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TRIDENT

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



HMCS Moncton's new paint job

HMCS Moncton returns to its homeport of Halifax after refit on September 14, 2019, in a Second World War Admiralty commemorative paint scheme to honour the 75th Anniversary of the end of the Battle of the Atlantic. The pattern is a form of ship camouflage from the Second World War era.

MONA GHIZ, MARLANT PA



Op NANOOK concludes

Pg. 3



Get set for NDWCC 2019

Pg. 7



HMCS St. John's Run the Rock

Pg. 16



Practicing for Mini Grey Cup

Pg. 22

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Military personnel help with cleanup after Hurricane Dorian

Starting from the Willow Park Armoury in Halifax, soldiers deployed across Halifax Regional Municipality to assist the municipal and provincial authorities with disaster response.

MCPL BRIAN WATTERS, 5 CDN DIV PA

By Trident Staff

Through Op LENTUS 19-04, military personnel from Joint Task Force Atlantic stepped in to help with the community cleanup following the damage caused by Hurricane Dorian, which hit the Atlantic region on Saturday, September 7, 2019. Hurricane Dorian was officially a post-tropical storm but the winds reached Category 2 strength. The storm included heavy rain and high winds that caused flooding and power outages across the region. Fallen trees, branches and limbs brought down power lines and work crews from utility companies operated around the clock to restore electricity to thousands of homes and businesses. When the storm subsided, military members moved in to assist with the large task of clearing away debris, including fallen trees that were a hazard to the public.



Soldiers remove chunks of the fallen trees that are hazardous to homeowners, drivers, and pedestrians.

CPL JENNIFER ROBINSON-MCGUIRE



All across Halifax and Dartmouth, the roar of chainsaws wielded by CAF members reassured citizens that the fallen trees soon would no longer be obstacles to safety.

CPL JENNIFER ROBINSON-MCGUIRE



Across Nova Scotia, many trees collapsed on houses, creating dangerous situations for entire neighbourhoods. Soldiers from the 5th Canadian Division acted swiftly to support provincial and municipal authorities in the aftermath of Hurricane Dorian. The operation, known as Op LENTUS, is the Canadian Armed Forces response to natural disasters in Canada.

SGT LANCE WADE, 5 CDN DIV



Back in the Willow Park Armoury, cots were set up as temporary quarters for the CAF personnel who were part of Op LENTUS.

MCPL BRIAN WATTERS, 5 CDN DIV PA



HMCS *Kingston* completes Op NANOOK

By CAF

Op NANOOK, Canada's annual northern sovereignty operation, came to another successful conclusion on September 13. This operation is conducted in communities and locations across Canada's Arctic including Nunavut, Yukon, Northwest Territories, and the Northwest Passage. This year's operation included the CAF, other Government Departments and Agencies, domestic, and international partners.

This year's Op NANOOK was conducted in four parts:

Op NANOOK-NUNALIVUT: Northwest Territories, March 17-April 01; main focus, High Arctic winter operations.

Op NANOOK-TATIGIIT: Yukon, May 27-June 07; main focus, wildfire evacuation training.

Op NANOOK-NUNAKPUT: Nunavut, August 11-30; main focus, presence along and monitoring of Northwest Passage.

Op NANOOK-TUUGAALIK: Northwest Passage, August 09-September 13; main focus, Naval presence along and monitoring of Northwest Passage.

Common to all aspects of Op NANOOK is the respectful partnership between the CAF and the peoples and communities indigenous to Canada's North. Canadian Ranger units and local governments all contributed greatly to the success of Op NANOOK 2019.

An annual event since 2007, Op



HMCS Kingston transits the Eclipse Sound during Op NANOOK.

CPL SIMON ARCAND, FIS

NANOOK enhances Canada's surveillance and presence across its northernmost regions, strengthens coordination with whole-of-government partners and the way Canada's military operates in arctic conditions. In addition, it provides the CAF opportunities to work with mission partners.

Military participants in Op NANOOK came from the regular force and reserve force of all environments, including the Canadian Rangers, Canadian Army, Royal Canadian Air Force, and Royal Canadian Navy.

With the support of other Government Departments and Agencies, as well as local authorities, CAF

members enhanced their ability and competency to operate in Canada's northern regions.

CAF achieved a number of objectives during Operation NANOOK 2019, including: strengthening civil-military partnerships; synchronizing operations between land, air and naval elements; exercising traditional survival skills; exercising the headquarters' planning function to overcome complex logistical challenges; and building community partnerships in key communities.

The Canadian Armed Forces conduct annual operations in northern Canada to strengthen security and cooperation with domestic and international partners.



Researchers of Defense Research Development Canada (right) return from a visit to HMCS Kingston during Op NANOOK.

CPL SIMON ARCAND, FIS



OS Alma Delgado-Barahona onboard HMCS Kingston's Sweep Deck is ready to intervene in case of a fire problem as the ship fuels at the port of Nuuk, Greenland during Op NANOOK.

CPL SIMON ARCAND, FIS



MS James Milbury (left) and LS Daniel Shaw, onboard HMCS Kingston's Sweep Deck, throw a hook into Lancaster Sound to recover a Deployed Acoustic Calibration Noise prototype during Op NANOOK.

CPL SIMON ARCAND, FIS

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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

Editor: Virginia Beaton

editor@tridentnews.ca
(902) 427-4235

Journalist: Ryan Melanson

reporter@tridentnews.ca
(902) 427-4231

Editorial Advisor: Margaret Conway

margaret.conway@forces.gc.ca
902-721-0560

www.tridentnewspaper.com

Advertising Sales

Dave MacNeil

902-209-0570

davemacneil@advocatemediainc.com

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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 than 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

Dalhousie University Mawio'mi

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

Date: Monday, September 30

Location: Studley Quad, 6300 Coburg Rd.

Get set for Mi'kmaq History Month in Nova Scotia by celebrating with Dalhousie University at the 10th annual Mawio'mi. There will be dancing and drumming as well as talented Indigenous artists and entrepreneurs invited in as vendors for the day,

including visual artists, beadwork artists, jewelers, clothiers, textiles, and nature-based products. The event is open to the public, with a grand opening scheduled for noon.

Mi'kmaq Treaty Day

Date: Tuesday, October 1

Treaty Day, held annually on October 1, marks the beginning of Mi'kmaq History Month in Nova Scotia, as proclaimed in 1993 by then Premier John Savage and Mi'kmaq Grand Chief Ben Sylliboy. The purpose of Treaty Day is to promote public awareness about the Mi'kmaq culture and heritage for all Nova Scotians. Ceremonies in Halifax will include a flag raising at Government House, Treaty Day church services at St. Mary's Basilica, the Veterans Parade of Honour, and an awards ceremony at the new Halifax Convention Centre. CAF members and veterans of all backgrounds are encouraged to attend. For more information visit <http://www.unsi.ns.ca/treaty-day/>

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 Atlantic

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.

Five ways to reduce family conflict and stress

By Lt(N) Pickens,

FMF Cape Scott/ BLOG and BiS Chaplain

Do you ever feel like your family is just a powder keg waiting to ignite again? Are you, your spouse, and your kids always moving from one conflict to the next, with rare moments of peace few and far between? It can be draining and discouraging. But here's the good news: Every family—no matter what its challenges—can reduce conflict in the home.

The first step is to recognize the effect of constant friction on your relationships and even your health. Dana Hall McCain, from iMom.com says, "Conflict is stressful, and life is stressful enough already! It's also necessary to realize that problems can be solved without fireworks and yelling. We just have to be intentional about it."

Here are a few suggestions to make your happy place a happier, calmer place to live by kicking unnecessary conflict to the curb.

1. Make expectations clear.

All kind of conflicts arise when others don't understand—or, at least, claim not to understand—the expectations. For example, your child wants to go to

a friend's house, but you say no because their daily chores haven't been completed. To be fair, were the rules clearly spelled out? See how this works? Make your goal to practically over communicate to eliminate those tensions that come from under communicating.

2. Watch your tone and volume.

My dad used to say, "You can say anything to anyone, if you say it right." Sometimes family stress spikes not because of what we say, but how we say it. Be intentional about speaking to family members—even when you're tired or upset—using a calm, respectful tone. It is possible to say hard things, without saying it in a harsh way (Tweet that!). So when you feel your anxiety rising, take a deep breath and try to say what needs to be said in a way that focuses on the issue without heating up the conflict level.

3. Slow down.

When the household calendar looks like a Toronto train schedule, there's no room for the unexpected. So, when the unexpected happens, it feels like a crisis—and crisis is a fertile ground for conflict. Build some room for your family by leaving some blank space on the calendar in which to handle the



Padre's Corner

unknown—or even just to rest.

4. Choose grace.

If we want to, we can find something to take issue with in just about every situation. We can choose to assume that an offense was intentional, or realize that it was completely unintentional. We can decide to 'lose it', or we can decide that maybe this time, a different approach would work better. We all receive grace daily from those who cut us some slack on our mistakes—whether we realize it or not – so pay it forward!

5. Be flexible.

People who know how to roll with the punches are happier people. Sure, there are some personal values and family rules on which you can't and shouldn't bend. Try going with the flow sometimes when you really want to dig in and do battle. You will likely find that your home is a happier place and your family relationships are better as a result.

If you have family concerns or need to talk, be sure to look up your Unit Chaplain. As partners with the MFRC, Padres can be a great source of support and encouragement.

CUTLASS FURY 19 begins after storm cancels public events

By Ryan Melanson,
Trident Staff

Communities across Nova Scotia were impacted when the destructive post-tropical storm Dorian made landfall on September 7, and the CAF community was no exception.

The storm came at a particularly inopportune time for Maritime Forces Atlantic, with NATO partners from seven partner nations arriving just days earlier ahead of Exercise CUTLASS FURY, a joint multinational maritime engagement taking place off Nova Scotia and Newfoundland. Public events planned for the weekend, including ship tours and a soccer match, were called off as 15 ships headed to sea to ride out the storm in sheltered waters. Damage to the Halifax boardwalk and the scale of power restoration efforts meant the planned sail past and fly past on September 9 was also called off.

