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A sail past by HMCS Halifax formed part of the ceremony marking the 25th anniversary of the liberation of Kuwait.

MONA GHIZ, MARLANT PA

Former task group commander reflects as RCN celebrates 25th anniversary of Kuwait liberation

By Ryan Melanson,
Trident Staff

It was a far cry from a sunny August day 25 years ago when VAdm (ret'd) Duncan Miller took to the podium on Jetty NB on February 26 to address former and current CAF members, including many veterans of the Persian Gulf War.

The occasion was the 25th anniversary of the successful Liberation of Kuwait and the CAF mission, dubbed Operation FRICTION, in support of that effort.

Following the Iraqi invasion of Kuwait on August 2, 1990, the RCN, on short notice and with a majority of personnel who had never experienced service in a time of conflict, quickly prepared three naval ships and five Sea King helicopters to respond to the crisis and join embargo forces.

Flanked on either side by the flags of Canada and Kuwait, and with HMCS *Preserver* as the backdrop, VAdm Miller, the former task group commander under Op FRICTION, recalled sailing out of Halifax on August 25, 1990. He described the feelings of anxiety and uncertainty hanging over the brave sailors heading into a situation with many unknowns, but also the huge showing of support the deploying men and women received.

"We sailed out of here and I don't think we'll ever forget it. The citizens of this province and this city lined the jetties to see us

off; there were thousands out waving goodbye to us. I think we all looked at each other and said 'Maybe they don't think we're going to come back,'" he said, noting the support from home never ceased, with a stream of letters from supportive family members and loved ones arriving through the eight months in the Persian Gulf.

He also thanked the local businesses who showed support, forming a distant supply line that included everything from Greco Pizza, to a 350lb pumpkin at Halloween, to over 3,000 lobsters on Christmas eve, all delivered to our deployed men and women.

When the US Operation Desert Storm commenced on January 17, 1991, VAdm Miller's role morphed to include the coordination of a large, multinational naval combat logistics area. He recalled sections of that area being named after Canadian provinces, and the pride felt when US Warships declared their intent to travel to 'Nova Scotia 1' or 'New Brunswick 2.'

"Everybody knew that Canada was running this thing," he said.

And despite making up a small component of the allied mission, Canada's fleet excelled. *Athabaskan* was tasked with assisting an American Warship dead in the water after striking a mine, acting as escort through a minefield for 12 tense hours. *Protecteur* conducted 70 replenishments of vessels from 10 different nations through the mission, and *Terra Nova* boarded more

ships and undertook more escort missions than any other coalition vessel.

Dockyard staff were also commended for work in preparing the fleet and diverting new equipment meant for the Halifax-class frigates to be installed on the three task group ships, with many former FMF Cape Scott employees also attending the celebration.

"And it was certainly comforting to know the Air Force as well provided the CF-18s as a combat air patrol over us while we were in the gulf," VAdm Miller added.

RAAdm John Newton, current Commander MARLANT and JTFA and a young navigator aboard *Protecteur* in 1990-1991, also spoke to those gathered at the jetty. He chose to look toward those who served as part of Op FRICTION as pioneers from the transition away from the Cold War steamer fleet to how operations and missions are conducted today.

"It's from the experience of the Gulf War that a whole generation of senior leaders were taught how to take calculated risks and push the fleet into operations... We now prepare for the inevitable call to duty using intense schedules to build the combat readiness of our modern warships," he said.

Before welcoming veterans on board *Preserver* for a reception, the crowd took in a sail past of *Halifax* and fly past of three Sea

See KUWAIT / Page 2



From left, Lt(N) Arthur Kendall, Joan Grant, Lt. BGen (ret'd) The Honourable J.J. Grant, Lieutenant Governor of Nova Scotia, MS (ret'd) Mike Tynes, MS Korry Tynes and Reverend Lennett Anderson at Government House on February 17.

MONA GHIZ/MARLANT PUBLIC AFFAIRS

Lieutenant Governor hosts CAF members for African Heritage Month reception

By Ryan Melanson,
Trident Staff

Both the past and present of the CAF were well represented on February 17 as BGen (ret'd) The Honourable J.J. Grant, Lieutenant Governor of Nova Scotia, held a special reception at Government House open to veterans and serving CAF members of African descent.

In partnership with the Office of African Nova Scotian Affairs and the Black Cultural Society of Nova Scotia, the informal African Heritage Month reception once again put a special focus on the No.2 Construction Battalion.

The all-black, segregated battalion, largely composed of Nova Scotians, bravely supported the front lines on the Western Front during the First World War. With 2016 being the battalion's centenary year, African Heritage Month has focused on honouring their legacy of commitment and remembering the prejudice that created obstacles in allowing black Canadians to serve their country.

And the connection to the No.2 Battalion's story was made stronger at the event with the presence of Cpl (ret'd) Peter Maxwell. A veteran himself who served in the conflict in Korea and retired from service in 1957, Cpl Maxwell is also the step-grandson of Pte Austin Williams, a member of the No.2 Construction Battalion from Shelburne, who survived service overseas and died as a young adult in 1929.

Cpl Maxwell, now 81 years old, said the story of the battalion was always important to his family and played a role in inspiring his own service. He said he was aware prejudiced attitudes were still common during his career, but that he made positive memories and lifelong friends. Cpl Maxwell is still a familiar face at military

events and Remembrance Day services, and he said he's always pleased to meet the new generation of African Canadians serving their country.

"It's nice to see all these guys here and how much they love being in the Navy. We've got sailors, we've got submariners, it's a good thing."

Of course, a number of Army and RCAF members also made up the contingent gathered at Government House for the afternoon.

In speaking to the members, the Lieutenant Governor again recounted the story of the Black Battalion, who fought not only the enemy, but also prejudice and social injustice, blazing a trail that was crucial in leading the CAF to the present day.

"By focusing on the legacy made by these brave African Nova Scotians in the No. 2 Construction Battalion, we've come to understand that in the face of entrenched racism, these men persevered and fought for the right to find for their Canadian country," he said.

PO2 Nevawn Patrick, a member of the Stadacona Band, said he appreciated the effort to gather many serving and former members together to meet and share experiences.

"I think it's positive and a good way to try to put things into perspective a little bit."

On display at the reception was a photo of the No.2 Construction Battalion that normally hangs inside the Lieutenant Governor's office. Gifted to his honour in 2012 by the Black Cultural Society of Nova Scotia, the photo shows the members of the battalion in formation on parade grounds in Truro in 1916.

For more information on events celebrating African heritage in Nova Scotia through the year, visit bccnweb.com or ansa.novascotia.ca

MyClosing
Mymilitaryclosing.ca

Spanish ship SPS Patiño arrives in Halifax, sails with RCN task group

By Ryan Melanson,
Trident Staff

The Spanish Naval Service ship SPS Patiño recently arrived in Halifax, with its commander and crew ready to assist CANFLT-LANT with replenishment services, while also benefiting from the experience of working with a NATO ally.

Patiño arrived at Jetty NF on the morning of February 12, and members of the media were invited on board HMCS *Preserver* to watch the Spanish tanker make its entrance. They also posed questions to RAdm John Newton, Commander MARLANT and JTFA, as well as Cdr Gonzalo Villar Rodriguez, the Patiño's Commanding Officer.

The Spanish tanker will act as the Atlantic Fleet's replenishment oiler during its stay, operating at sea with RCN ships to conduct replenishment and combat exercises to test all levels of fleet and ship readiness.



