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TRIDENT

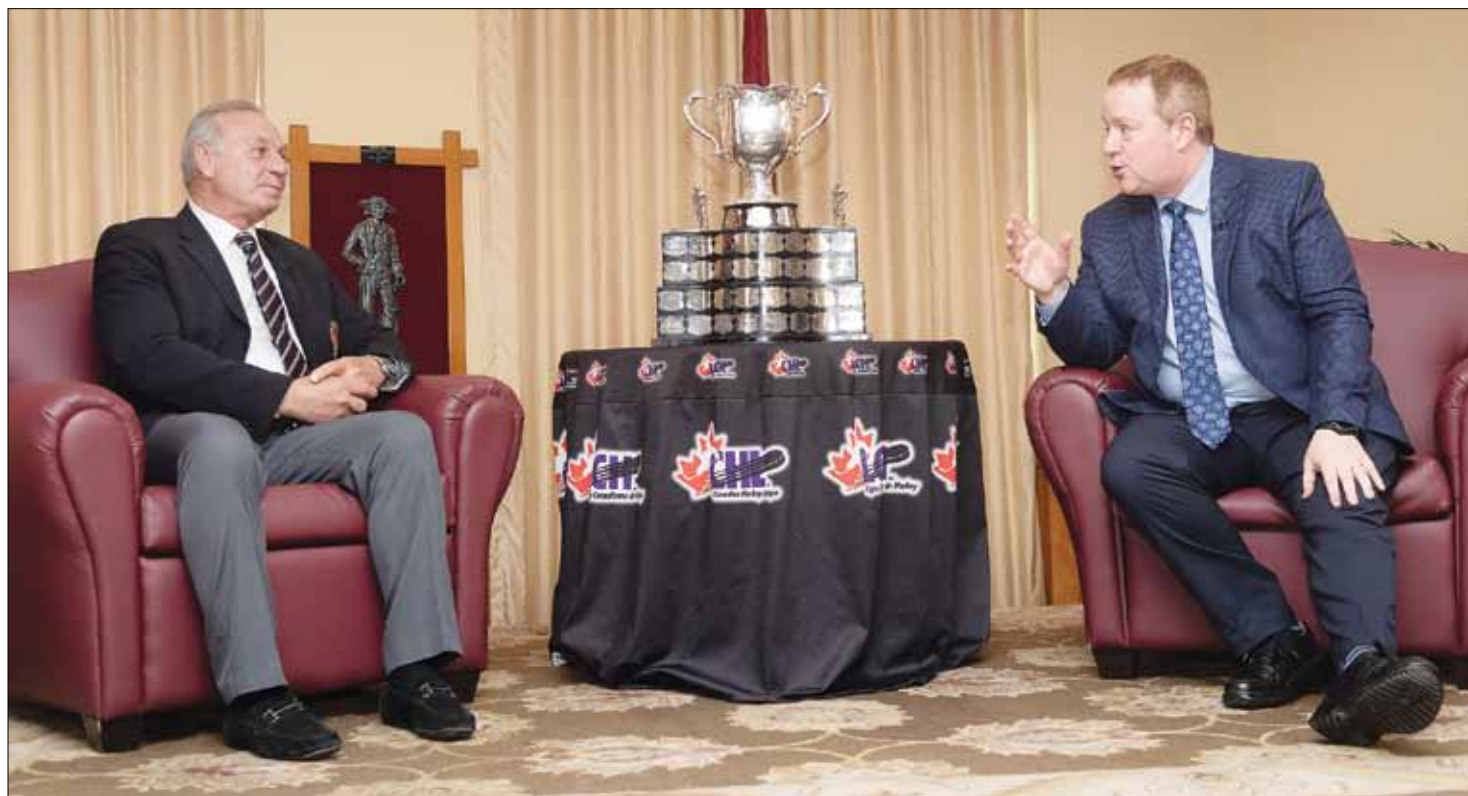
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Hockey legend at CFB Halifax

Hockey legend Guy Lafleur (left) chats with CBC's Bruce Rainnie during PSP Halifax's Sports Recognition breakfast on May 22. Between them is the CHL Memorial Cup, which Lafleur won in 1971 as a member of the Quebec Remparts.

CPL DAVID VELDMAN, FIS HALIFAX



CFAEP graduation
Pg. 3



DND Family Days
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PO2 scores platinum in FORCE test
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Memorial Cup tournament comes to Halifax

From May 16-26, the annual Memorial Cup tournament took place in Halifax. The Halifax Mooseheads hosted the event. The trophy represents the championship of the Canadian Hockey League and is awarded to the winner of the annual Memorial Cup round robin. That team be-

comes the junior ice hockey champion of Canada. The Memorial Cup was established to honour those who fell during the First World War and in the 2010 tournament, it was re-dedicated to acknowledge military personnel who died fighting for Canada in any conflict.



AB Joshua Lewis and LS Autumn Soucie carry the Memorial Cup from HMCS Glace Bay to the 2019 Memorial Cup opening ceremony stage at the Halifax Waterfront on May 16.
MONA GHIZ, MARLANT PA



Halifax Mooseheads alumni and special guests join RAdm Craig Baines, Commander JTFA and MAR-LANT, and HMCS Glace Bay's ship's company in delivering the Canadian Hockey League Memorial Cup to the Halifax Waterfront on May 16 during a cup arrival ceremony to kick off the 2019 Memorial Cup hockey tournament.
MONA GHIZ, MARLANT PA



Commander of the Canadian Army, LGen Lanthier, stands alongside key partners of the Memorial Cup at the inaugural game on May 17, 2019.
SUBMITTED



During the 2019 Memorial Cup Gala Dinner at CFB Halifax's Tribute Tower on May 16, CPO1 Derek Kitching, Formation Chief MARLANT, hands out coins to participating Memorial Cup players.
MONA GHIZ, MARLANT PA

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CFAEP graduates ready to take the next step

By Ryan Melanson,
Trident Staff

After a challenging three-week introduction to life in the CAF, the latest participants in the Canadian Forces Aboriginal Entry Program (CFAEP) were on parade at the new Windsor Park Armoury for a graduation ceremony on May 17.

The program includes daily PT, marching and parade training, and an introduction to different CAF trades and environments, including things like small arms and damage control training. Regardless of where life takes them following this experience, each of the recruits should feel proud of their accomplishment, said CPO2 Joe Dickie, this year's Course Operations CPO for the program.

"They're amazing individuals, and as instructors, we've learned just as much from them through this experience as they've learned from us," he said, referring to the cultural and spiritual education gained by CFAEP staff, who take part in all cultural elements of the program along with the participants and Indigenous counselors.

"We do everything together on a level playing field, which also teaches teamwork. The program can be overwhelming, but it has allowed these individuals to come out of their shell and gain confidence in an amazing way."



The group of participants and staff, including mentors, supervisors and counselors, who made up the latest Canadian Forces Aboriginal Entry Program in Halifax.

AVR RENZO RUIZ-HAAS, FIS

The group was made up of 16 recruits from across the country, with hometowns spread across eight different provinces and the Yukon. With the program now complete, all 16 are planning to continue on and enroll in the CAF; some need to complete high school or other commitments first, while others have already been accepted and will begin basic training in the near future.

The graduation was attended by The Honourable Arthur J. LeBlanc, the Lieutenant Governor of Nova Scotia, with Capt(N) David Benoit, Commanding Officer of FMF Cape Scott, as the reviewing officer, and

HCol Donald Julien as the co-reviewing officer. Other guests included CPO2 (ret'd) Debbie Eisan, an Ojibway veteran with a 36-year military career, and Sgt Tony Parsons, co-chair of the MARLANT Defence Aboriginal Advisory Group. The ceremony included the parade, award presentations, and a cultural presentation from drumming group Iron Tide and traditional dancers.

