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# TRIDENT

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



## Welcome back, MV Asterix



*MV Asterix arrived back in Halifax on August 26 after more than 500 days away supporting the RCN in various exercises and operations.*

MONA GHIZ, MARLANT PA



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# Asterix back in Halifax after more than 500 days at sea

By Trident Staff

After nearly a year and a half at sea supporting Royal Canadian Navy ships and allies around the world, MV Asterix arrived back at its homeport of Halifax on August 26.

The interim supply ship, owned and operated by Davie Shipbuilding subsidiary Federal Fleet Services, left Halifax in April of 2018 and has kept a busy schedule that included, but wasn't limited to, involvement in Exercise RIMPAC 2018 off Hawaii, Op PROJECTION and Op NEON in the Asia-Pacific, and support for Op ARTEMIS and CTF 150 in Middle Eastern waters.

In total, the vessel conducted 197 refueling operations with 40 different warships from 12 countries through the 500-day deployment, transferring nearly 31 million litres of ship's fuel. Asterix sailed a total of 150,721 nautical miles, and conducted exercises, operations or port visits throughout the Atlantic, Pacific and Indian Ocean, the Caribbean, South China Sea, Arabian Sea, and the Persian Gulf.

These taskings were all carried out with a mixed crew of civilian mariners and RCN sailors from Naval Replenishment Unit (NRU) Asterix, led by Commanding Officer LCdr Trent Nichols, with crews rotating out part-way through the deployment to allow the ship to remain at sea. The Halifax and Region MFRC hosted an event in Windsor Park to welcome back NRU



*MV Asterix arrived back in Halifax on August 26.*

MONA GHIZ, MARLANT PA

Asterix members as they reunited with their families.

Asterix will now spend less than two weeks tied up at HMC Dockyard before sailing again to support RCN warships and NATO allies as part of CUTLASS FURY 19, and the ship

is then expected to return to Davie Shipbuilding in Quebec for maintenance.

"The last year and half was the ultimate test for Asterix. Whether it was supporting the war against terrorism in the Arabian Sea as part of CTF150

or supporting the enforcement of sanctions on the Korean Peninsula, both the ship and its combined crew of Federal Fleet Services and Canadian Forces personnel performed flawlessly," said Spencer Fraser, CEO of Federal Fleet Services.

## Cirque du Soleil performers visit HMC Dockyard

CFB Halifax members working at HMC Dockyard weren't expecting lunch hour entertainment from two Cirque Du Soleil performers who stopped by the CFB Halifax Dockyard Fire Hall on August 27. Thank you to Leon and Amber, who absolutely amazed us with their acrobatics and grace, and to the Dockyard firefighters for being such amazing hosts. Cirque Du Soleil was in town for its Crystal show that started August 28 and ended September 1.

HALEY CÔTÉ, BASE PUBLIC AFFAIRS







# Ribbon cutting marks completion of Jetty NJ project

**By Ryan Melanson,**  
Trident Staff

The Royal Canadian Navy has marked another important step on the road to accepting the first Arctic and Offshore Patrol Ship (AOPS), with construction of the new Jetty NJ now complete at the north end of HMC Dockyard.

Government representatives, senior RCN leaders, including Atlantic Fleet Commander Cmdre Richard Feltham and CFB Halifax Base Commander Capt(N) David Mazur, and other sailors and CAF members gathered to officially cut the ribbon for the project on August 22.

Cmdre Feltham touted the size and location of the new jetty, along with its modern fendering system and utility tunnel, as an upgrade that will allow the dockyard to accommodate greater numbers of larger ships without worry. This includes current and future RCN ships and those of our visiting allies, he said.

“This project provides critical infrastructure to enable us to do the things we need to do to prepare our ships to go around the world, and it will allow us to execute the missions that the people and the Government of Canada need us for.”

“It provides a new, safe place at home to berth our ships, do our repairs, and to rest and recover,” he added.

Members of HMCS *Harry DeWolf* were on hand to celebrate the official opening, as Jetty NJ will be the ship’s regular berthing place following its expected delivery to the RCN later this year. The 247-metre long jetty will eventually accommodate four of the Navy’s six AOPS vessels at a time, among other uses.

Federal Minister of Rural Economic Development Bernadette Jordan represented Defence Minister Harjit Sajjan at the ribbon cutting, describing the construction project as aligning with the goals of the Strong, Secure, Engaged defence policy, giving the Navy the equipment and capability to conduct an even greater variety of operations.



*Government officials, senior leaders, and members of HMCS Harry DeWolf were on hand to officially mark the completion of the Jetty NJ project at HMC Dockyard on August 22. The new jetty will provide berthing space to four Arctic and Off-shore Patrol Vessels and can also accommodate a wide range of other ships.*

FIS

Local MPs Andy Fillmore (Halifax), Darrel Samson (Sackville-Preston-Chezzetcook), and Darren Fisher (Dartmouth-Cole Harbour) also spoke, with Fisher specifically highlighting the Bedford Basin artificial reef project that was completed to help offset any environmental disruption from the jetty construction.

A press release states the total construction project, completed by local firms Dexter Construction Company Ltd. and McNally International Inc. was valued at \$113 million and allowed for the creation of more than 400 civilian jobs in the region.



*HMCS Ville de Quebec is seen tied up at the new Jetty NJ.*

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Publication  
Schedule  
for 2019

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

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# Community Calendar

*Reunion and event notices must be submitted by email.*

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

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

**3036 Sackville Lions Army Cadet Corps**

**Time: 6:30 - 9 p.m.**

**Date: Starting September 9**

**Location: 255 Damascus Drive, Bedford**

The 3036 Sackville Lions RCEME Royal Canadian Army Cadet Corps will be accepting new youth between the ages of 12-18 to join the cadet corps starting September 9. New cadets are welcome to drop by for more information and to register on Monday nights between 6:30-9:00pm from September 9th, 2019 onwards. To join the unit youth must be accompanied by their guardian on the first night and bring with them government issued photo ID and their health card. There are no registration fees. For more information: cadets3036@gmail.com or Facebook.com/cadets3036

**615 (Bluenose) Royal Canadian Air Cadet Squadron**

**Time: 6:15-915 p.m.**

**Location: CFB Halifax**

Flight principles, air navigation, meteorology, first aid, airframes, engines, marksmanship, effective speaking, instructional techniques and leadership. Some of the things you will learn as a member of 615 (Bluenose) Squadron. If you are 12 -18 years of age you can join. Air cadet activities are centered on aeronautics and leadership. There are no fees to join and uniforms are provided. Summer training courses from 2-7 weeks in length are available. 615 (Bluenose) Squadron meets Wednesdays from 6:15-9:15 pm at CFB Halifax. The main entrance to CFB Halifax is at the corner of Gottingen Street and Almon Street. For more information, find us on Facebook at 615 Bluenose Air Cadets or email 615aircadets@gmail.com

**H&R MFRC Community Fall Fair**

**Time: 10 a.m. - 3 p.m.**

**Date: Saturday, September 14**

**Location: H&R MFRC**

**Shearwater site**

CAF members and their families are invited to get a head start on fall by celebrating with the Halifax & Region MFRC at their upcoming Community Fall Fair in Shearwater. Things to look forward to include activities for all ages, a pop-up market with local vendors, food trucks, checking out the Henderson Sweetman Youth Centre, and hearing about programs and services from H&R MFRC staff. No registration is required.

**Word on the Street Halifax Book and Magazine Festival**

**Time: 10 a.m. - 3 p.m.**

**Date: Saturday, September 14**

**Location: Halifax Central Library**

Word on the Street Halifax is billed as the largest free literacy event in Nova Scotia, and returns for its 24th year on September 14. The one-day celebration of literacy arts presents an array of local, regional and national authors, poets, illustrators, spoken word artists, and entertainers. As a festival-goer you will be able to enjoy readings, panel discussions, musical entertainment, and an array of family-friendly activities. The festival day marketplace will also feature more than 30 publishers, booksellers, literacy organizations, and community groups.

**Author's Stage: *The Innocents* by Michael Crummey**

**Time: 7 - 8:30 p.m.**

**Date: Thursday, September 19**

**Location: Halifax Central Library**

This free event will feature award-winning novelist Michael Crummey as he discusses his long-awaited new novel *Innocents*, a beautiful and haunting book that chronicles the

coming-of-age of a young brother and sister orphaned in isolated cove of Newfoundland. Michael will be in conversation with bestselling author and Chronicle Herald columnist John DeMont. Books will be available for purchase.

**NDWCC Kickoff Event**

**Time: 11 a.m. - 2 p.m.**

**Date: Wednesday, October 2**

**Location: Porteous Field, Stadacona**

Mark the date and come support the start of this year's National Defence Workplace Charitable Campaign, in support of the United Way and HealthPartners charities like ALS Canada, the Canadian Cancer Society, Heart and Stroke Foundation, and many more. The event will feature food, games, and prizes on the field, with representatives from various charities on hand to provide information and answer questions. Stay tuned for more information.

**The Sea in her Blood**

**Time: 9:30 a.m. - 5:30 p.m.**

**Date: Open until February 1, 2020**

**Location: Maritime Museum of the Atlatic**

Like the land we call home, every generation of maritime women is shaped by the sea – through maintaining tradition and pushing boundaries, work and play, struggle and triumph. Many of their stories have been lost to time. Today maritime women continue to both redefine traditional ways of living with the sea, and shape new ones. The Sea in Her Blood, a special exhibit at the Maritime Museum of the Atlantic, highlights 17 of these extraordinary women, including five RCN members. The exhibit opened in June and will remain open until February 1.

## What good is a CAF Chaplain?

**By Major Derrick Marshall,**  
Senior Fleet Chaplain

In these days of mixed, varied and increasingly diverse religious and spiritual outlooks in Canada and the Canadian Armed Forces (CAF), especially now (when regular and active religious participation appears to be in decline), it might make one wonder what value there is in having military chaplains around. Actually, we do a great deal of good and for people of all persuasions!

During a Deployment with Op RE-ASSURANCE, Roto 9, at sea it was a common misconception on board ship

that chaplains only look after religious personnel. People were often surprised when I was ready and willing to help and support personnel who were either of a different faith perspective than myself or of no faith tradition whatsoever. In point of fact, CAF chaplains are mandated to look after all military personnel, as well as their families, regardless of their personal religious tradition, spiritual outlook or perspective in matters of conscience.

QR&0 33 - Chaplain Services is a CAF chaplain's mandate to minister to military personnel and their families, and sets out the scope of our



### Padre's Corner

responsibilities, at home and abroad on operations. Indeed, CAF chaplains in the Canadian Army, Royal Canadian Air Force, Canadian Special Forces and Royal Canadian Navy provide care for everybody, facilitate ministry needs of different faith perspectives from their own, and minister to their own. QR&0 33.06 spells it out clearly:

*Continued on page 5*



# HMCS Regina returns home

By Peter Mallett,  
The Lookout Staff

The crew of HMCS Regina returned to Esquimalt after a six-and-a-half month deployment in the Asia-Pacific and Middle East regions.

A large gathering of family, friends and military personnel waved, cheered and flashed home-made signs, flags, banners and balloons as Regina came alongside C2 Jetty in Dockyard on August 19 after 193 days at sea.

