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TRIDENT

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



Keep on rocking on the flight deck

During a port visit in Rota, Spain, crewmembers of HMCS Halifax enjoy a concert by The Trews.
CPL BRANDON TRUDEAU, FORMATION IMAGING SERVICES



Kicking off NDWCC
2019 Pg. 3



Mooseheads DND
Appreciation Night Pg. 6



MFRC Fall Fair Pg. 16



Slackers win 2019
Mini Grey Cup Pg. 19

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CAF and DND personnel mark Treaty Day



Treaty Day is held each year on October 1. It marks the beginning of Mi'kmaq History Month in Nova Scotia, as proclaimed in 1993 by then Premier John Savage and Mi'kmaq Grand Chief Ben Sylliboy. The purpose of Treaty Day is to promote public awareness about the Mi'kmaq culture and heritage for all Nova Scotians. The 2019 Treaty Day events included a ceremony at the Grand Parade in downtown Halifax, a church service, a parade, and a luncheon attended by His Honour the Honourable Arthur LeBlanc, Lieutenant Governor of Nova Scotia, as well as other dignitaries including many Mi'kmaq elders.

The Treaty Day parade proceeds through downtown Halifax.

MCPL BRIAN WATTERS, 5TH CSN DIV



Mi'kmaq elders participate in the Treaty Day church service held at St. Mary's Basilica.

MCPL BRIAN WATTERS, 5TH CDN DIV



CAF members of First Nations heritage participate in the Treaty Day ceremony held at the Grand Parade in Halifax. Sgt Tony Parsons (first on right) holds the Eagle Staff.

MCPL BRIAN WATTERS, 5TH CDN DIV



A First Nations veteran reflects during the church service.

MCPL BRIAN WATTERS, 5TH CDN DIV



CAF personnel attend the Treaty Day church service at St. Mary's Basilica.

MCPL BRIAN WATTERS, 5TH CDN DIV

NDWCC kicks off with a focus on community

By Ryan Melanson,
Trident Staff

As the Commanding Officer of CFB Halifax Base Logistics, Cdr Chris Chalmers has learned firsthand how important it is for the CAF to give back to the local community. His unit often provides manpower support or holds fundraisers for the non-profit Ward 5 Neighbourhood Center, which delivers important services to residents of Halifax's north end.

"It's a relationship that goes back for more than 15 years, and we take a lot of pride in keeping that relationship strong. It's all about helping them so they can continue to help our neighbours in the community," Cdr Chalmers said.

He provided the example as just one of the many ways that local CAF members give back as he spoke to attendees at the kickoff of the 2019 MARLANT National Defence Workplace Charitable Campaign on October 2. While there are a number of ways to support your community, including coaching, volunteering, and checking in on neighbours, financial support can also be key, and Cdr Chalmers encouraged anyone with the means to donate to this year's NDWCC.

"Whether it's a small donation or a large one, there are critical charities in our communities that will benefit," he said.

This year's kickoff event took place on Porteous Field, and along with booths and representatives from worthwhile charities that can be supported through NDWCC, the afternoon also included food trucks on the field, inflatable games, axe throwing, a 50/50 draw and other fun ways to spend a bit of money in support of charity.

"The charities and organizations are all here, so it's a great opportunity to talk to the representatives and learn a little more about the work they're doing. Of course, we also have some fun and games so that people stick around," said Base Commander Capt(N) David Mazur.

Members were able to donate directly on site or register for payroll deductions toward the campaign, which is mainly held in support of the United Way Halifax, which tackles poverty in the community, and HealthPartners, a partnership of 16 of the country's largest health charities, including

Diabetes Canada, ALS Canada, Multiple Sclerosis Society, and others.

While last year's NDWCC was successful, Capt(N) Mazur said this year's goal is to make sure every member of the Formation is canvassed, including junior ranks and smaller units, to ensure the maximum participation possible through the eight weeks.

Continuing the focus on community, Chris Bell of the United Way Campaign Cabinet explained to the crowd how the organization acts as a safety net for those at risk of struggling with poverty, homelessness or addiction. Eileen Dooley, the CEO of HealthPartners, spoke about the impact on communities when families are stricken by cancer, heart disease, or other health problems.

Her organization focuses specifically on research into new treatments for the diseases covered by the HealthPartners charities, and that work has led to things like longer life expectancy for cystic fibrosis patients.

"Research finds cures, treatments, and new options for individuals and their caregivers," Dooley said.

"The donations we receive, of time, energy, passion and money, really do give Canadians hope."



OS Breanne Munro, left, and OS Gabriel Viger sold 50/50 tickets at the kickoff, with money going toward this year's campaign.

FIS HALIFAX



HealthPartners CEO Eileen Dooley spoke to attendees to provide information on her organization and thank the base for their annual support.

FIS HALIFAX



Fun activities like axe throwing, food trucks and inflatable games encouraged people to stick around after hearing from the various charities represented at the event.

RYAN MELANSON, TRIDENT STAFF

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Schedule
for 2019

January 14 — MFRC & Money Matters
January 28
February 11 — MFRC
February 25
March 11 — MFRC
March 25 — Posting Season
April 8 — MFRC & Spring Automotive
April 22 — Battle of the Atlantic
May 6 — MFRC
May 21 — Spring Home and Garden
June 3 — MFRC & Family Days
June 17
July 2 — MFRC
July 15
July 29 — MFRC
August 12 — Back to School
August 26 — MFRC
September 9
September 23 — MFRC & DEFSEC
October 7
October 21 — MFRC & Fall Home Improvement
November 4 — Remembrance Day
November 18 — MFRC & Holiday Shopping
December 2
December 16 — MFRC & Year End Review

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Community Calendar

Reunion and event notices must be submitted by email.

editor@tridentnews.ca include the sender's name and phone number.

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

**615 (Bluenose) Royal Canadian
Air Cadet Squadron**

Time: 6:15-915 p.m.

Location: CFB Halifax

Flight principles, air navigation, meteorology, first aid, airframes, engines, marksmanship, effective speaking, instructional techniques and leadership. Some of the things you will learn as a member of 615 (Bluenose) Squadron. If you are 12 -18 years of age you can join. Air cadet activities are centered on aeronautics and leadership. There are no fees to join and uniforms are provided. Summer training courses from 2-7 weeks in length are available. 615 (Bluenose) Squadron meets Wednesdays from 6:15-9:15 pm at CFB Halifax. The main entrance to CFB Halifax is at the corner of Gottingen Street and Almon Street. For more information, find us on Facebook at 615 Bluenose Air Cadets or email 615aircadets@gmail.com

**3036 Sackville Lions Army Cadet
Corps**

Time: 6:30 - 9 p.m.

Date: Starting September 9

**Location: 255 Damascus Drive,
Bedford**

The 3036 Sackville Lions RCME Royal Canadian Army Cadet Corps will be accepting new youth between the ages of 12-18 to join the cadet corps starting September 9. New cadets are welcome to drop by for more information and to register on Monday nights between 6:30-9:00pm from September 9th, 2019 onwards. To join the unit youth must be accompanied by their guardian on the first night and bring with them government issued photo ID and their health card. There are no registration fees. For more information: cadets3036@gmail.com or Facebook.com/cadets3036

**In the Trenches: Digitized First
World War Records**

Time: 6:30 - 8 p.m.

Date: Thursday, October 24

**Location: Alderney Gate Public
Library**

Are you interested in researching your ancestors' First World War military service? This introductory workshop with Library and Archives Canada teaches participants how to access Canadian Expeditionary Force service files online, identify an individual's military unit, and consult various digitized resources such as war diaries to learn the context of a person's military service. To register, call us at (902) 426-4031 or email bac.halifax.lac@canada.ca.

**Halifax Harmonizers: Music &
Love concert**

Time: 3 - 4 p.m.

Date: Sunday, November 3

**Location: Halifax Central
Library, Paul O'Regan Hall**

The Halifax Harmonizers are charter members of the Barbershop Harmony Society (BHS), which dates back to 1938. The chorus is made up of gentlemen from all over the Halifax municipality, with nearly forty members in total. The group is committed to providing high quality entertainment with an emphasis on having fun and making those chords ring. Halifax Harmonizers is under the direction of Paul Creaser and Russ Sketchley.

**The Women's Royal Canadian
Naval Service: 1942-1946**

Time: 7 - 8:30 p.m.

Date: Tuesday, November 5

**Location: Maritime Museum of
the Atlantic**

On the 31st July 1942 the Women's Royal Canadian Naval Service (WRCNS) was established as part of the Royal Canadian Navy. The Wrens served throughout Canada and in

numerous overseas postings. Join the museum for this illustrated talk by JoAnn Cunningham which documents their training, their leaders, and the essential contribution the Wrens made to the war effort. JoAnn Cunningham served in the Naval Reserve at HMCS *Scotian* for thirty-five years, and has a keen interest in the Wrens and the roles they played in our naval history. She volunteers at the Naval Museum of Halifax and is currently Secretary of the Nova Scotia Wren Association.

‘Til We Meet Again concert

Time: 2 - 4 p.m.

Date: Saturday, November 9

**Location: Halifax Central
Library, Paul O'Regan Hall**

Maritime Forces Atlantic presents the 18th Annual ‘Til We Meet Again concert, an afternoon of wartime favourites from the Stadacona Band of the Royal Canadian Navy and special guests in support of Camp Hill Veterans’ Memorial Garden.

The Sea in her Blood

Time: 9:30 a.m. - 5:30 p.m.

**Date: Open until February 1,
2020**

**Location: Maritime Museum of
the Atlantic**

Like the land we call home, every generation of maritime women is shaped by the sea – through maintaining tradition and pushing boundaries, work and play, struggle and triumph. Many of their stories have been lost to time. Today maritime women continue to both redefine traditional ways of living with the sea, and shape new ones. The Sea in Her Blood, a special exhibit at the Maritime Museum of the Atlantic, highlights 17 of these extraordinary women, including five RCN members. The exhibit opened in June and will remain open until February 1.

Knowledge is power

**By Capt Mark SG Sceviour,
BAdm Chaplain**

We’ve heard it said that “knowledge is power.” But what is knowledge? And what are we to do with it? There was a time when knowledge was treated like currency. It was parceled out to those who ‘deserved’ it. Knowledge was only for the rich and the influential. Before the scientific revolution, knowledge could be written in a formula as such: **Scripture x Logic = Knowledge.**

In the medieval period this would have been a perfectly acceptable

understanding of how knowledge was gained. And in some respects there is great truth in this formula. You’ll notice the symbol is a multiplication symbol not an addition symbol.

Why is that important? If it was a matter of addition, it would mean you could know all kinds of scripture and have little logic, and still be knowledgeable. Or the other way around, have lots of logic, but not be scripturally sound and be knowledgeable. But the equation reads Scripture x logic. So if you have no logic (a zero) or no scriptural grounding (a zero) the equation would equal zero.