The ceremony caps off the program each year as a way to show off what the participants have learned and formally end the experience before each individual moves to the next step.

Graduate Matthew MacDonald,



CFAEP participants, led by MS Andrew Bailey, march in for their graduation ceremony at the Willow Park Armoury on May 17.

AVR RENZO RUIZ-HAAS, FIS

from Edmonton, Alberta, is one of those who'll be heading off to his Basic Military Qualification course at the earliest opportunity. He was also the recipient of the Seven Teachings Award, presented each year by CPO2 (ret'd) Eisan to award a candidate for emulating the traditional teachings of wisdom, respect, love, honesty, bravery, humility and truth.

"I was scared at first. I didn't really know about the military structure, but now it's an unbelievable feeling. I've never done anything like this in my entire life," he said.

Continued on page 4

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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.

RPG Club: Hench-Kin's Guild of Halifax
Time: 5 p.m.
Date: Wednesday, June 5
Location: Halifax Central Library

The Hench-Kin's Guild of Halifax is a club dedicated to tabletop role-playing games (RPGs), including Dungeons and Dragons, Call of Cthulhu, and many more.
These nights are fun, social events. No prior gaming experience is necessary. Age 14 and up. *In partnership with Henchkin's Guild of Halifax*

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 that the Applied Oceans Research team is involved in.

Bike Week film screening: Afghan Cycles
Time: 6 p.m.
Date: Wednesday, June 5
Location: Museum of Natural History
What lengths would you go to in order to ride a bicycle? Following a new

generation of young Afghan women cyclists, Afghan Cycles uses the bicycle to tell a story of women's rights - human rights - and the struggles faced by Afghan women on a daily basis, from discrimination to abuse, to the oppressive silencing of their voices in all aspects of contemporary society. These women ride despite cultural barriers, despite infrastructure and despite death threats, embracing the power and freedom that comes with the sport. Film by Sarah Menzies and Let Media. Presented by Dalhousie Global Health and the Halifax Cycling Coalition. Cost is free. For more information, contact gho@dal.ca or contact@cyclehalifax.ca

Acoustic Song Circle: Drop-in
Time: 7 p.m.
Date: Thursday, June 6
Location: Dartmouth North Public Library
Drop in and join this casual acoustic song circle.
Bring any instrument, your singing voices, plus copies of songs and guitar chords (if you have them).

Ocean and You
Time: 10 a.m. - 3 p.m.
Date: Friday, June 7
Location: Maritime Museum of the Atlantic Small Craft Gallery
Ocean and You is an annual event celebrating our oceans, presented by Oceans Week HFX and the Maritime Museum of the Atlantic. The day will include inclusive, accessible, educational events and activities to promote greater awareness of oceans and marine life. Here from a wide variety of field experts, with interactions for all ages. Visitors will learn about protecting the ocean through informative and educational displays. Follow Oceans Week HFX on Facebook and Instagram for more information.

Atlantic Book Festival Event Launch
Time: 6:30 - 8 p.m.
Date: Tuesday, June 4
Location: Halifax Central Library
All are invited to a special night in celebration of the 2019 Atlantic Book Awards. Join nominated authors as they explore the challenge of turning a difficult subject into a compelling read. Hosted by Kim Pittaway, Executive Director of the MFA in Creative Nonfiction program at the University of King's College. For more details on this event and a full festival lineup, visit atlanticbookawards.ca.

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.

CFB Halifax Walk
Time: 10:30 a.m.
Date: Wednesday, June 26
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.

CFAEP graduates ready to take the next step

Continued from page 3

He's now eyeing a career with the Army, specifically the Combat Engineer trade, and said he would gladly recommend the program to his peers back home.
A goal of the CFAEP is to show Formation Halifax and the CAF in general as an inclusive and respectful workplace, and to communicate to recruits that a military career doesn't mean leaving their culture or identity behind.
"Everyone here comes from different backgrounds and believes in

different things, and I loved that," MacDonald said.
"I come from a traditional family, I grew up with Cree teachings, and I hold strong beliefs in our traditional heritage. I wasn't expecting to have sweats or to smudge almost every day while I was here, or to have sharing circles; it was fantastic."
As the reviewing officer for the graduation parade, Capt(N) Benoit also addressed the CFAEP recruits. Along with complementing the group on the quality of their drill and thanking the instructors, mentors and other staff who supported the

program, he congratulated the graduates for completing the program and absorbing the lessons that come with it.
"These relations you've built will help and sustain you no matter where you go. The ideas and lessons based around teamwork and leadership will be prevalent throughout your careers, no matter what your futures hold," he said.
"You've embarked on a great journey, and know that every step of the way we'll all be with you and cheering you on."

CFAEP brings back memories for recruiter

By Ryan Melanson,
Trident Staff

When PO2 Katerina Stewart signed up for the Aboriginal Pre-Recruit Training Course in 2002, she was young, unsure about her future after high school, and just looking for a taste of what military life might offer.

"I decided to sign up to see what it was all about, and I ended up really liking it," said PO2 Stewart, who grew up in the village of New Aiyansh in British Columbia.

"I thought I would only do three years and then go back home, but my career brought me to so many places I never thought I would go, and I ended up enjoying it even more than I expected. Now here I am almost 17 years later."

She recently had the chance to give back to the Indigenous-focused program that launched her own CAF career, serving as one of the attached recruiters for this year's Canadian Forces Aboriginal Entry Program (CFAEP) in Halifax, and supporting a group of young people following a similar path to the one she took. The 16 participants received an introduction to the three CAF elements and saw many different trades and jobs in action during their three weeks in the Halifax area. As they try to make sense of everything they're taking in during the busy days, talking with

recruiters can help narrow down potential career choices.

"We're here to guide them, answer questions, and see how different jobs might fit with what they like to do," PO2 Stewart said.

"It's all about showing them what the military has to offer, and what kind of options are available to them."

Though she's currently employed as a recruiter with CFRC in Toronto, PO2 Stewart is a Boatswain by trade and has had a busy career on the west coast, highlighted by a deployment in support of the mission in Afghanistan in 2006/2007 to the Arabian Sea and Gulf of Oman. She's getting ready for a return to sailing with an upcoming posting to HMCS *Toronto*, and said she's excited to get experience sailing on the east coast.

Supporting the CFAEP was a great way to get introduced to Halifax while getting to know the young recruits, she said, and added that seeing the personal growth in the participants through the program reminded her of her own experience.

"It's definitely brought back a lot of memories. It's nice to be able to meet them at the beginning and then to see the huge difference now as we get toward the end of the program. They really open up and gain confidence in a short amount of time; it's rewarding to be a part of it."



PO2 Katerina Stewart entered the CAF through the Aboriginal Pre-Recruit Training Course in 2002, and says serving as an attached recruiter with this year's CFAEP brought back a lot of fond memories.

MONA GHIZ, MARLANT PA

Coping with global trauma

By Lt(N) Padre Graeme Carruth

"That's it! I'm done with watching the news!" Every week I hear some version of that phrase. Many or maybe all of us, get sick of listening to the barrage of horrific news that bombards us. The news of global tragedy can traumatise us damaging our sense of hope: Hope for life, hope for the decency of people. Remember, if you're that old, when we rang in the 21st century? Remember all our hopes for a progressive and positive new direction for life and the world? Well, it seems the shine has long since worn off the new age. So much has happened to shake our confidence in humanity's capacity to react with compassion, understanding and creative solutions to the challenges and conflicts confronting us. The shooting of innocent people in a New Zealand mosque, the random burning of an ancient French cathedral, the bombing of innocent churchgoers in Sri Lanka, the one-year memorial of a van attack on pedestrians in Toronto. With each occurrence maybe some of us even question our faith in God.

