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TRIDENT

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



Four of a kind

The Stadacona Band trumpet section says farewell to two of its own. PO2 Tim Elson, PO2 Raef Wilson, PO2 Eric Sproul and Lt(N) David Jackson celebrate PO2 Wilson's and Lt(N) Jackson's last performance with the Stadacona Band. PO2 Wilson is retiring and Lt(N) Jackson, the band's chaplain, has been posted.

LS TRENT GALBRAITH, FIS



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Concert pays tribute to Battle of the Atlantic

By Virginia Beaton,
Trident Staff

The Stadacona Band's 20th annual Battle of the Atlantic concert, held at the Halifax Central Library on Sunday, April 29, was a bittersweet afternoon.

As always, it was a tribute to the CAF personnel and members of the merchant navy who participated in the battle, the longest campaign of the Second World War.

But this year's concert was also a farewell event. Trumpet player PO2 Raef Wilson is retiring after more than 40 years in the CAF, 32 of them with the Stadacona Band, and Lt(N) Patrice Arsenault, Commanding Officer and Director of Music, has been posted to CFB Borden. VAdm (ret'd) Duncan Miller, who shared hosting duties with Olga Milosevich, acknowledged and thanked both PO2 Wilson and Lt(N) Arsenault for their service, and noted that Lt(N) David Jackson, a padre who regularly played trumpet with the band in addition to being their chaplain, had also been posted out.

Miller stated that the concert was sponsored by HMCS *Sackville*, the Canadian Naval Memorial. As the audience watched a video describing the work currently being done to maintain the corvette, Miller noted that the project would ensure that the ship would remain a focal point for Canadian naval history and in particular, as a reminder of the Battle of the Atlantic.

During the afternoon of music, PO2 Wilson demonstrated his talents not only as a musician, but also as the band's resident comedian. For the *Post Horn Gallop*, composed by Hermann Koenig, PO2 Wilson played the solo part on an instrument consisting of a garden hose, a plastic funnel, and a trumpet mouthpiece.

Then it was on to the Stadacona Big Band, led by PO2 Massé. Their performance of Billy Strayhorn's *Take the A Train* was followed by the full concert band's performance of *Londonderry Air*, in a jazz-tinged version of the traditional folk song, arranged by Sammy Nestico.

This was followed by *The Hockey Song*, Stompin' Tom Connors' anthem to our favourite sport. PO2 Wilson, wearing a Toronto Maple

Leafs jersey and carrying a hockey stick, led the audience in singing the song and skidded across the front of the stage several times in his constant efforts, not unlike the Maple Leafs, to score a goal. We're going to miss not only PO2 Wilson's trumpet-playing talents, but also his gifts as a comedian.

In a tribute to the merchant navy, guest soloist Liz Rigney sang *Kingsfold*, a hymn composed by Horatius Bonar and arranged by former band conductor LCdr (now ret'd) Ray Murray. A suite of two Canadian folk songs *Marianne S'en Va-t-au Moulin*, and *J'entends le Moulin* was next, conducted by band member PO1 David Mouton.

The Tri-Service Salute, comprised of *Heart of Oak*, *Great Little Army*, and the *RCAF Marchpast*, gave all serving and former members of the three services a chance to stand and be recognized.

And it wouldn't be the Battle of the Atlantic concert if we didn't have a Second World War singalong.

Retired CBC Radio host Olga Milosevich and Duncan Miller led the singing, but Miller took a solo turn in the second to last number.

Well known for his musical and theatrical appearances, Miller appeared in costume as Ko-Ko, a character from the Gilbert and Sullivan operetta *The Mikado*. Though he is Lord High Executioner, Ko-Ko has never actually executed anybody but nonetheless, he sings, "As some day it may happen that a victim must be found / I've got a little list / I've got a little list."

Earning laughter and applause, Miller sang a little list of his own with contemporary and local references. Top of his list? Trump and Putin. Not on the list? PO2 Wilson and also Lt(N) Arsenault, with Miller noting that both would be much missed.

The concert ended with a lively rendition of the wartime standard, *Boogie Woogie Bugle Boy of Company B*. Bandmembers PO2 Krisanne Crowell, PO2 Courtney Lambert, and LS Chelsea Alexi stepped up to the mike to sing three-part harmony, and were joined by PO2 Wilson, wearing a Second World War army uniform and playing the famous bugle solo at the start of the song.



Lt(N) Patrice Arsenault's appearance with the band at the Battle of the Atlantic concert is his last performance with them before his new posting to CFB Borden.

LS TRENT GALBRAITH, FIS




PO2 Raef Wilson joins PO2 Krisanne Crowell, PO2 Courtney Lambert and LS Chelsea Alexi to perform *Boogie Woogie Bugle Boy* during the Stadacona Band's Battle of the Atlantic concert on April 29, 2018.

LS TRENT GALBRAITH, FIS

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FDU(A) sailor awarded for engineering expertise, leadership skills

By Ryan Melanson,
Trident Staff

While Fleet Diving Unit (Atlantic) is known for their ability to conduct complex dives in some of the world's most unforgiving environments, the unit's skilled clearance divers don't do it alone. FDU(A) is also home to a highly-trained staff of former electricians, hull techs and engineers, now amalgamated under the Mar Tech trade, who keep things running behind the scenes.

One of the key members providing those support services, LS Patrick Piekarz, was recently recognized for his contributions to the unit, receiving the second Sailor of the Quarter Award of 2018. Cmdre Craig Skjerpen, Commander CANFLTLANT, and Fleet Chief CPO1 Dan Mercier, visited the unit on April 23 to make the official presentation.

The award is presented for outstanding dedication and contributions above regular duties to Canadian Fleet Atlantic. For LS Piekarz, this means working above the expected skill level of his rank as the Senior Engineer on Dive Tender CFAV Sechtelt, often putting in long hours on the ship, and jumping at any potential leadership role that comes his way.

"I'm thrilled to get the award. I feel like I work hard and I also put a lot of extra time in when works needs to be done, so it's nice to get recognized for that," said LS Piekarz, who grew up the city of Port Alberni on Vancouver Island.



Cmdre Craig Skjerpen, CCFL, presented LS Patrick Piekarz with the Atlantic Fleet Sailor of the Quarter award on April 23. From left, FDU(A) Coxn CPO1 Chris Belanger; Cmdre Craig Skjerpen, LS Patrick Piekarz, CPO1 Douglas Currie and Fleet Chief CPO1 Dan Mercier.

RYAN MELANSON, TRIDENT STAFF

His engineering expertise, which has allowed him to train and pass on knowledge to his colleagues, has resulted in the unit's senior officers having a confident and competent engineering crew that can be relied on. While also crediting the many mentors and colleagues he's learned from through his career so far, LS Piekarz said his proficiency in his

trade is mainly a result of the on-the-fly learning opportunities that present themselves during exercises and operations.

"It just comes from being in the weeds, and getting that experience. If something breaks when you're by yourself, and you have to figure out how to fix it yourself, you get it done."

He was posted to FDU(A) in the fall of 2016, deployed to Operation OPEN SPIRIT in Latvia in 2017, and for his most recent deployment, Operation NUNALIVUT in Cambridge Bay, NU, LS Piekarz again received high praise for his preparations ahead of the departure. He worked overtime to collect and verify every piece of engineering equipment needed to support the operation, and once on the ground in the North, he supported his colleagues' service dives by ensuring all necessary equipment stayed warm enough to remain operational.

"NUNALIVUT was mostly about keeping the gear running for us, because it was so cold, and things

become difficult in extreme temperatures. Sometimes your equipment just doesn't cooperate when it's -35 C."

In addition to his regular duties, he also recently applied to and successfully completed the Clearance Diver Assessment Test, finding time to get through the complex administrative, medical and fitness requirements with no decline in performance of his normal duties. And outside of his work with the RCN, LS Piekarz was also lauded for his community involvement with Autism Nova Scotia, frequently pitching in to help with venue setup and tear downs for the organization's fundraising and awareness events.

"LS Piekarz is an excellent ambassador of FDU(A) and the RCN as a whole," wrote PO2 Walker, the supervisor who recommended the sailor for the award, in a nomination letter.

"He consistently exemplifies the dedication, leadership, integrity and professionalism attributes that serve as a model for others to emulate."

Spring cleanup at CFB Halifax



Members of CFB Halifax BOR participate in Base Cleanup Day on April 28, collecting garbage and debris outside St. Brendan's Chapel at Stadacona. From left, Cpl Cheryl Clark, Pte Marie-pier Bergeron, PO2 Sophie Champagne and LS Conner MacKenzie.

RYAN MELANSON, TRIDENT STAFF

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Publication Schedule for 2018

January 8 – MFRC; 12 Wing Shearwater centenary special
 January 22
 February 5 – MFRC; Money Matters
 February 19
 March 5 – MFRC
 March 19 – Posting Season
 April 2 – MFRC; Car Sales, used
 April 16 – Spring Automotive Maintenance
 April 30 – Battle of the Atlantic special
 May 14 – MFRC
 May 28 – Spring Home & Garden
 June 11 – MFRC and DND Family Days special
 June 25
 July 9 – MFRC
 July 23
 August 6 – MFRC
 August 20 – Back to School
 September 4 – MFRC; Car Sales, new models & leftovers
 September 17 – Fall Home Improvement
 October 1 – MFRC
 October 15 – Fall Automotive Maintenance
 October 29 – Remembrance special
 November 13 – MFRC
 November 26 – Holiday Shopping
 December 10 – MFRC and 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 than one year from publication date. Submissions may be edited.

Halifax Harbour with Mac Mackay

Time: 10 a.m. - 12 p.m.

Date: Wednesday, May 16

Location: Halifax Central Library

Mac Mackay, CBC Nova Scotia's Harbour Watcher, will present a course on the history, geography, and geology of Halifax Harbour, including the harbour's shipping history and governance. Topics include the evolution of ships and shipping in Halifax; fish and other resources related to the harbour; and the container revolution.

Atlantic Wildlife Carving Show and Competition

Date: May 25 -27

Location: Cole Harbour Place, Dartmouth

The 28th Annual Atlantic Wildlife Carving Show and Competition will be held at Cole Harbour Place in Dartmouth from May 25 to 27. The show is open to the public on Saturday, 26 May from 8 a.m. - 5 p.m. and Sunday, May 27 from 9 a.m. - 3 p.m., with free admission. For competition competitors, registration will be held on Friday, May 25 from 12 – 6 p.m. and Saturday, May 26 from 8 - 11:30 a.m.. The first competition was held in the fall of 1989, and since then, some of our local carvers have advanced to become world-class artists. For more details, please visit the Nova Scotia Wildlife Carvers and Artists Association web-

site at <http://nscarver.wixsite.com/nswcaa/menu>

Deadman's Island Memorial Event

Time: 10 a.m.

Date: Monday, May 28

Location: Deadman's Island, off Cedarbank Terrace

An annual event held in Halifax on Memorial Day Monday commemorates the more than 200 American service members who died as prisoners of war on Melville Island during the War of 1812. The Americans were buried on Deadman's Island along with quarantine patients, refugees and others. Join members of MARLANT, along with a delegation from the United States Consulate General in Halifax, for this special ceremony.

The Caledonian Show

Time: 2 - 4 p.m.

Date: Sunday, June 3

Location: Halifax Central Library

Join in for a free afternoon of Celtic music and dance woven together with laughter and fun for all. Featuring The Caledonian Orchestra with Director Nelson Ferguson, The Caledonian Show Dancers with Dance Master Brenda MacKay, soloist Sarah Lenneron, and Master of Ceremonies Ron Robertson. The event is presented in partnership with the Caledonian Orchestra of Nova Scotia.

