

2005
Winner CCNA
Better Newspapers
Competition

THE NEWSPAPER OF MARITIME FORCES ATLANTIC
LE JOURNAL DES FORCES MARITIMES DE L'ATLANTIQUE

TRIDENT

VOLUME 40, ISSUE 2 • MONDAY, JANUARY 23, 2006

MacPhee PONTIAC

Winner of Top 10 in Canada

Based on Sales Volume & Customer Satisfaction

636 Portland St., Dartmouth
434-4100
www.macpheepontiac.com

INSIDE

New Chief of the Maritime Staff

VAdm Robertson officially takes command **PAGE 2**

National Youth Model

Looks for a few good teens **PAGE 6**

Stoney returns

Check out his chipotle stuffed chicken **PAGE 17**

Step it up

New fitness protocol motivates CF members **PAGE 20**

HMCS Athabaskan to take command of NATO fleet

PAGE 3



ASLT STEPHAN BOVIN



The Big Game Sale



TOSHIBA

52" HDTV

- Model 52HM85
- DLP™ Projection
- 16:9 Format
- Reg. \$2499
- *Stand not included

Windsor Park
25 Jan. - 5 Feb. 2006



SPECIAL \$2299

only 100⁵⁹ for 36 months

NO MONEY DOWN

NOT EVEN THE TAXES!

CineX

636 PORTLAND ST. DARTMOUTH NS
434-4100

VAdm Robertson named Chief of the Maritime Staff

By Public Affairs

Department of National Defence

Vice-Admiral Drew Robertson assumed command of the Canadian Navy at 10:30 a.m. January 16, 2006 during a Change of Command ceremony held at the Ottawa Congress Centre. More than 250 people were on hand to witness the event and to bid a fond farewell to the outgoing Chief of the Maritime Staff, Vice-Admiral Bruce MacLean. Chief of the Defence Staff, General Rick Hillier presided over the ceremony.

"As Vice-Admiral Robertson takes the watch from Vice-Admiral MacLean, I know the leadership of the Navy is in good hands," said General Hillier. "During his tenure, Vice-Admiral MacLean has charted the Navy's course to fully support CF Transformation. I have every confidence that his replacement, Vice-Admiral Robertson, will ensure the Navy remains relevant, responsive and effective well into the future."

"It has been an honour to command the Navy, but like command at sea, we are only as successful as the ship's company with whom we serve," said VAdm MacLean. "I have been greatly impressed with the positive attitude, perseverance and professionalism demonstrated by the entire Navy family. As I move on, I

am confident that I am turning over the watch to an officer who is exceptionally prepared for this key leadership role."

"I am honoured to be taking command of the Navy from Vice-Admiral MacLean," stated VAdm Robertson. "Under his command the Navy has been successful, both at home and abroad, and fully engaged in the transformation process of the Canadian Forces. I look forward to tackling the on-going challenges of building the future Navy."

Following 35 years of distinguished service, VAdm MacLean will retire from the CF. He spent much of his career as a submariner serving in Canadian, Australian, and British submarines, including command of Her Majesty's Canadian Ship (HMCS) *Okanagan* as well as two Australian boats. He assumed the duties of Chief of the Maritime Staff on Aug. 25, 2004.

Vice-Admiral Robertson has served in the Canadian Forces for 32 years in a variety of key positions, including command of the destroyers *Annapolis* and *Athabaskan*, and command of the first Canadian Task Group during its six-month Operation APOLLO deployment to Southwest Asia in 2001. Operation APOLLO was the name given to the initial Canadian Forces contribution to the international campaign against terrorism. Most recently, he



Vice-Admiral Drew Robertson.

was the Director General International Security Policy at National Defence Headquarters.

VAdm Drew Robertson joined the Canadian Forces in 1973 to attend le Collège Militaire Royal. He graduated from the Royal Military College in 1978 with a degree in Engi-

neering Physics and was commissioned as a Sub-Lieutenant.

His initial postings included tours as a warfare director in *Nipigon* and *Kootenay*, as an instructor at the Canadian Forces Officer Candidate School, and as Combat Officer of *Skeena*.

From 1988 to 1992 he served in operations billets ashore in both Maritime Command and National Defence Headquarters before attending the Command and Staff Course in Toronto in 1992.

On promotion to Commander in 1993 he served as the Executive Officer of the replenishment ship *Provider* before assuming command of the destroyer *Annapolis* in January 1995. In 1996-1997 he worked in the office of the Minister. He was promoted Captain(N) in 1997 and became the Director of NATO Policy.

In 1999 he assumed command of *Athabaskan*, which deployed in 2000 as flagship of NATO's Standing Naval Force Atlantic.

Following the National Security Studies Course in 2001 he was promoted Commodore and took command of the Canadian Atlantic Fleet, and sailed as the first commander of the Canadian Task Group deployed to Southwest Asia for six months as part of Operation APOLLO—Canada's contribution to the international campaign against terrorism.

That deployment included command of a multi-national task group of ships from seven nations.

He was promoted Rear-Admiral in 2003, returning to NDHQ as Director General International Security Policy.

Get it all for less

Home phone service with
all Call Management services \$36 /MTH
+
Aliant High-Speed
New! Unlimited, anytime
Atlantic Canadian long distance \$55 /MTH
\$91 /MTH
TOTAL VALUE



ALIAN T VALUE PACKAGES

WELCOME TO TOTAL VALUE

Plus, Maritime Forces Atlantic members get up to \$250 in rewards for activating Aliant services.

Get a \$50 mail-in rebate for each High-Speed, Cellular, or Long Distance service activation, and a \$100 credit on an ExpressVu activation. Only available at your local Aliant dealer with valid ID.



www.aliant.net

here. for you.™

*Certain conditions apply.™ is a trademark of Aliant. Available to all DND personnel active and retired. Must present valid id.

Aliant | DownEast COMMUNICATIONS

Offer available at the following
Aliant Dealer locations:

Lower Sackville

- DownEast Communications— Sobey's, 752 Sackville Drive
- Mobile One— Atlantic Superstore, 745 Sackville Drive

Elmsdale

- DownEast Communications— Sobey's

Upper Tantallon

- DownEast Communications— Sobey's, Hubley Centre

Bedford

- DownEast Communications— Bedford Place Mall
- Mobile One— Sunnyside Mall

Dartmouth

- Aliant Business Solutions— 202 Brownlow Ave
- Aliant Store— Mic Mac Mall and Penhorn Mall
- DownEast Communications— Sobey's, 612 Highway 7
- Mobile One— Atlantic Superstore, 650 Portland Street

Halifax

- Aliant Store— 209 Chain Lake Dr, Unit G1 and Halifax Shopping Centre
- DownEast Communications— 741 Bedford Highway
- Maritime Centre— Sobey's, Halifax Shopping Centre Annex
- Mobile One— Atlantic Superstore (6139 Quinpool Road), Scotia Square and West End Mall

For store locations please call 1-800-267-1110.



HMCS Athabaskan will become the flagship for the Commander during a six-month SNMG1 deployment.

HMCS Athabaskan to take command of NATO Fleet in Germany

By A/Slt Stephan Boivin
Public Affairs

On Wednesday, January 11, 2006 HMCS Athabaskan left for Europe to take over the command of the Standing NATO Response Force Maritime Group 1 (SNMG1). The change of command for this six month deployment will take place in Kiel, Germany, on January 26 as Commodore Denis Rouleau will assume command of one of the two NATO fleets. The last Canadian Commander for a NATO Fleet was Rear-Admiral Morrisson in 1999-2000.

A total of five ships will join the group in Germany for the first few months and, depending on exercises, more ships will join the fleet. "When we start in January, Athabaskan will be the flag ship. There will be a German ship, an American ship, a Portuguese ship and a Polish ship," said Commodore Rouleau. "We take command in Kiel and, from there we will go up northern Norway. We will spend time going south along the coast of France and down Portugal and Spain into the Mediterranean. We will extend our operation as far as Cape Verde, off the coast of Africa," he added.

It will be a busy six months for the destroyer and its 280 crew members, including a Sea King detachment from 12 Wing Shearwater. Various

national exercises are scheduled as well as time in the Mediterranean for Operation Endeavour, NATO's effort in the campaign against terrorism. "(As) Athabaskan will be going across the Atlantic, the ship will be doing their workups with sea training onboard until January 19. The operational turnover with the Germans, who are the current flag, will happen

on January 26," stated Commander Chris Dickenson, Squadron Public Affairs for SNMG1.

There are two national exercises scheduled in the Baltic, one for the Norwegian navy and the other for the Danish navy. The ship will then sail into the Mediterranean for OPERATION ACTIVE ENDEAVOR.

While in the Mediterranean, the

fleet will participate in more national exercises for other NATO nations. A French, Spanish and possibly a Turkish exercise will take place. "(The fleet) will be doing major exercises in March. They will participate in EXERCISE BRILLIANT MARINER, a certification exercise for the Commander Spanish maritime group, as well as for Maritime

Component Commander (MCC) in the North sea," added Commander Dickenson. Another important exercise scheduled for the NATO fleet is a certification for the NATO Response Force concept on a political level.

The exercise will be happening off the coast of Cape Verde just before they return home.



During the deployment, Athabaskan will participate in many international exercises.

Community calendar

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

Publication schedule for 2005 and 2006

October 31, 2005 – Remembrance Issue
November 14, 2005 – Holiday Shopping Guide
November 28, 2005
December 12, 2005 – Review of 2005
January 9, 2006
January 23, 2006
February 6, 2006 – Valentine's Special
February 20, 2006
March 6, 2006 – Home and Garden Special
March 20, 2006
April 3, 2006 – Posting Season
April 18, 2006
May 1, 2006
May 15, 2006
May 29, 2006
June 12, 2006 – Family Days Special
June 26, 2006
July 10, 2006
July 24, 2006
August 7, 2006 – Back to School Special
August 21, 2006
September 4, 2006 – Air show Special
September 18, 2006
October 2, 2006 – Home Improvement Special
October 16, 2006
October 30, 2006 – Remembrance Special
November 13, 2006
November 27, 2006 – Holiday Shopping Guide
December 11, 2006 – Review of 2006

Editor: **Lynn Devereaux**
(902) 427-4235, fax (902) 427-4238 • editor@tridentnews.ca

Editorial Advisor: **Mike Bonin** (902) 427-2311

Reporter: **Virginia Beaton** (902) 427-4231 • reporter@tridentnews.ca

Researcher: **Andrea Estensen**
(902) 427-4232 • onguard@tridentnews.ca

Graphic Designer: **Jody DeMerchant**
(902) 427-4234 • onguardart@tridentnews.ca

Student Intern: **Vicky Fowler**

Office/Accounts Clerk: **Angela Rushton**
(902) 427-4237 • accounts@tridentnews.ca

www.tridentnews.ca



**CANADIAN
NAVY**

Advertising Sales:

Dave MacNeil & Errol MacInnis (902) 427-4232 • sales@tridentnews.ca

Design & Layout: **Silent Graphic Design**
silentdesign@ns.sympatico.ca

S I L & N T

Trident is an authorized military publication distributed across Canada and throughout the world every second Monday, and is published with the permission of Rear Admiral Dan McNeil, Commander, Joint Task Force Atlantic.

The Editor reserves the right to edit, condense or reject copy, photographs or advertising to achieve the aims of a service newspaper as defined by CFAO 57-5. Deadline for copy and advertising is noon, ten business days prior to the publication date. Material should be typed, double-spaced and must be accompanied by the contributor's name, address and phone number. Opinions and advertisements printed in Trident are those of the individual contributor or advertiser and do not necessarily reflect the opinions or endorsements of the DND, the Editor or the Publisher.

Le Trident est une publication militaire autorisée par le contre-amiral Dan McNeil, Commandant la force opérationnelle interarmées de l'Atlantique, qui est distribuée partout au Canada et out-remier les leundis toutes les quinze semaines.

Le rédacteur en chef se réserve le droit de modifier, de condenser ou de rejeter les articles, photographies ou annonces publicitaires jugées contraires aux objectifs d'un journal militaire selon la définition donnée à l'OAF 57-5. L'heure de tombée des annonces publicitaires ou des articles est fixée à 12h le vendredi

précédant la semaine de publication. Les textes peuvent être soumis en français ou en anglais; ils doivent être dactylographiés à double interligne et indiquer le nom, l'adresse et le numéro de téléphone du collaborateur. Les opinions et les annonces publicitaires imprimées par le Trident sont celles des collaborateurs et agents publicitaires et non nécessairement celles de la rédaction, du MDN ou de l'éditeur.

Courier address:
2740 Barrington Street,
Halifax, N.S. B3K 5X5

Business address:
Bldg. S-93, PO Box 99000,
Station Forces,
Halifax, NS B3K 5X5

Annual Subscription (24 issues):
• N.B., N.S. & Nfld.:
\$30 + HST
• Remainder of Canada:
\$30 + GST
• U.S.: \$40 US Funds
• Abroad: \$60
US Funds

• Publication Mail
Registration
No. 541605
• Return Postage
Guaranteed
— ISN 0025-3413
• Circulation:
Minimum 10,000



**2005 WINNER
CCNA BETTER
NEWSPAPERS
COMPETITION**

Classes at PSP Community Recreation

Are you looking for ways to help keep your New Year's resolutions? We can help! PSP Community Recreation is now taking registration for the following classes:

Latin Dance: HMCC Windsor Park. New!

Belly Dance: Shearwater and HMCC Windsor Park.

Hatha Yoga: Shearwater, Fleet Gym—Dockyard, Stadplex, and HMCC Windsor Park.

Aerobics: Shearwater and HMCC Windsor Park.

Pilates & Yoga on the Ball: Shearwater.

Spinning: Fleet Gym—Dockyard, Stadplex and Shearwater.

Aqua Fitness: Stadplex and Shearwater.

Baby and Me Fitness: HMCC Windsor Park.

Pilates: Stadplex, Shearwater, Fleet Gym—Dockyard and HMCC Windsor Park.

For more information on schedules and pricing please visit our website at www.psphalifax.ns.ca/Recreation/Adult_Recreation.asp. Flyers are also available at all three fitness facilities as well as the Community Centre in Windsor Park. To register, contact Nicole Dupuis at 722-4647 or dupuis.nc@forces.gc.ca. Office hours are 7:30 a.m. to 3:30 p.m. Monday to Friday.

Register early to avoid disappointment. Classes with low registration will be delayed or even cancelled.

HMFRFC Family March Break Activities, March 13 to 17

The HMFRFC will be offering Family March Break activities again this year. If you are interested in any or all family activity or have any questions, please call 427-7788. Please register your family by March 8, 2006. Remember spaces are limited so register soon.

Monday, March 13. From 10 a.m. to 12 noon, we have scheduled a Family Fear Factor. Everyone will have the opportunity to get involved and have lots of fun. Don't be afraid, we won't make you eat bugs. We will also have many challenging games for everyone as well. All families can hang out together, laugh, and have the chance to win the HMFRFC Fear Factor. This event is \$3 per person.

