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welcome the ship home to Halifax.



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Sikorsky H92 selected as new Canadian Forces Maritime helicopter

Submitted by Lt. Jennifer Faubert
A/PAO 12 Wg

After a thorough pre-qualification and bid evaluation process, the Government of Canada has selected the H92 proposed by Sikorsky as the winner of the Maritime Helicopter Project.

"The Government of Canada firmly believes that the Sikorsky H92 helicopter represents the right helicopter for the Canadian Forces at the best price for Canadians," said the Honourable Bill Graham, Minister of National Defence in Shearwater on July 23. "The Sikorsky H92 provides a world-class robust, multi-role helicopter that will serve our defence needs for years to come."

"With this completion of the evaluation of proposals and the selection of the winning supplier, the Maritime Helicopter Project has marked an important milestone," said the Honourable Scott Brison, Minister of Public Works and Government Services. "The Government has conducted a fair, open and comprehensive procurement process, and now looks forward to the next stage of the procurement process, the establishment of formal contracts with the supplier."

"More than simply providing the right helicopter, the Sikorsky bid is a true win for Canadian high-technology industries, particularly the aerospace and defence companies who will partner in the delivery and long-term service of these helicopters," said the Honourable David Emer-

son, Minister of Industry. "This project will deliver sustained industrial activity in regions across Canada, in our small businesses and in our Aboriginal businesses, and will showcase our talented work force and innovative companies long after the delivery of the last helicopter."

"The selection of the Sikorsky H92 helicopter heralds an exciting new era for the men and women who operate our maritime helicopters," said General Ray Henault,

"The Sikorsky H92 provides a world-class robust, multi-role helicopter."

Chief of the Defence Staff. "The addition of a cutting-edge maritime helicopter will greatly enhance the ability of the Navy and Air Force to conduct domestic maritime security operations and support international missions."

Sikorsky will be awarded two separate, but interrelated contracts. The first contract will cover the acquisition of 28 fully integrated, certified and qualified helicopters with their mission systems installed, and will also include modifications to the 12 Halifax Class ships. The second contract will be for a 20-year in-service support contract that includes a training building, and a simulation and training suite. The contract should be



Sikorsky H92, to be known as the CH 148 Cyclone.

finalized and signed this fall.

Delivery of the first helicopter is required to be no later than 48 months from contract award with

the remaining helicopters to be delivered at a rate of one per month thereafter. The contract has a series of bonuses for early delivery but

also imposes penalties for late delivery, making it very much in the company's interest to deliver the helicopters as soon as possible.

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Acadian flags and banners were prominent in the welcoming displays by families and friends of the ship's company of HMCS TORONTO.

HMCS TORONTO returns on July 23

By Virginia Beaton
Trident staff

As HMCS TORONTO sailed into Halifax harbour, Master Seaman (MS) Danny Benoit could see a large group of people waving Acadian flags as they waited on a jetty in HMC Dockyard.

When he saw the Acadian flag with the message BIENVENUE DANNY, he had a feeling it was for him.

"I was surprised," said a grinning Benoit, as he embraced his girlfriend Mireille LeBlanc and thanked all the relatives and friends who had travelled from Tracadie, New Brunswick in order to be there for his homecoming.

Surrounded by 25 to 30 people including his mother Aline, siblings, 83-year-old grandmother, aunts and uncles, cousins and friends from high school, Briand admitted that it was a much bigger reception home than he'd pictured. "I was expecting only a few people.

TORONTO returned to homeport in Halifax on July 23 after more than six months away on deployment as part of the George Washington Carrier Strike group to OP ALTAIR, Canada's contribution to the United States-led war against terrorism.

A large and noisy crowd greeted the ship, cheering and waving Canadian flags and carrying balloon bouquets, cameras and video cameras. Posters and pennants car-

ried messages such as WELCOME HOME DADDY and many children sported ball caps that read OP ALTAIR 2004.

With their Acadian flags and banners, the Acadian party waiting for MS Benoit was the most visible group on the jetty. TORONTO's arrival was a chance to give Benoit a distinctive welcome home while celebrating their Acadian heritage, according to Mireille LeBlanc, Benoit's girlfriend. "This year is the 400th anniversary of the Acadians in Canada and we're very proud to be Acadian."

Linda Colin and her sons Henry and Marc were waiting to greet LS Gerry Colin. Eight-year-old Marc wore a homemade poster featuring Sponge Bob Squarepants. Both boys were eager to see their father and Ms. Colin said that once her husband was ashore, the family's first stop would probably be to see LS Colin's mother. "She just had hip replacement surgery."

Then they had plans for a special dinner, she stated. "We'll probably have steak and French bread. He says that fresh French bread is what he misses the most."

As she waited for her daughter, Ordinary Seaman (OS) Ashley Telford, Angie Telford held Russer, her pet Chihuahua. OS Telford had been very happy to return and see both her mother and Russer after six months away from home,

said Telford.

"Whenever she called, she always asked about the dog. Sometimes she'd ask about him first," said Telford, laughing. "She'd say, I can't wait to get home to maul him."

Dignitaries present to welcome the frigate included Her Honour the Honourable Myra Freeman, Lieutenant Governor of Nova Scotia, and the Honourable Larry Freeman; the Honourable Bill Graham, Minister of National Defence (MND); the Honourable Geoff Regan, Minister of Fisheries and Oceans; the Honourable Scott Brison, Minister of Public Works and Government Services; General Ray Henault, Chief of Defence Staff (CDS); Vice-Admiral (VAdm) Ron Buck, Chief of Maritime Staff (CMS); RAdm Dan McNeil, Commander Maritime Forces Atlantic MARLANT; VAdm Glenn Davidson, outgoing MARLANT commander; and Colonel Manfred Arndt, Commander of Maritime Air Component Atlantic.

"We've been very busy, we've done a lot of work over there and I tell you, today's the best day of the whole deployment. We're home with our families, everybody came home, we're all happy and it's great to come back to Canada because it's such a great country. We've taken our values with us when we went to the Middle East and I think we've made a big difference over there in the six and a half months that we've been

gone," Captain (N) Bruce Belliveau, TORONTO's commanding officer stated during a press conference.

MND Graham spoke briefly, telling Belliveau, "This is your day and that of your families and the crew coming home." He emphasized his pride in TORONTO's role in the Gulf, saying "I've attended many high level meetings with my colleagues in all the NATO coun-

"Today's the best day of the whole deployment."

tries. Everybody recognizes the incredible contribution the Canadian Forces are making in that region and the particularly demanding role that TORONTO played in a very difficult situation."

Questioned about any further deployments of Canadian warships, VAdm Buck stated "We have a number of worldwide commitments that relate not only to the campaign against terrorism but also with our commitments to our NATO allies. There will be a ship deploying very shortly this fall from Halifax, which will return to what is called the Standing Naval Force Atlantic and it is also the NATO Rapid Reaction Force that ship will proceed to."

As for the ongoing war against terrorism, VAdm Buck stated that while there are plans in the works to deploy another Canadian ship, "it will probably be in the 05 [2005] timeframe."

General Henault praised Capt (N) Belliveau and his crew for the success of their mission. "I think we need to acknowledge the fact that we do have a privileged position with our American counterparts, to fully integrate into Carrier Strike Groups as we did during this deployment. Captain Belliveau and his crew did us very proud in their operations," he said.

On July 20, TORONTO stopped over briefly in St. John's, Newfoundland and Labrador. RAdm Dan McNeil was there to greet the ship and presented approximately 170 South West Asia Service Medals (SWASM) to members of the ship's company.

TORONTO left Halifax on January 14, 2004 and was the 17th Canadian warship to deploy since September 11, 2001. The ship was deployed for 192 days and spent 170 of them at sea, with the crew's longest interval at sea being 40 days. The crew hailed 1,300 ships and boarded 123, accounting for over 70 per cent of the Carrier Strike Group's boardings. The Sea King, which joined the frigate in March, logged 275 flight hours over 75 sea days.



Publication schedule for 2003 and 2004

December 1
 December 15 – **Review of 2003**
 January 12
 January 26
 February 9
 February 23
 March 8 – **Spring Home & Garden care**
 March 22 – **Helicopter Special**
 April 5
 April 19 – **Battle of the Atlantic**
 May 3
 May 17 – **Posting Season; PSP Guide**
 May 31
 June 14 – **Family Days**
 June 28
 July 12
 July 26
 August 9 – **Back to School**
 August 23 – **PSP Guide**
 September 6 – **Air Show**
 September 20 – **Home Improvement**
 October 4
 October 18 – **Gym and Fitness**
 November 1 – **Remembrance**
 November 15
 November 29 – **Holiday Shopping**
 December 13 – **Review of 2004**

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S I L & N T

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Community calendar

Reunion and event notices must be submitted by mail, fax or internet, attention Virginia, (902) 427-4231 • reporter@tridentnews.ca and include the sender's name and phone number. Notice will not be published if the event is to happen more than one year from publication date. Submission may be edited.

Submariners Association of Canada Anniversary 2004

The Submariners Association of Canada holds its Anniversary 2004 in Halifax from August 19 to 22. Submariners from Canada, the United States and the United Kingdom will be attending. Events include an opening ceremony at the Fleet Club, tours of the Submarine School and Trainer, static tours of vessels alongside, a dinner and dance, a parade and march past and a Drumhead Service. For further information contact Anniversary and Registration chairman Jerry Sigrist at adpna.sigrist@ns.sympatico.ca or public relations chairman Jerry Conway at 902-462-4413.

Minor Hockey Registration

Shearwater/Shannon Minor Hockey Association will hold their registration Thursday, August 19 at 7 p.m. at the Shearwater arena. There will be no mail-in registration this year. Registration will be based on the same criteria as last year. For more information concerning the Minor Hockey Association, please go to the website www3.ns.sympatico.ca/ssmha or call Art O'Donnell at 426-2719 or Henry Dimmer at 434-5905.

Navy Fitness Challenge New Date!!

The 6th Annual NAVY FITNESS CHALLENGE will take place at Falls Lake Recreational Facility on Friday, September 10, 2004.

This event is also a qualifying event for the Cock of the Fleet and the Shearwater

NAVY 10K ROAD RACE

The 18th Annual Navy 10K Road Race will take place outside the gates of Stadacona Sunday, August 22, 2004. This event is part of the Provincial Qualifying Timex Series and first 250 to enter will receive a free T-Shirt. For full details see our website at www.psp Halifax.ns.ca



Wing Cup.

Deadline to enter is September 3, 2004.

For full details visit our website at www.psp Halifax.ns.ca

Atlantic Regionals - Softball

Dates: Aug 15 to 19, 2004
 Location: 12 Wing Shearwater
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Interested personnel are asked to contact Jeff Lauzier for more information.

First Aid Training from St. John Ambulance

St. John Ambulance will offer First Aid Training in Halifax/Dartmouth on the following dates.

Emergency First Aid/CPR Level A is offered on Tuesday, August 10, Saturday, August 14, Monday, August 16, Wednesday, August 18, Wednesday, August 25, Saturday, August 28 and Tuesday, August 31.

Standard First Aid/CPR Level A is offered on Saturday, August 14 and Sunday, August 15, Thursday, August 26 and Friday, August 27.

Enhanced First Aid/CPR

Level C is offered on Wednesday, Thursday and Friday, August 11-13 and on Saturday, Sunday and Monday, August 21-23.

