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Monday, October 2, 2017



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# TRIDENT

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

## Flares in the air

*HMCS Charlottetown's CH-124 Sea King helicopter launches its defensive flares during a training flight on September 20, 2017 during Operation REASSURANCE.*

LS DAN BARD, FIS



**Farewell to  
CFAV Quest**

PG. 3



**HMCS Charlottetown on Op  
REASSURANCE**

PGS. 8 & 23



**Civilian leaders experience  
life at sea**

PGS. 12-13



**Regional rugby camp  
starts Oct. 16**

PG. 17



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# NDWCC 2017 kicks off with pies to the face

By Ryan Melanson,  
Trident Staff

Formation Halifax kicked off its 2017 National Defence Workplace Charitable Campaign (NDWCC) on September 19 inside Mr. Mac's Room in the newly opened Tribute Tower, and with a new venue for the annual event and new leadership across MARLANT, Base Commander Capt(N) Paul Forget said the campaign is set for a banner year.

"It's an exciting year at the base, we've got new things happening, and we want to drive that positive energy we've been feeling all year into this campaign."

Representatives from the charities under the United Way and HealthPartners banner, along with other local charities and organizations, were set up around the room providing information to members, and money was raised through the sale of pizza and soda, as well as through silent auction items spread around the room and tickets being sold for raffle draws. The kickoff events, including one at FMF Cape Scott on September 20, will be followed by small unit-level fundraisers, bake sales, charity sporting events, and many DND members will choose to contribute to the campaign directly through small deductions on their paycheques.

As usual, the kickoff event also presented an opportunity for sailors to have some fun at the expense of their superiors, with Base Chief

CPO1 Dave Steeves, Capt(N) Forget, MARLANT/JTFA Commander RAdm Craig Baines and others getting pies to the face courtesy of the highest bidders. In RAdm Baines' case, a collective group of CPO1s put up the winning \$95 bid and joined together to do the honours.

With VAdm Ron Lloyd, Commander RCN, acting as the national champion for NDWCC 2017, Capt(N) Forget said the Navy should be ready to act as strong supporters of the campaign. He encouraged members to participate in a national Canada 150 initiative by donating an extra \$1.50 a month, and to share updates on their own fundraisers online using the hashtag #NDWCCAllAboard.

Money raised through NDWCC is used to support numerous causes, but is most significant for the United Way, for which the NDWCC and GCWCC campaigns are its biggest annual source of donations. They use the money to help fund their many programs and partner organizations, with a focus in Halifax on housing and homelessness, poverty, building a healthier community and creating opportunities for young people.

"We had a million dollars raised in Halifax last year through this campaign, and millions more across the country, all going to communities that need it, so it's one of our biggest and most important campaigns," said Evan Lanni, a Relationship & Development Officer with United Way Halifax.



RAdm Craig Baines prepares to take a pie to the face courtesy of CPO1 Coates, CPO1 Hudson, CPO1 Doucet and CPO1 Steeves at the 2017 MARLANT/JTFA NDWCC kickoff on September 19.

RYAN MELANSON, TRIDENT STAFF

United Way is the largest non-government funder of social programs in the region, and also recently announced a new anti-poverty strategy in partnership with the HRM municipality.

"We're in the early stages of it, but we're really excited about that work and what we can do to start changing some of the systemic issues around poverty in our city," Lanni said.

The NDWCC campaign also focuses on HealthPartners, a group of 16 charities including Diabetes Canada, Multiple Sclerosis Society, Canadian

Cancer Society, and others who support patients and fund research into Canada's most pervasive diseases. And with the understanding each individual decides to give money to charity for their own reasons, members can choose to donate to any registered Canadian charity of their choice and still have those funds count toward NDWCC totals.

"Whatever personally drives you to donate, you can donate through the NDWCC and support that cause. It's incredibly simple," said Capt(N) Forget.

## NDWCC off to a great start

By Capt(N) Paul Forget,  
Base Commander

Pies in the face were among some of the fun aspects of the recent National Defence Workplace Charitable Campaign (NDWCC) Kickoff held in Tribute Towers. Thanks to the team from Base Logistics for putting together such a great event. This, and other kickoffs are a meaningful way to launch and raise awareness this year's campaign. But as we know, NDWCC is more than pies, pizza and pop.

We, within the Defence community are fortunate enough to be in a position where we can assist in making our community be a better place. We are minor sports coaches, sit on school committees, deliver meals to shut-ins, and are all-around great neighbours. Whether we support food banks, homeless shelters or cancer research, our compassion to the community is both greatly needed and very much appreciated!

The NDWCC was designed for the members of the Federal Government to have one charity of choice, but in reality, you have the ability to choose from hundreds of national, regional or local charities as well as 16 nation-

ally recognized HealthPartners.

This year, to celebrate Canada 150, the Commander of the Royal Canadian Navy, VAdm Ron Lloyd, wants all of us to accept his challenge that each and every one of us donate, (through several payroll deduction or credit card options) \$1.50 per pay. Imagine how little you are donating in order to give back to a country that has served you faithfully over the last 150 years. A donation of \$1.50 per pay does not even measure up to the price of a coffee that you buy several times per day.

Through local charities such as the Boys and Girls Club, Marguerite Centre or Veith House, to name but a few managed by the United Way of Halifax, your donations have a strong and direct impact in the community. Their goal of changing 50,000 lives in five years right here at home cannot be done without your help.

When your NDWCC canvasser comes to see you, please afford them the time to explain the benefits of one-stop donations through the NDWCC payroll or credit card program. Consider the Canada 150 challenge and know in your heart that your donation will change the lives of the people who work and live around you.

Together we can do this.



## Sniper Concentration at Gagetown

Snipers from the Canadian Armed Forces, international militaries and civilian law enforcement agencies participate in the Canadian International Sniper Concentration at 5th Canadian Division Support Base Gagetown, September 7-14, 2017.

ROGER SIMARD, TACTICS SCHOOL, COMBAT TRAINING CENTRE (CTC), GAGETOWN



# QHM says goodbye to CFAV Quest

By Ryan Melanson,  
Trident Staff

After nearly 50 years of service to the RCN and to Canada, the former CFAV Quest will be remembered by most for its many contributions to defence research in acoustics, anti-submarine warfare, and in the Arctic. For the personnel at Queen's Harbour Master, however, and for those who made up the ship's civilian crew, Quest has meant much more than just its scientific accomplishments.

"We will remember Quest for the vessel it was, for the dignity it brought to QHM and for the sea time it gave us to produce the mates and the masters and the pilots we have today," said Capt Archie McAllister, DND's national superintendent of auxiliary vessels. He credited Quest, which sailed around the world as part of more than 350 scientific trials through its life, with providing a platform for career advancement at QHM and for giving civilian mariners a chance to prove themselves at sea.

And it's those mariners who were the focus as members of QHM and MARLANT gathered on September 12, joined by many who made up Quest's final crew, to say a proper goodbye to the ship on the same day it was towed out of the Dockyard for a final time.

"From my very early days at QHM, we've talked about our future knowing it would be divergent from some of our platforms. Obviously Quest was one of them, and that comes with some emotional attachment," said LCdr Robert Houle, the Commanding Officer of QHM.

"We thought it was fitting that we get together here to celebrate what Quest meant to us, and to our colleagues at DRDC, and to the Navy as well."

Special plaques featuring a photo of the ship were presented to numer-

ous members of the final crew, from cooks and deckhands up to Quest's final master, Canh Nguyen, who is now retiring after 37 years as a public servant. Nguyen's gift was presented alongside certificates from the Premier and Prime Minister marking his long and distinguished career.

Nguyen came to Canada in 1975 after a half-decade in the Vietnamese Navy and horrific experiences during the country's long and brutal war.

"Once I came to Canada, I did decide to go back to sea, because it's what I love. I had a good, long career and I enjoyed a lot of it," he said.

Following the ceremony, the ship's bell was rung for a final time, and members of the last crew were invited to share their own stories from Quest, before the group walked to the jetty to watch her be towed away. Quest, along with the former HMCS Preserver, will now be broken up in Port Colborne, Ontario.

Looking to the future, LCdr Houle said QHM has been adjusting to the loss of the platform, as Quest hasn't sailed since 2013, and the unit has been engaging with private industry and other government organizations to ensure its mariners can advance their skills and careers.

"At the end of the day, QHM will have the ability to progress; we'll make sure that's the case. We've proven time and time again that we have the 24/7 ability to support naval operations."

The final crew of CFAV Quest, who were honoured at the farewell ceremony:

C.N Nguyen, J.A Dabrowski, D.P Gallagher, N.A Kennedy, S.E Weaver, J.E Walters, J.J O'Leary, P.A Canning, C.E Purcell, M.S Oxner, B.G Nickerson, B.L Blagdon, J.W Archibald, A.M Ogilvie, J.L Walters, D. Macdonald, K.A Stephens, S.R Lutley, C. Young, M. Morin, C. Richards and A. Pavyluk.



CFAV Quest's final master Canh Nguyen receives a certificate from the Prime Minister, presented by Acting Base Commander Cdr Seana Routledge.

RYAN MELANSON/TRIDENT STAFF



CFAV Quest stands just offshore during one of its Arctic deployments.