Is there any way out? Is there any

way to restore hope that doesn't feel like we're sticking our heads in the sand?

I believe there is.

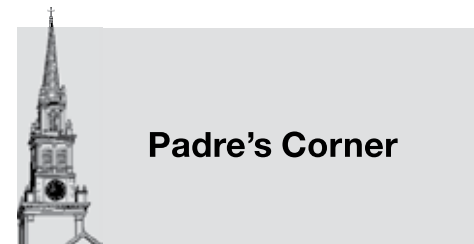
When I returned to Canada after many years working overseas as an expat pastor, I was happy to be back in the Great White North that had raised me. Unfortunately it wasn't long before the ideal image I had carried in my heart about my homeland ran painfully aground against the reality of the True north, strong and free. What helped me through was realising that my image wasn't wrong exactly, but it was incomplete. While there were things I deeply value and love about Canada, there are also things that trouble me. And most important, it helped to realise that it's possible to love and treasure even when the reality does not line up with the idealised image.

In fact this is what we do with people. Family members, friends, beloved spouses - children, they all have qualities that help us to love them but also quirks that make it sometimes hard. And yet love them we do, believe it them we do, trust and stand by them we do.

I have found the same is true in our very troubled world. Remember-

ing that while there is tragedy in the violence there is also great compassion and community that grows in response. We see it in the national, even global, support for the wounded Muslim community in Christchurch, or the swelling support for the Christians in Sri Lanka or the people who gathered to sing hymns around Notre Dame even as firefighters struggled to limit the damage. To paraphrase the gifted poet, "It's so hard to see hope's gems when you're looking through a crown of thorns, but those pearls are there to find, and goodness comes with each newborn."

Finally, I find in these examples another valuable aid. When we despair



Padre's Corner

with the bad news around us, we can use that to motivate us to positive action. Maybe challenge the negativity by deliberately helping a neighbour or connecting with someone who doesn't have many friends. Perhaps participate in a town clean up. The opportunities for overcoming evil with good are endless. And if it seems too small or insignificant, listen to the wisdom of St. David of Wales who reminded us to remember the little things, for by them God has changed the world.

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- Gospel according to John

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RAdm Craig Baines, front row centre, is seated, along with Formation Chief CPO1 Derek Kitching, with the award recipients from the latest Commander MARLANT and JTFA Honours and Awards Presentation Ceremony, held at Juno Tower on May 9.

CPL DAVID VELDMAN, FIS

US medal among presentations at MARLANT/JTFA Honours and Awards ceremony

By Trident Staff

LCol David Coker served as the CO of Canadian Role 2 Medical Treatment Facility during Operation INHERENT RESOLVE from April – October 2017, supporting the American-led mission against the Islamic State in Iraq and Syria. Our counterparts to the south recently awarded LCol Coker for his tireless work and professional excellence during that mission, making him a recipient of the United States Meritorious Service Medal.

The medal was presented to LCol Coker by RAAdm Craig Baines, Commander MARLANT and JTFA, at the most recent Honours and Awards Presentation Ceremony on May 9, on behalf of Major General Robert White of the US Army.

LCol Coker was the only member to receive an American medal on the occasion, but a number of others were present to receive various commendations or certificates of achievement. The ceremonies are held quarterly at Juno Tower to give senior leadership a chance to recognize and congratulate exceptional members of the Formation in a formal setting, with their family, friends and colleagues present.

The Commander Royal Canadian Navy Commendation, presented on behalf of VAdm Ron Lloyd, Commander RCN, went to five individuals.

- Cdr Jeffrey Hutt for his work as the Commanding Officer of HMCS *Charlottetown* during Op REASSURANCE in 2017.
- Sgt Lisa Ouellette for delivering first aid and calling first responders at the scene of a motor vehicle accident while on leave in New Brunswick in December 2017.
- CPO2 Sherman Lillington for his time as the Coxn of HMCS *Shawinigan* from July 2017 to July 2018, during deployments to Operations PROJECTION, NANOOK, and LIMPID.

- MS Nicolas Earle for his troubleshooting work as the Integrated Platform Machinery System Technician aboard HMCS *Ville de Quebec* during Op REASSURANCE from July 2018 to January 2019.
- LS Jeffrey Haskins, for his extraordinary professionalism and devotion to duty as a Port Inspection Diver, leading to his selection as the Canadian Fleet Atlantic 2018 Sailor of the Year.

A single Commander Canadian Joint Operations Command Commendation was presented, with LCdr Costa Aza receiving the Commendation for his courageous work preventing a violent confrontation while deployed as a Military Liaison Officer to the UN mission in South Sudan in December 2017.

The Commander Maritime Forces Atlantic Certificates of Achievement went to four individuals.

- Sgt Richard Ross, for his dedication and resourcefulness as the Dental Technician aboard MV Asterix since June 2017.
- CPO2 Stephan Handerek, for his work as Ammunition Manager during the initialization of Naval Replenishment Unit Asterix from April 2017 to August 2018.
- MS Joshua Van Beers, for his long hours of work replacing a Propulsion Diesel Engine cylinder head while deployed with HMCS *St. John's* to Op REASSURANCE from January to July 2018.
- LS Emily Wolfe, for dealing with heavy workloads as the Junior Financial Services Administrator in HMCS *St. John's*, also while deployed on Op REASSURANCE from January to July 2018.

There was also a single Department of National Defence Long Service Award presented, with Ms. Wendy Colley-Williams receiving the award to mark her 35 years of service to the Government of Canada.

Day of Mourning leads to calls for more health and safety awareness

By Virginia Beaton,
Trident Staff

The annual Day of Mourning event, held annually on April 28, was a somber affair this year.

Forty small Nova Scotia flags fluttered on the grounds outside Province House. Each one represented a Nova Scotian who died, were injured or became ill at work. Statistics show that in 2018, 26 Nova Scotians died because of their jobs: 14 from injuries and 12 from occupational diseases or conditions related to events in the workplace. Fourteen more Nova Scotians died from health-related conditions that may have been related to their work.

"We all understand it's been a traumatic year," said Stewart McLean, CEO of the Workers Compensation Board.

Speakers ranging from Lena Diab, provincial Minister of Immigration, to representatives of labour unions, all emphasized the value of safety training and awareness programs in the workplace, and of the importance of reporting unsafe practices or conditions.

Barbara Adams, MLA for Cole Harbour/Eastern Passage, described her experience as a physiotherapist working with patients recovering from workplace injuries. Mental health concerns are on the rise, she noted. "Bullying contributes to illness in the workplace."

CFB Halifax Base Commander Capt(N) David Mazur and Base Chief CPO1 Gregory laid a wreath on behalf of MARLANT.

David Giannou, Chief of Staff for MARLANT Safety and Environment, was also present at the ceremony.



Forty small Nova Scotia flags each represent a Nova Scotian who died, was injured, or fell ill because of work.

AVIATOR RENZO RUIZ HAAS, FIS HALIFAX

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Royal Canadian Electrical and Mechanical Engineers celebrate 75th Anniversary

By Ryan Melanson,
Trident Staff

The corps of the Royal Canadian Electrical and Mechanical Engineers are celebrating their 75th Anniversary in 2019, and members in Halifax marked the occasion on May 15, RCEME Day, with a special 75th Anniversary parade at TEME's Willow Park facility.

