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HMCS Ville de Québec escorted Zang Za San Chong Nyon Ho into port in Somalia. The North Korean ship carried enough food to feed 70,000 people for a full year.
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**Kandahar school receives year’s worth of school supplies**

By Capt Amber Bineau
2 PPCLI Battle Group

Canadian Forces soldiers and members of Kandahar City’s Skills Generation presented a year’s worth of school supplies to both students and their teachers at the Afghan National Army camp’s Sayd Pacha School during a symbolic ceremony on September 2, 2008.

The school supplies were purchased with money donated by Canadian soldiers’ families back home. The project started after a few Canadian soldiers, responsible for training and mentoring the Afghan National Army at Camp Hero, began working with Mohammad Issa, the principal of Sayd Pacha School, and visiting the school regularly to spend time with the students.

“It was a great opportunity for people at home to feel like they are doing something tangible to support what their loved ones are doing here,” said Maj Jim Short, the chaplain of Task Force Kandahar’s Operational Mentor and Liaison Team. “Apart from the things that make us very different, we all want the opportunity for our children to be educated.”

To ensure the school supplies are evenly distributed throughout the school year, Canadian soldiers engaged the Afghan non-governmental organization Skills Generation and officially handed over the project. Skills Generation’s mandate is to help Kandahar schools receive adequate school supplies and textbooks for teachers and students by working closely with the Ministry of Education to improve Kandahar Province’s school system.

“Skills Generation will help to continue the donations from families to Afghans; school bags are being made by Skills Generation who hires women to sew the bags,” said Luc Saint-Jean, who previously served with the Canadian Forces in Afghanistan as a Civil-Military-Cooperation operator and who now works for a Kandahar City business development company responsible for Skills Generation. “School supplies will be put into the bags to be given to the school and a link put on the [website] so they (families) have proof.”

Maj Short said the project began five months ago and has finally come to fruition after the hard work of a small, dedicated team of Canadian soldiers. “Children are the future of this country,” said Maj Short. “And they want to learn... we all want the children to go to school.”

---

Students at Sayd Pacha School focus on their principal as he announces their school has just received a year’s worth of school supplies. The students will return to class after summer break.

**PHOTOS: CAPT MIKE MCBRIDE, OPERATIONAL MENTOR AND LIAISON TEAM**
Ceremonies mark a decade since Swissair Flight 111 crash

By Virginia Beaton
Trident staff

Several subdued ceremonies marked the 10th anniversary of the crash of Swissair Flight 111. At St. Brendan’s Chapel at Stadacona, padres Robert Humble and Jean-Francois Petitpas led the congregation in a commemorative service during which the names of the 229 passengers and crew who died in the crash on September 2, 1998, were read aloud.

In his opening address, Cdr Humble read a message from VAdm (ret’d) Duncan Miller, who commanded the joint task force and coordinated all the military participation in the crash response. VAdm Miller recalled “the incredible outpouring of affection and love towards the families who lost loved ones in the disaster. It seemed the whole province shared their grief and were willing to do anything to ease their pain. No more so was this found than in the Armed Forces response in salvaging the wreckage and identifying every one of the 229 passengers who lost their lives in this crash.”

It was just after 10:30 p.m. on September 2, 1998 that Swissair Flight 111 crashed into the waters at the entrance of St. Margaret’s Bay. The flight had left New York and was en route to Geneva when a fire broke out and before the pilot could land at Halifax International Airport, the plane went down.

Cdr Humble stated he had sent messages to four CF chaplains who had participated in the search and recovery. “I received responses that were all very moving,” noted Cdr Humble. He added the response from LCol John Fletcher, who was at that time Senior Fleet Chaplain and had been the duty chaplain the night of the crash, “captured the enormity of that occasion very well” and accordingly, Cdr Humble read LCol Fletcher’s response in its entirety.

After a call from the coxswain of HMCS Kingston at 2 a.m., LCol Fletcher learned he had 20 minutes to join the ship before it sailed to the crash site.

Arriving at the site at dawn, LCol Fletcher recalled “It became clear to all of us that there would have been no survivors and that our search and rescue mission had become a search and recovery operation.”

The smell of aviation fuel hung heavy in the air and the water was full of debris, ranging from segments of the plane to personal effects such as suitcases, clothing, children’s toys, and what LCol Fletcher called “the tattered remains of precious human lives of the 229 souls who had perished in this tragic crash.”

Kingston’s crew began to collect and sort through the material and LCol Fletcher worked along with them. Everyone was deeply affected by items such as wallets filled with family photos and he described it as “exhausting work physically, emotionally and spiritually.” Yet he and the rest of the ship’s company supported one another “and tried with great respect and as much dignity as we could, to honour the spirit of those whose lives we sifted and searched.”

Other vessels soon joined Kingston in the crash response effort, named OPERATION PERSISTENCE. Preserver, Okananagan, Ville de Quebec, Halifax, Anticosti, Glace Bay, Goose Bay, Moncton, the diving tenders Sechelt and Granby and the tug Glenvie, several RHIBs and several Sea King and Labrador helicopters, and fixed wing aircraft. Personnel included not only the ships’ companies and those in the RHIBs, but personnel from LIFA, divers from the Fleet Diving Unit (Atlantic) (FDU(A)) and FDU(P), MARLANT Operations Centre watch staff, 36 Combat Brigade, public affairs officers, aircrew and several hundred CF members and civilians in support roles at CFB Halifax, 12 Wing Shearwater and 14 Wing Greenwood. The RCMP, the Coast Guard, the Transportation Safety Board and other government departments and agencies were also involved.

It seemed the whole province shared their grief and were willing to do anything to ease their pain.

LCol Fletcher gave a service at sea for Kingston’s crew on Sunday, September 6, 1998. After several days of the recovery effort he was at a loss what to say to the crew, calling himself “incapable of offering to others the very ministry that I myself needed.”

He turned to the Book of Common Prayer and found that the Gospel reading for the day concerned the Good Samaritan. “A story about a Samaritan who interrupt ed his own plans to respond to the tragedy... A story that allowed me to find some word of hope and comfort to share with the ship, or the community of Good Samarians whose company I was humbled to share.” LCol Fletcher concluded by saying that during that service, “It is my hope and sense that while the difficult task at hand became no easier, we somehow found our individual and collective strength to face that task renewed.”

Those present for the commemorative service at St. Brendan’s included RAdm Paul Maddison, Col Clyde Russell and Col Alan Blair. Capt(N) John Newton, Commander CFB Halifax, gave a reading from the Book of Wisdom.

A service also took place at the crash memorial site in Baywater. Many family members and friends of the crash victims, as well as CF members who participated in the recovery, attended this event.
GCWCC Kickoff
Put a mark on your calendar for Friday, September 12, 2008. That day is the official kickoff of the 2008 MARLANT Government of Canada Workplace Charitable Campaign (GCWCC). Come to the Drill Shed at Stadacoma for an afternoon of fun with colleagues and friends. There will be a barbecue, raffles, a dunk tank, displays, musical entertainment, and much more. The event starts at noon and runs until 4 p.m.

615 (Bluenose) RCAC
welcomes new air cadets
615 (Bluenose) Royal Canadian Air Cadet Squadron is currently enrolling youth ages 12 to 18 years. If you are interested in learning more about flying, leadership, sports, music, and many more exciting activities, come out to the challenge and join 615 Squadron today. We parade every Wednesday evening from 6:15 to 9:15 at the Stadacoma Drill Hall (Building 514, CPR Hall), main entrance at the corner of Almon and Gotingten St. in Halifax. For more information about 615 Squadron, visit www.cadets.na/air/sair, call (902) 721-8202 on Wednesday evenings, or visit us any Wednesday evening at 6:15.

Iroquois Sea Cadets
339 Royal Canadian Sea Cadet Corps Iroquois is currently enrolling youth ages 12 to 18 in the Sea Cadet program. Learn marksmanship, seamanship, sailing, marching and more all for free. Everything is provided through the program at no cost to the cadet (or the parent.) Opportunities abound in this great program for youth, from dances to trips to summer training. We parade every Tuesday night at Bldg 4, Lower Base Shearwater from 6:15 to 9:15. Feel free to stop by and see what it’s all about. For more information, contact 883-1952 or 832-4438.

First Aid training
from St. John Ambulance
St. John Ambulance NSPEA Council will offer First Aid Training in the Dartmouth area on the following dates: Emergency First Aid/CPR Level A: Wednesday, September 10, Monday, September 15, Monday, September 15 – Halifax, Thursday, September 18, Saturday, September 20, Tuesday, September 23, Friday, September 26.
Standard First Aid/CPR Level A: Saturday & Sunday, September 13 & 14, Wednesday & Thursday, September 24 & 25.
Standard First Aid/CPR Level C: Monday & Tuesday, September 15 & 16 - Halifax, Saturday & Sunday, September 20 & 21, Tuesday & Wednesday, September 25 & 26, Tuesday, October 2 & Thursday, October 8.

615 (Bluenose) RCAC
welcomes new air cadets
615 (Bluenose) Royal Canadian Air Cadet Squadron is currently enrolling youth ages 12 to 18 years. If you are interested in learning more about flying, leadership, sports, music, and many more exciting activities, come out to the challenge and join 615 Squadron today. We parade every Wednesday evening from 6:15 to 9:15 at the Stadacoma Drill Hall (Building 514, CPR Hall), main entrance at the corner of Almon and Gotingten St. in Halifax. For more information about 615 Squadron, visit www.cadets.na/air/sair, call (902) 721-8202 on Wednesday evenings, or visit us any Wednesday evening at 6:15.

