Arctic actions

Cdr Alex Grant, Commanding Officer of HMCS Toronto, Prime Minister Stephen Harper and Peter MacKay, Minister of National Defence, view HMCS Corner Brook, and CCGS Pierre Radisson as three CF-18 Hornets fly over head during Operation NANOOK 09.

Letters from home
Eastern Passage school sends mail to Kandahar sailor

Déploiement
NCSM Ville de Québec part en mission

Picture this
DND photo contest starts

Chasing the challenge
2009 Navy Fitness challenge results

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Mass casualties, major environmental disaster, pandemic outbreaks, foreign submarines spotted off the coast of Nunavut: how would people in the North respond if any of these events were to happen? What would be their plan?

To prepare for such catastrophic events, the CF, together with representatives from several federal and territorial departments recently held a major exercise in Iqaluit, titled OP NANOOK 09. OP NANOOK is one of three major sovereignty operations conducted every year by the CF in Canada’s North.

The first phase of OP NANOOK was a sovereignty patrol that extended through the Hudson and Davis Straits and aerial reconnaissance missions over much of Canada’s northern sea, land and air approaches.

The second phase was the military exercise with participation of personnel, ships and aircraft from the Navy, Army and Air Force working under the Commander Joint Task Force (North). The third phase of OP NANOOK 09 was the whole of government exercise that included participation of 15 federal, territorial and municipal partners with support from the CF.

The Navy was represented by HMC Ships Toronto and Corner Brook and their role was to provide a platform for the Army’s Arctic Response Company Group (ARCG) to launch their amphibious landing to search for a suspected downed unmanned aerial vehicle. This exercise progressed to include diving operations and an anti-submarine warfare component with Toronto searching and tracking Corner Brook as the submarine tried to remain hidden. This exercise tested the ship’s company on all levels as Toronto got down to business and before long had tracked Corner Brook.

The Canadian Rangers Patrol Group also was a vital part of OP NANOOK 09, providing support to the land patrols and demonstrating the traditional skills required to live off the land. OP NANOOK 09 concluded with a Government of Canada exercise designed to enable the departments and agencies of multiple levels of government, municipal, territorial and federal, to work together in response to a threat to the critical infrastructure in Iqaluit. During the two-week exercise, Toronto and Corner Brook hosted Prime Minister Stephen Harper, Minister of National Defence (MND) Peter MacKay, the CF Chief of Defence Staff (CDS) Gen Walt Natynczyk, Chief of Maritime Staff (CMS) VAdm Dean McFadden and the Commander Canada Command, VAdm Bruce Donaldson, together with their entourages.

Local and national media also were embarked in Toronto. Though Corner Brook didn’t have media on board, the boat hosted Prime Minister Harper, Peter MacKay and VAdm McFadden.

Also participating in the exercise was the Canadian Coast Guard Ship Pierre Radisson. As well, this ship hosted soldiers from the ARCG and provided its Zodiacs for the amphibious landing.

Cdr Grant, Toronto’s Commanding Officer stated “My crew and the captain and crew of the Pierre Radisson are outstanding, each and every one of them. The ease in which this complex program came together is due solely to the excellent communication amongst all concerned. Although the tempo increased significantly, everyone responded as I knew they would. This holds well for quick implementation of the government’s integrated Northern strategy.”

As a thank you to the residents of Iqaluit, the CF held a community day during which there was something for everyone, including a day sail aboard Toronto, static displays, a barbecue, a CF 18 fly-past and a jump by the Skyhawks, the CF Parachute Demonstration Team.
Volunteers needed for Alzheimer’s Duck Derby

The Halifax Alzheimer’s Society is holding its third annual Duck Derby on Saturday, September 19. More than 10,000 rubber ducks will race to the finish line at Bishop’s Landing. Someone will win a new car, someone else could win a million dollars. To make this event a success, the society is looking for volunteers to help on the day of the race. If you are interested, please call Beth Jackson at 422-7961 ext. 228.

Events at the Halifax Public Libraries

On Saturday, September 12 at 10 a.m. at the Colub Harbour Public Library, hear singer-songwriter Tom Savage. He’s touring in support of his latest CD, titled Live at the Acoustic Grill. Bring your dancing shoes to enjoy the mix of old-time country and folk-rock sounds. There will be an opportunity to discuss different songwriting techniques and writing styles. Tom Savage also will appear on Saturday, September 19 at 2 p.m. at the Keshen Goodman Public Library.

St. John Ambulance courses

St. John Ambulance NS/PEI Council will offer first aid training in the Dartmouth area on the following dates:

- Emergency First Aid/CPR Level A: Tuesday, September 8 and Thursday, September 10.
- Standard First Aid/CPR Level C: Saturday, September 12 and Monday, September 14.
- Marine Basic First Aid: Thursday, September 17.

Events at the Maritime Museum of the Atlantic

On Sundays at 11:30, 1:30 and 3:30 p.m., join the staff of the Maritime Museum of the Atlantic to learn about the music of the sea. Sea songs and sea shanties are an important part of life at sea and of the cultures of the Maritime Provinces.

For further information on courses, contact our training department at (902) 463-5646 Ext 2201 or toll free at 1-800-565-5056 Ext 2201.

Halifax Electric Flyers Association seeks military/DND members

The Halifax Electric Flyers Association would like to invite any military/DND members to join our club. We are a radio controlled model aircraft association flying only electric powered models. We fly outside of the Shannon Park fields on Saturday and Sunday mornings. If you are interested in finding out more information or would like to join our club, please contact Chris Dean at cdelean@ns.sympatico.ca or visit our website at www.halifaxelectricflyers.com.

339 Royal Canadian Sea Cadet Corps Iroquois

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 to 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 to 9 p.m. Feel free to stop by and see what it’s all about.

For more information, contact 883-1952 or 832-4438.

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.sea@cadets.net.

Army Navy Football Challenge

Army Navy Football Challenge occurs on Saturday October 17. Practices begin September 8, and are scheduled for every Tuesday and Thursday, 4 p.m. to 6 p.m. at Porteous Field. Bring your game face and your competitive spirit, see you on the field.
By CPO2 Craig Pike
ACOS IM

On June 23, 2009, the Project Management Institute Nova Scotia Chapter (PMI NS) organized a breakfast meeting at the World Trade and Convention Center in Halifax. The meeting was sponsored by Fleetway Inc. and the guest speaker was Commodore Mark Norman, the Commander Canadian Fleet Atlantic. Commodore Norman’s presentation was entitled Canada’s Navy: Managing Risk in Its Second Century.

