumbling hopefuls join the quest to wed the young princess and are oblivious to the reality that she is nothing short of evil. The readers are introduced to several other characters who also fall well short of meeting archetypical expectations, including Sir Lee, a highly confused Knight, and Rainchild, a spiteful dark wizard.

OS Hunder says he leaned heavily on his experiences of playing Dungeons and Dragons and quest-style video games like World of Warcraft in writing *Witches Be Crazy*. He says he also leaned heavily on the comedic genius of films such as *Monty Python and the Holy Grail* and *Shaun of The Dead*.

"All of my chapters and passages take comedic turns. In comedy anything unexpected or absurd can happen and you feel less bad if you pull something out of left field than if it's a straight-laced quest story."

He admits online reviews reveal one



*OS Logan J. Hunder has written two novels and is at work on a third.*

SUBMITTED

truth about his writing in that, "You either love it or hate it."

Reviews on the website Goodreads.com are largely favourable with one reader declaring *Witches Be Crazy* as the "perfect choice" that "delivers total entertainment." A few other reviews were not so flattering, with one reader criticizing his work saying it "felt very lazy and stereotypical".

Instead of dwelling on the successes, and criticisms, of his first book, he went to work on a second novel entitled *Astro-Nuts*, which was released April 2 of this year. *Astro-Nuts* takes a healthy swipe at the science fiction genre. It follows a space delivery ship and its widely despised captain, as it mines and ships rocks back and forth between an asteroid belt and the moon.

OS Hunder is now shifting gears to a third book, a paperback that will satirize the murder mystery genre.

He joined the navy 18 months ago and says he is keeping alive his family's naval tradition by sailing aboard *Vancouver*. His father, CPO2 (ret'd) Glen Hunder served aboard multiple RCN warships during his 38-year military career, but *Vancouver* was his last ship when he retired.

So far, his son is enjoying the challenges of working aboard a Canadian warship and what it offers.

"You come to work every single day and you never know what is going to happen," said OS Hunder. "You could be doing specialized training or an honest day's labour, but you get to interface with all sorts of people from different places across Canada and around the world. It helps my evolution as a writer as there is a camaraderie and bond in the military that you don't find in a lot of other jobs."





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### Happy Harry's gives back to military families

By Sarah-Jean Mannette,  
H&R MFRC

Every year, local businesses give back to countless non-profit organizations as a way to support causes and charities that are important to them within their community. John Canning, owner of Happy Harry's Affordable Building Centre in Burnside, adopted this same philosophy and looked for a charity he could relate to. Growing up with a strong military heritage, having a father serve in the Korean War and a grandfather who lost his life in Italy during the Second World War, he decided to support the military community by donating to the Halifax & Region Military Family Resource Centre (H&R MFRC).

"Since I grew up with military ties I understand the challenges that are associated with this lifestyle. I also have a large clientele of military folks who are undergoing home renovations after being posted here, so it's important for me to support those who support us. The H&R MFRC seemed like the right fit," said Canning.

For the past eight years, Happy Harry's has generously donated 10% of all sales made between November 1 and 10 to the H&R MFRC in remembrance of his family's military roots and commemorating his nephew's current service with the CAF.

This year's fundraiser raised \$16,906.93, which will be used to provide a variety of vital programs, services and support to CAF families in our community.

In total, Happy Harry's has donated \$130,152.08. Thank you, Happy Harry's, for supporting military families. We look forward to seeing everyone during this fundraising campaign in November.

### Happy Harry's donne en retour aux familles des militaires

Par Sarah-Jean Mannette,  
CRFM H et R

Chaque année, pour soutenir les causes et les œuvres de charité qui leur tiennent à cœur, les entreprises locales donnent en retour à d'innombrables organismes sans but lucratif de leur collectivité. John Canning, propriétaire de Happy Harry's Affordable Building Centre à Burnside, a adopté la même philosophie en cherchant un organisme de bienfaisance auquel il pouvait s'identifier. Ayant grandi dans une famille de longue tradition militaire – son père a servi pendant la guerre de Corée et son grand-père a perdu la vie en Italie au cours de la Seconde



Happy Harry's staff present the H&R MFRC with a cheque from their November campaign. From left: Kathryn Chambers, H&R MFRC Business Manager; CFB Halifax Base Commander Capt(N) Mazur; and John Beaton and Collin Logan, from Happy Harry's.

Guerre mondiale – il a décidé de soutenir la communauté militaire, en faisant des dons au Centre de ressources pour les familles des militaires d'Halifax et régions (CRFM H et R).

« Étant donné que j'ai grandi dans une famille de militaires, je comprends les difficultés inhérentes à ce mode de vie. J'ai également de nombreux clients qui entreprennent des travaux de rénovation de leur maison, après leur affectation ici. Il est donc important pour moi de soutenir ceux qui nous soutiennent au départ. Le CRFM d'Halifax et régions semblait être le bon choix, » a affirmé Canning.

Au cours des huit dernières années, Happy Harry's a généreusement fait don de 10 % du total des ventes effectuées entre le 1er et le 10 novembre au CRFM H et R, en hommage aux racines militaires de sa famille et en l'honneur de son neveu qui est actuellement en service dans les FAC.

Cette année la collecte de fonds a récolté 16 906,93 \$, ce qui sera utilisé pour fournir une gamme de programmes, de services et de soutiens aux familles des FAC dans notre communauté.

Au total, Happy Harry's a donné 130 152,08 \$. Merci, Happy Harry's, pour votre soutien continu aux familles militaires. Nous avons hâte de voir tout le monde durant cette

campagne de financement en novembre.

### McHappy Day is happening on May 8

On Wednesday, May 8, McDonald's biggest and longest-standing fundraising event, McHappy Day, is back.

For the second year, the H&R MFRC is one of the charities that will receive proceeds from this day.

A portion of \$1 from every Big Mac, Happy Meal, or hot McCafé beverage sold will go directly to programs and services for military families. Take family, friends, colleagues to McDonald's at 393 Pleasant Street (Dartmouth) or 3486 Kempt Road (Halifax) and make a purchase. Or lots of purchases.

Thank you! The H&R MFRC has been proudly supporting military families since 1986.

### Le Grand McDon se déroule le 8 mai

Le mercredi 8 mai marque le retour du Grand McDon, l'activité de financement la plus importante et la plus ancienne de McDonald's.

Pour la deuxième fois, le CRFM H et R figure parmi les organismes qui recevront une partie des fonds recueillis.

À l'achat de chaque Big Mac, Joyeux festin ou McCafé, une partie d'un dollar ira directement au programmes et services destinés aux familles militaires de la communauté. Rassemblez la famille, les amis, les collègues... et rendez-vous au McDonald's situé au 393 rue Pleasant (à Dartmouth) ou au 3486 chemin Kempt (à Halifax) pour effectuer un achat, voire plusieurs.

Merci! Le CRFM H et R soutient fièrement les familles militaires depuis 1986.