DND Family Days 2018

Date: June 22-23

Location: HMC Dockyard

Get ready to kick off the summer with two days of fun at HMC Dockyard. Family, friends and fellow colleagues from the DND community can come out and enjoy the entertaining atmosphere of free mechanical rides, bouncy castles, treats, eats, sponsor booths and more. Visit <http://cafconnection.ca/halifax> to keep up with the latest information.

Author talk with Eli Moskowitz

Time: 2 p.m.

Date: Sunday, June 24

Location: Maritime Museum of the Atlantic

Eli Moskowitz's book, The Jews of the Titanic, now translated into English, focuses on the lives and deaths of the Jewish passengers who sailed on the Titanic. It covers various Jewish aspects of the voyage and of the sinking, and is the result of a long research on the subject, including an attempt to compose a unique and complete list of all 2,200 Jews who sailed on the Titanic, and identifying many of them who were previously unknown. Eli Moskowitz was born in Jerusalem, Israel. He has a B.Ed in Education and an M.A. in Jewish History. He is an educator by profession and a Titanic researcher in his spare time. This event is presented in partnership with the Atlantic Jewish Council.

Canada to participate in initiative to counter North Korea's maritime sanctions evasion

By Global Affairs Canada

The Honourable Chrystia Freeland, Minister of Foreign Affairs, and the Honourable Harjit S. Sajjan, Minister of National Defence on April 28 issued the following statement:

"Canada is committed to peace and security on the Korean Peninsula and believes that a diplomatic solution to the North Korea crisis is essential and possible. We welcome recent statements by North Korea announcing a reported suspension of nuclear tests and intercontinental ballistic missile launches.

"We fully support the United Nations Security Council (UNSC) sanctions regime that exerts pressure on North Korea to change course and

abandon its weapons of mass destruction and ballistic missile programs completely, verifiably and irreversibly.

"To that end, the Government of Canada is today announcing its participation in an initiative to counter North Korea's maritime smuggling, in particular its use of ship-to-ship transfers, in contravention of UNSC resolutions. Canada has deployed a Canadian Armed Forces (CAF) maritime patrol aircraft in the region to assist in this effort, in addition to assets being provided by the United States and the United Kingdom.

"Canada's participation in this coordinated effort is a demonstration of the international solidarity in support of peace and security on the Korean Peninsula."

During the January 2018 Vancouver Foreign Ministers' Meeting on Security and Stability on the Korean Peninsula, Canada and other partners committed to: work collectively and closely together, with partners in the region and globally, to ensure effective implementation of UNSC sanctions on North Korea; share information with partners and with the UN Panel of Experts responsible for sanctions related to North Korea, in order to combat sanctions evasion; and counter North Korea's maritime smuggling in accordance with relevant UNSC resolutions.

The CAF have deployed a maritime patrol aircraft and approximately 40 personnel, based in Kadana, Japan, in support of this effort.

It's time to pull the weed out of the garden

By Padre Capt Albert Lee,
NFS (A) and NTDC (A)

A family was sitting in the living room. A son asked his father "Dad, can you please tell me how the Second World War got started?" The father answered, "Son, it all began in Italy..." The mother interrupted and said, "No, it all began because of Germany..." The father was so angry and said "Am I teaching our son or are you?" The mother answered loudly "I'm trying to correct you..." The father got up his seat, walked out to the door and slams the door. The mother began screaming and said "Why are you so mad?" The son who stood beside his mom and said "Mom, it's ok. I think I know how the Second World War got started."

Anger is among the most frequent problems we see in modern culture. It seems its expression is on the rise. Today in North American, we have people shooting at each other on the highway in order to take out their rage which results in people being sent to jail. Almost 85% of people who see a counsellor are there from anger issues. Medical research found that anger also caused physical problems

such as heart attack and high blood pressure, etc.

I have a little imaginative exercise for you today.

Picture this: Your blood pressure rises; your heart rate goes up; our muscles tighten; your breathing rate increases; adrenaline courses through your veins; you feel strained and tense.

What might you be experiencing? You guessed it.....ANGER.

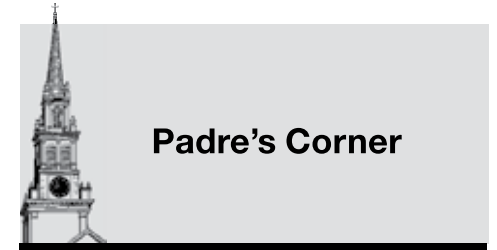
The Bible said, Anger can pass through your family history; it can go and go to three generations (e.g. angry father will have angry children). There is a key passage in the Bible that will help us identify and pull out the weed of anger.

Eph 4: 1-3; 26-32 ".....being humble gentle patient and loving." "In your anger do not sin": Do not let the sun go down while you are still angry, and do not give the devil a foothold... Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness,

rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

How to pull out the weed of anger?

1. Admit your anger problem. (90% of men have anger) and honestly express your feelings
2. Righteous anger is OK (e.g. Jesus was angry for God's sake and purpose but most of our anger is related to self).
3. Deep breathing and count to 3.
4. Prayer walks. (Go out for a walk when you are about to blow out).
5. Have some accountability. Get your friends to hold you accountable (1 week x3 times, 1 month x5 times and slowly reduce anger).
6. Focus on the problem, not the person. Depersonalize the disagreement.
7. Research your heart and identify the root of your anger: If you are always losing your temper, the probability is that you are a very angry person. Ask yourself, "Why am I so angry?"
8. Don't nurse your anger: Be done with it in short order. Don't sleep on your anger- my wife and I have



Padre's Corner

- agreed that we wouldn't sleep on our anger, we will talk.
9. Practice silent and meditation.
 10. Listen, wait and be patient.
 11. Forgive and forget.
 12. Search for a solution, see a counsellor/ Padre.

Coping with angry people is always difficult. Especially if the difficult person happens to be you. Someone has said, "Anger is an acid that can do more harm to the vessel in which it is stored than to the person on which it is poured." Anger for many people is an uncontrollable emotion. A bad temper has embittering life, breaking up communities, destroying sacred relationships, devastating homes and families, and taking the bloom off childhood. If the flower of God's love is to grow in your heart, it's time the weed of anger needs to be pulled.

Le Canada participe à l'initiative visant à contrer les tactiques de contournement des sanctions maritimes de la Corée du Nord

Par Affaires mondiales Canada

La ministre des Affaires étrangères, l'honorable Chrystia Freeland, et le ministre de la Défense nationale, l'honorable Harjit S. Sajjan, ont fait la déclaration suivante :

« Le Canada est déterminé à préserver la paix et la sécurité dans la péninsule coréenne, et il croit qu'une solution diplomatique à la crise nord-coréenne est essentielle et possible. Nous accueillons favorablement les récentes déclarations de la Corée du Nord annonçant la suspension envisagée de ses essais nucléaires et de ses lancements de missiles balistiques intercontinentaux.

« Nous appuyons entièrement le régime de sanctions du Conseil de sécurité des Nations Unies, qui exerce des pressions sur la Corée du Nord afin qu'elle change de cap et qu'elle abandonne de façon complète, vérifiable et irréversible ses programmes de missiles balistiques et d'armes de destruction massive.

« Dans cette optique, le gouvernement du Canada annonce aujourd'hui sa participation à une initiative

visant à contrer les tactiques de contournement des sanctions maritimes de la Corée du Nord, en particulier son recours au transbordement entre navires, en violation des résolutions du Conseil de sécurité des Nations Unies. Le Canada a déployé un avion de patrouille maritime des Forces armées canadiennes (FAC) dans la région en soutien à cet effort, qui s'ajoute aux ressources fournies par les États-Unis et le Royaume-Uni.

« La participation du Canada à cette initiative coordonnée constitue une manifestation de solidarité internationale en faveur de la paix et de la sécurité dans la péninsule coréenne. »

À la réunion des ministres des Affaires étrangères sur la sécurité et la stabilité dans la péninsule coréenne, qui s'est tenue à Vancouver en janvier 2018, le Canada et d'autres partenaires se sont engagés à :

travailler ensemble et en étroite collaboration avec leurs partenaires dans la région et dans le monde pour assurer l'application efficace des sanctions du Conseil de sécurité des Nations Unies envers la Corée du Nord;

échanger des informations avec leurs partenaires et le Groupe d'experts des Nations Unies chargé des sanctions envers la Corée du Nord, afin contrer les tactiques de contournement des sanctions; lutter contre les opérations de contrebande maritime de la

Corée du Nord, conformément aux résolutions du Conseil de sécurité des Nations Unies sur la question.

Les FAC ont déployé un avion de patrouille maritime et environ 40 membres du personnel, basés à Kadana, au Japon, en soutien à cet effort.

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Former Aboriginal Entry Program participant hopes to give back as mentor

By Ryan Melanson,
Trident Staff

When AB Bridgett Doucett signed up for the Canadian Forces Aboriginal Entry Program, she knew she was interested in a military career, but the CAF environment and culture were foreign to her. An introduction to the military, in the form of the paid three-week program, was a welcome way to ease that transition.

Just a few years later, she's now a trained NESOP and Fire Control Operator, she's sailed overseas to NATO exercises, toured Cuba and South America, and recently got her first promotion to the rank of Able Seamen. There have been plenty of challenges along the way, but the experience of getting paid to travel the world, learn new skills and bond with shipmates has been an overwhelmingly positive one, she said.

"It's about the things you get to see and do, and the special moments that you experience at sea. It's just something that I don't think you can get with any other job."

Now, she's looking to give back to the program that introduced her to the CAF, and will be serving as a mentor with this year's CFAEP participants, who'll be able taking part in the program in Halifax from May 4-25.

"I'm really happy to be a part of the program again," AB Doucett said.

"It helped so much in preparing me for basic training. We learned how to make our beds, we learned how to do drill, and we just started to get some

understanding of the military," she added. Participants also tour different units in the area and get a taste for each CAF environment with activities like day sails, helicopter and LAV rides, a day spent living in field conditions, and more. In AB Doucett's case, meeting serving members through the program helped her decide on her eventual trade after speaking with a NESOP.

"He explained all the different aspects of the trade and we talked about it and that helped me make an informed decision. That's another

amazing part of what the program can offer."

AB Doucett grew up in Cape Tormentine, New Brunswick, and is a member of the Lennox Island Mi'kmaq First Nation. While her Indigenous heritage hasn't always played a large role in her life, the opportunity to connect with her background among a group of peers was also a highlight of the CFAEP.

"It was really nice to meet these other young Aboriginal people from different backgrounds and form a strong connection with them. We did

things like sharing circles every couple of days, we talked about all kinds of things and really got to know each other," she said, adding that she still stays in contact with some of her CFAEP colleagues, and that she hopes to find more ways to connect her Mi'kmaq heritage with her CAF career in the future.

She's also been able to draw inspiration from her family history. Her great grandfather, Michael "Island Longboat" Thomas, was the first Prince Edward Islander to run the Boston Marathon in 1911, completing the race while dealing with racist taunts and discrimination, a fact highlighted by a statue of Thomas erected on the Island in 2014. Her great-aunt Virginia Doucett, now in her 70s, served as a naval officer nearly 50 years ago, which is also a point of pride for AB Doucett.

"Her story is always in the back of my mind, it inspired me to join and it still inspires

me. She's a very strong person."

AB Doucett said she's looking forward to meeting this year's group, helping them get their footing in the CAF environment, and passing on her advice to those who decide to join the CAF following the three-week introduction.

"I'll let them know they need to be fully committed to what they're about to do, because it's not always easy, but that they'll also have some amazing experiences."



AB Bridgett Doucett, a NESOP in HMCS Montreal, will serve as a mentor during this year's Canadian Forces Aboriginal Entry Program, which runs from May 4-25 in Halifax.

