

CANADIAN MILITARY PERSONNEL  
**\$500 REBATE**  
WITH PURCHASE OF A NEW HONDA





**Colonial Honda**  
2657 Robie Street, Halifax, NS • Ph: 902-453-1940 • www.colonialhonda.ca

2016  
**HONDA CR-V**

\*see dealer for details.



RNR retirees make pilgrimage to HMCS *Sackville*  
Pg. 3

HMCS *Fredericton* remembers LS Giasson

Junior Ranks Mess named for former sailor  
Pg. 5

MFRC

Programs and services for military families  
Pg. 6



Go the distance in the PO2 Craig Blake Memorial Fitness Challenge  
Pg. 9

Tuesday, September 6, 2016


Volume 50, Issue 18

www.tridentnews.ca



THE NEWSPAPER OF MARITIME FORCES ATLANTIC SINCE 1966 • LE JOURNAL DES FORCES MARITIMES DE L'ATLANTIQUE DEPUIS 1966

Halifax Mariners men take gold at CAF Soccer Regionals

By Ryan Melanson, Trident Staff

After going undefeated through the tournament, the CFB Halifax Mariners men’s team secured the gold medal recently at the CAF Atlantic Regional Soccer Championship, held in Dartmouth from August 8-11. Matches through the week included a 2-1 win over Gagetown in the tournament opener, a 4-0 win over 14 Wing Greenwood, and another 4-1 win over Gagetown in the tournament final.

LS Dave Denman, a player and one of the team’s two coaches, along with LCdr Graham Hill, credited the team’s strong play through the whole week, allowing them to skip through the semi-final and go straight to the gold-medal match, which they won in convincing fashion.

“Gagetown was able to beat us two years in a row previously. They’re a tough team and they always come out strong, but we had their number this year.”

MVP awards for the Mariners



The Halifax Mariners took on the Gagetown team in the gold medal game on August 11, coming away with a 4-1 victory.

LS DAN BARD/FIS HALIFAX

went to both LS Denman and LS Brian Peters.

The Mariners will now compete at the CAF National Soccer Championship later this month, taking place at CFB Borden. With a couple years having passed since their last trip to nationals, and a roster of newer players, many will be playing at the national level for the first time. But even with a relatively new team, LS Denman said he likes the Mariners’ chances. The favourite to win gold is likely the Prairie region team, represented this year by Edmonton, but Halifax will go in as confident underdogs.

“We had a long summer with some tough practices, but lots of attendance and we’ve put in lots of works with fitness and some tactical changes. It’s been a great season so far. We feel good,” LS Denman said.

To prepare for nationals, the team has been practicing two times a week and working with

See SOCCER / Page 2

The 46th anniversary of The Heart of the Fleet

By Ryan Melanson, Trident Staff

The crew of HMCS *Preserver* was joined by former sailors, family members and friends from across the fleet on August 12 as they celebrated the 46th anniversary of the commissioning of the ship, and the ship’s last anniversary as a part of Canada’s Atlantic Fleet.

After nearly a half-century in service, *Preserver’s* paying off ceremony is scheduled for October 21. Because of this, the crew decided to go all out for the ship’s final birthday party, complete with a barbecue and cake for all the guests. A special

slideshow with photos spanning the ship’s entire career was on display through the event, and guests were also able to purchase commemorative memorabilia while on board.

LCdr Vicky Marier, *Preserver’s* Commanding Officer, said she was happy to welcome visitors on board for the occasion, and gave a special nod to former *Preserver* crewmembers who worked to build the ship’s legacy and reputation through the years.

As the final CO of the ship, she’s had the task of leading the ship, which last sailed in early 2014, and its crew, through this period of extended readiness on the way to decommissioning. The

work hasn’t always been easy, but LCdr Marier gave praise to those who served under her command for their hard work and high morale.

“It’s been one year and one month that I’ve been the CO, and it’s been fabulous,” she said.

“It’s the hard work and the dedication of the men and women who man the ship that make it so outstanding.”

*Preserver*, the second HMC ship to bear that name, was commissioned in Saint John, NB, on August 7, 1970, as the second and last of the Protecteur-class

See HEART OF THE FLEET / Page 2



LCdr Vicky Marier, the CO of HMCS *Preserver*, helps Sgt Darren Mushrow cut the cake during the ship’s 46th birthday celebration on August 12.

RYAN MELANSON/TRIDENT STAFF

Don't miss out on our...  
**FEATURE OF THE WEEK**


In-store and online at **CANEX.ca**

**Get your CFOne card!**  
Benefits available exclusively to members of the CAF Community - offering program discounts, savings CANEX Rewards and more!





**CF1FC.ca**





**LE MAGASIN MILITAIRE DU CANADA**  
**CANADA'S MILITARY STORE**

**CANEX WINDSOR PARK | 902-465-5414**





# CFMWS celebrates its 20th anniversary

**By Christine Caron,**  
Communications Advisor,  
Office of the Chief of Staff,  
CFMWS

This year, Canadian Forces Morale and Welfare Services (CFMWS) is celebrating 20 years of unrelenting dedication to helping CAF members and their families with services that are tailored to handle many unique aspects of the military lifestyle.

It was on September 3rd, 1996 that the Canadian Forces and the Department of National Defence implemented a VCDs Instruction that launched the provision of Personnel Support Programs through a Non-Public Property (NPP) delivery model. Prior to Unification of the CAF, virtually all NPP activities were controlled and managed at the local level. However, the idea of a common system of NPP control and administration was recommended back in 1966 in a study conducted by RAdm C.J. Dillon. Three years later, the concept of delivering Morale and Welfare (MW) pro-

grams through a combination of Public and NPP resources was introduced and approved. These defining actions opened the door to a concerted MW program delivery in the CAF and greatly impacted the direction that led to the birth of the present thriving model that is in place now.

By merging PSP services with those offered by CANEX, SISIP Financial and NPP administration, the Canadian Forces Personnel Support Agency (CFPSA), the precursor to today's CFMWS, was created. Later, administration of Military Family Services and Casualty Support Management were added to CFMWS's mandate to become a unified organization and the service provider of choice for the military community.

In the 20-year span of CFMWS' existence, more than just the name has changed. However, its mandate has remained constant throughout. To echo the original 1996 mission statement: CFMWS continues to excel in supporting the operational effectiveness of the CAF and contribute to morale, esprit de



NPF staff at the headquarters of CFPSA, the precursor of CFMWS, in 1996.

SUBMITTED

corps and unit cohesion, by ensuring that CAF members and their families have access to programs at levels consistent with military tradition and to those services normally available in comparable progressive Canadian communities.

Today, CFMWS manages more than 4,300 Staff of the Non-Public Funds, CAF employees on bases, wings, units, and at headquarters in Ottawa. In partnership with

bases, wings, and units, we ensure that our customers, the CAF Regular and Reserve Force members, retired and former CAF members, military families, Department of National Defence employees, NPF employees, and RCMP personnel, receive access to morale and welfare programs, services, and activities, no matter where they are located.

This anniversary provides our dedicated CFMWS staff and the

military community with an opportunity to celebrate the undeniable progress achieved over the last 20 years. We invite you to visit our 20th anniversary virtual gallery ([www.cfmws20-sbmfc20.com](http://www.cfmws20-sbmfc20.com)) where you can learn more about significant milestones that marked our organization's existence. Don't forget to check your local CAF newspaper to find out more about upcoming anniversary-related events happening this month.

## Les SBMFC célèbrent leur 20e anniversaire

**Par Christine Caron,**  
Conseillère en communications,  
Bureau du Chef d'état-major,  
SBMFC

Cette année, les Services de bien-être et moral des Forces canadiennes (SBMFC) célèbrent 20 années de dévouement indéfectible envers les membres des FAC et leur famille durant lesquelles ils leur ont offert des services leur permettant de composer avec les nombreux aspects particuliers du mode de vie militaire.

Le 3 septembre 1996, les Forces canadiennes et le ministère de la Défense nationale mettaient en œuvre l'Instruction du VCEMD qui a établi la prestation de programmes de soutien du personnel au moyen de biens non publics (BNP).

Avant l'unification des FAC, presque toutes les activités des Biens non publics étaient contrôlées et gérées localement. Toutefois, l'idée d'un système commun de contrôle et d'administration des BNP a été formulée par le contre-amiral C.J. Dillon dans une étude qu'il a réalisée en 1966. Trois ans plus tard, le concept de la prestation de programmes de bien-être et de maintien du moral (BEMM) par l'intermédiaire d'une combinaison de ressources publiques et de ressources des BNP était instauré et approuvé. Ces démarches déterminantes ont ouvert la voie à la prestation concertée d'un programme de BEMM du moral des FAC et ont grandement modifié l'orientation qui a mené au modèle dynamique que nous connaissons aujourd'hui.

La fusion des services des PSP et des services offerts par CANEX, la Financière SISIP et l'administration des BNP a donné naissance à l'Agence de soutien du personnel des FAC, laquelle a précédé les SBMFC actuels. Par la suite, on a également confié aux SBMFC l'administration des Services aux familles des militaires et la Gestion du soutien aux blessés, faisant ainsi des SBMFC une organisation unifiée et le fournisseur de choix de services à la communauté militaire.

Au cours de ces 20 ans d'existence, il n'y a pas que le nom des SBMFC qui a changé. Toutefois, leur mandat est demeuré le même; les SBMFC continuent de remplir leur mission avec brio. En voici l'énoncé, formulé en 1996 : contribuer à l'efficacité

opérationnelle des Forces armées canadiennes, au moral, à l'esprit de corps et à la cohésion de l'unité en veillant à ce que les membres des FAC et leur famille aient accès à un éventail de programmes qui correspondent à la tradition militaire et aux services habituellement offerts dans des collectivités canadiennes progressives comparables.

Aujourd'hui, les SBMFC gèrent plus de 5 000 employés du Personnel des Fonds non publics (FNP), Forces canadiennes, dans les bases, escadres et unités et au quartier général à Ottawa. En partenariat avec les bases, escadres et unités, nous veillons à ce que nos clients, les membres actifs de la Force régulière et de la Force de réserve des FAC, les membres retraités et libérés des FAC, leur famille ainsi que les

employés du ministère de la Défense nationale, des FNP et de la Gendarmerie royale du Canada bénéficient des programmes, services et activités, peu importe l'endroit où ils se trouvent.

Cet anniversaire donne aux membres dévoués du personnel des SBMFC et de la communauté militaire l'occasion de souligner les progrès indéniables qui ont été réalisés au cours des 20 dernières années. Nous vous invitons à visiter notre galerie virtuelle du 20e anniversaire ([www.cfmws20-sbmfc20.com](http://www.cfmws20-sbmfc20.com)) pour connaître les étapes importantes que notre organisation a franchies. Consultez votre journal des FAC local pour connaître les détails des prochaines activités organisées dans le cadre de cet anniversaire qui auront lieu ce mois-ci.

## Correction

In the August 22 Trident, there was an error in the RIMPAC story that appeared on page 6.

Paragraph 6 had several errors. The correct version is as follows.

A lot was accomplished, during RIMPAC explains Capt(N) Mazur.

