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Monday, July 15, 2019



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TRIDENT

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



Royal Nova Scotia International Tattoo 2019

2019 Royal Nova Scotia International Tattoo performers and the Canadian Armed Forces ceremonial guard form up for a general salute during the Grand Finale of the Canada Day Tattoo performance.

CPL DAVID VELDMAN, FIS HALIFAX



DND Family Days 2019
Pg. 3, 12



Dive into submarine history
Pg. 10



HMCS Oriole on the Great Lakes Deployment
Pg. 15



RCN Coach of the year
Pg. 20

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National Indigenous Peoples Day 2019

Members of the CAF community participated in the powwow held at the Zatzman Sportsplex in Dartmouth, NS on June 21 and 22, 2019.

Events included a Grand Entry on Friday June 21, and many competitive dance and drum events and another Grand Entry on Saturday, June 22.



RAdm Craig Baines, Commander JTFA and MARLANT, was among the military dignitaries in attendance at the powwow.

MCPL BRIAN WATTERS,
5 CDN DIV
IMAGING

PO2 Stewart holds the Eagle Staff.

MCPL BRIAN WATTERS,
5 CDN DIV
IMAGING



The Grand Entry is one of the most significant parts of the powwow. Veterans, elders, and serving CAF members carry flags, banners, and the Eagle Staff.

MCPL BRIAN WATTERS, 5 CDN DIV IMAGING



Bert Mitchell and Denise Mitchell were the head dancers for the event.

MCPL BRIAN WATTERS, 5 CDN DIV IMAGING

Thousands Come Out and Play at DND Family Days 2019

By Ryan Melanson,
Trident Staff

HMC Dockyard welcomed thousands of CAF, DND and NPF guests inside the gates on June 21 and 22 for DND Family Days 2019, marking the 23rd edition of the fun-filled weekend presented by PSP Halifax. A bit of rainy and windy weather was barely a factor, as families came armed with wet weather gear and umbrellas as they enjoyed the multitude of attractions at the site.

This year's Family Days theme was Come Out and Play, celebrating the spirit of classic board game nights that bring families together, and that theme was evident throughout HMC Dockyard. Jumbo-sized versions of classics like Connect 4 and Plinko could be found at sponsor booths, while newer activities like inflatable Foot Darts or the Hang-Man pull-up bar kept things fresh.

PSP organizers even developed a game board concept involving the whole site, inviting kids to check in at various locations for a chance to win a \$100 Toys R Us gift card by visiting and collecting a stamp at each spot.

"I'll only need to get two more and then I'll have them all," said nine-year-old Finn Chiasson, who was enjoying Family Days for the first time alongside his mother and little sister. He said the games were fun, but his sweet tooth was responsible for his highlight of the weekend.

"My favourite is the cotton candy," he said.

Other fun activities included everything from face painting and cookie decorating, rock climbing, virtual reality demos, speedy RHIB rides through the harbour, and tours of warships and helicopters. This was in addition to plenty of refreshments and food vendors, along with live entertainment from singer/songwriter Jodi Guthro on both days, ensuring guests of all ages could find something to enjoy.

Family Fun Days are an annual feature at CAF bases across Canada, but Halifax's event is the largest of its kind, and keeping the momentum of DND Family Days going strong for nearly 25 years is no small achievement, said CFB Halifax Base Commander Capt(N) David Mazur.

"This is the biggest one that there is and it's a great celebration each year. It's something that could never happen without the hard work of the PSP team, and our sponsors, and the hundreds of volunteers we have helping us out" he said, as he officially kicked off the event on June 21 ahead of the daily prize draws.

"Today is about sharing a little bit of what we do in the Canadian Armed



Mascots from CBC were among the colourful characters greeting guests at DND Family Days 2019.

RYAN MELANSON, TRIDENT STAFF

Forces with all of our loved ones who don't wear the uniform and don't come to our base every day. It's also about having fun, and I'm thrilled to see so many of our people here doing just that."

The Family Days prize draws are always a highlight of the weekend for young and old, and the PSP Corporate Sponsorship team once again assembled a great selection of prizes that were handed out over the two days, with WestJet and VIA Rail travel packages, hotel stays, concert tickets, bicycles, gift cards and more presented to a number of lucky winners.

Along with staff and volunteers, Family Days organizers wished to thank all the sponsors who supported the weekend and contributed prizes, including Presenting Sponsor Sobeys, Platinum Plus Sponsor Irving Shipbuilding, and others including Ambassadors, Dominos Pizza, Tim Hortons, WestJet, BMO, Avis Budget Group, Steele Auto, Via Rail, MacFarlands, Casino Nova Scotia, C100, Lord Nelson, Manulife, and many, many more.

For more DND Family Days 2019 photos, please go to page 12



RCN members took families on RHIB rides around Halifax Harbour.

RYAN MELANSON, TRIDENT STAFF



Capt(N) David Mazur, Base Commander CFB Halifax, speaks to attendees to kick off the Family Days prize draws on June 21.

MEGHAN FASH, PSP



Kids tested their aim with the water guns to win prizes.

RYAN MELANSON, TRIDENT STAFF



While the rainy weather kept it away on June 21, families were able to tour through the new CH-148 Cyclone helicopter on June 22.

RYAN MELANSON, TRIDENT STAFF



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.

Canadian Blood Services Donation Event

Time: 9:30 a.m. – 1:30 p.m.

Date: Friday, July 19

Location: Juno Tower, Atlantic Room

Canadian Blood Services is inviting you to come to the Atlantic Room in Juno Tower on July 19 to give blood. By giving blood today, you can help ensure that others wake up healthier tomorrow. There is a goal of 58 dona- tions for the day, and anyone willing to give is encouraged to book an ap- pointment online. For more informa- tion, visit: blood.ca. If you make an appointment to give blood, but can't attend, please cancel online so that another person can fill the time slot.

Halifax Pride Parade 2019

Date: Saturday, July 20

Time: Assemble at Rainbow Gate for 1200

The Halifax Pride Parade is the signature event of one of Canada's largest Pride festivals. CFB Halifax will once again be placing its float in the parade along with the Stadacona Band. While there is limited space on the float, Defence Team personnel and their families are encouraged to participate in the parade both as passengers on the float and on foot. To reserve a space on the float or to sign up to walk alongside the float, please contact AB Caitlynn Mace, Acting military co-chair, Maritime Defence Pride Network, at 427-3711 or Caitlynn.Mace@forces.gc.ca. Dress for military members is 3B (3B summer whites for RCN personnel).

Historical Association of Annapolis Royal 100th Anniversary

Date: Saturday, July 20

Time: 12 - 3 p.m.

Location: Fort Anne National Historic Site

Join Parks Canada on Parks Day as we help celebrate the 100th an- niversary of a community partner, The Historical Association of An- napolis Royal (THAAR). Visitors may view the items THAAR has collected over the decades and donated to Fort Anne's Officers' Quarters Museum. Anniversary cake will be served and happy birthday will be sung at 12:30 pm in the parade square. In recogni- tion of this community milestone, Parks Canada is pleased to provide free entry. 323 St. George Street, An- napolis Royal, NS B0S 1A0 902-532- 2397

CFB Halifax Walk

Time: 10:30 a.m.

Date: Wednesday, July 31

Location: CFB Halifax Stadacona

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

Halifax Busker Festival

Date: July 31 - August 5

The 33rd annual Halifax Busker Festival takes place on the Halifax Waterfront starting Wednesday, July 31. The festival stretches from Historic Properties and the Nathan Green Stage at the Ferry Terminal, to Sackville Landing at the Wave, to the Helipad Stage at Bishop's Landing. The East Coast Amusements Midway also returns to the 2019 festival with carnival rides and games in the Salter Street lot. The week will feature a mix of local and international perform- ers who are sure to bring electrifying entertainment to the multiple stages. For updates on the festival schedule and more information visit www. buskers.ca.

Author's Stage: The Testaments by Margaret Atwood

Time: 7 p.m.

Date: Thursday, October 3

Location: Halifax Central Library

Margaret Atwood will be coming to the Halifax Central Library for *The Testaments* national book tour. In this brilliant sequel to *The Handmaid's Tale*, acclaimed author Margaret Atwood answers the questions that have tantalized readers for decades. Atwood is the author of more than 40 books of fiction, poetry, and criti- cal essays. Her many awards include the Giller Prize and Booker Prize and the Order of Canada. This is a free, ticketed event, with tickets available starting September 10; call 902-490- 5700 for ticket details.

Why do you fight for your country?

By LCdr Travis Gardner, Chaplain, U.S. Navy

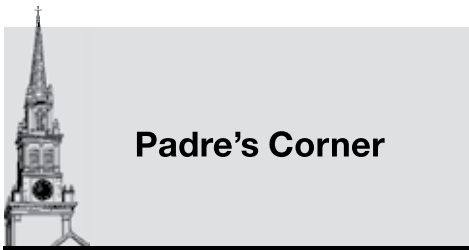
I'm writing this article on the heels of Canada Day, and with American Independence Day about to happen, so celebration is in the air! Canada turned 152 and America turned 243 years old this year. The common thread between our two countries is the celebration of freedom. We have so much to be grateful for but that comes at a cost.

In the States we have a saying, "Freedom isn't free." Nothing could be closer to the truth as for nearly two decades we have been at war trying to prevent another September 11, 2001. This tragic event not only killed Amer- icans but Canadians as well. It was truly our generation's Pearl Harbor as it too will be remembered in infamy.

It takes strong people willing to

stand tall and take an oath to protect their country, in which we have all done. It was a proud moment for us when we raised our hands and took our oath. In the U.S., part of our oath is, "Support and defend the Constitu- tion of the United States." Several years ago I had the opportunity to see the actual document in person in Washington D.C. and it was a truly emotional and proud moment.

