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A visitor to 12 Wing

A test version of the CH148 Cyclone maritime helicopter, owned and operated by Sikorsky Aircraft Corporation, arrived for its first visit to 12 Wing Shearwater on February 19, 2010. The helicopter will remain in Shearwater for several weeks while conducting Ship Helicopter Operational Limits (SHOL) trials in cooperation with HMCS Montreal. This aircraft is a prototype of the 28 specially designed maritime helicopters built and to be delivered by Sikorsky to replace the CH124 Sea King.

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Op PODIUM—Delivering on a core defence mission

By Kim Cameron
ADM (PA)

Ensuring the security of the Vancouver 2010 Olympic and Paralympic Games is a massive task, one that the CF and other government partners have been working towards for years. For the Defence Team, combine this task with delivering on major international commitments—Afghanistan, Haiti, UN and NATO missions—and the bigger Defence picture comes into focus.

A key component of the Canada First Defence Strategy (CFDS) is an investment of \$140 billion in force readiness to build a military that can deploy more quickly and effectively and deliver on these and future missions. Readiness, one of the four pillars of the CFDS, translates into improved training for CF members, more exercises for the Army, more days at sea for the Navy and more flying hours for the Air Force. Approximately \$140 million a year of this investment will also be allocated to spare parts and maintenance of equipment.

An excellent example of readiness put into practice, the Defence Team has spent many months perfecting its behind the scenes role for OP PODIUM, the name given to CF/DND support of the Vancouver 2010 Olympic and Paralympic Games. The readiness and efficiency of the CF made it possible to deploy 4,500 Defence Team members into the Vancouver area in under three weeks. Prior to this, many



LS Benjamin Neil (left), boatswain from HMCS Carleton in Ottawa, meets with a Royal Canadian Mounted Police Rigid Hull Inflatable Boat (RHIB) on a maritime patrol during Operation PODIUM.

training exercises were conducted to ensure the Defence Team was prepared to assume its role in support of the Games.

“Preparing for one of the largest security operations in Canadian history has been a monumental task, but the Canadian Forces are ready,” said RAdm Tyrone Pile, Commander of Joint Task Force Games. “OP PODIUM is our unique contribution for a safe and secure Van-

couver 2010 Olympic Games. As part of the Integrated Security Unit, the Canadian Forces are bringing together its land, air and maritime resources from across the country and integrating them into one cohesive operation.”

There is no doubt that OP PODIUM has proven to be an excellent learning experience for future CF missions. Not only has the Defence Team met its OP PODIUM goals to

date, but the operation has also provided another avenue for the three environments, along with other government departments, to work together. At sea, on land and in the air, military and civilian personnel are supporting their Canadian RCMP colleagues in order to keep the Olympics safe and secure. As well, CF personnel performed ceremonial roles in support of Canadian Heritage and Foreign Affairs and International Trade Canada (DFAIT), such as raising the Olympic and Canadian flags.

“This has been a learning experience for all parties involved and definitely one the Canadian Forces has benefitted from,” said RAdm Pile. “We have incorporated the lessons we have learned from the exercises in the fall of 2009 to ensure the success of OP PODIUM. Our job is to ensure the safety of Canadians, international athletes, visitors and dignitaries to Canada. Making them safe so that the athletes can perform is job number one.”

Navy personnel from both coasts and each of Canada’s 24 Naval Reserve divisions are providing maritime surveillance and port security, and contributed to dive operations. Air Force personnel and aircraft from across Canada provided air surveillance and air security. In support of the RCMP’s Integrated Security Unit, North American Aerospace Defense Command carried out aerospace warning and control missions, and Army troops patrolled the Whistler and Cypress Mountain areas on foot, ski, snowshoe, and snowmobile.

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Burnley "Rocky" Jones holds the Distinguished Service Medallion that was posthumously awarded to his grandfather, Pte Jeremiah Jones for his actions during the Battle of Vimy Ridge.

Recognition comes for a soldier of the Great War

By Virginia Beaton
Trident staff

A local hero has finally received his due. More than 90 years after Pte Jeremiah Jones single-handedly attacked and captured a German machine gun nest during the battle of Vimy Ridge, his family received his Canadian Forces Medallion for Distinguished Service.

During an emotional ceremony held at the Royal Canadian Legion Branch in Truro on Monday February 22, RAdm Paul Maddison, Commander JTFA and MARLANT, presented the medal to the Jones family on behalf of the CF and DND. "Pte Jones was a proud African Nova Scotian and a military hero," stated RAdm Maddison.

Calling the medallion as "an award for valour second only to the Victoria Cross," RAdm Maddison noted that after a long delay in acknowledging Pte Jones's actions during the First World War, "We are finally able to formally honour him." RAdm Maddison observed that during the past year, there had been several occasions during which he had participated in ceremonies honouring African Canadian military members. The first was the annual ceremony for the Black Battalion, the second was the February 2, 2010 launch of the William Hall

stamp, and the medallion presentation was the third.

After quoting a poem Capt (ret'd) George Borden wrote about the Black Battalion, RAdm Maddison described the incident for which Pte Jones was recognized. A native of Truro, Pte Jones was a member of Number Two Construction Battalion, often referred to as the Black Battalion. At Vimy Ridge, he was among the 16 black soldiers assigned to the Royal Canadian Regiment. Following his successful attack on the German machine gunners, Pte Jones marched them back to his commanding officer, together with the machine gun.

Burnley (Rocky) Jones, Pte Jones's grandson, thanked RAdm Maddison for the medal presentation and for his understanding of African Canadian service in the CF and observed "This is the first time I have heard from a military member who actually gets it."

Dignitaries present for the ceremony included the Honourable Peter MacKay, Minister of National Defence; Her Honour the Honourable Mayann Francis, Lieutenant Governor of Nova Scotia, and Mayor Bill Mills, mayor of Truro.

Describing Pte Jones as "a valiant soldier, so deserving of recognition", MacKay noted that Jones volunteered to serve as did many other Canadians.

"He was doing so for God, King and his country."

Lt Gov Francis stated that Pte Jones served with honour, even though as a black man he did not enjoy all the rights and privileges that white citizens did. "He was willing to go to extreme lengths to serve his country, a country he obviously loved dearly."

According to Dr. Leslie Oliver, president of the Black Cultural Society of Nova Scotia, the awarding of the posthumous medal to Pte Jones was "one more step on the way to bringing the contributions of African Canadian citizens into their proper place in the history of Canada."

It was a bittersweet occasion for the Jones family, as Burnley Jones's 94-year-old mother Willena Jones, daughter-in-law of Pte Jones, had died very early that morning. Burnley Jones thanked everyone present for their support to the grieving family and stated his mother had eagerly awaited the day when her father-in-law would finally receive official recognition from the CF.

Pte Jeremiah Jones, who died in 1950, is survived by a large family including children, grandchildren, great-grandchildren and great-great-grandchildren, many of whom were present at the ceremony.

HMCS *Halifax* returns from Haiti

By Virginia Beaton
Trident staff

A banner reading 'Welcome home, Nova Scotia heroes' was part of the rousing reception that greeted HMCS *Halifax* as the ship returned to Halifax from Haiti on March 2, 2010.

Despite bitterly cold weather and wind, a large and noisy crowd of friends and family was on the jetty waving Canadian flags, cheering and applauding as the ship came alongside.

Halifax departed Halifax on January 14, two days after a severe earthquake devastated Haiti, resulting in the deaths of an estimated 200,000 people. Together with *Athabaskan*, *Halifax* formed a task group to undertake a humanitarian mission on behalf of the government of Canada.

"We arrived on station off the coast of Jacmel on the south part of the country, five days later," stated Cdr Josée Kurtz, *Halifax's* Commanding Officer.

Jacmel suffered significant damage from the earthquake, according to Cdr Kurtz. "The local population was in dire need of water, food, shelter, medical care and compassion."

Working with the Disaster Assistance Response team and local representatives of the Department of Foreign Affairs and International Trade, Canadian International Development Agency, non-government organizations and the UN, "*Halifax* made a solid contribution to the relief effort, delivering basic comfort amid fear, destruction and distress."

During 32 days in theatre, "The work parties going ashore engaged in tasks such as cleaning rubble, building water distribution points and sanitation systems, and enabling the distribution of food and non-food items. No task was too big or too small and the positive results achieved are a testament to the flexibility and agility of Canada's sailors."

Cdr Kurtz described *Halifax's* arrival in Haiti as "very emotional. We didn't know what to expect when we first

arrived in Jacmel so we went ashore prepared for the worst possible sight. Fortunately for Jacmel, it was not hit as hard as Port-au-Prince had been. However, the area of Jacmel is very isolated from the rest of the country through a mountain ridge on the south coast. So our assistance was very much needed."

Rubble from damaged buildings filled the streets and impeded traffic "so the first thing we did was clear the streets so we could facilitate the movement of transportation and eventually aid in the city." During the first few days in theatre, Cdr Kurtz stated, "The focus was to acclimatize to the heat and the humidity and the dust and the environment there."

"I went away knowing we had accomplished something."

She stated that by the time *Halifax* departed, "The city was in much better shape than when we first arrived. The Haitians were smiling, we had people going to the water distribution points that we had helped put together, and they could fill their jugs and take them home. They had sanitation systems we had helped to build."

Lt(N) Andrew Tunstall, underwater warfare officer in *Halifax*, was one of the company commanders of the ship's humanitarian assistance teams. He stated that the construction projects ranged from building showers and latrines to working at a camp established on the site of a school damaged in the earthquake.

"When we got there conditions were quite horrible. I talked to a gentleman there and he gave us a list of things they would like to see [done]. By the end of two weeks, we had built everything they wanted. There were smiles on their faces and Canadian flags they had raised in the camp. I went away knowing we had accomplished something."



Publication schedule for 2010

January 11, 2010 — **MFRC**
 January 25, 2010
 February 8, 2010 — **MFRC**
 February 22, 2010 — **DND Discounts**
 March 8, 2010 — **MFRC**
 March 22, 2010 — **Posting Season**
 April 5, 2010 — **MFRC**
 April 19, 2010 — **Battle of the Atlantic**
 May 3, 2010 — **MFRC**
 May 17, 2010 — **DND Discounts**
 May 31, 2010
 June 14, 2010 — **MFRC**
 June 28, 2010
 July 12, 2010 — **MFRC**
 July 26, 2010 — **DND Discounts**
 August 9, 2010 — **MFRC**
 August 23, 2010 — **Back to School**
 September 6, 2010 — **MFRC**
 September 20, 2010 — **Home Improvements**
 October 4, 2010 — **MFRC**
 October 18, 2010
 November 1, 2010 — **Remembrance**
 November 15, 2010 — **MFRC/DND Discounts/
 Holiday Shopping**
 November 29
 December 13, 2010 — **Naval Centennial Year End Review**

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Community calendar

Reunion and event notices must be submitted by mail, fax or internet, attention reporter, (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.

Events at the Halifax Regional Libraries

On Friday, March 12 at 2 pm at the Keshen Goodman branch, learn why women writers, ranging from Agatha Christie to Pamela Thomas-Graham, excel at writing detective fiction. Dr. Rita Shelton Devereil, Nancy's Chair of Women's Studies at MSVU and life-long reader of mysteries, will be your guide. This event is part of the MSVU Lecture Series.

Eco-Endurance Challenge 2010

The 10th Annual Halifax Regional Search and Rescue Eco-Endurance Challenge (E2C) takes place on May 1 and 2, 2010 near Halifax. This is a physically and mentally demanding eight or 24-hour map and compass eco-adventure covering 200 square kilometres of thick forests, extremely wet bogs, fast-flowing streams and kilometres of backwoods trails. Each team's goal is to use a map and compass to find 60 navigation points hidden in the woods.

The original intent of E2C was to train search and rescue personnel, but it has since been opened up to the public. Registration opened on January 1.

The categories, each with an eight and a 24-hour category, are as follows: Challenge I, Search and Rescue; Challenge II, Public Competitive; Challenge III, Recreational, and Challenge IV, CF.

All profits from E2C support Halifax Regional Search and Rescue and provide assistance to the Orienteering Association of Nova Scotia.

For more information, go to www.hrsar.ca/e2c.