Spanish AOR vessel SPS Patiño arrives in Halifax on February 12.

MONA GHIZ/MARLANT PUBLIC AFFAIRS

RAdm Newton described the relationship between the two navies as a natural one, with advantages for both nations. The presence of the vessel allows RCN sailors to build and maintain their competency in at-sea replenishment in preparation for the arrival of an interim AOR in 2017, while the crew of the Patiño logs valuable sea time and more experience working with allies.

The RCN will cover fuel costs for the Patiño over the course of its deployment, using the portion of the existing fuel budget that would have gone to *Preserver*, had the ship still been sailing, RAdm Newton said.

"It's very useful between two NATO navies," Cdr Rodriguez added.

"We'll be doing exactly the same things we would be doing in Europe, but in a more challen-

ging environment on the other side of the Atlantic. It's an adventure in itself for us to cross in mid-February." Cdr Rodriguez described the Western North Atlantic in the winter as home to some of the most difficult waters in the world.

Two rotations of 28 RCN sailors will join the crew of the Patiño, initially for understudy procedures and to familiarize themselves with equipment.

"And when the Captain feels confident with our people's skill, he'll introduce them into the deck teams as equal partners and they'll be able to broaden their skill base," RAdm Newton said.

In terms of any difficulties in interoperability, RAdm Newton added language issues between NATO allies are never a large burden, and that technical specifications and interoperability standards are universal.

"We're very excited. We've created a level of interoperability

and partnership over the last five years that's at a lower level than the big alliance of NATO. It's really at a human level, and the enriching of all of our Navies is unbelievable because of it."

Cmdre Craig Baines, Commander CANFLT-LANT, added that the Spanish Navy recently worked closely with the RCN during the multinational Exercise Trident Juncture in the fall of 2015, with Patiño's sister ship, ESPS Cantabria, welcoming RCN sailors on board as it assisted in fueling Canadian ships.

"Now some of those sailors will be going on board the Patiño after having already built up some experience," he said.

The RCN's interim AOR vessel, the converted MV Asterix, is expected to be in service next year, and the two new Queenston class Joint Support Ships, being constructed at Seaspan's Vancouver Shipyards, are expected to be in service by 2021-2022.

Changes to your CAF Pension Administration

By Anna Rubaj,
Personnel and Legal Services
Public Affairs

In the summer of 2016, the administration of the CAF Pension Plans for active members will be transferred to the Government of Canada Pension Centre at Public Services and Procurement Canada (PSPC).

Pension payments for retired CAF members and their survivors/child(ren) will continue to be supported by the Specialized Services Division (SSD) at PSPC until the winter of 2016 at which time they will also be transferred to the Government of Canada Pension Centre at PSPC.

The Government of Canada Pension Centre will be staffed by employees transferred from the Department of National Defence (DND) and PSPC who are experienced and knowledgeable about CAF pensions. This will ensure that a high level of quality service continues to be provided to CAF members, retirees and their families. The Centre is already the primary office responsible for pension plan administration for Federal Public Service employees as well as members of the Royal Canadian Mounted Police (RCMP).

Why make the change?

The current DND pension administration system depends on outdated technology that is expensive to maintain, relies on manual processes, and limits the ability to provide modern services such as an online self-service.

This transition aligns to the common Government of Canada pension administration standards for the administration of all federal public pension plans.

As a result of the transfer, active and retired CAF members, as well as their survivors/child(ren), will benefit from:

- Improved and timely services in processing transactions and payments; and
- Improved client access to new web-based self-service tools for active members:

- Pension information and helpful links;

- Online access to update your personal information;
- Secure messaging and inquiry features that allow the exchange of protected information with pension experts at the Centre; and
- Online tools to assist with pension benefits estimates.

What does this change mean for you?

Active Members:

For active members, files will be transferred automatically, and the transition will have no effect on existing pension contribution rates.

Retired members and their survivors/child(ren):

Retired members and their survivors/child(ren) will continue to receive pension payments as usual. Members will continue to have access to knowledgeable pension experts who can answer questions throughout the transition period.

During the weeks immediately prior to both transitions, members may experience delays in some pension services. These are anticipated to occur for two to three weeks in the summer and winter of 2016. Exact dates will be provided closer to the transition. Essential services such as pension payments and the issuance of tax receipts will continue to be provided during the transition period but administrative services may be limited.

Where can you access more information?

More information about the transition is available on the DND Web site at:

<http://www.forces.gc.ca/en/caf-community-pension/military-pension-renewal.page>

Members can continue to contact the following:

Director Canadian Forces Pension Services (DCFPS)

Toll free: 1-800-267-0325

National Capital Region and outside Canada & United States: 613-971-6012

Specialized Services Division (SSD)

Toll free: 1-800-267-0350

National Capital Region: 613-952-9933

Changements relatifs à l'administration de la pension des FAC

Par Anna Rubaj

Au cours de l'été de 2016, l'administration des régimes de pension des FAC pour les militaires actifs sera transférée au Centre des pensions du gouvernement du Canada de Services publics et Approvisionnement Canada (SPAC).

La Division des services spécialisés (DSS) de SPAC continuera d'administrer le versement des prestations de pension aux militaires retraités des FAC et à leurs survivants et enfants jusqu'à l'hiver 2016. Par la suite, cette responsabilité sera transférée au Centre des pensions du gouvernement du Canada de SPAC.

Le Centre des pensions du gouvernement du Canada sera comblé par des employés qui seront transférés du Ministère de la Défense nationale à SPAC ainsi que des employés de SPAC. Ensemble, ils formeront une équipe ayant l'expérience et les connaissances des pensions des FAC. Ainsi, on pourra s'assurer que les militaires actifs et retraités des FAC et les membres de leur famille continuent de recevoir des services de haute qualité. Le Centre exerce déjà le rôle de bureau de première responsabilité pour l'administration des régimes de pension des fonctionnaires fédéraux et des policiers de la Gendarmerie royale du Canada (GRC).

Pourquoi apporter ce changement?

Le système actuel d'administration des pensions du MDN repose sur une technologie désuète et coûteuse à maintenir, limitant la prestation de services modernes -

notamment la mise sur pied d'un portail libre-service; et sont fondés sur des processus manuels.

Cette transition cadre avec les normes communes du gouvernement du Canada pour l'administration de tous les régimes de pension de la fonction publique fédérale.

À la suite du transfert, les militaires des FAC actifs et retraités, ainsi que leurs survivants et enfants, bénéficieront des améliorations suivantes :

- service de traitement des transactions et des versements amélioré et plus rapide;
- meilleur accès au nouveau portail Web libre-service pour les membres actifs

--Renseignements et liens utiles sur les pensions

--Accès en ligne pour mettre à jour vos renseignements personnels;

--Fonctions de messagerie et de demande de services sécurisées qui permettent l'échange de renseignements protégés avec les spécialistes du Centre;

--Outils en ligne pour procéder à l'estimation des prestations de pension à recevoir.

Que signifie ce changement pour vous?

Militaires actifs :

Les dossiers des militaires actifs seront transférés automatiquement, et la transition n'aura aucune répercussion sur les taux de cotisations aux régimes de pension.

Militaires retraités et leurs survivants et enfants :

Les militaires retraités et leurs survivants et enfants continueront de toucher leurs prestations de pension comme d'habitude. Ils

continueront aussi d'avoir accès à des spécialistes en matière de pension qui pourront répondre à leurs questions tout au long de la période de transition.