Tuesday, March 14. Has your family

ever tried Glow in the Dark Bowling before? If the answer is no, this is your opportunity. Come join us for some fun and spend time with your family and friends. The fee is \$3 per person. We will meet at Stadacona Bowling Alley from 10 a.m. – 12 noon.

Wednesday, March 15. Pig's Jig will be entertaining with singing, dancing and face painting for children. For \$2 per person, in the Multi-Purpose Room of the Halifax Military Community Centre (HMCC) from 10 a.m. to 11:30 a.m.

Thursday, March 16. Creative Zones 10 a.m. to 12 noon, also in the Multi-Purpose Room of the HMCC. We will have zones set up for all age groups. These activities are fun, interactive trendy activities that everyone would love to try. These zones will be child and family led. Come check us out... You never know what kind of fun bits and pieces we may do. Bring along a friend and have some fun... The cost is \$3 per person.

Friday, March 17. End the last day with a big splash as we head to the Stadacona Sportsplex pool for a family swim and pizza. Three hours of fun from 10 a.m. to 1 p.m. for \$5 per person includes swim and pizza.

For more information contact Pat Haight, PR & Fund Development, HMFRFC, 427-4892.

Family events at the Halifax Military Family Resource Centre

On Thursday mornings from 9 a.m. to 11 a.m. there are Parent & Tot sessions at the HMFRFC at the Halifax Military Community Centre in Windsor Park. Cost is \$1 per child. Register by calling 427-7788.

On Saturday January 28, 2006 there will be a Gymboree at HMFRFC at the Halifax Military Community Centre in Windsor Park.

The session runs from 10a.m. to 11:30a.m. Cost is \$2 per child. Registration deadline is January 26, 2006. For further information call 427-7788.

Shearwater MFRC Youth Ball Hockey League

We play on Wednesday nights. There are eight teams in our league. Games are 3 on 3 plus a goalie.

We play two 15 minute running time periods and we have 15 minutes of skill instruction and warm up prior to the game—for a total of 45 minutes per

week. There is no cost to play in the league. The Shearwater Military Family Resource Center's Henderson Sweetman Youth Centre runs the league. Adults and youth coach teams. No equipment is required—we provide sticks and goalie gear. (Goggles are mandatory and we ask children to provide their own, or they can rent them for .50 cents a night) All skill levels welcome! The league is co-ed and this is a great way to stay fit, have fun and meet other children. The league is open to military and civilians. We currently have 60 children in the league but still need more.

The league goes until the end of May, and we finish off the season with a day-long floor hockey tournament. The children range in age from 8 to 13 years.

All members of the league must have a current Youth Center membership.

This is a \$15/year fee and entitles all members to attend the drop-ins at the Youth Center, along with special events, activities and programs.

For further information or to register call the Shearwater MFRC Youth Centre at 720-1776. Please go to our web site to view information and pictures on the league at www.shearwateryouth.homestead.com.

Mind Body Spirit event at SMFRC

Sometimes it just has to be... all about me! On Saturday, January 28 from 9 a.m. to 4:30 pm join us at the SMFRC for a rejuvenating day of reflection, inspiration and goal setting.

This day will be jam-packed with tools, tips and activities to help you find more free time to invigorate your spirit. There will be sessions on massage, movement and self-care.

Bring comfortable clothes, a light spirit and an open mind. The cost to attend is \$25 (includes lunch and refreshments) and childcare is available for \$15 per family.

For more information or to register, please contact Ryllonna at 720-1159 or Leclerc.RL@forces.gc.ca.

Canadian Cancer Society offers helpline for smoking cessation

Thinking about quitting smoking? The Canadian Cancer Society has a toll-free Smokers' Helpline at 1-877-513-5333. A Quit Specialist will answer questions and help you build a plan that is right for you.

Buying or Selling in Halifax/Dartmouth?

Call Anna Oliver, IRP, ABR

Find out what your home is really worth, check out my website www.annaoliver.ca

Bilingual service available

Tel: 902-209-0313

Email: annaoliver@royallepage.ca

ROYAL LEPAGE

GCWCC 2005 campaign total exceeds expectations

By Virginia Beaton
Trident staff

In 2005, the Joint Task Force Atlantic's (JTFA) annual Government of Canada Workplace Charitable Campaign (GCWCC) raised a total of \$382,882.74. That amount exceeds not only the declared goal, but also the stretch goal, according to Captain(N) Marc St-Jean, Base Commander of CFB Halifax and GCWCC Champion.

"Congratulations are in order to each and every member of the campaign team because the campaign is an overwhelming success. What we are here today to do, is to recognize and celebrate that kind of achievement," stated Capt(N) St-Jean.

The announcement of the final amount raised came on Monday January 16, 2006, during the closing ceremony for the GCWCC, which was held onboard HMCS *Preserver*.

Cdr Mark Watson, Formation Administration Officer, was master of ceremonies for the event.

Noting that it was his first campaign as a GCWCC champion, Capt(N) St-Jean observed "I have to say I've been really inspired and heartened to see the kind of enthusiasm and hard work that each and every member of the campaign team, and each and every volunteer has put into the success we achieved today."

He thanked the leaders, coordi-



Catherine Woodman, president and CEO of the Halifax region United Way, and Capt(N) St-Jean, CFB Halifax Base Commander unveiled the total for the 2005 GCWCC in JTFA.

nators, canvassers, treasurers, and all who contributed their time and money.

"We had three goals for this campaign. The first one was 100 per cent canvassing," Capt(N) St-Jean noted, adding "We achieved 90 per cent and that's a really good target."

The second goal was to increase participation. "This year, I'm happy to say we have done that. We increased by two per cent over the previous year and some of you may not think that sounds like a lot. But

when you think about all the personnel in JTFA, some 10,000, if you take two per cent of that, 200 people had a new opportunity to join the cause."

The third goal was the monetary goal set at the campaign launch in September 2005, which was \$360,000, with a stretch goal of \$375,000.

At the close, the campaign not only met but exceeded the stretch goal, stated Capt(N) St-Jean. "So one and all, thank you for your participation and contribution of time and

effort and funds that will ensure that the programs that we need the most, the services we need the most within our own community, and within the broader community, are available for years to come."

Catherine Woodman, president and chief executive officer (CEO) of the United Way of Halifax region, was present for the closing ceremony and noted that *Preserver* had a strong family connection for her, as her father was the first Commanding Officer. Recalling *Provider* and *Protecteur*, *Preserver's* sister ships, Woodman stated that when she thought of these three ships, "I think of DND's role in the community,"

In her job as CEO, Woodman added that she has realized "how the military and DND deliver on those three values, if you will. How you preserve, and protect, and provide in the community. And today we are celebrating the generosity and the spirit of people in DND in stepping forward and providing tremendous support to us."

Woodman emphasized that the CF/DND support extends beyond the financial. It also includes several DND employees who work for the United Way during the campaign, the Stadacona Band's performance at the United Way launch ceremony, "and the fact that you hosted our community leadership event on the Bridge this year, and the fact that your Base Commander sits on our board. In so many ways, you demon-

strate your support to the community. Very real and tangible ways, and we are very grateful."

The event also included the presentation of Workplace Appreciation awards, Quantum Leap awards, and Outstanding Group and Unit awards.

12 Wing Shearwater received triple honours with a Workplace Appreciation award, a Quantum Leap award, and an Outstanding Group/Unit award.

ACOS P & T, N4 MAT, Canadian Fleet Atlantic, LFAA HQ, MARLANT HQ, ACOS IM, and CFAD Bedford all received Workplace Appreciation awards. N4 MAT also received a Quantum Leap award.

As well, DND retirees earned a Quantum Leap award.

DRDC (A) was a Silver level participant, and also had the greatest number of leaders. CHRSC (A) and MAC (A) were Silver level participants, and FMF Cape Scott was a Bronze level participant.

In Unit awards, Bcomd Sec/FSE achieved a 200 per cent increase, winning a Quantum Leap award. FAdm, ACOS P & O, Trinity, RCSU (A), HMC Ships *Toronto*, *Charlotte-town* and *Montreal* all received Quantum Leap awards, with RCSU (A) also being recognized for the highest unit participation.

Preserver received a Quantum Leap award for showing an 87 per cent increase, two years running.

Ville de Quebec also received a Quantum Leap award for a 195 per cent increase, and was also honoured as most improved unit.

From 12 Wing Shearwater, 12 AMS, 423 Squadron, and Wing Ops all received Quantum Leap awards.

Base Commander Bravo Zulu awards went to comptroller Brenda Dean, N4 MAT group coordinator Ellen Rhind, and 12 Wing group coordinator Capt Liz Verge. ADOs Kim McNeil and Stacey Coates received bouquets of flowers in appreciation of their work on the campaign.

At the conclusion of the ceremony, Cdr Watson was presented with a framed photo of the Macdonald Bridge, in recognition of his outstanding work as director of the 2003, 2004 and 2005 GCWCCs.

Cdr Hatton, *Preserver's* Commanding Officer, received a presentation in thanks for the ship's role as host of the event.



Members of the 12 Wing 2005 Campaign team displaying the achievement of the Wing as having met the WComd goal of \$30,000. In fact, the campaign went on to realize a total of over \$38,000 raised in support of the GCWCC this year. Members are from left to right: MCpl Steve Jones (12 AMS), Capt Erin McGovern (406), MCpl Steve Graham (HOTEF), Lt Anthea Chang (WTIS), WO Hilliard (12 AMS), Capt Dave Medjuck (423), Pte Darrell Flight (406) and PO2 Dave Willmore (406).

Posted to Victoria?

FREE RELOCATION KIT
on Victoria with current examples of homes for sale, and information on a wide range of community services. Please call or email me today.



 **peterb@vreb.bc.ca**
1-800-663-2121
www.victoriarelocation.com

RE/MAX CAMOSUN • (250) 744-3301 • 24 hours
Peter Lindsay Serving the Needs of Military Families Since 1967

Jim & Jackie Pitt

Let our experience with relocation, take the pressure and stress out of moving

Put the Power of the Pitts to work for you!

 **489-2525**
Trident Realty Ltd.
pittj@accesswave.ca

 Century 21 is the only real estate company that gives you **airmiles!**



AKME APPRAISALS Inc.

Are you Posted or Retiring?

Choose Akme from the TRP Relocation Appraiser list

Retired Canadian Forces Members Appraising for You

Phone: 435-2637 Fax: 462-3286

AKME APPRAISALS Inc.



Making their mark

(Above) Pte Alain Paulin and MCpl Dean Tulloch prepare to vote in the 2006 Election Campaign at 12 Wing Shearwater Headquarters Cafeteria as Cpl Craig Gilday and Pte Darlene Shears look on.

(Right) The volunteer staff who organized and operated the Special Military Voting Poll during the week 9-13 Jan at 12 Wing Shearwater. The polls were open for military members who wished to vote for the electoral district as stated on their Statement of Ordinary Residence (SOR) on their pers file. The poll was open all week from 0800-1630 and saw voters from many Halifax units exercise their right to vote under Part 11 of the Special Voting Rules of the Canada Elections Act. Pictured are Deputy Returning Officers (DROs) standing, Capt Erick Schibler, Capt Liz Verge, kneeling are Poll clerks Pte Darlene Shears and Cpl Craig Gilday.



PHOTOS: PTE AMY MARTIN, 12 WING IMAGING SHEARWATER

CF youth to participate in National Youth Model

By Virginia Beaton
Trident staff

The Canadian Forces National Youth Model is looking for some youth ages 13 to 18 from Canadian Forces (CF) families.

They need volunteers for local youth committees that will propose ideas for projects aimed at CF youth, and how they would like to see money spent.

"This is an initiative that was started at the national level, after the Standing Committee on National Defence and Veterans' Affairs (SCONDVA) determined that there was need to support military youth," stated Nicole Dupuis, Community Recreation Assistant for Personnel Support Programs (PSP).

"A main focus of the Youth Model is that is youth driven."

This venture is a cooperative effort between the MFRCs and the Canadian Forces Personnel Support Agency. According to Dupuis, funds for the CF Youth Model have recently become available and are now allotted to bases and wings across the country. "This is to develop projects and initiatives that will enhance the life of military youth. In order to do that, we have to set up a youth council or youth committee for the different areas."

Since this is a national initiative, "this is being rolled out on bases and wings across Canada," stated Dupuis.

There is already a very active youth group at 12 Wing, so Dupuis

and Donna Sutton, the Youth Coordinator at the Halifax Military Family Resource Centre (HMFRC), are working to gather youth from the Halifax, Bedford and Sackville areas.

The goal is for the CF youth committee to have input into what initiatives they would like to see. "It has to be guided by the youth. It has to be their wishes," stated Dupuis.

She noted that the plan is to recruit volunteers for the committee and hold the first meeting on February 12.

"We hope to fill the positions. There should be a chairperson, vice chairperson, secretary, maybe fundraising chair, whatever they think is necessary."

Once it is formed, stated Dupuis,

the committee will meet regularly to decide how they want to use the funding from the national project.

"They must also decide how they would like to see the youth centre managed and used, and what kind of activities and programs they would like."

"It has to be guided by the youth. It has to be their wishes."

With suggestions from the youth committee, "we are hoping to develop some outreach activities," added Dupuis.

She noted that last fall they held

a focus group for youth, to learn what kind of sport and social activities they would want to see. Suggestions ranged from trips to equipment for the youth centre.

"With help and support, the committee will be the ones organizing the things they would like to do. This is an opportunity to learn and to develop leadership skills," Dupuis pointed out.

If there are CF youth in the Halifax, Sackville or Bedford areas who want to be part of the youth committee, they may contact Nicole Dupuis at 722-4647, or Donna Sutton at 427-7084.

"We are hoping to have responses back by January 31. We will be putting out posters and flyers over the next few weeks," stated Dupuis.

Sutton

ROSE BRINE
(902) 471-2934
rbrine@sutton.com



FREE Real Estate Report Reveals
10 Best Buys
Just visit

www.halifaxhomeprices.net

Posted to Halifax?

Call or email me for your

FREE RELOCATION KIT

www.halifaxhomeprices.net

MARY KAY®

instant gratification
try it! love it!

Wouldn't you love a product that immediately fights lines – even refines pores and makes skin smoother? Then you'll love the new TimeWise® Microdermabrasion Set.
Call me today to try it for yourself!

Mary Collinge

Independent Beauty Consultant
www.marykay.ca/mcollinge • m.collinge@ns.sympatico.ca
902-876-7292

1/2 price
for **MARLANT** members
(off ticket price)

- ALL LEATHER JACKETS & COATS
- SHEARLINGS & FURS

come see our new styles and stock.
ALTERATIONS FREE!

Furs & Leathers by SEYMOUR

over 30 years experience • 5491 SPRING GARDEN RD. 422-3151

Réunion NCSM/ BFC Cornwallis

L'Association de réunion de Cornwallis planifie une réunion du vendredi, le 25 août au dimanche, le 27 août, 2006, qui aura lieu à Cornwallis en Nouvelle-Écosse.

Au cours de ces 50ans en opération, la NCSM/BFC Cornwallis a accueilli au-delà de 500 000 hommes et femmes militaires et civiles qui ont travaillé et ont complété leur entraînement sur ses lieux. Nous vous encourageons à vous

inscrire dans le plus bref délai puisque nous sommes limités à 800 participants.