MONA GHIZ, MARLANT PA

McHappy Day

CFB Halifax Base Commander Capt(N) Forget (right) and Base Chief Petty Officer CPO1 Steves are put to work preparing orders and providing drive-thru service at the Kempt Road McDonald's restaurant during McHappy Day® on May 2. This year, for the first time ever, the Halifax & Region Military Family Resource Centre (H&R MFRC) is one of the charities that received proceeds from this one-day fundraising event held annually by McDonald's restaurants across Canada. A portion of the proceeds from the Kempt Road (Halifax) and Pleasant Street (Dartmouth) McDonald's restaurants will be used for upgrades and programming at the H&R MFRC's two Youth Centres. Stay tuned for results from this fantastic (and fun) fundraising event.



MARGARET CONWAY, A/BPAO

First Conflict and Complaint Management Services Centre opens at CFB Halifax

By Virginia Beaton,
Trident Staff

On Monday, April 23, the CFB Halifax Conflict and Complaint Management Services (CCMS) Centre opened.

The centre, located in S-18, is the first of 12 such locations to be opened across Canada by July of this year. During the opening event, held just outside S-18, Cora Tolliver, Regional Manager of CCMS centres in the Atlantic Region (Halifax, Gagetown, and Greenwood), described the new mission.

"Today marks a new beginning for our centre here in CFB Halifax. Up until today, this building was known to many as the Conflict Resolution Centre Atlantic and was the space in which Defence Team members were provided with Alternative Dispute Resolution services to resolve workplace conflicts early, locally, and informally."

Tolliver said that the new CCMS Centre in Halifax will still make these services available. However, the centre will now provide a one-stop point of contact where CAF members will receive end to end conflict and complaint management support. It will be "a streamlined system known as the Integrated Complaint and Conflict



From left: Capt(N) Paul Forget, Alain Gauthier, Cora Tolliver, and BGen Derek MacAulay cut the ribbon to formally open the new Conflict and Complaint Management Services Centre at CFB Halifax.

AB JOHN IGLESIAS, FIS

Management System, or ICCM, that will benefit both CAF members and the chain of command, allowing for effective, simplified and trackable complaint management."

CCMS agents provide the first point of contact and are specially trained to provide CAF members with infor-

mation and guidance in harassment complaints, human rights complaints, grievances and workplace violence complaints, "while our skilled conflict management practitioners continue to deliver Alternative Dispute Resolution services."

According to Tolliver, four prototype offices have already seen the positive impacts of the ICCM system "and we look forward to seeing the same benefits here in our Halifax centre."

Dignitaries present for the occasion included Alain Gauthier, Director General Integrated Conflict and Complaint Management; Kin Choi, ADM(HR-CIV); Capt(N) Paul Forget, Base Commander CFB Halifax; BGen Derek Macaulay, Commander 5th Canadian Division; and Col Adam-

son, Wing Commander 14 Wing Greenwood.

In his remarks, BGen Macaulay noted, "Experience has taught me that Canada's military is a people-centred business. As such, a critical leadership skill is the ability to build and strengthen relationships."

Conflict and complaint management is a necessary skill for any team, regardless of the environment, added BGen Macaulay. "ICCM helps align the entire team. One team in the same fight, together."

Considering the development of complaint and conflict management in the CAF, Alain Gauthier stated that in early 2000, "we saw the introduction of interest-based approach including Alternative Dispute Resolution and other informal processes which, although effective, operated in silos."

The ICCM program is a proven approach that will break down those silos and allow members "to access information, services and support that

will help them to better understand and deal with conflict early, locally, informally and where appropriate, without having to resort to formal complaint."

By utilizing this approach to conflict and complaint resolution, "The CAF is introducing new tools such as a self-help Internet portal and has implemented a fully integrated registration and tracking system that is designed to provide powerful management tools that will assist leaders and managers at all levels to better understand and manage their complaint portfolio."

Gauthier thanked senior CAF leaders for their help and support in implementing the changes.

The ribbon cutting ceremony was followed by tours of the facility.



Staff of the Conflict and Complaint Management Services Centre at CFB Halifax.

AB JOHN IGLESIAS, FIS


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Day of Mourning honours injured workers

By Virginia Beaton,
Trident Staff

Twenty-one small Nova Scotia flags stood on the shelf behind the podium in the lobby of Province House on April 28, the annual Day of Mourning for workers who were injured or killed on the job.

Each flag stood for a Nova Scotian worker who was killed on the job during 2017.

Capt(N) Paul Forget, Base Commander CFB Halifax, and CPO1 David Steeves, Base Chief, were among those in attendance at the ceremony.

Hugh Gillis of the Nova Scotia Federation of Labour presided over the ceremony, which included representatives from government, labour organizations, unions, and several individual speakers.

Jason MacLean, president of the Nova Scotia Government Employees Union, outlined 2017 statistics for the provincial workplace. Commenting on the 21 deaths, MacLean said, "These were dedicated people who were just doing their jobs." Health and safety procedures in the workplace "are everybody's priority," he emphasized.

Suzanne MacNeil, president of the Halifax-Dartmouth and District Labour Council noted "Any job can be dangerous if it not properly resourced." Workers sometimes fear reprisals if they report unsafe conditions, but as she noted,



CPO1 David Steeves, CFB Halifax Base Chief, and Capt(N) Paul Forget, Base Commander CFB Halifax, lay a wreath at the conclusion of the Day of Mourning ceremony to remember those who have been injured or died on the job.

AB JOHN IGLESIAS, FIS

when she was growing up in Glace Bay, the popular saying among people there was, "The most important thing to come out of the mine, is the miner."

Liberal MLA for Halifax Citadel-Sa-

ble Island and Minister of the Public Service Commission Labi Kousoulis, and Tim Halman, Progressive Conservative MLA for Dartmouth East, both spoke to the need to improve occupa-

tional health and safety, and expressed sympathy for the family and friends of the 21 Nova Scotians who died at work.

Gary Burrill, leader of the provincial New Democratic Party and MLA for Halifax Chebucto. Burrill stated that as a United Church minister who had served in mostly working class churches, he had presided over many funerals of people who were killed in workplace accidents, whether those occurred on farms or on industrial sites.

One of the most affecting presentations came from Shannon Kempton, whose father, Peter Kempton, died in September 2013 in a workplace accident. He was an auto mechanic who was killed when a car on which he was working caught fire. The emotional impact of her father's death still affects her, according to Kempton, saying that she can still recall all of the details of that day, and of what followed.

The final speaker was Marie Clarke Walker, secretary/treasurer of the Canadian Labour Congress.

She stated that one of the people killed in the attack on April 23 in Toronto was a member of her local, "and it was her first day on the job."

Clarke Walker noted that in addition to improving health and safety standards and procedures, it was also vital for workers and management to come together to fight violence and harassment in the workplace.

New commander for RCAF

By the RCAF

Command of the RCAF changed hands at a ceremony held May 4, 2018, in Ottawa.

The new commander of the RCAF, LGen Al Meinzinger, assumed command from LGen Mike Hood at a ceremony held at the Canada Aviation and Space Museum in Ottawa and presided over by Gen Jonathan Vance, chief of the defence staff.

"I am deeply honoured to accept command of the Royal Canadian Air Force from Lieutenant-General Hood, who has led the RCAF and served his country with passion, commitment and vision," said LGen Meinzinger. "I am privileged and proud to lead the members of this distinguished national institution. I assume this command with the knowledge, however, that we have much work left to do and that, as we move forward, 'People, Policy, Program and Posture' will be our anchor points."

LGen Meinzinger enrolled in the CAF in 1985. In 2006, he assumed command of 403 Helicopter Operational Training Squadron. In 2011, he deployed to Kandahar, Afghanistan, to command Canada's Joint Task Force-Afghanistan Air Wing, overseeing the final phase of Air Wing support to combat operations. In July 2013, he took

command of Royal Military College of Canada in Kingston, Ontario. Upon promotion to major-general in May 2015, he was appointed deputy commander of the RCAF. In March 2017, he was appointed as director of staff, Strategic Joint Staff. He was promoted to his current rank on April 20, 2018.

"I want to thank Lieutenant-General Hood for his outstanding leadership throughout a truly distinguished career," remarked Gen Vance. "Earning command takes years of hard work and dedication, and that same work ethic has been apparent during his tenure. Lieutenant General Hood's efforts have positioned the RCAF to meet the operational challenges we will face for years to come. As he passes command to Lieutenant-General Meinzinger, I am confident that same level of excellence will continue. I am equally confident that Lieutenant-General Meinzinger will command the RCAF with skill and dedication in the years to come."

The RCAF provides the CAF with relevant, responsive and effective air power capabilities to meet the defence challenges of today and into the future. The Commander of the RCAF ensures that trained personnel, along with the necessary equipment and support, are available and ready to carry out air operations in Canada, in North America



Command of the RCAF changed hands on May 4, 2018, in Ottawa. From left are incoming commander, LGen Al Meinzinger; CDS Gen Jonathan Vance, who presided over the ceremony; and outgoing commander, LGen Mike Hood.

CPL ALANA MORIN

and around the world when called upon by the Government of Canada. The RCAF provides support to organizations such as the RCN, Canadian Army, Canadian Joint Operations Command, NORAD, NATO and the United Nations.

The RCAF comprises 13 wings as well as other entities, located across Canada. The wings conduct Air Force operations and training under the direction of the commanders of 1 and 2 Canadian Air Divisions (as well as the Canadian NORAD Region). In

addition to 1 and 2 Canadian Air Divisions, the RCAF Aerospace Warfare Centre has recently been confirmed as the third pillar of the RCAF's organization, driving change and enabling innovation and transformation.

The RCAF includes approximately 12,000 Regular Force personnel and 2,100 Air Reserve personnel (Primary Reserve and officers of the Cadet Instructor Cadre). Approximately 1,500 civilian public servants are employed within the RCAF organization.

Remembering HMCS Athabaskan

Editor's note: Sherry Pringle contacted Trident in April 2018. In an email, she said that she was saddened to learn that HMCS Athabaskan, which was decommissioned in March 2017, had been sold and was moved out of HMC Dockyard in April 2018. She noted, "I was recently moved by the photo of 282 being led away for scrap, which promoted me to pen a poem for your consideration."

*Pringle has a family connection to the Royal Canadian Navy. Her uncle, Maurice Waitson, was a 19-year-old Able Seaman who was lost at sea in the first HMCS Athabaskan when that ship was sunk off the coast of France in 1944. Pringle has written a book titled *All The Ship's Men: HMCS Athabaskan's Untold Stories*, which was published by Vanwell. The book launch was held on the flight deck of the third HMCS Athabaskan, 282, on June 30, 2010.*

Death of a Warrior

By Sherry Pringle

I am led in chains through the harbour gate
On a cloudy day, through chilly seas
I've lived my life—four decades—more
From the gateway to Atlantic shore
Of my home in Canada
Whose lands I've defended and patrolled
As I sailed the seas both far and wide
And kept her safe and free of strife
When once I led a Naval life.

I was the third of three destroyers
Bearing the same Tribal name
The first, a legend in our time
Sunk in war
Not far off from a distant shore
One hundred and twenty-eight
With Captain Stubbs who died
G07, the first of Athabaskan fame
The Motto we bore—"We Fight As One"
Now G07 lies on the ocean floor
With silent guns to "fight no more".

The second of three was 219
Built for war but was too late



The third HMCS Athabaskan was paid off in March 2017 and was sold and removed from HMC Dockyard in spring 2018.