“Beyond the significant live fire torpedo, anti-ship and surface to air missile firings, conducted by the Royal Canadian Navy (RCN), Canada's Joint Task Force RIMPAC (JTF(R)) included one of the largest modern-day deployments of an Royal

Canadian Air Force (RCAF) Air Task Force (ATF). The ATF consisted of a Headquarters element and representation from each of the RCAF's expeditionary capabilities. We also used a post-Halifax Class Modernized (HCM) command-enabled frigate to support an embarked Sea Combat Commander (SCC) staff supporting a Carrier Task Force. In Southern California, we saw the integration of Griffon and Chinook helicopters into amphibious operations in support of a Canadian Army land force --

which included shipboard integration of the aircraft and troops onboard United States Navy amphibious ships.”

RIMPAC 2016 provided valuable training opportunities for all involved, says RAdm Scott Bishop, Deputy Commander of the RIMPAC 2016 Combined Task Force, “I know that every Canadian Armed Forces member deployed to RIMPAC has learned lessons that they will benefit from throughout their careers.”

## Thanks for your participation

The Trident would like to thank all CAF, DND and NPF members for taking the time to respond to our customer satisfaction survey. We received plenty of beneficial and constructive feedback from

our community. Responses will be taken into consideration when looking forward to future coverage and events. The winner of the \$25 Tim Horton's gift card was randomly chosen from those who

completed the survey, and Trident has contacted that person. Continue to pick up your latest issue of the Trident and stay up to date with the information that matters to you.

### Soccer

continued from / Page 1

PSP staff to develop a fitness routine focusing on injury prevention and staying sharp as the season comes to a close. The ability to pick up three extra players from other Atlantic region teams will also help in fielding a strong lineup in Borden, LS Denman said. The Mariners will also play a scrimmage game against Dalhousie University in the coming weeks to test their progress against a high quality opponent.

On the women's side at CAF Atlantic Regionals, the final game was a rubber match between Halifax and Gagetown, which saw the Mariners settling for silver after a hard-fought 2-1 loss. This means the Gagetown club will represent the Atlantic region at nationals, which takes place from September 12-16 at CFB Borden for the women. The men's tournament will take place the following week, from September 18-22.

### Heart of the Fleet

continued from / Page 1

replenishment oilers after HMCS *Protecteur*, which was paid off in May of 2015.

LCdr Marier gave the ship's guests a rundown of its service history, including contributions to peacekeeping in Cyprus in the mid-1970s and playing a role in Operation DELIVERANCE in Somalia in 1991. The ship was also part of the multinational force sent to the former Yugoslavia in 1994, and in 1998 was tasked locally as part of the Naval response to the crash of Swissair Flight 111. *Preserver* also took part in Canada's first involvement in the global war on terrorism following the attacks of September 11, 2001, when it sailed to Afghanistan from October 2001 to April 2002 as part of Operation APOLLO. While no longer sailing, the ship has still provided a fueling service to CANFLTANT over the last two years at HMC Dockyard.

# CHANGE IS IN SIGHT.

Get laser vision correction today and love your life without glasses and contacts.

Starting at \$490/eye\* | Book a free consultation at 1-877-852-2005 or [lasikmd.com](http://lasikmd.com)

## LASIK MD

VISION

\*Prices are subject to change without prior notice and vary based on prescription strength. Standard LASIK starting at \$490/eye and Custom LASIK starting at \$1,750/eye. Other conditions may apply.





# Retired RNR sailors get warm welcome from MARLANT on pilgrimage to see HMCS Sackville

**By Ryan Melanson,**  
Trident Staff

On a recent trip to Halifax to visit HMCS *Sackville*, a group of three retired Royal Naval Reserve sailors got more of a navy experience than they bargained for, including some face time with the Commander of MARLANT and JTFA.

LCdr (Ret'd) James Scott, of Scotland, LCdr (Ret'd) William Allan of Scotland, and LCdr (Ret'd) Michael Cassidy of the Channel Islands had the opportunity to visit HMC Dockyard on August 25 and meet with RAdm John Newton and Fleet Cmdre Craig Baines during their trip. The three men all joined the RNR during the 1970s, building up a collection of memories while serving, often together, mainly on the RN's *Hunt*-class and *River*-class mine counter-measure vessels.

The group stayed in touch after retirement, and travelled to Istanbul together in 2015 as a vacation and reunion to celebrate Cas-

sidy's 60th birthday, deciding afterwards to plan for a similar trip together, to different locations, every year.

"We came to an agreement that life's too short, so we have to stay together. And being old sea dogs, having been to sea so many times with these guys, it's just great fun and we've been having a great time swapping old salty tales," Cassidy said.

They decided to make the goal of their second trip to tour HMCS *Sackville* in Halifax. While the men served on mine-sweepers, they described the Flower-Class Corvette as a naval icon, and said they all rushed to visit *Sackville* soon after arriving in the city.

"It's amazing, the sights and the smells, looking in the engine room, even with your eyes shut. Everything smells the same as it always did; just powerful memories of seagoing days," Cassidy said.

The meeting with RAdm Newton came by chance. Scott con-



RAdm John Newton (left), Commander JTFA and MARLANT, and CANFLTANT Commodore Craig Baines (right) welcome retired Royal Naval Reserve Officers James Scott, William Allan and Michael Cassidy to MARLANT on August 25, 2016.

LS PETER FREW, FIS HALIFAX

## Visitor parking at CFB Halifax

By CFB Halifax Base PA

This is a reminder that as of August 15, 2016, all visitor parking at CFB Halifax is no-charge but only for one or three-hour time limits, with the exceptions of the MFRC and Stadacona clinic parking lots. There is no longer, therefore,

any paid visitor parking including all-day visitor parking. The parking machines have been reconfigured to issue only one or three-hour visitor parking time stubs which must be properly displayed on the dashboard of a person's vehicle. The payment slots on the machines have been

covered up and signage clarifying the new procedures will be installed soon. Personnel, also, can only use this visitor parking stub in parking spots labelled as visitor. These changes will be captured in the new Parking Policy which is set to be released soon.

## Le stationnement pour les visiteurs à la BFC Halifax

Par APO pour la BFC Halifax

Nous tenons à vous rappeler que depuis le 15 août 2016 à la BFC Halifax, les espaces de stationnement réservés aux visiteurs sont offerts gratuitement, pour des périodes de 1 à 3 heures seulement, à l'exception des stationnements au CRFM et à la clinique Stadacona. Il n'y a donc plus de stationnement

payant pour les visiteurs, y compris le stationnement pour une journée entière. Les distributrices automatiques ont été reconfigurées afin de distribuer uniquement des billets de stationnement d'une heure ou de trois heures. Les billets doivent être en évidence dans le véhicule, près du tableau de bord. Les fentes pour le paiement

des distributrices ont été bloquées et des affiches précisant les nouvelles procédures seront bientôt installées. Les membres de l'effectif peuvent utiliser les espaces de stationnement réservés aux visiteurs en se procurant un billet. Ces changements figureront dans la nouvelle politique sur le stationnement qui devrait être diffusée d'ici la fin du mois.

tinues to work part time as a sheriff in Edinburgh, and spoke about his upcoming trip with a coworker who has family in Halifax who happened to know the admiral. A few phone calls were made and schedules worked out, allowing the men to experience a bit of today's RCN while also paying respect to its history through *Sackville*.

The sailors chatted with RAdm Newton about their own seagoing days and common experiences of being naval officers during the 1980s and early 1990s, as well as the role of reservists in the RCN and the successes of split crews on the *Kingston*-class ships.

There also were existing connections to Formation Halifax among the guests. William Allan said he has fond memories of being deployed to the city in 1985 with HMS *Dovey*, during 75th Anniversary celebrations for the RCN in 1985. The trip also brought a surprise reunion between old shipmates. Current MSOC Coordinator LCdr Greg Gillis sailed with the minesweep-

er HMS *Shey* in the early 90s, with then LCdr Scott as his CO and then LCdr Allan as the Operations Officer, getting some of his first sea time as a sub-lieutenant on exchange with the Royal Navy.

"I was 24 at the time, and it was just great," LCdr Gillis said. After a tour through the Admiral's suite and a glimpse from the balcony at the new jetty construction and the Halifax Shipyard, the trio set out with LCdr Gillis to experience a bit more of HMC Dockyard. They planned to have a quick look at HMCS *Windsor* due to the boat's origins as a Royal Navy *Upholder*-class submarine, and were also set for a tour of HMCS *Summerside*.

In all, the trip become more than what was expected for the UK mariners, and Allan said the whole group was very grateful to be welcomed to the Dockyard and to meet with RAdm Newton and other members of the formation.

"We're very glad to be here and it's a true honour."



**Lost Creek**  
GOLF CLUB & VILLAGE

**TIMES 865 4653** [www.lostcreek.ca](http://www.lostcreek.ca)

Beautiful... Affordable... Inside **HALIFAX**

**FREE FALL GOLF**

**Pay 2017 Membership Now and Play Free This Fall!**

**NEW LOTS AT THE VILLAGE**

**From only \$74,900**

**As big as 3 Acres at this price!**

First come First served  
Village Sales **861-4378**



**NOW LEASING**  
**5450 KAYE STREET, HALIFAX, NS**



**1, 2 & 3 BEDROOM SUITES**  
**OPENING WINTER 2017**

CALL **902.406.5450**  
TO LEASE YOUR RENTAL SUITE

**STJOSEPHSSQUARE.COM**

*St. Joseph's*  
SQUARE

HYDROSTONE LIVING

PARAMOUNT **DEXEL**

**HIGHFIELD PARK – PROUDLY SERVING THE MILITARY**



**FURNISHED & UNFURNISHED SUITES AVAILABLE**

Ask about our military discount.

**HFPapartments.ca 902.982.1510**

**HIGHFIELD PARK**



TRIDENT

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

CANADIAN FORCES CANADIENNES

HALIFAX

Editor: Virginia Beaton

editor@tridentnews.ca

(902) 427-4235, fax (902) 427-4238

Journalist: Ryan Melanson

reporter@tridentnews.ca

(902) 427-4231

Editorial Advisor: Mike Bonin

Mike.bonin@forces.gc.ca

(902) 721-1968

www.tridentnews.ca

Advertising Sales

Dave MacNeil & Wanda Priddle

(902) 427-4235

sales@tridentnews.ca

Trident is an authorized military publication distributed across Canada and throughout the world every second Monday, and is published with the permission of Rear Admiral John Newton, Commander, Joint Task Force Atlantic. The Editor reserves the right to edit, condense or reject copy, photographs or advertising to achieve the aims of a service newspaper as defined by the Interim Canadian Forces Newspapers Policy dated April 11, 2005. Deadline for copy and advertising is noon, ten business days prior to the publication date. Material should be typed, double-spaced and must be accompanied by the contributor's name, address and phone number. Opinions and advertisements printed in Trident are those of the individual contributor or advertiser and do not necessarily reflect the opinions or endorsements of the DND, the Editor or the Publisher.

Le Trident est une publication militaire autorisée par le contre-amiral John Newton, Commandant la force opérationnelle interarmées de l'Atlantique, qui est distribuée partout au Canada et outremers les lundis toutes les quinze semaines. Le rédacteur en chef se réserve le droit de modifier, de condenser ou de rejeter les articles, photographies ou annonces publicitaires jugées contraires aux objectifs d'un journal militaire selon la définition donnée à politique temporaire des journaux des forces canadiennes. L'heure de tombée des annonces publicitaires ou des articles est fixée à 12h le vendredi précédant la semaine de publication. Les textes peuvent être soumis en français ou en anglais; ils doivent être dactylographiés à double interligne et indiquer le nom, l'adresse et le numéro de téléphone du collaborateur. Les opinions et les annonces publicitaires imprimées par le Trident sont celles des collaborateurs et agents publicitaires et non nécessairement celles de la rédaction, du MDN ou de l'éditeur.