Padre’s Corner

Any primary school student can tell you that something times zero equals zero. For that reason I think the formula is rather quite ingenious. Even today we know people who spout lots of scripture but have no logic. And we know lots of logical people who are not grounded in something greater than themselves.

Continued on page 5



Ribbon to commemorate HMCS *Kootenay*

A new Kootenay Ribbon marking the 50th anniversary of the Kootenay Explosion, to honour the fallen was distributed to the Kootenay survivors, family and friends during their monthly breakfast gathering at Parkside Pub, Dartmouth, NS on 3 October 2019. It will be worn until sunset on October 23 and in perpetuity every October 23.

MONA GHIZ, MARLANT PUBLIC AFFAIRS

Knowledge is power

Continued from page 4

Notice the formula doesn't say what scriptures. It just states that you must be grounded in ancient teachings. And then combine that with logical thinking and you'll be a knowledgeable person.

Then the scientific reformation/revolution came along and rewrote the formula for knowledge. Science says that the formula is **Empirical Data x Repetition = Knowledge**.

So for science you test a theory, you get a result, and then you repeat over and over again to prove it right. Another way to put it would be: Data x Math = Knowledge. This is also a great formula. If you do something once and get a result, that is not knowledge nor proof, it is a fluke. If I keep repeating an action but do not collect any data, or record any findings, it is not knowledge, it is hearsay.

Then came our postmodern world, influenced by liberal and humanist ideas. Our world where the search for the inner self is just as important as the search for the outer truth. We in the 21st century would write the formula for Knowledge differently. We'd write it today as such: **Emotions x Experiences = Knowledge**. We see it all the time. We interact with the world based on how we feel. Or how our experiences made others feel. My interaction with something is how I then form my knowledge of it.

When the hurricane came through

in the fall, we didn't listen to expert scientist or meteorologist on the news or radio, we listened and watched locals. Our knowledge of the storm and its impact was based on the emotions and experiences of those living through it, not a shirt and tie in a weather office. Thirty years ago I would have seen a short sleeved pocket protector wearing meteorologist explain to me the impact of the storm. Now I watch Bob from down to road explain that the winds are "crazy fast". In our modern world it is not science nor logic, nor scripture that helps us expand our Knowledge. It is our emotional reaction to events and things that forms our knowledge. How did I feel? How did it impact me?

This makes sense. In Medieval times, pleasing God and understanding God and how God interacted with us was the main reason for learning. In the era of science, it was understanding the world around us, and how we (humankind) interacted and could master it. Now it is how I interact with my world and how it affects me. Humanism has taught me that the most important reaction is my reaction. It is why social media works in our age.

All three formulas for knowledge are flawed. Scripture x Logic, leads to churches and states that forget that it is the individual person that is affected by laws and doctrine. Data x Repetition does not allow us to talk about the things we can't see or fully

explain. Things like the soul, or the love a mother has for her children. And when it does try to explain it, it takes away the human, and makes it math. Emotions x Experiences does a great job of letting the individual be heard and felt, but it makes us forget that sometimes for the common good we need to stop thinking about ourselves.

Maybe if we are to be the human race that saves the planet instead of destroying it, or the human race that rids the world of hunger and poverty, we need to rewrite the formula for Knowledge. We need to learn from the past, not just to limit its repetition, but really learn from it.

What if we acknowledged that there is something greater than ourselves out there? Scripture allows us to acknowledge that. What if we agreed that Science can prove many things, i.e. climate change? What if we still keep looking inward to learn about

the 'inner' human not just to improve ourselves but to better understand others? What if we treated knowledge as a system of layers? Layers that when added on top of each other make our foundation stronger.

We need a foundation of scripture in our lives. We need to add logic to the foundation, so we aren't stunted by the past. We then need to look at the Data, and test and retest the Data. Once it is sound, we need to acknowledge it, not throw away. We then need to know ourselves, we need to be emotional and mentally fit. We then need to get out into the world and go beyond our limits. We need to stretch ourselves.

Once we've done that, we can then claim to have knowledge. Being knowledgeable and using that knowledge is the best thing we can do for this world and ourselves. **Scripture X Logic X Science X Emotions X Experiences = Knowledge**

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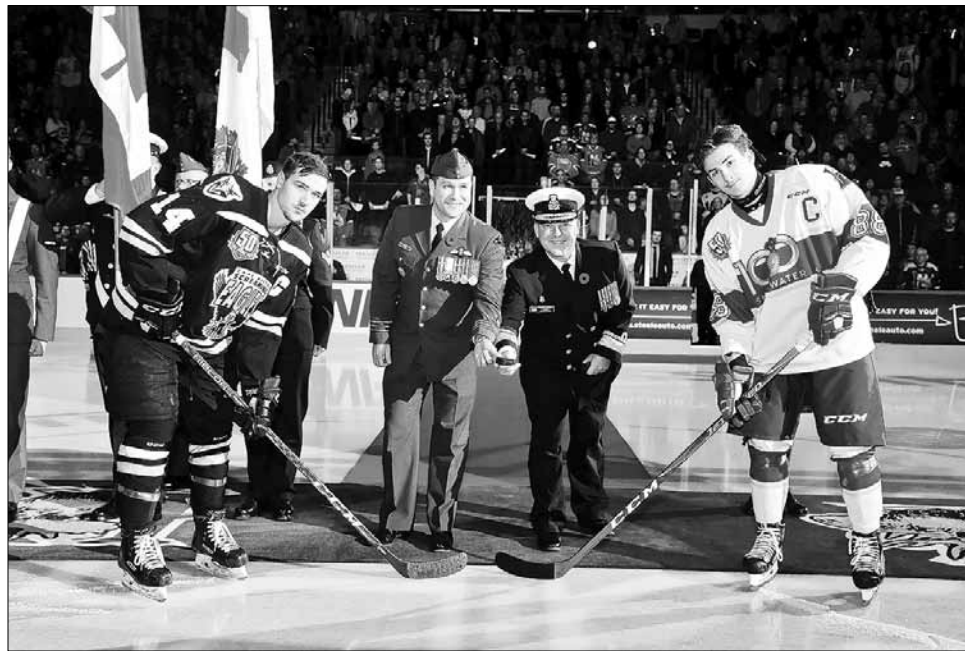
Halifax Mooseheads Annual DND Appreciation Hockey Game set to go

By CFB Halifax Public Affairs

The Halifax Mooseheads will be battling the Drummondville Voltigeurs during the annual DND Appreciation Hockey Night at the Scotiabank Centre, Friday Nov 8. The Halifax Mooseheads have a special connection with the Defence Team here in the Halifax area and this is their way to thank us for all we do in our service to Canada.

A commemorative HMCS *Kootenay* jersey will be worn by the Mooseheads to honour the many sailors and *Kootenay* family members who were forever impacted by the fatal engine room explosion and fire onboard the Restigouche-class destroyer 50 years ago. Some of the *Kootenay* survivors will be present at the game. The jerseys will be raffled off during the game, with several auctioned online at a later date. All funds raised will benefit Camp Hill Veterans' Memorial Garden.

On October 23, 1969, *Kootenay* was operating in European waters with a Canadian task group that was returning to Canada, transiting the English Channel. *Kootenay* pulled away from the rest of the ships to perform full speed sea trials of her engines, roughly 320 km off



During the 2018 Mooseheads DND Appreciation Game on November 9, 2018, RAdm Craig Baines, Commander JTFA and MARLANT, and LCol Bill Reyno, 12 Wing Operations Commanding Officer, participate in the ceremonial puck drop. The Mooseheads are once again gearing up to host local Defence Team members for an appreciation game on November 8.

DAVID CHAN, HALIFAX MOOSEHEADS

Plymouth, United Kingdom. During the trial, the starboard gearbox had reached a critical temperature level of approximately 650 °C and

exploded. The explosion killed seven and injured 53 others and started a fire in the engine room; two others died later from injuries sustained

during the resulting fire. This event is considered the Royal Canadian Navy's worst peacetime accident. The *Kootenay* explosion also marked the last time Canadian military personnel were buried overseas, as four of the sailors killed were buried in the United Kingdom. Following this event, policy was changed so that all Canadian military personnel are returned to Canada should they perish while on deployment.

During the DND Appreciation Hockey Game, the Stadacona Band of the Royal Canadian Navy will perform the national anthem, a four-person flag party will be paraded onto the ice by a bagpiper from 12 Wing Shearwater Pipes and Drums, and RAdm Baines, Commander JTFA and MARLANT, will perform the official puck drop. Some members of the Defence team will participate in second intermission games.

Defence Team members will have the opportunity to buy specially priced, deep discount tickets to the game. You can buy tickets at the Fleet Fitness, Sports and Recreation Centre (Dockyard) and the 12 Wing Shearwater Fitness, Sports and Recreation Centre. Come support your Halifax Mooseheads. See you at the game!

Promotions at PCC Atlantic

PCC Atlantic recently celebrated the promotions of two personnel. Cdr William Reive, Commanding Officer, CPO1 Patty Bouthat, and CPO2 Daniel

Frappier marked the promotions of CPO1 Dale Stryker and PO1 Malerie Aylward. Congratulations and BZ!



CPO2 Daniel Frappier (left) and Cdr Reive congratulate CPO1 Dale Stryker on his promotion.

SUBMITTED



CPO1 Patty Bouthat (left) and Cdr William Reive congratulate PO1 Malerie Aylward on her promotion.

SUBMITTED

Youth Reporter Competition

By CFMWS

Canadian Forces newspapers are looking for youth reporters from military families between the ages of 13 and 18 who want to write a story about an issue that is important to their life or the community around them.

The story must be original and about an issue or a personal experience or insight that has not been widely reported, and reflects the life of the contributor or their friends and family.

Youth interested in this endeavor should submit an application with

their story pitch between October 6 and December 31, 2019. The application can be found at CAFconnection.ca/YouthReporter.

Then, Canadian Forces newspaper managers will meet in January to choose the five most unique and powerful story pitches – and have the winning entrants write their story.

The stories will be published online and in CF newspapers.

Up for grabs is a grand prize package and a scholarship for the best story, determined by readership votes.

Le concours de jeunes journalistes

Par SBMFC

Les journaux des Forces canadiennes sont à la recherche de jeunes des familles des militaires âgés de 13 à 18 ans qui désirent faire un reportage sur un événement ou un enjeu qui est important dans leur vie ou pour leur communauté.

L'article doit être original et porter sur un enjeu, une expérience personnelle ou un point de vue qui n'a pas déjà fait l'objet d'un grand nombre de reportages ou qui reflète la vie du participant, de ses amis ou de sa famille. Vous devez expliquer en quoi votre article apporte un point de vue unique

sur le sujet ou l'enjeu et aussi la façon dont vous pourriez élargir la portée de votre article pour aborder des enjeux connexes.

