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TRIDENT

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



HMCS *Toronto* marks 75th anniversary of D-Day

HMCS Toronto's crew poses for a group photo after a memorial service held in honour of the 75th anniversary of D-Day on June 6, 2019 while deployed in the Mediterranean Sea for Op REASSURANCE.

MCPL MANUELA BERGER, FIS HALIFAX

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HMCS *St. John's* participates in Ex FORMIDABLE SHIELD 19

By Capt Matt Zalot,
Public Affairs Officer

HMCS *St. John's* recently deployed off the coast of Scotland to participate in Exercise FORMIDABLE SHIELD 19 (FOSH 19), a US Navy-led, live-fire Integrated Air and Missile Defence exercise. Working with our international partners and Allies from May 1-19, *St. John's* joined approximately 3000 sailors from Belgium, Denmark, France, Germany, Italy, the Netherlands, Norway, Spain, the United Kingdom, and the United States to take part in this successfully executed ballistic missile defence and anti-ship missile defence opportunity.

It's not every day that a Canadian Halifax-class frigate sails in the company of a 12-vessel task group and fires Evolved Sea Sparrow Missiles (ESSMs), but FOSH 19 was the ideal proving ground to test the extent of our capabilities in terms of fully integrating air and surface ship defence, as well as our readiness to conduct counter attacks in the maritime environment. As Commanding Officer of *St. John's*, Cdr Peter Sproule explained, our participation here allowed the RCN to play a role in "the premiere anti-ship missile exercise, giving us an opportunity to work with our NATO partners to deal to with any kind of missile threat – from subsonic anti-ship cruise missiles to modern ballistic missiles."



HMCS *St. John's* sails in formation as a member of a 12-vessel task group during Ex FORMIDABLE SHIELD 19.

SUBMITTED

Essentially, for two weeks, the Canadian ship executed the intense training schedule that planners had spent the last two years preparing. In December 2018, *St. John's* started her preparations for the large-scale multinational exercise. In January and February, the Combat Systems Engineering department, in concert with Fleet Maintenance Facility Cape Scott, worked at great length to ensure the readiness of *St. John's*'

weapons systems. At the same time, the Operations department conducted training and certification for the complex event that is missile firing. So, although the missile shoot occurred at the speed of sound, the trials and the training period leading up to FOSH 19 was in truth a navy-wide effort of planning, systems checks, training, and fire-control maintenance activities.

This exercise proved to be a positive professional experience for those on board, and it was instrumental for building confidence and experience

for many of the sailors. This FOSH was the second in a series of exercises committed to demonstrating high-end warfighting capability and, while its stated aim was to improve allied interoperability in an IAMD environment, it also allowed the HMCS *St. John's* crew to identify gaps in our own training and better understand our capabilities within NATO command and control reporting structures.

Beyond that, Canadians took the lead in maximizing the effective use of the training window, adding extra serials like cross pollination with the Italian, Danish and the Dutch navies, and executing tow approach exercises. We were also responsible for bringing remote controlled targets for gunnery serials, such as the Hammerheads used for surface threat scenarios and the Vindicators used for air threat scenarios. Sniper drones were also provided to test tracking capabilities against small Unmanned Aerial Systems.

So in the end, the exercise was successful, and it saw more than a dozen successful live-fire and simulated engagements against subsonic, supersonic, and ballistic targets. Beyond that, FOSH 19 was a win in terms of collaboration, and integrating as a task group with our Allies. Cdr Sproule succinctly explained the Canadian perspective: "The RCN is committed to working with our NATO partners in countering any threat that may confront the Alliance, and *St. John's* and her entire crew were very excited to be in Europe participating in this exercise."



A QinetiQ worker prepares to deploy the Vindicator drone before a live fire exercise onboard HMCS ST. JOHN'S during FORMIDABLE SHIELD on May 4, 2019.

PTE SARINA MCNEILL, FIS HALIFAX



HMCS *St. John's* fires Evolved Sea Sparrow Missiles during Ex FORMIDABLE SHIELD 19.

SUBMITTED



D-Day sacrifices remembered at Point Pleasant Park ceremony

By Ryan Melanson,
Trident Staff

As part of the signature Government of Canada events being held in Halifax to mark the 75th anniversary of D-Day and the Battle of Normandy, members of the public gathered with dignitaries and military members for a special wreath-laying ceremony at the Halifax Memorial in Point Pleasant Park on June 5.

The crowd stood in the rainy and windy weather to honour the sacrifices of those who took part in the invasion of German-occupied France that began on June 6, 1944, an operation remembered as one of the critical turning points of the Second World War. More than 14,000 Canadians, among the 90,000 total allied troops, went ashore on Juno Beach in Normandy, and more than 10,000 RCN sailors or Merchant Navy sailors played important roles in minesweeping and transporting troops, weapons, food and other cargo.

"From the landings at Juno Beach, through the grueling push across the French countryside in the weeks that followed, Canadian Forces joined our allies in battle and helped change the

course of the Second World War and the world we now live in," said SLt Edith Sullivan, who served as master of ceremonies for the day.

Continued on page 4



HMCS Fredericton stands offshore Point Pleasant Park during the D-Day ceremony on June 5.

MICHAEL BAYER, FIS HALIFAX

A pair of combat boots arrived at the VIA Rail station in Halifax on Monday, June 3. The boots travelled by train across Canada to symbolize 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.

CPL DAVID VELDMAN, FIS HALIFAX

Celebrating the history of naval aviation in Canada



There's more and more to see each year at the Shearwater Aviation Museum at 12 Wing Shearwater, and it's the only Canadian Forces museum to boast two Sea King helicopters. The aircraft shown here book-end the 55-year history of the Sea King, with the helicopter in the background representing the aircraft as it looked when it came into service in 1963, and the more familiar grey paint job of the helicopter that was retired just last year. *Photo by Christine Hines*

Shearwater Aviation Museum
32 Bonaventure St., Shearwater, NS
902-720-1083
www.shearwateraviationmuseum.ns.ca

169919



D-Day veterans are joined by Gen (ret'd) Walter Natynczyk, Deputy Minister Veterans Affairs (left) during the ceremony.

MICHAEL BAYER, FIS HALIFAX



Publication
Schedule
for 2019

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

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Community Calendar

Reunion and event notices must be submitted by email.

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

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

Metis and Heritage: Follow the Mi'kmaq Trails

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

Date: Friday, June 21

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

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

CFB Halifax Walk

Time: 10:30 a.m.

Date: Thursday, June 27

Location: CFB Halifax Stadacona

The CFB Halifax Walks are now tak-ing place each month, with the next set for Thursday, June 27. Both mili-tary and civilian members are wel-come 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.

Author Reading: Matthew Ferrence

Time: 7 p.m.

Date: Wednesday, July 3

Location: Halifax Central Library

Matthew Ferrence's book *Appala-chia North* is an examination of the cultural position of northern Appa-lachia, which is roughly the zone that lies above the Mason-Dixon Line. For Ferrence, this region fits into a tight space of not quite "regular" America and yet not quite Appalachia. Part exploration of geology and place, part memoir, Appalachia North also chronicles Matthew's recovery from a brain tumor, and how the natural

beauty of his summer home in Prince Edward Island helped him to heal.

VTECS Speaker Series: Child Detention

Time: 7 p.m.

Date: Wednesday, July 10

Location: Halifax Central Library

Each year as part of the Veteran Trainers to Eradicate the use of Child Soldiers (VTECS) Program hosts a Speaker Series that brings renowned international peace and security experts to Halifax to discuss innova-tive and groundbreaking approaches to protecting children and civilians in conflict zones. This year's Speaker Se-ries will focus on child detention and how this issue is transcending conflict zones. Many countries detain chil-dren, including former child soldiers, and the treatment endured during detention requires the attention and action of the international communi-ty. Presented as a partnership between VTECS, Wounded Warriors Canada; The Romeo Dallaire Child Soldiers Initiative and Dalhousie University.

DND Family Days 2019

Date: June 21-22

Location: HMC Dockyard

Get ready to Come Out and Play with two days of fun at HMC Dock-yard. Family, friends and fellow col-leagues from the DND community can enjoy the entertaining atmosphere of free mechanical rides, bouncy castles, treats, eats, sponsor booths, musical entertainment, prizes and more. Visit <http://caconnection.ca/halifax> to keep up with the latest information.

HRM Canada Day Concert

Time: 5 p.m. - 12 a.m.

Date: Monday, July 1

Location: Alderney Landing

Halifax's signature Canada Day con-cert is the largest in Atlantic Canada,

and will once again take place at Alderney Landing this year, leading into Canada Day fireworks over the harbour. Performances include inter-nationally-known DJ A-Trak, along with The Sorority, Ellevator, and Cape Breton's Carmen Townsend. Canada Day festivities throughout the day will also include a pancake breakfast, flag raising ceremony, family fun fest at the Commons, live music at Sullivan's Pond and the Halifax Public Gardens, and more. A full list of events is avail-able at <http://HRMCanadaDay.ca>.

Canada Day at Annapolis Royal

Time: 12 p.m.- 3 p.m.

Date: Monday, July 1

Location: Fort Anne and Port Royal

Celebrate Canada's 152nd birthday with free admission to both of Annapo-lis Royal's National Historic Sites. Be-gin your day at Fort Anne and engage all your senses - sing O Canada as you watch the flag raised at Town Hall; join Parks Canada's mascot, Parka, in the procession to the fort; savour a piece of cake; set out your blanket for a picnic and enjoy the musical entertainment. Then head to Port Royal for more mu-sic and cake. A fun-filled day for whole family starting at 12 noon – 3 p.m. at Fort Anne, and 1– 3 p.m. at Port Royal.

Canada Day at Kejimikujik

Time: 11 a.m.

Date: Monday, July 1

Place: Kejimikujik National Park

Come celebrate Canada's 152nd Birthday at Kejimikujik, with free admission all day and free cupcakes in the Visitor Centre. Program kicks off at 11 a.m. Don't miss the official launch of the Friends of Keji Photo Contest, and the 2019 Interpretation Programs suitable for visitors of all ages. Come for the day or make it a long weekend to remember.

D-Day sacrifices remembered at Point Pleasant Park ceremony

Continued from page 3

“This is a story about the young men and women who left their homes, families, hopes and dreams behind to serve in the cause of peace and freedom. More than 5,000 young Ca-nadian ultimately gave their lives in Normandy; today, we remember all of them.”

Dignitaries present included The

Honourable Arthur J. LeBlanc, Lieutenant Governor of Nova Scotia, Deputy Minister of Veterans Af-fairs Gen(Ret'd) Walt Natynczyk, and RAdm Craig Baines, Commander MARLANT and JTFA, along with a number of local political represen-tatives. A delegation of veterans of D-Day and the Second World War were also present, including 94-year-old Fred Turnbull, who stepped to the

microphone to read the Act of Re-membrance, as HMCS *Fredericton* sat offshore in the background.