RCEME officially came into existence in 1944, with the merging of various elements from the Royal Canadian Engineers, Royal Canadian Army Service Corps and Royal Canadian Ordnance Corps, following the model of the British Royal Electrical and Mechanical Engineers (REME).

The Second World War brought an increased reliance on mechanized equipment, and the corps was born to meet the service and maintenance needs for things like trucks, armoured vehicles, weapons, and radio as one modern, unified force. That idea continues today with TEME, which houses all transportation, electrical and mechanical engineering functions under one unit.

The parade reviewing officer was Maj (Ret'd) Bruce Barteaux, who commanded TEME in Halifax when it was born in 1996.

"Some of my fondest memories from my time at TEME are from the people, the technicians, the drivers,



Maj (Ret'd) Bruce Barteaux inspects the members on parade during the RCEME 75th Anniversary event at TEME in Willow Park on May 15.

RYAN MELANSON, TRIDENT STAFF

the operators, logistics folks and everybody across the organization. It was an interesting time developing the TEME concept and coming together as one big team," he told the members and guests in attendance.

Maj (Ret'd) Barteaux said the future of TEME as it currently exists was in doubt during his time, which makes it all the more satisfying to be marking

75 years of RCEME at TEME's newly built headquarters.

"I'm fantastically pleased to see that it remains a living, breathing, vital organization and part of the operational capability of the Navy and the Canadian Forces," he added.

The formal ceremony also included the unveiling and raising of the new RCEME Camp Flag emblazoned

with the Corps' badge, which was developed to bolster esprit de corps around the anniversary. As of May 15, RCEME members are also entitled to wear the "Army Blue" berets that were the standard for the corps prior to unification in 1968, and members on parade switched to the new berets during the ceremony.

Following the anniversary parade, TEME members hosted their guests for a luncheon inside WL57, where they unveiled a new 75th Anniversary plaque, and personnel continued with a PD session in the afternoon focusing on the history and evolution of the corps.

Along with the celebration in Halifax and an RCEME sports day at 12 Wing Shearwater on May 17, RCEME members have also been marking the 75th anniversary with recent and upcoming projects and activities across Canada and around the world. This includes a 75th anniversary Home Station RCEME Ball in Borden, the formation of an RCEME team for the 2019 Nijmegen marches, hosting Exercise UNHORSED RIDER 2019, a skill at arms competition at the RCEME school, the release of a new documentary titled The RCEME Soldiers Story, 1994-2019 and more. A full schedule of 75th anniversary events can be found at <http://rcemecorpsgemrc.ca>.

BLog personnel are winners during National Safety Week 2019

By Rebekah Kinal,
Base Logistics Safety & Environment

In recognition of National Safety Week 2019, from May 5-May 11, Base

Logistics' (BLog) Safety and Environment team sent out daily emails which included a general safety tip, a link to NAOSH events happening around the city, and a question of the

day pertaining to the BLog Safety and Environment SharePoint website. Readers were guided to follow a pathway that would ultimately lead them to the answer. Every BLog member who responded with the correct answer was then automatically entered into a daily draw for the chance to win a first aid safety kit. Each correct response also earned each participant one extra ballot to win one of three grand prizes to be drawn at the end of the week. This weeklong incentive helped to not only showcase the informative and comprehensive BLog Safety website

but also helped promote a safe work environment.

Congratulations to the daily winners: Mike Daigle, LS Williams, John Locke, CPO2 Ashford, and LCdr Thys and to the overall grand prize winners: Chris Dagley, Mike McGuire, and PO1 Reade. The BLog Safety and Environment team are looking forward to making this an annual occurrence.

Remember: If you think the cost of safety training is expensive, compare it to the cost of one accident. Stay Safe!



The 3 Grand Prize winners receive their prizes at the BLog Mug-Out. From left, Chris Dagley, Cdr Chalmers, Mike McGuire, and PO1 Reade.

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The Massachusetts-Halifax Relief Commission Public Health Unit

By Lisa McNiven,
Collections Assistant, Naval Museum of
Halifax

Stadacona has a long tradition of supporting naval families. One of the lesser known chapters in this rich history is that of Admiralty House. This house has served many purposes during its 200 years; built to be the headquarters for the Commander-in-Chief of the Royal Navy's North Atlantic station, it was a Wardroom Officers' Mess, and is now the Naval Museum of Halifax. One of its lesser known roles was to serve as a Naval Hospital and community clinic.

The first naval medical unit in the house opened during the summer of 1917. The Halifax Explosion on December 6, 1917, ensured this hospital was short lived due to significant damage to the building. The House was damaged in the explosion but was resurrected in another medical capacity in 1920. With resources stretched thin, the Public Works Department of Halifax requested that the RCN assist in supporting the local families in the neighborhood who were still recovering and rebuilding from the destruction. The Admiralty gave permission for Admiralty House and its grounds to be used as the Massachusetts-Halifax Relief Commission Public Health Unit No.1 public health unit.

Operating from May 1920 to 1924, the purpose of the clinic was to improve the standard of living and health for the North end community. According to the Halifax Relief Committee, it was an ideal location given the House's previous history as a hospital, and the grounds that could be used as a community garden to grow fresh vegetables and encourage healthy nutrition. "It was convenient of access to families who had suffered most in the disaster and were in most need of its service. It was an ideal center also, because of its location in that part of the city where nearly half of the city's babies were born."

The Clinic opened with a staff of 13 Public Health nurses, 18 doctors and support staff. Among the staff was Dalhousie's first female dental graduate, Dr. Arabelle MacKenzie. She worked as a pediatric dentist in the



Health Centre No. 1, (Admiralty House) Halifax, N. S.

Health Centre No.1, Admiralty House.

DALHOUSIE ARCHIVES

house and during that time met Dr. MacCallum, after whom the MacCallum Health Clinic building is named). The hospital ran six days a week with services for pediatric care, tuberculosis screening, pre-school dental, posture and a prenatal and baby welfare clinic. There was a temporary ward for the removal of tonsils and adenoids. In four years the hospital carried out 257,967 clinical treatments and outreach visits. In addition to providing medical services, the clinic hosted mother and baby socials and shared education resources such as nutrition classes with an emphasis on healthy eating. The Commission encouraged the community to participate in these activities. "In the spring of 1920, the garden (on Admiralty House property) was divided into plots and apportioned to some 30 families possessing no yard of their own. This plan has been carried out with great success each year." The clinic was eventually incorporated into the Dalhousie Health Services.

During the Second World War, sud-

den growth and overcrowding in Halifax created a need for family support and demand for public health clinics rose again. A joint project by the Halifax Medical Society, the Dalhousie Health Clinic and the RCN opened sometime after 1941.

Known as the RCN Well Baby Health Service, it was formed as a support for families of sailors. It consisted of three Canadian naval and naval volunteer reserve doctors who carried out the project along with Nursing Sister Elaine Ambery. A newspaper article written after 1941, celebrates the process of keeping children of the RCN healthy, noting that "the clearing up of general baby problems and the prevention of immunizable infectious diseases will prove a great boon." The conclusion of the article states that both naval wives and women of the community were needed to make the program work and the program proved successful.

After 1942, a Well Baby Clinic was established at Stadacona. According to a base inventory of housing units,



Doctor with young patient at Health Centre No.1, Admiralty House.

DALHOUSIE ARCHIVES



Health Centre No.1, part at Admiralty House August, 1923.

