



VOLUME 45, ISSUE 20 • MONDAY, OCTOBER 3, 2011

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Freedom of the City for HMCS Montréal

By Lt(N) Marco Chouinard
PAO, LFQA and JTFE
Headquarters/HMCS Montréal

It was a magnificent sunny day for this memorable event uniting the Royal Canadian Navy (RCN), Canadian Army (CA) and Royal Canadian Air Force (RCAF). Approximately 120 sailors from HMCS Montréal, soldiers from Le Régiment de Maisonneuve and air personnel from 438 Tactical Helicopter Squadron, conducted a Freedom of the City parade and ceremony on Saturday, Sept. 17, 2011.

It was the first time that the units as holders of the honorific designation, The Three Defenders of Montréal, which is a title bestowed to them by Mayor Jean Doré of Montréal in 1994, were present in the city at the same time. The Freedom of the City parade, which underlined the link between the three units, began at the Cathcart Armoury and proceeded to City Hall where a ceremony took place. Freedom of the City is the highest honour a city can bestow on a CF unit. The custom is believed to be based on a military tradition dating back to England's Civil War of the Roses in the 15th century when marauding military units from both sides

constantly harassed cities. Before a city would admit a military unit inside its walls, the Chief Constable would demand to know the reason soldiers wished to enter the city, and then escort their Commander to the City Council. If the leaders felt the unit could be trusted, it was granted the privilege known as Freedom of the City. This entitled the unit to enter the city with drums beating, banners flying, and bayonets fixed.

"It was a great day for the CF to have the RCN leading the parade followed by the Canadian Army and RCAF in downtown Montréal," said CPO1 Michel Vigneault, Coxswain of Montréal. "We had the opportunity to show them some of the unique things that the Canadian navy is doing for Canada and around the world. With very little time to practice together, it came down to a great deal of cooperation between the three elements, and a common desire to put on a great show. I was extremely proud of the turnout, and especially proud to be the Coxswain of such dedicated sailors from HMCS Montréal."

Montréal was visiting her namesake city during the Great Lakes Deployment (GLD) 2011. She set



The Freedom of the City parade takes place on Notre-Dame Street in front of City Hall in Montréal. Members of HMCS Montréal's ship's company, soldiers from Le Régiment de Maisonneuve, and air personnel from 438 Tactical Helicopter Squadron participated in the ceremony, which took place during the Great Lakes Deployment. Ports of call during the deployment included Trois-Rivières, Toronto, Port Weller, Hamilton, Montréal, Pointe Au Pic/La Malbaie, Gaspe and Corner Brook.

CPL MARTIN ROY, FIS

sail from Halifax, her home port on Aug. 25 and visited the following cities: Trois-Rivières, Toronto, Port Weller, Hamilton, Montréal, Gaspe, Corner Brook, and returned to Halifax on Sept. 30. The main

purpose of the GLD was to raise awareness among Canadians of their Navy, as well as to highlight the many career opportunities in the naval service available to Canadians. The presence of the ship, her

officers and ship's company served as a great opportunity for opening dialogue with Canadians who were unfamiliar with the Navy and who were able to enjoy a visit to a warship.

Senior RCN officer joins effort to develop Afghan National Police

By Lt(N) Len Hickey

Capt(N) Haydn Edmundson arrived in Kabul on July 18 as part of the initial rotation of the Canadian Contribution Training Mission-Afghanistan (CCM-A), the task force deployed on OP ATTENTION to serve with the NATO Training Mission-Afghanistan (NTM-A).

As Chief of Staff to the Deputy Commanding General-Police (DCOM-Police) at NTMA Headquarters, Capt(N) Edmundson has a prominent role in the training and development of the Afghan National Police (ANP).

The ANP is a national police force made up of four components — the Afghan Uniformed Police, the Afghan Border Police, the Afghan National Civil Order Police and the Afghan Anti-Crime Police — and two sub-components

responsible for specialized policing and close protection. In close co-operation with the department of the Afghan government responsible for policing, the Ministry of Interior, DCOM-Police has a mandate to help develop the components of the ANP into self-sustaining public safety organizations.

With a current strength of more than 135,000 men and women, with almost 8,500 in training at any given time, the ANP is responsible for enforcing the law and maintaining civil order throughout Afghanistan. DCOM-Police under NTM-A is responsible for developing the training curriculum needed to sustain the ANP well into the future.

The Ministry of Interior recently approved two key strategic documents, the National Police Strategy and National Police Plan, that identify development of a balanced, professional and sustainable police

force as a clear priority. The government of Afghanistan has embarked on an impressive campaign to build the ANP into a force large and capable enough to provide its people with peace and security. This strategy depends on effective and recruiting and training programs.

"The police force is the critical component identified in the plan that will enable the country to achieve the level of security they desire," said Capt(N) Edmundson. "The police force is essential to an enduring public confidence in the government and key institutions responsible for security. We are proud to be a part of this mission that will see the ANP transition into a professional and capable police force ready to serve Afghan citizens in the decades ahead."

OP ATTENTION is deploying

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In full Army-style battle rattle (except for the RCN executive curl on his rank badge), Capt(N) Haydn Edmundson disembarks from a U.S. Army UH-60 Black Hawk helicopter flying for the International Security Assistance Force.

SENIOR AIRMAN C.J. HATCH/US, AIR FORCE

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DND Family Fall Fest
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Fall Fest promises fun for entire family

Activities will include children's rides, costume contests and Oktoberfest food

By Benjamin J. Delong
Trident Staff

Family Fall Fest will take place for the first time on Oct. 22, in F Hangar, 12 Wing Shearwater, beginning at 10 a.m. This oktoberfest-themed event will coincide with Family Fly Day, which is an annual event available to those in Shearwater who have prerogatives.

The Family Fall Fest will be open to the entire Halifax and Dartmouth CF/DND community, and the organizers hope that it will complement the Fly Day, by adding to the number of activities.

The activities will include children's rides, costume contests, and various displays. Oktoberfest food, such as hotdogs and bratwurst will be available for purchase, and free

random draw prizes will be given out, similar to the DND Family Days.

"We'll have to bring out lederhosen," joked Bruce Nelson of Blueberry Crows. They will be entertaining the crowds in the evening along with the musical group, Bent. "We're still doing the blueberry festivals, and we're having a lot of fun," said Nelson. Due to their band name, Nelson says they get a lot of gigs at blueberry festivals.

The night's concerts will take place in the hangar. Tickets are on sale now at PSP Halifax Information Kiosk locations, and will be sold for \$10 per ticket, taxes included. The concert will be open to those 19 and over.

"We like to have a lot of fun on stage, and people come out for that," said Nelson. "We've opened for some great, great groups; we played with the Beach Boys and toured with Max Webster." At least two of the members of the pop rock progressive band has been playing together for 27 years, and have perfected their craft.

The purpose of the DND Family Fall Fest is to say thanks to the CF/DND Air Force community and their families for their efforts, commitment, and contributions to the operational readiness of the Fleet.



Our Blue Water Navy

In the historic burying ground next to S93 at Stadacona, a monument commemorates the sailors of HMS Shannon who were killed as a result of the sea battle with USS Chesapeake in June 1813.

PHOTO COURTESY OF THE MARITIME COMMAND MUSEUM



Capt(N) Brian Santarpia, CFB Halifax Base Commander, signs the 2011 Fire Prevention Week proclamation. With Capt(N) Santarpia are Fire Inspectors from the Dockyard Fire Hall Brian Saunders (seated) and Colin MacGillivray (standing left) and David Crowe.

PHOTO: KRISTEN MCCORD, FIS

These are only a few safety tips and there are many other things you can do to keep your family safe from fire. It is important to have a Fire Safety Plan for your home. All members of the home can plan it. Once you have a plan it should be practiced regularly so everyone knows what to do in the event of a fire. Once you are clear of the home, never go back in and have a meeting place that is a safe distance from the home.

For more fire safety tips you can visit these websites:
www.firecan.ca
www.nfpa.org
For more information, visit your local fire station close to your home or call the Halifax DND Fire Service at 427-6614 and have a fire safe day.

There will be an open house at the Dockyard Fire Hall on 13 Oct. 13 from 1:30 to 3 p.m. Please come out and visit the Fire Hall for our open house.

Birthday in the Med

By Lt(N) Tony Wright
and Lt(N) Ronald Clancy
HMCS Vancouver

No cake, no singing, no champagne. Grapefruit juice was the strongest available beverage. In an atmosphere more vigilant than festive, the ship's company marked the 18th anniversary of HMCS Vancouver's commissioning as the frigate headed out of Agusta Bay on the east coast of Sicily for her first patrol of OPERATION MOBILE. Her destination: Libyan territorial waters, off the port of Misrata.

Misrata is a far cry from Canada Place in downtown Vancouver, British Columbia, where HMCS Vancouver flew her commissioning pennant on Aug. 23, 1993.

One member of the ship's company witnessed the events of that long-ago day. As a plank-owner, CPO1 Gino Spinelli, our Coxswain, has kept a close eye on Vancouver throughout her service life so far.

"I am simply honoured that I was selected as Coxswain for HMCS Vancouver back in July 2010. Vancouver is close to my heart, especially considering the fact that I am on the Commissioning List," he said. "This is the third time I have sailed in Vancouver and, really, the first I see today. Within the ship's company is not much different from what it was back in 1993. HMCS Vancouver has a great history, and I am honoured to be a part of it."

Vancouver is the third ship of that name to serve in the Royal Canadian Navy. Her predecessors were a destroyer transferred from Britain in 1928 and paid off in 1936, and a Canadian-built corvette commissioned in 1942 that earned battle honours for the Aleutian campaign and the Battle of the Atlantic and was paid off in 1945.

Today's Vancouver is patrolling in Libya's territorial waters to protect civilians by ensuring the flow of legitimate traffic — especially humanitarian aid — in and out of the port of Misrata.

This mission frequently brings the frigate within sight of shore. NATO ships on this station have faced fire both from shore-based artillery and rocket batteries and from small boats at sea. In the Operations Room, you can feel the heightened awareness as the sensor operators keep their eyes fixed on their screens. On the bridge, the binoculars are never still as the lookouts constantly scan for any hint of trouble.

"This crew has a shared history with the crews of Vancouver's past," said Cdr Bradley Peats, the commanding officer. "Sailors, some young, some a little older, travelling around the world to secure peace and help those in need — that's what this ship is doing today, and it's a proud tradition we carry on from the first RCN ships named HMCS Vancouver."

With a modern weapons suite including Harpoon Block II surface-to-surface missiles, a Block 1B Phalanx Surface Mode close-in-weapons system, Enhanced Seasparrow surface-to-air missiles, and the latest shallow-water variant of the Mk 46 torpedo, Vancouver is one of the world's most capable warships.

The third Vancouver already has a proud history. In October 2001, she deployed on the initial rotation of OP APOLLO, departing Esquimalt on 10 days' notice to spend the winter as part of the USS John C. Stennis Carrier Battle Group in the North Arabian Sea.

Smoke detectors save lives

By Dave Crowe
DND Fire Services

Fire Prevention Week this year is from Oct. 9 to 15 and the theme is "Protect Your Family From Fire." To help protect the family from smoke or fire a smoke detector installed within the home is the best method.

There are two types of smoke detectors. One is an ionization detector and the other type is a photoelectric detector. An ionization smoke detector reacts better to fast flaming fires that are in their earliest stages of fire development. In faster flaming fires, small invisible particles are produced. These invisible particles can be detected by a smoke chamber within the smoke detector that uses a tiny amount of radioactive material, usually americium. When air passes through the smoke chamber it becomes ionized from the americium allowing an electrical current to flow between a positive electrical plate and a negative electrical plate. When the invisible particles from a fire enter the smoke chamber, it reacts with the ionized air causing the electrical current to decrease causing the alarm in the smoke detector to sound.

The photoelectric smoke detector reacts better to slow smouldering fires that produce thick black smoke with little heat. The photoelectric smoke detector uses a photoelectric cell coupled with a specific light source. An electrical current is produced when the photoelectric cell receives light from the light source that keeps an alarm switch open that is used to activate the alarm. When smoke enters the detector the light beam becomes obscured so the photoelectric cell loses the light beam. This stops the electrical current to function causing the alarm switch to close and activate the smoke detector's alarm.

Both types of alarms are used in residential homes. The most common type is the ionized smoke detector because it is cheaper in cost and it will quickly detect a fire in its initial stage. They are, however, very sensitive to smoke from cooking appliances and high humidity from steam from bathrooms and can cause a nuisance alarm.

Today there are many different models of smoke alarms for the homeowner to choose from. Some come with hush buttons to stop nuisance alarms when the smoke detector is activated, others can be connected to the household electrical system with a battery back-up, some are just battery only and there some for the hearing impaired as well. It is good for a homeowner to have a trained professional inspect the home and install smoke detectors that meet the family's needs.

Here are a few more safety tips regarding smoke detectors:

- Install smoke detectors on all floors and all bedrooms.
- Install smoke detectors in hallways leading to the bedrooms.
- Test smoke detectors at least monthly.
- Change the batteries twice a year.
- Replace smoke detectors every 10 years.

- Follow manufacturer's instructions for installation and maintenance for the smoke detector in the home.
- Clean detectors at least monthly to keep them clear from dust.
- Ensure all family members know what the smoke detector sounds like and how to evacuate the home when the smoke detector activates.