MONA GHIZ, MARLANT PA

Laid down, then Commissioned in '48
She saw war on the Korean front
Lived her life
And met the same fate
As me—that is
Sold for scrap.
Stripped of armour and melted down
Her guns were silenced of their sound.

Now, I am led by chains through the harbour gate
Laid down, was I in '69
A Mighty Destroyer, in tune with time
Launched in '70 of Tribal Class

Commissioned 282, my Motto etched in brass

I served my country well
In "Friction", "Desert Field"
And Task Groups on far-off Persian Shores
With Sea Kings hovering over upper decks
And flew my flag with boastful pride
To serve my Canada, far and wide.

My missions numbered many, it is my belief
For Hurricane Katrina and Haiti relief
My NATO days are over now
When once I saluted the Queen—21 guns in all
And then fell silent—full of rust
Twas in the year 2010 you see
Our Navy's Centennial Jubilee
We three were Warriors who'd kept us safe
And now I am alone as one
Adventures ceased and duties done.

I've served my country with honour

and pride
Fulfilling missions far and wide
Now I am stripped of all my guns
My decks lay bare
My sailors gone
They saluted me in Glory Days
I did my job and forged ahead
As through the narrow straits I'm led

Dragged in chains, to end my days
What a legacy we've left—we three
Born of brawn and forged from steel
Tribal Destroyers of Athabaskan name
From G07 in times of war, to 219, then there's me
282 or number three

We were true to our Motto and "Fought as one"
And now our mighty Tribal Class is done
We fired our guns in days of war
We protected Canada's massive shore
And now—we simply—are no more!



The first HMCS Athabaskan was sunk off France on April 29, 1944.



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Updates galore at the H&R MFRC

We are thrilled to announce that we have successfully overhauled our website (www.halifaxmfr.ca). Based on your feedback, suggestions, and ideas, we have improved navigation, re-organized content to make it more user-friendly, added new functionality, a search feature, family resources, as well as a link to making a donation. However, the biggest improvement we have made is: online registration.

To do so, CAF members and their families are required to create an online account. It's simple to do. Visit our website (www.halifaxmfr.ca) and click on the Login button. Enter your information in our secure registration system, and you will be able to register and pay for programs we offer, and all from your computer, tablet or phone. It really is that easy.

Revolutionizing our registration system is a significant advancement in our program delivery. You are welcome to continue to call or come to our centres to register for programs, once you have created your online account. If you have any questions, please connect with us: 902-427-7788.

Beaucoup de mises à jour au CRFM H et R

Nous sommes heureux d'annoncer que nous avons révisé avec succès notre site Web (www.halifaxmfr.ca). En fonction de vos commentaires, suggestions et idées, nous avons amélioré la navigation, réorganisé le contenu pour le rendre plus convivial, ajouté de nouvelles fonctionnalités, une fonction de recherche, ainsi qu'un lien pour faire un don. Cependant, la plus grande amélioration que nous avons faite est: l'inscription en ligne.

Pour ce faire, les membres des FAC et leurs familles sont tenus de créer un compte en ligne. C'est simple à faire. Visitez notre site Web (www.halifaxmfr.ca) et cliquez sur le bouton S'identifier. Entrez vos informations



On April 16, staff at the Shearwater site MFRC participated in Purple Up Day, to celebrate the spirit and resilience of military children.

dans notre système d'enregistrement sécurisé, et vous serez en mesure de vous inscrire et de payer pour les programmes que nous offrons, et tout à partir de votre ordinateur, tablette ou téléphone cellulaire. C'est vraiment facile.

Révolutionner notre système d'enregistrement est un progrès important dans notre prestation de programmes. Vous êtes invités à continuer à appeler ou à venir dans nos centres pour vous inscrire à des programmes, une fois que vous avez créé votre compte en ligne. Si vous avez des questions, s'il vous plaît, communiquez avec nous: 902-427-7788.

Transition Together: An evening of community building

The Veteran Family Program supports medically releasing CAF members, medically released veterans

and their families transition into the community.

But what does that mean?

Spend a couple of hours learning more about the programs and services available to you and your family. This event is open to families and it is a great opportunity to meet community partners in an informal setting; partners include:

With the help of the H&R MFRC and community partners, we will help you transition, together.

Meet staff from the following community partners: IPSC/JPSU, VETS, Royal Canadian Legion, Veterans UN-NATO Canada, OSSIS, Health Promotion, SISIP Financial, CFMAP, OSI Clinic, Rally Point Retreat, Trauma Healing Centre.

Date: Wednesday, May 23, 2018

Time: 6 – 8pm

Location: Halifax site MFRC (6393 Homefire Crescent, Halifax)

Cost: No cost

Light refreshments will be served. For more information, please call: 902-427-7788.

Faire la transition ensemble: Une soirée de réseautage communautaire

Les membres des FAC et les vétérans libérés depuis le 1er octobre 2015 pour raisons médicales et leurs familles ont accès illimité au Programme pour les familles des vétérans (PFV).

Mais qu'est-ce que cela signifie?

Passez quelques heures à apprendre davantage sur les programmes et les services offerts à vous et à votre famille. Cet événement est ouvert aux familles et c'est l'occasion de rencontrer des partenaires communautaires dans un cadre informel.

Avec le CRFM H et R ainsi que les partenaires communautaires, nous vous aiderons à faire la transition, ensemble.

Rencontrez les partenaires communautaires suivants : CISP/JPSU, VETS Canada, Programme d'aide aux membres des FC, Services financiers du RARM, SSBSO, La Légion royale canadienne Promotion de Santé, Clinique de TSO, Rally Point Retreat, Trauma Healing Centre, et Vétérans UN-NATO Canada.

Date : mercredi, le 23 mai 2018

Heure : 18 à 20 h

Lieu : CRFM du site d'Halifax (6393, Homefire Crescent, Halifax)

Coût : sans frais

Des rafraîchissements légers seront servis. Pour plus d'information, appelez 902-427-

7788.

The H&R MFRC Annual General Meeting

Join us Wednesday, June 20, 4-6:30 p.m. at the Halifax Site MFRC for light refreshments from 4-5 p.m., followed by the Annual General Meeting, from 5-6:30 p.m. Connect with your MFRC and military community, hear about the cool things we've done this past year and elect next year's Board of Directors. There is no cost and all military members and their families are welcome. Childcare is available. Call 902-427-7788 to register for childcare by Friday, June 15.

L'assemblée annuelle du CRFM d'Halifax et régions

Joignez-vous à nous mercredi le 20 juin de 16 h à 18 h 30 au CRFM de Shearwater. Des rafraîchissements légers seront servis de 16 h à 17 h et il sera suivi par l'Assemblée générale annuelle de 17 h à 18 h 30. Apprenez à connaître votre CRFM ainsi que la communauté militaire, prenez connaissance des choses intéressantes que nous avons faites au cours de l'année dernière et votez pour le prochain conseil d'administration. Tous les membres des FAC et leur famille sont invités et c'est gratuit. Le service de garde vous est offert. Téléphonnez au 902-427-7788 avant le vendredi 15 juin pour vous inscrire au service de garde.

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RN Cold War veteran to kayak the



Former Royal Navy artificer Steve Chard stands alongside the information board next to HMCS Sackville's summer berth in Halifax.

SUBMITTED

By Phil Chard,
Leading Writer (ret'd), Royal Navy

Cold War veteran Steve Chard is aiming to complete the bumper 6,000-mile kayaking Great Loop to raise funds to keep Canada's last-surviving corvette afloat.

Steve, a retired Petty Officer Artificer who served in the Royal Navy from 1975 to 1987, is undergoing the sponsored trip solo.

But the former submariner, who served underwater in the Barents Sea near the Russian coastline, is inviting others to join him on sections of the route to keep him company and spur him on.

The 60-year-old Englishman from Dorset, who lives near Portland Harbour — former home of a British naval air station, shore base HMS Osprey and offices of Flag Officer Sea Training — is set to leave Halifax on Friday, June 1.

Weather permitting, he intends to begin his mammoth paddle at the site of HMCS Sackville's summer berth on Halifax waterfront, hopefully with the

soul-surviving Second World War corvette alongside following her much-needed winter refit.

Steve, who served aboard HM Submarines' *Spartan*, *Swiftsure*, *Sceptre* and *Splendid*, is aiming to return to the same spot by September 2019 at the latest.



Steve Chard in his uniform in 1980 during his Royal Navy days.

SUBMITTED

His strenuous 15-month journey will initially take him along the St Lawrence River to Montreal and Ottawa, then through the Trent-Severn Waterway into Lake Huron and Lake Michigan.

He will also paddle down mainland United States on the mighty Mississippi River to the Gulf of Mexico and Florida, and back up the Eastern Seaboard.

Steve, an ambulance service emergency care assistant, retired last September, and the big adventure is his way of celebrating and raising funds for charity at the same time.

He told Trident News: "I will be kayaking the coastline and interconnected waterways, canals and rivers of The Great Loop.



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Days

KICK OFF ^{to} SUMMER








JUNE
22/23

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cafconnection.ca/Halifax  /psphalifax

Great Loop as CNMT fundraiser

"I'm paddling solo, camping each night and carrying all that I need in my sea kayak — tent, food, cooking gear, etc.

"I said solo, but please come paddle with me for any period of time, long or short. I would love to have your company along the way."

Steve added: "I'm raising money for The Canadian Naval Memorial, HMCS *Sackville*, and The Kidney Foundation of Canada.

"I'm being hosted by the Naval Memorial Trust while in Canada and will be departing from and returning to HMCS *Sackville* at her berth on Halifax's historic waterfront.

"If you or your Canadian family and friends want to make a donation, please ask them to visit www.Canada-Helps.org and enter 'Steve Chard' as the fundraiser.

"They can then donate to HMCS *Sackville*, and other charities if they would like.

"This is my ultimate way to celebrate retirement, an extreme challenge for me and a reason to fundraise for charity.

"I'd be grateful for as much support as I can get from the trustees of HMCS *Sackville*, their friends and families and the general public in Halifax, the whole of Nova Scotia, and



the whole of Canada.

"Halifax is a world famous naval base and home to many serving and retired Canadian servicemen and women.

"It would be fantastic if they could

help me to help keep HMCS *Sackville* shipshape, and also raise money for the other good causes I'm simultaneously paddling for."

They include four charities in Britain, including Walking With The

Steve Chard on a British beach during training for his charity fundraising trip around North America's kayaking Great Loop.

SUBMITTED

Wounded, and three charities in the United States, including Disabled American Veterans and the US Navy Submarine Force Library and Museum.

To follow his progress, go onto his Facebook page, Kayak The Great Loop -paddle with Steve.

He is also on Instagram.

Via the wonders of the worldwide web, Steve has already been receiving tremendous support from Canadians, in particular the kayaking fraternity who live alongside his route.

Bob Vlug, of Eastern Outdoors at Dipper Harbour East, New Brunswick, is backing Steve with valuable sponsorship.

A top-class Paddle Canada kayak coach, Bob is supplying him with a kayak, fitting it out, and training Steve in local waters, including the Bay of Fundy, for two weeks before his big adventure begins in June.

Steve has spent the past 12 months extensively training for his trip in British waters, as well as in Nova Scotian waters, and preparing his complete route.

He was a guest at one of HMCS *Sackville*'s weekly luncheons last September, courtesy of Canada's Naval Memorial Trust executive director Doug Thomas.



Government of Canada

Gouvernement du Canada

VETERAN FAMILY PROGRAM

For Medically Releasing CAF Members, Medically Released Veterans and their Families



LE PROGRAMME POUR LES FAMILLES DES VÉTÉRANS

Pour les membres des FAC en voie de libération pour des raisons médicales, les vétérans libérés pour des raisons médicales et leur famille

The Veteran Family Program supports medically releasing Canadian Armed Forces members, medically released Veterans and families. If you are transitioning visit your local Military Family Resource Centre, CAFconnection.ca, or call the Family Information Line at 1-800-866-4546.