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Standard First Aid/CPR Level C: Monday & Tuesday, September 15 & 16 - Halifax, Saturday & Sunday, September 20 & 21, Tuesday & Wednesday, September 25 & 26, Tuesday, October 2 & Thursday, October 8.

Community calendar
Reunion and event notices must be submitted by mail, fax or internet, attention reporters (902) 427-4231 - reporter@tridentnews.ca and 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.

January 14, 2008
January 28, 2008
February 11, 2008
February 25, 2008
March 10, 2008 — Home and Garden Special
March 24, 2008 — Posting Season
April 7, 2008
April 21, 2008 — Battle of the Atlantic
May 5, 2008
May 19, 2008
June 2, 2008 — Family Days
June 30, 2008
July 8, 2008
July 28, 2008
August 11, 2008 — Back to school
August 25, 2008 — Air Show
September 8, 2008
September 22, 2008 — Home Improvement
October 6, 2008
October 20, 2008
November 29, 2008 — Remembrance Special
November 17, 2008 — Holiday Shopping Guide
December 1, 2008
December 15, 2008
2008 reunion on Thanksgiving weekend, October 10 to 12 in Richmond, BC. Point of contact is Roger Rioux, reunion chairman, at 4B 46354 Brooks Ave, Chilliwack, BC, V2P 7S8, rjrioux@shaw.ca or telephone (604) 792-5580.

Events at the Nova Scotia Museum of Natural History

Green Legacy Exhibit, June 3 to September 28, 2008. Native plants play a dynamic role in defining Canadian landscapes and our sense of place. This informative travelling exhibition about Canada’s native plants explores the beauty, diversity and vulnerability of Canada’s native plants and plantscapes. Visitors will discover why plants are important, what threatens them, who works to protect them and what you can do. Join us and get back to your real roots this summer. Produced by the Canadian Museum of Nature and Royal Botanical Gardens.

Monarch Butterfly Exhibit, June 3 to September 28, 2008. This delightful tabletop exhibit includes fun filled activities to learn about the monarch and its copycat cousin the viceroy. Enjoy computer interactives, activities and specimens that will introduce you to this fantastic butterfly. Visitors will be able to tag a monarch butterfly, test your survival skills in Mexico or watch a chrysalis transform. Produced by Canadian Museum of Nature.

All exhibits are at the Museum of Natural History, 1747 Summer St, Halifax. Telephone (902) 424-7353.

Base soccer team tryouts

The Formation Halifax men’s soccer team is looking for players. Open practices for the team will be held Mondays and Thursdays from 4 to 6 p.m. at Porteous Field at Stadacona. The team will compete in the Halifax Soccer League. More information on the league can be obtained at this website: www.soccerhalifax.com/index.php. For more information please contact coach Cpl Neil McPherson at 720-9068, Mcpherson.ne@forces.gc.ca or assistant coach LCol Don McLeod at 427-0394, mcleod.d@forces.gc.ca.

Magnificent welcomes new sea cadets

24 Royal Canadian Sea Cadet Corps Magnificent is accepting new sea cadets ages 12 to 18 on Wednesday nights at 6:30 p.m. Join us to explore free opportunities in sailing, seamanship and leadership. We are located at Building 4, Lower Base, Shearwater. For more information, please call 720-1580 or 24 see@cadets.net.

Looking for NATO and NORAD veterans

The NATO Veterans Organization is looking for CF members who served as part of NATO and NORAD since 1949. This includes CF members who served with the navy at sea, with the army in Germany, France, the Balkans and Afghanistan, and with the air force in France, Germany and elsewhere. The aim of the organization is to recognize NATO and NORAD veterans and to honour the 1,496 Canadians (570 military members and 926 dependents) buried in 44 cemeteries in Europe since the Second World War. To join or to find out more about the NATO Veterans Organization, go to www.navetveterans.org or email joordens@nbenet.nb.ca or call (506) 469-1931.

Recognition program for atomic veterans

The Honourable Peter Gordon MacKay, Minister of National Defence and Minister of the Atlantic Opportunities Agency and the Honourable Greg Thompson, Minister of Veterans Affairs, announced on September 2 the establishment of a program to recognize the service of atomic veterans.

“All those who serve their country, past or present, deserve the respect, admiration and care of a grateful nation,” said Minister MacKay. “Prime Minister Stephen Harper and our government are committed to the care and well-being of our veterans and recognizes the service of all those who participated in nuclear weapons testing and in nuclear decontamination work. This program will recognize the exceptional service that these individuals have performed for their country.”

Canadian military veterans and civilian science and technology workers from the Department of National Defence who participated in nuclear weapons tests and the Chalk River decontamination efforts performed their duty under exceptional circumstances. In recognition of their exceptional service to the nation, these Canadians will be eligible to apply for an ex-gratia payment of $24,000.00.

“The Atomic Veterans Recognition Program is another example of our government’s commitment to Canada’s veterans,” said Minister Thompson. “Through this program, a remarkable group of individuals will finally get the acknowledgment and respect that they so rightfully deserve.”

From the end of the Second World War until the signing of the atmospheric test ban treaty in 1963, the United States and the United Kingdom conducted numerous above-ground nuclear weapons tests in the United States, Australia and in the South Pacific to develop and test nuclear weapons, and to train soldiers in dealing with the effects of these weapons. In order to provide training opportunities for Canadian military personnel in nuclear warfare and decontamination and to develop expertise therein, the Canadian military sought to take part in these trials. During the same period, Canadian military personnel were also deployed to assist with emergency decontamination efforts at the Chalk River nuclear plant following two major nuclear reactor accidents in 1952 and 1958.

Canadian military participation at Chalk River drew on past expertise gained through participation in the nuclear weapons trials, and was viewed, in part, as a training opportunity for personnel to further augment this expertise.

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Three Canadian soldiers killed and five injured in Afghanistan

CEFOM

Three Canadian soldiers were killed and five injured after an insurgent attack on their armoured vehicle while they were conducting a security patrol in Zharey district at approximately 9:30 a.m., Kandahar time, on September 3, 2008.

The fallen soldiers are Cpl Andrew Paul Grenon, Cpl Michael James Alexander Seggie, and Pte Chadwick Horn. All three soldiers were infantrymen with the Second Battalion, Princess Patricia’s Canadian Light Infantry based in Shilo, Manitoba.

The injured soldiers were evacuated by helicopter to the Multi-National Medical Facility at Kandahar Airfield. One soldier is in critical condition, one is in serious, but stable condition, two are in good condition, and one has been treated and returned to duty. The identities of the injured soldiers will not be released.

The commitment and sacrifice of our soldiers are helping to make a difference in the lives of the people of Kandahar Province. We will continue with our mission as we remember the lives of our fallen soldiers. We remain committed to working together with the people of Afghanistan to improve security and stability in Kandahar province.

New members signing up will receive a free gift!

Payment may be made by American Express, Debit, cash or personal cheque. Total price for a Gold Star membership is $62.15 (tax included) giving the employee a card plus a card for someone over the age of 18 living at their same address.

Questions? Please call Nancy Cross 450-5305.

Offer available to new Costco members and any members expired six months or more.
In the river, but not over the waterfall

By Health Promotion Services Staff

As discussed in the Applied Suicide Intervention Skills (ASIST) course, between 5 and 7 per cent of the Canadian population has thoughts of suicide in any given year. Using the analogy of a river, people who have thoughts of suicide are said to have made their way beyond the dam and into the river of suicide. It is noted, however, that while people may be having thoughts of suicide, it does not mean that they will act on those thoughts. Acting on one’s thoughts of suicide is referred to as going over the waterfall.

There are many commonly held misconceptions about suicide. Some people believe that suicidal behaviour is a way of gaining attention. Others think that there are no warning signs or that people who talk about suicide don’t really intend to follow through. Another misunderstanding is that a person who attempts suicide and fails will never make another attempt. These and other myths can stand in the way of providing assistance or preventing loss of those who are at risk. Nearly everyone thinks about suicide at some time in his or her life. These thoughts usually occur when they are experiencing this level of despair and feel a total loss of control. When individuals are experiencing this level of despair and considering suicide, they often send some of these warning signs:

- Talking about suicide;
- Preoccupation with death;
- Withdrawal from friends, family;
- Loss of interest in hobbies, school, work;
- Giving away possessions;
- Previous suicide attempts;
- Loss of interest in personal appearance;
- Increased use of alcohol and/or other drugs;
- Expressing hopelessness, and
- Experiencing a significant loss (e.g., illness, death, divorce, finances, job, etc.).

While no one can make another person choose life, most suicidal people want to live. They are just unable to see alternatives to their problems. At such times, family members, friends, co-workers and employers may be able to help. The following tips can be helpful as a starting point for all of us:

1. Realize that this issue touches everyone. Suicide cuts across all economic, social, and ethnic boundaries. It is estimated that one in 13 Canadians is affected by suicide and suicidal behaviour. We must never assume that because of someone’s status (e.g., financial, health, social, educational, etc.) he or she is immune to suicide.

2. Slow down, show interest, and create a culture of openness. With most at-risk persons not really wanting to die, the vast majority will give us warning signs. Often busy multi-tasking in our own lives, we may appear as though we don’t have time for anyone else. An unfortunate by-product of this busyness is that we are likely to miss opportunities to see or hear someone in the river and that person may be more reluctant to approach or connect with us.

