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HMCS Charlottetown returns from OP MOBILE

By Virginia Beaton
Trident Staff

A sign reading "Bienvenue à la maison, Daddy" was among the many handmade posters and banners carried by family and friends of HMCS Charlottetown's ship's company as the ship returned on Friday Sept. 2, 2011 from its six-month deployment off Libya.

Bobbie Gormley and her daughters Kaitlin and Breanne were waiting for husband and father PO1 Philip Gormley, a sonar operator on Charlottetown. The kids made a poster decorated with happy faces and the words "My dad made a difference." Bobbie Gormley said "We have three other signs waiting for him at home, with messages about family and hope and caring and how much we missed him, all to welcome him home."

A group of Libyan-Canadians was among those waiting to greet the ship and as Charlottetown came alongside, the group cheered, applauded and waved Canadian and Libyan flags and a poster that read "Thank you for helping Libyans." Maen Artimay was among the Libyan-Canadians present. He said "We are here to thank the ship, the families for their support and their contribution to freeing Libya from the dictatorship."

The Honourable Peter MacKay, Minister of National Defence (MND); the Honourable Julian Fantino, Associate Minister of National Defence; and RAdm David Gardam, Commander JTFA and MARLANT, were on the jetty as

the ship arrived, while Gen Walter Natynczyk, Chief of the Defence Staff, and VAdm Paul Maddison, Chief of the Maritime Staff, were embarked in Charlottetown.

Before the ship arrived, RAdm Gardam spoke to the crowd, saying that he remembered how cold it was when Charlottetown departed on March 2. "I remember the tears that day.... I think today there are tears of joy," he stated. "This homecoming today is a special event, it will be etched in my memories for the rest of your lives."

Peter MacKay also thanked the families, observing he was happy to be joining them "to welcome some of Canada's finest citizens, the men and women who are aboard HMCS Charlottetown." During the deployment, "your loved ones aboard the Charlottetown have defended Canada's interests and Canada's values, and they have once again demonstrated Canada's leadership in the world."

The MND emphasized that the ship "was a critical component of the UN-mandated, NATO-led mission, UNIFIED PROTECTOR, fighting to end the regime of a mad dictator who ruled Libya as head of a brutal and violent regime." He concluded by thanking the military families, saying "I know, as you do, that none of our sailors or air personnel could have accomplished what they did in the past days without the support that you provide them.... So much of what you do contributes to the success of missions such as this." Charlottetown made history during the deployment,



Fathi Ghani (second from left) Maritime Libyan Association, presents a plaque of appreciation to LCDR Matthew Coates (right), Executive Officer of HMCS Charlottetown, to the ship's company in appreciation of what they contributed during their deployment on OP MOBILE. Leslie Ghani (centre) holds a sign thanking the ship. The presentation took place on Friday Sept. 2, as Charlottetown returned after a six-month deployment to the Mediterranean, where the ship operated with a multinational formation of surface vessels and submarines under NATO command, in response to the conflict in Libya.

MCPL LEONA CHASSON, FIS

ment, as the first RCN ship since the Korean War to be fired upon and to return fire in conflict.

The first person ashore was LCDR Matthew Coates, XO of Charlottetown, who was greeted by wife Meghan and their six-week-old son, who wore a T-shirt that read "Daddy's Little Hero." It was the first time that LCDR Coates had seen the baby.

LCDR Coates said that immediately following that incident in May, the mood on the ship was "somewhat sobering. One doesn't wish for that sort of thing to happen, but it also indicated to us that our presence was impacting the pro-Gaddafi forces and what we were doing was causing them problems. Therefore, we were doing the job, which was protecting civilians."

That incident demonstrated the effectiveness of the training, according to LCDR Coates. "The ship's company performed exceptionally well. In the occasions that we were threatened, everything went the way it was supposed to and the ship was ready in all respects and it goes to show that the more you train, the better prepared you are."

OP NANOOK 2011: interoperability among Arctic nations

By SLT Julian Yates
HMCS St. John's

There is a certain joy to operating alongside another Navy; simply seeing the details of how your brother and sister sailors operate and live while at sea is a rewarding experience. When that opportunity occurs in an environment as pristine and beautiful as the Arctic with a professional and knowledgeable colleague, it is a truly amazing moment for any sailor.

From August 13 to 18, HMCS St. John's worked with Danish naval forces during OPERATION NANOOK 11, conducted in international, Canadian and Danish Arctic waters. As St. John's entered Nuuk,

Greenland it was greeted by the sight of Her Danish Majesty's Ship (HDMS) Hvidbjørnen. After introductions and familiarizations in Nuuk, both ships proceeded to sea. Dane following Caneck, through a lengthy fjord out into the vast and very foggy Davis Strait. Partners in securing the environmentally sensitive Arctic, the vessels had several joint aims for their time together more specifically, Canada's contribution to the cooperation between Arctic Nations and working with international partners to increase interoperability and exercise a collective response to emerging challenges in the Arctic. Responding to emergencies such as a Search

and Rescue requires a team approach.

The first order of business for the two ships was an exchange of personnel to tour each other's ships so that personnel could observe their counterparts holding similar positions at work. Sailors were sent back and forth by small boat and helicopter over several days as HDMS Ejnar Mikkelsen joined Hvidbjørnen and St. John's while transiting north across Arctic Circle. Sailors from both navies commented how different the two ships were in purpose and design, yet how similar were the processes, life

See NANOOK / Page 4



The CH-124 Sea King helicopter with the air detachment for HMCS St. John's, circles her ship as it sits in the waters off Resolute Bay, Nunavut, during OPERATION NANOOK 11. OPERATION NANOOK 11 is the centerpiece of three major sovereignty operations conducted annually by the CF in Canada's North. Exercising Canada's Arctic sovereignty is a priority area of Canada's Northern Strategy and such operations enable the CF to demonstrate its ability to operate effectively in the challenging environment of Canada's North.

SST NORM MCLEAN, CANADIAN FORCES COMBAT CAMERA

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S-submariner L-eaving A-ctive P-ost I-dentity N-eurosis

A festering seed in the mind of the submariner who is considering termination of service in the RCN submarines

By P02 Marc Hebert
MOG 5

SLAPIN, as it is reverently referred to by those who suffer from it, and by those who jape those who suffer from it, is a condition that crops up as a festering seed in the mind of the submariner who is considering termination of service in the RCN submarines. It starts to grow once he/she gives notice of SLAPIN through the Divisional System, is nurtured, sprouts, and flourishes exponentially as the days roll by. Once in its prime, this transitional neurosis will affect approximately 10 in 10 submariners who have recently terminated their service in RCN submarines. Still-serving submariners show early signs of SLAPIN just prior to their first visit to the 5TH MAROPSGRU HQ Administrative Office after a memorably harrowing experience (a.k.a. the last straw) that has internalized, imploded, and solidified within the core of the justification and judgement center of the submariner's brain. The symptoms then begin to appear when a posting message is cut.

This debilitating disorder can become so severe that the member finds it difficult to lead a normal life outside of the submarine community. Fortunately, measures exist to help individuals suffering from SLAPIN bring their lives back into balance. Let's face it, being a submariner is as exclusive as it is expansive. Routine activities such as sleeping, speaking, eating, going to the washroom, and a multitude of other activities that normal people simply get on with, are so very complicated for submariners to begin with. As time wears inexorably, and SLAPIN becomes seemingly the appropriate option, the mind-bending questions, "How

then shall I sleep...eat...drive...go to the restroom...live...etc., now that I no longer have to RFD in a submarine?", whisper more and more frequently, and with greater intensity, to the inner ear of the submariner who approaches the mystical zone.

You can read it in the demeanour of your shipmate who has recently slapped in, and is in his/her weeks/days of active service. There is a resonation in the mind, a burning in the soul, and an ache in the heart of the member transiting into the next world, a world free of lights, buzzers, bells, screams, boredom, excitement, and loud voices belowing things like "Watch your angle!", "How come your name isn't on the bridge-board?", "Get on with it skin!", or the likes. Fret no longer. Here are some excellent suggestions that can be implemented into the daily life of the submariner who has recently slapped in, measures that can be put into effect to ease him or her through the flux of soon not having to search frantically for toilet paper, wake up from semi-conscious state to electronic sounds and screaming voices, repeat everything heard, disassemble things without instructions, be the owner of various multilayered cuts, scrapes, bruises, and bumps (not remembering how they got there), and other commonplace but unique to submarine life experiences.

1. Uninstall your bedroom closet door, replace it with a musty, stinky old piece of blue canvas, fasten it with 15 clips, three of which work, and call it a curtain. Then place a piece of foam wrapped in a piece of the same canvas you used for the curtain on the shelf, and sleep there, wrapped in a bulky sleeping bag you bought in the clearance bin at Ron's Army-Navy, and haven't washed. Install a multi-channel entertainment system over your new rack that doesn't work. Have several alarm clocks with different sounding buzzers set at random times. When each one goes off, jump off the shelf and get dressed as fast as you can. Grab a garden hose, and rapidly deploy it to the kitchen, while wearing a scuba mask, all the while yelling "Fire, fire, fire!"

2. When anyone says anything to you, loudly repeat what they say back to the person, as you intently

look into his or her eyes. Leave a pause, and then follow this up by use of the correct (standard submarine) voice procedural acknowledgement term signifying receipt of the most recent transmission, "Roger". When the person looks at you sideways and responds in a combination of distress, abhorrence, disdain and revulsion, by vociferating "Get the hell away from me, you freak", make sure you answer back, "Get the hell away from me, you freak - Roger", slowly back away, and give a thumbs up. This will let him/her know without a doubt that you have hoisted in everything they relayed to you.

3. Tag out your car's steering wheel, brakes, and clutch. Make sure any neighbours do the same if they are within a 300-ft radius of your vehicle, right after you frantically sweep all pots/cutlery/dishes/anything on any kitchen surface(s), while screaming "Stop snorting! Full ahead. Blow main ballast. Twenty up. Rudder amidships," chewing anyone out in earshot for not properly securing for sea.

4. On the underside of your coffee table, you can install a dim fluorescent lamp. Make sure it is a used one that flickers, and gives off a yellowish light because you found it in a garbage can behind the strip mall. This can be your reading rack where you can relax and read your favourite comic strips just before nine o'clockers.

5. Have a peanut butter sandwich using stale bread. Have cold beans and cornflakes with canned soup for days on end. Make coffee using 22 scoops per pot, letting it sit for seven hours before consuming it at 3 a.m. Oh yeah, drink it from a cup that you never wash. Have cold food on cold days and hot food on hot days. Eat breakfast after a hard day's work. Stay up until 11:30 p.m. while watching a new release from 1981. After that, read the comic section of the Chronicle Herald from February 17, complete the half-finished crossword from the same newspaper (if it can be found), then look at the most recent Maxim magazine from two July ago. Pick up the remote and depress all the buttons on it because you only know how to operate seven percent of them, then turn the TV

off manually because you have screwed it beyond its limits and don't know what to do next. Now that it's past midnight, do some laundry, fix the toilet, make some obscure lists up, clean the garage, go for a drive, and then re-arrange the cupboards. At this point, your family has had breakfast, so you can give them a turnover. The sun is up, so you can chow down on a big feed of roast beef, and have a long snooze in your bedroom closet on the shelf.

