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TRIDENT

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

# HMCS Charlottetown visits Egypt

By Lt(N) Bill King,  
HMCS Charlottetown PAO

It was still pleasantly cool when we picked up the pilot in the harbour of approaches of Alexandria, Egypt at 6:30 a.m. At last count, we had already passed 34 ships at anchor, waiting to enter the harbour. The city of Alexandria stretches 32 km along the Mediterranean coast at the western edge of the 240 km wide Nile delta. The word delta originates from the Greek letter delta, which looks like the triangular area at the mouth of the Nile.

During the three-mile transit from the harbour entrance to the cruise ship terminal, we passed neighbourhoods of high-density apartments separated by commercial port facilities in an interesting mix of old and new. Oil refineries were flaring off waste gas in producing fuels for export, while sea container and bulk cargo handlers conducted a brisk business at the 55 slips.

There aren't enough dock facilities, so many vessels anchored within the harbour on-and off-load onto lighters in this busy port that handles almost three-quarters of Egypt's cargo.



HMCS Charlottetown sailors LS Mitchel Holden (left) and PO2 Nathan Kuffner (right) on Creampuff, ride camels around the pyramids.

CREDIT NEEDED

Daylong bus tours laid on by the ship provided the means for crewmembers to visit the Giza Pyramid complex and the Egyptian

Museum, over two hours away in Cairo. Highlights of the day were viewing King Tutankhamun's 3,300-year-old

funeral mask, and a horse or camel ride around the pyramids. Virtually everyone took advantage of this opportunity with the

exception of those few onboard who had visited Egypt before.

The most recent visit by an HMC Ship was *Fredericton* in 2010. Many of the tour operators and guides fondly remember that visit, as there have been few cruise ships since the revolution in 2011. A passenger ship last docked at the cruise ship terminal some two years ago.

Our Egyptian hosts could not have done more for us during this port visit - repeatedly asking our assurance that everything was all right and that we were enjoying our visit. It was more than all right. All onboard took away memories of this somewhat exotic country and culture, rather different from Canada.

"I can assure you that the visit was important for NATO as it helped nurture a relationship with a strategically important country, and was important for the Canadian Armed Forces and our national statements of support to peace and security in the region," wrote RAdm John Newton, Maritime Component Commander (National). "Please, extend a hearty Bravo Zulu to your ship's company for a job well done."

## FDU(A) receives Admiral's Cup for recent successes, Arctic dives

By Ryan Melanson,  
Trident Staff

A year that contained hard work in tough conditions, numerous successful deployments, and an historic dive to a lost shipwreck was celebrated on September 2, when Fleet Diving Unit (Atlantic) was presented the Admiral's Cup by RAdm John Newton, Commander MARLANT and JTEA.

The award, represented physically by a silver bowl on an oak base, was established by VAdm Glenn Davidson in 2004. It serves as a way to promote camaraderie among units and friendly competition throughout the fleet and shore units of CFB

Halifax. Criteria include having the best efficiency, morale and leadership in a number of different areas, and the winning unit gets to proudly display the trophy until the next time it's awarded. A committee of chiefs from across the formation provide the votes that decide the winner.

A factor in FDU(A) being chosen was the participation in the search for Sir John Franklin's lost ships, HM Ships *Erebus* and *Terror*, and the eventual dives to the wreck of *Erebus* in the spring of 2015, following its discovery the year prior. RAdm Newton praised the divers for working in one of the most inhospitable areas of the Arctic, with temper-

atures of -35 and -40 celsius, alongside partners Parks Canada and the Canadian Hydrographic Service.

Beyond just the publicity surrounding the famous ships, the Op QIMMIQ and Op NANOOK missions of 2015 helped advance the reputation and capability of the RCN in the Arctic as it prepares to begin receiving the Harry Dewolf class ships.

"It demonstrates to me that kind of sovereignty, that we can go out and lead major contingency events in the north. With this one, there happens to be the wreck at the bottom, but you're demonstrating our ability that

See ADMIRAL'S CUP / Page 4



RAdm John Newtown, Commander MARLANT and JTEA, visits FDU (A) on September 2 to present the unit with the Admiral's Cup for its accomplishments in 2015 and 2016.

CPL J.W.S. HOUCK/FIS HALIFAX

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# LS Shane Walsh receives RMS Clerk Occupational Coin

On August 31, 2016, LS Shane Walsh received the RMS Clerk Occupational Coin from CPO1 FitzPatrick, the RMS Clerk MOS Advisor. The coin was presented to recognize his outstanding contribution to the RCN, and to the RMS occupation. LS Walsh is employed at Transfer Point, located in CCFL HQ.

SUBMITTED



# Base Logistics helps Ward 5 Community Centre with its Block Party

The Ward Five Community Center, located on Russell St, held its annual Block Party August 18. Bouncy castles, kiddie games, a fire truck, a police horse and other fun events were part of the sunny afternoon. Six members of Base Logistics were there to serve hot dogs, beverages and cake. From left: Cpl Arielle Jones, OS Ella York, Cpl Tammie Bell, Cpl Alex Parsons, Cpl Scott Milner and LS Johnathan Hynes. Base Logistics is designated to provide support to the Ward Five Centre and the BLogO is part of the Board of Directors. Other events Base Logistics supports are a Thanksgiving Dinner, Christmas Dinner, and Easter Dinner. Often, a musical combo from Stadacona Band will perform at the dinners. Senior staff from the Base will assist and help serve meals at these events. Ward Five supports the community with programs for children, youth and seniors. It also operates a food bank and has a meal delivery program.

MIKE BONIN, BPAA

# Trident survey results

By Alex Calder and Virginia Beaton

The Trident readership survey was conducted between August 22-26, 2016, on the MARLANT (Intranet) Splash Page. There were 437 respondents, comprising CAF members, and DND and NPF personnel and the survey was limited to one reply per respondent. All respondents were entered into a draw for a \$25 Tim Hortons gift card, and the prizewinner was Kelly Ingraham of Base Administration. Here are the accumulated results. The numbers appearing in brackets next to each response variable are the total number of times a respondent selected an answer. Each number is X/437. The overall percentage also accompanies the total number of responses. Bold marks the most popular response for each question. Most of the comments were positive, and many people like the current coverage as is and have no suggestions on improvement. The respondents indicated appreciation for the diversity of subjects included in Trident, such as Fleet operations, mental health, MFRC, and sports. Some respondents suggested more coverage of the junior ranks, of civilian issues, dress and pay changes, parking availability, retirement lists, deployments, west coast news, future events that people can plan to attend, 5 Cdn Div, 12 Wing, and Cape Scott. Other requests were for sailor profiles, Sudoku puzzles, deployments, themed crosswords related to the military, and lists of businesses that offer savings or discounts to military personnel. We're looking at ways to integrate the suggestions you made, and we appreciate everyone who took the time to complete the survey.