Pour plus amples renseignements, veuillez communiquer avec nous par:

Poste: Association de réunion de Cornwallis, Boîte postale 33, Cornwallis N-É, B0S 1H0. Tél: (902) 638-3434. Téléc: (902) 638-3101. Courriel: cornwallisreunion@fundymail.ca. Site web: www.cornwallisreunion.ca.

HMCS/CFB Cornwallis Reunion

The Cornwallis Reunion Association is planning a reunion from Friday, August 25 to Sunday, August 27, 2006 to be held in Cornwallis, Nova Scotia.

During the fifty years that the base was in operation, more than 500,000 military and civilian men and women worked and trained at HMCS/CFB Cornwallis.

Early registration is encouraged, as we are limited to 800 registrants.

Information may be obtained by: mail: Cornwallis Reunion Association, PO Box 33, Cornwallis N.S., B0S 1H0. Tel: (902) 638-3434. Fax: (902) 638-3101 email: cornwallisreunion@fundymail.ca.

Website: www.cornwallisreunion.ca.

Christmas with 406 Squadron The perfect way to celebrate Christmas 2005

By 2Lt Ian McIntyre
12 Wing Shearwater

Cocktails at 6, dinner at 7, music and dancing all night long. Sounds like the perfect way to celebrate the holiday season. And that's just what 406 Maritime Operational Training Squadron did.

On Thursday, December 8, 2005, 406 (M) OTS held its annual Christmas Party at the new Chiefs' and Petty Officers' Mess in Juno Tower at CFB Halifax. There were more than 80 members and their families, civilian staff and guests who attended the event for an evening of cocktails, dinner and dancing. The goal of the event was to build morale and esprit de corps within the 406 (M) OTS and extended family, as well as to increase the positive profile of the Maritime Helicopter Community within the local community and sponsoring businesses.

The evening started with cocktails on the Bridge. This was a great chance to meet and greet friends early in the evening to wish them the best for the season. The Bridge offers a spectacular view of the city. A brass quintet from the 36 Service Battalion band was there to set the yuletide mood with traditional and

modern carols.

Great food followed in Chiefs' and Petty Officers' formal dining room. The menu included an assortment of appetizers to appeal to any taste and a main course of roast mandarin glazed chicken breast and baked citrus peppercorn salmon. The night concluded with more music and dancing, great prizes, and a visit from St Nick, ensuring that the evening ended on a high note.

The goal of the event was to build morale and esprit de corps within the 406 (M) OTS and extended family.

The evening was a tremendous success. Guests started arriving about 6 p.m. to be greeted at the door while a professional photographer was on hand to take Christmas portraits of members and their guests. The brass quintet from 36 Service Battalion was tremen-

dously popular and at the end of the evening, transportation home was available to those wishing to take advantage of the complimentary service.

Squadron Commanding Officer LCol S.J. Newton said that it was the best Christmas party he had attended in 27 years of service, adding "[the] evening was a wonderful event, super atmosphere and ambiance, excellent people and a wonderful meal topped off with jovial gift giving and dancing. Well done to all."

Several local business generously donated to the event, including Ski Martock, Steele Mazda, Enterprise Car Rental, Cafe Michele, Interlude Spa, Burnside Snooker Club, Ship Shape Dry Cleaners, Deer Country Hideaway, Tim Hortons, Jane's on the Commons, O'Regan's Infinity, O'Regan's Nissan, YMCA at Akerley, and Boondocks. Thanks to their contributions, some wonderful gifts and prizes were handed out at this year's event.

Sincere thanks to each of these companies, as well as to the staff of the Chiefs' and Petty Officers' Mess for their help in making the 2005 406 (M) OTS Christmas Party so memorable.

The Fleet Club Atlantic Presents

SUPER BOWL XL

Sunday, February 5 2006
Doors open at 1700 hrs.
Kick-off at 1900 hrs.

No cover, pizza & VIP section draw before kick-off.
Pizza \$2.50/slice. Various prizes.

For more information contact:
LS Mark Follett at (C) 452-0993

www.fleetclubatlantic.ca

GUARDIAN AUTOMATIC HOME STANDBY GENERATORS

Who controls your power?

Now's the time to find a solution for your power outage nightmares. With the GUARDIAN Automatic Home Standby Generator you'll never be afraid of the dark again.



- Propane or Natural Gas for long run times
- 3400 watts to 150kw for all needs
- Home, Cottage or Commercial units
- Single & three phase - includes transfer switch
- Also Contractor grade gas portables, 12.5 rated kw as low as \$3,200.00.



1367 Rocky Lake Dr., Waverley, N.S.
Phone (902) 860-0081
sales@encomgroup.com
www.encomgroup.com

"Energy Reduction Solutions to Benefit Our Global Community."



Also
Renewable Energy • Solar Hot Water
Solar Electricity • Wind • Hydro

**AUTOMATIC
PROTECTION**

**24 HOURS
A DAY
365 DAYS A YEAR**

La saison de pointe à Passeport Canada

Par Passport Canada
DNews

À l'approche de l'hiver, Passeport Canada recommande aux Canadiens et aux Canadiennes de remplir leur demande de passeport le plus tôt possible avant de planifier leur voyage.

“La demande de services de passeport augmente de façon constante et est particulièrement élevée durant la saison de pointe de Passeport Canada, qui s'étend généralement durant les mois d'hiver”, affirme la présidente-directrice générale, Mme Doreen Steidle. “Les Canadiens et les Canadiennes sont encouragés à faire leur demande bien à l'avance afin d'éviter la possibilité d'un retard dans la délivrance de leur passeport”.

Au cours de l'exercice 2004-2005, Passeport Canada a délivré près de 2,8 millions de passeports, au rythme de 8 000 par jour durant la saison régulière, et de 15 000 par



jour pendant la saison de pointe. Passeport Canada prévoit délivrer plus de 3 millions de passeports durant l'exercice 2005-2006.

Les Canadiennes et les Canadiens peuvent présenter une demande de passeport :

- A l'un des 33 bureaux de Passe-

port Canada au pays, pour obtenir leur passeport dans un délai de dix jours ouvrables, excluant le délai d'envoi par la poste.

- A l'un des quelque 90 agents réceptionnaires au pays. Par la suite, les demandes sont acheminées à Passeport Canada pour le traitement et la décision relative à

l'admissibilité. Le délai pour le traitement des demandes présentées par l'intermédiaire des agents réceptionnaires de Postes Canada est de 15 jours ouvrables, excluant le délai d'envoi par la poste. Le délai de traitement est de vingt jours ouvrables, excluant le délai d'envoi par la poste, si la

demande est présentée par l'intermédiaire d'un agent réceptionnaire de Service Canada.

- En soumettant par la poste la demande de passeport et la documentation d'identification personnelle requise. Le délai de traitement est de vingt jours ouvrables, à l'exclusion du délai d'envoi par la poste.

On peut obtenir des renseignements sur les points de service de Passeport Canada en téléphonant sans frais au 1 800 567-6868, ou en visitant son site Web à l'adresse suivante : www.pptc.gc.ca/passport_office/ppt_offices_f.asp.

Passeport Canada est un organisme de service spécial d'Affaires étrangères Canada. Sa mission est de faciliter les déplacements des Canadiens en délivrant des documents de voyage respectés à l'échelle internationale et répondant aux normes de sécurité les plus élevées du monde.

Peak season at Passport Canada

By Passport Canada
DNews

With winter upon us, Passport Canada would like to remind Canadians to apply for their passports as early as possible before making travel plans.

“The demand for passport services is steadily increasing and it is especially high during peak season at Passport Canada, which generally extends over the winter months,”

said Chief Executive Officer Doreen Steidle. “Canadians are encouraged to apply well in advance to avoid any possible delays in receiving their passports.”

Passport Canada issued almost 2.8 million passports in fiscal year 2004/2005, ranging from 8,000 a day in the regular season to 15,000 a day in the peak season. Passport Canada forecasts over 3-million passports will be issued in fiscal year 2005/2006.

Canadians may apply for a passport:

- At one of 33 Passport Canada offices across the country, with a turnaround time of ten working days, not including mailing time.
- Through one of the more than 90 Receiving Agents across the country. Applications are forwarded to Passport Canada for processing and passport entitlement. Processing time for appli-

cations submitted through Canada Post Receiving Agents is 15 working days, not including mailing time, and 20 working days, not including mailing time, through Service Canada Receiving Agents.

- By sending passport applications and required personal identification documentation through the mail. Processing time is 20 working days, not including mailing time.

Information on Passport Canada points of service is available by calling our toll free line at 1 800 567-6868 or by visiting our web site at: www.pptc.gc.ca/passport_office/ppt_offices_e.asp.

Passport Canada is a Special Operating Agency of Foreign Affairs Canada. Its mission is to facilitate travel for Canadians by delivering internationally respected travel documents that meet the highest security standards in the world.

Property of the Week

17 Brookshire Ct, Bedford \$199,500
A spotless 3 bdrm, 1.5 bath townhouse with comfort & location. Ideally situated with shopping & the highway near by. It features an eat-in kit w/oak cabinets, an extended front entry, low maintenance lot, oil fired forced air heating & a built-in garage w/automatic door opener.

Linda or Yolande at 497-3455 or www.yolandemason.com

Linda Smardon 644 Portland Street Dartmouth, NS, B2W 6C4 Yolande Mason

Linda or Yolande: (902) 478-3197 or 497-3455
Fax: (902) 462-0123 Email: ymason@ns.sympatico.ca

COME TO WORSHIP

SUNDAYS AT CF CHAPELS

St. Brendan's, Stadacona
Sunday Worship
1015 - French Catholic Mass
1115 - English Catholic Mass
1115 - Protestant Service
1200 Weekday (RC) Mass - Mon, Tues, Wed - Lt(N) Gaëtan Fortin (RC), and Lt(N) Chris Donnelly (P)
For information - 721-8660

Shearwater Chapel, Shearwater
Sunday Worship
1000 hrs - R.C. Mass - Lt(N) David Berezowski
1115 hrs - Protestant Divine Worship - Capt. Bruce Murray
Weekday R.C. Mass - Tues, Thurs, Fri - 1140; and Wed - 1900
For information - 720-1441

+ + + + +
Protestant Communion - First Sunday of each month
Baptisms & Marriages - By appointment

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

Officer's Mess Calendar

Jan/Feb 2006

Super Bowl Party
Feb 5 @ Wardroom TBA

Jan
25 Coffee Break @ Wardroom 1100
26 Movie Night (Lord of War)
@ Nova Scotia Room 1900
27 Robbie Burns Night
@ Wardroom 1900

Feb
1 Coffee Break
@ Royal Artillery Park 1000
2 Movie Night (Undiscovered)
@ Nova Scotia Room 1900

EagleSpirit Marketing



A Proud Partner of HP

EagleSpirit Marketing is an aboriginal company with 8 years of experience working with the Federal Government. We are pleased to announce that we are now a premier partner with HP.

We are authorized to sell from the following HP Standing Offers:

HP Desktop	NMSO No: E60EJ-03000D/004/EJ
HP Server	NMSO No: E60EJ-010003/001/EJ
HP Notebook	NMSO No: E60EJ-04000N/003/EJ
HP Printer	NMSO No: EZ107-030001/003/VIC

We also hold a supply Standing Offer where you can purchase additional HP toner from RMSO No. 66HAL-040015/001/HAL.

Please visit our website for available NMSO/RMSO products:

www.eaglespiritinc.com

All purchases from EagleSpirit Marketing will count towards your departments Procurement Strategy for Aboriginal Business.

Thank you for supporting your local aboriginal business.

Please contact us for all of your requirements, general inquiries, quotes and availability. Our friendly staff will make the process of purchasing as simple as possible.

For all your computer and printing needs, please contact us at info@eaglespiritinc.com, or call 1-866-542-1435.

We look forward to providing you superior service.

Premier Business Partner



i n v e n t

HOTEF hosts 25th anniversary reunion

By 2Lt Ian McIntyre
12 Wing Shearwater

On September 14, 1939, Igor Ivanovich Sikorsky (1889-1972) made his first flight in his VS-300. Despite opposition within the aviation community, his continued research ultimately led to the development of a global helicopter industry.

That was the first time a Sikorsky helicopter had been successfully test-flown.

Since then, innumerable Sikorsky test flights have been conducted, and when it comes to the Sea King, no one has had greater success in the last 25 years than the Helicopter Operational Test and Evaluation Facility (HOTEF).

HOTEF, located at 12 Wing Shearwater, is responsible for all operational testing of new equipment and operating procedures on the CH-124 Sea King.

Essentially, HOTEF is responsible for researching and testing state-of-the-art equipment for the Sea King, to enable crews to operate efficiently while deployed.

HOTEF has also been involved with other projects such as participating in Unmanned Aerial Vehicle (UAV) exercises and Aviation Life Support Equipment trials.

Celebrating its 25-year anniversary as a unit, HOTEF hosted a reunion of former unit members from September 7 to 10, 2005.

The week's events included a barbeque organized and hosted by current HOTEF members with Captain Neil Scott as the organizing committee's Chairman.

On the morning prior to the barbeque, HOTEF made a presentation

to the Shearwater Aviation Museum.

A local modeller, Rob Lepine was commissioned to build a model of the Sea King in the Gulf War mode with the self-defence suite including the Forward Looking Infrared sensor (FLIR) and door gun.

"We felt that probably the most significant event in HOTEF's history had been preparations for the Gulf War because it involved a lot of modifications to the [Sea King] and equipment in a very short period of time", said Capt. Scott.

Also present was the first Commanding Officer of the unit, Major (ret'd) [NMS1] Harry Boyko.

Speaking of his first days in Shearwater, Boyko said, "I got there in 1969 and started flying the Sea King in 1970. A team was put together to help develop the underwater acoustic system [for the Sea King]. There weren't any airborne acoustic systems that were helicopter size at the time."

Commenting on HOTEF as it currently exists, Boyko said, "Being the first CO of the unit, I was very pleased and impressed with that the organization has done in the last 25 years. We did not expect it to blossom and grow into what it has become. It has its own legacy."

HOTEF current Commanding Officer Major (Maj) Gregory Leis stated "HOTEF is the most forward-looking of the units."

Maj Leis has been doing testing and evaluating since 1994 except for a two-year stint with 406 Training Squadron.

He has been with HOTEF for almost two years.

Currently, 12 Wing, and the CF in general, await the arrival of the latest Sikorsky acquisition: the CH-



(Left to right) Current Commanding Officer (CO) Maj Greg Leis, former HOTEF CO (Ret'd) Harry Boyko, 12 Wing Commander Col Allan Blair and former HOTEF CO Maj (Ret'd) Grant Bristow mark the 25th Anniversary of HOTEF with a cake cutting during the opening of the new HOTEF display at the Shearwater Aviation Museum.

148 Cyclone.

Delivery of the first aircraft will be in approximately three years with the remaining helicopters delivered at a rate of one per month for a total of 28.

"The new aircraft is going to have such an enormous capability," said Maj Leis. "Right now, we are just trying to decide what the initial operational capability will be and what is the most effective way of getting a technically airworthy aircraft ready to make an effective fighting machine."