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PHOTO: JAMES HARRISON, DND

Boomer's Legacy Ride mirrored in Nova Scotia

Annual event raises awareness of poverty in war-torn areas of the world

By Benjamin J. DeLong
Trident Staff

Bikers took to 180K of road between 14 Wing Greenwood and CFB Halifax on Sept 10 as part of a spin-off event of Boomer's Legacy Ride. This was the inaugural Nova Scotian segment of the event, and there are plans to keep it going year after year.

Boomer's Legacy Ride is an annual biking event, in its fourth year, between Courtenay and Victoria, BC. Its goal is to raise money for the Boomer's Legacy Foundation and to raise awareness of the poverty of the people in war torn areas of the world.

The foundation was created in the memory of Cpl Andrew "Boomer" Eykelboom of Co-mo. On Aug 11, 2006, he was killed by a suicide bomber in Spin Boldak, Afghanistan. While on tour, Cpl Eykelboom was struck by the absolute poverty that the

people there endured. The money raised by the Boomer's Legacy Foundation goes to the CF soldiers, so they can access funds to spend on the people that they are serving.

Typically, money has been spent to go towards midwife training, birthing kits, school supplies, medical supplies, life saving surgeries for children, furniture for classrooms, shoes for orphans and a flock of sheep for a farmer.

The ride in BC was attended by 100 participants who took the challenge not only to raise \$300 for the foundation, but also to finish the 240K, two-day race. The Nova Scotian leg of the race was attended by 52 bikers.

"I don't ride much anymore, because I have a seven-year-old; so it's hard to go for long rides," said CFB Halifax Base Commander, Capt(N) Brian Santapira, who participated in the Boomer's Legacy Ride. "It was really good for the first year here, and the credit goes to Greenwood. They kept on it. We got the call asking whether they could get some support from us when they finished here. I thought, I ride 5K to work, so why not add 175K to it? So I said sure, I'm in."

Capt(N) Santapira was the only participant from CFB Halifax, but he hopes to get the word out for next year's race.

He took his bike out for an 85K practice ride the weekend before, and realized that he had to eat right,



Nova Scotia bicyclists complete their ride at Citadel Hill. Participants departed CFB Greenwood to Halifax for the first Annual Nova Scotia Boomer's Legacy Century ride on the 10 Sep 2011. Boomer's Legacy is named in remembrance of Cpl Andrew James Eykelboom, a Canadian military medic who was killed by a suicide bomber in Spin Boldak, Afghanistan in August 2006 at age 23. While serving in Afghanistan, Andrew (known to his friends as "Boomer") recognized numerous opportunities for assisting the Afghan people through the distribution of medical supplies, educational material, books and warm clothing. In small, personal ways, Boomer and his comrades felt they were able to make a special contribution to bringing peace and stability to Afghanistan. Boomer's Legacy has been created to further these accomplishments.

MCP/L ROBERT LEBLANC, 12 WING IMAGING SERVICES

and drink water regularly. "I was really careful about eating enough and drinking enough, and then I rode this great bike that Jose Martins (PSP Fitness Coordinator) lent me, and it was shockingly easy."

The Nova Scotian leg of Boomer's Legacy Ride took the Evangeline trail from Greenwood at 8 a.m., through Wolfville, Hantsport, Windsor, Mount Uniacke, and Sackville. From there, they took the Magazine Hill exit from Bedford, through Burnside, and over the Macdonald Bridge to head for

Citadel Hill. A spaghetti dinner was prepared for them at 8 p.m. in A Block, Stadacona, where the bikers met family members of CF soldiers who paid the ultimate sacrifice.

All 157 fallen CF soldiers are represented on the bikes at Boomer's Legacy Ride with photos and biographies of at least two, each biker, that are attached to each bike. Capt(N) Santapira took home the photos of Cpl Brian Pinkens, Maj Yannick Pèpin, and Pte Alexandre Pélouquin, who had attended to

the bike that he rode.

Capt Naval Zilka, 14 Wing Greenwood, Director of Team Nova Scotia in Boomer's Legacy Ride wrote a thank you letter as a follow up to the event. In it, he wrote: "If inspiration was needed, we didn't have to look farther than the pictures and biographies of the Fallen Heroes we were privileged to represent on our bikes. I hope we all walked away having learned a little bit more about ourselves and the sacrifices others have made so we could be there riding that day."

Tribute to a Canadian war hero

By DND

A monument in Toronto's Mount Pleasant Cemetery honouring the highest decorated war veteran in the Commonwealth and the British Empire was dedicated on Sept. 22, 2011. Members of LCol/Wing Commander William George "Will" Barker's family were in attendance, as was the Lieutenant-Governor of Ontario, the Honourable David C. Onley, and members of the CF. When LCol/WC Barker died and his body lay in state, it was the largest national event of the kind in Toronto's history. Some 50,000 spectators lined the streets of Toronto.

"Our government believes that Canadian heroes like LCol/WC Barker deserve the respect and recognition of a grateful nation," said the Honourable Peter MacKay, Minister of National Defence. "LCol/WC Barker is the highest decorated war veteran in the Commonwealth and the British Empire and I find it most fitting that our government act to recognize his service and sacrifices."

For his many accomplishments LCol/WC Barker was awarded the Victoria Cross and eight other gallantry medals, including the Distinguished Service Order and Bar, the Military Cross and two Bars, the French Croix de guerre, and two Italian Silver Medals for Valour. He was also mentioned in dispatches three times. He also served as Acting Director of the RCAF during its creation in 1924 and, co-founded Canada's first commercial airline and the annual International Air Show at Toronto's CNE.

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Publication Schedule for 2011

January 10, 2011 — **MFRIC**
 January 24, 2011
 February 7, 2011 — **MFRIC**
 February 21, 2011
 March 7, 2011 — **MFRIC**
 March 21, 2011 — **Posting Season Special**
 April 4, 2011 — **MFRIC**
 April 18, 2011 — **Battle of the Atlantic Special**
 May 2, 2011 — **MFRIC**
 May 16, 2011 —
 May 30, 2011
 June 13, 2011 — **Family Days, MFRIC**
 June 27, 2011 —
 July 11, 2011 — **MFRIC**
 July 25, 2011 —
 August 8, 2011 — **MFRIC**
 August 22, 2011 — **Back To School**
 September 5, 2011 — **MFRIC**
 September 19, 2011 — **Home Improvement**
 October 3, 2011 — **MFRIC**
 October 17, 2011 — **Remembrance Special**
 November 14, 2011 — **MFRIC**
 November 28, 2011 — **Holiday Shopping Special**
 December 12, 2011 — **Year End Review, MFRIC**



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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 David Gardam, 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 newspaper as defined by the Interim Canadian Forces Newspapers Policy dated April 11, 2005. 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 David Gardam, Commandant la force opérationnelle interarmées de l'Atlantique, qui est distribuée partout au Canada et outremer les lendis 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 la politique temporaire des journaux des forces canadiennes. 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.

Annual Subscription (25 issues):
 • NS: \$37.50 (\$32.50 + 15% HST)
 • ON, NB & FL: \$36.75 (\$32.50 + 13% HST)
 • BC: \$36.40 (\$32.50 + 12% HST)
 • Remainder of Canada: \$34.13 (\$32.50 + GST)
 • United States: \$45 US
 • Abroad: \$65 US

Courier address:
 2740 Barrington Street,
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Publication Mail Agreement No.
 #0023785

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'Til We Meet Again concert

The Stadacona Band of Maritime Forces Atlantic, along with special guest performers, presents the 10th annual 'Til We Meet Again Concert at the Bella Rose Arts Centre, 283 Thomas Raddall Dr., Halifax, Tuesday Nov. 8 at 7 p.m. All proceeds to Camp Hill Veteran's Memorial Garden. Tickets are priced at \$20 each and are available at the box office 457-3239 or online at: www.bellaroseartscentre.com.

La Musique Stadacona des Forces maritimes de l'Atlantique et des artistes invités spéciaux présentent la 10^e édition du spectacle 'Til We Meet Again au Bella Rose Arts Centre, situé au 283, ch. Thomas Raddall, à Halifax le mardi 8 novembre à 19 h. Tous les profits iront au Jardin commémoratif des anciens combattants de Camp Hill. Billets (20 \$) en vente à la billetterie (457-3239) ou en ligne à www.bellaroseartscentre.com.

150th Anniversary of the Nova Scotian Institute of Science

The Nova Scotian Institute of Science (NSIS) was founded in 1862 and is one of the oldest learned societies in Canada. In honour of the 150th anniversary, NSIS presents a free public lecture series. On Monday Oct. 3 at 7:30 p.m.,

Dr. John Calder, Nova Scotia Department of Natural Resources will give a talk titled Coal Age Galapagos (the Joggins Fossil Cliffs). Location is the Museum of Natural History Auditorium, 1747 Summer St., Halifax.

On Monday Nov. 7 at 7:30 p.m., Dr. Heike Lotze, Dalhousie University, will give a talk titled Food, Furs & Feathers: History of Human-induced Changes in Coastal Ecosystems.

Location is the Museum of Natural History Auditorium.

New Remembrance Day ceremony in Hammonds Plains

I am a retired Navy man (25 years) a Scout, and a business owner in Hammonds Plains. For years, our Scouts and I have been attending the Remembrance Day ceremony in Bedford. Now, I have been organizing a Remembrance ceremony for Hammonds Plains and surrounding communities, to be held at the Hammonds Plains Community Centre across from the Fire Hall, with local veterans, Second World War re-creators, the 25th Vimy Air Cadets, RCMP, the HP Scouts, the HP Guides and other invited guests. I invite you to participate in our Remembrance Day ceremony. If you would like to lay a wreath at this ceremony we would be honored to have you, a

family member or one of the cadets lay this wreath. If you are interested please contact me for details. Jim Miller, 835-7566 or email: jllongr@eastlink.ca.

615(Bluenose)RCACS is recruiting

615(Bluenose)Royal Canadian Air Cadet Squadron is currently enrolling youth ages 12 to 18 years. If you are interested in learning more about flying, leadership, sports, music, and many more exciting activities, step up to the challenge and join 615 Squadron. We parade every Wednesday evening from 6:15 to 9:15 p.m. at the Stadacona Drill Hall (Building S14, CFB Halifax), main entrance at the corner of Almon and Göttingen St. For information about 615 Squadron, visit www.cadets.net/at/615air/, call (902) 721-8202 on Wednesday evenings, or visit us any Wednesday evening at 6:15.

305 RCSCC is recruiting

305 Royal Canadian Sea Cadet Corps Sackville is currently enrolling youth ages 12 to 18 in the Sea Cadet program. Learn marksmanship, seamanship, sailing, marching and more, for free. Uniforms are provided through the program at no cost to the cadet or the parents. There are many opportunities to learn and make new friends that will last a lifetime. We parade ev-

ery Wednesday night at the Lesley Thomas Junior High School on Metropolitan Avenue in Lower Sackville from 6 to 9 p.m. For information, please call 864-1001.

865 Dartmouth Kiwanis Air Cadets

865 Dartmouth Kiwanis Air Cadets are recruiting new members. Are you 12 to 18 years of age and interested in aviation, being part of a team, recreational sports or music? Come see us on Monday or Friday evenings from 6:30 to 9:30 p.m. We are located at Shannon Park Elementary School. Phone 464-2053 or email 865dartmouthkiwanis@hotmail.ca for details.

Events at the public libraries

On Wednesday Oct. 5 at 10 a.m., Dr. Philip Welch will give a talk titled What Are the New Genetics All About? Dr. Welch, the founder of the practice of medical genetics in Nova Scotia, will lecture on the modern understanding and causes of genetic diseases, which are not as rare as generally supposed and future progress in their identification and care. Tantallon Public Library. On Tuesday Oct. 11 at 7 p.m., Francine Filion will give a talk titled Is Your Home a Healthy Home? Filion, a radon measurement and mitigation professional

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Calendar

continued from / Page 4

and owner of The Healthy Castle, will lead a self-survey of lifestyle issues that many people practice and which are not conducive to a healthy home. She will also explain what constitutes a healthy home.

Spring Garden Rd Public Library.

On Tuesday Oct. 11 at 7 p.m., join us for an evening of music with the local quartet titled Celtic Rant. They will perform instrumentals, sea shanties, Irish ballads and original compositions. Woodlawn Public Library.

On Wednesday Oct. 12 at 7 p.m., learn how you could get a better night's sleep. How well you sleep can make a difference in how you live. Captain William Spry Public Library.

On Thursday Oct 13 at 7 p.m., enjoy an evening of jazz from Devil's Horns sax quartet; Brian March on soprano, Steven Rigden on alto, Tobias Beale on tenor and Bryan Crocker on baritone. The Devil's Horns perform music from Bach to the Beatles.

On Friday Oct. 14 at 12 p.m., learn about National Novel Writing Month. Have you ever thought about writing a novel, but didn't know how to start? Find out if National Novel Writing Month is for you. Spring Garden Rd. Memorial Public Library.

Nocturne: Art at Night

Nocturne: Art at Night is a fall festival that brings art and energy to the streets of Halifax on Oct. 15, 2011, between 6 p.m. and midnight.