3. Never judge a book by its cover. Often someone may be projecting outward is in no way an indication of the suffering on the inside. Even if a person seems fine, there may be still great value in asking people how they are doing. In fact, this may be the opportunity to talk that they have been looking for. A simple, and sincere, how are you doing? can sometimes be the life link that someone may need.

4. Pay attention to people experiencing changes in their lives. Change is often difficult for people, even if it is positive in nature. If the change involves a loss of some type (e.g., relationship, job, financial, self-worth), extra attention and support may be warranted.

5. Don’t be afraid to check things out and to ask about suicide. One of most common misconceptions about suicide is that we shouldn’t talk about suicide with someone who we think may be at risk. There is a fear that talking about suicide may give that person the idea. In fact, talking about suicide does not create or increase risk. It reduces it. The best way to identify the possibility of suicide is to ask directly. Open talk and genuine concern about someone’s thoughts of suicide is a source of relief and often one of the key elements in preventing the immediate danger of suicide. If we don’t check things out and ask about suicide, then the person will be left feeling even more isolated and alone. Moreover, they may be even more reluctant to give off additional warning signs and/or risk asking someone else to help.

6. Spread support out over time. Often when someone is experiencing difficulty in his or her life, the amount of support offered is significant. Given the potential for feelings to recur as someone is dealing with challenging life events, it is also important to offer appropriate levels of support beyond the immediate crisis phase. Depending on the nature of the situation, this support may include informal resources (e.g., family, friends, co-workers) and/or more formal systems (e.g., doctors, counsellors, chaplains).

7. Become aware of support resources in your area. Often there are tremendous resources available to support a person at risk, but for many of us we may have difficulty recalling a single one. In preparation for the possibility of having to help someone, take time to research and explore some of the resources available in both the local CF and civilian communities.

8. Realize that the person you save may be yourself. As we are well aware, a person’s life circumstances can change very quickly. It is important to remember that we may need to develop in order to handle life’s stressors and challenges in a healthy manner. We may also have to become more comfortable asking for help or letting people know how great our pain really is.

9. You don’t have to reach out and support someone on your own... get help. As supervisors, leaders, fellow colleagues and friends, we can do our part in referring and encourage people we know or suspect of experiencing emotional pain and referring them to one of the following services: CF Medical Clinics, CF Chaplains, Military Family Resource Centres, and/or the CF Members Assistance Program (CFMAP). Often personal crises occur in the evening and our personnel need to remember they can access emergency civilian services at night and on weekends as well as both the chaplains and military police who are trained to intervene with people in crisis. Reach out and help a friend or a colleague in need. They will appreciate it for the rest of their lives.

10. Take an ASIST Course. Several times a year, the Health Promotion Team offers the ASIST course over various locations across the Formation. This course can be valuable in preparing individuals to intervene with someone in the river of suicide.

ASIST Fall 2008 programs: October 15 to 16, 8 a.m. to 4 p.m. at Shearwater and December 3 to 4, 8 a.m. to 4 p.m. at the Dockyard. Suicides Talk: Focusing on suicide first aid, participants learn how to recognize invitations for help, reach out and offer support, review the risk of suicide, and link people to community resources. This briefing is designed as an introduction to suicide prevention and is available to Units upon request. To register for an ASIST workshop, request a Suicide Talk briefing, or for more information, please contact Health Promotion Services at 721-7806.
Rarely in life do we achieve something that we know is special, is right, and has made a difference in a world full of hate and conflict and famine. It was the first of many escorts that Ville De Québec will carry out over the next few weeks in a mission that will ensure food is provided to literally hundreds of thousands of starving people. As I scanned the devastated harbour front of Mogadishu, I was reminded of how ourCanadian naval forefathers must have felt as the herded convoys safely into burning Liverpool after having crossed an Atlantic full of prowling U-boats during the Second World War. Times have changed and instead of control of a country is to destroy the infrastructure that allows that nation to be ruled by organized government. Some will argue that protecting the world’s sea lanes of communications from pirates is not a job for expensive navies and perhaps in the longer term another solution will be found to deal with the threat. Perhaps one day companies will employ civilian security firms to make sure that their ships move safely on the oceans. With 85 per cent of international commerce moving by sea, the threat posed by what is clearly a booming and successful business needs to be addressed seriously within the context of global security though. A good short-term response to the current threat is the establishment by a multinational naval coalition of a Maritime Security Patrol Area in the Gulf of Aden where piracy has been escalating in recent years. Laudably, that mission is being commanded at sea by our boss, Cmdre Bob Davidson, who is the current commander of the coalition Combined Task Force 150. Three Canadian warships (Iroquois, Protecteur and Calgary) serve within his international force.

In my time in the Navy I have been on many good missions. I have been off Yugoslavia during the civil war, I have fought terrorism in the Persian Gulf after 9/11, and I have sailed with NATO on many occasions conducting Maritime Security Operations. But none of these have ever given me the same sense of accomplishment as watching Abdul Rahman disappear around the end of the jetty in Mogadishu, knowing that the food in its holds would shortly thereafter be unloaded. My final exchange with the Master perhaps was indicative of the good work done: “Captain, God go with you on your journey.” “Thank you Abdul Rahman, God be with you as well during your time in Mogadishu.” Ville De Québec’s ship’s company will now continue with their work quietly, knowing that what they are doing is special, is right, has made a difference, and is something that every Canadian can be proud to share with us.
The former HMCS Annapolis has made its final voyage out of Esquimalt Harbour and is undergoing reclamation in Howe Sound as it awaits its destiny to become an artificial reef.

The ship has found a new home in Long Bay on Gambier Island, where many of its remaining components will be dismantled before it undergoes an environmental clean-up in preparation for its new life on the ocean floor.

The Artificial Reef Society of British Columbia (ARSBC) purchased the Annapolis from the Navy to make it the sixth former Canadian Navy ship to be sunk in waters off BC. The high number of ships being turned into marine habitats and scuba diving destinations increases BC’s reputation as one of the premier diving hot spots in the world.

“With the sinking of the Annapolis on the mainland side, we effectively close an eco-diving tourism travel loop, allowing divers to visit each sink site, thereby adding to a unique Wreck Treck adventure second to none in the world,” said ARSBC president Howard Robins. The final resting place has yet to be determined, but the ship is expected to be sunk in 2009.

The Annapolis will be the first DDH-Class helicopter-carrying destroyer escort to meet this high-profile fate, and the ARSBC is hoping the ship’s unique design—which boasts up to 40 per cent more exterior diving space than other sunken ships plus a helicopter deck and enclosed hangar—will generate increased interest and new diver tourism in the region.

Teams of volunteers are working hard to dismantle and salvage some of the ship’s components, saving valuable metals like copper, steel, aluminum and brass, which can be sold to offset some of the cost associated with the project.

The real dirty work will come when it’s time to dismantle the boiler and engine rooms. Environmental cleanup will be sub-contracted to Canadian Artificial Reef Consulting (CARC), a group made up of former ARSBC directors and consultants. Using the knowledge they’ve gained from past projects, they have taken their expertise to artificial reef projects all over the world, including England, Australia, New Zealand and the United States.

The ARSBC has sunk more ships than any other group in the world, and they are considered to be worldwide experts on the subject of ships and artificial reefs, having sunk six ships and the world’s first fully-intact Boeing 737 airplane in the coastal waters of BC.

The Annapolis is one of two MacKenzie class destroyer escorts modified to carry the CH-124 Sea King helicopter, used as the ship’s main weapon in anti-submarine warfare.

Based on the converted St. Laurent class destroyer helicopter escorts (DDH), the Annapolis class included Annapolis and its sister ship the former Nipigon. They had the same machinery plant, featuring twin shafts, geared steam turbines driving fixed pitch propellers and were capable of speeds up to about 29 knots.

When Annapolis was commissioned in 1964, it was the most modern of the Canadian Navy’s fleet.

For more information about the project, visit www.artificialreef.bc.ca.
CF provide assistance to U.S. hurricane response efforts

Canadian Forces

The Government of Canada, in response to a request from the United States Government, deployed a CC-177 Globemaster transport aircraft to Louisiana on August 31 to assist with the evacuation of people from areas under threat by Hurricane Gustav.

Designated Operation UNIFY, a CC-177 Globemaster, deployed under the provisions of the Civil Assistance Plan from CFB Trenton, Ont, to Lakefront, Louisiana to assist with American evacuation efforts. CF aeromedical personnel were also onboard the aircraft to assist with any medical issues.

“The Canadian Forces have a wide variety of equipment, vehicles, and expertise that can be used to offer assistance to those in need,” said Chief of the Defence Staff General Walt Natynczyk. “Whether it’s helping Canadians here at home, our neighbours to the south, or people in distress across the globe, the Canadian Forces are ready to support the Government of Canada’s efforts in promoting safety and security.”

“I am proud of our men and women in uniform for answering this call and know that we have the mechanisms in place to respond to these types of requests quickly and effectively,” said Vice-Admiral Dean McFadden, Commander of Canada Command and former commander of the Canadian Task Group that deployed to the U.S. Gulf Coast in 2005 to assist with Hurricane Katrina relief efforts. “This Canadian Forces provision of support to our American neighbours upholds the longstanding tradition of cooperation and mutual support in times of crisis that has long existed between our two countries.”