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January 9 – MFRC  
January 23  
February 6 – MFRC  
February 20  
March 6 – MFRC  
March 20 – Posting Season Special Feature  
April 3 – MFRC  
April 17  
May 1 – MFRC, and Battle of the Atlantic Special Feature  
May 15  
May 29 – MFRC  
June 12 – DND Family Days Special Feature  
June 26  
July 10 – MFRC  
July 24  
August 7 – MFRC  
August 21 – Back to School  
September 5 – MFRC  
September 18 – Home Improvement Special Feature  
October 2 – MFRC  
October 16  
October 30 – MFRC – Remembrance Day Special Feature  
November 13 – Holiday Shopping Special Feature  
November 27  
December 11 – MFRC – Year End Review

Editor: **Virginia Beaton**

editor@tridentnews.ca  
(902) 427-4235

Journalist: **Ryan Melanson**

reporter@tridentnews.ca  
(902) 427-4231

Editorial Advisor: **Mike Bonin**

Mike.bonin@forces.gc.ca  
(902) 721-1968

www.tridentnewspaper.com



Advertising Sales

Dave MacNeil

902-422-4990 ex 1811

davemacneil@advocatemediainc.com

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# Community Calendar

Reunion and event notices must be submitted by mail, fax or internet.  
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.

Treaty Day Ceremonies

**Date: Monday, October 2**  
**Location: Province House/  
Grand Parade Square**

All CAF members are invited to join MARLANT senior leaders and members of the Defence Aboriginal Advisory Group at events marking the 31st annual Mi'kmaq Treaty Day in Nova Scotia. Treaty Day is held each October to highlight the importance of the treaties signed from 1725 to 1761 between the Crown and the Mi'kmaq people. Ceremonies in Halifax will include a flag raising at Government House at 8:30 a.m., followed by Treaty Day church services at St. Mary's Basilica at 9:30 a.m. At 10:45 a.m., the Veteran's Parade of Honour will march up Barrington Street toward the Grand Parade Square, where the mayor's flag raising ceremony will take place at 11:15 a.m. A veteran's address will be delivered at the Grand Parade by HLCol Donald Julien, a member of the Mi'kmaq Grand Council and Senior Aboriginal Community Advisor for the Atlantic Defence Aboriginal Advisory Group.

**Dalhousie University Mawio'mi**  
**Time: 10 a.m. - 4 p.m.**  
**Date: Monday, October 6**  
**Location: Dalhousie Quad and others TBD**

This year marks the Dalhousie Native Student Association's 8th Annual Mawio'mi here on the Dalhousie University Campus. The daylong event showcases the raising of the Mi'kmaq flag, Mi'kmaq drummers, dancers and crafters, while honoring our Elders on recognized unceded Mi'kmaq territory. This learning opportunity and community event is free and open to all members of the public.

Author Daniel Paul:

**Chief Lightning Bolt**  
**Time: 7 p.m.**

**Date: Thursday, October 19**  
**Location: Halifax North Memorial Library**

As part of events marking Mi'kmaq Heritage Month, Daniel Paul will read from his first novel, *Chief Lightning Bolt*, a life's journey set in pre-contact Mi'kmaq territory. Rather than telling a collision-of-cultures story, Paul shows readers the beautiful, vibrant culture that was lost to colonization. The novel follows Lightning Bolt's upbringing and rise to leader for his people, and shows readers the ceremonies, traditions, and teachings of the Mi'kmaw people. Daniel Paul is also the author of *We Were Not The Savages*, a Mi'kmaw History of the Colonial Period in Mi'kmaw Territory. Presented by Fernwood Publishing and Scotiabank.

**Prospect Road Crafters' Market**  
**Time: 10 a.m. - 4 p.m.**

**Date: Saturday, October 21**  
**Location: Prospect Community Centre**

Join local merchants for the eighth annual edition of this day-long market, featuring a variety of handcrafted items, free admission, free parking, live music, door prizes and lunch options – fun for the whole family.

**Family Concert Series:**  
**Symphony meets Bhangra**  
**Time: 1:30 p.m.**

**(sensory friendly) and 3 p.m.**  
**Date: Sunday, October 22**  
**Location: Pier 21**

Halifax's own Maritime Bhangra Group is a social media sensation, with more than a million YouTube views and tens of thousands of devoted online followers. Now, experi-

ence this joyful Punjabi dance live in concert with Symphony Nova Scotia. Featuring bright, lively music from around the world, this contagiously cheery concert is sure to put a smile on your face. The 1:30 p.m. sensory friendly performance is quieter and shorter, with less onstage discussion. It is designed for those with autism or developmental disabilities, but all are welcome to attend. Registration is free for families with children. Seating is first-come, first-served. Register at <http://symphonynovascotia.ca>

**In Conversation with Alan Doyle**  
**Time: 6:30 p.m.**

**Date: Monday, October 23**  
**Location: Halifax Central Library**

Following the fantastic success of his bestselling memoir, *Where I Belong*, Great Big Sea frontman Alan Doyle returns with a new book, *Newfoundlander in Canada: Always Going Somewhere, Always Coming Home*, a hilarious, heartwarming account of leaving Newfoundland and discovering Canada for the first time. Alan will be in conversation with bestselling author and Chronicle Herald Columnist John DeMont.

**General Panet High School Reunion**

**Date: May 18-20, 2018**  
**Location: Petawawa, Ontario**

Calling all alumni of General Panet High School! Although the school has been torn down to build a new Canex store, the General Panet spirit still lives in all of those who attended the school near CFB Petawawa. A committee is organizing a large reunion for former students to take place next spring. For more information or to register, contact Keith Croucher at [kcroucher57@eastlink.ca](mailto:kcroucher57@eastlink.ca)



## Happy birthday to CANEX

*CANEX staff were joined by Acting Base Commander Cdr Seana Routledge at the Stadacona CANEX store on September 13 to celebrate the organization's birthday and 49 years of serving those who serve. Free cake and hot beverages were offered to customers over the lunch hour, and special birthday sales were in effect from September 13-24.*

PHOTO: RYAN MELANSON/TRIDENT STAFF



# Conversion training: the next step

*Capt Jean Martin and Capt Craig Law conduct training in the CH148 Cyclone operational mission simulator (OMS), on September 15, 2017. The OMS allows for the creation of a virtual battlespace that is highly reflective of the demanding and highly dynamic operating environments that 12 Wing personnel are called upon in providing wings for the fleet.*

LS UPSHALL, 12 WING IMAGING

**By Lt Drover,**  
406 (M) OTS UPAR

On Monday September 11, 2017, the first round of Aircrew Conversion Training at 406 Maritime Operational Training Squadron in 12 Wing Shearwater commenced for pilots in preparation for operational employment on the CH-148 Cyclone. Pilot Conversion Training Courses 1 and 2, consisting mostly of CH-124 Sea King experienced airmen and airwomen, will spend the next 90 training days learning new aircraft systems and tactics while transferring their knowledge and skills of the community from the Sea King to the CH-148 Cyclone. This cadre of pilots will form the first operational



Cyclone air detachments ready to deploy in HMC Ships starting the summer of 2018.

406 (M) Operational Training Squadron is responsible for all Cyclone Aircrew and Technician conversion training programs and have already completed a number of courses for Avionics Systems Tech-

nicians (AVS Tech) and Aviation Systems Technicians (AVN Tech). Through the fall, 406 (M) Operational Training Squadron will continue to increase technicians' throughput by adding an additional AVN serial, and introducing Air Weapons Systems (AWS) and Aircraft Structure (ACS) Technicians in 2018. With

two AVS serial already in-house and four AVN serials starting through the fall, 406 will be running eight type courses by the winter of 2018. This represents the next step in continuing the Squadron's mission to generate the technicians and aircrew behind the "Wings for the Fleet".

## Halifax Connects gets cookin'

**By Mike Bonin,**  
BPAO

Halifax Connects is a charitable organization that assists those less fortunate than us receive support. Each year, the organizers hold a special event at Citadel High School and ask industry and business leaders to help with activities such as massages, haircuts, hairs styling, manicures or social worker and legal advice. Additionally people can get information related to affordable housing, access to food banks, financial support, employment advice or clothing assistance. A photo booth is set up to make people feel pampered and special.

Another aspect of the afternoon is that each attendee receives a hot meal. This is where CFB Halifax came to the rescue. At the last min-

ute, the usual caterer was unavailable to meet their commitment and the base was asked if they could prepare and serve 800 hot meals. With a plea for volunteers, 12 stewards and six cooks stepped up; and with the food provided, managed to create a chicken, potato and vegetable meal complimented with pie for dessert. That's the equivalent of preparing four Mess Dinners all at once.

"I am proud of the team that rose to the occasion and willingly gave up their weekend to support this great community outreach event," stated Lt(N) Elise Gammeljord, the Base Food Services Officer. "Not only did they create such a wonderful meal service, they learned to understand, first-hand, that they are part of a bigger community and their charitable efforts were instrumental in providing a great day for their neighbours."



*OS Brianne Colwell from HMCS Halifax serves a hot chicken dinner to visitors to the Halifax Connects event held at Citadel High School.*

LT(N) ELISE GAMMELJORD, BASE FOOD SERVICES OFFICER



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# Service second to none in Ukraine

By LCol Douglas Martin,  
Logistics Branch Integrator PA Advisor

The Logistics Branch is ramping up for its 50th Anniversary on February 1, 2018 and a keystone activity involves passing an official Canadian Forces Logistics Branch Flag among Logisticians around the world and across Canada.