This free, fourth annual event showcases and celebrates the visual arts scene in Halifax. Nocturne, designed and planned by volunteers, is an opportunity for everyone to experience the art of Halifax in a whole new light. The Nocturne Program Guide provides details about exhibitions in galleries and public spaces throughout the city.

Correction

On pg 13 of the Sept. 19 Trident, the Mooseheads photo caption was incorrectly attributed. Cpl Dan Bard of FIS was the photographer. Trident regrets this oversight.

Marking 71st anniversary of Battle of Britain

By Lt Tyrone Brande
PAO 12 Wing Shearwater

A ceremony to commemorate the 71st anniversary of the Battle of Britain was held on Sunday, Sept. 18, 2011, at the Cenotaph at Sullivan's Pond, in Dartmouth, N.S. The ceremony, hosted by the Air Force Association of Canada (AFAC), began with a parade from the Somme Legion on King St., Dartmouth, to the Cenotaph at Sullivan's Pond.

Guests included the Honourable Mayann E. Francis, Lieutenant Governor of Nova Scotia; RAdm D.C. Gardam, Commander JTFA and MARLANT veterans, a Colour Party, 12 Wing Shearwater members, the RCMP, and local Air Cadets. Col Ian Lightbody, 12 Wing Commander, was the Reviewing Officer.

The ceremony included the laying of wreaths, a marchpast, and speeches to honour the event. All guests, participants, and public were then invited to attend a reception with veterans at the Somme Legion.

The Battle of Britain was the largest and most sustained aerial bombing campaign to that date and was the first major campaign to be fought entirely by air. Britain's victory of the battle was Germany's first major defeat and is considered to be one of the crucial turning points of the war.



Col Ian Lightbody, 12 Wing Commander, lays a wreath at the Cenotaph by Sullivan's Pond in Dartmouth, N.S., witnessed by CWO Alan Blakney, to commemorate the 71st anniversary of the air battle over England's skies in 1940 which was so gallantly won by so few in saving Great Britain from invasion during the Second World War.

CONTIBUTED

"The servicemen and women of the Air Force and of 12 Wing Shearwater, N.S., are honoured

to commemorate our veterans on this day in aviation history," stated Col Lightbody. "Let us

never forget the sacrifices our members have and continue to make in service to our country."

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Since January 17, 2008, Reator Keith Tannahill has given back over \$100,000 to the many military families who have used his professional real estate services. "It's my way of saying thank you, from my wife Linda and me to all of the CF members who put themselves in harm's way."

During his 26 years in real estate, Keith has acquired an in-depth knowledge of the market in Halifax Regional Municipality, two years ago, Keith received approval to start his program of cash back to CF members who used his professional services in buying

put extra cash in your pocket. If you purchase your home through Keith, he will give you his cash to buyer incentive. This applies to all MLS® listings in the Halifax and surrounding areas. Keith Tannahill is an experienced full-time real estate agent offering qualified professional service with all his listings on the MLS® system.

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says Keith, "I want to fulfill my responsibilities to the family I'm working for, as people in the CF are very busy with their careers and with so many other tasks."

He receives email queries from CF members deployed in the Persian Gulf and in Afghanistan. "These are people who are thinking of moving to a new

house or are being posted when they return, and they want to meet with me to talk about it."

Over the past 26 years, Keith and his executive assistant (wife) Linda have worked with numerous military families posted in and out of the Halifax area. During that time, they have seen how useful it is to

have extra cash in hand during a move. Keith says he knows extra money is always helpful, even though the military covers many of the posting expenses.

"I've seen the results of my program," he says. "It's great when the families get a couple of thousand dollars they wouldn't have, otherwise. Then they can get some of the extra things they would like to have, over and above just the things that they need."

"I encourage families to see every property they wish to see, as this allows them to make an informed decision. It means additional running around but the result is that everybody feels

wonderful about what they've accomplished." Linda and Keith do not take a vacation until after Labour Day and even then, he has his cell phone and laptop and is available 24/7.

As the year 2011 progresses and now that annual posting season has arrived, Keith and Linda look forward to greeting and assisting Canadian military families, either selling and moving to a new location, or on their house hunting trip. Please do not hesitate to contact Keith at (902) 452-3456 or by email at tb@eastlink.ca.

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Mental health and the CF

●26 per cent of female members and 13 per cent of male members spoke with a health professional about their emotional or mental health in the previous year (does not include routine pre-/post-deployment screenings)

●7 per cent of members screened positive for depression during the previous year — this represents approximately 4,500 Regular Force members

●11 per cent of CF members reported not seeking mental health care when they felt it was needed

Source: Health & Lifestyle Information Survey (2008/9)

Mental Illness Awareness Week, Oct. 2 – 8, 2011



By Health Promotion Staff

Mental Illness Awareness Week is a public awareness campaign that aims to better inform all of us about the issues surrounding mental illnesses. The theme of Mental Illness Awareness Week is "Face Mental Illness"—and it represents many important issues. First and foremost, it puts a human face on mental illness by featuring the stories of people living with mental illness. It also represents the incredibly wide spectrum of those touched by mental illness—families, researchers, teachers and all manner of practitioners including physicians, psychiatric nurses and psychologists. And it encourages all of us—including our governments—to face and address the issues.

One in five Canadians will experience a mental illness during his or her lifetime. It's crucial that we educate Canadians about the nature of mental illness and reduce the stigma associated with the disease. A number of myths have led to misunderstandings about mental illness, preventing many people

from seeking and getting help when they need it. All of us can make a difference for the nearly 6 million Canadians affected by mental illnesses.

Mental Illness Awareness Week brings us some fairly fundamental messages:

First, reach out. Don't be afraid to ask for help or to ask how you can help. This is a message for the family as well as for the person who is suffering alone and for all of us who know someone in trouble.

Get help early. Early intervention and treatment reduce long-term disability from mental illness.

Talk about it. Share your stories to help others understand.

Share the care. Treatment and support of persons with mental illness involves many types of caregivers; each has an important role to play.

Hope. While there are no cures for severe mental illnesses, improved treatments and community supports offer increased hope for recovery from its symptoms and a better quality of life.

Finally, respect differences. People with mental illnesses and their families are as diverse as the general population.

Unfortunately, the stigma surrounding mental illness prevents sufferers from seeking the help

they need, impairs recovery, affects the quality and availability of care and needed supports and even takes lives. Stigma also continues to keep mental health low on the health agenda.

Mental illness knows no boundaries; it can affect all people, regardless of age, culture, income and education. We all have a role to play.

To obtain information and/or support for yourself or someone else, please contact one of the following CF/DND Support Services:

●CFHSC(A) Mental Health Services 721-8607

●Military Family Resource Centres:

Halifax 427-7780
Shearwater 720-1885

●CF Members' Assistance Program 1-800-268-7708 (24 hrs)

●Employee Assistance Program (civilian DND) 427-3237

For more information about Mental Illness Awareness week, please contact the Canadian Alliance on Mental Illness and Mental Health or go to www.miam-ssm.ca

Source: Canadian Mental Health Association

Afghan

continued from / Page 1

up to 950 Canadian Forces trainers and advisors into the NTM-A, where they will make a direct contribution to security development in Afghanistan. Most CCTM-A personnel are engaged in programs supporting development of the Afghan National Army. The current ANP development team, working in the Kabul area, consists of about 50 CF personnel and 30 civilian police officers from across Canada.

Following the NTM-A credo "Shohba bal shohba" (shoulder to shoulder), the entire team — civilian and military, Canadian, allied and Afghan — focuses on training, advising, mentoring and supporting the growth and development of the ANP.

"We are connected to key decision makers in the Afghan Ministry of Interior and various police organizations," explained Capt(N) Edmundson. "We have a common goal of making the Afghan institutions more capable and prepared to assume self-sustained policing and security throughout Afghanistan."

Like his colleagues in police development, the entire team — civilian and military, Canadian, allied and Afghan — is fully committed to the vision of the ANP as a self-sustained police service by 2014. It will be a challenging journey, but a rewarding one for the entire Canadian team.

LS Moore, Sailor of the Quarter

By Sgt Etienne Laurier
NCSM Ville de Québec

The Canadian Fleet Atlantic initiative to recognize personnel for outstanding achievement has selected the Sailor of the Quarter, for the second quarter of 2011. Commodore Laurence Hickey approved the selection of LS Bill Moore, a cook from HMCS Ville de Québec. He was chosen from a group of highly competitive files submitted from the Fleet.

LS Moore enrolled in the Canadian Forces as a cook in his home town of Dartmouth, Nova Scotia in July 18, 2006. Following Basic Training he began his culinary training at the Canadian Forces

School of Administration and Logistics in Borden Ontario where he earned his Qualification Level 3 certification in April 2007. Following some time working in Windsor Park, Bill then joined Ville de Québec for his first operational posting in February 2008 and his career as a sailor has flourished ever since. Throughout his time onboard, he has continued to excel with professional development endeavors by completing the Advanced Medical First Responders' Course, and recently through evening studies through the Naval Officer Professional Military Education Program.

He has sailed with Ville de Québec the past few years and has emerged as an example to all new sailors in

the galley who feed off his energy in ship team-training exercises such as a recently completed Reduced Readiness Inspections conducted off the coast of Boston. As a member of the ship's company Bill sailed to Africa as part of the Navy's support to the World Food Program in 2008. He has earned decorations for his work with Task Force Arabian Sea in Bahrain, and Task Force Trinidad and Tobago.

Always looking to lift the spirits of the ship's company he serves. LS Moore has become known for taking common dishes such as hamburgers and turning them into crew favorites. Not one to shy away from training opportunities, Bill is continuously recognized by sea train-

ing in drills alongside and at sea for his hustle and ability to motivate the galley team in response to emergencies. The spirit of continuous improvement LS Moore demonstrates every day is contagious and a big reason why the ship's galley is able to successfully cater to the variety of tastes demanded by a hard working crew, and come together as sailor when the demanding conditions at sea require it the most.

When he's not inspiring creativity in the galley, LS Moore can be found working on his physical fitness. Bill shares a home with his girlfriend Nicky and spends his free time involved with a local mar-

ital arts club. He enjoys playing baseball with multiple teams and has recently helped one of these teams successfully fundraise for the IWK Children's hospital. His outstanding performance, professionalism and dedication to the Navy made him an excellent choice as sailor of the quarter.

The criteria for selection as the Sailor of the Quarter / Year are professionalism, performance, and volunteering in the unit and in the community, as well as specific outstanding achievements. The selection process for the Sailor of the Quarter occurs in March, June, September, and December and in January for the sailor of the year.

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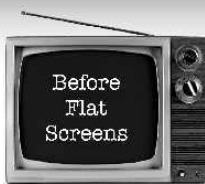
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Stand-up of the Weapons Engineering Technician Occupation

By CP01 Ken Mullins
Formation Armmunition Inspector W
Eng Tech Eco. Advisor, FMFCS

On Sept. 8, 2011 close to 500 members of the Weapons Engineering Technician Occupation fell in at HMCS Scotian to mark the stand-up of the occupation on Sept. 1, 2011. The purpose of the hands fall in was to mark this significant change within the Combat Systems Engineering community. The occasion also recognized the contributions of the Naval Electronic Technician, Acoustic, Communications and Tactical Occupations and Naval Weapons Technician Occupation, which stood down on Sept. 1, made to the Navy.

The event was presided over by Cmdre Finn, DGMEPM, and was attended by Capt(N) Gravel, CO FMFCS/ACOS NEM, the MARLANT Engineering Branch Advisor, Cdr Cassioli, Cmdt CFMES, the MARLANT Engineering Branch Co-Advisor, CP01 Feltham, Fleet CPO1; CPO1 Stonier, Weapons Engineering Occupation Manager; CPO1 Dionne, DGMEPM CPO1, Combat System Engineering Officers; and other interested personnel.

The hands fall in began with personnel formed into a hollow square by their previous occupations. An address was given by a CPO1 from each of the former occupations, recounting the history and accomplishments of the occupation.

CP01 Gagnon spoke for the Naval Electronic Technician Acoustic occupation which prior to 1985, was a user-maintainer occupation called Sonarman. In 1985, in response to the Maritime Other Ranks Production Study, the Navy abandoned the user-maintainer concept which resulted in NE Tech (A) maintainer occupation standing up. He pointed out the significant change made in 1992 under the Naval Electronic Technician Occupational Restructuring Program that realigned the apprentice technical training by providing it at the QL3 level vice QL5. He stated that NE Tech (A) Occupation had squarely met every challenge presented it during the past 25 years noting that its responsibilities had

doubled since its inception. CPO1 Sicard spoke of the evolution of Naval Communication as far back as the 16th century when signalling guns were used to communicate, and the invention of the telescope in the 17th century which led to the use of flags, semaphore and coded books. He also talked about the first restructuring of the trade in the 19th century when the radio side of the trade became separated from the flag side; this created two distinct trades called the Sparkers and the Bunting tossers. Furthermore, he stated that the occupation experienced two more trade restructurings caused by vast improvements in technologies and it will keep on evolving into the future. Finally, he stated that the new generation of sailors will take us into a new age of exciting challenges.

CP01 Boran then spoke on behalf of the Naval Electronic Technician (Tactical) occupation which was composed of personnel chosen from the Radar Plotter, Fire Control and Electronic Warfare trades. He briefly listed and described some of the equipment the Tactical Techs were responsible for during the 80s and early 90s. He pointed out that throughout the years new equipment continued to be introduced into the fleet and the trade, presenting many technical challenges for the Tactical Tech's to overcome. CPO1 Boran challenged the Tactical Techs to continue



Cmdre Finn, DGMEPM, addresses MARLANT's Weapons Engineering Technicians at HMCS Scotian on Sept 8, 2011.