6. Periodically disassemble all major appliances completely, then reassemble, making sure that there are parts left over. When nobody is looking, heave the parts into the gash. Shrug your shoulders when someone asks you what is wrong with the appliance after its corrective maintenance you've recently performed has seemingly degraded operation.

7. Paint the windows of your car black. Make your significant other stand up through the sunroof and give directions, yelling out courses and grouping combinations, dumping on you if your ship's head is too many degrees off course.

8. Cordon off a small area of your living room, crank up the thermostat, shut all windows and doors, don some long Johns, sweats, and a parka. Aimlessly mill about, staying inside the designated area for an hour with a clear gash bag secured around your head, while you have your Shop-Vac strapped to your back. Ensure your family critiques you after the event.

9. Have 50 cases of toilet paper hidden in an obscure area of the house, leaving only two rolls available for use, half wet, soaked in a strangely coloured oil and dirty, of course.

10. Whack your shins and/or forehead with a pipe wrench periodically to remember various injuries sustained onboard. Mount as many various sized metal boxes and sharp-cornered lockers as you can in all your hallways, and then turn the lights out at night. You can have fun with your family running back and forth in these areas, while continuously popping your ears and yelling obscenities into the darkness. Critique everyone for their performance.

Dolphin Corner Bravo Zulus

By P02 Marc Hebert
MOG 5

Hear there. One round of applause all around for Lt(N) James Chase for successfully challenging the board for, and being awarded AILV qualification. In the last year, and on any given time, Jim could be observed meticulously employing all resources available to him. With his nose to the grindstone, he scrutinized a range of publications and Powerpoint presentations, used lesson plans for various courses, spent many hours in the trainers at CFNOS/Submarine Division, dug deep into the imparted knowledge of various members of different ranks and trades, and culminated with a practical seagoing segment onboard HMCS Corner Brook to exceed progressively in his feverish quest for evaluation and qualification.

Jim is now well versed in all aspects of periscope watch keeping, navigation, communications, and weapons/sensors and marine engineering systems.

He can be counted on to keep the submarine safe in all inherently dynamic environments. "This has been by far the most difficult qualification I have completed in my naval career," Jim reflected, describing the entire journey.

Most memorable, however, was that he "was supported along the way by his family whom put up with his constant studying, and by a great bunch of submariners to whom he is grateful for passing on their wealth of knowledge. DBT". Lt(N) James Chase has been appointed MSEO of HMCS Windsor. Well done, Jim.

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The Royal Navy Burying Ground

By Richard Sanderson
Acting Director,
Maritime Command Museum

We honour our service dead. Until recently, military members who died in service of our country on foreign soil were buried near where they fell. The Commonwealth War Graves Commission maintains hundreds of these sites worldwide. And there are memorials to those who died and were buried at sea. Nine crewmembers of HMCS *Kootenay* died as a result of an engine room explosion on Oct. 23, 1969. Four were buried at sea; four were buried in Plymouth, UK, that being the closest landfill to where the disaster occurred. Within months DND changed the policy so that all who died in service would be repatriated.

This had been the Navy way for centuries. It was true for the Royal Navy in its many far-flung ports of the Empire, including HM Dockyard, Halifax. Constructed in 1759, the dockyard was to be the home-port for the North Atlantic and West Indies Squadron, a distinction shared with Bermuda from 1815 on. Around 1805 a small hospital was erected across Lochman St, to the west of the dockyard, to treat the illnesses and injuries that were common and frequent. Sailors lived in close unhygienic quarters on board ship and injuries at sea were often life threatening. Medical care at the time could not cope with most injuries, communicable diseases and infections. If a sailor survived his injuries and arrived in port, he was sent to the Royal Navy Hospital. Attached to it was the Royal Navy Burying Ground, surrounded by a low fence and trees. It was intended as the final resting place of sailors who died on shore. The Public Records Office in England kept track of who died in the hospital but not of where they were buried next door.

By late 1860, RAdm Sir Alexan-



Archaeologists begin the survey of the Royal Navy Burying Grounds on Sept. 1, 2011.

JENNIFER HEVENOR, CURATORIAL ASSISTANT, MARITIME COMMAND MUSEUM.

der Milne decided that the chaotic situation needed to be brought to order under his firm hand. He ordered that the cemetery be overlaid with a grid plan and that the gatekeeper and/or officiating minister record details of the dead buried in the grounds, including where the

body was interred. The gravesites themselves are clearly marked on a plot plan of neatly ordered rows, pathways and monuments. It took 10 years for the plan to be fully enacted. One of the larger monuments in the Burying Ground was erected by RAdm Milne and officers of

HMS *Nile* "to the memory of the officers, seamen, Royal Marines and boys (of HMS *Nile*) who died on the North American Station..."

Fifteen sailors in three years, including 19-year-old officer Alexander D. Milne, likely RAdm Milne's son. This may have been part of RAdm Milne's motivation.

There is very little remaining of the Burying Ground's earliest permanent residents. Wooden markers deteriorate quickly and the only people who would have maintained them would be a tar's messmates, long gone from Halifax. There are three wood markers and some 81 stone markers and most show at least some amount of identification. Some read almost as an obituary would today detailing not just the name, rank and age but also the circumstances of the injury or illness. There are markers for those who had a role in significant historical events such as the crew of HMS *Shannon* who died on June 7, 1813 as a result of injuries in the capture of USS ("Don't give up the ship!") *Chesapeake* during the War of 1812-14. There are markers for civilians in the employ of the Royal Navy and their families. Poignant and tragic ones like the four young children of the Admiralty House grounds keeper who died of diph-

theria within three days of each other. Some that illustrate the hazards of 19th century life at sea: "Fell from aloft while sending down top gallant yards." Or lives cut short before they've had a chance to blossom, like three teenaged midshipmen from HMS *Canada* who drowned in Bedford Basin. And there's Mrs. Mary Grey who died at Admiralty House, Oct. 17, 1867, while employed as a servant to Adm Sir Houston Seward, KCB. Some say that she continues to work there.

By the late 19th century, the cemetery was no longer in use. Canada took possession of it when the Royal Navy left in 1904 but did not look at it until 1910 when our Navy was stood up. At the time it was described as "long disused but still maintained." Photos taken during the Second World War show a tidily and very crowded graveyard. On Sept. 1, archaeologists, technicians and an historian began surveys and research to try to determine where the gravesites are. These Public Works Canada contracts are intended to preserve the material culture and show respect to the possibly 900 individuals who served their country in war and in peace in our city and off our shores. We are their messmates now.

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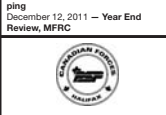


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January 10, 2011 — **MFRIC**
 January 24, 2011 — **MFRIC**
 February 7, 2011 — **MFRIC**
 March 21, 2011 — **MFRIC**
 March 27, 2011 — **Posting Season**
 April 4, 2011 — **MFRIC**
 April 18, 2011 — **Battle of the Atlantic Special**
 May 2, 2011 — **MFRIC**
 May 16, 2011 — **MFRIC**
 May 30, 2011 — **MFRIC**
 June 13, 2011 — **Family Days, MFRIC**
 June 27, 2011 — **MFRIC**
 July 11, 2011 — **MFRIC**
 July 25, 2011 — **MFRIC**
 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 Shop**
 December 12, 2011 — **Year End Review, MFRIC**



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International African Bazaar

From Sept. 22 to 25, experience the International African Bazaar. This is a vibrant trade fair that will enhance the visitor experience and expand trade and business opportunities. The bazaar will feature 30 booths highlighting vendors dealing in products reflective of African heritage and culture from Nova Scotia, Canada and globally. The bazaar offers visitors a taste of Africa on the Halifax Waterfront. Strategically positioned on the waterfront at historic Sackville Landing, the International African Bazaar will be easily visible and accessible to all. For more information, or to participate as a vendor in the Bazaar, please visit: adh2011@canbar.asip

This event is free and open to the public.

The Word on the Street

On Sunday Sept. 25 from 11 a.m. to 5 p.m. The Word on The Street Festival takes place at the Maritime Museum of the Atlantic. This free annual event is part of the national book and magazine festival. Enjoy activities including a marketplace with bookellers, readings, discussions and interviews with authors. Family events will range from arts and crafts to games, face painting and contests throughout the day.

Apple and honey festival

Join us at the Alderney Landing Farmers' Market between Sept. 3 and 24 and enjoy all things apple and honey. Live country music from 10 a.m. to 12 p.m. Call 461-4698 for more information. Admission is free.

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: jlgand@eastlink.ca

615(Bluenose)RCACS is recruiting

615(Bluenose) Royal Canadian Air Cadet Squadron is currently enrolling young 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, starting September 14, 2011, from 6:15 to 9:15 p.m. at the Stadacona Drill Hall (Building S14, CFB Halifax), main entrance at the corner of Alderney and Kingston St. in Halifax. For more information about 615 Squadron, visit www.cadets.net/615/615air/, call (902) 721-8202 on Wednesday evenings, or visit us any Wednesday evening at 6:15.

305 RCSCSS hosts recruiting night

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 every Wednesday night at the Lesley Thomas Junior High School on Metropoli Avenue in Lower Sackville from 6 to 9 p.m. 305 Sackville will host a recruiting night on September 28, 2011. We are located at Shannon Park Elementary School, Phone 464-2053 or email 865darmouth@kwanis@hotmail.ca for details.

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. starting September 26, 2011. We are located at Shannon Park Elementary School, Phone 464-2053 or email 865darmouth@kwanis@hotmail.ca for details.

Events at the public libraries

On Wednesday Sept. 21 at 6:30 p.m., join staff from Cole Harbour Community Mental Health for an interactive presentation and discussion on ways to be more positive in our attitude and the impact this can have on how we think, act, feel and relate to others. Cole Harbour Public Library

On Thursday Sept. 22 at 6:30 p.m., several groups meet for crafts and conversation. Share knowledge, tips and ideas while checking out some of the newest craft books. Just drop in.

For more information, call Judy at 889-3045. Musquodoboit Harbour Public Library

On Saturday Sept. 24 at 9:30 a.m., there will be a guided literary walking tour. Dickens and Wilde, Howe and Montgomery — Hal-

fax's literary history comes alive. Dress for the weather and wear comfortable shoes. Weather permitting, please call for confirmation on the day of the tour. Registration is required.

Spring Garden Rd. Memorial Public Library

On Monday Sept. 26 at 1 p.m., learn how to download eBooks and audiobooks from the library. Learn how to install the software, download books and transfer them to your devices. Registration required. Cole Harbour Public Library.

On Tuesday Sept. 30 at 7 p.m., the Writers Without Boundaries group meets. Writers Without Boundaries can provide you with support and feedback. The group allows participants to share their work-in-progress and to discuss topics of general interest to writers. Sackville Public Library.

On Wednesdays at 10 a.m., meet and play with other bridge lovers. Some experience is necessary. Keshen Goodman Public Library.