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 ou votre centre de ressources pour les familles des militaires, ou appelez la Ligne d'information pour les familles au 1-800-866-4546

Upcoming SAR Tech briefings at CFB Halifax

By CFB Halifax, PA

If you're looking for a new challenge in your military career, you might want to consider becoming a Search and Rescue Technician (SAR Tech). This proud and prestigious CAF occupation accepts Regular and Reserve Force NCMs who undergo an occupational transfer from within the CAF. SAR Tech teams embody their motto, That Others May Live, all across Canada, conducting life-saving missions from coast to coast to coast.

SAR Tech attraction briefings will take place at CFB Halifax on May 29,

A SAR Tech and rescue mannequin are raised into a CH-146 Griffon helicopter during a simulated evacuation off the coast of Miami, Florida as part of Ex SOUTHERN BREEZE on February 14, 2017.

CPL GARY CALVÉ, BAGOTVILLE
IMAGING SECTION

2018 at Stadacona, Building S-90, Room 317 (BPSO Classroom). Briefings will be held at 1:30 – 3:30 p.m. and 6 – 8 p.m. Registration is not required for attendance at these briefings.

For additional information on the SAR Tech occupation including prerequisites and training, visit <http://rcaf.mil.ca/en/2-cad/air-force-training/air-ops-training-pages/sar-tech.page>



Séances d'information sur les Tech SAR prochainement à la BFC Halifax

Par BFC Halifax, AP

Si vous souhaitez relever de nouveaux défis dans votre carrière militaire, vous devriez peut-être envisager de devenir technicien ou technicienne

en recherche et sauvetage (Tech SAR). Ce groupe professionnel, source de fierté et de prestige, accepte les MR de la Force régulière et de la Réserve qui font l'objet d'un reclassement au sein des FAC. Partout au Canada, les équipes de Tech SAR incarnent la devise de leur groupe professionnel. Pour sauver des vies, exécutant des missions de sauvetage d'un océan à l'autre.

Des exposés visant le recrutement de Tech SAR auront lieu à la BFC Halifax le 29 mai 2018, dans la salle 317 (salle de classe de l'OSPB), bâtiment S-90 de Stadacona. Ils se dérouleront respectivement de 13 h 30 à 15 h 30 et de 18 h à 2 h. Nul besoin de s'inscrire pour y assister.

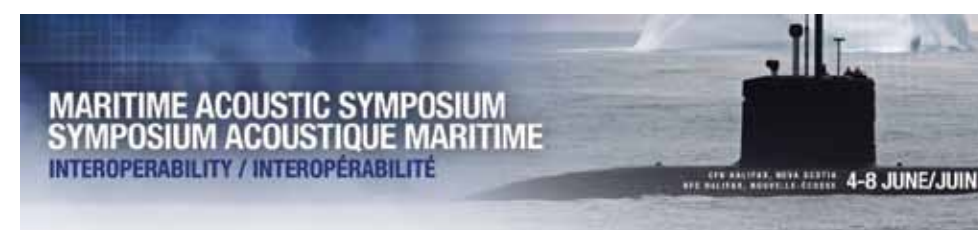
Pour obtenir plus de renseignements sur le groupe professionnel des Tech SAR, y compris sur les conditions d'admissibilité et l'instruction, consultez le <http://rcaf.mil.ca/fr/2-cad/air-force-training/air-ops-training-pages/sar-tech.page>.

New Military Family ID coming to CFB Halifax

By CFB Halifax PA

There will soon be a new ID card for family members of CAF personnel, meant mainly to assist family members access the Dockyard so that sailors can be picked up or dropped off at their respective ships.

MARLANTGEN 029/18 has been recently released, providing details on this new card. MARLANT Splash Page information, MFRC E-news and website updates and an in-depth Trident article will soon be available to further explain the details of the program.



Introduction de nouvelles cartes d'identité des familles militaires à la BFC Halifax

Par l'OAP, BDF Halifax

Il y aura bientôt une nouvelle carte d'identité pour les membres de familles de militaires; elle est destinée à faciliter à ces derniers l'accès à l'arsenal maritime afin qu'ils puissent conduire et venir chercher les marins aux navires. Le MARLANTGEN 029/18, qui vient de

sortir, présente des renseignements détaillés sur la carte. Des renseignements complémentaires seront bientôt publiés sur la page d'accueil des FMAR(A) et dans les bulletins électroniques du CRFM; de plus, les sites web seront mis à jour et un article de fond de Trident présentera des explications détaillées sur le programme.



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HMCS St. John's continues on Op REASSURANCE



VADM Lloyd, Commander RCN, speaks with RCN sailors in HMCS St. John's during his visit during Op REASSURANCE.

CPL TONY CHAND, FIS



RCN members currently deployed onboard HMCS St. John's as part of Op REASSURANCE, take part in a small boat attack exercise defending the ship using blank ammunition with the .50 Calibre Heavy Machine Gun as part of Ex JOINT WARRIOR, off the coast of Scotland.

CPL TONY CHAND, FIS



Physicians Assistants, Lt Stuart Pellerin (right) and LS Issabelle Rioux currently deployed on board HMCS St. John's, participate in the 22-day pushup challenge during Op REASSURANCE.

CPL TONY CHAND, FIS



OS Bullen of HMCS St. John's, receives his medal from VADM Ron Lloyd, Commander Royal Canadian Navy.

CPL TONY CHAND, FIS



Boarding Party members onboard HMCS St. John's participate in a boarding exercise during Exercise JOINT WARRIOR as part of Operation REASSURANCE.

CPL TONY CHAND, FIS



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DAGPWD hopes to see CFB Halifax become more accessible

By Ryan Melanson,
Trident Staff

A new military co-chair and small groups of dedicated members are hoping to breathe new life into the Halifax region Defence Advisory Group for Persons with Disabilities (DAGPWD), and recently held their first meeting of 2018 to get the ball rolling.

The group is one of four DAGs that exist under the MARLANT Employment Equity banner, with a goal of improving the quality of work life for persons with disabilities and to promote a better understanding of disability-related issues across the Formation.

For the most recent meeting, the group welcomed guest speaker David Paterson, the regional coordinator for the Ready, Willing, and Able program, a Canada-wide federal government initiative designed to increase the labour force participation of people with an intellectual disability or autism spectrum disorder.

Since launching in 2014, the program has found success in connecting its pool of job seekers with potential employers, and can boast an impressive seven per cent turnover rate among their hires, across a variety of different industries and skill or experience levels. In Nova Scotia, the program has a pool of more than 300 applicants who are pre screened to identify their skills and the value they might bring to a workplace.

"I engage employers and say 'What are your needs? What are your recruiting challenges? Who do you need to hire?' and we go from there," Paterson said.

"The reason we take this approach is because we're trying to break down some of the barriers that people with autism and intellectual disabilities face when it comes to applying for jobs," he added, explaining that the increasing prevalence of online recruiting and complicated online job descriptions can sometime be discouraging.

The program employs advisors who work with new hires for the first weeks or months at a new workplace to ensure comfort with the environment and a smooth transition, but

employees are otherwise treated as any other hire.

PO2 Joanne Franklin, the new military co-chair for DAGPWD, lives with a physical disability and tends to think of accessibility in terms of mobility impairments and ensuring people have physical access to spaces. She said this made Patterson's autism-focused presentation a helpful eye opener into other types of accessibility challenges that can exist in the workplace.

"And we're going to continue bringing people from different organizations or different experts in to speak to us so we can continue learning," she added.

All members of the Defence community are welcome at group meetings, even if they don't necessarily live with any type of disability. This

could include people with friends or family members with disabilities, or people who just wish to learn more and become advocates for accessible and inclusive workplaces throughout the Formation.

"We certainly want to encourage people to come out and get as much attendance as we can for our meetings. Everybody is welcome," PO2 Franklin said.

A long term goal for DAGPWD and its new membership would be for the base to begin making accessibility changes in line with the Province of Nova Scotia's newly proclaimed Accessibility Act, which sets a broad goal of having Nova Scotia be a fully accessible province by 2030. An advisory board of disability advocates and community representatives are currently

creating guidelines and standards as to how the province should implement the act in order to reach the 2030 goal of eliminating barriers for people with disabilities.

"I would love to see DND leading the change on this issue, and to see CFB Halifax becoming fully accessible before 2030. That's something I'd like this working group to champion," PO2 Franklin said.

The DAGPWD meets on a bi-monthly basis, and anyone interested in attending a meeting or getting involved with any of the four Defence Advisory groups can contact MARLANT Employment Equity Manager Dan Peppar at 902-721-1143 or visit the Employment Equity page on the MARLANT Intranet at http://halifax.mil.ca/HRPP/pages/fhr_ee.html.



From left, Sgt Shelley Jollimore, PO2 Joanne Franklin, military co-chair, MCpl Rob Stoodley, and David Paterson, regional coordinator for the Ready, Willing, and Able program. Paterson was a guest speaker at a recent meeting of the Halifax region Defence Advisory Group for Persons with Disabilities.

RYAN MELANSON, TRIDENT STAFF

Three drug busts in two weeks on Op CARIBBE

By Lt(N) Paul Pendergast,
Canadian Joint Operations Command
PAO

HMC Ships *Whitehorse* and *Edmonton* had a busy two weeks on Op CARIBBE, making three drug busts during that short time. The ships have assisted the United States Coast Guard (USCG) in seizing approximately 2 011 kg of cocaine and disrupting another estimated 845 kg, for a total of some 2 856 kg of cocaine that was prevented from reaching the streets of North America.

On March 24, 2018, *Whitehorse* helped the USCG seize about 30 kg and disrupt an estimated 845 kg of cocaine. This event took place in international waters in the eastern Pacific, off the coast of Central America.

A maritime patrol aircraft operating with Joint Interagency Task Force South (JIATF-S) spotted a suspicious vessel during a routine patrol. *Whitehorse* was tasked to stop the panga-style fishing vessel. It launched its rigid-hull inflatable boats (RHIBs), each with members of the embarked USCG Law Enforcement Detachment (LEDET).

The suspected smugglers on the panga-style vessel jettisoned approximately 875 kg of cocaine overboard and fled the scene. One of the RHIBs picked up a 30 kg bale of cocaine before joining the other RHIB in chasing the panga.

Stepping up to the plate on April 3, 2018, *Edmonton* assisted the USCG to seize about 461 kg of cocaine in international waters in the eastern Pacific off the coast of Central America.

An aircraft operating with JIATF-S spotted a suspicious vessel, and *Edmonton* was tasked to intercept it. When the ship was close enough, the Commanding Officer ordered the launch of their RHIBs. The RHIBs had *Edmonton* crew and members of USCG LEDET onboard. They approached the panga-style vessel, which surrendered without chase. The USCG LEDET quickly boarded the suspected smuggler's vessel and subsequently found 23 bales of cocaine weighing about 461 kg. The LEDET detained four crewmembers.

"I am proud of the efforts of the crew, and the embarked LEDET, but we cannot forget all the other support provided from personnel ashore to set the conditions for success on Operation CARIBBE," said LCdr Brian Henwood, Commanding Officer *Edmonton*.

Little did they know, the biggest bust was yet to come. On April 5, 2018, *Whitehorse* helped the USCG to seize about 1 520 kg of cocaine in international waters in the eastern Pacific off the coast of Central America.

While on a routine patrol on Op CARIBBE, *Whitehorse* spotted a



A floating bale of cocaine is loaded on HMCS *Whitehorse*, as a member of the RCN and a member of the United States Coast Guard assist from a Rigid Hulled Inflatable Boat during Op CARIBBE on April 5, 2018.