### 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.





# RCN strengthens interoperability with French Navy Carrier Strike Group

By Lt(N) Linda Coleman,  
Public Affairs Officer, HMCS *Regina*

On April 23, 2019 HMCS *Regina* conducted a cooperative deployment with French Task Force (TF) 473, a Carrier Strike Group with nuclear-powered French Navy aircraft carrier Charles de Gaulle as its centerpiece. The cooperation took place in the Arabian Sea with the goal of enhancing interoperability and improving communications.

The day started with an Air Defence Exercise (ADEX), which saw French Navy Rafale M Fighter jets take off from Charles De Gaulles aircraft carrier to conduct maneuvers over HMCS *Regina*.

As the jets flew over the warship as low as 200 feet, *Regina*'s operations room was buzzing with activity. The aim was to exercise *Regina*'s Above Water Warfare capabilities by practicing detect to engage, warnings, self defence against unknown strike / fighter bomber aircraft, and air to surface missiles.

"The ADEX was a lot of fun for our Above Water Warfare team to track and locate French fighter jets," said Lt(N) Adam Ness, *Regina*'s Above Water Warfare Officer.

"The opportunity to work with an aircraft carrier and its fighter jets doesn't come around very often, so it was a unique opportunity for us to exercise these skills. Happy to say that we rose to the challenge resulting in a successful exercise."

The afternoon saw TF 473's NH90 Helicopter conduct deck evolutions with *Regina*, including hoisting, slinging, and landings. For *Regina*'s embarked Cyclone helicopter detachment, it

was an opportunity to conduct joint training. "The deck evolutions went very well with the French Navy. It's great professional development for us to work with other countries, see how they operate and perform these procedures, which is a bit different from ours," said Capt Ryan Clarke of 443 Squadron, based out of Victoria, B.C.

Concurrently, Naval Replenishment Unit (NRU) Asterix conducted a Replenishment at Sea (RAS) with French Ship (FS) Latouche-Tréville and FS Provence, demonstrating Asterix' abilities to support our partners and allies.

The day concluded with *Regina* conducting close quarter sailing with the Charles de Gaulle aircraft carrier as the Rafale M Fighter jets exercised landings and take-offs.

"This was a unique opportunity for a Maritime Forces Pacific based warship to operate with a French Task Force and other NATO warships," said Cdr Jake French, Commanding Officer of *Regina*. "I'm very proud of my ship's company for successfully integrating into a multinational task group, highlighting the operational effects of cooperative deployments."

In the vicinity of HMCS *Regina* were also US Navy USS McFaul, Danish warship HDMS Niels Juel, and Royal Australian Navy's HMAS *Bal-larat*. The warships were all operating off the coast of Oman in the Arabian Sea with the Task Force 473.

*Regina* is currently deployed on Op ARTEMIS, the Canadian Armed Forces' ongoing contribution to counter-terrorism and maritime security operations in the Middle Eastern and East African waters.



HMCS *Regina* conducts a cooperative deployment with French Navy aircraft carrier Charles de Gaulle during Op ARTEMIS on April 23, 2019.

FRENCH NAVY



Naval Replenishment Unit (NRU) Asterix conducts a dual Replenishment at Sea (RAS) with French Ship (FS) Latouche-Tréville and FS Provence in the Arabian Sea during Op ARTEMIS on April 23, 2019.

FRENCH NAVY



French Navy NH90 helicopter conducts hoisting exercises on the flight deck of HMCS *Regina* during a cooperative deployment with Task Force 473 during Op ARTEMIS on April 23, 2019.



Members of the French Navy NH90 helicopter detachment from Task Force 473 meet with members of HMCS *Regina*'s Cyclone helicopter detachment on HMCS *Regina*'s flight deck during a cooperative deployment on April 23, 2019.

CPL STUART EVANS

CPL STUART EVANS





# Asparagus, lemon and chevre pasta salad recipe

By Kevin Ouellette,  
Banquet Chef of Juno Catering

Now that spring has sprung, and we are into asparagus season, this fresh pasta salad is perfect for picnics or that first of the season BBQ.

**Serves: 6**  
**Ready in: 30 minutes**

**Ingredients:**

- 1 lb Fresh asparagus, cut into 1 inch pieces
- 1 cup Melon seed pasta, other small pasta, or orzo
- 2 tbsp Olive oil
- 1 cup Sliced radishes
- 1 cup Celery, finely diced
- ½ cup Red onion, minced
- 3 tbsp Fresh chives, chopped
- 2 tbsp Fresh mint, chopped
- 2 tsp Lemon zest, finely grated
- 3 oz Fresh goat cheese
- Salt and pepper to taste
- Juice of ½ lemon

**Directions:**

1. Bring a pot of water up to a boil and salt.
2. Blanch the asparagus until just tender (about 3 minutes) and then drain and rinse with cold water to halt the cooking.
3. Return the pot, filled with fresh water, to a boil, salt and then cook the pasta until tender, about 10 minutes.
4. Drain and rinse to cool. Immediately after rinsing, toss the pasta with the olive oil, to prevent it from clumping.
5. Toss the pasta with the cooked asparagus, radishes, celery, red onion, chives, mint and lemon zest and season to taste.
6. Chill until ready to serve, then toss the pasta with crumbled goat cheese and lemon juice immediately before serving.



# Blood drive at CFB Halifax

On Friday, May 10 from 9:30 a.m. until 1:30 p.m., Canadian Blood Services will be at CFB Halifax's Juno Tower Atlantic Room for a blood drive. Please attend if you're able to do so. Every donation helps save lives! Visit [blood.ca](http://blood.ca) to learn more.

MARGARET CONWAY, BASE PAO

# Sailor's barber shop gives kids a Jump Start

By Peter Mallett,  
The Lookout Staff

If you pass by the stoker's workshop in HMCS *Regina*, you might catch a glimpse of that infamous barbershop red and blue pinstripe icon. This is the home of the Greasy Clippers, a make-shift barber shop with MS Jeffrey Haines holding the clippers.

The 34-year-old Marine Engineering Technician is currently on a seven-month deployment in the Arabian Sea and Indian Ocean as part of Op AR-TEMIS. On his down time, he heads to his makeshift barbershop to keep his shipmates shipshape, and the fundraising pot growing for Jump Start.

All the proceeds he raises - \$5 a hair cut - goes to the Canadian Tire charity that benefits children's sports. It gives economically disadvantaged youth the chance to participate in organized sports programs and physical activities by paying for equipment, registration fees and other costs.

"It's a hard concept for kids to understand why their parents can't afford something," said MS Haines. "I've always loved what Jump Start has stood for because I believe all kids should have the opportunity to play sports no matter what their background or financial situation."

Jump Start was launched by the Canadian Tire Corporation in 2005. It has assisted over 1.9 million children and last year raised close to \$30 million to support community-based sports programs.

The sailor is a self-taught barber and began cutting his and his



MS Haines gives a haircut to one of his fellow sailors aboard HMCS *Regina*.

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children's hair after buying a set of clippers. Two months into *Regina's* deployment he has done over 140 haircuts. Along with some generous tips he has raised over \$1,000.