"There's disappointment on all sides. The staff I work with has been preparing for this exercise for more than a year now, and everyone was very much looking forward to this part of it, welcoming the public to the dockyard to see these ships," said Capt(N) Matthew Bowen, the Exercise Director for CUTLASS FURY 19. He added the changes to the schedule and cancellation of some activities was necessary to protect naval equipment, the sailors themselves, and members of the public.

The bulk of CUTLASS FURY, however, is continuing as planned. The exercise task group sailed out on the afternoon of September 9 to begin exercising off the coast of Nova Scotia. HMC ships *Fredericton*, *Ville de Quebec*, *St. John's*, *Shawinigan*, and *Gloucester* are participating, along with MV Asterix, and RCAF aircraft including CP-140 Auroras, CC130T Hercules, CC-150T Polaris air-to-air refuellers, CH-148 Cyclone maritime helicopters and CF-18 Hornet fighter jets. Visiting ships include members of Standing NATO Maritime Group 1 from the Dutch, Portuguese, Norwegian and Belgian Navies, as well as others from the United States Navy, Royal Navy and Royal Danish Navy. In total, the exercise will include 2,800 participants, 20 ships and 36 aircraft.

Scenarios will be based around a multi-threat environment, with a strong emphasis on air elements; air-maritime integration and support, anti-air defense, air coordination, and air-on-air warfare, including participation in a NORAD exercise called AMALGAM DART 19-2.

Capt (N) Bowen said exercises at sea will also focus on sailors' and ships' ability to work with their counterparts from other countries.

"It's an opportunity to go to sea



Sailors from HMCS Ville de Quebec (right) practiced replenishment at sea during the opening days of the exercise.

MARLANT PA

HMCS Fredericton conducts a replenishment at sea approach with Naval Replenishment Unit Asterix during Ex CUTLASS FURY 19, off the coast of Nova Scotia and Newfoundland.

MS DAN BARD, CANADIAN FORCES COMBAT CAMERA.

and practice not-only warfare skills and interoperability with our NATO partners, but also making sure all our procedures are aligned, making sure all our crew are prepared to work together; talk to each other, and understand each other, despite language barriers or potential differences in how different Navies do things."

CUTLASS FURY is set to conclude on September 20 when participating ships come alongside in St. John's, Newfoundland.

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Member of HMCS *Malahat* reaches milestone 500th blood donation

By Lt(N) Melissa Kia,
HMCS *Malahat* PAO

LS Robert Hull of HMCS *Malahat* eases into a donation chair at the Victoria Canadian Blood Services Clinique as if he's sitting down at his favorite park bench.

After 34 years of donating whole blood and platelets, he has achieved a milestone which few people reach.

Tuesday, September 3, marked his 500th blood donation.

LS Hull, unassuming about his feat, likens his bi-weekly donation to stopping off for a coffee with friends.

"After so many years it is just a habit to come down to the clinic and give," he says as the pumps whirl in the background.

When queried about how he got started, LS Hull says, "I guess I was just curious when I started donating. I still remember my first time, I was only 18 years old. I went down to the clinic in St. John's, NL, after my father was diagnosed with stage four cancer. Cancer took both of my grandfathers, so I wanted to try to do something to help."

Feeling like he could make a difference in the lives of cancer patients,



LS Hull of HMCS *Malahat* made his 500th blood donation in September 2019.

SUBMITTED

and all Canadians who were in need of blood, kept LS Hull going back time and again for the next three decades.

"I learned that cancer patients desperately need blood and platelets as

part of their treatment," he said.

Though his father beat the odds, and survived his bout with the disease, LS Hull was hooked on donating. Going back to give became a

part of his lifestyle.

Patricia Willms, a spokesperson for Canadian Blood Services, could not overstate the importance of LS Hull's record donation.

"Though I don't have the national statistics on hand, I can assure you that very few Canadians ever reach a 500th donation," says Willms. "To reach such an achievement is a huge deal. For men, they can donate whole blood about six times a year; and platelets about once every two weeks maximum. They also have to pass the screening to ensure they haven't been to any countries which are considered malarial risks. Five hundred donations represents an incredible commitment on the part of the donor."

LS Hull says he is not really interested in his donation count, but rather how many people he can help.

"Just think, if I donate 500 times, and each donation helps three people, that's 1,500 people. Ultimately, what I really hope is that someone else out there picks up my habit. Just imagine if just one person is donating weekly too, how exponential the effect could be in terms of helping others. After all it's right there in the slogan; it's in you to give."



Seeing is Believing

On September 5, the 2019 MARLANT National Defence Workplace Charitable Campaign (NDWCC) team, led by Cdr Beth Vallis, participated in the United Way Halifax Seeing is Believing tour and training session at Veith House, in north end Halifax. The team's involvement as well as the support of the Defence community are vital to the success of the military's annual giving campaign. The 2019 NDWCC will launch with several kick-off events at local Defence establishments between September 24 and October 9 so stay tuned for more details.

ARIANE GUAY-JADAH, CFB HALIFAX PA



NDWCC 2019: Let's Be the Change

By Capt(N) D.E. Mazur,
CFB Halifax Base Commander, 2019
MARLANT NDWCC Champion

Most, if not all of us, have experienced a time during which colleagues, friends or family members have found themselves in need. Members of the CAF retire, and sometimes have to fight to stay on their feet. Families encounter tragedy and suddenly a single parent struggles to find affordable housing or put food on the table. Some members fall prey to addiction and need help to break the cycle. Many of us have close friends who face mental health challenges and need support to heal.

Over the last year, I have encountered each of these stories right here at CFB Halifax. For example, we have short-term emergency housing on Base which is used frequently. As Defence Team members, we all work to support the operational output of the CAF. Whether doing so at home or on deployment, we often rely on the kindness of others to help our families in time of need. As a Board member of United Way Halifax – and having championed the National Defence Workplace Charitable Campaign (NDWCC) over the last year – I now have a clear understanding of the critical importance that this charitable campaign, and organizations such as the H&R MFRC play in providing support to people who are struggling within our community.

Every year, the NDWCC encourages federal public servants and federal retirees to make a difference through charitable giving. This year's campaign theme – *Standing shoulder-to-shoulder against veterans' homelessness* – pushes us to be unified in our collective actions to support vulner-



CFB Halifax Base Commander Capt(N) David Mazur, MARLANT's National Defence Workplace Charitable Campaign (NDWCC) Champion, speaks at the 2018 MARLANT NDWCC kick-off event. Capt(N) Mazur is hoping for a successful 2019 campaign season, with increased participation and engagement from local Defence Team members.

able people in our military community. As such, the campaign provides Defence Team members easy access to over 86,500 charities, including those focused directly on supporting CAF members and veterans. As MARLANT's NDWCC Champion, I have been inspired by the hard work, dedication, teamwork and generous spirit that are regularly shown through the year, and are amplified throughout our annual campaign.

This 2019 campaign will be conducted in a more focused way. The Formation kick-off will take place on October 2 at Stadacona's Porteous Field, and we will conclude the campaign on November 29. Several other kick-off events will take place at Defence establishments throughout the Halifax region for ease of access and to encourage maximum participa-

tion. We will be adopting some new technology to facilitate participation and contributions, and we will be prepared to support canvassing efforts at various kick-off activities. Last year, fewer than 500 people (out of a total workforce of 11,000) supported the NDWCC through pay allotment. Our goal is to improve our contributions, and encourage more Defence Team members, both military and civilian, to be change-makers. With this in mind, my goals for this year are simple:

- For Command teams to increase their participation and support for their unit campaigns;
- Encourage broader Defence Team participation in NDWCC activities;
- Execute full and meaningful canvassing;

- Increase junior personnel engagement;
- Improve the coordination of major events; and
- Measure our impact (charitable giving and overall engagement).

If you don't know where to start, ask one of your unit canvassing team members. Take some time to do some research; there are many charitable organizations doing amazing work in your community. If you don't have a personal connection to a specific charity, consider donating to the H&R MFRC or organizations that address veterans' homelessness directly and/or support our Defence Team members and their families.

You can also donate to the United Way Halifax or HealthPartners and they will assess which community charities can benefit most from your contributions.

Giving is multifaceted – there is no one way to give to those in need. While donating money is an important part of charitable giving, we understand that not everyone can contribute financially to a given cause. There are different ways of helping our fellow citizens, such as volunteering with local charities, researching social issues, trying to find community-based solutions alongside local organizations and raising awareness in the broader community.

The important thing to remember is to find a way to give that makes sense for you and encourage others to do so as well. I invite you to stand shoulder-to-shoulder in solidarity with the entire Defence community. I invite you to make a difference. Let's be the change together.

CPL BRADEN TRUDEAU, FIS

Save the dates: several kick-off events to launch 2019 NDWCC

By CFB Halifax PA

As the final days of summer fade away, the start of a new season is upon us. The crispness of fall brings with it occasions of both commemoration and celebration such as Thanksgiving, Kootenay Day and Remembrance Day. For the Department of National Defence, the fall also signifies the beginning of a new National Defence Workplace Charitable Campaign (NDWCC) season.

And while many of us are still daydreaming about summer days at the beach, a dedicated group of local Defence Team members has been diligently planning the 2019 NDWCC here in Halifax. There will be fundraisers and lotteries, unit canvassing and

volunteer outreach held during this year's campaign, which runs September 30 – November 29.

To celebrate the launch of the 2019 NDWCC and to set the tone for participation and inclusion throughout the campaign season, there will be a number of kick-off events held at local Defence establishments.