Navy anecdotes from the Cold War

If you are a Navy veteran from the Cold War era, Biff Hawke is looking for your stories. In celebration of the Canadian Naval centennial, he has created a mini-website called Life at Sea and Ashore during the Cold War (1946-1989). The site carries stories that he and other former Navy members have written and he would like more contributions. For more information, please contact William (Biff) Hawke at william.hawke@gmail.com.

Volunteer tutors required

The Dartmouth Learning Network is seeking volunteer tutors for one-on-one sessions with learners who want to improve their communications, mathematics, computer and GED preparation. We are seeking volunteer Tutors for one-on-one sessions with Learners who have cognitive and mental health challenges. If you are willing to dedicate

approximately two hours per week for at least six months, working with an adult who is keen to change his or her circumstances please call (902) 464-3444 to set up an appointment with the Tutor Coordinator.

NSNOA bursaries available

The Nova Scotia Naval Officers' Association (NSNOA) is offering two bursaries of \$1500 each to deserving applicants. Application forms and reference forms can be downloaded from the NSNOA website or by calling Guy Chauvin at (902) 477-9474.

Sing with the Swells

We are looking for men who enjoy singing, to join the Atlantic Swells Barbershop Chorus. We sing unaccompanied and in four-part harmony. Previous experience and ability to read music are not required, although helpful. Come any Monday evening at 7.30pm, at Canadian Martyrs Church Hall on Inglis St in Halifax. Phone 423-4785 for more info or visit www.atlanticswells.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.

615 (Bluenose) RCACS welcome new Air Cadets

615 (Bluenose) Royal Canadian Air Cadet Squadron is currently enrolling youth age 12 to 18 years. If you are interested in learning more about flying, leadership, sports, music, and many more exciting activities, step up to the

challenge and join 615 Squadron today. We parade every Wednesday evening, starting September 9, 2009, from 6:15 to 9:15 at the Stadacona Drill Hall (Building S14, CFB Halifax), main entrance at the corner of Almon and Gottingen St. in Halifax. For more information about 615 Squadron, visit www.cadets.net/at/615air/, call (902) 721-8202 on Wednesday evenings, or visit us any Wednesday at 6:15.

St John Ambulance training

St. John Ambulance NS/PEI Council will offer First Aid Training in the Metro area on the following dates:

Emergency First Aid/CPR Level A: Friday March 12, Saturday, March 13 – Halifax, Monday March 15, Thursday March 18, Monday March 22, Friday March 26, Saturday March 27, Tuesday March 30.

Standard First Aid/CPR Level A: Thursday and Friday, March 11 and 12, Wednesday and Thursday, March 24 and 25.

Standard First Aid/CPR Level C: Saturday and Sunday, March 13 and 14 – Halifax, Saturday and Sunday, March 13 and 14, Tuesday and Wednesday, March 16 and 17, Saturday and Sunday, March 27 and 28.

Standard First Aid/CPR Level C with HCP: Saturday and Sunday, March 20 and 21.

Marine Advanced First Aid: Monday to Friday, March 22 to 26.

Emergency Child Care: Saturday, March 13.

CPR for Health Care Provider: Saturday, March 20.

Advanced Medical First Responder 1: Monday to Friday, March 22 to 26.

Advanced Medical First Responder 1 Recertification: Monday to Thursday March 22 to 25

Oxygen Administration: Tuesday March 23.

Emergency First Aid/Standard First Aid CPR Level A Recertification: Wednesday March 10, Saturday, March 20, Monday, March 29.

WHMIS: Thursday, March 11 (am).

Defensive Driving: Saturday, March 27.

What Every Babysitter Should Know: Monday March 15.

Fees for Emergency First Aid is \$70 and Standard First Aid courses are \$100 per person.

Please contact our Registration Department for course details.

Advance registration is required. A minimum of eight students is required per course.

For further information contact St. John Ambulance Registration Department at (902) 463-5646 Ext 2201 or toll free at 1-800-565-5056 Ext 2201.



Ombudsman meets personnel and families during visit

By Virginia Beaton

Trident staff

During his first visit to CFB Halifax as DND/CF Ombudsman, Pierre Daigle formed a positive impression of the local defence community.

"It's a very active base, the largest in Canada. What interested me is that the three services are here and there's a good integration of the civilian employees with the military," he said.

"In many aspects, this place is the model. A model with the MFRC, with the mental health care, and more. The rapprochement between the senior leadership and the junior ranks, to me, is obvious and it's very good."

From Monday February 15 to Friday February 19, Daigle was in Halifax for town halls with military members and a special town hall for military families, as well as briefings and round table discussions with senior CF personnel and meetings with groups ranging from chaplains to MFRC staff to medical and social work staff.

"I'm there to listen to their concerns and see if there is anything we can do to help them out," he said.



Pierre Daigle, DND/CF Ombudsman, speaks during a town hall at 12 Wing Shearwater.

"The focus is to put a lot of time into meeting with people and interacting with them."

Before coming to Halifax, Daigle looked at the statistics for calls his office had received from Halifax. "It wasn't so many, over a two-year period. I received about 55 or 60 per year." Considering the local CF/DND/NPF community of 10,000, "that is not very much."

From what he saw during his visit, Daigle described Formation Halifax as having "great people and good

morale." Noting that people are very busy, "We need to keep an eye on the tempo of all the activity here because after a while it might have some kind of an impact on people's stress." Though he has "a few concerns here and there, there's no major trend that really showed up in our discussions."

Families seem to be an increasingly significant concern, he noted. "Families contribute a lot to the operational effectiveness of the CF. They are a part of the whole. Whenever the members are suffering, the family is

going through the same angst and stress. So I will be paying particular attention to that."

Since his appointment in February 2009, Daigle has made two outreach visits, one to Winnipeg and one to Halifax.

"I am serving a large constituency," he noted. "People who can have access to the ombudsman are not only the military, but it's the civilian defence employees." As well, he noted, he is responsible to their families, to retired military and civilian per-

sonnel and their families, as well as to cadets, NPF personnel and foreign military attached to the CF.

Because of this large and diverse constituency, he explained "When I go on these visits, I'm there for almost a week. I endeavour to meet each and every one of the different groups that can come to me and require my service, and I can help them if they feel they have been treated unfairly." At each town hall, said Daigle, "I explain to them who I am and what I can do for them. Each town hall lasts about an hour and a half and even at the end, people who have a personal or specific issue they would like to discuss, but in confidentiality, they can give us their particulars and we will contact them right away." Confidentiality, as well as independence and impartiality, are important to the ombudsman's office, he stressed.

Daigle was appointed DND/CF Ombudsman in February 2009. He was a CF member for 36 years, including command positions in Haiti and the former Yugoslavia, and posts as Commander of the CF Recruiting, Education and Training System and as Special Advisor to the CDS on Homeland Security.

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Hauling a hospital over a mountain

By Lt Candace M. Bennett
12 Wing Public Affairs

When Canada learned of the devastation in Haiti, the government was quick to respond, deploying several elements of the CF to aid in relief efforts. 423 Maritime Helicopter Squadron at 12 Wing Shearwater sent the Helicopter Air Detachment (HELAIRDET) for HMCS Athabaskan. The HELAIRDET consists of a CH124 Sea King helicopter and crew, call sign Big Dawg. The Sea King detachment is part of a team consisting of about 500 sailors, airmen and airwomen.

When the Sea King HELAIRDET was called upon to deploy, 423 Sqn was actually engaged in the challenging process of migrating to their new hangar at 12 Wing. The fact that they were able to mobilize effectively on such short notice under adverse conditions is telltale of how the crew would perform once in Haiti. The following is an excerpt from a situation report provided by Capt(N) Art McDonald, Commander of the Canadian Naval Task Group working off the coast of Haiti.

"Operating a maritime helicopter from the

sea in times of crisis provides great versatility to operational planners, as the aircraft possesses important lift capacity for the flow of required goods and equipment. Upon arrival in theatre for Op HESTIA, Big Dawg was immediately used to full effect. The Disaster Assistance Relief Team (DART) was in Jacmel ready to commence operations but was without the full outfit of their medical equipment since it had been flown into Port au Prince. As such, Big Dawg was set to work in hauling a hospital over a mountain, delivering the medical equipment that was so urgently needed by the DART. Two days of sorties later, DART was able to reach full operational capability on the ground in Jacmel with the aid of the maritime component of this joint operation. Big Dawg has been hard at work repatriating sick and elderly Canadians, carrying out numerous medical evacuations for wounded children and providing mobility for the army so they can bring peace and stability to a country in turmoil."

To this day, Big Dawg and its crew members continue to provide diverse and critical service in the still-suffering nation of Haiti.



CPO Jocelyn Frechette, the Coxswain of HMCS Athabaskan, escorts a little girl with her mother to the Sea King in Leogane, Haiti in support of OP HESTIA on January 22, 2010. The girl was transported to USS Comfort for a hand amputation.

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Nova Scotia International Air Show returns to Shearwater



DANIEL CHAMPAGNE

The Snowbirds will fly over 12 Wing for the 2010 NSIAS.

By Capt Paul Finnemore
12 Wing Public Affairs

Robert Hampton Gray, a Second World War naval aviator, has the distinction of being the last Canadian to be awarded the prestigious Victoria Cross.

This summer, an expected 30,000 to 40,000 spectators will have the rare opportunity to see one of Gray's aircraft, the Corsair, buzzing the skies over 12 Wing Shearwater.

It was recently announced that the Nova Scotia International Air Show (NSIAS) will return to its original home. The last time the air show was held at Shearwater was the summer of 2004. "Given that 2010 is the year of the Naval Centennial as well as the 65th anniversary of naval aviation, it is quite fitting that the Air Show return to the home of Canadian naval aviation in Shearwater," said Colin Stephenson, executive director of NSIAS.

12 Wing Commander Col Sam Michaud, addressed the media at the news conference held at the Shearwater Aviation Museum.

The Hampton Gray Corsair naval fighter is just one of many exciting performers who will appear at this year's Air Show. The show will

include familiar participants such as the CF Snowbirds, the Skyhawks parachute demonstration team, the CF188 Hornet, CH124 Sea King and the CP140 Aurora. As well, to reflect the historical significance of the Canadian Naval Centennial, several not so common heritage aircraft, such as the Hawker Sea Fury FB-11, flown in from Memphis, Tennessee, are expected.

The CF will have a strong presence throughout the show and not just from the Air Force. "It's more than just an air show from our perspective," said Col Sam Michaud, 12 Wing Commander. "There will be a joint aspect to it. We expect to see the Army and the Navy here."

The Air Show will offer a chance for the people of the Halifax Regional Municipality and area to meet military members. "It will be an opportunity for the people in the local area to come out here and interact with their military," explained Col Michaud. "[The public] will be able to talk to some of the people who are down in Haiti right now and get a first-hand impression of what they do for a living."

The Air Show will be taking place at 12 Wing Shearwater on September 11 and 12, 2010.

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Army unit celebrates 150 years

By Col (ret'd) John Boileau

While the Navy commemorates its centennial this year, another military organization is celebrating its sesquicentennial—150 years of service. And, like the Navy, this unit also has its roots in Halifax.

The Halifax Rifles, Canada's third oldest army unit and oldest armoured regiment, trace their origins back to the founding of Halifax in 1749 and the establishment of militia companies for the defence of the new settlement.

Over the years, as the conscript militia grew and expanded across the province, it became very much a paper tiger, virtually existing in name only. In 1859, Lieutenant Governor the Earl of Mulgrave reported to Britain on the sad state of the provincial militia and asked for permission to establish volunteer rifle corps. British military authorities supported this proposal and, in May 1860, the Legislative Assembly passed a new militia act.

But before that happened, several leading Haligonians had already

decided to form a volunteer unit, paying out of their own pockets expenses that had been previously borne by the colony's government, such as uniforms and accoutrements. Beginning in December 1869, six independent volunteer rifle companies were formed, bearing the names First Scottish, Chebucto Greys, Mayflower Rifles, Irish Volunteers, Halifax Rifles and Dartmouth Rifles.

At a meeting held on May 14, 1860, and with the approval of local British military authorities, representatives of the volunteer companies decided to amalgamate as one unit, the Halifax Volunteer Battalion, later redesignated the 63rd Halifax Rifles. Several men who later achieved notable accomplishments served in the Rifles, among them Charles Tupper, Joseph Howe, Robert Borden and Angus L. Macdonald.