CP. RICK AYER, FIS

maintain their tradition of excellence and to be more successful within their newly assigned occupations. I spoke on behalf of the Naval Weapons Technician occupation which was created by merging the Weaponsman Surface and Weaponsman Underwater occupations. I recalled that there was a dramatic increase in the academic training that came along with the merger. This increase was necessary so the NW technicians could effectively maintain such complex systems as the CIWS, the HARPOON missile system, the GMVLS, the 57 MM Gun, etc. I told those present, "You have maintained and continue to

maintain these systems at an extremely high state of readiness, during two Gulf wars, OPERATION APOLLO, Sharp Guard, wherever duty calls you to do so." Finally, I reminded them that the NW Tech Occupation came into being as a result of a need to modify in order to meet emerging technologies, crewing, and social changes to support the fleet and that it must give way for those very same reasons.

On completion, personnel were reformed into their assigned Weapons Engineering Technician occupation symbolizing the transformation from one to the other.

Addressing the newly formed group of Weapons Engineering Technicians, Cmdre Finn complimented and thanked all those involved in the restructuring of the occupation, and emphasized the courage and considerable effort by senior members of the occupations to propose and implement such significant changes to the occupational structure. Cmdre Finn stated that the construct of the Weapons Engineering Technician occupation will be a key enabler in ensuring the technical readiness of the future Fleet's combat systems, and that the occupation is blazing a trail for others to follow.

Officer's Mess Calendar

OCT. 29:

HALLOWEEN SUPERWEEPER @ WARDROOM 1830

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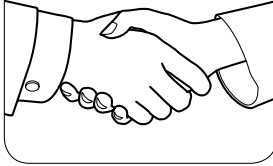
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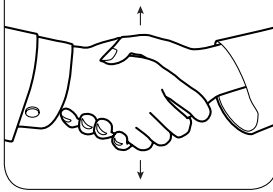
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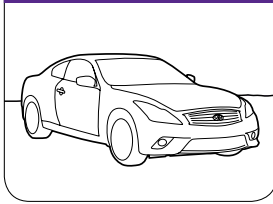
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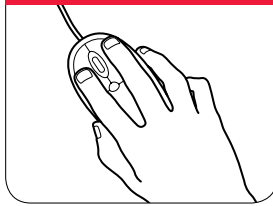


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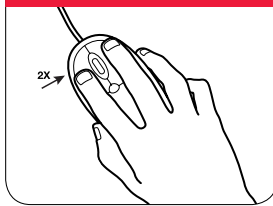
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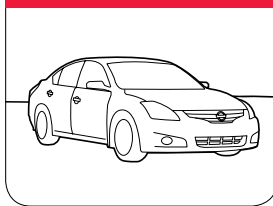
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A Ukrainian soldier watches over Sgt Tim Curnew acting as an enemy force during force protection training in Poland.

SGT KATHERINE GREER-HULME

Canadians lead interoperability training exercise

Mentor role with coalition forces based on mission experience

By Sgt Katherine Greer-Hulme
Army News, CFB Gagetown

Twenty-four Canadian soldiers, led by 4 Air Defence Regiment (4 AD Regt), marched onto the grass parade square and stood side by side with soldiers from Ukraine, Poland and Lithuania.

The Canadian contingent was in Zagan, Poland, from Sept. 11-17 to lead EXERCISE MAPLE ARCH, which sought to increase effective interoperability among diverse international forces during coalition peace support operations.

"The MAPLE ARCH serial not only brings good training to [6th Airborne] brigade, but also fosters great cooperation and understanding between our militaries," said Col Andre Sevigny, the Canadian Defence Attaché to Poland and EX

MAPLE ARCH co-host and director. "This opportunity further enhances the credibility and reputation of the Canadian Forces on the international stage."

Canada has participated in EX MAPLE ARCH since the mid-1990s under the umbrella of NATO's Partnership for Peace. Canadian soldiers bring significant skills and experience to the table from having served on many missions and in operations such as Bosnia, Afghanistan and Libya.

Poland is preparing to deploy its soldiers to work alongside the CF in Afghanistan. This training helps Canada and its allies collaborate in a country such as Afghanistan because it provides the allies with a greater understanding of how the CF conduct certain procedures, making it easier to work together even when there is a language barrier.

"This exercise is a key element of the [DMTC] program," said Andrew Rasiulis, Director of Military Training and Co-operation (DMTC) in Ottawa. "Ukraine, Poland and Lithuania are strategic partners of Canada, both at the political and at the military level and so we are here training them to enable these countries to participate with Canada."

"All of these countries—all con-

tingencies—are in Afghanistan, and so we are using Canadian experience as the mentors through the DMTC program to actually assist these contingencies to go off and help us do our job."

EX MAPLE ARCH uses a train the trainer approach as the primary training audience rotates through the various stands consisting of cordon and search, convoy operations, IED lanes and force protection. The progressive training consisted of formal lectures, demonstrations and practical training scenarios.

"It put it into perspective for me, that a soldier is a soldier anywhere you go," said Sgt Tim Curnew, 4 AD Regt. "I really enjoyed the exercise and I would recommend it to anybody in the Canadian Forces to be part of it. Hopefully, we'll continue on in the years to come, as it was very beneficial."

The confirmation exercise in Poland demonstrated how all four countries could work together and how this type of training benefits coalition forces. The sharing of ideas, procedures, techniques and cultures bridges the gap between different countries working together—both on the battlefield or during humanitarian missions—and helps set the stage for mission success.

A banyan to remember

By CP02 Joel Furry
Combat Chief, NCSM Ville de Québec

Having served more than 28 years in the Navy, I have witnessed a considerable quantity of banyans onboard numerous ships. On August 24, during a demanding training schedule in preparation for Air Work-Ups, the XO announced, to our surprise, an impromptu dropping of the anchor in Malbone Bay where a much deserved banyan would take place. Little did I know I was about to be amazed as I made my way up to the flight deck for supper.

Never before had I seen such an array of food onboard. The standard hamburgers and hotdogs made way for a selection of fare including steak, shrimp, baked potatoes and corn on the cob. A notable mention goes to the famous hand-prepared VDQ burgers and the elaborate dessert table befitting a wedding: my favorite dessert being the chocolate fondue and ice cream bar. Smiles aplenty could be seen throughout the flight deck. The aim of the event had obviously been achieved.

My sincere thanks and appreciation of the



From left: OS Lamonde, LS Ledoux, LS Dion-Levesque, PO2 Janssen, MS Plourde and PO2 Nadeau enjoy an impromptu banyan on the flight deck of NCSM Ville de Québec.

CP02 JOEL FURRY, NCSM VILLE DE QUEBEC

entire crew go to Sgt Doré and his team, along with the rest of the Log department for taking a common naval event and propelling the standard to a whole new level. VDQ's motto happens to be "Don de Dieu feray valloir." A secondary motto was created that day, "Have amazing food - will travel."

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Good food ensures a happy ship's company

By Jeri Grychowski
GLD Advance PAO

HMCS *Montreal* is well into her five-week Great Lakes deployment, having already visited Trois-Rivières, Toronto, Port Weller and Montreal. The ship's two final port visits are scheduled to be in Gaspe and Corner Brook. The ship's company has been extremely busy welcoming thousands onboard the ship, explaining what they do onboard and what equipment they have to do their jobs. It is an exhausting time for everyone, yet every day the ship's company is smiling and welcoming folks onboard. What kept them going—well, one thing, is the quality of meals that the cooks on board served daily.

Cooking for a ship's company of 225 is never an easy job but adding invited guests who can increase the number to 300, as well as preparing for the numerous receptions that have been held at all the ports, would make even this somebody's worst nightmare. For most people this probably would seem like a daunting task, but PO1 Brideau

says "This is just part of what life on a ship is all about, juggling many balls at one time, but when you have professional and experience people working for you, it becomes somewhat easy."

Chief cook PO1 Brideau joined the CF in 1989 and since then he has seen and done just about everything. From serving meals in sea state up to nine meters, to serving Prince William and his wife Catherine, it doesn't matter. "The biggest challenges for us on a ship are the confinement of the galley, preparing daily menus and also finding room to work on the precision of décor for center pieces and making hours of omeures," said PO1 Brideau.

For this deployment, PO1 Brideau has had a team comprising the chief cook, his 2 I/C, and five others who contribute to the success that *Montreal* has had. This very close-knit team works extremely well together and remains ready to take on all tasks, big or small.

PO1 Brideau also has responsibilities on the ship outside of managing his team; for example, he also stands damage control watches.




PO1 Guy Brideau leads the team of cooks in HMCS *Montreal* during the 2011 Great Lakes Deployment. The deployment's main purpose is to raise awareness of the Royal Canadian Navy and to highlight the many career opportunities the Navy offers to Canadians.

CPL MARTIN ROY/CFIS


PO1 Brideau has spent his career alternating between cooking for the Navy and the Army and has done

functions for VVIPs, Changes of Command and the Canada Games Gala. "Feeding large numbers of

people is always challenging," said PO1 Brideau, "but with a good team, everything is possible."



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WHEN: Thursday, October 13 **WHERE: Building D20**
(Across from the Fire Hall)
HMC Dockyard


TIME: 0830 - 1200

FOR MORE INFORMATION

LCDR Ralf Dreimanis (902) 426-3100 ext. 153
Ralf.Dreimanis@forces.gc.ca


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Halifax & Region Military Family Resource Centre



Military Families
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www.halifaxmfrcc.ca Charitable number: 87070 5829 RR0001

We're on Facebook and Twitter. Find the MFRCC on twitter at @hrmfrc (www.twitter.com/hrmfrc) and become a facebook fan by searching Halifax & Region Military Family Resource Centre on www.facebook.com.

Locations:
Halifax Site: Building 106 Windsor Park Halifax Tel 247-427-7788
Shearwater Site: Hampton Gray Memorial Building in Shearwater Tel 720-1885 (after hours call 427-7788)

Want to find out about the latest MFRCC programs by email? Join the MFRCC eNews by sending your contact info to enews@halifaxmfrcc.ca. You'll receive a weekly email with program and event updates.

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

Pour recevoir la publication du

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

Military Family Resource Centre Information Road Show for CF Members and their Families

The Halifax & Region MFRCC is going on the road again this fall and bringing our Information Road Show to you. If you are a CF member or family of a CF Regular or Reserve Force member who has recently experienced deployment or is preparing to deploy, don't miss out on this informative and interactive evening. Find out about all the programs, services and resources available to CF families. Parents, family and CF members make sure you are informed, supported and connected. Come out and get connected in your community with others who are experiencing the unique challenges of the military lifestyle. Presentations by the MFRCC, 36 Brigade, Operational Stress Injury Social Support, Integrated Personnel Support Centre and Veterans Affairs Canada.

Make it a date, bring a friend and check out the MFRCC Information Road Show for CF members and their families.

Truro: Wednesday, Oct. 13, 6:30-8:30 p.m. Brunswick Street Legion, Truro
For more information visit: www.halifaxmfrcc.ca or call 1-888-753-8827.

Vacation Lottery Winners: 2011/2012

Congratulations to the following winners for the September 2011 Vacation Lottery Extravaganza draw:

Grand Prize: Maui, Hawaii - Katie Bartlett
Second Prize: \$1000 Cash - Cpl Richard Saindon

Third Prize: \$500 Cash - Graham Duhme
\$150 Superstore Gift Card - Dominique Tetreault
\$150 Superstore Gift Card - Johanna Benning

Next Draw date: Tuesday, October 11 - St. Lucia featuring world-famous Sandals resorts.

Welcome to Halifax

Ciad Mile Failte. - Or 100,000 Welcomes.

The Halifax & Region MFRCC warmly welcomes you to your new community. We understand that postings are one of the very unique challenges of the military lifestyle and we hope our resources will help ease your journey.

With three sites to serve you in Halifax, Shearwater and Sydney, Cap-Breton, we have many programs and services for the entire family. From our fun and funky Youth Centre located at 12 Wing Shearwater, to our state of the art daycare facilities, you'll find something for everyone in the family at the MFRCC. Our Cap-Breton location and outreach services offer programs and information for families residing throughout Northern and Central Nova Scotia. Aside from all of the great programs and services, we are also fortunate to offer assistance to your family 24 hours a day/7 days per week through our Family Information Referral Services Team (FIRST). Call 427-7788 or 1-888-753-8827 (toll free) to access this service.

Make sure your family drops in to one of our sites for a tour and to discover the many programs and services we offer. Sign up for our mailing list and eNews to stay connected to events and activities we have coming up. We host a couple of special events designed specifically for newcomers throughout the year - stay tuned and check out these great events.

If you are being posted out, get in touch with us and we can help connect you with the MFRCC in your new community.

Bienvenue à Halifax

Ciad Mile Failte. Mille fois bienvenue.

Le Centre de ressources des familles militaires d'Halifax et régions vous souhaite la bienvenue dans votre nouvelle communauté. Nous sommes conscients que les mutations constituent l'un des défis uniques de la vie militaire et nous espérons que nos services facilitent

ront votre insertion dans votre nouvelle vie.