So why are you here serving in the CAF? Why am I here serving in the United States Navy? I would say that it is for the love of our respective coun- tries. I once heard a U.S. Navy Captain say he liked to ask his crew members two questions upon reporting aboard. The first question was, "Why did you join the Navy?" The second question is much more sobering, "Why are you prepared to die for your country?" You see, serving in the military is both a



privilege and a sacrifice.

We live in a world that is hurting spiritually, so spiritual resilience is extremely important, as you may have guessed a chaplain might believe strongly. As we and our families all sacrifice together, it's very important to keep self-care in mind. It's like when on an airplane, if we don't put our oxygen masks on first before we help others, we are destined to pass out or even die.

Continued on page 5

New RCN Command Chief Petty Officer says exciting times are ahead

By Ryan Melanson,
Trident Staff

The Royal Canadian Navy's new Command Chief Petty Officer will be a familiar face to many who've spent time at CFB Halifax or with the Atlantic Fleet.

CPO1 David Steeves served the majority of his career on the east coast, beginning with his first posting to HMCS *Skeena* in 1990. He also sailed in HMCS *Nipigon*, *Charlottetown*, *Athabaskan*, and *Iroquois*, along with a number of shore postings, and he served a year as CFB Halifax Base Chief from 2017-2018. He followed that up with a posting as Formation Chief to Maritime Forces Pacific, where he familiarized himself with RCN business on the west coast.

Now, with three decades of service behind him, the sailor from Riverview, New Brunswick finds himself in Ottawa as the RCN's senior non-commissioned officer – he took over the RCN Command Chief Petty Officer appointment from CPO1 Michael Vigneault on June 12 at the RCN Change of Command Ceremony in Halifax.

While the top NCO job comes with a long list of new demands and responsibilities, CPO1 Steeves said he'll continue promoting positive attitudes and even encouraging sailors to have a bit of fun at work, something he's put a focus on through his career.

"Having fun is my number one

priority. If people are happy at work, things are going to go more smoothly."

He added he was thankful to spend a year with MARPAC before taking over in Ottawa, which gave him a much-needed crash course in the subtle differences in the way the two coasts operate. In a job that involves succession planning and overseeing more than 100 CPO1s underneath him, having a full understanding of the organization is crucial.

"Now, having spent the time at MARPAC, I really feel like I know all our chiefs, and that's incredibly important when it comes to managing their careers," he said.

Taking care of the physical and mental health of RCN personnel and their families will remain a priority for the new command team, continuing with the People First, Mission Always approach that's been emphasized in recent years. Serious efforts are being made to prevent sailors from burning out, and very few individuals are spending more than 180 days at sea per year, CPO1 Steeves said.

That being said, there will be hard work and tough choices ahead, and part of the Command CPO role involves communicating the intent behind those tough decisions to other



CPO1 David Steeves is the new Royal Canadian Navy Command Chief Petty Officer.

to understand the reasoning behind it and what we're trying to do as a Navy."

CPO1 Steeves steps into the role during an exciting period for the RCN, ahead of an upcoming revitalization that will see an average of one new RCN ship delivered each year for the next decade and a half. He noted that recruitment and retention will continue to be important to ensure new AOPS, JSS and CSC ships can be properly crewed with trained sailors when the time comes.

"We have to make sure we do our due diligence. We've got to have our new training centres established and ready to go, and get a smooth change right from the CPF to the new Canadian Surface Combatant," CPO1 Steeves said, adding that senior members will also need to do their part in embracing new technologies and being flexible with changes to the way the Navy crews and operates its warships.

RCN PA

"We always fear the unknown a little bit, but we need the mindset of being open to change as we head into this. We're going to give them all the tools they need to get out there and do the business."

seniors chiefs and down to sailors throughout the RCN.

"Educating our people is key. The sailors don't necessarily need to like every decision, but we do need them

Why do you fight for your country?

Continued from page 4

What are you doing to keep yourself spiritually strong and resilient? Are you attending your church, synagogue, mosque, or temple on a regular basis? Perhaps you are one of many that are agnostic, which is a fancy word for, "I believe there is something out there but I do not have a label maker for it, him, or her."

My encouragement to you is to practice your faith, and if you have not decided on one to continue your investigation of different faiths. With a cross on my uniform you know what team I play for and hope you join, but as a chaplain I'm here to facilitate your spiritual needs and requests to practice other religions. Chaplains are a great resource and it doesn't always need to be a "God talk" when you speak with us. How fantastic is it that you have a confi-

Members of the chaplain community recently took part in AED training at the Shearwater Chapel. The event was part of the community's ongoing efforts to promote safety.

SUBMITTED

dential place to go, where no records are kept and you speak with someone that wears a uniform just like you?

Freedom is precious, enduring, sought after by many around the world, and worth sacrificing for. As we look back on the births of our nations, we have so much to be proud of, and to continue to fight for. Be resilient physically, mentally, emotionally, and spiritually. We are a family that have each other's backs. Once again a very happy belated Canada Day and Independence Day, and let freedom ring!



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

- Gospel according to John

New CPO steps into Naval Strategic Readiness role

By Ryan Melanson,
Trident Staff

Senior Chiefs and Officers from across the RCN gathered in the Juno Tower Bridge on the morning of June 12 to mark the Change of Appointment for one of the Navy's most important NCO positions.

The occasion saw CPO1 Darcy Burd take over from CPO1 Mike Dionne as the Naval Strategic Readiness (NSR) Chief Petty Officer. Along with supporting the Director General, Naval Strategic Readiness (DG NSR) in the unit's many responsibilities, the NSR Chief is tasked with planning out succession management for the Navy's cadre of current and future CPO1s.

CPO1 Dionne said he enjoyed that aspect of the job, and was pleased to get out of Ottawa and meet with senior chiefs on the coast, explaining the CPO1/CWO Strategic Employment Model and getting face-to-face input from those impacted by decisions made at the NSR level.

"Succession management doesn't have to be so complicated, it's about determining what people need and then providing people with the right tools to succeed in the future, and I think we're heading in the right direction on that."



From left, incoming NSR Chief Petty Officer CPO1 Darcy Burd, RAdm Steve Waddell, DG NSR, and outgoing NSR Chief CPO1 Mike Dionne at the Change of Appointment Ceremony in Juno Tower on June 12.

CPL SIMON ARCAND, FIS

CPO1 Dionne will move on to serve as Formation Chief for the Canadian Defence Academy in Kingston, Ontario, while CPO1 Burd, who most recently worked as the Navy's Director, Senior Appointments, will step into the NSR role.

CPO1 Burd said the posting follows

a high intensity stretch in his career that saw postings to 13 units, with five deployments, over the last 13 years. He thanked his wife Vicki for her support and for the sacrifices made over the years that have allowed him to reach this point.

He thanked a number of mentors

and leaders he's worked with during his career, and also recognized the hard work of the junior ranks and future leaders who have supported him at various units.

"I love what we do every single day, and none of it is possible without everyone who came before me and everyone who'll come after me," CPO1 Burd said.

The ceremony was presided over by RAdm Steve Waddell, who was then DG NSR, and who has now accepted a posting to Norfolk, Virginia as Vice-Commander of the United States Second Fleet. His successor in the DG NSR position will be Cmdre Christopher Robinson.

RAdm Waddell said he was pleased the Change of Appointment ceremony was held outside of Ottawa and with so many Navy colleagues present, both officers and NCOs, to highlight the importance of this particular position.

"The role of the senior Chief has changed. It's increasingly complex, with different leadership challenges," he said.

"It's meaningful for us to be here to demonstrate the importance of this role as part of the institutional leadership in our organization."

Canada Day 2019 parade

A large contingent of Canadian Armed Forces bands, vehicles and marchers participated in the 2019 Sobeys Tattoo Canada Day Parade in downtown Halifax on July 1. International parade participants hailed from as far as Germany, Estonia, Japan and Australia. The parade was part of the Royal Nova Scotia International Tattoo's 2019 Tattoo Festival, which ran from June 29 to July 6 in conjunction with Tattoo performances.

MCPL BRIAN WATTERS, 5TH CANADIAN
DIVISION IMAGING



Community members invited to CFB Halifax Natal Day Pancake Breakfast

By Haley Cote,
Base Public Affairs Co-op Student

Natal Day weekend is quickly approaching, and many local residents and visitors are looking forward to the upcoming activities and celebrations that accompany this holiday. CFB Halifax will be celebrating by connecting with the local community through social events such as the Halifax-Dartmouth Pepsi Natal Day Parade and the CFB Halifax Natal Day Pancake Breakfast.

The annual CFB Halifax Natal Day Pancake Breakfast is a much anticipated public event in Halifax's North End. This year's breakfast will take place on Monday, August 5 from 8 to 10 a.m. at the Hydrostone Market.

"We are really looking forward to the pancake breakfast and hope to have a great turnout from the community as we did last year," explains Capt(N) David Mazur, CFB Halifax Base Commander. "Connecting with

the community is very important to our members at CFB Halifax and we look forward to planning more events like this in the future for all to enjoy."

This event, part of Halifax-Dartmouth Natal Day celebrations, will not only offer free pancakes, but free entertainment as well from the National Band of the Naval Reserve. Band members from all over Canada are in Halifax for the summer and will be sharing their musical talent with attendees while they enjoy their breakfast. You don't want to miss it.

CFB Halifax would like to thank the Halifax & Region Military Family Resource Center as well as Canada's Naval Memorial Trust, HMCS *Sackville*, for their support and involvement in this event as well as the Halifax-Dartmouth Natal Day Committee and the Halifax Civic Events team for including the Base in the city's Natal Day celebrations each year. See you on August 5.



CAF members from CFB Halifax prepare and serve pancakes to more than 1200 North End Halifax residents and visitors at the Hydrostone Market during last year's CFB Halifax Natal Day Pancake Breakfast, on August 6, 2018.

AB JOHN IGLESIAS, FIS HALIFAX

Public, Defence Team members invited to lunchtime jazz at CFB Halifax

The jazz combo from the National Band of the Naval Reserve played lunch hour concerts at CFB Halifax Stadacona's Admiralty Gardens on June 7 and 11. They'll be back on August 8 for another show that's open to the Defence community and the general public.