MARPAC PA

suspicious vessel by radar, and was tasked to intercept it by JIATF-S. When *Whitehorse* was close enough, they launched their RHIBs, each with members of the embarked USCG LEDET, who proceeded ahead of the ship.

Once in range, the crew of *Whitehorse* saw that it was a 60-foot fishing vessel, holding a stationary position, with seven panga-style boats attached alongside. At this point, a puff of smoke was observed coming from their exhaust pipes, indicating that the fishing vessel was getting underway. The seven pangas scattered in multiple directions, erratically maneuvering away from the fishing vessel, some jettisoning objects as they went, and others deploying fishing gear.

The RHIBs pursued and intercepted the fleeing pangas, and after about an hour, they had all returned to the fishing vessel. One of the RHIBs then began a search pattern, to locate any contraband that may have been jettisoned by the pangas.

The RHIB Coxn, a member of the RCN who cannot be named for security reasons, describes how they found the drugs: "We conducted a standard grid search around the vessel's original position, while the

other RHIB stayed with the pangas and the fishing vessel," said the RHIB Coxn. "After about 40 minutes, we were about to return to *Whitehorse* when we spotted fish jumping out of the water and birds flocking over them and decided to investigate. When we arrived at the spot we found six elongated bales floating in the water, each about 12 feet long, tied together with nets, with a long rope connecting them. As soon as we saw it we knew it was the cocaine."

The LEDET seized the bales of cocaine weighing about 1 520 kg. They also detained 20 suspected smugglers.

"I commend the professionalism

of this crew and the close cooperation between *Whitehorse* and the USCG LEDET which directly contributed to this success of this operation," said LCdr Collin Forsberg, Commanding Officer *Whitehorse*. "The men and women of HMCS *Whitehorse* are proud to be a part of this important effort to keep illicit drugs off the streets of North America."

Now home in Esquimalt, *Whitehorse* and *Edmonton* have added another chapter to the success story of Op CARIBBE. The CAF has contributed to the seizure of more than 85 tonnes of cocaine since Operation CARIBBE commenced in 2006 with the United States JIATF-S.

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- Gospel according to John

Exercise Cyber Challenge 2018

By Matthew Lacroix

Communications Advisor, IM Gp Communications, DND

Cyberspace is critical for the conduct of modern military operations, and is recognized as a domain of operations like air, sea, land and space. Canada's vision for defence includes a commitment to invest in and evolve its cyber capabilities, and to grow and enhance the Canadian Armed Forces (CAF) Cyber Force. To help achieve this, events such as Exercise Cyber Challenge are designed to help maintain cyber related skills and identify personnel with strengths and aptitudes for potential employment in the CAF Cyber Force.

On May 13, 40 Regular and Reserve Force members from across Canada will participate in Exercise Cyber Challenge 2018 in Kingston, Ontario.

"Exercise Cyber Challenge 2018 promises to be an exciting two days," according to Sgt Jeff Oshier, a Cyber Operator in the Directorate of Cyber Operations Force Development (D Cyber Ops FD).

"After a day of pre-exercise coordination and training, teams of four will compete in a 36-hour 'Jeopardy-style' capture-the-flag competition to win the highly-prized Siebring Trophy."

Indeed, team members will be pre-



Participants team up to complete a challenge during exercise Cyber Challenge 2017.

SUBMITTED

sented challenges in categories such as cryptography and forensics, and awarded points according to difficulty and complexity. Some of these challenges will be exceptionally difficult

to solve and will require team members to use their collective experience.

Last year's exercise was hosted on a newly redesigned network developed and supported in-house at the Canadi-

an Forces School of Communications and Electronics (CFSCE).

"It took the development team more than three months and 2,000 hours to create hundreds of challenges based on web and network vulnerability assessment, penetration testing, network defence techniques, and computer and network forensics," said Sgt Oshier.

"The same team continued development over the winter months to improve performance, redesign and add challenges, and create a new scoring methodology for this year's exercise. In addition to the improved challenges, there are rumours of new interactive challenges including hackable staff badges and a remotely controlled foam ball gun," he added with a smile.

Jointly conducted by D Cyber Ops FD and CFSCE, this will be the sixth event of this kind held since 2011. The organizers hope this year's exercise will continue increasing awareness of the cyber domain, attract personnel to become part of the CAF Cyber Force, as well as shape the future of the cyber workforce. This year is also unique in that we have an even split between Primary Reservists and Regular Force members, demonstrating the increasing role our Reserve Force can and will take in our growing CAF Cyber Force.

HMCS Vancouver in Hong Kong

By RCN

HMCS Vancouver arrived in the Hong Kong Special Administrative Region on May 3, on the first port visit of its Op PROJECTION Indo-Asia-Pacific deployment. Vancouver, an RCN frigate based out of CFB Esquimalt, will visit several ports in the Indo-Asia-Pacific in order to enhance relationships in the region.

Joining Vancouver for this port visit was the Deputy Commander of the RCN, RAdm Gilles Couturier.

Vancouver conducted this port visit in the Hong Kong Special Administrative Region to support Canada's diplomatic efforts in China. During the port visit, Canadian sailors interacted with civilians and local counterparts to promote cooperation and friendship. They participated in outreach activities such as school visits to the ship, a charity event, friendly sports competition, and a wreath laying ceremony at the Sai Wan War Memorial.

Canada and Hong Kong share a strong and long-standing relationship. During the Second World War, close to 2,000 Canadian soldiers fought alongside local and Allied forces to defend the territory in the Battle of Hong



HMCS Vancouver approaches the port of Hong Kong during Op PROJECTION Indo-Asia Pacific on May 3, 2018.

MCPL BRENT KENNY, MARPAC IMAGING SERVICES

Kong. Today, there are over 300,000 Canadian citizens living in Hong Kong – the largest Canadian diaspora in one city outside of Canada.

Vancouver is deployed to the Asia-

Pacific region on Op PROJECTION to conduct forward naval presence operations in the region and support international naval exercises with allies and partner nations.

Vancouver is the third RCN ship to visit the Hong Kong Special Administrative Region since 2007. Ottawa visited Hong Kong in February 2007, while Regina visited in May 2008. In addition, Ottawa visited Shanghai in May 2017.

"I am thrilled to be in Hong Kong and am really looking forward to the candid and friendly conversations that I'll be having with my counterparts. The Indo-Asia-Pacific region is important to Canada. Despite the vast distances between us, we share the common bond of being a Pacific nation. This visit, and the engagement we will be having here, is a great step in further strengthening that bond as we work together to ensure peace and stability in the region," said RAdm Gilles Couturier, Deputy Commander, RCN.

"My crew and I are excited to be here, representing Canada, and meeting our counterparts and the wonderful people of Hong Kong. Canada has an enduring commitment to the Indo-Asia-Pacific region, and our visit here to China is a small example of that commitment to cooperation and friendship," said Cdr Christopher Nucci, Commanding Officer, Vancouver.

High tech welding simulator lowers Fleet School expenses

By Peter Mallett,
The Lookout Staff

Instructors at Naval Fleet School Pacific (NFS(P)) say a new augmented reality welding simulator will enhance instruction, reduce waste, and save money.

They recently tested the Augmented Arc welding trainer that will be used during the Maritime Technician and Hull Technician Legacy QL5 courses.

“It uses the same principles as real welding, and the student can manipulate the angle, distance and speed, gas and voltage of their torch, in the same manner as they would on the shop floor,” said MS Yannick Berube.

He was joined by colleagues MS Anthony Deman and LS Andrew Vincent for an introductory lesson by Paul Riddell, President of Progressive Education Systems. The system is O.E.M. by United-States based Miller Electric Mfg. LLC, the world’s largest manufacturer of arc welding products, and distributed in Canada by Riddell’s company.

The Department of National Defence purchased six units for the Esquimalt school and the same number for Naval Fleet School Atlantic; they cost approximately \$30,000 each.

MS Berube says while the cost may seem steep, it will save money in the long term. Gone is the volume of metal and welding supplies used by up to 72 students in seven classes a year as they perfect their skill.

“Welding is a dirty and costly

program to teach and every time a student picks up a welder they are consuming metal, welding rod, gas, electricity, etcetera,” adds Riddell. “During the welding procedure a shielding gas is released to prevent exposure to air and water vapor which can create issues. The Miller Augmented Arc welding trainer simulates this entire process, effectively enabling a student to learn how to weld in a realistic, clean, and safe environment.”

Instead of welder’s helmet and mask that protects the eyes from the harmful torch glow, students put on a similar looking helmet that contains a three-dimensional display screen that shows images of the real world, augmented with computer-generated images of metal workpieces, weld arcs and weld beads. Students then manipulate their torch and solder material to make simulated welds by moving them along a color-coded pallet that resembles a typical welding test coupon. Graphics on the screen inside the helmet show what they are doing on the virtual plane. Over time they learn how to properly adjust the angle, speed, distance, and the amount of gas and voltage. The result is simulation live-arc welding without using an actual arc or consuming wire, shielding gas or coupons.

Tech savvy students will appreciate this unique training device says MS Berube.

For the instructors, they can watch



The Miller Augmented Arc welding trainer allows students to learn how to weld in a realistic, clean, and safe environment. Instead of welder’s helmet and mask that protects the eyes from the harmful torch glow, students put on a similar looking helmet that contains a three-dimensional display screen that shows images of the real world, augmented with computer-generated images of metal workpieces, weld arcs and weld beads.

PETER MALLET, LOOKOUT STAFF

all the students from one vantage, instead of walking the shop floor to check on their progress.

“All of your work is recorded while you are welding; you can go back and pinpoint problem areas

and improve. So really for the student, it’s like having an instructor by your side all of the time,” said MS Deman.

The simulator will be introduced to students later this year.

Safe Driving Week is May 14-18

By Sgt Wayne Morrison,
IC MSE Safety, BLog TEME, CFB Halifax

Are you fit to drive?

1,322 collisions in DND could have been prevented by the driver.

33% are suspected to have been caused by the driver’s bad judgment.

Result: two fatalities, 104 injuries and 41 hospitalizations.

The act and decision to drive safely lies with the driver. Although the Chain of Command’s responsibilities range from training a driver on a particular vehicle to ensuring the vehicle is properly managed, the driver is personally responsible to ensure he/she is mentally and physically fit to safely operate a DND vehicle. Here is a checklist of the driver’s responsibilities with respect to safe driving:

Training: The Chain of Command is responsible to ensure their drivers receive adequate driver training,

but it is the driver’s responsibility to ensure he/she is capable of safely operating the vehicle. If the driver does not feel comfortable behind the wheel, he/she is responsible to request additional training.

Fatigue: Fatigue, which is considered a form of impairment, can seriously affect the driver’s ability to drive safely as a result of effects like slower reaction times and poor judgment. Research shows that being awake for 17 hours has the same effect on driving ability as a Blood Alcohol Concentration (BAC) of 0.05, and 24 hours without sleep has the same effect as a BAC of 0.10.

Stress and Emotions: Although cell phone use is a prevalent example of distracted driving, focusing on stress or strong emotions while driving can also seriously cloud a driver’s judgment. Although we associate strong emotions with negative events,

such as a stressful day at work, emotions from positive events can also be just as distracting. When behind the wheel of a vehicle, it is important to recognize the emotion and take the right steps to put one’s focus back on the road.

Impairment: Impairment is not only a result of alcohol or consump-

tion of illegal drugs. Some medications prescribed by health care professionals or sold over the counter can affect ability to drive due to serious side effects, such as blurred vision and dizziness. It is the driver’s responsibility to understand the side effects of their prescription and advise the Chain of Command accordingly.