The unit will conduct trials and evaluations to ensure that the new

aircraft is prepared to take on the responsibilities that the Sea King has executed for so many years. Just as before, the members of HOTEF will meet those challenges and will exceed any and all expectations.

"HOTEF is a collection of exceptional people and it is the combination of those people that make it a great unit," said Maj. Leis.

Happy 25th Anniversary. Here's to many more years of impeccable service. Igor would be proud.

HOTEF: A history told through projects. Historically, the evolution of the squadron from a test

facility to an official unit has not followed a straight path:

- November 5, 1952: VX10 was formed at Shearwater for the purpose of flight and evaluation trials on the newly acquired Avenger TBM Bomber airplane, in use at the time with the US Navy for Anti-Submarine Warfare (ASW).
- 1957-1964: VX10's principle role related to the CS2F Tracker aircraft.
- November 27, 1963: VX10 performs the first free deck landing of a Sea King helicopter aboard HMCS Assiniboine, anchored in the Bedford Basin.
- December 3, 1963: The first landing using the haul down wire and bear trap was performed.
- June 30, 1970: VX10 is disbanded to form the Aerospace Engineering Test Establishment in Cold Lake Alberta, leaving Canadian Naval Aviation without a dedicated Test and Evaluation Capability.
- 1979-1980: The Helicopter Operational Evaluation and Test Facility (HOTEF) was created out of a renewed requirement for dedicated body to test fly maritime helicopters-namely the CH-124 Sea King.
- 1980-2005: HOTEF becomes the model for all other Operational Test and Evaluation (OT&E) Units in the Air Force, conducting hundreds of OT&E projects for both 12 Wing and the Air Force, improving the capability and effectiveness of the CH-124 helicopter, and paving the way for the implementation of the CH-148 Cyclone.

**THE COLD
SNAP CAN CRACK
YOUR
WINDSHIELD**

In winter, small cracks are more likely to expand. For your safety, get your windshield repaired now.

Call our experts at: 1-800-800-2727

**Standard
AutoGlass**

5552 Kaye Street (902) 454-8611 | 109 Ilsley Avenue (902) 468-1522

Be Natural Laser Clinic

Helping you look & feel your best

780 Windmill Rd.
Suite 103
Dartmouth NS
(902) 404-3939
www.benatural.ca

Permanent Solution to Unwanted Hair & Facial Imperfections.
Treatments for Rosacea, Spider Veins, Sun Damage, Age Spots.
Free Consultations & 10% discount.
Affordable, Safe & Comfortable.

EXIT REALTY

Randy Connors, CD1, HRM
(902) 497-6722 EXIT REALTY

In the market to Buy or Sell a home or property, or just the decision making phase, now is the time to set the wheels in motion.

Hi, my name is Randy Connors, and I would like to be your agent. Over the past 23 years, I have served both our Country and You, at home and abroad as a member of the Canadian Forces. I will bring that dedication and loyalty when dealing with all of your Real Estate needs. Currently, I am working with several agents throughout the country, thus taking away the frustration of seeking out reliable agents elsewhere. It is my belief that through Hard Work, Honesty, and Integrity, your Real Estate transaction will run as smoothly as possible. Not intended to solicit Homes currently under contract.

For a free no obligation, Current Market Analysis, give me a call.

We look at the whole picture.

- With you for the long term
- RRSPs, RRIFs, RESPs
- Retirement and Estate Planning
- Serving DND clients since 1993

MONEY CONCEPTS

AEGON
Dealer Services
Canada Inc.

Brice Guérin, President
Money Concepts, Dartmouth

Service en français.

175 Main St., Suite 204
Dartmouth, NS B2X 1S1

Call (902) 463-6063
or email mcbrice@ns.aliantzinc.ca
for your no cost, no obligation consultation.

Affiliated with National Financial Insurance Agency Inc.

Search and rescue crews airlift second sick patient off Coast Guard ship

By 9 Wing Gander
DNews

Search and rescue crews performed two airlifts off the same Coast Guard ship within a 24-hour period since Sunday, January 8 to deal with two separate cases of suspected heart problems.

Sergeant (Sgt) Dave Payne, a Search and Rescue Technician with 103 Squadron, rappelled down to the Sir Wilfred Templeman on the morning of January 10 to bring up a second casualty experiencing a car-

diac event, said Sgt Payne. "We did our basic medical on the ship and then hoisted the gentleman up (into the CH-149 Cormorant on a Stokes Litter) and took him to St. John's."

The airlift was the second of its kind in two days, the first one occurring on January 8 when another man was airlifted after he reported feeling sick.

According to CBC Radio St. John's, the Templeman has picked up replacement sailors and is returning to sea to complete its scientific work.



CH-149 Cormorant over the Atlantic.

LT CHRISTINE BAZARIN, CAS PA

Évacuation par hélicoptère d'un deuxième patient à partir du même navire de la Garde côtière

Par 9 Wing Gander
DNews

Depuis dimanche, en l'espace de 24 heures, les équipes de recherche et de sauvetage des FC ont évacué par hélicoptère deux

personnes malades à partir du même navire de la Garde côtière. Dans les deux cas, il s'agirait de problèmes cardiaques.

Le Sergent Dave Payne, technicien en recherche et sauvetage du 103e Escadron, est descendu au

moyen d'un treuil sur le Sir Wilfred Templeman, le 10 janvier, pour porter secours à une deuxième personne souffrant de troubles cardiaques. « Nous avons donné les premiers soins au patient sur le navire, puis nous l'avons hissé à

bord de l'hélicoptère (un CH-149 Cormorant) sur une civière Stokes pour le transporter jusqu'à St. John's. », a expliqué le Sgt Payne.

Cette opération de sauvetage était la deuxième du même genre en deux jours. La première a eu lieu le 8 jan-

vier, lorsqu'un autre homme a été évacué par hélicoptère après s'être senti malade. D'après CBC Radio à St. John's, le Sir Wilfrid Templeman est allé chercher de nouveaux marins et a repris la mer pour terminer ses travaux scientifiques.

A **Smile**
GOES A
LONG WAY...

Service
With a Smile



Just a couple of the destinations PAL can take you!

PAL
Provincial Airlines

Destinations:

Deer Lake
Gander
Goose Bay/Coast
Halifax
St. Anthony
Stephenville
St. John's
Wabush
Blanc Sablon
Churchill Falls
Sept. Iles

For reservations call your local Travel Agent or Provincial Airlines at 1.800.563.2800.
book on-line at www.ProvincialAirlines.com

A Provincial Aerospace Ltd. company





SGT RICK FANCY, ARMY NEWS

Cpl. Andrew Beckett is passionate about his Reservist and medical careers.

Working with a scalpel

By Sgt Rick Fancy
Army News Halifax

The smell of disinfectant lingered in the air as Reserve Medical Technician Corporal (Cpl) Andrew Beckett sterilized his hands for the next surgery. It had already been a long day and it would continue late into the night, but in a different uniform.

As a youth, Cpl Beckett was unsure of what he wanted to do when he grew up. At 18, he decided to join the military as a Medical Assistant. He served with 1 Field Ambulance (1 Fd Amb) and 1

Princess Patricia's Canadian Light Infantry (1 PPCLI) in Calgary, Alberta and completed tours in Yugoslavia in 1992 and 1994. It was during these tours that he became more interested in a career in medicine. "I was exposed to mass casualties, and to this day some of those experiences stay with me."

After about nine years in the Regular Force he decided to return to school to study medicine and eventually decided to become a doctor. At the same time, he wanted to continue with his military experience so he transferred to the Reserve Force and joined 33 Field

Ambulance (33 Fd Amb) in Halifax, Nova Scotia. "It is important to give time to your country and community, the Reserves give you an opportunity to do that."

Now as a Reserve Medical Technician and a first-year General Surgery Resident at Dalhousie University, he balances a 100-hour workweek in the hospital and his Reserve duties because they are both careers about which he is passionate. "It's very challenging, but I still have a strong connection to the military, they taught me to study, be responsible and to be disciplined and now I am a physician."

First Aid training gives you the tools to respond quickly

By Lt Cdr Timothy J. McDermott
Underwater Warfare/
Submarine Rescue

On a weekend drive in the country, you come across the scene of a motorcycle accident. An adult male is lying in a roadside ditch. You observe the rider is unconscious. He may have suffered a neck or spinal injury. He has a broken leg with pieces of the bone sticking out through his skin. He has a severe laceration to his face and chest and a partial amputation of one of his forearms. There is no one else around. The closest fire station and ambulance are more than 30 kms away. You are on your own...

Do you know what to do?

If you've undergone first aid training under the instruction of CPO1 Ken Lane, PO1 Les Adams, PO2 Dave Watts or LS Tom Beverage, then you know what the next step is and you've practiced that scenario and many others. The Advanced Medical First Respon-

der course is an intense 10 day course designed to train ship's casualty clearing team members to deal with medical emergencies.

Participants covered include everything from treating diabetic shock to gunshot wounds and amputations to using pressure demand oxygen delivery systems and automatic external defibrillation devices.

The course combines lectures, hands-on practical demonstrations and some very realistic casualty simulations. MARLANT takes the St John Ambulance material and adds several days worth of additional training scenarios to reinforce the lessons learned. Students face a variety of medical scenarios that can leave those with weak stomachs wishing they had skipped lunch.

Students who successfully complete the course return to their ships with the knowledge, training and confidence required to become an effective member of the ship's casualty clearing organization.



COLD BEER STORE

Proud to Salute those who Serve!

25% discount on Merchandise with Military ID

Open 7 Days a Week



3055 Agricola Street Hfx., (902) 455 - 6900



SIMMONS

MATTRESS GALLERY

Special offer

TO ALL MEMBERS OF MARLANT

Buy any sleep set including all advertised specials and receive an added exclusive bonus of bed frame and pillows **Value \$110.**

We have the largest range of Simmons sleep sets in Atlantic Canada over 50 sets to choose from
Quality sleep sets starting at \$499 for queen sets.

Plus
12 Months no interest no payments*
*\$49 BILLING FEE OAC

We're here to help you sleep better

HALIFAX Bayers Lake Park
172 Chain Lake Drive (Look for the Big Simmons Sign)
Mon-Fri 9:30-9:00; Sat 9:30-6:00

DARTMOUTH Woodlawn Mall
124 Woodlawn Road (Between Harvey's and Wendy's)
Mon, Tues, Sat 9:30-6:00; Wed-Fri 9:30-9:00

Now open until 9pm Mon-Fri



450-0233

Free Local Delivery!

*EXCLUDING CASH AND CARRY ITEMS



435-5119

My Mechanic opens in Burnside

By **Melanie Furlong**
Trident contributor

Mechanic George Thorne wants to make auto services accessible to everybody. His new Burnside business, My Mechanic, is set up differently from other auto shops to help him achieve this.

For example, there's a concrete ramp at the entrance to make it wheelchair accessible.

"The last place I worked at didn't have any access for people with wheelchairs," said Thorne.

"I used to go out to their car and talk to them in their car outside or they sat in the passenger side while we were trying to fix their car. I thought that wasn't fair and I felt that they were left out in the auto industry. Things need to change."

My Mechanic's entire facility is wheelchair accessible including the bathroom. The counter tops are lowered, and the waiting room itself is large enough for wheelchairs to maneuver in easily.

We can work with their budget, not our budget, as long as the car can be safely driven."

Thorne also wants to make the place more appealing to women, who he said, are in charge of the family finances about 70 per cent of the time, as well as to those on budgets.

"Usually a man will come in with the car and have to call his wife to find out if their budget can handle a repair or not."

That's one reason he's designed a budget repair program.

"We'll do the initial request that the customer has and we'll check over the car for anything else that we notice that should be repaired," said Thorne. "We'll write on the work order what should be done today, next week or six months down the road. We can work with their budget, not our budget, as long as the car can be safely driven. We're not here to up-sell; we don't do that here."

Customers who have a repair done will also be given a card from the technician who did the work on their car

and that person will become their regular mechanic.

"What I mean by that is that the customer can keep the business card on them and if they run out of gas, have a question or break down on side of road in the Metro area, the technician will come and help you free of charge or will make arrangements for somebody to come and help you. It can be scary, especially for women, to end up on the side of the road. They wonder who will stop."

My Mechanic will also offer on-site seminars every three months free of charge for both women and men.

Topics range from how to check the oil to what it means if the engine light comes on.

The first seminar will be on regular maintenance some time in mid-April.



My Mechanic owner George Thorne.



Mechanic Allan Gay checks out this car's suspension.



My Mechanic Offers

- "state of the art" total automotive services
- absolute customer care
- pleasant waiting area with all the amenities
- showroom designed for 'special needs' customers
- financing available (oac)
- shuttle service
- customer "Budget Repair Program" (see details in store)

- Motor Vehicle Safety Inspection
- Wheel alignments
- Tune ups
- Brakes
- Front End
- Struts
- Exhaust
- Lube / Oil / Filter
- Minor Electrical Repairs
- Installation of Tires
- Wheel Balancing
- Diagnostics
- Air Conditioning
- Cooling System Flushing
- Transmission Flushing & Service
- Fuel Injector Cleaning
- AVR (Charging System) Testing



Left to right: George Thorne, Owner/operator; Technicians Al Gay, Ray Cole, and Lee Redding. Also on staff, Jeff Hubbard.

26 Bancroft Place, Burnside 405-3110
(corner of Wright and Windmill)

Stadacona band director becomes CF Supervisor of Music

By Virginia Beaton
Trident staff

After five years of service with the Stadacona Band of Maritime Forces Atlantic, Commander (Cdr) Gaetan Bouchard is leaving.

He has been appointed to the position of Supervisor of Music for the Canadian Forces and will be posted to National Defence Headquarters (NDHQ) in Ottawa.

The Honourable Myra Freeman, Lieutenant Governor of Nova Scotia, paid tribute to Cdr Bouchard and the entire Stadacona Band during a reception at Government House on Monday, January 9, 2006.

"Tonight, His Honour and I are delighted to host this event to recognize the contributions the Stadacona Band has made to our Nova Scotia community, and to acknowledge the leadership of its director, Commander Gaetan Bouchard," stated Lieutenant Governor Freeman.

Her Honour noted the band's performances at many public functions, stating "Your presence at all the events that we have been at, has certainly enriched our lives over these last

five years."

She observed that during Cdr Bouchard's tenure, the band has played many high profile engagements including the annual Battle of the Atlantic Gala, the Till We Meet Again concert each November, and the Very Beary Christmas concerts. The Stadacona Band has also been for many years the pit band at the Nova Scotia International Tattoo.

Other performances included the band's participation in the Quebec International Military Band Festival, the 56th anniversary of the Italian Republic, and in June 2004, the parade for the 60th anniversary of D-Day.

Lieutenant Governor Freeman thanked Cdr Bouchard for his dedicated service to the Stadacona Band of Maritime Forces Atlantic, as well as to the Canadian Forces. She observed that in July 2004, he received a Chief of the Maritime Staff (CMS) commendation from Vice Admiral (VAdm) Ron Buck, then the CMS.