The barbershop is his first charity project and took a bit of planning. The week before *Regina* sailed, he acquired a barber's apron, neck strips and chair plus a cut-out barber's pole to help advertise his location to passersby. He brought along his own clippers, scissors and combs, and uses a low-pressure shot of compressed hair from a hose in the stoker's shop to blow hair off the trimmings. Support from the crew has been strong with many returning for a second and third cut.

With such a lengthy deployment, MS Haines expects plenty of hair growth in need of a trim, which translates to more funds raised.



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# HMCS *Yellowknife* conducts training



**By Capt Annie Morin,**  
Op CARIBBE PAO

As professionals, it's our responsibility to train and remain proficient and effective in our respective domains. When an opportunity came up for training with our American allies, the ship's company of HMCS *Yellowknife* was up for the task.

Over the course of March 25, members of US Coast Guard Maritime Security Response Team-West supported by MH-60 helicopters of the United States Navy, trained to re-certify team members on imperative competencies needed to maintain individual, team, and unit operability.

Specifically, the training was meant to simulate the taking over of a vessel using a helicopter as a way to board. This combination of the Kingston-class Canadian ship, the US Coast Guard Maritime Security Response Team-West, and the United States

*Members of a US Coast Guard Maritime Security Response Team rappel down a US Navy MH-60 helicopter as part of a training exercise onboard HMCS Yellowknife during Op CARIBBE, in the Pacific Ocean on March 25, 2019.*

CAPT ANNIE MORIN

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# with allies on Op CARIBBE

Navy helicopters for the exercise was somewhat unusual but nonetheless beneficial for the members...and to be honest, quite entertaining to see.

Picture a helicopter hovering 10 meters above the deck of the ship, members of the US Coast Guard Maritime Security Response Team-West coming down on ropes, tactically moving onboard ship to critical areas onboard to control a ship, then when the task was completed, being hoisted back up before departing.

Opportunities such as these allow for the Royal Canadian Navy, the US Navy, and the US Coast Guard to exercise their interoperability. In an environment that is ever challenging and demanding, training with Allies enables each party to understand how each other work as well as identify and overcome potential barriers to success for real life operations.

Crewed by 45 members, including members of the US Coast Guard, *Yellowknife* is deployed on Op CARIBBE along with HMCS *Whitehorse*, Canada's contribution to Operation MARTILLO, a US Joint Interagency Task Force South (JIATFS) operation responsible for conducting interagency and international detection and monitoring operations and facilitating the interdiction of illicit trafficking.



A crewmember onboard HMCS *Yellowknife* and members of a US Coast Guard Maritime Security Response Team await the arrival of a US Navy MH-60 helicopter for a training exercise during Op CARIBBE, in the Pacific Ocean on March 25, 2019.

CAPT ANNIE MORIN

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# Cooperative engagement in the Pacific Ocean

By Capt Annie Morin,  
Op CARIBBE PAO

HMC Ships *Yellowknife* and *Whitehorse* are keeping busy during their transit to begin Op CARIBBE, Canada's contribution to the interdiction of illicit trafficking under a US Joint Interagency Task Force South.

During an exercise at sea, *Yellowknife* and *Whitehorse* sailed in concert with Armada de Mexico Hidalgo from the Mexican Secretaria de Marina, the US Coast Guard Cutter Terrell Horne, and the US Navy Ship Independence in order to exercise their interoperability.

The exercise took place on March 26, 2019 in the Pacific Ocean. The goals of the day-long exercise were to enable the crews of the participating ships a training opportunity to operate at close proximity by sailing in various formations, communicate effectively between ships, and also create a social engagement with the exchange of personnel from every ship.

"This activity allowed Mexican, American and Canadian defence partners the opportunity to strengthen the relationships necessary to defend North America," said LCdr Donald Thompson-Greiff, *Yellowknife's* Commanding Officer. "As part of the event, our junior sailors had the

opportunity to visit the vessels of SEMAR, the USCG and the USN to gain a better understanding of how each of our respective nations live and work underway. This camaraderie builds mutual confidence and understanding so we are better prepared to support and integrate during operations."

Canada, along with Mexico and the US are participants in the overall effort to conduct maritime operations with an aim to degrade the threat networks and disrupt illicit movements within the nations' shared maritime environment.

The passage exercise was a cooperative engagement and the capstone event of the cooperative deployment utilizing the protocols as set within the North American Maritime Security Initiative, a tri-lateral forum among Canada, Mexico, and the United States to strengthen operational effectiveness in the pursuit of maritime security.

*Crewmembers from HMCS Whitehorse and members from the US Coast Guard practice manoeuvres in a Rigid Hulled Inflatable Boat in the Pacific Ocean during Op CARIBBE on March 27, 2019.*

OP CARIBBE IMAGERY TECHNICIAN, HMCS  
WHITEHORSE



## Interdepartmental cooperation in the name of science

By Capt Annie Morin,  
Op CARIBBE PAO

Interdepartmental cooperation can take many forms. One example of such cooperation between Canadian Government departments occurred on April 11, 2019 in the Pacific Ocean. As a vessel of opportunity, HMCS *Yellowknife* was asked by the Department of Fisheries and Oceans (DFO) to water deploy an Argo float as part of a broad-scale global array of temperature/salinity floats.

"HMCS *Yellowknife* was presented with the opportunity to contribute to the gathering of oceanographic data and gladly accepted the offer," commented LCdr Donald Thompson-Greiff, *Yellowknife's* Commanding Officer. "By supporting the Department of Fisheries and Oceans with the deployment of an Argo float off Latin America we are able to help

the collection of a range of data valuable for research."

This piece of equipment is pretty neat; it provides continuous monitoring of the temperature, salinity, and the velocity of the upper ocean. To gather the information, the Argo floats goes through a cycle of approximately 10 days. The float first descends at a depth of approximately 1000 meters and drifts for eight to 10 days. At that point, it descends further to about 2000 meters before ascending to the surface over a period of approximately six hours where it will spend some time at the surface of the water to transmit its data. While submerged, the float collects water column information and data. The cycle is then repeated to gather and transmit new data.

Debuted in 2000, the program activates about 800 floats each year which contributes to a greater understanding of the oceans. The data gathered

by the floats is released near real-time to the Argo Global Data Centres located in Brest, France, and Monterey, California. Overall, the global network includes some 4000 Argo floats around the world with over 30 participating nations in the program, a great example of international collaboration.

Lt(N) Josée Belcourt, MARPAC Formation Oceanographer, was the liaison between DFO and the Royal Canadian Navy to facilitate deployment of floats. She explains that the data gathered "provides valuable scientific information to monitor ocean variability, including [for example] rising sea levels, arctic sea ice, and the changing state of the upper ocean."

"As the information is made publicly available near real-time on the internet, the data can be used for educational purposes such as for classroom curriculum, scientist outreach workshops, and online tools for the

general public," added Lt(N) Belcourt. "From an operational point of view, oceanographic centers around the world routinely validate and improve global and regional analyses of ocean properties using the Argo data stream, which is valuable information for the operations of the Royal Canadian Navy."