The wreath-laying at Point Pleas-ant Park was just one of the events marking the anniversary of the D-Day landings in Halifax, the largest of which took place on June 6, the anniversary date of the landings, at CFB Halifax's new Willow Park Armoury.

McCallum family members donate new items during Naval Museum visit

By Ryan Melanson,
Trident Staff

Stadacona's Admiralty House is currently home to the Naval Museum of Halifax, but the building's deep connection to RCN history goes far beyond the collections and artifacts now housed inside.

Prior to serving as a museum, the building's former uses include as Royal Navy headquarters in the region, as a Wardroom, and as a hospital, specifically as Massachusetts-Halifax Relief Commission Public Health Unit No.1 from 1920-1924.

For recent museum visitors Catherine Blake and Barb Sybbald, that time as a naval hospital and clinic is relevant to their own family history. Their late grandfather, Surgeon Cmdre Archie McCallum, was working as a medical officer in the early 1920s when he met their grandmother, Arrabelle MacKenzie, who was one of the few female dentists in Canada and working at Admiralty House.

The couple went on to marry, of course, and their wedding photo was among the items the sisters brought along to donate to the museum during their visit on May 27. The donation also includes a number of documents and paperwork from Cmdre McCallum's career, along with a drill cane engraved with his name and rank.

The items will join the museum's existing collection on Cmdre McCallum, which includes his medals, letters he wrote, photos and other documents. A small collection of items is also kept at the Archie McCallum Building, home to CF Health Services Centre (Atlantic).



Catherine Blake flips through documents concerning her late grandfather, Surgeon Cmdre Archie McCallum, at the Naval Museum of Halifax on May 27.

RYAN MELANSON, TRIDENT STAFF

"He was an interesting man and we're lucky to have some letters he wrote and other items to show his family members," said museum researcher Lisa McNiven. The letters, mainly from later in his career, include a correspondence with Prime

Minister William Lyon Mackenzie King concerning a nephew of the Prime Minister's who died in the sinking of HMCS *St. Croix*, as well as an autobiographical accounting of his military career and accomplishments from the late 50s, where he notes that the information should be saved in case his 'wee granddaughters' one day have an interest.

The sisters were in Halifax to attend the Faculty of Dentistry Convocation Ceremony and to present the Arrabelle MacKenzie McCallum Bursary, awarded in honour of their grandmother on the 100-year anniversary of her being Dalhousie's first female dental graduate in 1919.

Blake said she and her sister were

excited to fit in a trip to the museum while in Halifax, both to connect with some of their family history, and to pass on some of that history through the donations. They also met with CF H Svcs C (A) Commanding Officer LCol Rochelle Heudes and CWO Gregory McDonald for a tour of the Archie McCallum building.

"We're thrilled we were able to visit and that so many people were here to meet us and were interested in our family. We didn't expect such a reception," Blake added, and said she was happy to donate the items to a good home.

"They belong here and we hope other people will enjoy seeing them."



From left, Catherine Blake and Barbara Sybbald, the granddaughters of the late Surgeon Cmdre Archie McCallum and Arrabelle MacKenzie McCallum, with Naval Museum of Halifax Curator Jennifer Gamble. The visitors donated their late grandfather's drill cane to the museum, along with a collection of photos and documents.

RYAN MELANSON, TRIDENT STAFF

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Maritime Defence Pride Network Launches at CFB Halifax

By 2LT Nicolas Plourde-Fleury,
OJT, CFB Halifax Public Affairs

On April 25, 2019, CFB Halifax's Base Chief, CPO1 Gregory, was in a Carling Campus boardroom in Ottawa meeting with DND and CAF colleagues from across the country. The group was holding an initial consultation to discuss the creation of a national CAF/DND lesbian, gay, bisexual, transgender, transsexual, queer, questioning and 2-spirited (LGBTQ2) Network.

On May 23, less than a month later, CPO1 Gregory gathered at CFB Halifax with military and civilian members of the local Defence Team for the inaugural meeting of the Maritime Defence Pride Network (MDPN). Inspired by pride initiatives taking place across the country on military bases such as CFB Borden, members of the MDPN shared ideas and discussed the purpose of the network during this meeting. Three main objectives were identified: to create LGBTQ2 outreach opportunities on and off Base; to encourage the sharing of stories from members of our Defence family in order to create a public dialogue around LGBTQ2 challenges and successes; and to foster a strong, inclusive and supportive community for LGBTQ2 Defence Team members and allies here in Halifax and throughout the Maritimes.

"This network, like similar ones



Members of the Maritime Defence Pride Network display the rainbow flag in support of the LGBTQ2 community.

SUBMITTED

in various parts of the country, will promote, support and advocate for those that identify with this community," explains Capt(N) David Benoit, CO of Fleet Maintenance Facility Cape Scott, who has come onboard as the MDPN Champion. In his role as Champion, Capt(N) Benoit will help bring visibility at the very senior levels in the formation, RCN and CAF on the challenges and issues raised by

the community.

While not the first LGBTQ2-focused organization at CFB Halifax, the MDPN aims to fill a gap in the current support offered to the local LGBTQ2 Defence Community. Until now, only one other organization, the Positive Space Working Group, offered support to LGBTQ2 members of the Defence Team. "The Positive Space Working Group has a largely corporate

mandate meaning that it acts in an advisory role for the Commanding Officers (COs) of units within Maritime Forces Atlantic and provides training and resources on LGBTQ2 issues," said CPO1 Gregory. "Before the creation of MDPN, this created a situation where Positive Space had to take on a broader community role that wasn't part of its core mandate." That's where the MDPN can support. As Tracy Mitchell, civilian co-chair of the Positive Space Working Group, explains, "The MDPN is intended to be a more open and socially connected group with a focus on outreach, advocacy, and awareness."

As such, the newly created MDPN's first order of business will be to establish the structure and determine the formal organization for the network. In addition to the network's Champion, it was decided that the MDPN would be headed by co-chairs, one military and one civilian. As of now, only the military co-chair position has been filled. Formation Master Seaman MS Shane Ritchot will hold this post; an active search for a civilian co-chair is ongoing. Anyone interested in getting involved in any other capacity is welcome to do so. Simply keep an eye out on the MARLANT splash page and our CFB Halifax Facebook and Twitter sites for more details on the MDPN including announcements on upcoming meetings and outreach opportunities.



TEME's Dirty Hands fundraiser success

CFB Halifax's TEME Unit welcomed spring with its semi-annual Dirty Hands tire change fundraiser last month. In total, they raised \$2200, which was presented to Ward 5 Neighbourhood Center and the 3036 Sackville Lions Royal Canadian Army (RCME) Cadet Corps.

SUBMITTED



CAF members gather in front of the new memorial thanking them, and all the volunteers both past and present who volunteer their time to the veterans at Camp Hill Veterans Memorial Hospital.

CPL SIMON ARCAND, FIS HALIFAX

Bill Awalt, a veteran who lives at Camp Hill, designed the artwork of the memorial.

CPL SIMON ARCAND, FIS HALIFAX

New memorial unveiled at Camp Hill Veterans Memorial Garden

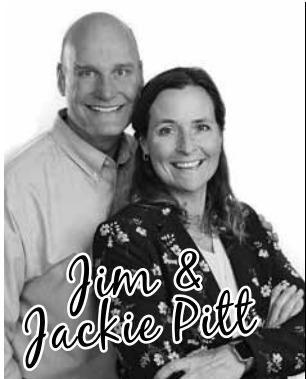
By CPO2 Ben Broome

The Camp Hill Veterans' Council commissioned this piece in appreciation of the numerous volunteers who contribute to the veterans' lives at Camp Hill. The pictured artwork was designed by Bill Awalt, who is himself a Korean War veteran and resident of Camp Hill Veterans Memorial Hospital and the display was created with the generous support of Russell Poole, a member of the Veterans UN

NATO group and employee of Custom Tool & Machine in Mount Uniacke.

The text of the memorial reads "Thank you to all the volunteers past and present" and the artwork depicts a volunteer pushing a wheelchair. The crest of the Veterans' Council, including the text "Honours Gathered, Duty Done" also appears on the memorial.

It was formally unveiled during the spring garden cleanup on May 30, 2019.



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Dental Officer readies for next step in CAF career

By Ryan Melanson,
Trident Staff

For the past eight years, 2Lt Daniel Shirvani has been hard at work at Dalhousie University, first completing his undergraduate degree, and then moving on to the school's prestigious Doctor of Dental Surgery program.

Now, that hard work is paying off. 2Lt Shirvani, who is also enrolled in the CAF's Dental Officer Training Program (DOTP) recently graduated as a member of Dal's 2019 class, and he'll be off to his first posting later this summer to 1 Dental Unit Det at NDHQ in Ottawa.

Finishing up his schooling was an emotional time, saying goodbye to instructors and patients at the school clinic, and reflecting on the thousands of hours of hard work put in to reach this point.

"I've made meaningful relationships and I've been able to make a difference in the lives of some of my patients, which is very rewarding and reassuring," he said.

"But the next three years are going to help me determine what direction I want to take my career in, so I'm very excited to do more and learn more."

2Lt Shirvani, who grew up in Dartmouth, has wanted to be a dentist since high school, following in the footsteps of a number of other health practitioners in his family, but the military interest came later. He attended a CAF presentation during his



2Lt Daniel Shirvani in the Simulation Lab at Dalhousie University's Dr. William Murphy Dental Clinic. 2Lt Shirvani is a recent Dalhousie Dentistry graduate and is enrolled in the CAF's Dental Officer Training Program.

first year in dental school, and said the combination of competitive pay, benefits, incentives, and other support, along with the chance to serve his country, won him over.

Since then, he's continued through the intense schedule of Dal's dentistry program, sometimes with course loads in the double digits, while also going through the process of applying and eventually enrolling in the DOTP, beginning his Basic Military Officer Training in the summer, and complet-

ing on-the-job training at Stadacona. It's been a test of his organizational and time-management skills, and has been overwhelming at times, he said.

"The Forces absolutely prioritized my education while I was in school, but there was still a lot of juggling with a busy schedule."

"School itself was very challenging," he added. "There's times where you might even feel like a failure, because they set the standards so high."

He feels he's come out a stronger

person in the end, however, more equipped to handle both personal and professional challenges in the future.

"It breaks you down and builds you back up. I'm going to keep pushing myself."

2Lt Shirvani is also a first-degree Karate black belt and maintains an active lifestyle, though his busy school and work schedule has taken priority over organized sports in recent years.