In addition, she noted, in September 2005, RAdm Dan McNeil, Commander Joint Task Force Atlantic and Maritime Forces Atlantic, pre-



The Lieutenant Governor of Nova Scotia, the Honourable Myra A. Freeman paid tribute to the outgoing director of the Stadacona Band, Cdr Gaetan Bouchard during a reception at the Government House. Cdr Bouchard received a paperweight made of Nova Scotia crystal.

sented the band with a citation from Her Excellency the Right Honourable Adrienne Clarkson, then Governor General of Canada and Commander-in-Chief of the Canadian Forces. The occasion was the band's 65th anniversary.

Lieutenant Governor Freeman presented Cdr Bouchard with a Nova Scotia crystal paperweight inscribed with the Crown, as a gift from Government House.

In accepting the gift, Cdr Bouchard emphasized his gratitude to the MARLANT

command structure for their support of the organization, as well as to Her Honour and the Honourable Lawrence Freeman.

"They are truly our biggest fans," he commented.

Cdr Bouchard extended his particular thanks to the band members, saying "How could I do this without the people in the band?" Complimenting the high standard of their musicianship, Cdr Bouchard joked, "I hardly had anything to do... We performed and we had fun." He assessed his posting in MARLANT as "the five best years of my life, so far."

In an interview following the reception, Cdr Bouchard stated that one of his priorities during the time in MARLANT was to connect with the community and to showcase local musicians

and singers.

Cdr Bouchard stated that he consulted with composers and arrangers such as Scott Macmillan, who participated in the Stadacona Band's milestone tour of Francophone communities. In the fall of 2005, they travelled to several of Nova Scotia's Acadian regions, with a French program featuring Acadian singers and musicians as guest soloists.

"Scott has always been a big help. He has great advice about who we should present," stated Cdr Bouchard.

In his new position as Supervisor of Music for the CF, Cdr Bouchard will be invited to guest conduct, but stated that he also looked forward to having the opportunity to play his instrument, the French horn.


"I hope to play again, perhaps in a community band."

Guests at the reception included many friends and supporters of the Stadacona Band, including RAdm Dan McNeil and his wife Kathy; VAdm (ret'd) Duncan Miller, former commander of Maritime Forces Atlantic; Col (ret'd) Ian Fraser, director of the Nova Scotia International Tattoo, and previous Stadacona Band conductors Cdr (ret'd) Jack McGuire and LCdr (ret'd) Jim Forde.

The change of command ceremony took place in the band room on Thursday, January 12, 2006.

Captain(N) Rick Payne thanked Cdr Bouchard for his accomplishments during his time as conductor and music director with the ensemble.


"You've got a big honking band, and it's the best band in the Canadian Forces," Capt(N) Payne told LCdr Ray Murray, the band's new Commanding Officer.



On the road to a successful Real Estate Transaction

My 21+ years in the Navy has taught me the importance of hardwork and paying attention to every detail. I understand your needs and will work hard to earn your business and get the job done efficiently

Call Jamie Higby today • Tel: 223-8837 (2 Better) • Email: exithere@ns.sympatico.ca



This is one EXIT you can't afford to miss!

Visit Stokers.ca



Dear Coach,
Just a short note to commend both the air and ground crews for the service we received on our recent trip. My wife and I require the use of a wheelchair so the crew were marvellous in seeing to her needs. A crew member reserved a seat for us while we waited for our baggage and when home in Toronto, we were brought right over to the car that was hired for us.
Thanks again for a great travel experience.
Mike
Toronto, ON

"The crews were marvellous..."
"Thanks again for a great travel experience."

CanJet, Canada's low-fare airline, is **connecting with people like you** with more smiles and more low fares to more destinations.

Seven Days of Savings Seat Sale!

Fly in January and Double your SmartRewards.

FROM HALIFAX ONE-WAY FARES STARTING AT:				
ST. JOHN'S / MONTRÉAL / OTTAWA	DEER LAKE	TORONTO	NEW YORK	CALGARY
\$69*	\$73*	\$99*	\$129*	\$169*
SARASOTA	FORT LAUDERDALE / WEST PALM BEACH		ORLANDO / ST. PETERSBURG	
\$179*	\$185*		\$211	

canjet.com • 1.800.809.7777 or call your travel agent.




For SmartRewards rules, terms and conditions visit www.canjet.com or call 1.800.809.7777. Fares advertised are for new bookings only; no minimum stay required. Seats are limited and subject to inventory allocation. Changes may be made up to 2 hours prior to departure for a fee. Fares advertised do not include taxes, NAV Canada, insurance, security fee or airport fees where applicable and are subject to change without notice. Flight schedule is subject to change without notice.

Can the Air Force protect its airfields using Uninhabited Aerial Vehicles?

By Canadian Air Force
DNews

The Air Force has stepped up its involvement in what is perhaps the most visible sign of capability transformation across the Canadian Forces—uninhabited aerial vehicles (UAV).

A new 60-person Tactical UAV Flight formed of personnel from 408 Tactical Helicopter Squadron, from Edmonton and 5e Régiment d'artillerie légère du Canada (5 RALC) from CFB Valcartier, conducted trials of Tactical UAVs last October in Wainwright, in preparation for their operational employment.

The Air Force has also created a new section within the Directorate of Air Requirements to identify future UAV requirements of the Canadian Forces.

Last fall, the Air Force began testing the Silver Fox Mini UAV to see how it will perform in an operational environment. Can it transmit reliable, secure information? Can it detect potential threats? Can it withstand an enemy attack? Are military airfields in a deployed the-



The Silver Fox UAV.

atre of operation more secure with UAVs flying overhead?

These and other questions were put to the test during the airfield security experiment, which was held in the vast expanse of southern Alberta, more specifically, the Defence Research and Development Canada experimental proving ground at CFB Suffield.

The Air Force conducted the experiment, using personnel from

its new CF Aerospace Warfare Centre who work on experimentation in Ottawa. The experiment was a success on many fronts, not the least of which was increasing the number of flying hours on the Silver Fox by 84, a 350 per cent increase in operational flying time.

The task of the Silver Fox was to locate, identify and report potential threats to the airfield operation. The scenario included small teams of

insurgents in vehicles or dismounted, armed with shoulder launched missiles, mortars, and assault rifles trying to attack the airfield. To complicate matters further, neutral civilian work parties were included in the operational area.

Major Bjorn Helby, the experiment director said "the success of this experiment shows that the CF Aerospace Warfare Centre concept development and experimentation

process worked remarkably well the first time we executed it. Partnering with the experts wherever they are, forming a multidisciplinary team, and tackling a problem using a process of experimentation first in simulation and then in live, worked really well."

The experiment was truly a joint effort between the Army, Navy, Air Force, Regular and Reserve Force, and DRDC—everyone brought their own unique area of expertise to the table, be it on UAV systems, modeling, experimental design and analysis, to all the field logistics support, combat arms expertise, personnel to play the role of insurgents, and two personnel to train and function as Silver Fox Sensor Operators.

Special mention should go to the DRDC Suffield personnel who repeatedly worked late into the evening and again very early in the morning to ensure that the Silver Fox was ready for launch. The hard work paid off in successful flights and the steady accumulation of experimental data (70 DVDs in all), which maintained the high morale of the team.

TAKE CHARGE YOU HAVE THE POWER TO SAVE



DID YOU KNOW?

- Ten seconds of idling uses more fuel and produces more air pollution and greenhouse gases than restarting your car.
- For every liter of gas used, the average car produces about 2.4 kilograms of carbon dioxide, the principal greenhouse gas contributing to climate change.
- Jack rabbit starts increase fuel consumption by 39% while reducing travel time by only 4%.
- For every 1 km/hour increase in speed above 100 km/hour, fuel consumption increases by 1%, for example at 110 km/hour you are burning 10% more fuel than at 100 km/hour.
- A poorly tuned engine can consume between 15% and 50% more fuel than a properly maintained engine.
- Air conditioning can increase fuel consumption by as much as 20%
- One tire under inflated by 6 psi can reduce tire life by 10,000 km and increase fuel consumption by 3%.

SPECIAL MILITARY FINANCING

474 Windmill Rd., Dartmouth 468-8283

HARVARD
Auto Sales

945 Sackville Dr., Sackville 864-1949

APPLY ON-LINE
HARVARDAUTO.COM

Over 150 cars, trucks, mini-vans & SUV's
Over four million \$ available for
instant credit approval!

BE PREPARED TO TAKE IMMEDIATE DELIVERY, OUR INTENT IS TO FINANCE EVERYONE!

Bomb kills Canadian official, wounds CF soldiers

By National Defence
DNews

One Canadian civilian official was killed and three Canadian soldiers were wounded after a bomb detonated close to their vehicle. The incident occurred around 1:30 p.m. local (4 a.m. ET), on January 15, about one km southeast of Camp Nathan Smith, the site of the Provincial Reconstruction Team (PRT) in Kandahar City. The incident took the life of Mr. Glyn Berry, a Political Director, from Foreign Affairs Canada embedded with the PRT. The family of the deceased and the soldiers' next of kin have been notified.

The wounded soldiers are Private William Edward Salikin, Corporal Jeffrey Bailey and Master Corporal Paul Franklin. All soldiers were deployed as part of the PRT and originate from Land Force Western Area units.

All casualties were first evacuated from the incident site to Camp Nathan Smith by road in a military ambulance. A U.S. Army Blackhawk helicopter from Kandahar Airfield flew the wounded soldiers from the PRT site to the American field hospital at Kandahar Airfield where they received medical attention. The three soldiers were taken to an American Army hospital in



Three Canadian Forces Chaplains lead the pallbearer party.

Germany, where family members were expected to arrive January 18. Two are in an induced coma, and one has severe damage to both legs.

The deceased and the wounded soldiers were patrolling in G Wagon (Gelaendenwagen) vehicles. Immediately after the explosion, the sol-

diers established a security cordon around their vehicles and the Provincial Reconstruction Team Quick Reaction Force was dis-

patched to the scene of the blast. A detailed investigation is being conducted to determine the circumstances of the accident.

Canada's mission in Afghanistan is part of our contribution to the international campaign against terrorism. The overarching goal is to help the Afghan people achieve peace by preventing their nation from relapsing into a failed state that gives terrorist and terrorist organizations a safe haven.

There are significant risks involved in these operations, but Canadian Forces members are among the best trained, and most experienced soldiers in the world. They are well led, well equipped, and fully prepared for the mission in Afghanistan.

The PRT consists of about 250 soldiers, most of them from Land Force Western Area, headquartered at Edmonton, Alberta. The PRT brings together Canadian military personnel, civilian police, diplomats and aid workers in an integrated effort to reinforce the authority of the Afghan government in and around Kandahar and to help stabilize the region. To achieve its mission, the PRT conducts security patrols, assists local reconstruction efforts, supports local governance institutions, and facilitates reforms to the security sector.

Une bombe explose en Afghanistan: un civil canadien a été tué et trois soldats canadiens ont subi des blessures

Par National Defence
DNews

Un civil canadien a été tué et trois soldats canadiens ont subi des blessures lorsqu'une bombe a explosé près de leur véhicule. L'incident s'est produit vers 13 h 30, heure locale (4 h HNE), le 15 janvier, à approximativement un kilomètre au sud-est du camp Nathan Smith, le site de l'Équipe provinciale de reconstruction (ÉPR) situé à Kandahar City. M. Glyn Berry, un directeur politique d'Affaires étrangères Canada intégré avec l'ÉPR a été tué lors de l'explosion. On a avisé les plus proches parents des victimes.

Les militaires blessés sont le soldat William Edward Salikin, le caporal Jeffrey Bailey et le caporal-chef Paul Franklin. Tous étaient déployés au sein de l'ÉPR et proviennent d'unités originant du Secteur de l'Ouest de la force terrestre.

Tous ont été initialement évacués du site de l'incident au camp Nathan Smith par route à bord d'une ambulance militaire. Un hélicoptère Blackhawk de l'armée des États-Unis basé à l'aérodrome de Kandahar a transporté les soldats blessés à l'hôpital de campagne américain établi à l'aérodrome de Kandahar, où ils reçoivent des soins. Les trois soldats ont été conduits dans un hôpital de l'Armée

américaine en Allemagne où des membres de leur famille devraient les rejoindre le 18 janvier. Deux des soldats sont dans un coma provoqué et le troisième souffre de blessures graves aux jambes.

La personne décédée et les soldats blessés effectuaient une patrouille à bord de véhicules G-Wagen (Geländewagen). Immédiatement après l'explosion, les soldats ont établi un périmètre de sécurité autour des véhicules. On a dépêché sur les lieux la force d'intervention rapide de l'Équipe provinciale de reconstruction. On mène actuellement une enquête approfondie afin de déterminer les circonstances de l'accident.

La mission des Forces canadiennes (FC) en Afghanistan s'inscrit dans la participation du Canada à la campagne contre le terrorisme. Son but principal est d'aider le peuple afghan à vivre en paix en empêchant le pays de redevenir un État défaillant qui constitue un refuge pour les terroristes et les organisations de même acabit.

Cette mission comporte des risques considérables, mais les membres des FC comptent parmi les militaires les mieux entraînés et les plus expérimentés du monde. Ils sont bien dirigés, bien équipés, et parfaitement prêts à accomplir leur mission en Afghanistan.

L'ÉPR se compose de 250 soldats. La plupart de ces derniers proviennent du Secteur de l'Ouest de la Force terrestre, dont le quartier général est à Edmonton (Alberta). L'ÉPR réunit des militaires canadiens, des policiers civils, des diplomates et des représentants du domaine humanitaire. Sa mission est de renforcer l'autorité du gouvernement afghan à Kandahar et dans ses environs, et de stabiliser la région. Pour mener à bien sa tâche, l'ÉPR effectue des patrouilles de sécurité, soutient les efforts de reconstruction et les organismes de gouvernement, et facilite les réformes dans le secteur de la sécurité.

Rose Real Estate Ltd.




902-798-7205 Debby Rose Don Rose 902-798-7885

rosed@eastlink.ca • www.roserealty.ca
630 O'Brien St., Windsor next to Needs Convenience

AREA Real Estate Appraisals Limited

- Greg Lockyer, CRA
- Chris Flick, AACI
- Steve Horswill, AACI
- Lisa Wilson, CRA

Buying, Selling or Relocating?
Are you buying a good investment? What is your property worth?

We are experts in Real Estate Valuation, providing accurate **ESTIMATES OF VALUE**, serving military families for over 12 years.

Office: (902)466-2000
Fax: (902)466-2732
Web: www.alderneyappraisals.com

Posted to Greenwood?
We can help you make the right move.

We have extensive knowledge about the local market and will give 100% of our time to your HHT.
Call Cliff "Fitz" or Laura today.