DALHOUSIE ARCHIVES

a 1,500 square foot clinic was established near the R.C.N. hospital. The clinic had evolved from a once a week, appointment based service to a four-day a week clinic and day nursery. "Twice a week this building is open as a baby clinic, where mothers can get advice on feeding, inoculations, etc., while on two other days throughout the week it functions as a day nursery, where mothers may leave their children while they for shopping." The clinic continued until at least 1963 with Nursing Sister Ambery still on site, conducting home visits and check-ups. A newspaper article in 1963, lists the continued services and the names of volunteers who worked at the clinic.



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A cornucopia of support on McHappy Day®

By Sarah-Jean Mannette,
Halifax & Region Military Family Resource Centre

For just the second year, proceeds from McHappy Day® went to support military families in our community. And the support was incredible.

McHappy Day® is an annual, one-day fundraising event held by McDonald's restaurants across Canada to raise money for Ronald McDonald Houses and other local charities. The McDonald's restaurants at 3486 Kempt Road (Halifax) and 393 Pleasant Street (Dartmouth) donated part of their proceeds to the H&R MFRC.

Peter MacIsaac, a McDonald's franchisee of five locations, including Kempt Road and Pleasant Street, was grateful for the opportunity to raise awareness of the H&R MFRC and to continue to support military families in the area. "With our restaurants being located so close to CFB Halifax and 12 Wing Shearwater, allocating a portion of proceeds to the H&R MFRC made perfect sense."

Shelley Hopkins, executive director of the H&R MFRC, is grateful for the growing partnership with McDonald's. "The generosity shown by McDonald's over the past year has been outstanding. McHappy Day® is a great way to support military families and raise the profile of the H&R MFRC."

"There are approximately 10,000 military members and families in the area we serve and we want them to see themselves in the Centre. We are their MFRC," Hopkins said. The H&R



On McHappy Day, Shelley Hopkins, H&R MFRC Executive Director, stands with Capt(N) Mazur, CPO1 Gregory, and Sandra Were, Public Manager at Angus G Foods (McDonald's).

CONTRIBUTED

MFRC supports Regular and Reserve Force CAF members, medically releasing CAF and Veterans, and their families, within Halifax and region, Shearwater and Central and Northern Nova Scotia, including Cape Breton.

From a combination of cash donations and proceeds from every Big Mac, Happy Meal, and hot McCafé beverage purchased during McHappy Day®, the H&R MFRC received \$6,187.95. These funds will directly support under-funded and unfunded initiatives for military families.

In addition to the donations received, McHappy Day® provided staff and volunteers of the H&R MFRC chance to connect with the community. In their red shirts, they called out order numbers, assisted customers in

the restaurants, gathered donations, all while raising awareness about the unique aspects of the military lifestyle and the importance of supporting military families.

12 Wing Shearwater's HCol, Tom Birchall, mingled with the crowd at the Pleasant Street restaurant, while CFB Halifax Base Commander Capt(N) Dave Mazur and Base Chief Petty Officer CPO1 Kent Gregory teamed up to assemble orders and chat with customers at the Kempt Road location.

"The support was overwhelming," said Capt(N) Mazur. "The community's generosity demonstrates the respect and admiration it has for military families, and the staff couldn't have been more helpful and accommodating." And as a former McDonald's employee, Capt(N) Mazur was in his element: "Although some of the technology has changed from 1985, being behind the counter felt like old times!"

Hopkins, who worked the drive-thru at Kempt Road, added: "It was heartwarming to see the community show

their support to military families. Thank you to everyone! Thank you to Peter MacIsaac, Sandra Were, and the amazing staff at the Kempt Road and Pleasant Street McDonald's!"

The H&R MFRC is a not-for-profit, charitable organization, governed by a volunteer Board of Directors made up of a minimum of 51 per cent military family members. Supporting military families since 1986, the mission of the H&R MFRC is to strengthen the wellbeing of all those who share the unique experience of military life. The H&R MFRC customizes its programs to meet the changing needs of military families, and focus on: mental health and wellbeing, education and employment, relocation, personal development, deployment, veteran family transition support, as well as child, youth and parenting. For more information on the H&R MFRC, please visit: <http://www.halifaxmfr.ca>.

The H&R MFRC Annual General Meeting

For one night only.

Join us Wednesday, June 12 at the Shearwater site, H&R MFRC for our open house. We welcome all military members and their families to connect with staff of the H&R MFRC, community partners, and other military families. You'll also hear about the past year's goings on and meet the members of the H&R MFRC's Board of Directors. Our doors open at 5 p.m., with light refreshments and social time, followed by our annual general meeting, which starts at 6 p.m. See you there.

AGM details:

Date: Wednesday, June 12

Time: 5-7pm

Cost: No cost

Location: Shearwater site, H&R MFRC (30 Provider Road – Bldg 14)
Contact: 902-427-7788

Cheddar jalapeno chicken burgers

By Caitlin Zwicker,
Halifax Officer's Mess Manager & Juno Catering Manager, CFB Halifax

An alternative to a beef burger with a little zip as the weather warms up.

Serves 4 people
Ready in: 30 minutes
Ingredients:

1.5 lbs Ground chicken
½ cup Finely chopped yellow onion
¼ cup Finely chopped fresh cilantro
2 Garlic cloves, finely chopped
2 tsp Chopped jalapeno
1 tsp Ground cumin
1 tsp Paprika
1/3 cup Shredded cheddar cheese
Kosher salt and freshly cracked pepper

Directions:

1. In a bowl combine all of the ingredients until thoroughly mixed, without overmixing.
2. Form mixture into four ½" thick patties
3. Refrigerate until ready to cook.
4. Heat the BBQ to medium heat. Cook the burgers until cooked through 5 to 7 minutes per side.
5. Serve each patty in a burger bun topped with guacamole, sour cream and any additional toppings desired.

Serve your burgers with your favorite toppings.

Toasted burger buns, sour cream, lettuce, sliced red onions, 1 cup guacamole (optional).

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The Mariners play the Nova Scotia See Kings

On May 19 at the Halifax Forum, a team made up of military members from CFB Halifax took part in a showcase hockey game against the Nova Scotia See Kings, a team from the NS Blind Hockey Association. Military members wore special goggles that simulated the various visual impairments of the players on the See Kings. It was a spirited affair with the See Kings coming out on top, 4-3.

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When information becomes a weapon

By Ryan Melanson,
Trident Staff

Everyone has heard the old adage that claims the pen is mightier than the sword, but BGen Jay Janzen puts a different spin on that phrase when speaking about the changing nature of the information environment and its role in conflict and warfare.

“What if the pen is a sword? What are the implications for the Canadian Armed Forces and for Canada if we believe that’s true?” he asked during a recent presentation in Halifax to members of the Royal United Services Institute of Nova Scotia and special guests on May 8.

BGen Janzen is the Director General of Military Strategic Communications, which includes overseeing a number of tools that haven’t always been considered hard assets in conflict. Countries like Russia, however, consider themselves to be in an “information war” with the west, and have no problem using all tools at their disposal to antagonize other countries and their militaries, sway public opinion, and spread disinformation, he said.

In Latvia, for example, when Cana-

dian troops arrived in 2017, the NATO mission immediately dealt with inaccurate or fake stories being pushed through local media from state-sponsored sources. This was expected and a media strategy helped lessen the damage, but these types of attacks still have an impact. Another example involved the denial of Russian involvement in Ukraine when military assets began to arrive in 2014. Despite proof existing on the ground, a campaign of misinformation meant much of the European public was skeptical about the reality of the invasion.

