

THE NEWSPAPER OF MARITIME FORCES ATLANTIC
 LE JOURNAL DES FORCES MARITIMES DE L'ATLANTIQUE

TRIDENT

Volume 38, Issue 9 • Monday, May 3, 2004

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Mother's Day in the Arabian Sea

Leading Seaman (LS) Kathy Gray, a naval communicator who is currently on board HMCS TORONTO, wrote this story. The ship is in the Arabian Sea, participating in Operation ALTAIR, Canada's Naval contribution to the war on terrorism. These are her thoughts on being away from her children on Mother's Day.

Apprehension settled in immediately after I found out HMCS TORONTO would sail for a six-month major deployment to the Arabian Sea. Although I've been a sailor for 11 years and have deployed in the past, this is my first time away as a mother, and leaving two small children behind has increased my anxiety level substantially.

Beside the difficulty of dealing with the emotional pains of the separation, my biggest fear is that my own children will not remember me when I get home; they are only 3 and 2-years old.

Although they are surrounded by people who love them and are looking after them and all their needs, it is still quite difficult for me to accept the fact that I am not the one who will tuck them in each night or rescue their favourite toy in the middle of the night after it has fall-

en under the bed. This situation creates emotional battles that I fight daily, including, do they understand why I am not there? I know that nobody can comfort them the way I do and I am jealous that others have their affection right now.

It is during these times that I start to doubt myself for having chosen the Navy as a career. My worst fear is that the six months of separation will leave emotional scars on my children.

So, how do I deal with this, especially on Mother's Day? For one thing, I've come to appreciate just how lucky I am that God has given me two of his angels and I have nothing in my heart but the best of intentions for them. I hope that any scars will fade quickly and my boys will be stronger knowing that their mother has chosen a job that she loves and is proud to do, and they in turn, will be proud of me for that.

The difficulties I face are lessened by the realization that there will be two smiling faces waiting on the jetty for me upon my return. I also know it will not take long to realize that the joyous days that follow my return will make it all worth while and the vast spaces we have dealt with, gave room for us to grow.



▲ LS Katherine Gray stands on the bridge wing of HMCS Toronto and uses a brightly painted paddle as a pointing device to indicate the position of Oscar, the dummy used for man overboard training.

◀ As Naval Communicator (Nav Comm) Ordinary Seaman (OS) Amanda Desjardins sends semaphore signals to the Japanese Defence Ship Towada, LS Kathy Gray copies down the signals being returned. In the background are the refueling lines pumping fuel to HMCS Toronto during a replenishment at sea (RAS).

HMCS Toronto is taking part in Operation ALTAIR, joining the USS George Washington Aircraft Carrier Task Group to help monitor shipping in the Arabian Gulf region. By restricting the flow of weapons, drugs, and other illicit trade, HMCS TORONTO and her crew are helping to end terrorism and bring long-term stability to the area.

PHOTOS: MCPL COLIN KELLEY, FORMATION IMAGING SERVICES HALIFAX

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Mother's DAY wishes

Happy Mother's Day to my mom Cecile Baigent of Louisdale, N.S. I love you very much and will see you soon. Love Troy

Happy Mother's Day to my girlfriend Maggie Bowers of Lantz, N.S. I Love you with all my heart and miss you very much. Hope you have a wonderful day. Will see you soon.

Love Troy

**LS Troy Baigent,
HMCS TORONTO**

To Joanne Drover

Hi Angel,
Sure wish I could be home to celebrate your special day with you. I want to thank you so much for being the best mom that two little girls could ever have. You are so special to our girls and to me and I thank you so much for being not only a great wife but also my best friend. There is no way to repay you for your love and support. So on Mother's Day remember that you are loved and needed forever and always in our lives. I am counting the days until we are together again.