September 24: FMF Cape Scott kick-off
October 2: MARLANT Formation kick-off and NDWCC Leadership Breakfast
October 3: 12 Wing Shearwater kick-off
October 8: 5th Canadian Division HQ kick-off
October 9: Fleet kick-off, hosted by HMCS Charlottetown

"Units organizing this year's NDWCC kick-offs are working hard to make a difference and raise awareness on issues on poverty, homelessness, mental health, substance use and disease. These are daily issues are right in our backyard and affect everyone," explains Cdr Beth Vallis, the 2019 NDWCC Campaign Director for MARLANT and local lodger units.

"The Defence Team is working hard to launch the 2019 campaign, standing shoulder-to-shoulder in an effort to help. I am excited about the plans the organizers are putting together and I encourage all local Defence Team members to join us at one or more of these inspiring activities to

help launch the campaign, have some fun, work together and learn about some of the charitable organizations and health partners striving to create healthy, strong communities here in the Halifax Regional Municipality and across Canada."

More kick-off event details will be released in the coming weeks. Please follow CFB Halifax on Facebook (@BaseHalifax), Instagram (@cfbhalifax_bfchalfax) and Twitter (@CFBHalifax) for the most up-to-date information on the 2019 NDWCC campaign. NDWCC details will also be available on the MARLANT intranet splash page and by visiting the local NDWCC website at <http://halifax.mil.ca/NDWCC/index.html>.

Canada worked to empower women, NCMs during CTF 150 command

By Ryan Melanson,
Trident Staff

Combined Maritime Forces (CMF) is a 33-nation naval partnership that has worked to promote security and stability in the Middle East since 2002. While the coalition has had success combating terrorism, piracy, and other wrongdoing, the working relationship between countries isn't always simple.

The coalition is non-binding, meaning no nation can be forced to carry out operations under the CMF banner, and the variety of nations included means different ways of conducting military business and different sets of national values come into play.

When Combined Task Force 150, one of CMF's three task groups, came under Canadian command from December 2018 - April 2019 under the leadership of Capt(N) (Ret'd) Darren Garnier, the team adopted a Canadian way of doing things. Capt(N) Garnier established a Command Chief Petty Officer position to work alongside him in Bahrain at CTF 150 HQ, emphasizing the important role of senior non-commissioned members in the Canadian Armed Forces, and he also made sure his unit's six female officers were front and centre for important tasks and meetings.

"It was something I wanted to establish; in some of the countries we visit in that part of the world, non-commissioned members and women members are sometimes not well valued by their militaries. We had a great team and part of our mandate was to empower them," he said.

The Canadian contribution to CMF is known as Operation ARTEMIS. Capt(N) Garnier, who recently retired



Canadian ships and aircraft operate in the Pacific Ocean during Op ARTEMIS on March 31, 2019. Pictured are MV Asterix, HMCS Regina, and a CP-140 Aurora.

RCN

from the CAF following the deployment, spoke to members of the Royal United Services Institute of Nova Scotia on August 21, delivering a presentation that included results from this 12th rotation of Op ARTEMIS, as well as an overview of the difficulties that come from operating in the region.

It can be a high-stress environment, and that was made painfully clear during Canada's first days in command of CTF 150, when news hit of the death by suicide of American VAdm Scott Stearney, who was Commander of CMF and the US Navy's 5th Fleet at the time of his death. The unfortunate incident was closely followed by the deaths of one American sailor and one Royal Navy sailor in theatre, also determined

to be suicides. The incidents created an immediate need for the command team to focus on the mental wellbeing of their personnel and to offer support to American and UK colleagues dealing with the difficult losses.

"This was a difficult position for leadership to be in, but we carried on," Capt(N) Garnier said.

"During our first month we had a number of tactical successes at sea, and a number of drug busts, thanks to some good luck, good management, and good intelligence, which helped us get going and to begin recovering from some of that initial tragic news."

He noted the CTF 150 area of operations covers more than 3.2 million square miles of ocean, including major

choke points like the Straits of Hormuz, Bab el-Mandeb Strait, Suez Canal and the Mozambique Channel. It's an incredibly Complex geo-strategic area that sees 64 percent of the world's trade flowing through each year, along with illegal cargo like opiates, hashish, and illicit Somali charcoal.

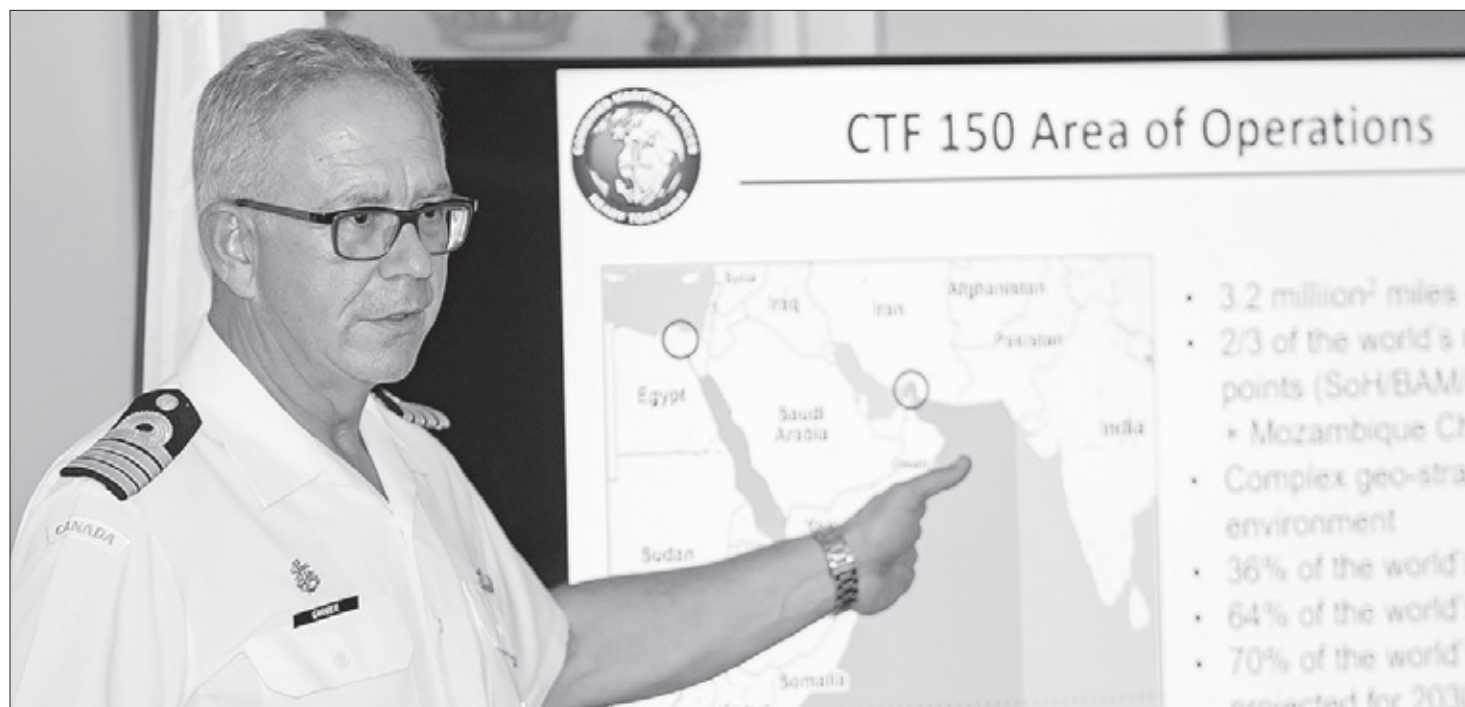
Canada's recent time in command was supported by the Australian Defence Force, made clear by the kangaroo silhouette over the Maple Leaf on the official Op ARTEMIS ROTO 12 badge, and also saw participation from France and Pakistan, along with the aforementioned US and UK forces. Canadian ships and aircraft for the deployment included HMCS Regina with an embarked CH-148 Cyclone, MV Asterix, and a CP-140 Aurora.

The highly successful deployment included 56 boardings of suspicious vessels and 18 narcotics interdictions, taking about \$41 million worth of illegal drugs out of busy shipping lanes.

In terms of capacity and trust building in the region, the Canadian leadership team visited five different regional nations and conducted 25 visits with key leaders from 12 countries. While drug busts generate headlines, these types of regional engagements are crucial to the continued success and growth of the CMF partnership and for generating understanding and goodwill between nations.

"There's a membership plan where we want to bring more nations in, and we're trying our best to create the conditions for success. We share information, we collaborate, cooperate, and we do training and have our ships work together," Capt(N) Garnier said.

Canada handed command of CTF 150 over to Pakistan on April 11, and Capt(N) Garnier officially released from the CAF on September 3.



Capt(N) (ret'd) Darren Garnier spoke to members of RUSI(NS) on August 21 about his time in Command of Combined Task Force 150.

MONA GHIZ, MARLANT PA



HMCS *Fredericton* sailors pass feats of strength to grant nine-year-old boy's wish

By RCN

In eight days, they biked 1,000 km, marched in parades and even pulled a fire engine with their bare hands. Then, the sailors of HMCS *Fredericton* granted a little boy his wish — playtime outside.

Noah Bennett, 9, has both autism and severe neurodevelopmental issues. He was born underdeveloped and as an infant, just as he was learning to babble and say 'da-da', he had a seizure that left him permanently non-verbal, said his mother Julie Bennett.

At two years old, Noah had a stroke that paralyzed the left side of his body.

More than anything in the world, Noah loves playing outside on his family's backyard deck. However, the deck height is a danger and there isn't much protection from the sun. The family lives in a mosquito-dense area and because of his condition Noah won't swat them away. He will often return inside with terribly swollen red arms.

But now things are getting better. Thanks to the more than \$40,000 raised so far through *Fredericton's* 11th annual Sailors for Wishes Children's Wish Foundation (CWF) fundraising drive, Noah is having a personal 'outdoor play oasis' built for him.