Standard First Aid/CPR Level C is offered on Wednesday, August 11 and Thursday, August 12, Saturday, August 21 and Sunday, August 22, and Monday, August 23 and Tuesday, August 24.

Emergency First Aid and Standard First Aid/CPR Level A recertification is offered on Thursday, August 19 and Saturday, August 21.

For further information on courses, contact the Training Department at 902-464-5302 or toll free at 1-800-565-5056.

14 Software Engineering Squadron 25th Anniversary Reunion

Attention all present and former members of ASDU/14 SES.

Plan to attend our 25th Anniversary Reunion 4 - 7 August 2005

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Reunion OPI: Capt Ivan Krotky (902) 765-1494 Ext 3609 or krotky.i@forces.ca

Essay Competition

Canadian Navy personnel are invited to enter the 2004 Peter Mitchell Trust Fund Essay Competition.

The competition is open to Regular and Reserve members (if they have served at least 20 days in the 12 months before the closing date of the competition) at Commander rank or below, belonging to the Navies of Commonwealth countries.

Essays must be original work, written in English, and be no longer than 3,500 words in length. Footnotes and bibliography must give full information on source material.

A panel of officers selected by the Director Sea Power Centre (Australia) will judge the essays. One prize will be awarded in each of three categories: Group One, an open section in which all essays are eligible; Group Two, officers' section; and Group Three, sailors' section.

Overseas entries for the 2004 competition must be received at the Sea Power Centre (Australia) on or before November 14, 2004.

For complete information on the essay competition's topics and rules, contact LCdr Chris Munro-Cape at ext 1532.

Swim Registration

The PSP Community Recreation Aquatics Program will be holding its Red Cross Swim Lesson registration for the Fall session on the following dates and locations:

Shearwater registration
 Location: Shearwater Fitness and Sports Centre

Date: September 8, 2004 - classes will begin on September 18, 2004. 10 week program (nine lessons + a fun day)

Time: 6:00 pm - 8:00 pm
 Stadplex registration

Location: Halifax Military Community Center, Windsor Park

Date: August 29, 2004 - classes will begin on September 18, 2004. 10 week program (nine lessons + a fun day)

Time: 11:00 am - 4:00 pm

The Fall aquatic brochures with the new class times will be available August 25, 2004 at all gym locations, the A Block kiosk, the Community Recreation offices located at the Halifax Military Community Centre, and the PSP managers office located on the 3rd floor in S-90. Please see the brochure for program prices. We are able to accept debit, visa/mastercard, cash or cheque payable to "Base Fund" for payment.

For further information on our programs please call, Heather Arbour Aquatic Coordinator, 427-0550 loc 4642 or Denise Marshall, Program Supervisor 460-1011 loc 1777.

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New leadership for 12 Wing Shearwater

By Lt Jennifer Faubert
A/PAO 12 Wing

In an emotional ceremony, outgoing commanding officer, BGen David Martin passed the command of 12 Wing Shearwater to his successor, Col. Alan Blair on July 27.

BGen Martin was front and centre during some of the most significant activity the maritime helicopter community has ever experienced. He was posted in January 2003 in the midst of Operation Apollo, the largest sustained operation undertaken by the wing. It was followed by Hurricane Juan and the recent Sudden Unexplained Transient Loss of Torque Incident (SUTLOT), which saw the Sea King fleet placed on flying restrictions for five months while the most intensive technical investigation ever conducted on the aircraft occurred. BGen Martin leaves on the eve of the Minister of National Defence's Sea King replacement announcement.

"It's with mixed emotions that I am leaving command of Shearwater but I'm off to a challenging position in Ottawa and leaving the Wing in good hands to move forward into the future," he said. "There are exciting times ahead and the future of the maritime helicopter community is bright. Although I will miss

being in the thick of things at the cold face, I'll still be connected from Ottawa and be watching the Wing transform from there.

This is BGen. Martin's last tour to Shearwater. He is moving to Ottawa to take up the position of Director General Air Force Development at

"There are exciting times ahead and the future of the maritime helicopter community is bright."

National Defence Headquarters.

Taking over command of 12 Wing is considered a homecoming for Col. Blair, who has served two previous tours at the wing with 423 Helicopter Squadron and 406 Maritime Operational Training Squadron. He has recently returned from Shrivenham, Oxfordshire, UK where he was on exchange duties as a member of the Directing Staff at the British Armed Forces' Joint Services Command and Staff College.

Col. Blair expects change to be the biggest challenge he will face in his new position as Wing Commander.

"We've had the Sea King for so



During the Change of Command Parade, Col Blair leads the advance march.

CPL KAREN LIVINGSTONE, 12 WING IMAGERY

long, and we are set in our ways," he said. "Change is the biggest thing we will need to address to

ensure we are ready to accept delivery of the new aircraft. It's a great time to be MHP."

A Sea King fly-by marked the end of the parade and a fitting tribute to two Sea King pilots.

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Graduation day for new Naval Reserve Maritime Intelligence course

Submitted by LCdr Paul Henault
Communications Manager
MONI Project

An important milestone occurred on Friday, July 16, when the first course of the new Naval Reserve Maritime Intelligence occupation graduated at Fleet School Quebec (CFFS(Q)).

The new occupation is a result of the migration of R86 Naval Cooperation and Guidance for Shipping (NCAGS) occupation to R82B PRES INT SEA, a process that began in November 2002 with a MOSART-led Occupational Structure Implementation Plan (OSIP). OSIP calls for the Regular Force Intelligence occupation to change from a single occupation category to three elemental categories: 82A INT LAND, 82B INT SEA and 82C INT AIR. As a result, the Naval Reserve R86 NCAGS occupation will become a sub-category of 82B INT SEA and renamed R82B PRES INT SEA (R82B for short). The OSIP process should be completed and approval of the new occupation structure granted by September.

The level of support and cooperation among various staffs, schools and advisors has been exceptional, and the unqualified success of the program is a testament to the professionalism, hard work and enthusiasm

of everyone involved. In just two years, the project has generated a new Occupation Specification, a new Qualification Standard and Plan, seen three NCAGS officers become Regular Force 82B INT SEA qualified at CFSMI Kingston, implemented a self-supporting training infrastructure and program at CFFS(Q), and successfully conducted the first R82B PRES INT SEA course at CFFS(Q).

"CFFS(Q) has been on the cutting edge in leading the implementation of the Migration of NCS to Intelligence (MONI) project and in the production of new R82B Maritime Intelligence Officers," said Commander (Cdr) Chris Deere, Commandant of CFFS(Q). Cooperation with CFSMI in Kingston has helped the school achieve the required standard, and that continued liaison with CFSMI and the intelligence community will ensure R82B training at CFFS(Q) will continue to be of the same standard as that for Regular Force Intelligence officers, he said.

And now, after two years of intense planning, preparation and training, the newly minted students are ready to take on new responsibilities. Uniquely trained to support both N2 and N3 civil maritime shipping requirements, R82B officers will support Maritime

Intelligence, Surveillance and Reconnaissance (ISR), and provide NCAGS and merchant shipping expertise in support of maritime operations. As such, R82B officers will be employed in two complementary roles that take advantage of their unique expertise as merchant shipping experts.

Captain(N) Craig Walkington, NCAGS Advisor to Chief of Maritime Staff (CMS) and Presiding Officer of the course graduation ceremony stated, "The NCAGS occupation has evolved dramatically during the past 15 years, and the migration of NCAGS to INT is an excellent move forward. It provides a significantly enhanced capability for our Navy, it places our R82B officers front and centre supporting both N2 and N3 requirements, and it will provide tremendous opportunity through the long-term for both part-time and full-time Reservists." As a final gesture, the 15 graduates were presented INT Branch cap badges to be worn on completion of the ceremony—the first Naval Reserve course entitled to do so.

"It's been a very interesting and challenging program. The quality of the course was very good despite the short turnaround time that CFFS(Q) had to plan and conduct the new course. Overall, it's been a worthwhile learning

experience," sums up the students' opinion of the course. When asked about how they coped with the demands and stresses of the course, many answered "The keys to success are effective time management, setting critical timelines for each assignment and effectively prioritizing our workload." Another key phase in their answers was "Personal discipline, team cohesion and esprit de corps helped them cope through the tough times."

Next on the students' agenda is an On-The-Job-Training phase at MOSICS TRINITY and ATHENA, followed by a return to their Naval Reserve Divisions where they will fill divisional roles and support maritime INT and NCAGS taskings through the year.

Back at CFFS(Q), a second R82B course is underway, as are preparations to provide conversion training for officers already qualified in NCAGS, starting in January 2005. "So far the training is considered a marked success," said Cdr Deere. "We are certainly up to the task, and if the future in delivering R82B-qualified officers evolves with the same degree of success witnessed with the first course then the Canadian Navy will have both a credible resource and high numbers with which to support both Maritime Intelligence and NCAGS."

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Le Musée de l'aviation du Canada reçoit un hélicoptère Labrador Canada Aviation Museum receives Labrador helicopter

Submitted by Guy Paquette
Le bureau des affaires publiques de la 1^{re} Division aérienne du Canada

L'honorable Mauril Bélanger, ministre associé de la Défense nationale, a remis un hélicoptère CH-113 Labrador au Musée de l'aviation du Canada au cours d'une cérémonie qui a eu lieu le 27 Juillet 2004. La cérémonie, organisée par le Musée de l'aviation du Canada, souligné la mise hors service de cette célèbre flotte d'hélicoptères de recherche et de sauvetage.

Le Labrador 11301, le premier Labrador mis en service par les FC et le dernier à être mis hors service, effectué un survol de son nouveau domicile.

« Au fil des ans, le Labrador a aidé de nombreux Canadiens en détresse partout au pays. Son transfert au Musée de l'aviation du Canada permettra d'en conserver le souvenir tout en rendant hommage aux hommes et aux femmes de la communauté de recherche et de sauvetage qui risquent leur vie chaque jour pour sauver celle des autres », a indiqué l'honorable Mauril Bélanger, ministre associé

de la Défense nationale.

« Le Musée de l'aviation du Canada est fier de ses rapports avec le ministère de la Défense nationale, a dit M. Anthony Smyth, directeur général du Musée de l'aviation du Canada. Le Labrador 11301 permettra aux Canadiens de se souvenir des centaines de personnes qui ont été sauvées, souvent dans des conditions extrêmement difficiles. »

Depuis leur mise en service au sein des Forces canadiennes, les hélicoptères Labrador ont participé à plus de 20 000 missions et enregistré près de 190 000 heures de vol. Une des missions les plus mémorables est survenue en 1980, lorsqu'un incendie s'est déclaré à bord du paquebot de croisière M/V Prinsendam au large de la côte de l'Alaska. Les Forces canadiennes ont aidé à sauver les 510 passagers au cours de la plus importante opération de sauvetage maritime de l'époque. Le Labrador a été l'hélicoptère par excellence de la communauté de recherche et de sauvetage pendant plus de 40 ans de loyaux services et d'innombrables sauvetages. La flotte sera mise hors service, mais toujours présente dans nos esprits.



Dans le cadre d'un exercice, un hélicoptère de recherche et sauvetage CH-113 Labrador est en vol stationnaire afin de permettre à l'un des techniciens en recherche et sauvetage de sauter dans la baie de Quinte. Le tech SAR porte une combinaison d'immersion spéciale qui le protège de l'hypothermie.