On the eve of its centennial, the Canadian Navy faces a complex set of challenges and opportunities: from increasing its human and material capacity, through preparing for and responding to challenges at home including in the Arctic, to deploying across the vast oceans of the world in support of Canadian interests in cooperation with our allies. With 99 years of risk management experience as a professional Canadian institution, the Navy of today inherits the legacy of past decisions while it looks forward to the next century of service to Canada.

The importance and relevance of Canada’s Navy is inherent: 70 percent of the global surface is covered by water and 80 percent of humanity lives in coastal regions. At any given time more than 95,000 vessels are at sea engaging and transporting approximately 90 percent of global commerce. In order to help ensure the security of the maritime environment, Canada’s Maritime Command is highly organized and professional. It includes the following: Payroll: 9420 military, 4700 civilian, 3900 reservists; Plant replacement value: >$42B (infrastructure and fleets), three formations, two major bases, 24 Reserve divisions; and 33 combatants (21 major and 12 minor).

Canada’s commitment to its Maritime Security Strategy may include very diverse tasks. For example: HMCS Ville De Quebec—United Nations World Food Program, East Coast of Africa, August 6 to October 23, 2008; HMCS St John’s—humanitarian aid to Haiti, September 10 and 25, 2008; and Coalition Task Force 150, Gulf of Oman—Gulf of Aden April 19 to October 23, 2008. These are but a few examples of the many tasks assigned to the Canadian Navy on a regular basis.

The Atlantic Fleet Commander further explained that Project Management in the Navy, and DND wide, does not always conform to the required end timeline normally assigned to a project. Maritime forces’ projects are complex in nature and deliver products that are influenced by multiple stakeholders and changing priorities. This is, he stated, particularly important as applied to available capital, personnel recruiting and retention, operations (both planned and unanticipated). Commodore Norman discussed the concepts of risk and time management in the context of revitalizing and rejuvenating Canada’s highly capable Navy while continuing to deploy its assets globally. Some of the current issues facing today’s maritime forces include personnel shortages, ship modernization, acquisition projects, and the implementation of new maritime helicopters. In order for all of these missions to be successfully accomplished, the wise and careful application of time-honoured project management disciplines is essential to the future success of Canada’s maritime forces.
Twenty-five members of the First Special Service Force (FSSF), the Second World War unit nicknamed the Devil’s Brigade, met in Halifax from August 19 to 22, 2009 for a reunion to commemorate the 67th anniversary of the unit’s founding.

On Friday August 21 at the Fleet Club, personnel from LFAA HQ, including Col Russell and LCol Woodgate were present to greet the veterans and other guests including members of the 1st and 10th US Special Forces Group Airborne.

A plaque recognizing the Force’s achievements was unveiled and reunion organizer Mary Bhagan told those present “We wanted to have a lasting memorial to the Force.” She thanked staff at the Army Museum, located at Halifax Citadel National Historic Site, for offering to house the plaque. Col (ret’d) Bruce Gilchrist, a representative of the museum, unveiled it and told the audience “We accept it with great honour.” He added that hundreds of visitors will see the plaque on display at the museum.

Speaking directly to the FSSF veterans, Col Gilchrist emphasized “You really deserve the credit for setting the standard for US and Canadian relations at the military level... You are quite a group of soldiers.”

The FSSF, a joint Canada-United States army force that was a precursor to modern Special Forces units, comprised highly skilled and trained American and Canadian soldiers. Training for the Force included
hand-to-hand combat, night fighting, parachuting, skiing and mountain climbing.

In August 1942, William Storey was a 21-year-old Canadian soldier in the Winnipeg Light Infantry when he learned about the FSSF.

“There was a notice on the sergeant’s mess notice board that Canada was going to form a parachute corps and they were looking for volunteers, so I volunteered.”

Most of the training took place in Helena, Montana, according to Storey. “The training was intensive. A lot of running and calisthenics.” The next step was parachute training, he stated. After two days of training, the soldiers went to the Helena airport and “we jumped out of C47s.”

“The next step was parachute training, he stated. After two days of training, the soldiers went to the Helena airport and “we jumped out of C47s.”

The Force served in both the Pacific and Mediterranean theatres of operation and participated in two invasions and four major campaigns during the Second World War.

Storey recalled the Force’s first deployment to the Pacific theatre to the Aleutian Islands and Kiska, and then to the Italian campaign, where the FSSF battled its way through the mountains. Among his favourite memories is the incident in which “I went up one mountain as a staff sergeant and came down it as a first lieutenant.” With his commission, Storey became an intelligence officer.

Blackening their faces for camouflage, the FSSF fought only at night “to keep the Germans from finding out how few in numbers we were.” Storey recalled. This camouflage technique together with their combat skills earned the Force a fearsome reputation with the Germans, as judged by the diary of a German soldier who described the Force as “black devils” who struck at night and vanished as quickly as they appeared.

The Force was the first Allied unit to enter Rome in June 1944 and then fought in France until the unit was disbanded in December 1944.

Now retired and living in Moneta, Virginia, Storey observed that while all the Force veterans are now well into their 80s, most of those at the reunion were active and in good health. For that, he credited the vigorous training they had undertaken during their military careers.

While posing for photos, the veterans spontaneously broke into song, with versions of It’s a Long Way to Tipperary, followed by Kiss Me Goodnight Sergeant Major.

Other events during the FSSF reunion included a plaque unveiling at Pier 21 and a memorial and wreath-laying ceremony at the Grand Parade on Saturday, August 22.

**Memorial to honour the ships lost in Second World War**

By Virginia Beaton

**Trident staff**

In acknowledgement of the Canadian Naval Centennial, the Atlantic Chiefs’ and Petty Officers’ Association (ACPOA) has begun a project to create a memorial for the Canadian warships lost during the Second World War.

This memorial will be located on the Halifax waterfront. On its front, it will incorporate a naval badge from the Second World War and on its back, there will be outlines of the lost warships. An inscription will be included.

The funds for this project will be raised through subscriptions available to anyone who wants to contribute. A $25 subscription entitles the subscriber to a memorial certificate in his or her name and the name in memory of another will be placed in a time capsule in the memorial.

These subscriptions are payable to the ACPOA and may be made until October 31, 2009.

The planned dedication date for the memorial is spring 2010. For more information, visit: www.acpoa.ca.

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Weather’s nice. So is the price. **Smartphones from $0.**
It took six hours and a lot of sand and sweat, but the result was a winner.

A sand sculpture created by CPO2 Gerry Doucet and his team won second place in the adult category of the annual Clam Harbour Sandcastle Contest, held on Sunday, August 16, 2009.