The Institute of Ocean Sciences at DFO in Sidney, B.C provided the float, which was embarked on *Yellowknife* before its departure on Operation CARIBBE.

Crewed by 45 members, including members of the US Coast Guard, *Yellowknife* is currently deployed along with *Whitehorse* on Op CARIBBE, Canada's contribution to Op MARTILLO, a US Joint Interagency Task Force South (JIATF-S) operation responsible for conducting interagency and international detection and monitoring operations and facilitating the interdiction of illicit trafficking.





# Foods and beverages for meetings and events in the workplace

By Kathleen Bayliss-Byrne,  
Dietitian at CF H Svcs C (A)

First we should recognize that what we eat daily can impact our health thus routine consumption of unhealthy foods or beverages can increase our risk for many health conditions such as but not limited to excess body fat, prediabetes/diabetes, heart disease, some cancers, sleep apneas and many others.

Treat options always have a time and place but how often are treat foods and beverages standardly accessible at meetings or events in our workplace? Do we most often think of treat foods first for workplace celebrations like a pizza party with pop or BBQ burgers/sausages with pop and ice cream novelties or coffee/tea with cookies or cakes? Could we look for some healthy options to include in these celebrations? Absolutely, we can and we should do this with the ideal target of making at least eighty percent (80%) of foods and beverages offered as healthy choices. Maybe we could start by working towards fifty

percent (50%) of foods and beverages offered at events. This can ensure that we make healthy foods and beverages the easy choice.

The changes need to come from each small group, department, committee, unit, base and even nationally. We do not currently have any policy in place regarding food/beverages at workplace events, however this is an area that needs to be addressed. To begin we can educate ourselves with knowledge on the way forward.

Please consider these tips;

1. If the meeting is booked between meals you may not require anything other than water at the event. You could consider fruit infused tap water for a change from coffee with cream and sugar (flavor water with fresh lemons or limes or berries).
2. Ask the group if there are any individuals with food sensitivities or allergies and if there are any vegetarians or vegans to ensure everyone has a food choice available at the event.
3. When providing a snack at an

event consider including two (2) food groups such as cheese and grapes, yogurt and berries, nuts and fresh fruit or veggie sticks with hummus. These are examples of whole foods rather than processed foods that are classically offered (donuts, muffins, and cookies). If you want to include a sweet baked good, consider making an item that is lower in sugar and fat and higher in fibre (e.g. lentil, oat, cranberry and chocolate chunk cookies).

4. If the event features a meal then there are many options but we should try to include three (3) food groups (protein choice, fruit/vegetables choice and whole grain choice). Some options are;
  - Whole grain thin crust vegetarian and/or chicken pizza with fresh fruit and salad
  - Regular and vegetarian chili with whole grain buns, veggie and fruit trays
  - Vegetarian soup with sandwich bar offering whole grain pitas/breads, a variety a sliced veg-

gies, protein choices like chicken salad, tuna salad, and sliced hard cheeses

- Potluck casseroles that feature lean meat/chicken/fish or beans with whole grain starches such as brown or wild rice, quinoa, bulgur, barley or whole grain pasta and a variety of vegetables and herbs. Potlucks in general can offer a variety of salads or veggie trays, fruit salads or fruit trays, whole grain crackers with hard cheese or nut butters or dips and a dessert (consider a fruit based dessert like an apple crisp or fruit flan or upside down pineapple cake).

For more information see video Choosing Healthier Packaged Food and Beverages available at: [www.youtube.com/user/workplacenutrition](http://www.youtube.com/user/workplacenutrition). To learn more about Nutrition Standards for Workplaces the Ontario Society of Nutrition Professional in Public Health created a document in May 2017 and can be found along with other resources at [www.odph.ca/workplace-nutrition-advisory-group](http://www.odph.ca/workplace-nutrition-advisory-group).

# Photographer shoots to put a face on Canada's military

By Peter Mallett,  
The Lookout Staff

When a hobby merges with passion and determination, it becomes a mission.

For CPO2 John Penner that hobby is photography and that mission is capturing the faces of veterans, young and old.

He captures their essence, their personality by staging them against a dark background with minimal lighting. This creates an intended prestige, an acknowledgement of his or her service to Canada.

CPO2 Penner's growing collection of images are for his Veterans Portrait Project, which he hopes to take on the road at some point as a traveling exhibit.

"I think people need to see that veterans are people, that is the concise way I can boil it down," said CPO2 Penner. "There is a lack of this visibility in Canada, whereas in the United States people are much more nationalistic and have more national pride and support for their military. In Canada when we aren't at war, and especially outside of military cities, this sentiment is not as strong."

He began his Veterans Portrait Project seven years ago and has pho-

tographed approximately 300 men and women. His next phase is to choose 40 or 50 portraits and print and mount them in large scale format. Cost is holding him back as it could amount to over \$8,000.

The inspiration for his project came following the death of his mother. He realized there were hundreds of pictures of him, his father, and his brothers, but sadly only one of her, as she was the family photographer.

When a friend, recently retired from the military, complained he didn't have any photos of himself in uniform to pass down to his grandkids, Chief Penner had a revelation.

"I always tell people you aren't taking pictures for yourself but for your family. I guess that's really the story of how this began."

CPO2 Penner began his career in the Royal Canadian Navy 32 years ago as Naval Electronics Sensor Operator serving in multiple Canadian warships on both coasts.

While he advanced his career as a sailor, he was always on the hunt for the perfect shot outside of work, something he's been doing since age 12 when he bought a Kodak 126 camera at a garage sale.

Within a year or two he had his own wet-dry dark room and became

consumed with capturing the beauty of life on the sunshine coast in Powell River.

When not working on his Veterans Portrait Project, he can be found capturing Wounded Warrior Run BC, Boomer's Legacy and HeroWork projects.

For more information about CPO2 Penner and his work, visit his website [www.johnsphotography.ca/](http://www.johnsphotography.ca/)

*A veteran poses with his bagpipes. He is one of approximately 300 veterans CPO2 John Penner has photographed as part of his Veterans Portrait project.*

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# Sailors leave big impression on CLaS guests aboard HMCS *Ville de Québec*

By Ryan Melanson,  
Trident Staff

As a researcher who focuses on security issues, Dr. Jamie Levin says he's often found that a "fire-wall" can exist between academia and military practitioners. So during a recent trip to sea with HMCS *Ville de Québec*, as part of the RCN's Canadian Leaders at Sea (CLaS) program, he was expecting more of the same.

"I was expecting to have that firewall retained; I thought I would have a great time and learn relatively little, but that hasn't been the case. I cannot believe how candid the people have been, at every rank," said Levin, who recently relocated to the Maritimes to join the political science department at St. Francis Xavier University. While his research has focused on things like terrorism, counter insurgency and civil wars, Levin said working in this region could lead to a further interest in maritime security. Having access to the crew and command team of *Ville de Québec* for two nights off Nova Scotia was a good introduction to that world.

"I was really not expecting this experience, and because of this, I'm coming away with a lot more than just a couple fun days at sea," he said.