During an exercise, a CH-113 Labrador helicopter hovers to permit a search and rescue technician to jump into the Bay of Quinte. The SAR tech is wearing a special immersion suit that protects him from hypothermia.

Submitted by Guy Paquette
1 CAD Public Affairs

The Honourable Mauril Bélanger, Associate Minister of National Defence, presented a CH-113 Labrador Helicopter to the Canada Aviation Museum in a ceremony on July 27.

The ceremony, hosted by the Canada Aviation Museum, marked the retirement from active service

of this illustrious fleet of search and rescue helicopters.

Labrador 11301, the first Labrador to enter service with the CF and last to retire, conducted a fly-past of its new home.

"The Labrador has assisted many Canadians in distress across the country throughout the years. Its transfer to the Canada Aviation Museum will serve to preserve its memory and is a tribute to the

men and women of the Search and Rescue community who each day risk their lives to save others," said the Honourable Mauril Bélanger, Associate Minister of National Defence.

The Canada Aviation Museum is proud of the relationship it has with the Department of National Defence," said Anthony Smyth, Director General of the Canada Aviation Museum.

"Labrador 11301 will serve as a reminder to Canadians of the hundreds of lives saved and people rescued, often in near-impossible conditions."

Since its introduction to service in the Canadian Forces, the Labrador has flown more than 20,000 missions and logged nearly 190,000 hours of flying time.

One of the most memorable missions occurred in 1980, when the

cruise ship M/V Prinsendam caught fire off the coast of Alaska. The Canadian Forces assisted in the rescue of all 510 passengers in what was, at the time, the largest single marine rescue in history.

The Labrador fleet has been the workhorse of the Search and Rescue community for more than 40 years of faithful service and countless rescues. It will be retired, but never forgotten.

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Base Commander tours new CANEX site at Windsor Park

By Virginia Beaton
Trident staff

On Friday, July 23, Base Commander Captain (N) MacIsaac had a tour of the construction site at Windsor Park where the new

CANEX facility will be located.

It was an opportunity for MacIsaac to see the progress that has been made at the site, according to Eileen Meldrum, advertising coordinator for CANEX.

MacIsaac viewed the site accom-

panied by Bill Elson, CANEX Regional Manager Atlantic, and Laurence Smith, the contractor for J.W. Lindsay.

"We're building at the new site because of the closing down of the PMQ area at Shannon Park,"

said Glenn Banfield, CFB Halifax CANEX manager.

He stated that the new CANEX facility will be approximately 12,500 square feet in size.

Located near the Halifax Military Resource Centre (HMFRC) and other

Personnel Support Program entities, the new CANEX outlet "will give us the opportunity to optimize service to CANEX patrons," said Banfield.

The new CANEX store at Windsor Park is expected to open in early November 2004.

Living history and lessons from the past



Padre's Corner

By Padre Jack Barrett
Chaplain Resource Manager

Recently, as I crossed the MacDonald Bridge on the way to work, I looked down and saw Halifax harbour buzzing with shipping activity straight out of the history books, and the radio stations' coverage added to the excitement. Halifax was preparing for the Tall Ships event.

It intrigued me to see such excitement about the living history of sailing vessels visiting our modern day port. And I have to wonder why there seems to be such a desire to reclaim our past?

This reclaiming does not end with Tall Ships. There are countless

antique cars on the roads as well as modern cars that are modelled after vehicles of the 50s and 60s, and much of our clothing seems to echo designs of the 1960s.

As a minister of religion, I find the very essence of my life and work, deal with events of the past that directly influence the present. One question often posed to me is, "Isn't religion out of date and out of touch with our reality today?"

My answer to such a question is simple, "Because something is from the past does not mean it is irrelevant in the present. In fact, the past is often a good check and balance within our present context."

In our modern society (a term that can be used by every generation), the technologies at our disposal constantly change, as does how we process information and transfer knowledge. However, people, and

how we relate to one another have changed very little over several millennia. Take for example the basic societal rules set down in the 10 Commandments of the Torah (Christian Old Testament); honour your parents, do not lie, kill, steal, commit adultery, or covet (crave for) your neighbour's belongings. (See Exodus 20:1-17).

These values are as relevant today as when they were presented to the Israelite nation by Moses, thousands of years ago.

So perhaps the desire to reclaim the past, or at least some parts of the past, can be beneficial. While I am not saying we should go out and buy a car that resembles one from the 50s or 60s, I believe we should consider how societies worked in the past and the consequences of their decisions, as part of the way we evaluate new and improved

social standards that may not be so new or so improved.

Perhaps some of the old ways of conduct can be summed up in a very few words—mutual respect versus my rights, is an attitude that we

"Because something is from the past, does not mean it is irrelevant in the present."

should hold closer to our heart when we conduct our daily business.

Perhaps I can quote Dr. Laura Schlessinger from her book, The 10 Commandments: "Entering into a relationship with God is not just

about the rewards we receive in this world or the next but rather how we show God that we are serious about our relationship with Him." When we adopt this sort of attitude in our daily life and interactions with others, then mutual respect will allow us to deepen our relationship with our neighbour.

The attitude of helping a neighbour simply because the neighbour needed it, was the foundation of our rural existence. This is an attitude that has made Canada the country it is today. It is something from the past that should be retained for the future and lived out in the present.

And regarding the Tall Ships that recently visited our port, it was nice to have a glimpse of the way sailors once plied their trade on the open ocean, but I'm not sure I would trade a CPF for a Square-rigger or Barque. I'm not as young as I used to be.

Anna Oliver, IRP

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Fall 2004 programs announced

STRENGTHENING THE FORCES ÉNERGISER LES FORCES

By Annette Huyter
Health Promotion Director

As part of its overall service delivery plan, the Formation Halifax Strengthening the Forces Health Promotion team will be offering the following programs this Fall:

Butt Out Smoking Cessation Program

Coordinated and offered in partnership with Formation Health Services, Butt Out is a smoking cessation program that provides education and support to participants in a

group setting. This Canadian Forces (CF) program requires that participants attend weekly meetings. Sessions include, among others, the following topics:

- smoking cessation medications;
- problem solving and coping strategies;
- relaxation and stress management;
- physical activity;
- minimizing weight gain;
- preparing for high-risk situations and
- developing a blueprint for remaining smoke-free.

Weight Wellness Program

Designed and tested specifically for the CF, this weight management program requires that participants

attend weekly group sessions. Program components include:

- physical activity;
- healthy eating;
- setting healthy goals for weight wellness;
- trouble-shooting;
- internal and external signals;
- motivation;
- the importance of support, and
- developing a blueprint for weight wellness.

Stress: Take Charge! Program

This program has been developed to empower CF members to evaluate their own stress, learn how to reduce and manage stress in their lives, as well as link their current understanding of stress to the dif-

ferent components of the stress reaction. Sessions include, among others, the following topics:

- understanding stress;
- assessing our stress level;
- the connection between stress and change;
- controllable vs/ uncontrollable stressors;
- stress in the military;
- stress and lifestyle;
- relaxation techniques and strategies, and
- setting healthy boundaries.

ASIST Suicide Intervention Workshop

This interactive, two-day workshop provides information and practical training on how to prevent the immediate risk of suicide.

Focusing on suicide first-aid, participants will learn how to:

- recognize invitations for help;
- reach out and offer support;
- review the risk of suicide;
- apply a suicide intervention model and
- link people to community resources.

For more information about these programs or about other services offered through your local Health Promotion Services team, please call 427-0550 (ext. 7806) or email huyter.ea@forces.gc.ca. You can also visit our Health Promotion Services website at www.psphalifax.ns.ca/healthpromotion or contact the Unit Health Promotion Representative at your Unit.

Fresh raspberries perk up vinaigrettes



Stoney's Kitchen

By CP02 Paul Stonier
N62 TSCPO 2583

As all the best chefs in the world know, sometimes a simple recipe produces the most taste. This can certainly be said for the vinaigrette salad dressing. Using only oil and vinegar, you can make many flavourful dressings with almost anything that you have on hand. Fresh berries make a welcome addition to any vinaigrette, as do all kinds of herbs and spices. This

Raspberry Vinaigrette is one of my favourites, but follow the simple directions here and you can make any kind of dressing imaginable.

There's nothing better than a mix of fresh picked greens and tangy vinaigrette dressing to begin a meal on a hot summer day.

- 2/3-cup olive oil
- 1/3-cup vinegar
- 1/2 tsp salt
- 2 T finely chopped fresh cilantro
- 2 T finely chopped fresh oregano
- 1 T finely chopped garlic
- 1/2 cup mashed raspberries
- 2 T maple syrup
- Freshly ground pepper.

The basic vinaigrette is a mix of two-thirds oil to one-third vinegar. You can use different oils and vinegars according to your taste or what you are serving it with. I like to use olive oil and white vinegar for this as it lets through the flavours of the raspberries. Other oils or vinegars with their own flavours may stand-alone without adding too much to them.

I usually just mix up the dressing in a canning jar and shake it well to mix all the ingredients. Place the oil and the vinegar in the jar, seal and shake well to blend. Add the other ingredients. I simply mash fresh raspberries with a fork and add

them, juice and all. Once all the ingredients are in place, shake well and let stand for a few hours. Shake occasionally, and shake well before serving over a green salad.

Refrigerate the leftovers and it will keep very well, although if using olive oil it may coagulate a bit in the fridge. Simply warm it up and shake well if this happens.

Use the two-thirds/one thirds rule to make any other vinaigrette. Balance sour additions such as lemon juice or lime juice with a little sweetener, either sugar or maple syrup. Try various fresh herbs and spices. There is no limit to the kind of vinaigrettes you can make. Try

to tailor the vinaigrette to blend with the previous or next course being served.

When serving a salad with fresh fruits and raisins, try using some walnut oil as part of the oil. This will add a very rich flavour to the dressing that will go well with mangoes or peaches. For Thai dishes try a vinaigrette with lime juice and chili peppers, add some brown sugar and substitute 1 tablespoon of soya sauce for the salt.

As you can see the combinations and permutations are indeed endless. Enjoy your summer and enjoy your summer salads with fresh homemade vinaigrettes.

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Fin de la mission des FC en Haïti

CF mission in Haiti ends

DNews
Défense nationale

L'opération Halo, participation majeure du Canada à la Mission des Nations Unies pour la stabilisation en Haïti, ou MINUSTAH, prendra fin le samedi juillet 31, 2004. La zone de responsabilité du Canada a été confiée avec succès aux forces argentines des Nations Unies, et nos effectifs rentreront au Canada au cours des semaines à venir.