Settling into his CAF career and his first posting in Ottawa may be a chance to refocus on physical fitness.

"I know I'm going to be busy with patients, but I also want to experience everything the Forces has to offer," he said, mentioning CAF soccer as a potential avenue.

While he's not sure exactly what his future holds beyond his initial contract, 2Lt Shirvani said he's excited to begin real

work as a licensed dentist after nearly a decade of training and intense education. He's not done learning though, and is already looking into specialty CAF training available to dental officers in areas like Prosthodontics or Advanced General Dentistry.

"The career development opportunities are endless, there's just so much to gain going down this path," he said.

"In the interim, I'm going to try to learn as much as I can and enjoy my time."

HMCS *Scotian* welcomes more than 200 new Canadians

By Paul Service,
MARLANT PA

A sea of more than 200 faces from 59 different countries greeted Cdr Beth Vallis as she took the podium in HMCS *Scotian* on May 27. Cdr Vallis had the distinct honour to welcome the new Canadians to their Oath of Citizenship ceremony. A giant Canadian flag, stretching from floor to ceiling, served as the backdrop.

The Oath of Citizenship ceremony was the final step for the newly minted Canadians in attendance. Attendees had all previously passed a citizenship test and an interview. Immigration, Refugees and Citizenship Canada organized the event.

"This is your Royal Canadian Navy, A navy that is diverse, inclusive, agile, and a Royal Canadian Navy that will

now serve all of you as Canadians" shared Cdr Vallis, before continuing "Canadian citizenship is a choice. You have all worked very hard for this day and have chosen to take this oath. I am deeply honoured to play a small part in today's proceedings. This is a proud moment for all of you and it is a pleasure to host you on the day you all officially become Canada Citizens."

The ceremony concluded with the singing of *O Canada*, which was led by children of those that had taken the oath.

Cdr Beth Vallis, CO of HMCS *Scotian*, gives a Canadian flag to one of the new Canadians who participated in the ceremony at *Scotian* on May 27.

SUBMITTED



Juin, le mois des loisirs: À vous de jouer

Par Noel Paine,
Division des services généraux, SBMFC

Tous les samedis matin, les membres de la famille Dow attachent leur casque de vélo et partent en randonnée. Pour Kaylee et Nathan, âgés de 5 et 6 ans, il n'y a rien de plus amusant que de courser contre papa jusqu'au prochain coin de rue. Kerry-Ann, la maman, indique toutefois que cette habitude s'inscrit dans l'engagement d'être une famille physiquement active.

«Être en forme est important pour nous tous, pas seulement pour mon mari dans le cadre de son travail, dit-elle. Nous voulons inciter nos enfants à bouger et leur proposer des options de jeu saines. Les activités récréatives comme le vélo et les arts martiaux sont bonnes pour le cardio et gardent nos enfants actifs.»

Le programme de loisirs des Programmes de soutien du personnel (PSP) joue un rôle essentiel dans la création de communautés militaires actives dont les familles appuient la mise en forme des Forces armées canadiennes (FAC). En ce sens, les services de loisirs des PSP donnent aux familles des militaires de nombreux moyens de s'adonner à des activités physiques et de participer à des programmes qui répondent à leurs besoins et à leurs intérêts.

«En favorisant davantage l'intégration des familles à l'aide des programmes de loisirs, on influence grandement la capacité opérationnelle des FAC,» explique le Dr Michael Spivock. «Une famille qui a

à cœur l'activité physique aura une plus grande influence sur le mode de vie du membre des FAC, sur ses choix et sur son engagement envers le conditionnement physique.»

Les lignes directrices canadiennes en matière d'activité physique recommandent au moins 60 minutes d'activité physique quotidienne pour les enfants, et au moins 150 minutes par semaine pour les adultes. Bien que cela ne semble que très peu, seulement environ 11% des enfants et 15% des adultes atteignent cette norme actuellement.

Les services de loisirs des PSP célèbrent le mois des loisirs chaque juin en attirant l'attention sur les nombreux avantages de participer à des activités récréatives. En 2019, le thème « À vous de jouer » indique que l'accessibilité des activités et des installations de loisirs des PSP vous permet de trouver ce dont vous avez besoin, au moment voulu.

«Nous aimons la grande variété de possibilités, dit Kerry-Ann. Nous pouvons participer à des cours, utiliser les installations ou même louer un canot pour nos activités de fin de semaine. Les PSP sont une superbe ressource à avoir sur la base.»

Visitez la page «Juin, le mois des loisirs» du site ConnexionFAC.ca pour en apprendre davantage sur les moyens de participer aux célébrations. Trouvez des événements locaux et assurez-vous de vous inscrire au concours national pour courir la chance de remporter le grand prix : une trousse plein air d'une valeur de 2,500\$.



June is Recreation Month: PLAY, your way

By Noel Paine,
Communications Advisor,
Corporate Services Division, CFMWS

Every Saturday morning the Dow family strap on their helmets and go for a bike ride. For five-year-old Kaylee and six-year-old Nathan the fun is all in the race against dad to the next corner, but for mom Kerry-Ann, it's part of their commitment to being physically active as a family.

“Being fit is important, not only to my husband's career but to us as well, she says.

“We want to teach the kids to move more and we want to offer healthier options for playtimes. Recreational activities like biking and martial arts keep the heart pumping and our kids moving.”

The Personnel Support Programs (PSP) Recreation Program plays a key role in developing military communities that are active and families that are supportive of CAF members' fitness. PSP Recreation offers military families a variety of opportunities to be physically active and to participate in programs that meet their needs and interests.

“By reinforcing a more complete integration of families through recreational programming, there is a profound impact on the CAF's operational capability,” says Dr. Michael Spivock. “A family that is

committed to physical activity will have a stronger influence on the individual CAF member's lifestyle, choices and commitment to fitness training.”

The Canadian Physical Activity Guidelines recommends at least 60 minutes of daily physical activity for children, and at least 150 minutes per week for adults. While that may not sound like much, only about 11 percent of children and 15 percent of adults currently meet that standard.

PSP Recreation celebrates Recreation Month every June by drawing attention to the many benefits of participating in recreational activities. The 2019 theme, “PLAY, your way”, highlights how PSP accessible recreational activities and facilities allow you to find what you need, when you need it.

“We love how many options there are” says Kerry-Ann. “From participating in classes, to using the facilities, to renting a canoe so we can be active over the weekend. PSP is a great resource to have on base.”

Visit www.cafconnection.ca/JRM to learn more about how you can participate in June is Recreation Month celebrations. Find local events and be sure to enter the National contest for a chance to win a Grand Prize outdoor adventure package valued at \$2,500.



Nijmegen boot drive supports Soldier On

Members of this year's MARLANT Nijmegen training team spent the morning of May 15 participating in a boot drive in support of the Soldier On program, with members collecting donations at each gated base entrance in Stadacona, HMC Dockyard, and 12 Wing Shearwater. The team raised an impressive \$3,000 for the day and wished to thank members of CFB Halifax for their generosity. The Nijmegen team is training for the International Four Days Marches Nijmegen, taking place this year from July 16-19 in the Netherlands.

RYAN MELANSON, TRIDENT STAFF

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RCN's new approach to a healthy lifestyle

By **Commodore Angus Topshee**,
Commander Canadian Fleet Pacific

I was surprised and honoured to be appointed as the Navy's fitness champion. I have been passionate about fitness throughout my career and know first hand that it can be hard to sustain a fit and healthy lifestyle through the demands of navy career. That's why I'm so excited by the work that has been done across the CAF and the RCN to make it easier for everyone to find their "balance".

The Canadian Armed Forces recently issued a new Physical Performance Strategy called *Balance*. The strategy takes a comprehensive approach to operational wellness that is tailored to meet the unique needs and demands of life in the CAF. *Balance* outlines four key behaviours (physical activity, performance nutrition, sleep/rest, and injury prevention) and provides tools and information to CAF and RCN leaders "to assist their people in becoming fitter, healthier, and more operationally ready than ever before." *Balance* reflects the latest research in

the field and is consistent with the terrific work done by the MARLANT and MARPAC Health and Wellness Teams.

Finding your balance – while there are best practices, it is up to each individual to find the right balance to sustain their fitness. The RCN leadership is committed to helping you find and sustain that balance – at sea and alongside – through the constant changes and challenges of a naval career. We've made a lot of progress in this area but there is clearly still a lot of work to do.

While the work the RCN has done to promote **physical activity** over the past several years – improving fitness equipment in ships, building fitness windows into flexes, embarking PSP personnel, creating dedicated gym spaces aboard frigates, creating the Navy Bike Ride, promoting active commuting on bases – has been significant, there is a lot still to be done. I will advocate for dedicated gym spaces aboard all our platforms and strive to ensure a minimum, common level of equipment to permit our sailors to sustain their physical fitness routines

as they move from ship to ship or from ship to ashore. If you find a healthy fitness routine that works for you, we want you to be able to sustain it.

In this edition of *Trident* you will read about changes that are coming in the RCN's approach to **nutrition** – in essence, a description of how we intend to adopt and apply the principles of Balance and the latest nutritional science in a new Healthy Eating Guide. The simple truth is that our approach to food aboard ships and in our messes is out of balance – our food is generally quite good and tasty but we offer too much of it and our overall approach isn't in accordance with the Canada Food Guide and other nutritional science. For that reason, we are going to make changes and those are explained in the accompanying article.

Balance also highlights the importance of **sleep and rest**. If you've sailed aboard our ships over the past couple of years, you will have experienced new watch rotations that are specifically designed to address this aspect of fitness. In particular, the 4A

watch rotation allows the majority of watchstanders an unbroken period of sleep and includes dedicated windows for fitness and personal time for everyone. While it remains more challenging to find a healthy sleep/rest balance when we are sailing 1 in 2, we are working to develop a crewing model for the next generation of ships that permit a better balance.

Injury prevention is nothing new to the RCN – it is already incorporated into the safety briefs we give before every evolution and our annual general safety reviews. However, we can do better. We must systematically review CF98s and DND 663s to identify patterns of accidents and introduce changes to avoid them. For example, we continue to suffer injuries when doors and hatches slam shut on fingers. We've therefore undertaken a review to determine if we can install dampeners on the hatches and doors which are most commonly associated with injuries to prevent them slamming shut on fingers –

Continued on page 11

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RCN's new approach to a healthy lifestyle

Continued from page 10

while installing a robust and effective dampener may be expensive, the cost is clearly offset by the reduction in injuries which often result in trips ashore for medical care or, in some cases, repatriation. Injury prevention in fitness training encompasses proper nutrition, sleep and rest, and the actual design of the fitness training regime. PSP personnel are specifically trained in designing such programs and can work with you to plan your fitness program so that you can achieve your best while remaining injury free.