Soldiers of the Halifax Rifles fought and died in the Northwest Rebellion (1885), the Boer War (1899-1902) and the First World War (1914-18). The Halifax Rifles were awarded 11 battle honours from these three conflicts. During the Sec-



Sherman tanks of the Halifax Rifles lined up for driving practice at the Elkins Barracks training area in Eastern Passage, March 1952. All of the Rifles tanks had names beginning with the letter H, signifying "Halifax" in the regiment's title.

ond World War (1939-45), the Rifles were called out for active duty in August 1939 to guard vital points in Halifax and other coastal areas. In 1942 it converted to a tank unit and sailed to England as the 23rd Army Tank Battalion (The Halifax Rifles) in June 1943. Shortly after arriving overseas, the unit was broken up to provide reinforcements for other armoured regiments.

The majority of the Rifles' 38

officers and 609 soldiers were subsequently posted to 18 armoured regiments and 13 infantry battalions. Most of them went to the Canadian Grenadier Guards (179), Sherbrooke Fusiliers Regiment (134), 8th Princess Louise's (New Brunswick) Hussars (59), West Nova Scotia Regiment (44) and Lord Strathcona's Horse (Royal Canadians) (30). Rifles fought in every major Canadian Army battle in Sici-

ly, Italy, Normandy and North-West Europe. At least 46 were killed and another 87 wounded. Because of this dispersal, the Halifax Rifles were never awarded battle honours from the Second World War.

After the war, the unit served as a militia armoured regiment equipped with Sherman tanks until it was reduced to nil strength in 1965. During the intervening years, several former unit members, as well as loyal supporters, kept the regiment's motto, Cede Nullis (Yield to None), in mind as they campaigned tirelessly to restore the Halifax Rifles to the Canadian Forces order of battle.

On September 5, 2008, a long-standing political error was corrected with a decision by the Minister of National Defence, the Honourable Peter MacKay, to re-establish the Rifles. On May 10, 2009, a ceremony at the Halifax Armouries in the presence of several dignitaries and former members of the unit marked the official return-to-service of the Halifax Rifles, after an absence of 44 years, as an armoured reconnaissance squadron.




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Canada's Naval Commanders

By Cdr (ret'd) Len Canfield

This is part four in a series.

Adm Percy Nelles, CB, Chief of the Naval Staff from 1934 to 1943, achieved a number of firsts during a remarkable 36-year career in the Royal Canadian Navy (RCN). He was the first member of the first class of Canadian naval cadets to become Chief of the Naval Staff (CNS), he directed the rapid expansion of the Navy during the first years of the Second World War and he was the first Canadian-trained officer to be promoted vice-admiral and eventually admiral.

Nelles was born into a military family at Brantford, Ont in 1892; his father commanded a cavalry unit during the First World War. Nelles enlisted as a cadet in the Fisheries Protection Services in 1909, one of seven junior officers to commence train-

ing in CGS Canada for the anticipated Canadian Navy. In 1910, following proclamation of the Naval Service Act, he passed into HMCS *Niobe* as senior midshipman. He continued his training in the RN battleship HMS *Dreadnought* and for the first three years of the First World War served in a number of RN ships, including the battleship *Excellent* and the cruiser *Suffolk* (flagship of Admiral Sir Christopher Craddock on the West Indies Station). In 1917 he returned to Canada to serve as flag lieutenant to Adm Sir Charles Kingsmill, Director of the Naval Service (DNS).

During the 1920s, Nelles alternated service in the RCN with training and service in RN ships and establishments; this would be the pattern for Canadian naval officers for the next several decades. Promoted commander in 1925, he served as Commander

Pacific Coast 1925 to 1929 before proceeding to HMS *Victory* for a senior officer's technical course. In 1930 he was appointed acting captain of HMS *Dragon*, the first Canadian-trained officer to command a British cruiser.

In 1931, as CO of HMCS *Saguenay* he brought *Saguenay* and *Skeena* from England to Canada; the two destroyers were the first ships constructed to Canadian requirements. The following year, he served as Commander-in-Charge Stadacona, Halifax. In 1934 he was promoted commodore and appointed CNS.

Under Nelles's predecessor, RAdm Walter Hose, the Navy had to make do with less. It now fell to the new CNS to find ways to build up the fleet as the rumblings of war increased; the naval budget in 1934-35 was \$2.2 million. He pushed hard for the government to create a strong



Adm Percy Nelles.

naval shipbuilding industry. By the summer of 1939, with a budget of \$8.8 million, Nelles had secured the

destroyer fleet the Navy had laid out a decade earlier: six destroyers, namely *Skeena*, *Saguenay*, *Fraser*, *Ottawa*, *St Laurent* and *Restigouche* (with *Assiniboine* later in the year); five minesweepers, a number of auxiliaries and 3600 permanent and Reserve Force members.

In the first years of the Second World War, Nelles faced numerous challenges, including rapid mobilization, limited training facilities, insufficient ships and inadequate equipment. The Navy faced a particularly hard period in 1942-43 when its operational efficiency was questioned at the height of the Battle of the Atlantic and convoy losses increased significantly. Differences arose between CNS and Naval Minister Angus L.

Macdonald over the conduct of war at sea. This led to a crisis of confidence and the dedicated and hard-working Nelles was asked to step aside as CNS in late 1943.

In January 1944, Macdonald announced that "...in view of the impending events (invasion of Europe), VAdm Nelles has been appointed Senior Canadian Flag Officer Overseas (in London)... to have general supervision of the affairs of the RCN overseas." By the time he retired, as admiral, in 1945, Nelles had not only witnessed the formation of the RCN but had been part of the struggle to develop a Canadian naval policy and to lessen the RCN's dependence on the RN. VAdm Nelles died in Victoria in 1951.



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Avant de remplir votre déclaration de revenus...

Par Pierre Goulet
Services financiers
du RARM, Ottawa

Maintenant que la saison des REER est terminée, les Canadiens se consacrent à leur déclaration de revenus de 2009 avant la date limite du 30 avril 2010. Selon votre situation financière, les crédits d'impôt non remboursables fédéraux ci-dessous vous permettront de réduire votre assiette fiscale, diminuant ainsi le montant d'impôt que vous devrez payer pour l'année financière de 2009.

Crédit d'impôt pour la rénovation domiciliaire (CIRD) :

Un crédit d'impôt temporaire, pour les dépenses effectuées après le 27 janvier 2009 et avant le 1er février 2010.

Ce crédit de 15 % est basé sur des dépenses admissibles, liées à des rénovations ou à des modifications durables, qui font partie intégrante ou qui s'ajoutent à un logement admissible.

Ce crédit s'applique aux dépenses de plus de 1 000 \$, jusqu'à concurrence de 10 000 \$, ce qui donne un crédit d'impôt non remboursable maximal de 1 350 \$ par famille (9 000 \$ x 15 %).

Crédit d'impôt pour revenu de pension :

Certains revenus de pension sont admissibles au crédit d'impôt pour revenu de pension fédéral et provin-

cial ou territorial.

Un contribuable qui n'utilise pas la totalité de ce crédit d'impôt peut transférer la partie inutilisée à un conjoint ou à un conjoint de fait.

Si un contribuable âgé de moins de 65 ans touche un revenu de pension admissible au crédit d'impôt pour revenu de pension et qu'il partage son revenu avec son conjoint ou son conjoint de fait, ce dernier devient admissible au crédit d'impôt pour revenu de pension également, peu importe son âge.

À compter de 65 ans, vous pouvez convertir votre régime enregistré d'épargne-retraite en un fonds enregistré de revenu de retraite ou acheter une rente.

Montant pour les conjoints ou les conjoints de fait :

Si votre conjoint ou conjoint de fait a gagné moins de 10 320 \$ l'an dernier, faites le calcul à la ligne 303 de votre déclaration de revenus afin d'obtenir le montant que vous pouvez déduire.

Si vous étiez célibataire, divorcé, séparé ou veuf, vous pouvez réclamer le montant maximal de 10 320 \$, moins le revenu de toute personne à charge. Il s'agit du « Montant pour une personne à charge admissible » qui figure à l'Annexe 5 de votre déclaration.

Crédit d'impôt pour laissez-passer de transport en commun :

Ce crédit d'impôt s'applique aux coûts d'un laissez-passer d'autobus, de métro, de tramway, de train

régional et de traversier régional.

Le contribuable, son conjoint ou son conjoint de fait ou encore leurs enfants de moins de 19 ans peuvent réclamer ce crédit.

Le laissez-passer doit avoir une durée minimale d'un mois et comporter la date ou la période de validité, le nom de la commission ou de l'organisation de transport émettrice et le montant payé. Il doit aussi identifier l'utilisateur (par son nom ou un élément identificateur unique).

Les conseils professionnels peuvent être très rentables et vous éviter une erreur coûteuse.

Crédit d'impôt pour la condition physique des enfants :

S'applique aux frais d'inscription et d'adhésion s'élevant à 500 \$ par enfant ayant moins de 16 ans au début de l'année d'imposition, ou moins de 18 ans, s'il s'agit d'un enfant handicapé.

Le crédit est calculé selon le taux d'imposition le plus bas (15 % pour 2009), pour un maximum de 75 \$ par enfant pour 2009.

Afin d'être admissible, le pro-

gramme doit comprendre des activités physiques qui contribuent à l'endurance cardiorespiratoire de l'enfant, en plus d'un ou plusieurs des objectifs suivants : la force musculaire, l'endurance musculaire, la souplesse et l'équilibre.

Frais de scolarité et montants relatifs aux études :

Il est possible de réclamer les frais versés pour des cours post-secondaires de 100 \$ ou plus par établissement d'enseignement, à condition d'avoir obtenu de celui-ci un reçu officiel ou le formulaire T2202A.

Vous pouvez également transférer une partie des frais d'études à votre conjoint et à vos enfants. Il suffit d'effectuer le calcul à l'endos du T2202A ou de l'Annexe 11 des formulaires d'impôt pour connaître le montant admissible.

Frais médicaux :

Transférables entre conjoints.

Les frais médicaux peuvent comprendre les dépenses engagées à l'extérieur du Canada.

Ces dépenses doivent représenter plus de 3 % de votre revenu net ou 2 011 \$, selon le moindre de ces montants.

Le conjoint ayant le revenu le moins élevé devrait réclamer toutes les dépenses.

Vous pouvez réclamer les dépenses de tous les membres de la famille immédiate, incluant les parents, grands-parents, frères, oncles et nièces qui étaient à votre charge pen-

dant l'année financière. Le total de ces dépenses doit être de 2 011 \$ ou supérieur à 3 % du revenu net de la personne à charge pendant l'année, soit le moindre des deux montants, jusqu'à concurrence de 10 000 \$.

Vous pouvez réclamer les frais médicaux que vous n'avez pas réclamés l'année précédente et que vous avez versés pendant toute période de douze mois antérieure à 2009.

Vous trouverez de l'information supplémentaire sur les crédits susmentionnés dans le Guide général d'impôt et de prestations de 2009. Prenez le temps de lire les sections du Guide portant sur les réclamations qui vous touchent et n'hésitez pas à demander assistance à l'un des planificateurs financiers des Services financiers du RARM (SF RARM). Les conseils professionnels peuvent être très rentables et vous éviter une erreur coûteuse.

Pas encore pas un client des SF RARM? Vous pouvez souscrire à nos services pour la modique somme de 5 \$ par mois. Pour de plus amples renseignements sur nos services de planification financière, composez le 1-800-267-6681 ou rendez-vous au www.sisip.com.

Les SF RARM vous aident à atteindre l'indépendance financière pour aujourd'hui... et pour demain!

Cet article est publié à titre informatif et représente uniquement l'opinion de l'auteur.

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Before you fill out your tax return...

By Pierre Goulet
SISIP Financial Services, Ottawa

Now that the RRSP season is behind us, Canadians turn their attention to the deadline for filing their 2009 income tax return; April 30, 2010. Depending on your situation, here are a number of non-refundable federal tax credits that can help reduce your tax base, minimizing the amount of income tax you are required to pay for the 2009 fiscal year:

Home Renovation Tax Credit (HRTC):

A temporary tax credit, for costs incurred after January 27, 2009 and before February 1, 2010.

Credit is 15 per cent of eligible expenditures for renovations or alterations of an enduring nature, and is integral to, or built into an eligible dwelling.