« Notre mission en Haïti a grandement aidé à rétablir la paix et la stabilité dans ce pays agité », a déclaré M. Bill Graham, ministre de la Défense nationale. « En tant que Canadiens, nous avons raison d'être fiers de notre participation aux efforts déployés par l'ONU afin d'aider Haïti à instaurer un climat de paix durable. »

« Les hommes et les femmes qui ont servi dans le cadre de l'opération Halo ont fait montre d'un engagement exceptionnel », a précisé le Général Ray Henault, Chef d'état-major de la Défense. « Ils se sont déployés rapidement, ont su s'adapter à des circonstances changeantes et ont pu apporter des secours humanitaires tout en agissant avec une efficacité remarquable au sein de la Force multinationale. »

En mars 2004, les Forces canadiennes (FC) ont envoyé environ 500 personnes de même que six hélicoptères CH-146 Griffon en Haïti pour aider la force multinationale

► *Leading one of the patrols is Canadian Forces Corporal Matt Patterson, followed by 5 Platoon Commander, Lieutenant Paul Comeau and several of Argentinean soldiers.*

sanctionnée par les Nations Unies à stabiliser le pays. Quatre hélicoptères Griffon ont quitté Haïti le 23 juillet et sont arrivés au Canada le 25 juillet 2004. On s'attend à ce que tous les membres du personnel des FC affectés à l'opération Halo rentrent au Canada d'ici la mi-août.

« Je suis extrêmement fier de l'apport de chacun des membres de la Force opérationnelle », a indiqué le Lieutenant-colonel Jim Davis, commandant de la Force opérationnelle en Haïti. « Les hommes et les femmes qui ont pris part à l'opération Halo ont enduré des chaleurs extrêmes, ont vécu dans des conditions austères et ont effectué des patrouilles délicates dans certains des quartiers les plus défavorisés de Port-au-Prince et des Gonaïves. En outre, ils sont intervenus rapidement lorsqu'une catastrophe naturelle s'est abattue sur ce pays et ont aidé à rehausser la qualité de vie du peuple haïtien. »

Deux officiers des FC resteront en poste au QG de la MINUSTAH dans le cadre de l'opération Hamlet : le Colonel Barry MacLeod sera le chef d'état-major (CEM) de la MINUSTAH et le Major Mike Collins sera affecté à la section d'entraînement aux opérations.



CPL MATTHEW MCGREGOR, FORMATION IMAGING SERVICES HALIFAX

DNews
National Defence

Operation HALO, Canada's major contribution to the Mission des Nations unies pour la stabilisation en Haïti (United Nations Stabilization Mission in Haiti), or MINUSTAH, will cease operations on Saturday, July 31, 2004. The Canadian area of responsibility has been successfully handed over to Argentinean United Nations (UN) forces, and Canadian personnel will return to locations throughout Canada over the coming weeks.

“Our mission in Haiti was instrumental in bringing peace and stability to this troubled country,” said Minister of National Defence, Bill Graham. “Canadians can be justifiably proud of our contribution to the

UN efforts to assist Haiti towards a lasting peace.”

“The men and women who served on Operation HALO displayed outstanding commitment to the mission,” said General Ray Henault, Chief of the Defence Staff. “They deployed quickly, dealt with a changing environment, provided humanitarian assistance and worked effectively in a multinational military community.”

The Canadian Forces (CF) deployed about 500 personnel and six CH-146 Griffon helicopters to Haiti in March 2004 to assist the United Nations-sanctioned multinational force in bringing stability to the country. Four Griffon helicopters departed Haiti July 22nd and returned to Canada on July 25th 2004. It is expected that all CF per-

sonnel deployed on Op HALO will return to Canada by mid-August.

“I am extremely proud of the contributions made by all members of the Task Force,” said Lieutenant-Colonel Jim Davis, Commander Task Force Haiti. “The men and women who deployed on Op HALO endured extremely hot, austere conditions, conducted robust patrolling in some of the poorest and toughest areas of Port-au-Prince and Gonaïves, were able to quickly react to a natural disaster and helped to improve the overall quality of life in Haiti.”

Two CF officers will continue to serve at MINUSTAH HQ as part of Operation HAMLET. Colonel Barry MacLeod is the Chief of Staff (COS) of MINUSTAH while Major Mike Collins is a member of the operations training section.

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HMCS ATHABASKAN returns fire from Tall Ships

Submitted by Mike Bonin
MARLANT Public Affairs

The thunderous sounds of cannon fire echoed through Halifax Harbour, on Monday, August 2, as majestic, sail-laden ships exchanged volleys with the Destroyer HMCS ATHABASKAN.

Under a glorious summer sky, a parade of sail passed by the stern of HMCS ATHABASKAN, which was designated the official reviewing ship for Halifax's Tall Ships Challenge. The Honourable Myra A. Freeman, Lieutenant Governor of Nova Scotia, The Honourable Geoff Regan, Minister of Fisheries and Oceans, Rear Admiral Dan McNeill, Commander of Maritime Forces Atlantic and Capt(N) Bruce Donaldson, Commanding Officer of ATHABASKAN were on hand to salute the passing tall ships.

Depending upon the method used by the ship that passed for review, ATHABASKAN responded in one of three ways, either by the use of a boatswain pipe, by lowering the ship's ensign or by firing a cannon. The signal was returned via the same method sent, followed by a salute and a friendly wave.

The cannon firing, the most spectacular and noisy of the three methods dates back to the days of sail when warships would empty their cannons to show that they were unarmed when entering a port of call. Today the firing is a ceremoni-



FORMATION IMAGING SERVICES, HALIFAX

Ships participating in the Challenge, take part in the Parade of Sails—sailing inline around the Halifax Harbour before heading out to sea at the conclusion of their visit to Halifax.

al gesture and blank cannon rounds are used.

The Tall Ships Challenge was a

wonderful opportunity for all to experience a bygone era. The beauty and grandeur of the ships has cre-

ated long-lasting memories for the hundreds of thousands of people who visited the 42 ships while they

were in Halifax.

The next Tall Ship event is scheduled for the summer of 2008.

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Mexican Naval Barque visits Halifax for Tall Ships Challenge

By Virginia Beaton
Trident staff

A 21-gun salute echoed across the water as the Mexican Naval ship CUAUHTEMOC entered Halifax harbour on Thursday, July 29 for the Tall Ships Challenge 2004.

The 90-metre barque exchanged salvos with HMCS ATHABASKAN as an enactment of the 18th century tradition of emptying a ship's guns as a signal of peace before entering a foreign port.

CUAUHTEMOC was among the first ships to reach Halifax for the Tall Ships Challenge 2004. From July 29 until August 2, the barque was one of more than 40 sail vessels tied up along the city's waterfront and open to the public for tours.

CUAUHTEMOC's visit to Halifax marked the 60th anniversary of diplomatic relations between Canada and Mexico. Built in Bilboa, Spain in 1982, CUAUHTEMOC, named for the last Aztec emperor, carries 218 crewmembers and serves as a training platform for future officers and as a goodwill ambassador for Mexico.

Dozens of Mexican naval cadets in yellow raingear climbed the rigging and stood aloft as the senior officers, led by the ship's commanding officer Captain (N) Salvador Miranda Orendain, prepared to receive their distinguished guests.

As the ship approached Purdy's

CPL BRUNO TURCOTTE, FORMATION IMAGING SERVICES, HALIFAX



Mexican sailors firing the gun during the 21 guns salute.

Wharf, Her Excellency Maria Teresa Garcia Segovia, the Mexican Ambassador to Canada, stood awaiting the arrival.

The crowd cheered and waved Mexican flags while some people held up a banner that read FELIZ COMPLEANOS CUAUHTEMOC [HAPPY BIRTHDAY CUAUHTEMOC], acknowledging that July 29 marked the ship's 22nd birthday.

In a ceremony aboard the ship at noon, Segovia was joined by Her Honour the Honourable Myra Freeman, Lieutenant-Governor of Nova Scotia; Capt Orendain; Rear-

Admiral (RAdm) Dan McNeil, Commander of Maritime Forces Atlantic; Bill Dooks, Member of the Legislative Assembly for the Eastern Shore; and Bob Harvey, councillor for Lower Sackville, Halifax Regional Municipality.

In her remarks, Ambassador Segovia emphasized the vitality and importance of the diplomatic relationship between Canada and Mexico. Noting that this year also marked the 10th anniversary of the North American Free Trade Agreement (NAFTA), she stated "There is no doubt that NAFTA has been one

of the factors in growth and development in North America."

The increased flow of goods and services between Canada and Mexico has led to a productive connection and "the strengthening of cooperation in areas of priority." The Ambassador noted that the two countries are both inspired by the principles of "peace, justice and sustainable development."

Capt Orendain stated that he and the ship's company were pleased to be in Canada for the 60th anniversary of Canadian-Mexican diplomatic relations, and to take part in

the Tall Ships event. "This ship symbolizes the pride and spirit of the Mexican people, whose mission is to take the message of peace and good will from our great nation to the friendly countries that we visit."

On Friday, July 30, the Mexican Navy cadets toured C Division and ATHABASKAN in HMC Dockyard. During the Tall Ships weekend from July 29 through Sunday August 1, visitors stood in line to visit the CUAUHTEMOC and the ships from many other countries including Poland, Romania, the United Kingdom and the United States. To mark the 400th anniversary of the Acadian presence in North America, a celebration of Acadian history, culture, food and crafts was also taking place along the waterfront.

On Monday, August 2, thousands of people crowded the Halifax waterfront as far south as Point Pleasant Park to watch all the Tall Ships formally sail past in the Parade of Sail. Aboard ATHABASKAN, Lieutenant Governor Freeman took the salute.

Led by the Nova Scotia schooner Bluenose II, the parade marked the successful conclusion of the Tall Ships Challenge 2004, which was estimated to have attracted over 400,000 people to the waterfront during the long weekend to view the Tall Ships and attend the entertainment venues.

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Canadian Navy officer sails in CUAUHEMOC



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CUAUHEMOC is a sailing vessel that functions as a training platform for Mexican naval cadets and for officers of other navies. In addition to Greidanus, a dozen officers from other nations including Brazil, Panama, Uruguay and Italy sailed in CUAUHEMOC as part of their military training.

Upon joining the crew in Baltimore and as they sailed up the East Coast, Greidanus received basic instruction in rope and line handling and sail management. "I was liv-

ing as a midshipman would have. I attended classes and picked up enough Spanish to understand commands."

The officers and cadets who knew enough English to explain or demonstrate to Greidanus what he was supposed to do made the tasks easier.

Aside from the language, Greidanus found enough accord between the Mexican ship and Canadian ships to feel at ease. "There are some fundamentals, the Navy is the Navy. Routines like meals

and standing watches are essentially similar."

Life in the mess included access to amenities such as laptops, he notes, and fitness and sports were also part of the schedule. "There was basketball on the decks."

Though his stint as a midshipman in a naval sail vessel was over, Greidanus said that he benefited from his time in CUAUHEMOC and hoped to be able to continue sailing. "This was a fantastic experience. I'd recommend it to anyone."

Sub-Lieutenant Jason Greidanus spent three weeks working aboard CUAUHEMOC. He's standing second from the right on the first arm from below.

By Virginia Beaton
Trident staff

As CUAUHEMOC entered Halifax Harbour in a light rain on the morning of July 29, Sub-Lieutenant (SLt) Jason Greidanus climbed the rigging and stood aloft with his fellow crewmembers.

After returning to the deck,

Greidanus stated "That was my third or fourth time up there."

Since coming aboard the Mexican Naval barque three weeks earlier in Baltimore, Greidanus had made significant progress with his sailing knowledge and ability. Before that time, according to Greidanus, "I had no previous

sail training or experience. I didn't speak any Spanish."

Several months ago, Greidanus, a Bridge Watchkeeper serving in HMCS FREDERICTON, applied for the opportunity to sail in a ship participating in the Tall Ships Challenge. To his surprise, he was selected. "I didn't know what to expect," he recalled.