It was busy deployment for the Halifax-class frigate and its crew.

Regina departed Esquimalt on February 6 where it worked with other navies to enhance military cooperation and partnerships in the Asia-Pacific as part of Op PROJECTION. It then sailed to the Arabian Sea and Indian Ocean and participated in Op ARTEMIS in support of a combined naval task force of 33 partner nations to deter terrorist organizations from using the high seas for smuggling.

Regina also participated in Op NEON, Canada's contribution to supporting United Nations Security



A sailor from HMCS Regina is welcomed home by his child.

Council sanctions against North Korea.

"I am so impressed with the crew of HMCS Regina who represented the

Royal Canadian Navy's spectrum of tasks across the globe throughout this deployment," said Cdr Jacob French, ship's commanding officer. "It's a

proud day for me seeing my crew reunited with their families after all they've accomplished."

The deployments also marked the first embarked CH-148 Cyclone detachment from 443 Maritime Helicopter Squadron, which Cdr French described as "an absolute bonus" and effective at conducting surveillance and searching out vessels of interest. The Cyclone was introduced on the Pacific coast at the start of 2019 as a replacement for the CH-124 Sea King.

A Naval Boarding Party from the Naval Tactical Operations Group also embarked Regina for Op ARTEMIS, assisting in four separate drug busts during the deployment.

Regina also made several port visits during its time away including stops in Guam, Hawaii, Japan, United Arab Emirates, Seychelles, Singapore, Oman and Australia. It also participated in Exercise TALISMAN SABRE, a biennial Australian and US bilateral exercise designed to train partner military forces in planning and conducting Combined Task Force operations and to improve combat readiness and interoperability.

SUBMITTED

## What good is a CAF Chaplain?

Continued from page 4

### 33.06 - RELIGIOUS, SPIRITUAL AND MORAL WELL-BEING

Commanding officers and officers commanding commands or formations shall provide for the religious, spiritual and moral well-being of the officers and non-commissioned members under their command and the families of those officers and non-commissioned members.

(C) [15 December 2014]

### 33.07 - CHAPLAINS

(1) The duties and functions of a chaplain at a base, unit or other element include

advising the commanding officer of the base, unit or other element on religious, spiritual, moral and ethical matters relating to the officers and non-commissioned members under that commanding officer's command; providing chaplain services to any officers, non-commissioned members and families of officers and non-commissioned members who desire those services, including to those who are sick or in service or civil custody, regardless of the religious or spiritual affiliation or beliefs of those officers, non-commissioned members and families; and

being prepared to give advice, assistance and instruction on religious, spiritual, moral and ethical matters.

Life as a military chaplain is a unique and intense ministry that sees women and men in religious leader-

ship serving sailors, soldiers and air personnel at the front lines – literally! – wherever and whenever they are asked to serve the national interests. This may mean we must deploy anywhere our units are deployed, both in Canada and abroad, and for some very long periods of time. It calls upon our creativity in trying to support CAF personnel to whatever degree they will allow us, whether they be religious or secular-minded, Christian or of another faith group and in some very challenging contexts.

Chaplains are on duty periodically 24/7 when we are alongside and 24/7 at all times when deployed; and can be called upon to help a CAF member in crisis, securing a leave pass to get home due to a death in the family, providing ethical advice to military members and their chain of command; or referring them to another care provider for solving matters pertaining to their mental, physical or spiritual resiliency. I have thoroughly enjoyed the varied and challenging roles and responsibilities the CAF ministry has entailed, but it is not for the faint of heart, entails much change and flexibility and a very understanding and supportive family.

Anyone considering becoming a CAF chaplain can reach out to a local CAF Recruitment Centre and they will be put in touch with a local recruitment chaplain OPI for a more fulsome discussion of the expectations and professional requirements necessary to be considered for this excellent ministry.



Maj Derrick Marshall chats with PO2 Alessandro Dori onboard HMCS Ville de Quebec while sailing in the Mediterranean Sea during OP REASSURANCE on December 7, 2018.

MCPL ANDREW MAILLET, MARPAC IMAGING SERVICES

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# We are as One: Remembering HMCS *Kootenay* (DDE 258)

By Jennifer Gamble,  
Curator, Naval Museum of Halifax

*"I have had an explosion in my engine room, I require immediate assistance!"*

*Flash message from Cdr Yanow at 8:36 am, October 23, 1969*

08:21, on the morning of October 23, 1969, on board HMCS *Kootenay*: an explosion occurred. The blast and intense fire would become known as one of the worst peacetime accidents in the history of the Royal Canadian Navy.

On October 22, after taking part in a series of naval exercises in United Kingdom waters, *Kootenay*, alongside other Canadian warships, departed Plymouth, England to sail home to Halifax. While on route in the North Atlantic they were detached from the main force to carry out routine full power engine trials. Being a routine trial on a relatively calm morning, no one could have ever predicted what was to come next.

Approximately 20 minutes into the trials, the ship's starboard gearbox malfunctioned, reached an estimated temperature of 650C, and exploded. An aggressive fire, heavy smoke and hot gases moved quickly throughout the ship, spreading from the engine room to the main cafeteria and passageways above. The smoke was so thick and dangerous that sailors had to crawl their way through the ship. The crew responded immediately by providing first aid and trying to fight the fire.

Most of the firefighting equipment was stored near the engine room and was badly damaged from the explosion. Helicopters from the nearby task force quickly flew additional firefighting equipment and crew to *Kootenay*. Dozens of injured sailors suffering burns and severe smoke inhalation



*Funeral service for the nine deceased crew members of HMCS Kootenay, overlooking the burnt and damaged ship in Devonport, UK, October 27, 1969. The ceremony was held on board HMCS Saguenay, a fellow ship that had served alongside Kootenay in the recent naval exercises.*

were evacuated to HMCS *Bonaventure*. Despite the challenges, the fire was brought under control, and was extinguished within two and a half hours. Due to the quick actions of the crew not only was the ship saved, but also the lives of the majority of their shipmates. Sadly, nine *Kootenay* members did not survive the incident.

In the months following the explosion, a formal board of inquiry and a full technical investigation was launched. What could have caused the starboard gearbox to explode? In December 1969 the investigation was completed. Following a series of interviews and the examination of technical reports, it was concluded that hu-

man error had caused the explosion. Specifically, the faulty installation of the gearbox during a refit four years earlier.

Damaged from the fire, *Kootenay* was towed back to Plymouth and the Royal Canadian Navy began preparations for funeral services for the members who died. At the time, Canadian military policy stated that personnel who lost their lives overseas must be buried overseas: either by interment in a cemetery in England or burial at sea. This policy was originally established during the First World War when it was impossible to send remains of personnel home. Four families chose burial at sea.

The decision not to repatriate the remains of the nine sailors who were lost angered many Canadians. Shortly after the *Kootenay* explosion, Parliament changed the regulations so that remains of all military fatalities are now returned home to their families.

Three years later, six crew members received medals honouring their bravery during the incident. Chief Petty Officer V.O. Partanan was posthumously awarded the Cross of Valour. This medal will soon be on display at the Naval Museum of Halifax in an exhibit to share the story not only of the explosion, but it will also reflect on the actions taken by the crew.

Without hesitation *Kootenay*'s crew responded to the explosion with great courage and skill. Without their heroic actions, the ship and lives of many more crew members would have likely been lost.

In times of tragedy and emergency, our Canadian Armed Forces have always respond quickly and capably.

DND

The RCN's response to *Kootenay*'s explosion is a reflection of not only how well trained our personnel are, but also a reflection of the unity of our forces. The Royal Canadian Navy will never forget *Kootenay* or the men that were lost on October 23, 1969.

## Lest We Forget:

AB Nelson Murray Galloway  
AB Michael Alan Hardy  
LS Pierre Serge Bourret  
LS Thomas Gordon Crabbe  
LS Gary Wayne Hutton  
PO2 Lewis John Stringer, CV, CD  
PO1 Eric George Harman, CD  
CPO2 William Alfred Boudreau  
CPO1 Vaino Olavi Partanen, CV, CD

## Battle of Britain ceremonies on September 15

By Trident Staff

Several ceremonies commemorating the Battle of Britain will be held on Sunday, September 15.

The aerial battle that took place between the Royal Air Force and the German Luftwaffe from July to October of 1940 was famously summarized by Winston Churchill, who said,

"Never in the field of human conflict was so much owed by so many to so few."

More than 100 Canadian pilots took part in the Battle of Britain, most flying with the RAF and the Royal Navy Fleet Air Arm, and 23 were killed.

12 Wing Shearwater will hold its annual Battle of Britain ceremony outside the 12 Wing Headquarters

building on Sunday, September 15. The public is invited but photo ID is required to access 12 Wing. Attendees are requested to be present no later than 9:50 a.m.

Camp Hill Veterans Services also will host a memorial ceremony to commemorate the Battle of Britain. This event will also take place on Sunday, September 15, beginning at 10:45

a.m. The location is Camp Hill Veterans Memorial Building, 5955 Veterans Memorial Lane, Halifax, Nova Scotia B3H 2E1 between Robie and Summer Streets. Weather permitting, the ceremony will take place at the Veterans Cenotaph in the Camp Hill Veterans Memorial garden. Should weather be uncooperative, the ceremony will be held in the main Camp Hill atrium.





# Grief, gratitude expressed in Kandahar Cenotaph rededication

**By Steven Fouchard,**  
Army Public Affairs

There was sadness and grief in the air as military leaders and government officials joined with the loved ones of Canada's Afghanistan Fallen to rededicate a memorial to their sacrifices, but also a clear message from the people of Afghanistan: it was not in vain.

The Kandahar Cenotaph was designed and built by Canadian soldiers in Afghanistan. It was returned to Canada in 2011 and is now permanently housed within the Afghanistan Memorial Hall at National Defence Headquarters (Carling) (NDHQ (Carling)) in Ottawa.

The skies over NDHQ (Carling) were appropriately overcast as events got underway at 11 a.m. on August 17, 2019. The Governor General, Her Excellency Julie Payette; the Minister of National Defence Harjit Sajjan, and Chief of the Defence Staff General Jonathan Vance all offered their thanks to hundreds of family members, friends and other invitees.

Richard Mills Jr., Deputy Chief of Mission with the United States

Embassy in Ottawa also offered his country's gratitude for Canada's partnership in the conflict, as did Fahim Ebrat, First Secretary of the Embassy of Afghanistan, which is also in Ottawa.

"To the families of the fallen heroes, on behalf of my nation, I say that there are no words that can adequately express how deeply we appreciate and will forever remember the sacrifices of your brave men and women," said Ebrat. "It has not been in vain."

He spoke of Afghanistan's Kandahar Province, where Canada's forces were concentrated. While it was a highly volatile place during Canada's mission, Ebrat described today's Kandahar as "vibrant" thanks to the sacrifices of Canada's fallen.

"Their names are etched here in this cenotaph so that we will never forget what Canadians and the fallen heroes have selflessly given us. Let me say loud and clear that their legacy is also indelibly etched in the living hearts of my people and is now forever part of our history. We see the sacrifices of your loved ones each time a girl is educated. Each time an Afghan citizen casts a vote. Each

time a woman is elected to lead and in each stride Afghanistan takes toward securing its future."