- 1. How old are you?
  - A) 18-30: (80) 18.3%
  - B) 31-40: (106) 24.3%
  - C) **41-50: (127) 29.1%**
  - D) 51-60: (110) 25.2%
  - E) 61+: (14) 3.2%
- 2. What is your role within the organization?
  - A) **CAF Member: (281) 64.3%**
  - B) DND Civilian: (149) 34.1%
  - C) NPF Personnel: (7) 1.6%
- 3. Have you ever submitted images or stories to the Trident?
  - A) Yes: (73) 16.7%
  - B) **No: (364) 83.3%**
- 4. Where do you pick up your copy of the Trident?
  - A) **At Work: (353) 80.8%**
  - B) Home Delivery: (27) 6.2%
  - C) Off Base: (5) 1.1%
  - D) Online: (24) 5.5%
  - E) I don't read it: (28) 6.4%
- 5. Why do you read the Trident?
  - A) For pleasure: (168) 38.4%
  - B) **To stay informed about my work environment: (228) 52.2%**
  - C) Other (please specify): (41) 9.4%
- 6. Would you be more likely to read the Trident on a regular basis if there was an app?
  - A) Yes: (201) 46%
  - B) No: (236) 54%
- 7. Do you follow the Trident on social media?
  - A) Yes: (29) 6.6%
  - B) **No: (408) 93.4%**
- 8. Do you feel that there should be more or less content from the Fleet and from naval exercises and operations?
  - A) More: (181) 41.4%
  - B) **Less: (252) 57.7%**
  - C) The current coverage is enough: (4) 0.9%
- 9. Would you like to see more or less sports coverage in the paper?
  - A) More: (91) 20.8%
  - B) **Less: (341) 78%**

- C) The current coverage is enough: (5) 1.1%
- 10. Do you think there should be more or less coverage of events?
  - A) **More: (254) 58.1%**
  - B) Less: (178) 40.7%
  - C) The current coverage is enough: (5) 1.1%
- 11. Do you think there should be more or less focus on games, (crosswords, etc.)?
  - A) More: (134) 30.7%
  - B) **Less: (300) 68.6%**
  - C) The current coverage is enough: (3) 0.7%
- 12. Do you think there should be a classified section?
  - A) **Yes: (278) 63.6%**
  - B) No: (159) 36.4%
- 13. Would you like it if a contest section were added?
  - A) **Yes: (322) 73.7%**
  - B) No: (115) 26.3%

## 2016 NDWCC kick-off

By Mike Bonin,

The 2016 National Defence Workplace Charitable Campaign, (NDWCC) will have its official kick-off at A Block Galley on Thursday, September 22 starting at noon. Along with lots of great food, games, prizes and entertainment, there will representatives from

many of the local registered charities that NDWCC and the United Way of Halifax support. This is a chance for you to ask questions about their organizations and why it is important that they need your backing. Come to the kick-off on September 22, buy a burger, sink your boss in the dunk tank and have some fun.

## 2016 CCMTD lancement le 22 septembre

Par Mike Bonin, OAP de la BFC Halifax

La Campagne de charité en milieu de travail de la Défense nationale de 2016 sera officiellement lancée le jeudi 22 septembre à midi à la cuisine du pavillon Atlantique. À cette occasion, il y aura des délices, des jeux, des prix et des divertissements. Des représentants de nombreux organismes

locaux enregistrés, que la Campagne et Centraide de la région de Halifax soutiennent, y seront également présents. Vous aurez la chance de leur poser des questions et de comprendre pourquoi ils ont besoin de votre soutien. Venez participer au lancement de la Campagne le 22 septembre. Profitez-en pour vous régaler d'un hamburger, faire tomber votre patron dans une cuve d'eau et vous amuser.

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# Maritime exercise CUTLASS FURY 2016 underway off coast of Halifax

By Ryan Melanson,  
Trident Staff

The largest ASW exercise held on Canada’s East Coast in more than 20 years is currently underway in this region, with five countries, 11 warships, three submarines, 26 aircraft and more than 3,000 personnel taking part in Cutlass Fury 2016.

The multinational exercise, involving the RCN and RCAF as well as the navies and air components of the United Kingdom, the United States, Spain and France, kicked off on September 8 with an alongside period involving sporting events and a sail-past in Halifax Harbour. Following that, the participants sailed on September 12 for a series of high-level maritime exercises in the Bedford Basin and Halifax Harbour approaches, as well as off the seaward approaches of St. John’s, Newfoundland.

The primary focus of the at-sea phase of Cutlass Fury 2016 will be on ASW, explained LCdr Paul Morrison, Combat Officer for CANFLTANT.

“It’s a priority for training among the NATO nations, and for the RCN it’s an area where we’re looking to enhance our capability, so we’re really leveraging the available assets for this exercise, to go out and conduct



The French Navy ship Languedoc arrives in HMC Dockyard on September 8 to take part in CUTLASS FURY 16.

that live training,” he said, adding that task group exercises at sea will also involve live gunnery, maritime interdiction operations, and anti-air warfare. A Royal Air Force Merlin HC3A helicopter, as well as a US Air Force P-8A Poseidon and MH-60 Seahawk, are also participating in the exercise along with the RCAF component.

In an increasingly unstable world, NATO allies need to be

ready to respond to all situations, from high-spectrum combat operations to peacekeeping or peace enforcement, said Cmdre Craig Baines, Commander CANFLTANT and Commander Joint Task Group 103, which has been stood up for Cutlass Fury 2016. Having the multinational task groups working together in a tactical environment provides an opportunity for realistic training, in the context of a simulated

geopolitical scenario.

“This helps us ensure that if things happen in the future, where we have to come together and fight together, that we’re prepared for that circumstance,” he said.

“An exercise like Cutlass Fury allows us to test the higher end of that combat capability, which is obviously the most difficult to do. You can really only get a sense of how well you’re doing or

how ready you are when you can work in a real environment.”

Exercises will also include enhanced naval boarding party operations, submariner continuous training, interoperability, replenishment-at-sea and mine countermeasure training.

The full list of RCN and RCAF assets participating include HMC ships *Fredericton*, *Montreal*, *Athabaskan*, *Goose Bay*, and *Summerside*, HMC Submarine *Windsor*, the CH-124 Sea King, CH-148 Cyclone, CC-130 Hercules, CP-140 Aurora and CF-18 Hornet.

Cutlass Fury is the first in a series of Canadian-led multinational exercise planned for the near future, aimed at improving capability and cooperation when working with allies. It will conclude on September 26. Afterwards, participants will compile the lessons learned and work to apply them in the future.

Training and simulation are a large part of life in the RCN, and sailors do admirable work in building our Navy’s capability, but that training now has an opportunity to be put to the test at home, Cmdre Baines said.