**Annual Subscription (25 issues):**

- NS: \$37.38 (\$32.50 + 15 % HST)
- ON, NB & NFLD: \$36.73 (\$32.50 + 13 % HST)
- BC: \$36.40 (\$32.50 + 12% HST)
- Remainder of Canada: \$34.13 (\$32.50 + GST)
- United States: \$45 US
- Abroad: \$65 US

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

Publication Mail Agreement No. 40023785

Return undelivered Canadian address to:  
Trident Newspaper  
Bldg. S-93  
PO Box 99000  
Station Forces,  
Halifax, NS  
B3K 5X5

- Return Postage Guaranteed – ISN 0025-3413
- Circulation: Minimum 8,500

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.

**Public Gardens Concert Series**  
**Time: 2 p.m.**  
**Date: Sundays through the summer**  
**Location: Halifax Public Gardens**

Check out the Public Gardens bandstand in action every Sunday all summer long, with free shows for every taste, from classical to big band to R&B. Performers through the last few weeks of the summer include Shirley Jackson & Her Good Rockin' Daddys on September 11 and the Bill Stevenson Group on September 18.

**1400 Years of Historic Ships**  
**Time: 7 p.m.**  
**Date: Tuesday, September 13**  
**Location: Maritime Museum of the Atlantic**

Join the museum for the launch of the new book *Ships to Remember: 1400 Years of Historic Ships*. The book is a collection of short essays about remarkable ships written by Rorke Bryan and illustrated with new, original paintings by Austin Dwyer. It is designed to increase general interest in maritime history, as some of the ships are famous but many are virtually unknown amongst general readers. The ships highlighted have been selected from Europe and North America as representatives of many major ship categories, and

collectively their careers cover much of the globe and span some fourteen hundred years of maritime history. You can pick up a copy and meet both the author and artist at this free event.

**Appel aux bénévoles et Ateliers de formation**  
**Date: 17 Septembre**

La radio communautaire francophone de Halifax, OUI 98.5FM lance un appel aux bénévoles et organise deux ateliers de formation le samedi 17 septembre 2016 de 9h à 12h et de 14h à 17h au 5527 rue Cogswell, Halifax. Le but de cette journée est de permettre au public de découvrir ou redécouvrir la radio et de se former à l'animation sur le nouveau système de production installé en juin dernier. OUI 98.5FM est à la recherche de bénévoles francophones et/ou francophiles pour animer des émissions, pour devenir chroniqueurs ou pour participer au fonctionnement de la station. Si vous êtes un ancien bénévole ou intéressé pour rejoindre l'équipe n'hésitez pas à vous inscrire en écrivant à l'adresse suivante : info@oui98.ca. En onde depuis octobre 2007, sous le nom de CKRH, OUI 98.5FM est une radio à but non lucratif qui facilite la diffusion de la culture acadienne et francophone en offrant un moyen de communica-

tion et une programmation variée, tout en ouvrant à l'épanouissement et au rayonnement de la langue française et des cultures francophones.

**Public talk: Canada's New Arctic Offshore Patrol Ships**  
**Time: 7:30 p.m.**  
**Date: Tuesday, September 27**  
**Location: Maritime Museum of the Atlantic**

Under construction in the Irving Shipyard is the first of the RCN's newest vessels, the Arctic Offshore Patrol Ship; HMCS *Harry DeWolf*. Though the Arctic is not a new area of exploration and patrol for the RCN, this will be the first class of ships purpose built for the RCN for this area. CPO1 (Ret'd) Pat Devenish will lead this free public talk focusing on AOPS, as well as background on the Arctic. Devenish is a former Fleet Engineer for CAN-FLTLANT, with more than 33 years of service in the RCN, and currently volunteers as the Chief Engine Room Artificer for HMCS *Sackville*.

**Seminar: Registered Disability Savings Plans and Tax Credits**  
**Time: 11:30 a.m. - 1:30 p.m.**  
**Date: Wednesday, September 28**  
**Location: Windsor Park MFRC**

The Defence Advisory Group for Persons with Disabilities and

Bill Hildreth are pleased to host a seminar on education and assistance on how to establish registered disabilities savings plans and disability tax credits. This seminar will be held at the Multi-Purpose Room, Piers Community Centre, Windsor Park. Bill Hildreth, of Hildreth & Associates Financial Services, is a family wealth coach and professional speaker with a specialty in dealing with RDSP & Disability Tax Credits.

**Sustainable Oceans Conference 2016**  
**Date: September 30 - October 1**  
**Location: Central Library**

Sustainable Oceans 2016 is a conference led by the Master of Marine Management students of the Marine Affairs Program at Dalhousie University. The conference is free to attend, and the two days will include a keynote address, oral and poster presentations, interactive breakout sessions, and public engagement activities. The goal is to bring the academic and public worlds together and to provide recommendations to Canadians on how they can contribute to the targets of the UN's Sustainable Development Goal to conserve and sustainably use the oceans, seas and marine resources. For information contact oceansconf@dal.ca

## From youth shelter to soldier

**By Sarah Cameron,**  
MARLANT PA Co-op Student

Pte Jimmy Vu has a success story to share. Before joining the CAF, Vu spent time at Covenant House, a youth shelter in Toronto.

A year before joining the military, Vu was at Covenant House and he became close to the staff and residents. "I had quite a number of friends. They're not bad people, just in bad situations." He commended the staff on their dedication. "The Covenant House staff helped me a lot and genuinely cared about the youth."

Members of HMCS *Toronto*

visited Covenant House in November 2015. With Vu's interest in the military, he spoke with *Toronto's* CO, Cdr Steven Archer, about military life. Cdr Archer told Vu that there would be difficult times but he should not quit because he would always wonder what might have been.

Vu's application took three months to be accepted and another month until he began basic training. He was sad to leave the shelter, saying, "The hardest thing about joining the military was saying goodbye to all the people at Covenant House." Regarding basic training, Vu replied, "Cdr Archer was right. It was difficult but also an exciting

experience and I have made great friends."

Pte Vu has completed basic and is at CFB Borden waiting to be posted. He is a vehicle technician but aspires to transfer to artillery in the future. He wants

to give back to the community, as involvement with an organization like Big Brothers Big Sisters is important to him. "I want to volunteer with youths. Giving advice and being a healthy role model."

HOME FINDERS

& Property Management

To Rent or List an Apartment, House, Condo, or Flat For Help Finding a New Home

Dawn@HomeFindersHfx.com

Lynne@HomeFindersHfx.com

Office: 902-435-0368

Fax: 902-405-9762

www.HomeFindersHfx.com

COME TO WORSHIP

AT CF CHAPELS

Chapel Services de la Chapelle

Sunday / dimanche

Stadacona

10h30 - Protestant - English

Shearwater

10h00 - Roman Catholic - English or bilingual /bilingue

09h00 - on scheduled Sundays only - Roman Catholic - French liturgy

Visit [www.rcmilord.com](http://www.rcmilord.com) to confirm languages and times of RC liturgies.

Baptism, Matrimony and other Sacraments - by appointment/request

*In the beginning was the Word, and the Word was with God, and the Word was God." ~ Gospel according to John*

Being posted to Halifax? Need help? Let us make your move much easier.

Don't waste time looking at properties that are not suitable. Serving the Halifax rental market for more than 20 years, we have comprehensive knowledge of all type of properties. Tell us your needs and we show all properties that will meet your requirements.

Take advantage of our **FREE-to-you service**. Pick up and return available. If required, we will help you negotiate your lease.

ALL ABODE

RELOCATIONS

ALL ABODE RELOCATIONS

Call Kirke & Sandi Mitchell

902-402-8951 | [renat@eastlink.ca](mailto:renat@eastlink.ca)

Maritime Wine & Beer Emporium

Craft Wine and Beer Making

On Site Winery Now Open. Come on in and let us make your wine in our winery.

6015 Lady Hammond Rd., Halifax, NS

454-8278 or Toll Free 1-866-454-8278

www.WineEmporium.ca

10% Wine Beer Kits

BOTOX & JUVEDERM

Now available at ATLANTIC MEDICAL CLINIC in the Halifax Shopping Centre

Treatments by physician only

Call for an appointment at 902-455-4333

Dr. Kathleen Singleton

Officer's Mess Calendar

SEPTEMBER 10, 2016

WINE TOUR & BBQ

RESERVATIONS REQUIRED

CALL 902-721-8616

ANTOVIC REAL PROPERTY APPRAISALS

NEED YOUR HOME APPRAISED? Are you relocating? Call us!

Friendly, Reliable, Accurate, Timely

SERVICING: Sackville, Bedford, Halifax/ Dartmouth & Outlying Areas

Tel: (902) 441-4434 • Fax: (902) 406-5525

Email: [jantovic@eastlink.ca](mailto:jantovic@eastlink.ca)

We look forward to speaking with you!





# HMCS *Fredericton* remembers former sailor



A memorial plaque commemorating the late LS Giasson was held in the Junior Ranks Mess of HMCS *Fredericton* on August 26, 2016. From Left: MS Korey Tynes, Ashley Eid, MS Kevin Twhig, Tristan Giasson, Tracey Wells-Giasson, and MS Craig Penny.

CPL ANTHONY CHAND, FIS HALIFAX

**By Alex Calder,**  
PA Co-op Student MARLANT

On August 26, 2016, a plaque and Junior Ranks mess naming presentation was held aboard HMCS *Fredericton* to honour the late LS Fred Giasson. His widow, Tracy Wells-Giasson, and son Tristan, who was accompanied by his girlfriend Ashley Eid, were on hand to receive the memorial plaque created in LS Giasson's honour.

Wells-Giasson was on the *Fredericton* for the first time since 1998, and Tristan noted that he was so young the first time he was aboard the vessel that this felt like the first time. When asked what the day meant to her, Wells-Giasson said, "This day means a lot in terms of the memory of my late husband, and Tristan's dad. Being able to see the plaque and lounge named after his father definitely brings back a lot of memories."

When Tristan was asked what

it was like being aboard the vessel for the first time he can remember he replied, "It's awesome and I'm happy to be here. To be able to see his name on the door really is fantastic."

LS Giasson died on November 24, 1997. He died due to injuries sustained by a fall from a fire escape. During a port visit in Boston, LS Giasson was with friends, celebrating his acceptance to the Clearance Diver course. He was an electrician by trade.

## HMCS *Fredericton* sailor organizes fundraiser for Fort McMurray fire victims

**By Alex Calder,**  
PA Co-op student MARLANT

LS Kristen Soltesz was aboard HMCS *Fredericton* in the middle of the Mediterranean Sea serving in Operation RE-ASSURANCE when the Fort McMurray wildfire outbreak began earlier this year. After several weeks of hearing about the tragedy and the extreme damage the fires caused to the communities, LS Soltesz felt that she had an obligation to serve Canadians back home who were affected.

LS Soltesz, originally from Ontario, said she had no trouble organizing the fundraiser aboard *Fredericton*. With help from the ship's Coxn' and Logistics Officer, she was able to raise \$2,525 to be donated to the Red Cross. Ancel Langille, Manager of Disaster Management for the Red Cross here in Halifax was on hand to accept the cheque during a presentation onboard the ship on Friday, August 26.