Bruce GMAC
Real Estate & Mortgage Services

1-902-844-0851/0852
lfitzharris@brucegm.com www.brucegm.com

Chipotle pepper stuffed chicken



Stoney's Kitchen

By CP02 Paul Stonier

A friend of ours likes to throw parties. Usually these parties have a Mexican theme. She claims that she likes Mexican style food and wants to try all different kinds. I'm pretty sure that the only reason that she throws Mexican style parties is because she loves to make Margaritas. Our friend loves margaritas so much, she had to run out and get a new blender the day after her other one died a heroic death. She loves Margaritas so much, that the night her blender died, she tried to resurrect it using a wooden spoon. We got one more load of Margaritas out of that noble blender

but we had to strain the splinters from the wooden spoon with our teeth! You can't waste a great Margarita. I'm not complaining because I like Mexican food a lot. I also really, really like icy cold Margaritas so I get the best of both worlds. I've been playing with chipotle peppers quite a bit lately as I really love their smoky hot flavour and this dish is a direct result of me playing with my food. The chicken thighs stuffed with chipotle pepper and black beans can be served as a main course or as an appetizer. The Monterey Jack Jalapeno Pepper sauce is very versatile as well and is great over nachos.

8 boneless, skinless chicken thighs
1 lime
1 T minced garlic
1 green onion sliced

3-4 chipotle peppers with sauce
1/2 cup black beans
1/2 tsp cumin
1 tsp cayenne pepper
2 T corn meal
2 T butter
1 T garlic
1 small onion minced
2 T flour
3/4 cup milk
3/4 cup Monterey Jack cheese
Fresh ground pepper
2-3 jalapeno peppers

De-bone and skin the chicken thighs. You can buy them that way but with a little practice it's easy to do and saves lots of money. Mix the garlic, cumin, cayenne pepper and green onion together. Add the chipotle peppers and mix together by hand to make a stuffing. I use the canned chipotle peppers with

this because they come in a great adobo sauce that adds lots of flavour. Stuff the chicken thighs with the mixture, rolling them back up when done and placing them in a baking dish. If you have any left-over stuffing place it around the outside of the chicken. Squeeze the juice of one lime over the chicken pieces and sprinkle with the corn meal. Place in a 375 degree pre-heated oven for about 40 minutes or until the chicken is tender all the way through. The corn meal will brown nicely on the top. In a small saucepan, sauté the garlic and minced onion in the butter.

Once the onion is translucent, stir in the flour and make a paste. Add the milk to the paste and stir until smooth. Gently re-heat until the sauce starts to thicken, stirring occasionally. Once the sauce starts

to thicken add the Monterey Jack cheese. Stir to melt the cheese and then add sliced jalapeno peppers. Add pepper to taste. The longer you cook this after you add the jalapenos the hotter it will become. Two jalapenos make for a mild to medium hot sauce. Serve the chickens thighs with a generous spoonful of the cheese sauce poured over. This really tastes great and the stuffing adds a great smoky flavour to the entire dish. Serve this with Mexican style rice for a great main course. If you want to make a fancy appetizer, use chicken breasts that have been filleted in half and then rolled up with the stuffing inside. That way you get two portions per chicken breast and these really present nicely for an appetizer.

Don't forget to serve these with a frozen Margarita as well.

New Year's resolution—develop the spiritual side of life



Padre's Corner

By Fr. David Berezowski
Padre

Here we are in another New Year. It's amazing sometimes when we look back and see just how much we accomplished in the previous year. The most amazing thing is usually how quickly that time has flown by. But how about the other times, when we seem to be stuck in the mud and time just drags on so slowly? It's hard to believe at those moments, that time in itself is a constant. The second hand still turns around the watch face in 60 seconds, and 60 minutes completes the hour and 24 add up to finish the day. In seven days we wrap up another week and in 52 weeks we see the next New Year. Of course, it's our use of time and our perspective of those life events that sets our perception on how fast or slow they seem to go by.

Imagine a place where time could stand still. A place where no time

exists. A place where aging would not be a factor in one's existence. Not in a cold marble statue of some image, but in a place where the Rolling Stones' song Time is on My Side. would really be the standard. A place where you could have all the time to do the things that float your boat. Sounds like a wonderful place, doesn't it? Naturally, I'm speaking about a heavenly afterlife. A fantastic place where we all would like to go, but none of us want to go there this afternoon. We can wait. We are not in a rush, we have plenty of time hopefully, but thinking about going there, can influence how we spend our time here, in order to get there later.

New Year's resolutions are always a topic of interest. Have you planned anything for the New Year? Have you ever kept a resolution for longer than a few weeks? Do you regard them as only silly good intentions? Without a plan or good discipline, they do tend to end as quickly as they were made up. But what would we find if we scratched away at the surface of them and saw

what was underneath? Generally, it is a desire to change the path we are on, to overcome some harmful habits and replace them with good ones. Or, just to pamper ourselves with self-care and spoil ourselves with some TLC. (This is usually linked with a winter vacation to a warmer climate.)

Some types of self-care are valid and highly necessary, especially when they include golf clubs, but the primary focus of any New Year's resolution is to better ourselves. The most common resolutions are to lose weight, quit or reduce smoking or drinking alcohol and to do more exercise. These are all great initiatives to better ourselves, but there is one thing that is often overlooked which can help us out considerably.

When some people who have severe drinking problems attempt to quit cold turkey by themselves, they find that it's often in vain.

It's too much of a habit to stop on their own. Clinically, doctors often don't have the time or patience to deal with people with serious self-destructive drinking habits. Often

Without a plan or good discipline, they do tend to end as quickly as they were made up.

they refer them to organizations or clinics that deal specifically with that affliction.


Part of that recovery is usually Alcoholics Anonymous, a miraculous group of self-confessed alcoholics, who through the strength of a higher power and the fellowship of the group, have supported each other to overcome, one day at a time, the desire to drink. But one of the cornerstones of that recovery process is to rely on a power greater than oneself.

That power is God. It is a phenomenon using a highly focussed type of spiritual assistance to take away that desire to have another drink. The key to the equation is the

highly focused reliance on that mysterious higher power. So when one is attempting to break whatever habit, or continue in a good routine, use the assistance of a higher power to get you through. Often we overlook that spiritual side of us in our attempt to improve ourselves.

We concentrate on the physical, dig deep down into the emotional and mental aspect of our beings, but we completely forget or neglect the spiritual side of us. We all have a spiritual side. Why not exercise that often-underused spiritual muscle? If we sincerely ask for the proper assistance, we might be pleasantly surprised by what an influential and powerful ally we have when trying to break free of some old, negative habits.

Maybe this year, you could make a resolution that includes your spiritual side. It may surprise you how much that positive power can affect you in your daily life, or how easy it can become to keep that virtuous promise. It's always been said by the wise, "Spending time with God is always time well wasted."




Money Problems?

We can help... personal money management, creditor settlements and personal bankruptcy

No surprises... friendly respectful people, confidential, fairness, after hours appointments and free initial consultation

Dartmouth
463-5444
33 Alderney Drive
Suite 110



WBLI
Incorporated
Trustee in Bankruptcy

Bedford
493-5484
26 Union Street
(Main Office)

Email: bankruptcy@wbli.ca
www.wbli-bankruptcy.ca

Appointments available in Lower Sackville

Back: Karen DiGiosia, Administrator Derek Cramm, Trustee Patricia Currie, Administrator
Front: Sean MacNeil, Corp. Administrator Lucille Keezer, Administrator Joe Wilkie, Trustee



Staying in touch

Cpl Dwayne Wolf, a member of the Provincial Reconstruction Team, fills out his ballot at an advance poll for the upcoming Federal Election at Camp Nathan Smith in Kandahar, Afghanistan from January 10 to 12, 2006.

Your Victoria BC Real Estate Connection

Ron Neal & Associates
RE/MAX Alliance

800-255-3411
 Access 1000s of listings with addresses & photos
www.RonNeal.com

Train to Become a Professional Counsellor
 on campus in Halifax

Certificate of Professional Counselling
 PhD and Master Level Instructors
 450 hours of intense training

Intakes for 2006:
 February 6 March 6
 April 3 May 1 June 5 July 17

For more information or a free catalogue contact us:
 1657 Barrington Street, Suite 109, Halifax
 (902) 423-0966 ♦ ctihfx@eastlink.ca ♦ www.ctihalifax.com

COUNSELLOR TRAINING INSTITUTE

Tobacco crossword puzzle youth challenge

STRENGTHENING THE FORCES
ÉNERGISER LES FORCES

By Melanie Bower
 Health Promotions

January 15-21 was National Non-Smoking Week. This yearly national campaign educates children, youth and adults on the negative effects of tobacco use and encourages smokers and chewers to give up the tobacco.

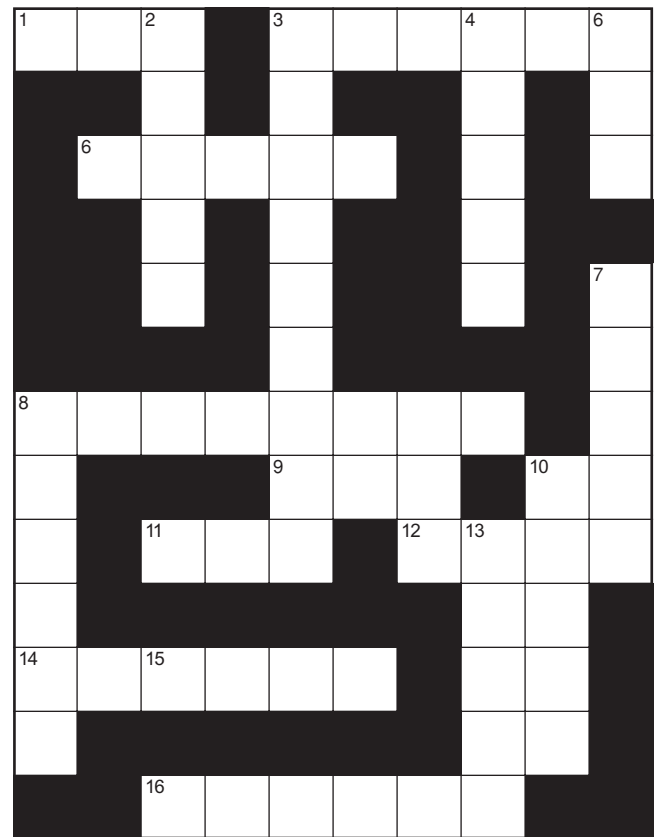
Some youth believe that they are invincible to the effects of tobacco use and that mouth and lung cancer and a ton of other diseases won't happen to them. Some also believe that taking risks with cigarettes and chewing tobacco makes them look cool and tough, and that they can stop at any time. The truth is that nicotine is extremely addictive and harmful and smoking is a powerful habit to break.

If you are a youth who currently smokes or chews tobacco or are concerned about a friend or family member's tobacco use, the following websites may help support you to quit smoking or chewing, learn more about the hazards, or give you some advice on how to talk to a friend or family member about their tobacco use.

- www.tobaccofreekids.org
- www.costkids.org
- www.joechemo.org

Please complete and return this puzzle to Health Promotion Services to enter your name for a chance to win a \$50 gift certificate towards a Fitness & Sports pool party for you and your friends.

Fax: 721-1283, mail: Maritime Forces Atlantic, Bldg S-18 Rm 209, PO box 99000, Stn Forces, Halifax, NS, B3K 5X5, or intra-base mail: Bldg S-18, Room 209.



Weedless Wednesday

Across:

1. The best place to put a lit cigarette.
3. This can grow in a smoker's lungs.
6. What nicotine, heroin and cocaine have in common.
8. It is sometimes used to kill bugs on crops.
9. This makes a smoker's lungs brown, sticky and sick.
10. This passes from a pregnant woman's blood to the blood of her unborn baby.
11. How some smokers finally quit.
12. Smoker's food doesn't taste as _____.
14. This gas gives you energy, strength and life.
16. Carbon monoxide makes drivers _____ to react to emergencies.

Down:

2. Because you are getting less oxygen, smoking can make you feel _____.
3. It won't hurt you if you don't light it.
4. These help move germs that cause infections out of your lungs.
5. What smokers can't do as well as non-smokers.
7. How nicotine and carbon monoxide travel through the body.
8. Nicotine makes your blood vessels more _____.
10. What a smoker does to try to get some tar and mucous out of his or her lungs.
13. You can't always tell if there's carbon monoxide in a room, because it has no _____.

Military Pay
Attention Please!

Less than	\$611/month
Down Payment as low as	\$799.00
Bank Cash back	\$4,000.00
Sweat Equity	\$4000.00
PST Rebate	\$1,500.00 (FTB)

"0" Downpayment OAC
www.larryforan.com

Larry Foran
 Network Realty Services Inc. MLS **830-0125**

REALTY

LOVELY 3 BEDROOM HOME: In great neighborhood, close to all amenities. Main level features large kitchen with eating area, 3 good sized bedrooms, lower level has rec room, workshop and is roughed in for 2nd bath. Attached garage. \$212,000.00 Call now for more info 209-0313 or visit www.annaoliver.ca.

NO DOWN PAYMENT. NO CLING COST. NO PROBLEM! If you have good credit but don't have money for a down payment or closing costs we may be able to help you buy your dream home. At very competitive rates. Call George at City Street Realty 826-2261.

27 REDDEN COURT, BEDFORD: \$215,000. 3 Level quality built Redden Townhouse shows pride of ownership. This home has two bedrooms and two and a half baths. Many features, built-in garage, movable center island in kitchen, electric fireplace in living room to name a few. Call Randy today (902) 497-6722.

11 WHITE BIRCH DR: Gorgeous full size 4 bedroom split entry in great family neighborhood, lots of upgrades, beautiful hardwood floors, call us today (902) 876-1015.

BANKRUPT? BAD CREDIT? TIGHT BUDGET? Have you been turned down for a mortgage? I may be able to help make your dream of home ownership a reality. At very competitive rates. Call George at City Street Realty 826-2261 for a no cost, no obligation credit assessment.

443 GLENRISE DR. LOWER SACKVILLE: \$57,000. 2 bedroom, tastefully decorated mini home with propane stove in living room for added comfort on those cold winter nights. Won't last long. Call Randy today at (902) 497-6722.

WELCOME HOME: To this stunning 4 bedroom bungalow walking distance to schools and close to amenities. Pride of ownership throughout and double car garage. Call Anna 209-0313 or visit www.annaoliver.ca.

OCEAN VIEW COTTAGES: Located in Martins Point on the South Shore, built to suit, custom cottages, private road, 16 approved lots, 3 ocean front lots overlooking Oak Island. Call Tamara about Rum Runners Lane (902) 497-7858.

16 COLINDALE ST, HALIFAX: \$219,500. Attractive 3 bdrm renovated bungalow in Fleming Heights. Hardwood floors and fireplace are only a few of the attractive items offered by this property. Call Randy today for viewing (902) 497-6722.

208 CHARLES RD: Beautiful 2 storey, 3 bedroom home in Glengarry Estates. Gorgeous hardwood floors, eat in country kitchen, freshly painted. Call Bob today (902) 876-1015.

MORE THAN MEETS THE EYE! This impressive 3 bedroom home is perfect for those who are looking for 1 level living with the bonus of fully finished lower level. Over 175 ft of lake access. Double car garage. Call Anna 209-0313 or visit www.annaoliver.ca for virtual tour.