“This particularly exercise will exponentially increase the value of that training. Now we’ll be using real ships, submarines and aircraft in a real challenging environment.”

## Coastal MSOCs use technology and collaboration to improve maritime picture

By Ryan Melanson,  
Trident Staff

The evolution of the DND-led Marine Security Operations Centres, one of which is located in Halifax, has resulted in the RCN and other government agencies having a clearer picture of what’s happening in our waters at all times, says the Commander of Maritime Forces Atlantic and Joint Task Force Atlantic.

While the day-to-day work at the centre may involve more monitoring of civilian activity and assisting the government partners who have personnel on site, there is a clear warfare advantage with the cutting edge technology being used and data sharing taking place, says RAdm John Newton

“it gives us the best chance to know where our adversaries are.”

The strategic location of MSOC East, with the watch floor located in D201 just steps away from the RJOC and very close to the JRCC, has also proved beneficial, RAdm Newton said. For SAR specifically, and when timing becomes critical in low light or bad weather, the added information means personnel can do less searching, and more rescuing.

“It really does help in terms of SAR; it allows us to go straight to the source. We don’t want there to be any confusion when we get the call.”

The concept of the MSOC came about following the terrorist attack on the United States on September 11, 2001. The federal government saw a need for greater coordination between depart-

ments, including DND, Canadian Coast Guard, RCMP, CBSA and Transport Canada, with an aspect of that involving marine safety.

The goal of the project has been to allow for collaboration and real-time sharing of marine data and intelligence among the different departments, resulting in a clearer picture than each would be able to generate on their own. Pieces of the end product, when appropriate, are also shared with other national and international agencies and military allies.

The last decade has been spent establishing and improving the capability of each coastal centre, with the other located in Esquimalt. They work by monitoring activity (in the North Atlantic and Eastern Arctic for MSOC East) while collecting the most relevant data and intelligence, using the expertise of each partner agency. The data sharing helps to generate a comprehensive picture of the marine environment and the massive amount of shipping, fishing and other activity taking place.

This whole-of-government approach is a success story that DND and the other partners are eager to communicate to stakeholder groups and the public, with a recent example being a briefing and tour of the MSOC/JRCC watch floors for members of Nova Scotia’s Royal United Services Institute and researchers from Dalhousie University’s Centre for Foreign Policy Studies.

The centres have also had milestones to celebrate recently. After the delivery of Capability

Release #6 in early 2015, which included further software and hardware upgrades, the project reached Full Operational Capability. This was made official in December of 2015, when each of the core MSOC partners signed the MSOC Full Operational Capability Certificate. In January of this year, that certificate was endorsed at the DND Project Senior Review Board and signed by VAdm Mark Norman, then Commander RCN. This means the operational and technical authority over the MSOC project

has been transferred to the RCN, under the Directorate of Naval Operations and Plans.

This doesn’t mean, however, that the quality of the maritime picture or the capability of the centre won’t continue to improve in areas where current information has gaps. One example is the resource-heavy process of data fusion, explained Lt(N) Joe Collins, an intelligence analyst at MSOC East. Because of the amount of information being gathered from numerous sources, a lot of work goes into cutting

out the “noise” of the ocean to focus on the important information.

“There’s upwards of a million target tracks per day coming into the system, that all needs to be distilled,” Lt(N) Collins said. Software improvements coming to the watch floor will help to more easily detect anomalous behaviour at sea, like deviations from planned routes or if a ship suddenly comes to a halt.

See MSOCS / Page 4

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# Fall Home Improvement



Your roof is one of those areas where a little problem can quickly escalate into a very serious one.

Alexandra Kelter

## It's still summer but . . . Consider projects that should be completed before the snow flies

ALEXANDRA KELTER  
CONTRIBUTING WRITER

Right now, we're in that sweet spot of summer where your home requires minimal work.

The days are warm, the sun sets late, and apart from regular standard maintenance, you're hopefully not having to do much upkeep with your property at the moment.

While we're still looking at many weeks of the warmer sunshine-filled days, fall and winter are ahead and I like to know the projects on my horizon so that I can start planning for them, make sure that I have the required funds and supplies ready, and even tackle some now ahead of time.

Winter is hard on your house. The drastic changes in temperature, the freezing and re-freezing, the moisture, snow, strong winds — all these elements will quickly make known any issues, usually in very expensive ways which are made harder to fix due to the weather.

The best way to avoid any unexpected and costly winter damages

is to address potential problems now and in the fall. By prepping your property, inspecting it for possible weaknesses, and addressing anything requiring repairs or TLC, you'll minimize the costs and prevent issues from escalating.

**A solid foundation**

Most foundations are largely comprised of poured concrete. While a hearty material, moisture that freezes then thaws can wreak havoc with it, and the thing about a foundation is that once a problem sets in, it quickly grows. The best way to protect your foundation is to find and resolve any issues before they become too serious.

You should do a walk-around your home's entire foundation outside, as well as examining your basement walls inside.

Bulges and curves in your foundation's inner or outer walls are signs of a potential problem, and you want to be keenly aware of any cracks.

While some small ones can be normal (under ¼ inch wide), you want to make sure you've seen them and keep an eye on their size. If they are growing or go

from the outer wall inwards, you'll want a professional to come investigate. In preparation for winter, fill the minor cracks with mortar or expanding foam filler.

Throughout the year, but particularly in the fall, kill any weeds and vegetation growing against the foundation, as the root systems can become invasive and cause damage. Rake away any leaves and other debris from the foundation to prevent rot or mould from occurring.

**Peeling paint**

Apart from being an eyesore, when paint is peeling off of your siding, shutters, doors, porch, etc., this also means the material underneath is exposed to the elements.

The winter weather is going to quickly take advantage of this, particularly if the material being exposed is wood. While repainting any and all of these parts of your home can be a pain, it seals them, which will significantly extend their lifespan. Replacing them will be way more costly (both time wise and financially),

so tackle this one section at a time and you'll be set in no time.

**What's up**

Your roof is one of those areas where a little problem can quickly escalate into a very serious one. It's always a good idea to do a roof inspection every spring once the snow clears, and every autumn once the leaves have fallen but before the first snowfall. If you're not comfortable doing it yourself, it's worthwhile to hire a professional.

A bi-annual inspection will help you catch any potential issues in their early stages.

Check out your shingles first. Look for loose or missing ones, which will need to be repaired or replaced. If you notice the shingles splitting, curling, or splintering, these are probably signs that your roof needs to be replaced — something you'll definitely want to do before winter. Replace any shingles where you can see a lot of granules coming loose as these are key to protecting your shingle. If this issue is widespread, that could be another telltale sign that

your roof is nearing the end of its service.

Examine the seals around your chimney, vents and skylights, and check the structures themselves for signs of damage. Weak points in any of these, including the sealing, can easily lead to major leaks and structural damage to the roof itself.

