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Volume 53, Issue 10

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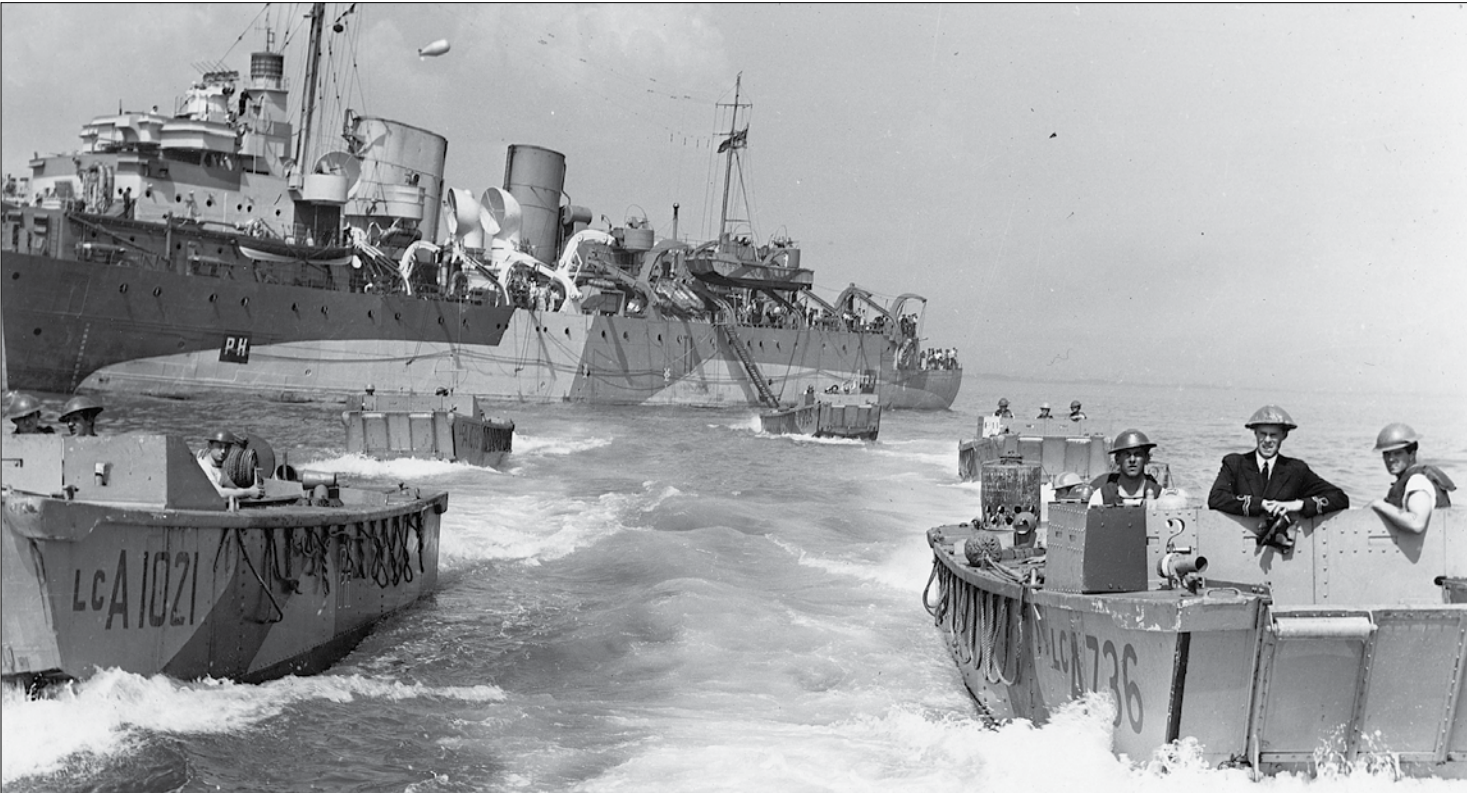
TRIDENT

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Ceremony marks milestones in AOPS construction

By Ryan Melanson,
Trident Staff

The Government of Canada and Irving Shipbuilding marked the latest milestone of the National Shipbuilding Strategy on May 3 with the start of construction on the future HMCS *William Hall*, the fourth of the Royal Canadian Navy's future fleet of Arctic and Offshore Patrol Ships (AOPS).

A ceremony was held inside the Assembly Hall at Irving's Halifax Shipyard, with the Honourable Harjit Sajjan, Minister of National Defence, and RAdm Art McDonald, Deputy Commander RCN, attending, along with a number of other government, CAF, and industry representatives.

With hundreds of his colleagues looking on, Shipyard apprentice Connor Warren made the first welds as part of the construction of the future ship.

Minister Sajjan described the progress of AOPS construction so far as evidence that the National Shipbuilding Strategy has revitalized the marine industry in Canada and led to new Canadian innovations. This will all lead to a strong and modern fleet of new RCN warships and Canadian Coast Guard vessels, he said.

"We remain firmly committed to the Strategy, and will continue to work closely with our shipbuilding partners to position it for success now and into the future."

Like the other ships in its class, the fourth AOPS is named after a Canadian naval hero. Petty Officer William Hall was a sailor aboard HMS *Shannon* in 1857 when crew from the ship provided support to the British Army during the relief of Lucknow. Hall received the Victoria Cross in 1859 for his role in that battle, breaching an important wall as part of a 24-pounder howitzer crew despite sustaining serious injuries.

Hall was the first Nova Scotian and the first person of African descent to receive the VC. A number of young shipbuilders who have been working at the shipyard through Irving and NSCC's Pathways to Shipbuilding - African Nova Scotian Program were front and centre at the ceremony to see work begin on the ship.

And on the same day that construction began on the future *William Hall*, Irving Shipbuilding also marked the latest step in the construction of the second AOPS, the future HMCS *Margaret Brooke*. Staff moved the bow section of the ship outside of the Assembly Hall on the afternoon of May 3, joining it with the centre and stern mega-block sections to complete structural assembly of the vessel on land.

Crews will work in the coming weeks to fully join the three components together before continuing with further outfitting of the ship.

"Transporting the bow mega-block and joining it with the centre and



Irving Shipyard apprentice Connor Warren makes welds for the future HMCS William Hall, the fourth Arctic and Offshore Patrol Vessel.

MONA GHIZ, MARLANT PA

stern mega-blocks is a significant engineering feat and milestone for the Arctic and Offshore Patrol Ship program," said Irving Shipbuilding President Kevin McCoy, noting that plans are to launch *Margaret Brooke* this fall to begin the final phase of construction with the ship in the water, ahead of sea trials next year.

As for the lead ship in the class, HMCS *Harry DeWolf*, Minister Sajjan and Irving Shipbuilding said things are still on schedule, with delivery to the RCN planned later this summer. In total, six AOPS will be delivered to the Navy from Irving Shipbuilding, with the final ship expected to be delivered in 2024.

The AOPS were designed to give the RCN increased capability when patrolling Canada's north, enhancing CAF presence in the Arctic and asserting Arctic sovereignty. The Harry DeWolf-class will also be fully capable of operating internationally, including as part of humanitarian assistance and disaster relief missions.

"We've got missions all over the world and this is going to be an important new tool to support those missions. I know the Navy is excited to get these ships," Minister Sajjan said.



The Honourable Harjit Sajjan, Minister of National Defence (second row, third from left) and other dignitaries join Pathways to Shipbuilding for African Nova Scotia students and mentors (current Shipyard employees who are African Nova Scotian) for a group photo following the May 3 ceremony.

MONA GHIZ, MARLANT PA



The bow mega block section of the future HMCS Margaret Brooke is seen in motion at Irving Shipbuilding's Halifax Shipyard on May 3.

IRVING SHIPBUILDING



The annual Battle of the Atlantic ceremony took place at the Sailors' Memorial in Point Pleasant Park on Sunday, May 5.

MONA GHIZ, MARLANT PA



Indigenous Elder Luce Bélanger, from the Canadian Forces Aboriginal Entry Program, lays a wreath with a drum with a painted eagle on it, at the Sailors' Memorial.

MONA GHIZ, MARLANT PA

Paying respect to those who served during the Battle of the Atlantic

By Virginia Beaton,
Trident Staff

"It was a no-fail mission."

Failure was not an option during the Battle of the Atlantic, according to RAdm Art McDonald, Deputy Commander Royal Canadian Navy.

In his remarks during the annual Battle of the Atlantic Sunday ceremony on Sunday, May 5 at the Sailors Memorial in Point Pleasant Park, RAdm McDonald reminded his listeners that the Battle of the Atlantic was the longest continuous battle during the Second World War.

He emphasized what he referred to as the "tenacity, grit and determination of our veterans, shipmates of yesteryear."

RAdm McDonald added that the ceremony honoured not only members of the Royal Canadian Navy, but also RCAF personnel and the members of Canada's merchant navy who participated in the dozens of convoys that delivered food and other cargo to embattled Britain and the rest of Europe. RAdm McDonald listed the statistics that show the dangers of the conflict, and the high price that was paid: 24 RCN ships were lost, 62 Canadian merchant ships lost, more than 2,700 Navy and RCAF personnel were killed,



RAdm Art McDonald, Deputy Commander Royal Canadian Navy, speaks during the Battle of the Atlantic ceremony on May 5, 2019.

MONA GHIZ, MARLANT PA

as were more than 1,600 merchant navy sailors.

Despite those challenges, Canada's Navy had expanded to more than 373 ships and 100,000 sailors by the end of the war, becoming the third largest navy in the world. RAdm McDonald also acknowledged the massive shipbuilding effort in Canadian shipyards that contributed to that growth.

Since that time, Canada's Navy has continued to respond to the call in times

of Need, noted RAdm McDonald, naming the Korean War, the first Gulf War, and the post-911 missions as examples of those responses. Currently, he stated, HMCS Regina and NRU Asterix are deployed on Op ARTEMIS, in which Regina just made her fourth seizure of illicit drugs.

"We are inspired and motivated by our history," said RAdm McDonald.

As the list of the 24 RCN ships lost during the Battle of the Atlantic was

read, the bell tolled for each ship. LCol (ret'd) Bud Berntson read the list of RCAF squadrons that participated in the Battle of the Atlantic, and Capt (ret'd) Earle Wagner, a wartime member of the merchant navy, read out the list of Canadian merchant navy ships lost during the battle.

Just offshore, HMCS Ville de Quebec held its shipboard ceremony which included several burials at sea.

A Cyclone helicopter did a flypast, dropping a wreath in honour of the fallen.

There were many wreaths laid at the memorial, the first one by His Honour the Honourable Arthur LeBlanc, Lieutenant Governor of Nova Scotia. The Honourable Lawrence MacAulay, Minister of Veterans Affairs, also laid a wreath, on behalf of the Canadian Government, and the Honourable Lena Diab, Minister of Immigration and Minister of Acadian Affairs and Francophonie, laid a wreath on behalf of the Government of Nova Scotia.

Other entities also laying wreaths included MARLANT, Halifax Regional Municipality, 5th Canadian Division, 12 Wing Shearwater, HMCS Scotian, the Navy League of Canada, the Royal Canadian Naval Benevolent Fund, and many more.



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

Arctic Adventures of a Coast
Guard Nurse with Theresa
McGuire

Time: 7 p.m.