Nous offrons des programmes et des services pour toute la famille à Halifax, à Shearwater et à Sydney, au Cap-Breton. Que ce soit pour notre super maison des jeunes située à la 12e Escadre Shearwater ou pour nos garderies ultramodernes, vous êtes certain de trouver votre compte au CRFM. Les Services d'approche communautaire et le site du Cap-Breton proposent des programmes et fournissent des renseignements partout dans le Nord et le Centre de la Nouvelle-Écosse. En plus de tous ces programmes, nous offrons également des services d'information et d'orientation (FIRST) à votre famille, en tout temps. Appelez-nous au 427-7788 ou sans frais au 1-888-753-8827 pour accéder à ce service.

Assurez-vous que votre famille vienne faire un tour à l'un des quatre CRFM afin de découvrir les programmes et services que nous offrons. Si vous désirez être informé des activités et des événements que nous organisons, inscrivez-vous à notre liste d'envoi pour recevoir le bulletin de cybernouvelles. Certaines activités sont conçues spécialement pour les nouveaux pendant l'année. Surveillez ces événements géniaux.

Une fois de plus, bienvenue au CRFM d'Halifax et régions et dans votre nouvelle communauté.

A Star To Guide Them Home - gift cards to support MFRCC

A Star To Guide Them Home is an original painting by Mrs. Fay Maddison. The theme and artwork is from Natasha's Fairy world project.

A Fox and A Fairy, in cooperation with Eprintit Halifax, has donated gift cards based on the original painting of A Star To Guide Them Home to the MFRCC. Profits from the sale of these gift cards will be given directly back to the MFRCC.

These can be purchased in packages of 10 for \$12 or 20 cards for \$20. Cards are blank inside, good for any occasion.



Military families enjoyed a beautiful day at Elderkins U-Pick on September 11, picking apples and pumpkins, and enjoying a wagon ride through the orchard. Sign up for our email list and join us on Facebook to ensure you don't miss these exciting family programs.

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Halifax & Region Military Family Resource Centre



On Tuesday Sept 20, Unit Family Reps attended a meet and greet at the Halifax Site of the MFRCC. Unit Family Reps work with the individual units, families and the MFRCC to keep people connected and informed. Unit Family Reps are located in many units throughout Halifax, Central and Northern NS and Cape Breton. Contact us to find out who your rep is.

CONTRIBUTED

Contact Pat Haight by calling 427-7208 or email: Patricia.Haight@forces.gc.ca

Unit Family Representatives

This network is made up of representatives from the various units the H&R MFRCC serves and will enhance communication and accessibility of MFRCC services and programs for Reserve family members.

Unit Family Rep Training

Halifax Site/Unit family representatives are invited to join the Halifax & Region MFRCC for a one-day training session on how units can assist in facilitating communications with military families and gain a deeper understanding of the programs and services offered by the MFRCC. The training will feature guest speakers, presenters, as well as a series of videos. After completing the training, unit family reps will join others and become a part of the Unit Family Rep Network. Participants will also receive

a resource handbook and certificate of completion. Snacks, refreshments and lunch will be provided at no cost to participants. Contact the MFRCC if you are interested in becoming a Unit Family Rep.

Tuesday, Oct. 25, 8:30 to 4 p.m.
Deadline to register: Friday, Oct. 21, 4 p.m.

Call 427-7788 for more information and to register.

Upcoming Programs

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

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

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

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

Please note that unless otherwise indicated, programs are offered in English. For other program information and details, please visit www.halifaxmfrcc.ca.

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

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Special Events and Family Activities

Dad & Laser Tag

Halifax Site
Children 6 years and up and their dads. Come out for a fun-filled afternoon of outside laser tag. There will be a laser tag course set-up in the field behind the Halifax Site MFRCC with various types of games to play. A snack will be provided and those attending will have the opportunity to connect with other military families.
Sunday, Oct. 23, 1 to 3 p.m. Cost: \$7/person.
Deadline to register: Wednesday, Oct. 19.

Halloween Spook-tacular Fun Day

Halifax Site
Children under 8 years.
Bring your family to the Halloween Spook-tacular Fun Day and enjoy an afternoon filled with pumpkin carving, a costume contest, games, Halloween themed crafts and some yummy snacks. Sunday, October 30, 1 to 3 p.m.
Cost: \$3/person, under 12 months free.
Deadline to register: Tickets may be purchased until Oct. 26 (only 150 will be sold, first come first serve).

Halifax Small Business Showcase

Halifax Site
Come join us for our first annual Small Business Showcase at the MFRCC. Get some Christmas shopping done and meet other military families while supporting small businesses run by military spouses. There is something for everyone at the Showcase, including crafts, candles, baked goods, photography services and more.
Friday, Nov. 4, 4 to 8 p.m.
Saturday, Nov. 5, 9 a.m. to 5 p.m.
Cost: \$1 per family. Call 427-7206 for more information.

Family Bingo

Family event, all ages welcome. Halifax site
Everybody loves bingo. So why not make an afternoon of it with your family? Sunday Nov. 6, 1 to 3 p.m.
Cost: \$5 per person. Children 3 years and under are free.
Deadline to register: Wednesday, Nov. 2 by 4 p.m.

Winter Wonderland

PSP and the MFRCC are presenting the popular Winter Wonderland event on Dec. 17. Details will be announced soon - please sign up for the MFRCC's e-news (email your contact to enews@halifaxmfrcc.ca) or join the Halifax & Region MFRCC on Facebook for information.

Deployment Programs and Events

Deployment Café

Halifax Site
Be our guest. If you have a loved one who is deployed, you are invited to come check out our deployment café. You'll be treated to a fabulous meal, socialize with other deployed family members and share their own experiences, as well as learn from others. Please come join us for dinner and get connected with other families in your community. Don't miss out. Call and book your spot now. Casual care is available at no cost to participants.
Sunday, Oct. 16; Nov. 6 and 20, 4:30 to 6:30 p.m.

Cost: Covered by Deployment Services
Deadline to register: Wednesday prior to each session by 4 p.m.

Cycle of Deployment Workshop

Halifax Site
Whether you are currently experiencing, about to experience, or have already experienced deployment, this workshop is for you. The cycle of deployment workshop covers the various challenges and

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Halifax & Region Military Family Resource Centre



opportunities faced before, during and after deployment. Casual care provided. Oct. 18, 6 to 8 p.m. No cost.

Deadline to Register: Oct. 13.

We're talking Reunion

Halifax site Come join us for a fun interactive evening to discuss and share the joys/challenges of reunion. Tuesday Oct. 25, 6 to 8 p.m. Deadline to register Oct. 20

Francophone

Programs and Events

Parent/Bambin (Français)

Site : CRFM de Shearwater – Salle parent and tot
Âges: de 0 à 5 ans
Les mardis matins 9 h30 à 11 h30

Côté : 25 par enfants militaire et 35 par enfants non-militaire
Aucune inscription n'est requise
Café français
Site de Shearwater – Salle du conseil administratif
Adulte +18

Cette activité qui s'adresse aux familles de militaires francophones est un lieu d'échange où l'on parle de ce qui touche la vie militaire dans la région d'Halifax. On se retrouve pour tisser des liens et prendre un café entre nous, dans une ambiance détendue et le temps se passe en français. Les jeunes enfants sont bien heureux de jouer ensemble, sous la supervision du personnel du Casual Care (service de garde occasionnel).

Les jeudis 9h30 à 11h30
Côté : 25 par personne famille militaire / 65 autres
Date limite d'inscription : réserver au plus tard le lundi avant 16h00 pour profiter du service de garde pour les enfants de 0 à 5 ans, au coût de 45 par enfant/ 75 par famille.

Activité pour la communauté francophone – Randonnée en chariot

Site: Inso Stable – 1060 chemin Old Samba, Harrietsfield
Pour toute la famille

Venez nous rejoindre pour un randonnée en chariot à l'ancienne... Cette activité de plein air ramène des souvenirs d'être à la ferme; complet avec un zoo. Jeux, collations et bricolages seront fournis pour ajouter à l'ambiance de famille en réunion. Une excellente façon de passer un après-midi d'automne.

Le samedi 15 oct. de 13h00 à 15h00

Côté : 65 par personne (famille militaire) 25\$ par famille
Date limite d'inscription: le vendredi, 7 octobre avant 16h00.

Soirée Francophone pour les conjoints militaires

Economy Shoe Shop
Âge: 18 ans +
Venez nous retrouver à de charmant et unique resto d'endroits variés d'Halifax et de Dartmouth. Le dernier vendredi du mois nous donne l'occasion de se retrouver parmi d'autres femmes françaises pour partager un bon repas et de belles histoires. Tout le monde est bienvenu mais la priorité sera accordée aux conjoints militaires.

Place limité dont réservé tôt pour vous assurer une place. Plaisir et rire garantis.
Le 28 oct 18H30 à 21H30
Economy Shoe Shop - 1663 Argyle Street, Halifax N-É B2J 2B5
Côté : Chaque participante défraie le coût de son repas.

Le 28 oct 18H30 à 21H30
Economy Shoe Shop - 1663 Argyle Street, Halifax N-É B2J 2B5
Côté : Chaque participante défraie le coût de son repas.

Brunch pour les familles francophones au Centre de la jeunesse

Site de Shearwater: Centre de la jeunesse Henderson Sweetman
Pour toute la famille

Venez nous rejoindre pour prendre le brunch ensemble. Tout le monde est bienvenu... Une belle occasion de passer du temps ensemble avec votre famille et de rencontrer vos voisins.

Le dimanche 13 nov, de 10H00 à 13H00
Côté : 3 \$ par personne famille militaire, 5 \$ par personne autre

Date limite d'inscription: le mercredi 9 novembre.

Noël pour les familles francophones - Réveillon

Gymnase du CRFM – Shearwater. Pour toute la famille.

Un Noël francophone traditionnel pour célébrer la saison... Les membres de la communauté vont



On Sept. 20 MFRC Op We Care volunteers packed fall packages for Nova Scotians deployed to locations around the world. Op We Care is always looking for support. Contact us for more info. Thanks to all the volunteers who gathered supplies for the deployed members and who donated their timeto sort, wrap, pack and decorate the boxes.

CONTRIBUTED

partagés de mets traditionnels « pot-au-feu » avec leurs voisins dans une célébration des fêtes. Des plats de toutes les régions; tourtières, dinde, six-pâte et bûche de Noël, la musique française et même le para-jet. Traditions et plaisir pour personnel en famille.

Le samedi 3 déc 2011 de 13h00-16h00 Côté : 25 par personne de famille militaire – un ans et moins gratulé. Les familles doivent fournir une liste des aliments qu'ils amèneront au pot-au-feu. S'il vous plaît noter que ce sera un endroit sans arachides et noix. Il est nécessaire de nous aviser si il ya des allergies lors de l'inscription.

Date limite d'inscription : le mercredi 23 novembre 2011.

Children's Programs and Events

Emergency and Respite Child-care. Find out more at <http://www.halifaxmfrcc.ca/services/family-support/child-care.asp>

Weekly Casual Care

Halifax and Shearwater Sites
Ages: 3 months to 12 years
Casual care is short-term child-care for military families when they have appointments or they just need a break. Monday to Friday mornings (9 a.m. to 12 p.m.) and afternoons (1 to 4 p.m.).
Cost: \$5/hr for children under 18 months, \$4/hr for children over 18 months
Registration available one week in advance, for Shearwater Site call 720-1038 and for Halifax Site call 722-4663.

Weekly Casual Care

Halifax and Shearwater Sites
Ages: 3 months to 12 years
Saturday Casual Care is provided on alternate Saturdays at the Halifax and Shearwater Sites. Parents are asked to register for this program as early as possible because spaces are limited and they fill up quickly. Experiencing deployment? Let us know as respite hours can be used.

Shearwater Site: Saturday, October 15 and 29; November 26
Halifax Site: Saturday, October 22; November 5 and 19
10 a.m. to 3 p.m.
Cost: \$5/hr for children under 18 months, \$4/hr for children over 18 months
Deadline to register: Wednesday before the session.

Parent and Tot

Halifax and Shearwater Sites
Ages: Infant to 5 years
Halifax Site (38 Macdougall Street): Tuesday and Thursdays
Shearwater Site: English - Mondays, Wednesdays and Thursdays; French - Tuesdays 9:30 to 11:30 a.m.
Cost: Military \$2/child and civilian (Halifax only) \$3/child
Military only. No registration required but due to fire code we can only have 25 people in the class room, this includes children and

adults. You may experience a time where we are full and cannot accept your family into the program.

Youth Programs and Events

Henderson Sweetman Youth Centre

For details on becoming a member of the Youth Centre or for inquiries on Youth Services, contact Kelly Boutillier at 720-3038 or email: Kelly.boutillier@forces.gc.ca. For drop-in times and more, check out www.halifaxmfrcc.ca/youth.

Halloween Movie and Treat

Ages: 8-15 Years
Thursday, Oct. 13, 6 to 8 pm
Cost: \$2 for Henderson Sweetman Youth Centre members, \$4 for non-members.
Deadline to register: Tuesday, Oct. 11.