On Wednesdays at 6:30 p.m., meet and play with other bridge lovers. Some experience is necessary. Bedford Public Library.

Nocturne: Art at Night

Nocturne: Art at Night is a fall festival that brings art and oct 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. www.nocturnehalifax.ca

NANOOK

continued from / Page 1

and motivation of the crew members. The shared nautical heritage of mariners across the world was especially apparent during the Crossing of the Line Ceremony, an ancient tradition conducted by both ships as they crossed into the Arctic Circle at 66.30 degrees north.

There is no doubt that the Royal Canadian Navy can learn much from the Danes about operations in northern waters, a fact that Canadian sailors soon recognized in discussions with their Danish counterparts. The Danish Navy regularly has a vessel in its territorial waters around Greenland, operating at high latitudes throughout the year. The mission assigned by the Danish government to its navy in northern waters is very similar to that of the Canadian Forces. That is, to protect sovereignty, assist in land, air and sea search and rescue missions and to enhance security in remote communities in the Arctic. The challenges both navies experience are also very similar: a harsh environment, long distances from support bases and a massive geographic area of operations; all im-

pact the ability of any force to operate in the North and makes sharing the Arctic's lessons especially important.

In order to overcome the inherent difficulties while transiting north, Danish and Canadian ships conducted a variety of exercises designed to enhance naval skills when operating in the Arctic environment. Operations conducted included ice navigation, submarine warfare, SAR and boarding exercises. Commander, Senior Grade, Fiskerikla, the Danish Captain of Hvidbjørnen commented "We have few opportunities for exercises, so we are very happy for the opportunity to work in Arctic waters with Canadians." Perhaps the most important exercise conducted was a simulated search and rescue response to a vessel in distress. The crews of both navies practiced planning and executing a full search, recovery and medical response, putting training into action. Throughout the exercise, St. John's maintained close communication with Danish vessels and aircraft, leveraging joint cooperation to successfully complete the search and rescue as fast as possible. These exercises proved that both navies were equipped and able to operate

together to complete a diverse range of missions essential to the people of the North and those that transit through its waters and airspace.

One aspect of northern operations continually on the minds of sailors from both nations was the necessity of limiting the environmental impact of their ships on the environment. All three crews embraced environmentally sensitive procedures, realizing that limiting the impact on the environment is

essential to the long-term success of northern operations and to ensuring the trust of local communities. St. John's procedures included a well-implemented waste management policy, practicing oil spill precautions when fueling and the use of phosphate-free soaps in showers and the laundry. Additionally, both navies were careful to not disturb wildlife concentrations when operating together, logging any encounters with wildlife for future use.



COME TO WORSHIP

St. Brendan's, Stadacona Sunday Worship

1015 - French Catholic Mass
 1115 - English Catholic Mass
 1400 - Matthew Bible
 1130 Wednesday - Weekly RC Mass
 1130 Friday - Ecumenical Service of Remembrance & Prayer
 For information - 721-8660

Shearwater Chapel, Shearwater

Sunday Worship
 0945 hrs - R.C. Mass - Lt(N) Michael Gonth
 1115 hrs - Protestant Worship - Lt(N) Leonard Bodnar
 Protestant Communion - First Sunday of each month
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 1900 Wed & 4 announced in parish bulletin
 For information - 720-1441

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Officer's Mess Calendar

SEPT. 30: ARMY MONSTER TGIF @ ROYAL ARTILLERY PARK 1500

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Veterans' memorial garden blooms

By Mike Bonin
BPAO

The bright and colourful flowers swayed gently in the warm summer breeze and the heat and light from the sun encouraged their growth. Elevated flowerbeds, accessible to wheelchairs, or the serene sound of water gurgling in a fountain are some of the amenities to enhance the quality of life for the veterans who call Camp Hill home. The dedication of the volunteer gardeners, mostly military, who make it all look right at the Camp Hill Veterans' Memorial Garden, was very much evident.

The Camp Hill Veterans' Memorial Garden hosted a volunteers' appreciation gathering and a medallion unveiling Thursday Sept. 1. On hand to unveil a plaque reinforcing the military's commitment to the Garden was RAdm Dave Gardam, Commander JTFA and MARLANT. In his opening remarks, he noted, "As I look around, what I see are veterans who have served our country and current members who still are serving our country. It makes me proud." Affixed to a raised flower-

bed, the medallion is about a metre round, painted dark blue emblazoned with the tri-service crest, and has inscribed on it "Canadian Forces Supporting our Veterans". It will serve as a constant and long lasting testament to the partnership and friendship that has been forged throughout the years.

Over the past several years the garden has evolved from being a parking lot to being a peaceful place for veterans, their friends, families and caregivers to find solace, tranquility and healing. Through the dedication of a core group of MARLANT volunteers, mostly from TEME, this space has been transformed into a fine-looking place to relax and enjoy gardening and nature. It is also a place of beauty and solitude for the patients on restorative care.

"The veterans' lives are enhanced by the enjoyment they receive in spending time with members of the military community, renewing memories, reminiscing and sharing wisdom," stated Elsie Rolls, Director of Veterans' Services.

The garden is supported through two types of donations:



The Veterans' Memorial Garden is in full splendour during a recent garden party. MARLANT volunteers spend quality time assisting the veteran's surroundings be a source of calm, respect and enjoyment.

MIKE BONIN, BPAO

sweat equity and fundraising. One person who has dedicated countless hours in the garden is MWO Bryce Firlotte. "My father was a Second World War veteran. It is an honour to work with these people. I encourage the young service members to participate as it is good for the soldiers to hear from the veterans," he said.

Fundraising comes into the gar-

den in different ways. For example, the Stadacona Band of Maritime Forces Atlantic performs two annual concerts; the Battle of the Atlantic Gala and the 'Til We Meet Again Concert, with the funds raised going directly to the garden. The next 'Til We Meet Again Concert will be held at The Bella Rose Arts Centre in Clayton Park on Nov. 8, starting at 7 p.m.

LCdr Ray Murray, the Stadacona Band's musical director, is working to obtain some talented and well-known performers and is confident this will be one of the band's best concerts ever. Tickets are available at the Bella Rose Box Office, online at www.bellaroseartscentre.com or by calling 457-3239. Tickets are \$20 each and are selling quickly.

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GCWCC kickoff an opportunity to meet charities

By Benjamin J. DeLong
Trident Staff

The MARLANT GCWCC (Government of Canada Workplace Charity Campaign) began on Sept. 8, with its annual kick off event, held in the Stadacona Drill Shed.

As in years past, several community agencies—charities, museums, and morale and welfare programs—were present to advise attendees of their respective causes. The fun festivities included a dunk tank with unit and ship COs being dunked to raise money for the campaign, and live music from The Gent and Friends.

"The United Way brings the community together and makes sure everyone gets the support they need," said CP02 Todd Cholewick, MC of the event. Many of the charitable agencies present at the event are a part of the United Way Halifax Region; although a few other agencies, such as first time kick-off participants Canadian Red Cross, are not a part of the United Way. Assistant Director of the MARLANT GCWCC, NCdt Michael MacPhee, explained that members can donate to specific charities outside of the United Way.

"On our gift forms there are four boxes that personnel can choose from to direct their donation," he said. The money could either: (Box One) go to United Way Halifax Region and stay local; (Box Two) go to any United Way in Canada outside of Halifax; (Box Three) be split between all 16 National HealthPartners or to a specific member; or (Box Four) be donated to any CRA registered charity (80,000+) across Canada including the Canadian Red Cross, SPCA, or church groups. "With [option four] all they do is write the name and registration # of the charity on their form."

All of the money goes toward the GCWCC and counts towards the overall monetary goal of this year, which has been increased from last year's \$565,000 to \$590,000. Base Commander CFB Halifax, Capt(N)

Brian Santarpia, encouraged the crowd, reminding them that more than \$600,000 was raised last year. He said that the GCWCC "is not about us", but about supporting the community through agencies such as those represented at the kick-off.

Special guest speakers included Elisabeth Rybak of the True Patriot Love Foundation and Ismael Aquino of the Canadian Red Cross. A silent auction and various raffles were held at the event to raise money for the United Way.

The GCWCC kick-off event is

held to allow CF personnel and DND/NPF employees an opportunity to learn more about where their donations go, and how they impact local and national charities, agencies, and health partners.

NCdt MacPhee said of the event's organizer, PO2 Scott Miller, that "this team did an outstanding job of organizing the kick-off and exceeded their mandate to keep it fun and exciting and most importantly a relevant venue to raise awareness of the 2011 GCWCC Campaign."



BGen Christopher Thurrott, Commander LFAA, speaks during the GCWCC kick-off on Thursday Sept. 8.

BENJAMIN J. DELONG, TRIDENT STAFF

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Fleet Chief encourages naval history, fitness, and job satisfaction

By Benjamin J. DeLong
Trident Staff

Mentor to the Coxswains, advisor to the COMCANFLT, LANT, and promoter of morale and welfare to Fleet personnel—CPO1 Mike Feltham has assumed his duties as Fleet Chief.

After his predecessor CPO1 (ret'd) Dave MacDonald retired on July 29, CPO1 Feltham commended his work, citing his efforts towards the sailors' honours and recognition as "one of his best remembered legacies."

He thanked Chief MacDonald for his role as a mentor. "When I was the Coxswain of HMCS *Montreal* it was always reassuring to know that Chief MacDonald was there in his role as Fleet Chief to provide any assistance I needed," he said. "My aspirations are to take what my predecessor set, and make sailors more aware of the Fleet Chief position and its role."

Fitness is very important to the well-being of CF personnel, said

CPO1 Feltham. Citing recent deployments to Libya and Haiti, and the disaster of Hurricane Igor, the Fleet Chief stated "given the challenging locations and circumstances, we as members of the RCN are often called upon to work in environments that we maintain an excellent level of physical fitness in order to accomplish our assigned tasks. Those that are not fighting fit might very well prove to be a danger to both themselves and their comrades during physical demanding operations on in highly stressful environments."

He went on to urge all personnel to ensure they take time out of their day for physical fitness either during organized unit fitness periods or after work, which ever suited their lifestyle the best. He also made mention of HMCS *Charlottetown* who during a recent port visit and with the aid of PSP staff that visited the ship to conduct EXPRES testing was able to achieve an over 50 per cent exempt status of those personnel tested.

CPO1 Feltham challenges every unit to work towards a higher level of fitness.

"Fun is very important to me. While I, like every other sailor, enjoy a good foreign port, fun to me is in a large part job satisfaction. A person has got to come to work in the morning, or come on watch at sea, and be both challenged and happy, and supervisors have to create ways to keep our sailors motivated. This can be done in a litany of ways such as unit or section sporting events, tours or something as easily organized as lectures on any number of subjects pertinent to our chosen career; in addition they need to get their families involved, get them out and see where they work, to see what life is like onboard a ship. It's very important that the family gets to see that."