Love always
Barry

**LS Barry Drover,
HMCS TORONTO**

New Support Ships mark exciting era for Navy



BRIAN WALSH, JSPA COMBAT CAMERA

DNews

VICTORIA - On April 16, 2004, the Department of National Defence announced further details concerning the Government's intention to acquire three Joint Support Ships for the Canadian Forces.

The Joint Support Ship Project will deliver ships capable of a host of support capabilities such as at-sea support to naval task groups, sealift and support to deployed forces ashore.

"The \$2.1 billion Joint Support Ship project will provide Canada with an invaluable capability both to support and enforce domestic

maritime security as well as support our foreign policy objectives such as humanitarian and peacekeeping missions," declared the Honourable David Pratt, Minister of National Defence, in a ceremony at Canadian Forces Base Esquimalt. "The Government has committed to providing the Canadian Forces with the equipment and training they require to do their jobs and this initiative is another concrete demonstration of that commitment."

"The Joint Support Ship is a vital component of a naval task group, able to significantly extend the range and duration of naval operations," said General Raymond

Henault, Chief of the Defence Staff. "The capability to transport an Army Battle Group over great distances and support operations ashore will be invaluable to the future domestic and international operations the Canadian Forces will be called on to undertake."

The Joint Support Ship procurement process will consist of three phases. The first phase, or pre-qualification, will identify industry teams capable of fulfilling the project requirements. The second phase, project definition, will fund two industry teams to submit design proposals and recommendations for in-service support. The final phase,

▲ **HMCS Preserver supplies fuel to USS Antietam, a Ticonderoga Class Guided Missile Cruiser, during Replenishment at Sea operations in the Arabian Sea.**

project implementation will select one industry team to design and build the ships, and provide long-term in-service support.

The delivery of the first ship is expected in 2011. The Joint Support Ships will eventually replace the Protecteur class Auxiliary Oiler Replenishment vessels that have been proudly serving Canada since the late 1960s and are nearing the end of their service lives.

Minister of National Defence announced senior CF promotions and appointments

by Virginia Beaton,
Trident staff

On April 8 in Ottawa, the Honourable David Pratt, Minister of National Defence, announced senior Canadian Forces promotions and appointments. As announced by the Prime Minister on April 7, General Ray Henault's appointment as Chief of Defence Staff has been extended for a year.

The following are the senior Navy promotions and appointments.

Vice-Admiral (VAdm) Ron Buck was appointed Vice Chief of Defence Staff at National Defence Headquarters (NDHQ) in Ottawa, replacing Lieutenant-General George Macdonald, who is retiring.

VAdm Bruce MacLean was appointed Chief of Maritime Staff at NDHQ, replacing Admiral Buck. Rear-Admiral (RAdm) Glenn Davidson will be promoted Vice-Admiral and appointed Canadian Military Representative to NATO in Brussels, replacing Vice-Admiral MacLean.

RAdm Dan McNeil was appointed Commander Maritime Forces Atlantic in Halifax, replacing Rear-Admiral Davidson.

Commodore Jacques Gauvin will be promoted Rear-Admiral and appointed Director of Operations and Strategic Planning, Foreign and Defence Secretariat to the Privy Council Office in Ottawa, replacing Rear-Admiral McNeil.

VAdm Greg Jarvis was appointed Assistant Deputy Minister (Human Resources-Military) at NDHQ, replacing

Lieutenant-General Christian Couture, who retired in January 2004.

Commodore Jean-Pierre Thiffault will be promoted Rear-Admiral and appointed Chief of Staff Joint Force Generation at NDHQ, replacing Major-General Lucas.

Commodore Jim Sylvester was appointed Assistant Chief of Maritime Staff at NDHQ, replacing Commodore Thiffault.

Captain (N) Denis Rouleau will be promoted Commodore and appointed Director General Maritime Personnel

and Readiness at NDHQ, replacing Commodore Sylvester.

Captain (N) Bryn Weadon will be promoted Commodore and appointed J4 Material/Director General Logistics at NDHQ, replacing Brigadier-General Larry Lashkevich, who will be retiring.