NATIONAL BAND OF
THE NAVAL RESERVE



By 2Lt Nicolas Plourde-Fleury,
CFB Halifax Public Affairs

The National Band of the Naval Reserve (NBNR) has been busy entertaining crowds in the Halifax Region since the month of May. In addition to their performances at the 2019 Royal Nova Scotia International Tattoo and the Tattoo Festival, they've put on concerts across the region for the benefit of military members and the public alike. While they will spend the month of July performing in Québec, they are scheduled to come back Halifax way in early August.

On Thursday, August 8, the NBNR will be hosting a free community con-

cert at Stadacona in front of the Naval Museum of Halifax. CFB Halifax and the NBNR welcome all members of the public to attend and enjoy this afternoon of show tunes, classics and even a few marches from the full concert band as well as its jazz ensemble. You don't want to miss it.

To facilitate access to the concert location, the pedestrian gate located on Gottingen Street facing Northwood Manor will be opened on the day of the concert. Limited parking will be available at Stadacona. To gain access to the Base, simply present a government issued photo ID. The performance itself will begin at 12:00 noon and last up to an hour and a half. We hope to see you there.



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MARLANT recognizes the important role of public servants

By Ryan Melanson,
Trident Staff

Bases and Wings across the country took time over recent weeks to recognize the contribution of federal public service employees to the CAF and DND, and the team at MARLANT was no exception. Both military and civilian team members convened in the lobby of D201 on June 27 for food and drinks in celebration of National Public Service Week, which ran from June 9 - 15 this year.

RAdm Craig Baines, Commander MARLANT and JTFA, said the annual event is an informal, but important, way to thank MARLANT's public service team and let them enjoy a well-deserved break from the office. He apologized that the 2019 gathering took place after the official end of Public Service Week, but said it was indicative of the high tempo and hard work that the team in MARLANT constantly maintains. While RCN operations are the business of uniformed members, much of the key behind-the-scenes work that allows CAF members to succeed is handled by civilian team members, he noted.

"Our public servants play a critical role in supporting Royal Canadian Navy operations and getting our people out the door, and that may be more true at this base than at any other," RAdm Baines said, referring to the large civilian team spread out across the Halifax area, from the shore units at Stadacona, to the skilled trades workers at FMF Cape Scott, and across the Formation. Nationally, the Department of National Defence employs more than 20,000 civilian public servants, with more than 2,000



working here at CFB Halifax and MARLANT.

"Our men and women in uniform are the most visible, and they tend to get the recognition, but we have to make sure our public servants are recognized as well. What we do wouldn't be possible without them," he added.

The team at D201, as well as guests from across the base, enjoyed a spread of cake, coffee, sandwiches and other snacks through the morning to mark the occasion.



MARLANT Public Affairs staff joined colleagues in the lobby to celebrate public service employees.

MCPL NEIL CLARKSON, FIS

RAdm Craig Baines, Commander MARLANT and JTFA, spoke to the public service team at D201 during MARLANT's event marking Public Service Week on June 27.

MCPL NEIL CLARKSON, FIS

CFRC Halifax marks Public Service Week

Canadian Forces Recruiting Centre Detachment Halifax recognizes civilian Defence Team members Ingrid MacIsaac and Krista Scobie with cards and flowers during an assembly on Friday, June 14 in gratitude of their contribution to the CAF during National Public Service Week. Pictured, from left, Lt(N) Martin Berthelot (Det Commander), Ingrid MacIsaac, Krista Scobie, and PO1 Mike Theriault (Det Petty Officer).

MS CHRISTINA TOMSON



Seamless Canada roundtable addresses health care access for military families

By DND,

On June 11, the Department of National Defence and Canadian Armed Forces representatives met again in Ottawa with their provincial and territorial counterparts to advance the CAF's Seamless Canada initiative.

Bringing together Seamless Canada representatives for the third time since the initiative was launched, the Ottawa symposium focused on finding ways military families can better access health care services when relocated to another province. Participants exchanged best practices and shared current innovative approaches. Delivering health care to military families is a top priority because the greatest number of family members are affected by this particular challenge.

During this latest symposium, the Honourable Harjit S. Sajjan, Minister of National Defence, emphasized his support for the Seamless Canada initiative.

"Looking after the women and men of our Canadian Armed Forces and their families is our top priority," Minister Sajjan said. "Moving for military postings can be a difficult experience for members and their families, and we are committed to making that easier by resolving issues around relocation. We appreciate being able to work collaboratively with the provinces and territories to find ways to improve the lives of Canada's military families."

National Defence launched Seamless Canada in June 2018 with the



The Commander of Military Personnel Command for the Canadian Armed Forces, Lieutenant-General Charles Lamarre (seated, third from left), and the Honourable Harjit S. Sajjan, Minister of National Defence, (seated, fourth from left) met with participants from Canada's provinces and territories to discuss the Seamless Canada initiative in Ottawa on June 11.

MCPL DANIEL MERRELL, CFSU(O)

goal of improving the coordination of relocation services across the country for Canadian Armed Forces members and their families.

Seamless Canada continues to build on steps taken by provincial ministries in Alberta, Manitoba, Ontario, and New Brunswick that enhance

services for military families. Other provinces have worked with Military Family Resource Centres to streamline some services in those jurisdictions.

The Province of Alberta has formally appointed a military special envoy for the province and has set up a website with centralized information pertinent to military families. They were also the first province to launch a web portal for military families. The Province of Ontario is maintaining a dedicated website with information to help military families settle in the province and is actively working towards improving access to primary

health care in rural communities.

The Province of Manitoba has made it easier for military families to find supports and services through an updated military portal on the Manitoba government's website and has also appointed a special envoy for military affairs. The Province of New Brunswick provided additional funding for child care spaces in the province.

The next Seamless Canada roundtable will be held in the spring of 2020, where the focus will be twofold: continuing the discussion on access to health care for military families, and further exploring spousal employment related issues.



Ready for Nijmegen 2019

Twelve CAF participants prepare for the 2019 Nijmegen marches to be held in the Netherlands in July. During the four days of marching, participants will cover 40 km daily.

PTE SARINA MCNEILL, FIS

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Diving Now! Diving Now!

By Jennifer Gamble,
Curator, Naval Museum of Halifax

Dark, cramped, complex, and unpredictable; submarines and the life of a Submariner are not for the faint of heart. From the early C-Class to the modern Victoria Class, these boats, and the Canadians who sailed them, have a unique place in the history of the RCN.

The Naval Museum of Halifax is putting the finishing touches on its upcoming feature exhibit *Diving Now! Diving Now! Submarines in the Service of Canada*. Working in partnership with the Submarine Association of Canada (East) and the Nova Scotia Community College Graphic Design Program, this exhibit has many exciting things to explore. It captures a rich history and honours generations of highly trained sailors who have faced the challenges and hazards of life underwater. The exhibit opens on August 8.

Canada's fledgling submarine service was not stood up until 1914. Reports of German warships in the Pacific prompted the Premier of British Columbia to take action to defend the coastline of BC. CC1 and CC2, Canada's first submarines, were purchased to counter this threat, but were quickly decommissioned. From the early 1920s until 1947, only four submarines joined the RCN: two British H-class and two surrendered German U-boats from the Second World War. Slow to start, the Cold War demonstrated the real need for a Canadian submarine service. At first, Canadians trained on British and American submarines, then in our own Oberon Class (O-Boat) squadron. Today, Canadian submariners continue to proudly serve on board the modern Victoria Class submarines.

Serving on a submarine is not an easy feat. To become a submariner a sailor has to go through a rigorous learning and examination process. Once a submariner "earns their dolphins", they are then faced with the challenge of serving on a vessel with restrictive living conditions. Luxurious, relaxing and peaceful.... These are words that no one has ever used to describe life onboard a boat. The smell of diesel, cramped sleeping conditions, lack of fresh air and the inability to regularly bathe are just some of the things that must be endured. Yet, despite all of this, submariners enjoy their job and respect, trust, and support one another.

Submarines are part of the unseen force of our nation; their stealth makes them ideal for surveillance and intelligence gathering. Canadian submarines are also an important element of Canada's relationship with the United States. As a member of the submarine club, Canada gains privileged access to intelligence. Submarines participate in exercises at home and overseas, as well as patrolling Canada's coastlines.



HMCS Victoria at sea.

DEPARTMENT OF NATIONAL DEFENSE



Crews of CC1 and CC2, 1914-1918.

NAVAL MUSEUM OF HALIFAX

A-boat HMS Aurochs (S26), in Halifax, NS, c. 1950s.

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From past to present, the men and women who serve on these boats celebrate their proud heritage. This exhibit tries to capture preserve and share this history and esprit des corps with all who have the chance to visit us this summer.



Fred Glover while serving on board HMCS Onondaga.

NAVAL MUSEUM OF HALIFAX





Cmdre Kurtz becomes Commander of SNMG2

By Trident Staff

Commodore Josée Kurtz became the Commander of Standing NATO Maritime Group 2 (SNMG2) on June 15, 2019.

The group includes the following ships; flagship HMCS *Toronto*, Royal Canadian Navy, FFH 333 - Halifax Class Frigate; TCG Turgutreis of the Turkish Navy, F241 - Yavuz Class Frigate; FGS Hessen, German Navy, F221 - Sachsen Class Air-Defense Frigate; ALS Butrinti, Albanian Naval Force, P134 - Damen Stan 4207 patrol boat; HS Polemistis, Hellenic Navy, P-61 - HSY-55 Gunboat Class; TCG Kilimli, Turkish Navy, P-1209 Tuzla Class ASW Patrol Boat; HS Votsis, Hellenic Navy P72 - Fast Patrol Boat; and HS Blessas of the Hellenic Navy, P21 - Fast Boat, La Combattante III Class.