Fitness and health are both a personal responsibility and an operational requirement. ***The RCN is committed to providing an environment which allows every person to find the balance that allows them to achieve and sustain a healthy lifestyle.*** In accordance with best practices, we will be “nudging” our sailors to make better choices and we will be ensuring opportunities for maximizing our health are robust and plentiful. Ultimately, it's up to you but we will help you get there.

New CAF physical performance strategy aims for Balance

By Peter Mallett,
The Lookout Staff

To invigorate the physical fitness and wellness of its members, the CAF have launched a new physical performance strategy called Balance.

Canada's Chief of the Defence Staff, Gen Jonathan Vance announced the rollout of the new strategic document on April 23. It's focused on realizing the “people first and mission always goals” spelled out in Canada's Defence Policy *Strong, Secure and Engaged*. Gen Vance says the aim of Balance is to promote a culture of fitness and improved physical performance for Canada's approximately 68,000 regular force and 22,000 reserve members.

“We have a collective responsibility within the Canadian Armed Forces to develop and sustain a strong, healthy and fit military,” said Gen Vance. “This begins with leaders who are fully committed to a culture of physical fitness and wellness, and where sailors, soldiers, and airmen and airwomen take their wellbeing seriously.”

Balance falls in line with Canada's Defence Policy that was announced in June 2017 and builds on the former Canadian Armed Forces Health and Fitness Strategy policy that was introduced in 2008.

Balance is intended to reinvigorate the essential components of operational readiness and lifelong wellness by focusing on four key areas: physical activity, performance nutrition, adequate sleep, and prevention of injury.

“The strategy's ultimate goal is to ensure every military member has the support, resources and opportunities to maintain a balanced, healthy, active lifestyle that makes them ready for Canadian Armed Forces operational requirements,” said Gen Vance.

Balance was developed by the CAF with support from Personnel Support Programs (PSP), creating an 82-page guidebook available in PDF version on the national CAF Connection website (www.cafconnection.com/balance). It provides local command teams the necessary tools to assist and encourage military members in becoming fitter, healthier and more operationally ready than before.

The document spells out targets for each of the four key areas. In its conclusion, it emphasizes the importance of leaders to “develop a policy framework that makes healthy choices easy for all personnel.” It also offers specific advice and guidance for all three branches of Canada's military (army, air force and navy) along with the Canadian Special Operations Forces Command (CANSOFCOM), Military Personnel Command (MPC), and Canadian Joint Operations Command (CJOC). Daryl Allard, PSP Director of Fitness, Sports and Health Promotion, says its creation and the rollout was approximately two years in the making, and he acknowledges the goals set in the document won't happen overnight.

“Balance is essentially a strategic document; so, now our focus is all about taking the next step to operationalize this document at the national, command and local level,” said Allard. “We are currently collaborating with commands, local leadership and PSP staff to provide them the tools and support for them to execute based on their operational realities and priorities.”

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Something for everyone at DND Family Days

By Trident Staff

The focus at DND Family Days has always been on the kids – with rides, games, inflatables and other activities to keep them happy, but organizers from Personnel Support Programs Halifax work hard to make sure the weekend isn’t only about the youngest members of the DND community. This year’s theme is “Come Out and Play” and that includes everyone. There’s plenty for adults to do at

Family Days as well, and for the second year in a row, that includes live entertainment inside the PSP Entertainment Tent, courtesy of sponsor Casino Nova Scotia. This year, Cape Breton singer songwriter Jodi Guthro will take the stage at 12:30 p.m. on both Friday, June 21 and Saturday, June 22. Parents who need a break from the excitement of the main site are invited to get a drink and enjoy the performance along with some food from the barbecues or food vendors.

Of course, the daily prize draws are also a highlight for Family Days guests young and old, and as always, the PSP Halifax Corporate Sponsorship team, along with the sponsors themselves, have put together an exciting list of prizes to be won. Attendees who make their way to the Entertainment Tent at 2 p.m. each day, with their entry bracelet, will have a chance at winning family trips from Via Rail and Westjet, hotel stays, bicycles, and gift cards, among many other prizes. Make sure to be there, because only those inside the tent

when their ticket is drawn can claim a prize. Many of the sponsors who help make DND Family Days possible will also have booths set up through HMC Dockyard, and you can get even more chances to win prizes by visiting representatives of generous partners like Sobeys, Irving Shipbuilding, Ultra-mar, Giant Tiger, BMO, and others. And like the prizes, many of the attractions at Family Days are popular with both young and old guests. Anyone can have fun on a Harbour Hopper or RHIB ride through the Harbour, but remember that the Harbour Hopper rides are available only on Friday. For those who don’t experience it each day at work, touring through a Halifax-class ship or Maritime Coastal Defence Vessel can also be a unique experience. Combine those attractions with the carnival-style games and mechanical and inflatable rides, face painting, cookie decorating, CBC kids characters and other activities aimed at the kids, and it’s clear that Family Days has something for everyone to enjoy. The Family Days site at HMC Dockyard is open from on 12 - 6 p.m. on Friday, June 21 and 10 a.m. - 5 p.m. on Saturday, June 22 for all members of the CAF and DND community to enjoy.



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Since the mid 1990's, SNC-Lavalin has been supporting the Minor Warships and Auxiliary Vessel Program (MWAV). We wish the Halifax community our best wishes during DND Family Days.

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Vous pouvez contribuer à Voices of Liberation

Par Nicholas Schiavo,
Impact Canada

Afin de marquer le 75^e anniversaire de certaines des plus importantes batailles de l'histoire, la Commonwealth War Graves Commission (CWGC) enregistre les voix de vétérans, de proches et de pèlerins dans le but de constituer une ressource sonore unique qui explique pourquoi les tombes, les cimetières et les monuments de guerre de la Commission sont tout aussi émouvants aujourd'hui qu'au moment de leur construction.

Des plages de la Normandie aux collines du Kohima, en passant par les montagnes du Manipur, Voices of Liberation est un projet d'envergure mondiale qui rendra honneur au sacrifice et à la contribution des forces du Commonwealth qui ont chèrement payés pour la liberté dont nous jouissons aujourd'hui.

Des 1,7 million de personnes honorées par la CWGC, plus de 100 000 ont perdu la vie lors de ces batailles décisives de 1944. Les hommes et femmes militaires du Commonwealth sont

honorés dans les cimetières et monuments de la CWGC à travers le monde et aujourd'hui, ces lieux de mémoire emblématiques demeurent des lieux de pèlerinage importants pour les vétérans et leurs descendants. L'archive cherche à rendre honneur à ceux qui ont donné leur vie et à mettre en lumière ces lieux de mémoire.

Le public pourra consulter l'archive en ligne et découvrir de nombreux enregistrements, entre récits de vétérans racontant comment ils ont perdu des camarades et témoignages de familles en pèlerinage aux champs de bataille.

Les enregistrements captent les voix de vétérans qui ont participé à ces fameuses batailles durant la guerre, tels que Victor Gregg. M. Gregg a servi dans le Régiment de parachutistes et en 1944, s'est retrouvé à la bataille d'Arnhem, où il a été capturé par les Allemands. Victor, qui a maintenant 99 ans, a enregistré son récit pour l'archive.

La CWGC demande maintenant au public canadien d'enregistrer leurs histoires et leurs impressions de la

Seconde Guerre mondiale et de ses lieux de mémoire. Ces récits permettront de mettre en lumière ces endroits en tant que lieux uniques de mémoire et de créer une ressource qui représente à la fois un moment de l'histoire et un hommage digne de ceux qui ont perdu la vie. La CWGC travaille également auprès d'institutions canadiennes telles que Bibliothèque et Archives Canada et la Canadian Broadcasting Corporation en vue d'une éventuelle collaboration destinée à produire du contenu canadien unique.

Andrew Fetherston, archiviste en chef de la Commonwealth War Graves Commission, dit : « Nous croyons qu'en préservant ces récits du public canadien, nous créons une archive d'importance internationale et un héritage durable en hommage à ceux qui ont perdu la vie pour nous permettre de vivre comme nous le faisons aujourd'hui. Nous souhaitons que les gens partagent leur connexion avec la guerre et nos cimetières afin d'assurer qu'en tant que nations du Commonwealth, nous n'avons pas oublié leur

sacrifice. ».

En plus de l'archive sonore, la CWGC a également lancé sa nouvelle série de balados intitulée Legacy of Liberation. Cette série en six parties se penche sur les moments-clés du conflit de la Seconde Guerre mondiale, ainsi que sur les cimetières et monuments historiques qui rendent hommage à ceux qui se sont battus et qui ont perdu la vie. Le Dr Glyn Pryor, historien, et la Dre Lucy Kellett, experte en patrimoine, adressent l'expérience unique que représente la visite de ces lieux de mémoire et de deuil, jetant un regard nouveau sur ces événements qui sont devenus quasi légendaires, et examinant l'héritage artistique, architectural et social de ces lieux emblématiques. Vous pouvez contribuer à Voices of Liberation et écouter le balado ici: liberation.cwgc.org

Pour plus de renseignements, veuillez communiquer avec :

Nicholas Schiavo, nicholas@impactcanada.com ou tel 613-233-8906.

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Deadman's Island commemoration

On May 27, the U.S. Memorial Day holiday, local Canadian Armed Forces members joined US service members to honour dead prisoners of war from the war of 1812 and all who have died while serving their country in combat. US Navy Capt Kesselring lays a rose at Deadman's Island in commemoration of his compatriots.

CPL DAVID VELDMAN, FIS HALIFAX



Canadian launch for Voices of Liberation

By Nicholas Schiavo,
Impact Canada

To mark the 75th anniversary of some of the most momentous battles in history, the Commonwealth War Graves Commission (CWGC) is recording the voices of veterans, relatives and pilgrims for a unique online sound resource that explains why the Commission's war graves, cemeteries and memorials are as poignant today as when they were first built.

From the beaches of Normandy to the hills of Kohima, to the mountains of Manipur, Voices of Liberation is a global project that will cover the sacrifice and contribution of Commonwealth forces who paid so high a price for the liberty we enjoy today.

Of the 1.7 million people CWGC commemorates, more than 100,000 died in these pivotal battles during 1944. Commonwealth servicemen and women are commemorated in CWGC war cemeteries and memorials across the world and today, these iconic sites of remembrance remain places of pilgrimage for veterans and descendants. The archive aims to pay tribute to those who gave their lives and shine a light upon these places of remembrance.

The public will be able to explore the archive online and discover a wealth of recordings, from firsthand accounts from veterans about losing comrades to testimony from family pilgrimages to the battlefields.