CPO2 Doucet’s sculpture was a tribute to the Canadian Naval Centennial (CNC). It featured a whaler with nine sailors rowing, a replica of the CNC logo and the numbers 1910-2010, reminding viewers of the upcoming celebration of Canada’s Navy.

“I wanted to do something for the Canadian Naval Centennial,” stated CPO2 Doucet.

He noted that when spectators at the beach viewed his sculpture, “I heard their comments such as, ‘I like this one because it’s Canadian.’”

More than 15,000 people attended the contest, which takes place annually at Clam Harbour Provincial Park, approximately 84 km from Dartmouth, on the east coast of Nova Scotia.

CPO2 Doucet’s contest team included his wife and children and several family friends and their children. Everyone got up at 6 a.m. the day of the contest and when they arrived at the beach at 8 a.m., “We were the 10th one in the gate,” he noted.

In building the castles, contestants could use their hands and hand tools such as shovels, spatulas, rakes, pails and natural objects found on the beach such as sand, driftwood, shells, seaweed and rocks from the exposed beach. They could not use cement, adhesive, metal or timber supports, food colouring, flags, paint or other non-beach materials.

“I find the biggest problem with creating these sculptures is that you have to manage your time,” observed CPO2 Doucet. However, in his day job as manager of the Officers’ Mess at Stadacona, CPO2 Doucet has strong organizational skills, so he assigned tasks that would suit the varied energy and concentration levels of the adults and children.

According to CPO2 Doucet, he and his family also handed out more 250 CNC temporary tattoos, stickers and a few Frisbees during the event.

The contest made the news on Breakfast TV the next morning and the Live at 5 broadcast the next evening.

Second place prize was $250 and CPO2 Doucet said that since he recently bought a cottage, he plans to invite all the team members there to visit him and his family. “I told them I’d buy something for the cottage and you all can come there and enjoy it.”

“I find the whole thing to be therapeutic,” he observed. “It’s fun and I enjoy doing something so different from my days in the office.”

This is the third year CPO2 Doucet has participated in the contest.

“I always like to have a theme,” he observed, adding that the first year, he sculpted a head of Elvis and the second, he did a memorial to the fallen in Afghanistan. “It was a bunker with two fallen soldiers in it and I received honourable mention, fourth prize.”

Describing the CNC as “an important event for us”, CPO2 Doucet observed that the sandcastle contest was a way to bring awareness of it to a large group of people. “If more people would do events like my team did, it would help to build the hype and the excitement... It’s great exposure at a community event.”

According to CPO2 Doucet, he and his family also handed out over 250 CNC temporary tattoos, stickers and a few Frisbees during the event.

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GCWCC Kick-off 2009 is around the corner

By Lt Candace Bennett
Base Public Affairs

The JTFA 2009 Government of Canada Workplace Charitable Campaign (GCWCC) kick-off will be held on Thursday September 10 at the Stadacona Drill Shed (Bldg S-14) from 11:30 a.m. until 4 p.m. This year’s kick-off promises to be a thrilling event. United Way co-chair and TV personality Steve Murphy is expected to be on hand to assist RAdm Maddison launch the campaign by revealing the team’s goal. You can take part in countless activities such as the car smash, football toss, golf chip, hockey shoot, 50/50 draws and more. Food and refreshments will be available and those who attend will have an opportunity to win one of the remarkable prizes that were generously donated to the GCWCC. Prizes will be drawn or auctioned off and will include: $500 Glen Arbour golf package, Falls Lake package, $100 CANEX gift card, wine kit from Maritime Brew and Wine, Hartlen Point Golf package, Halifax bus tour from Ambassador Vacations and Marriott stay package.

“I take great pride in the knowledge that the selfless contributions from our hearts have helped countless individuals in need. On a regular basis, I see first-hand the power of our support,” stated Capt(N) John Newton, Base Commander. “As we build our donor base, I am confident we will be able to have a positive effect on our community.”

Cdr Lin Paddock, GCWCC Campaign Director is dedicated to making this year’s kick-off the best to date. “I want to welcome all of you to this year’s GCWCC, as we commence another special charitable fundraising campaign. This year’s kick-off is shaping up to be an exciting and very memorable event,” stated Cdr Paddock. “We do this because we all live here and this campaign is a means to show the combined impact of the defence team to all our neighbors across the varied local communities. During a period of uncertainty with lingering recession worries and H1N1 concerns, our local communities can benefit form our collective charitable strength and compassion towards others.”

PO1 Rod Helpard, the kick-off chair has been feverishly working on organizing this event extensively and promises that this year will be one to remember “CFNOS is very excited to once again be putting together this year’s GCWCC kick-off. It is most certainly a worthwhile event that will excite the entire defence team. The headliners, Kevin Fletcher and the Gents will be outstanding and have us hopping with enthusiasm. In addition, we will have lots of fun games and events to entertain us,” stated PO1 Helpard. “We will have several local charities represented at the kick-off. This will be a great opportunity for us to see how our donations can make a difference and it will be rewarding to talk to the people who desperately need our support.”

If you wish to be more involved with GCWCC efforts, a few positions are still available. The GCWCC is currently looking for secretaries, comptrollers, and a staff officer for the executive team. As well, we are looking for group coordinators from MARLANT HQ, CFAD Bedford and N4 Mat. An amazing opportunity is open for an Account Development Officer. This person will spend 16 weeks working with another organization. This is a great learning and professional development opportunity. Please apply through your chain of command to Cdr Paddock.

Come support the kick-off and make this year one to remember.
The SISIP Financial Services experience through the years

By Marie Navarro
SISIP FS

It is 1984: “I was in the rehab centre thinking: where am I going to live now, what am I going to do for work? I have to get work; I can’t just sit staring out the window for the rest of my life. Then a SISIP Financial Services (SISIP FS) Rehab Coordinator came to see me and we discussed what SISIP FS is all about.”

At this point in his life, after a car accident left the former military aircraft technician a quadriplegic, Lawrence Aucoin found the support he needed, thanks to the SISIP FS Vocational Rehabilitation Program (VRP). “Being a quadriplegic, it is impossible to be in a community and support yourself without some kind of income and SISIP FS is always there.” When he required a new vehicle, SISIP FS facilitated an interest-free loan and paid for the modifications to his new car:

“It is hard to believe how big a factor a motor vehicle can be in your life, the freedom to go where you want... and these people kept me going.”