Then Cdr Kurtz was Commanding Officer of HMCS *Halifax* from 2009 until 2011. The ship's operational program included a tasking to the Humanitarian Assistance and Disaster Relief mission in Haiti following the devastating January 2010 earthquake. This major warship command was followed by an appointment as Commandant of the then Canadian Forces Naval Operations School from 2011 to 2012.

In addition to service at sea, Cmdre Kurtz has gained staff experience from Desk Officer up to Director General level, on the coast, with the Naval Staff, and at National Defence Headquarters. Her most recent appointment was as Departmental Security Officer.



Standing NATO Maritime Group 2 Commander, Commodore Josée Kurtz, addresses the crew of Flag Ship HMCS Toronto on the flight deck while in the Mediterranean Sea on June 21, 2019 during Op REASSURANCE, ROTO 10.

MCPL MANUELA BERGER, FIS HALIFAX



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DND Family Days 2019



Free mechanical rides were enjoyed all weekend long during DND Family Days 2019.

MEGHAN FASH, PSP



DND Family Days kicked off with a blast of confetti before the prize draws began on June 21.

MEGAHN FASH, PSP



The midway is always a popular element with the younger members of the family.

MEGHAN FASH, PSP

The always-popular cookie tent from Presenting Sponsor Sobeys was back for 2019.

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171284

Some younger members of the DND community enjoy the bouncy castle in the Kids Zone.

RYAN MELANSON, TRIDENT STAFF

New painting unveiled of MV Asterix

By Mary Horton

Internationally renowned marine artist John Horton travelled from his home in Tsawwassen last week to unveil his latest painting at the annual Maritime Gala Ball in Ottawa.

The event, hosted by the Royal Canadian Navy and the Canadian Coast Guard, was attended by more than 600 people including many of the senior admirals and commissioners. The Governor General attended as the special guest of honour:

At the Maritime Gala Ball VIP reception, a painting commissioned by Federal Fleet Services (FFS) was unveiled and presented to the Royal Canadian Navy (RCN). The work, produced by Horton, illustrates the supply ship, MV Asterix, conducting a replenishment at sea where she is providing fuel and supplies to Canadian Patrol Frigates, something at which she excels.

Both Horton and FFS' CEO, Spencer Fraser, were invited to assist VAdm Art MacDonald, Commander RCN, to unveil the painting aptly named *Replenishment at Sea*. Davie Shipyard, a sister company of FFS, converted a container ship to produce the MV Asterix. It was done on schedule and on budget. Her personnel include a mixed RCN and civilian



From left: VAdm Art MacDonald, Commander Royal Canadian Navy; artist John Horton; Spencer Fraser, Chief Executive Officer Federal Fleet Services; and John Schmidt, Vice President Commercial Davie Shipyard, participated in the unveiling of Horton's new painting of MV Asterix, titled Replenishment at Sea.

SUBMITTED

crew and she is proving to be well up to supporting the needs of a task force on any ocean of the world. MV Asterix fills the gap left when HMC Ships *Protecteur* and *Preserver*

were decommissioned and is a clear representation of innovative partnerships.

Canadian adaptability has once again come to the fore at a real time of need.



HMCS *Toronto* sailors raise money for Autism Nova Scotia

During a port visit to Odessa in Ukraine, crewmembers of HMCS Toronto completed the Walk for Autism. The crew raised \$3,745 in charity for Autism Nova Scotia.

MCPL MANUELA BERGER. FIS



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171285

Japan Maritime Self-Defence Force among first-time Tattoo performers

By Ryan Melanson,
Trident Staff

The Royal Nova Scotia International Tattoo has been entertaining audiences in Halifax for more than 40 years, welcoming military bands, drill units, and civilian performers from across the world. Despite the long history, organizers still endeavour to keep the show fresh and bring in brand new acts each year.

For the 2019 show, which ran from June 29 to July 6, one of those acts joining the Tattoo at the Scotiabank Centre for the first time was the world-renowned Japan Maritime Self-Defense Force Band.

The unit has performed recently at large festivals and tattoos in Norway and Switzerland, and Commanding Officer Cdr Yoshio Higudhi said he was thrilled to have his band on the Nova Scotia Tattoo Floor for the first time as a complete unit. Members of the band have visited Canada previously with the JMSDF Training Squadron Cruise.

"It's very special for us, in the Japanese Navy, to be in Halifax, home of the Canadian Navy" Cdr Higudhi said. The Japanese band was even able to team up with our own Naval Reserve musicians during the Canada Day performances in the Grand Parade.

Their performances mix modern military drill and music with Japanese traditions, incorporating Samurai armour and imagery into the act.

"The performance involves our history. We want to tell the story of Japan for the world," Cdr Higudhi said,



United States Air Force Honor Guard Drill Team brought their impressive and dangerous drill performances back to the Tattoo for 2019.

RYAN MELANSON, TRIDENT STAFF

adding part of the band's mandate is to promote Japanese international relations through music.

The Japanese sailors join other visiting military acts this year like the German Air Force Band Erfurt and The Wachbataillon, and the United States Air Force Honour Guard Drill Team and Valley Forge Military Academy & College Regimental Band.

For visiting service members like Airman First Class Nicholas Koerber of the U.S. Air Force team, coming together with other militaries and a large variety of civilian acts offers a

chance to explore different cultures and go beyond the boundaries of their usual events.

"We're all performers here, and everyone's so friendly, so we have a lot of fun with it. We have a certain

culture in what we do, so it's great to see what other people are doing and even learn from that."

Of course, the show also featured our own CAF members in prominent roles, including the Stadacona Band, 5th Canadian Division Band and National Band of the Naval Reserve, as well as 70 Canadian Cadets in various musical roles. Members of the Royal Canadian Electrical and Mechanical Engineers were also on hand to compete against each other in the unique Jiffy Jeep Race. Countless other CAF members supported the show backstage and with other volunteer tasks, while senior leaders attended each show to take the ceremonial salute.

The show was rounded out by pipes and drums, highland dancing, the Tattoo Choir, and a full roster of acrobatic and circus-style acts that wowed audiences at the Scotiabank Centre and at other locations around Halifax during the Tattoo Festival and Canada Day performances.

"We're very proud of the show we put together in 2019. It's a fantastic way to celebrate our Armed Forces, our first responders, and the culture of Nova Scotia," said Scott Long, the Tattoo's new Managing Director and Executive Producer.



One of the two Canadian Jiffy Jeep teams from the Royal Canadian Electrical and Mechanical Engineers Corps will dismantle and then reassemble a jeep. The first team to drive across the finish line, wins.

MCPL BRIAN WATTERS,
5 CDN DIV IMAGING



The Japan Maritime Self-Defense Force Band was established in 1952, and performed this year for the first time at the Royal Nova Scotia International Tattoo.

RYAN MELANSON, TRIDENT STAFF



The Black Diamond DrillDance Team from Adelaide, Australia, performed a tribute to Freddie Mercury.

MCPL BRIAN WATTERS, 5 CDN DIV IMAGING



HMCS Oriole on the Great Lakes Deployment

HMCS Oriole on the Toronto lakefront near the CN Tower, during the Great Lakes Deployment on June 27, 2019.
LS A.J. DOMINGO



New Commander for HMCS Charlottetown

During a Change of Command ceremony for HMCS Charlottetown on June 11, Capt(N) Andrew Hings-ton (centre), Deputy Commander Canadian Fleet Atlantic, presided as outgoing Commanding Officer Cdr Nancy Setchell (left) was succeeded by Cdr Christopher Rochon.

FIS HALIFAX

Correction

In the June 17 Trident edition, there was an error on the page 18 article titled “Survivor shares memories of horrific HMCS Kootenay explosion.” The error was with regard to the name of one of the Kootenay sailors

who perished in the explosion and fire. His correct name was LS Thomas Gordon Crabbe, not LS Thomas Gordon, as was stated in the article. Trident regrets the error.



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Summertime Potato Salad

By Kevin Ouellette,
Juno Catering Banquet Chef

Serves: 8-10 people
Ready In: 40 minutes

Ingredients:

Vinaigrette:
80 ml Olive oil
60 ml Apple cider vinegar
30 ml Grainy mustard
15 ml Honey
4 ml Salt
3 ml Ground pepper

Salad:
900 g Mini potatoes, scrubbed and cut in half
1 bunch Asparagus, trimmed
2 each Granny Smith apples, quartered and seeded
1 each Red pepper, quartered and seeded
1 small Red onion, peeled and sliced thick
300 g Hot Italian Sausage
85 g Gouda cheese, cubed
30 ml Fresh dill, chopped

Directions:

Vinaigrette:
1. Whisk all of the ingredients for the vinaigrette together. Set aside.

Salad:
1. Cook potatoes in boiling salted water until fork tender (about 15-20 minutes). Drain well and keep warm.
2. Preheat your BBQ to medium high heat.
3. Toss the asparagus, apples, red pepper, and onion with 30 ml of the vinaigrette.
4. Grill the vegetables until well-marked and tender crisp turning as required. Set aside.
5. Grill the sausage until fully cooked, turning as required. Set aside.
6. Cut the grilled vegetables and sausage into bite-sized pieces. Toss with the potatoes, Gouda cheese, dill, and remaining vinaigrette. Taste and adjust seasoning with salt and pepper as required.
7. Serve warm or if you prefer chill and serve cold.

Notes:
1. Any sausage can be used with this recipe. Also cooked chopped bacon makes a nice substitute as well.
2. To add more zing to the salad, substitute crumbled feta cheese or blue cheese for the Gouda cheese.

Enjoy!

PO1 Bressette defended colleagues from knife attacker

By RCN PA

“There wasn’t a lot of thought. It was just instinct and reaction.”
PO1 Charles Bressette was sitting at the front desk at the Canadian Armed Forces recruiting centre in North York, Ontario when Ayanle Hassan Ali entered the office building and began assaulting one of his colleagues by punching them in the head.
“I immediately yelled at the man to stop and jumped over the reception desk,” said PO1 Bressette.
“By the time I leaped over the desk, Ali had taken a foot long knife out of a folder and began stabbing at Corporal Kong.”
PO1 Bressette grabbed a chair and continued to approach Ali, as the assailant turned his attention from the now incapacitated Cpl Kong to PO1 Bressette. PO1 Bressette was able to keep his attacker at bay using the chair he had picked up.
Other members working at the centre began to come out of their offices. Ali saw Sgt Gerhardt come out of a reception cubicle and began running after her.