Edmonton-based Logisticians who served recently with Operation UNIFIER in Ukraine took part in an incredible celebration on July 28, 2017 in Ukraine.

"The Flag arrived here on July 28 on a service flight from Poland," said Capt Christopher Williams, Contracts Officer, Joint Task Force – Ukraine. "Our Movements Officer, Capt Rachel Hilbig, was given the backpack containing the Flag by the loadmasters of 429 Transport Squadron. She in turn passed it to Master Corporal Penny Warford, a Traffic Technician, who then gave it to me."

The aim of the Flag Relay is to inspire unity among Logisticians. Logisticians have unique capabilities and occupations that will assist them in taking the flag around the world to CAF operations and then across Canada to Bases and Wings. The Logistics Branch is calling all Logisticians to be involved.

"Although the Logistics Branch has a limited history," said Capt Williams, "this Flag relay gives us a chance to pay homage to the corps and organizations that preceded the Branch in 1968 while at the same time it solidifies us as a Branch."

Cpl Jennifer Couturier, a Human Resources Administrator, whose home unit is 2nd Battalion, Princess Patricia's Canadian Light Infantry, based in Edmonton, spoke about the Branch history at the event. "The Canadian Forces have earned international recognition as professionals in the field of logistics."

"We gathered together at Canada House for everyone to see the Flag and sign the Logbook," said Cpl Couturier.

The Flag began its journey on July 1, 2017 when a group of Logisticians gathered at the National Military Cemetery in Ottawa to unfurl the Logistics Branch 50th Anniversary Flag for the first time in public. "The Branch thought it made ample sense to start the relay of this Flag here at the National Military Cemetery in order to honour all Canadian military buried here, especially those who fell



*Logisticians gather at their Headquarters in Ukraine in the summer of 2017 as part of Operation UNIFIER to celebrate Logistics Branch unity in preparation for the upcoming Logistics Branch 50th Anniversary in 2018. The 25 Loggies took time to pose for a photo with the official Log Branch Flag that is visiting CAF Logisticians around the world before it begins its cross-Canada relay on February 1, 2018.*

PHOTO COURTESY LCOL DOUGLAS MARTIN, LOGISTICS BRANCH INTEGRATOR PA ADVISOR

during conflict," said BGen Michael Rafter, Chief of Staff, Vice Chief of the Defence Staff, during a brief ceremony at the cemetery.

The Flag is carried in a sturdy, weather-resistant backpack and comes with the Logbook, detailed instructions and other paraphernalia with the intention that as many members of the Branch as possible, serving and retired, may sign the Logbook stating where and when they saw the Flag.

"A special feature in the bag is a GPS tracking system," said MWO Paul Flowers, National Com-

mittee member and the Flag Relay planner and coordinator. "This way we can provide Branch members with updates about the Flag's travels, hopefully with photos of Loggies with the Flag."

The last person to sign the Logbook in Ukraine was Capt Louis-Phillipe Roy-Cyr, a Supply Officer from 1 Combat Engineer Regiment based in Edmonton, who has been training Ukrainian forces.

"This relay is fantastic," said Capt Roy-Cyr. "Honestly, we were happy to see our Flag fly the entire day in front of the headquarters. It represents the work we are doing behind the scenes."



## Long service award for Base Commander's Admin Assistant

*Sandra Morash, the Base Commander's Administrative Assistant receives her Long Service award for 45 years of dedication to the Defence Team from Base Commander Capt(N) Paul Forget. Sandy joined the Public Service in 1971, working at Naval Reserve Headquarters on South St. then at Maritime Air Group Headquarters. Mrs. Morash transferred to the Base Commander's office in 1978 and throughout her career has worked with 17 Base Commanders.*

MIKE BONIN, BASE PAO





*HMCS Ottawa enters Los Angeles.*

SUBMITTED

# LA Fleet Week and Galley Wars

By SLt Matthew Mooney,  
HMCS Ottawa

On August 28, HMCS *Ottawa* set sail for Los Angeles Fleet Week. Under the guidance of the new Commanding Officer, Cdr Alex Barlow, the ship and her company sailed out down the west coast towards southern California. Accompanied by Sea Training Pacific, *Ottawa* participated in at sea readiness trials while transiting towards the City of Angels in preparation for their follow on mission of Op CARIBBE. Upon arrival in LA, the ship was greeted several escort vessels and the USS Iowa, one of America's last battleships. The Iowa welcomed *Ottawa* by firing a two-gun salute and flying BRAVO ZULU as *Ottawa* passed by.

Fleet Week was comprised of a series of events which brought the men and women of our navy together with the sailors and marines of the United States. From football games to formal evenings, there was something for everyone at LA Fleet Week. One of the highlights of the week was Galley Wars.

Galley Wars pitted the best chefs from all the services against one another in a battle of barbecued burgers. Teams were assembled by United States Coast Guard, Navy, and Marines, who faced off against the Royal

Canadian Navy. Each crew was tasked with creating a specialized burger, two sides, and a dessert. The finest creations were prepped by each team onboard their ships, with the final cooking process and assembly conducted on scene, under the critical eye of celebrity judges. The distinguished Robert Irvine, a Food Network Chef; Mei Lin, Winner of Top Chef; and Steve Samson, a highly distinguished LA restaurant owner, were ready to provide feedback on the creations.

The members of the Canadian team came armed to the taste buds with a menu they were sure would impress the judges. PO1 John Cross, PO2 Pierre Forget, and MS DJ Fields worked together to craft a burger that dreams are made of - quite literally. The inspiration for the burger came to PO2 Forget in a dream that he could not shake. Working as a team, the Canadian chefs crafted a burger made of 60% bison and 40% lamb that was double ground and stuffed with homemade jalapeno bacon jam. But they didn't stop there. They went on to freshly bake a brioché bun and top their inception with homemade Louisiana ketchup and poutine cheese.

To accompany this heavenly treat, the trio prepared a mixed bitter green salad with fresh shredded applewood cheddar cheese and topped it with

homemade caper vinaigrette. For dessert, a fresh doughnut topped with Calibaut chocolate and sprinkled with sea truffle salt, and a rendered bacon reduction. Topping it off, they drizzled the devilish doughnut with a delicious caramel topping. This was all washed down with a healthy portion of Canada's finest moose milk.

Once the menus were announced, the other competitors began to worry and the growing crowd began to salivate. It became clear very early on that

the Canadian chefs were going to be the ones to beat. Once the judges tasted the food, however, it was no contest. The chefs of *Ottawa* blew the competition out of the water, coming in first place. They were followed by the US Marines and the US Coast Guard. For their outstanding performance, the judges awarded the chefs the coveted Galley Wars cutting board commemorating their victory. A big BRAVO ZULU to our three extraordinary chefs for their outstanding performance.

SUBMITTED



*MS D. J. Fields, PO1 John Cross, and PO2 Pierre Forget display their first prize award from Galley Wars.*

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The air detachment members of HMCS Charlottetown pose for a group photo after a flying mission in which they completed their 100th hour of flight during Operation REASSURANCE on September 7, 2017.

CPL J.W.S. HOUCK, FIS

# HMCS *Charlottetown*'s embarked CH-124 Sea King helicopter reaches 100 hours of deployed flight

By Lt(N) Meghan Jacques,  
Operation REASSURANCE Maritime  
Task Force UPAR

Since HMCS *Charlottetown* departed Halifax, Nova Scotia, on August 8, 2017 for Operation REASSURANCE, it has regularly participated in single-ship and task group training. It has worked with Standing NATO Maritime Group 1 (SNMG1) to demonstrate NATO and Canada's ongoing commitment to international security and cooperation.

Along with participating in naval communications exercises, integrated warfare drills, and practice maneuvering for replenishments-at-sea, *Charlottetown* has focused on training and operations for its integrated Air Detachment, flying an embarked CH-124 Sea King helicopter. The Air Detachment comprises 19 members of the Royal Canadian Air Force. This includes eight members and one technician for each of the two aircrews. They joined the ship as part of its high readiness training program and deployed with it when it departed Halifax.

The role of an embarked helicopter Air Detach-

ment is diverse. "Osprey is an extension of the ship's sensors, integrated into the weapons systems," explains Maj Rene Laporte, the Air Detachment Commander aboard *Charlottetown*. "The Air Department is proud to be embarked as part of the ship's company and adds value whenever we can—and the crew has certainly greatly contributed to accepting the Detachment as part of the team."

The reason for this integration is clear: the helicopter and the crew and technicians who operate and repair it contribute directly to the ship's operational capability.

To date, the Air Detachment has completed a wide array of both exercises and real-world operations. These include cross-deck training with Her Majesty's Norwegian Ship (HNOMS) Otto Sverdrop, an anti-submarine exercise with the Polish navy, and air mobility support for personnel. From embarking imagery technicians to photograph the task group, to embarking crewmembers from *Charlottetown* and other NATO ships for day flights, the aircrew and maintainers consistently work to provide increased visibility of NATO operations to our allies and partner nations.