The flashing is another area that can be resealed if necessary, but remember to then also check your attic for signs of water damage as roofs can rot from the inside-out.

Before your roof inspection, it's a good idea to review your warranty.

Most of them are voided if repairs aren't handled a specific way, so you'll want to know what's covered before you do any work or hire someone.

While there are other items that should be on your winter prep checklist, these are a solid starting-off point. Remember — a little work and expense now will save you heaps of both in the future. Now, back to the summer sunshine!



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# Fall Home Improvement

## Issues with a chimney should be repaired ASAP

ALEXANDRA KELTER  
CONTRIBUTING WRITER

Can you feel it? It's almost that time of year, when the air takes on a slight crispness, when the sun sets a little earlier and a little more golden — we're almost on the cusp of autumn.

The first real sign of the season is when at last the day is right for setting up the fireplace and enjoying a cosy blaze.

In order to really enjoy your fireplace, it's important to take proper care of your chimney. Apart from the financial implications, there's a major safety factor involved with proper chimney upkeep.

While they add a pleasing esthetic value to the exterior of your home, they actually carry a very important role: chimneys are responsible for removing the toxic and dangerous flue gases (smoke) from your fireplace or woodstove, preventing them from going into your house where they could potentially cause injury and even death.

When a chimney is not properly maintained, its ability to remove smoke becomes hindered and even prevented.

With nowhere to go, the smoke will then come into your living space.

Smoke inhalation is responsible for up to 80 per cent of fire-related deaths, so this is definitely a danger you want to take precautions against.

There is also the risk of chimney fires.

Smoke generates a combustible residue called creosote which builds up in your chimney. By having your chimney professionally cleaned on a proper schedule, there is never enough build-up to pose a hazard.

But not taking this important step allows the deposits to get to

the point where they can catch fire due to the hot temperatures coming from your fireplace.

Certain factors cause creosote to build up faster, including unseasoned wood, an unclean chimney (this causes the smoke to stay longer in the chimney, and the longer it lingers, the more creosote it generates), and not enough oxygen from below to push the oxygen upwards (this can be caused by not opening the damper wide enough or by closing air inlets on a stove too soon).

In order to stay safe, you should plan to have your chimney inspected and cleaned by a professional once a year (unless there are signs of an issue, in which case you should arrange for one to come ASAP).

For professional cleaning, you may need to do this more than once every 12 months, depending on how you use it (frequency, what you burn, etc.).

To check if it's time for a cleaning, you'll need your fire poker, a powerful flashlight, a basic disposable dust mask, and eye protection.

First, ensure that there's no downdraft in your chimney.

If there is one, you need to wait until it's passed before you conduct your check.

You can expedite this by opening a door or window near the chimney — this encourages the air flow to reverse.

Once you are able to check, don your safety equipment and with your flashlight facing at the area you're working on, scratch your poker along the black surface above the damper (smoke chamber).

If the layer of creosote is more than 1/8 inch thick, it's time for a cleaning.

If it's more than 1/4 inch thick, you cannot safely use your fire-



In order to really enjoy your fireplace, it's important to take proper care of your chimney.

123RF

place until a professional has worked on it.

While you can and should clean out old wood and kindling from your fire grate, the major cleaning and work should be left to a qualified professional.

Despite what you see in movies, a pro should be doing more than just sweeping a chimney with a brush.

For chimneys, you want an expert with experience.

Someone with proper qualifica-

tions will know to check for signs of deterioration, venting issues, fire hazards and other potential issues. They're familiar with building codes and they can advise on the overall health of your chimney.

In Canada, we have something called W.E.T.T. Certification, and your chimney sweep should have it.

Issues with a chimney should be repaired as early as possible or they can quickly escalate, as can the cost.

A good chimney sweep is looking for any signs of corrosion, damage, defects and structural issues, checking the flue, cap, inner lining, exterior and interior of the chimney, and damper. He or she will then repair any loose or crumbling bricks or mortar, cracks in the chimney and similar issues.

The flashing, which is installed where the exterior of your chimney connects with the roof, will also be checked and potentially replaced.

Nova Scotia is particularly hard on chimneys, especially on the exterior portion. Our weather is notorious for flash freezes followed by thaws and refreezing. For chimneys, this is a recipe for damage and causes problems like cracks or weakening mortar to quickly worsen.

Compounded with our sometimes-ferocious winds and humid summers, it becomes more important than ever to take proper care of your chimney.

A fireplace or wood stove provide an excellent supplementary heat source, and can significantly lower your heating bill. Keeping your chimney properly maintained means you can simply enjoy your nice blaze, keeping cosy by it and making memories of home.

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# After winning national award, local cadet pays tribute to fallen ancestor

By Ryan Melanson,  
Trident Staff

One local high school student and Air Cadet recently had the chance to connect with her family's First World War history, while also exploring key sites and monuments through Western Europe and bonding with some of the nation's brightest young historians.

Fifteen-year-old Merren Russell of Hammonds Plains spent two weeks in Europe, from August 7-21, as a winner of the Beaverbrook Vimy Prize. The prize is awarded each year by the Montreal-based Vimy Foundation to a group of Canadian and international students, and includes daily educational trips and classroom components, while putting a focus on the Battle of Vimy Ridge and the Canadian National Vimy Memorial site in France.

Russell, who was tipped off about the prestigious program by her Commanding Officer at 250 Vimy Air Cadet Squadron, is no stranger to going above and beyond what's expected of a tenth grade student. She's earned the Bronze Duke of Edinburgh Award, has excelled in math and writing contests, and already speaks three languages, working on a fourth with Russian lessons. But learning she had been chosen for the award, coming ahead of hun-

dreds of other hopefuls after a heavy application process, still came as wonderfully shocking news.

"I almost dropped the phone; I was so excited," she said, describing the moment she found out she would be joining the group of 15 others to travel to England, France and Belgium.

Russell has long been interested in global politics and conflicts, and believes that proper study of some of the grimmest moments of our past is key to making informed decisions in the future, but there's also a family connection that drives her interest in war history. Her great-great uncle, Harold Albert Russell, of the 1st Brigade, Canadian Field Artillery, died in August of 1917 during the Battle of Hill 70. She was even able to visit her relative's grave at Noeux-les-Mines cemetery, being the first from her family to do so, exactly 99 years to the day of his death. She did a short speech and tribute to his life for her group, made a gravestone rubbing to bring back to Nova Scotia, and left a sea shell from home at the site.

"The rubbing was so that we could bring a piece of him back home, but I thought he could also have a piece of home over there with him...That was the moment that stood out the most for me out of the whole experi-



Merren Russell, 15, is an Air Cadet who recently travelled to the Canadian National Vimy Memorial and other historic sites as a winner of the Beaverbrook Vimy Prize.