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Gearing up for back to school

NewsCanada

It's back to school time and getting your children into educational shape may be a challenge, so now is the time to get into gear and help prepare them for the new school year.

Dr. Andrea Pastorok, Education Specialist with Kumon Math and Reading Centres, says a smooth transition from vacation to school can set the tone for a successful school year.

"It's not enough to send your children off with the necessary school supplies or the latest designer clothing," says Dr. Pastorok. "Helping them set up an academic routine is a very important part of preparing children for the new school year."

Dr. Pastorok says there are many things parents can do to help their children get on the path to academic success.

"It is imperative that your children have a clean, quiet, well-lit and well-ventilated study area with minimal traffic. Potential distractions such as pets, stereos, TVs or telephones which could cause the student to lose focus, should be minimized," she says.

While school supplies aren't the



THIS LUNCH BOX BELONGS IN HISTORY CLASS

"Routine" may describe most back-to-school shopping—until that is, you reach the aisle for those multi-coloured lunch kits and beverage bottles.

As you scan the latest cool characters and hip designs on insulated lunchtime gear—featuring icons like Spider-Man, Barbie, Hot Wheels, and Sponge Bob Squarepants—you will likely agree with the venerable Smithsonian Institution that indeed, the evolution of the lunch box does portray a vibrant and colourful history.

On display permanently now at the Smithsonian Institution's National Museum of American History in Washington (D.C.) is a lively retrospective called "Taking Ameri-

ca To Lunch". You will see it was the world famous Thermos Brand that revolutionized hot and cold portability 100 years ago and then wrapped its expertise around popular television entertainment in the 1950s. Roy Rogers, for example, graced the first fully lithographed steel lunch box and vacuum bottle—and since then, the company has licensed many hundreds more characters on hard and soft, school lunch kits.

These days, lunchtime gear is a fashion statement, from kiddie heroes and fanciful friends, to trendy, fabric-looks for teens.

"Most importantly though," says Thermos spokesperson, Hugh McDonald, "our role is to pro-

vide you with the confidence that the food and drinks you pack will be kept as fresh and safe as 'just made'. With increased attention today on healthy eating and on food borne illnesses, packing lunches in products with superior insulation is vital. For 100 years, we have been the trusted insulation experts.

"And there is a bonus this year," he smiled. "In celebration of our Centennial year, Thermos lunch products contain a contest ballot to win an RESP, one of eight prizes to help send your kids to college or university. Look for "Win a RESP" sticker on our kits, bags, bottles and jars, available at leading retailers across Canada."

only answer to a successful school year, they certainly help in contributing to one.

"To avoid distractions or disruptions during homework time, parents should ensure their children have all the tools they need for studying in their study area including pens, paper, erasers, coloured pencils and markers. The study area should also

contain resources such as a dictionary and thesaurus," she says.

And, just as hard as bad habits are to break, so are the good ones.

Dr. Pastorok suggests parents create a consistent routine for their children with a daily homework schedule in the home and encourage them to get their work done within the time allotted.

"Reward them after with a snack or playtime so they can reap the benefits of study at home," she says.

With busy work schedules, Dr. Pastorok says parents may feel a little overwhelmed with keeping up with their children's studies. But, being a parent also means taking responsibility for their children's academic success.

"Make time to get acquainted with your children's teachers and relay to your children any academic goals you discuss with them," Dr. Pastorok adds. "Parent-teacher partnerships will help students achieve their educational goals, and ensure that the student, teachers and parents work together towards a common goal."

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METRO CREATIVE GRAPHICS

HOW TO WIN THE HOMEWORK STRUGGLE

When students have their choice of after-school activities, homework is rarely at the top of the list. And, with September right around the corner, that means it is time for parents to prepare for the struggle that comes with motivating children to do their homework.

"Children who struggle in school often lack organizational skills," says Dr. Andrea Pastorok, Education Specialist with Kumon Math and Reading Centres. "Establishing a routine helps students acquire these skills."

As homework is often the first real academic challenge children may face, it is imperative there is a consistent homework routine that works for both parents and children. This will help keep after-school activities organized, contribute to harmony in the home, and help children learn effectively beyond the school day.

"Routine helps establish organizational skills and a lack of routine is why many children struggle in

school," Dr. Pastorok says. "Developing routine will help prevent last minute work and cramming."

Dr. Pastorok suggests that parents set aside a regular study time just for homework, reading and quiet activities. This is an effective way to help your children get motivated. "Make sure it's early enough in the evening so they are not cramming the homework in before bedtime," she says.

She also says that if on a particular day there is no assigned homework to be done, encourage your children to use their regular study time effectively - read a book, study or review.

"During daily homework time, make certain you are available to help your children with any questions they may have about their homework. You can also help them out by proofreading their papers, reports and projects, and by explaining your comments so they understand your changes," adds Dr. Pastorok.

She says it is also important to always focus on the positive lessons learned, even during the summer vacation.

"If they went to camp, learned sports or even explored the community with friends and family, point out the skills that helped them succeed in the summer and show them how those skills can be applied during the school year," says Dr. Pastorok.

A strong partnership, positive attitudes and a plan for learning will help deliver a successful school year.

Stress busting the school year

The new school year is approaching and stress can seriously impact a student's ability to learn.

Dr. Pastorok says that a less-stressed student is better able to achieve academically, so it's important to help your children be productive by helping them reduce the amount of stress they may encounter during the school year.

The following Suggestions will help your children reduce their level of stress at school:

- Be prepared and set a standard for daily routine, organization and study habits. Parents have to do their part, and the best thing is to help by providing your children with a stress-free study environment.
- As a parent, don't focus on perfection for your children; praise improvement instead. When there is praise for improvement, there is more chance for mastery. If there is only praise for the end product rather than the steps to getting there, there may not be success.
- Teach your children how to learn under stress. If they are in the middle of an exam or test, let them know it is okay to put their pencil down and take a deep breath. Enforce the "focus on what you know," rather than "what you

don't know" philosophy. This will also encourage positive results.

- Encourage your children to read and follow directions. It is essential for students to listen and read instructions during the regular school year and during exams. This will help ensure they are doing what is asked, instead of what they think they need to do.
- Help your children with managing their time - remind them not to spend too much time on one problem because this may not allow them to move forward to the next.
- Make sure your children have strong fundamental skills. If they lack a basic foundation, then there will likely be huge gaps in their knowledge, and this will hinder their ability to learn.

Helping your teen make the leap to high school

Entering high school can be a frightening experience for teens, and as a parent there are many things that can be done to support children entering secondary school.

"This is the time when children leave Grade 8 as the big fish in the pond, and move on to Grade 9 where they become the little fish in a big lake - the social hierarchy then takes a turn for the worse," says Dr. Pastorok. "Everything in high school is bigger. Students wonder if they will ever see their friends again, if they will like their teachers, and if they will find their locker or their classes."

Dr. Pastorok suggests a trip to the high school during summer vacation is a good way to introduce children to their new surroundings.

"Often, elementary and junior high schools will provide an orientation for students who are entering high school, but an additional visit to locate classrooms, lockers, the gym, and to learn how to navigate the high school campus can also be helpful," she says.

Dr. Pastorok makes some other suggestions for parents with teens transitioning to high school this fall:

- Make sure students have all the tools they need to be ready for class including binders, index tabs, paper, pencils and pens.
- Set up a comfortable, quiet space for homework and study at home.
- Keep in mind that many senior level courses have prerequisites. Students need to be reminded to think ahead. For example, if they want to take Calculus in Grade 12, they must figure out the necessary prerequisite courses to take in the grades prior to 12. Work backwards, look ahead and pre-plan to be prepared for future courses.
- Parents need to keep the communication with their children open so that they are better equipped to handle peer pressure. High school is a time when students may be exposed to drugs, alcohol or sex.

Because high school peer pressure sometimes outweighs parental influence, Dr. Pastorok also recommends having students be part of a school team or participate in extracurricular activities as one of the best ways to avoid trouble.

Avoid the kitchen table: Quick tips for creating a healthy homework space

Tips to setting up a healthy homework station can help avoid low back pain, says Sue Pridham, health and wellness consultant for Staples Business Depot and president, Tri Fit Inc.

Today's students are sitting for longer periods of time doing homework or using the computer. An improperly designed workspace can lead not only to poor posture but also to neck, shoulder and back pain.

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"It is a good thing to go to the house of the Lord."

sion and pain in the shoulders and back.” says Sue Pridham, a health and wellness consultant for Staples Business Depot and president of Tri Fit Inc. She offers these quick tips.

1. Create a space dedicated to homework and using the computer.

2. Ensure the workstation is big enough to hold all your equipment and frequently used items are close by to avoid excessive twisting or reaching.

3. Position computer monitor at arms length away with the top of the monitor at eye level.

4. Use a document holder when typing from a textbook or document to avoid unnecessary head twisting. Place the holder next to the screen.

5. Use a height adjustable chair - with a comfortable seat, good back support and adjustable arm rests and back. For computer work, adjust the chair's seat slightly backwards up to five degrees to create more lumbar support in the backrest. When writing, tilt the seat slightly forward to reduce pressure on the discs in the spine. Allow for a hand—width distance between the back of your knee and the edge of your chair.

6. Ensure proper sitting position: Arm rests: elbows rest close to your body and bent at 90 degrees.

Seat: hips and knees at 90 degree angle, thighs parallel to the floor. Sit all the way back in your chair, to avoid slouching and poor posture.

Wrists: neutral or slightly up.

Shoulders: relaxed, not hunched or forward.

Feet : resting flat on the ground. If

they don't, consider using a foot rest.

7. Use a negative slope/tilt down keyboard system.

8. Ensure the mouse fits the size of your hand or use a smaller keyboard for a better fit.

9. Use glare-free screen- reduces eye strain.

10. Take stretch breaks every 20 minutes.

For more back to school ideas, visit www.staples.ca.

Studying music changes your brain

Research reports that playing a musical instrument reshapes the brain. This doesn't actually mean it changes the overall shape of the brain, but rather that coordinated use of the fingers can alter the brain's ability to distinguish touch input from different fingers on the same hand.

Brains apparently have a rule about togetherness, which is something like, “Cells that are active together become more closely connected”. An amazing fact is that this can lead to more cells being recruited to the task, so that the brain area that processes information from a violinist's left hand becomes larger.

One implication is that a person can grow or increase brain regions by musical practice, shaping your own brain according to what you do. Another is that we can now understand why practice makes perfect. Practicing makes it easier for involved brain cells to work



METRO CREATIVE GRAPHICS

SMART STUDYING TIPS FOR BACK-TO-SCHOOL SUCCESS

Come September, the carefree days of summer are replaced with regimented school days and disciplined evenings spent studying. It can be a difficult transition, but getting kids into a study routine from the get-go will help ensure the academic year goes smoothly. Here are some proven study tips to help students get off to a good start:

- Stock up on supplies: Stock up on good quality pens and pencils and keep all the supplies on top of your desk in a portable Spacemaker school box for easy access. Some suggestions include the Paper Mate Clearpoint pen and pencil with an over-moulded grip for comfort, or the Paper Mate Advancer pencil, a self-advancing pencil that eliminates clicking and twisting.
- Find a good place to study: Get a

dedicated space with a comfortable chair, good lighting and a roomy desk or table. Avoid any distractions, such as telephone, magazines and TV, and remove anything from the desk that is not related to your homework: the key is to create a dedicated study space.