1596 NO. 236 RD, MOSHERVILLE, BON 2G0: 3 BDR Bungalow with attached garage on 2-acre country lot. Drilled well provides an abundance of good water. Furnace & oil tank 1998, hardwood floor in living room, large covered veranda on front, mud room walkout basement. Call Debby at (902) 798-7205.

ENERGY SOLUTIONS

TAKE CONTROL OF YOUR POWER: EnCom's Guardian automatic standby generator will power your home in the event of a failure, even when you are not there. Our Solar and Wind solutions can effectively reduce your power bills by up to 75%. EnCom group 902-860-0081.

Classifieds

CAREER TRANSITION

2nd CAREERS after SERVICE
\$60,000 - \$175,000 Salary Range

The window for **Ex-Military Personnel** with 7 - 25 years of experience is now open. If you have left the Forces or plan to do so in the next six months we invite you to examine our Careeroute program for Canadian Forces Personnel.

Here are but a few of the interviews/careers offers our clients accepted recently:

- Arson Investigator
- Intl. Marketing
- Technical Writing
- Senior Technologist
- Plant Manager
- Base Camps (Abroad)
- Purchasing Manager
- Personnel Manager
- Accountant/Controller

"Capt.(Ret'd) Bruce B... Trainer in the Unmanned Aerial Vehicle (UAV's) Research Industry."

"Tammy W... Arson Investigator at starting salary of \$50/hour."



ICTR Inc.
www.ictr.ca
Head Office: Brockville, ON
38 years military career transition experience
Nationwide



C.W. Armstrong
Military Career Transition Specialist

Author of:
Careeroute for Military, Personnel Employment Evaluation Profile (The Peep), Prevention of Career Burnout, Dangerous Assumption, Brain Alive

Exploratory Interview Call
1-877-779-2362 or
(613) 498-2290

FOR RENT

REALSTAR www.realstar.ca

WE REALLY CARE WHERE YOU LIVE.
Realstar offers a full breadth of apartments, penthouses and townhouses, plus application approval within 24 hours. No appointment required - **Drop in TODAY!**

- DARTMOUTH**
Highfield Park Apartments 902-461-9429
96 Highfield Park Drive (Burnside & Highfield)
- HALIFAX**
Garrison Watch/Harbour Ridge 902-422-4545
5536 Sackville Street (South Park St. & Sackville St.)
- The Halifax Apartments 902-422-5747 (furnished suites available)**
1881 Brunswick Street (Brunswick St. & Duke St.)
- 5770 Spring Garden Road 902-422-5254**
5770 Spring Garden Road (Spring Garden Rd. & Public Gardens)
- Stonecrest Village 902-457-3600**
80 Chipstone Close (Dunbrack St. & Longbrae St.)
- The MacDonald Apartments 902-422-5033**
5885 Cunard Street (Cunard St. & Robie St.)

WINE BREW

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

Come in and check out our selection:

- En Premier • Cru Select
- Cellar Classic • Grand Cru
- Vino del Vida • Heritage • Brew House

www.ubru.ca

5528 Kaye St., Halifax 454-UBRU(8278)
Toll Free - 1-866-454-8278
(Across from the Hydrostone Market)

This could have been your FREE 25 word classified ad.

FOR SALE

AIR FORCE MESS DRESS: New. Size: 42 chest, 36 waist, 32 inseam. \$275. Call 845-1038.

LOVE SEAT AND SOFA: Blue and taupe striped, paid \$2,000. Only 2 years old great condition \$850. Blue-grey rocker recliner, paid \$800, 3 years old, hardly used \$250. Call Greg at work 721-8301. Or Greg or Jane at home 434-6101 after 6 p.m. weekdays and any time on weekends after 8 a.m.

SPORTS ITEMS: Figure skates - girls size 6 \$10. Soccer cleats size 2/3 & 5/6/7 & shin guards \$10. Call 427-2960.

SCUBA EQUIPMENT: Brooks dry suit and matching hood, men's medium. Black with red sleeves. Excellent condition. Fits man or woman 5'6" to 5'11", 140 to 170 lbs., shoe size 8-10. \$400. Regulator kits, including primary and octo, whip and 2-gauge console. These were used for scuba classes so have been well-maintained. Sherwood Brut \$225. Oceanic Omega \$325. US Divers Pro Sport with winter environment kit \$425. Call Roland at 463-3796 or e-mail rolmorrison@netscape.net.

WANTED

SHIP'S CREST: Redecorating my rec room, looking to purchase ship's crests. Older the better. Large or small, with or without backings, reasonably priced. email: pdsmith@nb.sympatico.ca.

BEAUTY PRODUCTS

GIRLS' NIGHT OUT! Get together with friends and indulge in your favourite beauty secrets. Like facials, pedicures, makeover and skin-smoothing treatments. Call 876-7292 or visit my website www.marykay.ca/mcollinge.

SUBLET

SINGLE FAMILY HOME: Sunny and cozy, 1 block off Quinpool on Kline St., 3 bdrm, 1.5 bath, Jacuzzi, nice yard with deck, off street parking, \$1300/ month + util. Free iPod Nano 2GB with rental. Call 425-7817 or 233-9883.

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

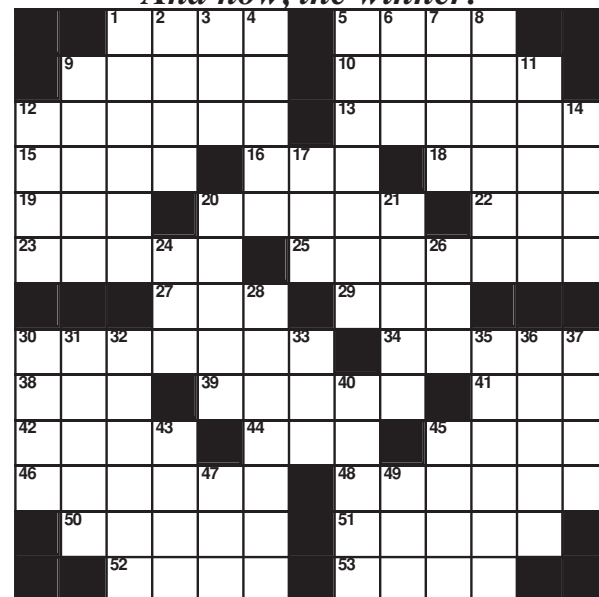
MIA'S POZZA & DONAIR **FREE DELIVERY 454-5050**
Visit us online: www.miaspizza.ca

Enter and win: a Mia's 9" pizza!

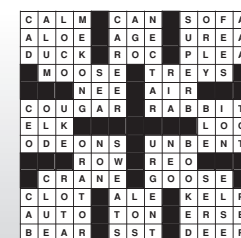
To win this prize, complete the following crossword puzzle and fax it to us at 427-4238, labeled: attention Trident, Bldg, S93 "Contest". All entries must be received no later than Tuesday, Jan. 31, 2006. Trident will draw a winner, who will be contacted by phone and announced in the following issue.

Name.....
Phone.....

And now, the winner!



- ACROSS**
- 1 Canadian popular music award
 - 5 Peak
 - 9 One of the Greats?
 - 10 Detached
 - 12 Canadian television award
 - 13 Common fastener
 - 15 Italian Island
 - 16 Faith
 - 18 Transaction
 - 19 Metric weight unit
 - 20 Regarding
 - 22 Facial twitch
 - 23 Okras
 - 25 Canadian literary award
 - 27 Environmental protection org.
 - 29 Letters denoting special care
 - 30 Canadian innovation award
 - 34 Vassal
 - 38 Abraham, for short
 - 39 Canadian music Award
 - 41 Dog's moniker
 - 42 Hair pieces
 - 44 Sports car designation
 - 45 Top notch
 - 46 Less fresh
 - 48 Dene habitat
 - 50 Stone pillar
 - 51 Lady's name
 - 52 Dutch cheese
 - 53 Hamilton newspaper, slangily
- DOWN**
- 7 Imbibers
 - 8 Spud
 - 9 Serf
 - 11 B vitamin
 - 12 Sparklers
 - 14 Pet
 - 17 Sound unit
 - 20 Jelly
 - 21 Count
 - 24 Cyst
 - 26 Roman 201
 - 28 Word made from letters of another
 - 30 Red Planet
 - 31 Borders
 - 32 Belie
 - 33 Canadian tax, for short
 - 35 Titillating
 - 36 Canadian filmmaking award
 - 37 Big wig
 - 40 Joists
 - 43 Musher's necessity
 - 45 Zenith
 - 47 Note in Guido's scale
 - 49 Knock



Congratulations
to January 9th winner:
GARY EDWARDS

Fitness and sports staff provide many training options

By Virginia Beaton
Trident staff

As usual in January, the staff at Stadplex have noticed that there is more traffic through the building.

"Yes, we have seen an increase in the use of the facility here at Stadplex," said Stadplex fitness and sport instructor Noel Redmond.

Some of this may be related to the recent CANFORGEN and directive concerning Canadian Forces (CF) members' fitness, and Redmond stated that he expected that a connection could become more apparent over time, "especially in the next three months. I do expect to see larger class numbers than I did last year."

According to Redmond, he has heard a lot of positive reaction from the military, regarding the directive. "I don't think it has put fear into the members, I think it's more of a motivational thing. I've read it [the directive] a few times and it was well written and it was based on leadership, and if the proper leadership is put into place, then I believe the members will benefit greatly from the new fitness protocol."

While many CF members already follow a regular exercise, sports or fitness program, there are those who do not have a fitness regime and as a result, may be apprehensive about taking the EXPRES test.

According to Redmond, "I think a lot of them don't know where to start. That's where the fitness and sport instructors come in."

The fitness evaluation has four components, comprising pushups, sit-ups, the handgrip, and either the run or the stairs.

"A lot of people believe they need to train only for the test," stated Redmond, but he added, "If they have only trained themselves for the test, then we don't know if they are generally conditioned. The only way you can be sure you are generally conditioned, is to have a general conditioning program. That's where the fitness and sports instructors come into play. We can develop a program that will take you through a number of months and a number of different workouts that will train your heart and lungs and your muscular endurance and strength to a level that is far beyond what would be the standard of this test."

Following a well-rounded fitness routine will make CF personnel better prepared to pass EXPRES, "or a much higher level of test, if you had to."

Redmond stated that one of the concerns expressed in the directive from NDHQ was that should CF members be deployed overseas, "they wouldn't be conditioned well enough to handle the emotional and physical stresses that one would experience."

Redmond emphasized that anyone starting a fitness regime should go to the Personnel Support Programs (PSP) fitness and sports staff for "a personal, one on one consultation for anyone who is apprehen-

sive about starting up. Maybe they have injuries or a medical history. We make sure that we cover all those areas in the one on one consultation and we offer these free of charge. The PSP staff here offer consultations that can run from half an hour to an hour."

Staff will make sure that people are comfortable in the gym. "There should be no barriers or fear after they come to meet with us and learn out what they can or cannot do."

"I believe the members will benefit greatly from the new fitness protocol."

At all the fitness and sports centres, the staff will take people through the facility "and we show them each component of their program, whatever we feel is best for them."

A wide range of fitness and sports programs are available, stated Redmond, "and many of them are no-cost programs." There may be a minimal cost for some programs if they require an instructor who is not a PSP employee.

Stadplex offers a wide range of fitness choices, including the pool, squash courts, the cardio room, and the gymnasium and all its equipment.

"We have an indoor track, and not many facilities have an indoor track,

so that's a real benefit for people who want to walk, or for people who have a running program they want to maintain. There is also the weight room if you want to tone or strengthen your muscles. We have different types of weight equipment, some for beginner programs, some for intermediate, and we have some advanced training equipment."

Proper training on the equipment will allow members to get the full benefit out of its use, Redmond stated.

Starting in mid-January, a spinning class, which is free to military members, will be offered at Stadplex. "We ran it in the fall and it was successful so we will continue to run it. We have 10 spinning bikes, so it is a small class but it is good for anyone who likes to cycle." Spinning classes are also scheduled at the Fleet and at 12 Wing.

With their backgrounds in physical education, fitness and sport, the fitness and sports instructors at all the gyms can devise exercise options for everyone.

"Call general reception at the gym, and have them transfer the call to one of the fitness instructors or the fitness coordinator. We all work as a team here, so we can handle any fitness or sports related question that comes in."

For further information on the full range of fitness and sports activities at the gyms at the Fleet, 12 Wing and Stadplex, go to the PSP website at www.psp Halifax.ns.ca and click on Formation Fitness and Sports.



MAEDER JEAN-PAUL

Sports trivia

1. What country hosted the first Winter Olympics in 1924?
2. What city will host the 2006 Winter Olympics?
3. What country has won more Winter Olympic Medals than any other?
4. When was the word amateur eliminated from the Olympic Charter?
5. How many countries competed in the 1924 Winter Olympics?
6. How many countries competed in the 2002 Winter Olympics?
7. What was the Skiing Olympia?
8. How many Winter Olympic Games were cancelled due to war?
9. What was the first Winter Olympics to use artificial snow?
10. What was the first Olympics where snow had to be hauled in from other parts of the country?
11. How many countries are expected to take part in the 2006 Winter Olympics?
12. How many athletes took part in the 1924 games and are expected to take part in the Torino Games?

ANSWERS: 1. France and the town of Chamonix January 25 1924. 2. Torino Italy. 3. Norway. 4. 1971. 5. 16. 6. 78. 7. Prior to the Winter games, a Skiing Olympia or Nordic Events was to be held in 1916 in the Black Forest. 8. Three. 1916 (Skiing Olympia). 1940 and 1944. 9. Calgary 1988 XV Winter Games. 10. 1964 Innsbruck Austria-Army hauled 60,000 cubic meters of fresh snow. 11. 85. 12. 294 in Chamonix and over 2500 in Torino.

Scott's
A+ CAR CARE
"all about appearance"

Quick Clean
\$19.95 (cars)

**Ext. Wash, Dress Tires & Rims,
Chamois Dry, Clean Windows**

Valid January & February only
Add \$3 for trucks, SUVs, Minivans

Available at any of our 3 locations

DK DIAMOND KOTE **Hubcap Masters**

Scott's A+ Car Care, 3090 Barrington Street **446 4444**
Diamond Kote, 3705 Kempt Road **455 7600**
Hubcap Masters, 50 Akerley Blvd **468-6000**

- Paint repair
- Bumper scuff/scratch removal
- Windshield repair/replacement
- Upholstery repair
- Buffing/wax
- Truck caps & lids
- Armorthane spray-on bedliners
- Performance parts & accessories
- Propane refills
- Rust protection
- Wheels & hubcaps
- Automotive cleaning & detailing and much more

www.scottscarscanada.com

Flexible Commission Programs

From **\$3,000**
Flat Rate and up

To Buy or Sell a Home
Call
Tamara
497-7858

SEACOAST REALTY
www.seacoastrealty.ca

LAWYERS - AVOCATS

Service en français

Criminal Defence
Military Law
Family Law/Divorce
House Purchase & Sale
(DND Rates honoured)

[902] 492-7000

After hours call:
Tom Singleton 483-3080

SINGLETON & ASSOCIATES

**Fees reduced 25%
for CF Members**

SPORTS

12 Wing Officers/Senior NCO Hockey Challenge

By Capt. E.A. Verge
12 Wing Headquarters

Once again, the Officers and Senior NCO Mess hockey teams in Shearwater took to the ice on December 12, 2005 in support of the Shearwater Military Family Resource Centre (SMFRC) Christmas hamper fund. Admission was free but spectators were asked to bring a non-perishable food item or cash donation towards the cause. Two large boxes of food were collected as well as \$108.83. These donations aided in the SMFRC Christmas hamper effort to feed 26 families with 56 children for the Christmas season. Thanks to all supporters of this very worthwhile cause.