The new play area is going to replace a single shade-giving umbrella with a full roof, have mosquito netting, safety barriers, a sensory play table with water and sand, and an easy access magnetic door from the house so Noah can come and go as he pleases.

Much of Noah's day is spent going between home, school and multiple doctor appointments. It's tiring. Sometimes it feels like his play area outside is his only relief from it all,



A team from HMCS *Fredericton's* crew (green shirts), as part of the Sailors For Wishes fundraising campaign from August 6-14, participated in the International Fire Truck Pull in St. Stephen, NB.

SUBMITTED

said his mom.

"I just love to see the look of joy on my son's face when he's out there," she said.

Each year, Sailors for Wishes is a fun and rewarding adventure for the participating crew.

This year, on August 6, 13 sailors started cycling in Shediac, NB, split up into two teams, and then, over the next week, toured different communities in New Brunswick getting up to various fundraising hijinks along the way.

They did anything to get cash for CWF. They held Dance with a Sailor for a Donation at local pubs, had 50-50 draws, dragged fire engines with both

American and Canadian firefighters at the St. Stephen International Fire Truck Pull, and marched in the St. John's PRIDE parade.

They even just straight up stopped traffic and asked for cash.

When the two teams rejoined in Fredericton for the campaign ceremony on August 14, they had collected \$32,000 in just pure paper and coin cash donations. Further online and organizational donations are still rolling in.

"The neat thing about this event is that in the cities we go to, we get to meet former wish families and they stop and tell us about the wishes they've received," said LCdr Nicole Robichaud, *Fredericton's* executive officer and campaign participant.

Other CWF children helped by *Fred-*

erickton's fundraiser this year include:

Sophie, age 7, with sacral agenesis and spinal bifida who is going to Disney World's Bibbidi Bobbidi Boutique; Brothers Evan, age 14, and Noah, age 10, who both have cystic fibrosis, are going together to Los Angeles to meet the creator of the cartoon Stephen Universe, and then to Disneyland; and Rachel, age 10, who has a brain tumour and who is going to Marineland because she loves animals and sea creatures.

"We're absolutely honoured and delighted that they do this every year," said CWF coordinator Pam Shepperd. "These are funds that we rely on now and the generosity of the people of New Brunswick — with the sailors in particular — is always surprising and really heartwarming."



During a campaign ceremony on August 14, 2019 in Fredericton, NB, the crew of HMCS *Fredericton* presented Children's Wish Foundation child Noah Bennett, 9, (held by mother Julie Bennett) a plaque representing his wish: an outdoor play oasis.

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HMCS *Halifax* continues Op REASSURANCE deployment

HMCS *Halifax*, the Flagship of Standing NATO Maritime Group Two (SNMG2), continues to patrol as part of Op REASSURANCE. SNMG2 is commanded by Commodore Josée Kurtz of the Royal Canadian Navy. In addition to *Halifax*, SNMG2 also includes FGS Hessen of the German Navy; ALS Oriku of the Albanian Navy; HS Simeoforos Simitzopoulos of the Hellenic Navy; HS Navmachos of the Hellenic Navy; HS Maridakis of the Hellenic Navy; and TCG *Türkeli* of the Turkish Navy.

The CH-148 Cyclone helicopter call sign Kingfisher, conducts a foc'sle transfer with FS Commandant Birot in the Mediterranean Sea during Op REASSURANCE.

CPL BRADEN TRUDEAU, FIS



Members of the NTOG aboard HMCS Halifax rappel into a Special Operations rigid hulled inflatable boat as part of training drills during Op REASSURANCE.

CPL BRADEN TRUDEAU, FIS



HMCS Halifax patrols the Mediterranean Sea during Op REASSURANCE.

CPL BRADEN TRUDEAU, FIS



Members of the Naval Tactical Operations Group (NTOG) aboard HMCS Halifax conduct live fire training with the Sig Sauer P226 pistol during Op REASSURANCE.

CPL BRADEN TRUDEAU, FIS



Cyclone lands on HMS Queen Elizabeth

An RCAF Cyclone helicopter from 423 Squadron at 12 Wing Shearwater landed onboard the aircraft carrier HMS Queen Elizabeth as the carrier arrived in Halifax. In an aviation first for the carrier, the CH-148 proved its capability in being operated from the 65,000 tonne warship's deck on September 12, 2019. This was the first visit to Halifax for the UK's new aircraft carrier. The 65,000 tonne warship, the biggest ever built for the Royal Navy, was joined by other ships from the UK Carrier Strike Group.

LPHOT KYLE HELLER; ©UK MINISTRY OF DEFENCE CROWN COPYRIGHT, 2019



New Commanding Officer for HMCS Toronto

Cdr Jeff Dargavel gives his first address as HMCS Toronto's new Commanding Officer during the Change of Command ceremony aboard the ship.

PTE SARINA MCNEILL, FIS/TRINITY



HMCS Toronto says farewell to outgoing Commanding Officer

Outgoing Commanding Officer of HMCS Toronto, Capt(N) Martin Fluët, receives parting gifts during the Change of Command ceremony aboard the ship on August 27, 2019.

PTE SARINA MCNEILL, FIS/TRINITY



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MV Asterix to participate during DEFSEC Atlantic 2019

By Ryan Melanson,
Trident Staff

One of Canada's largest defence trade shows is returning to the Halifax waterfront for 2019, and the Royal Canadian Navy's interim supply ship will be alongside and part of the action.

MV Asterix will be tied up at Pier 23 from October 1-3 during the Canadian Defence Security and Aerospace Exhibition (DEFSEC) Atlantic. The ship will be open for two full days of tours, and DEFSEC Executive Director Colin Stephenson said many of the private companies attending the event will be able to see their own products in use on the ship.

"Because the vessel is a new collaboration between industry and government to provide Naval services, we have a number of companies that have assets on board, and they are going to be interested in showing those off to potential clients. Having Asterix is a very exciting addition for this year."

The former civilian tanker has been converted to meet naval requirements by Federal Fleet Services, the firm that operates MV Asterix. Stephenson said it was pure luck that the ship is alongside in Halifax and not required to support the RCN during the DEFSEC dates, and he's grateful that Federal



MV Asterix is seen at sea in the Indian Ocean earlier this summer. The ship will be alongside at Pier 23 during DEFSEC Atlantic 2019.

CPL STUART EVANS, BORDEN IMAGING

Fleet Services was willing to take part.

DEFSEC Atlantic welcomes large defence contractors like Irving Shipbuilding, Lockheed Martin, and Thales to their floor each year, along with small and medium-sized enterprises (SMEs), including a number from Atlantic Canada. Government representatives also take part to deliver presentations and meet with industry, and military members typically attend to learn about new innovations and get a look at the technologies they may be using in the future.

As a smaller trade show than the annual CANSEC event in Ottawa, but with many of the big players still present, DEFSEC prides itself on offer-

ing an environment more friendly to smaller, local firms, including members of the Atlantic Canada Aerospace and Defence Association.

"At DEFSEC, there's easier access to those large companies. They're less focused on selling to government and more focused on fulfilling their supply chain needs, which is where the SMEs come in," Stephenson said, adding that the Canadian Surface Combatant is sure to be a hot topic as companies and firms try to find a place for their products and services within the project.

A full series of presentations from both industry and government on the DEFSEC stage will also be announced soon, and Stephenson said despite the

ongoing federal election campaign, government subject matter experts will still be on site and will be able to speak about ongoing defence initiatives. Topics already confirmed for presentations include the Innovation for Defence Excellence and Security (IDEaS) Initiative, the Future Aircrew Training (FACt) Program, and the Defence procurement Sustainment Initiative.

Registration for military will once again be free this year, and CAF members can visit <http://defsecatlantic.ca> to sign up. Acceptable military identification on site will be the NDI10 (Temporary ID Card), the NDI20 (Canadian Forces ID Card) or the NDI30 (Allied Force ID Card).



Irving Shipbuilding occupied the largest exhibitor booth at last year's DEFSEC event, and will once again be front and centre at DEFSEC Atlantic 2019.

RYAN MELANSON, TRIDENT STAFF



RCN members speak to industry representatives at DEFSEC Atlantic in 2018.

RYAN MELANSON, TRIDENT STAFF

ADVERTISING FEATURE

Retired RCAF pilot in cockpit for Lockheed Martin bid

As the Royal Canadian Air Force (RCAF) prepares to combine all its aircrew training under a single program, Scott Shrubsole of Lockheed Martin Canada said the company is uniquely positioned to provide that training.

The RCAF is expected to issue a request for proposals later this year or early 2020 for its Future Aircrew Training (FAcT) program, which is to encompass all aircrew training across the country by 2023. Lockheed Martin Canada is one of five qualified suppliers identified by the federal government in December of last year. The others are Airbus Defence and Space, Babcock Canada, Loenardo Canada, and SkyAlyne Canada Limited Partnership.

The former RCAF pilot joined Lockheed Martin Canada in 2015 and is responsible for leading the corporation's Canadian team for FAcT.

"My job is to understand the present and future aircrew training needs of the RCAF and to focus Lockheed Martin's global capabilities and technologies to meet those needs," Shrubsole said. "I find this to be an exciting challenge."

He said the company's experience is one thing that sets it apart from its competitors.

"In a complex program such as FAcT, experiences counts," he noted, adding that Lockheed Martin was a pioneer in the development, delivery, and operation of integrated, performance-based military training solutions.

The company's systems integration capability will be another key factor in Lockheed Martin's bid, Shrubsole said, explaining that the company "has demonstrated these qualities on many of Canada's most challenging programs."

Lockheed Martin Canada is partnering with L3 Harris MAS and, together, they are actively engaging a broad range of potential partners and suppliers across Canada.

"With the support of the regional development agencies, we've hosted six industry days from coast-to-coast, meeting with small and medium Canadian businesses to discuss exciting roles on this program," he said. "This is an ongoing effort with several more engagements planned."