SUBMITTED

ence, when I went to see my uncle's grave," Russell said. She's since worked to strengthen that connection with her uncle, gathering photos, news clippings and other information from family members.

And while sightseeing at historic locations and monuments proved to be a moving and memorable for the student, highlights also came from the trip's education-focused aspects. The group attended a lecture and met with alumni of Oxford

University, one of the world's most prestigious schools, which is a rare experience on its own.

It all added up to be a journey of a lifetime for the teen. While she's happy to be home and having a chance to mentally unpack the whirlwind trip through history, she sang the praises of the program and its organizers and chaperones, as well as the group of like-minded Canadian, French and British students she formed close relationships with during

trip.

"Whenever you were crying because maybe there was a moment that was very emotional, you knew you had someone there with you and a hand on your shoulder," she said.

"When it was time to go, I was bawling. I knew I would miss everyone."

For more information on the Beaverbrook Vimy Prize and to find out how students can apply for next year, visit [Vimyfoundation.ca](http://Vimyfoundation.ca)

## Cyclone, AOPS and other projects discussed at procurement presentation

By Ryan Melanson,  
Trident Staff

Representatives from defense and aerospace industries, from local firms to international companies, were recently given an enthusiastic update on the status of current and future projects from Canada's top bureaucrat in charge of military procurement.

The presentation, given by retired Rear Admiral and now DND Assistant Deputy Minister (Materiel) Pat Finn, was delivered to attendees and exhibitors at the Canadian Defense Security and Aerospace Exhibition Atlantic, which took place from September 6-8 at Halifax's Cunard Centre. The defense industry trade show, the second largest of its kind in Canada, brought many local small and medium sized firms together with some of the biggest players in the industry like Irving Shipbuilding and Lockheed Martin. The goal is for firms to discover potential partnerships and contracts or find ways to break into the supply chain for government procurement projects.

Finn provided the audience with a rundown of all major projects on the horizon for the Army, RCAF and RCN, putting focus on the maritime projects of interest on the East Coast.

On the CH-148 Cyclone, he reiterated that the final Sea King flight will take place on the West Coast by 2018, and stressed that while the Cyclone project may not reach fully operational status for years, that doesn't mean the platform won't be in service.

"Our Maritime Helicopters will be deployable and deploying at that time in 2018. Will it be every single aircraft, in their final configuration? No, it will not. My point is that I don't see a day when any aircraft or ship is ever in it's final configuration," he said.

Finn touched on the HCM/FELEX process, reaching its end with HMCS *Toronto* soon to be returned to the fleet, and spoke of positive feedback from the uniformed members serving on the modernized frigates. On the topic of the RCN's Victoria-class submarines, he admitted that technical troubles stemming from quality assurances procedures have been a point of frustration, but added those issues do not

speak to the capability of the boats or the crews who have worked on them.

After returning from a trip to Irving's Halifax Shipyard that same day, the ADM was enthusiastic about the AOPS project, with the future HMCS *Harry DeWolf* well into construction and the second ship of the class beginning its initial stages. While construction started off slow, experience and efficiencies are leading to quick improvements in the process, he said, giving the example of the shipyard now fabricating 300 pipe spools per week, as opposed to 30 per week near this time last year.

That idea of improving through experience, he said, will also apply to the Canadian Surface Combatant Project, for which a design is expected to be selected next year. By the time steel is cut on the first CSC, the

shipyard will be no stranger to completing and delivering vessels for the RCN.

"They will have a workforce and a production and a facility and processes that enable them to have success. That's what we're trying to achieve; I often describe it as building through AOPS into the Surface Combatants, and that is work we have underway."

Finn's presentation wrapped up the week at DEFSEC 2016, which was celebrating its 10th year on the Halifax waterfront. Gerry Morey, Chair of the Nova Scotia International Air Show Association, the non-profit group that organizes the exhibition, said the show's growing reputation allows for a better experience on the floor each year. He added that a goal for future years is to cover the entire supply chain for the industry with an expanded focus on human resources and by get-

ting more research and development firms to attend.

"We've had a wonderful event this year, but we're trying to make it more relevant to those

who come, and also more relevant for those in uniform who eventually end up with all the equipment and products our companies deliver and provide."

## Posted to Victoria?



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# TRIDENT Sports

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



Martin Blanchard, a retired member of the CAF, rises to his feet in an attempt to ride a wave in at Lawrencetown Beach on September 8, 2016 as part of the Soldier On Program surfing camp held for retired and serving members.

WO JERRY KEAN/5 DIV PA

## Soldier On – Surf’s up

By WO Jerry Kean,  
5Div HQ PA

On a warm September morning with the Atlantic Ocean fog hugging the Nova Scotia coast, a small group gathers on the wet and windy shoreline of Lawrencetown Beach to receive some training and try their hand at surfing.

The Atlantic Chapter of The Soldier On Program has brought these motivated volunteers together to get their minds off of their injuries due to past military service. “Surfing is quite popular here on the East coast so I thought, why not try it?” explains

WO Stephanie Cyr, coordinator for the Atlantic Region Soldier On program. “We have run other programs in the Atlantic provinces, just recently a very successful Fly Fishing camp on the Miramichi River.

There is a sense of community and a sense of belonging that people participating look for. We continue to search for challenging things for them to try.” The physical activity is one of the big attractions of the program. The laughter and amiable chatter of the surfers, who have been together for only one day, gives little indication of their past struggles. They listen intently as

the instructor shows them how to mount the board when catching the Big One and how to keep their balance by planting their feet and using their arms in order to keep from falling into the Atlantic.

Dane Young from Fredericton, New Brunswick, is one of the participants. A veteran with 18-and-a-half years’ service, he is enjoying the chance to reconnect with the friends he has made from other Soldier On events. “It’s a lot harder than I thought it was, but with us being military, we all try to challenge ourselves and this is just another challenge trying to conquer these big

waves.”

As morning turns into afternoon, the fog lifts and the sun on the water makes the waves even more pronounced. Pointing to one of the surfers in the water, another participant yells, “He’s on top, he’s on his feet!” and before the rest can turn to watch, the surfer goes head first into the waves. Speaking with participants, several talk about their need to be here, while others indicate they are here to encourage and support those who need it the most. Everyone chats and laughs with one another. No one is left out, no one is left behind.

## Fitness and sports updates

By Trident Staff

**The Intersection Hockey Program is scheduled to begin on October 17.**

Individual players who do not have a team to play on, and wish to play shall contact one of the sports coordinators listed below. Goalies wishing to be placed on an on-call list, please provide your name and contact information to one of the sports coordinators: STADPLEX, Jon Berg, 721-8418; Dockyard, Margaret Craig, 427-1469; and 12 Wing, Jason Price, 720-1072. This league is open to Reg Force and Res Force members only. DND/NPF/and civilians do not qualify to participate in the league.