Levin was just one of 15 participants in the latest edition of the CLaS program, which has been ongoing since 2015 and allows influential Canadians from the areas of academia, business and government to experience a taste of life aboard Navy warships and submarines.

The most recent trip took place from April 24-26, with *Ville de*



CLaS participants pose for a group photo while at sea off Halifax on April 24, as a CH-148 Cyclone helicopter flies past in the background.

RYAN MELANSON, TRIDENT STAFF

*Québec* departing Halifax and heading southeast toward Sable Island National Park Reserve, where embarked Parks Canada staff were waiting to accompany the guests on a rare tour of the small horse and seal-populated island. Unfortunately, foggy weather and waves at the beach prevented the CLaS participants from reaching shore, but the ship was still able to conduct RHIB tours near the island through the morning of April 25. This was in addition to all the usual activities included in the CLaS experience, including a small arms shoot, interactive force protection and damage control scenarios, a CH-148 Cyclone flypast, "Spiffy Dinner" in the Wardroom, and briefs and tours through each ship department, with plenty of chances to meet with sailors and learn a bit about day-to-day life on a modernized Halifax-class vessel.



Guests learned about bridge watchkeeping and each had a chance taking the helm during their time with HMCS *Ville de Québec*.

RYAN MELANSON, TRIDENT STAFF

Continued on page 19



## Treats for colleagues

CFB Halifax Base Administration members had Lt(N) Suzanne McIntosh to thank for the special treat they received at work on April 24 after she won JACK 92.9 FM Radio's Booster Juice Recharge break!

MIKE BONIN, BASE PAO



# Self-care: better health. Better you.

By Mike Bonin,  
Base Public Affairs

Health Promotion cares about your health. So do PSP and CF Health Services (Atlantic). At a health promotion event held at the Wardroom at Stadacona on Thursday, April 25, several booths were set up to assist CAF members, public service employees and Defence Team members learn more about self-care.

Taking care of oneself can often be something that is put on the back burner. With so many competing priorities, taking care of yourself can seem like a selfish use of time. Au contraire.

“Self-care is one of the most important and easiest things you can do to improve your life in so many ways,” stated Kelly Goudie, Health Promotion Manager.

Did you know that through self-care your health improves? You will become more resilient, you will sleep better, you will inspire others, your mental health will improve, your sex drive will increase, you will become more connected to your body and what it’s telling you about your health and you will decrease your stress levels and the negative impact of stress on your body; just to name a few benefits.



*Self-care means better health and a better you. Mary Thompson (right), a PSP fitness and sports instructor, discusses with Defence Team members some of the programs that are offered. Whether it is a yoga class, a game of badminton with a friend or a spin class, regular physical activity is one of the keys to a healthier you.*

MIKE BONIN, BASE PA

Some ways to increase your well-being through self-care include volunteering to help others, getting a massage, reading for pleasure, having a good laugh, working in the garden, asking for help, look after what you eat, going for a walk/run or doing a work-out, taking a long shower or bath, meditating, clocking

in some quality time with your family, doing some mindful breathing, sleeping in, or spending time with your friends.

Take the Self-Care Selfie Challenge. Take a selfie while doing a self-care activity and send it to either Facebook /psphalifax or email it to +HFX Health Promotion

for a chance to win a getaway from Rodd Hotels & Resorts. According to Michelle McAulay the Nova Scotia Sales Manager with Rodd Hotels & Resorts, “Our seven properties across the Maritimes offer self-care amenities that are a perfect fit with Health Promotion and the self-care event today.”

## Wildlife rescue at sea

By Capt Annie Morin,  
Op CARIBBE PAO

The oceans are filled with debris such as fishing nets left behind by fishing vessels, and household garbage that has made its way into the water. This non-biodegradable waste is a real danger for marine life. Animals and mammals often eat the debris mistaking them for food or simply get entangled in it, resulting for example in their inability to move about freely or even death.

Deployed on Op CARIBBE, HMC Ships *Yellowknife* and *Whitehorse* were able to spare a total of seven sea turtles from a dire situation on four separate occasions, between April 1 and 2, 2019; an unusually high amount of rescues in such a short period of time.

It is while on routine patrol in their respective areas that the bridge teams of both ships first spotted debris before identifying sea turtles entangled in fishing net and used plastic bottles.

Debris such as what was found during the rescues needed to be investigated as part of the ships’ responsibility on Op CARIBBE as the debris could be bales of drugs jettisoned by smugglers. As such and with

each ship’s respective Commanding Officer’s permission, the crews investigated the floating debris. Although there were no drugs found in these instances, the crews did find turtles ensnared. Luckily, the mission tempo permitted for the crews to rescue the turtles.

“It is an exciting time for the entire ship’s company when we have the ability to save marine life as a direct outcome of our actions. Sailors enthusiastically take this responsibility as seriously as any other duty they have onboard ship,” said LCdr Jeff Chura, Commanding Officer of HMCS *Whitehorse*.

On each rescue effort, a Rigid Inflatable Boat was deployed into the water and members of *Yellowknife* and *Whitehorse* respectively drove to the locations of the turtles intertwined with the fishing net. After a while, the members were able to free the animals, cutting away the fishing net while being careful to not harm the turtles. Fortunately, all the rescued turtles were able to swim away seemingly uninjured.

“As someone who cares deeply about the environment and animal life, I am very grateful to have been able to save a turtle from a grim prospect. It

was the first time at sea I was able to make a positive impact on marine life by rescuing this turtle and potentially others by removing the fishing net from the water,” commented a sailor who was part of a turtle rescue led by *Yellowknife*.

Crewed by 45 members, including members of the United States Coast Guard, *Yellowknife* is currently

deployed along with *Whitehorse* on Op CARIBBE, Canada’s contribution to Operation MARTILLO, a U.S. Joint Interagency Task Force South (JIATF-S) operation responsible for conducting interagency and international detection and monitoring operations and facilitating the interdiction of illicit trafficking.

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# Helping neighbours at the Ward 5 Easter dinner

Members from CFB Halifax's Base Logistics branch were at Ward 5 Neighborhood Centre to assist with the annual Ward 5 Easter Dinner on April 18. Bravo Zulu to Ward 5 and all volunteers involved in this wonderful community event.

MARGARET CONWAY, BASE PAO



# HMCS St. John's sails to Ex FORMIDABLE SHIELD

HMCS St. John's recently departed Halifax to cross the Atlantic to participate in Ex FORMIDABLE SHIELD. While en route, the frigate met and briefly sailed with the MCDVs Kingston and Shawinigan as they returned from Op PROJECTION West Africa.



From left: HMC Ships Kingston, St. John's and Shawinigan sail in formation while transiting the Atlantic Ocean on April 21.

PTE SARINA MCNEILL, FIS HALIFAX



Sailors in HMCS St. John's receive direction before departing Halifax on April 16, 2019.

PTE SARINA MCNEILL, FIS HALIFAX



A sailor is one of the many crewmembers painting the ship while sailing to Ex FORMIDABLE SHIELD.