Les gestionnaires des Forces canadiennes se réuniront pour choisir les articles les plus uniques et puissants, lesquels seront publiés avec l'aide des participants gagnants. Nos lecteurs auront alors l'occasion de voter pour leur article préféré et le gagnant remportera un grand prix et une bourse d'études.

Pour participer, envoyez-nous votre candidature et votre idée pour l'article que vous aimeriez écrire entre le 6 octobre et le 31 décembre 2019. ConnexionFAC.ca/JeunesJournalistes

Local Defence Community has a ball at HFX Wanderers FC Match

By 2Lt Nicolas Plourde-Fleury

Nestled in the heart of downtown Halifax, you can find an expertly manicured soccer field that is home to Halifax's newest professional sports franchise, HFX Wanderers Football Club (FC). Despite the "temporary" nature of the Wanderers' stadium, the club's staff takes great pride in the work that they do and in the maintenance of the facilities at their disposal.

On a sunny afternoon on September 28, an exciting HFX Wanderers FC game day experience was had by many local Defence Team members, as the Wanderers hosted their inaugural CAF Appreciation Match.

This event was a collaboration between the HFX Wanderers FC, local Defence organizations and the Halifax & Region H&R MFRC. The fun began an hour before the 2 p.m. kick-off, when a piper from 12 Wing Pipes and Drums serenaded Wanderers fans as they entered the stadium. Meanwhile, at Rogers Square in downtown Halifax, members of 12 Wing Pipes and Drums and The Nova Scotia Highlanders Pipes and Drums were ready to lead Wanderers fans to the stadium during the March to the Match.

While fans in the "kitchen" sang, drummed and jumped to their hearts' content while waiting for the match to begin, the H&R MFRC was busy conducting a loose change drive at the stadium's main entrance and drumming up participation in a draw where two great prize baskets were up for grabs. Many of the draw prizes were graciously donated by the Wanderers themselves in the form of



Local Defence Team members and soccer fans enjoyed a great game and even better weather during the HFX Wanderers Football Club's inaugural Canadian Armed Forces Appreciation Match on September 28.

LS JOHN IGLESIAS, FIS

a signed jersey and team scarves, and the Royal Nova Scotia Tattoo Society provided a family pack of tickets for one of next year's shows.

Right before the game started, members of the audience were treated to a live performance of *O Canada* by the Stadacona Band of the Royal Canadian Navy. As the players and the match officials made their way onto the field, four more people joined them to take part in the ceremonial coin-toss: Capt(N) Mazur, Col Hawthorne, Col MacDonald and Mme Chambers, respectively representing the Navy, Air Force, Army and H&R MFRC. The last CAF contribution to this great day took place during halftime, when a pipes and drums ensemble made up from members of 12 Wing Shearwater and the Nova Scotia Highlanders

provided musical entertainment for match-goers.

Out on the sunny field, the Wanderers played amazingly well for all to enjoy. While they tied against Edmonton FC, the team showed great prom-

ise for future seasons ahead. Local Defence team members and their families were thrilled to partake in a fun-filled inaugural CAF Appreciation Match and to be part of a growing soccer community in Halifax.

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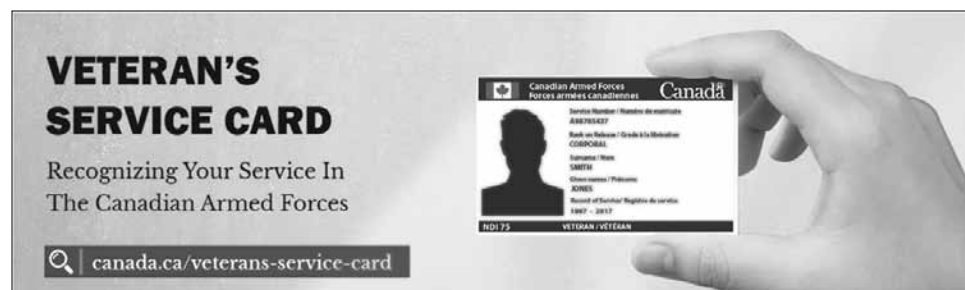



CAF members released prior to February 2016 can now request a Veteran's Service Card

The Veteran's Service Card is now available upon request to all eligible former and releasing CAF members. Veterans who have completed basic training and have been honourably released can now apply for the new Veteran's Service Card at the following website.

The first stage of the Veteran's Service Card was announced in September 2018. The Department of National Defence, Veterans Affairs Canada, and Library and Archives Canada are working together to ensure that the necessary resources are in place to verify, produce, and distribute the Veteran's Service Cards in a timely manner.

"The women and men who have



served in the Canadian Armed Forces deserve our full support as they transition to post-military life," VAdm Haydn Edmundson, Commander Military Personnel Command said. "We introduced the Veteran's Service Card in September of 2018, rolled out the stage two distribution last Decem-

ber and, as promised, the stage three distribution now begins. We have a sacred obligation to our women and men in uniform, and the Veteran's Service Card acknowledges and recognizes their devoted service to Canada."

In stage three, cards will be produced and issued upon request to all

eligible veterans who released prior to February 2016. Eligible veterans in the stage two group—those who released between February 2016 and September 2018—who have not yet requested the card may also apply.

Moving forward, all CAF members who are eligible receive the card automatically upon their release.

The Veteran's Service Card provides a tangible symbol of recognition for former members, and encourages an enduring affiliation with the CAF. It has no expiry date and it is not intended for use as an ID card, pursuant to Treasury Board of Canada Secretariat and other guidelines on official identification cards.

All serving CAF members and Veterans are encouraged to register for a MY VAC Account with Veterans Affairs Canada.

For more information on the Veteran's Service Card, or to apply, visit www.canada.ca/veterans-service-card.

Les membres des FAC libérés avant février 2016 peuvent maintenant demander une carte de service des anciens combattants

La carte de service des anciens combattants est maintenant disponible sur demande pour tous les membres des FAC admissibles qui sont retraités ou au stade de la libération. Les vétérans qui ont réussi leur instruction de base et qui ont été libérés de façon honorable peuvent maintenant présenter une demande pour obtenir la nouvelle carte de service des anciens combattants à l'adresse Web suivante.

La première phase du projet de carte de service des anciens combattants a été annoncée en septembre 2018. Le ministère de la Défense nationale, Anciens Combattants Canada et Bibliothèque et Archives Canada travaillent ensemble pour garantir que toutes les ressources nécessaires sont en place pour vérifier les demandes et produire et émettre rapidement la carte de service des anciens combattants.

« Les femmes et les hommes qui ont servi dans les Forces armées canadiennes méritent notre plein



appui lors de leur transition à la vie post-militaire, » déclare le vice-amiral Haydn Edmundson, commandant du Commandement du personnel militaire.

« Nous avons lancé la carte de service des anciens combattants en septembre 2018, procédé à la distribution pour les vétérans visés par la deuxième phase en décembre dernier et, comme promis, nous entamons maintenant la distribution pour les vétérans visés par la troisième phase. Nous avons une obligation sacrée envers nos

femmes et nos hommes en uniforme, et la carte de service des anciens combattants reconnaît leur service et leur dévouement au Canada. »

À la troisième phase, les cartes seront produites et émises sur demande à tous les vétérans admissibles qui ont été libérés avant février 2016. Les vétérans admissibles visés par la deuxième phase (soit ceux qui ont été libérés entre février 2016 et septembre 2018) qui n'ont pas encore présenté de demande pour obtenir la carte peuvent aussi le faire.

À l'avenir, tous les membres des FAC qui sont admissibles recevront automatiquement la carte au moment de leur libération.

La nouvelle carte de service des anciens combattants constitue un symbole tangible de reconnaissance pour les anciens militaires et encourage un lien durable avec les FAC. Elle n'a pas de date d'expiration et n'est pas destinée à être utilisée comme carte d'identité, conformément au Secrétariat du Conseil du Trésor du Canada et aux autres lignes directrices relatives aux cartes d'identité officielles.

Tous les membres actifs et les vétérans des Forces armées canadiennes sont invités à s'inscrire à Mon dossier AAC auprès d'Anciens Combattants Canada.

Pour en savoir plus sur la carte de service des anciens combattants ou pour présenter une demande, consultez le site canada.ca/carte-service-anciens-combattants

October - Healthy Workplace Month

By PSP Health Promotion

We spend a substantial part of our day in the workplace, usually seated and often stressed out. We may not think much of it, or we simply accept it as the nature of our work. But spending our days like this can put strains on our mental and physical health over time, ultimately impacting quality of work. This October is Healthy Workplace Month, the best time to make a change in your workplace. Introducing healthy practices into the workplace has many ben-

efits, from improved mental health and higher levels of creativity to decreased healthcare costs and less staff turnover. Even the smallest of changes can have a great impact on your overall wellbeing, so here are some ideas to get this October started:

- Get active. Introduce standing desks or take opportunities to get up for a stretch. Encourage using breaks and lunches to move around; organize a walking group, hit the gym, practice yoga, or even play a sport. Getting active with a friend or in a group can help

to keep you motivated. Suggest a walking meeting on a nice day.

- Eat right. Explore the possibility of keeping free healthy fruits on hand, or take turns buying for your colleagues. Hold a healthy potluck at lunchtime to inspire better eating habits. Make water more accessible by setting up a water cooler close to your work station, and set daily hydration goals.
- Improve your space. Bring in a couple of low maintenance plants to purify the air. Make sure that your workplace is clean and

hygiene-equipped, with tissues and hand sanitizer readily available.

Putting changes like these into practice is conducive to a healthier workplace as well as a healthier you, so why not give it a try?

<http://healthyworkplacemonth.ca/en/healthy-activity-ideas>

<https://www.webmd.com/women/features/10-tips-to-improve-your-health-at-work#2>

<https://quickbooks.intuit.com/ca/resources/business/9-tips-for-a-healthy-workplace/>

Autumn Auto Care



Prolong the life of your car and increase its value before selling

(NC) For many of us who are in the market for a new vehicle, it's important to take resale value into consideration, particularly if you are prone to trading up every couple of years.

"More often than not, people want a new ride that offers top-notch resale value," says Michael Betten-court, managing editor of Autotrader.ca, Canada's most comprehensive automotive marketplace. "A little research goes a long way in maximizing your investment and getting a decent return when it comes time to sell."

Make sure you do your research and check out Autotrader.ca to compare the values of hundreds of

thousands of used vehicle listings across different models, years and distances driven. This will give you a good idea of what a similar make and model can go for later down the road.