In the Reserve Force, Captain (N) Robert Blakely will be promoted Commodore and appointed Commander Naval Reserves in Quebec City, replacing Commodore Bill O'Connell who will be retiring.



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 3 – **Air Show**
 September 6
 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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 silentdesign@ns.sympatico.ca

SIL & NT

Trident is an authorized military publication distributed across Canada and throughout the world every second Monday, and is published with the permission of Rear Admiral Glenn Davidson, Commander, Maritime Forces Atlantic.

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Le Trident est une publication militaire autorisée par le contre-amiral Glenn Davidson, Commandant Forces maritimes de l'Atlantique, qui est distribuée partout au Canada et outremer les lendis toutes les quinze semaines.

Le rédacteur en chef se réserve le droit de modifier, de condenser ou de rejeter les articles, photographies ou annonces publicitaires jugées contraires aux objectifs d'un journal militaire selon la définition donnée à l'OAF 57-5. L'heure de tombée des annonces publicitaires ou des articles est fixée à 12h le vendredi

précédant la semaine de publication. Les textes peuvent être soumis en français ou en anglais; ils doivent être dactylographiés à double interligne et indiquer le nom, l'adresse et le numéro de téléphone du collaborateur. Les opinions et les annonces publicitaires imprimées par le Trident sont celles des collaborateurs et agents publicitaires et non nécessairement celles de la rédaction, du MDN ou d l'éditeur.

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

Business address:
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 Station Forces,
 Halifax, NS B3K 5X5

Annual Subscription (24 issues):

- N.B., N.S. & Nfld.: \$30 + HST
- Remainder of Canada: \$30 + GST
- U.S.: \$40 US Funds
- Abroad: \$60 US Funds

• Publication Mail Registration No. 541605
 • Return Postage Guaranteed – ISN 0025-3413
 • Circulation: Minimum 10,000



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.

SCAN Seminar

May 4 to 5, 2004 Canadian Forces Maritime Warfare Centre - Stadacona (S32) - Upper Theatre.

Concerned about retirement from the CF? Unsure about your pension or financial entitlements upon release?

The MARLANT Second Career Assistance Network (SCAN) Spring Seminar will be held May 4 to 5, 2004 at the Canadian Forces Maritime Warfare Centre (S32) Stadacona. The seminar will take place from 7:45 a.m. to 4 p.m. on May 4 and 8 a.m. to 4 p.m. on May 5, 2004. Personnel are strongly encouraged to take advantage of this opportunity. Spouses are also welcome to attend.

Advanced registration is required. Please send an e-mail to +FPSO@Halifax or PSO_Halifax@forces.gc.ca and include your surname and initials, rank, service number, release date (if known) and contact information. If you do not have e-mail access, call 427-0550-8151 and leave a message with the required information.

Successful registrants will receive confirmation of attendance by e-mail or by phone if no e-mail access is available. Dress is appropriate civilian attire. For more information, please contact the FPSO office at local 8151.

Volunteers needed

Bluenose International Marathon is looking for 30 military personnel as volun-

teers for various positions through the competition through Dartmouth and Halifax. For info please call: Dr. Cindy Forbes, W: 861-2237, H: 835-6819.

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Schizophrenia Society Hosts 16th Annual Conference

The Schizophrenia Society of Nova Scotia, with the support of the Capital District Mental Health Program, will be hosting its 16th annual conference, Friday May 7, 2004 at the Hugh Bell Centre at the Nova Scotia Hospital in Dartmouth.

For more information, please call 471-8938 or 465-2601 www.ssna.ca

Stress Management

The Formation Halifax and Area Health Promotion Team is offering a 3-day stress management program.