PTE SARINA MCNEILL, FIS HALIFAX



# Get loud! Mental Health Week is May 6-12

By CF H Svcs C (A)

During Mental Health Week, Commanding Officers, managers, and employees are encouraged to share resources and organize activities within their units/teams to help promote positive mental health. It is vital to take time to bring employees together to talk about and participate in various mental health activities. By doing so, we are helping to raise awareness as well as build and sustain a positive and mentally healthy workplace.

Mental health is not only the absence of serious mental illness. Positive mental health allows people to realize their full potential, cope with the stresses of life, increase work productivity, and make meaningful contributions to their communities. Mental health is similar to physical health in that it needs to be maintained. Some suggestions to maintain good mental health include: accessing

professional help if needed, connecting with others, staying positive, getting physically active, volunteering, getting enough sleep, eating a healthy diet, and developing positive coping skills.

During the Mental Health week May 6-12 several activities have been planned to assist you and your teams to promote the importance of mental health and to help you stay mentally fit. All activities will take place between noon and 1 p.m. More details will be provided via the base-wide messaging.

Monday - Nia

Tuesday - Yoga

Wednesday - Walk (various locations)

Thursday - Strengthen Resilience - Mindfulness and meditation

Friday - Music in the Park, S-90

All participants who take part in the planned activities will receive a ballot to win a massage therapy gift card.



*The Social and Mental Health Working Group is a base-wide group of civilians and military members committed to inspiring and motivating CAF and DND employees to live a balanced life focusing on mental and social wellbeing.*

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## Sailors leave big impression on CLaS guests aboard HMCS Ville de Québec

*Continued from page 16*

Having recently returned from a six-month deployment to Op REASSURANCE in the Mediterranean, *Ville de Québec* is beginning to ramp down its readiness level, and currently has a number of inexperienced sailors among its crew who'll be taking part in important training off Halifax in the months ahead. CLaS guest Michael Bielecki, a partner with consulting firm Bielecki & Associates, said learning about the relatively low experience levels made the conduct of the crew all the more impressive.

"I would have never known that any of the sailors were short any type of qualification. They were ready to engage with us, educate us about their jobs, and they seemed exuberant to do so."

Mary Turner, president of retail chain The Shoe Company Designer Shoe Warehouse, said she was struck by the ability of sailors to fill multiple roles on a ship, with huge responsibilities as part of things like firefighting or boarding parties placed on top of their main jobs.

"They have their main competency or expertise, but then also these other occasions where they may have to jump right into the action... I think there are very few examples of people doing something like that in the private sector."

The group was accompanied by CFB Halifax Base Commander Capt(N) David Mazur, representing senior RCN



*Participants in the CLaS program return to HMCS Ville de Québec after a RHIB tour around Sable Island on April 25.*

RYAN MELANSON, TRIDENT STAFF

leadership, who said he wasn't surprised that despite all the impressive technology on display, most guests described interacting with sailors as the highlight of the experience.

"They work away from their families, they're professionally trained to the level they're supposed to be, and nobody ever gets to see what they do," Capt(N) Mazur said.

"When we've got people on board, and the sailors know it's an important group of influential people, they're actually quite excited to speak frankly about their jobs and show off a little bit."



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# TRIDENT Sports

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

## Mariners take silver after finals loss at CAF Basketball Nationals

By Ryan Melanson,  
Trident Staff

Despite going undefeated for years at the regional level, the CFB Halifax Mariners Men's Basketball team has been struggling to take the top prize at the CAF National Basketball Championship in recent years. That struggle continued this year, with the Mariners putting in a strong performance but coming up short at the 2019 edition, hosted by 5 CDSB Gaagetown from April 6-10.

The Mariners swept through the early round robin portion of the tournament, with an 84-50 win against Edmonton, 76-62 win over Petawawa, and a 75-66 win over the eventual champions from Valcartier, despite a size disadvantage against the Ontario and Quebec region teams.

Team coach Kevin Miller credited the Mariners' strength in the guard position for those round robin victories, but he said the fatigue of the busy tournament schedule caught up to his team in the semi-final and finals.

*Continued on page 21*



*The CFB Halifax Mariners took on Valcartier in the finals of the CAF National Basketball Championship, hosted at 5 CDSB Gaagetown from April 6-10.*

WO JAMES LAVALLIE

*The Mariners brought home silver medals after falling 67-72 in the finals against Valcartier.*

WO JAMES LAVALLIE





*Lt(N) Cody Brown guards the net during the final game of the CAF National Basketball Championship.*

WO JAMES  
LAVALLIE

## Mariners take silver after finals loss at CAF Basketball Nationals

*Continued from page 20*

“What should have been a relatively easy win versus Edmonton in the semi-final ended up being a battle right down to the final minutes. Edmonton outshot us and outscored us in the paint,” he said, adding the team’s scoring percentage dropped more than 10% from the round robin games to the playoffs. The Mariners were able to make up the difference in rebounds and extra possessions, moving on to the finals with an 80-70 win over Edmonton.

The championship game against Valcartier was another hard fought back-and-forth battle, but one that Halifax wasn’t able to come out on the winning side of. The Mariners held a double-digit lead heading into the

second half, after sinking six three-point shots in the second quarter, but their opponents own string of three pointers erased that lead heading into the final 12 minutes.

“It was back and forth right down until the final seconds,” Miller said. A final push to tie the game in the dying seconds came up short, and after fouls and free throws, the Mariners ended the game down 67-72 to take the silver medal.

Miller said despite the disappointment of settling for silver at CAF Nationals for another year, was proud of the effort the team put in. Lt(N) Cody Brown took the tournament MVP award for the Mariners after leading scoring with 27 points in the championship game and 31 points in the semi finals.

# Fitness and sports updates

**By Trident Staff**

**A six-week Gentle Yoga program** starts on May 17. This modified 60-minute yoga practice that takes a gentle approach to some traditional yoga movements. It focuses on the use of yoga props to ease in and out of postures, as well as breathing techniques, mindfulness, and restorative poses. This class will be specialised to injuries or adaptations as needed. Therefore, participants will be required to register ahead of time. No yoga experience is necessary.

The class will take place every Friday at 8 a.m. starting May 17. Registration deadline is Friday, May 10. To register, please contact Tammie Barriage by email at [tammie.barriage@forces.gc.ca](mailto:tammie.barriage@forces.gc.ca) or telephone 902-427-1374.

**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 location, 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. Stay tuned for announcements for our race in early June with distances for all abilities.