Combine this type of media trickery in the age of social media with powerful cyber warfare and hacking tools, like the kind that allowed Russian forces to hack the locations of Ukrainian artillery units through a phone app in 2014, and it’s clear the information and cyber space is becoming another theatre of war.

“We’ll always need our air power, land power, sea power and special forces, but some of what we have typically called enablers, things like logistics, medical, information and cyber capabilities, have been treated like add-ons,” BGen Janzen said.

“We can’t afford to operate that way



BGen Janzen says members of enhanced Forward Presence Battle Group Latvia, like those seen here participating in EXERCISE TOMAHAWK PATROLLING in the town of Aluksne last fall, were the focus of Russian disinformation campaigns immediately after the mission began in 2017.

EFP BG ROTO 3 LATVIA IMAGERY

anymore. If we don’t have cyber capabilities and operate in the information space, we’re going to be in trouble.”

This also means a changing role for those in charge of getting information and messaging out there, and public affairs, communications and IT staff should consider themselves warriors on the information front, he added.

Unlike certain adversaries, however, the CAF is required to be truthful when pushing out information and shaping narratives, meaning creative thinking may be needed to combat

the types of cyber warfare that will likely be commonplace during future conflicts, elections, and other international events. The use of truth and the moral high ground can be combined with emotion, storytelling and other persuasive tools to shape the narrative, BGen Janzen said.

“We need to be transparent and forthcoming with the Canadian people. We can’t be like our adversaries, but we can’t do what we’ve always done. We need to figure out innovative ways of fighting this.”



BGen Jay Janzen, Director General Military Strategic Communications, speaks to members and guests of the Royal United Institute of Nova Scotia on May 8.

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Come out and Play

By Ryan Melanson,
Trident Staff

The start of the summer months at CFB Halifax also means the return of DND Family Days, the signature event sponsored by Personnel Support Programs Halifax that brings as many as 20,000 guests to HMC Dockyard each year.

This year's event, the 23rd annual DND Family Days, is set for June 21 and 22, and the 2019 theme is "Come out and Play," celebrating the spirit of classic activities like board game nights that bring the whole family together. And there will be plenty of fun for all members of the family as they make their way around the life-size game board that is the Family Days site, experiencing both mechanical and inflatable rides, carnival games, snacks, face painting, live music, prizes and more. It's all made possible by the hard work of PSP Halifax and DND staff, volunteers, and the generous support of the Family Days corporate sponsors.

Many of the favourite attractions from previous years will be back for 2019, including the Chef cook off and cookie decorating station from Presenting Sponsor Sobeys, rides in both the Harbour Hopper and Navy RHIBs,

a special kids' inflatable zone outside HMCS *Scotian*, the Via Rail train ride around Jetty NB, and more. A few new attractions will also be on hand, including a booth from local business Nearby Planet VR, offering guests a break from reality as they explore the virtual gaming world.

Thanks to the military setting, many of the assets of Maritime Forces Atlantic will also be open for tours and displays, including HMC ships *Fredericton* and *Gloucester*, the RCAF's new CH-148 Cyclone Helicopter, Military Police and CFB Halifax Fire vehicles, and Army equipment from 5 Cdn Division.

And continuing a successful partnership that began in 2018, Casino Nova Scotia will once again be providing the musical entertainment for the weekend, with yet-to-be-announced artists performing live inside the Dockyard during both days. Parents can relax, grab a drink or some food, and enjoy the entertainment while kids hit the rides and games.

DND Family Days wouldn't be complete without a selection of great draw prizes, which can be won each day starting at 2 p.m. in the PSP Entertainment Tent, including bicycles, gift cards, free trips and many more items to be won. Guests should also

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at DND Family Days

be sure to explore the entire site and visit each sponsor booth for a chance at special prize draws.

More information regarding musical entertainment, prizes, and other aspects of the weekend will be released in the coming weeks.

Organizers are also still searching for more military and DND volunteers to help with this year’s event, and

anyone interested in taking part is asked to phone 902-721-8335 or email glen.langille@forces.gc.ca. Volunteers receive food, refreshments, a chance at draw prizes, and of course, are still welcome to invite their families. Volunteers are also invited to a special post-Family Days thank you event with free lunch and volunteer-only prizes.





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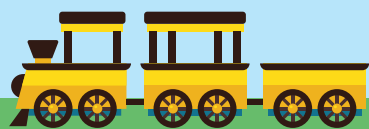


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DND
FAMILY
Days

JUNE 21-22



Helpful tips for enjoying DND Family Days

By Trident Staff

PSP Halifax wants to ensure that all members of the DND community have a great time at Family Days, and thanks to the work of staff and volunteers, it's easy to have a fun and safe weekend. By following these few tips and pointers, you can ensure your family makes the most of the rides, games, tours and other activities offered at HMC Dockyard.

- Family Days dates and times: Friday, June 21 (11 a.m. - 6 p.m.) and Saturday, June 22 (10 a.m. - 5 p.m.).
- Photo ID is required to enter the Family Days site, and searches of bags and other personal belongings should be expected. Acceptable photo ID includes DND ID, Military Family ID, and CFOne Card. Entrance is through HMCS *Scotian*.
- Any guests beyond immediate family must be accompanied at all times while inside the

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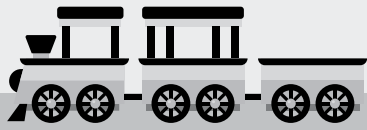
Helpful tips for enjoying DND Family Days

- Family Days site, and sponsors will be responsible for the conduct of their guests.
- All personnel entering any gate will receive a bracelet on both Friday and Saturday. A draw ticket will be attached to the bracelet, which will be removed by staff and entered for draw prizes.
 - Prize draws begin at 2 p.m. each day in the PSP Entertainment Tent. An entry bracelet must be shown to gain access to the tent for draws, and any alteration to this bracelet will void your ticket for prize draws.
 - Most DND Family Days activities are free, but cash is required for carnival games, to purchase barbecue tickets or items from food truck vendors, and for alcoholic beverages.
 - The Harbour Hopper will be on site for Friday only, and tickets, available for free at the Murphy’s on the Water tent, are required for a ride. Tickets go fast, and guests are encouraged to get them early. Rides begin at 12:15 p.m.
 - Closed-toe shoes are required to take advantage of RHIB rides in the harbour.
 - Plan for varying weather, as June can be unpredictable. Sunscreen is recommended, but bringing a sweater is also a good idea.
 - Pets will not be allowed into the Dockyard during Family Days.



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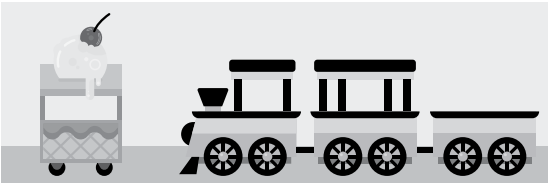




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DND FAMILY Days

JUNE 21-22



Win great prizes at DND Family Days

By Trident Staff

The daily prize draws are always a highlight at DND Family Days, and this year will be no different. The PSP Halifax Corporate Sponsorship team works hard to make these draws a big event, with a variety of prizes to appeal to the whole family. Thanks to generous sponsors, a number of great trips, adventures, gift cards and more are up for grabs. To win, all you need is your entry bracelet and to be present in the tent when your ticket is drawn. The list of prizes for this year includes:

- Family trip for four anywhere in North America from WestJet
- Family trip for four from Halifax to Toronto in a Via Rail Sleeper car
- \$500 Via Rail travel vouchers
- Gift cards and more from Sobeys
- Tickets to a taping of *This Hour has 22 Minutes* courtesy of CBC
- One-night stay at the Lord Nelson Hotel and Suites

- Family passes to the Harbour Hopper and Tall Ship Silva Cruise from Murphy's Cable Wharf
- Air Miles prizes from Metro Self Storage and from BMO
- Gift bag and park passes from Parks Canada
- Bicycles courtesy of Raytheon and Go Gold Resources
- Two-hour virtual reality party package for 15 people from Nearby Planet VR
- Three return passage tickets for the Fundy Rose Ferry Service from Bay Ferrie
- Additional gift cards from Subway, Manulife, Giant Tiger, Tim Hortons, Avis Budget, SISIP-CANEX, The Personal, OK Tire, Ultramar, and more.