In 17 days at sea as part of *Charlottetown*'s Tiered Readiness program, the Air Detachment flew 39.5 hours in order to meet training objectives for regular flight operations and emergency responses. In comparison, in *Charlottetown*'s first 22 days at sea as part of Operation REASSURANCE, the helicopter has already logged over 100 hours. It has conducted day flights for 25 crewmembers from *Charlottetown* and five from the SNMG1 flag ship, HNOMS Otto Sverdrop. These flights improve awareness and understanding of flight operations in a maritime environment.

Ultimately, whether helping to enhance SNMG1's tactical view of maritime traffic patterns or interacting with non-allied air forces in the Baltic as part of routine operations, *Charlottetown*'s Air Detachment is an essential part of *Charlottetown*'s ship's company and deployed capability. Supporting readiness and interoperability, the inclusion of such a successful Air Det speaks to the teamwork and dedication of all the crew of *Charlottetown* and the ship's commitment to full employment as an integrated member of a deployed NATO task group.





# 12 Wing Shearwater marks Battle of Britain Sunday

RCAF personnel, retirees, Air Cadets, and others gather outside the headquarters building at 12 Wing Shearwater for a ceremony to mark Battle of Britain Sunday on September 17, 2017.

CPL ANTHONY LAVIOLETTE, 12 WING IMAGING



## HMCS Charlottetown Crew Spotlight: LS Aaron Myles

On August 8, 2017, HMCS *Charlottetown* and her crew of 240 departed Halifax, Nova Scotia, to join Standing NATO Maritime Group One (SNMG1) for Operation REASSURANCE. SNMG1 is a naval force made up of ships from various Allied countries, all

working together to demonstrate NATO and Canada's ongoing commitment to international security and cooperation. One member of this crew is LS Aaron Myles, who is a Boatswain in the Deck Department aboard

*Charlottetown*. In an interview conducted aboard *Charlottetown* while the ship was transiting between Gdynia, Poland and Kiel, Germany, he had this to say about his deployment experiences in the Royal Canadian Navy (RCN):



### Have you ever deployed before?

I have deployed once before. During my time with the infantry reserves I deployed to Afghanistan for eight months in 2010 with 2RCR.

### How would you compare your past experiences with your current deployment?

My previous deployment was most definitely a different atmosphere compared to OP REASSURANCE. I would have to say that my deployment to Afghanistan definitely seemed more dangerous than OP REASSURANCE, based on the mission mandate, and that affected the overall tone of the deployment.

### Are there any major differences or similarities that stand out?

There are definitely differences and similarities between both deployments. Notably, in Afghanistan, I was a part of the battle group in the Panjwayi region which was a volatile region, while in the Baltic Sea the situation is more stable. Another one of the major differences was the daily routine. Just by virtue of being on land vs at sea, there was more to do, and see on a daily basis. As an infanteer overseas, we would go on daily mounted, or foot patrols, so you were constantly getting out, patrolling through towns/ villages, walking through the local markets, talking to people—it kept things interesting. As a BOSN on OP REASSURANCE, I find it's more difficult to get that change in daily routine given that, aside from seeing different ships, or landmarks when sailing through certain areas, it's mostly all open ocean. There is more onus on the individual to change up the routine to try and prevent boredom from setting in. For similarities between deployments there is the obvious one: both require me being away from home for an extended period of time. I've found that I haven't really had an issue dealing with this to date, and it's made even easier by the fact that we're able to visit and enjoy the different ports that we find ourselves in. Another major similarity is the sense of comradery that is built among the crew over the course of the deployment, while I believe with the lack of inherent danger on the deployment the bond isn't necessarily the same as you would find in an infantry unit, it is most definitely still there!

### What was your longest sail prior to this deployment with HMCS Charlottetown?

My longest sail was roughly one month, aboard HMCS *Athabaskan*. This is my first posting after finishing my level three trade coursing.

### What did you expect the deployment to be like?

I didn't anticipate anything in particular; I prefer to go with the flow when it comes to deployments and be flexible. I find that helps me adjust more easily to changes in operational tempo and, overall, makes the experience less stressful—which is very important to making it through an extended period deployed away from home. The difficulty level is about where I expected it to be for what the mission of OP REASSURANCE really is.

### Is the teamwork aboard as good as or better now that you are deployed than while the ship was training to be high readiness?

The teamwork is better, I think, as there are less simulated stressors for the majority of the crew. It's generally a calmer atmosphere when you are on operations than when the ship is being constantly drilled.

### What is the best part of deployment?

Best part of the deployment, hands-down, is the ability to go ashore in new countries I've never been to before, and to explore, and experience new cultures.

### What do you miss most about home?

I miss being able to cook for myself and my friends, and being able to work out in a full-sized gym.

### What is the first thing you want to do when you get home?

Sleep in my bed and have a shower without having to wear flip flops, and cook a nice meal.

### Would you volunteer for another Op REASSURANCE ROTO?

Absolutely! If I could get on HMCS *St John's* next deployment for ROTO 8, I would.



# Taking in sail on another successful year of the Youth Learn to Sail Program

By Sarah-Jean Mannette,  
H&R MFRC

On August 25, the Dartmouth Yacht Club (DYC) hosted an end of summer bash to celebrate with the participants of the Youth Learn to Sail Program. It was well attended by young sailors and their families, who spent time enjoying an afternoon barbeque and social time, exchanging stories of what they learned during the two-week long program and talking about signing up for next summer's program.

Each summer, the DYC runs the Sail Canada's CANSail Program, which includes levels 1 to 6, and is open to youth between the ages of 8 and 16 years old. Each level is increasingly more challenging and requires young sailors to grow their knowledge of terminology, knots, how the boat operates, weather and strategies of racing.

Sailing on the Club 420 fleet and Optimist fleet in the waters of Wright's Cove sounds like a great way to spend the summer. But it's hard work. And according to participants, it's worth it. Dan Gallina, General Manager at DYC, asked the crowd, "Did everyone have fun this summer?" An enthusiastic "Yes!" came from the group.

Rounds of applause to recognize the sailors' achievements while certificates were handed out by the instructors, two of whom had gone through the program as youth. The H&R MFRC was there to acknowledge, in particular, the children of military families who received sponsored spots by members of the DYC to attend the program for no cost.

That's correct.

It all started in 2010. Gallina, a retired captain in the Navy, was in his second year as general manager of the DYC. He reached out to

the H&R MFRC and asked about the opportunity to sponsor spots for military children to participate in the Youth Learn to Sail Program. The first year there were four sponsored spots; this past summer a new record was set: 15 sponsored spots.

But why? Each sponsor covers the cost of the program, which is \$350, and the unknown members do it without recognition. Gallina's response to that question is simple: "[T]o do a good deed for a stranger and to support military families in the area who give up so much."

Every April, the H&R MFRC and DYC collaborate to reach as many military families as possible to spread word of the opportunity. Interested youth are asked to submit a short essay describing why they would like to learn to sail. Applicants, in their finest printing or message from their school email account, express their love of being on the water and articulate their desire to learn something new, push themselves, or surprise and impress their mom or dad when they come home from a deployment. This past year, the generosity of the DYC members made it possible for all applicants to obtain a sponsored spot.

Some of the parents expressed how much growth they've seen in their child since participating in the program. And that's a large, unintentional benefit. Learning knots and wind direction are important; self-confidence, long-lasting relationships and positive memories are built, creating a solid foundation for our youth that extends well beyond the horizon.

For more information on the application process, please contact Sarah-Jean Mannette, 902-722-4662 or [sarah-jean.mannette@forces.gc.ca](mailto:sarah-jean.mannette@forces.gc.ca)



Scott Taylor (left) of EDC magazine, and Capt (N) Paul Forget CFB Halifax Commander present donation to the H&R MFRC's John McCabe at the Clash of the Titans II reception.

BLAIN POTVIN

## The Titans clashed and the MFRC was victorious

By Sarah-Jean Mannette,  
H&R MFRC

It was a dark and stormy night. But that's not unusual for Halifax in September, on the first day of school. And that's okay, because the real battle was on the ice at the Halifax Forum.

On Thursday, September 7, the Royal Canadian Navy (RCN) Mariners and the Esprit de Corps Magazine (EDC) Commandos faced off in a hockey game, Clash of the Titans II, in support of the H&R MFRC. Although the game was all in good fun, the Mariners were seeking revenge after last year's loss to the Ottawa-based Commandos.

The home team had the advantage. With the Stadacona Band of the RCN warming up the crowd and keeping momentum favoring the locals, Mayor Mike Savage and former MP, Peter Stoffer, a big supporter of the military and veterans, had the honor of performing the ceremonial puck drop. Intensity replaced formality as the game commenced, which was being called by Atlantic Canada's Mr. Talk Radio himself, Rick Howe, from News 95.7.

The battle on the boards was close, for a while. In the third period the Mariners maintained their lead and

never looked back. When the final buzzer went, the hometown had overtaken the Commandos by a score of 6-3, and were hailed by the crowd as champions, a year in the making.

But it was the H&R MFRC, and specifically military families, who were the real victors. From donations, 50/50 and sponsorship, the H&R MFRC received \$5,000. This money will go directly to supporting programs and services for military families in the community. Special thanks to Capt(N) Forget, Base Commander, Good Robot Brewing Company, ViaRail, Esprit de Corps, Halifax Forum, Lockheed Martin, Atlantic Canada International Air Show, Airbus Helicopters Canada, Babcock Canada, Pratt & Whitney, Ultra Electronics Maritime Systems, York University, BMT Technology, Irving Shipbuilding Inc., Novatel, and King of Donair. We appreciate your support.