"My parting message on behalf of the Afghan people and government," Ebrat concluded, "is to tell the families of those who have fallen, those who are wounded and those who served in Afghanistan that we will never forget your sacrifices."

Mills noted that Canada was there for its southern neighbour even in the immediate hours after the 9/11 attack that triggered the mission, offering sanctuary to travellers impacted.

"As everything seemed to be falling apart, we in the United States looked around and we saw our Canadian friends," he said. "You were there in Gander and towns across Canada to welcome planeloads of Americans and international travellers when U.S. airspace had been closed. You are at our side in the hallways of NORAD in the Northern Command as our joint operation centres responded to this unthinkable event."

"Today I am very honoured on behalf of all Americans to join you in remembering the 158 Canadians who lay down their lives to ensure

the safety and security of our great nations," Mills added. "The United States honours their sacrifices and we will never forget."

Gen Vance said he would often visit the Cenotaph to reflect during his two tours in Afghanistan, and that he finds it to be as much an object of hope as of grief.

"The cenotaph contains the grief but also carries the hopes and fears, the courage and vitality of those who died in the mission they were trying to accomplish and it feels very much alive."

In Kandahar, the Cenotaph was always in view of the missions' leaders to remind them of the heavy responsibility of command and Gen Vance said it will serve an equally profound purpose in its new home in Ottawa.

"It is contained within a place of permanent honour in a familiar spot beside the headquarters offering all who wish to visit the chance to remember not only the terrible cost of war but also the joy of military comradeship. The chance to see and maybe even hear the voices of those who gave everything and yet somehow keep giving."



## CFB Halifax at Ward 5 block party

Ward 5 Neighbourhood Center hosted its annual Block Party on Thursday, August 22 in celebration of the North End Halifax Community. The event consisted of a BBQ, refreshments, games, and community bonding. Base Commander Capt(N) David Mazur (right), Base Chief CPO1 Gregory (left), HRM's Mayor Mike Savage (second right) and many others were happy to show their support for Ward 5, as Ward 5 is always supporting its community. Members from Base Logistics were on hand to help with all of the activities. Bravo Zulu to Ward 5 on a great event.

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# Fifty years of linguistic duality in the Defence Team

By The Maple Leaf

This year marks an important milestone for the Official Languages Act – its 50th anniversary. Passed in 1969, the Official Languages Act describes how federal institutions shall treat both official languages and establishes official languages rights and obligations applicable to Department of National Defence employees and Canadian Armed Forces members. The Act recognizes English and French as the languages of work in federal institutions and a commitment to official languages minority communities.

The DAOD 5039 series on official languages in the Defence Team, in part, outlines policy requirements for both Department of National Defence employees and Canadian Armed Forces members related to fulfilling official languages obligations in accordance with Treasury Board and

Canadian Heritage regulations, policies, and directives.

## Working in a bilingual region

All organizations and units located in regions prescribed as bilingual for language-of-work purposes (or bilingual regions) are designated Bilingual Organizations or Units.

Everything you need to know about working in a Bilingual Organization or Unit, from communications to supervision, can be found in the Bilingual Organizations and Units: What you need to know brochure.

## Many official language resources and tools at your disposal

Visit the Director Official Languages intranet site to access internal and external official languages resources and tools. Information can be found under the OL Awareness Tools drop-down menu on the home page.

## Your Coordinator of Official Languages: right advice from the right person

The role of the Coordinator of Official Languages is a varied one. Working in collaboration with the Director Official Languages, they promote official language policies, best practices, obligations, and linguistic rights. Coordinators of Official Languages also evaluate and report on official languages performance and provide expert advice to commanders, managers, and Defence Team members in determining the linguistic requirements of positions, taking part in the official language complaints resolution process, monitoring official language performance, conducting audits for the L1s they support, and reporting results to the Director Official Languages.

Defence Team members with questions concerning their linguistic rights, second official language

training, official language complaints or any other official language-related topics can reach out to and rely on their Coordinator of Official Languages for information and to address issues or concerns. The list of Coordinators of Official Languages can be found on the Director Official Languages intranet site.

## Official Languages Act: Celebrating 50 years

National Defence is celebrating the anniversary of the passing of this Act in 1969 with an internal promotional campaign, which includes a special ceremony on Linguistic Duality Day, September 12, 2019, in Ottawa, with a web-based live broadcast. A panel discussion on the culture of bilingualism will also take place that day. Details on commemorative initiatives within the Defence Team can be found on the Official Languages Act 50th anniversary commemoration page.

# New Commanding Officer for HMCS *Montreal*

*Outgoing Commanding Officer, Cdr Christopher Devita (left) and incoming Commanding Officer, Cdr Geoffrey Simpson sign Change of Command Certificates as witnessed by RAdm Craig Baines, Commander JTFA and MAR-LANT, during HMCS Montreal's Change of Command Ceremony on July 27, 2019.*

MIKE BAYER, FIS  
HALIFAX







# Cinquante ans de dualité linguistique au sein de l'Équipe de la Défense

Par La Feuille d'érable

L'année 2019 marque un jalon important pour la Loi sur les langues officielles – son 50e anniversaire. Adoptée en 1969, la Loi sur les langues officielles explique comment les institutions fédérales doivent traiter les deux langues officielles et établit les droits et obligations en matière de langues officielles applicables aux employés du ministère de la Défense nationale (MDN) et aux membres des FAC. La Loi reconnaît le français et l'anglais comme langues de travail dans les institutions fédérales et l'engagement de l'institution à l'égard des communautés de langues officielles en situation minoritaire.

Les DOAD de la série 5039 portant sur les langues officielles dans l'Équipe de la Défense décrivent, en partie, les exigences relatives aux politiques pour les employés du MDN et les membres des FAC en ce qui concerne le respect des obligations en matière de langues officielles conformément aux règlements, aux politiques et aux directives du Conseil du Trésor et de Patrimoine canadien.

## Travailler dans une région bilingue

Toutes les organisations et les unités situées dans des régions (voir la carte) désignées aux fins de la langue de travail (plus communément appelées régions bilingues) sont désignées organisations ou unités bilingues.

Tout ce que vous devez savoir au sujet du travail dans une organisation ou unité bilingue, des communications à la supervision, se trouve dans la brochure Organisations et unités bilingues : Ce que vous devez savoir.

## Ressources et outils en matière de langues officielles : vous avez l'embaras du choix!

Visitez le site intranet du Directeur – Langues officielles pour accéder aux ressources et aux outils internes et externes relatifs aux langues officielles. Vous trouverez des renseignements dans le menu déroulant « Outils de sensibilisation sur les langues officielles », dans la page d'accueil.

## Obtenez le bon conseil de la bonne personne : votre

## coordonnateur des langues officielles

Le rôle des coordonnateurs des langues officielles est varié. Travaillant en collaboration avec le Directeur – Langues officielles, ils font la promotion des politiques et des meilleures pratiques en matière de langues officielles, ainsi que des obligations et des droits linguistiques. De plus, les coordonnateurs des langues officielles évaluent et rendent compte du rendement des langues officielles et fournissent des conseils d'expert aux commandants, aux gestionnaires et aux membres de l'Équipe de la Défense en ce qui concerne la détermination des exigences linguistiques des postes, la participation au processus de résolution des plaintes en matière de langues officielles, la surveillance du rendement des langues officielles, la réalisation d'audits pour les N1 qu'ils soutiennent et les rapports de résultats au Directeur – Langues officielles.

Lorsque les membres de l'Équipe de la Défense ont des questions concernant leurs droits linguistiques, la formation en seconde langue officielle, les plaintes en

matière de langues officielles ou tout autre domaine touchant les langues officielles, ils peuvent communiquer avec leur coordonnateur des langues officielles afin d'obtenir de l'information et des réponses à leurs questions ou préoccupations. La liste des coordonnateurs des langues officielles se trouve dans le site intranet du Directeur – Langues officielles.

## La Loi sur les langues officielles : Célébrer 50 ans

Pour célébrer l'anniversaire de l'adoption de la Loi en 1969, la Défense nationale tient une campagne de promotion interne, laquelle comprend une cérémonie spéciale le 12 septembre 2019 à Ottawa, à l'occasion de la Journée de la dualité linguistique. Celle-ci sera diffusée en direct sur le Web. De plus, une table ronde sur la culture de bilinguisme aura également lieu ce jour-là. Des précisions sur les initiatives de commémoration au sein de l'Équipe de la Défense se trouvent dans la page sur la commémoration du 50e anniversaire de la Loi sur les langues officielles.

# CANEX Gaming Series returns October 25-27

By Trident Staff

CAF sports have long been a way for military members to build camaraderie through friendly competition, and in the modern day, that notion is expanding to also include e-sports, or competitive video gaming.

The CANEX Championship Gaming Series is back for its fourth year, and registration is now open, with early-bird prize draws available to those who sign up before September 12. This year's contest features Rocket League, a popular multiplayer game described as a "high-powered hybrid of arcade-style soccer and vehicular mayhem", which won the most votes in an online poll of potential participants taken to choose this year's game.

Each team consists of three players and an alternate, with one player filling the role of Team Captain. All team members must already have, or be eligible to apply for, a CFOne Card, and be 19 years of age or older as of August 1, 2019. All games are played online and players can take

part from any location.

Each member of the winning team will receive the first-place prize package, which includes an ACER 32" Curved Monitor and an MSI Urban Raider Backpack with Laptop Loot Box, keyboard skin, and gaming cap. The total first-place prize package is valued at more than \$900. Those who register before the early bird cutoff will be entered into a draw for two MSI and ASUS gaming laptops – these prizes will be awarded to randomly-selected individual players, rather than to the team as a whole.

Further prizes will also be given to the second-place team, as well as gift card draws open to all players, and for non players who check out the action as it streams live on Twitch, a selection of routers, controllers, keyboard sets and gift cards will be handed out during the online Viewers' Draw. Organizers say the total value of prizes to be handed out is more than \$8,000.

For more information and to register a team, visit <http://canex.ca/ccgs>



This year's CANEX Championship Gaming Series will feature the game Rocket League. You can register a team to play or watch the action live on Twitch October 25-27.

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# Fire displaces veteran family

By Peter Mallett,  
The Lookout Staff

Two military veterans and their families were displaced recently when a fire gutted their Langford home.

The six-bedroom, three-story house located on Bear Mountain is owned by MCpl (Ret'd) Elder Pineda, a veteran who did two tours in Afghanistan, and his wife Catherine, a paediatric nurse at Victoria General Hospital. The couple resided there for three years with their two children, their service dog Lincoln, and Catherine's mother Diana and father WO (Ret'd) Darren Scott, who occupied a ground floor in-law suite.

"We are still in a state of shock, have lost most of our personal belongings, but are very grateful and blessed that everyone is still alive, that's the important thing," said Elder Pineda.

The fire broke out at approximately 1 a.m. on August 18 while the family was sleeping. Pineda was the first to awake to the smoke alarms and his first concern was making sure everyone got out.

A neighbour called 911 while the men tried unsuccessfully to control the blaze with a garden hose before

it engulfed the upper floors, which were destroyed in the blaze. The ground floor was spared but sustained extensive smoke and water damage.