Pictured l-r are SLT Nathalie Rathwell, HMCS TORONTO, she is working at the MFRC as the liaison between the families and the crew while the ship is deployed and Bernie Mullen-Splude, Assistant Deployment Services Coordinator Halifax MFRC. Nathalie is wrapping care packages that were donated for the crew by Mary Viva of Sydney NS and parishioners at Saint Pious 10th in Sydney Mines. On behalf of the crew of HMCS TORONTO thank-you for the generous gifts. We know they will be appreciated.

The program is being held as follows:

Location: 12 Wing Shearwater
 Dates: 25-27 May
 Times: 0800 - 1600

The Stress: Take Charge! 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 different components of the stress reaction. For more information or to register for this program, please contact Health Promotion Services at 427-0550 (ext. 7806).

Summeractive

The Fleet Fitness & Sports Centre and your local Strengthening the Forces Health Promotion Team are teaming up to offer you the

following SummerActive event: Tortoise Jogging Clinic



This 3-session clinic is geared toward those who would like to begin a jogging program or for "novice" runners who are looking for more education in this area.

Dates: May 17 & 31 / June 7

Time: 1200 - 1300 hrs
 Location: Fleet Fitness & Sports Centre (Dock-yard)

Registration: 12 May 2004 (deadline)

Lynn Taylor (427-0550, ext. 7806)

A minimum of 10 participants is required for the clinic to proceed.

A glimpse of the Crew of HMCS TORONTO



Able Seaman (AB) Keith Gallant from Shediac, NB is presently serving on HMCS TORONTO in the Arabian Gulf area as a member of OPERATION ALTAIR, Canada's contribution to the war against terrorism.

AB Gallant, 26, joined the Navy four years ago and is employed as a Naval

Communicator. Some of his daily tasks entail maintaining communications with other vessels; both visually with semaphore flags or Morse code light signals and by radio procedures. Also, he performs basic maintenance of communications technology aboard ship. As a secondary duty, Keith is qualified as a Ship's Diver and Rescue Swimmer. His parents, Laudia and Normand Gallant still reside in Shediac.

HMCS TORONTO, a Canadian Patrol Frigate, left from Halifax, Nova Scotia, January 14, 2004 with 235 officers and sailors on board. TORONTO is an integral member of the USS George Washington Carrier Strike Group, which demonstrates Canada's high level of interoperability with the United States Navy.



Sub Lieutenant (SLT) Brenda Humby is presently serving on HMCS TORONTO in the Arabian Gulf area as a member of OPERATION ALTAIR, Canada's contribution to the war against terrorism.

Humby, 23 joined the Naval Reserve five years ago at HMCS Cabot in St. John's while attending university. She graduated with an hon-

ours degree in Kinesiology at University of Newfoundland. Last year, she transferred to Regular Force and is presently employed as a Maritime Surface and Sub-Surface Officer.

SLT. Brenda Humby is from Catalina, Newfoundland and Labrador, where her parents Dorothy and Richard Humby still reside.

CFPSA holds Eastern Regional Conference



Pierre LeMay, President of SISIP, Ottawa presents the forward strategy of SISIP to the delegates of the CFPSA conference in Halifax on Monday, April 19th, 2004.

by Virginia Beaton,
Trident staff

On April 19 and 20, the Citadel Halifax Hotel was the site of the Eastern Regional Morale and Welfare NPF Conference of the Canadian Forces Personnel Support Agency (CFPSA).

With the theme Working Together, the conference was a follow-up to the first national CFPSA conference held in Ottawa in 2002, according to John Geci, president and chief executive officer of CFPSA.

He stated that the Working Together principle best expressed the objective of the conference. "The purpose of this organization is to help and support our military men and women and their families," he said. "I'd categorize this as an awareness and developmental session. On a regional level, it's important to get more people involved."

Geci noted that the sessions provide a setting for CFPSA personnel from across the region to meet and become acquainted with their colleagues. "There is also the sharing of perceptions and the chance to get other people's points of view."

Guest speaker for the opening session on April 20 was Marc André Morel, motivational speaker and president of Morel Leadership.