"The Navy is a special organization," he said. "We're not working normal jobs we work in the armed forces and at times our country will call upon us to do demanding tasks not expected of everyone, we must

be proud of this special relationship we have with our country." He also made special mention of the 100 years of history of the Navy and the great deeds done by our predecessors. Every new sailor needs to learn the importance of both our history and our customs and traditions, according to Chief Feltham. He would like to see leaders contribute to this process by organizing visits to the Maritime Command Museum in Stadacona and taking time to explain our customs and traditions. "Our history goes a long way to explain who we are and what we represent as a Navy."

Originally from Corner Brook, NL, CPO1 Feltham lives in Bedford with his wife Elizabeth and two Newfoundland dogs, his hobbies include reading, driving his motorcycle and "starting and occasionally finishing projects around our house." He has lived in Halifax since 1984 when he was posted to his first ship, HMCS *Annapolis*, he has also done two tours in Ottawa. Since joining the Navy he has had



CPO1 Mike Feltham speaks at his change of command ceremony onboard HMCS *Fredericton*.

BENJAMIN J. DELONG, TRIDENT STAFF

several deployments.

Now as the new Fleet Chief, CPO1 Feltham said he is "very honoured in being assigned this responsibility", and looking forward to his new duties and having the chance to once again work with the sailors, soldiers and Air Force personnel in the Fleet.

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Since January 17, 2008, Realtor 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 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 tb1@eastlink.ca.

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and selling houses. "With the cooperation of a lot of good people in the Department of National Defence, it got underway and now, I can see the returns. It's enjoyable to see so many people benefitting from this program."

If you are posted to or from Halifax, or even if you are moving to a new home within this area, Keith Tannahill can

per cent of the selling price. For example, if Keith helps you sell your home for \$200,000 you will receive up to \$2,000 and \$4,000 cash back. If he helps you purchase your home for \$200,000, you'll receive up to \$1,000 cash back.

"The CF members and their families have given me the privilege and the trust of assisting them with the sale or the purchase of a home,"

Family fun in 12 Wing

By Benjamin J DeLong
Trident Staff

In conjunction with the annual Family Fly Day in Shearwater, 12 Wing Shearwater will be hosting a Family Fall Fest with an Oktoberfest theme. While Family Fly Day will be available to those in Shearwater who have preregistered, the Family Fall Fest will be open to the entire Halifax and Dartmouth CF/DND community.

The event takes place in F Hangar, 12 Wing Shearwater, beginning at 10 a.m., Oct. 22, 2011. This will be the inaugural DND Family Fall Fest which will include children's rides, costume contests, and various displays. Oktoberfest food, such as hotdogs and bratwurst will be available for purchase, and random draw prizes will be given out.

"Our role at PSP Halifax is to build morale and welfare programs that complement and

enhance the quality of life for the CF community," said Lynn Devereaux, PSP Manager. "The Family Fall Fest is meant to complement Shearwater's existing Family Fly Day and it gives us a venue, similar to DND Family Days, where we can thank the families for their constant support to the CF. This is only the first of many, and our plan is to grow it every year."

After the day's festivities, the hangar will be the venue of the event's concert, featuring live music from local bands. Ticket sales will begin on Sept 20 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.

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.

Protect your family from fire

By David Crowe
DND Fire Services

Fire Prevention Week this year is from Oct. 9 to 15 and the theme is "Protect Your Family From Fire." Smoke detectors are one alarm for the home that will help protect your family in detecting smoke or fire. Another important alarm for the home is a carbon monoxide (CO) detector.

Carbon Monoxide is also named the Silent Killer. That is because CO is an invisible, odourless, and poisonous gas that is heavier than air. CO is produced due to incomplete burning of fuels such as wood, propane, oil, natural gas, kerosene, gasoline, diesel fuel, coal or charcoal.

Household appliances such as furnaces, fireplaces, propane / kerosene heaters, gas stoves and portable electrical generators, just to name a few, need to be properly vented in order to prevent CO from building up in the home. Most CO events within the home are caused by poor or improper maintenance. The homeowner should always get their fuel-burning appliances inspected and serviced annually. Also it is recommended to have the chimney cleaned and inspected annually as well. It is always a good practice to read the manufacturer's instructions or consult with a trained professional before using any appliance that is capable of producing carbon monoxide.

Symptoms of CO poisoning are: dizziness, headaches, nausea, vomiting, fatigue, burning eyes, and loss of muscle control. Long exposure to high concentrations of CO can lead to unconsciousness, brain damage and death.

To better protect the home from carbon mon-


oxide it is preferred to have carbon monoxide detectors installed. CO detectors should be installed near bedrooms. If the home has bedrooms on different levels then install CO detectors on each level. Always follow the manufacturer's instructions when installing CO detectors. This will ensure proper operation of the carbon monoxide detector.

If a carbon monoxide detector activates the homeowner should treat it as if it is a smoke detector. When the detector activates, everyone should leave the home and get into fresh air. Call 911 from a neighbour's house or a safe location and report the carbon monoxide detector. Do not allow anyone to re-enter the house until a trained professional tells you the air quality in the house is at suitable level. If a CO leak was found it needs to be fixed by a trained professional before the appliance can be used again.

Smoke detectors with carbon monoxide detectors will help protect your home by early detection of smoke, flame or carbon monoxide. Early detection is the better method when protecting homeowners while they occupy their home. Scheduled maintenance of fuel burning appliances will help reduce CO problems and always following manufacturer's instructions for installation and operation will help reduce problems within the home as well.


For further safety tips please visit the following websites: www.firecan.ca or 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



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Alain Chiasson a grandi dans la communauté insulaire de Lamèque, dans la Péninsule acadienne. Un endroit qui ressemble beaucoup à son nouveau chez soi : Yellowknife aux Territoires du Nord-Ouest. Le rythme détendu et les gens chaleureux, il en avait l'habitude. Mais il y a des différences majeures aussi : le travail d'Alain fait davantage grosse ville que petit village. En tant que spécialiste en droit commercial, il travaille avec des compagnies minières d'envergure internationale, gérant des dossiers avec des responsabilités financières majeures et se bâtissant une expérience de travail qui lui aurait exigé des années de patience dans un endroit comme Toronto. Alain découvre également le plein-air avec une passion renouvelée pour la navigation de plaisance et le ski de fond.

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

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THREE KIDS FOURTEEN HELICOPTERS AND ONE BUSINESS OF THE YEAR AWARD

"Comes with the job"

Rob Carroll moved from Newfoundland with the idea of working for a helicopter company. When he got here, the opportunities for new business inspired him to start his own. Today, Trinity Helicopters is operating all over the Northwest Territories; enjoying whirlwind success and earning the NWT Chamber of Commerce, "Business of the Year" award. In addition to starting a thriving company, Rob's also found time to build a family and a large and diverse group of similarly entrepreneurial friends and associates. "Up here, hard work pays off big and fast. If you want your career to take off, it's a great place to start."

Rob is one of a growing group of Atlantic Canadians who are making their mark in the Northwest Territories.

To meet them, visit www.comemakeyourmark.ca

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Home Improvement

Advertising Special

Let a technician prepare your home for winter

As the season shifts, it is important for homeowners to prepare their houses for cooler temperatures. Getting your place prepared for another great Canadian winter means having your home's heating equipment inspected and serviced to ensure it is in optimal working condition. Investing in the proper maintenance of a home heating system is essential to ensuring that it provides reliable and efficient indoor comfort when the outdoor temperature drops.

A clean, well-adjusted heating system will save you money on monthly bills and will prolong your furnace's life. The cost of annual servicing is modest, especially when compared with the price of a new furnace or major repairs resulting from neglect. Be sure your furnace is ready to battle the cold grip of winter by arranging a main-

tenance visit from a qualified heating contractor such as those who hold membership with The Heating, Refrigeration and Air Conditioning Institute of Canada (HRAI).

There is some furnace maintenance that homeowners can undertake themselves, such as cleaning and replacing filters. To ensure safe and efficient operation of a heating system, however, a qualified technician should be called upon to perform the following services:

1. The technician will perform a safety test for carbon monoxide (CO).
2. The venting system is inspected for leaks, slope, support and debris.
3. Air filters are inspected and changed or cleaned as necessary.
4. Operation of the thermostat and safety controls is tested to en-

sure proper performance.

5. The gas pilot safety system (including the igniter, spark electrode or pilot) is checked and cleaned as required.

6. The unit's motor and fan are removed and cleaned for optimal function.

7. The drains and traps are inspected and flushed out.

8. Adequate combustion air requirements are determined by the technician to ensure safety.

9. Heat exchangers and electrical connections are inspected.

10. And finally, burners are cleaned and set as dictated by manufacturer's specifications.

Homeowners searching for a qualified heating contractor in their area can visit www.hrai.ca or call toll-free at 1-877-467-HRAI.

News Canada



Getting your place prepared for another great Canadian winter means having your home's heating equipment inspected and serviced to ensure it is in optimal working condition.

NEWS CANADA



The furniture you choose for your home can make or break it.

NEWS CANADA

Clever ways to organize a small living space

Organizing a small living space can be a challenge. Apartments and lofts typically have limited closet space, if any closets at all. Townhomes can also be a challenge to organize with their pint-size kitchens and bedrooms. Such is true for many singletons and families just starting out, or couples looking to downsize their living arrangements. Whatever your habitat, here are some tips for organizing a small space so you can enjoy it to its full capacity.

Furniture with storage

The furniture you choose for your home can make or break it. Oversized furniture is out, but furniture with storage is in. Look for pieces that will maximize storage capacity without taking up too much room. Armchairs are great for storing clothes if you don't have a closet, and these days they come in all sizes. Antique trunks add instant style to any room and they can double as a coffee or bedside table with a hideaway for keeping extra blankets, seasonal items or books. Media cabinets are a worthwhile investment for anyone with a television and other multi-media. Sanaus offers media cabinets with open shelves or enclosed doors and ample room for holding DVD players, video games, cable boxes, music and other gear. If you like the mounted TV look, but don't have the wall space for it, consider a flat-panel mount kit that attaches to furniture. It will give you the same aesthetic appeal as a TV mount, but doesn't require drilling in the wall.

Define the space

Just because a room is small doesn't mean it can't look pulled together. It's important, especially

in homes with open floor plans, to define living areas for how you intend to use them. It sounds counterintuitive, but wide-open rooms with poorly placed furniture can actually seem smaller than they are. Defining the space will allow you to create distinct areas for entertaining, eating and relaxing. Accordion-style room dividers do the trick. So do area rugs. A dining room or sitting area can easily be established with a pretty rug and chairs placed around it. A couch positioned in the middle of a room is a good way to separate living and dining areas.

Odds and ends

No matter how organized you are, you most definitely have at least one overflowing junk drawer. So what do you do with all these extra odds and ends? Get creative. Look around. You'd be surprised at how many things you already own that, when repurposed, make the perfect organizers. Toolboxes are ideal for storing crafting and office supplies like ribbons, buttons, paper clips, push pins, stamps and envelopes. Rather than tucking away flower vases in a cupboard, use them for neatly displaying kitchen utensils or makeup brushes. Matching baskets and photo boxes will hold just about anything from scarves to painting supplies. Looking for a fun way to display photographs? String a piece of twine across an archway and use clothespins to hang the photos from the twine.