By 1994: “Even though I am totally independent [now] and live on my own in the community, when I need something, I call and they [SISIP FS] do everything in their power to help me. I had to rebuild my life and in order to rebuild your life, you need the tools; SISIP FS has been there to provide me with those tools.”

It is 2007: a Private staves in disaster at his first cell phone invoice: $158,000 in extra charges for only one month’s use; he had connected his cell phone to his computer, using it as a modem to access the internet, incurring extra costs beyond the $10/month plan. In his most desperate hour, he too turned to SISIP FS. His financial counsellor contacted the cell phone provider and reduced the bill by 90 per cent during a preliminary exchange. This left the distraught Private with a $15,800 debt, which he could reimburse over one year, at a 26 per cent interest rate. The financial counsellor persevered and, pointing out that general policy requires the company to set up a credit limit for new clients and that this had obviously been overlooked, made them agree to further reduce the balance to a mere $2,000. Not content with this result, the financial counsellor reviewed the contract yet again with the company official, requesting they show where the contract stipulated that extra charges could be incurred. Unable to comply with her request, the agent agreed to write off the balance completely and to send written confirmation that the matter had been settled. Finally, the financial counsellor took the added precaution of setting up her client with a $500 credit limit to protect him in the future.

It is 2009: ...and so it has been, since 1969, for countless CF members in their time of need; through LTD, VRP and many of life’s financial pitfalls in between, SISIP FS professionals (insurance reps, financial counsellors and financial planners) have not hesitated to go that extra mile. Unwavering support, guidance, and a little extra, that is what we celebrate. In the words of SISIP FS President André Bouchard: “We look back on these 40 years through the changes and enhancements to our programs, products and services and celebrate our anniversary with pride as we look forward to 40 more years providing financial solutions and serving those who serve.”

Les Services financiers du SF RARM au fil des ans... nos clients en parlent

Par Marie Navarro
SF RARM

Nous sommes en 1984 : « J’étais au centre de réadaptation et je pensais : Où vais-je vivre maintenant ? Où vais-je travailler ? Je dois trouver du travail... je ne peux pas passer le reste de ma vie assis ici à regarder par la fenêtre ! Ensuite, un coordonnateur en réadaptation des Services financiers du RARM (SF RARM) est venu me voir et nous avons discuté de ce qu’ils faisaient. »

À ce stade de sa vie, après un accident d’auto qui a laissé l’ancien technicien d’aéronefs militaires quadréplégique, il est impossible de faire partie d’une communauté et de subsister sans un revenu quel qu’il soit, mais les SF RARM sont toujours là. »

Lorsqu’il a eu besoin d’un nouveau véhicule, les SF RARM lui ont facilité l’obtention d’un prêt sans intérêt et ils ont payé pour faire adapter l’auto à ses besoins. « Vous ne pouvez imaginer l’importance d’un véhicule, combien cela peut changer votre vie : j’ai la liberté d’aller où je veux...et c’est grâce à ces gens. »

En 1994 : « Même si je suis entièrement indépendant [maintenant] et que je vis à mon compte dans la communauté, lorsque j’ai besoin de quelque chose, je les appelle et ils [les SF RARM] font tout ce qui est en leur pouvoir...»

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Super w/eener
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Mingle with friends and enjoy a great meal, all sponsored by Molson Canada. The meal will be served buffet style in the mezzanine 1815-1930. Dancing in the Searoom 1930 until late. This event is free to mess member and spouses, and guests are expected to pay $10 each. For more information, call Rick Durand at 721-8616.
J. Alan Snowie has just arrived at 12 Wing Shearwater from New Brunswick in this Newport 11, World War I biplane, completing his flights across the country as part of Canada’s Centennial of Flight (1909-2009).

The Newport 11 (winter 1915 - summer 1916), was the F18 of the day and Canada’s first naval fighter aircraft. It was built by the French and, unusually, there are French markings on the wing. But in the middle of a Fokker scare from the Germans, the Royal Naval Air Service (RNAS) in Britain acquired this aircraft, didn’t have time to repaint some of the French markings and just put the roundel on the side.

Mr. Snowie is retired from the Canadian Forces and was based here in Shearwater from 1966 to 70.

« Nous attendons les quarante années à suivre, afin de continuer à offrir des solutions financières, toujours à votre service. »

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The Legion professional Service Officers, whose role is mandated through legislation, provide representation services, advocacy and benevolent assistance FREE OF CHARGE, whether or not you are a Legion member. Visit www legion.ca Service Bureau.
Connections with home in Eastern Passage

By AB Sean Lawrence
JTF Afghanistan

Just when you think you’re settled in, your routines falling into place, it happens. You receive a small package, your first one, and your heart pounds, your blood pressure climbs, your mind starts racing a thousand different ways. What could this be? Who is it from?

Shortly after my arrival in Afghanistan, I fell under that very same hypnotic spell. I received a package. This was no ordinary package like the one Mom sends with goodies, insoles and foot powder; it was put together with thought, insight, care, little smiles and curiosity at Ocean View Elementary School in Eastern Passage, Nova Scotia.

Mrs. Jody Tetford, the teacher of my son’s primary class, created a project to help my child ease into new routines when I deployed to Afghanistan, and to raise the other students’ awareness of our deployed soldiers and their jobs. The goal of the project was to explain the importance of our deployment, and how it affects our everyday life at home in Canada and around the world.

So I received this package and when I opened it, I was amazed. The contents of this package were simple. They sent me a letter that each child thought about and contributed to each day. The letter asked me if I am enjoying myself, if I am going to bring my son Tyler home something cool, and explaining they are working hard in school.

It was touching to read this masterpiece. Each child included a picture, hand-drawn, with his or her own creative touch on what happened to be in his or her little mind at that moment.

Stapled to each of these drawings was the child’s photo so I could identify the future artists. A simple note from the teacher, explaining their project and how they enjoyed it very much. It was a moment that not only makes a father proud of a son, but proud as a soldier. This proved that even a saddened little boy at home missing his father can be a part of something with his class that shows how proud he and his classmates are of what we Canadians are doing here in Afghanistan. It was priceless.

I took the time to show the members of my section the package and the pictures that they had created, and it didn’t take long to spread smiles among the troops. Then it hit me; I will have them write something back to these children. Let’s show them that we not only got their package, but we care about
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By Virginia Beaton
Trident staff

In collaboration with the Canadian Tulip Festival, the Canadian Naval Centennial Project has selected Red Impression-Canadian Naval Centennial 1910-2010 Tulip as the Canadian Naval Centennial Tulip. Through its annual Paint the Town Tulip fundraising event in Ottawa, the Canadian Tulip Festival offers individuals, businesses and community organizations the chance to buy tulip bulbs, including the Red Impression. Sales of the Red Impression bulbs concluded on August 20, 2009.