Date: Tuesday, May 21

Location: Maritime Museum of
the Atlantic

Come hear about the sailing adventures of a Canadian Coast Guard Health Officer from Halifax to Eureka, through the Northwest Passage, off the coasts of Labrador, Nunavut, Alaska and Greenland. See vivid photos of crew life at sea and in Arctic communities. Videos of icebreaking, icebergs, helicopters, and ocean wildlife will be shared with engaging narration from the perspective of a medical professional. Theresa McGuire is a Registered Nurse on board CCG vessels who handles everyday health and safety challenges at sea and is always prepared for disaster if it should arise. She is currently employed with the IWK's occupational health program and sails with the CCG 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 everyone is welcome. The show continues on Thursday, May 23 through Saturday, May 30. Admission is free.

Author's Stage: Anne Bishop

Time: 7 - 8:30 p.m.

Date: Thursday, May 23

Location: Halifax North
Memorial Public Library

All are invited to the launch of

Under the Bridge, a novel by Anne Bishop. Bishop has been an activist for four decades in organizations dedicated to local, international, environmental, food, and LGBT justice. She is the co author of five books and author of two: *Becoming an Ally: Breaking the Cycle of Oppression in People* and *Beyond Token Change: Breaking the Cycle of Oppression in Institutions*. Her new novel tells the story of teacher and anti-poverty activist who begins losing control of her life in Halifax's North End.

CFB Halifax Walk

Time: 10:30 a.m.

Date: Wednesday, May 29

Location: CFB Halifax Stadacona

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

RCSCC Bras D'Or 40th
Anniversary

Date: May 24-26

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

13th Annual Lebanese Cedar
Festival

Date: Thursday, May 30 - Sunday,
June 2

Location: 111 Clayton Park
Drive

Bring your family and friends and come savour the sights, sounds, and tastes of everything Lebanese. The four-day festival will feature authentic Lebanese cuisine and pastries, live musical and cultural shows, a children's fun play area, great cultural displays and more. Admission is free all weekend long. Visit <http://cedar-festival.ca> for more information.

Mapping the Ocean Floor with
NSCC's Applied Oceans Research
Group

Time: 7 p.m.

Date: Tuesday, June 4

Location: Maritime Museum of
the Atlantic

Join Jillian Ejdrygiewicz, a Research Assistant for Nova Scotia Community College's Applied Oceans Research Group, as she walks through major developments and advancements in seafloor mapping technologies. From pre-1940's to present, these technologies have allowed marine scientists to match the quality of terrestrial mapping efforts in the marine realm. Live vicariously as a seafloor habitat mapper through Jillian while she describes her experiences as a cartography graduate and research assistant intern working on several recent projects and other innovative case studies in which the Applied Oceans Research team is involved.

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 artifacts. This event is free and open to the public. For more information, please call 902-762-3380.

HR tip: Apply to the MSEI - Casual Inventory

By ADM(HR-Civ)

To better support military families, the Department of National Defence launched the Military Spouse Employment Initiative (MSEI) to support employment of military spouses and partners both within and outside of the Federal Public Service. The first phase is a casual job inventory that is open exclusively to spouses of serving CAF members. Note positions are not funded. MSEI

aims to provide another option of temporary employment to managers in support of Strong Secure and Engaged.

Casual employment offers applicants the opportunity to:

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If you are interested, apply on the GC Jobs website by searching for process number 18-DND-CEO-NATNL-259724 and clicking Jobs Open to the Public.

Sable Island trips highlight strong relationship between RCN, Parks Canada

By Ryan Melanson,
Trident Staff

Sable Island National Park Reserve (NPR) is a unique location that few Canadians get the opportunity to visit. The 45-kilometre long sliver of sand dune sits about 160km off of Nova Scotia – it's dangerous to sail to, aircraft can only land directly on the sand, and private tours can be difficult and costly to arrange.

Yet thanks to a partnership between the Royal Canadian Navy and Parks Canada, a number of sailors and special RCN guests have had the chance to experience the island up close in recent years. The most recent of these trips, the third since 2017, took place from April 24-26, when Parks Canada staff joined Canadian Leaders at Sea (CLaS) guests on board HMCS *Ville de Quebec* for a two-night sail to Sable Island.

Parks Canada has controlled access to the island since its designation as a national Park Reserve in 2013, and has so far limited tourists to about 500 a year, with a requirement that they be accompanied by staff. Plans and consultations have been taking place around ideas like self-guided tours, more infrastructure, and even camping on the island, but visits remain limited for the time being.

Studies are taking place to ensure increased activity on the island doesn't negatively impact the populations of wild horses and grey seals that call it home, or the integrity of the constantly-shifting sandbar itself. Currently, all visitors receive a brief outlining rules and important things to consider when setting foot on the island.

"For example, we try not to walk on dunes or sparsely vegetated areas.



Sable Island Park Manager Alannah Phillips leads RCN Canadian Leaders at Sea guests on a tour of Sable Island in April 2018.

RYAN MELANSON, TRIDENT STAFF

It's very important to leave as little impact as possible," said Sable Island Park Manager Alannah Phillips, who added that approaching wild animals, or picking up objects found on the sand, must also be avoided.

"We tell guest to take only pictures and leave only footprints."

Unfortunately, this year's RCN trip to the island was the first in which foggy weather and rough waves prevented most guests from landing at the beach via zodiac. RHIB tours near the shore were still available for all who wanted to get a close-up view, however.

Despite those difficulties, staff said they're always excited to introduce Canadians to the island for the first time, which is part the Parks Canada mandate, along with protecting it.

"These trips are one of the highlights of our year. We're all excited to be here," Phillips said.



Guests of HMCS Ville de Quebec get ready for a RHIB ride around Sable Island on April 25, with Parks Canada's Jason Surette, Sable Island's Operations Manager, acting as tour guide.

RYAN MELANSON, TRIDENT STAFF

"Everybody owns a piece of Sable Island. We're all taxpayers. It needs to be done carefully, but we do want Canadians to experience the Island," added Parks Canada's Ray Coutu.

The Sable Island trips are far from the only example of successful collaboration between the RCN, the CAF, and Parks Canada. Coutu, who is Parks Canada's National Manager of Celebrations and Commemorations, was recently presented the Commander RCN Commendation for his work putting naval history and the story of naval heroes in the public spotlight. This includes Hometown Heroes events, like the Navy-focused celebration held recently at Admiralty House in Halifax, as well the Home Port Heroes series, which focuses on those who served in Merchant Navy ships and escort groups. The latter series kicked off with the designation of HMCS *Haida* as the RCN flagship in

spring 2018, and Coutu played a large role in making that event a reality.

There's also been opportunity for the CAF to support Parks Canada through exercises and operations, search and rescue training and emergency evacuations at Sable Island NPR, and lending military expertise for special projects at Parks Canada locations.

CFB Halifax Base Commander Capt(N) David Mazur, who was aboard *Ville de Quebec* for the latest Sable Island trip, suggested more partnership opportunities could arise as the RCN gains new capabilities and a stronger presence in the Arctic.

"It's been fantastic to have them helping us out with Canadian Leaders at Sea, and hopefully we can find even more ways to support Parks Canada. It's the type of thing we should be doing as a nation," he said.

Conseil des RH : Inscrivez-vous au Répertoire d'emplois occasionnels de l'IECM

Par SMA(RH-Civ)

Le ministère de la Défense nationale a lancé l'Initiative d'emploi pour les conjoints de militaires (IECM) dans le but d'améliorer le soutien offert aux familles des militaires et de faciliter l'emploi des conjoints et conjointes de militaires, que ce soit à l'intérieur ou à l'extérieur de la fonction publique fédérale. La création du Répertoire d'emplois occasionnels réservé aux conjoints des membres des FAC en service constituait la première étape de cette initiative. Nota : les postes pourvus par l'entremise de ce Répertoire ne sont pas financés. L'IECM vise maintenant à offrir une nouvelle option d'emploi temporaire aux gestionnaires, à l'appui de la

politique Protection, Sécurité, Engagement.

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de la recherche d'un emploi à plus long terme ou permanent dans la fonction publique (p. ex. : emploi pour une durée déterminée ou déterminée).

Si la présente occasion vous inté-

resse, veuillez postuler sur le site Web Emploi au gouvernement du Canada. Pour ce faire, recherchez le numéro de processus suivant : 18 DND CEO NATNL 259724; puis cliquez sur Emplois ouverts au public.

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- Gospel according to John





The crew of HMCS St. John's accepts a unit commendation from the Gen Vance, for their actions tracking Russian naval forces in the Black Sea during Op REASSURANCE in 2017.

RCN



HMCS St. John's crews recognized for exceptional service

By the Royal Canadian Navy

The Chief of the Defence Staff, Gen Jonathan Vance, recognized two crews of HMCS St. John's on April 4 for their exceptional service and performance during 2017. The Canadian Forces Unit Commendation is a group award created to recognize distinguished service by a military unit.

While deployed on Operation REASSURANCE in 2017 as part of Canada's contribution to NATO assurance measures in the Mediterranean and Black Seas, HMCS St. John's spent weeks tracking Russian naval forces near Syria, including a Kilo-class diesel submarine.

As Force Antisubmarine Warfare

commander, St. John's crew displayed incredible tenacity, tactical acumen, and leadership over assigned international forces while tracking Russian subsurface forces. Decisive actions in the face of Russian naval cruise missile firings bolstered coalition intelligence operations and situational awareness throughout the region, bringing great credit to the Canadian Armed Forces.

Later that same year, with a new crew onboard, St. John's was set for a six-month deployment in early 2018 and was busy completing its work-up when Hurricane Irma passed through the Caribbean in early September.

St. John's altered its plans for work-up training and instead became an

integral part of what became Operation RENAISSANCE Irma Maria, arriving in the Turks and Caicos region in September 2017.

CPO2 Scott Macpherson, the ship's chief engineer, said at the time that in his almost three decades at sea, he'd performed dozens of work-ups. However, this time "was the most intense short-term work-up program" he'd ever been involved in. "We became incredibly mission-focused," he said.

While deployed the ship served as a valuable command centre, permitting calls to higher command, producing lifesaving water, and providing a home for sailors after they returned from working in the hot and humid Caribbean climate. Every day, approxi-

mately 80 sailors transferred via small boat back and forth to shore in order to conduct the humanitarian tasks assigned to them.

During the ceremony each crew was presented with a gold-embossed scroll, a 12-sided gold-coloured medallion and a special commemorative flag showing the symbols of the three services: the anchor, the crossed swords and the flying eagle topped by the Royal Crown.

HMCS St. John's will fly not one but two flags for the next two years. Traditionally the commendation flag is flown for only one year, but the CDS has given the ship permission to fly them longer in recognition of the level of service displayed by the ship's companies in 2017.



The current crew of HMCS St. John's accepts a unit commendation from Gen Jon Vance, on behalf of the crew that carried out meritorious action during Op RENAISSANCE Irma Maria in fall 2017.

RCN



Newfoundlanders can feel close to home in HMCS *St. John's*

By Capt Matt Zalot,
PAO, HMCS *St. John's*

It's not surprising that so many Newfoundlanders serve on board the Royal Canadian Navy (RCN) vessel HMCS *St. John's*. Currently sailing in European waters, the ship returned from a six-month deployment on Op REASSURANCE as a part of Standing NATO Maritime Group-1 last year. Readers may be surprised to learn, though, that four of the 240-odd sailors currently on board the ship hail from the same small area.