Applies to expenditures over \$1,000, up to \$10,000. The maximum tax credit amount is \$1,350 per family (\$9,000 x 15 per cent).

Pension Income Tax Credit:

Some pension income may qual-

ify for a federal and provincial/territorial pension income tax credit.

Can be transferred to a spouse or common-law partner if it is not fully used by the taxpayer.

If a taxpayer is under the age of 65 and receiving pension income eligible for the pension tax credit (qualified pension income) and splits their income with their spouse or common-law partner, the latter will also be eligible for the pension tax credit, regardless of age.

Pension income at age 65 can be converted from RRSPs to RRIFs or purchased as an annuity.

Spouse or Common-Law Partner Amount:

If your spouse or common-law partner earned less than \$10,320, follow the calculation on line 303 of your return to see what amount you can claim.

If you were single, divorced, separated, or widowed you can claim a maximum amount of \$10,320 minus the income for any dependent. This amount is called the Amount for an eligible dependent and is found on schedule 5 of your return.

Tax Credit for Public Transit:

To help cover the cost of passes for buses, streetcars, subways, commuter trains and local ferries.

Can be claimed by the taxpayer, their spouse or common-law partner, or their children under age 19.

The pass must display: duration (one month at least or longer), date or period of validity, name of the issuing transit authority/organization, amount paid, identity of the rider (either by name or unique identifier).

Children's Fitness Tax Credit:

Available to individuals for registration and membership costs of up to \$500 per child who is, under 16 years of age at the beginning of the taxation year, or under 18 for a child with a disability.

Calculated using the lowest tax rate (15 per cent for 2009)—maximum tax credit per child for 2009 is \$75.

For prescribed programs of physical activity which must contribute to cardio-respiratory endurance of the child and to one or more of the following: muscular strength, muscular endurance, flexibility,

and balance.

Tuition and Education Amounts:

Claim fees paid for post-secondary courses of \$100 or more for each educational institution; the institution must provide you with an official tax receipt or a form T2202A.

A portion of the education amounts can also be transferred from spouses and children; complete the calculation on the back of your T2202A or schedule 11 in your income tax forms to find out what amount is eligible.

Medical Expenses:

Transferable between spouses.

Medical expenses can include amounts paid outside of Canada.

They must be more than three per cent of your net income or \$2,011, whichever is less.

The spouse with the lowest income should claim all expenses.

Claim the expenses of all immediate family members including parent, grandparent, brother, uncle, niece, who depended upon you for support during the tax year; the total of these expenses must be more


than the lesser of \$2,011 or three per cent of the dependent's net income for the year up to a maximum of \$10,000.

Claim medical expenses paid in any 12-month period ending in 2009 that were not claimed in the previous year.

The above mentioned credits and further explanations can be found in your General Income Tax and Benefit Guide 2009. Take the time to read the portions of the guide that apply to your claims and let a SISIP Financial Services (SISIP FS) financial planner assist you; professional advice can really pay off and prevent you from making a costly omission.

Not yet a SISIP FS client? Our services are available to you for as little as \$5.00 per month. For more information on our financial planning services call 1-800-267-6681 or visit us online at www.sisip.com. Helping you achieve Your Financial Independence for Today... and Tomorrow!

This article is for general information purposes only and reflects solely the opinion of the writer.



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Pool training latest addition to Naval Boarding Party preparation



A student in the Naval Boarding Party course goes into the pool.

By Virginia Beaton
Trident staff

One by one, the 13 personnel in Naval Boarding Party (NBP) training went into the deep end.

Barefoot and wearing 30 pounds of kit including lifejackets, each person walked to the end of the diving board of Stadplex's swimming pool, took a deep

breath and jumped into the water. Surfacing seconds later, each person inflated his or her water wings, swam to the far end of the pool and climbed out.

Pool training is the newest addition to NBP training, according to PO1 Dennis Hewitt, Senior Naval Boarding Party Instructor at CFNOS.

"There are some new things added to this course and one of those things is to

have people jump into the water fully kitted out and with their lifejackets on," said PO1 Hewitt.

"This will give them confidence that everything will work, if they ever fall in for real."

The prospective NBP members carried plastic weapons instead of real, and they weren't carrying radio equipment, according to PO1 Hewitt.

During the advance briefing, NBP instructors told the members to cross their arms and legs before jumping into the pool. "That's not to say if they fall in for real that's how they will hit the water, but if they do hit the water they will know to remain calm," said PO1 Hewitt.

The training will prepare them for the possibility of falling into the ocean, and give them standard operating procedures should that happen, he added.

"It could be freezing cold water and so don't panic. Trust your gear. If it was properly checked before you fell in, it should inflate on its own. Get your composure, inflate your water wings and our boat should be back for you in a minute or so."

The pool event took place on Friday, February 19 and PO1 Hewitt said in his judgement, "It went well. This is our first time and hopefully we'll have more drills to it as we get more familiar and comfortable with it ourselves. As the NBP courses progress, I'm sure we will add more to it for the learning experience."



Clearing the way

LS John Pendergast of HMCS Athabaskan, removes debris from the earthquake in Leogane, Haiti.

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The Naval Centennial Bell immediately after its removal from the sand mould used for casting.

For whom the bell tolls

By 2Lt Cameron Hillier
Public Affairs

Thousands of spirits will share the company of their corporeal counterparts at Parliament Hill this May to commemorate a century of service to Canada, to celebrate their accomplishments and to commit to the next 100 years of service.

On May 4, 1910, the Canadian government signed the Naval Service Act thereby giving birth to the Canadian Navy. This monumental moment will be celebrated during a special ceremony during which the Navy will present its Naval Centennial Bell to the people of Canada at Parliament Hill.

"Bells have always been significant to the Navy," said Cdr Max Harvey, Project Manager NAVRES 2010. "The Centennial Bell Project touches on many of the themes of the centennial as well as its slogan, 'Commemorate, celebrate, commit.'"

The Centennial Bell was cast from hundreds of artifacts that represent the Navy through its 100 years of service. Included amongst the relics are navigation tools, cap badges, shell casings, uniform buttons, boatswains call, ships' fittings and equipment and even flammable



items such as pieces of uniform, letters and photographs that will vaporize and add essence with the metal items. The artifacts represent ships, submarines, naval air and the men and women of the entire period from 1910 to 2010.

"The Bell represents the people who have served and those who continue to serve Canada's Navy," said Capt(N) (ret'd) John Pickford, Special Advisor to the Canadian Naval Centennial. "It links our past to our present and symbolizes the Navy as a whole."

There is a special bond between sailors and the ships in which they serve and nothing signifies a ship more than its bell. For centuries bells have been used by navies around the world. There is a long tradition of functional and ceremonial use which has made them a symbol of considerable meaning to mariners. The bell is a powerful link to the ship's history, heritage and

its accomplishments.

"A centennial bell symbolizes our look back to the past 100 years and our look ahead to the next 100 years," stated Cdr Harvey. "It is a special and meaningful way to mark our centennial."

Perhaps the most important use of the bell was to mark the passage of time. Timekeeping has been an integral part of shipboard life since the earliest days of sailing. Before the chronometer, time at sea was measured by a half-hour sandglass. A duty watch on deck turned the glass when the sand ran out and struck the bell to signal the glass had been turned. This evolved to the tradition of striking the bell once at the end of the first half-hour, twice after the first hour, etcetera, until eight bells marked the end of the four-hour watch and the crew would shift.

On May 4, 2010, the spirits of those who served and are encapsulated within the Centennial Bell will stand with those who serve. Together they will commemorate their deeds and celebrate their accomplishments. Together they will hear the bell toll to close out the watch, and commit the incoming crew to another century of service to Canada.

Museum highlights Navy history

By Virginia Beaton
Trident staff

The Maritime Museum of the Atlantic (MMA) will highlight the history of the Canadian Navy during several public talks in March.

On Tuesday March 9 at 7:30pm, MMA staff member Richard MacMichael will give an illustrated presentation titled Wartime Halifax: Moments in Time.

Halifax was on the front lines of the Second World War, as the east coast base of the Navy and as the departure point for trans-Atlantic convoys and troops leaving for the battlefields of Europe.

Those were tumultuous time for local citizens, as they adjusted to the ever-present threats of U-boats lurking just off the Nova Scotia coastline, and to the large numbers of servicemen and women in their midst, carrying out duties related to the war effort. More than ever, during the Second World War, Halifax was conscious of its history as a fleet and garrison town.

On Tuesday March 23 at 7:30pm, there will

be a talk titled Stuck in a Pickle: The Yachts of the Royal Canadian Navy.

The Navy has often owned yachts, one of which was named Pickle, that were used to instruct sailors and officers in sail training.

These boats sometimes participated in international races such as the biennial Marblehead to Halifax Ocean Race and the Newport to Bermuda Ocean Race.

Jeanne Church, an MMA staff member, will describe this element of the working life of the Canadian Navy. Her father, CPO Charles Church, skippered several of these yachts, including Pickle.

The series began with historian Jay White's presentation on March 2, titled Par-lous Passages: Troop Convoys in the Second World War.

The museum will present a Red Friday event on Friday March 19. To show support for the CF and in particular Naval personnel, museum staff will be wearing red and they request visitors to join them in wearing red that day. All CF personnel and their families will be granted free admission to the museum throughout the day by showing their ID.

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Mental Health Awareness Campaign in MARLANT and 12 Wing

By LCol Stéphane Grenier
OSI Special Advisor to the
Chief of Military Personnel

Operational Stress Injuries (OSIs) are nothing new and over the course of history, Canadian military members have suffered from various mental health conditions resulting from military operations both at home and abroad. Unfortunately, however, they have often failed to recognize symptoms of mental health problems and because of stigma and social barriers to care they have avoided or delayed accessing treatment services.

In an effort to reduce stigma, shift attitudes and shape and model new behaviors, the CF developed a systemic mental health education program, designed and delivered by the Mental Health and Operational Stress Injury Joint Speakers Bureau (JSB).

In June of 2009, CDS Gen Walt Natynczyk launched the 'Be the Difference' Mental Health Awareness Campaign (MHAC) to bring light on

how individual members of the CF can and must play a supportive role in the recovery process of their peers, subordinates and loved ones. The MHAC is a forum that will demystify OSIs through education, senior leadership input, discussions and by viewing the 'Be the Difference' video.

Individual members of the CF can and must play a supportive role in the recovery process.

Due to its importance, every measure has been made to make the MHAC accessible to all personnel.

On Tuesday March 9, three Town Halls for the Fleet (all ranks) will take place at the CFMWC main theatre. These sessions begin at 8:15am, 10:15am and 1:15 and each

one lasts 90 minutes.

That evening there will be two Town Halls, one in English and one in French, for military family members at the Shearwater site MFRC. These sessions run from 6 to 7:30pm and take place concurrently in the Shearwater MFRC Board Room (French) and Bldg 14-Gym (English). Refreshments and childcare will be provided free of charge for these two events. Advance registration with the MFRC is required by phoning (902) 427-7788.

On Wednesday March 10, two Town Halls (all ranks) will take place at the CFMWC Main Theatre allocated to Base/HQ/LFAA/RACE. These sessions begin at 8:15am and 10:15am and each lasts 90 minutes.

At 1:15pm, there will be a Town Hall (all ranks) in French at the CFMWC Main Theatre for all of MARLANT Military Leader TBP.

On Thursday March 11, there will be two Town Halls at 12 Wing Shearwater, at the Sea King Club. These sessions begin at 9:30am and 1:30pm and each lasts 90 minutes.



MCP1 CHRIS WARD, CFB ESQUIMAULT IMAGING SERVICES

Orca patrols at the Olympics

The Orca-class patrol vessel Orca, sails into Vancouver Harbour on a patrol during Operation PODIUM.

Operation PODIUM is the CF contribution to the overall security of the Vancouver 2010 Olympic and Paralympic Winter Games in support of the RCMP-led Integrated Security Unit. During PODIUM, the Canadian Navy conducted coordinated maritime surveillance patrols in the approaches to Vancouver Harbour, contributed to waterborne security operations within Vancouver Harbour and performed under-water sweeps of Olympic venues. In preparation for the Games, security and public safety agencies from all levels of government worked together to ensure they were prepared to respond to any potential emergency on land, sea or in the air. The scope and scale of these Games made this the largest domestic security operation to date in Canadian history.