Canada Command is the Canadian Forces formation responsible for the conduct of all Canadian military routine and contingency domestic operations in North America. Canada Command is working closely with its US counterpart, Northern Command, and US Transport Command, as part of a whole of government approach to ensure appropriate support to the United States.

The Civil Assistance Plan, signed on February 14, 2008, is a bilateral Canada-United States plan that facilitates military-to-military cooperation in support of a civil emergency in either country, once agreement for assistance is reached between the two governments.

Any military will tell you that there are times when it is difficult to determine what impact that its forces are having within an operational theatre. Often, these results are not seen within the mission timeline for any given unit or combined operational task group. While the results of Canada’s Maritime commitment to OPERATION ENDURING FREEDOM are not as visible as those of our land troops in Afghanistan, they are still an important factor in the global campaign against terrorism.

“Our Canadian Task Group (CTG), which is part of Task Force Arabian Sea, is comprised of three warships; HMCS Calgary, Protecteur, and the command ship Inquisitio. Under the command of Cmndre Bob Davidson, these ships have been patrolling the waters of the Middle East from the Red Sea, to the Persian Gulf since May, with the primary objective of interrupting the illegal drug and weapon trade that finances extremist groups such as al-Qaida. A secondary role has been to deter piracy, which has seen a dramatic increase in the area over the past few years.

During our time on station, there has yet to be a bust on a drug or weapon smuggling ship. Does this mean that our ships, as well as future patrols, to better understand how day-to-day life operates in a given area. This education allows us to see our opponent. There is no measure of trust. When locals begin to speak, when there is friendly interaction, we begin to comprehend the pattern of life in a given area. This education allows us to look for. It prepares us, as well as future patrols, to better understand how day-to-day life operates in what is to us, a foreign environment. It also gives us a better perspective when it comes to finding abnormalities in the local pattern, hopefully leading to the eventual capture of illicit cargo and to see those who peddle it held accountable.

It is important to know your opponent. There is no doubt that our opponents know us. Persistence, presence and knowledge are a few keys to success. As long as we are able to stem the flow, whether directly through confrontation, or indirectly through deterrence, money and weapons are not going to those who would do our brothers harm.
Since January 17, 2008, many military families have bought and sold their homes with Realtor Keith Tannahill and Keith has saved them literally thousands of dollars of their money when selling, and given cash back when buying.

A number of deployed CF members who have read online about Keith’s offer have contacted him to make inquiries to get information in order to prepare for the time when they return and are considering moving to a new home.

If you are posted to or from Halifax, or even if you are moving to a new home within this area, Keith Tannahill can help put extra cash in your pocket.

If you purchase your home through Keith, he will give you his cash to buyer incentive.

This applies to all MLS listings in the Halifax and surrounding areas. Keith Tannahill is an experienced full-time real estate agent offering qualified professional service with all his listings on the MLS system. He can offer you all the benefits of MLS with advertising and promotion plus the added incentive of his cash back offer.

Should you list your home with Keith and he writes an acceptable offer from a qualified buyer, he will give you, the seller, two per cent of the purchase price.

For example, if Keith helps you sell your home for $200,000 you will receive between $2,000 and $4,000 cash back, and if he helps you purchase your home for $200,000, you’ll receive $1,000 cash back.

During the past 25 years, Keith and his wife Linda have worked with military families posted in and out of the Halifax area. During that time, they’ve come to appreciate the importance of extra cash at moving time.

Even though the military covers much of the expense for posting, Keith said he knows money is always helpful—whether it is to quickly replace a broken appliance, get new window dressings or take a holiday after the move.

“I know they’re out of pocket,” said Keith about the expenses of military members at moving time. “Regardless of how much they are compensated by the DND for their posting, there are always extras.”

Other real estate companies give travel miles worth less than $200 on a $200,000 purchase. However, you get $1,000 or more back, available to spend when you like and as you like.

“There are no conditions,” said Keith. “You can use the extra money any way you wish, because it’s not the DND but me, Keith Tannahill, giving back to the members and their families, who in turn give so much.”

Keith said he’s glad to do his part and hopes his cash back offer will support Canadian Forces members and their families at a time when they will appreciate having extra money to manage their expenses.

“There’s no obligation to deal with me,” said Keith. “You can deal with anybody else you want, but if you deal with me you are going to get money in your pockets to say, ‘Thank you so much.’”

Keith can be reached at (902) 452-3456 or email him at tbf@eastlink.ca.
Canada establishes language training centre for Afghan officers

By CPO2 Pete Lenihan
CFMWC

P01 Stephen Marsh is a happy man. On April 13, 2008, P01 Marsh had a heart attack. On August 12, 2008, he sat atop a seat as part of a 29-person team from the Canadian Forces Maritime Warfare Centre (CFMWC) for the Heart and Stroke Foundation’s Big Bike Ride.

The Heart and Stroke Big Bike is a signature event of the Heart and Stroke Foundation. Each year, this bicycle built for 30 travels Canada from April to September, visits more than 200 communities across nine provinces, and includes the participation of over 54,000 riders. On event day, teams of 29 ride approximately two to four kilometres on a thirty by eight-foot-wide red machine. Money raised enable the Heart and Stroke Foundation to continue investing in lifesaving heart disease and stroke research and prevention programs. 2008 marks the 16th anniversary of the Big Bike in Nova Scotia. In 2007, the Heart and Stroke Big Bike visited 41 communities in Nova Scotia; more than 2,000 Nova Scotians participated and raised close to $200,000.

The CFMWC used this opportunity to support P01 Marsh and raise money and awareness for the Heart and Stroke Foundation. The team named their team ‘Steve’s Safety Cycle’ after P01 Marsh, who is the CFMWC Safety Officer.

Aside from having a great time, the CFMWC raised close to $3000. Ironically, it was P01 Marsh’s second day back to work... no wonder he is smiling. Way to go Steve.

National Defence

The Honourable Peter Gordon MacKay, Minister of National Defence and Minister of the Atlantic Canada Opportunities Agency, announced on August 26 that the Government of Canada is establishing a Staff and Language Training Centre in Kabul, Afghanistan.

The centre will contribute to the long-term development of the Afghan National Army (ANA) through junior staff officer and language training. This will enable more effective interoperability between the ANA and NATO-ISAF forces. As part of their career progression in the ANA, successful graduates will be assigned to duties across Afghanistan, including in Kandahar province.

“…The Staff and Language Training Centre complements one of Canada’s six priorities for our mission in Afghanistan, which is to help the Government of Afghanistan maintain a more secure environment and establish law and order by building the capacity of the ANA,” said Minister MacKay. “In the near future the ANA will be able to meet its training requirements through the use of Canadian-trained Afghan mentors and instructors,” he added. Minister MacKay made the announcement during a two-day trip to Afghanistan, his sixth trip to the region.

Minister MacKay visited a number of key installations in Kandahar Province to witness first-hand Canada’s efforts in promoting security, development and governance.

Mentoring and supporting the ANA is a key military task of NATO and the Canadian Forces. A well-led, well-trained, and well-equipped ANA is essential if the Government of Afghanistan is to assume complete responsibility for national and provincial security, thus enabling governance and development to progress.

Growing Forward

Growing Forward

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A&H GMAC Real Estate
Welcome to Nova Scotia

Whether this is your first posting here or you are returning, the MFRC has lots of information to help you get acquainted with your new community. Contact the MFRC or drop in to receive a Welcome Package, which contains information on the community, school boards, and much much more. We have regular programs and special events for military families in Halifax Regional Municipality and outlying areas. Volunteering is also a great way to become familiar with people in your new community. The Halifax & Region MFRC is located in Windsor Park, Halifax, the Hampton Gray Memorial building in Shearwater, and in the Sydney Garrison in Victoria Park. Email us at info@halifaxmfrc.ca.

Bringing the MFRC to you

The Halifax & Region Military Family Resource Centre (MFRC) serves military families, both Regular and Reserve Force, living throughout HRM, Central Nova Scotia and Cape Breton. Outreach is the MFRC’s commitment to offer information, education and services to CF families and to promote awareness of the H&R MFRC throughout the communities where families live.

The deployment of Nova Scotia’s Reserve Forces to Afghanistan in 2006-07 (TF 107) was a catalyst for a pilot project that would bring important and relevant information to military families and their communities. The demographics of this Reserve Force revealed, in general, members who were young, still living at home and in rural communities. The Royal Canadian Legion in these communities graciously offered their premises for our presentations. From January 2007 to April 2008 we have made 28 visits to our outreach communities in Nova Scotia. The success of those presentations means that our Information Roadshow will continue. In October 2008 we will bring information regarding the role of MFRC, case managers, Director Casualty Support Management, Veterans Affairs and the Legion in the process of care of ill and injured CF members with an emphasis on the VAC’s new Family Charter.

Information sessions, each to be held from 6:30 to 9 p.m. at the Royal Canadian Legions in the following communities, are scheduled as follows:

Tuesday, October 21, Pictou Branch # 16;
Wednesday, October 22, Glace

Extravaganza Grand Prize Winner

Dale Lawrence at CF Hospital Services will be heading on a vacation after winning the grand prize in August draw of the MFRC’s Extravaganza lottery. See the winners of future draws on our website http://extravaganza.halifaxmfrc.ca.

Next year’s Extravaganza lottery will be coming up again in February 2009.
Bay Branch # 03; Monday, October 27, Springhill Branch # 17; and Tuesday, October 28, Colchester (Truro) Branch # 26. Call 427-7788 for more information.