## Construction starts on second AOPS, HMCS *Margaret Brooke*

On August 25, 2016, the Arctic and Offshore Patrol Ship (AOPS) project marked another significant milestone with the cutting of steel of the future HMCS *Margaret Brooke*, the second ship in the class. The event took place at Irving Shipbuilding Incorporated's (ISI) Marine Fabricating facility in Dartmouth, Nova Scotia. From left are Geoff Simpson (Project Manager AOPS), Daniel Pelletier (PSPC AOPS Director) and Kevin McCoy (ISI President). Simpson explains to the PWGSC Director that this steel plate being cut would be part of the lower portion of the hull (Midship) which would form part of Mega Block 2.

Geoff Simpson, the DND AOPS Project Manager, activated the plasma cutter to enter the ship into production. As part of the National Shipbuilding Strategy's combat vessel work package, the AOPS project will deliver six vessels to the Royal Canadian Navy by 2022.

CPL ANTHONY CHAND, FIS HALIFAX

# Whether *on land or at sea...*

## Ideal Protein weight loss protocol is for you!

Easily integrated into a military lifestyle for CAF members and their families. Contact one of our many clinics in HRM and surround areas for more information!

Visit [IDEALPROTEIN.COM](http://IDEALPROTEIN.COM) to locate a clinic near you.

- ▶ Structured weight loss while supporting muscle mass;
- ▶ An understanding of how food affects and is utilized by the body, including what causes fat storage;
- ▶ Weekly one-on-one coaching, lifestyle education and guidance;
- ▶ Personalized approach to setting weight loss goals





# Military Family Resource Centre

## The H&R MFRC celebrates 30 years

On September 9, 2016 the H&R MFRC will celebrate 30 years of supporting military families. Although times have changed, our purpose remains the same: to strengthen the wellbeing of all those who share the unique experience of military life. Opened in 1986 as the Military Family Support Centre (FSC) at 2730 Gottingen Street (Nelles House), it was the first of its kind in Canada. The Navy has long been on the cutting edge of providing personnel support and played a significant role in the creation of the FSC. It recognized that the ability of a member to work productively was made easier knowing that their family was supported at home.

The FSC, which was a section within CFB Halifax Base Administration Branch, opened to address the needs raised from in-depth studies that indicated military members and their families were lacking resources tailored to their unique lifestyle. Most notably, the studies revealed the number one issue was managing stress brought on by long periods of separation. The FSC was directed by LCdr (ret'd) Bill MacDonald and had a staff of 16 personnel (11 military and five civilian). They connected with military members and their families and then liaised with military and non-military organizations to provide the relevant resources. Staff focused on:

- Providing a comprehensive

information and referral service via a 24-hour a day hot line;

- Coordinating existing family related resources and programs;
- Providing selected social services when necessary; and
- Providing education in areas of family violence, financial assistance and problems related to separation or divorce.

In its first three months, the Centre was very well accepted, receiving over one dozen calls each day, with the majority of inquiries surrounding finance and relationships. And since then, we have continued to be relevant and to grow. We changed our name and became a civilian- registered charity governed by a volunteer board of

directors made up of at least 51% military family members. We moved, a couple of times, and amalgamated our centres. We have two licensed childcare centres, exclusively serving the CAF community. We provide a wide range of programs and services, including social work, education and employment, deployment, relocation, as well as several pilot programs, such as the Veteran Family Program for medically releasing members and their families, and the Military Employment Transition Program for Spouses which aids military spouses with employment. We were the first MFRC to be nationally accredited, and our confidential 24/7 line continues to ring,

averaging over 40 calls per day, with most calls for information and referral services. On September 9, we will celebrate something that was long overdue. We will celebrate the acknowledgement that military families are faced with a unique set of circumstances, and although they are very strong, they may need support, too. On behalf of the H&R MFRC, we celebrate you. Your success. Your resilience. Your role. You are the strength behind the uniform and we will continue to be here for you. For more information on our programs and services, please call 902- 427-7788 or visit: [www.halifaxmfrc.ca](http://www.halifaxmfrc.ca).

## Le CRFM d’Halifax et régions fête ses 30 ans

Le 9 septembre 2016, le CRFM H et R célébrera 30 ans de soutien apporté aux familles de militaires. Même si les temps ont changé, notre mission reste la même : affermir le bien-être de tous ceux et celles qui partagent l’expérience unique de la vie militaire. C’est en 1986 que le Centre de soutien aux familles des militaires (CSFM), situé au 2730, rue Gottingen (Maison Nelles) a ouvert ses portes. C’était le premier en son genre au Canada. Depuis belle lurette, la Marine est à l’avant-garde de la prestation de services de soutien au personnel, et elle a joué un grand rôle dans la création du CSFM. C’est connu : il est plus facile pour un marin d’être productif au travail lorsqu’il sait que sa famille reçoit du soutien au pays. Le CSFM, qui faisait partie du Service d’administration de la base de la BFC Halifax, a ouvert ses portes pour répondre aux besoins cernés dans des études approfondies qui révélaient que les militaires et leurs familles manquaient de ressources adaptées à leur mode de vie particulier. Plus précisément, les études révélaient que le principal enjeu était la gestion du stress occasionné par les longues périodes de séparation. Le Centre était dirigé par le Capc (ret) Bill MacDonald et comptait sur un effectif de 16 personnes composé de 11 militaires et de 5 civils. Ces personnes communiquaient avec les militaires et leur famille et afin de leur offrir les ressources pertinentes, elles faisaient la liaison avec les organismes militaires et non militaires. Leurs efforts se concentraient sur les points suivants :


- Offrir un service exhaustif d’information et d’aiguillage 24 heures sur 24 grâce à une ligne d’aide;
- Coordonner les ressources et les programmes existants pour les familles;
- Fournir certains services sociaux au besoin;
- Fournir des séances de sensibilisation dans les domaines de la violence familiale, de préparation de budgets et de problèmes liés à la séparation ou au divorce.

Au cours des trois premiers mois, le Centre a été très bien reçu et a reçu plus d’une dizaine d’appels par jour. La plupart de ces appels portaient sur les finances et les relations. Depuis cette époque, nous avons continué d’être pertinents et de nous améliorer. Nous avons changé notre nom et nous sommes devenus un organisme de bienfaisance civil enregistré, gouverné par un conseil d’administration bénévole composé d’au moins 51 % de membres de familles de militaires. Nous avons déménagé à quelques reprises et fusionné nos centres. Nos deux services de garde autorisés servent exclusivement la communauté des FAC. Nous offrons un large éventail de programmes et de services, y compris le travail social, l’éducation et l’emploi, les déploiements, les réinstallations, ainsi que plusieurs projets pilotes, comme le Programme de famille de vétérans, qui s’adresse aux militaires libérés pour des raisons médicales et à leur famille, ainsi que le Programme d’aide à la transition de carrière des conjoints de militaires qui aide les conjoints de militaires à se trouver un emploi. Nous étions le premier CRFM à être accrédité à l’échelle nationale et notre ligne d’aide confidentielle ouverte en tout temps continue de servir la communauté et reçoit en moyen 40 appels par jour, portant surtout sur des demandes d’information et de services d’aiguillage. Le 9 septembre, nous célébrons quelque chose qui mérite d’être souligné depuis longtemps. Nous célébrons le fait de reconnaître que les familles de militaires vivent dans des circonstances particulières et que bien qu’elles soient très fortes, elles peuvent elles aussi avoir besoin d’aide. Au nom du CRFM d’Halifax et régions, c’est vous que nous célébrons. Vos réussites. Votre résilience. Votre rôle. Vous faites la force de la profession et nous continuerons d’être là pour vous. Pour obtenir plus de renseignements sur nos programmes et services, veuillez visitez notre site Web : [www.halifax.mfrc.ca](http://www.halifax.mfrc.ca) ou appeler au 902-427-7788.





The Military Family Support Centre (FSC) at 2730 Gottingen Street (Nelles House), in 1986. The FSC was the precursor of today’s H&R MFRC.


SUBMITTED



**65 SOUTHAVEN CLOSE**

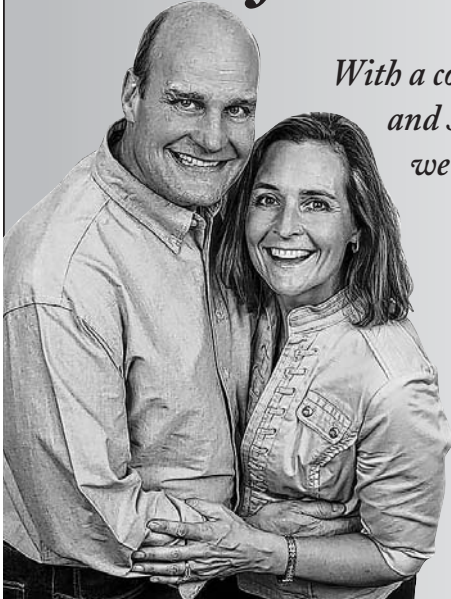
“This gorgeous 4br, 3bath home on a quiet cul de sac awaits a new owner, with a lot size over 12,000sq ft, plenty of privacy and space for the whole family.





**CONFEDERATION AVENUE**

Beautiful 7 year young home on over 3 acres of wooded privacy in Fall River features attached dbl garage, 4 bedrm, 3 bath, cathedral ceiling & propane fireplace in livingrm, hardwood and laminate floors, plenty of windows to allow all the natural light in.





**JIM AND JACKIE PITT**

IRP Registered REALTORS®

*With a combined 31 years in real estate and 30+ years in the military, we’re the team for you!*

cell: 902.489.2525  
fax: 902.434.9764  
email: [jackie.pitt@century21.ca](mailto:jackie.pitt@century21.ca)  
[www.century21.ca/jackie.pitt](http://www.century21.ca/jackie.pitt)









# Battle of Britain parade and ceremony set for September 18

By Earl McFarland,  
111 (MicMac) Wing RCAFA.

On Sunday September 18, 2016, at 2 p.m., 111 Wing Royal Canadian Air Force Association (RCAFA) in conjunction with 12 Wing Shearwater will conduct a parade and ceremony at Sullivan’s Pond, Dartmouth commemorating the anniversary of the Battle of Britain. Veterans, RCAF personnel, Air Cadets and members of the RCMP will march from Somme Branch Legion (King Street Dartmouth) to the cenotaph at Sullivan’s Pond. The public is encouraged to attend.

This year marks the 76<sup>th</sup> anniversary of the epic Battle of Britain which lasted from July 10 to October 31, 1940. The German Air Force (Luftwaffe) represented a formidable foe employing superior numbers of bomber and fighter aircraft against civilian and military installations in Great Britain. The Royal Air Force (RAF), augmented and assisted with European and Commonwealth forces rallied to the cause and eventually overcame the aerial onslaught, defeating the Luftwaffe offensive and saved the British Isles from invasion.

Among the defenders were many Canadian pilots and ground crew some attached to RAF units. Significant among the RCAF involvement in the battle were members of #1 Squadron (Dartmouth NS). Mobilized in St Hubert, Quebec, in late 1939, the squadron was transferred to its war station at RCAF Station Dartmouth now Shearwater). The squadron was equipped with Hurricane aircraft and began



Members of Campus Atlantic present an English Oak and a Red Maple to CFB Halifax on July 14, 2016.