PO1 Charles Bressette received the Medal of Bravery from her Excellency Governor General Julie Payette.

RYAN MELANSON, TRIDENT STAFF

PO1 Bressette yelled to the other members to call 911 and with MCpl Castillo just ahead of him, the two men pursued Ali. By this point MS Park, who was in the Canadian Forces Aptitude Test area, had moved the civilians at the centre to a senior recruiter’s office and told them to secure the door.
Ali caught up to Sgt Gerhardt beside MS Park’s desk and swiped at the back of her head with his knife. At that very moment she had leaned forward and the blade just missed the back of her head.
“Ali then turned around and stabbed MCpl Castillo in the stomach, who then fell to the floor. Moving past the master corporal he attacked me again but could not stab me because of the chair,” said PO1 Bressette.
The assailant ran into the recruiter’s bullpen, which has no exit. As PO1 Bressette waited for Ali to come back out of the bullpen he grabbed a metal garbage can.
“As he came out of the door I threw the garbage can at him but it only barely hit him and, undeterred, he kept

coming toward me with the knife. The closest thing to me was the Xerox photocopier so I grabbed it and threw that at him,” recalled PO1 Bressette.
“It knocked him down, but he still had control of the knife.”
With PO1 Bressette using his chair in an attempt to hold the assailant down, Sgt Karistinos, who was just behind PO1 Bressette, forced Ali back down to the ground. In doing so, Ali lost control of the knife.
“I let go of my chair, grabbed the knife and slid it back to MCpl Dar. I then held Ali down with Sgt Karistinos. MCpl Dar gave the knife to Captain Mausser to secure in her office.”
At this point a number of people had arrived and MCpl Dar took charge of securing Ali, who was surprisingly strong. Ali began saying something in another language that MCpl Dar understood as a prayer that some extremists are known to say before detonating suicide bombs.
“Because of this we began to search him for wires and explosives. I stood up and was passed his jacket and other articles to search,” said PO1 Bressette.
“No explosives were found so we just secured Ali and waited for police.”
For their actions, PO1 Bressette, MCpl Dar, MCpl Castillo and Sgt Karistinos received the Medal of Bravery, one of Canada’s highest honours, from Governor General Julie Payette at a ceremony on June 13.

Le M 1 Bressette défend ses collègues contre un agresseur au couteau

Par MRC AP

« Je n’y ai pas réfléchi longuement, j’ai réagi instinctivement. »
Le maître de 1re classe (m 1) Charles Bressette était à la réception du centre de recrutement des Forces canadiennes de North York, en Ontario, quand Ayanle Hassan Ali est entré dans l’immeuble à bureaux et a commencé à agresser un de ses collègues en le frappant à la tête.
« J’ai immédiatement crié après l’homme et lui ai dit d’arrêter, puis j’ai sauté par-dessus le comptoir de la réception, » a expliqué le M 1 Bressette.
« Quand j’ai sauté par-dessus le comptoir de la réception, Ali avait sorti un couteau d’un pied d’une chemise et a commencé à poignarder le caporal Kong. »
Le M 1 Bressette a saisi une chaise et a continué de s’approcher d’Ali, au moment où l’agresseur détournait son attention du Cpl Kong, qu’il avait immobilisé, pour la diriger vers lui. Le M 1 Bressette a réussi à tenir son agresseur à distance à l’aide de la chaise.
D’autres militaires qui travaillent au centre ont commencé à émerger de leurs bureaux. Ali a vu le sergent (sgt) Gerhardt sortir d’un poste de travail de la réception et a commencé à courir après elle.
Le M 1 Bressette a demandé en criant aux autres militaires de composer le 911 et a poursuivi Ali avec le cplc

Castillo qui était juste devant lui. À ce moment-là, le matc Park, qui se trouvait dans la zone du Test d’aptitude des Forces canadiennes, avait déplacé les civils vers le bureau d’un recruteur principal et leur avait demandé de verrouiller la porte.
Ali a rattrapé le Sgt Gerhardt près du bureau du Matc Park et a essayé de la frapper avec le couteau à l’arrière de la tête. À ce moment précis, le Matc Park s’était penchée vers l’avant et la lame a manqué de peu l’arrière de sa tête.
« Ali s’est ensuite retourné et a poignardé le Cplc Castillo dans l’estomac. Celui-ci est tombé par terre. Passant devant le caporal-chef, Ali m’a attaqué de nouveau, mais il n’a pas pu me poignarder à cause de la chaise, » a déclaré le M 1 Bressette.
L’agresseur s’est heurté à l’enclos du recruteur, qui n’avait pas une autre porte de sortie. Pendant que le PM 1 Bressette attendait qu’Ali sorte de l’enclos, il a attrapé une poubelle en métal.
« Quand il est sorti par la porte, j’ai lancé la poubelle sur lui, mais celle-ci l’a à peine touché, et il a continué à foncer sur moi avec le couteau comme si de rien n’était. J’ai alors saisi la première chose qui se trouvait à ma portée, une photocopieuse Xerox, et je l’ai lancée sur lui, » a-t-il ajouté.
« Il est tombé, mais il n’a pas perdu la maîtrise du couteau. »

Pendant que le M 1 Bressette se servait de sa chaise pour tenter d’immobiliser l’agresseur au sol, le Sgt Karistinos, qui se trouvait derrière lui, a ramené Ali au sol. C’est alors qu’Ali avait perdu la maîtrise du couteau.
« J’ai lâché ma chaise, j’ai pris le couteau et je l’ai remis au Cplc Dar. J’ai ensuite maintenu Ali au sol avec le Sgt Karistinos. Le Cplc Dar a donné le couteau au capitaine Mausser pour le ranger dans son bureau. »
À ce moment-là, plusieurs personnes étaient arrivées et le Cplc Dar s’est chargé d’enfermer Ali, qui était doté d’une force surprenante. Ali a commencé à parler dans une langue étrangère que le Cplc Dar avait comprise. Il s’agit d’une prière que certains extrémistes ont l’habitude de réciter avant un attentat suicide.
« C’est la raison pour laquelle nous l’avons fouillé à la recherche de câbles et d’explosifs. Je me suis levé et on m’a passé sa veste et d’autres articles à fouiller, » a expliqué le M 1 Bressette.
« Aucun explosif n’a été trouvé, alors on a arrêté Ali et attendu la police. »
En reconnaissance de leurs actions, le M 1 Bressette, le Cplc Dar, le Cplc Castillo et le Sgt Karistinos ont reçu la Médaille de la bravoure, l’une des plus importantes distinctions du Canada, des mains de la gouverneure générale Julie Payette, lors d’une cérémonie tenue le 13 juin.



Personnel on deployed naval missions to receive compensatory payment

By Capt Cynthia Kent

CAF members who deployed on international naval operations between July 23, 2003 and August 1, 2019 will receive a compensatory payment for allowances they were entitled to receive but did not. The allowances affected are two of the Environmental Allowances: Sea Duty (SDA) and Submarine (SUBA), and one Operation Allowance: Hardship (HA).

Environmental allowances are meant to compensate members whose military duties involve exposure to adverse environmental conditions that are not normally experienced by other members. Hardship Allowance compensates for essentially the same conditions, but applies on international operations.

In an unintended omission to the original policy published on July 23, 2003, SDA and SUBA were not included in the list of several environmental allowances that could not be received concurrently with HA because they essentially compensate for the same things. As an interim measure, directives were issued aimed at mitigating the error and restricted the receipt of these allowances to either HA or SDA/SUBA but not both. However, in hindsight, those directives did not have the required authorization.

As the policy itself did not specifically prohibit receiving SDA

or SUBA at the same time as HA, members who deployed on international naval operations from the time the policy was written until it is corrected are technically entitled to receive both. For those affected, a compensatory payment will be made so that they do, in fact, receive both.

A team from Director Military Pay and Allowances Processing (DMPAP) will lead the initiative to ensure that all affected CAF personnel, who will be identified by the Royal Canadian Navy, have compensatory payments calculated and paid out. This will also encompass affected personnel who have since released from the CAF.

The initial estimate of the number of individual deployments is upwards of 20,000 with an overall cost of \$10 million. Due to the complexity of the undertaking and the number of files to be verified throughout the Royal Canadian Navy and the CAF, the process is anticipated to take three to five years.

Going forward, the omission in policy has been corrected and the change approved by the Treasury Board. Starting August 1, 2019, SDA and SUBA may no longer be received concurrently with HA.

Further information will be communicated directly to affected members and if required, clarification may be sought through the member's chain of command.



Les membres des FAC qui ont ou auront pris part à des opérations navales internationales entre le 23 juillet 2003 et le 1er août 2019 recevront un paiement compensatoire pour des indemnités auxquelles ils avaient droit, mais qu'ils n'ont pas reçues.

Le personnel en déploiement dans le cadre de missions navales aura droit à un paiement compensatoire

Par le capitaine Cynthia Kent

Les membres des FAC qui ont ou auront pris part à des opérations navales internationales entre le 23 juillet 2003 et le 1er août 2019 recevront un paiement compensatoire pour des indemnités auxquelles ils avaient droit, mais qu'ils n'ont pas reçues. Il est question de deux indemnités d'environnement, à savoir l'indemnité de service en mer (ISM) et l'indemnité de service sous-marin (ISS), et d'une indemnité d'opération, à savoir l'indemnité de difficulté (ID).

Les indemnités d'environnement sont accordées aux militaires exposés à des conditions environnementales difficiles auxquels les autres militaires ne sont pas généralement exposés dans l'exercice de leurs fonctions. L'indemnité de difficulté a pour objet, essentiellement, de reconnaître les mêmes conditions qui prévalent lors d'opérations internationales.