United Way/GCWCC
You can designate your GCW-CC/United Way donations to the MFRC. The 2008 campaign will be underway in September, please consider designating to the MFRC. All contributions are appreciated and benefit military families in your region. Choose MFRC and support your community. Simply fill out part C on the donation form, the charity code number is 870705829 RR0001. On line at www.halifaxmfrc.ca or toll free 1-888-753-8827. Ask for United Way/GCWCC.

To be the first to know about our current volunteer opportunities, we're always recruiting. There are many ways to be involved. We've got short term projects, lots of special events and seasonal projects. Volunteering can be from the Comfort Room, Halifax or Cape Breton Water Sites for this event and is subsidized through the Volunteer Services Program. Spaces are limited, so be sure to sign up early.

Volunteer at the H&R MFRC
We're always recruiting. There are many ways to be involved. We've got short term projects, lots of special events and seasonal projects. Volunteering can be from the Comfort Room, Halifax or Cape Breton Water Sites for this event and is subsidized through the Volunteer Services Program. Spaces are limited, so be sure to sign up early.

Volunteer Corner
Volunteers Wanted with Tole Painting Experience

The H&R MFRC is currently recruiting for an enthusiastic and knowledgeable volunteer to lead and instruct our tole painting class-es. Our classes are offered once a month on a weeknight from 6:30 to 8:30 p.m. Classes will take place from our Halifax site, with our first project set to begin in early October.

We provide all resources and equipment for the program. The volunteer will work in collaboration with the staff member in selecting the tole painting projects. We also provide subsidized casual care for the volunteer’s children, if required. If you would like to share your passion, skills, and creativity in a fun environment, or would like more information, please contact 427-7800 or 427-7205.

Community Outreach
Would you like to volunteer from your home and choose your own hours? Do you enjoy meeting new people and organizing events? The Halifax & Region MFRC is looking for a Community Outreach Volunteer, to work in partnership with us in establishing a community network for CF families and to work collectively with CF families in planning events and activities in your area. Information is available on line at www.halifaxmfrc.ca or toll free 1-888-753-8827. Ask for Outreach Services.

The Halifax & Region MFRC is looking for a Community Outreach Volunteer in Debert/Truro, Springhill/Amherst and Sydney/Glace Bay/Cheticamp. Volunteer Socials
New this year. The H&R MFRC will be running social activities for all registered volunteers with the H&R MFRC throughout the 2008-2009 season. This will be a great way to network and meet other volunteers with the centre. Workshops and special events are offered at a reduced cost to volunteers. To sign up for the following events, please contact 427-7788 to register. Spaces are limited for all events, so be sure to register early to avoid disappointment.

Halifax Ghost Walk
Founded in 1990, the Halifax Ghost Walk is the oldest ghost walk in North America. Prior to the ghost walk, we will meet at the Fireside Restaurant to warm up by the fire and have some appetizers. Participants are responsible for their own costs at the Fireside Restaurant. Casual care is available at the Halifax and Shearwater Sites for this event and is subsidized through the Volunteer Services Program. Spaces are limited, so be sure to sign up early.
Thursday, October 22. Optional: Meet us at the Fireside Restaurant at 5:30 p.m. for appetizers. Ghost Walk: Meet at the Old Town Clock at 6:50 p.m. Ghost Walk cost: $8. Register by: November 4. This event is for adults 19 years of age and over.

Bead Dazzled Workshop
Casual care is available at the Shearwater Site for this event and is subsidized through the Volunteer Services Program. Spaces are limited, so be sure to sign up early.
Thursday November 6 at Shearwater Site, 6:30 to 8:30 p.m. Cost: $8. Register by: November 4. This event is for adults 19 years of age and over.

Specialized English
Bilingual. The Cours d'anglais is designed for役手 (16 ans et plus) de membres des FC. S'il reste des places, les membres de la Force Régulière, les réservistes de classe B et C (au même tarif 505 remboursable) et les civils et réservistes de classe A (au tarif de 1155 non remboursable) sont les bienvenus. A service of hal-garderie is disponible sur demande pour les conjoints(es) de membres des FC. Composez le 720-2113 pour plus de renseignement ou pour vous inscrire.

Career Mail
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about new career opportunities and upcoming employment workshops? Want to get timely information every Thursday morning about full-
time and part-time job opportunities for those wanting to work. Being on the Career Mail mailing list will give you an set of eyes and ears and an added advantage during your job search. It will also be another way to ensure that you will receive timely information and advance notice regarding H&R MFRC career related workshops, events and activities during the year. Emails are sent out every Thursday morning.

To receive Career Mail contact Terry Green at 427-7206 or green.t2@forces.gc.ca or drop Employment and Education Services at the Halifax site of the H&R MFRC.

**Coming up MFRC programs**

Register for programs or call for information at Halifax 427-7788 or Shearwater 720-1885.

Unless otherwise listed, programs and events at the Halifax site are located in the Halifax Military Community Centre, Bldg 106 Windsor Park and programs at the Shearwater site are located at Hampton Gray Memorial building in Shearwater.

Registration: Please register and pay for MFRC programs including childcare. Registration is not complete until participants have paid for the program/event. Spaces are only reserved for paid participants. You can register and pay for any program at whichever site is more convenient for you — Halifax or Shearwater. We also accept credit and debit cards for payment over $5 per transaction.

Registration and payment is required by Wednesday, September 17. Fee: $5/per person. Wear comfortable, warm clothes so you can enjoy a wagon ride around the farm and walk through pumpkin patch.

**Special activities**

**Family Activity: Apple Picking**

Join other families in the beautiful valley for a fun filled Autumn afternoon. Pick and fill a 5lbs bag with your choice of three different varieties of apples. Daniel’s U-Pick, Windsor NS. Sunday September 21, 1 to 4 p.m. Be at U-pick by 1 p.m. Daniel’s U-Pick #4473 Chester Rd., Mt. Mar- toch, NS. Directions: Route 14, one mile before Mt. Mar toch. Registration and payment is required by Wednesday, September 17. Fee: $5/per person. Wear comfortable, warm clothes so you can enjoy a wagon ride around the farm and walk through pumpkin patch.

**Dad and Me Ghost Walk**

Have you ever wondered what that was you saw in the window? Or felt that cold chill when there was no wind? Why not come to Dad & Me this month and join us on the Ghost Walk of Historic Halifax. We will learn about some of the mysterious things that have happened here.

Sunday, September 28, 1 to 3 p.m. Old Town Clock on Citadel Hill. Fee: $5/person. Registration and payment are required by Thurs- day, September 25.

**5th Annual Charity Golf Tournament**

Wednesday October 1. CF Hartlen Point Golf Course, tee off at 8 a.m. Shot gun start, best ball formation. Team registration taking place now, don’t delay contact 427-7788 and register. Your team of four for $200 or $50 each player. Hartlen Point members (must provide member number) $25. Includes: 18 holes, BBQ lunch and draw prizes. Pin sponsorship opportunities available. Call Pat Haight at 427-7720 or email: haight.p8@forces.gc.ca.

**Kids Korner Consignment Sale**

Saturday October 4, 10 a.m. to noon. MFRC Shearwater site gym. Admissions: $2, children free. Don’t miss out, come early as items go quickly. Lots of great gently used items at great prices. To register as a consignor or for further information call 720-1159. Drop-in childcare available. $1/child.

**Dad and Me: Corn Maze**

Sunday, October 19, 1 to 4 p.m. River Breeze Corn Maze. 660 Onslow Road, Truro, Nova Scotia. Be at the Corn Maze by 1 p.m. Fee: $3/person, children under 4 are free. To register please call 720-1885 by Thursday, October 16.

The Corn maze trip is back. Come dads and kids to a fun-filled afternoon at River Breeze Corn Maze. Explore Atlantic Canada’s largest corn maze, petting zoo, Wild West town, spinning vortex tunnel, tire jump, rope and straw baleazes, giant slide, excavator pits and pig races. Catch a wagon ride to the bee observation hive, sunflower and pumpkin patch. At the end of the day, stop at the farm market and bring home some fresh products for supper.

**Halloween Party**

Ages two to eight years. Sunday, October 26, 1 to 3 p.m. Shearwater site MFRC. Fee: $2/military person $3/civilian person. Registration deadline: October 23. You are not fully registered unless you have paid and received your ticket. There are only 200 tickets being sold. Tickets will be on sale October 6 at both Shearwater and Halifax sites.

**Programs for children**

**Saturday Casual Care**

This popular service is for children three months to 12 years.
Please provide a lunch (no nuts please) if your child is staying over the lunch hour.

Halifax: September 13, 27, October 18, 10 a.m. to 3 p.m. Shearwater: September 20, October 4 and 25, 10 a.m. to 3 p.m. Registration is required by the Thursday before the session. Please call 720-1040 to register. Fee: $3/hour/child and $1.50/hour/siblings or $15 for the full day.

Weekday Casual Childcare
We offer affordable casual care on site for children three months to five years. Halifax site: Mon through Wednesday and Friday 9 a.m. to noon and 1 to 4 p.m., Thursday 1 to 4 p.m. Shearwater site: Monday to Friday 9 a.m. to noon; Monday, Wednesday, and Friday 1 to 4 p.m. Register one week in advance to ensure space. Cost: $3/hour for the first child and $1.50/hour for the next sibling.