Not able to attend this year's game? Save the date in your calendar for Clash of the Titans III: the rubber match, on Thursday, September 6, 2018. Stay tuned for more information as we get closer to game day.

For more information programs and services offered by the H&R MFRC, please call: 902- 427-7788 or visit: [www.halifaxmfrc.ca](http://www.halifaxmfrc.ca).

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# Leaders in business, government, academia



By Ryan Melanson,  
Trident Staff

A group of seven civilian leaders from both the public and private sector got a crash course in the work of Canada's maritime forces recently, donning Naval Combat Dress and spending three busy days at CFB Halifax over September 6-8 as part of the RCN's ongoing Canadian Leaders at Sea (CLaS) Program.

The whirlwind three-day tour had to deal with some last minute changes that ended up highlighting the importance and unpredictability of naval business, as a planned night at sea in HMCS *St. John's* was cancelled to allow the ship to begin preparing to sail to the Caribbean for Hurricane Irma relief work. Still, the CLaS group spent time at sea in HMC ships *Moncton*, *Ville de Quebec* and *Montreal*, saw new CAF equipment with a Cyclone tour at 12 Wing Shearwater and a visit to Irving Shipbuilding facilities, observed cutting-edge training with Campus Atlantic's bridge and submarine simulators, participated in weapons and boarding party demonstrations, observed numerous other exercises and scenarios, and spent time with RCN personnel from junior ranks up to senior officers.

The goal is to give the guests the unique and often thrilling opportu-

nity to sail on the platforms and get thrown into the military environment, but also to leave them with a deeper understanding of the RCN and its work of defending Canada and supporting allies both domestically and abroad.

"We bring them in, they absorb that experience and messaging, and hopefully they'll go back to their own networks and help us get that message out there," said RADm Craig Baines, Commander MARLANT/JTFA, who spent some time at sea with the visitors.

The members of the group came to the base from different backgrounds and with different levels of familiarity with Canada's Navy and the CAF environment. Tom Birchall for instance, as HCol 12 Wing Shearwater, acted almost as a second tour guide through familiar base locations, while BMO representative Matthew Lombardi also has a strong link to the military community through his company's defence banking initiatives.

Others, however, like Blair Colquhoun, the CEO of environmental analytics firm Paracel Laboratories, came in with a cleaner slate. Colquhoun said he was struck by the level of activity on the East Coast and the progress toward new buildings, new ships, and new types of training and operations that he was informed about over the three days.

"Just the mere fact of how much work is going on in the dockyard and

From left, CLaS participants HCol Tom Birchall, Dalhousie University Professor Brian Bow, and InstarAGF CEO Gregory Smith participate in a boarding party demonstration at HMC Dockyard on September 7.

OS TYLER ANTONEW, FIS HALIFAX

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with shipbuilding and in Shearwater with the new helicopters, is astounding. I had a little bit of an idea, but seeing it firsthand and hearing about it from the sailors themselves hammers it home," he said.

Colquhoun ended up with a spot in the program by chance, after being seated next to RAdm Gilles Couturier, Deputy Commander RCN, on a recent flight from Ottawa to the West Coast. The two struck up a conversation, he said, and by the time they landed, an invitation to participate in the intensive RCN experience had been extended.

"I couldn't be happier that I took advantage of it, I've had a great time," he said.

What also left a lasting impression, he added, was the professionalism and flexibility of the sailors and naval officers he met in Halifax, many of whom had served and deployed with different ships and units in recent years, undergone new training and challenges, and worked with multiple sets of colleagues and command teams.

"Their ability to adapt and move around, becoming part of new teams

so quickly and building up teamwork and getting the communications right. That's a big deal and for anyone who works in business; it's something that can be very intimidating. Switching up a team every two to three years to relearn and retrain is incredibly difficult."

The lone government official who took part in this excursion, Ontario MPP Han Dong, a member of that province's governing Liberal party, left the program armed with some positive news to bring home after meeting with officials at Irving Shipbuilding and learning of the more than \$100 million in spending commitments in Ontario related to the construction of Canada's new AOPS and future Canadian Surface Combatant ships. He described it as 'eye-opening' to see the nearly-completed future HMCS *Harry Dewolf* outside of the Assembly Hall and to learn

about the millions in Ontario-manufactured steel that was used, and the engine and propulsion equipment from Ontario-based GE Canada. He also encouraged Irving officials to brief the Ontario economic development ministry on the impact to their province.

"It's incredible for me to realize that Canada has the capacity to build these monster ships, to see it up close for myself, and the extent of the economic impact across the country and in my province needs more attention," he said.

These types of realizations, that left the tour guests excitedly chatting about Canada's Navy and its future as the visit wrapped up, reflect the program working as it's

meant to, giving civilian leaders an exciting and educational three days that they won't soon forget.

"I'm a big fan of this program, because we bring in people who are employers and big influencers in their communities, and I'm obviously biased here, but I think what we're doing in the Navy is a pretty important job," said HMCS *Montreal* CO Cdr Chris Sherban, who hosted the group for a day sail just hours before heading to Europe for the missile defence exercise FORMIDABLE SHIELD 17.

"To have the support of these leaders and to have them spreading the word about the good work our sailors are doing is invaluable."

*The participants in a recent Canadian Leaders at Sea Program are joined by HMCS Montreal CO Cdr Chris Sherban and Coxn CPO1 Stanley Ryan during a day at sea on September 8.*

OS TYLER ANTONEW, FIS HALIFAX



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# OP LIMPID: From a junior officer perspective

By SLt J.C.M. Martin-Labelle,  
Bridge Watchkeeper and UPAR

The Royal Canadian Navy (RCN) is present every year in the Arctic. HMCS *Kingston* was in Arctic Bay for Op LIMPID 2017, patrolling, surveying and meeting with communities.

In 2016, when I had the opportunity to deploy for Op LIMPID to consolidate my training and obtain my Bridge Watchkeeper (BWK) Ticket, I was more focused on earning my ticket then on the goal of Op LIMPID. I spent those several weeks learning a great deal from the Ship's Company about my job, the fleet and the RCN.

When I had the opportunity to deploy for Op LIMPID a second time, I was excited to see things from a different perspective. I had learned so much from the previous year and was excited to share my experience with those who had never been. The foremost incident that changed my perspective was the Arctic Operations Course which is meant to introduce operations in ice and polar conditions. Over the years it has grown to include legal and environmental issues as well as the new equipment and ships being developed for the Arctic.

Currently any vessels transiting through the North West Passage (NWP) must request permission from the government of Canada prior to entering and no research or economic development can be done without explicit permission. As the NWP becomes more open to traffic, the ability to control who has access to these waters and the potential resources contained within is vital.

The first time I went to the Arctic, I didn't have

a full understanding of what I was helping to accomplish or what I was protecting. Having returned to the Arctic and completed the Arctic Operations Course I understand what we are do-

ing here is vital to the future of our nation. I am glad to say that I have been part of this chapter of the history of Canada and the Royal Canadian Navy.



HMCS *Kingston* visits Arctic Bay, Nunavut during Op LIMPID 17.

LS J. W. FRIDGEN, HMCS KINGSTON



HMCS *Kingston* sails past an iceberg during Op LIMPID 17.

LS J. W. FRIDGEN, HMCS KINGSTON

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## HMCS St. John's assists cleanup after Hurricane Irma

*The crew of HMCS St. John's continues clean-up operations at a school on South Caicos Island during Operation RENAISSANCE, the Hurricane Irma humanitarian aid mission in the Caribbean on September 17, 2017.*

MCPL CHRIS RINGIUS, FIS HALIFAX



# Change of Command in HMCS Charlottetown

**By Lt(N) Meghan Jacques,**  
Operation REASSURANCE Maritime Task Force UPAR

On Friday, September 8, 2017, one month after HMCS Charlottetown departed Halifax, NS for Operation REASSURANCE, command of Charlottetown was passed from Cdr Jett Hutt to Cdr Nathan Decicco. Cdr Decicco was previously the Executive Officer of Charlottetown. This was Charlottetown's second in-theatre change of command, making Charlottetown the veteran of operational command changes for the Canadian Atlantic Fleet.

The change of command ceremony was held in Kiel, Germany, in the hangar of Charlottetown. It was attended by every department of the ship's company, with each presenting a special gift to the outgoing Commanding Officer in recognition of his remarkable leadership during his command tour. The official ceremony and signing of the change of command certificate was overseen by the Reviewing Officer, Commodore Craig Skjerpen, Commander Canadian Fleet Atlantic.

Enacting the contingency plan put into place prior to the deployment, the ship's company and the new commanding officer remain in all respects ready to carry out the mission, despite the departure of Commander Hutt. The role of Executive Officer, left vacant by Cdr Decicco's appointment, is now filled by LCdr Paul Mountford. He previously command-

ed Kingston. LCdr Mountford joined the ship following the ceremony to integrate into the Charlottetown team.