Shrubsole said Lockheed Martin partners with local companies first, a practice which he noted brings unique experience and perspective, while often lowering costs. It's the ability to leverage those Canadian partnerships which gives the company its third key advantage in the competition.

"We know how to forge and manage these teams," he added.

Lockheed Martin already operates similar training programs in the United Kingdom, Singapore and Australia. Shrubsole said its FAcT solution will be similar to those programs, in that it will employ the "best practices in training technologies, methodologies, and business practices, and be characterized by continuous improvement guided by collaboration with our customer."



PHOTO COURTESY LOCKHEED MARTIN CANADA
Scott Shrubsole is a former Royal Canadian Air Force pilot who is playing a key role in Lockheed Martin Canada's bid to provide aircrew training for the next 25 years.

But he said it will differ from those programs in that it will be tailored for Canada's unique training requirements, environmental conditions and operational training needs for the life of the program. He added "our solution will include a compelling Value Proposition that provides enduring Industrial and Technological Benefits for decades to come."

Training services for the RCAF's aircrews are currently provided under two separate contracts. North Atlantic Treaty Organization (NATO) Flying and Training in Canada is provided by CAE Military Aviation Training, while the Contracted Flying Training and Support services are provided by Allied Wings.

With the FAcT contract, which is expected to be awarded in 2021, the government plans to bring all training under a single contract. It has also determined that training will continue to be provided in the existing locations, which include 15 Wing Moose Jaw, 4 Wing Cold Lake, 17 Wing Winnipeg, and at Southport, formerly known as Canadian Forces Base Portage La Prairie in Manitoba.

The contract period for FAcT is expected to be 20 years.

Shrubsole, who served 20 years in the RCAF, said it hasn't yet been determined what role Lockheed Martin Canada's Halifax facility might have in FAcT. He said the 250 staff here are primarily focused on naval programs, providing trainers for its naval combat management systems.

"We have not yet determined work scope across all our facilities in Canada," he explained. "However we certainly see an opportunity to leverage the Halifax-based training experts that have delivered success both in Canada and internationally."

"In August, we hosted an Atlantic Canada Industry Day in partnership with ACOA (Atlantic Canada Opportunities Agency) and had the chance to speak with 13 small and medium sized companies located throughout Nova Scotia with capabilities in learning technologies, augmented reality, facility services, and aircraft mission systems. We're excited to continue this dialogue and to explore partnerships for FAcT and other Lockheed Martin programs."

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Air Show Atlantic 2019 features dynamic acts



The Canadian Army’s Skyhawks Parachute Team always is a guaranteed crowd pleaser.

LS LOUIS-PHILIPPE DUBÉ, 14 WING IMAGING



A CH-148 Cyclone helicopter was among the static displays. Crowds lined up for a chance at a close-up look at this aircraft.

SARA WHITE, THE AURORA STAFF

The Air Show Atlantic took place at 14 Wing Greenwood on August 31 and September 1. Featured acts included the US Navy’s Blue Angels and the Canadian Army’s Skyhawks Parachute Team. Static displays included the RCAF’s CH-148 Cyclone and a CH-149 Cormorant, in addition to other military aircraft and several privately owned and vintage aircraft.



The Blue Angels, the US Navy’s Flight Demonstration Squadron, displayed their trademark blend of showmanship and military precision.

SARA WHITE, THE AURORA STAFF

The RCAF’s CF-18 Demo Team was among the featured performers.

LS LOUIS-PHILIPPE DUBÉ, 14 WING IMAGING



Many audience members come to the air show in costume. Here, Darth Vader had a friendly chat with several storm troopers.

LS LOUIS-PHILIPPE DUBÉ, 14 WING IMAGING



Remembering the Korean War

Veteran Gordon Smith (left) salutes after laying a wreath for the Royal Canadian Air Force during the Korean War Ceremony held at Camp Hill Veterans Memorial Hospital on July 27, 2019

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HMCS *St. John's* concludes 24th year of Run the Rock

By LS Shauna Houston,
HMCS *St. John's*

Aligned with the RCN's vision, Ready to Help, HMCS *St. John's* continued the tradition of Run the Rock for its 24th year. This is an annual fundraising campaign by the ship's company in support of the Children's Wish Foundation of Canada, Newfoundland and Labrador Chapter.

Prior to returning home to Halifax following a two-month exercise overseas, 13 members of the ship's company proudly stepped up to form the 2019 Run the Rock team.

For seven members of the team, their wait to get home didn't necessarily mean a return to Halifax. As Newfoundlanders themselves, their hometowns: Burnt Islands, Corner Brook, Gander, Boyd's Cove, Little Heart's Ease, Whitbourne, and Paradise, were included in the 2019 route. During their homecomings, they, along with the remainder of the team, were greeted with open arms.

On July 18 the team set off on the 900-kilometre trek east from Port aux Basques along the Trans-Canada Highway. Over the course of their travels they stopped in many cities, towns, and villages along the way before finally making it to St. John's, completing their journey on August 1. The connection that HMCS *St. John's* has with its namesake city, and the entire province, is never more apparent than during this campaign. Run the Rock provides an opportunity for *St. John's* to engage with communities across the province all in support of an amazing cause. Many of these communities have truly embraced Run the Rock by welcoming the team in to their homes, Legions, Lions' Clubs, and town halls. The special connection shared between the community members and the team is what continues to make this campaign so successful.

This year, the team raised more than \$111,000 for the Children's Wish Foundation, which will be used to grant 11 wishes within the province of Newfoundland and Labrador. One of those wishes will be Dante's, a young boy who the team met just days before



the closing ceremony in *St. John's*. I shared a very special moment with Dante when I was given the privilege of presenting him with his Roary, the Children's Wish mascot, that symbolizes a child will officially be receiving their wish. This was just one of the many opportunities along the way for the team to see the positive impact that their efforts were having. Since the campaign's inception in 1996, *St. John's* has surpassed \$1,000,000 raised in support of the Children's Wish Foundation. This has meant the granting of over 100 wishes to children in the province of Newfoundland and Labrador, and also one out of every eight wishes granted in the province is funded through money raised by Run the Rock. After a rewarding run this year, the crew is now looking ahead to next summer's event. 2020 will be a monumental year for *St. John's*, as Run the Rock celebrates its 25th year: a quarter century of granting wishes.

The 2019 Run the Rock team consisted of Lt(N) Ryan Arnold; SLt Jon Tallis; PO2 Adam Edmunds; PO2 Billy Moore; PO2 Mitchell Spurrell; MS Frankie Gose; MS Steven Lannon; MS Holly Green; LS Dan Hilchey; LS Michael Thoms; LS Michael Colbourne; LS Jake Milley; and LS Shauna Houston.

The team meets some of the children who will benefit from the funds raised through Run the Rock's donation to the Children's Wish Foundation, Newfoundland and Labrador Chapter.

SUBMITTED



The team had the opportunity to meet Dante, one of the children who will be receiving his wish through the Foundation.

SUBMITTED



The 2019 Run the Rock team poses on Signal Hill in St. John's at the end of the race.

SUBMITTED



Welcome home, HMCS Oriole

After a three-month deployment visiting communities along the St. Lawrence Seaway and Great Lakes as part of the 2019 Royal Canadian Navy's Great Lakes Deployment, HMCS Oriole and its crew returned to HMC Dockyard in Halifax on September 16, 2019.

MONA GHIZ, MARLANT PA



Leadership power imbalance – risks

By Capt(N) Wade Carter,
Allied Support to USN, Pearl Harbor

Years ago I was a cadet on board a navy vessel learning how to tie knots and generally survive at sea as a competent mariner. One of the duties with which I was charged was to learn to act as a safety officer for a main battery gun shoot. My specific responsibility was to manage misfire drills should a round fail to fire. As the rounds were electrically fused, the procedure involved applying a fusing charge a second time, and if the round failed to fire on the second attempt, I, as the safety officer, was responsible to initiate a two minute hang fire procedure. In essence, I was responsible to stopwatch the two-minute (cook off) period during which time the round could still potentially fire.

According to procedure, following the expiration of two minutes, the round could be safely extracted from the mount and pitched over the side into deep water. It is important to appreciate that in those days there were men in the gun mount, and the safety officer (myself in this case) was standing nearby. And so, the stakes were high and lives were at risk when a fused round was being extracted from the mount due to a misfire. But, there was a procedure for it to be done safely.

It was during one such drill that I learned what a leadership power imbalance truly feels like and just how serious the consequences can be when expectations are not fully communicated or understood. As a young cadet, it was fair to say that I was pretty nervous about acting as the safety officer and my grasp on the stopwatch was pretty tight. My level of anxiety went through the roof when

my worst fear materialized and a round failed to fire, once, then twice. I felt all eyes were suddenly upon me as I called out the misfire procedure, then... silence as the long seconds ticked by.

I recall very clearly at about a minute thirty into a hangfire drill, the captain approached the front of the bridge wing, leaned over and shouted down to me on the gun deck: "Carter, where are we with that misfire drill?!" I was paralyzed with fear. I looked at my stopwatch, 30 seconds to go... 20... I looked up at the captain, BANG. As the round went down range, the captain shrank back from the railing back into the bridge.

I wish that I could say that it was moral courage that saved the men (and likely myself) in the mount that day; but I know deep in my heart that that is not the full story. I had felt real pressure to accelerate the drill by what simply may have been a legitimate inquiry from the captain, but my hesitancy to act contrary to procedure saved the day. That was my first real experience with the perils that leadership power imbalance can lead to.

Many years later I can say that I understand leadership power imbalance quite differently. The fact is that it is impossible not to have a power imbalance. Being appointed as the boss de facto establishes the imbalance. The key is to remain eternally aware that the imbalance exists so as to ensure that the staff do not act on what they perceive to be implied orders when the boss is simply asking a question. It can be a tough line to walk, and can be subtle or overt depending upon the leadership style of the boss.