Au cours des semaines précédant les deux transitions, les militaires pourraient constater des retards dans la prestation de certains services liés à la pension. On prévoit que ces retards pourraient avoir lieu pendant deux ou trois semaines pendant l'été et l'hiver 2016. Les dates exactes seront fournies à l'approche de la transition. Les services essentiels, comme le versement des prestations de pension et l'émission des reçus d'impôt se poursuivront durant la période de transition, mais la prestation de services administratifs pourrait être limitée.

Où pouvez-vous obtenir de plus amples renseignements sur cette question?

De plus amples renseignements sur la transition sont disponibles sur le site Web du MDN, à l'adresse suivante : <http://www.forces.gc.ca/fr/communaute-fac-pension/renouvellement-pensions-militaires.page>.

Les militaires peuvent continuer à communiquer avec les organismes suivants :

Directeur – Services de pension des Forces canadiennes (DSPFC)

Numéro sans frais : 1-800-267-0325

Région de la capitale nationale et à l'extérieur du Canada et des États-Unis : 613-971-6012

Division des services spécialisés (DSS)

Numéro sans frais : 1-800-267-0350

Région de la capitale nationale : 613-952-9933

Kuwait

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King helicopters to mark the occasion.

Of the ships that deployed in support of Op FRICTION, *Athabaskan* is the only one that remains sailing. Currently at sea conducting task group exercises, the command and crew held their

own commemoration ceremony a day earlier. They welcomed aboard RCN Command Historian Richard Gimblett, who also served as Combat Officer of *Protecteur* during the Gulf War, to mark the anniversary.

In total, 4,000 CAF personnel participated in the mission, with a peak of 2,700 at one time in the Persian Gulf. RAdm Newton made it clear their work was not

forgotten, calling the mission no less important than other struggles where the men and women of the CAF have been called to war.

VAdm Miller went as far as to call Op FRICTION the most successful naval and CAF deployment in history.

"We went, we did the job, we sailed into a dangerous war and we all came home safe," he said.

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David Chilton and *The Wealthy Barber Returns*

By Hilary Wright,
Assistant BPAO

Former Dragons' Den star and author of *The Wealthy Barber*, David Chilton, stopped by CFB Halifax for the last stop on his six location tour of his second book, *The Wealthy Barber Returns*. The event was hosted at the Fleet Club on Thursday, February 18. Members of the Defence Team filled the venue to hear Chilton speak and give advice on healthy personal finance and security.

Before stopping in Halifax, Chilton spoke in Borden, Kingston, Edmonton, Trenton and Petawawa. "I said I wouldn't do any more speeches but because it was the Armed Forces, I said I would. It's been a great experience," says Chilton. During his presentation, Chilton expressed the graciousness and gratitude of people he has encountered toward the CAF, saying "When I said I was going on tour for the CAF, people would tell me, 'Thank them for us.'"

Investor, writer, humourist and publisher, Chilton graduated from Wilfred Laurier University with a degree in economics and went forward as a successful entrepreneur. His first book, *The Wealthy Barber*, is a top-rated bestseller in Canadian history, selling more than two million copies, and another million in the USA. *The Wealthy Barber Returns* is written almost 25 years after his first



Following the presentation, MS John Login (left) chats with David Chilton (right) and receives a signed copy of Chilton's second book, *The Wealthy Barber Returns*.

HILARY WRIGHT, ASSISTANT BPAO

book. The main focus of *The Wealthy Barber Returns* is to offer techniques on how to maintain the saving/spending balance, including maintaining the joy in life.

A diverse set of financial topics were covered during Chilton's speech. The importance of adopting good financial habits early in one's career; was the overall goal. Paying yourself first and educating yourself were highlighted most frequently throughout the speech.

"Pay yourself first is the most effective way to save. Take the

money off the top of the pay cheque before you spend it. You can't spend what you can't see, budgeting doesn't really work. It's about self-discipline," Chilton explains. Another important piece of advice he would give a young person who has recently joined the military, is to educate oneself. "No one is expecting people to become stock market geniuses or understand the intricacies of the financial market, but reading a couple books to get a basic feel is something you should do." He also references other young au-

thors such as Preet Banerjee, whose books make financial information "very accessible and very entertaining."

Chilton catered to all ages at the event. For young military members, ages 20s to early 30s, he spoke about the importance of looking at your financial plan annually. However, trust yourself by staying emotionally detached from the movement of the markets. Chilton spoke on spending and saving, limiting access to credit and using a spending summary. He praised his friends for using a spending summary to chronicle and organize every purchase they make over a multi-month period; this allows them to realize where their money is slipping through and adjust easily.

An interesting point Chilton made was the concept of habituation, which can be defined by how fast the attraction of all material items we buy wears off, therefore, how quickly we need new items to fill that void. Affordability is another topic that is covered in *The Wealthy Barber Returns*. Especially for young people, he states, you must sacrifice your temporary happiness to set yourself up for a successful future. Private debt in Canada is a heavy issue. Student debt, credit card debt and car debt is too high. Lines of credit and student loans are being spent on eating out and taking trips down south, rather than only on schooling fees.

Refreshingly, David Chilton admires millennials. As a strong supporter of cash, he notes that millennials are surprisingly going back to using cash as a way to limit spending, especially on vacation. When you use cash you see it physically leaving your wallet, unlike the tap of a card or a phone. Using cash mentally registers that you are spending your money. Chilton believes that millennials can be financially wise, straying away from the common phrase "It was better the way it used to be."

"People must learn the difference between a minor inconvenience and a major problem. We live better lives than people before us," explains Chilton. "Cheer up, we are the lucky ones."

In the Defence Community, SISIP Financial, a part of the Canadian Forces Morale and Welfare Services is our dedicated team of financial specialists. They offer a wide range of advice and product solution services tailored to our needs.

SISIP is located on A block in S-21. Jim Boylan and his team encourage military members to come meet with qualified financial advisors who understand the military environment, the complicated pay, pension and benefits. SISIP intends on securing financial health and security for every CAF member and their family.

Please call them at 902-425-6926.

HMCS Athabaskan celebrates 25th anniversary of Kuwait liberation

By SLt Blair Gilmore,
HMCS Athabaskan

Twenty-five years ago today, the sovereign nation of Kuwait was liberated by the forces of a multinational coalition from the illegal invasion of its territory by Iraqi forces. Of the original Canadian naval task group sent to the Persian Gulf to provide a contribution to the international joint coalition, *Athabaskan* is the only warship remaining in service. Sailing under threat of mines, Iraqi mirage fighters and exocet missiles in the confined waters of the Persian Gulf, Operation FRICTION marked a turning page in the history of the Royal Canadian Navy (RCN).

On this day of celebration, the crew of *Athabaskan* gathered on the flight deck of the venerable warship and held a ceremony off the American East Coast that marked this important date. "Canada's contributions to the international coalition effort reflect the long standing ability of the Canadian Armed Forces to assume leadership roles and to integrate within multinational operations," stated Capt(N) Craig Skjerpen, Commander of the Task Group. "The participation of Canadian Armed Forces members in ceremonies and events related to the 25th Anniversary of the Liberation of Kuwait honours those who served in this conflict and who thereby helped to restore freedom to Kuwait."