En raison d'une omission involontaire dans la politique originale publiée le 23 juillet 2003, l'ISM et l'ISS ne figuraient pas sur la liste d'indemnités d'environnement qui ne pouvaient pas être versées en même temps qu'une ID, parce que ces dernières visent essentiellement les mêmes conditions. Des directives provisoires ont été communiquées dans le but de minimiser l'erreur et de restreindre le versement de ces indemnités à soit l'ID, soit l'ISM ou l'ISS, mais pas les deux. Cependant, avec du recul, ces directives n'avaient pas l'autorisation requise.

Étant donné que la politique comme telle n'interdisait pas expressément

le versement simultané d'une ISM ou ISS et d'une ID, les militaires qui ont pris part à un déploiement dans le cadre d'opérations navales internationales à l'époque de la rédaction de la politique et avant la correction de celle-ci ont techniquement droit aux deux indemnités. Les personnes touchées recevront donc un paiement compensatoire afin qu'ils touchent, en fait, ces deux indemnités.

Une équipe du Directeur – Traitement des soldes et indemnités militaires (DTSIM) mènera l'initiative qui nous permettra de veiller à ce que le paiement compensatoire de tous les membres touchés des FAC, lesquels seront cernés par la Marine royale canadienne, soit calculé et versé. Parmi les membres du personnel touchés des FAC figureront également les militaires qui ont depuis quitté les rangs.

On estime initialement le nombre de déploiements individuels à plus de 20 000, et le coût général à dix millions de dollars. Étant donné la complexité de la tâche et le nombre de dossiers à examiner à l'échelle de la Marine royale canadienne et des FAC, on s'attend à ce que le processus s'échelonne sur trois à cinq ans.

Depuis, l'omission dans la politique a été corrigée et le changement a été approuvé par le Conseil du Trésor. À partir du 1er août 2019, un militaire ne pourra pas toucher simultanément une ISM ou ISS et une ID.

De plus amples renseignements seront communiqués directement aux militaires touchés. Si ces derniers ont besoin de précisions, ils peuvent en obtenir par l'intermédiaire de leur chaîne de commandement.



CAF members who deployed on international naval operations between July 23, 2003 and August 1, 2019 will receive a compensatory payment for allowances they were entitled to receive but did not.

TRIDENT Sports

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

Current and former RCN members compete at Warrior Games

By Ryan Melanson,
Trident Staff

A slew of medals in events including swimming, golf, powerlifting, cycling, rowing and track capped off a memorable and inspiring week for the 36 serving and retired CAF members, including six RCN sailors, who represented Canada at the 2019 Warrior Games from June 21-30 in Tampa, Florida.

The Warrior Games is an adaptive multi-sport event organized by the United States Department of Defence and open to wounded, ill and injured service members and veterans. This year, the CAF contingent competed alongside service members from the United States Army, Marine Corps, Navy, Air Force, and Special Operations Command, the U.K. Armed Forces, the Australian Defence Force, and the Armed Forces of the Netherlands, with more than 300 athletes participating in total.

Canada's participation was supported by the CAF Transition Group's Soldier On program, which also organizes Team Canada's involvement in the Invictus Games. Both events focus on the impact that sports can play in

improving the lives of ill and injured armed forces members, and the support and camaraderie that can develop among teammates.

In a press release, Team Canada captain Cpl Nick Kerr described the

Games as a life-changing experience for everyone involved.

"Sports have given me an outlet that I never thought I'd have again," he said.

Team Canada won a total of 21 med-

als from the Warrior Games, (10 gold, 5 silver and 6 bronze), with MS Laura Livesey of Yellowknife claiming the most hardware for the RCN, winning gold in the 100 metre freestyle and 50 metre backstroke swimming events, as well as two silver medals in the 50 metre freestyle and 50 metre breaststroke.

Other current and former RCN members who participated include Ocdt (Ret'd) Mike Briggs of Cole Harbour, PO1 Peggy Brogaard from Glace Bay, LS Desi Cozier of Victoria, BC, PO2 Lisa Nilsson of Sooke, BC, and Lt(N) Christina Seed of Vancouver, BC. The Atlantic provinces were also well represented by members from all three CAF environments, with the aforementioned Nova Scotians joined by LCol Daniel Dandurand, originally from Halifax, Maj Dave Nixon of Amherst, MCpl (Ret'd) Jim Lowther of Springhill, MBdr Mark Makepeace of Kingston, Cpl (Ret'd) Kyle Ricketts from Bridgewater, Sgt (Ret'd) Patrick Gordon from Saint John, NB, MCpl (Ret'd) Trevor Vautour from Moncton, NB, and Capt (Ret'd) Derek McDonald from Mount Pearl, Newfoundland.



Members of Team Canada compete in the Warrior Games cycling event on the tarmac at MacDill Air Force Base in Tampa, Florida.

SOLDIER ON



Team Canada makes their entrance during the opening ceremonies of the 2019 Warrior Games.

SOLDIER ON



MS Laura Livesey brought home gold and silver medals in swimming from the Warrior Games.

SOLDIER ON



12 Wing club wins medals at national CAF grappling event

By Ryan Melanson,
Trident Staff

More than 100 grapplers from across the Canadian Armed Forces recently came together for a day of friendly competition and intense hand-to-hand combat training, with the local 12 Wing Brazilian Jiu Jitsu Club once again proving they're among the best in the CAF.

The annual Military Combatives Grappling Concentration (MCGC) was held on June 22 at Garrison Petawawa. The event was established in 2013 by Senior Military Combatives Instructor LCol Steve Burgess, and has grown each year, with grappling gaining popularity in the CAF and small clubs being established at bases across the country.

Members of the 12 Wing Club have become regular contenders at the MCGC in recent years, and team captain PO2 Greg Fillmore entered this year's tournament hoping to defend his title of Absolute Champion – the MCGC's top overall award – from the 2018 event. While that wasn't possible due to an injury suffered in competition, PO2 Fillmore was still able to take the gold medal in his 205 lbs Advanced division before being forced to bow out.

Other wins for 12 Wing club members included a gold medal for MCpl Gordon Power (145 lbs Beginner), bronze medal wins for Cpl Stephen Cannell (145 lbs Intermediate), MCpl Ron Dixon 9 (160lbs Advanced), and Lt



The MCGC brings CAF members together for a tournament-style training concentration focusing on hand-to-hand combat, emphasizing grappling styles that are used in CAF combatives programs.

MCPL ALEX GAGNON

Christopher Dube (190 lbs Advanced), with MCpl Eric Nevitt just missing the bronze in his fourth place finish in the 175 lbs Advanced division.

"This was another great year for the team," said PO2 Fillmore, who'll be saying goodbye to his Jiu-Jitsu teammates as he prepares for an upcoming posting to Saint-Jean. Anyone looking to contact the club or give Jiu-Jitsu a try can reach out to team coach MCpl Mark Pinsent at Mark.Pinsent@forces.gc.ca. The club meets in the evenings at 6 p.m. from Monday - Thursday in the basement of the Shearwater Fitness and Sports Centre, and often

participates in local civilian grappling and Jiu-Jitsu competitions.

As for the national tournament, Organizers in Petawawa thanked everyone involved for making the MCGC a reality and helping the event grow each year, including the 111 grappling participants, staff, volunteers and officials, Chief Referee Capt James Locke, as well as Army Public Affairs for providing support and live stream coverage.



Members of the 12 Wing Brazilian Jiu Jitsu club came away with strong results and a number of medals after the annual Military Combatives Grappling Concentration, held on June 22 at Garrison Petawawa.

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CPO2 (Ret'd) Browne's dedication to marksmanship earns Coach of the Year

By N. Paul Service,
MARLANT PA (Student)

CPO2 (Ret'd) Bradley Browne has been honoured with the title of Royal Canadian Navy national Coach of the Year for 2018. His passion for the Navy and the sport he loves so much quickly becomes evident when you speak with him.

While many sports in the CAF inspire both teamwork and personal fitness, CPO2 Browne says that shooting is the “only sport in the Canadian Armed Forces” that has a direct operational impact.

Every member of the CAF can be expected to “take a rifle and stand a post. Often times, the structures are in place to only support basic qualifications,” said CPO2 Browne. He believes that participating in shooting sports allows members to take their abilities to the next level.

CPO2 Browne's interest in shooting sports began in the spring of 1993, when the Russian Navy came to Halifax. They hosted a competition at a local shooting range, which was his first experience with competitive shooting.

From that point on, when he wasn't operationally deployed, CPO2 Browne set his sights on the local ranges. From March break until competitions in September, his evenings and weekends were spent training. He made many new friends travelling across the country and the globe to national and international competitions.

Recently retired from the Royal Canadian Navy, Regular Force, CPO2 Browne has transferred to the Army Reserve serving with the Princess



CPO 2 (Ret'd) Bradley Browne.

DND

Louise Fusiliers as Company Sergeant Major for Bravo Company. “Going to the range with their members for the first time was like going home,” he said. “I look for quick victories - the biggest thing that someone is doing wrong that will help them put more bullets on target.” It is this dedication and love for the sport that earned him the RCN Coach of the Year. A career sailor, he has visited 35 different countries during his career with the Navy.

“I've sailed as far north as Bodo, Norway, as far south as Cartagena, Columbia, as far east as the Straits of Hormuz, and as far west as Hawaii.” The deployments during his career include NATO '98, Op Augmentation 2001, NATO tasking in *Gatineau* 1995, NATO 2005 in *Montreal*, and finally Libya 2011 in *Charlottetown*.



CPO2 Browne displays his winnings from Bisley 2013.