Upon reflection, I would categorize the gun-line example cited above as an example of subtle

leadership power imbalance because I now know (having subsequently been a captain at sea myself) that the captain was not instructing me to depart from procedure; but the circumstances were rather a misinterpretation of my young mind with regard to his intent. I can say this confidently because I have also experienced the other end of the spectrum, the overt leadership power imbalance which I now call the frying pan leadership style. Sadly there are those leaders who seem to believe it effective to routinely interrogate their staff or subordinates at great length, most notably when the staff are providing briefings or updates to the boss. In such moments, the rest of the staff sit in uncomfortable silence, observing the unfortunate briefer sizzling in the frying pan of the day. And so the efficacy of such an approach seems questionable to me, frankly.

Certainly the distinction in the leadership approaches is more easily discernible to me now with years of experience in leadership roles. And noting that leadership power imbalance exists and is in fact necessary in most cases, I certainly favour the more subtle versus the more overt. But regardless of approach, what is key in my view is awareness on the part of the leader that leadership power imbalance exists and the only safeguard to unintended or potentially even dangerous consequences resulting from staff reacting to leadership commentary is a clear and unambiguous communication of intent; and moreover an openness on the part of the boss that encourages the staff to seek clarification if that intent is not clear; as opposed to tossing them into the frying pan and watching them sizzle.



Origins of the Battle of Britain ceremony

By Maj Mathias Joost,
Directorate of History and Heritage

Each year, on the third Sunday of September, the RCAF celebrates Battle of Britain Sunday.

This tradition has gained strength in recent years, as Canadians have become more conscious of their military heritage. The almost-daily passing of Second World War veterans, the centenary of the start of the First World War, and Canadian participation in the conflict in Afghanistan have all reminded Canadians of the role that the military has played in the freedoms we enjoy. The Battle of Britain ceremony is a reminder of what young Canadians serving in both the RCAF and Royal Air Force (RAF) have contributed.

But what was the original purpose behind the ceremony, and when did it start?

The Battle of Britain was celebrated even before the Second World War had ended. Originally, it was a celebration of thanksgiving, but it was not the first such event. In March 1941, King George VI requested the Empire join him in a day of prayer for divine favour in the Battle of the Atlantic. Not until 1943 was there a celebration for the Battle of Britain when, in August, the King proclaimed 26 September



12 Wing Commander Col James Hawthorne and Wing Chief Warrant Officer Bruno Poirier pay respects during the Battle of Britain Ceremony at 12 Wing Shearwater on September 15, 2019.

AVR OLIVIA MAINVILLE, 12 WING IMAGING SERVICES

as Battle of Britain Sunday to commemorate the deeds of the RAF and civil defence workers who had participated in this pivotal battle, combining it with Civil Defence Day. The date was chosen as it fell within “the most decisive phase of the massed attacks against the United Kingdom”.

In Canada, RAF schools and units were required to hold a ceremony. The RCAF followed suit but as a suggestion and not a mandatory event. Some RCAF stations heeded the King’s request and RCAF headquarters’ suggestion, holding their own ceremonies, but many did not.

In 1947, the RCAF formalized the Battle of Britain ceremony.

From 1947 onwards, the Battle of Britain ceremony was observed as a celebratory and religious event. At stations such as Edmonton and Calgary, it was noted in the operations orders that all RCAF officers were to attend a religious ceremony, either as part of the church parade or at a local church for those who were not on parade. The church ceremony has remained a requirement in the CFAO and continues to be observed at many bases. The new regulations have removed the service of thanksgiving.

The original focus on RCAF personnel of the Battle of Britain has also changed. Today, with Second World War veterans becoming fewer, along with the many operations in which the Air Force has participated since the Second World War, it is only natural that the Battle of Britain ceremony has become a venue at which we celebrate the contributions of all our veterans.

The Battle of Britain ceremony has become the RCAF’s day to celebrate its service to Canadians as well as its accomplishments in peace and war.

This article appears in the Royal Canadian Air Force Journal, special Battle of Britain 75th anniversary edition.

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A Senior Systems Engineer – Naval Combat Systems to join our team in **Calgary**. Reporting to the Advanced Programs Manager, you will be responsible for oversight and coordination of Engineering Support Services, including; Engineering Changes, Engineering Investigations and Studies, Engineering Tests and Trials, and Maintenance Engineering Activities, for Naval Combat Systems. In addition to comprehensive past experience in Naval Combat Systems (ie. sensors/radars, and weapon systems), the successful candidate will have a thorough understanding of Project Management principles and demonstrated past experience in managing like-systems and equipment.

Mandatory Qualifications and Requirements:

- Registered to practice as a Professional Engineer in Canada
- Possess 8 years’ experience in the last 10 years performing systems engineering work (ie. one or more of the following: systems integration, systems design, systems performance evaluation and testing, systems requirements analysis, development and implementation of engineering change) within the Defence Sector
- Possess a minimum of 4 years’ combined experience in 2 or more of the following areas:
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 - Naval radar systems design
 - Naval radar system performance evaluation and testing
 - Naval radar systems requirements analysis
 - Development and/or implementation of engineering changes for Naval radar systems
 - Naval radar post acquisition in-service support

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HMCS *St. John's* welcomes distinguished guests during deployment

By SLt Kyle Pedersen,
HMCS *St. John's*

Having recently returned from a two-month trip to Europe for the NATO Ex FORMIDABLE SHIELD 19 and the 75th Commemoration of D-Day, HMCS *St. John's* found herself back in Europe at the end of August. This time *St. John's* had sailed to the Netherlands and Belgium in order to commemorate the Battle of the Scheldt and the Liberation of Belgium. The first events of the ship's busy schedule started on August 31, and had *St. John's* hosting the Governor-General of Canada, executing a battlefield tour of the Scheldt Estuary and participating in an international parade of sail to commemorate the 75th anniversary of the battle. This important battle marked the start of the liberation of the Netherlands in the Second World War and opened the vital port of Antwerp to use by the supply-starved allied forces. During the two months of brutal fighting, the 1st Canadian Army, made up of Canadian, British and Polish forces, seized both sides of the Scheldt Estuary and opened up access to the largest port in Europe. Thousands of Canadians took part in this campaign, and of the over 12,000 casualties suffered by the 1st Canadian Army half were Canadian. This effort cemented a bond of friendship between Canada and the Netherlands that can still be seen to this day in annual events such as the Tulip Festival in Ottawa.

St. John's was able to demonstrate



Cdr Peter Sproule, Commanding Officer of HMCS St. John's, welcomes the Governor-General of Canada, Her Excellency Julie Payette, aboard the ship.

MCPL ANDREW SENTNER, HMCS ST. JOHN'S

that friendship by taking approximately 90 volunteers from the Netherlands to participate in the battlefield tour and parade of sail. These Dutch guests were chosen from the many groups who to this day help look after Canadian war graves and maintain the memory of Canada's sacrifice 75 years ago. The day commenced with Governor-General of Canada, Her

Excellency the Right Honourable Julie Payette, coming aboard *St. John's* to present the Sovereign's Medals for Volunteers to several Dutch citizens as well as a Meritorious Service Medal to a Dutch Army officer who recently served with the CAF in Mali. It was humbling to see so many recognized for the tremendous work they did. Following awards and presentations, *St. John's* proceeded to sea with the guests and a local historian who gave a detailed description about the history and the details of the battlefield. After this, *St. John's* manoeuvred into position for the parade of sail with 11 other warships from 6 countries. His Majesty Willem-Alexander King of the Netherlands, along with the Canadian Governor-General and thousands of Dutch who lined the waterfront, was in attendance to receive the salute. It was truly a spectacular event, and it helped to demonstrate to everyone on board just how aware the Dutch still are of the sacrifice of so many 75 years ago. Following the commemorations of the Battle

of the Scheldt and a few days to visit the Netherlands, *St. John's* sailed to Antwerp to participate in the 75th commemoration of the Liberation of Belgium. The Liberation Days festivities included many ceremonies and parades that involved the ship and her company.

The first event was a reception for the Canadian Embassy to kick off Liberation Days, but this was more complex than the standard shipborne event. Firstly, it was not just hosted by the Canadian Embassy, but rather was a four-nation affair hosted by the Embassies of Canada, the United Kingdom, the United States of America and Poland. Secondly, it was held in both *St. John's* and HMS *Argyll* who were nested together for the occasion. The friendly rivalry between the two ships over who could host the most guests was a somewhat uneven affair as only *St. John's* was serving Moose Milk, but all the guests had a memorable night which included meeting one 94 year-old Canadian veteran and his family who were able to attend.

The next day saw some of the ship's company participate in the Liberation Days parade through the city, while the ship herself partook in another parade of sail in the Scheldt River. Along with *St. John's* this included Belgian, Dutch and UK warships as well as The Dunkirk Little Ships, several historical vessels from the Dunkirk evacuation. Once back alongside, *St. John's* quickly transitioned to giving tours of the ship to the local attendees. All weekend the crowds along the waterfront numbered in the tens of thousands, and when *St. John's* was open for visitors almost 5000 people toured the ship. The next day another contingent of the crew participated in a memorial event at the Adegem Canadian War Cemetery in Maldegem, Belgium.

St. John's and her entire crew are very proud of being given this opportunity to represent Canada and the Canadian Armed Forces abroad. It was truly exceptional to witness firsthand the feelings and gratitude that the Belgians and the Dutch have for Canada and her contribution in the Second World War.



HMCS St. John's welcomed approximately 90 volunteers from the Netherlands to participate in the battlefield tour and parade of sail. These Dutch guests were chosen from the many groups who to this day help look after Canadian war graves and maintain the memory of Canada's sacrifice 75 years ago. Among the guests was a local historian who gave a detailed description about the history and the details of the battlefield.