It's also important to keep your vehicle running smoothly with regular maintenance. While your ride is brand new, consider protecting its exterior with corrosion-fighting paint and finish treatments, and accessories designed to fend off the damaging effects of sand, salt and road debris. Finally, before putting it up for sale, make a quick visit to your mechanic to fix any issues, but don't go overboard on aftermarket installations.



Four tips to get you through winter driving season

(NC) We try as hard as we can to forget everything winter brings, but when the wind chill and -20°C temperatures return, it's important to be prepared and remember proper driving techniques as roads get slick with ice. Here are four tips to keep you safe on the road:

Winter tires are the support you need. When the temperature drops below 7°C, the grip and function of your all-season tires diminish. Winter tires are essential because they are specially designed for freezing temperatures and the challenging weather conditions winter brings.

Make sure your car has enough fluids. With winter come slush and unpredictable traffic conditions. As a driver, be prepared by ensuring your gas and windshield fluids are always topped up. Keep your gas tank at least half full for the duration of winter, because you never know when you'll need to keep your engine running out in the cold. We also know that when the snow melts, gross grey slush can splash up and dirty our windshield, so it's a great idea to keep a container (or two) of windshield washer fluid in your trunk at all times.

Find calm while driving. Driving on icy roads, in blowing snow or through whiteout conditions can make drivers very tense. To help avoid even more dangerous situations,

drivers should try to remain calm and remember key tips:

- Keep a light grip on your steering wheel – a tight grip can give you hand cramps and make you even more tense
- Reduce your speed to a safe and comfortable one to give you greater control – this will help prevent accidents
- Maintain a good distance from the vehicle in front of you and keep your hands at 9 and 3 o'clock
- Make sure your car is clear of snow before you set off and that your wipers are functioning correctly.

Know what to do in a slide-y situation. One of the scariest situations parts of winter driving is when you hit an icy patch. It's important not to panic or make any sudden manoeuvres. In an oversteer or fish-tail situation, keep your eyes focused on where you want your car to go – not where it's taking you – and turn your wheel in that direction. If you do find yourself in a ditch or on the side of the road waiting for help, stay with your car (if it's safe), stay warm, stay visible (put a bright cloth on the antenna and raise the hood), and run the engine and heater only 10 minutes every hour, keeping a downwind window open.

Find more tips on winter preparedness at belairdirect.com.

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Innovation in the spotlight at DEFSEC Atlantic 2019

By Ryan Melanson,
Trident Staff

As the second largest defence trade show of its kind in Canada, the Canadian Defence Security and Aerospace Exhibition (DEFSEC) Atlantic plays host to a variety of small and medium-sized businesses each year – many hoping to pitch their new defence-related products or technologies.

This makes the annual exhibition a perfect venue to present the Government of Canada's Innovation for Defence Excellence and Security (IDEaS) program, says Eric Fournier, who is the Director General, S&T Strategic Decision Support, and one of the leads for the IDEaS program. Fournier gave an overview of the program on the main stage at DEFSEC, which ran from October 1-3 at the Cunard Centre in Halifax.

IDEaS was created in 2017 as part of the Strong, Secure, Engaged defence policy, with the hope of identifying new solutions to defence industry problems from Canadian innovators, as well establishing a wider network of firms to take on those tasks. The program issues "challenges" to the private sector based around existing problems.

"For example, if the Canadian Army needs to buy 16,000 pairs of boots, they go buy the boots, there's nothing to solve there. But if the Army finds volcanic rock in Mali is chewing away the soles of their boots, then that's something we can push out to Canadian innovators," Fournier said.

Through its first year, IDEaS issued 25 defence and security challenges and awarded 160 contracts off of 750 received proposals. These contracts are initially worth \$200,000 over a six-month period, with potential to extend and receive further funding. The program also includes other initiatives like the Sandbox challenge, which recently brought 12 companies to Suffield, Alberta to demonstrate existing prototypes in counter-drone systems.

"Our next sandbox will be coming in the late spring or early summer of next year, and the focus will be on protecting our ships from corrosion," Fournier said.

Other government presentations through the week at DEFSEC included an overview of the Defence Procurement - Sustainment Initiative, targeting new in-service support options for military equipment. Private industry presentations took place from large players like Irving-owned Fleetway and Thales Canada, along with smaller companies like Toronto-based Kepler Communications.

Kepler VP Jeffrey Osborne pitched his firm's High-Bandwidth Satellite

Communication system for Arctic operations. As the North grows in terms of commercial interests, the potential for adversarial conflict also grows, meaning Canada has greater obligation to maintain and enforce Arctic sovereignty, he said. Canada also has a mandate to do the difficult work of generating reliable maps of the seabed floor in the region.

"Connectivity is one of the consistent challenges for the public sector in being able to deliver these capabilities."

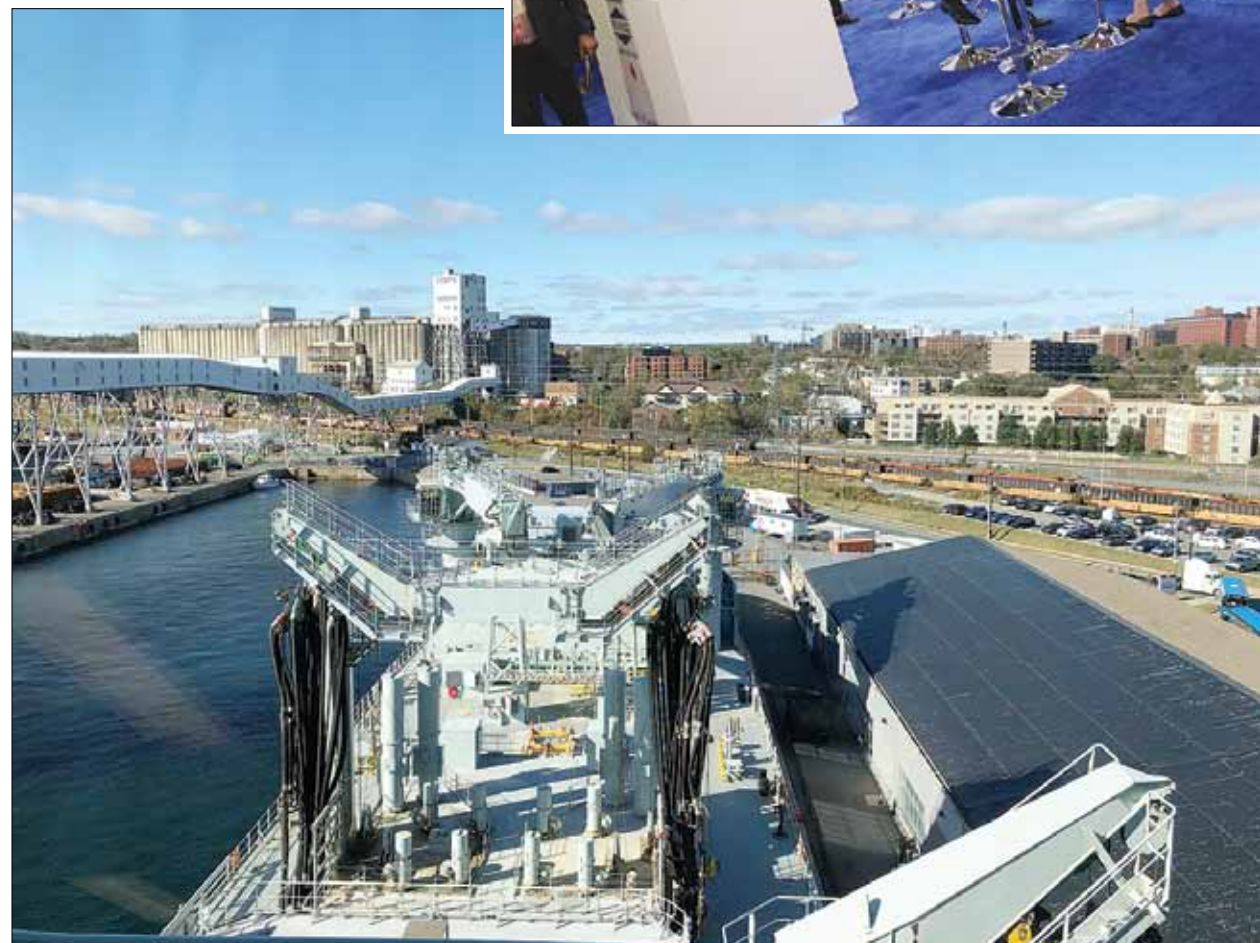
His solution involved repurposing existing antennae on vessels to connect via modem to Kepler's low-orbit satellites, creating a high-speed file transfer system for sending data to shore. He said they already have private-industry clients from the shipping and tourism industry, with hopes to branch out.

Off the presentation stage, the exhibition floor was lined with booths and prototypes ranging from simulators and augmented reality technology to fitness and health-monitoring equipment. One of the Navy's newest assets was also on display, with MV Asterix tied up at Pier 23 next to the Cunard Centre – the privately-owned ship was open for tours for the duration of the exhibition. The week also included the Atlantic Canada Aerospace & Defence Association annual dinner and networking reception, as well as the Clash of Titans Hockey Game between the RCN Titans and Esprit de Corps Commandos.



While the focus of DEFSEC is businesses interacting with government or other private firms, armed forces members from multiple countries also attend to learn about new technologies and trends.

RYAN MELANSON, TRIDENT STAFF



Irving Ship-building once again occupied prime space on the DEFSEC Atlantic exhibition floor.

RYAN MELANSON,
TRIDENT STAFF

MV Asterix was tied up alongside the Cunard Centre for the duration of the exhibition.

DEFSEC ATLANTIC



12 Wing Shearwater kicks off its NDWCC 2019

During their NDWCC 2019 kick-off event held on October 3, teams of 12 Wing Shearwater personnel compete in a fire truck pull.

LS TRENT GALBRAITH, 12 WING IMAGING



Sparky the Fire Dog promotes Fire Prevention Week

Base Commander Capt(N) Mazur and local Defence Team members met with Sparky the Fire Dog after a fire drill at Base headquarters on October 7 to kick off Fire Prevention Week, which ran October 6-12. This year's theme, "Not Every Hero Wears a Cape, Plan and Practice Your Escape" recognizes the everyday people who motivate their households to develop and practice a home fire escape plan.

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Lancaster bomber pilot awarded Legion of Honour

By Peter Mallett,
The Lookout Staff

A Second World War veteran who piloted the Lancaster bomber on multiple missions in western Europe has been awarded France's highest military decoration.

Victoria's Edward Vaughan, 96, was inducted into the French Legion of Honour by Phillipe Sutter, France's Consul General for western Canada in a ceremony at Veterans Memorial Lodge at Broadmead on September 29. The award recognizes Allied soldiers for their contributions to the liberation of France during the Second World War and to date has approximately 92,000 recipients.