**Pick-up floor hockey** is from 11 a.m. to noon, Monday through Friday at STADPLEX Gym.

**Back due to high demand! The noon hour recreation floor hockey league began 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, Paralympics edition

By Stephen Stone and Tom Thomson

### Questions

1. When were the first official Paralympic Games held?
2. Who was the first president of the International Paralympic Committee?
3. When were the first Winter Paralympics held?
4. What is the record for tickets sales at a summer Paralympics?
5. What is the record for ticket sales at a winter Paralympics?

6. How many eligible impairment types are there in the Paralympics?
7. When did Canada first compete in the Paralympics?
8. Which Senator holds the Canadian record for most athletics medals at the Paralympics?
9. Which Cabinet Minister in the British Columbia provincial government is the only female Paralympic athlete to have won gold in two separate summer sports events?
10. Which Canadian Paralympian has won the greatest

- number of gold medals?
11. Who won the greatest number of gold medals for Canada in a single Paralympic Games?
  12. Who is the first Paralympian to win gold in both summer and winter games?
  13. Who holds the record for most gold medals in a single winter Paralympics?
  14. Who is the first Canadian athlete to be named to both winter Paralympic and Olympic teams in the same year?
  15. How many times has

- Canada hosted a Paralympic Games?
16. Who is the most decorated Paralympian in history?
  17. Who is the most decorated Winter Paralympian?
  18. Who is the first athlete to compete in both Summer Paralympics and Olympics in the same year?
  19. Who is the first Winter Paralympian to fail a drug test?
  20. Who was the first paraplegic to compete in the Olympics?
- See SPORTS TRIVIA / **Page 10**

### ATLANTIC REGION REGIONAL AND NATIONAL SPORTS CALENDAR

| SPORT                     | 16/17 REGIONAL      |                            |           | 16/17 NATIONAL |      | 17/18 REGIONAL |                |
|---------------------------|---------------------|----------------------------|-----------|----------------|------|----------------|----------------|
|                           | HOST                | DATE                       | ALTERNATE | HOST           | DATE | HOST           | DATE/ALTERNATE |
| ATL REG SPORTS CONFERENCE | Halifax             | 15-17 May 16               |           |                |      | Gander         | 3-5 May 17     |
| GOLF                      | Greenwood           | 12-15 Jun 16               |           |                |      | Halifax        |                |
| BALL HOCKEY               | Shearwater          | 20-24 Jun 16               |           |                |      | Greenwood      |                |
| SLO-PITCH (M)             | Halifax             | 18-22 Jul 16 (R)           |           |                |      | Gagetown       |                |
| (SW)                      | Halifax             | 18-22 Jul 16 (R)           |           |                |      | Gagetown       |                |
| SOCCER (M)                | Halifax             | 8-12 Aug 16 (R)            |           |                |      | Greenwood      |                |
| SOCCER (SW)               | Halifax             | 8 – 12 Aug 16 (R)          |           |                |      | Greenwood      |                |
| RUNNING                   |                     |                            |           |                |      |                |                |
| Triathlon                 |                     |                            |           |                |      |                |                |
| VOLLEYBALL (M)            | Shearwater          | 28 Feb- 3 Mar 17           |           |                |      | Greenwood      |                |
| VOLLEYBALL (SW)           | Shearwater          | 28 Feb – 3 Mar 17          |           |                |      | Greenwood      |                |
| BASKETBALL                | Greenwood           | 21-24 Feb 17               |           |                |      | Halifax        |                |
| HOCKEY (OT)               | Halifax             | TBC                        |           |                |      | Gagetown       |                |
| (LB)                      | Gagetown            | 23-27 Jan 17               |           |                |      | Shearwater     |                |
| (SW)                      | Gagetown            | 7-10 Feb 17                |           |                |      | Shearwater     |                |
| (SB)                      | St Johns            | Possibly hosted by Aldersh |           |                |      | TBC            |                |
| BADMINTON                 | Greenwood           | 5-9 Dec 16                 |           |                |      | Gagetown       |                |
| SQUASH                    | Greenwood           | 5-9 Dec 16                 |           |                |      | Gagetown       |                |
| CURLING                   | Fleet               | 23-27 Jan 17               |           |                |      | Shearwater     |                |
| POWERLIFTING              | TBC                 |                            |           |                |      | TBC            |                |
| SWIMMING                  |                     |                            |           |                |      |                |                |
| Triathlon Clinic          | Fleet               | TBC spring 2017            |           |                |      |                |                |
| Swimming Clinic           | Gagetown/ Greenwood | Nov TBC                    |           |                |      |                |                |
| TKD Clinic                | Shearwater          | Cancelled                  |           |                |      |                |                |





# Memorial Fitness Challenge an important event for members of FDU(A)

By **Ryan Melanson**,  
Trident Staff

As members of the local defence community head to MacDonald Beach on Friday, September 23 for the 6th Annual PO2 Craig Blake Memorial Fitness Challenge, it will be difficult to miss the large contingent from Fleet Diving Unit (Atlantic) who take part each year.

PO2 Blake was an FDU(A) member, clearance diver and explosive ordnance disposal expert who was killed by an improvised explosive device in Afghanistan in May of 2010.

Aside from those on deployment or other special circumstances, the unit is always out in full force for the event, and will be again on September 23.

“Obviously with clearance divers and people working at this unit we have a lot of fit people

who would want to do the fitness challenge anyway. But having it in Craig’s name means a lot and we typically have almost 100 per cent participation,” said LCdr William Barter, FDU(A)’s Commanding Officer.

PO2 Blake was killed more than six years ago, but the sailor is anything but forgotten by those who knew him and worked with him. Of the current group of clearance divers at FDU(A), about three quarters knew and worked with Craig, and LCdr Barter said not a week goes by without someone giving a call to PO2 Blake’s wife, Priscilla and her two sons, just to check in and say hi.

“We still have constant contact with his family, Priscilla is invited to all of our social events here, and she’ll be at the fitness challenge as well, like she is every year.”

Following the event at MacDonald Beach each year, all of the participants are invited back to FDU(A) for a reception, where those who don’t normally get a chance to visit are able to view the memorial display for PO2 Blake that is housed in the unit’s lounge.

FDU(A) members also help provide lifeguard services for the swim portion of the mini-triathlon, and members were on the committee back in 2011 when it



Members of FDU(A), along with Priscilla Blake, at the PO2 Craig Blake Memorial Fitness Challenge at MacDonald Beach in 2015. This year’s challenge will take place on September 23.