- Stick to a study schedule: Whether it's right after school or after dinner, block off the time that works best for you, and make it a priority. Rearrange your other obligations around your study schedule. When studying, make notes and highlight key points for easy reference using multifunctional products like the Paper Mate Tandem, a ballpoint pen and highlighter in one. You can also colour-code your work with Accent highlighters, which come

in a variety of vibrant colours.

- Create a plan: Before you begin studying, take a few minutes and jot down what you want to accomplish. Setting goals for your study session will help you focus and ensure you stay on track. Use multifunction products like the three-in-one Paper Mate X-Tend Multi, which has two ballpoint pens in red and blue, and a mechanical pencil all-in-one.
- Create incentives: Reward yourself with short breaks after you have completed one section of your studies. Call a friend, have a snack, listen to some music—whatever you need to refuel before heading back to your desk. For longer projects such as research essays, set up a special incentive like a half-hour TV break.

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AVOID INSTANT MESSENGER AND EMAIL STYLE LANGUAGE IN SCHOOLWORK

Almost every day, children use Instant Messenger and email style language to chat with friends, make weekend plans and stay in touch with out-of-town relatives. As students head back to school, it is important that this informal writing style of shortened words, improper grammar and lack of punctuation does not follow them back to the classroom. Sylvan Learning Centre recommends the following tips to ensure students use the right language style at the right time.

Different writing styles for different audiences—It's acceptable to write "C ya" in an instant message to a friend, but it is not okay to include this slang in homework assignments. Remind your child that formality is required for schoolwork and to keep a balance between the two different writing styles. Have fun with writing—Have your child

help out with grocery lists, writing thank you cards, keeping a journal or playing games like Scrabble or MadGab that help build language and vocabulary skills. In addition, if your child owns a handheld, download the palmOne Dictionary to Go on it for fast, easy, word reference. Featuring an extensive database of more than 150,000 words, and enhanced with hyperlink and multi-word selection features, students can find the words they need with a tap of the screen. You can also download a version of Scrabble to learn vocabulary on the go.

Create a writing zone—Whether typing homework on the computer, or taking notes with a pencil, be sure that your child has a well-organized place to write. A designated desk or table with a flat surface, good lighting and limited distractions will help keep your child

focused on his writing. It's also a good idea to keep a dictionary, paper and pens and any other supplies near by.

Establish a regular reading routine—Reading teaches sentence structure, grammar and vocabulary so make sure your child makes time for reading. Have her set aside 15 minutes per day, or two hours per week—reading and writing go hand and hand, and good readers become good writers. The more your child does of each, the better she will be at both.

For additional tips to help your child with math, reading or study skills, visit Sylvan Learning Centre's Tips for Parents and Students page at www.educate.com/tips, or call 1-800-31-SUCCESS.

For more information on palmOne handhelds and related software, visit www.palmone.com/canada

more efficiently together. Practice helps make perfect because it links relevant brain cells together.

The very act of performing music changes our brains, and therefore changes in a deeper sense the individuals we are. Frances Balodis, Director of Music for Young Children encourages children to practice, to perform in recitals and festivals. This childhood study of music is an activity that has a lifetime of effect.

More information available online at www.myc.com.

Inspire after-school creativity with art projects

According to a Sanford survey, back-to-school is the number one reason consumers purchase colouring supplies. That's because they are an educational way to keep kids busy after school, and parents get their creative juices flowing with art activities. "Drawing and colouring is a great way to liven up an afternoon at home," says Jennifer Stahlke at Sanford Canada. "It provides a creative, stimulating alternative to watching TV, and kids have fun doing it."

It doesn't have to be expensive either. All you need is

some coloured art paper, scissors and a good assortment of colouring products, such as pencil crayons and markers.

Tired of dried-out markers because the kids forgot to recap them? Try Laurentien Retractable Markers—just click and go. Get more bang for your buck by choosing products that do double duty, such as Laurentien Double Ended Markers. These markers have metallic ink on one end and matching bold ink on the other, which means there are 16 colours in each pack. They add pizzazz to any project and have versatile tips for outlining and colouring.

And if you are not yet ready for your kids to use markers, get them a pack of Laurentien Double Ended Crayons, with two colours in each crayon for a total of 16 colours per pack. These large size crayons fit perfectly in younger hands and resist breakage.

For online games, lesson plans and product information, visit www.laurentien.com

Save for university while shopping for school supplies

When back-to-school means off to university, the financial considerations can

be stressful. It's no surprise that many Canadians start saving well before their children are ready to start post-secondary education. Parents can add a little extra to their child's post-secondary education fund just by buying the school supplies they need now—thanks to a program called KidsFutures, and partners like Sanford, the makers of Paper Mate, Laurentien, Sharpie, uni-ball and more.

KidsFutures is a loyalty program that enables Canadian families to save money (not points) for their children's college or university education simply by purchasing everyday products and services from KidsFutures partners. As you purchase goods and services from these partner companies, the money you earn accumulates in your KidsFutures Education Savings Account, which can be transferred to an RESP account when it reaches \$100.

For example, with each purchase of any Laurentien, Paper Mate or Liquid Paper product, 50 cents will go towards your KidsFutures account. Multiply that by the amount of writing and colouring supplies your child will need by the time he or she goes to university, and the total adds up quickly. Add

to that the slew of other KidsFutures partners, and you'll have saved up enough money for course textbooks without even trying.

For more information on KidsFutures, Paper Mate or Laurentien products, visit www.kidsfutures.ca, www.papermate.com and www.laurentien.com.

Back To School: Pack a lunch that is healthy and fresh all day

Parents share a resolve countrywide to teach kids early, the joy of healthy eating habits and adequate exercise. Statistics Canada reports that 35 percent of boys and 29 percent of girls are overweight and prone to lifelong health and fitness consequences. Indeed, good nutrition is easy to monitor

with meals at home, but how does a parent control what happens at school?

"Let them lunch with Barbie, or Spider-Man, Ninja Turtles or Scooby-Doo," says Hugh McDonald, spokesman for Thermos, the leading name in thermal performance and the maker of those character decorated lunch kits. "Or, pack their healthy lunch in a fashion kit with the bold and stylish graphics of a skateboard, a princess, a race car, or a butterfly. Favourite characters and fun features can turn a mid-day meal into an event. We find that the 'tween-age' as well as 'too-cool teens' are wild about our stylish lunch bags with a fabric-look, like trendy canvas, a leather-look, or denim.

"With increased attention today on healthy eating and on food borne illnesses," he continued, "it only makes

sense to send your kids to school with meals you prepare personally, kept fresh in the best insulated container possible. A safe and healthy lunch should include all four, food groups: a grain product, a vegetable/fruit, a milk product, and a meat/fish/poultry portion."

What To Pack:

- A favourite fresh fruit.
- A homemade, wholegrain sandwich or pita pocket containing a meat/cheese/fish protein with a salad garnish. Or, pack a similar high-nutrient lunch food from your own ethnic cuisine.
- A condiment such as sliced cheese, carrot sticks, coleslaw, yoghurt, grapes.
- Desserts, like fruit salads and cream puddings. Tip: these stay fresh and cool in insulated, hand-size Snak Jars.

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Japan surrenders unconditionally to the Allies

The Second World War is over



This Month In History

by Petty Officer 1st Class
Pat Devenish

JULY 3rd 1942

Three hundred eighty six kilometres east of Cape Race, Newfoundland, HMCS SACKVILLE finally sinks the U-boat with which it had been playing a game of cat and mouse. While screening two crippled merchant vessels, SACKVILLE opens fire with her forward gun, attempts to ram, and then launches a depth charge attack. The U-boat disappears in a huge column of water and diesel fuel.

3rd 1944

The largest Atlantic convoy of the war, HXS-300 arrives in the U.K. safely after a 17-day crossing. Not one of the 167 merchant ships is lost, courtesy of an escort of one RCN frigate and six corvettes along with four merchant aircraft carriers providing constant air cover.

4th 1944

While piloting his pathfinder aircraft afire with two engines gone, Squadron Leader Ian Willoughby Bazalgette, from Calgary, Alberta, is able to maintain course and direct the main bomber force to the target area. Fighting to get his flaming Lancaster home, he dies in an explosion when the plane plows into the muddy French soil. He is one of

three Canadians serving with British units to receive the Victoria Cross.

6th 1942



German U-boat U-210
seen from HMCS ASSINIBOINE.

Six hundred forty-four kilometres east of Newfoundland, convoy SC-94 comes under attack by U-210 and 17 other submarines while being escorted by the destroyer HMCS ASSINIBOINE and six corvettes. ASSINIBOINE fights a running surface battle with U-210 and after firing several volleys from her main armament and an unsuccessful depth charge attack, loses contact for a short time. When contact is regained, the battle ensues and both ships are forced to resort to small arms exchange at close range. ASSINIBOINE makes a run at the submarine and after two successful ramming and a depth charge attack disable U-210 on the surface, the submarine is finally sent to the bottom with gunfire from ASSINIBOINE's

4.7 inch gun. ASSINIBOINE's Captain, Acting LCdr John H. Stubbs receives the Distinguished Service Order for "gallantry, devotion and distinguished service under fire..."

7th 1944

Dubbed Operation Totalize, the 2nd Canadian and 51st Highland Divisions with the 2nd Armoured Brigade under Canadian General Guy Simonds launch an attack on a front west of Falaise near the Cherbourg peninsula. Faced against the 89th German Infantry Division with armour from the now reorganized 12th SS Panzers, the force demoralizes its German adversaries. With over 700 Canadian and British heavy guns pounding the defences, the initial advance is a resounding success. Later in the day, the 4th Canadian and 1st Polish Armoured Divisions are sent to reinforce and assist in the advance. The 4th Division's British Columbia Regiment and two companies of the Algonquin Regiment become completely surrounded by German forces and are harassed by German tanks, artillery and infantry. It is not until evening, that the force is able to regroup and halt. Approaching the Laison River, the Queen's Own Rifles and the North Shore Regiment are hit by Hitler Youth, using any and all weapons available. The total gain is nine miles; far short of the initial objective of Falaise. As casualties have reached completely unacceptable levels, General Simonds calls off Totalize on the 11th.

9th 1945

Flying in his F4U Corsair from the aircraft carrier HMS FORMIDABLE, Lieutenant Robert Hampton Gray of Nelson, British Columbia single handedly sinks a Japanese destroyer in Onagawa Bay on the Japanese island of Honshu. Awarded the Victoria Cross posthumously, he is one of only 16 Canadians to earn such an honour and is the only member of the RCN to receive one.

9th 1945

Having been on patrol in the Pacific Ocean with HMS FORMIDABLE and her Task Group for the past four months, the cruiser HMCS UGANDA sails for Canada under unusual circumstances. On April 28th, Ottawa had decided that service in the Pacific Theatre would be voluntary. Though far from unanimous, the results of a vote from the crew clearly showed that the majority wished to go home. The fact that the Government's decision regarding Pacific service was made public to wives and girlfriends definitely helped to tilt the vote. The word from Ottawa was taken to heart, though some at home labelled the vote as a mutiny. UGANDA's Commanding Officer, Captain E.R. Mainguy laid things on the line just prior to the vote: "Anybody who signs that declaration (that he wouldn't want to volunteer) is a quitter and I wouldn't want to be in his shoes for anything."