The recordings capture the voices of veterans who served in infamous battles during the war, such as Victor Gregg. Gregg served with the Parachute Regiment and in 1944 found himself at the Battle of Arnhem, where he was captured by the Germans. Victor, now 99 years old, recorded his story to be part of the archive.

CWGC is now calling on the Canadian public to record their stories and feelings, relating to the Second World War and its sites of remembrance. The stories will reinforce these sites as unique places of memory and create a resource that is both a moment in history and a fitting tribute to those who died. CWGC has also approached the Canadian institutions such as Library and Archives Canada and the Canadian Broadcasting Corporation about pos-



Beny-sur-Mer War Cemetery in Normandy, France.

sible collaboration on unique Canadian content.

Andrew Fetherston, Chief Archivist at the Commonwealth War Graves Commission, said, "We believe that by capturing these stories from the Canadian public we are creating an archive of international importance and a lasting legacy for those who died for our today. We want people to share their connections to the war and our cemeteries to ensure that as Commonwealth nations we have not forgotten their sacrifice."

Alongside the sound archive the CWGC has launched its new podcast series *Legacy of Liberation*. The six-part series explores the key moments of the Second World War conflict, and the historic cemeteries and memorials which commemorate those who fought and died. Historian Dr. Glyn Pryor and heritage expert Dr. Lucy Kellett explore the unique experience of visiting these sites of memory and mourning, taking a fresh look at events which have become almost legendary, and examining the artistic, architectural and social legacies of these iconic places.

You can contribute to Voices of Liberation and listen to the podcast here: liberation.cwgc.org

The Commonwealth War Graves Commission (CWGC) commemorates the 1.7 million Commonwealth servicemen and women who died during the two world wars. It also holds and updates an extensive and

accessible records archive. The Commission operates in more than 23,000 locations in more than 150 countries. The CWGC has its Canadian office in Ottawa, Ontario www.cwgc.org.

For more information, please contact Nicholas Schiavo at nicholas@impactcanada.com or telephone 613-233-8906.

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NORAD establishes Forward Element Office at NDHQ

By NORAD PA

North American Aerospace Defence Command (NORAD) has established a Forward Element Office at National Defence Headquarters in Ottawa responsible for advancing operations and plans with NORAD equities in Canada – to include maritime warning.

In May 2006, the Canadian and U.S. governments renewed the NORAD Agreement and added the maritime warning mission to the Command's existing missions of aerospace warning and aerospace control.

NORAD's maritime warning mission consists of processing, assessing, and disseminating intelligence and information related to the respective maritime areas, internal waterways, and approaches to the United States and Canada.

While NORAD's traditional Canadian mission partners have been the Royal Canadian Air Force and

Transport Canada and their US counterparts; maritime warning has broadened NORAD's areas of interest to overlap with the Royal Canadian Navy, the Canadian Coast Guard, and Canada Border Services Agency among others.

"The core of the NORAD maritime warning mission is focused on providing the governments of Canada and the United States with early warning regarding any threat originating in the maritime domain," said USN Capt Sean Grunwell, NORAD's Maritime Operations and Warning Division Chief. "Our most important work is to review operational and intelligence information to facilitate information sharing among numerous Canadian and U.S. defense and government agencies."

NORAD is an enduring bi-national military partnership with a global area of responsibility that coordinates with Canadian and U.S. combatant commands around the world.

As these commands have a mandate to support the NORAD missions – NORAD is able to utilize a vast network of military organizations alongside civilian security agencies to build global maritime domain awareness (MDA).

Building comprehensive MDA requires sharing enormous amounts of information and intelligence gathered on numerous systems and networks within Canada and the United States. NORAD is in a unique position to identify information sharing impediments and provide recommendations on how MDA stakeholders may overcome information gaps and seams.

As a hypothetical example, if a Canadian or American combatant command received intelligence that there may be a transport ship crewed with persons of interest who are suspected to pose a security risk to Canada or the United States, NORAD would bring together all defence and other government department stake-

holders to brief the situation. Should it be deemed appropriate, Commander NORAD would release a maritime warning message to indicate the significance of the threat. Each nation could then begin to develop a whole of government coordinated response plan in sufficient time to address the threat.

"As NORAD's role in Maritime Warning is not widely understood, we will be responsible to conduct strategic and operational coordination with mission partners in the National Capital Region to bridge that information gap," said Col Michael Ward, Director NORAD Forward Element Office (Ottawa).

Col Ward and his team are looking forward to meeting with Royal Canadian Navy, Canadian Coast Guard, Customs Border Patrol and many others with an interest in developing maritime domain awareness in order to facilitate relationships with NORAD headquarters leadership.

Le NORAD a établi le Bureau de l'élément avancé au QGDN

Par NORAD AP

Le Commandement de la défense aérospatiale de l'Amérique du Nord (NORAD) a établi le Bureau de l'élément avancé au Quartier général de la Défense nationale, à Ottawa, chargé de faire avancer les opérations et les plans avec les capitaux propres du NORAD au Canada, y compris les avertissements maritimes.

En mai 2006, les gouvernements du Canada et des États-Unis ont renouvelé l'Accord de NORAD et ajouté la mission d'alerte maritime aux missions existantes d'alerte et de contrôle aérospatial du Commandement.

La mission d'alerte maritime du NORAD consiste à traiter, évaluer et diffuser des renseignements et de l'information sur les zones maritimes, les voies navigables intérieures et les approches respectives des États-Unis et du Canada.

Bien que les partenaires traditionnels de la mission canadienne du NORAD aient été l'Aviation royale du Canada, Transports Canada et leurs homologues américains, les avertissements maritimes ont élargi

les domaines d'intérêt du NORAD de manière à chevaucher, entre autres, la Marine royale canadienne, la Garde côtière canadienne et l'Agence des services frontaliers du Canada.

«La mission d'alerte maritime du NORAD vise essentiellement à fournir aux gouvernements du Canada et des États-Unis une alerte rapide concernant toute menace provenant du domaine maritime», a déclaré le Capv Sean Grunwell, chef de la Division des opérations maritimes et de l'alerte du NORAD de la Marine américaine. «Notre travail le plus important consiste à examiner l'information opérationnelle et les renseignements afin de faciliter l'échange d'information entre de nombreux organismes gouvernementaux et de défense canadiens et américains.»

Le NORAD est un partenariat militaire binational durable avec une zone de responsabilité mondiale qui assure la coordination avec les commandements de combattants canadiens et américains partout dans le monde. Puisque ces commandements ont pour mandat d'appuyer les missions du NORAD, le NORAD est

en mesure d'utiliser un vaste réseau d'organisations militaires aux côtés d'organismes de sécurité civile pour accroître la connaissance globale de la situation dans le secteur maritime (CSSM).

L'élaboration d'une CSSM complète exige le partage d'énormes quantités d'information et de renseignements recueillis sur de nombreux systèmes et réseaux au Canada et aux États-Unis. Le NORAD est dans une position unique pour identifier les obstacles au partage de l'information et fournir des recommandations sur la façon dont les intervenants de la CSSM peuvent surmonter les lacunes et les écarts d'information.

À titre d'exemple hypothétique, si un commandement de combat canadien ou américain recevait des renseignements indiquant qu'il pourrait y avoir un navire de transport dont l'équipage serait composé de personnes d'intérêt soupçonnées de présenter un risque pour la sécurité du Canada ou des États-Unis, le NORAD réunirait tous les intervenants de la défense et des autres ministères fédéraux

pour les informer de la situation. S'il le jugeait approprié, le commandant du NORAD diffuserait un message d'avertissement maritime pour indiquer l'importance de la menace. Chaque pays pourrait alors commencer à élaborer un plan d'intervention pangouvernemental coordonné suffisamment à l'avance pour faire face à la menace.

«Comme le rôle du NORAD en matière d'alerte maritime n'est pas bien compris, nous serons responsables de la coordination stratégique et opérationnelle avec les partenaires de mission dans la région de la capitale nationale pour combler ce manque d'information», a déclaré le Colonel Michael Ward, directeur du Bureau de l'élément avancé du NORAD (Ottawa).

Le Col Ward et son équipe ont hâte de rencontrer des représentants de la Marine royale canadienne, de la Garde côtière canadienne, de la Patrouille frontalière des douanes ainsi que bien d'autres personnes qui s'intéressent à la sensibilisation au domaine maritime afin de faciliter les relations avec les dirigeants du quartier général du NORAD.



CAF conclude Op ARTEMIS

By Lt(N) Linda Coleman,
Public Affairs Officer

The seas are unbelievably calm at this time of year in the Arabian Sea along the Hash Highway, a historical shipping route through the Indian Ocean that's been known for smuggling for centuries.

This is where HMCS *Regina* and Naval Replenishment Unit (NRU) Asterix have been operating for the past two months as part of Op ARTEMIS, the CAF's ongoing contribution to counter-terrorism and maritime security operations in the Middle East and East African waters.

The aim of the operation is to work with Combined Task Force (CTF 150), a Task Force under Combined Maritime Forces (CMF) that works to deter and deny terrorist organizations any benefits from employing the high seas for smuggling illicit cargo including narcotics, UN embargoed weapons, and Somali charcoal. Profits from drug trafficking in the region are a known source of funding for terrorists and criminal networks. This represents a common threat to the security and prosperity of the

region, further de-stabilizing regional countries. The mission also ensures that the legitimate global trade that Canada and the world depend on for their respective economies can proceed without threat of terrorism and illegal activities.

HMCS *Regina*, along with its embarked Cyclone helicopter, Naval Tactical Operations Group (NTOG), NRU Asterix, and a CP-140 Aurora aircraft joined CTF 150 at the end of March. At the time, it was the CAF's third largest operation, next to Op IMPACT and Op REASSURANCE, significantly increasing the CAF footprint in the Middle East and East Africa region.

For the first two weeks of Op ARTEMIS, the CAF assets were operating under the command of a Canada-led CTF 150 Task Force, supported by the Royal Australian Navy. The mission started off with a drug bust early on when on April 7, 2019, *Regina* seized and destroyed 2,569 kg of hashish.

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

As *Regina* continued operating

under the Pakistani-led CTF 150, the successes continued with three more illegal narcotic seizures. In total, *Regina* seized and destroyed 9,155 kg of illegal narcotics, worth just over \$4.7 million (USD) regional wholesale value.

"I'm extremely proud of the hard work and professionalism demonstrated by all Canadian Armed Forces units and members working together in the region during Operation ARTEMIS," said Cdr Jake French, Commanding Officer *Regina* and Op ARTEMIS Task Force Commander. "As a team, we contributed to maritime security in the region by disrupting the use of the high seas as a passageway for illicit activities that's used to fund terrorist and criminal networks, while supporting the free-flow of international trade and commerce in some of the world's busiest waterways. That's \$4.7 million dollars that will not be making it into the hands of those wanting to do harm around the world."