Parent & Tot
Ages infant to five. Halifax site: Thursdays 9 to 11 a.m. Shearwater site: Monday, Tuesday (French), Wednesday and Thursday from 9:30 to 11:30 a.m. Cost: $1/military child, $2/non-military child. This is a drop-in program and registration is not required.

Gymboree
Ages infant to five. Start out your Saturday with Gymboree. This program gives children the chance to get some physical activity and have fun. They can participate in parachute games, ball play, tunnel crawl and much more. A snack will also be provided. So come and see our Gymboree. Halifax site: Saturday, September 20 and October 11, 10 to 11:30 a.m. Shearwater site: Saturday September 27 and October 25, 10 to 11:30 a.m. Fee: $2/military child, $3/non-military child. Registration and payment are required by the Thursday before each session.

Programs for adults
Coffee Connections
Coffee Connections is a growing community-based program with military family and other community members. Halifax site: Fridays 9:30 to 11:30 a.m. Registration deadline: Tuesday before each session if Casual Care required. Shearwater site: Starting Friday September 16, Tuesdays 9:30 to 11:30 a.m. Casual Care available for $5/military family only.

Shearwater site
Programmes francophones
Parent & Bambin


Bienvenue Bébé

Soirée familiale francophone à la maison des jeunes
Suite au succès de nos dernières activités, la Maison des Jeunes ouvre de nouveau ses portes à toutes les familles francophone vendredi le 19 septembre de 18h à 20h. Ouvert à toute la famille.

Soirées francophones

Children’s programs
New Baby Program
If you are expecting a child or are parents with children ages birth to 24 months, this program offers you an opportunity to get together with other parents and parents-to-be to socialize and discuss issues related to having an infant. Bring your children and have an opportunity to get together on a regular basis. Every Friday, 9:30 to 11:30 a.m. No Registration required. Fee: Military $1/child, civilian $2/child.

Book Worms
Ages five to eight. Bookworms is designed for children five to eight who enjoy reading. We meet to read a few favorite stories, share a few funny ones and play some fun language games. The children can borrow books from the centre, take them home and return them when we get together again. So come on and join the fun, reading is great for everyone.

Every second Wednesday September 24, October 8, 22, 6 to 7 p.m. $1/military child, $2/non-military child. Please register by the Monday before the session.

The Name of the Game
Introductions to house league sports for ages five to nine years. This program is designed to introduce local sports, help children learn how to play as a team member and get to know the basic rules of the game. Our goal is to keep the fun in the sport that your children are playing in the backyard with the neighbours, but add some knowledge of the game. Each month we will explore a different sport either inside or as the weather permits, outside. One Saturday per month.

September 27, October 25, 1 to 2:30 p.m. $2/military child, $3 non-military child.

Just for Me
Ages: five to eight years old. Come join us at the awesome Youth Centre in Shearwater, where there is lots to do for both guys and gals. Big screens, computers, pool, Wii, rock band and crafts will keep you busy until lunchtime. Saturday September 27, October 25, 9 to noon.

Youth programming
Pre-teen Esteem Girls’ Club
Ages eight to 13. Starts September 22. Cost for Fall session is $25. Dates: September 22; October 6 and 20; November 3 and 17, and December 1 and 15, 6:30 to 8 p.m. Topics will include: body image, creativity, expression, stress, healthy living and others. Girls’ Club will meet bi-weekly on Monday nights from 6:30 to 8 p.m. in room 232 at the MFRC in Shearwater.

Pre-teen Esteem Boys’ Club
Ages eight to 13. Topics will include: friendships and feuds, bullying, stress, body image and others. Monday nights, bi-weekly. September 22; October 6 and 20; November 3 and 17; December 1 and 15, 6:30 to 8 p.m. Cost for Fall session is $25.

Pre-teen Dance
Ages eight to 12. The first pre-teen dance of the year at the Hampton Gray Gym will be held Friday, September 26 from 7 to 9 p.m. Fee: $5. Join us for the hottest party of the fall.

Glow in the Dark Bowling
Ages eight to 14. Join us for a fun-filled afternoon of glow in the dark bowling at Stadacon. We will have contests and challenges all related to bowling. Saturday October 4, 2:30 to 4:30 p.m. Register on or before September 25. Stadacona Bowling Alley. Cost: $6.

Henderson Sweetman Youth Centre
Register for youth centre programs: (902) 720-3038. Youth Centre 12 Wing Shearwater. Phone number: (902) 720-1776. Fax number: (902) 720-1943. Check out our web page at www.halifaxmfrc.ca/youth to see the many programs we offer. Get your Henderson Sweetman Youth Centre membership cards. If you sign up for a membership in the month of September your name will be entered in a draw to win a Henderson Youth Centre hat.

Henderson Sweetman Youth Centre
Register for youth centre programs: (902) 720-3038. Youth Centre 12 Wing Shearwater. Phone number: (902) 720-1776. Fax number: (902) 720-1943. Check out our web page at www.halifaxmfrc.ca/youth to see the many programs we offer. Get your Henderson Sweetman Youth Centre membership cards. If you sign up for a membership in the month of September your name will be entered in a draw to win a Henderson Youth Centre hat.

Parenting
Parent/Caregiver Discussion Group
As parents and caregivers we have lots of questions and sometimes just need to talk with others who are handling children and parenting issues. Join us for an informal discussion around interests you as caregivers and parents have. Register/reserve a childcare space by noon the Wednesday before each session. Thursdays, 9:30 to 11:30 a.m. Casual care: $5 per military family.

Parents Helping Children Through Deployment
Deployment can be challenging for adults who understand why a...
Ages & Stages: Child Development

Newborn to five years of age. These sessions will cover: why the years before five are so important; the essentials of what parents do—comfort, play and teach; the most important developmental achievements from birth to five years; suggested games and activities you can play with your children to support their development and a wide range of resources that offer many good ideas and suggestions for those parenting moments. Monday, September 15, 22 and 29, 9:30 to 11:30 a.m. Register by Thursday, September 11. Fee: $10/military family, $15/non-military family.

Dealing with Difficult Behaviours

For two to six years. All children will exhibit challenging and difficult behavior from time to time. Join us for a three-session workshop as we explore key areas around behaviors such as tantrums, self-esteem and social success. Parents will learn about strategies that promote positive attitude and positive behavior in children between the ages 2 and 6 years.

Monday October 20, 27 and November 3, 9:30 to 11:30 a.m. Register by Thursday, October 16. Fee: $10/military family, $15/non-military family.

Adult programming

Lighthouse Circle

Lighthouse Circle is a group of women experiencing the military lifestyle who connect every second week to share and develop their knowledge, understanding and ways of meeting the challenges of deployment and life stressors. Come and join us for social activities, personal development, self-care and most of all laughter and fun. If you are new to the community or have been here for a while and would like to meet some new friends please join us.

Every second week on September 18; October 2, 16, 30, November 13, 27; December 11 from 6:30 to 8:30 p.m.

Casual care available by registering the day before.

Craft ‘N’ Chat

Community members meet for an evening of social and crafting time. Participants are urged to bring in a craft on which they are working and possibly share new ideas and tips with each other. Come, relax, and enjoy the company of fellow crafters.

Tuesday, September 9, October 7, 6:30 to 8:30 p.m.

No registration required.

Casual care is not provided for this evening.

Scrapbooking

Tuesday, September 16, 6:30 to 8:30 p.m. Register by Friday, September 12. Spaces limited. Fees: $5/military family member, $7.50/non-military family member. Casual care: $5/military family.

Back to School

Meet, Greet and BBQ

Join us at the MFRC gym for a back to school meet, greet and BBQ. Hamburgers, hotdogs, and pop will be provided free of charge. Hope to see you there.

Friday September 26, 11 a.m. to 1 p.m.


Scrapbooking Marathon

Friday October 17, 6 to 10 p.m.

Register by Wednesday, October 15. Spaces limited. Fees: $10/military family member, $12.50/non-military family member. Casual care available: must register for casual care by October 15.

Crafty Creatures

Children’s Programming

Ages five to nine. What’s new at the H&G MRFC? A new program called Crafty Creatures. This program is designed to give children the opportunity to come out and enjoy some social time and learn some new crafting skills. Some of the things we will be learning will be knitting, painting ceramics, scrapbooking for kids etc. So all you crafty creatures come out and enjoy some crafting fun. Various Wednesday evenings, beginning September 17; 6:30 to 7:30 p.m. October 1, 15, 29. Fee: $5/session military, $7/non-military.

My First Reading Club

Ages infant to five. Remember how much fun it was to read your favorite story? In My First Reading Club we want children to get hooked on books. We enjoy a story time with finger plays, puppets and stories. These encourage the children to love books and have fun. There are book packages, to take home, enjoy and return the following week. Hope to read with you soon. Monday mornings 10 to 11 a.m. No fee. Registration not required.

Youth programming

Spa Night

Ages 10 to 15. Today we will be enjoying some well-deserved rest and relaxation while learning basics of hand massage, make your own spa treatments and much more. Sunday, September 28, 2 to 4 p.m. at 38 MacDougall St., Windsor Park. Fee: $10. Register on or before September 22.

Halifax site

Children’s Programming

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Entrepreneur’s Club

Are you a military spouse and own your own business? The MFRC can help with the following programs and services: place a free listing (brief description of business) on www.hireamilitaryspouse.ca, can be viewed by military & civilian members. Promote your business at the H&G MRFC with an information table & an employer of the week profile. Be part of the first annual Entrepreneurs’ Expo in Fall 2008. If you are self-employed, here’s your opportunity to network and grow your business. Meet other entrepreneurs, share ideas, and network. Learn from our expert guest speakers. Achieve incredible results in your home-based business. To be part of this exciting club, contact Terry Green at green.t20@forces.gc.ca (902) 427-7206.