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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

Using exercise as medicine: Dr. Alex Swift

By Ryan Melanson,
Trident Staff

Maintaining both physical and mental health is an important part of a successful CAF career, and for those who struggle on that front, even a small amount of extra exercise can have a large impact.

Dr. Alex Swift, a physician with CF Health Services (Atlantic), knows this well. He always tries to make time for a walk around Stadacona during his busy work day, and he recommends the same for anyone who can get the chance.

"I do try to go out every day, just for 15 or 20 minutes, to get some fresh air and stretch my legs. For me, it's as much mental as it is physical. It can give you a break from the stress of the day, and that's important for anyone," he said, adding that longer walks in the evening, trips to the gym, and activities with his kids round out his fitness regimen.

While regular exercise can help make a difference for everyone, particularly when it comes time for annual FORCE Evaluations, physical activity becomes even more crucial for military members who are on the mend from an injury or illness.

"The people I've seen have the most meaningful recoveries from injuries or illnesses are the people who've incorporated exercise as a



Dr. Alex Swift in his office at the CF H Svcs (A) Archie McCallum Building.

RYAN MELANSON

big part of their rehabilitation," Dr. Swift said, noting that difficult rehab or nagging injuries can also become long-term problems and begin to impact mental health.

"The people who really struggle are the people who tend to have sedentary lifestyles."

When patients struggle with staying active and motivated, he seeks

small improvements, and said the word 'activity' can be preferable to 'exercise', which can sound intimidating. Recommendations might include a brisk walk, rather than jumping into a cardio class or weight training.

"I'm not looking for my patients to run a marathon, but I do want them to at least get out there for a walk."

Exercise can foster other good behaviours – active lifestyles go hand in hand with healthy diets, leading to better overall health. The number of resources available to help CAF members maintain their health, from physicians themselves, to dietitians, PSP fitness or reconditioning staff, and mental health services, also provide a leg up. The opportunity to use these services during the work day is unique to the military setting and should be taken advantage of, Dr. Swift said.

"The resources are great, so I do my best to make referrals and encourage people to use them."

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

Canadian Football League records

By Stephen Stone

The following questions deal with my favourite football league – The CFL.

Questions

1. Who currently holds the single game consecutive pass record?
2. The first Grey Cup game was played in 1909. When was the Grey Cup first awarded as an award for the CFL?
3. Which CFL kicker/punter won 6 consecutive Grey Cups?
4. Which former Cincinnati Bengal came north and played 14 years with the Blue Bombers and holds the CFL record for touchdowns with 147?
5. Terry Greer (Argonauts)– 1983; Brian Wiggins (Stampeders) – 1993; Derrell Mitchell (Argonauts)

- 1998; and Arland Bruce (Tiger Cats) – 2010 share which CFL record?
6. Who holds the CFL record for most yards rushing in a single game?
7. Which Alouette set the record for most yards from scrimmage in a single game?
8. Which Winnipeg Blue Bomber set a still standing record of 6 touchdowns in a single game?
9. What is the name of the trophy, awarded to the leading CFL rusher in the West division? Unlike other CFL trophies, there is no equivalent for the East Division.
10. Which Stampeders set rushing record of 5 touchdowns in a single game? The record was tied by Martin Patton of the Shreveport Pirates against the Blue Bombers on August 5, 1995 during the ill-

- conceived expansion in the U.S.
11. Who is the CFL leader in kick returns for touchdowns?
12. Which Tiger Cats quarterback holds the CFL record for passing touchdowns in one game?
13. Who holds the CFL record for rushing yards in a career (16,425) and a season (2,065)?
14. Which Boatman rushed a record making 37 times in a single game?
15. What is the longest missed field goal return for a touchdown in the CFL?
16. Who has the most kick-off returns in one CFL game?
17. The East and West divisions have awards for outstanding Canadian player. One of the recipients is awarded the leagues Outstanding Canadian Award. What is the name of the Outstanding Canadian

- Award in each division?
18. Who is the current (2018) holder of the Outstanding Canadian Player award?
19. Who has been awarded the Outstanding Player award 6 times in his career?
20. Who is the first purely defensive player to win the league's Most Outstanding Player Award?

Bonus question

This has nothing to do with the CFL but I think this athlete should be recognized for her achievement on September 7, 2019. Who is the first Canadian, and so far only Canadian – female or male – to win a major Tennis Tournament?

Answers on page 21



Still time to register for PO2 Craig Blake Memorial Fitness Challenge

By Ryan Melanson, Trident Staff

There are only a few days left to register for one of the RCN’s signature fitness events in the Halifax area. This year’s PO2 Craig Blake Memorial Fitness Challenge, the ninth annual edition of the race, kicks off at 10 a.m. on September 27 from MacDonald Beach in Shearwater.

The Fitness Challenge is described as a mini-triathlon, with a course consisting of a 300 metre swim around the beach, along with a 6.5km bike ride and a 2km run. The event is meant to be challenging, yet accessible enough for newcomers. Prizes are awarded to the top finishers, but the focus of the day is on camaraderie and teamwork, rather than competition.

The event is named in honour of PO2 Craig Blake, a Clearance Diver with Fleet Diving Unit (Atlantic) who was killed by an improvised explosive device on May 3, 2010 while on deployment in Afghanistan. PO2 Blake was an avid athlete and coach who particularly enjoyed cycling and triathlons, leading to the event being named in his memory.

“Craig was a great guy and ev-



The triathlon course consists of a 300 metre swim, 6.5km bike ride and 2km run.

LS BRAD UPSHALL, 12 WING IMAGING

erybody knows how much he loved fitness, so the triathlon is always a great way to remember him. We know he watches over us every year,” said PSP Halifax’s Wally Buckoski, a friend of PO2 Blake’s who fills the role of race emcee and race play-by-play man each year. Many of PO2 Blakes former colleagues from FDU(A), as well as members of his family, also regularly participate in the race.

Continued on page 22

Canadian Football League records

Questions on page 20

Answers

- 1. Jeremiah Masoli – Hamilton Tiger Cats. On July 23, 2016, Masoli claimed the record for most consecutive completions in a single CFL game against the Edmonton Eskimos (coached by the previous record-holder, Jason Maas), completing 31 of 38 pass attempts, with 23 completions that were consecutive.
- 2. In 1958, the Canadian Football Council left the Canadian Rugby Union and became the Canadian Football League. As part of an agreement between the CRU and CFL, the CFL took possession of the Grey Cup and Winnipeg defeated Hamilton 35-28.
- 3. Hank Ilesic -1978- 1983 with 5 playing for Edmonton and 1 in 1983 with Toronto. He won a second with the Argos in 1993.
- 4. Milt Stegall.
- 5. Most receptions in one CFL game with 16.
- 6. Ron Stewart – Ottawa Rough Riders – 1960 – 287 yards.
- 7. Hal Patterson – 338 receiving in 1956.
- 8. Bob McNamara- He scored them against the B.C. Lions on October 13, 1956.
- 9. Eddie James Memorial Trophy. The award is named after Eddie James, a former running back for the then Regina Roughriders in the 1930s. In 1932, while playing for St. John's College he scored 6 touchdowns. St. John's was a member of the Western Football League, a precursor to the CFL.
- 10. Earl Lunsford on September 3, 1962, scored 5 rushing touchdowns against the Eskimos in the Labour

- Day Classic.
- 11. Henry L. “Gismo” Williams. During his career with the Eskimos, Williams set more than 20 CFL records, and as of 2006 is still the league's all-time leader in both punt and kickoff return yardage, and holds the record for most kick return touchdowns with 31. 26 on punt returns, 2 in one game 3 times – June 27, 1987 – September 6, 1991, and November 7, 1993, two on kickoff returns and three on missed field goal returns. Perhaps his most memorable was a 115-yard missed-field-goal return for a touchdown in the 1987 Grey Cup.
- 12. Joe Zugar with 8 on October 15, 1962 – Hamilton 67 Saskatchewan 21. He was the Grey Cup MVP in 1967.
- 13. Mike Pringle.
- 14. Doyle Orange – Toronto Argonauts - August 13, 1975 against Hamilton for 175 yards.
- 15. 131 yards. Boyd Carter/Dave Mann (1958) (Carter for 15 yards, then lateral to Mann for 116 yards and TD).
- 16. Stefan Logan- 76 in 2017 for Montreal Alouettes.
- 17. The Beattie Martin Award, named for former Roughrider president in the west; and the Lew Hayman Trophy, named for former coach and general manager of the Argonauts and Alouettes in the east.
- 18. Brad Sinopoli – Wide Receiver of the Ottawa Red Blacks.
- 19. Doug Flutie -6 times –British Columbia Lions 1991; Calgary Stampeders 1992-94; Toronto Argonauts 1996-7.
- 20. Solomon Elimimian defensive linebacker of the British Columbia Lions 2014.He is also the first player to win three different CFL awards in his career: CFL rookie of the year (2010), and most Outstanding Defensive player of the year (2014).

Bonus answer
Bianca Andreescu. She defeated six time US Open Tennis champion Serena Williams 6-3, 7-6 to win the U.S Open Tennis Championship held at the Arthur Ashe Stadium in New York.

Forces in Training

SHEARWATER Fitness and Sports Centre Fall Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-8:30		LANE SWIM		LANE SWIM			
7:30-8:15	FORCE PREP	FORCE Performance	FORCE PREP	FORCE Performance	FORCE PREP*		
8:00-8:45					GENTLE YOGA		
9:30-10:30						SPIN	YOGA
10:30-11:30			AQUAFIT				
11:45-12:30	SPIN	FUNCTIONAL MOVEMENT	SPIN	FUNCTIONAL STRENGTH	RANGE OF MOTION		
12:00-13:00	LANE SWIM	LANE SWIM	LANE SWIM	LANE SWIM	LANE SWIM		
12:30-13:00	YOGA		YOGA			AQUAFIT (1300-1400)	
18:00-19:00	BOOT CAMP	YOGA SPIN	BOOT CAMP	YOGA			

*The last Friday of every month will be a FORCE FAMIL Session





A large group of CAF, DND and NPF participants participated in last year's PO2 Craig Blake Memorial Fitness Challenge at Shearwater's MacDonald Beach. There's still time to register for this year's mini triathlon, taking place on September 27.