With a little effort and creativity, any living area can be transformed into a well-organized space you enjoy spending time in.

News Canada

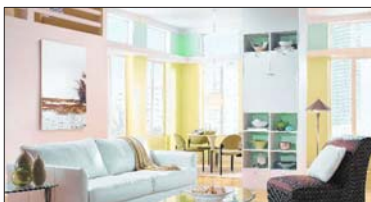
New app matches colours instantly

Now when decorating, you can act upon whatever inspires you in the moment.

A major paint company is giving us an easy-to-use, digital application to record, identify, and match any favourite color, on the go. It might be the blue sky in a park, a vivid red sweater, or an amazing shade of lavender fabric in a flowing curtain. If you want that color exactly, it can be yours. This newest app will match it immediately to just the right paint color.

Called ColorSmart by Behr Mobile Application, homeowners can download the touch-and-tap tool, free of charge from the Android Market and Apple iTunes App Store. For more information on the application and how to use it, visit behr.com/colorsmartmobile.

Here's how:
•Explore Color—Browse the range of more than 2,000 color possibilities. Once a color is selected,



Matching colours has never been easier.

NEWS CANADA

you can further coordinate or preview it in a room image.

•Photo Match—Take a photo, or use an existing photo from your personal collection. Tap on an area in the photo and the application will pull up the three closest matching paint colors.

•Preview—Test your color

choice by virtually painting the walls, trims and accents on room images. Zoom in to see details or remove a color and add another until perfect. You can also use the favourite features to save your favourite color combinations.

News Canada

Cork a chic new flooring option

The trend to bring nature and its elements indoors has inspired a new trend in flooring. Over the past few years, cork has become a popular flooring choice due to its chic, unique aesthetics and environmental benefits.

The Right Choice for Your Home

Cork is warm as well as inviting, and complements a variety of decorating styles and elements, including all wood furniture finishes. It's the perfect choice no matter your current decor or taste. Whether you prefer a classic, modern or relaxed country look, cork will accentuate any style or space.

Cork floors have been used for decades, traditionally been used in schools and libraries for its acoustic benefits. Redesigned for today's consumer, cork is making its way into mainstream living rooms, bedrooms and in particular, kitchens due to its natural beauty, comfort and warmth. While you'll love the look of cork, you'll absolutely adore the feel of it. Cork is 50 per cent air, a dense cushion that insulates against cold and comforts every footstep. With a cork floor underfoot, you'll never want to wear shoes or socks indoors again.

Industry tests for wear have also shown that cork endures like hardwood. Add to this its ability to absorb sound, and cork is a beautiful, smart and tough to its core.



Cork floors have increased in popularity, such as this Torlys Cork floor, because of the warm, comfort and easy-living style.

NEWS CANADA

The Right Choice for the Environment

Cork offers one more comfort—peace of mind for the environmentally conscious. Cork comes from bark and gently harvested from living trees. While harvests occur often, the same tree is used only once every nine years. The time-honoured tradition, which includes hand tools, never destroys the tree, making cork an entirely renewable resource.

The Canadian Connection

Torlys, a Canadian company, is a world leader in cork flooring. Their inspiring 100 per cent recycled cork collection features beautiful, earth-friendly, affordable floors which are easy to install without chem-

icals, glues or nails, and little dust. Torlys eco-engineered floors allow you to move your floor from room to room or to a second property up to three times under warranty—another earth-friendly plus. To find out more visit torlys.com.

Which rooms suit cork floors?

1. Casual living spaces where you live on the floor—great rooms, family rooms, basements.

2. Kitchens—the warmth and comfort benefits are unsurpassed.

3. Bathrooms—warm and beautiful. No need for special under-floor heat.

Bedrooms—warm and comfortable when getting out of bed and hypoallergenic.

News Canada

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Shell Distributor

Home Improvement

Advertising Special



Closing your cottage with care at the end of the season can save you from unnecessary stress in the spring.

NEWS CANADA

Help your cottage to weather the winter months

Once the temperature drops and the leaves start to change, saying goodbye to your beloved summer retreat can be tough. Allstate Insurance Company of Canada wants to help ease you through this transition by offering advice on how to keep your cottage or cabin safe and damage-free during the winter.

"Closing your cottage with care at the end of the season can save you from unnecessary stress in the spring," says Karen Benner, spokesperson for Allstate Canada. "By safeguarding your holiday home now, you will have more time to enjoy it when you return after the winter."

According to data from Allstate Canada, wind damage is the number one claim for cottagers (24 per cent), followed by water damage (17 per cent) and theft (15 per cent).

Allstate Canada wants to help Canadians better protect their cottages or cabins and offers the following advice:

- Prevent spring floods
- Inspect your roof and prevent potential leaks by replacing any missing or broken shingles.

- Shut off and drain plumbing, as lingering water can freeze in the pipes over the winter and cause them to burst.

- Clean out the eavestroughs and make sure they are clear of leaf furniture, ornaments and barbecues.

- Don't let the wind wreak havoc
- Trim your trees and remove any objects that could become projectiles during a storm such as lawn furniture, ornaments and barbecues.

- Deflect theft
- Burglar-proof your cottage by boarding all windows and securing all openings to deter thieves, and take your more valuable possessions home with you.

- If you own a boat, store it in an enclosed and locked building.

- Plan to visit your cottage periodically or have a neighbour occasionally stop by.

More information on how to protect your cottage for the winter is available at goodhandsadvice.ca.

News Canada

Top 10 ways to maximize indoor comfort in winter

Make the most of home heating system

Home heating bills can pack a punch into household budgets as Canadians prepare for the cold winter months ahead. Hiring a licensed contractor to inspect your furnace and clean your filters is a top priority before the temperature dips down, but be sure to consider the following elements that help maximize indoor comfort when the weather outdoors becomes too much to bear.

With frosty temperatures on the horizon, The Heating, Refrigeration and Air Conditioning Institute of Canada (HRAI) offers 10 simple suggestions to help Canadian homeowners make the most of their home heating system and keep the costly energy bills at bay during the colder months.

1. Audit doesn't have to be a bad word.

Have a licensed professional conduct an energy audit of your home to help assess the efficiency of your current heating system. This audit will show you how and where your home loses energy, as well as it will help you save on your monthly bills and increase your home's resale value. An official ecoEnergy evaluation may also qualify you for some healthy government incentives to make ener-

- gy-saving home improvements.
2. Your heater needs a jacket, too.

Wrap your hot water heater in an insulating jacket, preventing standby heat losses.

3. Spring cleaning.

Clean or replace filters on forced-air furnaces every three months.

4. Let the light in.

Open your curtains or blinds so the light from the sun can help heat rooms that receive direct sunlight.

5. Install a humidifier.

Moist air feels warmer than dry air and can help you feel comfortable even though your thermostat is set at a lower temperature. Hire a licensed contractor to install the humidifier to ensure it is done correctly.

6. Book a tune-up.

Schedule an annual tune-up for your boiler, furnace or heat pump to ensure that your heating equipment is operating at peak efficiency. Visit the HRAI website to locate the appropriate professional in your area.

7. Turn it down.

Install a programmable thermostat that can be set to lower the temperature when you are away from the home or at nighttime, helping your family save on energy costs. Hire a licensed professional to install one of these thermostats so you can start saving on your monthly energy bills.

8. Pick your favourites.

Close off heating vents in rooms that are not regularly occupied to maximize the heat in



Audit doesn't have to be a bad word.

NEWS CANADA

those rooms which are used most.

9. Don't let heat escape unnecessarily.

Keep your doors and windows shut and make sure they are properly sealed so you keep the heat in when you need it.

10. Clear the way.

Make sure all of your heating vents and baseboards are clear of obstructions and furniture to allow for maximum output from your heater.

You can find a licensed heating contractor in your area who can help ensure your indoor comfort is maximized (and your energy bills minimized) this season online at www.hrai.ca.

News Canada

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National Rodeo comes to CFB Halifax

By Mike Bonin
BPAO

For the first time since it was brought back into existence in 1981, the CF Safe Driving Championship, commonly called the Rodeo, was held at CFB Halifax. More than 220 participants from four regions saw 78 competitors in five events. The regions that competed were Western, Central, Eastern and Atlantic. Team Atlantic comprised competitors, judges and logistics staff and admin from 3 ASG Gagetown, CFB Halifax, 14 Wing Greenwood and LFAA Reserve Units.

The aim of the competition is to foster safety and encourage all military and civilian driver operators to develop and perfect professional calibre skills and provide an environment in which to demonstrate these skills in a friendly but challenging competition.

"The competition is great, some people have been driving since before I was born," said

Pte Jeff Johnson, from CFB Halifax. "It helps make me a better driver through observing their skills." The competition starts with a written test, a physical vehicle inspection test and then the drivers can compete in one of the following five vehicle categories: tractor trailer, five tonne straight truck, Heavy Logistics Vehicle Wheeled, (HLVW) 40 passenger bus or the Route Discipline.

Guy "Skip" Wardell, a civilian driver from CFB Gagetown, was attending his fourth national competition. By winning at an earlier Regional competition, Wardell earned the right to compete at the national level. "This competition is a great opportunity to challenge yourself and hone your skills along with having fun and meeting colleagues." When asked how he felt about a recent obstacle course, he jokingly said "I feel OK, but the two judges I ran over, they might not be too happy." In addition to some light-hearted fun, Wardell appreciates the fact that he is sup-

ported by his supervisors as they recognize this competition is a good venue for drivers to showcase their skills.

At the event's awards banquet, the top region was won by Team Atlantic. This year's competition was extremely close, but in the end the Atlantic Region came out triumphant as the overall champions having dethroned the Central Region, the winners of the previous three championships.

Individual winners for the different categories were:

Route Discipline

1st. Pte Tom Bouchard-Cusson and Yoan Gauthier (Central Region)

2nd. MCpl Claude Clement and Cpl Stephen Abbott (Western Region)

3rd. Pte David Degrace and Pte Melissa Dubois (Atlantic Region)

HLVW

1st. Cpl Roger Aquin (Western Region)

2nd. Cpl Chris Ainsworth (Central Region)

3rd. Cpl Mark Laviolette (Atlantic Region)

5 Ton

1st. Cpl Marc Gagnon (Eastern Region)

2nd. Scott Noye (Atlantic Region)

3rd. Pte Cory Boudrais (Central Region)

Bus

1st. Guy Wardell (Atlantic Region)

2nd. Glenn Dowe (Central Region)

3rd. Omer Leblanc (Atlantic Region)

Tractor Trailer

1st. Cpl Denis Hudon (Eastern Region)

2nd. Sylvain Carmichael (Eastern Region)

3rd. Derek Richards (Atlantic Region)



Under the scrutiny of the judges, the drivers in the CF Safe Driving Competition need to manoeuvre their vehicles through tight spaces in order to earn top marks in the competition. This annual Rodeo pits the best drivers from their regions against their counterparts. Team Atlantic was the overall winner this year.