A/WComd, LCol Doiron dropped the puck as Officers' Mess rep, Capt Paul Quinn faced off against Sgt Stephen Wagner representing the Senior NCOs' Mess team.

The game was hard fought and a close contest right up to its dying minutes



Officers and Senior NCOs face off in support of the SMFRC.

when the score ended up 9-5 in favour of the Senior NCOs' Mess. Seeing that this is the second year in a row that the Senior NCOs' Mess have been the vic-

tors in this annual contest, the Officers' Mess reps will be taking to the ice earlier next year to hone their skills and upset the two-time favourite.

Canadian Yachting Association honours Capt(N) Hal Davies

By Virginia Beaton
Trident staff

At age 15, Hal Davies built his own sailboat. It was the beginning of a lifelong interest in what Davies calls "mucking about in boats."

During his 30 years in the Navy, Captain(N) (ret'd) Hal Davies was Commanding Officer (CO) of Her Majesty's Canadian Ships (HMCS) *Saskatchewan*, *Nipigon*, *Qu'Appelle*, and *Protecteur*, but he never lost his affinity for sailboats, yachts and ocean racing.

The skills he learned were invaluable to his Navy career, Davies believes.

"I ascribe my good fortune in commanding warships, to the skills I acquired through my background in sailing smaller boats. You can learn how to be a good sailor on a sailboat. You learn about seamanship and the sea, and about leadership skills."

In recognition of Davies' many years of achievements in ocean racing and in particular, his co-founding of the Halifax-St. Pierre Ocean Race in 2002, in October 2005 the Canadian Yachting Association (CYA) awarded Davies the Gerry Roufs Trophy.

The award was named in memory of Gerry Roufs, an acclaimed Canadian sailor and single-handed offshore racer. Roufs was lost at sea in 1997 and the award was established in 1998 to honour sailors whose accomplishments in international offshore racing help to raise the profile of sailing in Canada.

The Gerry Roufs Trophy was last presented in 2003, when the CYA awarded it to Derek Hatfield, in tribute to his participation in the Around Alone race



Capt(N) (ret'd) Hal Davies.

of 2002-2003.

Davies learned to sail on the Kawartha Lakes while he was growing up in Ontario. After joining the Royal Canadian Navy in 1959, Davies came to Halifax and was able to take advantage of the sail training vessels that were then in use by the Navy.

Davies recalled, "Every summer we would have whaler sailing expeditions."

Those experiences benefited him and all the sailors who participated, Davies emphasized. "You quickly learn how to rely on your own abilities and to have confidence in them." Davies recalled that in the Navy's boat *Pickle*, "I sailed about 15,000 miles in ocean races... It was a way for me and for the people I sailed with, to learn the trade in a fun and challenging environment."

During his time in the Navy, Davies served in *Crescent*, the old Tribal Class *Athabaskan*, *Inch Arran*, and *Bonaventure*, where he was Flag Lieutenant to the Canadian Fleet Commander, *Res-*

tigouche, and *Yukon*, where he was in a watchkeeping job while waiting for an Executive Officer (XO) post. He was in *Saskatchewan* as CO for eight months during refit and early commission running, then XO for four months.

Other posts included three and a half years as Commander Sea Training, Deputy Commandant Canadian Forces Maritime Warfare Centre, and Headmaster at Fleet School. After resigning from the Navy in 1990, Davies commanded HMCS *Scotian* for a year.

He went into business and now works with Tecult as a consultant in workforce strategy. "I tried retiring and doing nothing, but it was boring and it didn't work for me," Davies observed. He is currently vice chair of the provincial Education Minister's Advisory Council on Workplace Skills and Strategy.

One of Davies' favourite jokes is that he works as a consultant in order to support his ocean racing habit. He has sailed many times in the Marblehead-Halifax race, and many other events. His 2006 sailing schedule includes plans to race in the third Halifax-St. Pierre race, which will take place in July.

Davies' current boat, *Third Wave*, is a 40-foot premier class yacht. Over time, his crew has included his son, his daughter Lieutenant(N) Joanna Davies, and other Navy members.

"I can think of three Navy guys who sailed with me and who now have their own boats," said Davies, adding "We have a subtle but effective way of getting people interested in sailing." He noted that several Navy officers became MARS officers because of their participation in sailing.

MAXIMIZE THE \$\$\$ FROM YOUR POSTING!

Work with an agent who is a CHARTERED ACCOUNTANT and knows the in's and out's of the IRP PROGRAM firsthand. FREE guidance on IRP BENEFITS for LISTING and BUYING clients. Call today for a free consultation.



Lisa White, CA
Royal LePage Anchor Realty
430-9988, lisa@lisawhite.ca

COMPETENCE. INTEGRITY. RESULTS. VALUE.

LAW OFFICE of Ron Meagher

• Divorce Representation

1st 1/2 hour consultation Free
25% Discount for DND (on legal fees)

Call 491-1778 - Metro Halifax

Boulderwood

FUN FAMILY AND FRIENDS

Year round scenic horse trails
Youth Day Adventures (gr.3-12)
BBQ, Tennis court,
Parties by arrangement
New January 2006 Indoor pool
and Hot tub
40 mins from Metro,
30 mins from Falls Lake in Ardoise
10% Military discount



www.boulderwood.com • 1-866-499-9138 • (902) 499-9138

Posted to Kingston in 2006?

Don Wyld, CD
Military Authorized Realtor

Automatic Buyer Representation



Please call or write:
Don Wyld, CD, Sales Rep.
#1 Barrield Centre,
Kingston, Ontario,
Canada K7L 5H6

If a posting to our beautiful "Limestone City" of Kingston is where you are headed, please give me a call at the "TOLL FREE" number below and I will send you a "Worry-Enders Kit of Kingston" (with video) containing maps, home prices, school information, shopping facilities, transportation and more.

NEW HOMES BY "CARACO"
For a complete information package of new homes being built in Greenwood Park, minutes from CFB Kingston and RMC, and Cobblestone Ridge in West End Kingston, see the whole package at www.c21wyld.com

Fax 1-613-545-1101 or 613-545-3333 office
Toll Free 1-800-438-9953
Visit the Canadian Military Relocation Network
Website at www.interbaserealestate.com
OR Email: donwyld@kos.net
*subject to certain conditions

Century 21
1,000 Air Miles when you buy or sell a home with me!
TOWN & COUNTRY REALTY INC.

Fredericton crewmember wins fifth national title in armwrestling

By Virginia Beaton
Trident staff

In September 2005, Corporal (Cpl) Will Sarty successfully defended his Canadian national title as an armwrestler.

"That's my fifth straight national title," stated Cpl Sarty.

He brought his weight down so he could enter the weight class for men up to 121 pounds. "But I got there and there were no entries for the weight class, so I had to move up to the next weight class, which is up to 132 pounds."

This victory qualified him to participate in six classes in the World Armwrestling Championships in Tokyo in December 2005, as well as for the Arnold Schwarzenegger competition in March 2006. But because of sailing commitments (Cpl Sarty is a storesman onboard HMCS *Fredericton*) and funding, he had to forfeit these invitations.

In addition to his national championships, Cpl Sarty has won many local and regional competitions, competing in classes for both the right and left arm.

In November 2005, Cpl Sarty participated in a ranking tournament for armwrestlers (also known as pullers) from Atlantic Canada. "There were only two weight classes, zero to 187, and 187 and above, and I ended up getting third in the 187 pound class. The guy I beat in that class ended up getting two silvers at the Worlds. So the chances of me getting a gold were

very good that year. It would have been nice, but I can wait."

Canadian armwrestlers like Cpl Sarty face serious competition from the athletes in countries such as Russia. "The Russians practice every single day. They armwrestle every day, eight hours a day." Usually, armwrestlers have day jobs and fit their training around those obligations. Cpl Sarty trains for three hours daily, following a routine that comprises everything from diet and weight training, to working on his mental discipline, and studying the techniques of his prospective opponents. "We armwrestle twice a week, sometimes three times."

At work, he has a pulley system set up for practice in his office. "So at lunchtime, instead of taking an hour break, I eat my lunch and then armwrestle for 45 minutes."



Cpl Sarty is a champion arm wrestler.

In addition to his physical training, Cpl Sarty watches DVDs and videos of other armwrestlers. "We go to the Internet and search the pictures to see the different positions that people

stand in." Through their observation of tactics, such as position of shoulders, the armwrestlers can assess their competitors' moves.

Cpl Sarty emphasizes that he has always received solid encouragement and assistance from gym staff, including Fleet Sports Coordinator Louis Desouza, as well as the ship's company of *Fredericton*. The former captain, Commander Newton, was an enthusiastic supporter of Cpl Sarty's achievements in sport.

"He thought it was good public relations for the ship. They all supported me 100 per cent."

For example, when Cpl Sarty was dieting, the ship's cooks provided the right menu choices for him. Dieting to keep his weight steady was exhausting but necessary, Cpl Sarty recalled. "For a couple of weeks, I could hardly walk down the flats

because I was so tired from dieting. So they all helped me a lot."

There is now another local CF member who armwrestles competitively. His name is Trever Weatherbee and there was a time when the two men were in close competition. Cpl Sarty recalled, "When I first started, he used to get first and I used to get second." At Cpl Sarty's first national competition, Weatherbee came down to his weight class "and that was the first time I ever beat him. He came second to me."

He describes Weatherbee as "an excellent competitor."

Cpl Sarty is now focusing his efforts on preparing for the world championship to be held in Las Vegas in 2007. "We started to prepare for it last year."

His trainer, Rick Pinkney, is currently the president of the Nova Scotia Armwrestling Association. "He's the one who got me started in this," observed Cpl Sarty.

Upcoming events include a ranking tournament in April 2006. "I'd like to place in the top three in the up to 187 category. Especially when I go in weighing 128. I'm the lightest competitor right now."

While he admits it would be nice to be a professional athlete in his chosen sport, Cpl Sarty says it isn't necessarily one of his goals.

"My goal is to stand on the podium and hold the flag. I think that would be awesome, a really good feeling to know that I'm at the top of my game."



Cpl Sarty is comfortable using either arm in matches.

Storage Inn
SELF STORAGE

\$1 MOVE-IN Special!

With this coupon rent any of our fully climate controlled, 24hr access, secure storage units and get your first four weeks for **\$1.00!**

*SOME CONDITIONS MAY APPLY.

Call for Details
455-2727
3490 Prescott St. Halifax
www.storageinn.ca

The Cash Store

CASH ADVANCE CENTERS

- PAYDAY LOANS
- MORTGAGES
- INJURY ADVANCES
- MONEY TRANSFERS

WESTERN UNION

NO CREDIT NECESSARY

For a location near you call
310-4PAY (4729)

Halifax...Lwr. Sackville...Dartmouth

Posted?

Marilyn and Dennis are proud to work with Military Personnel and their Families in the Halifax and Shearwater area. For Professional Service, whether buying or selling your home, contact Marilyn and Dennis and put their experience to work for you.



Dennis Richards Marilyn Whitehead
902-209-6150 902-441-0501

Century 21
Trident Realty Ltd.

Fax 902-435-6091
Email dennisrichards@accesswave.ca
Web page www.marilyndennis.com

THESE SPECIAL RATES FOR MARLANT PERSONNEL AND THEIR FAMILIES

434-1626

Divine Touch
DAY SPA

50 Tacoma Dr.,
Dartmouth NS B2W 3E5
www.divinetouch.ca

Be a Divine Valentine

Give Them the Pampering of Their Choice!

With a Dollar Amount, or Choose One of the Packages Below.

Gift Certificates Accepted by Phone (VISA, MC, Amex) with Free Delivery in Metro.

434-1626

Chocolate & Roses

*Luxurious Rose Milk Bath
Relaxing 30 Minute Massage
Soothing Scalp Massage
Delicious Chocolate Truffles*

\$69.95
(Reg. \$85.00)

Sweet Divine

*Cleansing Spa Facial
Relaxing 1 Hour Massage
Decadent Chocolate Truffles*

\$125.00
(Reg. \$145.00)

HOURS: MON, TUES, SAT: 9AM TO 5PM • WED, THURS, FRI: 9AM TO 9PM



Canadian Forces Appreciation Program

\$500 Exclusive Credit towards purchase or lease of most new Chevrolet vehicles.

Simply present your DND ID.



2006 IMPALA LS SEDAN

3.5L SFI V6 engine, automatic transmission, air conditioning, tilt/cruise, PW/PL/PM, keyless entry, OnStar and Passlock security incl. & much more!



\$359 ^{**} PLUS TAX.
48 MO.

0 Down



2006 COBALT SEDAN

2.2L 145 HP Ecotec, 5 spd. manual transmission, tilt steering, passlock security, driver information center, CD player, solar ray tint, auto headlamps. 5 year/100000km Powertrain Warranty.



\$229 ^{**} PLUS TAX.
48 MO.

0 Down



2006 AVEO 5

1.6L DOHC; 5 spd. manual trans; AM/FM Stereo; Fog lamps; Tilt steering; drivers seat height adjust; rear seat heating ducts and much more! 5 year/100000km Powertrain Warranty



\$199 ^{**} PLUS TAX.
60 MO.

0 Down

2006 CHEVROLET HHR

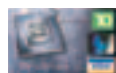


STARTING FROM

2.2L Ecotec, 5 spd., manual transmission, speed sensitive steering, auto headlamp control, pwr. mirrors, pwr. windows & locks, keyless entry, cruise, air cond. & much more.

\$18,995 ^{*} PLUS FREIGHT AND TAXES

Cash Purchase



Visit our new website:
www.forbeschev.com

* Purchase price plus tax, license, admin. fee and tire tax. ** Base on lease term plus first pay ment. License, admin. fee and tire tax extra. Rebates assigned to dealer. Vehicles not exactly as illustrated. See dealer for details. Preferred Gas Card offer applies to Silverado only.

2006 CHEV SILVERADO EXT.CAB LS



4x4, 4800 V8, automatic, locking differential, 17" wheels, pwr. heated mirrors, cruise, pwr. windows & locks, keyless entry, autotrac, chrome side steps & much more.

\$469 ^{**}

\$469 Down + tax 36 MOS



Triple Crown Dealer

Based on Sales Volume
Based on Sales Satisfaction
Based on Service Satisfaction
Jack Smith Award - top 10 dealers in Canada

580 Portland St., Dartmouth

Service Hours:
Monday to Friday 7am - 9 pm
Saturday 8am - 5 pm
apply online at: www.forbeschev.com



Atlantic Canada's largest Volume Chevrolet Dealer!

434-4000

forbeschev@gmcanada.com
Toll Free 1-866-434-4004