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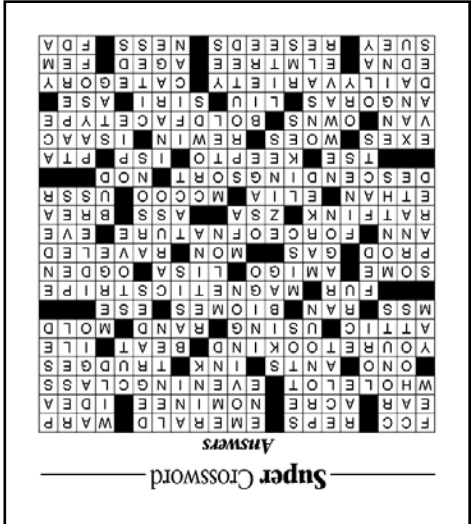
CPO2 Bradley Browne looks down range at the United and International Service Rifle Matches event on June 28, 2016.

PAUL DEACH @PAULDEACH # NRAUK OFFICIAL MEDIA



An array of CPO2 (ret'd) Browne's winning from Bisley, over the years from 1996 to 2018.

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CPO2 (ret'd) Browne shooting resumé

I have been active not just within the military shooting community, but also the civilian community as a member and director at local gun clubs.

Below are some of the highlights of my shooting career, broken down by roles, and years, and some milestones.

Attended CFSAC/NSCC/CAFSAC the following years as a competitor:

1994, 1995, 1997, 1999, 2000, 2002, 2003, 2004, 2006, 2006, 2007, 2008, 2009, 2010, 2012, 2013

Staff at CAFSAC the following years:

2014 – Chief Butts NCO
2015 – Chief Butts NCO – Received Coin from Commander Canadian Army
2016 – Chief Butts NCO – Received Coin from CAFSAC Director
2018 – 2 I/C Rifle Ranges – Received Coin from CAFSAC Director

Bisley:

Member of CAF Bisley team as follows:

1996 – Shooter
1997 – Shooter
2000 – Shooter
2008 – Shooter
2009 – Shooter
2013 – Shooter
2016 – Coach at the request of CADTC (1 Div)
2018 – Coach at the request of 1 PPCLI – 3 Div

Other matches attended:

1997 Tri-Colour Matches in Boston (US Army National Guard) attended as a representative with crew from HMCS Charlottetown.
1998 NATO fleet Match in Den-

Helder Holland with crew from HMCS *Charlottetown* as part of SNFL.
2007 – IPSC (International Practical Shooting Confederation) Canadian National Matches – placed 28th in Canada.

Coaching/Instructing:

2004-2009 – FDU Provided instruction on the use of their C-3A1 sniper rifles for Stand Off Munitions Disposal – assisted Martin with this several times including classroom training delivery and range operational testing at both Bedford Rifle Range and Aldershot.

2005 – Coached a team from HMCS *Montreal* during a NATO Small Arms competition in Germany while deployed with SNMG-1.

2009 – Coaches Corner at CAFSAC – by coaches for coaches seminar to develop the next generation of coaches. The first few years of smaller presentations transformed into the PD sessions that enabled CAFSAC to transition from just a Competition, into a Concentration. This was the first formal Professional Development seminar run at CAFSAC. This has developed into an improved formal coaching and shooter development program at CAFSAC, and I presented material to all shooters at CAFSAC to aid with shooter development and coaching skills. This has had a pan-CAF impact, teaching shooters and coaches from all elements, including RegF, PRes, RCN, RCAF, CA, and Canadian Rangers.

2009-2010 – LFAA - Delivered targeted training to shooters within LFAA during the LFAA Small Arms Competition.

2006-2011 – Support to training requests for CAF Standard PWT testing

prior to deployment on operations on several occasions for personnel deploying to Afghanistan.

2013 – Arkansas – Selected to coach 4-person RCN team going to Arkansas for AFSAM – due to US Budget sequestering, matches were cancelled.

2014 – HMCS Montreal – when ship was issued C-8s with EOTech optical sights, I was the only person on the ship qualified to operate the sight – was requested by the Deck department to go to the range with them to teach them how to use it and assisted in zeroing all of the ships weapons.

2018 – NTOG Coached at request of NTOG for their pre-CAFSAC 18 training camp – 12 days of rifle/pistol shooting and coaching at Bedford Rifle Range.

Marksmanship Development:

Navy/NSRA Challenge – Designed and hosted Navy-NSRA Challenge matches in Halifax area starting in early 2000s up to 2014. Upwards of 40 personnel present at some competitions from up to 13 units across the region, including Halifax Police, Military Police, and various PRes and RegF units represented. COMCANFLT/LANT attended in 2013 (Commodore Hawco) and both participated, and conducted the awards presentations.

2008 – Assisted with the re-writing of the CAFSAC Matches for operationalization in 2008/2009. Also involved in trialing them with LFCA PRes and NCR Combat Shooting Team personnel at Connaught Ranges.

LFAA SAC 2008 – Asked to assist with running an area level small arms competition for LFAA, provided training venue for 50+ Army Reserve soldiers to train, coach and teach.

LFAA SAC 2010 – Designed new pistol matches and delivered them at Aldershot in 2010 – BZ and Commander's coin from 5 Div General.

2016 – CAFSAC – Night Matches MCST Team was trial group for creation of the new Night Vision System matches for Rifle. MARLANT was the only team that had the necessary TRIAD Rails mounted on our weapons to use for the PAQ-4 Laser Aiming Modules.

Awards:

2000 – Partnered with Martin, we were the first sailors to ever win one of the Sniper matches at CAFSAC. 600m deliberate fire.

2008 was a kick-ass year. We got a BZ from the Admiral – he described us as his Musketry program that he didn't even know he had until a General called him up to congratulate him.

Command Commendation – Commander Land Forces Central (Bisley 2000 results).

Command Commendation – Chief of Land Staff (Bisley 1997 results).

Runner up for the Queen's Medal for Champion Shot in 2007.

Top individual placement in Bisley was 23rd in the Commonwealth (2008) Elite 50 Rifle Shooter Award X2.

Combined Fire (top 10 rifle/pistol) X2.

Member of the top overall 16-member CAF team in combined pistol and rifle in 2007, winning the Vanier Cup.

Member of the top overall 4-member pistol team in the CAF 3 times, winning the Allard Trophy.

Various individual match wins at the provincial and national level, as well as internationally in Bisley.

Sports trivia: potpourri

By Stephen Stone

Questions

- Who are the only two players in the NHL to score 8 or more points in a game more than once?
- Who scored the most points in a single regular season NHL game?
- Who was the first NHL player to score 50 goals and total 100 or more points in a season 6 consecutive years?
- In Major league baseball which 2 switch hitters, one from each league, have hit the most home runs?
- Who scored the Stanley Cup winning goal for the St. Louis Blues in

- game 7 of the 2019 final?
- Which Canadian University made history by skating the first all-black line in university hockey?
- Who is the all-time leading scorer in professional box lacrosse?
- For the first 2 years, 1965 & 66 The Canadian College Bowl (later The Vanier Cup) was an invitational championship featuring two teams selected by a national panel. In 1967 the Bowl was officially declared the CIAU National Football Championship with semi-finals played to determine the participants. Which 2 teams played in the first CIAU championship game and who won?
- Canada's gold medal in Oslo, at the

- 1952 Olympics was its last for the next 12 Olympiads until 2002 in Salt Lake City. Who scored the gold medal-winning goal against the team from the USA?
- In the game of horseshoes, how many points are scored if there are 3 ringers tossed?
- Who currently (2019) holds the National League record for home runs hit before the All-Star break by a rookie?
- If there are no wild cards, what is the only unbeatable hand you can have in poker?
- Who is the current (2019) World Snooker Champion?
- In sanctioned candlepin bowling

- tournaments, has a perfect 300 score ever been bowled?
- Who was the first man to successfully defend his Olympic Marathon title?
- Who won the inaugural women's Olympic Marathon, held in Los Angeles in 1984?
- Who won Canada's only gold medal at the 1968 Olympics in Mexico?
- By what professional name is William John Potts better known?
- Which Canadian football team has the most wins in the Grey Cup game?
- Which baseball player has won the most number of World Series rings?

Answers on page 23



HMCS Halifax welcomes Halifax Wanderers Football Club

HMCS Halifax ship's company welcomed the Halifax Wanderers Football Club aboard for a tour on July 5, 2019, at HMC Dockyard in Halifax.

MONA GHIZ, MARLANT PUBLIC AFFAIRS

Fitness and sports updates

By Trident Staff

CFB Halifax men's and women's soccer teams are looking for players. Training runs 3-5 p.m. on Mondays and Wednesdays at the Harbour-East Turf in Burnside. Interested soccer enthusiasts are encouraged to join us on the field or contact halifax-marinerssoccer@gmail.com (Men's) or archibaldk9@googlemail.com (Women's) for further details.

PSP hosts a walking group to help promote active living in the military. Walking with a group has many health and social benefits, and walking regularly at any speed will improve your mood, reduce your risk for disease such as cancer and Type 2 diabetes, and will give your immune system a boost. The Group will convene at the Stadacona gardens in front of S-90. The walk will take approximately 30 mins and will be approx. 2.5-3 km, heading towards Fort Needham and back. Both military and civilian members are welcome to participate. The walk takes place every day at 9 a.m. For more information please contact Kerianne Willigar 902-721-1922 | or email Kerianne.Willigar@forces.gc.ca

The Atlantic Regional women's and men's slo-pitch championship takes place at Naugle Field in Eastern Passage from July 15-19.

The PO2 Craig Blake Memorial Fitness Challenge takes place on September 27 at MacDonald Beach.