Home Alone for Youth

Halifax and Shearwater Sites
Ages: 10 - 15 years
Youth are invited to join the MFRC and learn various skills, such as stove safety, basic first aid and how to plunge a toilet in order to stay home by themselves.
Shearwater Site - Henderson Sweetman Youth Centre: Saturday, Oct. 15, 1-4 p.m. Register by Oct. 11.

Halifax Site - 38 MacDougall Street: Saturday, Nov. 19, 1 to 4 p.m. Register by Nov. 15.

Cost: \$5/person (military)
Call 427-7788 for more information and to register.

Halloween Chocolate Making

Ages: 8-15 Years
Thursday, October 20, 6 to 8 p.m.
Cost: \$4 for Henderson Sweetman Youth Centre members, \$6 for non-members.
Deadline to register: Tuesday, Oct. 18.

Halloween Party

Ages 8-15 years
Wear your costume as prizes will be awarded for the best costume, most original and more. There will be games, contests and treats.
Saturday, Oct. 29, 6 to 9 p.m.

Adult Programs and Events

Coffee Connections

Halifax and Shearwater Sites
Friday mornings, 9:30 to 11:30 a.m.
Cost: \$2/military family member \$6/non-military family member
Casual Care: \$3/child or \$6/military family member
Deadline to Register: Tuesdays prior to each session.

Extreme Couponing - MFRC Style

Halifax and Shearwater Sites
Join the H&R MFRC for the Extreme Couponing workshop and learn great techniques that can help save your family money. An outside facilitator will present the workshop and share her experiences of saving her family over \$300 a month using coupons. Participants will leave the workshop with tips on how to save money using coupons, and a folder filled with valid Canadian coupons.

Halifax Site: Saturday, October 15, 9 to 11 a.m. (Register by Oct. 12)

Shearwater Site: Tuesday, October 18, 6 to 8 p.m. (Register by Oct. 13)

Cost: \$15/person

Facilitation Training

Halifax Site
Our Facilitation Training workshop guarantees an interactive and fun approach to Behavioral Style Facilitation.

Oct. 17, 18, 19, 20 and 24, 6 to 9 p.m.

Cost: \$50
Deadline to Register and Pay: Monday, Oct. 10.

Evening Coffee

Halifax and Shearwater Sites
What better way to wind down from a long day than to have coffee and dessert with your friends.

Join us for our new Evening Coffee program every Thursday evening (alternating between the Halifax and Shearwater Sites) for informal chats and some much needed down-time. This is a great opportunity to connect with other CF family members, learn something new and share some laughs. This program is for adults (19+) only and casual care is provided.

Halifax Site: Thursday, Oct. 20; Nov. 2 and 17, 6:30 to 8:30 p.m.

Shearwater Site: Thursday, Oct. 13 and 27; Nov. 10 and 24, 6:30 to 8:30 p.m.

Cost: \$2 drop-in fee/military family members; \$6/non-military family members/Deadline to Register: Mondays prior to the session by 4 p.m.

Op'N' About - Ghost Walk of Historic Halifax

Downtown Halifax
Adult Program. Join us for a walking tour through Halifax and hear eerie tales, little known facts and intriguing stories of haunted buildings, troubled spirits and odd occurrences. The tour starts at the Old Town Clock (halfway up Citadel Hill) and finishes at the Maritime Museum of the Atlantic (along the waterfront). Friday, Oct. 21, 7:30 to 9:30pm:Cost: Special discount - \$8/person; exact change only please. Deadline to Register: Tuesday, Oct. 18.

Standard First Aid and CPR Level C

RTF Building 335 - Shearwater
This two-day program will provide participants with certification in Standard First Aid/CPR Level C.

Oct. 22 and 23, 8 a.m. to 4 p.m. Cost: \$50/military family member Deadline to Register and Pay: Monday, Oct. 17, 4 p.m. Spaces are very limited and only those who have made full payment are considered registered. Priority will be given to military family members.

Brunch Buch

Meet in front of Redwood Grill
Redwood Grill (Future Inn) - 30 Fairfax Drive, Bayers Lake, Halifax Saturday, Oct. 29, 11 a.m. to 1 p.m. Cost: Participants are responsible for the cost of their meal. Casual Care: \$6/child/\$9/family.
Registration Deadline: Wednesday, Sept. 21, 4 p.m.

Change - What's Up with That?

Halifax Site
Are you a family with a CF member who has become ill, injured or developed a special need while serving? Do you feel unsure about what the future holds or anxious about how things might be different now? Change due to illness or injury affects everyone in the family. If this sounds familiar and you want to learn ways to manage and cope with change effectively, come and check out this two-session workshop series called Change: What's Up with That?

Coping & Connecting
Wednesday, Nov. 2, 6:30 to 8:30 p.m. (register by Sunday, Oct. 30).

Parenting through Change: Wednesday, Nov. 9, 6:30 to 8:30 p.m. (register by Friday, Nov. 4).
Registration fees and childcare for each topic will be at no cost to participants.

Come Out N' About with the H&R MFRC to Bangor and Kittery

Adult Program
The Halifax & Region, Moncton, Gagetown and Greenwood MFRC's in partnership with Atlantic Tours Ltd. are embarking on an exciting shopping trip and we want you to join us. Adult military family members plus one guest (18+) are invited to come out N' About on a three day shopping trip to Bangor, Maine and Kittery, New Hampshire to enjoy Black Friday - the famous shopping day in the United States. Leaving Halifax on Thursday, Nov. 24 and returning Sunday, Nov. 27, this trip includes accommodations for three nights, transportation on a motor coach and three breakfast meals. Don't miss out on this great opportunity to get some holiday shopping done and even check out the outlet stores.

Nov. 24 to 27
Cost: military discounted rate (based on hotel room occupancy) \$100 deposit due at the time of booking.

Registration Date: Oct. 22
Very limited spaces available. Passport required. Participants must call Atlantic Tours directly to book a spot: 1-800-565-7173.

Why we believe in GCWCC

By Capt(M) Brian Santarpia
Base Commander

Would the cry of a hungry child bother you? How would you feel if a loved one suffering from Alzheimer's Disease couldn't remember your name? Are you concerned about a single mother trying to do her best on her own after she was abused by her former partner?

These questions certainly can tear at your heart. Too often we know people who are in these or similar life-altering situations. That's one of the main reasons I became involved in GCWCC. After seeing the good work done by our charity last year I was privileged to become the co-chair of the United Way of Halifax Region Campaign. Along with Joanne Keigan and the entire Campaign Management Team, we are encouraging you to be more aware of the plight of the people in our community, who need our assistance.

Within United Way of Halifax Region, there are 57 registered charities that depend on our support. Daycare centres, women's shelters, food banks, safe houses, summer camps for underprivileged youth, legal aid services, senior's programs or support to abandoned



DND Team members learning to become GCWCC canvassers receive information regarding the services offered at Veith House. Veith House, one of many deserving GCWCC / United Way charities, offers needed programs to the local community.

MIKE BONIN, BRPO

animals are just some of the charities that need our support.

Veith House, just a few blocks away from the base, is unique in one of the many services they offer in Halifax. Within HRM, Veith House is the only safe and controlled haven for non-custodial parents or extended family members to have supervised family access visits. Veith House, only a couple of years ago, was facing the tough decision of potentially closing their doors due to rising costs and a lack of effective fundraising. According to Cheryl Dowdton, Veith House's Executive Director, "United Way provides support to our programs. Without United Way, we would be lost."

In addition to the United Way charities, GCWCC supports 16 Healthpartners: groups that are truly concerned about our wellbeing, physical and mental health. Healthpartners such as the Lung Association that focuses on chronic lung disease like asthma and COPD, infectious diseases like TB, flu, and pneumonia, and breathing disorders like sleep apnea, need our support.

When your volunteer GCWCC canvasser comes to seek your support, remember that we are so very fortunate to be part of the Defence Team and that there are people in our community that need our support. Please be generous with your time or money as we show Halifax that we really do care.

Course attracts recruits

By Benjamin J. DeLong
Trident Staff

The annual Aboriginal pre-recruiting course is set to launch on Oct 15 and run until Nov 3. Thirty-two First Nations, Inuit, and Métis individuals have registered for the course, which is an introduction to life in the CF in general and an introduction to Basic Training.

Twelve girls and 20 boys, of ages 17 - 25, are scheduled to participate in the event which involves an orientation to life in the Navy, Army, and Air Force. This course will give these individuals an opportunity to visit various locations on base, such as the military museums, the barracks, and various demonstrations.

They will ride in the RHIBs, practice at the shooting range, put out fires at the Damage Control Division school, and sit in a helicopter simulator in Shearwater. They will spend four days in Aldershot, learning about camouflage, learning how to find their way in the woods with a map and a compass, and rappel off a tower.

"We'll remove from them their regular commodities," said PO1 Marc Lavoie, Regulating PO with CPNOS, Seamanship Division. "We'll show them what it's like to be on Basic Training: give them a taste of military life and show to properly store your clothes, polish your boots, and how to handle yourself. After three weeks, they look quite sharp. I was quite proud to be a part of it last year."

Last year, 30 registered and 28 graduated the course. Those 28 individuals signed into the program, most of them into the Regular Force. PO1 Lavoie hopes to have similar numbers signing up this year from this pre-recruiting course. The graduation ceremony will take place on Nov 3, 2011.

Put yourself in our place.



Candace



Mike

Giant pelicans, bison in the backyard and wild times at the office.

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Larry fait partie du nombre croissant de gens des Maritimes qui ont fait le saut aux Territoires du Nord-Ouest.

En moins de 10 minutes, Larry Jacquard peut passer d'un dîner de la Chambre de commerce de Yellowknife, dont il est le président, à une promenade en kayak sur le lac. Avec 20 heures d'insolation par jour, il aura besoin de Lunettes de soleil. Quand ce natif de la Nouvelle-Écosse s'est installé à Yellowknife avec son épouse, Andréanne, ils se sont ouverts à un monde de possibilités dans une communauté qui valorise la diversité culturelle. Un monde où travailler et se divertir atteint l'équilibre parfait. Un monde où le stress de la vie quotidienne s'évapore durant les 10 minutes de trajet à pied jusqu'au bureau.



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Fleet Club Atlantic

Des Canadiens aident à reconstruire un camp de scouts en Sierra Leone

Par le Capitaine Patrick Woods
OP SCULPTURE

Le 27 août 2011, les neuf membres de la Force opérationnelle à Freetown ont été les invités d'honneur à la grande réouverture du camp de scouts de Grafton, près de Freetown, en Sierra Leone. Les invités et les scouts ont pris part à une cérémonie sincère qui a compris un échange de cadeaux, des chants et des moments d'applaudissements rythmés pour remercier Scouts Canada. Les membres de la Force opérationnelle à Freetown et la population canadienne pour leur générosité et leur compassion.

La Force opérationnelle à Freetown, l'équipe des Forces canadiennes déployée en Sierra Leone avec l'Équipe militaire internationale consultative en matière d'instruction, s'est impliquée avec la section locale du mouvement scout pour la reconstruction et l'opération civilo-militaire (COCIM). Avec un budget de 90000\$ canadiens, cette initiative s'est transformée en l'effort de COCIM le plus ambitieux des onze ans d'existence de la minuscule force opérationnelle.

La région de Freetown de la Sierra Leone compte environ 6000 jeunes inscrits dans le mouvement scout et un seul camp, situé à Grafton, juste à l'extérieur de Freetown proprement dite. Le camp a été pratiquement détruit pendant l'infrastructure du camp requise pour les programmes de citoyenneté et d'agriculture mis en œuvre par les scouts pour les jeunes locaux.

La reconstruction a vraiment commencé au début du mois de juin et a progressé rapidement malgré l'aussérisité du camp éloigné et le début de la saison des pluies. On a



L'unifolié flotte avec les drapeaux de la Sierra Leone et du mouvement international scout à l'extérieur du bâtiment principal du camp de scouts Grafton à l'arrivée des membres de la Force opérationnelle à Freetown pour la cérémonie d'ouverture officielle. The Maple Leaf flag flies with the flags of Sierra Leone and the worldwide Scouting movement outside the main building at Grafton Scout Camp as members of Task Force Freetown arrive for the formal opening ceremony.

M. PATRICK WOODS

peinturé et réparé le toit de neuf bâtiments, en plus de les équiper de fenêtres et de lits superposés; un entrepôt a été reconstruit; les lavoirs ont été remis à neuf et deux cuisines extérieures ont été rénovées. Grâce à ces nouveaux toits, les scouts étaient maintenant bien protégés contre les pluies diluviennes.

La Force opérationnelle à Freetown a également communiqué avec le Programme alimentaire

mondial et a organisé la livraison de rations aux scouts qui étudient au camp Grafton pour devenir des techniciens agricoles.

L'Adjudant-chef Mike Lacroix, sergent-major de la Force opérationnelle à Freetown, a fait appel aux contacts qu'il avait établis à titre de chef de troupe à Barrie, en Ontario, pour recueillir plus de 1300\$ pour le camp de scouts de Grafton. Scouts Canada a donné le même montant par l'entremise de son

Fonds de fraternité. Un des bons moments de la cérémonie d'ouverture a été la présentation, par l'Adjudant Lacroix, au chef scout de la Sierra Leone, d'un chèque monumental pour la somme de 115 millions de SLL.

Pour lui rendre la faveur, les scouts de la Sierra Leone ont nommé le commandant de la Force opérationnelle, le Lieutenant-colonel

Mike Vernon, chef suprême honoraire de Grafton, et il a reçu une veste et un chapeau africains pour l'occasion.