CPL JEN ROBINSON, 12 WING IMAGING

changed the way they judge the competitors. Recently, there has been a change in the scoring structure and a hidden score system makes for a more fair competition reducing appeals and increasing suspense. The CF Safe Driving Competition will be back in Halifax again next year, another way the competition has been improved. Congratulations to all the winners, competitors and staff who made the event such a great success. See you next year.

Over the years, the Rodeo has

Promoting and enhancing health



My name is Lisa MacAlpine. I am in the final stages of completing my Bachelor of Science degree in Health Promotion at Dalhousie University. I am very excited to be doing my 16-week student internship with CFB Halifax Health Promotion Services.

My background includes working with clients on an individual basis. I was drawn to study Health Promotion out of a desire to promote and enhance the health and well-being of populations on a larger scale.

I will be participating in a variety of health promotion programs, services, and initiatives offered through Health Promotion Services. I look forward to meeting you over the next few months.

Fall 2011 Health Promotion Program Schedule

Program	Date	Time	Location
September At A Glance			
Stress.calm	Sept 23-Oct 14	900-1200 hrs	Windsor Park
Additions Education for Supervisors	Sept 27-28	0800-1600 hrs	Shearwater
Butt Out Self-Help Program	Tuesdays	1045-1200 hrs	Stadacona
	Wednesdays	1100-1200 hrs	Shearwater
October At A Glance			
Mental Health & Suicide Awareness	Oct 6	0800-1600 hrs	Shearwater
Injury Reduction Strategies for Sports and Physical Activity	Oct 6	0830-1130 hrs	Windsor Park
Top Fuel for Top Performance	Oct 12 & 19	0830-1500 hrs	Shearwater
Basic Relationship Training (singles)	Oct 11 - Nov 1 (Tues)	1500-1700 hrs	Windsor Park
Family Violence Awareness: Supervisors' Training	Oct 14	0800-1200 hrs	Shearwater
Weight Wellness Lifestyle Program	Oct 20-Nov 24 (Thurs)	1000-1200 hrs	Shearwater
Alcohol, Other Drugs and Gambling Awareness			
Dietary Supplements & Energy Drinks	Oct 5	0900-1130 hrs	Windsor Park
Prescription & Over-the-Counter Medications	Oct 19	1300-1530 hrs	Windsor Park
Butt Out Self-Help Program	Tuesdays	1045-1200 hrs	Stadacona
	Wednesdays	1100-1200 hrs	Shearwater
Butt Out Discussion Sessions	Oct 11	1330-1430 hrs	Stadacona
	Oct 12	1330-1430 hrs	Shearwater
November At A Glance			
Managing Angry Moments	Nov 1-Dec 6 (Tues)	1000-1200 hrs	Shearwater
stress.calm	Nov 3 & 10	0800-1500 hrs	Shearwater
Weight Wellness Lifestyle Program	Nov 7-Nov 28 (Mon)	1800-2000 hrs	Windsor Park
Top Fuel for Top Performance	Nov 17 & 24	0830-1500 hrs	Stadacona
Basic Relationship Training (couples)	Nov 18-20 (weekend)	Shearwater	
Injury Reduction Strategies for Sports and Physical Activity	Nov 22	0830-1200 hrs	Shearwater
Butt Out Self-Help Program	Tuesdays	1045-1200 hrs	Stadacona
	Wednesdays	1100-1200 hrs	Shearwater
Butt Out Discussion Sessions	Oct 11	1330-1430 hrs	Stadacona
	Oct 12	1330-1430 hrs	Shearwater
Additions Awareness Month at a Glance			
Gambling and Online Gaming	Nov 2	0830-1130 hrs	Stadacona
Alcohol: Staying within the Guidelines	Nov 9	0900-1130 hrs	Shearwater
Illegal Drugs & the CF Drug Control Program	Nov 16	0830-1130 hrs	Shearwater
DWI: Driving While Impaired	Nov 23	0900-1130hrs	Windsor Park
Responsible Party Hosting	Nov 4	0900-1130 hrs	Windsor Park
	Nov 10	0900-1130 hrs	Dockyard
	Nov 18	0900-1130 hrs	Stadacona
	Nov 25	0900-1130 hrs	Shearwater
Additions Education for Supervisors	Nov 29-30	0800-1600 hrs	Stadacona
December At A Glance			
Injury Reduction Strategies for Sports and Physical Activity	Dec 1	0830-1200 hrs	Dockyard
Family Violence Awareness: Supervisors' Training	Dec 1	0800-1200 hrs	Stadacona
Top Fuel for Top Performance	Dec 6 & 13	0830-1500 hrs	Dockyard
Mental Health & Suicide Awareness: Supervisors' Training	Dec 8	0800-1600 hrs	Windsor Park
Butt Out Self-Help Program	Tuesdays	1045-1200 hrs	Stadacona
	Wednesdays	1100-1200 hrs	Shearwater
Butt Out Discussion Sessions	Oct 11	1330-1430 hrs	Stadacona
	Oct 12	1330-1430 hrs	Shearwater

On guard at the Tomb of the Unknown Soldier

Experience results in new respect for the uniform

By LS Luke Carpenter
Stewart Atlantic Block Maintenance Cell

From July 31 to Aug 21, 2011, I had the privilege of serving as a member of the Ottawa Ceremonial Guard for the Tomb of the Unknown Soldier. The first week on the guard was quite tiring and a lot of work was required. From Monday to Friday, 7:30 a.m. to 4 p.m., the Ceremonial Guard would practice a new and unique style of drill, while learning commands in English and French.

Evenings were spent working on kit in order to raise it to Ceremonial Guard standard.

The week concluded with a drill test conducted by the Ceremonial Guard Drill Chief, which ensured that the Ceremonial Guard had met the appropriate standard; a passing grade was issued with flying colors. Sentry duty commenced the following Monday, with a four-on, two-off schedule.

The Tomb of the Unknown Soldier is guarded by two sentries seven days a week from 9 a.m. to 6 p.m. The sentry posting party consists of one piper, two escorts, two sentries and a post-

ing Corporal. The posting Corporal marches the posting party up to the tomb, calls all drill commands and reads the Duties of a Sentry, which is written in English and French, to the two sentries. Each sentry watch is one hour and with the temperatures between 35-45 C, the task was made even more difficult. Yet, realizing that we were representing the Royal Canadian Navy made the experience enjoyable and worthwhile. At the end of each watch, the posting Corporal marches two more sentries plus a piper up to the tomb and changes out the sentries.

Personally, the Ceremonial Guard has been one of the greatest highlights of my career. Knowing that I was one of 18 sailors selected to represent the Royal Canadian Navy was an absolute honour. It was quite moving to watch our war veterans come up with tears in their eyes - with so much honour and emotion - and salute you and thank you for what you are doing and for what you represent. The gratitude shown by the Canadian public truly demonstrates pride and respect for our Canadian Forces.

If I had the chance to go back tomorrow, I would have left yesterday. I have a whole new respect for our uniform and I thank the Royal Canadian Navy for giving me the opportunity to be a part of the Ceremonial Guard.

SPORTS

Sports leaders nominated for Admiral Jones Shield

By Tarryweeney
PSP Halifax Formation Fitness and Sports Director

Individuals taking charge, stepping up, making a difference in everything they do. We always see someone who just loves what he or she is doing and puts that extra effort into making things better. He or she is perhaps the first person to arrive at an event and yes, even the last to leave. He or she may be good at what they do but never loses focus on the grassroots of any program.

His or her dress and deportment is topnotch and his or her keenness at work is outstanding. The positive behaviour is contagious and his or her unit's overall morale is improved because of that person's character. It is some times hard to put a finger on what drives him or her, but you are always glad he or she is on your team.

The Admiral Jones Shield is awarded annually to the service person who contributes most in conduct, sportsmanship and character in any sports activities throughout Formation Halifax, based on the original desires of Admiral Jones.

The presentation of the award will be made at the 2011 Sports Recognition Breakfast on Sept 30, 2011. Guest speaker for this event will be former CFL superstar Tony Gabriel. Attendance is by invitation only.



PO1 Veronique Cool, CSOR, DKYD



PO2 Joe Dickie, CFNOS



MS Danielle Winters, HMCS Shawinigan



MS Mark Cyr, CFNES



LS Emily Hamilton, HMCS Fredericton



PO1 Steve Clarke, Sea Training



Cpl. Darcelle Walland, CSOR Stadacona

The following personnel are the nominees for the 2010 Admiral Jones Shield award:

- PO1 Steve Clarke, Sea Training
- PO1 Veronique Cool, CSOR, DKYD
- PO2 Joe Dickie, CFNOS
- MS Danielle Winters, HMCS Shawinigan
- MS Mark Cyr, CFNES
- LS Emily Hamilton, HMCS Fredericton
- Cpl. Darcelle Walland, CSOR Stadacona

The Fit Zone

Anti-rotational exercises

By Lucas Hardie
Fitness and Sports Instructor, PSP Halifax

What is the core? A lot of people still think that to train the core means to isolate the abs and work on a six-pack. This is incorrect, the core is much more than the six-pack abs. The core is all the muscles surrounding the spine, hips, and stomach.

The initial thought process on training the core was the same as every other muscle group. We flex the anterior with exercises like weighted sit-ups, we extend the posterior with exercises like back extensions, and we rotate the sides with twists and rotational exercises. With time we have come to realize that this may not be the optimal way to train the core.

Validated research in the area of low back pain disorders has now brought to our attention that we need to think of the core primarily as a stabilizer rather than a prime mover. Research has shown that in most cases low back pain comes from an over-used low back rather than a weak one and that the muscles surrounding the low back need to be retrained to activate.

So what does this mean for core training? Well, as a stabilizer, it means that the muscles of the core need to be trained to prevent movement and better stabilize the spine. This has developed a new category for core training that we call anti-rotational exercises. An anti-rotational exercise can be defined as one that provides resistance or stress away from the body forcing the core

muscles to activate and maintain a fixed neutral spine.

By training the core as an anti-rotator you will gain better activation from the abs, obliques, glutes, and hips and you will be training the muscles to do what they're meant to do: prevent movement. In the long term this method will keep your core stronger and healthier than ever.

Sample Anti-Rotational Core Workout:

- Hitchhiker plank
- Paloff press
- Landmine anti-rotations
- Side plank
- Supine 1-legged hip ext
- Core rows

Perform each exercise for 30 seconds. Rest for 45 to 60 seconds and repeat two to three times.

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

By Trident Staff

ADACA) will be hosting a fundraising 6 a side soccer tournament from Sept. 20 to 21, 2011. The cost to enter will be \$200 per team.

The Master's Swim program invites all new and returning swimmers to the program this year. The program is open to any Reg Force or full time Reserve military member within Halifax or Shearwater.

Practices will be from 7 to 8:30 a.m. on Tuesdays and Thursdays, and on Sundays from 6 to 7:30 p.m. All swimmers will be at the Shearwater Fitness and Sports Centre.