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

The FORCE Rewards Program is designed to recognize CAF personnel who achieve high levels of health-related fitness and operational readiness on their FORCE Fitness Profile, as part of their annual FORCE Evaluation. In line with the CAF objective of maintaining high levels of health-related fitness and operational readiness, this program is being implemented to motivate

Continued on page 23

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NAVY10KRUN@GMAIL.COM

Super Crossword

ILK-CONCEIVED

ACROSS

- 1 TV-regulating gp.
- 4 Dems.' foes
- 8 May birthstone
- 15 Deform
- 19 Head of corn
- 20 Farm unit
- 21 Award hopeful
- 22 Suspicion
- 23 *Bunch
- 25 *Course taken at night
- 27 "Wish Tree" artist Yoko
- 28 Meal for an echidna
- 30 Bic fluid
- 31 Slogs
- 32 *Comment to a very generous person
- 35 Defeat
- 36 Martinique, par exemple
- 37 Cobwebby room, often
- 38 Operating
- 39 Pol Paul
- 40 Shape
- 41 Original texts: Abbr.
- 42 Hightailed it
- 44 Forest and desert, e.g.
- 46 Siam or Sudan ender
- 48 Cat coater
- 49 *Credit card feature
- 54 A portion of
- 57 Pal, to Pablo
- 59 Sister of Bart Simpson
- 60 Verse writer Nash
- 61 Spur
- 62 47-Down or 96-Down fuel
- 63 It precedes Tue.
- 64 Got tangled
- 66 Actress Sothorn
- 67 *Gravity, e.g.
- 71 Eden figure
- 72 Stool pigeon
- 74 When doubled, a Gabor sister

- 75 Horse kin
- 76 La -- Tar Pits
- 77 Hawke of film
- 78 Kazan of film
- 80 R&B singer Marilyn
- 82 Stalin's fed.
- 83 *Z-to-A data-alphabetizing arrangement
- 86 Start dozing
- 88 Mao -- -tung
- 89 Not stray from, as a schedule
- 90 Connector to the WWW
- 91 Elhi support org.
- 94 Split couple
- 97 Misfortunes
- 99 Take back, as the title
- 101 Esau's father
- 103 Family ride
- 104 Possesses
- 105 *Emphatic print
- 107 Silky cats
- 109 Actress Lucy of "Kill Bill"
- 110 iPhone voice
- 111 Enzyme suffix
- 112 *Hollywood publication for 80 years
- 115 Word with synonyms at the ends of the answers to the starred clues
- 118 "Dame" Everage
- 119 Stately street shader
- 120 Elderly
- 121 Counterpart of masc.
- 122 Chop --
- 123 Sows again
- 124 Loch --
- 125 Rx watchdog

DOWN

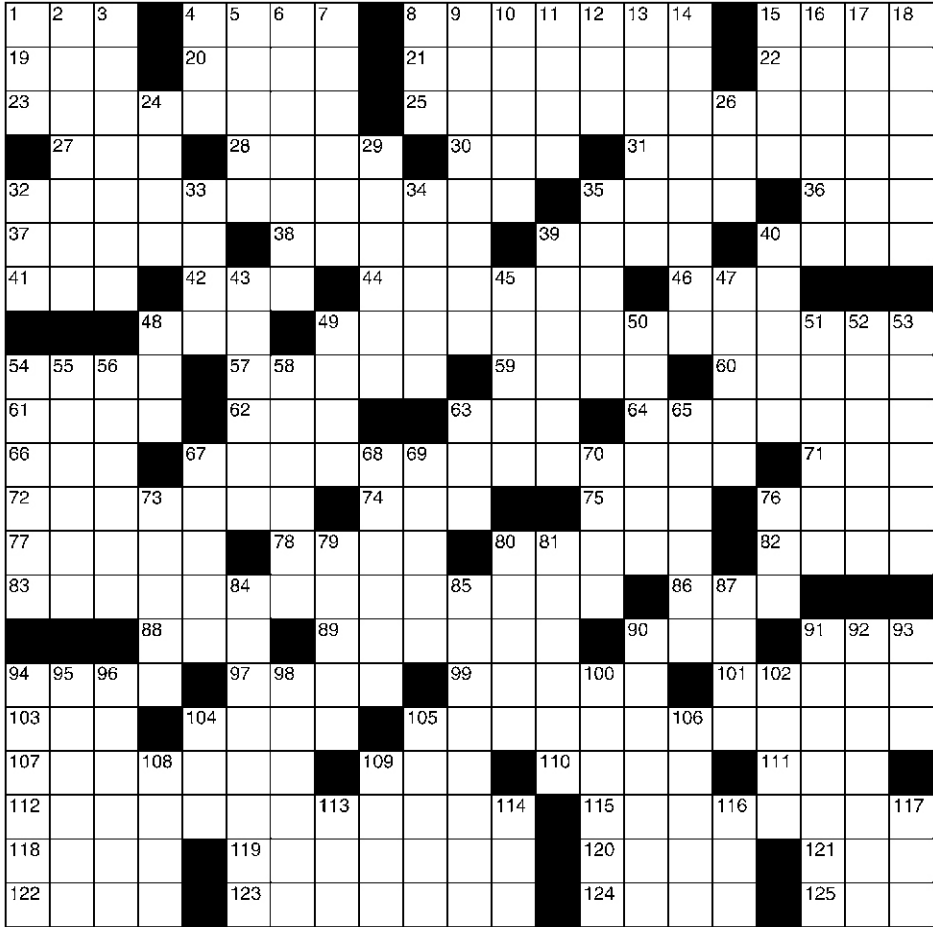
- 1 Sprinkling of
- 2 In -- (conspiring)
- 3 Hybrid bakery treats

- 4 Norma -- (Field part)
- 5 Dazzling effect
- 6 We, he or it
- 7 Melees
- 8 Denver-to-Detroit dir.
- 9 Not lingering
- 10 Edit, as text
- 11 Hockey site
- 12 DiFranco of song
- 13 Like pre-Easter periods
- 14 Abases
- 15 Savage
- 16 Slow tempo
- 17 Put on eBay, say
- 18 Went beyond
- 24 Greiner of "Shark Tank"
- 26 Chop or crop
- 29 Gear holder for the slopes
- 32 Orange tuber
- 33 Tan color
- 34 English architect Jones
- 35 Grounds
- 39 Eye layer
- 40 Combine
- 43 Region west of Catalonia
- 45 Brunch fruit
- 47 Kitchen appliance
- 48 Narc, e.g.
- 49 This and that: Abbr.
- 50 Tenor played by Lanza
- 51 Goof-offs
- 52 Riles
- 53 Make beloved
- 54 Showed clemency to
- 55 Florid
- 56 Year's 12
- 58 Prominent
- 63 Advanced music or drama deg.
- 65 Burning crimes
- 67 Monetary penalties
- 68 Web mags
- 69 Broadway's "August: --

- County"
- 70 Mediator's skill
- 73 Almanac fill
- 76 Future leaf
- 79 Digs
- 80 Econo Lodge, e.g.
- 81 Throngs
- 84 Member of Devo, say
- 85 Germinated
- 87 Taylor boy of old TV

- 90 Fuming mad
- 91 Is profitable
- 92 Narrowed gradually
- 93 Air hero
- 94 Avoids, as capture
- 95 Site of Kubla Khan's palace
- 96 V-8, for one
- 98 Lower-priced
- 100 Promiser's proviso

- 102 Doe partner
- 104 Suffix with invent
- 105 Bar brew, in France
- 106 Quotes as an authority
- 108 Big skin cream brand
- 109 Low-cal
- 113 Apt. parts
- 114 "Sure thing!"
- 116 Pub. house hirees
- 117 Sumac of song



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Fitness and sports updates

Continued from page 22

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.

Sports trivia: potpourri

Questions on page 21

Answers

- 1. Mario Lemieux - Oct. 15, 1988; December 31, 1988, and April 25, 1989; Wayne Gretzky - Nov. 19, 1983 and Jan. 4, 1984. Believe or not but both players did it in one NHL season.
- 2. Darryl Sittler of the Maple Leafs on February 7, 1976 against the Bruins and goalie Dave Reece in Maple Leaf Gardens. Final score 11-4. Of interest, he did not win the Art Ross Trophy that year.
- 3. Guy LaFleur of the Canadiens 1974-75 through 1979-80.
- 4. Mickey Mantle (536) - New York Yankees and Chipper Jones (468) - Atlanta Braves.
- 5. Alex Pietrangelo at 19:52 of the first period. Final score 4-1.
- 6. Saint Mary's University, Halifax, NS. Bob Dawson, Percy Paris, and Darrell Maxwell were the first all-black line iced during a CIAU game. During an October game against Mount Allison, Huskies coach Bob

- Boucher formed the line.
- 7. John Tavares - 815 goals and 934 assists for 1 749 points.
- 8. Alberta Golden Bears 10 and McMaster Marauders 9.
- 9. Joe Sakic on a power play at 18:19 of the 2nd period.
- 10. Three points. Since each player tosses 2 shoes, in the case of 3 ringers two of them cancel and the 3rd scores.
- 11. Pete Alonso, New York Mets, hit his 26th homer on June 22 in this his rookie year - 2019 - passing Cody Bellinger who hit 25 in 2017.
- 12. A Royal Flush: A-K-Q-J- 10 of a suit is the only unbeatable poker hand.
- 13. Judd Trump defeat John Higgins 18 games to 9 in a best of 35 final at the Crucible Theatre in Sheffield, England, May 5-6.
- 14. A perfect score of 300 has never been bowled in a sanctioned tournament. The highest recorded score is 245. Only 2 players ever scored that high - Ralph Semb

- who bowled 245 in 1984 and Chris Sargent in 2011. Both were thrown in league tournaments.
- 15. Abebe Bikila - Ethiopia - Rome 1960 & 1964 Tokyo; Waldemar Cierpinski of East Germany was the 2nd to do so winning Montreal 1976 and Moscow 1980.
- 16. Joan Benoit, USA. She took the lead in the third mile and was never challenged. Her winning time of 2:25:52 was almost 1 1/2 faster than 2nd place.
- 17. Jim Day, Thomas Gayford, James Elder -Equestrian - Team Jumping Grand Prix.
- 18. He was, of course, Canadian professional wrestler Whipper Billy Watson.
- 19. The Toronto Argonauts with 17. Winnipeg has the most appearances with 24.
- 20. Lawrence Peter "Yogi" Berra won 10 as a player all with the New York Yankees. He also has three rings as a manager and coach.



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