"No matter how hard we tried to fight the flames back it wasn't enough and there was nothing we could do," said Darren Scott, who works at Rocky Point Ammunition Depot as a civilian after a 30-year military career.

Pineda is in the final year of studies for his masters degree in communications at Royal Roads University. His final thesis project was stored on his computer, which was lost in the blaze. His graduation from the program has been pushed forward to 2020.

At press time, the cause of the blaze was still being investigated.

Scott was able to retrieve some of his late father-in-law's service medals, but all of Pineda's medals were lost in the fire.

Pineda was diagnosed with Post-Traumatic Stress Disorder, Operational Stress Injuries and anxiety from his tours in Afghanistan. He says coping with the stress of the ordeal immediately afterwards was difficult.

For the past week the family has



MCpl (Ret'd) Elder Pineda unpacks a suitcase with his son Luka and daughter Mataeya in a hotel room in Langford on Aug. 20. The family was displaced from their Bear Mountain home after it was destroyed by a fire two days earlier.

been living out of suitcases, first staying at a family friend's home in Belmont Park and later in the week at two different hotels. They have also relied on the generosity of neighbours who have donated food, clothing and other essential items.

Immediately after the fire, Scott's daughter, MCpl Andrea Lorinczy, who works at 4 Wing Cold Lake, flew to Victoria to assist the families. Both Pineda and Scott credit her with keeping everyone focused on the recovery operation and helping them plan and put their lives back together in the hours and days after the blaze.

The entire family believes the military training of Pineda, Scott and Lorinczy have been crucial in getting them through the ordeal.

"Learning basic survival skills and practising them over and over again enables you to deal with problems. No matter the level of stress, you can always rely on these skills to get you through tough times," said Pineda.

The family's next step is to rent or lease a house in Langford and return to what Pineda describes as "a sense of normalcy," as they await the insurance claim, which could take over a year.

In their spare time Scott and Catherine Pineda referee youth hockey games with the Juan de Fuca Minor Hockey Association. The association's Referee-In-Chief, Galen Brewer has set up a GoFundMe page to help the family: <https://www.gofundme.com/f/1q95635u60>

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\*No purchase necessary. The 2019 CDCB Customer Appreciation Contest (the "Contest") begins on May 22, 2019, at 12:00:01 a.m. Eastern Time and ends on September 25, 2019, at 11:59:59 p.m. Eastern Time (the "Contest Period"). There are thirteen (13) prizes in total (each a "Prize"), with total prizes valued at \$80,000 available to be won. There will be one (1) Grand Prize of \$20,000 cash and an additional twelve (12) prizes of \$5,000 cash. Odds of winning depend on the number of eligible entries received. Before being declared a winner, a correctly answered mathematical question is required. Full contest details are available at [bmo.com/cdcbcontest](http://bmo.com/cdcbcontest). The monthly Performance Plan fee is waived. You are responsible for all transaction, service, and product fees not included in the Plan. \*Proof of CDCB eligibility is required.

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# RIMPAC 2020 veut que vous conceviez son logo

Par RCN PA

Le plus grand exercice militaire maritime au monde, Rim of the Pacific (RIMPAC), organise un concours afin de trouver un logo pour sa séance d'activités de 2020. Il s'agit d'une occasion très intéressante pour tout artiste, concepteur ou créateur qui aimerait que son travail soit présenté comme image de marque officielle de l'exercice pour la papeterie, les communiqués de presse, les sites Web, les médias sociaux, les médaillons, les chemises, les chapeaux et plus. Le gagnant sera également officiellement reconnu par le commandant de la Troisième flotte américaine.

Réalisé tous les deux ans depuis 1971, RIMPAC permet le rassemble-

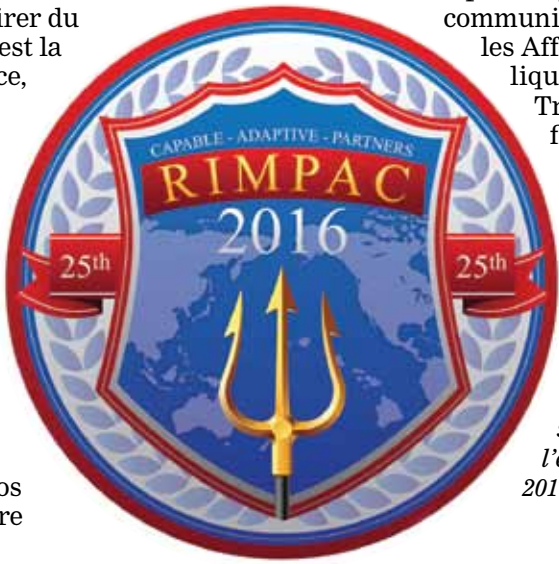
ment international d'unités maritimes, terrestres et aériennes aux îles Hawaï pour mener divers exercices interarmées qui abordent certains scénarios tels que : les secours en cas de catastrophe, les opérations de sécurité maritime, le contrôle de l'espace maritime et les situations de combat complexes. L'an dernier, 25 000 membres du personnel de 25 pays, 46 navires, 5 sous-marins, 17 forces terrestres et plus de 200 avions y ont participé. Le prochain exercice aura lieu en juin et juillet 2020. Le thème de RIMPAC est composé de trois mots : « Capable, Adaptive, Partners » (qui signifient en français Des partenaires compétents et polyvalents). Les soumissions de logo devraient intégrer ces thèmes.

## Les soumissions de logo devraient :

- être des images tramées en format de fichier.jpg avec une résolution d'au moins 300 ppp (le concept gagnant devra être fourni dans un fichier vectoriel déverrouillé et modifiable);
- être d'une qualité pouvant être reproduite sur un médaillon ou estampée sur des articles de papeterie et des chemises de classement, etc.;
- illustrer le thème « Capable, Adaptive, Partners »;
- être du domaine public et non protégées par le droit d'auteur;
- ne pas inclure les drapeaux nationaux;
- tenir compte et s'inspirer du fait que RIMPAC 2020 est la 27e édition de l'exercice, qu'il s'agit du plus grand exercice naval au monde et que des membres de tous les éléments et de toutes les communautés navales y participeront (il ne s'agit pas strictement d'un exercice en surface ou sous-marin, pour l'aviation, etc.);
- être créatives! (les logos précédents peuvent être

utilisés comme source d'inspiration, mais les concepts de n'importe quelle forme sont les bienvenus à condition qu'ils respectent les critères ci-dessus).

Tous les membres de l'Équipe de la Défense peuvent participer à ce concours. La date limite pour présenter un logo est le 1er novembre 2019. Prière de soumettre les dossiers ou toute question directement au commandant des Affaires publiques de la Troisième flotte de la Marine des États-Unis à l'adresse [c3f.apo@navy.mil](mailto:c3f.apo@navy.mil). Pour les demandes de renseignements par téléphone, communiquez avec les Affaires publiques de la Troisième flotte au 619-767-4382.



Le logo de RIMPAC utilisé pour l'exercice de 2016.

SUBMITTED

# RIMPAC 2020 wants your logo designs

By RCN PA

The world's largest maritime military exercise, Rim of the Pacific (RIMPAC), is holding a competition to find a logo for its 2020 session. This is an exciting opportunity for any artist, designer or creative person who would like to see their work featured as the exercise's official branding for stationary, press releases, websites, social media, coins, shirts, hats, and more. The winner will also be officially recognized by the Commander of the U.S. Third Fleet.

Held every two years since 1971, RIMPAC brings an international collection of maritime, land, and air units to the Hawaiian Islands to conduct a variety of joint exercises that address a number of scenarios such as: disaster relief, maritime security operations, sea control, and complex warfighting. Last year, 25,000 personnel from 25 countries, 46 ships, five submarines, 17 land forces, and more than 200 aircraft participated. The next exercise will take place in June and July 2020. The theme of RIMPAC is three words: 'Capable, Adaptive, Partners'. Logo submissions should incorporate these themes.

## Logo submissions should:

- be rasterized in .jpg file format with a resolution of at least 300 dpi (the winning design will require an unlocked and editable vector file),
- be of a quality capable of reproduction on a coin or embossed on stationary and folders, etc.,

- embrace the theme 'Capable, Adaptive, Partners',
- be marked public domain and not copyrighted,
- not include nation flags,
- consider and take inspiration from the fact that: RIMPAC 2020 is the 27th iteration of the exercise, it's the world's largest naval exercise, and members of all services and navy communities will participate (this is not strictly a surface, submarine, aviation, etc., exercise)
- be creative! (Previous logos can be used as inspiration but designs of any shape are welcome as long as they follow the above criteria.)

This competition is open to all Defence Team members. The deadline to submit is November 1, 2019. Submit files or any questions directly to the United States Navy's Commander of the Third Fleet Public Affairs office at [c3f.apo@navy.mil](mailto:c3f.apo@navy.mil). For phone inquiries, call Third Fleet Public Affairs at 619-767-4382.



The logo used for Exercise RIMPAC in 2018.

SUBMITTED



NAME	MOORE, PAUL //
ENROL DATE	1976 //
RETIRED AS	CHIEF PETTY OFFICER 1ST CLASS //
	CANADIAN FORCES NAVAL ENGINEERING SCHOOL //
DEPLOYMENTS	STANAVFORLANT (NATO) - 1978, 1980, 1982, 1992 //
LOCATION	HALIFAX //
TITLE	HRM DISTRICT MANAGER //
SERVICE	2009-PRESENT //

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# How SLt Shah

By RCN News

SLt Vinesh Shah was 18 when his family left Mumbai, India to start a new life in Canada.

Now in his late 20s, Shah is using his upbringing to solve problems for HMCS *Oriole* as a Logistics Officer.

“India is a resource scarce centre, so we were always having to find makeshift solutions to all sorts of things,” said SLt Shah.

Whether it was repurposing cricket balls to use in other sports, creating a multipurpose futon/bed/table out of repurposed wall-décor, or repairing electronics with found wire and a soldering iron, he said a ‘creative solutions’ attitude permeated his life as an Indian youth.

“I remember one funny story when I had to move a large TV and we didn’t have a car so I found a friend and the two of us transported it by holding it with one arm each as we rode two different bicycles down the road,” he said.

This unique mindset recently proved useful when *Oriole* was docked in Summerside, PEI. The dock agent said that a brow – which is like a gangplank for getting on and off the ship – wasn’t available to be used.

“Well, we had to makeshift one because it’s something you definitely need. I had the idea that because there



HMCS Oriole in Kingsville, Ontario during the Great Lakes Deployment.

LS A.J. DOMINGO



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Ce programme appuie les militaires en voie de libération pour des raisons médicales, les vétérans libérés pour des raisons médicales et leur famille. Si vous êtes en transition, visitez [ConnexionFAC.ca](http://ConnexionFAC.ca) ou votre centre de ressources pour les familles des militaires, ou appelez la Ligne d'information pour les familles au 1-800-866-4546.



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# saved Canada Day for HMCS Oriole's crew

were no marina or ship related shops nearby that we should go to the Home Depot in Charlottetown, an hour away, and just make one ourselves out of construction equipment,” he said.

“It was the most convenient solution at the time to meet our goals.”