Although Cdr Jeff Hutt is required to return to Canada for medical reasons, he knows he is leaving the ship in capable hands. In statements both to the crew and sent out to the families, he explained clearly how he knew that the newly promoted commander was the right man for the job: "He knows this ship, the mission, and most importantly, he knows your loved ones extremely well and places their safety, security, and wellbeing as his highest priority."

"This is not a sad day," Cdr Hutt said in his address. In fact, he iterated that it was a day to "celebrate." This sentiment was echoed by Cdr Decicco, who said that the fact that he was able to step into operational command of a deployed, high readiness ship was indicative of "everything right about the Navy." With careful planning and deliberate training, Charlottetown has remained a fully-forged team, ready to face all upcoming challenges.

To date on its deployment, Charlottetown has steamed over 6400 nautical miles, completed four replenishments-at-sea and five NATO photo exercises with ships from the navies of more than seven different countries, and logged 100 flying hours with its embarked CH-124 helicopter. The crew expects to accomplish no less under their new command team, and wish their outgoing commanding officer good health, fair winds, and following seas.



Cdr Jeff Hutt (left), Commodore Craig Skjerpen, and Cdr Nathan Decicco sign certificates during the Change of Command ceremony on board HMCS Charlottetown during Operation REASSURANCE.

CPL J.W.S. HOUCK, FIS

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# Members of Joint Arctic Command visit HMCS *Kingston*

By SLt J.C.M. Martin-Labelle,  
HMCS Kingston Bridge Watchkeeper  
and UPAR

HMCS *Kingston* hosted members from the Joint Arctic Command (JACO) while alongside Nuuk, Greenland, on Sunday, September 10, 2017.

On the return transit from Operation LIMPID, *Kingston* paid a visit to Nuuk, Greenland in order to resupply before continuing home to Halifax, NS. While alongside, *Kingston* had the pleasure of hosting the Commanding Officer of the JACO, known locally as Issittumi Sakkutooqarfik, and his team for a visit.

The Commander of JACO, Generalmajor Kim Jesper Jørgensen, Chief of Operations Kommandørkaptajn Jakob Rousøe and Canadian Desk Officer Premierløjtnant Rasmus Kilmoose joined *Kingston's* Command team for a tour of the ship, discussed *Kingston's* recent two-month sail in the Arctic, and provided awareness of JACO's role.

JACO is a Joint Operational Command based out of Nuuk, Greenland which, since 2012, has dealt primarily with the surveillance and enforcement of sovereignty and defence of Greenland and the Faroe Islands. This includes Sirius patrols, which are long-range reconnaissance patrols conducted by dog sled, where teams can be dispatched for up to four months patrolling the Northern and Eastern portions of Greenland. Additional tasks include Search and Rescue, Fisheries Inspections, combatting maritime pollution, and hydrographic survey.

In the past, *Kingston* Class ships have had the opportunity to work with Danish warships stationed in Greenland. However, this was *Kingston's* first opportunity to meet with JACO and provide them with an in depth brief on Canadian capabilities in the Arctic and share their experiences of working in such an environment.

Knowing that we share the same



Generalmajor Kim Jesper Jørgensen presents the Joint Arctic Command crest to LCdr Woodburn. CO of HMCS *Kingston*.

SUBMITTED

issues and priorities in the Arctic, the cooperation between the two countries becomes truly important. Until the opening of Naval Station Nanisivik, Nuuk, GRL is the closest fuelling port for Canadian ships deploying to the arctic. "It is important to foster the cooperative environment with our Arctic Allies while the RCN increases presence and operations in the far north. I

was pleased to have the opportunity to meet Gen Kim Jesper Jørgensen and to share with him *Kingston's* successes during Op LIMPID," said LCdr Matthew Woodburn, Commanding Officer *Kingston*.

Operation LIMPID is the routine domestic surveillance and presence in Canada's Arctic and to increase relationships with the CAF and our Northern communities and partners.



# Canadian Rangers visit HMCS *Goose Bay*

The Command Team of HMCS *Goose Bay* stands on the sweep deck with members of the Second Canadian Ranger Patrol Group and Junior Rangers from Puvirnituk, Quebec during a port visit as part of Op LIMPID, September 8, 2017.

CPL TONY CHAND, FIS





# TRIDENT Sports

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



*While CAF rugby teams have been formed for competitions in the past, like at the most recent International Defence Rugby Competition in England, seen here, 2017 marks the introduction of rugby as a sanctioned sport across the CAF.*

IDRC

## Rugby skills camp begins October 16 at Porteous Field

**By Ryan Melanson,**  
Trident Staff

Calling all rugby enthusiasts! If you have experience playing the sport at the high school or college level, or are simply interested in giving it a try, an opportunity is coming up later this month.

Rugby has been introduced as a new CAF sport for 2017, and bases across the country are working to identify possible players and establish their first regional teams. For the Atlantic Region, PSP Halifax is hosting a camp at Stadacona October 16-18 to help get the ball rolling.

"We're doing a training camp because rugby in the CAF hasn't happened before. We're going to get some local players out and run through different types of training and skills development," said Kevin Delong, Fleet Fitness and Sports Manager.

While CFB Petawawa and RMC both have full rugby squads that compete in civilian leagues, and many CAF personnel across the country play on their own time, rugby as a sanctioned CAF sport is brand new, and it may take some time to get a proper program running.

"We're hoping to get about 40 from the Atlantic region for the camp, and they'll then be expected to go

back to their respective bases and get the program going down there as well," Delong said, explaining that this year is meant to plant the seeds that will eventually result in the forming of an Atlantic Regional team to compete at a CAF national tournament.

CAF rugby players will compete in the sevens version of the game, which sees seven competitors on each team rather than 15, and is a less physical version of the game, putting a focus on speed and passing skills.

Anyone interested in taking part in the regional camp can contact Delong at [Kevin.Delong@forces.gc.ca](mailto:Kevin.Delong@forces.gc.ca)



# Baseball pitching TRIVIA

By Tom Thomson and Stephen Stone  
**QUESTIONS**

1. Name the pitcher with the best won-lost percentage of any hurler with at least 15 wins against the New York Yankees. Hint (but not a very good one): he was a 20-game winner twice with a lifetime .671 winning percentage.
2. This Hall of Fame (HOF) pitcher, elected to the hall in 1937, accumulated 316 losses during his illustrious career.
3. As of 2017 he has the second most wins for a pitcher in the major leagues.
4. This retired pitcher has won a record seven Cy Young awards.
5. This HOF pitcher has the second greatest number of losses.
6. Following Cy Young and Pud Galvin this HOF pitcher is third with 292 career losses.
7. This pitcher holds the record for hit batsmen by a HOF pitcher.
8. These two pitchers are tied for second for hit batsmen by a HOF pitcher.
9. This pitcher has the dubious record of having hit more batters than any other.
10. Who is the current active leader in hit batsmen?
11. This lefty has the record for most career wins by a southpaw.
12. What do the following pitchers in the majors have in common: Paul Foytack in 1963, Chase Wright in 2007, Dave Bush in 2010 and Michael Blazek in 2017?
13. Chan Ho Park of the Dodgers, playing against the Cardinals, has the dubious honour of giving up two (count 'em, two) grand slam homers to the same player in the same inning on April 23, 1999. Who was the beneficiary of Park's generosity?
14. Who is the only pitcher to hit two grand slams in a game?
15. Against the Padres on April 22, 1970, this pitcher set a record by striking out the final 10 consecutive batters.
16. This HOF pitcher set records for most home runs given up in a season and in back-to-back seasons.
17. This pitcher holds the record for most home runs allowed in a career.
18. This pitcher holds the National League record for most home runs allowed in a career.

- 19.** This pitcher holds the American League record for most home runs allowed in a career.
- 20.** Who holds the single season and career records for home runs hit by a pitcher?

1. Babe Ruth - 17-5 - .773 percentage against the Yankees when he played for the Red Sox. Ironie, eh?
2. Cy Young. Young also holds the record for the greatest number of wins with 511.
3. Walter Johnson - 417.
4. Roger Clemens.
5. Pud Galvin - 310. In 1883 Galvin went 46-29 setting records in wins, games started (75), complete games (72) and innings pitched (656.1) in a single season.
6. Nolan Ryan. Ryan holds the record for no-hitters with seven.
7. Walter Johnson - 205.
8. Eddie Plank and Randy Johnson - 190.
9. Gus Weyhing - 277.
10. John Lackey - Chicago Cubs - 133.
11. Warren Spahn - 363.
12. They all gave up four consecutive home runs in a single inning.
13. Fernando Tatís is the only player to hit two grandies in the same inning. Tatís's feat set the record for most RBIs in an inning with eight.
14. Tony Cloninger - Atlanta Braves - July 3, 1966.
15. Tom Seaver - New York Mets.
16. Bert Blyleven - Minnesota Twins 50 in 1986 and 96 in 1986-87.
17. Jamie Moyer - 522.
18. Warren Spahn - 434.
19. Frank Tanana - 422.
20. Wes Ferrell - nine homers in 1931 and 37 in his career.