On August 24, 1990, a Canadian naval task group consisting of the flagship HMCS *Athabaskan*, *Terra Nova* and *Protecteur* departed Halifax for the Persian Gulf. Codenamed Operation FRICTION, these three ships, five Sea King

helicopters and 800 crewmembers represented the sea component and vanguard of Canada's military response to Iraq's invasion of Kuwait on August 2, 1990. Launching three battle ready ships in such a short time was an extraordinary achievement. Thirteen hundred Fleet Maintenance Formation (FMF) workers worked

around the clock for two weeks to outfit the ships with new Phalanx Close In Weapon Systems (CIWS), CHAFF launchers and Electronic Sensor systems.

Athabaskan's primary responsibilities were to act as the Canadian Task Group flag-

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The H&R MFRC announces the Veteran Family Program (VFP)

When a CAF member makes the transition from active service to Veteran status, so does their family. Releasing from the CAF can be challenging, but even more so when the release is the result of a medical condition. Support is now available for medically-released Veterans and their families throughout this transition. These extended services can be accessed directly from the seven participating

MFRC pilot locations, including the Halifax & Region MFRC. The Veteran Family Program (VFP) will provide the following services: enhanced information and referral services, transition programs, and access to intervention support. The VFP is extended to all medically released/releasing CAF members and their family, who medically release November 30,

See VETERAN FAMILY PROGRAM / Page 6

Le CRFM d'Halifax et régions annonce le programme pour les familles de vétérans (PFV)

Lorsqu'un membre actif des FAC fait la transition au statut de vétéran, la famille en fait de même. Être libéré des FAC peut être une situation difficile, et d'autant plus lorsque cette libération est le résultat d'une condition médicale. Un soutien est maintenant disponible pour les vétérans libérés pour des raisons

médicales ainsi qu'à leurs familles tout au long de cette transition. Ces services étendus sont accessibles dans les sept CRFM participants au projet pilote, incluant le CRFM d'Halifax et régions. Le programme pour les familles de vétérans (PFV) offre des services dans les domaines suivants : des services d'information et d'aiguil-



Happy Valentine's day to HMCS Fredericton families


City of Lakes Barbershop Chorus' visited families of HMCS Fredericton to sing love songs and hand out roses and chocolates to the ladies.

SUBMITTED


lage améliorés, des services et des programmes de transition, de prévention et d'intervention. Le PFV est offert à tous les membres des FAC qui ont été libérés ou qui seront libérés pour des raisons

médicales entre le 30 novembre 2014 et octobre 2017 et à leur famille. Le CRFM d'Halifax et régions animera une autre discussion communautaire portant sur ce programme. Pour de plus

amples renseignements sur cette discussion ou le programme, veuillez contacter le coordonnateur PFV au CRFM d'Halifax et régions : 902-427-7788 ou info@halifaxmfr.ca.



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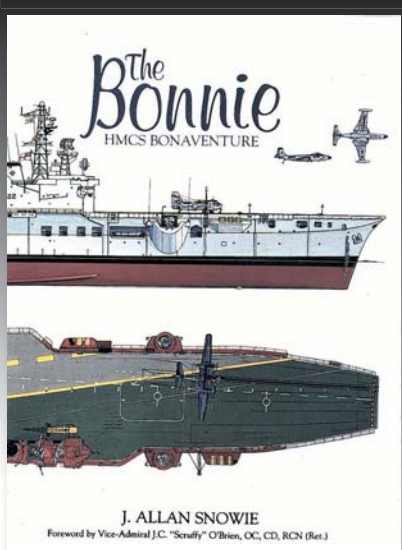
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Publication Schedule for 2016

Jan 11 MFRC
Jan 25
Feb 8 MFRC
Feb 22
March 7 MFRC
March 21 Posting Season Special
April 4 MFRC
April 18 Battle of the Atlantic Special
May 2 MFRC
May 16
May 30 MFRC
June 13 DND Family Days
June 27 MFRC
July 11
July 25 MFRC
August 8
August 22 Back to School Special
Sept 5 MFRC
Sept 19 Home Improvement Special
Oct 3 MFRC
Oct 17
Oct 31 MFRC / Remembrance Special
Nov 14 Holiday Shopping Special
Nov 28
Dec 12 MFRC / Year End Review



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Community Calendar

Reunion and event notices must be submitted by mail, fax or internet.
editor@tridentnews.ca include the sender's name and phone number.

A notice will not be published if the event is to happen more than one year from publication date. Submissions may be edited.

From Sheep to Shawl – Wool in Nova Scotia
Time: 7:30 p.m.
Date: Monday, March 7
Location: Maritime Museum of the Atlantic

Industrial Heritage Nova Scotia is holding their monthly meeting at the Maritime Museum of the Atlantic. As always, they are having a guest speaker, whose talk is open to all interested members of the public. This month, two of the family of 28 Nova Scotia Museums are featured as Brenda Maxwell from the Barrington Woolen Mill and Barb Thompson from the Wile Carding Mill in Bridgewater will be giving a talk on the history of the Wool Industry in Nova Scotia. For more information, call 902-424-8898.

International Women's Day
Time: 9 a.m. – 12 p.m.
Date: Tuesday, March 8
Location: Nova Scotia Room/Oberon Room, Juno Tower

Join your colleagues from across the local area as they participate in this celebration, with theme being Women Moving Forward. Anne Divine will be the keynote speaker for the morning. Registration takes place from 9-10 a.m.

International Day for the Elimination of Racial Discrimination
Time: 10 a.m. – 12 p.m.
Date: Monday, March 21
Location: Canadian Museum of Immigration at Pier 21

The theme for the 2016 IDERD commemoration at National Defence is Celebration of Culture in a Diverse Canada. DVMAG is pleased to present Dr. Alexandre A. Avdulov, Assistant Professor, Department of Modern Languages and Classics, Saint Mary's University. Dr. Avdulov will give a presentation on Japanese language and culture and will also conduct a Chanoyu (Tea Ceremony). DND Transportation will be provided. Bus 1, 9 a.m., pick up personnel, 12 Wing HQ, Bldg SH 251. Bus 2, 9 a.m., pick up personnel, A Block, Stadacona, 9:15 a.m., pick up personnel, Rainbow Gate, Dockyard. Bus 1, 12:30 p.m., pick up personnel and drop off at 12 Wing HQ. Bus 2, 12:30 p.m., pick up personnel, drop off at Rainbow Gate, then at A-Block. Please contact Dan Peppar at 902-427-1533 with any questions.

Symphony Nova Scotia Family Concert Series

Time: 1:30 – 4 p.m.
Date: Sunday, April 3
Location: Maritime Museum of the Atlantic

For the final concert in this season's free Sunday family series with Symphony Nova Scotia, experience the music and sounds of outer space with Space: The Final Frontier. From great Romantic works to movie soundtracks and video game tunes, see and hear these wonderful, familiar favourites, which will include both Star Trek and Star Wars themes. The first performance will be a "sensory friendly" concert, for those with autism or developmental disabilities, while the 3 p.m. show is a traditional performance. Both are free, but registration is required at symphonynovascotia.ca.

Public Lecture: Islam in North America
Time: 1 p.m.
Date: Thursday, March 10

Location: Halifax Central Library Paul O'Regan Hall

Presented as part of the Saint Mary's University Lunch & Learn Lecture Series, this talk will provide an introduction to Islam in North America with a focus on the decade and a half

following the events of September 11, 2001. Adnan Hussain, from the school's Faculty of Religious Studies, will explore the multiple trajectories of Islam's arrival in North America before and during the 20th century and how the debates on securitization have continued to impact Muslims in Canada and the United States. Community members and students who are interested in learning more about Islam are invited.