**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)

## Sports trivia: do you have the need for speed?

**By Stephen Stone**

### Questions

- Who was the first driver to break the thousand km/h speed record?
- Who is the current land speed record holder?
- Who was the first to record an outright speed record with a three-wheeled vehicle?
- Who is the current speed record holder for wheel-driven cars?
- Who held the first recognized speed record for a motorcycle?
- Who was the first driver to set the land speed record of over 200 m.p.h.?
- In 1962, 1966 and 1967, he set speed records for motorcycles of under 1,000 cc. Who was this Indian rider?
- Who holds the speed record for bicycling down a volcano on a production mountain bike?
- Motor pacing is a type of human-powered record where a pace vehicle is modified by adding a tail fairing to keep the wind off the cyclist who is riding behind it. Who holds the unpaced speed record for a bicycle?
- The hour record for bicycles is the record for the longest distance cycled in one hour on a bicycle. On June 8, 2015, who set the Union Cycliste Internationale record of 54.526 km?
- Who set the women’s human powered vehicle land distance record of 1,011.99 km in 24 hours on a recumbent bicycle at Klettwitz, Germany, on July 12, 2015?
- Who set the current outdoor track record at 555.273 miles in Wensleydale, Victoria, Australia on March 30, 2018?
- On July 11, 2017, who set a new fastest completion of 100,000 miles by bicycle record, doing so in 423 days?
- To earn the record as the fastest car in the world, the speed demon has to be from the 2018 model year or newer, currently be in production, and be street legal. Which is the current fastest production car?
- Who is the fastest man going downhill on skis?
- Who is the fastest woman going downhill on skis?
- The Blue Riband is an unofficial accolade given to the single hull passenger liner crossing the Atlantic Ocean in regular service with the record highest speed in a westbound direction, i.e. against the Gulf Stream. The holder of the Blue Riband was intended to be a steam ship. Who is the current holder of the Blue Riband for a westerly voyage?
- Which Cunard Liner won the Blue Riband eight consecutive times?
- Who set the record for the first solo circumnavigation of the globe in a sail boat?
- On Dec. 17, 2017, who broke Thomas Colville’s record for fastest solo circumnavigation of the globe?

*Answers on page 22*





# Sports trivia: do you have the need for speed?

Questions on page 21

Answers

1. At Bonneville Salt Flats on Oct. 23, 1970, Gary Gabelich's rocket-powered Blue Flame peaked at 1,014.656 km/h, making him the first to exceed 1,000 km/h.

2. At Nevada's Black Rock Desert, the UK's Andy Green and his ferociously fast Thrust SSC. In 1997, he zipped across the earth in a twin turbofan jet-powered car at 1,227.986 km/h to notch the first ever supersonic land speed record.

3. Craig Breedlove and his jet-powered Spirit Of America 'car' changed everything at Bonneville in 1963, when he recorded a new outright land speed record...on three wheels.

4. In August 2018, Danny Thompson scored a new record for wheel-driven cars in a refurbished version of the 50-year-old Challenger 2, the
- car in which his dad, Mickey, made a record-breaking attempt in 1968 in the same location. The new fastest speed for a wheel-driven, piston-powered car now stands at a not inconsiderable 722.1 km/h.

5. Gene Walker's ride on an Indian at Daytona Beach on April 14, 1920, was officially recognized as having the motorcycle land speed record

6. Major Henry O'Neal de Hane Segrave drove the 1000 HP Sunbeam at 203.792 m.p.h., recorded as a two-way average for the flying mile at Daytona in March 1927

7. Burt Munro of New Zealand.

8. Markus "Max" Stockl. In 2017 set a new world record in the Atacama region of Chile with a speed of 167.6 km/h on a mountain bike

9. Todd Reichert drove his recumbent bike 139.45 km/h on Sept. 19, 2015.

10. Bradley Wiggins of Great Britain.
11. Petra von Fintel

12. Dr. Mitchell Anderson

13. Amanda Coker, at 24 years old. Coker's record was 77 days faster than Tommy Godwin's prior record of 500 days from May 1940. The record was certified by the Guinness Book of Records and the Ultra Marathon Cycling Association (now the WUCA).

14. The Bugatti Chiron Sport has a manufacturer's claim of 261 m.p.h. at a cost of US\$2.61 million. I'll take two.

15. Ivan Origone of Italy went 254.958 km/h under France Ski de Vitesse rules at Vars, France on March 26, 2016

16. Valentina Greggio of Italy went 247.083 km/h under France Ski de Vitesse rules at Vars, France, on March 26, 2016

17. The United States liner "United States" crossed from Bishop Rock to Ambrose Light, 2,906 nautical miles, in 3 days, 12 hours and 12 minutes, averaging a speed of 34.51 knots in 1952. In 1986, British entrepreneur Richard Branson and his high-speed motor vessel, Virgin Atlantic Challenger, despite having to stop to refuel on several occasions, shaved two hours off the record, increasing the average speed to 36.4 knots. However, as Virgin Atlantic Challenger was not a passenger vessel, the New York Maritime Museum refused to part with the Hales Trophy

18. Mauritania, going east.

19. Joshua Slocum of Nova Scotia in the Spray in 1898.

20. Francois Gabart sailed solo around the world in 42 days and 16 hours, breaking Colville's record of the previous year by six days.

## CDS announces new CAF Physical Performance Strategy

By DND/CAF

On April 23, the Chief of the Defence Staff, Gen Jonathan Vance, launched the new Canadian Armed Forces' Physical Performance Strategy – BALANCE. The strategy's goal is to provide Canadian Armed Forces leaders with the tools to promote a culture of fitness and improve the physical performance of their members. All Canadian Armed Forces leaders are expected to create conditions that optimize physical performance, as well as model behaviour as outlined in the strategy.

BALANCE focusses on the relationship between physical activity, perfor-

mance nutrition, adequate sleep, and prevention of injury to reinvigorate the essential components of operational readiness and lifelong wellness. The strategy gives those in leadership and command positions the guidance and responsibility to assist their people in becoming fitter, healthier, and more operationally ready than ever before.

This new strategy reflects the Canadian Armed Forces' renewed emphasis on the wellbeing of its people, as outlined in Canada's Defence Policy, Strong, Secure, Engaged (SSE).

Information and updates on the Physical Performance Strategy – BALANCE, are available on CAFconnection.ca and on the Canadian Forces Morale and Welfare Services website.

Quick facts

The strategy builds upon the ever-present need for the CAF to develop and sustain a strong, healthy, and fit military. However, it isn't just about physical activity, it's also about sleep, nutrition, injury prevention, and physical activity. It is about balance.

Personnel Support Programs, a division of Canadian Forces Morale and Welfare Services, was instrumental in the development of the strategy and develops and delivers leading edge occupational fitness, sports, and wellness programs and services to the CAF.

The last Physical Fitness Strategy was released in 2008.

## Le CEM de la défense annonce la nouvelle Stratégie de performance physique des FAC

Par MDN

Le chef d'état-major de la défense, le général Jonathan Vance, a procédé au lancement de la nouvelle Stratégie de performance physique des FAC – ÉQUILIBRE. La stratégie vise à fournir aux dirigeants des FAC les outils qui leur permettront de favoriser la mise en place d'une culture axée sur la bonne forme et d'améliorer la performance physique de leurs membres. On s'attend à ce que tous les dirigeants des Forces armées canadiennes créent les conditions nécessaires à une performance physique optimale et adoptent les comportements priorités dans cette stratégie.