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TRIDENT Sports

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Shearwater PSP staff score among top 0.01% with FORCE test results

By Ryan Melanson,
Trident Staff

Serving members of the CAF are held to a high standard when it comes to their health and fitness levels, and no less is expected of the civilian fitness and sports staff who support those in uniform every day.

That's why PSP Halifax is recognizing its instructors at the Shearwater Fitness and Sports Centre, who recently achieved the Platinum scoring level on their annual FORCE Evaluation tests.

Changes to the FORCE test in the last two years have introduced the Fitness Profile, which uses test results to determine a combined level of Operational and Health Related Fitness, based on the age and gender of each individual. Along with the new Profile, new incentive levels have also been added for those who score higher than the expected standard. Members who score a result better than or equal to 50 percent of the CAF population in their age group fall in the Bronze level, with further levels including Silver (84%) Gold (98%) and Platinum (99.9%).

All three instructors at the Shearwater gym, Matt MacKenzie, Dave

Carr, and Thomas Dalziel, achieved the Platinum level, putting them alongside the top 0.01% of test scores across the country. The trio said the high scores are simply a matter of giving it their all come testing time, combined with the advantage of being highly familiar with the test and having observed hundreds of CAF members completing it at the gym.

"If somebody's doing the test better or faster than we are, and we see them doing it, then we can learn from that and adopt some of their methods," Carr said.

Custom PSP t-shirts with the periodic symbol for Platinum were printed for the three instructors to recognize the achievement, and with the competitive nature of the staff at all three military gyms in the area, PSP Halifax Senior Manager Joni Sawler said it won't be a surprise if staff at the Stadacona and Dockyard fitness centres step up with high scores of their own.

"I'm so proud of the team; I love how hard everybody works and how much they're able to accomplish. They're setting an important example for our community and I know there's going to be more to come."



From left, PSP Fitness and Sports Instructors Dave Carr, Matt MacKenzie and Thomas Dalziel show off the t-shirts recognizing their Platinum level scores on the annual FORCE Evaluation test.

RYAN MELANSON, TRIDENT STAFF

Fitness and sports updates

By Trident Staff

Golf playdowns will occur at Hartlen Point Golf Course on the following dates: June 11 at 10 a.m., June 12 at 10 a.m., and June 13 at 10 a.m. Any interested members should have at least a verbal approval for the Regionals that will occur July 2018 at 14 Wing Greenwood. Members will need to be available for all three days of competition. Members will need to pay for all three days green fees (3 x \$38) on day one of the playdown. Cash will be returned should they make the team, and the sports cell will pay the fee. If member

has a membership at Hartlen Point, cash will be returned and card can be stamped in the pro shop should they be unsuccessful in bid to make the team. There is no ATM in the clubhouse, so come prepared. This is a stroke play tournament in accordance with current RCGA rules. Local Rules are in effect. No motorized carts are authorized for this tournament, nor are motorized push carts. Distance finders without information on wind speed and direction will be permitted.

14 Wing Greenwood will be hosting a Triathlon Development Camp from May 30 – June 2. Anyone who is

interested should contact Capt Brad Allen at Bradley.Allen@forces.gc.ca

The Navy Tridents Triathlon and Duathlon takes place on Sunday, June 3.

The second annual Navy Bike Ride is on Saturday, June 9 in the same location as last year: the Rails to Trails system in Shearwater/Cole Harbour/Lawrencetown. More details to follow.

Noon Rec Bowling League meets at the Stadacona Lanes in STADPLEX. Every Monday, Wednesday and Friday 12 – 1 p.m. Shoes supplied. Teams can be made up of as many players as you wish, however, only three bowlers per

team can bowl on a given day. DND civilian employees are welcome, however, will be required to pay the Community Rec user fee at the STADPLEX front desk.

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

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

12 Wing Shearwater drop-in basketball is available Wednesdays from 6-8 p.m. For more information please contact: Cpl Gagnon at 902-720-3214 or philip.gagnon@forces.gc.ca



STANDINGS 2017/2018

COTW Units	Craig Blake	RUN	VB	Curling	Hockey	Bowl	FlHockey	Bball	Slo-Pitch	Golf	POINTS	PLACE
CAMPUS	40	75	105	50	50			20			340	1st
CFMWC / FMFCS	60	50	50	80	40			10			290	2nd
BADM / MP / TRIN	75	10	30	40	70			0			225	3rd
BIS / MAR	10	20	20	0	95			0			145	4th
5 Cdn Div / Hlth SVCS	20	30	0	0	20			0			70	5th
BLOG/ RPOU(A)	30	0	0	0	30			0			60	6th

Mariners take silver at CAF Basketball Nationals

By Ryan Melanson, Trident Staff

This year's CAF National Basketball Championship, held from April 8-11 at 15 Wing Moose Jaw, saw the CFB Halifax Mariners compete as Atlantic Regional champs for the astounding 17th time in a row. They hoped to capture national gold for the first time since 2014, but instead came away with the silver after a hard-fought championship game.

Through the round-robin portion, Halifax won games against Trenton (60-52) and Valcartier (66-59 and 53-46), while falling to Edmonton (57-41). In the playoff portion, they rebounded with another victory over Valcartier (95-88) and a win against Edmonton (78-55). Unfortunately, one of the team's top players and Atlantic Region MVP, Capt Nic Leger, went down with a torn ACL during the first playoff game, ending his tournament early. His replacement, AB Joel Goodyear, suffered a quad contusion in the very next game, and was also out for the remainder of the tournament.

Combine the injuries with a hectic schedule that saw the Mariners playing their third game in 24 hours, and the team was up against the wall going into the championship final against the strong team from Trenton. The Mariners fell behind early and came back to take the lead in the third quarter, but failed to capitalize on turnovers, and also suffered another injury to OS Trayton Contois. In the end, the Mariners fell 70-59 to take the silver medal.

Longtime team coach Kevin Miller, a Fitness and Sports Coordinator with PSP Halifax, said despite the disappointment of losing at the hands of the Ontario region for the third year in a row, he felt the team had a lot to be proud of.

"Considering all the adversity we had to face with the schedule, level of competition and major injuries, the silver medal is still an achievement



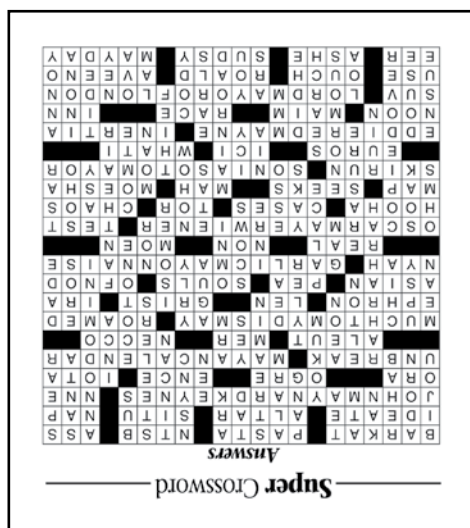
The CFB Halifax Mariner's Men's Basketball team took the silver medal at the CAF National Basketball Championship, falling 70-59 against the team from Trenton in the final game on April 11 in Moose Jaw.

AVR NINA APOLLONI, JPSU

worth celebrating. I couldn't be more proud of the way the guys played. It was a true team effort."

MVP awards throughout the tournament went to Lt(N) Cody Brown, AB Joel Goodyear, LS Chris West, and Capt Nic Leger.

The Mariners Men's Basketball team were also named as the MAR-LANT Environmental Team of the Year nominee for last year's season, and have recently been named the overall RCN winner. This means the team will be up for the CAF Team of the Year award at the 30th Annual CAF Sports Award Ceremony to be held this fall.



Baseball trivia

By Stephen Stone

Questions

- Who was the first player to hit for the cycle for the Montreal Expos?
- Which Expo pitched the team's only perfect game?
- Who was the first Toronto Blue Jay inducted into baseball's Hall of Fame?
- Who got the Blue Jays' first hit in their first Major League game?
- Who hit the Expos first home game home run?
- Which baseball franchise was folded twice to be reborn in two different cities and later return to its original town under a new name?
- Which franchise began in 1901 as the Milwaukee Brewers, became the St. Louis Browns, and in 1953 was enshrined in its current locale? A hint is, an iron man played for these birds.
- Which iron man and human vacuum cleaner share the record for most games played in a single season at 163? The Iron man obviously played all the games in several seasons later.
- Who holds the Kansas City Royals single season batting record with a .390 average?
- Who were the Cleveland pitchers who stopped the streak at 56 games?

- Who was the Minnesota Twins opening day pitcher in the inaugural season in 1961?
- From its inception in 1971, which team has not won a World Series and is the oldest North American professional sports franchise to never win its league championship?
- Who was the designated hitter who hit the Seattle Mariners' first home run?
- Who was the only player to play for both Seattle MLB teams – The Pilots and The Mariners?
- In 2004, which Mariner had a record 262 hits, breaking the 84-year-old record held by George Sisler of the St. Louis Browns?
- The Oakland Athletics are the 3rd Athletics team. Where did the first 2 play?
- Playing in Washington, Cool Papa Bell played for this team.
- Which Arizona Diamondback is the oldest pitcher to pitch a perfect game?
- Since its inception in 1969, which team is the only one to have not pitched a no-hitter?
- In the history of Major League Baseball, which team has won the most games and has the most players in Baseball's Hall of fame?

Answers on page 23

Stanley Cup winning goals

By Stephen Stone

Time for some more Stanley Cup moments. Only a few players have scored the Stanley Cup winning goal. These questions are for the modern era 1923 to the present. Of the many cups in this era, Montreal has won the greatest number of cups (23 since 1923) including 5 in a row (1956-60) and 4 in a row (1976-79). The Islanders have also won 4 in a row (1980 – 83). The Maple Leafs have won 13 and the Red Wings 11, and the Bruins and Blackhawks have won 6 each. The Penguins and Oilers have each won 5. If a preponderance of questions feature these teams, well, they have won 73 cups of the 95 or so in the modern era.

Here are the teams. You give the goal scorer and game. Some are gifts and the reason is stated in the preamble. There is one question from the early challenge years.

Questions

- Red Wings over Rangers
- Maple Leafs over Canadiens
- Canadiens over Bruins
- Red Wings over Canadiens. This one, I'll give the year. 1954
- Red Wings over Canadiens
- Canadiens over Maple Leafs
- Blackhawks over Red Wings
- Canadiens over Blackhawks
- Maple leaves over Canadiens
- Canadiens over Blues
- Bruins over Blues
- Flyers over Bruins
- Islanders over Flyers
- Oilers over Islanders
- Flames over Canadiens
- Avalanche over Panthers
- Lightning over Flames
- Penguins over Predators
- Stars over Sabres
- Seattle Metropolitan over Montreal Canadiens

Answers on page 22

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Questions on page 21

Answers

1. Pete Babando – 1950 – game 7 OT.
2. Bill Barilko – 1951 – game 5.
3. Elmer Lach - 1953 – game
4. Tony Leswick – game 7 OT
5. Mr. Hockey – 1955- game 7
6. Jean Beliveau – 1960 – game 4
7. Ab McDonald – 1961 – game 6
8. Jean Beliveau – 1965 – game 7 (14 seconds of 1st)
9. Jim Papin – 1967 – game 6
10. John Ferguson – 1969 – game 4
11. Bobby Orr – 1970 – game 4 OT at 40 seconds)
12. Rick MacLeish – 1974 – game 6
13. Bob Nystrom – 1980 – game 6 OT
14. Ken Linseman – 1984 – game 5
15. Doug Gilmour – 1989 – game 6
16. Uwe Krupp – 1996 – game 4 3 OT
17. Ruslan Fedotenko – 2004 – game 7
18. Patric Hornqvist – 2017 – game 6
19. Brett Hull – 1999 – game 6 3OT
20. Bernie Morris – 1917- game 4 during the challenge era.