PO1 Eric Franson, PO1 Justin Smith, PO1 Adam Holloway and PO2 Mitchell Spurrell all grew up a short distance apart from each other in Clarendville, Arnold's Cove, Port Blandford, and Little Hearts Ease, respectively. And, while they all perform different functions on board HMCS *St. John's*, they are proud of their roots northeast of the ship's namesake city.

Each sailor has different memories and perspectives of their time in the RCN as well as while onboard *St. John's*. For instance, PO1 Franson is a marine technician electrical manager and has served on an exchange with the New Zealand Navy. PO1 Smith is a weapons engineering

technician and has participated in the seizure of tonnes of illicit contraband as a member of a boarding party of a different ship. (His son was also baptized in *St. John's*, so it's fair to say *St. John's* means a lot to him, too.)

PO1 Holloway is the ship's chief cook, and was on numerous deployments with the Atlantic Fleet, including to the Black Sea, the Arabian Sea, and the Persian Gulf, mainly tracking piracy activity and drug smuggling.

Lastly, PO2 Spurrell is a weapons engineering communications technician and was on a deployment in the Mediterranean Sea when the ship was redeployed to Kenya for an anti-piracy mission and tasked with escorting World Food Programme ships to Somalia.

These gentlemen have a lot of naval experience and have travelled to many interesting parts of the world, but all sailors look forward to the voyage home. After a multinational exercise and a commemoration event for the 75th anniversary of D-Day in France, it's fair to say they've earned that time with friends and loved ones later this summer, whether that takes place in Halifax or back home in Newfoundland.



From left, PO1 Smith, PO1 Holloway, PO2 Spurrell and PO1 Franson, members of the ship's company of HMCS *St. John's*.

SUBMITTED



Mexican Navy Tall Ship visits Halifax

The Mexican Navy Training Vessel Tall Ship ARM Cuauhtémoc arrived in Halifax, at Pier 24, on May 5, 2019. During their visit to Halifax, members of the ship's company played a soccer game against the Mariners, CFB Halifax's men's soccer team.

MONA GHIZ, MARLANT PA



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CMPC and CF H Svcs C (A) Command Team (from left to right): CWO Colbert (MPC CWO), LGen Lamarre (CMPC), LCol Heudes (CO), and CWO McDonald (RSM) at the town hall at CF H Svcs C (A) on April 29.

MCPL PECK



LGen Lamarre promotes MCpl Ouellette promoted to Sgt. From left: CWO Colbert, LGen Lamarre, Sgt Ouellette, LCol Heudes, and CWO McDonald.

MCPL PECK

Commander Military Personnel Command visits CF H Svcs C (A)

By Lt(N) Kristian Cunningham,
CF H Svcs C (A)

On Monday April 29, CF H Svcs C (A) was honored to receive a visit from Commander Military Personnel Command (CMPC) LGen Charles Lamarre, CMM, MSC, CD. After a visit, which included a town hall, to Halifax Transition Centre LGen Lamarre had a tour of Halifax & Region Military Family Resource Centre, to gain a personal exposure to the units that support the professional, social, and personal well-being of CAF personnel and their families in the MARLANT Area of

Responsibility.

On completion of these visits, LGen Lamarre proceeded to visit CF H Svcs C (A) at the Archie McCallum building (S80). LGen Lamarre then held a round-table discussion with the unit's Command Team including Commanding Officer LCol Heudes, MPC CWO CWO Colbert, and the unit RSM, CWO McDonald, to highlight the unit's initiatives to meet the challenges of providing health services to MARLANT.

Following the Command round table, LGen Lamarre was given a tour of the unit where he engaged various military personnel and

public service employees. Throughout this tour health service subject matter experts were able to deliver a close up and personal knowledge of myriad health service related matters and operations such as Care Delivery Units, Mental Health, Preventative Medicine, Fleet Support, Diagnostic Imagery, Specialty Services, Pharmacy, Dental Care, Laboratory Services, and Physiotherapy.

LGen Lamarre concluded his visit by hosting a town hall which began with the promotion of three CF H Svcs C (A) personnel: MCpl Ouellette promoted to Sgt, Pte B

Hickey promoted to Pte T, and Pte B Fortin promoted to Pte T. Following the promotions, LGen Lamarre addressed the unit during which he communicated the challenges Health Service Group faces and the changes its members can expect as CF Health Services moves towards a modernization program in the near future.

CMPC's visit served to ensure that MARLANT Health Service concerns remain a priority for CMP as well as facilitating CF H Svcs C (A) personnel's situational awareness regarding national level Health Services initiatives.



LGen Lamarre promotes Pte B Hickey to Pte T. From left: CWO Colbert LGen Lamarre, Pte T Hickey, LCol Heudes, and CWO McDonald.

MCPL PECK



LGen Lamarre promotes Pte B Fortin promoted to Pte T. From left: CWO Colbert, LGen Lamarre, Pte T Fortin, LCol Heudes, and CWO McDonald.

MCPL PECK

From the Caribbean to Canada

By Lt(N) Linda Coleman

I first met Lt(N) Justin Sowley in Halifax, NS. We were brought together as a Task Group to train for our upcoming deployment on Combined Task Force (CTF) 150. It was a headquarters deployment located in Manama, Bahrain, and our mission was to work with Combined Maritime Forces coalition partners to deter and deny terrorist organizations any benefits from employing the high seas for smuggling illicit cargo, including narcotics.

As Lt(N) Sowley introduced himself in Halifax, I could hear an accent, similar to that of Rihanna, but a male version of course.

"I'm from Trinidad and Tobago," he said. I thought of palm trees, tropical beaches, warm weather, and wondered why in the world he would leave paradise.

As his story goes, Lt(N) Sowley and his brother have Canadian citizenship through his father, but grew up in Trinidad and Tobago. Lt(N) Sowley never had any intentions of permanently moving to Canada, but it was his brother's circumstances that led him there, which changed the course of his life.

"I moved to Canada in 2005 to help my brother as he went through physiotherapy following a major car accident in Trinidad," said Lt(N) Sowley. "Even though we grew up and lived in Trinidad and Tobago, the facilities he needed weren't available there. Once I was in Canada helping take care of my brother, I decided to start looking for a job."

After settling in Burlington, ON during his brother's physio treatments, reality kicked in. "Living in Canada full time was a bit of an adjustment. My first impression is that it was extremely cold. But, my thoughts were that this was a developed country with excellent infrastructure and a lot of opportunity for people willing to work."

So how did Lt(N) Sowley end up in the Royal Canadian Navy? Through a television commercial. "While watching TV one day, the commercial 'Fight with Forces' came on. Military service had always interested me, and I decided that I would see if I would be a good fit. Though I initially applied for the combat trades, I ultimately enrolled as a Naval Warfare Officer, and the rest is history," said Lt(N) Sowley. By 2010, Lt(N) Sowley was enrolled and off to Basic Training. Since then, he's been sailing with the RCN's west coast fleet, including deployments on Op CARIBBE (2014), and most recently Op ARTEMIS where he was a Battle Watch Captain for CTF 150.

What does Lt(N) Sowley love about his job? "Seeing different places, and doing some of the really exciting things we get to do. My job has a variety of roles and responsibilities,



Lt(N) Justin Sowley says he joined the Royal Canadian Navy "for the adventure and challenge."

SUBMITTED

all of which have their challenges and rewards. The most challenging and rewarding experience was my time as the Navigating Officer of HMCS *Regina*. There really is very little that compares to being able to navigate a warship. I was also responsible for helping train junior NWOs, and seeing them develop and succeed is also very rewarding."

What have been some of the challenges? "Professionally, my journey to becoming a Navigating Officer was not an easy one. I was unsuccessful at my first attempt at the Fleet Navigating Officer course, but was invited to try again. I did so, knowing full well the amount of work and effort that would be required. Fortunately, I have worked with phenomenal teams throughout my career, making a lot of the challenges less arduous because of the support and mentorship that I receive."

On the personal side, Lt(N) Sowley mentioned that time away from family and friends can be tough. "My wife, Shaina, is a Logistics Officer in the RCN, so she understands the nature of the job. We've actually never spent more than six months (combined) out of the year together. That may actually account for the success of our marriage! And with family, it makes it hard to coordinate seeing people at times, but they understand since they see how much I love my job."

For both Lt(N) Sowley and I, our CTF 150 deployment was our first time living and working in the Middle East. An incredible experience neither of us will ever forget. "I joined the RCN for the adventure and challenge. I also wanted to embark on a career path that had many options for growth within the organization," concluded Lt(N) Sowley. I couldn't agree more.

Upon conclusion of CTF 150 on April 11, 2019, Lt(N) Sowley returned to Naval Fleet School Pacific – Venture Division where he serves as a Course Training Officer, mentoring and developing junior NWOs in their initial trade training before they are posted to seagoing units.

Steakhouse Burgers

By Kevin Ouellette,
Juno Catering Banquet Chef

As the weather warms up, so do the BBQs. Try this homemade burger the next time you have a craving.

Serves: 3-6 people

Ready in: 30 minutes

Ingredients:

1.5 lbs Ground Beef
60 ml HP Sauce
15 ml Italian Seasoning
10 ml Montreal Steak Spice
5 ml Ground Black Pepper

Directions:

1. In a bowl, combine all of the ingredients until thoroughly mixed.
2. Form mixture into hamburgers. You can make them any size you

want. This recipe will make 3 – 8 oz. burgers, 4 – 6oz. burgers, or 6 – 4 oz. burgers.

3. Refrigerate until ready to cook.
4. Heat the BBQ to medium heat. Cook the burgers until cooked through.

Serve your burgers with your favourite toppings.

Try these toppings... my favourites.

Toasted Kaiser bun
Chipotle mayonnaise
Applewood smoked cheddar
Cooked bacon
Dill pickle
Red onion, sliced
Green leaf lettuce
Ripe steakhouse tomato



Out with the old

The new CFB Halifax bell was rung for the first time at morning colours on May 2 by Base Commander Capt(N) David Mazur. It replaces the old HMCS Stadacona bell, which was worn and cracked from years of use. The new bell was manufactured by Lunenburg Foundry & Engineering. Pictured from left is Capt(N) Mazur and LS Matthew Hardaker.

RYAN MELANSON, TRIDENT STAFF

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Hockey Night in Oman

By Lt(N) Linda Coleman,
PAO, HMCS Regina

It was April 27, a Saturday night, when HMCS *Regina* was alongside in Muscat, Oman for a port visit during Operation ARTEMIS.

While many Canadians were watching playoff hockey on Hockey Night in Canada back at home, HMCS *Regina* had their own version going on... Hockey Night in Oman.

Oman is known for its beautiful beaches and hot weather. But ice hockey? Not so much. Yet to our surprise, ice hockey not only exists in Oman, but is alive and well.

In heat over 30 degrees, HMCS *Regina*'s hockey team made their way to an ice hockey rink called "Fun Zone" in Muscat to play against a team of Canadian expatriates called the Wadi Dogs, and the Oman national ice hockey team, the Khanjars.

The game was organized by PO2 Tom Orlowski, a Marine Technician onboard HMCS *Regina*, and Aaron Grimley, a member of the expat team in Muscat. It was thanks to Mr. Grimley that HMCS *Regina* had the privilege to play against the Oman national team.