Flying to Sable Island

Time: 7:30 p.m.
Date: Tuesday, April 5
Location: Maritime Museum of the Atlantic

Debbie Brekelmans from Maritime Air Charters has been flying to Sable Island since the summer of 2006. Last November, she completed her 500th trip to the Island. During this free evening lecture, Debbie will talk about the special issues involved in travelling to Sable, including a lack of runway and the possibility of travellers being stranded. She'll also give a general overview of the Island, based on her personal research and experience. Come learn more about the Graveyard of the Atlantic.

Athabaskan

continued from / Page 3

ship, to intercept suspicious shipping and to escort the US hospital ships, USHS Comfort and Mercy. It was a demanding, stressful sail for the ship's company, pushing the limit of sustainability to 40 continuous days at sea, the third longest sailing stretch ever for a Royal Canadian Navy vessel. *Athabaskan's* most notable action during the deployment was to assist the mine damaged USS Princeton out of an Iraqi minefield. The US cruiser had been hit by two mines and was immobilized. *Athabaskan* with her mine-searching, bow-mounted sonar and two helicopters were tasked to escort Princeton as it was towed by a civilian

salvage tug to Bahrain for repairs. *Athabaskan* and the civilian tug carefully re-traced a safe mine-free route to the stricken vessel. The cruiser was taken under tow and after 12 tense hours, all three ships made it to port without incident. In a typical Canadian gesture of solidarity, the ship's crew helicoptered over 15 crates of Canadian beer, one bottle for every American sailor. After turning over her duties in the Gulf to *Huron*, *Athabaskan* returned home to Halifax in April, 1991. The ship subsequently received Battle Honours and a Canadian Forces Unit Commendation for her efforts. Commanding Officer, Cdr Jean Couillard remarked, "Receiving the Battle Honours and a Canadian Forces Unit Commendation is

no small feat; it is a symbol of courage, readiness and sacrifice. This is the same ship we are serving on today. It fills me with pride and honour to have had the opportunity to commemorate the first *Athabaskan* G07 this fall by sailing over its resting position near France, remembering its contribution to the World War and today to celebrate the sac-

rifices made toward the liberation of Kuwait from our ship." *Athabaskan* is currently participating in a Task Group Exercise in company with HMCS *Charlottetown*, USS Farragut and the Spanish Replenishment vessel ESPS Patiño. The flagship of the East Coast fleet is still serving Canada as proudly as it was when patrolling the Persian Gulf.

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In the beginning was the Word, and the Word was with God, and the Word was God. - Gospel according to John

Disabling the Enabling: families take action

March 23, 2016, MFRC, Halifax
This interactive, no-cost, lecture-free workshop is designed to increase awareness and understanding of addiction, resources available and

empowering themselves to break the cycle. Through discussion and small group activities, the following topics will be explored: What is addiction? When does a per-

son's use cross the line? How to help someone who may be at risk; resources available to CAF members and their families; how family members can take action and create

change. The session is open to military family members over the age of 18. Light refreshments will be served. Casual Care is available upon request: \$3/child or \$6/family

(family is 2 or more children). For more information and/or to register, please contact the Halifax MFRC at 902-427-7788. Spaces are limited, so reserve your seat early.

La désactivation de l'activation: les familles en action

Le 23 mars 2016, CRFM, Halifax
Cet atelier sans frais, interactif et PowerPoint gratuit est conçu pour développer la sensibilisation et la compréhension de la dépendance et de son impact

potentiel sur les familles. À travers des discussions et des activités en petits groupes, les sujets suivants seront abordés : Qu'est-ce que la dépendance? Quand l'utilisation d'une per-

sonne dépasse la ligne? Comment aider quelqu'un qui peut être à risque? Ressources disponibles aux membres des FAC et leurs familles. La session est ouverte aux membres

des familles des militaires âgés de plus de 18 ans. Des rafraîchissements seront servis. Soins occasionnels disponibles sur demande : \$ 3/enfant, \$ 6 / famille (deux enfants ou plus).

Pour plus d'informations et / ou pour vous inscrire, s'il vous plaît contacter le CRFM Halifax au 902-427-7788. Les places sont limitées, alors réservez votre place à l'avance.

Support military families in your CAF community

Have you ever thought about what you can do in your CAF community to make a difference? What if a donation you made provided a safe place for military families to stay during an emergency situation? Or, wouldn't it

be nice to help CAF children and youth develop new skills and keep them challenged and connected to other military families? Opportunities to support your community are endless, and a great place you can start is with

the H&R MFRC. One way people can make a difference and support our CAF community is by participating in the Annual Vacation Lottery Extravaganza. The Extravaganza provides important funding, but is also an amazing

chance to win great prizes. There are 12 monthly draws for incredible vacations, plus monthly cash and bonus prizes. This is our 13th year, so we have included a 13th grand prize draw. With 71 prizes and odds better than 1 in 20, the

Extravaganza is a great way to give back to your community. To buy your ticket, visit www.halifaxmfr.ca/extravaganza, stop by the Halifax and Shearwater MFRC sites or call 902-427-7084.

Soutenez les familles des militaires de votre communauté des FAC

Avez-vous déjà songé à ce que vous pourriez faire pour contribuer au mieux-être de votre communauté des FAC? Et si vous faisiez un don qui permettrait d'offrir un lieu sûr aux familles de militaires lors d'une situation d'urgence? Ou, ne serait-il pas agréable de pouvoir aider les jeunes des familles de militaires à développer de nouvelles habiletés, de les stimuler et de leur faire rencontrer d'autres familles de militaires? Les possibilités de soutenir votre collectivité sont infinies et le CRFM H et R est un endroit idéal pour passer à l'action. Chacun et chacune peut contribuer au soutien de la collectivité des FAC en participant à la loterie de vacances Extravaganza. La loterie Extravaganza permet d'amasser des fonds d'une somme importante et donne également aux participants la chance de gagner des prix fort intéressants. Les tirages pour des vacances de rêve ont lieu chaque mois, sans oublier les prix en argent et les prix bonis mensuels. Les participants ont une chance sur vingt de gagner

l'un des 71 prix. La loterie Extravaganza est donc une excellente

façon d'aider la communauté. Pour acheter votre billet, visitez le

www.halifaxmfr.ca/extravaganza, arrêtez-vous au CRFM d'Hal-

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Veteran Family Program

continued from / Page 5

2014 – October 2017. The H&R MFRC will be hosting another community discussion related to this program. For more information on this discussion or the program, please contact the VFP Coordinator at the H&R MFRC: 902-427-7788 or info@halifaxmfr.ca.

Vacation Lottery Extravaganza Winner for February /

Gagnant de la loterie Extravaganza Vacances au soleil pour le mois de février

Congratulations to Marisse Nicole Fabella, LT(C)/LS, grand prize winner of the H&R MFRC's Vacation Lottery Extravaganza for February.

Félicitations à Marisse Nicole Fabella, LT(C)/LS, grande gagnante du tirage de février de la loterie Extravaganza Vacances au soleil du CRFM H et R!

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20th

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DND FAMILY Days

JUIN 17-18 JUNE 2016

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Mariners host Millbrook First Nations Team in exhibition game

By **Mona Ghiz,**
MARLANT PA

The Halifax Mariners hosted the Millbrook G & G in an old-timers' exhibition hockey game on Tuesday, February 23 at Shearwater Arena. The Mariners took the game 7-4.