In an animated presentation, Morel spoke about the challenges in the present-day

workplace. Using jokes, personal anecdotes from his own experience and lively interaction with the audience, Morel demonstrated how managers and employees together can improve life in the office.

He cited a recent survey that showed "Two out of three people would prefer to go to a different workplace...They don't like what they do."

Referring to the CFPSA mandate, Morel commented, "You are the ones who serve the ones who serve. If you have a purpose, it's easier."

A good attitude makes the difference and it's within our personal control, he observed. Morel recalled his grandfather, whose positive outlook was apparent in his standard reply when someone asked how he was. "I'm good, I'm very good. It doesn't cost more and I feel so much better."

In conclusion, Morel handed out poker chips to several people and paid them compliments, explaining that though the chips had no value, they represented recognition for a job well done.

"The number one motivator for people is to feel appreciated, validated and important."

Following the conclusion of the official conference, two additional days of workshops were scheduled for CFPSA staff to attend seminars on subjects connected to their particular areas of employment.



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The Gondoliers production draws on CF talent

by Virginia Beaton,
Trident staff

For a man who was formerly Commander of MARLANT and then Chief of Staff to the Supreme Allied Commander Atlantic, it's a big change to be swinging a paddle in a Venetian gondola.

"But I'm a sailor, after all," says Vice Admiral (ret'd) Duncan (Dusty) Miller.

Now retired after a distinguished career in the Canadian Navy, Miller has more time to pursue his interest in music and theatre. He is a cast member in *The Gondoliers*, the spring 2004 production of the Gilbert and Sullivan (G&S) Society of Nova Scotia.

Set in Italy, *The Gondoliers* is a lighthearted comedy that satirizes the aristocracy, marriage, taxation and social class. Miller plays the gondolier Annibale and is understudy for the lead role of the Duke of Plaza Toro.

"I think all sailors should come to see this. The sailors become the kings," jokes Miller.



As a boy, Miller took voice lessons although he had already decided to join the Navy. Later at Bishop's University, he played guitar and banjo in addition to singing. "I've done everything from singing in a rock band to being in a church choir," he recalls.

While on the West Coast, Miller joined the Victoria Opera Society and sang in shows such as *Brigadoon*. Over the years, Miller estimates that he's appeared in at least 20 musical productions. "I've had everyone from the Chief of Defence Staff to Ministers of National Defence come to hear me."

In 2000, while he was

commander of MARLANT, Miller scored a success in another G&S show, *The Pirates of Penzance*. Cast as the inept Major-General Stanley of the British Army, Miller brought down the house each night with his comic timing and excellent enunciation in his patter song "I am the Very Model of a Modern Major-General."

That production was also an opportunity to work onstage with his son Nicholas, who played the part of the Pirate King. "It made up for a lot of time away when the kids were growing up," Miller notes.

After leaving MARLANT, Miller went to Norfolk, Virginia and from 2000 to 2003

was Chief of Staff to the Supreme Allied Commander Atlantic.

Last year on July 1 in Norfolk, Miller played guitar and sang for the Canada Day event, which is held there each year.

Since retiring, Miller has moved back to Halifax and now runs a bed and breakfast with his wife Ann, who is also participating in the show as costume coordinator.

Miller is not the only member of the company with a Canadian Forces (CF) background. Lieutenant (N) Brendan Ryan, a MARS officer aboard HMCS Corner Brook, is cast in a leading role as Luiz, a humble drummer who is secretly in love with the daughter of the Duke of Plaza Toro.

Though Ryan had extensive experience in singing with barbershop ensembles, his tryout for *The Gondoliers* was his first audition. "It was a little intimidating," Ryan says, but adds, "This is great. I'm really enjoying working with everyone."

Several other retired CF members have prominent roles on the creative and production teams. Earl Fralick, a retired member of the Stadacona Band of Maritime Forces Atlantic, has been music director and conductor

for the Society for 10 years.