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Halifax & Region Military Family Resource Centre



Welcome to the MFRC section of the Trident

Halifax & Region Military Family Resource Centre. www.halifaxmfrc.ca. Charitable number 8707 5829 RR0001.

We're now on Facebook and twitter. Find the MFRC on twitter at www.twitter.com/hrmfrc and become a Facebook fan by searching Halifax & Region Military Family Resource Centre.

Halifax site: Building 106 Windsor Park Halifax. Tel 24/7 427-7788.

Shearwater site: Hampton Gray Memorial building in Shearwater. Tel 720-1885. After hours call 427-7788.

To sign up to receive the Trident newspaper by mail, please contact 720-1885, or email sonia.lawrence@forces.gc.ca with your mailing address.

Pour recevoir la publication du Trident, s.v.p. contactez le 720-1885 ou par courriel : sonia.lawrence@forces.gc.ca en nous indiquant votre adresse postale.

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Extravaganza Winners

Congratulations to the following winners of December's draw. The March draw will take place on March 10. Please see our website for winners <http://extravaganza.halifaxmfrc.ca>.

Grand Prize Caribbean Cruise winner: Amy Durrah.

Cash Prize \$1000 winner: PO2 Dean Hicks.

Cash Prize \$500 winner: Chester Keeping.

\$150 Package—Starbucks, Empire Theatres, Moxies winner: Isabelle Theriault.

\$150 Package—Subway/Mooseheads winner: Robert Featherstone.

Board Bits

By Jennifer Cote and Karen Pottinger.

Who are the MFRC Board of Directors? They are 15 volunteers, including military personnel and spouses of military personnel. Our mandate

is that 51 per cent of the Board of Directors must be spouses/family members, a requirement we fulfill with board members of varied backgrounds and experiences.

What do we do? We support the MFRC and the services it provides to the military community by providing governance and establishing a solid strategic plan to help the Halifax & Region MFRC remain one of the best MFRCs in Canada.

The past few months the Board of Directors has been developing the Strategic plan for the next five years.

The last strategic Plan pro-

vided the road map and goals for the MFRC that helped ensure a smooth amalgamation of the Halifax and Shearwater MFRC sites. It was now time for us to revisit our priorities and look forward to the future.

When did this happen? We started in October 2009. The Board got together for an entire weekend to focus on the strategic planning for the next five years. We spent time reviewing the plan, brainstorming, and revising.

We put the foundation in place in October, and then in January 2010, we solidified the new strategic goals for

the MFRC.

Why do we need a strategic plan? The strategic plan is an evolving document. Our last five year plan needed to be updated. We have revised, cut, added, etc. for our next five years.

Over the next few articles, we will go over our goals for the next five years to let the military community know what we are doing as a board for the MFRC.

Questions or comments? Email us at board@halifaxmfrc.ca.

Interested in joining the board? Visit www.halifaxmfrc.ca for information.

Where There is Life, There is Hope

By Emily Hatcher, Resource Development.

Today, it is easy to get lost in the activities of our everyday lives. We often struggle to balance work and family and sometimes forget to take the time to appreciate the little things that make life great.

On one of those days when your to do list is getting longer and noises from keyboards and phones is getting louder, the sound of familiar voices can often be a relief. Especially voices of two very special people you know ▶

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ONE ON ONE LEARNING AT HOME

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will immediately bring a smile to your face.

Bob and Brenda Small, two of the H&R MFRC's volunteers, stopped by the office for one of their regular visits. In a matter of seconds, my busy schedule no longer seemed that busy and being welcomed with a warm hug from Brenda was that small, simple thing I needed to make my afternoon great.

A husband and wife team, Bob and Brenda started volunteering with the MFRC a couple of years ago when their neighbour's son was deployed to Afghanistan. Looking for ways to give back to the military community, they contacted the MFRC to see how they could help and the rest was history. But more importantly, volunteering brings positivity to Brenda's life, positivity that is a miracle drug to someone who is living with terminal ovarian cancer.

Diagnosed in January of 2007, Brenda Small was given two years to live. She is now moving into her fourth year of living with terminal cancer and has received 90 treatments of chemotherapy, leaving doctors amazed with her will and

fight to live through one of the most aggressive forms of the cancer. Instead of viewing her disease as a burden on life, Brenda has found positive ways to cope, one being volunteering. "Sometimes I view being sick as a gift because it has given me the extra time to spend volunteering. I have no control over my cancer so I try to find other areas in my life that I can have some sort of control over, such as volunteering. There is always some good in everything in life and for me it's volunteering," Brenda explained.

Brenda started volunteering in 1982 at the VG Hospital in the Recreation Association Department, after moving to Nova Scotia from Ireland. Since then, she and Bob have been a volunteer tag team for different organizations including the St. Catherine's School Breakfast Program, the Tim Horton's Brier, the Royal Nova Scotia International Tattoo and the Men's and Women's World Hockey Championship, to name a few.

Today, Brenda has a different kind of a busy schedule from those of us in the office world. She receives three week intervals of



Bob and Brenda Small.

chemotherapy and has had to limit her volunteering because of the recovery time associated with the treatment. Instead of letting her condition get her spirits down, Brenda feels that she is blessed "I have been very lucky compared to some people because I have been given a chance to look at my own mortality. Some people are not given that chance and it has allowed me to do some of the things in life I may not otherwise plan for."

Brenda is fortunate to have a strong support system in place from Bob, as well as her best friend Shirley and several other close friends and family members in her life "I have phenomenal support in my life from Bob who takes me to all of my appointments and performs all household duties, and my friend Shirley who has come to every oncology appointment and chemo treatment with me since my diagnosis. I could never ask

for a more supportive husband and friend."

Since her diagnosis, Brenda has made four trips home to Ireland to see her family. Luckily during her last trip home in May she was given an extra week extension from her treatment to spend time with her father, sisters, nieces and nephews and friends. She and Bob have also made a few extra trips to places they enjoy such as PEI and Cape Breton and attended several concerts at the Metro Centre. Brenda also spends time making jewellery, which helps her focus on something other than cancer. She donates all of her profits from her jewellery sales to ovarian cancer research.

But even with her busy schedule, Brenda still finds the time to volunteer with the MFRC "My favourite thing about volunteering with the MFRC is how personal an organization it is. The MFRC is family-oriented and cozy and the staff and other volunteers are positive. Surrounding myself with positive people is one of the best things I can do with my cancer," Brenda explained. Bob and Brenda are both exceptional volunteers at the

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Volunteer socials

The H & R MFRC offers many different socials for its registered volunteers. In February 2010, eight volunteers participated in a jewellery making workshop, facilitated by Rosanna White, from Bead Dazzled.

Here's what our volunteers are saying about our recent social:

"As always, MFRC does events that make me feel appreciated as a volunteer."

"Thanks for the invitation—it was awesome"

For more information about volunteering with the H&R MFRC, please contact our Volunteer Services Department at 427-7205 or 720-2002 or by e-mail at volunteer@halifaxmfr.ca.

MFRC, helping out in many different areas, including a variety of special events, and Operation We Care a program in which volunteers send morale packages overseas to troops deployed.

Brenda is an inspirational person who continues to believe there is a reason why she is living today. As a volunteer, her positive attitude on life is truly infectious and is a reminder of how important it is to appreciate life on a daily basis. And although we continue to juggle our busy lives, taking the time to find that positive may help get you through your day, week or in Brenda's case, life.

Tips for Families: Ten tips for talking to children about the news

Are you looking for more information to prepare for an upcoming deployment? Are you experiencing deployment now? Check out these tips on our website: www.halifaxmfr.ca/e/deployment/tips/5.asp.

Video Teleconferencing

The H&R MFRC has a video teleconferencing system at our Hali-

fax site for families of members deployed to Kandahar. Contact the MFRC at 427-7788 for more information on the VTC system.

Upcoming programs

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

Registration: Registration is not complete until participants have paid for the program/event. You can register for all programs in Halifax or Shearwater. We also accept credit and debit cards for payment over \$5.

Military families are given priority for all MFRC programs and services but spaces may be available at an additional cost for non-military families. Please call the MFRC for more information on a specific program.

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

Please note that unless otherwise indicated, programs are offered ►

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Monday, March 15, 1000-1200, CFB Shearwater Arena
Monday, March 15, 1200-1400, Shearwater Gym

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Kathy Ward, 481-7635

COSTCO WHOLESALE

Halifax & Region Military Family Resource Centre



in English. For other program information and details, please visit www.halifaxmfrc.ca.

Note for all casual care programs: Parents are responsible to provide necessary clothing and items for their children, i.e. appropriate indoor and outdoor clothing/footwear, diapers, wipes, change of clothes, bottles, etc.

Deployment Corner

Deployment... what does it mean?

Is your daughter currently in the Sudan? Your spouse away on IR? Or perhaps your grandson is away on course? Whenever someone you care about is away, any work-related separation is a deployment. Deployments can be two weeks or two years, whether the person is on a ship, or in Afghanistan, Sudan, Jerusalem, etc., or basic training. Contact Deployment Services to ensure that all family members of Regular and Reserve Force are on our deployment contact list. We can even contact people who are living in other provinces and put them in touch with the MFRC nearest to them, deployment@halifaxmfrc.ca.

Upcoming Deployment programs and events

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

Deployment Café

Halifax site.
Every second Thursday evening, March 26, April 8 and 22, 5:30 to 7:30pm.

Is your loved one deployed to Haiti, Afghanistan, Sudan, Sierra Leone, Congo etc.? Well then, your dinner plans are made. Some deployments can be tough, challenging and even stressful so come join us for dinner, connect with other military families and learn more about the supports and resources available to you. Casual care is available for children 5 and under. There will be other fun activities for children 6 and up. Don't worry, we'll feed the children too. This program is bi-weekly and you are welcome to join us whenever your schedule allows.

Cost: Covered by Deployment Services.

Deadline to register: Tuesdays prior to each session by 4pm.

All Deployed Families

Spryfield Wavepool & Pizza Party

Captain Spry Wavepool.
Come and enjoy a fun afternoon with other families who are also experiencing deployment, while enjoying big waves. Waves are acti-

vated every 15 minutes. There is a deckside patio area and the pool is fully wheelchair accessible. After the swim we'll meet in the community room for pizza. Note: The parent/guardian needs to be in the pool to swim with their child(ren).

Tuesday, March 16, 1 to 3p.m.

Cost : \$2/person to be paid to deployment services at the pool.

Deadline to register: Friday, March 12.

HMCS Fredericton CO's Monthly Family Briefing and Potluck Event

Halifax site.
Please join us for the monthly CO's Family Briefing. The CO will call at 3 pm and provide us with a power point and video presentation of the ship's happenings since the last briefing; we will also be creating a welcome home banner. The Deployment Zone will be set up for children age 6 and older. Following the presentations, we will enjoy a potluck supper. Upon registration, please indicate what type of food you will be bringing in—salad, dessert or main dish. Casual care will be provided free of charge for those who would like to take advantage of this service. Please register in advance to ensure a spot for your child.

Sunday, March 21, April 25 2 to 7 pm.

All briefings will start at 3 pm.
Casual care is available at no cost. Register for casual care no later than Wednesday before the briefing.

HMCS Fredericton Family Network Spa Day

Halifax site.
Come out for a relaxing afternoon before the ship returns home to Halifax. There will be different stations set up, where people can talk to professionals, collect information and resources, participate in various activities or just sit back and relax. We'll have:

- Mini Info Session (tips for getting a good night sleep, self care).
- Foot soak, mini facial, makeup application.
- Resources on self care, etc.
- Adult inspired clothing and products.
- Nutritious snacks, chocolate fondue, fancy beverages (non-alcoholic).
- And others (yet to be confirmed).

This will not be a scent-free environment.

Sunday April 18, 2 to 6pm.

No charge for attendance, bring cash for some services and to purchase items.

Casual Care is available.

Deadline to register: Wednesday April 14.

Francophone

Parent & Bamin

(0 à 5 ans).

Site de Shearwater.

Ce programme interactif s'adresse aux enfants et leurs parents ou gardiens(ennes). Les enfants participent à différentes activités : jeux libres, bricolage, gym et comptines.

Mardi de 9h30 à 11h30.

Coût : 1\$ par enfant.

Aucune inscription requise.