Both CFB Halifax teams took silver medals at the recent CAF National Volleyball Championships, with the men playing to a 1-3 loss against Ottawa in the championship game, while the women fell 2-3 to 17 Wing Winnipeg.

AVR ALEVINA OSTANIN, CFB BORDEN IMAGERY



CFB Halifax men and women bring home silver from Volleyball Nationals

By Ryan Melanson,
Trident Staff

Though neither team was able to secure the gold medal, both the CFB Halifax Mariners men's and women's volleyball teams can be proud after strong showings at CAF Volleyball Nationals, which were held in Borden from April 22-24.

Both teams went undefeated through the round robin play in the tournaments, with the men's team scoring a 2-0 win against Petawawa, a 2-1 win over against the Ottawa region, and a 2-0 win against 4 Wing Cold Lake. On the women's side, the Mariners took

2-1 victories over team's from Kingston, Ottawa and 17 Wing Winnipeg to make it through to the playoffs.

Unfortunately, both teams fell in their championship matches to opponents they had taken victories over earlier in the tournament, with the men playing to a 1-3 finish against Ottawa and the women taking a 2-3 loss against Winnipeg after a late comeback from the Prairie region team.

Championship game MVP awards for the Mariners went to Lt Danielle Vortisch, a Gagetown pickup from regionals, for the women's squad, and to A/Slt Blake McLelland on the men's side.



STV Tuna back in the water in Esquimalt

Members of Transport and Electrical Mechanical Engineering use a crane to launch Naval Fleet School (Pacific) Sail Training Vessel (STV) Tuna from Y Jetty on May 1, 2018. A giant flatbed transport moved Tuna from fleet school's nearby headquarters, where it has been undergoing a refit since December 2017. Tuna and its sister ship STV Goldcrest are identical 36-foot sailboats, both built in Milton, Ont. and both launched by the RCN in 1985. Until now they have both operated separately on Canada's Atlantic and Pacific coasts, with the purpose of teaching RCN sailors basic seamanship skills. Prior to Tuna's move last year it was stationed in Halifax and served the sail-training needs of MARLANT. After its launch at Y Jetty, it embarked to the Naden side of the harbour and the Small Boat Jetties where it was reunited with Goldcrest. After Tuna's new mast is installed on May 15, both vessels will serve as training vessels for new sailors of the Pacific fleet.

PETER MALLET, LOOKOUT STAFF

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Super Crossword

FIRST OF THE FIFTH

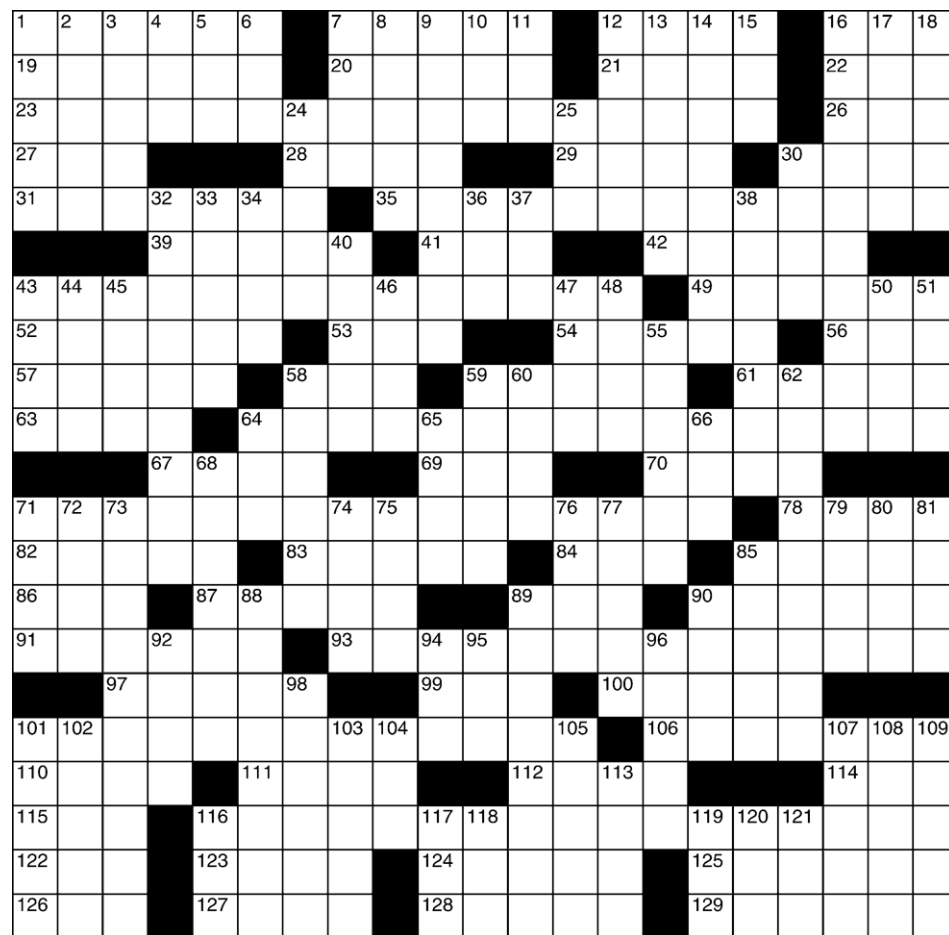
ACROSS

- 1 Reprimand sharply
- 7 Linguine, e.g.
- 12 Fed. accident investigator
- 16 Obstinate beast
- 19 Get creative
- 20 "I do" locale
- 21 In -- (as first found)
- 22 A few Z's
- 23 Big name in economics
- 26 Cincinnati-Detroit dir.
- 27 British pop singer Rita
- 28 Hideous sort
- 29 Suffix with prefer
- 30 Smidgen
- 31 "-- My Heart" (Toni Braxton hit)
- 35 Date system of ancient Yucatan natives
- 39 Igloo dweller
- 41 French "sea"
- 42 Candy wafer brand
- 43 "I'm appalled to report that ..."
- 49 Drifted about
- 52 Film director Nora
- 53 Cariou of the stage
- 54 Mill fodder
- 56 Public radio host Glass
- 57 Of Laos, e.g.
- 58 Podded plant
- 59 Inner beings
- 61 Land -- (sleep state)
- 63 Gloater's syllable
- 64 Aioli
- 67 With 46-Down, genuine article
- 69 Prefix with refundable
- 70 Big brand of faucets
- 71 Hot dog in a classic jingle
- 78 Part of LSAT
- 82 Ruckus
- 83 Sleuths' jobs
- 84 Abbr. for the Blue Jays
- 85 Disorder
- 86 Tourist's aid
- 87 Asks for
- 89 -- -jongg
- 90 Brandy's sitcom role
- 91 Downhill trail
- 93 Supreme Court appointee of 2009
- 97 Continental coins
- 99 French "here"
- 100 "Look -- did!"
- 101 Best Actor of 2014
- 106 Inaction
- 110 12:00 p.m.
- 111 Injure badly
- 112 Sprint, e.g.
- 114 B&B, e.g.
- 115 Certain 4x4
- 116 Mansion House resident
- 122 Apply
- 123 "That hurt!"
- 124 Author Dahl
- 125 Skin and hair care brand
- 126 At all times, poetically
- 127 Tennis star Arthur
- 128 Full of foam

DOWN

- 1 Jewel
- 2 Bejewel, e.g.
- 3 Post-injury program
- 4 Mo. neighbor
- 5 24-hr. cash cache
- 6 Chai, e.g.
- 7 Hunger sign
- 8 Make panic
- 9 Enter like the sun's rays
- 10 Tiny little bit
- 11 Genesis boat
- 12 "Bye Bye Bye" band
- 13 Soup holder
- 14 Winner of six Super Bowls
- 15 Double-decker, e.g.
- 16 What "A.D." stands for
- 17 Gifted world traveler?
- 18 Javelin
- 24 Li'l Abner's surname
- 25 Nighttime, poetically
- 30 Old Peru native
- 32 Three cheers?
- 33 NBAer Brand
- 34 Long time period
- 36 "Certainly"
- 37 Elbow site
- 38 Zone between biomes
- 40 Actress Liv
- 43 Cruel
- 44 "-- -daisy!"

- 45 -- Pet (novelty gift)
- 46 See 67-Across
- 47 Spanish "water"
- 48 Once every 12 mos.
- 50 Greek Cupid
- 51 Miami- -- County
- 55 Chemical relative
- 58 King's home
- 59 Garbage boats
- 60 1980s Dodge
- 62 Strike at something but not hit it
- 64 Shapely leg, informally
- 65 Regarding
- 66 Neither here -- there
- 68 Effacement
- 71 Resistor units
- 72 Drench
- 73 Saved with the same filename, say
- 74 Tibetan oxen
- 75 Canadian gas name
- 76 Guesses at LAX
- 77 Not at all, in dialect
- 79 Effortless
- 80 Artsy NYC area
- 81 Old Russian bigwig
- 85 Title for a French nobleman
- 88 Immense
- 89 Major artery
- 90 Grumble
- 92 Botch up
- 94 Vardalos of Hollywood
- 95 Frigid
- 96 Larcenist
- 98 Look (for)
- 101 Happen next
- 102 Immerse
- 103 "Which way -- go?"
- 104 "Delicious!"
- 105 Noble Brits
- 107 Supported temporarily, with "over"
- 108 Get -- good thing
- 109 Peeve
- 113 Surname of Buffalo Bill
- 116 Mauna --
- 117 Ovid's "-- Amatoria"
- 118 "Says --!"
- 119 Flee hastily
- 120 In vitro cells
- 121 Waterloo marshal Michel



Baseball trivia

Questions on page 21

Answers

1. Tim Lincecum - April 21-22, 1976 versus The Chicago Cubs
2. Dennis Martinez, July 28, 1991 on 95 pitches and 5 Ks against the Dodgers. It was MLB's 13th perfect game.
3. Roberto Alomar, 2011
4. Doug Ault - hit a 1-1 pitch for a home run in the 1st. He would hit a second dinger in the 3rd inning scoring 2.
5. Mack Jones, the Mayor of Jonesville, a 3 run shot in the 1st, propelling the Expos to an 8-7 win over the Cardinals, April 14, 1969, He followed that with a 2 run triple in the 2nd off losing pitcher Nelson Briles.
6. The Washington Senators folded in 1960 and became the Minnesota Twins, came back and moved to Texas to become the Rangers and ended up as the current Washington Nationals (formerly the Expos)
7. Baltimore Orioles and the iron-man is Cal Ripken, jr.
8. Cal Ripken, Jr. and Brooks Robinson
9. George Brett, 1980
10. Al Smith and Jim Bagby on July 17, 1941
11. Pedro Ramos defeated the New York Yankees 6-0 in New York
12. The Texas Rangers, formed in 1971 from the 3rd incarnation of the Washington Senators.
13. Juan Bernhardt - April 10, 1977
14. Diego Segui. The Pilots became the Milwaukee Brewers.
15. Ichiro Suzuki
16. Philadelphia 1901 - 1955; Kansas City 1956 - 1968
17. The Homestead Grays
18. Randy Johnson - May 18, 2004 against the Atlanta Braves. He also pitched 2 immaculate innings (an inning in which he threw nine pitches each of which was a strike to 3 batters) - September 2, 1998 against Atlanta and August 23, 2001 against the Pirates
19. The San Diego Padres
20. The Giants (of New York and San Francisco - remember it is the same franchise and only moved to the west coast in 1957)

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