The 2010 Canadian Tulip Festival will honour the 65th anniversary of the liberation of Holland and the 100th anniversary of the Canadian Navy. Accordingly, 10 per cent of all sales from the Paint the Town Tulip event will go to the Royal Canadian Legion’s Dominion Command Poppy Trust Fund.

The Canadian Tulip Festival has grown into the largest tulip festival in the world, starting from a gift given 60 years ago. In 1945, Princess Juliana of the Netherlands gave 100,000 tulip bulbs to Ottawa. This gift acknowledged the refuge provided in Ottawa to members of Holland’s exiled royal family during the Second World War, and also recognized the role the CF played in the liberation of the Netherlands in 1945.

Planting ceremonies for the Red Impression tulip bulbs will take place across Canada in the fall of 2009. The Canadian Navy Centennial Tulip will bloom in May, close to the Canadian Navy’s official birthday on May 4, 2010.
Combat divers hold graduation ceremony underwater

By Sgt Katherine Greer-Hulme
Army News

The base pool at CFB Gagetown was the scene of an unusual parade recently when 12 members of Combat Dive Course 0022 graduated underwater.

With the sound of regulators being checked, Canadian flags hanging in the water at the deep end and soldiers sliding into the pool, history was made.

“This is the first underwater grad parade in Canada. The last time that we can remember a grad parade being held underwater was when 4 Combat Engineer Regiment was at CFB Lahr, Germany in the early 90s,” said LCol Paul Mann, Commandant of the CF School of Military Engineering.

“The parade came to be primarily out of fun,” explained WO Marc Beauregard, Sergeant-Major of Army Dive Unit. “The Colonel Commandant of the school is posted out this summer. He is the OPI of Army Diving and I wanted him to become the reviewing officer for the course. The email went forth to him and he came back with the suggestion that we could do it in the water, in CABA (compressed air breathing apparatus) and he wanted a swim past instead of a march past.”

As in any other specialty in the CF, it takes a special kind of soldier to make a combat diver. The prerequisite for the Combat Diver Course is you must be an engineer first and you must be chosen to attend a two-week preliminary training course. The successful candidates are then off to the Fleet Diving Unit Atlantic in Halifax for six weeks where they learn to dive. The last four weeks of the 10-week course take place in Gagetown at the Army Dive Centre where students learn engineering skills underwater, such as navigation and heavy lifting.

“The combat divers are a little different from most,” said LCol Paul Mann. “The claustrophobia, the dark water, all requires a special mindset as well as good soldier skills.”

The graduating class formed up in two ranks on the floor of the pool at the deep end. They all came to attention when the commandant took his position and took over.
The annual Canadian Defence and Security Exhibition (DEFSEC) Atlantic takes place Thursday September 10 and Friday September 11, 2009. Aerospace, defence and security industries personnel will participate in the exhibits, demonstrations and seminars associated with DEFSEC Atlantic 2009, located at the Cunard Centre at Pier 23 in downtown Halifax.

Guest speakers at this year’s event seminars include Robert S. Kovac, Acting Deputy Assistant Secretary for Defense Trade, United States Department of State; and Franklyn Griffiths, one of Canada’s leading experts on Arctic and Russian issues.

Kovac will present a high level brief regarding the challenges associated with international traffic in arms regulations on industry and the US government’s efforts to address those challenges. This presentation takes place at 8:50 a.m. on Thursday in the dining room.

Franklyn Griffiths will give a presentation on Arctic sovereignty. Senior Fellow Massey College at the University of Toronto and Senior Fellow at the Canadian International Council, Griffiths is Professor Emeritus of Political Science and George Ignatieff Chair Emeritus of Peace and Conflict Studies at the University of Toronto. In his speech, he will argue that the threat to Canada’s Arctic sovereignty has been overstated and that instead, Canada should strive for an integrated Canadian-American strategic approach to our countries’ defence requirements. This speech will take place at 8:25 a.m. on Thursday in the dining hall.

VAdm Denis Rouleau, Vice Chief of the Defence Staff, will be the guest speaker at the eighth annual Aerospace and Defence Industry Association of Nova Scotia (ADIANS) dinner, to be held on Thursday, September 10 in conjunction with the DEFSEC. This event takes place at the Port Royal Room of the World Trade and Convention Centre in Halifax.

Organizations and business exhibiting at DEFSEC include the Boeing Company, Lockheed Martin Canada, General Dynamics Canada, Public Works and Government Services Canada, SNC-Lavalin ProFac and Sperry Marine Canada.

Entrance onto the exhibition floor and the seminars is free for all CF members, DND civilian employees and employees of other government departments.

A full schedule of events for DEFSEC Atlantic 2009 is available at www.defsecatlantic.ca.

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Halifax’s Hillcrest Kia, and Kia Canada, are giving something back to the men and women of the Canadian Forces.

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Serving aboard USNS Impeccable

By Lg Roland Wink,
USNS Impeccable

For the last few months two Canadian sailors from the Canadian Detachment of the Naval Ocean Processing Facility Whidbey Island have been forward deployed at sea on board USNS Impeccable, a Surveillance Towed Array Sensor System (SURTASS) vessel operating in the Western Pacific. Leading Seamen Dwayne Worrell and Roland Wink were fully integrated into the crews of this modern ocean surveillance ship that is responsible for locating and tracking ships and submarines over vast distances. What follows is LS Wink’s report on life on board with the US Navy.

During my tour of duty at Whidbey Island in the United States I had the rare opportunity to spend the summer months serving on board USNS Impeccable operating in the Western Pacific. During our deployment we conducted theatre ASW operations in collaboration with other US naval surface and subsurface units, with real time acoustic analysis support from Naval Ocean Processing Facility Whidbey Island. Our mission was to locate and investigate both surface and subsurface contacts by use of both Passive Towed Array and Low Frequency Active Sonar Systems.

Life onboard a USN Ship is different from serving in one of HMC Ships, as the majority of the crew is civilians from Maersk Lines Limited. However, some aspects of life at sea remain the same, such as taking part in ship’s evolutions, stowing supplies and doing deck evolutions as line handlers for entry and exit of harbour. Now life within the hull is different; instead of living in a 12-person mess deck, LS Worrell and I shared a stateroom built for three. The crew of 50 is small enough to get to know everyone aboard pretty quickly, from the captain all the way down to the last deckhand.