Soirées francophones

Joignez-vous à nous pour une sortie au restaurant le dernier vendredi du mois. Plaisir et rire garanti.

Chaque dernier vendredi du mois.

Coût : chaque participante défraie le coût de son souper.

Date limites d'inscription : le vendredi d'avant.

Pour connaître le lieu de notre prochaine rencontre communiquez avec le 720-1885 ou le 720-2113.

Nouveau programme immersion anglais - Café au Lait

Site de Shearwater.

Venez-vous joindre à nous pour pratiquer vos capacités linguistiques. Nous discuterons sur une gamme de sujet relié au quotidien en milieu anglais. Une excellente occasion pour explorer les tournures de phrases, pour ajouter à votre vocabulaire et pour apprendre à rire de vous-mêmes. Tous le monde est bienvenu.

Tous les deuxièmes jeudis du mois (le 11, 25 mars) de 10 h30 à 12h00.

Coût : 2\$.

English Second Language Training

Cours d'anglais langue seconde (ESL) Age 16 ans et plus.

Site: CRFM Site de Shearwater.

60 heures de formation en anglais comme langue seconde. Les cours seront deux jours semaine pendant 10 semaines. La prochaine session sera du 19 avril au 28 juin. Le nombre de classe et les temps seront gérés selon la demande. Les nouveaux participants doivent prendre un teste de classement. Coût: \$50 (remboursable) pour conjoint(e)s ou membre de famille militaire qui participe à 85% des classes. 115\$ (non remboursable) pour les civils. Date limite d'inscription : vendredi le 9 avril, 2010.

Children

Weekday Casual Care

Ages: 3 months to 5 years.

Halifax and Shearwater site.

Casual care is short term child-care for military families when they have appointments or they just need a break.

The program offers activities based upon children's interests and encourages children to explore and enjoy their surroundings as they socialize with their peers. Activities include art experiences, songs, story time, age appropriate toys and games.

Monday to Friday Mornings 9 am to 12 pm and afternoons 1 pm to 4 pm.

Fee: \$4/children under 18 months, \$3/hour for children over 18 months.

Registration available one week in advance, for Shearwater site call 720-1038 and for Halifax call 722-4663.

Saturday Casual Care

Ages: 3 months to 12 years.

Saturday Casual Care is provided on alternate Saturdays at the Halifax and Shearwater sites. Parents are asked to register for this as early as possible because spaces are limited and they fill up quickly. Saturday Casual Care is booked by the FIRST Team at 427-7788 for the Halifax site or call 720-1885 for the Shearwater Site (respite hours can be used).

Shearwater site: March 20, April 17.

Halifax site: March 27, April 10, 24.

10 am to 3 pm.

Fee: \$4/hour for children under 18 months, \$3/hour for children over 18 months and \$2./hour/siblings.

Deadline to register: Wednesday before the session.

Registration for Shearwater site call 720-1038 and for Halifax call 722-4663.

Parent and Tot

Ages: infant to 5 years.

This program is for parents/caregivers and children to come together and participate in circle time, art, songs, free play and snack.

We will be closed during the week of March Break (March 15 to 18), please join us for our family events.

Shearwater site: Monday, Tuesday (French), Wednesday and Thursday.

9:30 to 11:30 am.

Halifax site: Tuesdays and Thursdays. Building 38 on MacDougall St.

9 to 11 am.

Fee: \$1/child, until 31 March. As of April 1 we will have a rate increase and will be supplying snack.

Cost: Military \$2/child and civilian \$3/child.

No registration required.

March Family Week Bowling Activity

Wear your bright whites and enjoy a great family activity for families with children 3 yrs and up. Spaces are limited so register early. A light snack will be provided.

Monday, March 15, 9 to 11am

Cost: Military \$3/person Deadline to Register: Friday, March 5

Dad & Me: Rainmen Game

Metro Centre.

The storm is brewing and the Halifax Rainmen are right in the middle of it. The Dad & Me program is going out once again to cheer on the Halifax Rainmen at the Halifax Metro Centre so dads, come on out with your kids and enjoy a fun filled afternoon of basketball.

Sunday, March 21, 1:30pm.

Cost: \$8 per ticket.

Deadline to register: March 16.

Family Easter Skate

Ages: All ages.

Shearwater Arena.

Come and have fun with your family and other community members with skating, hot chocolate and treats. The Easter bunny will make an appearance around 6:45 pm.

No cost.

Thursday March 25, 6:30 to 7:30 pm.

No registration required.

Easter Party

Shearwater site.

Come celebrate Easter with us in a fun filled afternoon. There will be crafts, an Easter egg hunt, stories and a visit from the bunny himself. There will also be a nutritious snack.

Sunday, March 28, 2 to 4pm.

Cost: \$3/person, children under 1 are free.

Deadline to register: March 24.

Family Cake Decorating

All ages.

Russell Lake Sobeys.

Come out and have fun with your family at Russell Lake Sobeys and learn how to decorate your own cake. Along with the cake decorating class you will get a tour of the store.

Sunday, April 18, 1 to 3pm.

Cost: \$5/person.

Deadline to register: Wednesday, April 14.

Dad & Me: Scavenger Hunt

Ages: 3 and up.

Shubie Canal Trail Park, Waverly. Search for signs of spring on our scavenger hunt through Shubie Park! Sunday April 25, 1 to 3pm.

Cost: \$3/person.

Deadline to register: Wednesday, April 21.

Halifax & Region Military Family Resource Centre



Military Families
**Strength Behind
the Uniform**

March Break activities

March Family Week

Activity: Family Swimming

Ages: All families.
Shearwater Pool.
Spend an hour with the family swimming and splashing in the Shearwater pool. Snacks will be provided after our swim.

Tuesday March 16, 1 pm to 2 pm.
Cost: \$3/person.
Deadline to register: Friday, March 12.

Sugar Moon Farms

Earlton, NS.
Join us for this fun family activity at a maple farm with maple tours, hiking pancakes and sugar on the snow. All ages are welcome and remember to dress for winter weather.

Wednesday March 17, 9:30 to 11:30am.
Cost: \$ 5 per child 12 and under, \$8.00 per person 13 and up.

Deadline to register: Friday, March 12.

Family Bingo Night

Shearwater site.
Bingo. It's time again for a fun filled night of family bingo. We will be playing bingo for prizes and then having a snack as well. So get those bingo dobbers ready, it's time to yell bingo.

Thursday March 18, 6:30 to

8:30pm.
\$ 3 per person.
Deadline to register: March 15.

Maritime Museum of the Atlantic

Check out life on the high seas at the Maritime Museum of the Atlantic's exhibit celebrating the Navy's last 100 years. Try your hands at knot tying, building your own Navy, come out to boot camp, try on some dress up clothes and make a stop at the Horatio radio room.

Friday, March 19, Drop in anytime from 10 am to 4 pm.
Cost: No cost to all military families with a MFID.

Youth

March pre-teen dance

Ages: 8 to 12 years.
Shearwater site.
Join us for a rocking dance party. Friday, March 19, 7 to 9pm.
Cost: \$5 at the door.

Pre-teen Esteem Club for Girls

Ages: 8-13 years.
Shearwater site.
This youth-driven program offers youth the opportunity to explore such topics as body image, creativity, expression, stress, healthy living and others.
Mondays, March 22.
6:30 to 8 pm.
Cost: \$25.
Deadline to register: registra-

tion will be considered on an ongoing basis.

Pre-teen Esteem Club for Boys

Ages: 8-13 years.
Shearwater site.
This youth-driven program offers youth the opportunity to explore such topics friendships and feuds, bullying, stress, body Image and others.
Tuesdays, March 23.
6:30 to 8 pm.
Cost: \$25.
Deadline to register: registration will be considered on an ongoing basis.

Youth Centre

Ages: 8-18 years.
The Henderson Sweetman Youth Centre is located in Shearwater. Membership for the year is \$20. All activities are at the Youth Centre unless otherwise noted. You must be a youth centre member to participate in Youth Centre programs.

Drop-ins:
Pre-teen Drop-in. Ages: 8-12 years. Saturday 6 to 9 p.m., Sunday 1 to 4 p.m.
Teen Drop in. Ages: 13-18 years. Tuesday 6 to 9 p.m., Friday 6 to 9 p.m.
Open Drop-In. Ages: 8-18 years. Monday to Friday 3:30 to 5 p.m., Monday 6 to 9 p.m., Sunday 5 to 8 p.m.
Craft Corner, Craft TBD:
Ages 8-18 years.

Thursday, March 25, 6 to 8 pm.
Cost: \$3/per person.
Please pre-register by March 23.

Jewellery Making:

Ages 8-18 years.
We will be designing our own jewellery using different techniques and medium.

Saturday, March 27, 1 to 4 pm.
Cost: \$4 .

Please register by March 25.

Sports Drop In—Badminton:

Ages 8-18 years.
H&R MFRC Shearwater site gymnasium.
Want to learn a new sport? Come join us and learn some new skills or brush up on your old ones.

Thursday, April 1, 6 to 7:30pm
No cost for Henderson Sweetman Youth Centre members.

Cooking Class—Cadbury Crème egg muffins:

Ages 8-18 years.
Thursday, April 8, 6 to 8:00pm.
Cost: \$3/per person.
Deadline to register: April 6.

Easter Chocolate Making:

Ages 8-18 years.
Saturday, April 10, 1 to 2:30m.
Cost: \$3/per person.
Deadline to register: April 8.

Movie Night—Movie TBA:

Ages 8-18 years.
Thursday, April 15, 6 to 8 pm.
Cost: Free.

Deadline to register: April 13.

Craft Corner, Back Pack Egg:

Ages 8-18 years.
Thursday, April 22, 6 to 8 pm.

Cost: \$2/per person.
Deadline to register: April 20.

Adult

Coffee Connections

Come and meet new people while sharing some common experiences with other military family members. Meeting topics and activities will depend on your input.

Friday Mornings 9:30 to 11:30am.
Halifax site and Shearwater site.
No cost to participate.

Casual Care: \$6/family.
Deadline to register: Tuesday prior if Casual Care required.

Breakaway Program for Seniors

Shearwater site.
The Breakaway program is exactly that... a break from the daily routine. In partnership with the Victorian Order of Nurses (VON), the H&R MFRC is excited to be able to offer programming for seniors within the CF family. This program includes gentle exercise for the body and mind, therapeutic activities such as music, stretch, relaxation, games, cooking, outings, and more. This program is run by professional VON staff and volunteers, and accommodate to numerous conditions. This is also a great respite opportunity for caregivers and VON offers much needed support to those in the care giving roles.

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Halifax & Region Military Family Resource Centre



to 12:30pm.

Registration is ongoing.

Out 'N' About

We're going out and about, and we want you to join us. Once a month we are calling on all adult military family members to get together and have some fun. Bring your spouse, friends, parents, and meet some other military family members, we're going to have a ball. Participants are responsible for their own costs and must register a week before each session.

Friday, April 23, 7 pm, Halifax Comedy Fest at the Fleet Club.

Brunch Bunch

The last Saturday of every month, we will meet at a different location for brunch and social time away from the kids/pets etc. Come out and meet some new people in your community, and take some time to relax, and who knows, you may be able to win your meal. Feel free to bring a friend/spouse and we'll see you there.

Participants are responsible for their own expenses, location TBA.

Upcoming date: March 27, Toms Restaurant in Lower Sackville, 10am to 1pm.

Women's Self Defence—Level 2

Halifax site.

This is a Level 2 workshop for participants who have already taken the introductory course with BJ

McLean, Double Dragon Martial Arts at the MFRC and are looking to move onto the next level. This is a fun and interactive workshop, which empowers women to trust their instincts, avoid assault situations and learn uncomplicated physical techniques to disable an assailant. 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 \$35 for two spots.

Saturday, March 27, 9am to 4pm.
\$25/military family member, \$35 mother-daughter rate, \$35/non-military family member.

Deadline to register and pay: Wednesday, March 24.

Parenting

Dealing with Difficult Behaviours in Children Ages 2 to 6

Halifax site.

All children will exhibit challenging and difficult behaviour from time to time. For parents these behaviours can be extremely challenging to handle. There are many reasons for a child's behaviour and there are also many ways for parents to help children manage their behaviour. Join us for a two night workshop as we explore key areas around behaviour such as tantrums, self-esteem and social success. Par-

ents will learn about strategies that promote positive attitude and positive behaviour in children between the ages 2 and 6 years.