SLt Shah said his upbringing in the hierarchical structure of Indian culture made Canada a cultural shock at first but later proved to be an asset as he transitioned into the CAF structure.

He said that in India, eye contact can be considered rude and aggressive while in Western Culture, if a person doesn't do it, it can be looked at as hiding something. In India, he said, people are very careful not to brag while in Western culture talking about one's accomplishments is considered a positive way of self-expression.

SLt Shah said that his alternate upbringing has allowed him to more easily navigate the rank structure and that he is “just more comfortable knowing when to follow and knowing when to question and clarify.”

His attitude helped the *Oriole* crew to avoid missing Canada Day recently when, at the last minute, festival organizers in Toronto wanted the ship to move from its berth which would mean cancelling a day of shore leave for the crew.

SLt Shah took the initiative and organized a meeting with city councillors and, to his captain's pleasure, negotiated movement on a later date, preserving a much needed day of recuperation for the busy crew which has been deployed on the Great Lakes Deployment (GLD) for almost a month.

“While there are always positions and authorities, sometimes critical thinking can create conveniences on all sides,” he said.

This summer SLt Shah is beginning to live his dream of travelling and experiencing new places with the Royal Canadian Navy. This year *Oriole* passed through Rhode Island and New York State before travelling up the East Coast and beginning its GLD. Since then it's stopped in several American and Canadian cities along the St. Lawrence Seaway and the Great Lakes giving the public an opportunity to actually set foot on a navy ship and talk to sailors.

“GLD is a good way to inform the public, including potential recruits, about the navy,” he said.



SLt Vinesh Shah, Logistics officer, HMCS Oriole.

SUBMITTED

PO2 Adam Flegel demonstrates raising and lowering the main crutch aboard HMCS ORIOLE during the Great Lakes Deployment.

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PO1 Adam Yardy fires the ship's cannon aboard HMCS Oriole while coming alongside in Kingsville, Ontario.

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# Chopping a bike to Support the Soldier On Program

By Édouard Dufour,  
Adsum Newspaper

CPO2 Christian Jalbert, currently working at Naval Reserve Headquarters, in Québec City, boasts a 27-year career in the Royal Canadian Navy (RCN), divided between the Regular Force and the Naval Reserve. With the help of collaborators, he is embarking on an ambitious project: modifying and auctioning off a motorbike as a benefit to the Soldier On program.

Thanks to donations from their loved ones and from the general population, the three men working on the project were able to purchase a 1994 Harley-Davidson Sportster bike for \$1725. "Throughout my career, I've known and worked alongside people who were injured, both physically and mentally. I haven't experienced what they've had to live through, but I do see the impacts it all has on their lives. I wanted to do something that would bring them a sense of accom-

plishment, and build awareness of mental health issues in the general population," stressed CPO 2 Jalbert, a bike aficionado from a very early age.

For the coming months, the three men will meet weekly in a Lévis, Québec, garage, in order to transform the bike. CPO 2 Jalbert and his partners have already assembled the bike, having purchased it dismantled. Only a few parts of the original structure will have been retained when the machine reaches its final form.

The goal is to auction the bike off during the fall of 2020; all profits are to go to the Soldier On program. "This program gives back to veterans who really need it. It enables them to become active again. It's a nice community promoting sport and physical activity. I've met many people who were having trouble. They're just looking for that spark, such as what the Soldier On program offers, to push forward," asserted CPO 2 Jalbert.

Yanick Létourneau, a former member of the RCN who was medically released in 2012, recently took part in the activity for the first time. "I spent my whole career in Victoria, 4000 clicks from home, in another language. I have friends across the country, coast to coast. We try to stay in contact, but it's harder. You don't lose the camaraderie, the esprit de corps, but it's often more difficult to share with civilians than with people

who've had similar experiences," he confided.

CPO 2 Jalbert and his collaborators are forever on the lookout for partners and donors who can help them purchase the parts they will need to transform the bike. People who wish to contribute can do so by visiting the [www.gofundme.com/soldier-on-bike-project](http://www.gofundme.com/soldier-on-bike-project) page. Information on the project can also be found on the Chris De Moto Facebook page.



Yanick Létourneau, Christian Jalbert and Érick Cloutier will work as a team to transform a motorbike as a benefit to the Soldier On program. Yanick Létourneau, Christian Jalbert et Érick Cloutier travaillent en équipe afin de modifier une moto au profit du programme Sans limites.

ÉDOUARD DUFOUR, ADSUM NEWSPAPER/ JOURNAL ADSUM

## Modifier une moto pour soutenir le programme Sans limites

Par Édouard Dufour

Le premier maître de 2e classe Christian Jalbert, qui travaille actuellement au Quartier général de la Réserve navale, à Québec, compte 27 ans de carrière dans la Marine royale canadienne (MRC), partagés entre la Force régulière et la Réserve navale. Épaulé par des collaborateurs, il amorce un ambitieux projet de modification et de mise aux enchères d'une moto au profit du programme Sans limites.

C'est grâce aux dons de leurs proches et de la population que les trois hommes travaillant au projet ont été en mesure d'acheter pour 1725 \$ une moto Harley-Davidson Sportster 1994. « J'ai travaillé [avec] et côtoyé des personnes blessées physiquement ou mentalement au cours de ma carrière. Je n'ai pas été

exposé aux choses qu'elles ont vécues, mais je vois l'impact de tout ça sur leur vie. Je voulais faire quelque chose pour apporter un sentiment d'accomplissement à ces gens et sensibiliser la population aux enjeux de santé mentale », souligne le PM 2 Jalbert, un passionné de moto depuis son plus jeune âge.

C'est dans un garage de Lévis, au Québec, que les trois hommes se rencontreront à raison d'une fois par semaine au cours des prochains mois afin de métamorphoser la moto. Le PM 2 Jalbert et ses acolytes ont déjà assemblé la moto, après l'avoir achetée en pièces détachées. Seuls quelques éléments de la structure originale seront conservés dans le résultat final de l'engin.

L'objectif sera de vendre la moto aux enchères à l'automne 2020; tous les profits recueillis iront au

programme Sans limites. « Ce programme redonne aux vétérans qui en ont vraiment besoin. Il permet à des gens de redevenir actifs. C'est une belle communauté qui favorise le sport et l'activité physique. J'ai côtoyé beaucoup de gens qui vivent des difficultés. Ils ne cherchent qu'une étincelle comme celle qu'offre le programme Sans limites pour aller de l'avant », soutient le PM 2 Jalbert.

Yanick Létourneau, un ancien membre de la MRC libéré pour raison médicale en 2012, participait récemment pour la première fois à l'activité. « J'ai fait toute ma carrière à Victoria, à 4000 kilomètres de chez moi, dans une autre langue. J'ai des amis

d'ouest en est du pays. On essaye de garder [le] contact, mais c'est plus dur. On ne perd pas la camaraderie et l'esprit de corps, mais c'est souvent plus difficile de partager avec des civils qu'avec des gens qui ont traversé le même parcours que soi! », confie-t-il.

Le PM 2 Jalbert et ses collaborateurs sont toujours à la recherche de partenaires et de donateurs pour acheter les pièces qui serviront à modifier la moto. Les personnes intéressées à contribuer au projet peuvent le faire en allant sur [www.gofundme.com/soldier-on-bike-project](http://www.gofundme.com/soldier-on-bike-project). Les renseignements sur l'activité se trouvent également sur la page Facebook Chris De Moto.



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# Ship barbershop gives Jumpstart a boost

By Peter Mallett,  
The Lookout Staff

After a lengthy deployment, HMCS Regina sailors disembarking the ship last week were some of the most well-groomed sailors in the Royal Canadian Navy.

Their expertly cropped crew cuts and neatly trimmed bangs were the work of MS Jeffrey Haines in his makeshift barbershop ‘Greasy Clippers’.

For the past six-and-a-half months, the 34-year-old Marine Engineering Technician has been the ship’s unofficial coiffeur performing his cuts from a corner of the ship’s Stoker Shop, all in support of Canadian Tire Jumpstart Charities, a national charity dedicated to helping kids overcome financial and accessibility barriers to sport and play.

While most of the ship’s company were reunited with their loved ones, MS Haines walked down the brow with an oversized cheque for \$9,412, which he presented to Katlyn Soanes, Regional Manager, Pacific for Canadian Tire Jumpstart Charities.

“Jumpstart is thrilled to accept this generous donation from Master Seaman Haines,” she said. “We are very grateful for his fundraising efforts

and for the support of all of our donors coast-to-coast who help get kids of all abilities off the sidelines and into the game.”

Ryan Cane, Senior Manager of Military Recreation and Community Services for Canadian Forces Morale and Welfare Services (CFMWS), also applauded MS Haines for his “wonderful” efforts that will help support the children of military families in Esquimalt. Cane noted that Personnel Support Programs (PSP) has also partnered with Canadian Tire Jumpstart Charities to provide financial assistance to families with children ages four to 18 in accessing programs and equipment. Last year, \$34,000 of support from Jumpstart helped over 450 children from military families.

MS Haines tipped his hat to his shipmates for their generosity and called their support “truly amazing.” He says it wasn’t too hard to drum up support for his initiative and he had many repeat customers over the course of the deployment.

“I can’t emphasize enough the importance of sports for children,” said MS Haines who is the father of two children, Emily, 2, and Lucas, 3. “No child should go without access to sports equipment or sports programs



MS Jeffrey Haines of HMCS Regina presents a cheque for \$9,412 to representatives from Canadian Tire’s charity Jumpstart on Aug. 19 in Dockyard. MS Haines raised the money by performing hundreds of haircuts during his ship’s six-and-a-half month deployment.

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because of finances and no parent should have to carry the burden of not being able to give their child the opportunity to play sports.”

For more information about Jumpstart and how to get involved visit their website: <https://jumpstart.canadiantire.ca>.

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# Warrior Games athlete pays it forward

By Peter Mallett,  
The Lookout Staff

Following what he describes as an “unforgettable” Warrior Games experience, an RCN Combat Systems Engineer is helping others with a generous act of chivalry.

LS Desi Cozier has come to the assistance of the Gallant Knights Charity Sports Association, a newly created non-profit to help injured veterans and current-serving military pay for sporting goods and equipment.

Gallant Knights is organizing its first annual 2019 Soldier On Motorcycle Ride and Classic Car Rally. The event will be held in 36 different regional routes in Ontario on September 21 and 28. LS Cozier is selling raffle tickets for the event and hoping Victoria's defence community will support this initiative.

“Now that I have completed my Warrior Games experience, I wanted to help others and give them same healing I enjoyed while at the same time spreading the word about the Soldier On program,” said LS Cozier. “Right now, I have established and organized a meeting with Victoria's Mayor Helps office to assist with reaching out to community groups as well as MLAs. I'm reaching out to friends, family, CFB Esquimalt, social media and local businesses to buy tickets or help boost our sales in any way they can.”

He hopes some of the lucrative prizes in the raffle will catch the attention of motorcycle enthusiasts across the country. Motorcycle manufacturer Harley-Davidson has offered several prizes including an early bird prize of a \$2,500 cash

credit to be used at its officially licensed motorcycle dealerships, a 2019 Triumph Speedmaster motorcycle, and a 2019 Harley-Davidson Street 750.