The official puck drop ceremony included Mattie Miller, Millwood G & G player; Donald Julien, Honorary coach of Millbrook G & G; Capt(N) Chris Sutherland, CFB Halifax Base Commander; and LCdr Bruno Carpentier, Halifax Mariners.

"This is the first time Millbrook G & G played the military team and it was a great opportunity to forge new friendships with the base," said Donald Julien, who acted as the honorary coach for the Millbrook G & G.

The majority of the Millbrook team members are from the Millbrook Mi'kmaw Community and are backstopped by their Chief, Bob Gloade, who tends goal. Chief Gloade echoed Julien's sentiments and said, "The game was a lot of fun. It was our first time playing them and we look forward to playing the Mariners again!"

The Halifax Mariners recently won the CF Atlantic Region Oldtimers' championship and will travel to CFB Esquimalt in March to contend for the national title. The team is made up of Navy, Army and RCAF personnel.

Coach, PO2 Craig Wells said, "It's great playing new teams and a chance to share comradery for hockey with the Millbrook team. The game also gives our team a chance to play together and get ready for nationals in March."

Mattie Martin, Millwood G & G team, and Chris Belanger, Halifax Mariners, were recognized as players of the game. Both teams got together at the end of the game to share stories and enjoy a bowl of chili.

"The game gave the base team a chance to foster relationships with the Mi'kmaw Community and bring attention to Canada's Aboriginal peoples' participation during both World Wars, the Korean, and Gulf War, which celebrates its 25th anniversary this month," said Capt(N) Sutherland.



The Halifax Mariners Oldtimers play an exhibition game against the Millbrook G & T Oldtimers at the Flyers Arena on Tuesday, February 23.

MONA GHIZ, MARLANT PA

Meet your PSP fitness and sports staff: Noel Redmond



Noel Redmond works (left) with PO2 Stephen Arsenault as part of the Force Fundamentals class at the STADPLEX gym.

RYAN MELANSON/TRIDENT STAFF

By **Ryan Melanson**

If you spend any amount of time at the STADPLEX gym, there's a

good chance you've run into Noel Redmond, a 12-year veteran with PSP, and one of two Physical Exercise Specialists serving

CFB Halifax and 12 Wing Shearwater.

He began his PSP career as a
See REDMOND / Page 8

Hockey Trivia

By **Tom Thomson and Stephen Stone**

Questions

1. Which team holds the record for most wins in one season?
2. Which team holds the record for the fewest wins in one season?
3. How many records does Wayne Gretzky hold or share?
4. Who holds the record for the most points in one game?
5. What is a Gordie Howe Hat Trick?
6. Which goaltender holds the record for the greatest number of tie games in their career?
7. Which goaltender appeared in the greatest number of regular season games in one season?
8. Who holds the record for the most assists by a goaltender in a single season?
9. Who holds the record for the most short-handed goals in one game?
10. Which NHL goaltender holds

- the record for the longest undefeated streak in one season?
11. Who is the oldest player to win the Calder Memorial Trophy as rookie of the year?
 12. Who is the youngest player to win the Calder Trophy?
 13. Which team has had the greatest number of Calder Trophy winners?
 14. Which position has won the greatest number of Calder Trophies?
 15. Who holds the record for the most consecutive games in an NHL career?
 16. Which defenseman played the most consecutive games?
 17. Which NHL player has earned the nickname "Captain Canada"?
 18. Who has scored the most power play goals in one season?
 19. Who scored the fastest hat trick in an NHL game?
 20. Who holds the record for the fastest three assists?

See HOVKEY TRIVIA / Page 8

Fitness and sports updates

By **Trident Staff**

Intersection hockey is looking for any goalies who would like to play. To be allocated to a team or to get your name on the spare goalie list, please contact Jason Price at Jason.price@forces.gc.ca

The noon recreational bowling league is at the base gym bowling alley every Monday, Wednesday, and Friday.

Base Volleyball Team: anyone interested in playing volleyball this season please contact PO1 Jason Thompson at 902-721-4945. Practices are on Mondays from 4 to 6 p.m. at STADPLEX.

Check out the new classes at STADPLEX. Mondays: Learn to run. Wednesdays: Yoga. Thursdays: Learn to run. (moved from Friday). All classes begin at 7:30 a.m. at STADPLEX.

PSP Community Recreation AFTER WORK Winter Fitness Class Schedule 2016

Class	Location	Day	Time	Start Date	# of classes	Cost
Boot Camp/Circuit training	Shearwater	Mon & Wed	1700 - 1800	Feb 8 - Mar 30	16	Members Only
Yoga	Shearwater	Tue & Thu	1700 - 1800	Feb 9 - Mar 31	16	Members Only
Spin	Shearwater	Fri	1700 - 1800	Feb 12 - Apr 1	8	Members Only

COYW STANDINGS 2015/2016

COYW Units	SOCCER	FIT	RUNNING	BADM	SQUASH	B. Soc	CURL	HOCKEY	V BALL	B HOCK	RODGERBALL	SWIM	BOWLING	FLH	IBALL	GOLF	LO PI	POINTS	PLAC
5 Cdn Div / High SVCS	80	90	70	35	90	60	90											111	1st
CFNES	65	45	40	80	60	30	75											105	2nd
CFNOS	50	20	55	65	45	75	30											100	3rd
CFMWC / FMFCS	40	75	25	20	20	45	45											79	4th
BLOG/BCE	30	30	0	0	0	90	60											71	5th
BADM / MARLANT / MP	0	10	0	50	75	20	0											197	6th
TRINITY	20	60	10	0	30	10	20											190	7th

New electronic system coming for FORCE testing

By Ryan Melanson,
Trident staff

New changes surrounding the annual FORCE fitness evaluation are expected to save time and resources for PSP staff, while also offering more detailed health information to the military members being assessed.

The Form e-fit system, being introduced this spring, will see all paper forms and results related to the fitness test be replaced by tablet and laptop software that will record data electronically.

Like the current evaluation, the new system will provide CAF members with a health profile based on their operational ability to do their job, fitness wise. The difference is that the new system will also provide feedback to the member regarding overall health, unrelated to their job.

"People can be at risk for something like cancer or heart disease, but the fitness evaluation doesn't tell you about that right now. It basically tells you only if you are fit for your job or not fit for your job. This will be a little something extra to help them out. Currently they don't get that," said Richard McKie, PSP's National Physical Fitness Manager, who was in Halifax recently helping to introduce the new system.

The update will also introduce bronze, silver, gold and platinum fitness levels, with different incentives and rewards attached to each, rather than the strict pass or fail criteria currently in place.



PSP staff from Atlantic Canada were in Halifax recently for a week of training on the new Form e-fit system.

RYAN MELANSON/TRIDENT STAFF

And with test results recorded electronically, it means that command teams, up to and including the CDS, will be able to quickly compare health and fitness levels from area to area or from unit to unit for the first time. With data uploaded from across the country to a central location, the PSP team will have the ability to create graphs or scatter plots with the click of a button.

"It's a powerful tool to have," McKie said.

He added it's also important to note the significant saving of time and resources involved in removing hard copy test results from the process while still improving the experience for the members.

To help with preparations for the Form e-fit system, fitness and sports staff from across Atlantic Canada gathered at STADPLEX

in February for a week of training with the new tools. Similar sessions were held at large bases nationwide, with PSP personnel from Ottawa travelling to each to help facilitate.