MS RONNIE KINNIE, FIS HALIFAX

arriving on November 6, 1939. These were the first aircraft to land on the station’s newly constructed runways. Prior to this time RCAF Dartmouth was a seaplane station only. The squadron’s primary mission was to protect Halifax harbour from air attack. Sorties were also flown in support of naval operations and shipping reconnaissance.

In early 1940, continental Europe had been overrun by Nazi Germany and with Britain’s

survival being severely threatened; #1 Squadron was brought up to its establishment strength by absorbing #115 (fighter) Squadron from the RCAF Auxiliary in Montreal and subsequently sent overseas. Once equipped with the newer and updated version of the Hurricane Mark 1, #1 Squadron was immediately thrown into the air battle raging over Britain’s skies. #1 Squadron was the first RCAF squadron to engage the enemy, to

score victories, to suffer casualties and to win gallantry awards. Similar to RAF Squadrons in the Battle of Britain, No 1 Squadron had its finest hour on September 25, 1940. Eleven of the squadron’s Hurricanes swept down on a Luftwaffe formation of 20 Heinkel bombers and cut them to ribbons. After victory in the Battle of Britain, Prime Minister Winston Churchill declared “Never in the field of human conflict was so

much owed by so many to so few.” Some of the few were from Canada’s No 1 Squadron (later renamed 401 Sqn). A Battle of Britain exhibit including a full scale replica model of the Hurricane aircraft flown by pilots and maintained by the stalwart ground crew of #1 Sqn is available for viewing at the Shearwater Aviation Museum.

## Campus Atlantic grows roots in CFB Halifax

By Lt(N) Adam Drover,  
NTDC(A)

On Thursday, July 14, 2016, the eve of the stand-up of Campus Atlantic, members of The Canadian Forces Operations and Engineering Schools surprised CFB Halifax with a lasting gift. Scylla, an English Oak, and Charybdis, a Red Maple, were planted in the Admiral's Garden in the West yard of the Naval Museum of Halifax. The names, extracted from Greek mythology, found their place in RCN history during the early decades of the 20th century.

Once planted, each tree was then in true Naval fashion, quenched in a quasi-baptismal ceremony. Water from the Ship's bell of HMCS Warrior, a post-Second World War era Colossus class aircraft carrier, was poured over Charybdis to symbolize the modernization of performance based training in the RCN through the Naval Training Development Center (Atlantic). The changes to the RCN’s training system at the end of the Second World War were shaped around the capabilities that would accompany the Colossus class carriers and are suspected to be the link to the Norse heraldry and regalia that adorn many of Stadacona’s buildings. Scylla was then watered with the bell brought to Canada in 1940 by WRNS officers to establish and train the

WRCNS. One of the many roles of the WRCNS was to operate the Night Escort Teacher (NET), a performance based synthetic trainer housed in Stadacona’s Murray Building. The NET was used to train entire ships teams in the latter half of the Second World War for convoy escort duty. On conclusion of the tree-planting ceremony, the sun had set on CFNOS and CFNES after 22 years and 14 days of service to Canada. A short 13 hours later the sailors, soldiers, and aviators of NFS(A) and NTDC(A) took the watch. Campus Atlantic must haul together to navigate between the dangers ahead as sailors of the RCN's current and future fleet are trained to achieve operational excellence at sea.



Members of Campus Atlantic present an English Oak and a Red Maple to CFB Halifax on July 14, 2016.

MS RONNIE KINNIE, FIS HALIFAX

### Seeking Full/Part Time Retired MSE Drivers

- Familiarity with various size buses preferred.
- Retired 3 years or less, and you'll qualify for civilian license through Helmets to Hardhats program.

Contact **John Furzeland**  
Tel: (902) 866-0965 • Fax: (902) 866-0273  
Toll free: 1-877-260-5111

**MOLEGA TOURS**  
SERVING ATLANTIC CANADA

45 Beamish Road, East Uniacke, NS B0N 1Z0  
Email: [molegatours@eastlink.ca](mailto:molegatours@eastlink.ca)  
[www.molegatours.ca](http://www.molegatours.ca)

### Posted to Victoria?

**PLEASE EMAIL OR CALL ME NOW!!**

- 29<sup>TH</sup> YEAR RELOCATING DND FAMILIES.
- EXPERIENCED TEAM TO ASSIST YOU.
- EMAIL ME YOUR HOUSING REQUIREMENTS TO [peterb@vreb.bc.ca](mailto:peterb@vreb.bc.ca) FOR CURRENT EXAMPLES OF HOMES IN YOUR PRICE RANGE.
- OR CALL DIRECT 1-250-888-0200

**Peter Lindsay**  
Toll Free 1-800-663-2121  
[www.victoriarelocation.com](http://www.victoriarelocation.com)

**RE/MAX CAMOSUN • (250) 744-3301 • 24 hours**  
Serving the Needs of Military Families Since 1987

**ON THE MOVE**

Are you an active or retired Canadian Forces Member, Civilian DND or NPF employee, Veteran or RCMP?  
**Referral form online at [www.CANEX.ca/hhp](http://www.CANEX.ca/hhp)**

**HEAT YOUR HOME FOR LESS!**

Save up to \$0.08/L on home heating oil or propane\*

**230 BONUS AIR MILES®**  
Reward Miles for new accounts\*\*  
Plus earn AIR MILES® on all heating oil & equipment purchases!

\*Eligible customers can save up to 4 cents per litre off the regular delivered price of home heating products (oil or propane) and could also qualify for an additional rebate based on all home heating purchases. \$0.08 per litre is based on average home consumption of 3,000 litres per year. Propane available in select areas. Please contact your local branch for detailed coverage area. AIR MILES® Reward Miles are only available on home heating oil and equipment. \*\*New residential customers earn 200 bonus AIR MILES® Reward Miles after the first 1000 litres of home heating oil are purchased. Earn 15 additional AIR MILES® Reward Miles when you sign up for automatic heating oil delivery, and another 15 AIR MILES® Reward Miles when you sign up for budget billing. Some conditions apply. Trademarks of AIR MILES® International Trading B.V. Used under license by Loyalty One Inc. and Shell Canada Products.





# Firsts and lasts for 406 (M) OTS

By LCol Pete Saunders,  
CO 406 Sqn

At approximately 8: 30p.m. on August 9, 2016, 406 Maritime Operational Training Squadron (406 (M) OTS) observed and celebrated a significant moment in its history and that of the Maritime Helicopter Community when Aviator Dustin Snyder completed his final training flight and in so doing, joined the fleet as the final and most junior Airborne Electronic Sensor Operator. Similarly, on July 27, 2016, the 12 Wing Commander, Col Allan, was present to congratulate the members of AVN course 1503, the final technician course ever to be trained on the CH 124 Sea King. Though the graduation of new aviators is always cause for celebration, contributing as it does to our Wing’s mandate to provide Wings for the Fleet, these particular course completions were bittersweet as they also marked the last ab-initio students ever to be trained on the CH 124 Sea King.

Of course, such lasts are inevitable when faced with transition such as that with which 12 Wing is currently faced. There was that moment, however when the team of AES Op instructors finished congratulating Avr Snyder on his success that they found themselves looking about at one another with inquiring gazes and the question, “Is this it?” hanging in the air.

406 Squadron has been training pilots, ACSOs, AES Ops,



Avr Dustin “Rookie” Snyder is the last Ab-initio CH124 Aircrew to graduate from 406 (M) OTS.

12 WING IMAGING

AVN Technicians and AVS technicians to fly, fight and support the CH 124 Sea King since it was re-formed as VT 406 on July 12,1972. Throughout the intervening 44 years, the unit has graduated thousands of students and directly and materially established the foundation of the Maritime Helicopter Community of today. It should be noted, however, that VT 406 (later to become HT 406 and finally, 406 (M) OTS) was the recipient of a proud tradition of training from

its forebears, HU 21, VU 32, the Naval Air Maintenance School, the Operational Flight and Tactical Trainer and the Aircrew Division; all of which were amalgamated in terms of resources and function to form the Operational Training School in September 1971, which then became VT 406 in July 1972. Of interest, the unit members of the day were not initially enamored with the assignation of the 406 Squadron Number.

As recounted by the first unit

Senior Instructor, Col (ret’d) Ted Gibbons, “*We were somewhat dismayed when the unit was assigned 406 as the Squadron number. We thought a night fighter Squadron was a bit inappropriate for our mission and the motto “We kill by night” was unfortunate as the only fatal training accident ever experienced by Shearwater Training Squadrons was a VU-32 Tracker that crashed in the vicinity of Downsview Ontario at night killing 3 pilots.*”

Notwithstanding this initial trepidation, however, the unit soon grew to embrace the heritage as a Night Fighter, Intruder, Auxiliary, and finally Training Squadron and to this day draws strength and inspiration from the spirit of adaptability, ingenuity, and plain stubbornness that has permitted the women and men of the unit to succeed throughout the years regardless the mission and despite the obstacles, which brings the unit full circle to its next challenge, a series of firsts as we integrate with the contracted training team from Sikorsky to deliver training on the CH148 Cyclone.

In fact, at the time of this writing, 406 (M) OTS, in collaboration with the Sikorsky contracted training teams has three technical courses in house and on August 15, 2016 commenced the inaugural precursor training serial; a first for two dozen qualified MH aircrew in preparation for their commencement of Initial Cadre Training on the CH 148 Cyclone in September 2016. The transition for which we have waited and prepared for so long is well nigh upon us.

Saying goodbye to that which one knows is difficult. Launching into the unknown has its own unique challenges. From the maelstrom of uncertainty, however, we often elicit our most innovative ideas and approaches to the challenges before us. Certainly the coming years will be as challenging as any in our history and equally rich in opportunity.

## Community Needs Assessment goes online in September

By CFMWS

A key objective of the Canadian Forces Morale and Welfare Services is the active and meaningful participation of CAF members and families in the development, delivery and evaluation of programs and services.

Traditionally, separate Community Needs Assessments (CNA) have been conducted by

Base/Wing Unit PSP staff and MFRCs.

Beginning this year, PSP and Military Family Services (MFS) are consolidating their efforts with the implementation of a joint CNA. This new CNA tool is based on the validated survey designed by the RAND National Defense Research Institute. Unlike previous CNAs that placed existing programs at the center of the inquiry, the new

approach compares military families' most pressing challenges with their self-defined needs. The new CNA allows for the direct comparison between program and service usage and satisfaction with family perceptions of how their needs have been addressed. Director General Military Personnel Research and Analysis has authorized the administration of this CNA survey within DND/CAF in

accordance with DAOD 5062-0 and 5062-1. The Social Sciences Research Review Board coordination and authorization number is 1536/16N.

The CNA will be available online at [www.cfmws.com/CNA](http://www.cfmws.com/CNA). Responses will be collected from September 12-23, 2016. Responses will be analyzed nationally with detailed reports sent to the MFRC, PSP and the Base/ Wing Commander for review.

Results will then be used to determine local program offerings, MFRC Service Level Agreements, and the Non-Public Property Financial Attestation Letter.

This new CNA process will help us better identify the needs of military families and assess how current programs and services are affecting impact so we may appropriately implement program changes/enhancements.