Par leur participation dévouée, les membres de la Force opérationnelle à Freetown ont aidé l'association des scouts de la Sierra Leone à se préparer à un avenir productif dans la région de Freetown.

Canadians help rebuild Scout camp in Sierra Leone

By Capt Patrick Woods
OP SCULPTURE

On Aug. 27, 2011, the nine members of Task Force Freetown were guests of honour at the opening of the rebuilt Grafton Scout Camp near Freetown, Sierra Leone. Guests and Scouts joined together in a heartfelt ceremony with gifts, singing and outbursts of rhythmic clapping to thank Scouts Canada, the members of Task Force Freetown and the people of Canada for their generosity and compassion.

Task Force Freetown, the Canadian Forces team deployed in Sierra Leone with the International Military Advisory Training Team, got involved with the local branch of the Scouting movement through a civil-military cooperation (CIMIC) project. With a budget of Cdn \$90,000, it turned into the most ambitious CIMIC effort ever undertaken by the tiny task force in its 11 years of existence.

The Freetown area of Sierra Leone has some 6,000 young people registered in the Scouting movement, and only one Scout camp, lo-

cated in Grafton, just outside Freetown itself. The camp was largely destroyed during the civil war that raged from 1991 to 2002, when it was occupied by fighters of the Revolutionary United Front and liberated by the Nigerian contingent of the Economic Community of West African States Monitoring Group (ECOMOG).

Task Force Freetown developed its CIMIC project to help the Sierra Leone Scouts Association re-establish the Grafton Scout Camp. The project objective was to build the base camp infrastructure required for the citizenship and agricultural programs the Scouts deliver for local youth.

Rebuilding began in earnest by early June and advanced quickly despite the austerity of the remote camp, and the onset of the rainy season. Nine buildings were painted, re-roofed, and equipped with windows and bunkbeds; a storage building was rebuilt; the ablutions facilities were upgraded; and two outdoor kitchens were improved. With new roofs over their heads, the Scouts stood up well to the heavy rains.

Task Force Freetown also contacted the World Food Program and arranged delivery of rations for Scouts in training at Grafton as agricultural technicians.

CWO Mike Lacroix, the Task Force Freetown Sergeant-Major, worked through the connections he built as a Scout Leader in Barrie, Ont., to raise more than \$1,300 for the Grafton Scout Camp. This amount was matched by the World Brotherhood Fund of Scouts Canada. A highlight of the opening ceremony was the presentation by CWO Lacroix to the Chief Scout of Sierra Leone of a monster cheque in the amount of SLL 111 million.

Returning the favour, the Sierra Leone Scouts inducted the Task Force Commander, Lieutenant-Colonel Mike Vernon as an honorary Paramount Chief of Grafton, a position for which he was issued with an African vest and hat.

Through dedicated involvement, the members of Task Force Freetown have helped the Sierra Leone Scouts Association prepare for a productive future in the Freetown area.

To give or not to give: this is not the question

Padre's Corner
By Padre Sébastien Dupont
Formation Administration Chaplain

This year, I'm Unit Coordinator responsible for making the link between the GCWCW and the chaplains' team. What can I say to a bunch of padres to ask them to give to the cause? Appeal to their feelings? No, they already know our community. Force them? Perhaps, but I can't. And if the gift doesn't come from the heart, it's not as valuable.

I prefer to take the words of Jesus from an extract of the Gospel: "As Jesus looked up, He saw the rich putting their gifts into the temple treasury." He also saw a poor widow put in two very small copper coins. "Truly I tell you," He said, "this poor widow has put in more than all the others. All these people gave their gifts out of their wealth, but she out of her poverty put in all she had to live on." (Luke 21, 1-4)

Here, Jesus talks about how the

kind of gift, offered by one's own choice, should really count for God. Choosing to give more money doesn't necessarily make a better gift, especially if you don't believe in what you're doing or if you give only for the honour that it gives you. Like this poor widow, we are all poor in certain ways but, even still, we are called to serve our brothers and sisters who need more necessities of life: health care, food, clothes and so on. Nevertheless, charity and generosity have more than one face: in relationships, at work, taking care of your family, taking time for your community and your spiritual life.

Lord, I often choose to give my surplus and not something that costs me time. It can be a part of my time, or a sum of money but it could be also a request for help or forgiveness. Help me to understand, Lord, that my life is in Your hands and that You never refuse the best for us when we pray to You. You only ask for our love and our trust. So, Lord, give me charity and generosity to help my brothers and sisters in need and the confidence in Your Providence, that You will always take care of us on earth as in Heaven.

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SUPPLYING CANADA'S MILITARY
SINCE 1987

Memorial challenge brings out camaraderie

By Benjamin J. Delong
Trident Staff

On Sept 16, PSP Halifax hosted the inaugural PO2 Craig Blake Memorial Fitness Challenge to honour the memory of FDU(A) diver PO2 Craig Blake, who was killed by an IED in Afghanistan in 2010. The Fitness Challenge is a triathlon, held at MacDonald Beach in Shearwater, and it consists of a 300-metre swim, a 6.5K cycle and a 2K run.

"Some of you probably don't know who Craig Blake was," said CPO2 Paul "Knobby" Walsh at the event. "Besides being a clearance diver, and besides paying the ultimate sacrifice a little over a year ago, this kind of stuff here was something that was absolutely dear to Craig Blake," he said regarding the fitness event. "The sign of teamwork, and the sign of camaraderie between everyone here is amazing. I don't think I've seen so many smiling faces; and this was what it all designed to do."

One hundred forty two partici-

pants swam, biked, and/or ran as individuals or as part of a team in the Fitness Challenge. This was the largest year to date for the newly renamed event. Again, a member of the Tridents Triathlon club took home the first place prize. The club's president, LS Harry Reddin, FDU(A) diver, won the challenge overall, for the second time running, finishing the race in 29 minutes 30 seconds; three minutes ahead of runner-up Pierre Chouinard.

"He's one of the quickest guys that we have," said MCpl Adam Sherlock of the Tridents club. "He's setting the example for the club." About five members of the club participated in the event. For anyone who saw LS Reddin, he was all smiles.

In the men's team category, Chris MacIntyre, Brad Nisbet, and Rob Featherston took their combined first place trophies for their combined time of 30:44. In the women's divisions, Jamie Lawless won with a time of 37:54, and the wom-

en's team, with a time of 34:59, was Deirdre Doiron, Ellen Klein, and Rebecca Gallant.

PO2 Blake was a cyclist and a triathlon athlete, who regularly competed in the then named Navy Fitness Challenge. A 37-year-old clearance diver with FDU(A), PO2 Blake died on May 3, 2010, after an improvised explosive device detonated during a dismounted operation about 25 kilometers southwest of Kandahar City in the Panjwayt District. PO2 Blake joined the Navy in his late teens and had been in FDU(A) since 2000.

The goal of the PO2 Craig Blake Memorial Fitness Challenge is to bring people of all fitness levels together to strive to do their best through friendly competition. Participants may swim, bike, and run the distances of the race as an individual or complete a single leg of the race as a part of a team.

For more information on the event, or to see race times or photos, visit PSP Halifax's website at www.psphalifax.ca.



The newly renamed PO2 Craig Blake Memorial Fitness Challenge took place on Sept 16, 2011, to a crowd of over 150 participants, volunteers, and spectators. LS Harry Reddin won the challenge overall.
BENJAMIN J. DELONG, TRIDENT STAFF



Winners of the COTF, COTW and Wing Cup golf event accept congratulations from Louis Desouza, PSP Fleet Sports coordinator.
JEREMY CORMIER, TRIDENT STAFF

Heavy fog slows the COTF/COTW/12 Wing golf championships

By Jeremy Cormier
Trident Staff

"The fog is not unusual at this course, but definitely brings a different dynamic to the game," said Isaac Habib Fitness and Sports Instructor. The COTW, and COTF Wing Cup Golf Championships kicked off on the morning of Tuesday, Sept. 13. A calm but foggy morning presented everyone in the competition with the same chal-

lenging environment. Each group played a hard-fought round, but there can only be one winner.

For COTW it was FLOG that managed to come out on top and for COTF it was HMCS Preserver. The 12 Wing winner was 12 AMS ARO. The annual tournaments are comprised of several different sports challenges, awarding points according to how the team finishes. The winner of each individual challenge is acknowledged and at the end of the year points are added up

and totalled, presenting COTW, and COTF Wing Cup with its champion.

"It is a great annual event, creating a bit of competition amongst the guys and it forces them to get out and be physically active," said Louis Desouza, Fleet Sports Coordinator.

Congratulations to the winners of this year's golf challenge and a big thanks to Marc Jessome and the rest of the staff at Hartlen Point for hosting the event.

hands free like in the rucksack march.

Category 3: Sleds
This method is simple. Hook a sled up with a harness or weight belt and tow away.

You should start practicing these various carry styles three times a week. The most efficient way to do this would be to perform them between sets. This will increase your conditioning and core training all at once. Work at distances that you feel comfortable doing and work your way up.

Once you have tried all the different types of carries then you're ready for the true test. Combine them. Multiple variations of a loaded carry in one workout are a great way to increase total body strength and bring your conditioning to the next level.

For full descriptions of these exercises or if you have any other questions, please email lucas.hardie@forces.gc.ca

THE FIT ZONE

By Lucas Hardie
PSP Halifax, Fitness & Sports Instructor

The loaded carry is probably one of the most overlooked movements in strength and conditioning. These types of exercises have been around for a long time and grew in popularity through the Strongman Event entitled The Farmer's Walk. Strongman competitions may be one of the reasons why people have shied away from these exercises.

Well, fear no more. You don't need to be a 300lb freak to benefit from loaded carries. Think of them as walking planks because of their ability to strengthen your core. As a CF member you especially want to become efficient at this exercise to enhance your performance when in a situation that requires heavy lifting and carry-

ing. So how should you go about doing it and when should you perform a loaded carry exercise? Loaded carries can be broken down into three categories.

Category 1: Weights in hand
This involves one handed and two handed carries like the Waiter's Walk, which is performed holding weight overhead with a straight arm while maintaining a neutral spine; and the Farmer's Walk, which is simply holding weight to the side in each hand and walking. You can also mix it up with a Cross Walk, which is waiter's walk in one hand, farmer's walk with the other.

Category 2: Bags, packs, and vest

Basic bag carries can be done holding weight over the shoulders like a squat bar or bear-hugging it. The backpack and vest is less difficult as it leaves your

Sports updates

By Trident Staff

NCdt Will Sarty has been selected to represent Team Canada at the 2011 World Armwrestling Championships in Khazakstan. He has also received an invitation to compete at the Arnold Schwarzenegger competition in 2012, based on his results from the recent Canadian National Armwrestling championship, where NCdt Sarty earned his 11th consecutive national title as winner in the Right Arm 132lb class, and also took second in the Left Arm 143lb class. According to NCdt Sarty, "Along with my win, I have now entered my second year with my major sponsor USP Labs Supplements as an elite athlete."

There will be a Basic Fitness Training Assistant Course

(BFTA) held from Oct 17 - 28, 2011. This course, conducted by CFB Borden training staff, will take place at the Fleet Fitness and Sports Centre. Although this course is open to all military personnel, it is specifically targeted at Unit Fitness/Sports Reps. The maximum number of participants is 16, therefore course loading will be on a first-come / first-served basis. Loading procedures are to be done through the chain of command, who are to load their personnel through the MITE system. HMC Ships' personnel are course loaded by contacting LS Leblanc at 427-3476 or via email at josee-leblanc@forces.gc.ca

For more information on the BFTA course, please contact the Fleet Fitness Coordinator, Jose Martins at 427-1469.

42nd Mini-Grey Cup set for Nov. 4

By Virginia Beaton
Trident Staff

Fall means football, and fall at CFB Halifax means the annual Mini-Grey Cup game.

The 2011 Mini-Grey Cup will take place on Porteous Field on Friday Nov. 4. Once again, the Slackers team, comprising NCMs, will meet the Wardroom team, made up of officers, in a friendly but highly competitive game.

This year's Mini-Grey Cup will include a BBQ and tailgate party, refreshments, a cheer-leading team, and entertainment and a field goal competition at

halftime.

Everyone who attended last year's game will remember that the Slackers had a decisive win, with a final score of 23 to 7. The Slackers have won 11 consecutive Mini-Grey Cup games and a total of 19 out of the last 21 games.

To inquire about playing on the Slackers team, contact Sean Parker at 427-3060, or by email at parker.smd@forces.gc.ca.

To inquire about playing for the Wardroom team, contact SLI Christopher Harding at 902-483-8911 or by email at chris.harding2@forces.gc.ca

Water Polo Club welcomes new members

By LCDr Tony Wright
Stadacona Water Polo Club

Stadacona Water Polo is a co-ed recreational water polo club that started at CFB Halifax in September 2007. The focus of the club is to provide an opportunity for those interested in the sport to learn more about the game while providing a fun and interesting way for players to increase their level of physical fitness. As an official PSP recreational club, Stadacona Water Polo uses the STADPLEX pool to train, but matches are played at Centennial Pool and DALPLEX. The club is open to both military and non-military personnel, and has both an adult (aged 18 years and up) and youth wing. No experience is necessary and new players are always welcome.