Vaughan, a Broadmead resident and long-time Victoria resident, was grinning ear to ear upon receiving France's highest military medal. He then gave Sutter a firm handshake and was presented the customary red ribbon and medal, a Maltese asterisk hung on an oak and laurel wreath, and a commemorative certificate.

"It was just me, an ordinary pilot doing this," said Vaughan in accepting the award. "I am very pleased, thank you so much."

The former RCAF flying officer successfully completed 36 missions in his Lancaster bomber nicknamed Old Faithful in support of the liberation of France between June and August of 1944. Born in Swansea but raised in Cumberland, B.C., Vaughan did his pilot training in Alberta, Scotland, and England.

During the war, he was stationed in north Yorkshire with the RCAF's Goose Squadron whose main task was to weaken German defences in preparation for the Allied invasion of southern France in August 1944.

During one bombing mission to Germany, Vaughan recalled how a bomb fell through the wing of his Lancaster and started a fire on board. He then directed his crew to fight the fire and was able to return the plane to England while flying on three engines.

His quick thinking prevented himself and the crew from having to bail out over Germany or the English Channel, and he was awarded the Distinguished Flying Cross. In presenting his latest decoration, Sutter told Vaughan and his family members that France will never forget those who assisted in the liberation of his country.

"We are here to pay tribute to your exemplary dedication," said Sutter. "You are an inspiration to your children, grandchildren and great grandchildren and for all of us. We look at you with pride and with emotion."

After the war Vaughan attended the University of British Columbia and became a professional forester for the rest of his career. He married his wife Janet and raised five children in Victoria, B.C. He has eight grandchildren and nine great-grandchildren who, he says, pay him regular visits.

For more information about the French Legion of Honour visit their web page: <https://www.legiondhonneur.fr/en/page/legion-honor-10-questions/406>



Phillipe Sutter (left), France's Consul General for western Canada, presents the French Legion of Honour award to former RCAF Flying Officer Edward Vaughan.

SUBMITTED

FMFCS holds its NDWCC kick-off

Fleet Maintenance Facility Cape Scott held a successful 2019 National Defence Workplace Charitable Campaign kick-off event on September 24 at HMC Dockyard.

FMF CAPE SCOTT





Keeping a weather eye on the horizon

By Capt Jenn Jackson,
HMCS *Ottawa* PAO

Most meteorologists have the luxury of forecasting the weather in the vicinity of an airport or city where they live. The weather patterns come to the location, do their business, and move on to the next location.

Such is not the case for MCpl Dan Jacklin, one of two meteorological technicians deployed in HMCS *Ottawa*. Unlike Met Techs ashore, MCpl Jacklin must keep an eye on the weather currently around the ship and must look ahead to where the ship will be when doing his forecasting.

“Sailing is a unique challenge for a Met Tech,” says MCpl Jacklin. “I am responsible for putting together a weather brief for the Commanding Officer (CO) daily. My report can have a direct impact on operations – for example if a major weather system will occur along our voyage, the CO may decide to delay to avoid the storm, or direct the Navigating Officer to adjust our route to avoid it.”

To assist the Met Techs on board *Ottawa* are several weather forecasting devices. There are two anemometers located on the mast to measure wind speed and direction, wet and dry bulb thermometers, portable barometers, and a barograph to monitor pressure trends.



MCpl Dan Jacklin is one of two Met Techs deployed in HMCS *Ottawa*.

“A trend on the barograph that is heading down is an indication that inclement weather is on the way. If the ship can’t avoid it completely, the Commanding Officer may order preparations to safely weather the storm,” explains MCpl Jacklin.

Unlike shore postings, serving on a ship does have some advantages for Met Techs, especially those at the Master Corporal rank.

“What I enjoy about serving on

a ship is that I am still able to do forecasting as a Master Corporal, whereas ashore I would manage a section, leaving the nuts and bolts

of the trade to my subordinates.”

Originally from Kitchener, Ontario, MCpl Jacklin joined the Royal Highland Fusiliers as a Reserve Infantry Soldier in 1987 to fulfill his desire to serve, experience adventure, and see the world. As a young soldier, he began to achieve that dream during a UN tour to Namibia in 1989-1990.

“My UN tour was one of the main highlights and rewarding experiences of my career. I was employed as a driver and I drove all over southern Africa supplying other UN contingents and setting up polling stations for the country’s election. It seemed like the country was a better place when we left it.”

Seeking more travel and adventure, MCpl Jacklin transferred to the Regular Force in 2007, initially as a Naval Warfare Officer before discovering the Meteorological Technician (Met Tech) trade in 2013. Following training and on-the-job experience, his previous naval experience made him a natural fit for sailing with the fleet.

SUBMITTED



HMCS *Ottawa* on Ops PROJECTION and NEON

LS Justin Horvath, a Marine Technician, descends into an engine space on board HMCS *Ottawa* while deployed on Operations PROJECTION and NEON.

LS VICTORIA IOGANOV



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HMCS Halifax, Flagship of Standing NATO Maritime Group 2, conducts replenishment at sea approaches with ESP Blas de Lezo (left) and TCG Giresun (right) during Op REASSURANCE in October 2019.

CPL BRADEN TRUDEAU, FIS

HMCS *Halifax* continues Op REASSURANCE deployment

HMCS *Halifax* is currently supporting Standing NATO Maritime Group Two on Op REASSURANCE, Canada's support to NATO assurance and deterrence measures in Central and Eastern Europe. The ship recently conducted manoeuvres and helicopter operations with its German NATO partner, Federal German Ship Hessen; participated in DYNAMIC GUARD 19-2; and conducted a visit to the Aksaz Naval Base where the crew participated in a friendly game of soccer with members of the Turkish navy.



Cpl Patrick McLeod, a Medical Technician in HMCS Halifax, tests the local water source while in Rota, Spain during Op REASSURANCE in October 2019.

CPL BRADEN TRUDEAU, FIS



LS Joshua Sears, a Naval Electronic Sensor Operator aboard HMCS Halifax handles lines to secure the ship in Toulon, France during Op REASSURANCE in September 2019.

CPL BRADEN TRUDEAU, FIS



AB Braidyn Pollit, a boarding party member aboard HMCS Halifax, patrols the ship while departing Toulon, France during Op REASSURANCE in October 2019.

CPL BRADEN TRUDEAU, FIS

Adam **Rebecca**

PLAYSAFE:

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The War Amps new "kids-to-kids" safety video, featuring stories from young amputees who have lost limbs in accidents, delivers the hard-hitting but positive message: "Spot the danger *before* you play!"

Visit waramps.ca/playsafe for the video and safety resources.

The War Amps



MS Mathieu Allard-Audet, a Marine Technician, responds to engineering emergency drills on board HMCS Halifax during Op REASSURANCE in October 2019.

CPL BRADEN TRUDEAU, FIS



Great-great-granddaughter of HMCS Oriole builder amazed during visit

By RCN

Her only connection to her great-great-grandfather was an old desk. Then Victoria Gooderham, 29, ancestor of HMCS Oriole builder George H. Gooderham, recently reunited with her past through a specially-arranged family visit to the ship.

In the fleet since 1952, HMCS Oriole is the Royal Canadian Navy's (RCN) longest commissioned ship. It was originally built in 1921 for the Royal Canadian Yacht Club in Toronto under the order of the club's Commodore, George H. Gooderham.

George H. Gooderham died in 1942 but his family is still proud of its ancestral connection. On August 9, 77 years after his death, the RCN welcomed several of Gooderham's descendants for a tour aboard Oriole in Milton, Ontario.

"It is a really great piece of history that we got to share," said Victoria Gooderham, who visited the ship for the first time that day. "It's just a stunning, amazing sailboat."

Victoria Gooderham doesn't really know a lot about her great-great-grandfather. She knows he had a moustache and she knows he was dedicated to sailing. Visiting Oriole was an amazing opportunity to connect with her personal history, she said.

"I was amazed at how nice the furnishings were down below," she said. "Thank God it's in the military because they take care of it so well."

Sailing must be something in the blood. Amazingly, all of George H. Gooderham's descendants who visited Oriole that day were at one point in their lives, sailors.

Oriole is currently used as a sail training vessel, teaching naval cadets and other sailors about both rigging and life at sea. The ship also participates on the annual Great Lakes Deployment, aiding in recruitment and spreading the message of the RCN throughout Quebec, Ontario, and the United States.



The descendants of HMCS Oriole builder George H. Gooderham and family had a special visit to the ship on August 9, 2019. From left: Lt(N) Eric Poon, Courtney Nadherny, Charles Gooderham Nadherny (great-great-grandson of George H. Gooderham), Victoria Gooderham (great-great-granddaughter of George H. Gooderham), Margaret Gooderham (great-granddaughter of George H.), PO2 Adam Flegel, Peter Gooderham (great-grandson of George H.), Douglas Nadherny, and Sarah Nadherny (great-granddaughter of George H.).

RCN



Junior deckhands learn to prepare and fire the ship's cannon onboard HMCS Oriole during the Great Lakes Deployment on September 14, 2019.

LS A.J. DOMINGO

The crew weighs anchor onboard HMCS Oriole before coming alongside in Halifax, Nova Scotia after the Great Lakes Deployment on September 16, 2019.

LS A.J. DOMINGO

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NDWCC: Invest in Yourself. Invest in your Family.

As you may know, the National Defence Workplace Charitable Campaign (NDWCC) has officially kicked off. This annual campaign aids military members and DND civilians in supporting charities.

The H&R MFRC's theme: **Invest in yourself. Invest in your family**, focuses on the importance of supporting military families. To us, family means: the CAF member and those they care about: spouse, partner, parents, children and relatives. By selecting the H&R MFRC (using box 4 on the NDWCC pledge form), you are making an investment in yourself and your family. Perhaps you don't need us today, but you may tomorrow, and we will be here for you.

Funds raised through the NDWCC support the high quality, specialized programs and services the H&R MFRC has been providing to the military community since 1986. We focus on areas that are unique to the military lifestyle, including: community integration, deployment and work-related separation, francophone services, employment & education, volunteer opportunities, mental health & well-being, and child, youth & parenting.

For more information on the H&R MFRC, please visit our website: www.halifaxmfr.ca. Thank you in advance for your support.

There was plenty of flair at the Community Fall Fair

Staff at the H&R MFRC really wanted to create an opportunity for military members and their families to learn about the Centre and their community and to connect with other military families. And we wanted everyone to have some fun. Thus, we launched the H&R MFRC's first ever Community Fall Fair.

Held on a sunny Saturday, post hurricane Dorian, at our Shearwater site (30 Provider Road), with an attendance of upwards of 400 people from the military community, including many families new to the area, along with several dozen organizations, the Fall Fair brought lots of flair for attendees. During the 5-hour event, H&R MFRC staff and volunteers happily mingled with families to make sure they didn't miss a thing at the event.