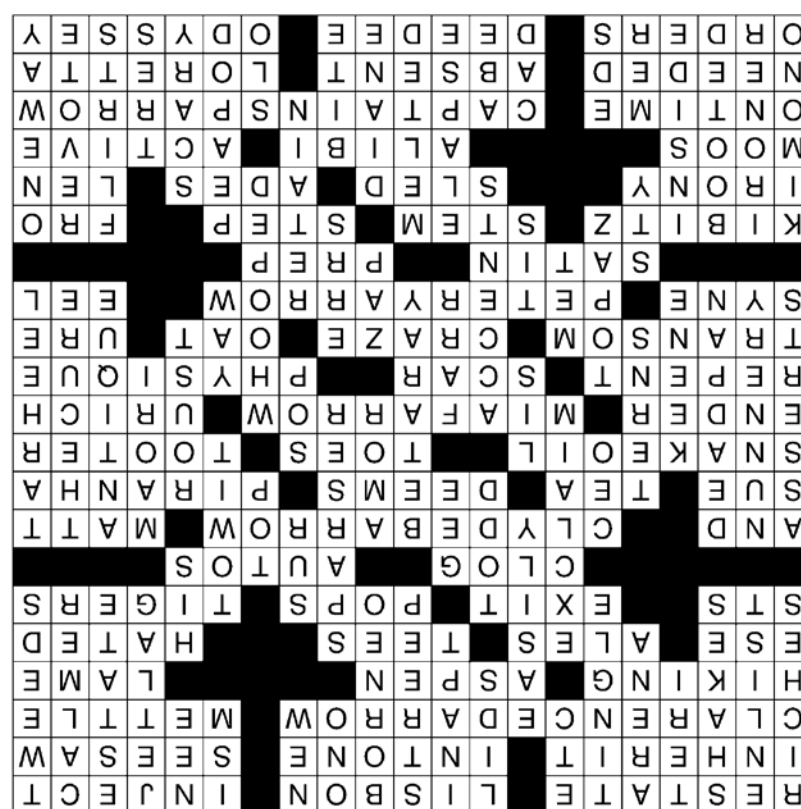
## ANSWERS



# Terry Fox Run in HMCS *Charlottetown*

*AB Ryan Francom (left) and LS Justin Daoust jog along the flight deck of HMCS Charlottetown as part of the Terry Fox Run during Operation REASSURANCE on September 17, 2017.*

CPL J.W.S. HOUCK, FIS



## ANSWERS

## Super Crossword









# 2017/2018 Formation Halifax COTW/COTF /WING CUP

**\*\*17/18 season will run 01 Sept - 30 Apr in order to align with Sport Awards.  
Future schedules will reflect 01 May - 30 Apr season**

Sport	COTW	COTF	WING CUP
CRAIG BLAKE MEMORIAL FITNESS CHALLENGE	29-Sep-17	29-Sep-17	29-Sep-17
BADMINTON	11-15 Sept 2017	11-15 Sept 2017	11-15 Sept 2017
SQUASH	11-15 Sept 2017	11-15 Sept 2017	11-15 Sept 2017
RUNNING	Oct-17	Oct-17	Oct-17
VOLLEYBALL	26-30 Nov 17	26-30 Nov 17	30 Oct - 03 Nov 17
CURLING	08-12 Jan 18	08-12 Jan 18	19-23 Feb 18
HOCKEY	26 Feb - 02 Mar 18	26-30 Mar 18	16-19 Jan 18
FLOOR HOCKEY	16-20 Apr 18	23-27 Apr 18	10-13 Apr 18
BOWLING	04-08 Dec 17	04-08 Dec 17	
BASKETBALL	02-06 Apr 18	02-06 Apr 18	27 Nov -01 Dec 17
GOLF	Jul-18	Jul-18	Jul-18

## REGIONAL HOSTING

Ball Hockey	04-07 Jul 17	Shearwater
Golf	09-12 Jul 17	Halifax
Rugby Clinic	4-6 Oct 17	Fleet
Powerlifting	06-09 Nov 17	Halifax
Ice Hockey (Mens & Womens)	05-09 Feb 18	Shearwater
Basketball	20-23 Feb 18	Fleet
Curling	26-29 Mar 18	Shearwater

## PLAYDOWNS

Badminton	October
Squash	October/ November
Golf	Jun-18

## SPECIAL EVENTS

CAF SPORTS DAY	October 20
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## SCHOOL HOLIDAY

Christmas Break	21 Dec - 2 Jan
Heritage Day	19-Feb
March Break	12-16 Mar
Easter Break	30 Mar - 02 Apr

# 12 Wing Shearwater sports season is underway

**By Ashley Stewart,**  
PSP Fitness and Sports Instructor

Thank you all for a very successful 2016-2017 Wing Cup season. Congratulations to 423 Sqn, the Wing Cup winners this year for placing in first and for putting a team in every sport throughout the season. Participation is what the program is all about and what we strive to see here at PSP, we hope to see a lot from all units this season.

With the 2017-2018 season starting this month we would like to remind you of the importance and benefits participating in sport can have! There is no better way to build camaraderie and develop teamwork-

ing skills, which is why we hope to see attendance and our numbers increase this year. Let's treat every sport like it is hockey.

In order to line up with our sports breakfast in May 2018, we have shortened up this year's season and it will run from September till May, with a full year starting next season running from May 2018 to April. 2019.

Whether you are a beginner, seasoned veteran, or just looking to get out and bond with your unit members, we encourage you to come out to any tournament. Come cheer on your unit or wrap your head around a new sport for the next time it comes up. Teaching you how to

work together, keeping you physically fit, and some fun competition is what the Wing Cup is all about. We encourage everyone to come out and participate in our 12 Wing Cup

season, because your unit needs you. See you all at the beach, we look forward to another great Wing Cup season.

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# Super Crossword

## ACROSS

- 1 Say another way  
 8 Portuguese capital  
 14 Apply with a syringe  
 20 Get by will  
 21 Chant a mantra, e.g.  
 22 Vacillate  
 23 Scopes trial lawyer  
 25 Spirit and resilience  
 26 Going backpacking  
 27 Colorado ski mecca  
 28 Like sad excuses  
 29 Lingo suffix  
 30 Brewed beverages  
 32 Kickoff aids  
 34 Abominated  
 35 Roads: Abbr.  
 36 Bow out  
 38 Daddies  
 40 Big wild cats  
 41 Plug up  
 43 Most of them  
 45 run on gas  
 48 Furthermore  
 51 Actor LeBlanc  
 55 Go after legally  
 56 Brewed beverage  
 57 Regards as  
 58 Mean fish  
 60 Quack's cure-all  
 63 Pedicure targets  
 65 Horn honker  
 66 Closing part  
 67 "Rosemary's Baby" star  
 71 Robert of "Vega\$"  
 72 Preacher's exhortation  
 74 Battle vestige  
 75 Pride of Mr. Universe  
 77 Window over a door  
 79 Major fad  
 82 Grain variety  
 83 Ending for press  
 84 New Year's song  
 85 He sang in a folk trio with Paul Stookey and Mary Travers  
 88 Sometimes-shocking fish  
 89 Gown fabric  
 90 Get ready, for short  
 91 Look on and offer unwelcome advice

- 95 Pear discard  
 98 Dance move  
 100 To's opposite  
 103 Satire device  
 104 Winter glider  
 106 Fruity drinks  
 108 "Dancing With the Stars" judge  
 109 Goodman  
 110 Farm sounds  
 112 Trial excuse  
 112 Not idle  
 114 Promptly  
 117 Lead role in "Pirates of the Caribbean"  
 120 Couldn't do without  
 121 Not present  
 122 Country singer Lynn  
 123 Commands  
 124 Pundit Myers  
 125 Honda minivan