14th 1943

The first of many meetings between

British Prime Minister Winston Churchill and United States President Franklin Roosevelt takes place at the Chateau Frontenac in Quebec City. By the end of the conference, codenamed Quadrant, on the 24th, key points regarding the invasion of Italy are discussed and a target date of May 1, 1944 determined for the start of the cross Channel invasion.

14th 1945



Japanese delegation
at the Surrender Ceremony.

VJ Day, Japan surrenders unconditionally. A ceremony in Tokyo Bay on board USS Missouri sees General Douglas MacArthur, U.S. Commander Pacific, accepting the terms of surrender. The Second World War is officially over.

16th 1940

Canadian Prime Minister Mackenzie King and U.S. President Franklin Roosevelt establish a Permanent Joint Board on Defence. The Ogdensburg Agreement, the first of this type signed by the U.S. government with another govern-

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ment at war, frees up Canada to send men and materials overseas.

17th 1940

RCAF's No. 1 Squadron becomes officially operational after completing six weeks of intense operational training just south of London. Although several of the pilots had experienced combat over France, most are not versed in combat flying. Many of the more experienced pilots have been spending time with various RAF units while their own is brought up to scratch.

17th 1943

The battle for Sicily is over as American troops enter Messina on the northeast coast. In 38 days, the 1st Canadian Division comprising the Royal Canadian and Hastings and Prince Edward Regiments, the 48th Highlanders, the Seaforth Highlanders, Princess Patricia's Canadian Light Infantry, the Loyal Edmonton Regiment, the Royal 22nd, Carleton and York and West Nova Scotia Regiments along with the 1st Tank Brigade's Three Rivers Regiment, marches 120 miles through mountainous terrain, battling a stubborn enemy almost the entire way. In the end 562 Canadians are dead and almost 2,000 wounded but the Canadians have been blooded. From this point on, the Germans dub the 1st Canadian Division with their red rectangular shoulder patches, Red patch devils.

17th 1943

Over 600 aircraft of Bomber Command, including Canada's No. 6 Bomber Group, attack Peenemunde on the Baltic coast. Home of the V-1 and V-2 rockets, Peenemunde is damaged sufficiently to delay and hamper the development of these rockets thus preventing the devastation of London. The Deputy Commander, flying with RCAF's No. 405 Pathfinder Squadron, is Group Commander Johnnie Fauquier of Ottawa. For his night's work which includes remaining over the target area for the duration of the attack, Fauquier is awarded the Distinguished Service Order and he later commands the RAF's No. 617

Squadron, the famous Dambusters.

19th 1942



▲ *Corpses on the beach next to two Churchill tanks of the 14th Armoured Regiment (Calgary) stuck in pebbles. Behind them, thick smoke coming from LCT 5.*

At dawn, the 2nd Canadian Division launches a raid on the French coastal port of Dieppe. This would be the largest daytime air battle over Europe since the Battle of Britain. A force comprising 4,963 Canadians of the Essex Scottish from Windsor, Ontario, the Royal Regiment from Toronto, the Royal Hamilton Light Infantry, the Cameron Highlanders from Winnipeg, the South Saskatchewan Regiment, les Fusiliers Mont Royal and the Calgary Regiment of tanks along with detachments of Montreal's Black Watch, the Regiment de Maisonneuve, the Calgary Highlanders and the Toronto Scottish leads the attack. Also in the force are 1,075 British Commandos and 50 U.S. Army Rangers. In what has been called the bloodiest nine hours in Canadian military history, 1946 Canadians are captured and over 900 killed with some units suffering up to 90 per cent casualties—dead, wounded, missing or captured. Fewer than half the Canadian troops make it back to England and most of these are wounded. Controversy still surrounds the worthiness of the attack and the supposed lessons learned. Lord Mountbatten of Combined Operations later said: "It is impossible to overestimate the value of Dieppe. It was the turning point in the technique of invasion. Many vital lessons were learned. The men who died at Dieppe gave to the Allies the priceless secret of victory. For every man who died at Dieppe in 1942, at least ten or more must have been spared in the invasion of Normandy in 1944."

20th 1944

While on the same patrol that saw them sink U-621 two nights earlier, HMC Ships OTTAWA (2nd), KOOTENAY and CHAUDIERE score once again sinking U-984 in the English Channel.

21st 1944

While transiting the English Channel alone, HMCS ALBERNI is struck by an acoustic torpedo from U-48, sinking almost immediately along with 59 of her 90 crew members.

22nd 1940

The Canadian merchantman Thorold is bombed and sunk by Luftwaffe aircraft while in the South Irish Sea off Wales with a loss of 10 of her 23 crew members.

22nd 1940

Canadian Prime Minister Mackenzie King and U.S. President Franklin Roosevelt along with several other key people in the decision making process set up the Canada-United States Permanent Joint Board on Defence. It serves to allow the United States to support the war cause in Europe through Canada without bypassing the Neutrality Act or U.S. Constitution. Among other items on the agenda, they work to hasten the transfer of 50 destroyers to the Royal Navy in exchange for free 99-year leases at various bases including Newfoundland.

26th 1940

In their first major encounter with the enemy, Hurricanes of RCAF No. 1 Squadron team up with an RAF of Spitfires to intercept 30 Dornier bombers near Essex. In the melee, three Dorniers are destroyed and four damaged but Flying Officer R.L. Edwards is dead, the first RCAF pilot to die in action.

27th 1943

Luftwaffe Dornier Do 217s overfly an RN task group at the southern end of the Bay of Biscay. In this group is HMCS ATHABASKAN. As the aircraft continue to parallel the force and seemingly fly off, two explosions follow, one sinking HMS EGRIT within moments and the sec-

ond rocking ATHABASKAN down her port side forward of her funnels. This is Germany's first test of their HS-293 glider bomb, a radio controlled guided missile launched and operated remotely from the passing aircraft. Luckily, this one actually passes through the ship before it explodes. Damage and casualties are heavy but ATHABASKAN limps back to Plymouth for repairs.

29th 1939

As war in Europe looms, the British Admiralty assumes control of all trade and commerce associated with British merchant shipping. This policy includes all Canadian registered vessels.

30th 1940

RAF 242 Canadian Squadron in consort with several other groups is dispatched to intercept a German force of over 100 aircraft comprising bombers with an escort of Messerschmitt 110s. As though possessed, the Canadians in their Hawker Hurricanes press the attack, swirling through and around formations. When it is over, 12 German aircraft are confirmed destroyed with another three probables. Not a single Hurricane is lost.

30th 1944

After a summer of training, the Allied drive up the remainder of Italy continues. On this evening and for the next few days, the Gothic Line, stretching from La Spezia on Italy's west coast across the Apennine mountains to Pesaro on the Adriatic coast is struck. A plan calls for the 1st Canadian Corps and the rest of the British Eighth Army to strike north along the Adriatic then east after the mountain barrier is passed. Meanwhile the U.S. 5th Army will advance north along the west-side of the mountains in an attempt to trap the German 10th Army. The Canadians are tasked with a sector along the Foglia Valley, an area razed and heavily mined by the Germans. The West Nova Scotia Regiment is given the job of establishing a bridgehead on the opposite shore of the Foglia River with the Royal 22nd Regiment fol-

lowing up. Although the bridgehead is established, the Germans open fire with small arms and 88mm field guns. In the melee, 76 men are killed or wounded and as units retreat, more are cut down by machine gun fire from the well-concealed German line. Into the 31st, fierce pockets of resistance are encountered causing many more casualties but by the end of the day, Lt. General ELM Burns, the Corps commander reports: "...the Gothic Line is completely broken in the Adriatic sector and the 1st Canadian Corps is advancing to the River Conca."

31st 1940

Over the skies of southern England, Canadian pilots are extremely busy. A patrol of RAF 242 Canadian Squadron Hurricanes over the southern Dover coast is jumped so rapidly out of the sun by Messerschmitt 109s that only two Hurricane pilots are able to bring their guns to bear. Three Canadians are shot down with all three pilots bailing out, while a fourth, pilot Eric Beardmore, nurses the aircraft described as "Swiss cheese" back to the ground where it is subsequently written off. To these pilots, never before was the statement "Beware of the Hun in the sun" more fitting. Later in the day, the score is evened as 242 Squadron sends two Messerschmitt fighters and a Dornier bomber into the English Channel.

31st 1944

The Allied advances into France since D-Day are astounding considering German defences. Costs on both sides are tremendous. German losses comprise 200,000 killed or wounded with 200,000 more captured. Also lost to the German war machine are 1,300 tanks, 20,000 vehicles, 500 assault guns and over 1,500 field artillery pieces. Allied losses are just as bad with just over 206,000 killed, wounded or captured. Of the 18,444 Canadian casualties, 5,021 are fatal. This figure, for two and a half months of fighting in France, almost totals the same casualties the 1st Canadian Division suffered in 18 months of fighting in Sicily and Italy.

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Name.....
Phone.....

Eclectic Car Lot

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- ACROSS**
- 1 ____ Cola
 - 5 British broadcasting org.
 - 8 Scarce
 - 12 Swear
 - 13 Bravo
 - 14 Baneful
 - 15 Spinnaker
 - 16 Throat glands
 - 18 Pixie
 - 19 Sifter
 - 20 River of Scotland
 - 21 Tikkanen or Kuri
 - 23 Charged particle
 - 25 Petite
 - 27 Place in Alberta or Mercury's counterpart
 - 31 Largest toad
 - 32 Cauldron
 - 33 Con
 - 34 Tobacco pipe
 - 36 Family car
 - 37 Sea bird
 - 38 Stripped
 - 39 Apartment, abbr.
 - 42 Out and about
 - 44 Vow taker
 - 47 Ontario town, or a Taurus between a Mustang and a Cougar?
 - 49 Binary star, or General Motors car
 - 50 Crucifix
 - 51 Japanese fisherwoman
 - 52 Small island
 - 53 Alberta town or General Motors model
 - 54 Life-saving procedure, abbr.
 - 55 Stet
- DOWN**
- 1 Etui
 - 2 Elliptical
 - 3 Hairdresser
 - 4 Cobbler's tool
 - 5 Wave or storm precursor
 - 6 Offered
 - 7 Place in Saskatchewan or a Chevrolet gone wrong?
 - 8 Classic car
 - 9 Ardent
 - 10 Drive
 - 11 Otherwise
 - 17 Dodge bright light
 - 19 Curved upward, naut.
 - 22 Silly
 - 24 Dealer's devil?
 - 25 Word between tic and toe
 - 26 One's identity
 - 27 Mafia
 - 28 Boorishness
 - 29 Accounting designation, abbr.
 - 30 Grown up chick?
 - 32 Quebec town or General Motors Grand Prix
 - 35 A kind of fish
 - 36 Exhaust
 - 38 Indian province
 - 39 Hair style
 - 40 Combine, in a way
 - 41 Stepped
 - 43 Redcoat, for short
 - 45 Tangerine and grapefruit hybrid
 - 46 Refusals in Rothesay
 - 48 Dentist's letters
 - 49 By way of

B	R	A	G	A	C	T	B	A	S	E
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E	R	G	P	E	T	T	C	E	O	
W	A	L	L	I	N	E	A	S	I	L
E	E	C					L	E	S	
I	M	G	A	R	T	N	E	R	T	O
L	A	N	G	U	S	E	F	O	R	D
L	O	B	O	B	E	T	S	K	I	D

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Rapster is a great dog. He is a white german-shepherd mix, with a bit of husky in him and weighs in at about 108lbs. At 10 years old, still has a wonderful disposition and is great with children and cats. He loves to go for walks every day and the high point of his day is getting to drive to Tim Horton's. He loves to spend the day sleeping, and for the most part he acts like a giant cat. He loves to get rubbed behind his ears and around his neck. Though he is wonderful around small children, Rapster does have an issue with separation anxiety. However, he is fine as long as there is a person around him. He is very good at staying on his own property and loves to lay outside under the trees during the sunny days in summer. Rapster has been loved by one family since he was a puppy and they are anxious to find him a good and loving home.