Tuesdays, March 23 and 30, 6:30 to 8:30pm.

Cost: \$10/family.

Deadline to register: Thursday, March 18.

H&R MFRC Launches new Deployment Program: Deployment Café

By Emily Hatcher.

Support for families of deployed CF personnel on operations around the world reached a new level at the H&R MFRC. One vital area of deployment support is to stay connected with other CF families who share similar experiences. Finding a common place to develop and maintain these connections however, can sometimes be a challenge. On January 28, 2010, staff and volunteers at the H&R MFRC helped change this, by launching a new program called Deployment Café.

"Deployment Café not only offers support to loved ones of deployed CF personnel, but also provides an opportunity for families to connect with one another and share similar experiences and get new tips and ideas for dealing with deployment", said Colleen Calvert, Executive Director of H&R MFRC.

The evening began with participants sharing a home-cooked meal



H&R MFRC staff and volunteers are proud to launch the Deployment Café.

prepared by MFRC staff and volunteers. Dinner provides a great opportunity for families to meet new friends and develop relationships by building on the common ground they share, exchanging information and support. In the latter half of the evening, a guest speaker was invited to open up the floor to an informal discussion centred on the families' experiences or challenges they may be coping with associated with deployment.

Families were encouraged to bring their children, who also had an opportunity to learn from the deployment of their parent and connect with other kids sharing these experiences. The MFRC runs another

program geared to children called Deployment Zone where kids learn to cope with their emotions and stress surrounding deployment through fun activities, games and crafts.

The MFRC was thrilled to have 20 participants during the launch of Deployment Café. If you are interested in attending, the two hour program runs Thursdays bi-weekly. Deployment Café is ongoing and welcomes new participants who are looking to network with other deployed families, make great new friends, gain valuable insight on deployment challenges from staff, guest speakers and family members, and enjoy a meal on us.



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Former CDS gives credit to rank and file members

By Maj (ret'd) Tim Dunne

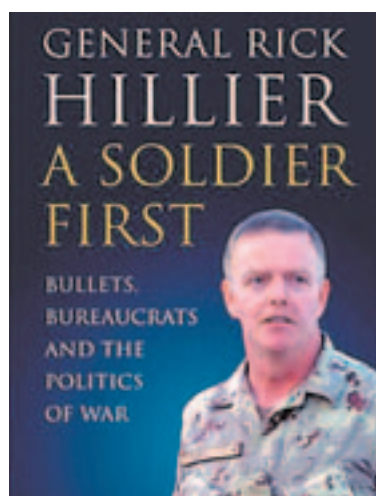
Gen (ret'd) Rick Hillier's autobiography *A Soldier First* speaks of his humble beginnings in Campbellton, on Newfoundland's north coast, to the conclusion of his term as Chief of the Defence Staff. Along the way, as he trained, worked and deployed as an armoured officer, he saw the flaws in the military training and operational systems. He either took many notes or benefitted from a wonderful memory, as he addressed them as he advanced into the offices where he could change the training philosophy and much of the equipment that directly affects the operational capabilities of the Canadian Forces.

He enrolled in the armoured corps in 1972, when the Canadian Forces' Cold War mentality was clouded by organizational schizophrenia. The CF were affected and infected by the public service's processes, lifestyle, values and principles. They were denied replacements for antiquated equipment and infrastructure. Vehicles were tired, battle tanks could no longer survive on the modern battle field, quarters went unpainted and

unrepaired, and bases and training resources fell into irrelevance. Military training course and program leaders preferred to immediately fail candidates who didn't meet course standards, rather than permitting them to learn from mistakes and ultimately pass.

He wrote of critical decisions made by the unqualified and ignorant. Our troops descended into the cauldron of Bosnia Herzegovina with training vehicles, rather than operationally equipped and armed fighting vehicles. Ultimately, denuded of capacity, equipment and leaders by a risk-averse government, the CF hit bottom. Events in Somalia, the Somalia Inquiry and allegation fatigue pushed morale to previously unplumbed depths. The CF, Gen Hillier said, became a military force without credibility.

The 1997 Manitoba Floods, when Manitobans came face-to-face with their military personnel working within their communities to help them overcome rising Red River, offered the first signs of change. The relationship improved with the deployment of Reserve and Regular Force personnel to central Canada



His strongest praise is directed at the individual men and women of the CF.

during the 1998 ice storm. The CF had finally connected with Canadians, but remained disconnected from our allies.

Canada desperately attempted to

join the International Security Assistance Force (ISAF) in Afghanistan, resisted by the British who felt that Canada had lost its war-fighting capability. The federal government, Gen Hillier said, failed to keep its troops at high readiness for overseas deployment, and was now paying the price for its timid, micromanaging approach to the CF.

In his book, Gen Hillier heaps praise on military colleagues he respects, leaving us to guess about his feelings about the several he merely mentions.

His strongest praise is directed at the individual men and women of the CF. He hasn't forgotten a name or a situation in which he has interacted with his troops, whether it's playfully kissing MCpl Jeremy LeBlanc on the cheek, telling him his wife Melissa asked him to pass it along, or meeting wounded soldiers, like MCpl Paul Franklin and Cpl Shaun Fevens, whose lives are profoundly changed because of their new circumstances.

Most poignantly, he ends *A Soldier First* talking about his last day in uniform, July 2, 2008, when he quietly left family and friends who joined him and his wife Joyce to celebrate

his retirement. He visited the National Military Cemetery to remember those who made that supreme sacrifice on his watch and to promise that they would not be forgotten.

At first sight, Gen Hillier's *A Soldier First* appears to be a straightforward book written with the characteristic directness of a military leader. However, when you peel back the onion skins that are the descriptions of people, events, decisions and circumstances, you are led to inevitable conclusions without the unnecessarily overt analysis and rationalizations of many autobiographers. He writes passionately about the people who served with and for him, and who he expected to serve Canada, even if this meant placing themselves in harm's way.

In return, he committed the CF to treat those who died and were injured meeting their military obligations, and their families, with the respect, dignity and honour they deserved. He became their most ardent advocate.

A Soldier First: Bullets, Bureaucrats and the Politics of War is published by HarperCollins Publishers Ltd., Toronto and retails for \$34.99.

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LENT/EASTER SCHEDULE

St. Brendan's, Stadacona (Roman Catholic only)

14 March - 1015 French Mass / 1115 English Mass
21 March - 1015 French Mass / 1115 English Mass

28 March - **Palm Sunday** - 1030 bilingual Mass

1 April - **Holy Thursday**
(Mass of the Lord's Supper) - 1900 bilingual Mass

2 April - **Good Friday** - 1500 - bilingual service

3 April - **Easter Vigil** - 1900 - bilingual Mass

4 April - **Easter Sunday** - No Masses

Shearwater Chapel, Shearwater

Wednesdays, 10, 17, 24 March - 1900 - RC Mass

28 March - **Palm Sunday**
0900 - Palm/Passion Sunday Mass (RC)
1115 - Palm Sunday service (P)

1 April - **Holy Thursday**
2000 h - Mass (RC) followed by Adoration of
the Blessed Sacrament until midnight

2 April - **Good Friday**
1200 - Protestant service
1500 - (RC) service

3 April - **Holy Saturday**
2000 h - Easter Vigil Mass (RC)

4 April - **Easter Sunday**
0945 - Mass (RC) followed by
Easter Egg Hunt for children
1115 - Eucharist service (P)

At Shearwater, there will also be Lenten Devotions (RC) and a Reconciliation Service (RC) during Lent.

Please contact 720-1441 for more information on dates/times.

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Baptisms & Marriages - By appointment

*"It is a good thing to go to
the house of the Lord."*

FSE sells Hearts for Haiti

By Cindy MacKenzie
Formation Safety and Environment

There is no doubt Canadians have been greatly affected by the recent earthquake in Haiti.

Measuring 7.3 on the Richter scale on January 12, 2010, this tragedy took the lives of more than 100,000 people, left countless injured and caused extensive damage to the country of Haiti. In their efforts to help make a difference, Canadians have been proving there is truly strength in numbers.

Through fundraising efforts and individual donations matched by the Canadian government, Canadians have raised millions of dollars, and donations continue to pour in. Musicians and celebrities have been showing their support by organizing concerts and telethons to help

raise money, and medical professionals from across the county have travelled to Haiti to assist with the relief efforts.

It is evident that everyone wants to help and the Department of National Defence is no exception. Just two days after the earthquake, the Canadian Forces initiated OP HESTIA in response to the disaster. A Naval Task Force of HMC ships *Halifax* and *Athabaskan* were embarked with basic supply packages and departed for Haiti on January 14 to assist with relief and stabilization efforts.

Formation Safety and Environment decided to do its part to help. Employees participated in a Valentine's Day fundraiser from February 10 to 12, raising a total of \$214 for Haiti Earthquake Relief, proving no donation is too small. Hearts for Haiti was the theme for the Valentine's candy gram treats, and more

than 100 bags of candy were delivered throughout S-90 to co-workers, and taken home to friends and family.

Other teams within MARLANT have been coming together to show their support and raise money for the recent disaster, including a fundraising breakfast and 50/50 draw which raised an impressive \$1500.00 toward the much needed relief efforts. A Help for Haiti luncheon took place on Tuesday February 23 and efforts are not stopping there.

Although often it can take a disaster to find out what a country is made of, it is nothing less than inspiring to witness what great things can be achieved when people come together to help those who need it most. Bravo Zulu to everyone for the continued support in helping Haiti overcome the devastation of the recent natural disaster.

Health Promotion Services invites you to March into Nutrition Month

STRENGTHENING
THE FORCES
ÉNERGISER LES FORCES

By Harold White
Health Promotion Manager

Nutrition experts agree that daily focus on making the best choices is necessary for the achievement and overall maintenance of good health.

While daily focus is necessary, March is the time of year when nutrition takes the centre position on the plate of overall health. This year's theme is Celebrate Food... from Field to Table!

Your local Health Promotion Services team, along with our National Strengthening the Forces (StF) Nutritional Wellness Health Promotion Working Group, invites you to celebrate food—from where it's grown and harvested all the way to delicious and healthy food on our tables.

To assist in this celebration, there are several great nutrition-related resources on the National StF website that we would like to draw your attention to: link: <http://hr.ottawa-hull.mil.ca/health-sante/ps/hpp-pps/nw-mn/nm-mn-eng.asp> or lien: <http://hr.ottawa-hull.mil.ca/health-sante/ps/hpp-pps/nw-mn/nm-mn-fra.asp>.

These resources include general nutrition information, new recipe ideas, as well as ideas you might want to try during the month of March.

In addition, check out the Dietitians of Canada Website at www.dietitiansofcanada.ca for an extensive library of up-to-date nutritional information.

Our local Health Promotion Services team would like to encourage you and



your families to check out some of the fantastic nutritional resources that are available this month and try out at least one tip that will enable you to eat healthier and enjoy the fruits and vegetables of your efforts.

For any information required, please contact your local Health Promotion Services team at Joy.Geizer@forces.gc.ca.

Happy Nutrition Month.

Upcoming nutrition-related events:

Confused about food labels? Tour the Windsor St. Sobeys store to learn what's inside packaged foods. March is Nutrition Month and a great time to tune up on your healthy grocery shopping knowledge.

Health Promotion Services is coordinating two special tours this month:

March 9, 12 to 1 pm, Windsor Street Sobeys Store.

March 9, 2 to 3 pm, Windsor Street Sobeys Store.

To register, please contact Joy Geizer at Joy.Geizer@forces.gc.ca.

Confused about food labels? Tour the Windsor St. Sobeys store to learn what's inside packaged foods. Future Sobeys Healthy Eating Store Tours will be:

April 29, 12 to 1 pm, Windsor Street Sobeys Store.

May 27, 12 to 1 pm, Windsor Street Sobeys Store.

June 24, 12 to 1 pm, Windsor Street Sobeys Store.

To register, please contact Joy Geizer at Joy.Geizer@forces.gc.ca.

Nuts about Nutrition 4th Annual CF Health and Wellness Fair.

Continuing the focus on healthy eating and nutrition education, this year's CF Health and Wellness Fair is Nuts about Nutrition. The event is being held on Thursday, May 6, 2010. Please stand by for more nibbles of information as they are released.