We'd like to extend big thanks to the 24 RCSCC Magnificent Cadet unit, led by SLt Angela Riley, whose 15 hard-working, professional and passionate unit members were integral to the success of the event.

Thank you to those who visited See Meaning Graphics. We received insightful feedback, which we will use to help shape future programs and services for military members and their families.

And finally, thank you to everyone



Members of 12 Wing, RCSCC Magnificent, and CFB Halifax participated at the H&R MFRC Community Fall Fair.

SUBMITTED

who attended our first ever Fall Fair. We hope you enjoyed the event and you now feel more connected to the community you live in.

Happy Harry's to donate portion of sales to military families

The H&R MFRC will receive 10% of all sales made from November 2 – 10, 2019 at Happy Harry's Affordable Building Centre in Burnside. If you're thinking about home renovations, buy your material from November 2 – 10 and support military families.

Happy Harry's pour faire don d'une partie des ventes aux familles militaires

Le CRFM H et R recevra 10% de toutes ventes effectuées entre le 2 et 10 novembre 2019 au Happy Harry's Affordable Building Centre à Burnside. Si vous pensez à la rénovation domiciliaire, achetez votre matériel à partir de novembre 2-10 et soutenez les familles militaires!

Update on our Annual Holiday Breakfast

Every winter we've enjoyed opening our doors to military families to celebrate the holiday season at our Holiday Breakfast. Reflecting on the many competing priorities families often have during this time of year, such as multiple holiday-themed events, and based on the success of the first-ever Community Fall Fair, we've decided to change things up this year.

Instead of creating an entry in your calendar for December, please join us in February as we host a complimentary, winter warmup event for all military members and their families. Many best-loved activities from the holiday event will be included, such

as live music, entertainment, face-painting, along with new activities. We're making February a month to look forward to! Stay tuned for more information.

Together We Stand

Together We Stand Foundation (TWSF) is a registered Canadian charity created to honour the sacrifices made by deployed military personnel and their families each day, and to show that they are appreciated.

This year, the founders are once again showing their appreciation by providing special Family Gift Boxes containing cards and coupons from a variety of retail businesses. The gift boxes have an approximate value of \$300 and include gift cards and coupons from Adidas, Brass & Unity, Fabricland, Reebok and Yogen Früz.

Please note: This is not an H&R MFRC initiative. We are sharing the information on behalf of TWSF to try and reach as many eligible CAF members and their families.

Eligibility: Members deployed at any time between December 1, 2019 and January 30, 2020 in operational theatre outside of North America, separated from their family during the holiday season and not on training are eligible to complete the gift form.

Deadline: Complete the online application form by November 8, 2019.

How to apply: Visit www.twsfoundation.ca to complete the online form.

Contact: For more information, please visit: www.twsfoundation.ca. You can email questions to: info@twsfoundation.ca.

La Fondation Debout à l'unisson

La Fondation Debout à l'unisson est

un organisme de bienfaisance canadien créé afin de rendre hommage au personnel militaire en déploiement et à leurs familles pour les sacrifices qu'ils consentent chaque jour et de leur montrer qu'ils sont appréciés.

Cette année, les fondateurs témoignent de nouveau leur reconnaissance envers les familles militaires en déployant en leur offrant des boîtes-cadeaux spéciales contenant des cartes et des coupons de divers commerces de détail. La valeur des boîtes-cadeaux s'élève à 300 \$ environ. Elles comprennent notamment des cartes-cadeaux et des coupons des entreprises Adidas, Brass & Unity, Fabricland, Reebok et Yogen Früz.

Veillez noter : Cette offre ne s'agit pas d'une initiative du CRFM H et R. Nous partageons les informations au nom de la Fondation Debout à l'unisson pour essayer de toucher autant de membres des FAC admissibles et leurs familles.

Admissibilité : Les membres déployés à n'importe quel moment entre le 1er décembre 2019 et le 30 janvier 2020 dans un théâtre d'opérations situé en dehors de l'Amérique du Nord, séparés de leur famille pendant la période des fêtes et non en formation sont éligibles pour remplir le formulaire de boîte-cadeau.

Date limite : Remplissez le formulaire de demande en ligne par le 8 novembre 2019.

Comment s'inscrire : Visitez www.twsfoundation.ca pour remplir le formulaire en ligne.

Contactez : Pour plus d'informations, veuillez visiter: www.twsfoundation.ca. Vous pouvez envoyer vos questions par courrier électronique à: info@twsfoundation.ca.



HMCS *Frederickton* celebrates 25th anniversary

HMCS *Frederickton* recently reached its 25th birthday. The event was marked with festivities on the flight deck, and attendees included current and former crewmembers. A quintet from the Stadacona Band of the Royal Canadian Navy played, and refreshments included a cake with bright green frosting.



A quintet of musicians from the Stadacona Band provided musical entertainment during the celebration.

AVR RENZO RUIZ HAAS, FIS



LCdr Nicole Robichaud, Executive Officer of HMCS *Frederickton*, CPO1 Darryl Dejong, Coxn of HMCS *Frederickton*, and Cdr Blair Brown, Commanding Officer of HMCS *Frederickton*, welcome Brian Hills, a former member of the ship's executive team.

AVR RENZO RUIZ HAAS, FIS



The celebration was an opportunity for former shipmates to meet and reminisce about old times.

AVR RENZO RUIZ HAAS, FIS



Cdr Blair Brown, HMCS *Frederickton*'s Commanding Officer, addresses the attendees at the celebration.

AVR RENZO RUIZ HAAS, FIS



Members of HMCS *Frederickton* enjoy the celebratory cake baked and decorated especially for the occasion of the ship's 25th birthday on September 27, 2019.

AVR RENZO RUIZ HAAS, FIS



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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

Divers rule the beach at PO2 Craig Blake Fitness Challenge

By Ryan Melanson,
Trident Staff

The ninth annual PO2 Craig Blake Memorial Fitness Challenge was held at MacDonald Beach in Shearwater on September 27, and as usual, members of Fleet Diving Unit (Atlantic) showed up with the largest number of participating members, as well as the fastest finishing times.

In the Unit Category, competing for Wing Cup and MEGA points, team FDU(A) finished in first place with a time of 27:51, split between Slt Doug Young on the 300-metre swim, LS Dylan Parker completing the 6.5km bike course, and OS Sam Phillips with the 2.5km run. Nine units in total fielded teams, including ships and submarines from the fleet, as well as other groups like NTDC(A) and CF H Svcs (A).

In the open team category, the duo of divers LS Mark Littler and PO2 Josh Oldford combined for a second-place finish with a time of 30:19, and did it with only two team members, rather than the standard three-person group.

While the Fitness Challenge is well attended by members throughout the Formation, FDU(A) typically participates in large numbers to pay tribute to PO2 Craig Blake, the former unit member and avid triathlete who is now the namesake for the annual event. PO2 Blake was killed by an improvised explosive device in Afghanistan in 2010.

Outside of the memorial aspect, the mini-triathlon is considered an important PSP event because of the focus on teamwork, combined with overall fitness and endurance, which are all important factors in military operational success.

Full finishing time results from the PO2 Craig Blake Memorial Challenge are as follows:

Unit category

1. FDU(A) – Slt Doug Young, LS Dylan Parker and OS Sam Phillips: 27:51
2. HMCS *Toronto* – Avr Sienna Quirk, PO1 Kasia Danigier, and Lt(N) Andrew Dionne: 30:56
3. HMCS *Goose Bay* – MS Rebecca O'Connor, MS John Hynes, and LS Frederic Duclos: 33:45
4. HMCS *Frederickton* – PO1 Quentin Locke, PO2 Sheldon Feltmate and PO2 Eric Griffith: 37:21

5. HMCS *St. John's* – Slt Jonathan Tallis, Slt Antoine Cheng, and Slt William McClelland: 37:28

Team category

1. Morning PT - Guyaume Robert, Ryan MacNeil, and Mark Brown: 28:55
2. Undertrained and Overprepared - Mark Littler and Josh Oldford: 30:19
3. The Dusters - Sam Mercier and Aaron Bradley: 30:39
4. Splash, Flash and Dash - Lynne Patterson, Sebastien Bilodeau and Mike Scarcella: 30:43
5. 406 - Chris Cole, Sebastien Allain, and Andy Shain: 30:47

Individual category

Male

1. Stewart Riggs: 34:09
2. Jeremy Poitras: 34:29
3. Jason Greene: 36:26
4. James Thain: 37:56
5. Anton Bokov: 38:19

Female

1. Nicole Winsor: 40:03
2. Bailey Sloan: 43:45
3. Arina Bokov: 43:58
4. Kerry Ferguson: 47:15
5. Chelsey Hutson: 48:44



Competitors make their way along the Shearwater Flyer Trail during the cycling portion of the race.



Cdr Jennifer Gosse from the Formation Chaplain "Tri Hard" team crosses the finish line to complete the running portion of the event.

CPL JESSICA FOX, 12
WING IMAGING

A team from FDU(A) receives the Craig Blake Memorial Trophy for finishing first place in the Unit category.

CPL JESSICA FOX, 12
WING IMAGING



The first leg of the PO2 Craig Blake Memorial Fitness Challenge involves completing a 300-metre swim.

CPL JESSICA FOX, FIS



Fleet Cup Slackers victorious at 50th Mini Grey Cup

By Trident Staff

The Fleet Club Slackers have been dominant at the Mini Grey Cup for nearly three decades, and it was only fitting that the streak continued as the Slackers met the Wardroom Officers for the milestone 50th annual edition of the game on October 10.