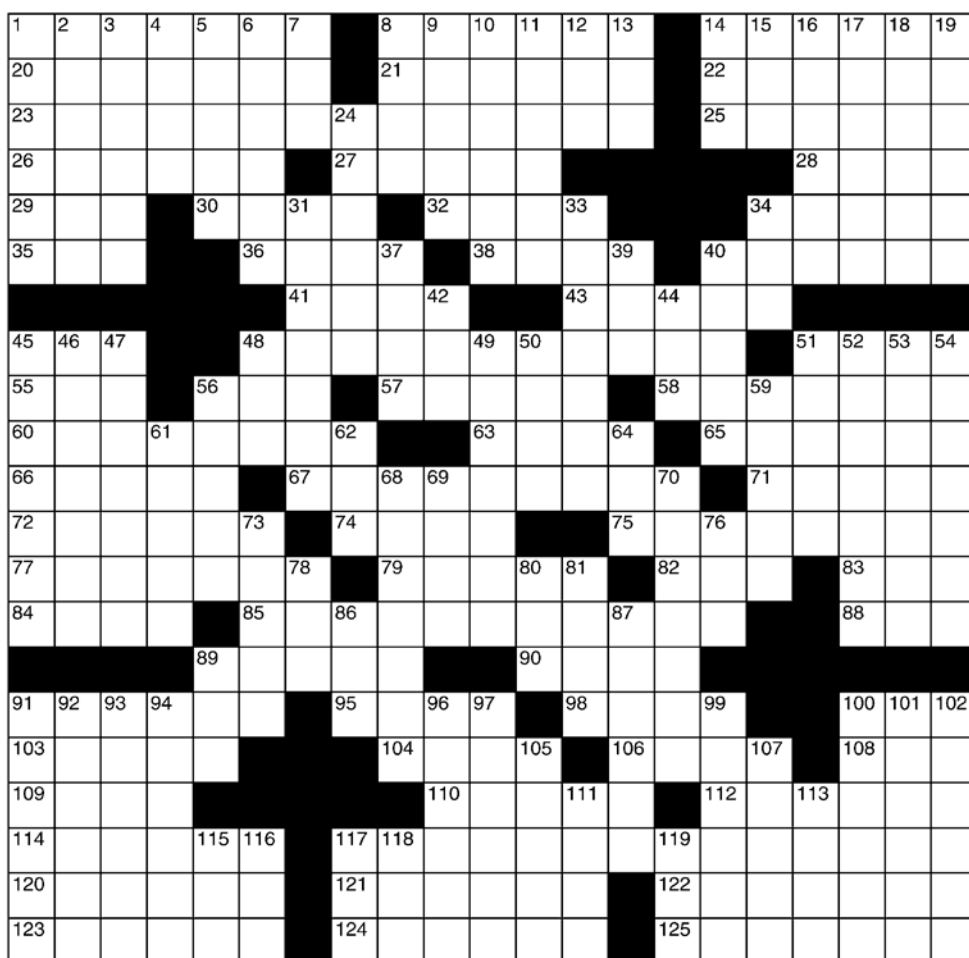
## DOWN

- 1 Wealth  
 2 Join a force  
 3 Shivers  
 4 Actress Garr or Hatcher  
 5 Sports site  
 6 Sensation of slight prickles  
 7 Plus other things: Abbr.  
 8 Jar toppers  
 9 Unfitting  
 10 Meryl of the screen  
 11 Brunei's island  
 12 Artist Yoko  
 13 Just-made  
 14 Belief suffix  
 15 Formerly surnamed  
 16 Overseas travel woe  
 17 Plantation, e.g.  
 18 More serene  
 19 Some woolen coats  
 24 With no difficulty  
 31 Cry out  
 33 More scanty  
 34 That lad's  
 37 New York Jets coach Bowles  
 39 South, in Spain  
 40 Namely  
 42 "Aw, shucks"  
 44 Blouse, e.g.

- 45 Puts forward  
 46 Convent  
 47 Poker-faced  
 48 Corp. head  
 49 Certain  
 50 electron stream  
 51 Love, to Livy  
 52 Native New Zealander  
 53 Of a much earlier era  
 54 "Love Song" band of 1989  
 55 North Carolinian, colloquially  
 56 Shore birds  
 59 Drive (out)  
 61 City in New Hampshire  
 62 Fleur-de-  
 64 Soak  
 68 Emphasizes  
 69 Jamie of "M\*A\*S\*H"  
 70 Cried out in excitement

- 73 November birthstone  
 76 Ship's veer  
 78 Came upon  
 80 Nuke  
 81 Makes a flub  
 86 "- folly to be wise"  
 87 Hold on to  
 89 Porkers' pen  
 91 Tokyo robe  
 92 Clothes smoother  
 93 Kicked out  
 94 Not alfresco  
 96 Go by  
 97 Unfroze  
 99 Legume seed vessel  
 100 Plays at love  
 101 Cast another ballot  
 102 Unreciprocal  
 105 Keaton of film  
 107 Hair-raising  
 111 Chomp on  
 113 Very, to Gigi  
 115 Sea, to Gigi  
 116 Periodical team, briefly  
 117 Ill-bred man  
 118 "Honest" prez  
 119 - Poke (candy brand)

## THE POINTER BROTHERS (AND ONE SISTER)



## CALLING ALL VETERANS!

Mon. Oct. 16, 2017  
 7:00-9:00 p.m.

(Doors open at 6:30 p.m.)

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# 10 years of the Army Run

More than 21,000 athletes took part in the Army Run weekend in Ottawa over September 16-17, with the event celebrating its 10th year. Formation Chief CPO1 Auger, seen here in green shirt with BIB 4560, is just one of the many CAF members from Halifax who went to Ottawa to run the 5K, 10K or half-marathon race.

COURTESY OF MARATHON-PHOTOS.COM

## Fitness and sports updates

By Trident Staff

**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

**Want to be on the Wardroom team and play in the 2017 Mini Grey Cup?** Contact John. Willigar@forces.gc.ca

**Want to be on the Slackers team and play in the 2017 Mini Grey Cup?** Practices are at 4 p.m. on Porteous Field every Tuesday and Thursday.

**The 12 Wing Shearwater Men's Hockey Team** is looking for a Coach/Manager. Team practices start soon and are on Mondays 2-3:30 p.m., and Tuesdays 2:30-4 p.m. For more information please contact Lt(N) Morash @720-1341 or Anthony. Morash@forces.gc.ca

**The CAF Atlantic Powerlifting tournament** takes place from November 21-23 in Halifax.



## An early morning workout in HMCS Charlottetown

A crewmember onboard HMCS Charlottetown starts the morning with some physical training while patrolling the Baltic Sea during Operation REASSURANCE on September 15, 2017.

CPL J.W.S. HOUCK, FIS



# HMCS Charlottetown participates in EX Northern Coast 17

By Lt(N) Meghan Jacques,  
Operation REASSURANCE Maritime  
Task Force UPAR

HMCS *Charlottetown* joined Standing NATO Maritime Group One (SNMG1) mid-August 2017. She integrated with His Majesty's Norwegian Ship (HNoMS) *Otto Sverdrup*, Federal German Ship (FGS) *Rhön*, and Navio da República Portuguesa (NRP) *Francisco de Almeida*, and participated in task group training and interoperability exercises in the Baltic Sea as part of Operation REASSURANCE.

After a port visit in Kiel, Germany, SNMG1 expanded to include a total of seven ships with the addition of Her Danish Majesty's Ships (HDMS) *Niels JUEL* and *Esbern Snare*, and His Netherlands' Majesty's Ship (HNLMS) *Evertsen*. In a culmination of their training up to this point, the task group joined other NATO and Partner for Peace nations last week to complete Exercise Northern Coast 17 (NOCO 17).

NOCO is an annual exercise which has been held in the Baltic since 2007. This year it included naval forces from 16 nations, all of whom took part in various simulated training seri-

als in order to enhance their ability to meet present and future security challenges in the littoral, maritime environment.

The fictive but realistic scenario challenged sailors' individual operator skills and Command Teams' critical thinking, bringing together NATO and Partner for Peace nations to overcome a diverse, multi-axis threat that spanned multiple geographical boarders.

Training serials included anti-air missile defense exercises, simulated over-the-horizon-targeting engagements, anti-submarine warfare, and defense against simulated fast, inshore, attack craft.

Exercises like NOCO 17 strengthen NATO and Allied nations' ability to combine international assets in order to effectively conduct combined maritime operations. Its successful conclusion is a clear testament to the high-readiness and interoperability of our Allies.

Op REASSURANCE is Canada's contribution to NATO assurance and deterrence measures. These measures aim to reinforce NATO's collective defence. It also shows the strength of Allied solidarity.



A Rigid Hull Inflation Boat carrying members of the boarding party from HMCS *Charlottetown* traverses to Federal German Ship *Rhön* as part of a training exercise during Operation REASSURANCE on September 12, 2017.

CPL J.W.S. HOUCK, FIS



Federal German Ship *Rhön* awaits the boarding party from HMCS *Charlottetown*.

CPL J.W.S. HOUCK, FIS

## Every second counts – Plan 2 ways out

By David Crowe,  
Chief Fire Inspector, DND Fire Services

Fire Prevention Week this year starts on October 8 and finishes on October 14, 2017. This year's theme is "Every Second Counts – Plan 2 Ways Out."

This is a very powerful slogan where it is important to remember when faced with a fire in order to escape from home, community centre, school, or at work where every second counts in exiting the building and meeting in a pre-arranged spot to ensure everyone is out and accounted for.

When a fire starts and goes undetected within five minutes flashover can happen and within eight minutes the fire is fully involved. Imagine a fire starts in the basement Family Room at 2 a.m. The basement does not have any smoke detectors. Within five minutes the fire has the family room in flames and within eight minutes the fire could be spreading to the main level. Everyone is still asleep at this point because there are no smoke detectors sounding off.

This is where seconds count when it comes to a fire. The fire needs to be detected within 30 seconds or less of when it starts. This can be accomplished by a working smoke detector. Once the smoke detector activates and

an alarm is sounding, now everyone can start with their exit plan. Everyone needs to be out the house in less than two minutes.

Here are some tips to make seconds count when it comes to a fire:

1. Make a Fire Escape Plan by drawing a map of your house showing all of the rooms;
2. Mark two exits from every room and a path to the outside from each exit;
3. Practice the Fire Escape Plan at least twice a year, once at night and once during the day;
4. Parents should teach their children on how to get out of the house when they hear the smoke detector sounding, in case the parents cannot help them;
5. Close doors as you escape, where this may help slow the heat, smoke and fire from spreading, and ;
6. Once you are outside, stay outside and never go back into a burning building.

These are only a few fire safety tips for making seconds count.

For more fire safety tips you can visit the following websites:

1. <http://www.firesafetycouncil.com/english/pubsafet/safact.htm>
2. [www.fiprecan.ca](http://www.fiprecan.ca)
3. [www.nfpa.org](http://www.nfpa.org) or visit your closest Fire Hall in your area.

10.15.17

2017

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