Lighthouse Circle

Lighthouse Circle is a group of women experiencing the military lifestyle who connect every second week to share and develop their knowledge, understanding and ways of meeting the challenges of deployment and life stressors. Come and join us for social activities, personal development, self-care and most of all laughter and fun. If you are new to the community or have been here for a while and would like to meet some new friends please join us.

Every second week on September 18; October 2, 16, 30, November 13, 27; December 11 from 6:30 to 8:30 p.m.

Casual care available by registering the day before.

Craft ‘N’ Chat

Community members meet for an evening of social and crafting time. Participants are urged to bring in a craft on which they are working and possibly share new ideas and tips with each other. Come, relax, and enjoy the company of fellow crafters.

Tuesday, September 9, October 7, 6:30 to 8:30 p.m.

No registration required.

Casual care is not provided for this evening.

Scrapbooking

Tuesday, September 16, 6:30 to 8:30 p.m. Register by Friday, September 12. Spaces limited. Fees: $5/military family member, $7.50/non-military family member. Casual care: $5/military family.

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Adult programming

Collective Kitchens: Lunch Box Favourites

Join us while we prepare some wonderful lunch and snack ideas. You can be sure that when your child opens his or her lunch box you will be proud of what’s inside. We will provide free of charge. Hope to see you there.

Friday September 26, 11 a.m. to 1 p.m.

participants can purchase one for $12 upon arrival if they wish and for the Thursday workshop, they must bring their own lunch.

Friday, October 3, to 10 p.m. Saturday, October 4, 9 a.m. to 5 p.m. Cost: $20 refundable deposit/military family members. Refundable only after participant attends course. $60/non-military family member. Review by Thursday, September 25, 2008.

Scrapbooking
Participants are asked to bring at least 15 to 25 pictures. Friday, October 10, 6 to 10 p.m. Register by Thursday, October 2. Cost: $10/military family member. $15/non-military family member. Casual care: From 6 to 8:30 p.m. $5/military family member.

Women's Self-Defense
The focus is on teaching women to be resourceful rather than relying solely on physical strength. Mothers and daughters (12 years and up) are invited to come together to this event and pay only $25 for two spots. Participants are asked to wear comfortable clothing in which they can move. Saturday, October 18, 9 a.m. to 4 p.m. Register by Thursday, October 16. Cost: $15/military family member, $20/non-military family member, $25/mother-daughter rate (military family).

Parenting

Single Parent Group
Wednesdays September 17, October 1, 15 and 29, 6 to 8 p.m. Register by Thursday, October 1. Cost: $10/military family member. Families connected to other deployments and work-related separations are also welcome to join in on the family networks. Contact our deployment team for information. If you aren’t on our email list contact deployment@halifaxmfrc.ca or call 427-7770 so you don’t miss out.

Monthly CO’s Brief & Potluck
Come out for an afternoon where you can meet other families while getting a chance to hear the CO’s monthly briefing. Using a slideshow he’ll share pictures and give an update of what the ship has done over the past month. There will also be a video and a chance to ask questions. During the CO’s brief children age 12 and under can either go into casual care or stay with their parent/guardian. After the brief, we’ll have a potluck and there will also be an activity. HMCS Iroquois: September 21, 2:30 to 5 p.m. HMCS Ville De Quebec: September 28 at 2:30 p.m. Halifax site. Register by the Saturday before the session. Register for casual care by the Thursday before the session.

Réseaux de soutien pour les familles
Votre partenaire est en déploiement ou en instruction? Joignez-vous à l’un de nos réseaux de soutien pour les familles et participez aux activités qui vous intéressent. Composez le 427-7770 ou visitez le site deployment@halifaxmfrc.ca pour plus de renseignements.

Le réseau NCSC Iroquois est en activité (la prochaine réunion de planification aura lieu le 23 septembre de 18 h à 20 h au centre d’Halifax). Le réseau NCSC Ville de Quebec est en activité (la prochaine réunion de planification aura lieu le 4 octobre de 18 h à 20 h au centre d’Halifax). Les familles vivant d’autres déploiements ou séparations liés à un travail sont les bienvenus dans les réseaux de soutien. Pour plus de renseignements, contactez notre équipe de soutien au déploiement. Si vos coordonnées ne figurent pas sur notre liste d’en- voi par courriel, écrivez à deployment@halifaxmfrc.ca ou appelez au 427-7770 pour ne rien manquer.

Séance d’information mensuelle du commandant et repas-partage
Passez un après-midi avec d’autres familles et assistez à la séance d’information mensuelle du commandant. Sa présentation sur PowerPoint contient des photos et une mise à jour sur les activités du NCSC Ville de Quebec au cours du dernier mois. Le tout suivi d’une vidéo et d’une période de questions. Durant cette activité, les enfants de 12 ans et moins pourront rester avec leur parent/gardien ou aller au service de garde. Un repas-partage et une activité clôturent la journée.

NCSC Iroquois le 21 septembre de 14 h 30 à 17 h. NCSC Ville De Quebec le 28 septembre de 14 h 30 à 17 h.

Au centre d’Halifax.
Inscriptions : jusqu’au samedi avant la rencontre;
Pour le service de garde : jusqu’au jeudi avant la rencontre.

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Fees reduced 25% for CF members & DND personnel

Welcome home to
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20-80 Charlotte Lane (Ocean Brook Park)
WOPING and spacious bachelor, 1 & 2 bedroom suites with magnificent Bedford Basin views! Across from Fisherman’s Market, close to Bayers Lake and just off the Bedford Highway. Located on bus routes 80, 81 and 62.
(902) 404-4440

2074 Robie Street (The Welsford)
Large suites with oversized windows and storage space. Spectacular views of the Commons! Steps from Quinpool Centre and hospitals with the bus stop at your door.
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TRIDENT, SEPTEMBER 8, 2008

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Do you have any items to sell that are under $2,000? Why not place a classified ad.
They are FREE for all DND personnel. All real estate and business ads subject to a $9 charge.
We take Debit, Master Card, Visa and AmEx!
Phone: 427-4237 Fax: 427-4238 Email: accounts@tridentnews.ca

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Maritime Brew and Wine
Metro's Largest Selection of Wine Kits

Come in and check out our selection:
• En Premier • Cru Select
• Cellar Classic • Grand Cru
• Vino del Vida • Heritage Brew House

FREE 25 word classified ads.

FOR RENT


NAVY MESS KIT: Slt mess kit, shoulders 38, waist 34, $250. Call 483-1287.


FREE 25 word classified ads.

FOR SALE

NAVY MESS KIT: Slt mess kit, shoulders 38, waist 34, $250. Call 483-1287.


FREE 25 word classified ads.

WANTED

GI JOE: Looking to buy second hand GI Joe action figures from the 1980s. Contact: silent12345@gmail.com.

RENTAL ACCOMMODATIONS:

NORTH END RENTAL ACCOMMODATIONS:
Affordable. Close to base. Available August 1 and September 1. Call Pathways Housing Services at (902)-444-7277 or email bridges@pathwayshousing.ca.

FOXXWOOD TERRACE: $495 and up as available. 1, 2, 3 bedroom apartments. Heat, hot water and parking included. Security cameras, on site laundry. 477-4685.

ACROSS

1 Mr. Day
9 Hockeyist Lemieux
10 Cookies
12 Mrs. Angelil
13 Cast again
15 Aristotle, to his pals
16 Ms Lang
17 Wedge shaped
18 Mr. Angelil
19 Straddled
21 Compass pt
22 Norse goddess
24 Selenium symbols
25 Mrs Jones-konihowski
27 Happiness
30 ____boy!
31 Canadian military org.
34 Mrs. Day
36 Mr. Konihowski
37 Enable
38 You and I
40 Container
41 Edit
43 Refer
45 Lawn mowers
46 Mr. Gretzky
47 Produced

DOWN

1 Salty
2 Prefix denoting three
3 Pen parlance
4 Female student
5 A kind of won ton
6 Upright
7 Madagascar primates
8 Canadian coin
9 Ponds
11 Winter conveyances
12 Compassion
14 Bambi, for one
15 Winged
20 Does wrong
22 Shack or Shore
23 Roman 53
26 Executive Asst.
27 Mrs. Gretzky
28 Slow learner?
29 “____ my Sunshine”
30 Rounded
31 Charmed
32 Reproach
33 Lucy Montgomery
34 character
35 Firn or figure preceder
36 Northern Ontario town
37 Israeli seaport
42 Half a fly?
44 Caustic

August 25th answers

HOUSE SITTING

DEPLOYED? Military wife and banker will house/apartment sit your dwelling while you are deployed. Honest, reliable and friendly. Situated in Eastern Passage. ccef@eastlink.ca.


REALTY

BANKRUPT? BAD CREDIT? Are you looking for a mortgage? We may be able to help you make your dream of home ownership a reality. At very competitive rates, with as little as $0 down. Call George at City Street Realty 826-2261 for a no cost, no obligation credit assessment.

15 JONATHAN: $249,000. Gorgeous 2 storey 3 bedroom home, sunken family room, large entertainment deck, gorgeous windows, all on a large private lot. Call Bob Angus today 876-1015.