CPL ANTHONY CHAND, FIS

## Sports Trivia

continued from / **Page 9**

- Answers**
1. 1960 – Rome. Paraplegic competition was first held in 1948 in London for disabled British war veterans.
  2. Dr. Robert Steadward (Edmonton), served from 1989-2001.
  3. February 21-28, 1976 (Ornskoldsvik, Sweden).
  4. In excess of 2.5 million at London 2012.
  5. 316,200 at Sochi, Russia in 2014, which exceeded the previous record of 230,000 set at Vancouver in 2010.
  6. Ten. Impaired muscle power, impaired passive range of movement, limb deficiency, leg length difference, short stature, hypertonnia, ataxia, athetosis, vision impairment, and intellectual impairment. These are also subdivided into classifications of impairment.
  7. Summer: 1968, Tel Aviv, Israel. Winter: 1976, Ornskoldsvik, Sweden.
  8. Chantal Petitclerc – 21 (14 gold, five silver, three bronze). She is Chef de Mission for Canada’s Paralympic team in Rio and was named to the Senate in March 2016.
  9. Michelle Stilwell. Stilwell won gold in wheelchair basketball in Sydney in 2000, two gold in athletics in Beijing in 2008, and gold and silver in athletics in London in 2012.
  10. Michael Edgson – 18 gold, also three silver between 1984 and 1992 in B3 visually impaired swimming.
  11. Michael Edgson (1988, Seoul) – nine gold: seven individual, two relay.
  12. Viviane Forest. Forest won gold in women’s goalball in 2000 in Sydney and 2004 in Athens. She won gold in 2010 in Vancouver in visually impaired downhill skiing.
  13. Lauren Woolstencroft won five in alpine skiing at Vancouver in 2010.
  14. Brian McKeever. In 2010, he was named to the Olympic team in 50 km cross country skiing and the Paralympic team in visually impaired cross country skiing.
  15. Twice: 1976 Summer Games in Toronto and 2010 Winter Games in Vancouver.
  16. Trischa Zorn. 55 medals: 41 gold, nine silver, and five bronze in blind swimming between 1980 and 2004.
  17. Ragnhild Myklebust won 27 medals, including 22 gold, between 1998 and 2002 in biathlon, cross country skiing, and ice sledge racing.
  18. Oscar Pistorius in London in 2012. Pistorius won six gold, one silver, and one bronze at the Paralympics between 2004 and 2012.
  19. Thomas Oelsner tested positive for steroids in 2002 at Salt Lake City. He was stripped of two gold medals and sent home.
  20. Neroli Fairhall competed in archery in 1984 in Los Angeles, finishing 35th. She won gold at the Paralympics in 1980 in Arnhem, Netherlands and gold at the Commonwealth Games in 1982 in Brisbane, Australia.

was decided to alter the existing Navy Fitness Challenge as a way to memorialize the only Canadian sailor to be killed during the mission to Afghanistan.

The event pays tribute to the diver in a way he would have enjoyed, as PO2 Blake was a triathlete in his own right, known for always cycling to work, even in the winter. It includes a 300m swim, 6.5km mountain bike ride and a 2.5km run. At the same

time, the accessible format of the race, which allows the components to be broken up and completed by a team of three, ensures that most who want to participate are able to. It makes for a bigger crowd of CAF, DND and NPF participants, and also puts the focus on camaraderie and the spirit of athletics, rather than competition.

Registration for the Memorial Fitness Challenge is underway

now, with prices of \$20 for individuals who wish to complete the race solo, or \$45 for a team of three. Race t-shirts will be given to all who register, and prizes, drinks and snacks will be part of the day as well, thanks to sponsors. The race itself will kick off at 10 a.m. on September 23. For more information, contact PSP Fitness and Sports Coordinator Kevin Miller at Kevin.Miller3@forces.gc.ca

PO2 CRAIG BLAKE MEMORIAL

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# Caught in the Act



By Joy Geizer,  
Health Promotion Services

As the 5<sup>th</sup> Annual CAF Health and Wellness Challenge wraps up with the mass distribution of t-shirts for challenge finishers, it is our pleasure to draw some attention to notable members who have completed the challenge and used it to adopt and maintain healthy behaviours and habits, in turn improving their lifestyle and operational readiness.

Pte Camille Jones, a reservist with 33 Field Ambulance, completed the challenge in May. She had provided us with some great feedback on her experience. As she recently stopped in to pick up her t-shirt, we took the opportunity to check in and really find out

what motivates people to take up the challenge.

Q. What motivated you to sign up for the challenge?

A. What motivated me to sign up for this challenge was to take my overall health and fitness to the next level. I had recently joined a gym and my 5k racing season ended, so I was looking for some extra motivation to keep on track.

Q. What was the highlight of the challenge for you?

A. The highlight of this challenge for me was noticing the positive changes in my habits and mindset. For example, the activity in the challenge that said “I laughed really hard today” challenged me to put forth extra effort to get that one because sometimes you forget to relax and not take everything too seriously.

Q. How do you plan to continue with your new healthy behaviours?

A. I plan to continue with my new healthy behaviours by keeping a journal. I aim to write

everyday including what I ate, what I excelled, could improve, and my fitness and wellness goals that I want to achieve.

Q. What can you do in your unit on a small scale to encourage health and wellness?

A. Things I can do in my unit on a small scale to encourage health and wellness is to promote healthy eating and fitness by example. I do this by attending all fitness nights in the Stadacona gym and planning to go on a ruck sack hike with others in the unit.

Q. What advice would you give someone who is thinking about making a healthy lifestyle?

A. I would advise to make it a gradual process and to do what makes you happy. Look for things that make you get excited about this new lifestyle whether that’s a new food recipe or a hike that you’ve been waiting to go on.

Pte Jones also contributed her success in the challenge to having a list of things to consider in advance of the challenge in order



to plan for change. Due to her already healthy diet, she was able to focus on areas that she didn’t feel as confident in, such as the challenge tasks in social wellness. Over the month she had also committed to putting away her cellphone and connecting in person.

Prize winners for the 2016 CAF Health and Wellness Challenge:

MCpl Stephanie Ricard, BAdm, 7<sup>th</sup> Emerson Tablet.  
Wes Wiley, JRCC, Fitbit zip.

LS Laurance Clarke, BIS, Lifetrak Fitness Tracker.

SLt Jordan Hope, HMCS Montreal, Fall’s Lake Gift Certificate.

Michelle Baumhour, Warrant / Sgt Mess, Hartlen Point Golf Gift Certificate.

LS Crestienne Benoit, BAdm, Hamilton Beach Personal Blender.

PO2 Krisanne Crowell, Stad Band, Tempo Restaurant Gift Certificate / Delta Hotel.

MS Amanda Hollohan, BIS, Tempo Restaurant Gift Certificate / Delta Hotel.

SGt Kendell Hayward, BIS, yoga mat/ bag and bottle.

Sgt Boram Hong, 33 Fd Amb, yoga mat/ bag and bottle.

Capt Alan Lemberg, BLog Teme, yoga mat/ bag and bottle.