Being part of the crew also meant deploying and retrieving the arrays and getting our hands dirty with the SURTASS Operations Center Technicians, otherwise known as SOC Techs. Taking part in this gave me a greater respect and understanding of the sonar technicians in our fleet and the hard work that is involved in their duties. As with any ship there are the daily cleaning stations and general maintenance that is always required. In part to prevent homesickness we did just that, and dragged out the grinders and needle guns and got to work. Apart from the usual everyday grind, I did get to stand watch on the bridge from time to time as well as operate the helm on a few occasions.

The highlights of the deployment were being able to serve with the crew on board and to operate in the Western Pacific. As I am originally from the East Coast Fleet based in Halifax, I have not before had the opportunity to sail the Western Pacific. The port visits were few and far between, and being out to sea for almost two months before seeing land or having a port visit was new experience for me. However, the opportunity to visit places such as Japan and the Philippines, and to see the differences in culture was more then worth the long days at sea.
Pogue Fado donates year’s cover charges to the Children of Fallen Soldiers Fund

By 2Lt Tyrone Grande
LFAA PA

On Wednesday, August 19, the Pogue Fado and its owners generously donated more than $5500 to the Royal Canadian Regiment (RCR) Education Fund for Children of Fallen Soldiers.

The Pogue Fado Irish Pub- lic House, located in Halifax, is a lively and welcoming after-hours venue that attracts tourists and locals alike. Charity Wednesday Live Entertainment Night is no exception.

Several years ago, co-owners and friends Rod Kreiger, Pat McGinley, Jim Ritchie, Richard Stevens and Gary Werpny began the Wednesday charity night to raise funds in support of worthy charities, in which 100 per cent of the cover charges collected are donated.

“Our decision to donate to the Children of Fallen Soldiers Fund began in 2008 and we are happy to give this money in support of the men and women of the Canadian Army and their families,” said co-owner Pat McGinley, an ex-Air Force member. “We really appreciate being able to give back to the community and to worthy charities like this one and we couldn’t do it without the support of our great customers and staff.”

The RCR fund was developed following a request by the family of Cpl Brent Poland who died in Afghanistan on April 8, 2007, with five other soldiers when their Light Armoured Vehicle III drove over a roadside bomb. Since then, the RCR fund has provided support for the post-secondary education of children of fallen soldiers from the regiment who died in service to Canada.

“My soldiers and I are very pleased and grateful to accept this very kind and generous donation from the Pogue on behalf of the Fund,” said LCol Morse. “All of the proceeds will go to a much needed cause and we thank you for your hospitality and for having us here tonight.”

In turn, the RCR presented Pogue owners with a plaque from the RCR and a Maritimer of the Week award from Live At 5 for their commitment to the community and support for the CF.

The evening was filled with live entertainment from Soul Kitchen performers Brad Davidge, Joe Butcher and Randy MacDonald, as owners and soldiers enjoyed the food and company.

“This fund is a reminder of the efforts the Canadian Forces and the RCR are doing overseas and at home to support families and to build a better future for Afghanistan,” said LCol Morse. “The charitable support of organizations and people like those here tonight allow us to support your interests at home and abroad as we work to offer the families of Afghanistan the same liberties and freedoms we enjoy here in Canada. Thank you.”
NCSM Ville de Québec part en mission de recrutement au Québec et en Ontario

Forces maritimes de l’Atlantique

Le NCSM Ville de Québec a quitté Halifax en 26 août pour entreprendre une tournée canadienne de six semaines qui comprendra des escales dans onze villes le long de la voie maritime du Saint-Laurent et des Grands Lacs.

Connue comme le déploiement dans les Grands Lacs, le but premier de ce voyage est de mieux faire connaître leur marine aux Canadiens et Canadiennes ainsi que les nombreuses possibilités de carrière qu’elle offre aux techniciens. « Nous voulons présenter la Marine à tous les Canadiens qui ne sont pas nécessairement au courant de son rôle tant au pays qu’à l’étranger », a expliqué le Vice-amiral Dean McFadden, chef d’état-major de la Force maritime. « Nous voulons que les Canadiens voient de près un de leurs navires et qu’ils rencontrent de vrais marins. Une équipe de recruteurs se trouve à bord pour l’occasion, et elle fera en sorte de donner toute l’information possible sur les excellents emplois que nous offrons à ceux et celles qui envisagent servir leur pays en mer. »

Grâce à son programme d’éducation spécial destiné aux militaires du rang, les Forces canadiennes offrent la possibilité à de futurs techniciens de marine d’obtenir une éducation post-secondaire payée dans le programme de leur choix tout en recevant un salaire. Autrement dit, ils sont payés pour apprendre. Ce programme ouvre entre autres des portes pour des postes de mécanicien de marine, d’électronicien naval (communications), d’électronicien naval (radar) et de technicien d’armement naval.

« La marine est résolue à devenir un employeur de choix et à offrir de très intéressantes possibilités de carrière aux Canadiens et Canadiennes d’un bout à l’autre du pays », a mentionné le Capitaine de frégate Luc Cassivi, commandant du NCSM Ville de Québec. « Le déploiement dans les Grands Lacs constitue certes notre moyen privilégié de présenter la Marine au centre du Canada. »

Le NCSM Ville de Québec effectuera sa première escale au port de Gaspé, au Québec, du 28 au 31 août. Lors de cette visite se tiendra une reconstitution historique de l’arrivée de Jacques Cartier en vue de souligner le 475e anniversaire de son premier voyage sur la côte Est. Comme d’habitude, le navire tirera une salve d’honneur à son entrée au port et procédera à des cérémonies du crépuscule et à d’autres rituels de la Marine. Il accueillera également le grand public à son bord. L’auto-bus de recrutement de la Marine sera sur place et on trouvera aussi pour l’occasion des kiosques d’information sur les possibilités de carrière au sein des Forces canadiennes. À la fin de cette visite, le Ville de Québec mettra le cap vers Toronto pour participer à l’Exposition nationale canadienne, puis se dirigera vers Sarnia, Windsor, Oshawa, Montréal, Trois-Rivières, Québec, La Malbaie et Saguenay. Sa tournée prendra fin au port de Matane les 5 et 6 octobre.


NCSM Ville de Québec passe près du Rocher Percé en direction de Gaspé.