11269 PEGGY’S COVE RD: $239,000. This fabulous bungalow has 3 bedrooms, 1 1/2 baths, large detached double car garage, above ground pool, fireplace, sun porch, skating pond all on 7 acres of property. Call Bob Angus 876-1015.


GI JOE: Looking to buy second hand GI Joe action figures from the 1980s. Contact: silent12345@gmail.com.

FREE 25 word classified ads.

CONTACT US

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CLASSIFIEDS

WINE & BREW

Maritime Brew and Wine
Metro’s Largest Selection of Wine Kits

Come in and check out our selection:
• En Premier • Cru Select
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FREE 25 word classified ads.
CFB HALIFAX CURLING CLUB

Club opens on Tuesday October 14th and season ends around end of April.

One of the best curling facilities in Nova Scotia, friendly, sociable and relaxed atmosphere offers:

- 6 sheets of ice
- Catering
- Ample parking
- Men’s & women’s locker rooms
- Ice rentals (as little as one sheet of ice for a couple of hours)
- 2 fully functional and independent lounges/bars
- Rental equipment (ie, brooms & sliders)

Memberships

A variety to choose from:
- Traditional Men’s & Ladies’
- Mixed leagues
- Open league

You can curl up to 4 nights a week depending on the membership you choose. Discounts for Military/DND and their families, includes retired personnel and their families as well. We also offer favourable rates for students, seniors and juniors.

Programs for the Military Community include
- Inter Section Curling League on Tuesday afternoons
- Cock of the Fleet & Cock of the Walk competitions

There will be a welcome to the club reception for members only on October 14th at 7pm.

FREE CLINICS

Anyone who attends the clinic can participate in our “Opening Funspiel” which will be held the afternoon of October 18th and 19th. Free Clinics October 15th and 16th open to everyone.

Registration for Clinics is from 6:30 – 7pm on the evening of the clinic dates, or you can pre-register by calling the club at 455-1444.

FREE Unit Bonspiels

Each unit in the Halifax area is entitled to one curling bonspiel at no charge (ice only) per curling season. (some conditions apply)

On site catering all year round to meet your curling and social needs - an excellent venue for banquets, social functions, unit parties, Christmas gatherings, retirement “mugouts” and wedding receptions.

OPEN SEVEN DAYS A WEEK – FOR MORE INFORMATION CALL 455-1444

www.psphalifax.ns.ca

We’re with you every step of the way!
HMCS Fredericton leading the fleet in fitness

MS R.D. Shewchuck
HMCS Fredericton

On August 12, 2008, in weather not so desirable for physical fitness, HMCS Fredericton mustered its first 18 participants for our newly implemented physical fitness program falling in line with the CDS mandate for a fit CF. The pipe rang out shortly after colors for personnel to muster for a 3 km run and circuit training through the dockyard.

Finding time to conduct physical fitness training in the middle of a busy Tiered Readiness Program is a challenge: there is never a good time to start. Fitness has to compete with ongoing work in the ship, individual and team training, inspections, storing etc. However, after many months of planning between MARLANT PSP staff and Fredericton’s Sports Officer and the ship’s Basic Fitness Training Assistant (BFTA) (LS Mamalygo) the decision was made to start our program. Fredericton’s plan is to conduct fitness training twice a week for a 1.5 hour duration focussing on both increasing individual levels of fitness and preparing sailors for EXPRES Testing. Because of the various competing demands on sailors’ time, our program is designed so that where possible the training to would start and finish at the ship to reduce transit, cool down and clean up times.

Ultimately, our goal is to develop a fit ships company.

Circuit training is also conducted at the Dockyard Gym and the PSP staff have been very helpful and have provided several different variations of cardiovascular and toning programs. Should PSP staff not be available, Fredericton’s BFTA will lead the training. Our goal is to gain a high level of fitness within Fredericton at a pace that is appropriate to all participants. The program is available to all ship’s company at all rank levels and provides those sailors conducting remedial fitness training with another way of meeting this personal requirement.

As an incentive for the ship’s company to participate in the fitness program, Fredericton’s Commanding Officer, Cdr Bob Auchterlonie, has implemented the Commanding Officer’s Fitness Challenge. Everyone participating in the fitness program ashore, or maintaining their fitness while at sea is given points depending on their level of participation. Periodically through the year, prizes will be awarded to those sailors who accumulate the most points. Ultimately, our goal is to develop a fit ship’s company through teamwork and cooperation and Fredericton has adopted a mindset that physical fitness will be part of our alongside and at sea routine.

Annual Fleet Club Softball Tournament
September 19 & 20
Windsor Park Fields
Cost $150 per team

Number of games dependant on number of teams

Deadline for registration September 12
Contact MS McDougall, PMC at 721-8219 or MS Rogers at 721-8877

Army/Navy Football Game
Stad Field
Saturday, November 1 (time TBA)
Practices every Tuesday and Thursday 1600-1800 at Stad Field

www.fleetclubatlantic.ca
Attitude has a sport: water polo

By Guy Lavoie
Halifax Sea Skimmers Aquatic Club

The Halifax Sea Skimmers Aquatic Club (HSSAC) will begin its second season of operation on September 15. The club’s adult water polo wing has already proven to be an outstanding success with more than 24 members last year. HSSAC is recreational in nature but is scheduled to play regularly against other teams in the HRM area.

Water polo is considered by exercise physiologists to be the most physically demanding of all sports. Players usually swim more than three kilometres in the pool during the hour it takes to complete a game. There is no coasting in this sport.

Experienced and novice members are raving about the sport and are especially thrilled with the intensity of the workout they get. The club’s adult wing is practicing on Monday nights from 7:30 to 9 p.m. Games are scheduled on Friday evenings throughout the year at the rate of once or twice a month.

HSSAC is also launching the youth wing of the club this fall. This program is for boys and girls, and will start training on Tuesday September 16 from 6 to 8 p.m. Training will also be conducted on Saturdays, 8:30 to 10 a.m. The focus will be on fun, but there will be regular games scheduled against the two other youth clubs of the HRM area. As well, some players may be selected to represent the province in national tournaments throughout the year. The age group for the youth wing is nine to 16 years old.

Water polo is a cool and exciting game with high physical and technical, and psychological demands. This makes it unique among team sports. There are no specific skills required; all you need is a love of water, a readiness to have fun and the desire to get fit. Drop the remote, get off the couch and come try the game.

For more information or to register, contact Tony Wright at wright.ja3@forces.gc.ca or Guy Lavoie at pwpa.ns@gmail.com. You can also come and talk to us during our registration night on Monday September 8 at the Stadplex from 4 to 7 p.m.

For details on programs, schedule and fees visit www.hfxh2o.ca/html/hssac.html.
By 2LT/SLT G. J. (Junior) Roberts
UIO, 5th Canadian Ranger Patrol
Group Junior Canadian Rangers

The room, with lights dimmed, was hushed. The sound of soft music found its way into the stillness. As Miss Brenda Jeddore, choir director, gave the slightest hand movements the atmosphere was filled with melodic youthful voices. Members of the Conne River Mi’kmaq Performance Choir, including four members of the Junior Canadian Rangers, began their afternoon practice. The soothing voices, as they performed a variety of numbers in different languages, including English, Micmac and Hebrew, was spellbinding.

The traditional caribou skin drum which is the principal instrument, was played by an additional four Junior Canadian Rangers. They were introduced and a series of performances combining singing, drumming and dancing were executed to the delight of those of us present. The youth of Conne River participating in this musical endeavour displayed a talent that can only be described as Awesome.

In conversation with Ms Jeddore, it was evident that the talents are recognized and appreciated both on the Conne River Reserve and throughout the cities and towns they have performed in during the last ten years. The choir has performed in many prestigious gatherings with the highlight of their performance being in Japan where they did concerts at Tokyo and Hiroshima. Perhaps the most memorable one was singing at the Peace Monument in Hiroshima and at St. Elizabeth University for survivors of the A Bomb. These concerts were done in collaboration with the Newfoundland Symphony Youth Orchestra and the Mount Pearl Show Choir. They have also performed with the Icelandic Choir, the Newfoundland Symphony Youth Choir (Shallaway) as well as with seasoned performers such as Susan Aglukark. They have performed at many aboriginal conferences throughout Atlantic Canada and at pow-wows throughout the Atlantic region. The choir performs regularly at the Central Newfoundland annual Kiwanis Music Festival in Grand Falls-Windsor where they have been invited to perform at the Stars and Highlight concerts at the conclusion of the festival each year. This past year they won the coveted distinction of being named the winners of the Abitibi Price Award for best performance at the festival in 2007.

This is a very special talent that will again be showcased worldwide during the Vancouver 2010 Olympics and we at 5th Canadian Ranger Patrol Group are very excited that members of the Conne River Junior Canadian Rangers are afforded the opportunity to participate. This truly exemplifies the traditional/cultural activities that the JCR Program is striving to provide for all JCR Patrols.

The JCR dancers included: Michaela Benoit, Kerri Ann John, Tia Howe and Jesse Merkeratsuk.
ALEXANDER KEITH'S BIRTHDAY
OCTOBER 5

LEGENDARY HAT. LEGENDARY BIRTHDAY.

1 of 3 BONUS KEITH'S RETRO HATS with the purchase of 15 bottle packs of Keith's India Pale Ale or Keith's Light.

†Must be legal drinking age. Hats may not be exactly as shown. While supplies last. *TM/MC Keith's Brewery.