LS Cozier was among 39 athletes who represented Canada at the United States' Department of Defence Warrior Games in Tampa, June 21 to June 30. The Department of National Defence's Soldier On program organizes Canada's Warrior and Invictus Games teams and holds regional sports camps throughout the year.

He jumped at the chance to pitch in with the fundraising initiative when he was first approached by Gallant Knights organizer and fellow Warrior Games athlete Maj (Ret'd) Corey Moore during a Warrior Games training camp in Victoria last April.

PO1 (Ret'd) Joe Kiraly who works

as a director with the CAF Transition Group's Soldier On program has been impressed by the “generous” efforts of LS Cozier and other athletes to support Soldier On as they continue to recover from injuries.

“Desi has proven himself to be a highly motivated and energetic fellow,” said Kiraly. “He and Corey Moore and other Warrior and Invictus Games athletes are helping us enhance our service delivery while at the same time telling Canada about the healing power of our programs at Soldier On.”

Soldier On currently offers sports equipment grants to its athletes but often times the funds aren't enough to pay for the full cost of the equipment.

For more information and to register for your raffle tickets write LS Cozier at [desi.gallantknights@gmail.com](mailto:desi.gallantknights@gmail.com)



## A little help from our friends

A big thank you from Trident goes out to volunteers from the Royal Canadian Air Force Association 111 Mic Mac Wing, who assisted Trident through the summer months in packaging and preparing newspapers for delivery. From left is Lew Ferris, Chuck Charlebois, Faye Charlebois, Bud Berntson, Serge DeSerres, and Bob Goodwin. Missing from the photo is Earl McFarland.



# Royal Canadian Sea Cadet from Dartmouth sails to victory at national regatta

By Lt(N) John Brannen,  
New Media and Production  
Officer, Regional Cadet Support  
Unit (Atlantic)

A Nova Scotian Royal Canadian Sea Cadet participating in the National Sea Cadet Sail Regatta, held from August 20-24, 2019 in Kingston, Ont. took home the top prize.

Cadet Kale Chase, 15, of Royal Canadian Sea Cadet Corps 339 Iroquois in Dartmouth, N.S. sailed to victory as helm or skipper, after four days of racing in the annual competition. Along with his crew, Cadet Skye Watson-Campbell, 18, of Royal Canadian Sea Cadet Corps 23 Kent in Charlottetown, the pair garnered a score of 22, winning the first 6 races and 8 of the 11 races overall.

“It was pretty cool to win and felt great to improve on last year,” says Chase. “All the practice and training this summer and previous summers paid off.”

This was the second time Chase has participated in the National Sea Cadet Regatta, placing 2nd last year with an-



RAdm Brian Santarpia congratulates Sea Cadets Kale Chase and Skye Watson-Campbell for their victory in the National Sea Cadet Sail Regatta held in Kingston, ON.

and has achieved the rank of Petty Officer 2nd Class. The top 50 sea cadet sailors from across the country compete in the National Regatta, sailing in C420 dinghies. Each team consists of a skipper and crew. Ten coaches accompany the sea cadets, along with around 25 support staff and volunteers who work throughout the weeklong competition. Royal Canadian Sea Cadets is a community-based and peer-led youth program that aims to instill the qualities of leadership, teamwork, integrity, and self-confidence in youth ages 12 to 18. Through partnership with the Navy League of Canada and the Department of National Defence, the Cadet Program provides you with unique opportuni-

ties, including local community programming, summer training courses, and adventures from the regional, national, to international level, all free of cost.

other crew. He and Watson-Campbell won the Atlantic Cup Regatta in May, earning them a berth in the National Regatta. This summer, Chase attended HMCS Ontario Cadet Training Centre in Kingston on the advanced sail course. Last fall, he was selected to sail on

the Royal Canadian Navy’s sailing ship HMCS Oriole during the vessel’s deployment to the Great Lakes. He has been a member of 339 Iroquois Sea Cadet Corps for three years



Sea Cadets Kale Chase and Skye Watson-Campbell participate in the regatta.



Kale Chase (left) is a member of Royal Canadian Sea Cadet 339 Iroquois Corps in Dartmouth, and Skye Watson-Campbell is a member of Royal Canadian Sea Cadet Corps 23 Kent in Charlottetown.



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# TRIDENT Sports

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

## HMCS *Shawinigan* sailor takes first place at Navy 10K, readies for CISM World Games

By Ryan Melanson,  
Trident Staff

MS Mark Brown is one of the top runners in the Canadian Armed Forces and a regular at national and international events as a member of Canada's CISM running team, but that doesn't mean he's above competing at local races.

MS Brown, a Bos'n posted to HMCS *Shawinigan*, finished first in the 10-kilometre category at the 34th annual Navy 10K on August 18, with a time of 34:37. He said he was using the race as a tune up as he prepares to compete at the CISM World Games in Wuhan, China this October.

Along with the Navy 10K, MS Brown's recent training has included a camp in Mexico with professional runners from Kenya and Ethiopia, where he pushed himself to the limit by getting immersed in a different culture with an intense training schedule.

"The training style was extremely different and very regimented. It was intense but an incredible experience," he said.

Running the 10K at home provides a more easygoing experience, but still allowed him to make some of his timing goals as he gets set for the fall.

"This is a race that I always enjoy running. I want to be here to support a Navy event, it's always a fun atmosphere. It's also a chance to meet other local runners, and it means a lot to see so many other military members here running as well," he added. The race had one of its best years ever



Runners head out from the starting line to kick off the 34th annual Navy 10K on August 18.

MCPL ANTHONY LAVIOLETTE, FIS

for turnout, with more than 800 runners hitting the pavement through the North End, and even more signing up for virtual runs around the country and abroad. The race featured both a 5K and 10K option, and the morning started with 2.5K and 1.25K kids' runs inside the Stadacona gates.

"This was a great year for us, and a great way to honour the anniversary of D-Day," said PSP Fitness and Sports Coordinator and Race Director Kevin Miller, who oversaw the creation of special Navy 10K medals designed to commemorate that an-

niversary. The medal design featured an engraving of a Second World War assault landing craft with the words 'Operation NEPTUNE, D-Day, 1944-2019,' and a medal was presented to each runner who completed the race.

Top finishing times from the Navy 10K are as follows:

### 10K Men

MS Mark Brown (34:37)  
LS Peter Smith (36:18)  
Ben Good (36:26)  
Stephane Piccinin (37:28)  
MCpl Guyaume Robert (37:41)

### 10K Women

Rayleen Hill (39:00)  
Katie Jerrett (40:42)  
Holly Barss (42:54)  
Morag McDonah (45:44)  
Rachel MacPhee (45:56)

### 5K Men

Capt Marc Brittain (18:39)  
Jordan Edsall (19:30)  
Christopher Oss (20:05)  
Anas Alassad (20:44)  
James MacDougall (20:53)

### 5K Women

Sgt Joanne Henneberry (21:01)  
Kate Morrow (22:03)  
Lacey Raine Hanley (23:27)  
Laura Speer (23:34)  
PO2 Courtney Lambert (24:28)



Some parents joined in and ran alongside their children during the 1.25K and 2.5K races inside the Stadacona gates.

OS SAIF MORSY



Runners make their way up Bloomfield Street during the race.

RYAN MELANSON, TRIDENT STAFF



# Military firefighters FireFit

By The Aurora,  
14 Wing Greenwood

Military firefighters made their mark in the August 3 Western Atlantic Regional FireFit Championships, held at the Nova Scotia Community College in Middleton, August 3.

The competition features tasks commonly performed in emergencies, but combined in a challenging, demanding, timed course of obstacles including height, weight, and summer sun. Firefighters compete as individuals, in the three- to five-member team relay and the two-person technical relay.

The competition attracted 58 male and eight female firefighters from as far as Ontario and into the United States, including military firefighters from 14 Wing Greenwood, CFB Halifax and CFB Gagetown.

## Individual results (divisions)

Over 45 – 1st - Jason Gallant, CFB Gagetown, 02:33:06

Over 50 – 3rd – Rob Clarke, CFB Halifax, 02:10:77

Over 60 – 1st – Steve Mcaleer, CFB Gagetown, 02:10:49

Over 40 (women) – 2nd - Tracy Hillaby, 14 Wing Greenwood, 5:13:18

## Individual men's results (58 competitors)

2nd – Firefighter 1st Class Jonathan Betts, CFB Gagetown, 01:25:30

8th– Firefighter 1st Class Michael Charlton, CFB Halifax, 01:37:45

10th – Firefighter 1st Class Paul Rowsell, CFB Halifax 01:43:53

12th – Platoon Chief David Nicolle, CFB Gagetown 01:49:43

21st – Firefighter 4th Class Seth Tutty, CFB Halifax, 01:58:15

24th - Dustin MacNeil, Middleton Fire Department, 02:01:26

27th – Firefighter First Class Steve Mcaleer, CFB Gagetown, 02:10:49

28th - Scott Fahie, Kingston Fire Department, 02:10:73

29th - Platoon Chief Rob Clarke, CFB Halifax, 02:10:77

40th – Platoon Chief Jason Gallant, CFB Gagetown, 02:33:06, BYE

41st – Aviator Kevin Redden, 14 Wing Greenwood, 02:33:11

48th – MCpl Matthew Okorofsky, Canadian Armed Forces Fire and CBRN Academy, 03:04:77

49th – Andrew Wainwright, CFB Gagetown, 03:08:57

## Individual women's results (8 competitors)

2nd - Tracy Hillaby, 14 Wing Greenwood, 5:13:18

## Team results (6 teams)

2nd - CFB Halifax

3rd - CFB Gagetown

## Results X-3 men's relay (14 teams)

1st - CFB Gagetown - Time: 01:32 840

3rd - CFB Halifax Fire Department - 01:46 550

6th - CFB Halifax Fire Department - 02:01 020

11th - Middleton Fire Department - 02:28 50

## Results X-3 over 40 relay

1 - CFB Gagetown - 02:02 180



DND firefighters competed in the recent Western Atlantic Regional FireFit Championships held at the Nova Scotia Community College in Middleton.

LS L-P DUBÉ, 14 WING IMAGING

The competition included a variety of events that test the competitors' individual and team firefighting skills, as well as their personal fitness.

LS L-P DUBÉ, 14 WING IMAGING





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# Fitness and sports updates

By Trident Staff

**CAF Sports Day 2019** takes place on September 20. Each base or wing will present a variety of fitness and sports events. Stay tuned for more details regarding the schedule for CFB Halifax and 12 Wing Shearwater.

**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](mailto:Lucas.Hardie@forces.gc.ca)

**The FORCE Rewards Program** is designed to recognize CAF personnel who achieve high levels of health-related fitness and operational readiness on their FORCE Fitness Profile, as part of their annual FORCE Evaluation. In line with the CAF objective of maintaining high levels of health-related fitness and operational readiness, this program is being implemented to motivate CAF personnel to pursue physical activity while recognizing those who achieve excellence. FORCE Program location: Fleet Gym location, D216, Mondays, 10 a.m. and Tuesdays, 1:30 p.m. HMCS Scotian location: Fridays, 10 a.m. and 1:30 p.m.