The Oman national hockey team was founded in 2014, but it originally started because of the Canadian expat community in Oman.

"Back in 2008, we saw a group of Canadians playing here once a week," said Ibrahim Galadiri, a player on the Oman national team.

"We bought some hockey equipment and decided to join them, and day by day we got more players. We decided to make our own team, and then the government decided to support us in 2014."

The team is an associate member of the International Ice Hockey Federation, plays against other Gulf countries, and participates annually in the Challenge Cup of Asia.

"It's fantastic to see how hockey has grown around the world," said LS



HMCS *Regina*'s hockey team plays against the Oman national ice hockey team in Muscat, Oman on April 27, 2019.

CPL STUART EVANS, BORDEN IMAGING

Eric Johnston during intermission. "To play in Oman in the Middle East, it's amazing."

"I never imagined in my life that I would be playing hockey anywhere else but Canada," added LS Evan Lawrence. "Playing hockey while on operation in Oman, I think that's pretty cool."

HMCS *Regina* lost 5-3 against the Oman national team, and 7-2 against the Wadi Dogs expat team.

Regina's hockey team looks forward to returning to Oman one day to continue building upon the newly formed relationships between the Wadi Dogs and the Khanjars. At a time when some in the world seem to want to create a further divide between people, cultures, and religions – that was not the case during Hockey Night in Oman.

"We can use sports to bridge relations between two different nations," said PO2 Orlowski. "Sports brings people together."

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



A member of HMCS *Regina*'s hockey team congratulates a member of the Oman national team upon conclusion of their game.

CPL STUART EVANS, BORDEN IMAGING



HMCS *Regina*, Oman Wadi Dogs, and the Oman national ice hockey teams pose for a group photo.

CPL STUART EVANS, BORDEN IMAGING



Mental Health Week 2019 at CFB Halifax

Mental health is about more than being happy all the time. It's about feeling good about who you are, having balance in your life, and managing life's highs and lows. Mental Health week saw many different events and activities that were made to help Defence Team members be better people. Events such as yoga, meditation, music therapy, or nutritional awareness are always good ways to be a better you. From left to right: LS Sarah Radbourne, Cpl Sarah Mackenzie and Pte Bailey Sloan show-off their Stamp out Stigma stickers prior to participating in a Base Mental Health walk.

MIKE BONIN, CFB HALIFAX PAO

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D-DAY: 75TH ANNIVERSARY

JUNE 6, 1944

D-Day and Battle of Normandy facts and statistics

By CP01 (ret'd) Patrick Devenish

The scheduled landing date for D-Day, originally named Op OVERLORD, was to be June 5. Bad weather in the Channel resulted in a 24-hour delay.

Before the landings, 16 of the RCN's Bangor class minesweepers, as part of the RN's 14th and the RCN's 31st and 32nd Flotillas, commenced minesweeping operations from their English and Scottish ports and in the hours leading up to the first landings, cleared lanes into several of the anchorage points for the launch of landing craft off the actual invasion beaches at Juno and Omaha.

In the week leading up to the June 5 scheduled landing date, a huge Allied anti-submarine force including 11 Canadian frigates, nine destroyers, and five corvettes, carried out sweeps in some of the most U-boat infested waters of the Second World War. Nineteen Canadian corvettes

were earmarked to escort the huge armada of ships laden with men and equipment destined for one of five landing areas; Utah, Omaha, Gold, Juno, and Sword.

The seaborne portion of Op OVERLORD was known as Op NEPTUNE and included just under 7,000 Allied vessels from infantry landing craft and motor torpedo boats, to battleships of the Royal and US navies, and everything in between.

On that first day, an Allied Fleet unprecedented in size prior to and since, landed over 90,000 troops, 10,000 vehicles and artillery pieces and over 5,000 tons of food and ammunition. The roughly 10,000 Royal Canadian Navy and Canadian merchant navy sailors can be justifiably proud of their part in OVERLORD: the beginning of the end for Hitler's Third Reich. The number of Allied sailors involved in the NEPTUNE portion of OVERLORD actually outnumbered the number of troops put ashore on June 6.

June 6, 1944: RCN, Canadian Army, and RCAF personnel and assets

- 14,000 Canadians went ashore on Juno Beach in Normandy.
- More than 450 parachuted into Normandy
- 359 Canadian soldiers were killed on D-Day

Battle of Normandy

- More than 90,000 Canadians saw action.
- More than 5,000 were killed and more than 13,000 were wounded.

www.veterans.gc.ca

Armed Merchant Cruisers (Infantry Landing Ships)

HMCS Prince Henry
HMCS Prince David

Destroyers

HMCS Algonquin
HMCS Sioux
HMCS Haida
HMCS Huron
HMCS Athabaskan*
HMCS Assiniboine
HMCS Chaudiere
HMCS Gatineau
HMCS Kootenay
HMCS Ottawa
HMCS Qu'Appelle
HMCS Saskatchewan
HMCS Skeena*
HMCS St. Laurent
HMCS Restigouche

Minesweepers

HMCS Caraquet
HMCS Canso
HMCS Bayfield
HMCS Blairmore
HMCS Cowichan
HMCS Fort William
HMCS Georgian
HMCS Guysborough*
HMCS Kenora

HMCS Malpeque
HMCS Milltown
HMCS Minas
HMCS Mulgrave
HMCS Thunder
HMCS Vegreville
HMCS Wasaga

Frigates

HMCS Cape Breton
HMCS Grou
HMCS Matane
HMCS New Waterford
HMCS Outremont
HMCS Meon
HMCS Port Colbourne
HMCS Stormont
HMCS Saint John
HMCS Swansea
HMCS Teme*
HMCS Waskesiu

Corvettes

HMCS Alberni*
HMCS Baddeck
HMCS Calgary
HMCS Camrose
HMCS Drumheller
HMCS Kitchener
HMCS Lindsay
HMCS Lunenburg
HMCS Mayflower
HMCS Mimico


HMCS Moose Jaw
HMCS Rimouski
HMCS Port Arthur
HMCS Prescott
HMCS Regina*
HMCS Summerside
HMCS Trentonian*
HMCS Woodstock

Other

29th Motor Torpedo Boat Flotilla*
65th Motor Torpedo Boat Flotilla
528th Landing Craft Assault Flotilla (HMCS Prince Henry)
529th Landing Craft Assault Flotilla (HMCS Prince David)
1st Canadian Landing Craft Infantry Flotilla (ex-RN 260th)
2nd Canadian Landing Craft Infantry Flotilla (ex-RN 262nd)
3rd Canadian Landing Craft Infantry Flotilla (ex-RN 264th)

• Vessels lost either as part of NEPTUNE or in the months following.

Courtesy of CP01 (ret'd) Patrick Devenish



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D-DAY: 75TH ANNIVERSARY

JUNE 6, 1944

D-Day 75th anniversary events across Nova Scotia

By Virginia Beaton,
Trident Staff

As the 75th anniversary of D-Day and the Battle of Normandy approaches, on June 6, 2019, Veterans Affairs Canada has partnered with VIA Rail Canada, Parks Canada and community organizations to hold events across the country.

These events will recall the distances that military or prospective military members travelled across Canada, usually by train, in order to reach Halifax, the port from which they would depart for Europe in order to join their branch of the service during the Second World War.

As it transits the country from British Columbia to its ultimate destination in Halifax, a train will carry combat boots as symbols of the many

Canadians who undertook a similar journey during the Second World War to serve our country. Accompanying ceremonies will commemorate the Canadians who sacrificed so much to defend peace and freedom during the Second World War.

Throughout April and May, the train travelled to the following centres:

April 2 – Churchill, MB; April 24 – Edmonton, AB; April 30 – Jasper, AB; May 3 – Saskatoon, SK; May 8 – Winnipeg, MB; May 15 – Toronto, ON; and May 18 – Kingston, ON.

The remaining stops are May 26 – Québec City, QC; May 30 – Moncton, NB; and June 3 – Halifax, NS.

To mark this year as the 75th anniversary of D-Day and the Battle of Normandy, the Government of Canada will lead an official delegation to Halifax, where two public events are

planned to commemorate the D-Day landings and the Battle of Normandy that followed. These will be signature events for Canada.

On June 5 there will be a ceremony at the Sailors’ Memorial in Point Pleasant Park. The Government of Canada will host a traditional ceremony at the Sailors’ Memorial to commemorate the sacrifices of those who fought and died during the Second World War.

The official delegation and the public may attend this ceremony and the exact time will be announced soon.

On June 6, the Government of Canada will host a signature event at the Halifax Citadel National Historic Site. This location represents the end of the train journey across Canada and the departure point for many military members deploying to the

battlefront in Europe.

The Government of Canada invites the official delegation and the public to attend this ceremony and the exact time will be announced soon.

Also on June 6, the community of Joggins NS, will present Joggins Remembers: D Day 75th Anniversary and Cenotaph Re-dedication Ceremony. This event will take place from 7 to 10 p.m. at the cenotaph on Main St in Joggins. The ceremony will mark the 75th anniversary of D Day and honour the 13 young men from Joggins whose names have been added to the Cenotaph. A wreath will be laid to remember all those from Joggins who served our country in times of war and in peace. Following the service there will be a gathering at the Royal Canadian Legion branch #4 Legion Hall.



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De nouvelles possibilités pour le personnel des Forces armées canadiennes

Par Aviation royale canadienne

Vous faites partie des Forces armées canadiennes (FAC) et vous souhaitez occuper un nouvel emploi ainsi qu'assumer de nouvelles responsabilités?

L'Aviation royale canadienne (ARC) cherche actuellement des militaires motivés qui aimeraient mener une carrière à titre de mécaniciens de bord, d'opérateurs de détecteurs électroniques aéroportés ou de techniciens en recherche et en sauvetage.

Des équipes se rendront à différents endroits au pays en mai 2019 afin de rencontrer les militaires et discuter des possibilités qui s'offrent à eux. Elles visiteront le BFC Halifax le 28 mai et la 12e Escadre Shearwater le 29 mai. Si vous souhaitez assister à l'une des séances d'information, communiquez avec votre bureau de sélection du personnel pour en savoir plus, dont les heures et les lieux précis des séances d'information.

Les opérateurs de détecteurs électroniques aéroportés

Le terme Op DEA peut sembler obscur, mais il dénomme un métier qui joue un rôle essentiel et croissant dans les opérations militaires de toutes sortes au XXI^e siècle. Dans l'ARC, les opérateurs de détecteurs électroniques aéroportés détectent, identifient et analysent les menaces aériennes, terrestres, maritimes et sous-marines. Ces spécialistes hautement qualifiés utilisent des technologies de pointe pour détecter et suivre les sous-marins, assurer la sécurité des fantassins, aider des ministères et organismes à surveiller et à recueillir des données probantes, et appuyer les efforts de recherche et de sauvetage partout au Canada ainsi que dans les missions à l'étranger.

Les Op DEA travaillent dans un milieu complexe et changeant. Ils sont les yeux et les oreilles des commandants militaires, utilisant des détecteurs aéroportés de pointe



Des opérateurs de détecteurs électroniques aéroportés utilisent la caméra de l'avion lors d'une mission de surveillance à bord d'un CP-140 Aurora survolant le territoire irakien dans le cadre de l'opération Impact, le 8 juillet 2016. La photo a fait l'objet de modifications pour des raisons de sécurité opérationnelle.