## Évaluation des besoins de la communauté

Par SBMFC/PSP

Un objectif essentiel des Services de bien-être et moral des Forces canadiennes est la participation active et significative des membres des FAC et de leur famille à la conception, à la prestation et à l’évaluation de nos programmes et services.

Habituellement, le personnel des PSP et des CRFM dans les bases, escadres et unités effectue leur évaluation des besoins de la communauté (EBC) séparément. Débutant cette année, les PSP

et les Services aux familles des militaires (SFM) consolident leurs efforts à la mise en œuvre d'un EBC joint. Ce nouvel outil de l'EBC est fondé sur l'outil de sondage validé conçu par le RAND National Defense Research Institute. Contrairement aux EBC antérieures, qui mettaient en vedette les programmes existants, la nouvelle approche consiste à comparer les défis les plus pressants des familles des militaires aux besoins qu'ils ont eux-mêmes cernes. La nouvelle EBC permet ensuite de

faire une comparaison directe entre l’utilisation des programmes et services et la satisfaction des usagers en s'appuyant sur leur perception de la mesure dans laquelle nous avons répondu à leurs besoins.

Le Directeur général Recherche et analyse stratégiques (Personnel militaire) autorise la conduite de ce questionnaire au sein du Ministère de la Défense nationale (MON) ou des FAC conformément aux Directives et ordonnances administratives de la défense 5062-0 et 5062-1.

Numéro d'autorisation du Conseil d'examen de la recherche en sciences sociales (CERSS) : 1536/16N.

Vous trouverez l'EBC en ligne au [www.sbmfc.com/EBC](http://www.sbmfc.com/EBC). Nous recueillerons les réponses aux sondages du 12 au 23 septembre 2016. Les réponses seront analysées à l'échelle nationale avec des rapports détaillés envoyés au CRFM, PSP et aux commandants des bases et escadres pour être révisées. Les résultats seront ensuite utilisés pour déterminer

l'offre locale de programme, les accords sur les niveaux de services avec les CRFM et les lettres d'attestation de la gestion financière des Biens non publics.

Grâce au nouveau processus de l'EBC, nous pourrons mieux identifier les besoins des familles des militaires et d'évaluer l'impact des programmes et services actuels afin que nous puissions mettre en œuvre de manière appropriée des changements ou des améliorations aux programmes.

**Relocating? Investing? ...or Simply Moving?**

Is a real estate transaction in your future?  
...here are your professionals!

**Carole Pelletier**  
REALTOR®  
902.877.8765  
[cpelletier@exitmetro.ca](mailto:cpelletier@exitmetro.ca)  
[HalifaxHomeSearch.com](http://HalifaxHomeSearch.com)

**David Bathurst**  
REALTOR® Military Ret'd  
902.440.8070  
[david@davidbathurst.com](mailto:david@davidbathurst.com)  
[DavidBathurst.com](http://DavidBathurst.com)

Registered IRP Service Providers

**EXIT**  
EXIT REALTY METRO

**LAWYERS - AVOCATS**

*English/Français*

**Criminal Law  
Family Law  
Civil Litigation**

**(902) 492-7000**  
483-3080 (after hours)  
[www.singleton.ns.ca](http://www.singleton.ns.ca)

**TOM SINGLETON**  
1809 Barrington Street, Suite1100, Halifax, NS B3J 3K8

**Fees reduced 25% for  
CF members & DND personnel**



What’s the score with local sports in your community? Send write-ups, photos, and results to [editor@tridentnews.ca](mailto:editor@tridentnews.ca)

# PO2 Craig Blake Memorial Fitness Challenge is fast approaching

**By Ryan Melanson,**  
Trident Staff

Runners, bikers and swimmers of all skill levels from the DND community will once again head to MacDonald Beach in Shearwater on September 23 for the 6th Annual PO2 Craig Blake Memorial Fitness Challenge.

The triathlon-style event was renamed in 2011 to honour the late member of Fleet Diving Unit (Atlantic), who was killed by an improvised explosive device while serving in Afghanistan in May 2010. PO2 Blake himself was a triathlete, hockey coach, and passionate advocate for the importance of health, fitness and sports. The event was renamed in his honour as a way to celebrate the service and courage of the only RCN member to fall during the Afghanistan mission, while giving others an opportunity to share in something PO2 Blake loved, alongside his friends and family members who attend each year.

And the accessible format ensures that it’s not only the formation’s high-level athletes who can compete. The race combines a 300m lake swim, 6.5km mountain bike ride and 2km run, and the aspects can be broken up to be completed by a combined team of three, encouraging friends, colleagues and ship teams to sign up together. Because the race strays away from competition for the best finishing times in favour of camaraderie and good spirits, the competitive aspect comes from seeing which units can bring out the most participants. FDU(A) typically leads



CAF members, including Cpl Chris Ringius (right) cross the finish line in the PO2 Craig Blake Memorial Fitness Challenge, held at MacDonald Beach, 12 Wing Shearwater, on September 18.

CPL ANTHONY CHAND, FIS

the pack, coming out in strong numbers to honour and remember their friend.

Registration is limited for the event, so whether you’re racing for the sixth straight year or you’ve decided to push yourself with something new, it’s recommended to sign up as soon as possible. The Challenge is only open to members of the DND

community, meaning serving and retired military members, DND civilians and NPF employees, making for a close-knit and friendly day at the beach.

Registration for the 6th Annual PO2 Craig Blake Memorial Fitness Challenge is currently underway, at a cost of \$20 for individual entries or \$45 per team. Race t-shirts will

be handed out, as well as prizes for the top teams, and sponsors will be providing food and beverages following the race. The race gets underway at 10 a.m. on September 23. For more information, contact PSP Fitness and Sports Coordinator Kevin Miller at [Kevin.Miller3@forces.gc.ca](mailto:Kevin.Miller3@forces.gc.ca) or call 902-721-8411.

## Sports trivia

By Stephen Stone and Tom Thomson

- Questions**
1. Who is the first Canadian boxing world champion (any weight class)?
  2. Who was the first and only Canadian-born World Heavy-weight Boxing Champion?
  3. Who is considered the greatest boxer never to win a world championship?
  4. Who was The Fighting Fisherman?
  5. Who was the first Canadian inducted into the Baseball Hall of Fame?
  6. Which boat was the undefeated champion of the International Fisherman’s Trophy races run from 1921 to 1938?
  7. Who invented basketball?
  8. Who were the Edmonton Grads?
  9. Who was J. Percy Page?
  10. Which basketball team had the best record at the Olympics prior to the Second World War but never won a medal?
  11. Who was Kareem Abdul-Jabbar’s high school basketball coach?
  12. Who was the first person to swim across Lake Ontario?
  13. Which famous hockey announcer got his start as a baseball pitcher?
  14. Which hockey player started wearing jersey number 9 to celebrate the birth weight of his first child?
  15. Who was Canada’s greatest water ski competitor?
  16. Who were the first Aboriginal women inducted into Canada’s Sports Hall of Fame?
  17. Who is the annual Archery Canada award for female athlete of the year named after?
  18. Who won the bronze medal in the men’s 100 m race at the Tokyo Olympics in 1964?
  19. Who were Canada’s first international sporting champions?
  20. Who was Canada’s first individual international sporting champion?
- See SPORTS TRIVIA / **Page 10**

# Newest PSP Recreation Club brings Brazilian Jiu-Jitsu to 12 Wing Shearwater

**By Ryan Melanson,**  
Trident Staff

If you happen to visit the Fitness and Sports Centre at 12 Wing Shearwater and notice a group of men attacking each other with various chokeholds or submission moves, there’s no need for alarm.

The 12 Wing Brazilian Jiu-Jitsu club formed a little more than a year ago, and MCpl Scott Rose, an instructor with 406 Squadron, currently leads classes three days a week. With a recent move from the basement to the gym floor and new equipment to train on, it’s a great time for interested newcomers to give it a try.



MCpl Scott Rose of the 12 Wing Brazilian Jiu-Jitsu club demonstrates a wrist lock on a student during a recent class.

RYAN MELANSON/TRIDENT STAFF

The sport has ballooned in popularity over the last decade thanks to the success of the Ultimate Fighting Championship and the sport of mixed martial arts. Becoming proficient in Brazilian Jiu-Jitsu is crucial to success in the fighting world, but many have also decided to take up training for the fun of the physical and mental challenge.

But just like with other sports, you typically need to pay to play and develop skills, with access to other locally run Jiu-Jitsu clubs running at least \$120 a month, plus the cost of any required gear. MCpl Rose said this was a factor in deciding to starting things up; he began with some introductory lessons to friends at 12 Wing in his spare time, but worked to establish a club when more people began showing interest.

“It really just ballooned from there. We were here a year in April, and things have been going really well, it’s accessible to people,” MCpl Rose said, adding

the club’s regulars currently consist of those who have only dabbled a bit in the sport, along with a few members who are more experienced.

Mcpl Rose himself has been at it since 2006, when he was introduced to the sport thanks to his background in amateur wrestling. Since then, he’s collected a number of medals from Brazilian Jiu-Jitsu competitions, from both local and international events.

He enjoys his role as an instructor with the RCAF, and he said he’s found a lot of enjoyment in passing on his knowledge to others in the martial arts world as well. Classes are run in the typical martial arts style: an opening warm-up, a portion of the class spent on learning techniques, and a portion spent on practicing those techniques against a resisting opponent.

“If you don’t train that way, you’ll never be able to actually apply what you’ve learned in any sort of real situation,” MCpl Rose said.

There are a number of reasons people fall in love with the sport. From the camaraderie aspect of team training, to the challenge of individual competition, or even just for the intense exercise that comes along with training. Because of the nature of combat sports, many assume injury risk is higher, but MCpl Scott said injuries, in his experience, aren’t more common or likely to be more serious than in any other sport.

For those interested in giving Brazilian Jiu-Jitsu a try, the club currently meets on the gym floor at the Shearwater Fitness and Sports Centre from 4-6 p.m. on Monday, Wednesday and Friday. For further information, look up “12 Wing Brazilian Jiu Jitsu” on Facebook, or call the PSP Community Recreation Coordinator at 720-3463. Classes are currently free to attend.

“We’re definitely welcoming to new people, and we’d be happy to train people of any skill level,” MCpl Rose said.

2016-2017 Formation Halifax COTW/COTF		
Sport	COTW	COTF
BADMINTON	12-16 Sept	7-Feb
CRAIG BLAKE MEMORIAL FITNESS CHALLENGE	September 23, 2016	September 23, 2016
SOCCER	03-06 October	6-9 Sept
RUNNING	14 Oct (1300hrs)	Spring 2017
SQUASH	7-11 Nov	6-10 Feb
DODGEBALL	November 18, 2016	-
VOLLEYBALL	28 Nov - 2 Dec	17-21 Oct
CURLING	9-13 Jan	27-31 March
HOCKEY	27 Feb 3 March	20-24 March
FLOOR HOCKEY	20-24 March	23-27 Jan
BOWLING	Apr 3-6	5-9 Dec
BASKETBALL	18-21 April	14-17 November

## Fitness and sports updates

By Trident Staff

**Back due to high demand! The noon hour recreation floor hockey league begins on Tuesday, September 6 at STADPLEX Gym.**

Season will end in December and the winter season will start up end of January, 2017. The league takes place at STADPLEX on Tuesdays and Thursdays over noon hour. Players do not have to belong to the same unit, but can only play for one team (except for goalies). For example, you can get a team of your buddies together or create a super team. Statistics are kept throughout the season as well and our sent our shortly after each game. We will require a roster of players (Rank, First Name and Last Name) that are playing or anticipating on playing this year for each team. Prior to each game, the official with hand over the game sheet to the captain who will only have to write the jersey numbers beside the names and cross out the players who aren't attending that match. DND/NPF civvies can play but are required to purchase a Rec pass at the front desk of STADPLEX. We are also looking for volunteer officials to help officiate. In return we will toss some freebies your way along with being course loaded for our CBHA certification course held here in May.