**Has competing a triathlon been on your bucket list?** Don't know where to start? Join the Navy Tridents Triathlon Club. Membership is \$50 for military members and their families, \$60 for DND employees and their families, and \$65 for civilian friends. Contact club president Lt(N) Sam Kehler at [samuel.kehler@forces.gc.ca](mailto:samuel.kehler@forces.gc.ca) or search Navy Tridents Triathlon Club on Facebook.

# Greenwood men, Halifax women take soccer titles

By Sara White,  
Managing Editor, The Aurora

Teams from military bases in Greenwood, Halifax and Gagetown hit the pitch August 20 for the start of the Canadian Armed Forces' Atlantic regionals, being hosted at 14 Wing Greenwood's Apple Bowl field.

14 Wing Commander Colonel Brendan Cook led the requisite opening, but then revealed Greenwood team colours in a jersey worn under his CADPAT shirt, taking the opening kick on goal.

"Have a really great week – the refs, the athletes, everyone else, and play fair," Cook said in his welcome.

"Put your best on the field and, when you go back to your bases, be ambassadors for fitness and sport so that people see what you do, and they get back to the gym."

Teams from Gagetown and Halifax, in both the men's and women's divisions, were accommodated at 5th Canadian Division Support Base Detachment Aldershot.

The women opened the tournament August 20, with CFB Halifax, the defending CAF national champions, beating CFB Gagetown 3-0 after a scoreless first half. Halifax's Kelly Kisa was player of the game. In the afternoon, Halifax defeated 14 Wing 5-0 to earn a spot in the finals. Halifax's Sage Dixon was player of the game.

There was one men's game on opening day, as 14 Wing won 1-0 over Halifax with a goal early in the second half.

On day two, August 21, the 14 Wing women beat Gagetown 2-1 to earn a spot in the semi-final August 22; the men took a bye into the Friday final after beating Gagetown 1-0. The men's semi-final re-matched Halifax and Gagetown: Gagetown won their round robin game 1-0.

The semis August 22 saw the Halifax men come out 9-8 over Gagetown after regulation, extra time and 11 penalty shots – each! In the women's



*CFB Halifax won the women's Atlantic regional soccer championships August 23, heading to the Canadian Armed Forces nationals later in September in Trenton.*

LS L-P DUBE, 14 WING IMAGING



*On the men's side, CFB Halifax and 14 Wing Greenwood squared off in the final of the 2019 Atlantic tournament, with Greenwood taking the win.*

LS L-P DUBE, 14 WING IMAGING

semi, Gagetown defeated Greenwood 3-2 in a close game.

Finals on August 23 started with the women's match, Gagetown versus Halifax. Halifax took the win, earning a spot at the Canadian Armed Forces' nationals in September in Trenton.

The men's match pitted Halifax against the home team from 14 Wing. The game went back and forth, with each team putting two goals on the board. Two 10-minute extra time sessions did not resolve the tie, forcing a shoot-out. After Halifax's fifth shooter did not score, Greenwood took the Atlantic title 3-2.

It has been many more years then ready memory since Greenwood's men's team advanced to nationals; this was also the first year a Greenwood women's team hit the field.

"I wanted to take a moment to commend our women's soccer team for an excellent showing in this year's regionals," Cook said. "Our team fought very hard on the field, finishing 1-1 in the round robin and were narrowly defeated in the semi-finals. I was able to see parts of each of their games and I'm extremely proud of their play. My thanks to each player on our women's team for an excellent showing this year."

# Fleet Club Slackers prepping for Mini Grey Cup 50

By Sean Parker,  
FMF Cape Scott

Preparations are underway for the Annual Mini Grey Cup, being held at Porteous Field at Stadacona on October 10, 2019.

The Mini Grey Cup is a full contact flag football game, held every year between the NCMs and Officers of CFB Halifax, Shearwater and the East Coast Fleet.

The games are always competitive and highly entertaining, and have become quite a large event. Cheerleaders, musical acts, contests, food and beverage have traditionally been part of the proceedings. With this year being the 50th anniversary of the game, organizers are hoping to make this year's MGC even more special, with draws for trips and CFL games, and potentially having the game covered by Eastlink Television.

The NCM Slackers have squeezed out a few wins in recent years, including some come from behind victories, but can take nothing for granted. The Wardroom is a talented bunch with a chip on their shoulder, and would love nothing more than to take the trophy from the Fleet Club on the game's big day.

A core of established players look to return again this year, including quarterback LS Mark Latter, tight end MS Mike Stainton, and defensive

back LS Lyndon Eustache. While these players will be the backbone of this year's squad, new players are required at all positions.

NCM Practices got underway on September 3, and take place every Tuesday and Thursday at 1600 hrs. All players, regardless of experience are encouraged to come out.

For more information contact head coach Sean Parker at [parker.smd@forces.gc.ca](mailto:parker.smd@forces.gc.ca) or at 902-427-5271.



# Naden Grappling Team prepares for national competition

By Peter Mallett,  
The Lookout Staff

Two navy grapplers are readying members of the newly formed Naden Grappling Team for national competition.

MS Lee Thibault, a four-time national military combatives grappling champion and Greco-Roman wrestler, and OS Connor Sher, a Brazilian jiu-jitsu player and bronze medalist at this year’s national championships in Petawawa, are training military members in the discipline of submission wrestling, a unique martial art that borrows techniques from wrestling, Brazilian jiu-jitsu and judo in order to control and ultimately subdue an opponent.

The team was founded by OS Sher this past winter as a way to get fellow sailors interested in grappling, the most important aspect of hand-to-hand combat.

“Being a proficient, confident grappler is one of the most important things we can learn as a functioning member of the military,” says OS Sher. “Understanding how the human body works regarding its structural base, balance, leverage points and vulnerable areas is invaluable. When it comes to our military duties, being able to confidently de-escalate a situation with the least amount of force possible is always going to be priority number one. Whether it’s controlling an aggressive civilian or detainee overseas or an active aggressor in a naval boarding scenario, its impor-



Members of the Naden Grappling Club pose for a group photo during a recent training session at the Naden Athletic Centre.

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tance cannot be understated.”

MS Thibault’s enthusiasm for grappling is also infectious, his optimism unparalleled.

“There are so many wrestlers, grapplers and mixed martial artists at the base who compete at their own private clubs, but what OS Sher and I are hoping to do is bring them together to train and fight under one banner.”

Grappling teams have sprung up at other bases including CFB Edmonton, CFB Petawawa, CFB Gagetown and 12 Wing Shearwater. The Naden Grappling Team has approximately 20 members and trains three times a week at the Naden Athletic Centre.

Team members are now practicing their choke holds and joint locks in preparation for their first ever Canada West Regionals competition in September at CFB Edmonton.

“I want our team to make history; I want the navy to win the whole competition,” said MS Thibault.

Over his 12-year military career, MS Thibault has dedicated much of his free time training, defending his title, and promoting the sport and its health benefits to others.

“For me, seeing the sport of grappling officially recognized is like living a dream; something I have been waiting and hoping for since I first joined the navy.”

MS Thibault won his fourth consecutive grappling title in the Military Combatives Grappling Concentration at Garrison Petawawa on June 22, striking gold in the Advanced Super-Heavyweight category. The competition brought together 111 competitors from across the country. Even though there were only two competitors in

his division, fighting fewer matches did not make winning this year’s title any easier he says.

“In other years when there have been more competitors in my weight category and thus more matches, competitors would try to pace themselves and conserve their energy,” said MS Thibault. “The grapplers in the advanced super-heavyweight category are the silver-backed gorillas of our sport, so when we knew we would only have two matches each, we tore each other apart when we competed, and really went at it.”

His father, a former mixed martial arts competitor and military policeman, serves as coach when MS Thibault travels to Petawawa for nationals. His father built a gym in their family home which propelled MS Thibault into success on the high school wrestling stage, while his brother Tyler once captured three consecutive titles at the Pan Asian Jiu Jitsu champion.

OS Sher also had a successful outing securing bronze in his Welterweight category, a deep division with over 14 competitors, winning five of his seven matches and subduing three of his opponents by armlock.

The Petawawa Military Combatives Grappling Concentration serves as the CAF’s de facto national championship since it was founded in 2013 by LCol Steve Burgess. It brings together all ranks from every service branch across the country to determine the best fighter in the CAF.

# Pan American Games trivia

By Stephen Stone

These questions are about Canadian participation the Pan American (Pan Am) games. The Pan Am games are held every 4 years in the year prior to the Summer Olympics. The 2019 games took place in Lima, Peru from July 26 to August 11. Some questions may refer to the Lima games.

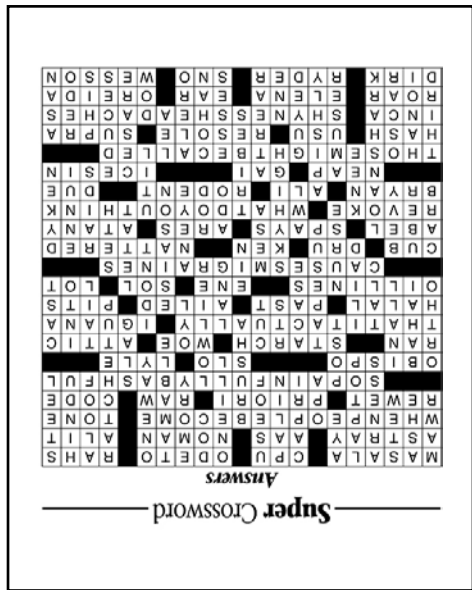
## Questions

- Since the first Pan Am games in 1951 up to the present, The United States was the top placed team in all but 2 games. When were they and which countries were placed ahead of the U.S.A.?
- Canada was the host nation for 3 games. When and where?
- Who won Canada's gold medals at the 1955 games in Mexico?
- Sandra Marks in singles, and with partner Marilyn Malenfant won bronze in which event in 1963?
- At the Pan Am Games in our Centennial year, which Canadian Hall of Fame athlete won gold in the 100 metre sprint in 10.27 seconds?
- In what track event did Andy Boy-

- chuk give Canada its 2nd Pan Am gold medal in 1967?
- Canadians won gold and bronze in which field events in the 1967 games?
- Who was the cyclist who won the individual road race in 1967?
- Which Canadian swimmer won 7 medals in the pool in 1967?
- What is the only Pan Am event from the 2015 games dropped for the 2019 games?
- At the 2019 Pan Am Games in Lima, Peru, who set a new games record winning the women's 10 000 metres?
- Who were the Canadian gold and silver medallists in the 10 metre platform diving event in Lima?
- This highly decorated Olympian won gold in Lima in the women's vault as well as bronze on the uneven bars and helped Canada's team achieve silver in artistic gymnastics?
- At the 1971 games in Cali, Colombia, which Canadian women won gold and silver in the pentathlon?
- In Mexico City in 1975, who were the silver and gold medallists in the shot put?
- He won gold medals in 1971 and 1975, as well as 3 gold in the 1978

- Commonwealth games in cycling.
- She won the women's individual all-round gymnastics gold medal as well as gold on the uneven bars in San Juan in 1975.
- In Havana, Cuba, in 1991, she won gold in the 1 000 sprint cycling competition.
- In 2019 in Lima, Peru, who set a games record in the 3 000 metre Steeplechase?
- This year who won gold in the 800 metre sprint?