La Stratégie ÉQUILIBRE met l'accent sur le lien qui existe entre l'activité physique, l'alimentation axée sur la performance, le sommeil adéquat et la prévention des blessures afin de redynamiser les éléments essentiels de l'état de préparation opérationnelle et du bien-être à long terme. Elle fournit une orientation aux personnes qui occupent un poste de direction et de commandement et leur octroie la responsabilité d'aider les membres de leur personnel à être plus en forme, plus en santé et mieux préparés que jamais sur le plan opérationnel.

Cette nouvelle stratégie reflète l'attention renouvelée des Forces

armées canadiennes à l'égard du bien-être de leur personnel militaire, comme le décrit la politique de défense du Canada Protection, Sécurité, Engagement (PSE).

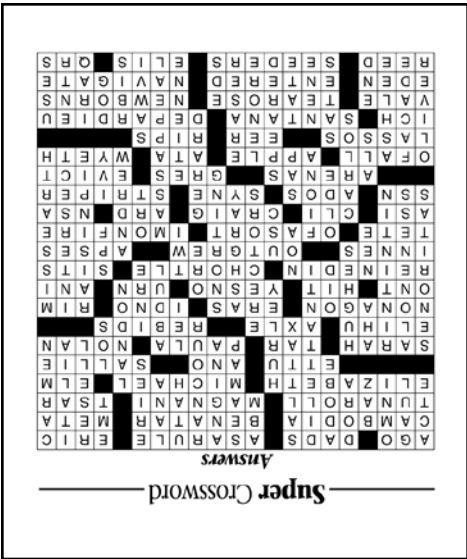
De plus amples renseignements et des mises à jour sur la Stratégie de performance physique – ÉQUILIBRE sont accessibles en ligne à connexionFAC.ca et sur le site Web des Services de bien-être et moral des FAC.

Faits en bref

La stratégie repose sur le besoin constant des FAC de former et de maintenir des forces militaires solides, en santé et en bonne condition physique. Toutefois, il ne s'agit pas seulement de faire plus d'activité physique. C'est aussi une question de sommeil, de nutrition, de prévention des blessures et d'équilibre en général.

Les Programmes de soutien du personnel, une division des Services de bien-être et moral des Forces canadiennes, ont joué un rôle déterminant dans l'élaboration de la stratégie et assurent l'élaboration et la prestation de programmes et services de pointe en matière de conditionnement physique, de sport et de bien-être pour les FAC.

La précédente Stratégie sur la santé et la condition physique a été publiée en 2008.





# Super Crossword

10 CELEBRITIES TURNING 90

ACROSS

- 1 Back in time  
4 Papas  
8 Ordinarily  
15 "All By Myself" singer [1]  
19 Neighbor of Thailand  
21 "Fire and Ice" singer Pat  
22 Carpal or tarsal lead-in  
23 Common wrapped sushi item  
24 Anna who won Best Actress for "The Rose Tattoo"  
25 Old Russian ruler  
26 "Bedazzled" co-star [2]  
28 "Little House on the Prairie" co-star [3]  
30 Stately tree  
31 Dying rebuke from Caesar  
32 Year, in Portuguese  
33 -- Mae (loan offerer)  
35 Olympic figure-skating gold medalist of 2002 [4]  
40 Road goop  
41 2002-09 "American Idol" judge [5]  
44 "Inception" director Christopher  
45 Peace Nobelism Root  
46 Rod on a car  
48 Makes another proposal  
50 Nine-sided shape  
52 Periods of note  
55 Driver's license fig., e.g.  
56 Crater part  
59 Toronto loc.  
60 Conk  
61 Like many survey questions  
63 Party server  
64 Folk rocker DiFranco  
65 Restrained  
68 Chuckle gleefully  
70 Plops (down)  
71 Laura of "ER"

- 72 Got too big for  
74 Church parts  
75 Head, in Metz  
76 In some way  
78 Bruce Springsteen hit of 1985  
81 "Just -- suspected"  
82 151, to Cato  
83 "Skyfall" star Daniel  
85 Suffix with dull  
86 Top-secret govt. org.  
87 Tax form fig.  
88 Tumults  
90 "Auld Lang --"  
91 Large game bass  
93 Sports centers  
95 Tests for coll. seniors  
97 Boot out  
98 "The Way -- Flesh" [7]  
101 [7]  
104 -- loss  
105 [6]  
106 Roping tools  
108 Without end, to poets  
109 Shreds  
111 I, in Berlin  
112 [8]  
115 [9]  
121 Dell  
123 Yellowish pink color  
125 Wee babies  
126 Early garden  
127 Came into  
128 Steer a ship  
129 [10]  
130 Ones sowing  
131 Yale students  
132 P followers

DOWN

- 1 See 119-Down  
2 France, once  
3 All: Prefix  
4 "Explorer" of cartoons

- 5 Building brick  
6 Arty dabblers  
7 Levy on a food preserver  
8 Mil. interceptor  
9 Chart for mariners  
10 Severe chest pain  
11 Acrimony, to Brits  
12 Provo's state  
3 Pop singer Del Rey  
14 Iroquois tribe members  
15 CPR pro  
16 Hawk again  
17 Napoli's land  
18 [1]  
20 Luhrmann who directed 2013's "The Great Gatsby" [2]  
27 [3]  
29 [3]  
34 -- Angeles  
35 Misses, in Mexico  
36 Isolation  
37 Heroic dog of old TV  
38 "Bingo!"  
39 [4]  
42 Oahu garland  
43 [5]  
47 Ones putting up buildings  
49 Apropos of  
51 Suffix with human  
53 Pale silvery color  
54 Sounding like an angry bull  
56 Pastry with dried grapes  
57 Cross each other  
58 Annual international beauty pageant  
62 Rich rock  
66 Once called  
67 "... -- thousand times ..."  
69 Lead-in to light or night  
70 Tanning lotion abbr.  
73 Golden State sch.  
74 "Christina's World" painter [6]

- 76 Ye -- shoppe  
77 Grammy winner for "Criminal" [7]  
79 Ability to interest lots of people  
80 Food scrap  
82 "Smooth" guitarist [8]  
84 1990 Cyrano de Bergerac  
89 Maple fluid  
92 Climbing vine

- 93 Jolson and Pacino  
94 Stabbed  
96 Stephen, French-style  
98 "Gladiator" was his last film [10]  
99 False front  
100 Singer Simpson  
102 Maiden in "The Raven"  
103 Pencil top  
107 Fills up  
110 2009 horror film sequel

- 113 Maui goose  
114 Poet Allen  
116 Sac fly stats  
117 Boxer, e.g.  
118 Baghdad site  
119 With 1-Down, play intermission  
120 Functions  
122 Stop  
124 Mag VIPs

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## NFS(A) PO2 wins gold at CAF Swimming Nationals

Congratulations to PO2 Courtney Lambert for her recent performance at the CAF National Swimming Championship, held March 22-25 in Markham Ontario. PO2 Lambert took gold in the 200m breaststroke and silver in the 100 meter breaststroke, and also won medals in relay events with other members of the Atlantic team. Next up for local CFAST swimmers will be the Nova Scotia Provincial Masters Championship at the Zatzman Sportsplex on April 27, where PO2 Lambert and others will be competing.

SUBMITTED



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