**Come and try something new - Brazilian Jiu Jitsu.**

It is not only a great form of self defence, but also an excellent way to get in shape in a team-focussed environment. Check us out at the Shearwater Gym on Mondays, Wednesdays and Fridays from 4 – 6 p.m. All skill levels welcome.



Sports Trivia

continued from / Page 9

Answers

- 1. George Dixon (Halifax, N.S.) won the Bantamweight (118 lb.) Championship in 1888. Dixon was also the first black world champion in any weight class.
- 2. Tommy Burns (Hanover, Ont.) defeated Marvin Hart in Los Angeles in February 1906.
- 3. Sam Langford (Weymouth Falls, N.S.). Langford fought in all weight classes from light-weight to heavyweight. He was rated second on Ring Magazine’s list of the greatest punchers of all time.
- 4. Yvon Durelle (Baie-Ste-Anne, N.B.). Durelle fought from 1948 to 1964 from middle weight to heavyweight. His fight in Montreal against Archie Moore for the light-heavyweight title in December 1958 is regarded as one of the greatest ever.
- 5. Ferguson Jenkins (Chatham, Ont.). Jenkins, a pitcher, played the majority of his career for the Chicago Cubs and the Texas Rangers.
- 6. The Bluenose (Lunenburg, N.S.) — take a look on the back of the dime.
- 7. James Naismith (Almonte, Ont.) Naismith wrote the original 13 rules of basketball in 1891.
- 8. The Grads were a women’s basketball team made up of graduates of the basketball program at McDougall Commercial High School in Edmonton, Alta. They won their first national title in 1922 and the women’s first world title in 1924. The team compiled a record of 502 wins against 20 losses between 1915 and 1940, which is still the record for best winning percentage of all time for any North American sports team.
- 9. J. Percy Page was the only coach of the Edmonton Grads. He started coaching them as high school students and continued after they graduated.
- 10. The Edmonton Grads. They competed in every Olympic Games from 1924 to 1936, winning all 27 matches they played and outscoring their opponents 1863-297.
- 11. Jack Donohue, who was also Canada’s national basketball coach from 1972-1988. He led the team to four Olympic tournaments, winning fourth place in 1976 and 1984 and the gold medal at the 1983 summer University Games.
- 12. Marilyn Bell (Toronto, Ont.) accomplished the feat in 1954 at age 16. Bell managed the swim in just under 21 hours.
- 13. Danny Gallivan (Sydney, N.S.). Gallivan led a team from Sydney to the Maritime Intermediate Baseball Championship in 1937. He was invited to try out for the New York Giants in 1938, but an arm injury ended that. In 1952, he began a 32-year stint with *Hockey Night in Canada*.
- 14. Maurice “Rocket” Richard. The Montreal Canadiens icon was the first player to score 50 goals in a season.
- 15. George Athans Jr. (Kelowna, B.C.). Between 1965 and 1974 he broke 28 Canadian records, won ten consecutive national titles and two world titles.
- 16. Sharon and Shirley Firth (Aklavik, N.W.T.), members of the Gwich’in First Nation, both were cross country skiers who competed in the Winter Olympics from 1972 to 1984. They were inducted into Canada’s Sports Hall of Fame in 2015.
- 17. Dorothy (Wagar) Lidstone (Wetaskawin, Alta.). She won national championships in 1969, 1970, and 1971 and was world champion in 1969. She was unable to compete in the Olympics in 1972, the first to feature archery since 1920.
- 18. Harry Jerome (North Vancouver, B.C.). Jerome also came in fourth in the 200 m.
- 19. The Paris Crew, a quartet of Canadian rowers from Saint John, N.B. Robert Fulton, Samuel Hutton, George Prince, and Elijah Ross, along with reserve oarsman James Price, defeated the London Rowing Club to win the World Rowing Championship at the 1867 Paris International Exposition.
- 20. Edward “Ned” Hanlan (Toronto, Ont.). Hanlan won his first international sculling competition at the Philadelphia Centennial Exhibition in 1876.

MARLANT team goes to 100th International Nijmegen Marches

By MS Jessica Harper, Sea Training Atlantic

Prior to departing for Europe, Team MARLANT spent four months training three days a week at 6 a.m. for the upcoming deployment. We sang many songs, marched a total of 850 km, and wore out many boots during our training. The team deployed on Thursday, July 14 for what would be an amazing journey.

This year’s Nijmegen was particularly special; it was the 100th annual International Four Days Marches Nijmegen. With this year being the 100<sup>th</sup> Anniversary, the Canadian contingent had the honor to visit Beaumont-Hamel Memorial Park, in Amiens, France, which was established in memory of Newfoundlanders who fell in the First World War.

The following day we proceeded to Vimy, Pas-de-Calais, to visit the Canadian War Memorial, Vimy Ridge. Vimy Ridge is dedicated to the memory of Canadian Expeditionary Force members killed during the First World War. It also serves as the place of commemoration for First World War Canadian soldiers killed or presumed dead in France who have no known grave. We had the opportunity to visit the grounds prior to participating in a parade held by the entire Canadian contingent.

Wakey wakey on day one of the march was at 2:30 a.m. and we stepped off as a contingent at 4:30 a.m. Canada departed Camp Heumensoord with all members marching together until we reached the main road where each team started to make their own way through the day’s route. Day one was a 46 km route and 32-degree weather, we were grateful to the townspeople we passed along the way that had set up buckets of water and hoses to cool us down from the scorching heat.

On day two team MARLANT gave out more souvenirs, of Canadian pins, pencils and such, to the children waiting to see a Canadian team pass through their town. The atmosphere was electrifying.

Day three, at 30 km into the march we reached Groesbeek Cemetery, where 3200 Canadians are buried. We took off our packs and had a short rest before taking part in a parade in front of the cenotaph. A fellow Canadian marcher, Richard Powell, who was marching as a civilian, spoke to two American soldiers who were watching the Canadians on parade. He said the Americans saw the group of Canadians and were so impressed that they had



Team MARLANT was the first Canadian team to arrive at Charlemagne Field at the conclusion of the four-day marches.

SUBMITTED

just marched 30 km, carrying weight, to stand on parade for a length of time in the heat. We marched the last 10 km back to the camp where we soaked our feet in cold water and rested for the final day.

Stepping off on the final day was bittersweet; the team knew this would soon be the completion of our marches. We, the entire Canadian contingent, departed Camp Heumensoord just after 4 a.m. and were greeted by spectators that cheered us on. MARLANT completed day four

of the marches as the first Canadian team to arrive at Charlemagne Field, where all military participants gather prior to marching off for their final five km victory march to the Via Gladiola to the finish.

We celebrated the end of the four-day marches with a team dinner in Amsterdam.

Team MARLANT had a truly remarkable experience throughout the march with every member appreciating this exclusive opportunity to represent Canada.

SWIM | NAGE

300m swim • Natation 300m

BIKE | PÉDALE

6.5K mountain bike • vélo de montagne 6,5km

RUN | COURS

2k run • course à pied 2km

23 SEPTEMBER 2016 | START 1000 | DÉPART À 10 H

MACDONALD BEACH | À LA PLAGE MACDONALD

\$20 for individual and \$45 for Team | 20\$ pour une personne, 45\$ pour une équipe

Complete the fitness challenge as an individual or as a team of 3!

Register Today at [www.psphalifax.ca](http://www.psphalifax.ca)

Inscrivez-vous aujourd’hui au [www.psphalifax.ca](http://www.psphalifax.ca)

 /psphalifax

Open to military, DND, and NPF civilian employees only | Seuls les employés civils du MDN, des FNP, et les militaires peuvent y participer





# Making sense of sugar

By **Kathleen Bayliss-Byrne**, Dietitian and Co-Chair of the Nutritional Wellness Working Group for the MARLANT Health and Wellness Strategy

As the CAF Health Services dietitian for over 17 years, I have enjoyed facilitating healthy behaviours in the military population. Most military members want to be healthy and are eager to access Nutrition Services for assistance. Recently, there have been many questions about sugar, sugar substitutes, and health.

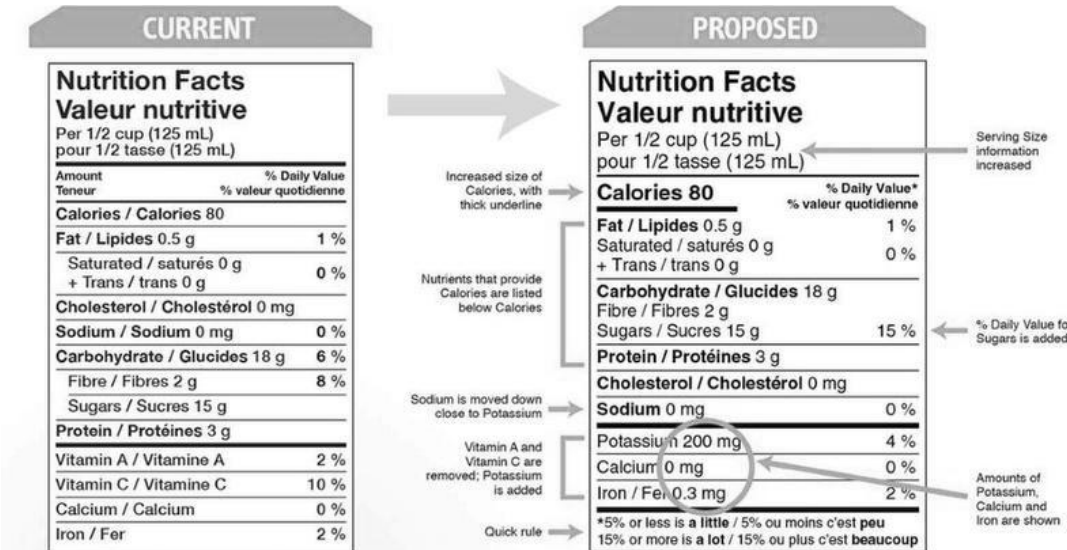
Sugar is sweet and humans enjoy this flavor immensely. From birth, a baby will respond with a pleasant smile when exposed to sugar water. It is no wonder we have a difficult time limiting sugar in our daily lives.

A recent report on Obesity in Canada (March, 2016) states that 62 per cent of the Canadian diet is comprised of highly processed foods. When you enter your typical grocery store and begin to look at the labels, you will soon find out that sugar is found in most packaged foods.

Most often it is the added sugar we should avoid as seen in sweetened beverages like pop, iced tea, chocolate milk, ice cappuccinos, energy drinks, sports drinks and condiments like ketchup, BBQ sauce, yogurts and granola bars.

The natural sugars like the lactose in milk or the fructose in fresh or dried fruits are considered healthy and are part of a balanced diet. Unsweetened fruit juice contains natural fruit sugars but in liquid form they quickly digest, raising blood sugars, which in turn raises your insulin levels. Insulin is a hormone that pushes energy into the cell and helps store excess energy as fat.