MND

comme des radars, des sonars et des caméras infrarouges ultramodernes. Les renseignements qu'ils détectent et recueillent sont absolument essentiels au succès des missions et peuvent permettre de sauver la vie de militaires et de civils en danger ou en détresse.

En tant que membres d'équipages navigants, les Op DEA travaillent à bord de trois types d'aéronefs, soit l'avion de patrouille à long rayon d'action CP-140 Aurora, l'hélicoptère maritime CH-148 Cyclone et l'avion de recherche et de sauvetage CC-295, dont la livraison aura lieu bientôt. Ils chargent et analysent les données de mission dans le cadre d'une vaste gamme d'opérations au pays et à l'étranger.

Les militaires de la Force régulière et de la Force de réserve des Forces armées canadiennes qui participent au Programme de reclassement volon-

taire des groupes professionnels peuvent désormais soumettre leur candidature afin de se joindre au groupe professionnel. Si cette occasion vous enthousiasme et que vous voulez donner une toute nouvelle signification à votre « temps d'écran », communiquez avec le bureau de sélection du personnel de votre base ou escadre.

Les mécaniciens de bord

Si vous êtes un candidat admissible occupant le métier de technicien en aviation (AVN) ou de technicien en avionique (AVIO), une carrière en tant que mécanicien de bord constitue une excellente occasion d'élargir votre rôle et vos responsabilités liées aux opérations aériennes et d'approfondir vos compétences techniques.

En tant que mécanicien de bord, vous jouerez un rôle actif dans les opérations aériennes comme membre essentiel de l'équipage de bord et comme conseiller respecté du commandant de bord en ce qui concerne les questions techniques et d'entretien des aéronefs. Le groupe professionnel des mécaniciens de bord est idéal pour les candidats qui s'intéressent aux domaines opérationnel et technique de l'aviation militaire.

Les milieux opérationnels des mécaniciens de bord comptent une vaste gamme de rôles, de types d'aéronefs et d'emplacements. Il s'agit notamment des flottes d'hélicoptères tactiques Chinook et Griffon (y compris ceux qui mènent des opérations spéciales), d'avions de patrouille à long rayon d'action Aurora, d'avions de transport Twin Otter et d'appareils de recherche et de sauvetage, dont l'hélicoptère Cormorant et les avions Hercules de modèle H et Buffalo, ainsi que le nou-

vel avion de recherche et de sauvetage lorsqu'il entra en service.

Les candidats retenus doivent suivre un cours de qualification de base de soixante jours, après quoi ils sont affectés à un escadron. Ils doivent ensuite suivre une formation opérationnelle propre au métier et à l'aéronef à bord duquel ils travailleront. L'alternance de périodes d'expérience et d'instruction technique et en vol supplémentaires pour la profession de mécanicien de bord dans l'escadron est une évolution naturelle qui permet d'optimiser l'utilisation des compétences et des connaissances acquises progressivement au cours de la carrière. Ce processus permet de veiller à ce que le personnel qualifié soit prêt à assumer de nombreuses responsabilités dans le cadre de la grande autonomie inhérente aux fonctions de mécanicien de bord.

Les techniciens en recherche et en sauvetage

En tant que membres d'une équipe de recherche et de sauvetage de l'ARC hautement entraînée et de renommée mondiale, les techniciens en recherche et en sauvetage (Tech SAR) aident à sauver la vie de centaines de Canadiens tous les ans, d'un océan à l'autre. Le Tech SAR doit savoir repousser ses limites et recourir à une force mentale et physique ainsi que faire preuve d'une détermination sans faille pour aider les gens en détresse, incarnant fièrement la devise du groupe professionnel : « Pour sauver des vies. »

Les Tech SAR sont toujours prêts à faire ce que les autres ne peuvent pas faire. Travaillant à bord d'avions et d'hélicoptères, ces spécialistes hautement qualifiés accèdent à des endroits inhospitaliers en utilisant des techniques de parachutisme, de hissage, de plongée sous-marine, d'escalade et de survie en milieu arctique pour fournir des soins médicaux d'urgence vitaux. Ils transforment le chaos en espoir, un travail qui nécessite du cœur au ventre.

Les militaires de la Force régulière et de la Force de réserve des Forces armées canadiennes qui participent au Programme de reclassement volontaire des groupes professionnels peuvent soumettre leur candidature afin de se joindre au groupe professionnel des techniciens en recherche et en sauvetage. Si cette possibilité vous enthousiasme et que vous vous sentez à la hauteur, communiquez avec le bureau de sélection du personnel de votre base ou escadre. De plus, n'oubliez pas d'assister à une séance d'information qui aura lieu à votre escadre ou à votre base afin d'en savoir plus sur le processus de sélection, sur l'instruction et sur le rôle de ce groupe professionnel, dont le travail consiste à sauver des vies.

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New challenges for Canadian Armed Forces personnel

By Royal Canadian Air Force

Are you a member of the Canadian Armed Forces (CAF) looking for a new job and a new challenge?

The Royal Canadian Air Force is looking for motivated, currently-serving members interested in a career as a flight engineer, airborne electronic sensor operator or search and rescue technician.

Briefing teams will be visiting locations across the country throughout May 2019 to meet with military personnel and discuss the possibilities. They will be at CFB Halifax on May 28 and 12 Wing Shearwater on May 29. If you are interested in attending a briefing session, contact your personnel selection office for more information, including exact times and locations of the briefings.

Airborne Electronic Sensor Operator (AES Op)

The term "AES Op" may sound cryptic, but it's an occupation that has an essential and expanding role in 21st-Century military operations of all kinds. Within the RCAF, Airborne Electronic Sensor Operators detect, identify and analyze threats in the air, on land, at sea and underwater. These highly skilled specialists employ leading-edge technologies to detect and track submarines, keep ground troops safe, assist other government departments and agencies in surveillance and the collection of evidence, and support search and rescue efforts throughout Canada and on missions overseas.

AES Ops work in a complex and dynamic environment. They are the eyes and the ears of military commanders, employing advanced airborne sensor equipment such as radar, sonar, and forward-looking infra-red cameras. The information they detect and collect is absolutely crucial to mission success, and can make the difference between life and death for both mili-



A SAR Tech is hoisted onto a Canadian Coast Guard vessel during a training exercise off Victoria, British Columbia, using a technique widely employed on both East and West Coasts to get SAR Techs onto vessels at sea.

CAPT DENNIS POWER

tary personnel and civilians in danger or distress.

As part of the aircrew team, AES Ops serve on three types of aircraft: the CP-140 Aurora Long-Range Patrol aircraft, the CH-148 Cyclone Maritime Helicopter, and the soon-to-be-delivered CC-295 Fixed Wing Search and Rescue aircraft. They load and analyze mission data as part of a wide range of operations, from domestic to international.

This occupation is now accepting Regular and Reserve Force applicants from within the Canadian Armed Forces through the Voluntary Occupational Transfer (VOT) program. If this opportunity sounds exciting to you, and you want to take the concept of "screen time" to a whole new level, contact your Base or Wing Personnel Selection Officer.

Flight Engineer (Flt Engr)

For eligible candidates from the Aviation (AVN) and Avionics (AVS) Technician trades, a career as a flight engineer is an excellent opportunity

to expand your role and responsibilities into air operations, building upon your existing technical skills.

As a Flt Engr, you will have an active role in air operations as an essential member of the flight crew and as a respected advisor to the aircraft commander regarding aircraft technical and maintenance issues. This occupation is ideal for candidates who are interested in both the operational and technical domains of military aviation.

Operational environments for Flt Engrs cover a wide range of roles, aircraft types and locations. These include the Chinook and Griffon tactical helicopter fleets (including those conducting Special Ops); long-range patrol in the Aurora; the Twin Otter in the transport role; and Search and Rescue in the H-model Hercules, the Cormorant, the Buffalo and the new Fixed-Wing Search and Rescue aircraft when it enters service.

Once selected, candidates attend a basic occupation rank qualification course of about 60 training days, after which you will be posted to a squad-

ron. This is followed by operational training specific to the role and the aircraft to be flown. The sequence of technician experience followed by additional flight and technical training in the Flt Engr occupation is a natural evolution that makes maximum use of skills and knowledge that have been progressively acquired through your career. This helps ensure that qualified personnel are ready to operate within the broad range of responsibilities and the greater independence associated with Flt Engr duties.

Search and Rescue Technician (SAR Tech)

As members of the highly trained and world-renowned RCAF SAR aircrew team, Search and Rescue Technicians help save hundreds of Canadian lives every year, from coast to coast to coast. It is the SAR Tech's calling to push beyond limits by being mentally tough, physically strong, and totally committed to helping those in distress. In doing so, SAR Techs proudly embody their motto, "That Others May Live".

SAR Techs are prepared 24/7 to do what others can't. Operating from fixed-wing aircraft and helicopters, these highly-trained specialists access austere locations by employing parachuting, hoisting, scuba diving, rock climbing and arctic survival skills to deliver life-saving emergency medicine. They literally turn chaos into hope ... not a job for the faint of heart.

This occupation is accepting Regular and Reserve Force applicants from within the Canadian Armed Forces through the Voluntary Occupational Transfer (VOT) program. If this opportunity sounds exciting to you, and you're up for a challenge, contact your Base or Wing Personnel Selection Officer. Watch for an upcoming information session at your Wing or Base, offering further details about the selection, training and role for this life-saving occupation.

HMCS Regina makes fourth seizure of illicit drugs

HMCS Regina's crew poses with narcotics seized from a dhow on May 3, 2019 during Op ARTEMIS in the Indian Ocean.

CPL STUART EVANS, BORDEN IMAGING SERVICES





When you're in peril on the high seas... what happens behind the scenes?

By Joint Rescue Coordination Centre (Halifax)

Something has gone wrong on your vessel in the North Atlantic. The seas are rough, the weather is uncompromising. You call for help over coast guard radio, on your cell phone or by activating your Emergency Position Indicating Radio Beacon (EPIRB).

Your request is immediately relayed to the Joint Rescue Coordination Centre (JRCC) in Halifax or the Maritime Rescue Sub-Centres in St. John's or in Quebec City. The Centres operate 24/7 all year. Both Canadian Armed Forces and Canadian Coast Guard search and rescue desk operators jump into action.

As Canadian Armed Forces aircraft are being launched and Canadian Coast Guard vessels are being tasked, operations staff are simultaneously investigating and answering questions critical to planning and executing the search and rescue mission.

- Where exactly is the vessel location? EPIRB, PLB, CH16?

- Do we have direct communications with the disabled or distressed vessel?

- What vessels of opportunity are in the area? How far away are they?

- What is the weather and sea state in which our aircraft and rescue ships will operate? Can we launch in this weather?

- How many are on the disabled or distressed vessel? Any medical issues?

- What survival equipment is board; Are you prepared to safely abandon?

- Where can our helicopters refuel in the Atlantic Ocean?

- What do we need to do to provide continuous air search coverage?

- What are the drift patterns?

- What is the Next of Kin contact information?

Our Arsenal

Search and rescue marine and air assets are located at CAF bases and Canadian Coast Guard stations throughout the Atlantic Canada. These assets are strategically located.