COMING TO WORSHIP

SUNDAYS AT CF CHAPELS

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Sunday Worship
1015 – French Catholic Mass
1115 – English Catholic Mass - Lt(N) Matthew Ihuoma
1400 Wednesday - Weekday RC Mass
1130 Friday – Ecumenical Service of Remembrance & Prayer
For Information – 721-8660

Shearwater Chapel, Shearwater
Sunday Worship
0945 hrs – R.C. Mass - Capt Frank Pellerin
1115 hrs – Protestant Worship - Lt(N) John Hounsell-Drover
Protestant Communion – First Sunday of each month
Weekday R.C. Mass
1900 Wed & as announced in parish bulletin
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Fees reduced 25% for CF members & DND personnel
For many years suicide has been a taboo subject. World Suicide Prevention Day is an annual campaign to raise awareness and promote worldwide commitment and action to prevent suicides. According to the World Health Organization (WHO), one person around the globe commits suicide every 40 seconds. This translates to more than 3000 suicides daily. And on top of that, for every person who completes suicide, 20 or more attempt to end their lives.

Let’s begin to break through the veil of secrecy and talk about how we can contribute to ensuring a suicide-safer community within CFB Halifax and the communities in which we live and play. The Applied Suicide Intervention Skills Training (ASIST) workshop can help.

ASIST is a two day skills-based workshop that offers participants the opportunity to learn concrete ways of identifying, connecting and intervening with people at risk for suicide. Information on local resources and support services is provided so participants understand where they can refer a person at risk for support.

This workshop costs a minimum of $200 in the civilian community but is available to you free. Take advantage of this opportunity to be prepared, willing, and able to assist someone who is at risk for suicide. You can make a difference.

The next ASIST course will be held: September 23 to 24, 8 a.m. to 3:30 p.m., Shearwater.

For information or to register by September 17, contact Joy Geizer at 721-7806 or Joy.Geizer@forces.gc.ca.
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40 Asian seaport
42 Sprite
44 Agreement
45 So be it!
46 Enticement
47 Ablaze
48 Representation
49 Canola
50 Spot
51 Ontario resource
52 Br. Empire Order
53 Mauna
54 Ontario playground
55 Take a chair

Down
1 Tall tale
2 About aviation
3 Fit of anger
4 Ontario’s Niagara _____
5 Caliph

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**August 24 answers**
Realtor thanks military community with cash back

Since January 17, 2008, many, 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 CF 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.
Le concours annuel de photographie du MND

Par ASPFC

Appareil-photo à la main, le Cpl Jasper Schwartz se promène sur le bord de la piscine au Championnat du monde militaire de natation et de sauvetage à la recherche de la photo parfaite.

« Une bonne photo est une photo qui est impeccable sur le plan technique et qui comporte une action, une couleur ou une composition intéressante. N’importe quelle photo qui me fait dire Wow! ou Comment ont-ils fait ça? », affirme-t-il.

Le Cpl Schwartz espère que l’une des photos qu’il a prises pendant le championnat sera une bonne soumission pour le concours annuel de photographie du MND, auquel il participe pour la deuxième fois. Les photos doivent maintenant être présentées en format numérique, ce qui rend le concours plus accessible. Il dit que c’est une excellente raison pour lui d’aller prendre des photos et que ça encourage tant les professionnels que les amateurs à s’inscrire au concours.

Le personnel du MDN et des FC et les membres de leurs familles, le personnel retraité et les employés des Fonds non publics (FNP) peuvent participer au concours de photographie du MDN. Il y a deux classifications, soit professionnel et amateur, et les photos peuvent être soumises dans l’une des huit catégories suivantes : vie militaire, vie de famille, sports, environnement, animaux, portrait, effets spéciaux et sujet libre.

Le photographie de l’année et l’auteur de la meilleure photo dans les classifications professionnelle et amateur ainsi que le récipiendaire du Prix du sous-ministre de la Défense nationale se partageront plus de 20 000 $ en prix.

« N’importe quelle photo qui me fait dire Wow! »

Pour de plus amples renseignements et règlements, veuillez consulter le site www.aspfc.com/dndphotocombat. La date d’échéance pour les inscriptions est le 1er octobre. D’ici là, le Cpl Schwartz continuera de prendre des photos.

« J’adore pouvoir essayer de créer une œuvre d’art à partir de quelque chose comme un exercice militaire », dit-il. « Les couleurs, l’action, il suffit de les trouver. J’aime relever le défi de les transposer en photo. »

By DGPFSS

From behind the lens, Cpl Jasper Schwartz roams poolside at the World Military Swimming and Lifesaving Championships looking for the perfect photo opportunity.

“A good photo is one that is technically sound, and that has interesting action or colour or composition,” he says. “Any photo that makes me stop and say wow! or how did they do that?”

Cpl Schwartz is hoping that one of the shots he has taken at this event will be a great reason to go out and take photos and encourages both professionals and amateurs to enter.

The DND photo contest is open to current DND/CF personnel and their families, retired personnel, and non-public fund employees. Divid-ed into professional and amateur categories, photos can be submitted in eight categories: military life, family life, sport, environment, animals, portrait, special effects and open.

More than $20,000 in prizes will be awarded among both professional and amateur photographers of the year will be invited, with travel expenses paid, to the awards luncheon at NDHQ this November.

For additional rules and information, visit: www.cfp.ca/dndphotocontest. The deadline for entry is October 1, until then Cpl Schwartz will be snapping away.

“I love the opportunity to try to turn something like a military exercises into a work of art,” he said. “The colours, the action, it’s all looking to be found, I enjoy the challenge of trying to get it on film.”
After spending the weekend with friends and family, HMCS Calgary’s crew put the finishing touches into their preparation plan and set sail on a three-month deployment to Central and South America.

After RAdm Tyrone Pile, Commander Maritime Forces Pacific (MARPAC) and Joint Task Force Pacific (JTFP), addressed the crew briefly on Calgary’s flight deck, the lines were untied and Calgary pulled away from the jetty.

With a crew of 225 and an embarked Sea King helicopter, the frigate departed Esquimalt Harbour on Monday, August 17, en route for Panama where the ship will join up with navies from 16 countries for Panamax 2009, a joint multinational exercise that runs from September 13 to 21.

“The deployment of HMCS Calgary is a reflection of the Government of Canada’s commitment to stability and prosperity in Central and South America,” said Commodore Ron Lloyd, Commander Canadian Fleet Pacific. “Canada’s continuing involvement in exercise Panamax improves cooperation and interoperability between the Canadian Forces and our international partners.”

Panamax is designed to strengthen the naval interoperability of nations that have security interests in the Panama Canal. The annual exercise is cosponsored by United States Southern Command and the Government of Panama. Crisis response scenarios will test the alliance’s ability to counter maritime-based threats to the Panama Canal, an invaluable international trade route.