Mike Hodgson, a retired Navy Commander, is producer of the show. He points out that the show has brought him together with several old CF friends.

Between 1968 and 1970, "I was third in command of HMCS MARGAREE." During that time, Duncan Miller was a young Sub-Lieutenant in MARGAREE and two other shipmates included Roger Chaisson, an engineer, and Gordon Davis as a naval airman. Both Chaisson and Davis are now in the set crew for *The Gondoliers*.

"I'm hoping that we get a lot of CF people out to see the show," says Hodgson. "This city has a lot of talent and the Gilbert and Sullivan Society of Nova Scotia has helped to develop it."

Directed by Gisela O'Brien, *The Gondoliers* runs on May 13, 14 and 15 at 8 p.m. at the Rebecca Cohn Auditorium of the Dalhousie Arts Centre in Halifax. Tickets are priced at \$25 for adults, \$20 for students and seniors, and \$10 for children aged 12 and under.

Two additional performances are scheduled for Saturday, May 22 at the Cobequid Educational Centre in Truro and on Saturday, May 29 at the King's Theatre in Annapolis Royal.

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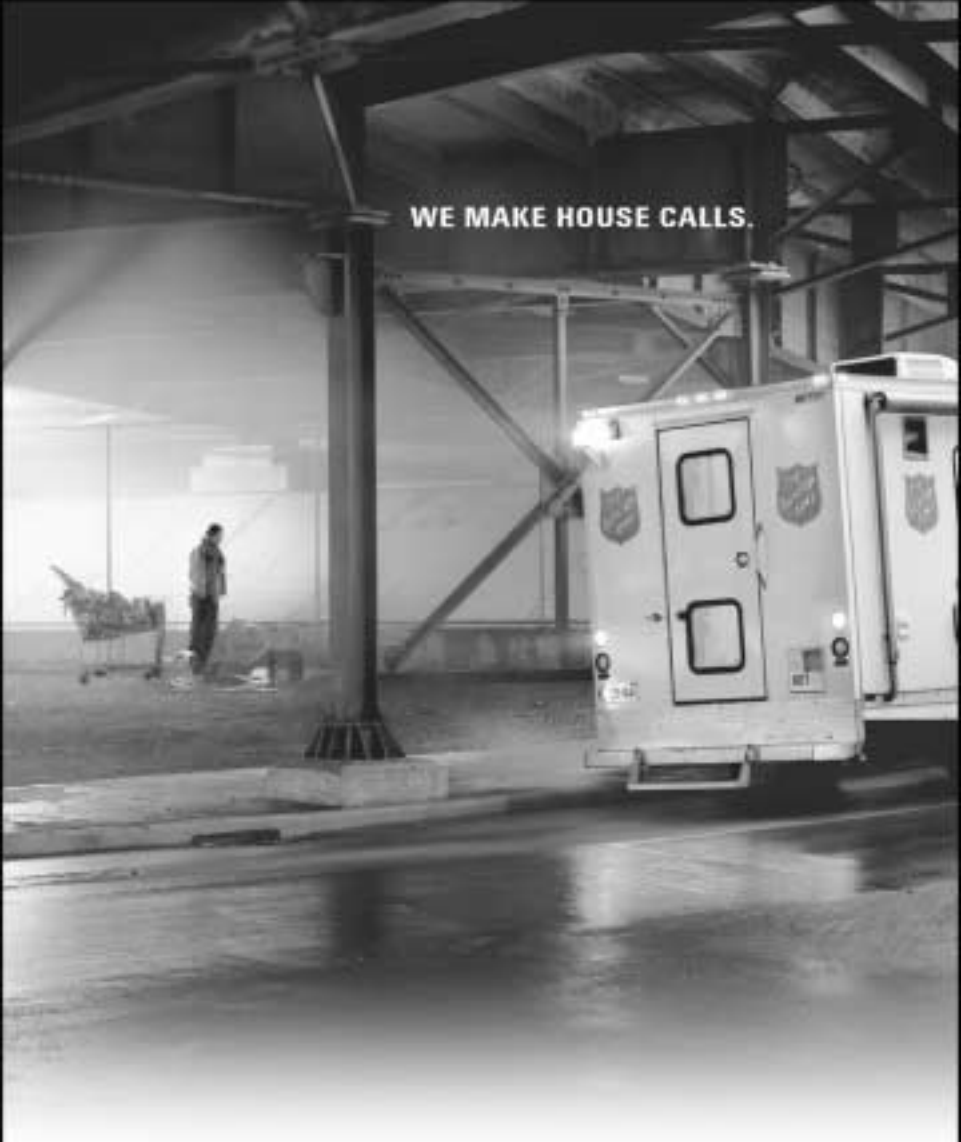
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L'interaction entre les membres des FC et les anciens combattants est bénéfique à tous