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. 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 of 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.

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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. 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 says 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.

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FREE ONLINE HUMOR COMIC: Featuring GI Joe, Star Wars and Lego action figures. <http://troopsofdoomcomic.com>.

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62 HIMMELMAN DRIVE: \$195,000. A fantastic home in Eastern Passage. Electric Thermal Storage Heating System with time of use electrical system. Interior of house has an extensive amount of updates. Total living area 1920 sq ft. This 3+1 bedroom bungalow with finished basement is a must see! Surrounding lot is beautifully landscaped and has great ocean views from the newly constructed front deck. Main floor has a large eat-in kitchen which was recently updated to suit the modern eye. Main floor bathroom is complete with ceramic tile flooring, a new vanity with granite countertop and a 6 jet whirlpool tub. A significant amount of renovations and updates were done to this beautiful home. A great opportunity for a young family or a first time homebuyer to invest in a great property. There is room in the basement to construct another bathroom. Close to Shearwater. Jeff Kielbratowski, Exit Realty Optimum, 877-1787.

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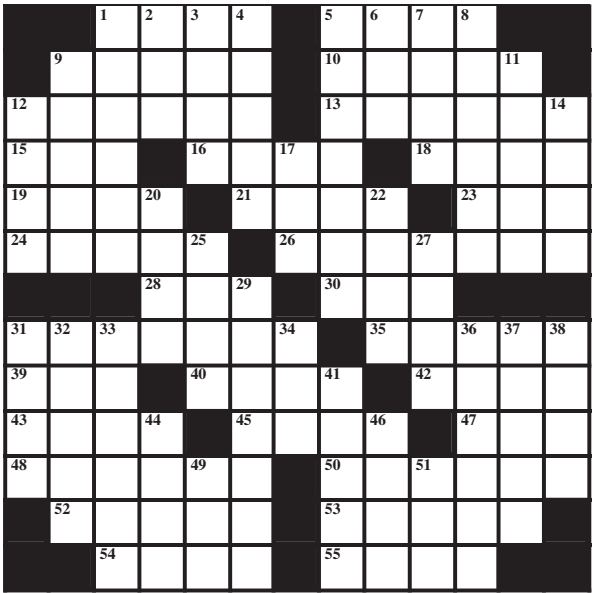
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ACROSS

- 1 Mike Weir and Lorie Kane
- 5 Alphabet opener
- 9 Cry from a nest
- 10 Bundles
- 12 Pantry
- 13 Mystery
- 15 Collected works
- 16 Sophomore salmon?
- 18 Russian city
- 19 Japanese salmon?
- 21 Shower with love
- 23 Guido note
- 24 Danger signal
- 26 Use up
- 28 Mr Salmon?
- 30 Pass away
- 31 Covered, in a way
- 35 Kegs
- 39 In the past
- 40 Ardour
- 42 Colourful salmon?
- 43 Ms salmon?
- 45 Friendly Salmon?
- 47 One of the twelve?
- 48 Connect
- 50 Slat
- 52 Weird
- 53 Stringed instruments
- 54 Salmon spawning nest
- 55 Prophet

- 4 Junior salmon?
- 5 Helped a criminal
- 6 Prohibit
- 7 Muse
- 8 Diploma
- 9 Panama, for one
- 11 Freshie salmon?
- 12 Tibetan priest
- 14 Wings
- 17 Linear measure
- 20 Compulsion
- 22 A kind of poem
- 25 Grow weary
- 27 Hurdle
- 29 Burped
- 31 Chute or sail preceder
- 32 Type type
- 33 Sulker
- 34 Dullard's comeback?
- 36 Metallic salmon?
- 37 Joints
- 38 Chocolate bar
- 41 Nothings
- 44 Nostril
- 46 Grimace
- 49 Police Div.
- 51 Shoshonean



February 22 answers

DOWN

- 1 Passage
- 2 Get free of
- 3 Home of Word Perfect

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Canadian Heritage



Patrimoine canadien

Stad keeps on rolling

By Andre Rochefort
CFB Halifax Bolodrome
Lane Manager

Cock of the Walk Bowling was held from February 23 to 25, 2010 at the Stadplex Bolodrome. CFNES, ADAC/Trinity, LFAA, FADM and FMF Cape Scott were the five teams that represented their units, hoping to claim the honour of being named the Cock of the Walk Bowling Champion.

At the end of the third day, CFNES had knocked down more than 10,000 pins on the way to being declared the 09/10 Champion. Representing CFNES were Patricia MacDonald, Ryan Benedict, Russ Smythe, Rob Hector, Brent Saulnier, Chris White and Mark Muir. ADAC/Trinity claimed the second place followed by FMFCS and FADMO.

In the individual awards, Kim Sibley from LFAA with an average of 171.4 was



Terry Sweeney, PSP Halifax Formation Fitness and Sports Director, presents the trophy to CFNES for COTW Bowling.

awarded the highest ladies' average and Sue Baird from FADMO had the highest single of the tournament with a game of 225.

On the men's side, Chuck Ranni from FADMO complet-

ed the tournament with an average of 265.5 and also had the highest single of the tournament with a game of 329. Chuck had an extraordinary tournament, bowling four of 15 games above 300. Congrat-

ulations to all competitors.

The next COTW sport will be Floor Hockey, from March 9 to 12. For more information on participating in COTW sports, please contact your Unit Sport Rep.

Sidelines trivia By P02 Bill Sheridan

Hockey

1. Who did the Bruins give up to receive Phil Esposito from the Black Hawks?
2. Who did Langway get traded with to the Washington Capitals?
3. How many players went with Doug Gilmour to the Leafs from the Flames?
4. What are the highest priced seats called at the Air Canada Center in Toronto?
5. What NHL team played its home games in the Quebec Arena?
6. Who were the Silver Seven?
7. Originally when hockey was just starting out, how many were on a side?
8. What is quarterback on an NHL team?
9. What was the Stovepipe cup?
10. Who battled for the Silver Puck Award?
11. Who might receive the Crumb Bum Award?
12. What was Eastern Rules?
13. What was known as the For 'Em Club?
14. Precision, Mowbray, Crown, Hespeler and Bregent Expert were all types of what?
15. What was Bobby Orr's first jersey number in the NHL?
16. What was Red Kelly's day job in the early 60's?
17. Where was the NHL draft held between 1963-1979?
18. Who is Thunder Bug?
19. What was Showdown?
20. What's a cowpie?

ANSWERS: 1. Bruins got Esposito, Hodge and Stanfield for Marotte, Martin and Norris. 2. Laughlin, Jarvis & Engblom, for Walter and Green (Caps-Habs). 3. Four. It was five for the deal. 4. Flat-tums, there was a price just to have the right to buy season's tickets. 5. Quebec Bulldogs. 1917-20 (pictured above). 6. The original nickname for the NHL's oldest team during the seven player era. 7. Nine players per side on the ice at a time. 8. Player takes control of a power-play. 9. Stanley Cup battle between the Blues and Scouts. 10. New York Ranger for service with the Missouri hockey league. 11. Early six man hockey. 12. Western League games played between. 13. Detroit Red Wings 50's fan club. 14. Hockey sticks. 15. 27. He was drafted #2, but it was retired. 16. Tampa Bay Lightning mascot. 17. Between periods segment on NHL during the 70's of skills involving NHLers. 18. Slang for a puck as many farmers playing on ponds didn't have pucks.

Ship Shape shaping up

By Olivia Goguen
PSP Fleet and sports instructor

Special arrangements were made recently to ensure that HMCS *Cabot* could join the ranks of this competition—their stats were recorded in St John's, Newfoundland, and with strong numbers in their group we hope to see some great results.

Team 'Ten Down' and '#1' may want to beef up their numbers if they want to

do well against another recent sign-up, 'The Ringers', since many of them are in the gym working hard at working out three and four days each week.

Who will win the Golden Measuring Tape?

There have been two Ship Shape seminars: Strategies for Behavioural Change, and Highlights of Top Fuel for Top Performance. What are the other topics that would draw you in? Tell us, and with enough numbers, we can make

it happen.

There is still time to join the contest. Registration is easy. Contact me at the Fleet Dockyards gym at 902-427-3298 or olivia.goguen@forces.gc.ca to make things happen.

"Gold medals aren't really made of gold. They're made of sweat, determination, and a hard to find alloy called guts." —Dan Gable, Olympic Wrestler

Go for the Gold—we all have it in us to be winners.



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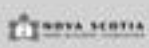
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Air Force Run set for May 2010

17 WING IMAGING



More than 1,000 people participated in the first annual Air Force Run in May 2009.

By Virginia Beaton
Trident staff

The annual Canadian Air Force Run will take place at 17 Wing Winnipeg on Sunday, May 30, 2010.

More than 1,000 people took part in the first annual Air Force run, held in 2009. Participants in this year's event can choose from a variety of distances including 5km, 10km, a half marathon and a 5 km Family Fun Run.

On May 29, the evening before the race, there will be a pasta dinner held at Building 90 at 17 Wing. Tickets are \$15 per person and space is limited.

On race day, the half marathon starts at 9am, the 10km at 9:45am, and the 5km and 5km Family Fun Run at 10am. The race route takes participants down the 17 Wing flight line past a variety of CF aircraft.

After the race, there will

be entertainment as well as refreshments and a BBQ.

Entry fees paid before March 15 are: half marathon \$65, 5km or 10km race \$40 and 5km Family Fun Run (individual/family) \$20/\$40. CF bases and wings are encouraged to put together teams for this event.

**Participants in
this year's event
can choose from
a variety of
distances.**

For more information about the run or for registration forms, please go to www.airforcerun.ca or contact Scott. Laird2@Forces.gc.ca, telephone 204-833-2500 ext. 6759 with any questions concerning the 2010 Air Force Run.



A friendly game

Soldiers from the 3 Royal 22nd Regiment play soccer against a Haitian team in Leogane. Sgt Mathieu Nault organized the game to thank the locals for helping them during OP HESTIA.



Another Canadian hockey victory

Canadian and American troops deployed in Afghanistan compete in a game of ball hockey at Kandahar Airfield (KAF). The match up took place February 27, the day before the two countries met in Men's Olympic Ice Hockey. Hundred of fans from both countries came out to cheer on their respective sides. In the end it was a lopsided victory for the Canadians, winning by a score of 16 to 2.

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Navy team destroys competition

By Benjamin J. DeLong
Trident Staff

The third annual Environmental Hockey Championship took place from February 15 to 19, 2010, boasting six teams from the Army, Navy, and Air Force. Each division contributed two teams which would compete for the coveted trophy. The purpose of the Environmental Hockey Championship is to raise funds for the GCWCC and, this year, each player donated \$10 to play, raising a total of \$650.

The tournament started with each division facing another team from its division: Army Snipers v. Army Tanks, Navy Centennial v. Navy Destroyers, and Air Force Flyers v. Air Force Wings. The victors of these games would become three of the final four: the Snipers won 15-4 against the Tanks, the Centennial beat the Destroyers 4-1, and the Flyers scored 7-3 against the Wings.

Because of a snowstorm on Wednesday, February 17, the Tanks' remaining games had to be dropped to accommodate the tournament.



The Navy Destroyers beat the Air Force Flyers in the final game in the third annual Environmental Hockey Championship. All three divisions competed in this tournament to raise funds for the GCWCC. Each player contributed \$10 to play, raising a total of \$650.

The semifinals included the Navy Destroyers who came in fourth in the round robin, increasing the chances of a Navy victor. The Destroyers played against the number one team, the Snipers, and handily beat them 6-3. Then the Flyers squared off against the Centennial, beating them 8-3.

The final game was between the Navy Destroyers and the Air Force Flyers. The Navy team came on strong against the Air Force team, who displayed incredible defence in the first period. By the second period it was 2-1 for Navy Destroyers and in the final period the Air Force

Flyers received several penalties, giving the advantage to the Destroyers who eventually won the game 4-1. Destroyers' Lt(N) Kyle Penney scored one goal, LS Barry Noseworthy scored one, and PO2 Dan Turgeon scored two.

Regardless of which team won,

both teams earned a "well done," from CFNES Commandant, Cdr Simon Page who watched the game and gave a short speech. "I used to do this with soccer," he said. "So I know that hockey is in your system now." Cdr Page presented the trophy to the Destroyers.

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