Answers on page 23



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# Nijmegen medic says teamwork and support key to a successful march

By Ryan Melanson,  
Trident Staff

CAF members who wish to participate in the International Four Days Marches Nijmegen are required to complete an intense training program at home before travelling to the signature event in the Netherlands. Requirements include back-to-back days of 40 kilometre marches, and a total of at least 500 kilometres through the training process.

The program is designed to prepare marchers for the physically and mentally demanding four day, 160-kilometre trek, but it still can't compare to the real thing, says Pte Heidi King, who recently completed the 2019 Nijmegen marches with the MARLANT Nijmegen team from July 16-19.

"You can train as much as you want at home, but it's completely different when you're doing the real thing," she said during an interview at CF H Svc C (A), where she works as a Medical Technician.

Some members who made it through the training marches with relative ease, herself included, were surprised by the extent of the wear and tear and painful blisters on their feet, and mental exhaustion during the final stretch also created difficulties.

"We had a team full of very strong, supportive individuals, which was really important in getting through



*Pte Heidi King (third from right, with medic patch) recently completed the International Four Days Marches Nijmegen as a medic for the MARLANT team.*

AVR(T) JEROME LESSARD

those tough spots," Pte King said, adding that the festival-like atmosphere in towns and villages along the marching route, with music, dancing, and cheering crowds that always erupt for Canadians, also provided much-needed morale boosts.

As the team medic, she dealt with the added pressure of looking after her teammates and assisting with foot

wraps and other minor treatments, while also staying on top of her own health and trying to get a proper amount of rest between marches. Checking in with her fellow marchers in the evenings was important, she said, because pride can lead people to keep quiet about ailments or issues that could impact their ability to finish the march.

"You know people want to get through and finish very badly, so you need to really talk to your team and see how they're doing. Communication is important."

Fortunately, the CAF contingent for this year's Nijmegen event, which included more than 200 marchers from bases and wings across the country, ended with a 100% completion rate, which Pte King chalked up to the positive attitude of Canadian team members, including other helpful medics who were happy to offer assistance beyond their own teams.

This year marked the 103rd iteration of the Nijmegen marches, which began as a local military exercise in the Netherlands, and has evolved to draw more than 40,000 civilians from 84 countries, in addition to 6,000 military participants, each year.

Canadian team members began their trip with a visit to the Canadian National Vimy Memorial in France, followed by memorial services at the Bergen-Op-Zoom Canadian War Cemetery and Groesbeek Canadian War Cemetery in the Netherlands, honouring the more than 7,600 who died in the campaign to liberate the country during the Second World War.

"It was very powerful. It gave us a completely different perspective and different sense of meaning about our role in uniform and the task ahead of us," Pte King said.



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# Super Crossword

TORMENT OF THE TIMID

## ACROSS

- 1 Garam -- (spice mix in Indian cuisine)  
7 Core PC component  
10 Praiseful poem title starter  
15 Cheering yells  
19 Off the mark  
20 Some little batteries  
21 "Time waits for --"  
22 Dismounted from a horse  
23 Start of a riddle  
26 Musical pitch  
27 Moisten again  
28 A -- (like some logic)  
29 Like ore  
30 Set of rules  
31 Riddle, part 2  
35 San Luis --, California  
38 -- Poke (candy brand)  
39 Singer Lovett  
40 With 50-Down, happened to meet  
41 Laundry-day spray
- 46 Great sorrow  
48 Top-floor storeroom  
52 Riddle, part 3  
56 Reptile with a spiny back  
57 Like meat prepared per Muslim law  
58 With 97-Across, like late payments  
59 Felt sick  
61 Plum parts  
62 Engine conduits  
64 Suffix with acetyl  
65 Fa follower  
67 Parking area  
68 Riddle, part 4  
73 Grizzly baby  
76 Joanne of "All the King's Men"  
77 Male doll  
78 Rambled on and on  
82 Adam's second son  
84 Neuters  
86 Mars, to Greeks

- 88 -- time (ever)  
89 Invalidate  
91 Riddle, part 5  
94 Singer Adams  
95 "The Greatest" fighter  
96 Beaver, e.g.  
97 See 58-Across  
98 Kind of tide  
100 Moo goo -- pan  
102 Traps, as by a winter storm  
105 End of the riddle  
113 Diner grub  
114 In most cases: Abbr.  
115 Repair, as a shoe bottom  
116 Longtime Toyota  
120 Andean ancient  
121 Riddle's answer  
124 Den noise  
125 Kagan of the court  
126 Teacup part  
127 Frozen fries brand  
128 Long dagger  
129 Winona of "Mermaids"

- 130 -- -Caps (candy brand)  
131 Cooking oil brand

## DOWN

- 1 Bryn -- College  
2 Arthur of the court  
3 Ragout, e.g.  
4 James of "Gunsmoke"  
5 Portable computer  
6 Passing vote  
7 Island near Naples  
8 Politico Sarah  
9 Make -- (employ)  
10 Nobelist Eugene  
11 ICU figure  
12 Atlanta university  
13 Not too wild to domesticate  
14 Counterpart of round-trip  
15 Increase by degrees  
16 Detached  
17 Dhoti wearer  
18 Mill metal  
24 -- -Locka, Florida  
25 Start of the old Ipana toothpaste jingle  
32 Station  
33 More humble  
34 Mill debris  
35 Lawn care brand
- 36 Religion of Iran  
37 Counting everything  
42 Wraps, as a healing ankle  
43 "It's -- of do or die"  
44 Some are civil: Abbr.  
45 Sever  
47 Olive of the comics  
49 Kite's trailer  
50 See 40-Across  
51 Play's actors  
53 Barber's sprinkle-on  
54 Greek epic  
55 Singer k.d.  
56 Start of a denial  
60 Footballer Boomer  
63 "ER" figure  
64 Berlin article  
66 Allow to attack  
69 Through the roof  
70 City east of Phoenix  
71 Without blinking --  
72 MacFarlane of "Ted"  
73 Bit of pasta, informally  
74 Lyft rival  
75 Flock of quail  
79 Forays  
80 Boredom  
81 Gold-medal swimmer Amy Van --

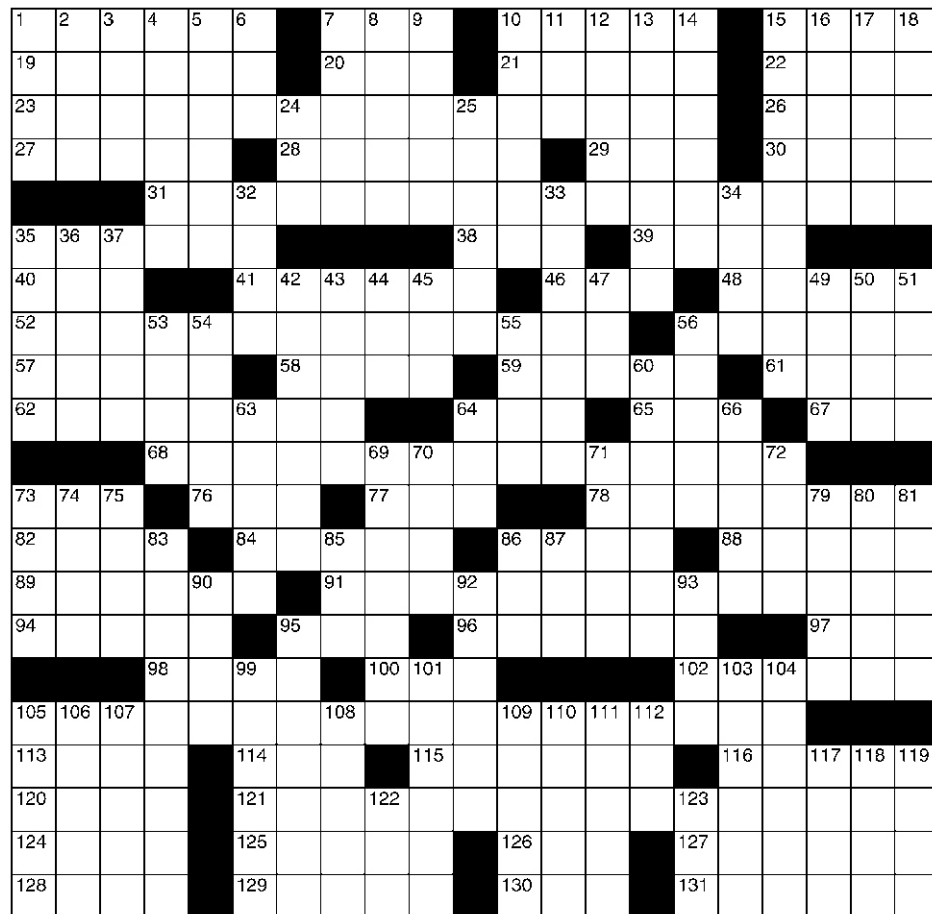
- 83 Usurer  
85 Beltmaking tool  
86 Rumpus  
87 Wand  
90 Genuflection joint  
92 Big families  
93 Power co.  
95 In a mockingly humorous way  
99 Court jester, e.g.  
101 In back  
103 Cardinal Borgia  
104 Draws forth  
105 Wade Boggs' base  
106 Vietnam's capital  
107 Acting award  
108 Steadied by attaching a rope to  
109 Snaky letters  
110 "Over There" songwriter  
111 Last Oldsmobile model  
112 Untilled field  
117 Letters before chis  
118 Start over on  
119 Hot -- oven  
122 Reno-to-Spokane dir.  
123 NYSE index

# Pan American Games trivia

Questions on page 21

## Answers

- 1951 – Argentina and 1991 – Cuba. Interestingly, these countries also hosted the games-just saying.
- 1967 – Winnipeg; 1999 – Winnipeg; and 2015 – Toronto.
- Helen Stewart – 100 metre free-style – 1:07.7; Beth Whittall – 400 metre freestyle – 5:32.4 and 100 metre butterfly – 1:16.2; and Leonore Fisher – 100 metre back-stroke – 1:16.7
- Synchronized Swimming.
- Harry Jerome.
- Marathon – winning time 2:23:03.
- Shot Put. - Nancy McCredie put the shot 15.18 metres and Maureen Dowds 14.35.
- Marcel Roy.
- Ralph Hutton: Gold, 200 m back-stroke; silver, 200, 400, 1500 free-style - 4 x 100 , 4 x 200, freestyle relay, and 4 x 100 medley relay.
- Women's baseball. The justification was that it was only added for the first time in 2015.
- Natasha Wodak in a blistering time of 31:55.17.
- Meaghan Benfeito and Caeli McKay. They won gold in women's 10-metre synchronized platform.
- Ellie Black.
- Debbie Van Kiekebelt, gold, and Penny May, silver.
- Bruce Pirnie, gold, and Bishop Dolegiewicz, silver.
- Jocelyn Lovell.
- Monica Goermann.
- Manitoba Sports Hall of Famer Tanya Dubnicoff.
- Geneviève Lalonde of Moncton in a time of 9:41.45.
- Marco Arop of Edmonton in a time of 1:44.48.



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