NCdt Will Sarty recently returned from the Canadian Armwrestling Championships, where he earned his 11th straight national title. NCdt Sarty competed in the right arm 132lb class and was undefeated. In the left arm category, NCdt Sarty competed in the 143lb class, "giving up 13lbs to the competition," he says. "There I took a very close second and beat the person who won in the finals in a long grueling match. Along with beating him, I was the only person to defeat a world ranked guy from Quebec twice to enter the finals. I am extremely happy where I finished and am excited to start training again for next year."

ing again for next year."

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.

The IS soccer league ended the week of Jul 11, but pick-up soccer will still take place Monday through Thursday from 11:30 a.m. to 12:30 p.m. for the rest of the summer. For more information, please contact Kevin Jack at Kevin.Jack@Forces.gc.ca

Halifax Mooseheads rock the boat

By SLL Alexander Munz
MARS Officer, HMCS Preserver

A day prior to their first season game against the Moncton Wildcats, the Halifax Mooseheads of the Quebec Major Junior Hockey league had the occasion to visit onboard HMCS Preserver to learn more about one of their most important fan bases in Halifax. Arriving in the early afternoon as part of a team building exercise, the Mooseheads and their coaching staff had the chance to see first hand the high performance teamwork and effort onboard Preserver as she prepares for Reduced Readiness Inspections in October.

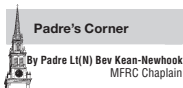
After a brief photo session, the team enjoyed a tour of the ship, and had the chance to pose many tough questions about life at sea, as well as having the chance to sign autographs as they went along. Ending their visit with a friendly reception in the Wardroom, the team also had the chance to get to know members of the ship's company in a less formal setting. Events such as this continue to forge and maintain strong connection between these young NHL aspirants and the CF. Sharing many of the same teamwork traits as the Halifax Mooseheads, Preserver was glad to be able to share some insight into how the CF works together to achieve its own goals and aspirations.



The Halifax Mooseheads recently had the occasion to visit onboard HMCS Preserver.

CONTRIBUTED

Change leads to adaption



Padre's Corner
By Padre Li(N) Bev Kean-Newhook
MFRC Chaplain

While visiting my home this summer, I took particular notice of the how the changing culture has changed both the look of my parents' home and the way they function. It reminded me of how we adapt to the changes of time, the events that happen in our lives, our challenges, our joys, our success or failures. I suddenly felt an overwhelming feeling of thankfulness to God; for the family that moulded me and the village that raised and supported me. How resilient I am today can be attributed to my life experiences as that child who grew up by the salt water throwing rocks into the ocean, and being loved, supported and guided by my family and community who helped raise me.

The question that I thought about as I reflected is, how do we stay resilient or adapt to the changes around us so we can face the challenges of life? So we can maintain our spirit, mind, and body wellness? These are not easy answers, especially when we are not protected from the stressors of real life. For instance, the regular wear and tear of raising our children, work stress, deployment, loss of friends and family members. Then there are our injuries that we call the inner conflicts, these are the injuries that cause us to question our selves our values and our beliefs. Overwhelming when we make a list.

So how do we adapt? There is no single answer as to how to adapt to the changes and demands that arise in our lives. No prescription or right way, though there are strategies. Four strategies that help in resiliency or adaptation are: planning and preparation; practice new strategies; seek out supports and resources; and practice good self-care.

Journeying through our everyday lives, we can make realistic plans and goals so we have something not only to look forward to but also to work toward achieving. We can try new activities and give those activities time to become a part of our everyday lives. We all need to be encouraged and reassured, so communicate with others you trust and build caring, healthy relationships of support. Be active and have fun doing it. Lastly find the activities that are life giving, joyful and that add meaning to your life. It's the simple joys that often give the most comfort in our busy lives.

Canadians in Kabul mark 9/11

By Major Glen Parent
PAO Kabul

More than 300 NATO soldiers marked the 10th anniversary of the 9/11 terrorist attacks on New York and Washington with a ceremony at Camp Phoenix, the home base of the NATO Training Mission-Afghanistan. The ceremony was one of many held across Kabul where members of the ISAF gathered to remember those who died in the attacks and to honour those who have lost their lives in the fight against terrorism.

The Canadian soldiers, sailors and airmen and airwomen of the Canadian Contribution Training Mission Afghanistan work with Afghan National Army trainers and leaders at institutions in Kabul, Mazar-e-Sharif and Herat.

HMCS Athabaskan: operations and fitness at sea

By SLT Kateryna Shulga
MARS Officer HMCS Athabaskan

HMCS Athabaskan deployed in early August 2011 and transited to the Caribbean to participate in Exercise PANAMAX 2011. This was a multinational exercise aimed at promoting interoperability between coalition forces from North, Central and South America in the defence of the Panama Canal. The exercise was developed on a scenario where coalition forces were operating under the auspices of a United Nations Security Council Resolution for the purpose of maintaining free and open access to the Panama Canal. Maritime Forces Atlantic and Pacific supported the mission in order to integrate and set presence with South and Central American Nations. For the greater part of August, Athabaskan executed operations focused on providing security of the region and ensured its unhindered access. In doing so, Athabaskan acted as flag ship for CTF 802 and Capt(N) Luc Cassivi and his staff from the West Coast, and worked in consort with ships from the Mexican Navy and the United States Coast Guard exercising Maritime Interdiction Operations.

PANAMAX also offered a great opportunity for the ship's company to engage in other areas such as physical activity to improve personnel fitness and quality of life at sea. The idea first took hold during a divisional interview with a member who had failed his PT test. "We don't have time to work out at sea," the member complained. If this was the sentiment of one member, this was likely the sentiment of many, which caused Athabaskan to approach PSP regarding the possibility of obtaining physical training support for our deployment. Through the efforts of many, support was secured and, soon after, meetings were set up to discuss programs at sea, and how we knew it, Athabaskan had the good fortune of PSP fitness and sports instructor Olivia Goguen sailing with us.

Olivia was immediately welcomed by the crew. Case in



ARM Oaxaca with her boarding team deployed.

CONTRIBUTED



Led by PSP fitness and sports instructor Olivia Goguen (second from right), members of HMCS Athabaskan attend fitness training on the flight deck.

CONTRIBUTED

point, on her birthday, she got pinned in the meal line - a rite of passage for any unfortunate sailor or with a birthday at sea. While deployed, she conducted Naval Boarding Party fitness training, three general fitness classes a day for ship's company, personal training, uniplanned training serials, helicopter operations, and inclement weather are all impediments that must be overcome.

However, achieving success offers numerous benefits including greater EXPRES pass rates, less fatigue, increased productivity, higher morale, and fewer workplace injuries are among these examples. Ultimately, true success cannot be measured by pass/fail, but instead it's having sailors change their attitude, and take responsibility for their health and wellness.

Running a fitness programme at sea comes with many challenges: unplanned training serials, helicopter operations, and inclement weather are all impediments that must be overcome.



Dress with a difference

Coincidental with Battle of the Atlantic commemorations during May, MARLANT shore units raised funds on designated Dress With A Difference Fridays in support of HMCS Sackville. During a recent visit to the ship, Capt(N) Steve Jorgenson, Chief of Personnel and on behalf of the RCN, presented VAdm (ret'd) Hugh MacNeil with a donation of \$6760 from money raised for HMCS Sackville during the campaign.

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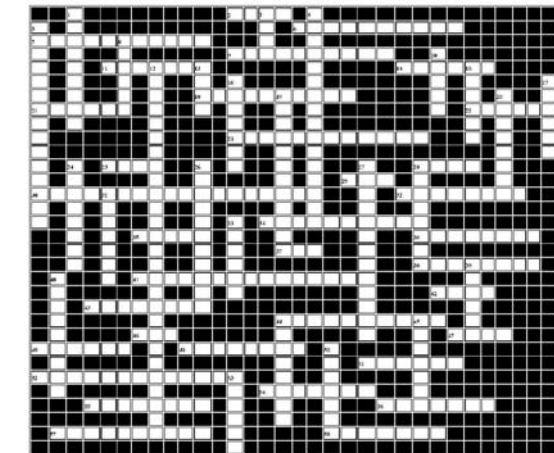
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Submariners' special crossword



By **PD Marc Hébert**
MOGS UW STAFF

An array of enduring expressions, memorable monikers, and monumental maxims that submariners of past and present are not quick to forget, all arranged in an enjoyable puzzle for your entertainment. Indulge.

Across

2. A fish can be launched from this.
6. Depending on who is conducting this procedure, it could take anywhere from quickly to really, really long, and requires permission to do so. (3 Words)
7. Of Victoria Class Submarines, this Canadian Governmental minister was quoted as having claimed that these "new boats will re-establish a permanent submarine presence off the Pacific coast after a 25 year absence". (2 Words)
9. Being more gently and acceptably, Secret Logo is imitative of this aviator's secret lingo. (2 Words)
11. Agreement in 1945 that saw to the disposal of all German naval vessels, with the exception of 30 U-Boats to be retained and divided equally between Britain, America and Russia.
14. Named after her inventor, this submarine was also called The Fish Boat, The Diver, and The Peripatetic Coffin.
18. Term used for highly trained individuals who successfully completed the top secret human torpedo training program conducted by the Royal Navy during the Second World War.
21. This submarine Junior Rate was

a Bosun's best buddy on O-Boats.

24. A cipher device used as mainstream German equipment employed in communications before and during the Second World War.
25. This tune is the B-side on the Beatles *Love Submarine* single. (2 Words)
26. A sophisticated and complex appliance that submariners use as a rest room.
28. Like their boats, this percentage of sailors work well under pressure, and are therefore qualified submariners.
29. This submarine sorts out his shipmates in many ways, especially when he issues a Shore Pack.
30. A valve that if left open onboard an Oberon with both superchargers a-screamin', everybody knew about it. (2 Words)
32. Any individual who is breathing air onboard an operational submarine while at sea, who excoals at absolutely nothing (useful) during their time spent there. (2 Words)
34. This pioneer of science fiction genre was best known for the epic *Twenty Thousand Leagues Under the Sea*. (2 Words)
35. When this country backed out of a purchase, it resulted in the acquiring of Canada's first submarines built by the Seattle Dry Dock and Construction Company, just hours after the outbreak of the First World War.
36. This former Canadian Oberon Class submarine was used as rescue vessel in the 2002 film *K-19: The Widowmaker*.
37. True, false, and anything in between, this is spun when submariners

- recount events, conduct briefings, talk about what is for dinner, describe the last part's activities, or generally share stories with each other, and is usually highly embellished.
38. A hull design implemented for maximizing underwater speed.
41. Afraid that war would be made "even more frightful than it is already"; this Florentine kept his plans for an underwater warship a closely guarded secret. (3 Words)
42. Latin word meaning nobody, it was the name of a fictitious submarine Captain.
43. Cranky Oberon CERA's spent oodles of time here.....zzzzzz. (2 Words)
44. The fictional Red October was reverse engineered, stripped, and scuttled in an ocean trench off of this Caribbean island. (2 Words)
46. Sometimes shut, sometimes not, or just something you wear on your scon.
47. Canadianized by submariners who spent time at HMS Collingwood and/or the Imps in Barrow-in-Furness, it's the slang for a cigarette still used by more seasoned submariners to this day.
48. A surface ship.
49. These guys were providers of reading material when a submariner conducted personal domestic in an Oberon.
51. A Planesman loses it when he/she starts purposing and eventually flames out. Consequently and like dominos, it is then lost by the CO, EO, OOW, and the Senior W/K, followed by relentless razing from any/all other crewmembers he/she encounters during turnover.