Par Ruthanne Urquhart
DNews

Nous commémorons le jour du Souvenir, le Dimanche de la bataille de l'Atlantique, le Dimanche de la bataille d'Angleterre, et d'innombrables autres cérémonies et services, aux côtés de nos anciens combattants, pour témoigner de notre respect, de notre admiration, et surtout de notre gratitude envers ceux qui ont servi avant nous.

Les relations entre les membres des FC et les anciens combattants qui impliquent bien plus qu'une participation à ces cérémonies commémoratives annuelles sont bénéfiques à tous. Elles valident la perception de mérite personnel des anciens combattants et compensent leurs sentiments d'isolement, tandis qu'elles inculquent aux membres des FC une meilleure appréciation de leur rôle et des services assurés par les FC au fil des ans.

Plusieurs membres des FC dans l'ensemble du Canada, à la fois actifs et pensionnés, déploient un effort excep-

tionnel à rappeler aux anciens combattants que nous les gardons à l'esprit et que nous les tenons à cœur.

Le personnel du 2e bataillon, le Royal Canadian Regiment à la BFC Gagetown, passe plusieurs heures deux fois par mois en compagnie des anciens combattants à la Clinique des anciens combattants de Fredericton, N.-B. Les membres des FC accompagnent les anciens combattants à des activités communautaires, notamment la foire de Fredericton, les emmènent pêcher et participent à d'autres excursions avec eux. Nous vous conseillons de communiquer par courriel avec Adjudant-chef Tim Robinson à Robinson.TJE@forces.gc.ca pour davantage de renseignements.

Dans la région de la Capitale nationale, le programme de visites des anciens combattants du QGDN encourage les membres des FC à rendre visite une ou deux fois par mois aux anciens combattants au Centre de santé des anciens combattants Perley & Rideau. Le programme apparie des membres et anciens combat-



Les rapports amicaux entre les membres des FC et les anciens combattants impliquent bien plus qu'une célébration commune, tel que le jour du Souvenir au Monument commémoratif de guerre du Canada.

The warm relationship between CF members and Canada's veterans encompasses much more than shared observances such as this Remembrance Day service at the National War Memorial.

tants afin de favoriser l'établissement d'une relation mutuellement avantageuse. Veuillez consulter le site Web http://cfsuo.mil.ca/ndhq_cwo (réservé aux util-

isateurs de l'Intranet) pour davantage de renseignements.

Les anciens combattants se font plutôt rares dans la région

de la BFC Goose Bay-Happy Valley à Terre-Neuve et au Labrador, mais Sgt (pens) Max Peddle, actuellement rattaché aux Réserves et Commissionnaires, se tient au courant de leur nombre et rend régulièrement visite à l'un d'entre eux. L'aumônier de la 5e escadre organise des visites et services pour les anciens combattants et d'autres résidents des maisons d'accueil pour personnes âgées de la région. Nous vous invitons à communiquer par courriel avec l'officier des affaires publiques de la 5e escadre, Capitaine John Pulchny, à Pulchny.J@forces.gc.ca pour davantage de renseignements.