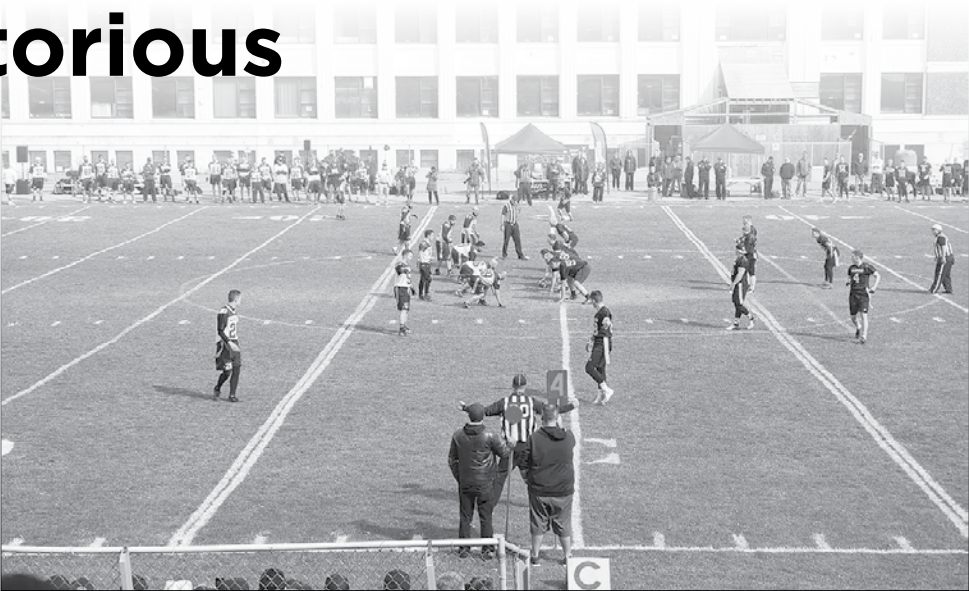
The NCM team took a 20-14 victory over the officers in front of a large crowd at Stadacona's Porteous Field, with fans from across the base showing up early for chili and barbecue at the tailgate party.

The game got off to an exciting start, with Slackers quarterback LS Mark Latter throwing a touchdown pass to Avr Alex Edwards on the open-

ing possession, and the Wardroom answering with a touchdown of their own soon after, though their conversion was blocked. The second quarter saw two more passing touchdowns for the Fleet Club, for a score of 20-7 at the half.

The Wardroom's SLt Kai Imai ran in one more touchdown in the final quarter, but the Officers failed to tie it up from there, with quarterback Capt Matt Elliott getting intercepted by Fleet Club's Avr Edwards to end their final drive.

The Game MVP Award went to Avr Edwards, who caught all three of the Slackers' touchdowns and also pulled off the key interception to seal the deal in the fourth.



The 50th annual edition of the game was played on Porteous Field at CFB Halifax in front of hundreds of spectators

CPL SIMON ARCAND, FIS



Avr Alex Edwards took the game MVP award for the Fleet Club Slackers.

CPL SIMON ARCAND, FIS



Members of the Fleet Club Slackers celebrate their 20-14 Mini Grey Cup victory along with RAdm Craig Baines, second from right, and Formation Chief CPO1 Derek Kitching.

AVR RENZO RUIZ HASS



Avr Alex Edwards carries the ball for the Fleet Club

MONA GHIZ, MARLANT PA



SLt Kai Imai runs the ball for the Wardroom Officers.

CPL SIMON ARCAND, FIS

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AVN tech from 12 Wing wins at weightlifting competition

By 12 Wing PA

"I had big confidence in my training," says MCpl Gabriel Auclair. "I kept thinking of all the work I did to get there. I focused on my breathing, I trusted my abilities."

MCpl Auclair's confidence was warranted. In August, the Aviation Systems Technician (AVN Tech) from 12 Wing Shearwater placed first in his weight class and age group and helped Team Canada's men's team earn the number one spot at the 2019 World Masters Olympic Weightlifting Championships in Montreal.

"It was very stressful because Canada was still in second place when it was my turn," he says, adding he was the last on the team to compete and that he knew if he lifted well, it would mean the difference between a silver or a gold for the men's team.

Participating in the over-35 age group and over-109 kilogram weight class, MCpl Auclair pulled through for his teammates in both of his events: the snatch and the clean and jerk. He lifted 138 kilograms for the snatch and 177 kilograms in the clean and jerk, for a total weight of 315 kilograms. As a first time member of Team Canada, he set three Canadian records, one for each individual event and one for the combined total.

Back at 12 Wing's 406 Maritime Operational Training Squadron, MCpl Auclair is all smiles when he talks about his experience in Montréal. He says the competition was intense and the American team can be quite intimidating. "But none of that affected me," he says. "And my coach was quite proud of me for that."

MCpl Auclair is back to his regular work and workout routine now, after a short two-week break from training last month. The AVN Tech fits his five-times-per-week training schedule around his hours at the wing, where he has worked since 2003 when he finished his trade training. He was first posted to Shearwater from 2003-2007, then 443 Maritime Helicopter Squadron in Patricia Bay, and now 406 (Maritime) Operational Training Squadron in Shearwater again.

"I love the people I work with," says MCpl Auclair. "This crew has been outstanding. We really look out for each other." As for the technical aspect, "I love the challenge of mechanical work. Ever since I was a kid, I've always torn everything apart and put it back together."

Joining the CAF was his father's



MCpl Auclair successfully lifts 177kg to win the clean and jerk category at the World Masters Weightlifting Championships in Montreal in August 2019.

MICHÈLE GRENIER

idea. He suggested it as a route to help MCpl Auclair become bilingual and improve his chances for his application to the Royal Canadian Mounted

Police. "But I loved my job, so I stayed." In doing so, he's travelled the world on deployments with HMC Ships *Ottawa*, *Ville de Quebec*, *Algonquin* and *Winnipeg*.

MCpl Auclair radiates positive energy when he speaks—whether it's about his past successes or future goals. He says he expects to deploy again, but hopes to do so as a Sergeant, something he's striving for these days. He's working toward his Level C qualification, which will qualify him to ensure the helicopter maintenance has been done properly and release the aircraft to the pilot.

At the same time he's working on career progression, he'll be logging 2.5-hour workouts at his local gym with an eye on the upcoming season. This will include competitions at the provincial and national levels, with the ultimate goal of being selected again for Team Canada and defending his title next year at World Championships Masters next year Germany.

HMCS *Shawinigan* sailor a fierce competitor

By Ryan Melanson,
Trident Staff

He's built up a collection of gold medals from local and national running events in recent years, and MS Mark Brown is now ready to take the next step in his competitive running journey, representing the Canadian Armed Forces on the world stage.

MS Brown, a Bos'n from Dartmouth currently posted to HMCS *Shawinigan*, will be competing as part of Canada's marathon running team at the 2019 CISM (International Military Sports Council) World Games, being held in Wuhan, China from October 18-27. While international CISM tournaments for individual sports are held frequently, the CISM World Games only occurs every four years, with up to 10,000 athletes from more than 100 countries competing in 23 different sports.

"It's the biggest event, and we'll have all our CISM teams together for the one occasion. We'll fly over as a team, and be a part of the Olympics-style opening ceremonies, which will be very special," MS Brown said as he prepared to depart for China.

Though he dabbled in competitive running in high school, MS Brown said he started taking the sport seriously through the last decade, after



MS Mark Brown will participate as a CAF marathon runner at CISM.

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registering for a few local races and finding success early on.

"I started to win some races, and decided I'd see where I could take it if I pushed a little bit harder."

That push has led to four consecutive years of gold medals from CAF National Running Championship events, as well as a spot on the CISM team. To take things even further, MS Brown has attended running camps in Mexico in the past year, training alongside world-class

runners including members of the Kenyan national team. This doesn't guarantee success at the CISM level, however, with some countries counting Olympic-level athletes as part of their rosters for China.

"It's very competitive. But we still show up, and for the Canadians, landing right around the middle of the pack would be a big goal," MS Brown said.

"For me to go with a finishing time in mind would be setting myself



MS Mark Brown is seen on board HMCS *Shawinigan*, where he works as a Bos'n.

RYAN MELANSON, TRIDENT STAFF

up for failure. My hope is to get out there and perform to the best of my capability. There's also a lot to pick up and learn from being in that environment."

As he looks to the future, he said taking up coaching and helping to train other CAF runners will be an eventual goal.

"Running has changed my life and it's done nothing but positive things for me, so I'm hoping I can give back to the community and the CAF."



Keep fit and sail on - The PSP deployment experience

By Captain Jenn Jackson,
HMCS *Ottawa* PAO

When Tianna Smith applied for a job as a Personnel Support Programs (PSP) Fitness Instructor at CFB Esquimalt two years ago, she had no idea where that would take her.

“I had just finished my kinesiology degree at the University of Victoria and saw the job listing. I thought it would be a great opportunity to work with a different segment of the population and a diverse group of people,” says Smith. “It’s definitely been that, but so much more.”

Fast forward two years, and “so much more” translates to her second deployment with the Royal Canadian Navy providing fitness programs to the crew.

Her first deployment was in MV Asterix in support of HMCS *Calgary* during Operation Projection. Her second is with HMCS *Ottawa*’s current deployment for Operations PROJECTION and NEON.

To deploy, she had to complete an intense one-week course in Halifax that included an introduction to life on ship, sea survival training, recreation ideas and activities, a tour of a Halifax-class frigate and chemical biological radiological and nuclear training. All of that was aimed at fitting the right instructor with the right deployment.

“Even though the course was only one week, it was one of the most intense weeks of my career,” she says. “Most days were 12-plus hours and there was a lot of information covered to make sure all of us were prepared



PSP fitness and sports instructor Tianna Smith (right) leads a group of sailors in a fitness class on the flight deck of HMCS Ottawa, currently deployed on Ops PROJECTION and NEON.

LS VICTORIA IOGANOV, MARPAC IMAGING SERVICES

for any Canadian Armed Forces deployment – whether in support of the navy, air force or army. Since I am employed in Esquimalt, deploying on ship made the most sense for me.”

Wanting to experience the Royal Canadian Navy firsthand and see for herself what sailors do played a big role in her decision to volunteer for deployments.

“When working ashore in Esquimalt, I would work with sailors every day but my understanding of what they do was limited. On ship, I not only see what they do, but I can connect with them on a personal level to learn more about them. I also have to plan my classes within the watch rotations to help them achieve a balance while living where they work – the same place I live too.”

One challenge she faces is motivating tired sailors with limited time off and reminding them fitness is not only easily achievable, it also relieves stress and increases energy. It can be easy for sailors to adopt a mind-set of barriers such as fatigue, limited equipment, and rocky seas.

“I work to vary the classes I run on board to keep the sailors engaged at sea. The days can start to feel monotonous, but having something different to look forward to that usually involves some time in fresh air on the flight deck helps break that up.”

As much as she enjoys the time at sea and working with sailors directly, she cannot deny deployments are more than professional development.

“Some of the most rewarding experiences I have while deployed are not



As a deployed PSP fitness and sports instructor, Tianna Smith says that she has gained a greater understanding of how sailors live and work aboard ship.

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directly related to fitness. The ship’s company does a lot of community relations and interacting with other navies. That has provided me with the opportunity to see how others live, while also giving and helping various organizations around the world. Seeing everyone come together regardless of language or background is one of the most amazing parts of deployments.”

When not at sea, Smith is a fitness instructor at the Naden Athletic Centre at CFB Esquimalt. She keeps busy by weightlifting, playing lacrosse, baking, and playing Dungeons & Dragons and board games with her friends.

“While any experience has its ups, downs, challenges and victories, the opportunity to learn so much while deployed makes every day at sea worth it. I never imagined that what started as a casual job opportunity could lead to seeing the world with so many amazing people.”