The IWK Children’s hospital recently removed sweetened beverages from their building and restricted unsweetened juice at request only and limited to mealtimes. They took a stand and committed to promoting healthy drinks by offering water flavoured with real foods such as berries, cucumber, lemon or herbs all free of charge. The IWK



Tap the Tap Program promotes the slogan, “Drink water between meals to stay healthy”. Check out a new APP on drinktap.ca

Pharmacist Graham MacKenzie owns Stones Pharmacy in Baddeck, Nova Scotia and he also took a stand. Graham removed all sweetened beverages from his store, including pop, energy drinks, sports drinks, juices, vitamin waters and chocolate milk. Wow! With all the extra space, Graham now uses the refrigerator for fresh organic foods.

The Canadian Diabetes Association (CDA) position paper on sugars indicates that drinking just one can of sugar sweetened pop each day increases your risk of developing diabetes by 20 per cent. Sugar has also been shown to increase triglycerides also known as blood fats.

In addition, sugar can cause dental cavities so make sure you rinse with water after eating any sugar in foods or beverages. Chronic daily consumption of sugar sweetened beverages such as pop, energy drinks and sport drinks also contain acids that can cause significant dental erosion and should be avoided.

The CDA recommends we limit our consumption to 60 grams of fructose per day from whole fruit. This is equivalent to four servings of fresh fruit evenly spaced throughout the day. Remember to eat your fruit, not drink it.

The Heart and Stroke Foundation released a position paper on sugar in August, 2014 and recommended we limit our intake to less than 10 per cent of our calories per day. This translates to 48 grams of added sugar based on a 2000-calorie diet. In addition it states that less than five percent would be ideal and that translates to 24 grams added sugars per day.

Most Canadians will eat approximately 110 grams sugar daily or 21 per cent of total energy based on 2000-calorie intake. The World Health Organization (WHO) also recommends that we reduce sugars globally to less than 10 per cent of calories.

Currently, our food labelling laws on products in Canada do not reveal percent daily value for sugars, it only declares the total sugar content. Health Canada’s proposed changes to the food label can be seen on the fact tables below.

Less than five per cent for sugars is ideal for most foods but less than 15 per cent is acceptable when foods contain nutrients such as milk, plain yogurt and unsweetened frozen fruit. The ingredient list will also change to present all sugar contents listed together by weight from most to least.

What about diet pop? Are the sugar substitutes safe? Even without the sugar, the phosphoric acids in pop and some other beverages still cause significant

dental erosion and may contribute to heartburn, kidney stones, and calcium loss in bone. Health Canada has approved sugar substitutes as safe if taken in amounts up to the Acceptable Daily Intake (ADI) standards for Aspartame, Acesulfame Potassium (Ace-K), Cyclamate, Saccharin, Sucralose and Stevia. To learn more about ADIs, look on the CDA website [www.dia-betes.ca](http://www.dia-betes.ca) and read the *Sugars and Sweeteners* document.

Although sugar substitutes are considered safe for daily consumption, researcher Suez, J., 2015 compared sugar-sweetened beverages to artificially sweetened beverages using aspartame, saccharin or sucralose in animal studies. Results show that all of the sugar substitutes studied (saccharin, sucralose and aspartame) produced an elevated blood sugar and elevated insulin level, contributing to glucose intolerance.

Furthermore, Kuk, J.L., 2016 found that aspartame intake was associated with a greater glucose intolerance in individuals with obesity compared to normal weight users. These sugar substitutes may not be beneficial in the prevention or management of weight gain, prediabetes, type 2 diabetes, metabolic syndrome, hypertension (high blood pressure) and coronary heart disease (CHD). More research is needed before we can draw definitive conclusions.

In the meantime, I recommend a reduction in refined sugars -especially high fructose corn syrup; limit sugar substitutes and begin to enjoy the natural flavors of real whole foods.

Fresh fruits and vegetables that contain natural carbohydrates also contain fibre, nutrients and other protective naturally occurring substances that fight disease and keep up healthy.

Flavour foods and beverages with other foods such as real lemon, lime, fresh fruit, garlic, onion, spices, cold pressed oils and vinegars. Whatever you are eating remember to slow down, let go of the fork and knife between bites, take a breath and notice the wonderful flavours of real food.

## My Favorite Overnight Oats Recipe (use a medium mason jar):

- 1/3 cup dry large flake oats
- 2/3 cup unsweetened almond milk
- ½-1 tsp of cinnamon
- 1 Tbsp. of ground flaxseed
- 1 Tbsp. of crushed walnuts

Stir this well then top with ½ cup mixed frozen berries and refrigerate overnight. In the morning it is portable to take to work or if eating at home, simply remove the metal lid and microwave for 90 seconds on high and breakfast is ready to eat. No added sugar but lots of flavour, fibre, nutrients, healthy fats and all four food groups from Canada’s Food Guide. Of course, adding a few drops of honey or maple syrup are optional for those who do like it just a little sweet but that will add a few grams of sugar too. This real food recipe will keep you energized all morning.

- Nutrition facts**
- 353 calories
  - 21g total fats (healthy unsaturated fats)
  - 34g carbohydrates (subtract 11g fibre and you have only 23 g of available carbs for energy)
  - 11g fibre (43 % Daily Value or DV from fibre)
  - 6g natural sugars from berries
  - 12g plant protein
  - 31 % DV calcium
  - 25 % DV for iron and for vitamin C

# de l’Eveille gives it a heck of a tri



By **Harold White**, Health Promotion Specialist

Recently I had the opportunity to speak with Jennifer de l’Eveille of NPF Human Resources about her journey into the world of triathlons. It was a pleasure to hear about her active lifestyle, goal setting, and the benefits of believing in herself.

## 1. What got you into triathlons?

About six years ago, I began commuting with my daughter, who was required to open the one of the base gyms at 6am. I used that time before my workday

started to work out. I had always wanted to do the *Craig Blake Memorial Fitness Challenge*, so as I started getting fitter, I made that my goal. In preparing, I asked if I could join the Navy Tridents (a triathlon training club) for their swim practice and I got hooked!

## 2. What are the benefits of being a member of the Tridents Triathlon Club?

I would say the great support from its members, the training structure and designed workouts.

## 3. Can you share your experience of your first triathlon with us?

I had butterflies in my stomach before the swim, wondering what the heck I was doing. But when I got the signal that I had one lap left to swim, it surprised me that it had gone so quickly. In the transition from swimming to

biking, the chain fell off my bike, but I easily put it back on and continued. The transition from biking to running was harder – the course was uphill and my legs felt like lead. But my mantra was, ‘I got this’. And a pleasant surprise was that there were children in the area with signs cheering us on. When I saw the finish line, I sprinted to the end. It felt great.

## 4. What would you suggest to someone thinking of making a lifestyle change?

Take small steps, don’t compare yourself to anyone else and celebrate the small victories.

## 5. How do you stay motivated over the long term?

My family’s support has been critical. And committing to my routine and remembering my goals, even when there are disruptions in my life, is also critical. For example, when my daugh-



ter was away on a school leave of absence, I still came to the gym early to work out, taking the bus to be there by 6:20. I recently injured my hand and wrist in a fall and had a cast for awhile, which has been challenging. So I’ve modified my routine, but I still made my training happen, keeping my goals in mind.

## 6. Are there any significant changes you have noticed as a

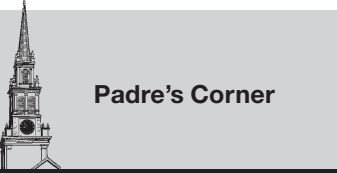
## result of your healthier lifestyle?

My clothes fit better.

## 7. Do you have plans for more triathlons or other similar events?

I participated in the MEC (Mountain Equipment Co-op) Century Ride (cycling) on 17 July. I had registered for the 50 km ride, but when I got to the 25 km mark to turn around, I felt great and was riding with a great group, so I continued on to complete 100 km. I completed a sprint triathlon (750m open water swim, 20 km bike ride, 5 km run) in Harvey NB on 14 August in the rain and finished 16<sup>th</sup> out of 35, and I am registered for a sprint triathlon in Porters Lake on 28 August. In addition, I plan on competing in the Craig Blake Memorial Fitness Challenge in September.

# Gifts of summer



By **Capt Wendy Kean**, Interim Senior Fleet Chaplain

What do you like best about summer?

What was the best part of your summer this year?

Some years, summer is a slow and leisurely season, like a long walk on the beach or down a path in the park - a slow, measured crossing of the landscape while

you look around, enjoy the warmth on your face, and dream a little, too.

Other times, summer is a season of non-stop activity, of travel and visits and events with friends and family - of late nights and early mornings as you fill up on the sights and sounds and flavours of new places and experiences.

Then there are the summers that don’t feel very different from the rest of the year, except that the weather is warmer. Perhaps you spread your leave out so that you take a lot of long weekends

rather than use it up in one intense block. Maybe nothing special happened.

When I was a child, summer stretched out like an endless banquet table, covered in fruit. Strawberries, then peaches, gooseberries, raspberries, and finally blueberries in August, the best of them all. We all picked the berries, my grandmother made shortcakes and pies and my parents made jam. Summer was a procession of deliciousness.

Adults have a tendency to look back on childhood summers and idealize them, and I’m no differ-

ent. Of course, not every summer was a parade of sunshine and delight. In fact, some of them were kind of tough. But when I reflect on Summer (with a capital S) I think what I am really remembering is the gifts of those summers.

I’ve been an adult now for a long time, and the gifts of summer still abound. We still make jam and bake pies in my family. We still get out of the city on weekends. And every summer manages to offer up at least one moment where the universe seems to stand still and I get a

glimpse into the heart of God.

I found this summer’s gift in a most unexpected place - at a departure gate in the airport in Keflavik, Iceland. It is a poem by Petur Gunnarsson, entitled “one,” and I share it with you:

on earth’s part  
all days start beautifully  
patiently it revolves and revolves  
with its trees  
and oceans and lakes  
deserts and volcanoes  
and the two of us and the rest of you  
and all the animals.





# NISSAN REDLINE CLEAROUT



Innovation  
that excites

## 2016 SENTRA®

2016 SENTRA IS AWARDED WITH



When equipped  
with Forward  
Emergency Braking



**\$550 DND  
DISCOUNT\***

## LEASE

FROM **\$39**<sup>\*</sup> WEEKLY  
FOR 60 MONTHS

WITH **\$0** DOWN



1.8 SR  
model shown

## 2016 ROGUE®

2016 ROGUE IS AWARDED WITH



When equipped  
with Forward  
Emergency Braking



**\$800 DND  
DISCOUNT\***

LEASE  
FROM **\$59**<sup>\*</sup> WEEKLY  
FOR 60 MONTHS  
WITH **\$0** DOWN



SL AWD Premium  
model shown

\*See dealership for more on finance details.



**O'REGAN'S**  
DRIVING HIGHER STANDARDS®

NISSAN  
HALIFAX  
DARTMOUTH

HALIFAX - 3461 KEMPT ROAD • 902-453-2020  
DARTMOUTH - 60 BAKER DRIVE, UNIT C • 902-469-8484  
OREGANSNISSANDARTMOUTH.COM | OREGANSNISSANHALIFAX.COM