Throughout the two-month operation, the embarked NTOG team conducted a total of 10 boardings, providing them with valuable experience in the region.

"The RCN has a proud history of conducting Maritime Interdiction Operations, Canadians should feel very proud of the effect delivered by NTOG and HMCS *Regina*," said Jacob Kilawee, NTOG Officer in Charge. "Each one of our operators understand that when we are conducting these boardings that we are representing Canada and her interests, even when dealing with drug smugglers. The lessons learned during these boardings will be captured and actioned to ensure that the RCN is only more effective and prepared when conducting Maritime Interdiction Operations."

Some of these boardings were also approach and assist visits – an element of maritime security operations that help generate support and awareness amongst vessels in the region to ensure a secure maritime

environment. They provide CTF 150 coalition forces face-to-face interaction with local fishermen and valuable information on patterns of life within the region, further supporting coalition goals of security and stability in the Middle East, and ensuring the free flow of legitimate trade and commerce.

Op ARTEMIS also provided *Regina* with valuable training opportunities with naval partners. On April 23, *Regina* conducted a cooperative deployment with Task Force (TF) 473, a Carrier Strike Group with nuclear-powered French Navy aircraft carrier Charles de Gaulle. The cooperation included an Air Defence exercise and helicopter deck evolutions with the goal of enhancing interoperability and improving communications.

NRU Asterix also saw a significant amount of interoperability by conducting Replenishments at Sea (RAS) with the French, Dutch, and Spanish, demonstrating Asterix' abilities to support our partners and allies.

"Overall, this was an excellent Op ARTEMIS, providing our CAF members with valuable training and experience," added Cdr French. "This knowledge will ensure that when we return to the Middle East, we understand the region, its challenges, and how our partners and allies operate regionally, so we can continue to be a strong ally prepared to continue the CTF 150 mission."

Canada is a member of CMF and has been contributing to CTF 150 through RCN warships, RCAF maritime surveillance, and staff to operate at CMF Headquarters since the beginning of the partnership in 2001.

As *Regina* and Asterix sail east out of the Middle East, they will resume Op PROJECTION, working with partner navies and conducting key leader engagements to enhance military cooperation and partnerships in support of Canada's diplomatic efforts in the Asia-Pacific region. The ships return to their homeport of Esquimalt, BC in August 2019 after a six-month long deployment.

Orca class operates with the Cyclone for the first time

By Lt(N) Evan Park,
Naval Fleet School (Pacific)

On a clear, sunny April afternoon in Constance Bank, four Patrol Craft Training (PCT) Orcas operated with a CH-148 Cyclone Helicopter (call sign Stinger 20) for the first time.

The vessels were at sea in support of the Athabaskan Naval Warfare Officer IV Charge phase.

The Cyclone, a much more powerful aircraft than the Sea King, created significant downwash, so it was important to determine the effects on the Orca class and to practice counteracting such effects.

Once interoperability was proven, the aircraft pilot and the officers in charge of PCT Wolf, Raven and Grizzly exercised personnel transfers between the two platforms.

"Proving the concept opens the door to future transfers of provisions or personnel while underway, increasing flexibility in routine operations and/or during emergency response situations" said LCdr Erik Poirier, Officer in Charge of PCT Wolf.

Athabaskan NWO IV Charge students, in their last training phase before joining the fleet, had a unique opportunity to work with the new airframe.

"Working with the Cyclone this week was a rare opportunity for myself and my fellow students," said A/SLt Liam Moors. "We did not expect to work with it until we reached the fleet, let alone be a part of the first operation ever between the two platforms. It was a great experience."

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Survivor shares memories of horrific HMCS *Kootenay* explosion

By Peter Mallett,
The Lookout Staff Writer

As the 50th anniversary of the fire and explosion in HMCS *Kootenay* approaches this fall, one of its survivors has finally been honoured with a Wound Stripe, a distinction worn on the sleeve of military members wounded in action prior to 2001.

Cdr (ret'd) Al Kennedy, 77, received the honour from Commodore Angus Topshee, Commander Canadian Fleet Pacific, on Tuesday May 14 at a ceremony in D100, CFB Esquimalt.

The Victoria resident was the Engineering Officer in *Kootenay* on the morning of October 23, 1969. Just after 8 a.m. there was an explosion in the ship's engine room that killed nine people, including seven of the 10 men in Kennedy's engine room team.

The tragedy is considered the Royal Canadian Navy's worst peacetime accident, so it was with a heavy heart and tears that Kennedy addressed those at the ceremony.

"I cannot forget the nine men who lost their lives that day, and of course their families, wives, children, parents and friends who were bereft," said Kennedy. "It was a terrible experience for everyone, and I survived, but not a day goes by when I don't think about it."

The Wound Stripe Kennedy received is the forerunner of the present-day Sacrifice Medal created in 2001 to recognize members of the CAF, a member of an allied force, or a Canadian civilian under the authority of the Canadian Forces who died or was wounded under honorable circumstances as a direct result of hostile action.

Before presenting him with this honour and a ceremonial plaque, Cmdre Topshee congratulated Kennedy for his strength and character in the incident. He then apologized that it had taken so long for him to be recognized by the Royal Canadian Navy.

"I am overwhelmed by the horrific experience you and other *Kootenay* crewmembers had," said Cmdre Topshee. "Your story is one that I had heard as a member of the junior ranks, and it is unbelievable that you managed to leave the engine room and somehow make it up on to the bridge."

The Explosion

Kootenay was part of a nine-vessel Canadian Task Group that was exercising in waters south of Plymouth, England when the order was given to the engine room for Full-Ahead (throttle) for both engines.

As the ship's steam power plant reached maximum revolutions of 5,750 RPMs, a mechanical flaw in the gearbox quickly overheated it to a temperature of 650 F. An explosion



Cmdre Angus Topshee presents the Wounds Stripe to Cdr (ret'd) Al Kennedy.

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ensued and caused a fireball that raced through the engine room, up its hatches and onto the main passageway in the ship.

Kennedy, PO1 John MacKinnon (starboard throttle), and AB Allan 'Dinger' Bell (main engine room temperature readings) were the only ones in the engine room who survived but were all severely injured in the ordeal.

Those who died in the engine room were:

CPO1 Vaino 'Ski' Partanen (Chief Engine Room Officer Artificer); CPO2 William Alfred 'Billy' Boudreau (Engine Room Chief); PO1 Eric George Harman (port throttle); LS Pierre 'Pete' Bourrett (recording at the console);

LS Thomas Gordon (fire and bilge pump); LS Gary Wayne Hutton (tor-sion meter readings); and, AB Michael Allen Hardy (main engine temperature readings). PO Lewis John Stringer and OS Nelson Murray Galloway were also among the dead.

Alerting the Crew

Kennedy and his two surviving engine roommates climbed up the engine room ladder and out the front hatch. He recalls how the smoke in the engine room was so thick he couldn't see his own feet on the ladder, which made for difficult footing. His hands were so badly burned it was difficult to climb the ladder and open the hatch.

"The time it took to go up the ladder

was only seconds, but it seemed like an eternity," said Kennedy. "The only thing going through my mind was a feeling of sadness that I was going to die and not be able to see my wife or three-month-old infant son."

After the explosion the danger was not over for the *Kootenay*. The unmanned turbines were still receiving steam from the boiler and the ship was charging ahead at full speed. The wheelhouse had filled with smoke and had to be abandoned, which left no one at the controls.

Eventually, fire-fighting help and supplies arrived with the assistance from HMCS *Saguenay* and a Sea King helicopter. An emergency helm station was established to override the ship's controls and shut off the engine.

Kennedy suffered severe burns to approximately 30 per cent of his body, and smoke inhalation. Much of his clothing and hair had been burned away and he suffered soft tissue, tendon and muscle injuries; later he suffered chronic pain syndrome and post-traumatic stress disorder. He was evacuated by helicopter to HMCS *Bonaventure* and then to a burn hospital in England for two months of treatment. He then returned to Canada for 18 months of extensive surgical treatment.

A Way Forward

In the months following the explosion, a board of inquiry determined that insert bearing shells in the starboard gearbox had been installed backward, thus disrupting the flow of lubricating oil causing an overheating of the bearing and the ignition of the lubrication oil.

The ship was repaired but wouldn't return to service until January of 1972, when it was relocated to Esquimalt.

Kennedy says that although the explosion was a horrific experience "some good things came out of the tragedy" such as changes to equipment and engine room procedures, changes to fire fighting and damage control equipment, and improved training.

Kennedy eventually returned to his duties and went on to have a 33-year career in the navy before his retirement in 1992. He and his wife Barbara went on to raise a family that includes three children and three grandchildren.

Earlier this year, on Feb. 8 in Halifax, AB (ret'd) Bell was awarded the Wound Stripe by VAdm Ron Lloyd, Commander Royal Canadian Navy. A third shipmate who escaped the engine room fire alive, John MacKinnon, died in 2008. He did not receive the Wound Stripe because it is not awarded posthumously.



The art of chainsaw carving

By SLt M.X. Déry,
MARPAc Public Affairs Office

Wood chips fly in all directions as LS Scott Ferron grips his chain saw and taps a block of red cedar. With each cut from the rotating teeth an eagle takes form.

His emerging sculpture is practice for the Campbell River Shoreline Art Competition.

“Being able to take a power tool with that much power and make a work of art is something that intrigued me,” said LS Ferron, a Marine Technician in HMCS *Victoria*.

Prior to joining the Navy in 2010, he worked in forestry and discovered this unique art form when he witnessed a competition.

“It was the first time I saw someone carve a work of art with a chainsaw,” he said. “I found a new use for that power tool.”

Under the mentorship of Chris Foltz and Bob King, two award-winning carvers, LS Ferron learned this craft.

LS Ferron is revving up for the competition in June, which means making sure the chain saws are in working order and practicing on multiple canvases or logs. But raw material can get expensive.

To save money, he looks for free material such as deadfall. But he must be mindful of rot, nails, or anything that would destroy his tools.

Luckily British Columbia has plenty of red cedar, which is rot resistant and a softwood, making carving easier. He managed to acquire a fair amount of wood from a local resident who was willing to part with it if he carved a dog for her.



LS Scott Feron used a chainsaw to carve works of art out of wood.

The practice pieces don’t compare to the massive lumber he’ll carve during the four-day competition; a typical piece is eight feet tall and four feet in diameter. Competitors are given about 40 hours to carve their submissions. Plus, they do a quick carve that is auctioned off at the end of the event

“It requires a lot of stamina,” said LS Ferron. “Staying fit is helpful, as is

being strong.”