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CFNES Indoor Soccer team with championship trophy and plaque.

CFNES wins COTW Indoor Soccer championship

Submitted by Joe Crocker
Stadplex Fitness
and Sports Centre

The COTW Indoor Soccer championship took place at the Stadplex from July 5 to 9, 2004. The championship was a two-division round robin with the top four teams advancing to the semi-finals. Teams competing for the championship included: Flog, FCE, CFNOS, CFNES, CFMWC, NRS/N6, LFAA and FAdm.

Indoor Soccer has become very popular in its second year of the COTW. This year many great teams and players participated, which made for a

very competitive tournament. The semi-finals displayed some of the toughest battles of the tournament. CFNES was down by one goal heading into the second half, but came back to tie it with three minutes to play. The team then found themselves in a tough situation, but pulled it together and scored a mid-court goal in the dying seconds to knock off N6/NRS. In the other semi, CFNOS was trying to knock off FAdm, and being the favourite, they were struggling with the underdogs. With back and forth action, CFNOS finally put one by them and advanced to the final.

The finals would bring out

the best and closest game. Arch rivals CFNES and CFNOS would battle again for another championship. CFNES put the pressure on by putting in the first one, but made a critical error when the keeper passed the ball out in front of his own net and CFNOS made them pay. The action was relentless and with only five minutes to go, the score was 2-2 when CFNES managed to score. With the tension building, CFNOS applied the pressure and CFNES were back on their heels, but to no avail, CFNES held on, becoming this year's COTW Indoor Soccer Champions.

What's flying at Shearwater?

THE **F** FILES

by Beth Ann Ward,
Fitness Coordinator, Shearwater
Fitness and Sports Centre

What more could you want from a gym? The Shearwater Fitness and Sports Center may be an older facility, but it offers everything available at a new gym. The friendly Personnel Support Programs (PSP) staff at Shearwater has a great deal of fitness and sports experience and can assist you with your goals. Many patrons of the gym can attest to the knowledge and assistance they have received from the PSP staff, whether it is in developing a personal program or helping to correct swimming technique.

The Train with the Trainer program at Shearwater has been very successful in preparing military members for their annual EXPRES evaluation. Close to 100 per cent of members who have previously failed their EXPRES test, pass their re-evaluation after join-

ing the Train with the Trainer program. MS Roxanne Giroux joined Train with the Trainer and achieved exemption on her EXPRES test. "Being part of a group is very motivating and for me this makes all the difference," she says. Variety and fun are the key ingredients to Shearwater's Train with the Trainer program. New members are always welcome, so if you are looking for motivation, a workout you can follow at your own pace, and the opportunity to try some new activities, Train with the Trainer is for you.

There is also plenty of new fitness gear popping up at Shearwater. We have a new leg extension, leg curl, and chest press for your exercising pleasure. Chin-up bars have also been installed in the gym and on the pool deck. On the aerobic side, the cardio room has also seen some additions. Treadmills have been replaced and bikes have been added. Along with the classic equipment, we've invested in some new functional training gear. Stability balls, medicine balls and resistance bands are

always available for use and Body Bars and BOSU Balls were also recently purchased. These pieces of equipment can be used to improve your strength, while challenging your balance and coordination. Many professional athletes now train with BOSU Balls. For instruction on how to safely and effectively use any equipment, please see one of the PSP staff.

Military members and DND/NPF civilians can enjoy the noon hour programs. Each day there is a noon swim from 11:45 to 12:45 and throughout the year, various fitness programs also run over the noon hour. Classes offered include Aerobics, Aqua Fit, Stability Ball and Strength classes, Learn to Run clinics, and coming soon: Spin classes. The schedule for noon hour classes varies throughout the year, so it is best to contact the Fitness Coordinator at ext. 1073 for current information.

There are always new and exciting things happening at the Shearwater Fitness and Sports Center, so stop by soon to find a program for you. For more information contact the Shearwater Fitness Staff:

Beth Ann Ward, Fitness Coordinator, ext. 1073
Tracy MacLean, Fitness Instructor, ext. 1074
Noel Redmond, Fitness Instructor, ext. 1077



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Bowling	13 Oct 04	Oct-Feb	23 Feb 05	1-4 Mar 05	14-16 Mar 05
Curling			16 Mar 04	22-24 Mar 05	07-09 Mar 05
Golf		May-Sep		9-10 Jun 04	14-15 Jul 04
Hockey	01 Sep 04	Sep-May	12 Jan 05	24-28 Jan 05	
Indoor Soccer			30 Jun 04	5-9 Jul 04	
Softball	18 May 05	June-Sep	25 Aug 04	7-10 Sep 04	
Squash			10 Nov 04	22-23 Nov 04	13-15 Dec 04
Volleyball	15 Sep 04	Oct-Jan	27 Oct 04	1-5 Nov 04	

For Further info please call the Stadplex sports office at local 8418 or 6552 or visit our website at psphalifax.ns.ca

HMCS FREDERICTON storeman to defend title in Canadian Arm Wrestling Championships

By Virginia Beaton
Trident staff

Do not challenge Private (Pte) Will Sarty to an informal arm wrestling match.

He will probably win, and he can defeat you with either arm.

A storeman in HMCS FREDERICTON, Sarty is currently Canadian national arm wrestling champion in the men's right arm, under 60-kg category. He placed second in the same weight class, left arm category.

According to Sarty, he has always arm-wrestled but only began taking part in competitions four years ago. Since that time, he's been to local, provincial, regional and national events and has placed well. A year ago, Sarty took the national title and on September 3, he will be in Portage La Prairie, Manitoba to defend it.

According to Sarty, arm wrestling is a sport like any other, governed by strict rules and overseen by officials who take the standards seriously and expect a high degree of sportsmanship from the participants, who are known as pullers.

Arm wrestling requires strength and stamina, Sarty believes. To



Pte. Will Sarty (left) competing in a local arm wrestling tournament.

build and maintain his strength, he works out daily. "I do strength training every day, probably an hour and a half of power lifting. Then I do 45 minutes to an hour of work on the arms and wrists. I do a lot of strength holds, stamina holds."

But probably the most important ingredient is the table time, during which the pullers actually arm wrestle. "I spend about eight hours weekly in arm wrestling," Sarty estimates.

He believes that to compete successfully, each puller must be

aware of the other person's tactics. "Every person arm-wrestles differently," Sarty notes. "There are two generic moves, which are the hook and the top roll." During matches, Sarty observes his opponents carefully. "You read them and


counter their moves."

Since joining the Canadian Forces (CF) two years ago, Sarty says, "They've helped me out, let me do my training... My chief (CPO2 David Duffy) is helping me look for sponsorship."

Sarty also credits his coach Rick Pinkney, the president of the Nova Scotia Arm Wrestling Association, with helping him develop his potential. Pinkney is one of the most dedicated arm wrestlers in the world, Sarty emphasizes.

At a tournament such as the Canadian national championships, the participants may be in 10 to 50 matches per day. During the 2003 Canadian event, over 300 people competed in categories set up according to gender, weight, and use of right or left arm. Sarty enters both left and right-handed categories and notes, "I compete in every weight class I can."

Depending on the outcome of the national event, the top two participants from each category become eligible to travel to Durban, South Africa for the World Arm Wrestling Federation championships in November.




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CF champion bodybuilders prepare for season

By Virginia Beaton
Trident staff

Master Seaman (MS) Bill Brown jokes that the diet starts on Labour Day.

That's when he will begin the lengthy process of getting ready to compete in bodybuilding competitions.

Four hours of exercise each day and a strict diet will prepare Brown for the 2005 season of provincial, regional and possibly the Canadian national amateur bodybuilding competitions.

Brown first competed in a bodybuilding competition in 1996. "I had started bodybuilding just eight months before that." He explained his reason for choosing the sport, recalling "I was a bit chunky and decided I had to do something about it. His competitive weight is now 199 pounds (90 kg), putting him in the men's senior heavyweight class.

Brown's enthusiasm for the sport and its benefits led him to introduce his friend Corporal (Cpl) Steve Richard to bodybuilding. Now both men are enthusiastic participants in the sport and they recently placed highly at the Nova Scotia Amateur Bodybuilding Association championships.

At the Bodybuilding, Fitness and Figure championship event held in Halifax in April, Brown took second place out of nine competitors in his category, while Richard took third in his weight category, men's senior light heavyweight.

At the Atlantic Classic competition held a week later in Moncton, New Brunswick, Brown placed third of six competitors, only a few points behind the second place winner, while Richard placed sec-



MS Bill Brown performing one of his competition poses.

ond in his category.

Like most bodybuilders, Brown and Richard have developed their own personal fitness and diet routines that they believe will build muscle. "Our metabolisms are very different," Richard observed.

With his job in TEME and his family life, Richard's workout is only an

hour a day, usually at noon when he does strength training with free weights. While he's training for a competition, Richard's diet includes food items such as chicken, brown rice, oatmeal, yams, egg whites "and a bit of steak. No sweets."

He acknowledged that sometimes it's difficult when he sits

down to eat a meal with his family, since his wife and his three-year-old daughter and seven-year-old son all enjoy a varied diet. Richard jokes that he misses the nachos and Tim Hortons treats.

Though he holds a demanding job as Fleet Master Seaman, Brown organizes his time so he can keep up

a fitness routine comprising cardio and free weight workouts. "I'm in the Fleet gym at 6 a.m., at noon and again after work," he notes.

For approximately 16 weeks before a competition, he goes to a zero carbohydrate diet, "which is difficult. You're very lethargic." Then for three to three and a half days before the competition, Brown loads up on carbohydrates. He lists what he ate several days before his most recent competition; among other items six litres of ice cream, a cheesecake and a half, two large pizzas, a pound and a half of jujubes and six pounds of yams.

Brown's long-term ambition as a bodybuilder received a boost in the Canadian Corner of the September 2004 issue of Musclemag International magazine, when photographer Gary Bartlett described him as "the ultratripped and thickset Bill Brown" and positively assessed his championship potential, saying "Given more practice and contest experience, he could be a national threat."

Brown and Richard agree that the bodybuilding competitions are exhausting, but worth it. Months of preparation come down to minutes on the stage, holding poses and being scrutinized by the judges and the audience. Richard observes "When you're onstage, you can't be sloppy. From the time you step on until you step off, you're being judged."

Brown states that over time, bodybuilding has given him "a sense of well-being and personal accomplishment," and Richard agrees, adding that his young son takes an interest in his father's training.

"My little guy who's seven asks me when I'll have a stomach like Spiderman."

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