LS BRAD UPSHALL, 12 WING IMAGING

Still time to register for PO2 Craig Blake Memorial Fitness Challenge

Continued from page 21

As always, the course can be completed entirely by an individual or a team of up to three members, with registration fees of \$20 for an individual or \$45 per team. A unit category also exists, and PSP will waive registration fees for one team from each unit, who will then compete for COTF, COTW, or Wing Cup points. These teams must be made up of three members from the same unit, and registration must be done via hard copy forms that can be obtained from unit sports reps. All other teams are free to register or find more information at <https://www.cafconnection.ca/halifax/fitchallenge>. Cash only registra-

tion will also be available on race day at MacDonald Beach until 9:30 a.m.

Equipment and safety information

- Individuals and teams are required to provide and transport their own bicycles for the race.
- Bikers must bring their own helmet, which must be worn during the cycling portion of the race.
- The bicycle leg is a combination of off-road and gravel road trails. A mountain bike is the recommended bicycle for competition.
- Wetsuits and goggles are permitted for the swim.
- For safety reasons, swimmers must wear the swim cap provided. No fins or other swimming will be permitted.



Slackers take the field

The Fleet Club Slackers have begun tryouts and practices ahead of this year's Mini Grey Cup, taking place on October 10 between the Slackers and the Wardroom Officers. Practice for NCMs runs on Tuesdays and Thursday from 4 - 6 p.m., and all interested players are encouraged to come out, regardless of experience level. For more information contact head coach Sean Parker at parker.smd@forces.gc.ca or at 902-427-5271.

RYAN MELANSON, TRIDENT STAFF



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ACROSS

- 1

High-fiber cereal ingredient
- 8

Thwacked
- 15

Something imperative
- 20

Endorse
- 21

Many a quaint cabin
- 22

"The Gypsy" singer Shore
- 23

Tree anchors growing in a groundwork? [Asimov-Haley]
- 25

Split in two
- 26

Lyric poems
- 27

-- chi
- 28

Dirtier, as a chimney
- 30

Headland
- 34

Awful review
- 36

Actress De Mornay after marrying "Star Trek" ensign Harry? [du Maurier-Kipling]
- 39

Egg-shaped instrument
- 42

Defeat in cleverness
- 45

Lays (down)
- 46

Dear granny? [Morrison-Zola]
- 48

Indulges fully
- 50

Belle of a ball
- 51

Butler's girl
- 53

Knight's tunic
- 58

Livy's "to be"
- 61

Geller of the paranormal
- 63

Small, thin part of a beach hill? [Herbert-Levin]
- 67

Government financial assistance
- 69

-- News (Utah paper)
- 72

Elliptical
- 73

Laughter syllables
- 74

Scott Joplin's "The Entertainer," for the film "The Sting"? [Doctorow-Rand]
- 77

Long of film
- 78

Boise locale
- 80

Related compounds
- 81

Wielded, as power
- 83

Distress after a really deep sleep? [Cook-King]
- 85

Eminent lead-in
- 86

Gives help to
- 87

Neighbor of Norway
- 88

Biblical queendom
- 92

Woolen cap
- 94

Nash of funny poems
- 98

President Grant is gabby? [Joyce-Benchley]
- 103

Blood type, informally
- 107

Physician who may cry "Stat!"
- 109

Hall of talk TV
- 110

Have a phobia of queasiness? [Hubbard-Sartre]
- 112

"i" finisher
- 114

Dog ID sites
- 115

Pistol, e.g.
- 116

Sarge, e.g.
- 119

Lacerations
- 122

Tough guy's claim
- 123

Abducted old Japanese chief? [Stevenson-Clavell]
- 131

Give rise to
- 132

Brainless
- 133

Treat as a hero
- 134

Finisher
- 135

Moves very quietly
- 136

Tallinn's land

DOWN

- 1

Clumsy type
- 2

Of yore
- 3

Mr. Capote, briefly
- 4

Singer Folds
- 5

Total change
- 6

Very little
- 7

Memo tablet
- 8

-- -mo
- 9

-- Blanc (Alps peak)
- 10

Home to Taj Mahal
- 11

Groups in church robes
- 12

"Kitchy --!"
- 13

Lifesaving pro
- 14

Pie, e.g.
- 15

Not standing, as a committee
- 16

Sporty two-seaters
- 17

Not typical of
- 18

"Don't waste your breath!"
- 19

Heat units
- 24

"Life -- cabaret"
- 29

Eight-player bands
- 30

Kernel holder
- 31

Strikeout star
- 32

Good friend
- 33

Ate away at
- 35

Actor Beery
- 37

Printers' widths
- 38

Ewe's cry
- 40

"So -- heard"
- 41

Space cloud
- 43

One, to Juanita
- 44

Road coater
- 47

"-- do not!"
- 49

Dancer in Matthew
- 52

"Be -- and help me"
- 54

ROY G. --
- 55

1972 Jack Lemmon film
- 56

Made tighter, as a knot
- 57

Horrors
- 58

Moral code
- 59

Eye makeup
- 60

Bagel variety
- 62

Former TV host Philbin
- 64

Some vases
- 65

Mesh
- 66

Thin air
- 68

Start of a cry from Juliet
- 69

Gucci alternative
- 70

Awards for Tina Fey
- 71

Recognize
- 75

Philosopher Lao- --
- 76

Phillips -- Academy
- 79

Harbored
- 82

Kind of plane engine
- 84

Engaged, as a car engine
- 85

Ballet step
- 89

Lean-to's kin
- 90

Roy Wood's rock gp.
- 91

51-year senator Robert
- 93

Equine beast
- 95

It includes a snare
- 96

Mag. team
- 97

-- Valley, San Francisco
- 99

Lazed about
- 100

Comic Gasteyer
- 101

Faux hair
- 102

Maritime "Mayday!"
- 103

Business workplace
- 104

-- Marcus (retailer)
- 105

Accessory for an iPod
- 106

Oily matter
- 108

Am unable to
- 111

Reformer Ralph
- 113

Native metal
- 117

"The Elder" of Rome
- 118

Andy Taylor's tyke
- 120

Greek letters
- 121

Quick drink
- 124

Africa's Amin
- 125

Quick swim
- 126

HP products
- 127

Artist Yoko
- 128

Gimlet liquor
- 129

Arm of Israel
- 130

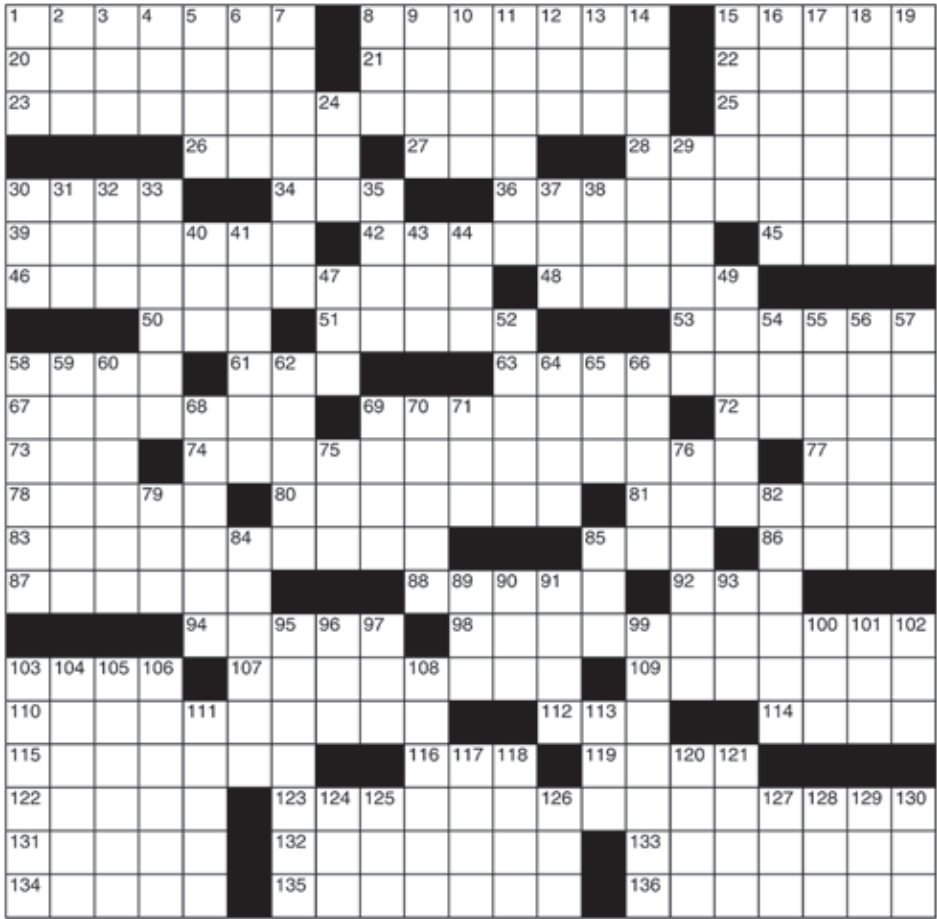
Tchr.'s org.




PSP hosts Hockey Skills Camp for youth

Boys and girls aged 7 to 11 take part in the Personnel Support Program (PSP) Youth Skills Hockey Camp held from August 26 to 30, 2019 at the Shearwater Flyers Arena. A/Senior PSP Manager and hockey fan Mike Almond (left) was one of the coaches.

LS LAURANCE CLARKE, 12 WING OPERATIONS SUPPORT SQUADRON IMAGING




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