Staff were familiarized with both components of the new program, which include an online registration site for scheduling fitness evaluations, as well as the evaluation system software itself. Instructors were then tested on their competence with the system. In some cases, CAF members also conduct FORCE evaluations, and McKie said PSP staff were also prepped to train serving members on the new process.

McKie said the changes will be introduced at the beginning of April, with the first year focusing on implementation before a full switch in 2017.

Redmond

continued from / Page 7

fitness and sports instructor, eventually picking up extra qualifications and pursuing the PES position upon the creation of the PSP Reconditioning Program.

"It's definitely more hands on, one-on-one type work, and that attracted me because I enjoy working with people closely, consulting with individuals... I feel like I can possibly be of more help to someone that way."

As a PES, Redmond provides customized fitness training plans and one-on-one support for injured or ill CAF members trying to regain their operational level of fitness. With a degree in nutrition and kinesiology, and qualifications as a certified exercise physiologist, he has the right tools to help through what can be a stressful time for CAF members.

Redmond said he chose to pursue a career in the field because of his passion for working with people, but also because of a longtime interest in health, fitness and physical activity.

Those interests have also led to an involvement in base sports through his time with PSP. A longtime badminton player, Red-

mond has volunteered his time to serve as the chief official for Atlantic badminton regionals on seven different occasions.

He also had a hand in establishing the Canadian Forces Atlantic Swim Team (CFAST), filling the need for a PSP life-guard during the club's very first year, and going on to swim with the team during civilian meets. He said he was proud to play a role in establishing a team that has grown stronger and is now competitive on a regional level, with a number of gold medals.

He said he'd like to eventually help something similar develop around badminton, a sport that doesn't get a lot of attention on base.

"I'm hoping maybe I can help change that and establish a club down the road."

In his spare time, Redmond is a hiker, and said he plans an annual trip to the Kananaskis park system in Alberta to hike in the Rocky Mountains, where he also fulfills his other hobby of collecting semi-precious rocks and minerals.

Redmond can be found in his upstairs office at STADPLEX or around the base working with CAF members battling back from an injury or illness. He said he and Isaac Habib, the area's

other PES, are constantly working to make their program more impactful for participants.

"We're constantly trying to improve, and working with our people to find ways to do things even more efficiently, because we're working with large numbers of injured people."

Hockey Trivia

continued from / Page 7

Answers

1. Detroit Red Wings – 62 (1995-1996)
 2. Washington Capitals – 8 (1974-1975)
 3. 61 records
 4. Darryl Sittler, Toronto Maple Leafs – 10 points (February 7, 1976, vs. Boston Bruins)
 5. A goal, an assist, and a fight in the same game. Howe only ever did this twice in his career, but the name stuck.
 6. Terry Sawchuk, eight teams – 172
 7. Grant Fuhr, St. Louis Blues – 79 (1995-1996)
 8. Grant Fuhr, Edmonton Oilers – 14 (1983-1984)
 9. Theoren Fleury, Calgary Flames – 3 (March 9, 1991, vs. St. Louis Blues)
 10. Gerry Cheevers, Boston Bruins – 32 games: 24 wins, eight ties (1971-1972)
 11. Sergei Makarov, Calgary Flames – age 31 (1989-1990).
- The rules were changed the next year to allow only those less than 26 years of age before September 15 of their rookie season to be eligible to win the trophy.

12. Nathan MacKinnon, Colorado Avalanche – Age 18 (2013-2014)
13. Toronto Maple Leafs – 9
14. Centre – 26 trophies. (Trophy count for other positions: right wing -18, goal -16, defense -11, and left wing -11)
15. Doug Jarvis, Montréal Canadiens, Washington Capitals, Hartford Whalers – 964 (October 8, 1975 - October 10, 1987). Jarvis never missed a regular season game.
16. Jay Boumeester, Florida Panthers, Calgary Flames, St. Louis Blues – 737
17. Ryan Smyth, predominantly Edmonton Oilers. Smyth has played a record 90 games for Hockey Canada and is the only player to win gold in the Olympics, World Cup, World Championships (2 times), World Juniors, and Spengler Cup. Smyth has captained Canadian teams seven times.
18. Tim Kerr, Philadelphia Flyers – 34 (1985-1986)
19. Bill Mosienko, Chicago Black Hawks – 21 seconds (March 23, 1952, vs. New York Rangers)
20. Gus Bodnar, Chicago Black Hawks – 21 seconds (March 23, 1952, vs. New York Rangers)

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Unload that burden

Padre's Corner
By Padre Maj Richard Larsen, Senior Fleet Chaplain

When I was in high school I enjoyed hiking and backpacking through the mountains of the Comox Valley. I even had a school class entitled Outdoor Education, which gave us an excuse to leave the school each week for an afternoon of hiking. On one particular hike I remember arriving at our destination and collapsing to the ground, exhausted. My friends teased me a bit for being out of shape and so I quickly got to my feet and continued exploring with them. After a very tiring hike back to the school, I emptied my pack. There at the bottom was a large round stone, which must have weighed a good five pounds. No wonder I was exhausted. I had such good friends back then.

A lot of people go through life carrying heavy burdens and hurts from their past. Many of these burdens come in the form of resentment and hatred towards a spouse, a parent, a friend, or a colleague who has wronged them in the past. Holding on to those feelings of resentment and hatred is like trying to go through life with a pack full of rocks on your back; it's doable but it's certainly not enjoyable. In fact, those feelings of resentment and hatred can have a direct, negative impact on our physical, emotional and spiritual health. They suck the life right out of us and there is only one cure; forgiveness.

I know when someone hurts us, the last thing we want to do is forgive them. We believe that if we do not forgive them, we will get our revenge and the one who harmed us will suffer. However, from my experience, the only person who suffers is the one who refuses to forgive. Forgiveness is necessary or you will go through life carrying around that resentment, bitterness and hatred. These feelings will displace the joy and peace in your life and affect your relationship with others.

I believe the difficulty in forgiving others comes in part from not completely understanding what forgiveness is. Forgiveness is not forgetting that you have been wronged, it is not pretend-

Meet your local PSP Health Promotion Services team: Kelly Sherwood, Health Promotion Specialist

Health Promotion in the Canadian Forces
STRENGTHENING THE FORCES
ENERGISER LES FORCES
Promotion de la santé dans les Forces canadiennes

By Health Promotion Staff

Qualifications

- Registered Dietitian
- MSc Nutrition
- BASc Human Nutrition
- BSc Biology/Psychology
- Personal Biography

It is possible to make healthy choices almost anywhere and anytime without feeling like you are missing out. Ask me how sometime.

I have had the privilege of working with many diverse groups of people to help them find their solutions for a healthy body and mind. People use many different approaches in finding their healthy – we all learn and grow differently. Learning the facts, setting realistic goals and

self-empowerment are some my professional and personal strategies.

Lifestyle is a forever thing – making little changes you can keep, believing in yourself and finding meaningful reasons to change can be so powerful. It is like winning the lottery to witness someone making positive lifestyle changes because I know it isn't always easy.

My journey through life so far has offered me some optimism to support people to become lifelong learners and to maintain a healthy body and mind. Through much trial and error, I have figured it out...for now.

I have two young children. Having a busy and active family helps me to further understand the health challenges that people face, yet gives me the inspiration to make healthy choices an important part of every day, even



Kelly Sherwood
Health Promotion Specialist

the really busy ones.

It's never too early or too late to reap the benefits of a healthy

lifestyle, body and mind. I look forward to working with you.