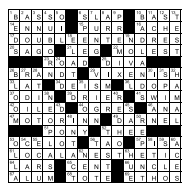
52. A condition that, when imposed onboard *Ojibwa*, really blew at supper time if you lived forward. (2 Words)
54. A well known former submarine NWT was endearingly referred to by his shipmates as this American styled animal-shaped terracotta figurine used to sprout *Salvia columbariae* of the mint family, native to the south-western U.S. and Mexico. (2 Words)
55. This eight-boat class of submarine, originally designed for patrolling, preceded O-Boats.
56. This elemental liquid was said to have been used for submarine ballast.
57. When the RN moved into Fort Blockhouse to establish a Submarine Boat Station there, it was renamed the same name as this sailing ship, which was berthed alongside the fort from 1906 until 1923. (2 Words)
58. A surface ship or one who thinks he is safer onboard the same.

Down

1. This tool is what a submariner employs to feed himself. (2 Words)
3. The German 7th U-Flotille used this snorting Bos taurus species as his personal insignia.
4. A former NE TECH/C, then dockyard mate, his three initials were used posthumously to name an Antenna Coupler Unit used in submarine radio communications. (3 Words)
5. To hear this cautionary exclamation, and you were not donning a one-earpiece headset in the Control Room, you could simply cant your ear to the AMS hatch onboard Onondaga at sea, and you could savour the annoying, high pitched shrill that could agitate a three-tooth sloth or even Eeyore. (2 Words)
8. This really really helpful electro-mechanical system helped O-Boat plasmemen, yet it isn't really trusted to its fullest capability today.
10. The bone of the (one of) NET (C)'s existence, this challenging Internal Communications equipment in O-Boats somehow worked better than V.I.C.E.S.
12. If you're in a DISSUB getting ready to let it to the roof, you might want this British Blockhouse Brother-hood at the ready. (4 Words)
13. These creatures were used as an early warning to indicate the presence of dangerous levels of Carbon Monoxide and other noxious gases onboard earlier submarines.
15. Successful at discrediting a dishonest goldsmith, the mathematician-physicist-engineer-astronomer-inventor Archimedes ran crying through the streets of Syracuse naked out of this celebratory intonation.
16. Thin elongated tubes filled with a greasy meat-like substance that make most cardiovascular surgeons cringe, scarfed back in alarming numbers by hungry submariners, usually in record time.
17. This prized and pointed multifunctional tool of a former Victoria Class Cox'n often went AWOL.
19. A privilege that was usually granted upon request in O-Boats, but

now very rarely in Victoria Class submarines. (3 Words)

20. Where RMC Cadets go to school, or simply a hydraulically operated valve.
24. This type of plating is used as an anti-detection measure on submarines.
26. If you don't put your name here, you owe big time. (2 Words)
27. Some 300 years ago, the English soothsayer, Ursula Southwell, foresaw that "under water men shall walk, shall ride, shall sleep, and shall talk". She was better known by this handle. (2 Words)
28. An event that occurs at PD while snorting if the planesman is vertically challenged. (2 Words)
31. Bilge area at the after end of a diesel boat's engine room. (2 Words)
33. Derogatory in tone if imparted from one O-Boater to another, this term was also a method to minimize dive time of Oberons. (2 Words)
39. The name of the Australian Submarine Rescue Vehicle used between 1995-2006.
40. Designed uniquely to confuse submariners with too many pockets, zippers and buttons, this set of these are proudly worn by submariners because they are cool, even though it can be challenging when you have to go to the heads while wearing them.
44. Training program that was initially intended to rectify attrition of submarine commanders due to wartime deaths.
45. Any object(s) that hang(s) off a submariner's body, out of his/her multitude of pockets, or otherwise foolishly fastened someone to his/her body part (s), that absolutely has to be hoisted, muscled, manipulated, or some other way transported to the bridge because it has to be there, and there is no two ways about it, usually results in a string of eloquent phrases and/or other subtle verses or names emitted out of the one (s) who has/have to do so.
50. These kissing creatures are proudly fastened (sometimes asked) on the putted-out cover of a newly qualified submariner.
53. Name of the Lockheed aircraft that has been used to transport DSRV's.



Answers to Sept. 6 puzzle

Baptism

ab

HMCS

Vancouver

By **Capt Alan Bennett**
HMCS Vancouver

On Sunday August 14, a small group gathered on the quarterdeck of HMCS Vancouver to celebrate the baptism of one of the ship's company. Using the ship's bell as a font, I poured water three times over the head of LS Angelo Aires and welcomed him as a baptized Christian according to the rites of the Church. Afterwards, he received his first communion.

LS Aires was born in Portugal and brought to Canada as an infant. He wanted to be baptized for some time, and took part in instruction.

"I witnessed my first baptism, almost three years ago when my fiancée Lindsay's nephew was baptized aboard Winnipeg at a very young age. Lindsay is also Anglican, and my hope is that we have children one day who will follow in our footsteps and commit to a lifestyle of good moral standing to which Lindsay's nephew is tied them," said LS Aires. "When I found out the ship would be stopping in Portugal, the country where I was born and haven't returned to since I was three years old, I thought this was the perfect opportunity to be baptized."

For me, as the Padre embarked in Vancouver, the privilege of baptizing one of our crew is a joyful part of ministering to the whole ship's company. Each and every day, we tie the present to the eternal.

Venir à bout de la sédition, un élément à la fois

Par **Maj Aaron Luhnig**
chef - activités d'influence au quartier général de la Force opérationnelle de transition de la mission

Mille neuf cent un sacs de briquettes de charbon chargés sur des palettes. Au Canada, le charbon est utilisé dans les barbecues et rappelle les vacances d'été en compagnie d'amis ainsi que de bons moments. Cependant, pour l'ensemble du territoire dépourvu d'arbres de l'Afghanistan, il s'agit du principal combustible de chauffage.

Six cent quatre-vingt-onze articles, des outils, des filtres à eau et d'autres petits objets. Au Canada, ces articles ne seraient utilisés que lors de travaux d'entretien extérieur. Néanmoins, ces articles pourraient permettre d'approvisionner de façon régulière une famille afghane en nourriture et en eau saine.

Ce lot de 2 592 articles, d'une valeur approximative de 71000 \$, ne constitue que le commencement de la contribution de la Force opérationnelle de transition de la mission (FOTM) à la poursuite de l'opération anti-insurrectionnelle menée dans le Sud de l'Afghanistan. Il s'agit d'un cadeau de départ à l'intention de nos partenaires Afghans alors que nous terminons l'opération ATHENA dans la province de Kandahar et passons à l'opération ATTENTION la mission d'instruction dans la région de Kaboul, ainsi que d'un petit geste continuant l'engagement continu du Canada envers l'Afghanistan.

L'opération se termine et nous plions peut-être bagues, mais cela ne signifie pas que nous sommes indifférents à ce qui passe dans notre ancien espace de combat. Les mesures anti-insurrectionnelles visent à changer les perceptions afin d'augmenter l'appui envers le gouvernement de l'Afghanistan et de réduire la base de soutien des Talibans.

Il s'agit d'un combat qui peut être mené sans avoir à être sur le terrain.

Tandis que la Force internationale d'assistance à la sécurité (FIAS) délègue de plus en plus de responsabilités aux forces de sécurité afghanes, il faut que ce citoyen moyen constate que des Afghans aident d'autres Afghans et c'est notamment ce à quoi travaille la FOTM.

À l'occasion de la fermeture de la mission à Kandahar, l'unité de clôture de mission de la FOTM détermine le matériel qui ne peut être vendu ni être retourné au Canada. La plupart du matériel est utile et précieux en Afghanistan, il serait donc inapproprié de le détruire. La FOTM a trouvé un moyen d'acheminer ce matériel de façon directe à ceux qui en ont besoin et, qui plus est, ces derniers le recevront d'autres Afghans.

La 7th Sustainment Brigade de la U.S. Army dirige deux installations d'aide humanitaire en Afghanistan, soit une à l'aérodrome de Bagram près de Kaboul et une autre à l'aérodrome de Kandahar. Les installations d'aide humanitaire ont deux lignes d'opération principales. Le premier programme consiste à acheter des

biens, tels que du riz, de la farine et des vêtements, auprès de fournisseurs afghans et à les envoyer aux unités de la FIAS afin qu'ils soient distribués à des organismes afghans qui aident des Afghans dans le besoin. Le second programme, lequel gère un éventail beaucoup plus large d'articles, est mis en œuvre en collaboration avec des organisations non gouvernementales internationales qui envoient des fournitures d'aide humanitaire aux installations de Bagram et de Kandahar par l'entremise du Civil-Military Operations Center de la U.S. Army du Camp Arifjan, au Koweït.

En s'associant à ce second programme, la FOTM a trouvé un moyen de continuer l'œuvre entreprise au cours de l'opération Athena.

Le programme d'aide humanitaire vise à faire en sorte que les dirigeants de la communauté afghane et les organismes d'aide puissent avoir rapidement et efficacement accès aux dons de matériel. Ainsi, nous ne seulement on met un visage afghan sur l'action communautaire de la FIAS, mais on apporte également les mains et les surplus de matériel à titre de mesures anti-insurrectionnelles. Le programme a eu un effet multiplicateur de force considérable en augmentant, entre autres, les capacités d'hôpitaux, de cliniques, d'écoles et d'orphelins.

Nous relations avec l'installation d'aide humanitaire de l'aérodrome de Kandahar permettent à la FOTM d'effectuer facilement un «transfert gratuit», soit un ca-

deau, de matériel qui satisfait aux exigences du gouvernement du Canada tout en entraînant des effets en chaîne conformes aux priorités de la mission pangouvernementale du Canada en Afghanistan.

Bien qu'il ne se trouve pas aucune troupe ni aucun personnel d'aide du Canada dans l'espace de combat pour distribuer ces articles, les Canadiens peuvent être sûrs que les personnes dans le besoin reçoivent le matériel par l'entremise de diverses unités de coopération, civilo-militaire et d'autres groupes de la FIAS qui travaillent directement avec la population afghane.

La FOTM n'alimente pas la guerre comme lors des précédentes rotations à Kandahar. Il s'agit plutôt de se fonder sur ses réalisations et de continuer à exercer une influence positive en Afghanistan même si l'opération ATHENA se termine. En contribuant à établir des perceptions qui apprendront aux Afghans à compter davantage sur eux-mêmes et sur leur gouvernement, le changement sera durable. À long terme, ces changements pourraient être très avantageux pour l'Afghanistan.

Au moment de la rédaction du présent document, la FOTM avait un surplus de matériel d'une valeur de 200000 \$ qui devait être transféré à l'installation d'aide humanitaire de l'aérodrome de Kandahar. La poursuite des activités de clôture de mission fera en sorte que cette quantité sera augmentée au cours des prochains mois.

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