Fitness and sports updates

By Trident Staff

Boot camp is a mixture of strength, endurance, and fun. This class is designed to challenge everyone, against no one but yourself. Lift, run, move, jump, swing, pull, push, and smile. All skill and fitness levels welcome. Monday/Wednesday, 6-7 p.m.

PSP Recreation offers a yoga class designed for everyone. This class introduces foundational postures, balance postures, and movement with breath and focus. This well-balanced class will get you out of your head and into your body and your breath. Modifications are always welcome. Tuesday/Thursday, 6-7 p.m. Contact matthew.mackenzie5@forces.gc.ca for more information.

Intersection Curling League is now active. Games are on Tuesdays at 12:30. Learn to Curl started on October 1 and regular season games started on October 8. The location is the

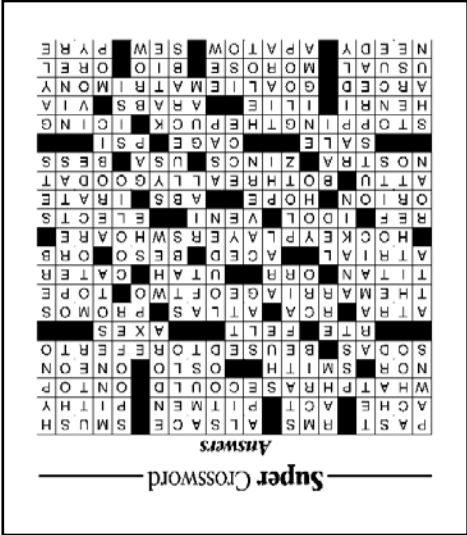
CFB Halifax Curling Club in Windsor Park. Fall Intersection curling will run from October to December 2019. Cancellations due to COTF/COTW/Wing Cup, Regionals and Club Bonspiels TBC. Units that entered teams last year or wish to enter a team this year, please contact Isaac Habib to indicate your intent to enter a team. We recommend that each team have a pool of 6-8 players to prevent unnecessary defaults.

The CFB Halifax Walk takes place at 10:30 a.m. on the last Wednesday of every month. Both military and civilian members are welcome to participate. The group will convene at the STAD gardens in front of S-90 for a PSP led warm-up. The walk will take approx. 30 minutes and be approx. 2.5-3km, heading towards Fort Needham and back. For more information please contact Lucas Hardie at 902-427-6335 or email Lucas.Hardie@forces.gc.ca

The FORCE Rewards Program is designed to recognize CAF personnel who achieve high levels of health-related fitness and operational readiness on their FORCE Fitness Profile, as part of their annual FORCE Evaluation. In line with the CAF objective of maintaining high levels of health-related fitness and operational readiness, this program is being implemented to motivate CAF personnel to pursue physical activity while recognizing those who achieve excellence. FORCE Program location: Fleet Gym location, D216, Mondays, 10 a.m. and Tuesdays, 1:30 p.m. HMCS *Scotian* location: Fridays, 10 a.m. and 1:30 p.m.

Has competing a triathlon been on your bucket list? Don’t know where to start? Join the Navy Triidents Triathlon Club. Membership is \$50 for military members and their families, \$60 for DND employees and their families, and \$65 for civilian

friends. Contact club president Lt(N) Sam Kehler at samuel.kehler@forces.gc.ca or search Navy Tridents Triathlon Club on Facebook.



Junior sailor plots course for success

By Peter Mallett,
The Lookout Staff

Heidi Maier, 13, says she has been swept away by the power of sailing.

The Grade 8 student has found competitive success harnessing the wind, and a healthy activity, during eight years with the Canadian Forces Sailing Association (CFSA) Junior Program.

"When I first tried the sport I was in kindergarten; I thought it was really cool," said Maier. "It was so appealing to me simply because you harness the wind and the waves and make a large object move in the water without a motor or expending your own energy."

She began competing three years ago in single-handed sailing dinghies called Optimist Class. Strong finishes at weekend regattas have become the new normal for her.

She has first place finishes at the Royal Victoria Yacht Club's Frozen Assets Regatta in February, and more recently the Maple Bay Regatta on Sept. 1. She also had a noteworthy 10th place performance at the Kitten Cup in Vancouver, in a much larger field that included provincial and national team members. In August,



At age 13, Heidi Maier has participated in the CF Sailing Association Junior Program for eight years.

she had an 11th place finish in a field of 65 sailors at the Canadian Optimist Championship in Ottawa.

"The fun part isn't just the competition, its meeting people from across the country and around the world, making new friends, and getting to go to post-regatta dinners."

Getting her feet wet

Maier learned to sail with CFSA's Opti Wet Feet at age five, around the same time father, LCdr Christopher Maier, began his first sailing experiences. He is the current CFSA Commodore, and says his daughter has advanced so far she gives him point-

ers and advice about sailing techniques.

"I always saw the potential in her because she is an amazing young girl," said LCdr Maier. "The coaches at our regattas all saw something special in her and encouraged her to get involved in competition."

In preparation for this year's competitions, the 13-year-old attended four training camps and committed to three training sessions per week. Over the summer months she volunteered with the CFSA's Learn to Sail programs.

Her coaches are also impressed by her efforts. CFSA Senior Instructor Ryan Kaye has spent several years coaching Maier and says that she not only has a great attitude about the sport but also the right qualities to be successful.

"She has a stubbornness and wants to push herself, but at the same time is willing to listen to a coach's advice and spends

time working on the fundamental skills that she needs to," said Kaye. "She is also amazing and very proactive when it comes to helping out some of the less-experienced [youth] sailors."

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Continued on page 23


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Super Crossword

TENDER UNION

ACROSS

- 1 Like history
- 5 Apt. divisions
- 8 -- -Lorraine, France
- 14 Flatten, informally
- 19 Long (for)
- 20 Have an onstage role
- 21 Coal miners
- 22 Succinct and meaningful
- 23 Start of a riddle
- 26 Victorious
- 27 Here-there link
- 28 Skilled forger
- 29 Largest city in Norway
- 30 "That's a new -- me!"
- 31 Party mixers
- 33 Riddle, part 2
- 37 1-5, e.g.
- 39 Hat material
- 40 Adz relatives
- 41 Big name in razors
- 44 JVC or Hitachi rival

- 46 Collection of maps
- 50 Trailers, e.g.
- 54 Riddle, part 3
- 58 Hit the bottle
- 59 Giant
- 60 Rink legend Bobby
- 61 Six-sided state
- 62 Do the dishes?
- 63 Relating to a heart part
- 65 Got 100% on, as a test
- 68 "Eso --" (Paul Anka hit)
- 70 Eye, to a bard
- 71 Riddle, part 4
- 76 One may cry "Foul!"
- 77 Tiki or Baal
- 78 "I came," to Caesar
- 79 Gives the most votes
- 81 Celestial hunter
- 83 Wish
- 85 Crunches tone them
- 88 Very angry
- 89 Island of Alaska

- 90 Riddle, part 5
- 94 Cosa -- (Mafia affiliate)
- 96 Coats with element #30
- 97 Nation north of Mex.
- 98 "Porgy and --"
- 99 Shop draw
- 101 Hamster holder
- 103 Follower of chi
- 105 End of the riddle
- 112 Pastry bag filler
- 116 Painter Matisse
- 117 Nastase of the court
- 118 Saudi and Iraqi
- 120 By means of
- 121 Bowed
- 122 Riddle's answer
- 126 Ordinary
- 127 Sulky
- 128 Short history
- 129 Ex-Dodger Hershiser
- 130 Insolvent
- 131 "Knocked Up" director Judd

- 132 Stitch (up)
- 133 Funeral heap

DOWN

- 1 Lowly chess pieces
- 2 Preceder of "Bless you!"
- 3 Glass bit
- 4 Asian holiday
- 5 Chicago's -- Emanuel
- 6 Occasional Golden Arches sandwich
- 7 Event with pig racing, perhaps
- 8 Boorish sort
- 9 Driving req.
- 10 Got to one's feet
- 11 Something not to be missed
- 12 Viola's kin
- 13 Witch on "Bewitched"
- 14 One doing a parody
- 15 St. Paul site
- 16 Give voice to
- 17 Bamboo unit
- 18 Sleep: Prefix
- 24 Hushed head-turner
- 25 Elisabeth of "CSI"
- 32 Semitic language
- 34 Smelting refuse
- 35 Relative of -ess

- 36 Large public show
- 38 Display fallibility
- 41 "-- way to go!"
- 42 Up until that time
- 43 Puts new parts on, in a way
- 45 -- -Magnon
- 47 Increase in volume
- 48 Toward a ship's rear
- 49 Pokes a hole in
- 51 Procession of cars
- 52 Works such as "H.M.S. Pinafore"
- 53 Ivanjica inhabitant
- 55 One of the Skywalkers
- 56 -- Sea (Asian lake)
- 57 "Close call!"
- 62 "It Takes a Thief" rapper
- 64 Pioneered
- 66 Large grotto
- 67 Lens locale
- 69 That lass
- 72 Start of a pirate chant
- 73 Faint from surprise, in slang
- 74 Omani money
- 75 Like exercise that gets the heart going
- 76 Horse coat pattern
- 80 Court units

- 82 Fully extended, as arms
- 84 Preceder of chi
- 86 Chesapeake Bay crustaceans
- 87 Scheme: Abbr.
- 90 Island near Java
- 91 "-- homo!"
- 92 "And fast!"
- 93 Breach
- 95 With speed
- 100 Paradox
- 102 U.S. territory since 1898
- 104 "Aye aye," in Iberia
- 105 Cassidy of old pop
- 106 Succinct
- 107 How actors should enter
- 108 Augustus -- ("Charlie and the Chocolate Factory" character)
- 109 Bejeweled headwear
- 110 Spartan serf
- 111 Holmes or Couric
- 113 Elephant tusk stuff
- 114 NFLer of San Fran
- 115 Crystal of country
- 119 Arch above the eye
- 123 Abbr. in a personal ad
- 124 "Yuck!"
- 125 Swiffer product

Junior sailor plots course for success

Continued from page 22

Maier is now looking forward to sailing faster and larger classes of boats. This month she began practising in the laser-class sailboats, which is the gold standard for Olympic and international sailing competitions.

She also hopes to one day move from solo sailing and crew a two-person 29er high performance skiff boat used by competitors in the World Sailing Youth Championships. "If it's a fast boat, it's very beautiful to me. I want to go for speed and power; the bigger the boat and the faster is all the better for me."




Instructors work with members of the CFSA's Junior Program in Esquimalt, BC.

SUBMITTED

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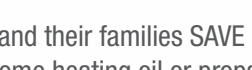
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