CAF maritime SAR air assets (Atlantic Canada):

- CC-130 Hercules, long range transport and rescue aircraft

- CH-149 Cormorant, land-based search and rescue helicopter (large yellow helicopter)

- CP-140 Aurora, anti-submarine/marine reconnaissance aircraft used in marine search and rescue

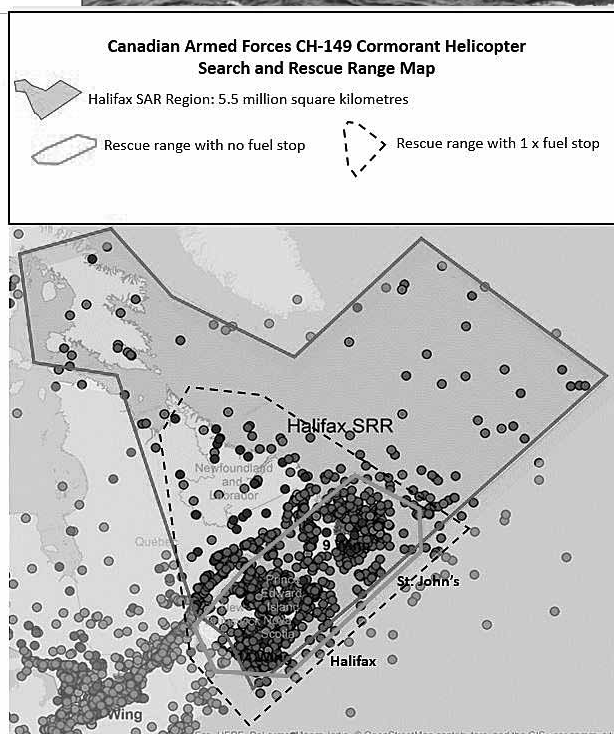
- Primary locations: 14 Wing Greenwood, NS; and 9 Wing Gander, NL.

Canadian Coast Guard vessels (Atlantic Canada)



A vessel in distress gets assistance from HMCS Glace Bay and a Cormorant helicopter.

AVIATOR BRADEN TRUDEAU, FIS HALIFAX



Atlantic Canada Search and Rescue Region

The map above is what west of 30° west longitude, north of 42° latitude and south of 70° north latitude looks like. It's big.

This space includes eastern Canada, the eastern half of Quebec, the southern half of Baffin Island. The area measures 4.7 million squared kilometers. Eighty per cent of that is ocean with over 74 000 kilometers of coast line.

What does it mean to us in the JRCC?

Your preparation is critical in giving us the best chance for your successful rescue.

What should it mean to you?

Safety is preparedness. Your survival success is based on scientific data:

Example: For a person weighing 200 lbs, at 35 years of age, in 5° Celsius water, the survival models provide an estimate of:

Personal Protective Equipment	Functional Time (hrs)	Survival Time (hrs)
With immersion suit	19.9	26.7
With floater suit	5.0	8.1
With regular clothing	1.5	3.0

Data Source: International Aeronautical and Maritime Search and Rescue Manual

Notes:

- Functional time is the amount of time a person can reasonably keep themselves afloat without flotation aids. Survival estimates are based solely on body temperature forecasts; every person is different.

- Flotation in regular clothing will provide you double the survival time because losing muscular function alone will not cause you to drown.

- Flotation can also help to prevent cold shock from drowning you.

The bottom line

Call us early. It costs nothing to initiate communication so we can monitor and work with you. When it becomes an emergency, the greatest asset we need is time; the most important effect you need is immediacy.

The CAF and Canadian Coast Guard are the two principle agencies responsible for aeronautical and maritime search and rescue in Canada. Search and Rescue is a system of systems that receives support from numerous other search and rescue partners and volunteer organizations.

That Others May Live

- Multiple SAR lifeboat stations, including Cape Class, Arun Class and the new Bay Class lifeboats

- Most stations are open year round with a small number being closed due to ice (i.e. Northumberland Strait)

- The summer months see the Inshore Rescue Stations operating in high traffic areas such as Halifax Harbour, Moncton, and Conception Bay. This service enables near coastal fast rescue response. Larger multi-task Coast Guard vessels are placed strategically to respond and relieve the lifeboats for prolonged search activity.

Concert displays Stadacona Band's versatility

By Virginia Beaton,
Trident Staff

The 21st annual Battle of the Atlantic Concert, with the Stadacona Band of the Royal Canadian Navy as featured performer, took place on Sunday, April 28 at the Halifax Central Library.

Sponsored by HMCS Sackville, Canada's Naval Memorial, the concert was an afternoon of music, dance, singing, and more than a few memories. The program commemorated victory in the Battle of the Atlantic, as well as the 75th anniversary of D-Day.

VAdm (ret'd) Duncan Miller and Olga Milosevich shared master of ceremony duties. Guest performers included the Halifax Military Wives choir and the Dal/King's Swing Dance Society.

Under the direction of Lt(N) Bradley Ritson, Commanding Officer and Director of Music, the band displayed its versatility in a repertoire ranging from the robustness of the *Seapower Fanfare* by J. Brubaker, to the lyric beauty of *Gabriel's Oboe*, featuring band oboist PO2 Hamish Gordon. A video and slideshow of wartime footage, compiled by bandmember LS Tony Taylor, provided an interesting and informative visual backdrop to the performances.

A new addition to this year's program was the Halifax Military Wives Choir, directed by LCdr Victoria DeVita, singing a medley of Vera Lynn tunes.

Then there was the jazz/swing band element of the larger band, with a version of Billy Strayhorn's *Take the A Train*. The Dal/Kings swing dancers, consisting of two couples, danced up a jitterbug/lindy hop/lindy Charleston storm that had audience members clapping along with the music.

Three of the band's female members, LS Chelsey Alexi, LS Emily Bellman, and PO2 Krisanne Crowell, sang *Bei Mir Bist Du Schön*, popularized by the Andrews Sisters during the Second World War.

VAdm Miller performed a version of *I've Got a Little List*, a patter song from *The Mikado*, perhaps the best known of Gilbert and Sullivan's operettas. In the operetta, the Lord High Executioner has a list of people who annoy him and who he'd like to do away with, on the grounds that "they never would be missed." As always, Miller came up with a comic list of contemporary people and things who, in his view, wouldn't be missed. Numbered among them would be everything and everybody to do with Brexit; Premier McNeil, and President Trump. Miller's witty delivery and timing elicited laughter and applause from the audience, which seemed to share many of his aversions.

A special event during the afternoon was that one of the bandmembers, trombonist PO2 Nevawn Patrick, received his Canadian Decoration first clasp.

The afternoon's program concluded with the Tri-Service Salute.



Welcome to Glasgow, HMCS St. John's

As HMCS St. John's sails into Glasgow, Scotland, on May 5, 2019, LS Jonathan Kester prepares to play his bagpipes.

PTE SARINA MCNEILL, FIS HALIFAX



CAF support Wanderers Football Club

Local members of the Canadian Armed Forces were proud to participate in the Halifax Wanderers FC soccer club home opener on May 4 at the Wanderers Grounds in downtown Halifax. Music from the Stadacona Band of the Royal Canadian Navy and a proud tri-service Colour Party were enjoyed by the hometown crowd!

AVR RENZO RUIS-HAAS, FORMATION IMAGING SERVICES



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CFAEP offers a taste of different CAF careers

By Ryan Melanson,
Trident Staff

A group of 15 Indigenous youth from across the country have been in Halifax for the past three weeks getting a crash course in life as a member of the Canadian Armed Forces.

The Canadian Armed Forces Aboriginal Entry Program (CFAEP) is an intensive three week recruiting course for Indigenous Canadians that offers hands-on military experience in an open-ended way. It opens the path to joining the CAF in the Regular or Reserve Force upon completion, but it's not a requirement.

"The program is designed to give these Indigenous Canadians an opportunity to understand the different Canadian Armed Forces occupations available under all three elements," said PO1 Joe Dickie, an instructor with the program. In addition to the introduction to the CAF lifestyle through things like tours, exercises, drill, day sails and meeting with CAF members of various ranks and trades, the program also emphasizes the CAF's push to be an inclusive employer. Instructors and mentors stress that individuals can lead a successful CAF career while embracing their Indigenous culture and identity.

"We want to have a diverse force that represents all Canadians and this is part of working toward that," PO1 Dickie said.

On May 10, the CFAEP participants visited Damage Control Training Facility (DCTF) Kootenay for an introduction to the way sailors fight floods at sea. The facility conducts crucial training that all sailors must complete before being trusted as a member of a ship's company, and the recruits entered the simulated flood tank to experience one aspect of that training.

Instructors said the group did a good job by following the instructions they were given, working together and staying calm as the water in the simulated ship space slowly rose up past their waists. They emerged from the tank soaking wet and tired from the exercise, but they were all smiles.

"The point isn't to make it easy," said Lt(N) Daniel Chamberlain, the acting Division Commander during the visit.

"If they come away feeling like they worked hard and accomplished something, that's what we want."

Participant Cassidy Carlson, from La Ronge, Saskatchewan, said she wasn't afraid to get a little wet and deal with the frantic damage control scenario.

"It's intense. That's what we're here for," she said, adding that she enjoyed the hands-on parts of the CFAEP experience. She has a



A day sail aboard HMCS Ville de Quebec saw CFAEP participants tour through the various ship departments and learn about different naval career options.

MONA GHIZ, MARLANT PA

special interest in Army trades, and said the program's visit to 5 CDSB Gagetown, including artillery demonstrations, was also a highlight.

"The program has really opened things up and given me a better view of the different jobs I might be able to do. I'm interested in anything that involves serving and helping people."

The CFAEP participants finished up the program with a graduation ceremony on May 17. It's expected that some will continue on to Basic Military Qualification, while others will return to civilian life with a better understanding of opportunities available in the CAF. All who complete the program receive pay of \$1,200 and a Certificate of Military Achievement.

Whatever comes next, Carlson said she's had an unforgettable experience, and made friendships with her peers and mentors that are sure to continue beyond the program.

"We've become like a family. We've grown so much closer than I thought we would in this short time."



The Canadian Forces Aboriginal Entry Program (CFAEP) recruits participated in a flooding scenario at the NFS(A) Damage Control Division on May 10.

CPL DAVID VELDMAN, FIS



12 AMS welcomes new Squadron CWO

12 Air Maintenance Squadron's (12 AMS) incoming Squadron Chief Warrant Officer (SCWO) Thibodeau (left), 12 AMS Commanding Officer LCol Willis (centre) and outgoing SCWO Shillingford (right) sign official papers for the Change of Appointment Ceremony on April 17, 2019 at the 12 AMS Hangar canteen.

LS LAURANCE CLARKE, 12 WING OPERATIONS SUPPORT SQUADRON IMAGING



New Chief Warrant Officer for 12 Wing Shearwater

12 Wing Shearwater's outgoing Wing Chief Warrant Officer, CWO David E. Hepditch (right) and Col Sid Connor (centre) sign documents with incoming CWO Bruno Poirier (left) during the Wing's Change of Appointment ceremony on April 18, 2019 at 12 Wing Shearwater.