Celebrate Nutrition Month: take a 100 meal journey

Health Promotion in the Canadian Forces
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By Health Promotion Staff

By Kelly Sherwood, Health Promotion Specialist

Canadians consume almost 100 meals each month. Each March we celebrate Nutrition Month and this year, Dietitians of Canada is inspiring Canadians with ideas to make small, nourishing changes to those 100 meals in March. These ideas are also supported by real-life strategies to help make the changes stick longer-term.

In Canada, death due to chronic disease is on the rise. Three out of five Canadians over the age of 20 are living with a chronic disease and four out of five Canadians are at risk of chronic disease. The good news though, is recent research shows that most Canadians identify healthy

eating as being important and over half were working on improving their nutrition to better their health. So how do we do this?

A strategy that works for many people wanting to eat better is tracking food intake and eating patterns to get a sense of where you can make some changes. You can do this with food tracking apps or with paper and pen.

Another simple tip is to have a look at your home and work environment and make the healthy food choice the easy choice in those environments. Good examples are to keep the fruit bowl in plain sight, the chopped veggies at eye-level in the fridge and keeping those sweeter, "sometimes" foods out of sight. Have a water bottle at your workstation for easy sipping.

When thinking about making a change, set a goal around it. Keep it small and doable and make sure you keep your reasons

for wanting to change close by. It is easier to stick to manageable goals and find longer-term success by setting small goals that move you toward achieving a bigger goal. As strategies to eat better and improve their health, Canadians are eating more fruits and vegetables, fibre, whole grains and protein and are consuming less sugar, salt, fat and fewer calories.

Another great way to improve your eating is to plan ahead. This does take more time up-front, but provides more mealtime success. It is also easier on the budget to shop with a meal plan. Make extras at dinner so you can pack those healthy leftovers the next day. Add an apple and a piece of cheese as your afternoon snack.

Are you thinking about making a small change for Nutrition Month? Focusing on the quality of food choices as well as the quantity of food eaten, or the portion size, is a great way to

nourish our bodies in a healthy way. Choose more nutrient-dense foods like fruits and vegetables, lean protein, grains and milk, and less processed, packaged foods. Cook from scratch when you can and enjoy tasty, healthy foods. If you are working on reducing your portion size, choose a smaller dinner plate and add more veggies – experiment with how much you need to fulfill you. If you are dining out, split an entrée with friend, skip the appetizers or share your dessert.

Dietitians of Canada are inviting Canadians to take a pledge and commit to a healthy-eating journey for the Month of March. The Nutrition Month Campaign (website shown below) and PSP Health Promotion Services can help you to achieve this.

Adapted from the Dietitians of Canada's Nutrition Month Campaign Materials. Find more information about Nutrition Month at www.nutritionmonth2016.ca.

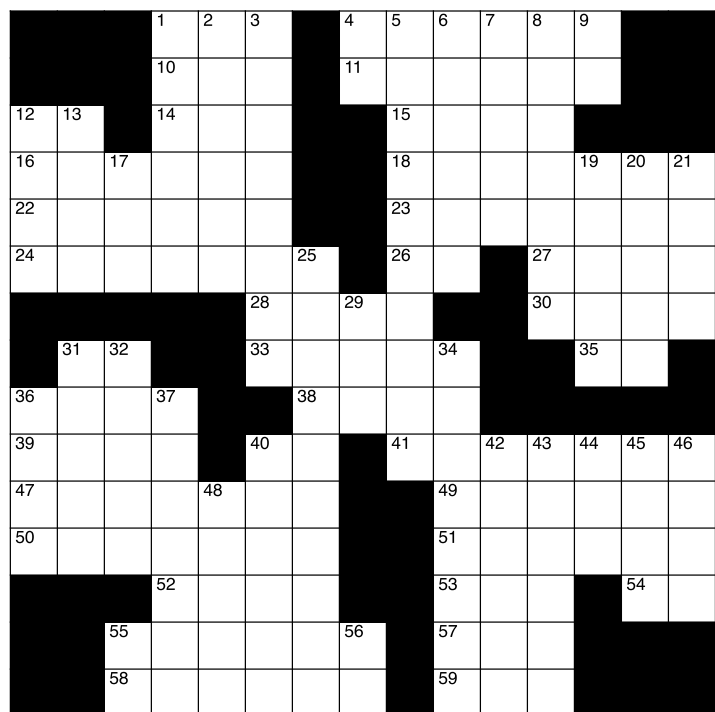
ing that your pain or feelings do not matter, it does not mean you are not to confront wrong or hurtful behaviour, and it certainly does not mean that you give people permission to continue hurting you. Forgiveness is about facing the wrong that has been done to you, recognizing the pain you feel, and letting go of the

resentment. Forgiveness is making the decision to no longer hate and to let go of vengeful thoughts and desires. The decision to forgive others is really the decision to allow healing to begin in our lives. It's not easy to forgive and I haven't met many people who have ever felt like forgiving someone, but it's a step

we must take. It is a step that will bring peace and healing to our life and our relationships.

The New Testament scriptures remind us of the need to "get rid of all bitterness, rage, anger, harsh words, and slander . . . instead, be kind to each other, tenderhearted, forgiving one another, just as God through

Christ has forgiven you" (Ephesians 4:31-32). When it seems difficult, remember the forgiveness that God offers freely to you and allow that to motivate you. Moreover, remember that the God who forgives you also gives you the strength to forgive others. Forgive and allow peace and joy to reenter your life.



CLUES ACROSS

1. Exclamation that denotes disgust
4. Climbed over
10. Has 50 states
11. Able to move
12. Prime Minister (abbr.)
14. Cotangent (abbr.)
15. Particle
16. Fastened

CLUES DOWN

18. Wonders
22. Surpassing all others
23. Provides basement access
24. Daily
26. North Dakota
27. Related to gulls
28. Provoke
30. Lake __, one of the Great
31. Police department
33. Throat illness

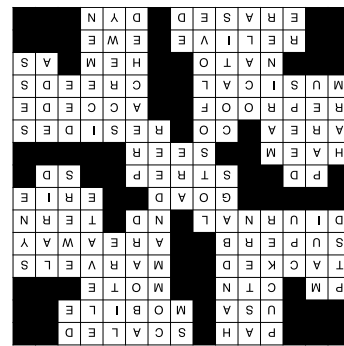
35. South Dakota
36. Contains iron (Brit.)
38. Sees what the future holds
39. The extended location of something
40. Cobalt
41. Dwells
47. Reprimand
49. Agree to a demand
50. Talented in or devoted to music
51. Gospels
52. European defense organization (abbr.)
53. Edge of a cloth
54. Equally
55. Experience again
57. Female sheep
58. Made vanish
59. Unit of force (abbr.)

SOLUTIONS DOWN

1. ___ up
2. Rear of (nautical)
3. Purses
4. Samarium
5. A way to take forcibly
6. On or into
7. Metric capacity unit (Brit.)
8. Assign to a higher position
9. Delaware
12. Post-traumatic stress disorder
13. Island
17. Central processing unit
19. Pitchers

20. Long-winged member of the gull family
21. Auld lang __, good old days
25. Term of affection
29. They __
31. Polynesian wrapped skirt
32. Far down areas in the sea
34. Delivered a sermon
36. Any physical damage
37. A Seattle ballplayer
40. Raccoonlike animals
42. Odd
43. Delivery boys
44. Billy __ Williams
45. Icelandic poems
46. A Scottish tax

48. Central Florida city
55. Rhenium
56. __, denotes past



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