That's just a small sample of the prizes that will be available at DND Family Days. Be sure to be in the PSP Entertainment Tent at 2 p.m. each day to ensure you don't miss out.



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TRIDENT Sports

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PO2 Lieu achieves Platinum in the CAF FORCE Test

By Mona Ghiz,
MARLANT PA

PO2 Hoa Lieu recently hit her fitness goal by reaching Platinum in the FORCE Operational Fitness Evaluation. Achieving an almost perfect score of 398 out of 400, she has accomplished a feat only one percent of CAF members have reached since the FORCE Evaluation began in 2013.

Lucas Hardie, Coordinator of Fitness and Sports at PSP Halifax said, "The FORCE Evaluation is made up of four separate evaluation components, designed to elicit and measure different physical capabilities and consists of sand bag drag, sandbag lift, intermittent loaded shuffles and 20 meter rushes."

Lucas went on to say, "There is one minimum standard for all CAF members. The fitness test is researched based and rewards people who achieve the highest level of fitness with Platinum being the highest level." All CAF personnel have a responsibility to maintain a high standard of personal fitness and this standard will be evaluated by the FORCE evaluation.

"I was relieved to finally achieve it this year, because I tweaked my workout to strengthen my weakness," said PO2 Lieu. "Reaching platinum is an athlete's mentality; you got to want it bad, to go get it."

PO2 Lieu changed her training regime to include biking to work for



PO2 Hoa Lieu, a Boatswain by trade, currently works as a Personnel Analyst at the Personnel Coordination Centre (Atlantic).

MONA GHIZ, MARLANT PA

one hour in each direction. She said, "I try to work out five days a week. For weight lifting, I broke my muscle groups into a three-day split. So some days, I was biking, weightlifting, and running."

She added, "I treated the FORCE Test like a sport. In this sport, there are five events and each taxes the body differently. I based my workouts on what muscle groups were required during the test and I strengthened and stretched them to increase mobility. I conditioned my body to take the pounding of carrying the sandbag and sprinting."

A Boatswain by trade, PO2 Lieu



PO2 Lieu achieved 398 out of a possible 400 on her FORCE Operational Fitness Evaluation.

MONA GHIZ, MARLANT PA

works onboard Royal Canadian Navy warships. "There is a lot of manual work, heaving, lifting and operating weapons," says PO2 Lieu. "Your physical fitness plays a valuable role. You need to be as strong as the guys in your unit, to be successful in your position."

PO2 Lieu was six years old when she and her family emigrated from Vietnam to Calgary, Alberta in 1980. Fitness and sports has always played an important role in her life. She played basketball, volleyball, badminton and participated in track while growing up. She attended the University of Regina and competed as

a member of the Women's Wrestling Team.

Physical fitness and self-improvement is a culture integral to the CAF which is why a career in the RCN was a natural fit for PO2 Lieu, who joined the Naval Reserve 26 years ago in Regina. PO2 Lieu is currently employed as a Personnel Analyst for Personnel Coordination Centre (PCC) Atlantic and says, "The Navy is not a one size fits all. There are many trades to choose from, so there is something for everyone..." As a member of the top 1 percent in the FORCE fit club, PO2 Lieu emphatically states, "...the Navy is the place to be."

Pitching and hitting records

By Stephen Stone

Questions

1. Only two pitchers who recorded 3,000 or more strike-outs in their career are not in the Hall Of Fame, mainly for reasons outside of baseball. Who are they?
2. Who is the most recent member of the 3,000 strike-out club?
3. Who are the only three lefties to toss 3,000 or more strikeouts in Major League Baseball?
4. Who are the only members of the 4,000 or more strikeout club in the MLB?

5. Who was the first pitcher to toss 3,000 or more career strikeouts?
6. Who was the second pitcher to join the 3,000 plus club?
7. Who is the only member of the 5,000 K club? This is your gimme.
8. Who was the first member of the 3 000 hit club?
9. Who was the last MLB player to record baseball's triple crown twice?
10. Who was the last pitcher to win baseball's pitching triple crown twice? He did it in consecutive years.
11. Who was the first unanimous choice

- for election into Major League Baseball's Hall of Fame?
12. How long is the waiting period for eligibility into baseball's Hall of Fame?
13. Who were the first players selected to Baseball's Hall of Fame in 1936?
14. In which years were none elected to Baseball's Hall of Fame?
15. Who was the only player elected to the Hall of Fame in 1988?
16. Who holds the career record for pick-offs by a catcher with 81?
17. Who holds the record of Golden Glove awards for a shortstop?

18. Who holds the record of Golden Glove awards for a third baseman?
19. New York Giants pitcher Carl Hubbell had an amazing win streak of 24 consecutive games in the 1930s. Which American League pitcher came close with 20 consecutive wins in 1998-99 seasons?
20. In 1968 Bob Gibson of the Cardinals had an amazing 1.12 ERA. Which American League pitcher in the 1981 threw a paltry 1.04 ERA?

Answers on page 22

Atlantic team takes CAF squash nationals on home courts

By The Aurora Staff

14 Wing Greenwood hosted the CAF national squash championship May 11 to 16, with approximately 50 visiting athletes from bases and wings across the country. 14 Wing had four athletes - WO Alain Chalifoux in the master's division, Cpl Jonathan Provost in the junior division, and both Maj Annika Roussel and MCpl Dominique Poulin in the female division - in the competition as part of the Atlantic region team, which went on to win the CAF team award by the end of the week.

Individual medals

Open women's category - runner-up: Cpl Gena Parent, Western region; winner: MCpl Dominique Poulin, Atlantic region.

Under 30 - runner-up: Lt Karan Malhan, Ontario region; winner: 2Lt

Basel Wehba, Quebec region.

45-plus category - runner-up: Representing the Quebec region: CWO Graham James, Quebec region; winner: MajLuc Leveille, Quebec region.

Open men's category - runner-up: Lt Kevin Burke, Ontario region; winners: MWO Yan Frappier, Quebec region.

Team medals

Runners-up - Western region: CPO2 Tim King, LS Kyle Reyes, Capt Neral Zlatko, LCol Simon Comtois, Cpl Jason Sheardown, PO1Keith Parsons, Capt Robert Johnston, Cpl Gena Parent and SLt Hyunji Lee.

Champions - Atlantic region: LCdr Chris Lien, Sgt Martin Dubois, WO Alain Chalifoux, LCol Stephane Racle, WO Doug Junkin, Sgt Terry Flick, Maj Annika Roussel, MCpl Dominique Poulin and Cpl Jonathan Provost.



Atlantic region squash team members at the national competition at 14 Wing Greenwood.