Emily Secord, FTA, yoga mat/ bag and bottle.

PO1 Kelly Ashford, Marlant HQ, yoga mat/ bag and bottle.

Stay tuned for the 6<sup>th</sup> annual CAF Health and Wellness Challenge coming May 2017.



Adm Gilles Couturier, Deputy Commander of the RCN, replaces the HMCS Fredericton coin stolen from veteran Edgar Hughes.

DND

## RCN replaces veteran’s stolen coin

By Darlene Blakeley,  
Senior Editor and Writer,  
Navy PA

A 91-year-old naval veteran who had a treasured coin stolen from his car during a recent move in Cornwall, Ont., received an unexpected visit from the Deputy Commander of the Royal Canadian Navy (RCN) on September 2, 2016 at the Cornwall Legion.

Edgar Hughes had received the stolen coin from the commanding officer of HMCS *Fredericton* six years ago, in honour of his service on D-Day. On the day the Allies stormed the beaches of Normandy, Hughes, just 19 at the time, was a gunner aboard *St. Croix*, one of the Royal Navy’s merchant ships. After Germans launched three shells at the convoy *St. Croix* was sailing with, Hughes set up a smoke screen

that saved the lives of hundreds of sailors.

The story of the veteran’s stolen coin came to the attention of the RCN after media reports on the crime. RCN Deputy-Commander, RAdm Gilles Couturier, decided to personally travel to Cornwall to present Hughes with a replacement coin, as well as other gifts including navy books and ball caps. The items all came from the ship’s company of *Fredericton*, of which RAdm Couturier was once a commanding officer.

“We saw the article about Edgar Hughes and read about how much the coin meant to him, so we thought it would be a great opportunity to replace it for him,” said RAdm Couturier. “It’s important to recognize the hard work of our veterans and express how much gratitude we have for

them.”

Hughes knew the RCN was coming to the Cornwall Legion to pay him a visit, but was surprised by the fact they were coming to replace the coin, and that an admiral had come from Ottawa to present it to him.

“I’m so happy,” he said. “It’s so wonderful for you to have come down. I’m pinching myself wondering if this is really happening. Thank you so much. I’m just speechless.”

Hughes and RAdm Couturier enjoyed exchanging naval stories. “Once navy, always navy,” Hughes said. “I wish I could go sailing with you, with today’s navy.”

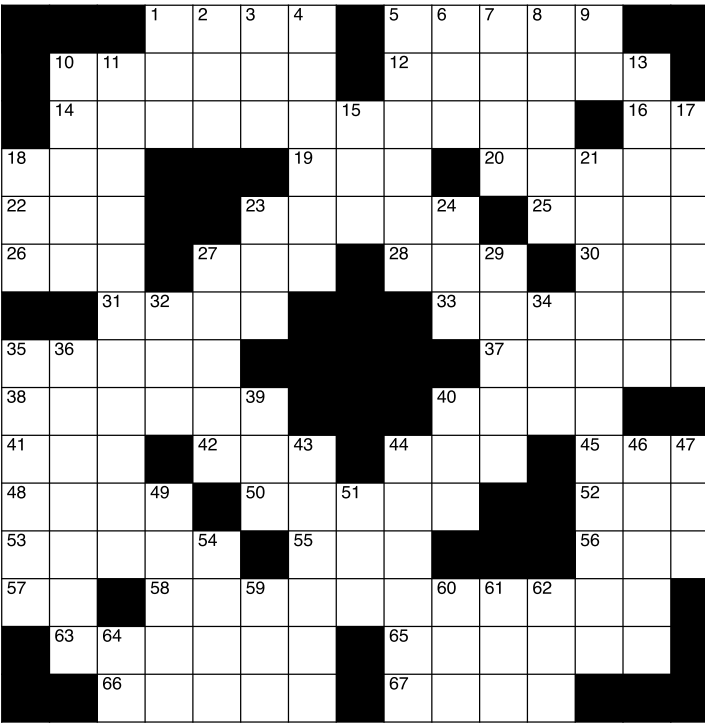
The Admiral responded, “Thank you, but you’ve done your part.”

*With files from Lt(N) Linda Coleman*

### CLUES ACROSS

- 1. Taro plant
- 5. Stone splinter
- 10. One who likes tobacco
- 12. Roughly chipped flint

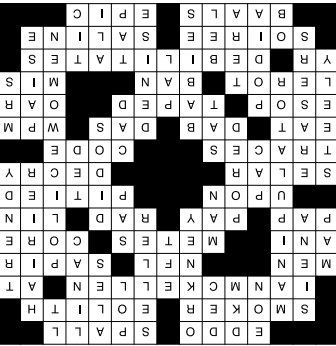
- 14. He played Gandalf
- 16. Indicates position
- 18. AMC ad show ‘Mad \_\_\_’
- 19. Popular sports league
- 20. Linguistics pioneer



- 22. Singer DiFranco
- 23. Dispenses
- 25. Most important part
- 26. Worthless entertainment
- 27. Remunerate
- 28. Cool
- 30. Ex-Knick Jeremy
- 31. On top
- 33. Felt for
- 35. Vulcan doctor
- 37. Publicly denounce
- 38. Bits of
- 40. Something to live by
- 41. Take in solid food
- 42. Small amount
- 44. German war epic ‘\_\_\_ Boot’
- 45. Words per minute
- 48. Employee stock ownership plan
- 50. Recorded
- 52. Paddle
- 53. Dormouse
- 55. Officially prohibit
- 56. Wrongly
- 57. Yves Rocher
- 58. Weakens
- 63. An evening party
- 65. Containing salt

- 66. Semitic gods
- 67. Grand in scale
- CLUES DOWN**
- 1. Very long period of time
- 2. Boston-based Celtic punk band (abbr.)
- 3. Final month (abbr.)
- 4. Scottish island
- 5. Merchandiser
- 6. Elected leader (abbr.)
- 7. Brews
- 8. Linear accelerator (abbr.)
- 9. Lawrence Taylor
- 10. Upstate NY college
- 11. Schemer
- 13. Even more shaggy
- 15. Electronic funds transfer
- 17. Currently popular
- 18. Indicates where you are
- 21. Female peace officers
- 23. Opposite of woman
- 24. Drain
- 27. Studied
- 29. Performs mischievous deeds
- 32. Political action committee
- 34. Rocker Nugent
- 35. American jazz rockers ‘\_\_\_

- Dan’
- 36. They remove things
- 39. Standardized test
- 40. Dishonorable man
- 43. Infants
- 44. Actress Richards
- 46. International monetary units
- 47. Married woman
- 49. Lecterns
- 51. Buddy
- 54. Spanish river
- 59. ‘Fresh Prince of \_\_\_ Air’
- 60. Strike lightly
- 61. Boxing legend
- 62. Muscle contraction
- 64. Siberian river







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