Exercise participants will be deployed on both sides of the Isthmus of Panama and will practice a range of joint coalition activities including command and control, surveillance and monitoring, and naval boarding operations. The deployment will also see Calgary participating in multinational drug surveillance and interdiction operations led by US Joint Interagency Task Force South (JIATF-S). With assistance from international partners including Canada, the United Kingdom, the Netherlands, Spain and France, JIATF-S has stopped more than 200 metric tonnes of cocaine from entering North America since 2007.

In October, Calgary will conduct diplomatic visits at a number of ports of call in Peru, Chile and Mexico before returning to Esquimalt in November.
12 Wing Nijmegen Team displays unity in the Netherlands

By PO2 Patrick Lavigne
Shearwater Nijmegen Team Leader

After months of intense training, the 11-member 12 Wing Shearwater Nijmegen team completed the prestigious 93rd Internationale Vierdaagse Afstandsmarsen Nijmegen (International Four-Day Marches Nijmegen). The Shearwater team was part of the 270-strong CF contingent that participated in the four-day, 160 km commemorative marching event in the Netherlands from July 21 to 24, 2009.

Three months of training produced a strong team bond and left all members of the team with memories of which they are proud.

The training began in freezing and icy conditions in early April with a slow and easy five km march. By the end of June, the team was marching a fast 40 km filled with hills and few breaks.

Teaching members the importance of tapping their feet, hydration, pain control and nutrition was part of the training plan. Marchers spend 8,000 to 10,000 calories a day when marching 40 km with 10 kg packs.

The commitment needed to walk 160 km in four days is exceptionally high and all members of the team were more than ready to take on the challenge.

The team deployed to the Europe on July 17. After arriving in the Netherlands, the team traveled by bus to France to visit the war memorial at Vimy Ridge. The following day, the Shearwater team started strong and received a BZ from the Commander of Canadian Military Personnel for their determination, strength and team discipline, both on the road and in military rest areas. The long and difficult march gave team members the opportunity to test their physical fitness, endurance, pain tolerance, team work and leadership—qualities that are most desirable in a military member.

The second day of the march began much like the first. The team’s performance continued to be outstanding. The second day is traditionally when Canadians and the British host a reception and share a few home made recipes. Our own Moose Milk was a great success.

The second day was a very emotional day for the Shearwater team. The grandfather of one of the team members is buried in Groesbeak cemetery, a traditional break along the march for many countries including the Canadians. This year, it was raining heavily yet all Canadians stood proudly at attention throughout the ceremonies. On completion of the ceremonies, we took a few moments to reflect on the past. Most members of the team were by now in the early stages of hypothermia and cramping up, making the last eight km somewhat difficult to complete.

Although the distance marched on day four is less than the previous days, day four is considered one of the best days owing to the tremendous support of the crowds and local businesses. The Victory Parade is an amazing experience and is a wonderful way to complete the gruelling march.

Pride is evident on all faces present because of both the past accomplishments of our forefathers and the accomplishment of finishing the annual march. Cpl Hirtle was offered the honour of carrying the Canadian flag during the Victory Parade, and led an extremely proud and cohesive contingent.

Canadian military teams have marched with pride at Nijmegen every year since 1952.
CFB HALIFAX CURLING CLUB

Club opens on Monday, October 5th 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
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  Contact Darren MacInnis at 902-455-1444 or 902-293-7169)
- 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 wine & cheese reception for members only on October 6th at 7pm.

FREE CLINICS
Anyone who attends the clinic can participate in our “Opening Funspiel” which will be held the afternoon of October 17th and 18th. Free Clinics October 7th and 8th open to everyone. Registration for Clinics is from 6:30-7:00pm 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!
By Benjamin J. DeLong
Trident Staff

Sixty athletes took the challenge to swim, run, and bike through a triathlon for the 2009 Navy Fitness Challenge on Friday, August 28. Despite the date being sandwiched between two hurricane weekends it was a sunny day at MacDonald Beach.

Crowds were positive throughout the day, as they cheered on each competitor. “It’s a great day. Everybody is smiling,” said Kevin DeLong, Fleet Fitness and Sports Director for Canadian Forces Personnel Support Programs Halifax (PSP Halifax).

It was no surprise to attendees that LCdr Jason Lawton of the CFMWC was the first to pass the finish line. LCdr Lawton won the Open Male Navy Fitness Challenge three years in a row, including this year.

“I’ve done it a couple of years and the event is a fun way to get people to test themselves and hopefully catch the bug to train for other bigger triathlons like the Navy Triathlon in Shearwater,” stated LCdr Lawton.

LCdr Lawton is part of the Navy Tridents triathlon club, a club which practices triathlons regularly. Its goal is “to add a social atmosphere to a normally individualistic sport,” according to their website, www.NavyTridents.ca.

It was an added encouragement that his wife, Capt Jennifer Lawton, and children were cheering for him during his race. LCdr Lawton admitted finding the Navy Fitness Challenge exciting, year after year, because of “the blend of military athletes from various units.”

There were participants ranging from HMCS Athabaskan to Formation Construction Engineering to 12 Wing Ops. Teams were given the privilege of practicing good humour with names such as Team on Fire, Coasting on Charm, The Secretariat, the Paper Pushers, and Mad Mike Beyond the Thunderdome.

Teams did slightly better than individuals, averaging more than a minute faster.

This year’s Navy Fitness Challenge included 16 teams and 27 individual participants. Team ranking’s included 423 SQN in first, second overall (39:38), CHIMO in sec...
The second component of the fitness challenge is a 10 km bike ride.

The bike route took challenge participants from the beach to the museum at 12 Wing.

CF sports more inclusive

By Mary Ellen Green
Lookout Newspaper

A new trial has begun at CFB Esquimalt that allows Class A Reservists to partake in the CF sports program.

In the past, most part-time sailors, soldiers and air personnel have been excluded from CF sports, with the exception of the Conseil International du Sport Militaire (CISM) international sports program. However, BGen (ret’d) D.E. Martin, Director General Personnel and Family Support Services, has acknowledged Class A Reservists play a vital role in the Total Force concept outlined in the 1994 White Paper, and should be allowed to indulge in the sports program.

CFB Esquimalt is among six bases/wings/regions (CFB Edmonton, 17 Wing Winnipeg, CFSU (Ottawa), ASU Toronto, and ASU London) that will participate in a 12 to 18 month trial that began June 1.

During the trial, Personnel Support Programs staff will monitor the effect of Class A Reservists’ participation in the sports program at all levels.

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