AVIATOR OLIVIA MAINVILLE, 12 WING IMAGING SERVICES



CFAEP participants spend a day at sea

The Canadian Force Aboriginal Entry Program (CFAEP) participants go to sea and experience the Royal Canadian Navy (RCN) life aboard HMCS Ville de Québec during a day sail in the Atlantic Ocean on May 6, 2019. The day was filled with activities and opportunities to speak with sailors about careers in the RCN.

MONA GHIZ, MARLANT PA



CFB Halifax supports McHappy Day

Base Commander Capt(N) Dave Mazur, Base Chief Petty Officer Kent Gregory and H&R MFRC Director Shelley Hopkins were recently at the Kempt Road McDonald's serving up meals during McHappy Day, on Wednesday May 8. BComd and Hopkins worked the drive-thru and BCPO Gregory kept the line moving inside. This is McDonald's biggest and longest-standing fundraising event. A portion from every Big Mac, Happy Meal, or hot McCafé beverage sold went directly to programs and services for military families. This is the second year that H&R MFRC was one of the charities that received proceeds from this day. The H&R MFRC has been proudly supporting military families since 1986.

MIKE BONIN, CFB HALIFAX PAO

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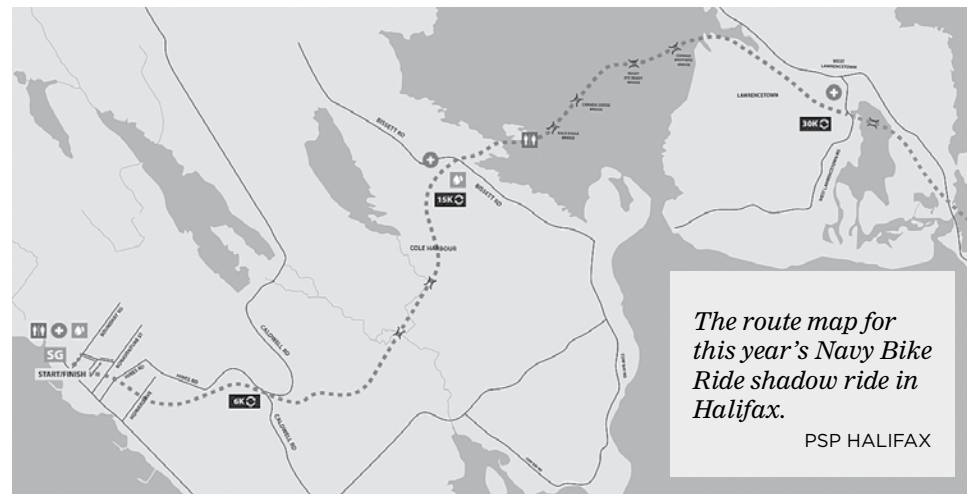
TRIDENT Sports

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



Participants head out from the starting line at the 2018 edition of the Navy Bike Ride in Halifax. This year's event takes place on May 31, and registration is open now.

LS BRAD UPSHALL, 12 WING IMAGING



Third annual Navy Bike Ride set for May 31

By Trident Staff

For the third year in a row, cyclists of all skill levels from the CAF and DND communities, as well as their families, will hit 12 Wing Shearwater on the morning of May 31 for the Halifax version of the Navy Bike Ride. Registration is open now, and those interested in participating are encouraged to act fast and secure a spot.

The event, which will be held as a shadow ride linked to the signature Navy Bike Ride in Ottawa on June 8, will include three different routes of varying distances and difficulty. All riders will leave from the parking lot of the Shearwater Fitness and

Sports Centre starting at 9 a.m., and follow either the 6km or 15km routes through the Shearwater Flyers Trail, or the extended 30km route that continues to the scenic Salt Marsh Trail.

Registration is free and available at http://navybikeride.ca/shadow_ride/cfb-halifax. There are opportunities to purchase Navy Bike Ride jerseys and buffs while registering, and more branded merchandise is also available from the Navy Bike Ride store on the same website. Participants can also choose to make a donation while registering; proceeds and donations will go to the Support Our Troops Fund and the Royal Canadian Naval Benevolent Fund.

There will also be displays, draw prizes, giveaways, healthy snacks and refreshments. Register now for this fun family-friendly event!

Important information

- All participants must check-in at the Shearwater Fitness & Sports Center between 7:30 a.m. and 8:45 a.m. on the morning of the ride. Participants will be checked-in and given a colored wrist band corresponding to the ride distance they will be completing.
- Participants are responsible for providing their own bicycle and helmet; helmets must be worn at all times.
- Shearwater Flyer and Salt Marsh

Trails are off-road trails made up of crusher dust and gravel. A mountain bike is recommended.

- PSP is not responsible for maintenance of participants bicycles and will not have tire repair kits, chains, pumps or other tools available for bicycle maintenance. Riders must be prepared to maintain their own bicycles on the course.
- The Shearwater and Salt Marsh Trails are public trails that will remain open to the public during the event. The trails also cross major roadways, and participants must slow down and stop to yield to traffic.
- The Navy Bike Ride is not a timed or competitive event.

HMCS Oriole visits the Royal Nova Scotia Yacht Squadron

HMCS Oriole visits the neighboring Royal Nova Scotia Yacht Squadron (RNSYS), nestled in the scenic NW Arm on May 4, 2019. Sailors mingled with RNSYS members and gave tours aboard Oriole, while members of the Stadacona Band entertained guests. It was a great day to foster relationships with the local sailing community.

MONA GHIZ, MARLANT PA





Fitness and sports updates

By Trident Staff

The Formation Mariners Female Softball Team is seeking new players this summer. All skill levels welcome. No experience required. Practices will take place at the Windsor Park Field on Tuesdays from 2:30-4p.m., and Shearwater Field on Thursdays from 3-4 p.m., starting on May 21. Don't be deterred by the practice times; it is fully understood that people are busy in their jobs, and cannot always get away. If you have any interest in playing, or have any questions with regards to the team, please contact LCdr Cindy Hawkins at Cindy.Hawkins@forces.gc.ca; or PO2 Shaunda Lillington at Shaunda.Lillington@forces.gc.ca.

Coach and players needed for the 12 Wing Ball Hockey team. Practices are Mondays and Wednesdays, 2:30-4 p.m. Regionals will be June 25-28, hosted by Gagetown. If interested in coaching please contact Ashley Stewart ASAP at Ashley.stewart2@forces.gc.ca

Tryouts for the 2019 Halifax Mariners Men's Slo-Pitch team will begin on Monday 27 May, 3-4:30 p.m. at Windsor Park Fields. Tryouts will continue Mondays and Wednesdays until the team is selected. Any questions can be forwarded to SLt Aaron Rogers.

Coach and players needed for 12 WING slo-pitch team. Practices are Tuesdays from 2-4 p.m. and Thurs-

days from 1-3 p.m. beginning May 21. Regionals will be in July, hosted by Halifax. If interested in coaching, please contact Ashley Stewart ASAP at Ashley.stewart2@forces.gc.ca

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 warm-up. 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 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 Tri-dents Triathlon Club. Membership is \$50 for military members and their families, \$60 for DND employees and their families, and \$65 for civilian friends.

Mariners play a soccer team from Mexican Navy's Tall Ship

Members of MARLANT and CFB Halifax square off in a friendly game of soccer with sailors from the visiting Mexican Navy Tall Ship ARM Cuauhtémoc at Burnside, Dartmouth Field, on May 7, 2019.

MONA GHIZ, MARLANT PA



Start the day with a run

Members of MARLANT, the Canadian Armed Forces and the Defence team start their day off right with the MARLANT Formation Run through HMC Dockyard Halifax on May 2, 2019. Each run begins with a warmup led by PSP fitness and sports staff. Participating in base runs help keep our members healthy and fit, while building camaraderie and improving morale.

MONA GHIZ, MARLANT PUBLIC AFFAIRS

Sports Trivia: Boxing and Stanley Cup records

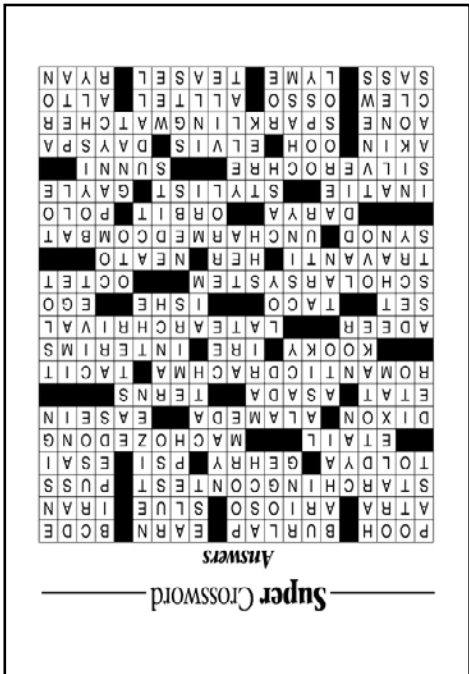
By Stephen Stone

- Who were the only two boxers to knock out Joe Louis, "The Brown Bomber"?
- Which team scored the greatest number of short-handed goals in one Stanley Cup playoffs season?
- Who was the first fighter to knock out Mike Tyson?
- Which team has appeared in the most consecutive Stanley Cup finals?
- When and why did the World Boxing Council change championship fights from 15 to 12 rounds?
- Which teams were involved in the shortest Stanley Cup playoffs overtime game?
- Who was Muhammed Ali's first professional opponent?

- Which team scored the fewest goals in a 7-game Stanley Cup series?
- Who was The Greatest's last opponent and what was the result?
- During the 1993 Stanley Cup playoffs, Montreal won 10 consecutive overtime games. Which team beat the Habs in the first overtime game that season?
- Who were the only two boxers to fight both Muhammed Ali and Mike Tyson?
- Who was the first Toronto Maple Leaf to win the Conn Smythe Trophy as MVP in the playoffs?
- Who was the first black world boxing champion in any weight class, while also being the first ever Canadian-born boxing champion?
- Who was the first player to win the

- Conn Smythe Trophy twice?
- Which two teams played in the highest scoring Stanley Cup playoff game?
- Who was the first boxer to win Olympic gold in three games in the same weight division?
- We know that #99 is the all-time leading scorer in Stanley Cup playoffs. But who is third?
- Who is the most recent undisputed heavyweight boxing champion?
- Which defenceman is the all-time leading Stanley Cup scoring leader?
- During his 93-fight career, George Chuvalo lost 19 fights, but only two by TKO. Who won those fights?

Answers on page 23





CFAST swimmer making the most of fitness opportunities

By Ryan Melanson,
Trident Staff

When PO2 Courtney Lambert joined the CAF six years ago, she didn't consider herself a swimmer, and a busy career as a musician left little time to focus on health and fitness.

Now, she's a member of both the Navy Tridents Triathlon Club and Canadian Forces Atlantic Swim Team (CFAST), a regular at local swim meets, and a veteran of regional and national CAF swimming competitions.

"I wasn't a swimmer at all. Once I joined, I had access to the equipment, I had time in the gym, and I had all the opportunities to be able to start working on my fitness," said PO2 Lambert, a tuba player with the Stadacona Band, currently completing a French course through Naval Fleet School (Atlantic).

She had the chance early on to attend a CAF swimming development camp for the Atlantic region, intending just to pick up some new skills, and ended up with a qualifying breaststroke time that allowed her to begin training for competition.