The adult wing practices on Monday nights from 7:30 to 9 p.m.

However, for those interested in taking it a little further, there are additional practices available to develop game skill and tactics. The adult wing also has regular scheduled games and tournaments throughout the year for players interested in a little competition.

The youth wing practices on Tuesday and Thursday evenings from 7 to 9 p.m. As with the adult wing, the focus is on fun and introducing new players to the game.

Water polo is a fun and exciting game with high physical, technical and psychological demands. It's like no other team sport. No specific skills are required: all you need is a love of the water, a readiness to have fun and the desire to get fit.

For more information contact Tony Wright by email at James.Wright2@forces.gc.ca. If you want to give it a try, feel free to drop in to one of our practices.

Atlantic team wins women's national soccer title

By MW0 Arat Akcakiran
Coach, Atlantic Women's Soccer

The Atlantic region women's soccer team was once again victorious at the CF national championships held this year in Borden from Sept. 10 to 16.

The team was undefeated, finishing with five wins and one tied game. They played six games in five days, scoring eight goals and zero goals against.

Fourteen players went to Borden, of which eight were what I consider to be rookies with the National Level Program, the other six being returning veteran players.

Disposition of players and rookies by region was as follows: four rookies and one returning player from CFB Gagetown; three rookies and one returning player from CFB Halifax; and one rookie and four returning players from 14 Wing Greenwood.

Special notice goes to MCpl Ce-

line Lavigne (Gagetown/Bathurst) for earning three Game MVPs and being named the all-star team. Cpl Pamela Evans of 14 Wing Greenwood earned two Game MVPs and also was named the all-star team. Lt Laura Kelly, from CFB Gagetown has not let in a goal in the past two years in 11 consecutive games, and Lt(N) Jessica Dulac from MARLANT received one yellow card, our only one. Graham White, PSP sports coordinator from 14 Wing Greenwood, received the CF Dedication Award, which was well deserved.

This is the Atlantic women's third win in the past four years since the introduction of the women's category to the CF national soccer program. In the one year that the Atlantic women didn't win, they came in second.

At this time, I would like to personally thank the PSP staff for their support, guidance and assistance during this past month.



The Atlantic team squares off against the Ontario team from CFB Petawawa during the 2011 CF Women's National Championship, held at CFB Borden on Sept. 15, 2011.

CPL KATIE HODGES, CFSTG IMAGERY

The Army Run 2011

By P02 Patrick Lavigne
Boiler Room I/C HMCS Preserver

When I was offered the opportunity by PSP to return to the Army Run for 2011, I knew emotions would run high but I never imagined that I would have such an amazing experience. My incredible adventure began with running into Capt Debra Carter at the airport. Capt Carter is the person who convinced me in 2004, when I was trying out for the MARLANT Nijmegen team, that anyone could complete a marathon. Prior to meeting and being trained by Capt Carter I always thought only special athletes with special genes could accomplish such a task. Well, she showed me that a little science and a lot of willpower can get you very far with any goal setting no matter who you are.

It turns out Capt Carter was actually on her way to the Army Run as a representative of Soldier On Program when we met up that morning. Capt Carter herself was injured in 2004 and she explained to me that the program supported not only soldiers who were injured in Afghanistan but all soldiers who were injured in the line of duty. She talked about how many members, although injured, still want to serve and lead a productive life within the CF. This is something many other soldiers in other militaries are already doing as I witnessed during the Bataan Memorial Death March. It is a humbling experience to complete such a grueling race next to soldiers who are running with artificial limbs since being injured while serving their country.

After arriving in Ottawa I went

to City Hall and attended an event which featured John Stanton, the founder and owner of the Running Room. John is an incredibly gifted motivational speaker and passed along some words of wisdom to those running Sunday morning. John had invited me to join him and the events Pace Rabbits for an informal three km run through beautiful Ottawa along the canal. What an inspiring way to begin the weekend.

Typically, the evening before a run there is a pasta dinner offered to the participants, allowing them to carb up. During the Army Run's pasta dinner, Jason Dunkeley, a blind runner who represented Canada during three Paralympics, spoke about growing up with a disability. He explained that physical fitness was always important in his life and with a little help from a few



Runners, walkers, and rollers take off from the half marathon mass start line at the 2011 Canada Army Run in Ottawa.

MIKE PINDER

people, you can achieve incredible goals. It reminded me of our injured personnel who were wounded in the line of duty and who with a little help from the Soldier On Program are realizing that they too can achieve whatever they set their minds to.

The race was a success with an impressive near 15,000 people participating. I would like to make spe-

cial mention of the LFAA HQ male and female teams from Halifax who finished first in their divisions. Capt Carter also surpassed her expected goal by an incredible seven minutes. Congratulations to all who participated in honoring those who serve our country and those who were injured in the line of duty by running this year's Army Run.

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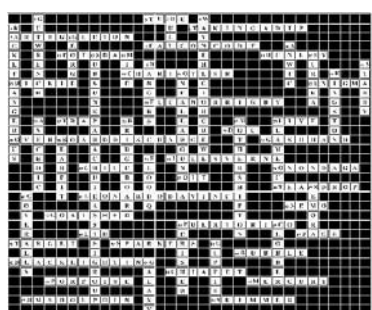
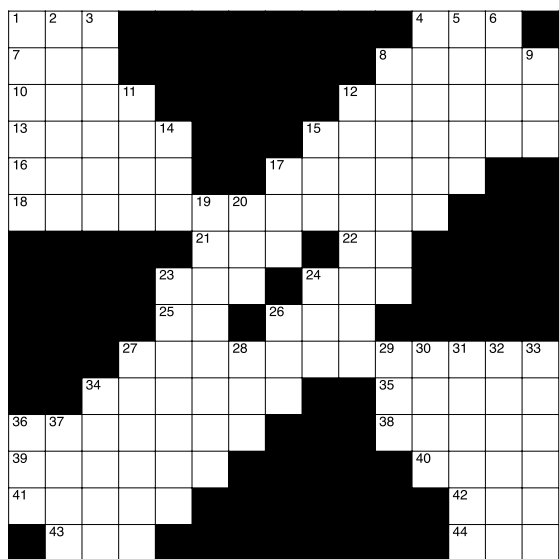
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- Expresses surprise
 - Reciprocal ohm
 - Be obliged to repay
 - An accumulated store
 - Spikenard
 - A district of Manhattan
 - Danish toast
 - Young ladies
 - Reddish brown hair dye
 - An armless chair
 - Failing to accomplish a result
 - Appropriate
 - Atomic #77
 - Failed 27th amendment
 - Records brain currents
 - Pa's partner
 - Complete
 - Reconfirming
 - A ceremonial procession

Answers to Sept 19 puzzle

- Site of Hercules' 1st labor
- Blueprints
- Cod and Hatteras
- Crumbles away
- Young boys
- Scottish hillside
- Side sheltered from the wind
- Soviet Socialist Republic
- Form a sum
- DOWN
- Japanese mainland island
- Release from sleep
- Grey or white wading birds
- A small quantity of food
- Compelled to go
- Pitcher Hersheiser
- No German port city
- Data Memory System
- Irish mother of gods
- Meadow
- Shellac resin
- Cony
- Fall back
- Processions of travelers
- Environmental Protection Agency
- Comes out
- Lilly, drug company
- Brew
- Surprise attacker
- Promotional materials
- Mandela's party
- Blue-green color
- African antelope
- Necessitated
- Slang for drunk
- 24 muscles of the loin
- Young woman making debut
- Makes a mistake

The last Terry Fox Run in Kandahar?

By Captain Thanh Loan Nguyen and Jeffery Laurier

The Terry Fox Run at Kandahar Airfield, a 5K participation race conducted on Sunday, Sept. 4, 2011, attracted 467 dedicated runners from Australia, Canada, the Netherlands, the United Kingdom and the United States. The KAF edition of the run was held well in advance of the National Terry Fox Run in Canada, which took place on Sept. 18.

Although preparations began very early, by the time the last runner finished, the temperature had climbed to 36 degrees Celsius. Thanks to the hard work of the volunteer organizers, the event proceeded without a hitch.

"The fact that [troops in Kandahar] organize and participate in the Terry Fox Run in circumstances that are less than ideal is reason enough to celebrate this unique and memorable fund-raising effort," said Brenda McClew, the Interim International Director of the Terry Fox Foundation. "It is the spirit in which our Canadian troops come together, with other nations, in order to contribute to Terry's dream that reminds us all of the lasting influence of his Marathon of Hope."

The volunteer force included 21 members of the Mission Transition Task Force (MTTF), led by Maj Doris Berscheid-King, Capt Kimberly van Muyen, Stephen Rainville and Jeffery Laurier.

Preparations for the Terry Fox run took months, beginning in earnest last July. Volunteers registered runners, collected funds, organized delivery of T-shirts from Canada, obtained prizes, set up the race route with safety stations, and provided water and Tim Hortons refreshments for participants.

"Because I've been involved in the past, I know the challenges that are associated with organizing a run of this size, and definitely in a deployed operation," said Capt van Muyen. "It's for a really good cause and everyone was keen and positive, so it's good to be involved."

When the run was completed, 1st Lt. Chuck Lamarre, the MTTF Commander, addressed the crowd. "We have raised US\$4,850 for the Terry Fox Foundation, thanks to all of you," he said. Late donations brought the final amount donated to more than US\$5,000.

Lineaman Cpl. Jean-Philippe Dion of the MTTF Headquarters and Signals Squadron set a personal best for the 5K distance with a rocket-fast time of 16:37 minutes. The run attracted 371 Canadians. The surprise was the admiration the Terry Fox Run generated among our allies at KAF; many of whom were inspired by the story of the original 1980 Marathon of Hope.

Running across Canada to raise funds for cancer research, Terry Fox completed 143 marathons in 143 days, for a total of 5,373 K on a



Participants set off on the 5K route of the 2011 Terry Fox Run in Kandahar. CPL PATRICK DROUIN

prosthetic leg. He suspended the run on Sept. 1, 1980 in Thunder Bay, Ontario, because the cancer that took his leg had reappeared. He died on June 28, 1981, at the age of 22. To date, more than Cdn\$500 million has been raised for cancer research through Terry Fox Runs held each year in September across Canada and around the world.

Paul Lacoursiere is a Canadian civilian working at KAF as the manager of the Joint Contracts Cell. He volunteered at and completed the run. "I'm inspired by those who bravely fought, and motivated by those who are still fighting," he said. He ran the race

with the names of relatives affected by cancer written on the back of his Terry Fox T-shirt.

Mark Voro, a gym attendant employed at KAF by the Canadian Forces Personnel Support Agency, agreed to shave off the beard that took him 28 years to grow if troops could raise US\$3,000 through the Terry Fox Run. After BGen Lamarre presented the cheque for US\$4,850, he proceeded to clip off Voro's long white beard. This is Voro's second deployment in Afghanistan, and his two daughters are in for a surprise when he gets home as they have never seen their father without facial hair.

GCWCC kicks off for HMCS Toronto

By LS Christie Roddick
2/LC GCWCC Toronto

HMCS Toronto's kick-off for the GCWCC was held in the ship's shore office on Sept. 22, 2011. Toronto's CO, Cdr Paul Forget, addressed the ship's company during a hands full in and shared with the crew that this year's campaign was near and dear to his heart. Cdr Forget is also the Co-Director of the GCWCC.

The CO gave us some information about last year's campaign; especially that the Fleet participation was just under 10 per cent. He told us that one of the big points for him this year was going to be that everyone aboard is exposed to informed canvassing. Of course, it's always up to the individual to decide to donate or to choose not to, just as long as everybody gets asked.

Cdr Forget also brought up that if we do decide to make a donation, we can decide exactly where that donation goes. It doesn't have to be to the United Way. The United Way is absolutely one of the choices, but donations can also be made to any of the more than 85,000 registered charities in Canada. The option also exists to spread your donation over more than one charity.

The CO issued a challenge to the ship's company if each of us would be willing to give up a Starbucks coffee a month (or two Timmys), we could blow our goal out of the water. And since these donations can be done through payroll deductions over the course of a year, it's almost painless. He also told the crew not to be shy and to feel free to go bigger on our donations if one so chooses.

Toronto's ship's company did what they do best. They stepped up in fine style and in an hour, during the sign-up blitz, Toronto pledged more than \$6500, which amounts to more than 65 per cent of our goal of \$10,000.

Go Toronto. Go Navy.

Operation Troop Donation

By Matt Zolot
PAO, CMP and Legal

On September 8, 2011, Old Navy made a generous contribution of \$81,737.70 to the Military Families Fund (MFF). In an event that took place in Ottawa, Carla

Keown, the Old Navy District Manager for Ontario East, presented the cheque to the Chief of Military Personnel (CMP), RAdm Andy Smith.

"It's a little overwhelming—the contribution that's come in. In the last 10 or so years, there has been a rekindling of affection for the men

and women in the CF," said RAdm Smith. "The donation is a reflection of the outpouring of support by Canadians and Canadian society. I applaud Old Navy for their contribution. It takes time and effort and it speaks to a strong, community-based focus."

To date, the MFF has provided help to over 700 families. The MFF exists solely through the donations of private donors and campaigns such as this are crucial in providing a meaningful link in enabling the neediest military families to have the support they need to take care of themselves and to allow the serving members to carry on with the mission.

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