He’ll start carving with his largest saw with the biggest blades to make sure he gets a fast start, not only for time but for fatigue.

“You want to make sure that you aren’t wrestling this behemoth with a 30-inch bar for an hour. At 100ccs, it is heavy and there is very little in the way of anti-vibration. You’re

going to feel it.”

Once he’s roughed out his design, he’ll turn to smaller chainsaws to carve the details.

Dremels, die grinders, torches, belt sanders and a host more power tools can be used to finish the carving, while simultaneously cleaning off the sawdust and bar oil from the sculpture.

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MARLANT and the Memorial Cup 2019

RAdm Craig Baines, Commander JTFA and MARLANT, participates in the ceremonial puck drop during the Canadian Hockey League Memorial Cup Championship game between Halifax Mooseheads and Rouyn-Noranda Huskies on May 26, 2019 at Scotiabank Centre Halifax. Left to right: Huskies captain Rafaël Harvey-Pinard, RAdm Craig Baines, former Halifax Mooseheads player Nathan MacKinnon, now with the NHL’s Colorado Avalanche, Sean O’Regan, O’Regan’s Kia and Mooseheads captain Isaac Ratcliffe.

MONA GHIZ, MARLANT PA



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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

Hockey icon shares stories at Sports Recognition Breakfast

By Ryan Melanson,
Trident Staff

The Stanley Cup is the ultimate prize for professional hockey players, and part of the reward for those who capture the elusive trophy is getting to show it off back home, like Sidney Crosby has done in recent years in Cole Harbour and Halifax.

It wasn't always this way though. After winning the cup for the fourth time in 1978, Montreal Canadiens legend Guy Lafleur had to run away with it unannounced in order to bring it to his hometown of Thurso, Quebec. It's a story that involves stealing a car, a night of partying, and some very angry team managers and PR men, but it was worth it in the end, Lafleur told a crowd at CFB Halifax on May 22.

"I'm happy I did it. That's really what got the NHL to allow players to take the cup for a day, to bring it to their hometowns for people to see. I woke them up to that."

It was just one of the many stories the hockey superstar shared as the guest speaker at the 17th Annual CFB Halifax Sports Recognition Breakfast, which was held inside the Chiefs and POs Mess at Juno Tower. Lafleur shared the stage with veteran sports broadcaster and Nova Scotia Sports Hall of Fame President and CEO Bruce Rainnie for a wide-ranging question and answer session that covered topics spanning his 17-year NHL career, five Stanley Cup wins, and beyond.

He also spoke about his admiration for the men and women of the CAF, and how he's become more familiar with Canada's military since taking on Honorary Colonel appointments, first with 12 Radar Squadron in Bagotville from 2005 to 2008, and again as HCol for 3 Wing Bagotville since 2013. That first appointment brought him to Afghanistan, where he played ball hockey with deployed members in Kabul and even suited up for a patrol in a LAV, which he described as an eye-opening experience.

"It was a great experience and very exciting, but it also made me realize how lucky we are in Canada, to have people who are doing their best to keep our country peaceful," he said.



Base Commander Capt(N) David Mazur presents the COTF banner for 2019 to HMCS Halifax, one of many annual awards handed out at the Sports Recognition Breakfast.

CPL DAVID VELDMAN, FIS

"I know there's a lot of sacrifice that goes into this work, I'm glad I've been able to learn about it, and I lift my hat to all of them."

Lafleur and Rainnie also got into the weeds about No.10's legendary career, from the early years and his Memorial Cup win in 1971 with the Quebec Remparts, through to his Stanley Cup years in Montreal and his eventual comeback with the Rangers and Nordiques. He talked about the most difficult goalies he played against (Bernie Parent and Gerry Cheevers) the best team he ever played with (the 76-77 Canadiens) and his thoughts of the top players in today's NHL, among other topics.

He also stuck around for photos and autographs with hockey fans and CAF members, and was presented with a special No.10 RCAF hockey jersey by PSP's Wally Buckoski.

"He was the best in the world, he's a great guy who thinks the world of our military members, and we were lucky to have him here," Buckoski said.

Of course, the annual ceremony is also an occasion to recognize the hard work and dedication toward

military sports by members of the Formation. Along with the major awards, recognition was also given to the many volunteers and unit sports representatives in attendance, to all of the CAF Sports Hall of Fame or Sports Honour Roll members, and to all MARLANT sports teams who won medals at the Regional or National level in the past year.

The following is a full list of awards:

- Cock of the Walk (COTW) – Campus Atlantic
- Cock of the Fleet (COTF) – HMCS Halifax
- Wing Cup – Fleet Diving Unit (Atlantic)
- Mini Grey Cup – 2018 Champions Fleet Club Slackers
- Excellence in Health Promotion Award - Campus Atlantic
- MARLANT Official of the Year – PO1 Allan Rendell (volleyball)
- MARLANT Coach of the Year – CPO2 Bradley Browne (combat shooting)
- MARLANT Male Athlete of the Year – MS Shawn Peverill (hockey and slo-pitch)
- MARLANT Female Athlete of the Year – Capt Kim O'Rourke (soccer)



PSP Halifax's Wally Buckoski, right, presents hockey legend Guy Lafleur with No.10 RCAF hockey jersey at the CFB Halifax Sports Recognition Breakfast on May 22.

CPL DAVID VELDMAN, FIS

- MARLANT Team of the Year – CFB Halifax Men's slo-pitch
- Rob Sneath Memorial Award – MWO Kenneth Penney, for his dedication to military sports and recreation through hockey programs.
- Alexander Keith's Award for Formation Team of the Year – Formation Halifax Women's Soccer Team
- Admiral Jones Shield Winner – MCpl Kent Thistle, for his involvement in multiple unit sports and the Nijmegen marches.

The MARLANT Environmental award winners will move on to be considered for the RCN and overall CAF awards at the 2019 CAF Sports Awards Ceremony later this year.

Organizers also wished to thank the many sponsors that made the Sports Recognition Breakfast possible and provided great draw prizes for attendees, including Alexander Keith's, Ultra Electronics, Lasik MD, VIA Rail, Canadian Springs, Halifax Mooseheads, CANEX, The Personal, Source Atlantic, Nova Scotia Crystal, Atlantic Hotel, Print 101, Subway, SISIP, Q104, Babcock, Engel & Volk-ers, Westjet, and more.



Using exercise as medicine: PO2 Nancy Ervin

By Ryan Melanson,
Trident Staff

PO2 Nancy Ervin is a Naval Communicator who has always led an active lifestyle, but in recent years, injuries accumulated through her career have begun to slow her down.

Chronic neck and back pain from years at sea, along with knee injuries and other ailments, led to her being able to do less and less when it came time for exercise.

“It’s just a lot of wear and tear on my body, and that has had a big impact on mental health as well. Exercise is very important to me, and if I’m not moving, I’m not going to feel good,” she said.

“You get worried about not being able to do certain things, you feel like you’re letting people down, and for me, that led to depression.”

Rather than continuing to struggle through painful PT sessions, PO2 Ervin recently made a change that’s allowing her to get moving again, following a doctor’s recommendation to begin rehab with the PSP Reconditioning program and PSP Halifax’s team of Physical Exercise Specialists. She said getting a structured routine with professional advice on how to exercise safely has been a huge help, and though it’s only been about a month, the added workouts are already making a difference in terms of her mental health. Having the exercise prescribed by her doctor, allowing for flexibility with work, has also been a benefit.

“The difference in how I’m feeling is huge. I’m glad to be active again,” she said.

PSP Reconditioning Manager Kerianne Willigar said her and her team focus on helping members exercise safely while dealing with injury or illness, but the benefits go beyond the physical. Learning to overcome injuries, or getting back into exercise after a sedentary period, can boost self worth, confidence and overall mental wellbeing for anyone.

“They’re trying to get back to a



PO2 Nancy Ervin works out on the elliptical machine at the PSP Reconditioning gym at Stadacona.

RYAN MELANSON, TRIDENT STAFF

better quality of life. For people who have always been active, getting injured and not being able to have the same lifestyle can be a big shock,” Willigar said.

PO2 Ervin is nearing the end of her military career, but said putting the focus back on her physical and mental health has her back on a positive path.

“It’s helped immensely with my mood, and it’s nice to have people really helping me reach my goals to lose weight, get healthy and strengthen muscles that I’ve neglected.”

The PSP Reconditioning program is a fitness program designed to meet the demands of serving CAF members that are dealing with injury and illness. For more information, speak to your doctor or contact PSP Reconditioning Manager Kerianne Willigar at 902-402-4890 or Kerianne.Willigar@forces.gc.ca.

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 Gaagetown. 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. Next walk is on Thursday, June 27. 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.

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

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

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

Trivia about sports trophies

By Stephen Stone

Trophies are awarded to the winners of all sports, be they professional or amateur. I will give you the trophy. Your task is to name the sport and the current holder of said trophy. The answers will be as of May 26, 2019. Therefore if I were to name the Stanley Cup, you answer would be NHL Hockey and the Washington Capitals

Questions

1. The Claret Jug
2. The America’s Cup
3. The Ashes Urn
4. The Jules Rimet Trophy
5. Wanamaker Trophy
6. The Grand Depart Trophy
7. The Commissioners Trophy
8. Maurice Podoloff Trophy

9. Harley J. Earl Trophy
10. Borg-Warner Trophy
11. The Green Jacket – this is your gimme
12. Memorial Cup
13. Vanier Cup
14. Larry O’Brien Trophy
15. Webb Ellis Cup

16. Mann Cup (BTW – it really is made of solid gold)
17. Gunn Baldursson Memorial Trophy
18. Woodlawn Vase
19. Grey Cup
20. Vince Lombardy Trophy

Answers on page 22

Answers

Super Crossword

S	R	V	E	A	N	E	L		W	A	H	S		E	E	T	V	R	V	S
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PSP focuses on operational fitness with Tactical Athlete program

By Ryan Melanson,
Trident Staff

PSP Fitness and Sports staff have a unique challenge in offering fitness programs tailored toward CAF members. Classes need to be focused on the operational demands that come with a military career, while also being accessible to clients along different levels of fitness and training expertise.

That's part of the idea behind the Tactical Athlete program, a new initiative at the Fleet Fitness and Sports Centre. It started as a six-week trial earlier this year, and has grown into an ongoing program that's getting great feedback from participants.

Tactical Athlete classes are currently offered three times a week over the lunch hour, with strength-focused sessions on Monday and Thursday and a conditioning class on Wednesday. Conditioning includes instruction in rowing, kettlebells, and other exercises to help members put together a well-rounded workout, while the Tactical Athlete Strength class brings the barbells and squat racks out to help members get comfortable with weight training.