"And now I've been training for the past four years. I'm not the strongest swimmer in the Forces at all, but I've



PO2 Courtney Lambert dives into the water at the recent CAF National Swimming Championship/Ontario Masters Swimming Championships in Markham, Ontario.

SUBMITTED

had so many opportunities through the military, and I've gotten a lot better. My whole lifestyle has completely changed around it and I'm so much healthier than I was before."

Recently, PO2 Lambert was part of the Atlantic team at the CAF National

Swimming Championship, which was held alongside the Ontario Masters Swimming Championships in Markham, Ontario from March 22-25, and she brought back individual and relay medals from the civilian side of that event.

She also competed at the Nova Scotia Provincial Masters Championship at the Zatzman Sportsplex on April 27, with a small group of CFAST/Navy Tridents members who placed third as a team. The team members all had different experience levels, but still had fun competing, which is an important aspect of the CFAST and Navy Tridents teams.

"We have a program when we practice, but you can just follow it to the best of your ability. We have people who are elite swimmers as well as people who are brand new to the sport, like I was. It's a great way to expose people to swimming," PO2 Lambert said.

Swim practices are currently held at the Shearwater pool on Tuesday, Thursday and Sunday evenings, while running, cycling and outdoor swims will be incorporated soon as weather improves. PO2 Lambert encouraged anyone interested to come out to a practice and begin incorporating swimming into their fitness routine.

"There's a wide range of abilities in our club. It's for everybody. We can cater things to your abilities," she said.

Those interested in attending a practice can visit the Navy Tridents Triathlon Club page on Facebook for more information, or email samuel.kehler@forces.gc.ca



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THALES

Super Crossword

QUITE A CHALLENGE

ACROSS

- 1 Pal of Owl
- 5 Gunnysack material
- 11 Deserve
- 15 A-F linkup
- 19 Gillette razor name
- 20 Melodious
- 21 Veer sharply
- 22 Shahs' home
- 23 Competition to determine the best garment stiffener?
- 26 "-- in Boots"
- 27 "See! I was right!"
- 28 Architect Frank
- 29 Omega lead-in
- 30 Morales of "The Brink"
- 31 Web sales
- 33 Virile Communist leader?
- 36 Mason- -- Line
- 38 Tree-lined boulevard
- 42 Enter slowly
- 43 Coup d'--
- 44 Carne -- (steak dish)
- 45 Arctic birds
- 48 Heart-shaped pre-euro Greek coin?
- 52 Implied but not stated
- 57 Screwball
- 58 Mad feeling
- 59 Periods of time between
- 61 Like -- in headlights
- 64 Chief foe who doesn't show up on time?
- 66 Ready to go
- 67 Tortilla snack
- 70 "This --" (phone phrase)
- 71 Psyche part
- 72 Method used by learned people?
- 78 Four pairs
- 80 "Hill Street Blues" actor Daniel J. --
- 81 That lady
- 82 "How cool!"
- 85 Church assembly
- 86 Warfare that has not been enchanted?
- 92 Amu -- (Asian river)
- 94 Planet's path
- 95 Sport on horseback
- 96 Even, as the score
- 100 Coif creator

- 103 Singer Crystal
- 104 Grayish brown earth tone?
- 107 Branch of Islam
- 109 Similar
- 110 "How cool!"
- 111 "Don't Be Cruel" singer
- 115 Place for a mani-pedi
- 118 Primo
- 119 Spectator covered in glitter?
- 122 Ball of thread
- 123 -- buco
- 124 Wireless provider acquired by Verizon in 2008
- 125 Vocal range
- 126 Give lip
- 127 East --, Connecticut
- 128 Prickly-leaved plant
- 129 Actor Gosling

DOWN

- 1 In history
- 2 Bart and Lisa's bus driver
- 3 Paperless test
- 4 Barely bearable
- 5 Iranian religion

- 6 Geller of mentalism
- 7 See 91-Down
- 8 Balcony box
- 9 Author Sholem
- 10 Phrase of self-pity
- 11 Vt. hours
- 12 Initial Hebrew letter
- 13 Rene of "Thor"
- 14 Web user
- 15 Two-legged animals
- 16 Defoe hero Robinson
- 17 Aquafina or Fiji alternative
- 18 Ship banner
- 24 Blue hue
- 25 Long-distance swimmer Diana
- 32 Type of eye surgery
- 34 Pope's religion: Abbr.
- 35 Spring holiday
- 36 German for 60-Down
- 37 Figure skater Midori --
- 39 Full of frills
- 40 Say further
- 41 "Ave --"
- 44 From -- Z (every bit)
- 46 Arab leaders
- 47 Western spread

- 49 Hide-hair connector
- 50 Renoir works
- 51 "Meh" grade
- 53 Actress Graynor
- 54 Spotted cat
- 55 JPEG or GIF
- 56 Letter-shaped opening for a bolt
- 60 Definite article
- 61 Mgrs.' aides
- 62 Speak out against
- 63 Coen of film
- 64 Myrna of film
- 65 Archery need
- 67 Ecru
- 68 Pianist Rubinstein or Schnabel
- 69 2004 CBS spinoff
- 73 Lacto- -- vegetarian
- 74 Young chap
- 75 "Pipe down!"
- 76 Caddy drink
- 77 Actor Flynn with a sword
- 78 Western tribe
- 79 Exec's perk with wheels
- 82 Bird bills
- 83 Fixes up text

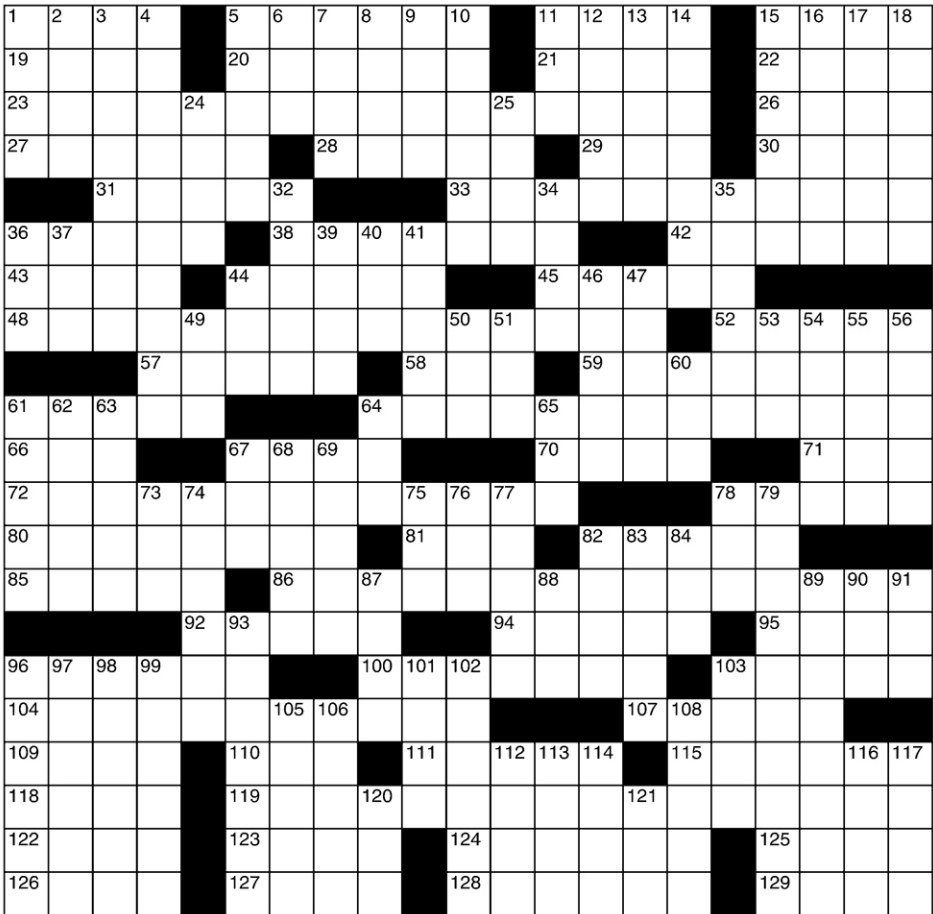
- 84 Play a role
- 87 ATM output
- 88 Med. scan
- 89 How young guys behave
- 90 Wholly
- 91 With 7-Down, bit of foot jewelry
- 93 Contents of a spray can
- 96 Hayes and Newton
- 97 Tesla of the Tesla coil
- 98 Dresses with flares
- 99 Realm of MSNBC, e.g.
- 101 Arduous trip
- 102 Reprimand loudly
- 103 Biting fly
- 105 "-- -daisy!"
- 106 Deep gap
- 108 Longtime Arizona politician Mo
- 112 Wicked
- 113 "To Live and Die --"
- 114 USAF NCOs
- 116 "Fur Is Dead" org.
- 117 Elvis -- Presley
- 120 Lobster eggs
- 121 Very small

Sports Trivia: Boxing and Stanley Cup records

Questions on page 21

Answers

- 1. Max Schmeling on June 19, 1936 in round 12, and Rocky Marciano on October 27, 1951 in round 8.
- 2. In 1983 Edmonton Oilers scored 10 short-handed goals in just 16 games.
- 3. James "Buster" Douglas on February 11, 1990 in round 10 and became Heavyweight champion of the world.
- 4. Montreal Canadiens – 10. This is flat-out ridiculous and will probably never happen again. And let's face it, that's a long shot. The Canadiens won six Cups during their 10-year streak, capped off with five in a row from 1956 through 1960.
- 5. Ray "Boom Boom" Mancini defeated Duk-Koo Kim by knockout in the 14th round in Las Vegas in 1982. Kim was rushed to the hospital after the fight and died three days later. At its annual meeting, the WBC changed the length from 15 to 12 rounds.
- 6. Calgary Flames lost to the Montreal Canadiens when Brian Skrudland scored at nine seconds of the first OT in 1986.
- 7. Tunney Hunsaker not only his first victim, but as the chief of police of Fayetteville, West Virginia, he was the youngest chief of police in any town, city, or village in the USA.
- 8. Vancouver Canucks managed just eight goals against Boston in the seven-game showdown in 2011.
- 9. Ali lost a 10-round decision to Trevor Berbick.
- 10. Scott Young of the Quebec Nordiques scored at 16:49 of the first OT.
- 11. Larry Holmes and Trevor Berbick.
- 12. Dave Keon, 1967, eight points in six games.
- 13. George Dixon from Africville, Halifax, Nova Scotia – Bantam weight champion in 1888 and feather weight champion in 1891.
- 14. Bobby Orr, Boston – 1970 & 1972.
- 15. Chicago Blackhawks defeated the Montreal Canadiens 8-7 in game five of the 1973 final series. The Habs won the cup in six games.
- 16. Teofilo Stevenson of Cuba won the heavyweight boxing gold at the Munich games in 1972, The Montreal games in 1976, and the Moscow games in 1980.
- 17. Jari Kurri has 233 points on 106 goal and 127 assists in 200 play off games. By the way, Mark Messier is second with 295 points and both trail Gretzky's 382 points.
- 18. Deontay Wilder.
- 19. Paul Coffey – 59 goals; 137 assists in 194 games.
- 20. Joe Frazier stopped George in the fourth round on 19/7/67 with a cut eye and George Foreman stopped him in the third on 4/8/70. Chuvalo was never knocked out.



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