LS C. MOON, 14 WING IMAGING

Pitching and hitting records

Questions on page 21

Answers

1. Roger Clemons and Curt Schilling
2. C. C. Sabathia of the New York Yankees who joined the club May 1, 2019
3. C. C. Sabathia, Steve Carlton, and Randy Johnson
4. Steve Carlton, Randy Johnson, Nolan Ryan, and Roger Clemons
5. Walter "Big Train" Johnson of the Washington Senators
6. Bob Gibson of the Cardinals in 1974. It was 51 years after Johnson recorded his 3,000th K.
7. Nolan Ryan with a career total of 5,714.
8. Cap Anson of the Cubs franchise. He got his hit.
9. Ted Williams - Boston Red Sox - .356 avg; 36 HR; 137 RBI- 1942: .343 avg; 32HR; 114 RBI - 1947
10. Roger Clemons - Toronto Blue Jays - 21-7; 2.05 ERA; 292 SO -1997:

20-6; 2.65 ERA; 271 SO.

11. Mariano Rivera - 2019 - first choice on all ballots cast. Not even The Babe managed that. His 95.13% of the ballots place him 14th on the list. Lou Gehrig was acclaimed to the Hall in 1939.
12. A person must be retired from professional baseball for five years to be eligible although the committee may waive the requirement in the event of death as for Doc Halladay.
13. Ty Cobb, Walter Johnson, Babe Ruth, Chris Mathewson, and Honus Wagner.
14. 1940; '41; '43; '50; '58; '60.
15. Willie Stargell - Pirates
16. Ivan Rodriguez
17. Ozzie Smith - Cardinals
18. Brooks Robinson - Orioles
19. Roger Clemons
20. Rollie Fingers - he was also the American League MVP, Cy Young Award and Rolaids Relief Award winner.

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. 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 Coach and players needed for 12 WING slo-pitch team. Practices are Tuesdays from 2-4 p.m. and Thursdays from 1-3 p.m. 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

mation 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 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 or search Navy Tridents Triathlon Club on Facebook.

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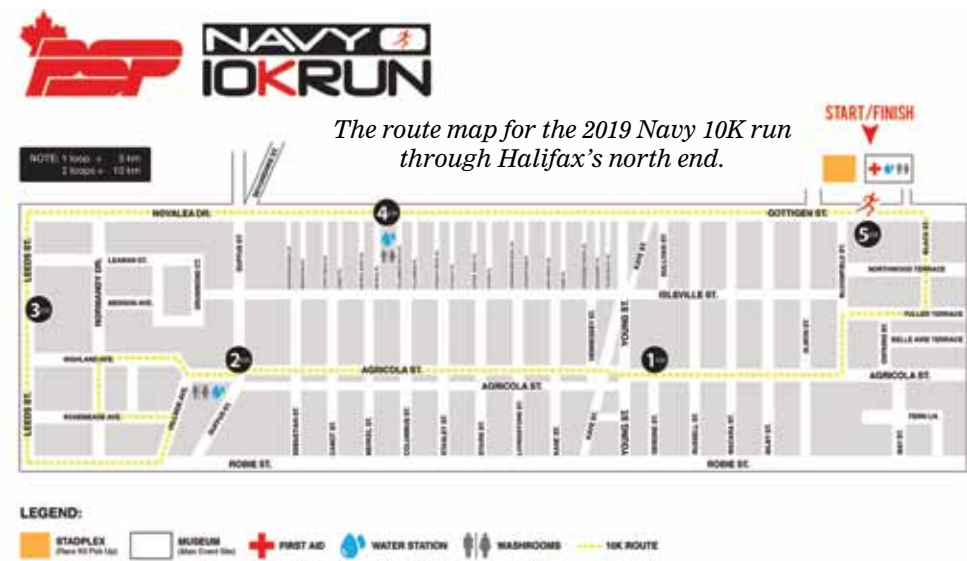
Shearwater Gym, Mondays and Wednesdays 12 p.m. - 1 p.m. For more information please contact Sgt Rick Austin, 720-1711 or rick.austin@forces.gc.ca

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

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Register now for 34th annual Navy 10K

By Ryan Melanson, Trident Staff

Fitness and Sports has always been hugely important at CFB Halifax, and in 1944, as personnel prepared for the operation that would begin the end of the Second World War, they relied on Navy sporting events and facilities to keep them in shape.

This year, as Canada marks the 75th anniversary of D-Day and honours the sacrifice of those who took part, that commitment to fitness still exists, and events like the Navy 10K now of-

fer a way for the civilian and military community to come together to support health, fitness and the Canadian Armed Forces.

This year's race is set for Saturday, August 18, at 9:30 a.m. and registration options include the regular 5 and 10 kilometre routes through the north end of Halifax, along with 1.25km and 2.5km kids' runs inside the Stadacona gates. Registration opened in May, and anyone who signs up before June 12 will be entered in an early bird draw for a \$500 Via Rail travel voucher. Of course, all race participants will also

Runners take off from the starting line on Gottingen Street at the 2018 Navy 10K. This year's race takes place on Saturday, August 18.

RYAN MELANSON, TRIDENT STAFF

have a chance to win great prizes on race day itself, and all runners receive a Navy 10K T-shirt, finishing medal, snacks and drinks, and official race time provided by Atlantic Chip Sport Timing.

Registration is only \$30 for CAF members and \$40 for civilians, with registration for the 1.25K and 2.5K kids runs priced at \$20. Registration in person will be available on the morning of the race with an extra \$5 fee added, until 7:45 a.m. for the kids and until 9 a.m. for the main race. On-line registration will be open until 11

p.m. on August 17 at <http://raceroster.com>.

For runners who can't be in Halifax on August 18, the popular virtual run option is also back for this year. Participants can register normally online, determine their race route anywhere in the world, and contact Navy10Krun@gmail.com to finalize the details.

Stay tuned for more information regarding prizes and the special design of the 2019 finishing medals as race day approaches.



HMCS Charlottetown claims MEGA Floor Hockey Championship

A PSP Halifax MEGA Floor Hockey tournament was held from May 13-17 at the Fleet Fitness and Sports Centre, with teams from HMC ships Halifax, Fredericton, Montreal, and Charlottetown competing, as well as teams from Trinity, PCC (Atlantic) and FMF Cape Scott. Semi-final matchups saw HMCS Halifax defeat Cape Scott by a score of 9-5, while HMCS Charlottetown defeated PCC(A) 6-2. The hard-fought final game ended with a 4-2 score for Charlottetown over Halifax.

RYAN MELANSON, TRIDENT STAFF

2019/2020 Formation Halifax COTW/COTF/WING CUP May 2019 - April 2020			
SPORT	COTW	COTF	WING CUP
Soccer (MEGA 3)	June 10-14 2019	June 10-14 2019	June 10-14 2019
Slo-Pitch	October 7-11-2019	October 7-11-2019	Sept 23-27 2019
Golf (MEGA 3)	July 15 2019	July 15 2019	July 15 2019
Running	TBD	TBD	TBD
Badminton	November 18-22 2019	November 18-22 2019	November 18-22 2019
Fitness Challenge	September 27, 2019 TBC	September 27, 2019 TBC	September 27, 2019 TBC
Volleyball	October 21-25, 2019	October 21-25, 2019	October 21-25, 2019
Basketball	September 16-17-19	September 16-17-19	January 20-24, 2020
Ice Hockey	January 20-24-19	January 20-24-19	December 2-6, 2019
Curling (MEGA #)	March 2020 - email sent to Floyd to book		
Floor Hockey	April 27-01 May-2020	April 27-01 May-2020	April 13-17, 2020
Deadlift Ladder	??	??	??

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