"The strength component has been particularly beneficial. Prior to attending this course, I had never lifted a



Participants practice deadlifts during a Tactical Athlete Strength class at the Fleet Fitness and Sports Centre.

RYAN MELANSON, TRIDENT STAFF

barbell in my life," said LCdr Jennifer McGean, who's been attending regularly at the Fleet gym since the program began.

Instructors can adapt the exercises and give individual instruction for different experience levels or for those recovering from injury, and LCdr McGean said this allowed her to get the most out of the classes and learn

proper techniques in a setting that can be otherwise intimidating. She expects that learning to train more efficiently will pay off when performing physical tasks at work or during FORCE Testing.

"I've noticed a marked improvement in my own abilities and comfort level," she said.

PSP Fitness Coordinator Lucas Har-

die said the goal is to help CAF members get more comfortable in the gym with safe, efficient workouts, and that results have been positive so far.

"We have members who are telling us they can finally go work out in the weight room by themselves, because of what they've learned with barbell movements on the gym floor. That's exactly what we want," he said.

But the program isn't only for beginners; PSP staff are highly trained and can offer expertise to veteran gym goers as well. Maj Rod Doucet said he was humbled by the focus on application of proper weightlifting technique when he started attending, and the classes have led to the correction of bad habits he's had through years of training.

"It's been humbling, but it has resulted in significant gains," he said.

"One of the best features of this program is also that all the exercise routines are planned out for you – all you have to do is show up and commit to sweat."

Classes start at 12:10 p.m. on Monday, Wednesday and Thursday at the Fleet gym, and though the program runs in six-week cycles, members can feel free to drop in any day. PSP staff hope to begin also offering the Tactical Athlete program at 12 Wing Shearwater later this year.

Trivia about sports trophies

Questions on page 21

Answers

- Formally The Open but often referred to as The British Open – Francesco Molinari
- International Yacht Sailing – Oracle Team USA
- Cricket – a challenge match between England and Australia. Australia currently hold the Ashes.
- Football (soccer) – France. Since 1970s it is known as The World Cup
- Golf – PGA Championship – Brooks Koepka
- Cycling – The Tour de France – Geraint Thomas
- Baseball- World Series Champion – Boston Red Sox
- Basketball – NBA -MVP – James Harden (Houston)
- NASCAR – Winner of the Daytona 500 – Denny Hamlin
- Formula Racing – Indianapolis 500 – Simon Pagenaud
- Golf – The Masters – Tiger Woods
- Hockey – Major Junior – Rouyn-Noranda Huskies
- Canadian University Football – Laval
- Basketball – NBA – Champion – Golden State Warriors
- Rugby – Rugby World Cup – New Zealand All Blacks
- Lacrosse – Specifically Box Lacrosse – Peterborough Lakers
- University Women's soccer – University of Ottawa GeeGees
- Horse racing – given to the winner of the Preakness Stakes – War of Will
- Canadian Football League Championship – Calgary Stampeders
- NFL Football – Super Bowl winner – New England Patriots.



Hit the ground running

Members of Royal Canadian Navy, Canadian Armed Forces and the Defence team hit the pavement for the Maritime Forces Atlantic Formation Run starting in HMC Dockyard Halifax on May 23, 2019.

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REAL AMERICANS

ACROSS

- 1 Deal with mercifully
- 9 Smooth-tongued
- 13 Inlaid tile designs
- 20 Shady protagonist, perhaps
- 21 Inner Hebrides island
- 22 Female graduates
- 23 Famed pool hustler
- 25 Reverberate
- 26 Recap no.
- 27 Neither go-with
- 28 Mined rocks
- 30 Actress Ekberg
- 31 Founder of Tuskegee University
- 36 "Don't put it off!"
- 40 "Yes" vote
- 41 Sports guard
- 42 "Sideways" actress
- 47 Many
- 53 Just right
- 54 Window above a door
- 55 Interstellar dust clouds
- 56 Arnaz of TV
- 57 Interim workers
- 58 Mystery novelist who created Anna Pigeon
- 60 Tree of Iowa
- 62 Some iPods
- 63 Authority

- 64 Home: Abbr.
- 67 "LOVE" stamp artist
- 73 They work on mags
- 74 Aleve targets
- 76 Dueling tools
- 77 Cleo's biter
- 79 NFL MVP of 1989 and 1990
- 81 Pleasantly warm outside
- 85 Norwegian city
- 89 Many pink-eyed animals
- 90 Ban on trade
- 92 Kilt design
- 93 Publisher of Elle Decor
- 94 Painter called "The Mother of American Modernism"
- 96 Theta lead-in
- 98 Big foot spec
- 99 Map blowups
- 100 "Cat on a Hot Tin Roof" playwright
- 109 "Full of beans," e.g.
- 110 "Frozen" queen
- 111 Acid rock's "acid"
- 112 Writer Dinesen
- 116 Place-to-place worker
- 118 Bailiff's directive that's apt to this puzzle's theme?
- 123 Opponents
- 124 Reverberate
- 125 Diagnostic list for a techie

- 126 Brand of frozen desserts
- 127 Phony
- 128 Decade's span

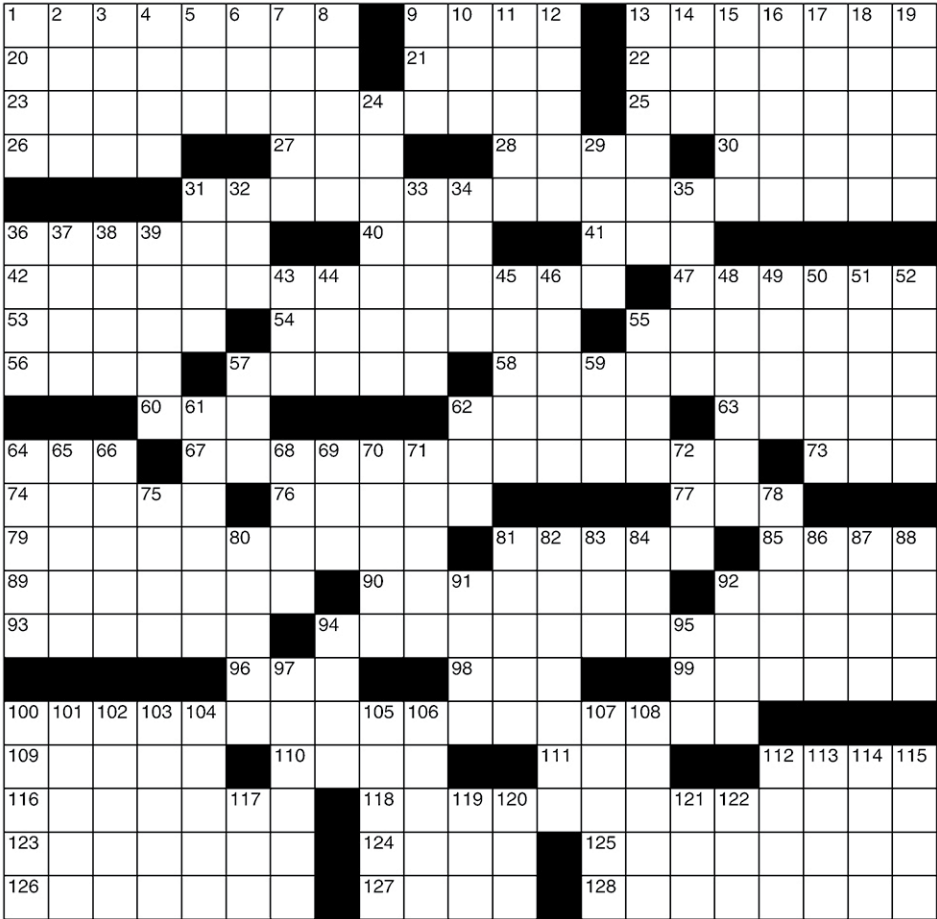
DOWN

- 1 Alluring legs, informally
- 2 Attending to the task
- 3 Big volcano in Sicily
- 4 Isn't incorrect?
- 5 That girl
- 6 "Assuredly"
- 7 Maine city
- 8 Uncool
- 9 Alternative to a JPEG
- 10 Mauna --
- 11 Tagging along behind
- 12 Port in Iraq
- 13 Actress Mason
- 14 Seville cheer
- 15 Singer Boyle
- 16 In a group of
- 17 Arctic native
- 18 Poem division
- 19 Car variety
- 24 GPS display
- 29 "NFL Live" channel
- 31 Be really hot
- 32 BYOB part
- 33 "-- Hope" (old soap)
- 34 "Bill & -- Excellent Adventure"

- 35 Ran in place
- 36 Full of zeal
- 37 Funny -- (2003 Kentucky Derby winner)
- 38 Very, to Fifi
- 39 Mystery writer Marsh
- 43 Ending for Manhattan
- 44 Branch
- 45 ---law (acquired relative)
- 46 Revise
- 48 First family until 2017
- 49 Big brass
- 50 Really work
- 51 Rowed
- 52 Plants with fronds
- 55 Viking org.
- 57 Certain bout result, briefly
- 59 7, to Caesar
- 61 Fire felonies
- 62 Prefix with fire
- 64 Hindu royal

- 65 French place of learning
- 66 Cat food brand
- 68 Reno actions
- 69 Air quality gp.
- 70 Zellweger of "Case 39"
- 71 "I love you," to Juan
- 72 "No" vote
- 75 Arabian chief
- 78 Flag holders
- 80 Re, fa and la
- 81 Deli staple
- 82 Actress Dombasle
- 83 NYC airport code
- 84 Pasture call
- 86 Not in peril
- 87 Raise up
- 88 Extolling poems
- 91 Matzo -- (Jewish fried dish)
- 92 Writing tools
- 94 Scottish Celt

- 95 One of the Kardashians
- 97 African fly
- 100 Durations
- 101 Patsy's sidekick on "Absolutely Fabulous"
- 102 Neighbor of Mali
- 103 Shearer of old films
- 104 Inbox filler
- 105 Curvy letters
- 106 Stare at
- 107 "The best -- to come!"
- 108 Venerate
- 112 Regarding
- 113 Spanish for "room"
- 114 Winged god
- 115 Beer holders
- 117 Born
- 119 "That's it!"
- 120 Singer Jones
- 121 Sizable vase
- 122 Actor/singer Rogers



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Navy Bike Ride 2019

On Friday, May 31, CAF members and their families participated in the 2019 Navy Bike Ride Halifax Shadow Ride starting at 12 Wing Shearwater, following the Shearwater Flyer Trail for six, 15 and 30 kilometer routes which included the transiting the Salt Marsh Trail.

CPL SIMON ARCAND, FIS HALIFAX

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