La 16e escadre à BFC Borden s'est associée à la 441e escadre (Huronie) de l'ARC pour organiser un programme de visites à l'intention des anciens combattants logés à l'hôpital Sunnybrook à Toronto. Les anciens combattants sont amenés en autobus à la 441e escadre à Barrie, Ontario, où ils passent une journée avec les membres de

la 16e escadre et de l'Association de la Force aérienne du Canada. Veuillez communiquer par courriel avec l'OAP de la 16e escadre, Adjudant-chef Normand Marion, à Marion.JCN@forces.gc.ca ou avec le président de la 441e escadre (Huronie), M. George Mitchell, à georgecmitchell@yahoo.ca pour davantage de renseignements.

Nous vous avons présenté seulement quelques-uns des nombreux programmes et activités destinés aux membres des FC et anciens combattants dans l'ensemble du pays. Nous vous invitons à consulter votre OAP local pour vous renseigner sur les activités organisées à l'intention des anciens combattants par votre propre base, escadre ou unité. Nous vous encourageons également à envisager le lancement d'un programme de visites ou d'une autre interaction entre les membres actifs des FC et les anciens combattants dans votre région.

CF member-veteran interaction is win-win situation

by Ruthanne Urquhart
DNews

We observe Remembrance Day, Battle of the Atlantic Sunday, Battle of Britain Sunday, and countless other memorial ceremonies and services side by side with our veterans, demonstrating our respect, admiration and gratitude to those who have served before.

Relationships between Canadian Forces (CF) members and veterans that go beyond those annual ceremonial moments, however, represent perfect win-win situations. They reinforce veterans' sense of worth and help counteract feelings of isolation, and CF members come away better service members, with enhanced knowledge and understanding of CF service over the years.

Throughout Canada, many CF members-serving and retired-work to ensure that veterans are reminded regularly that they are in our minds and hearts.

Personnel from 2nd Battalion, The Royal Canadian

Regiment at CFB Gagetown spend several hours twice a month socializing with veterans at the Fredericton, N.B. Veterans' Clinic. CF members escort veterans to community events such as the Fredericton Exhibition, and on fishing trips and other outings. E-mail Chief Warrant Officer Tim Robinson at Robinson.TJE@forces.gc.ca for more information.

In the National Capital Region, the NDHQ Veterans Visit Program encourages CF members to visit veterans once or twice a month at the Perley & Rideau Veterans' Health Centre. Members are matched with veterans so that they can establish that perfect win-win relationship. Visit http://cfsuo.mil.ca/ndhq_cwo (Intranet users only) for more information.

There aren't many veterans in the CFB Goose Bay-Happy Valley area of Newfoundland and Labrador, but Sgt (Ret) Max Peddle, now in the Reserve Force and Commissionnaires, keeps track of them, and visits one on a regular basis. The 5 Wing padre conducts visits and services

for veterans and others in local seniors' residences. E-mail 5 Wing Public Affairs Officer Captain John Pulchny at Pulchny.J@forces.gc.ca for more information.

16 Wing at CFB Borden partners with RCAF 441 (Huronie) Wing to sponsor visits with veterans from Sunnybrook Hospital in Toronto. The veterans are bussed to 441 Wing in Barrie, Ont., where they spend the day with 16 Wing and Air Force Association of Canada members. E-mail 16 Wing PAO Master Warrant Officer Normand Marion at Marion.JCN@forces.gc.ca or 441 (Huronie) Wing president George Mitchell at georgecmitchell@yahoo.ca for more information.

These are a few of the many CF member-veteran programs and activities that take place throughout Canada. Contact your local PAO to find out what your base, wing or unit is doing with veterans. Consider starting a visit program or some other interaction between current CF members and veterans in your area.

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Spring 2004 NCM recruitment allowances



MCPL FRANK HUDEC, COMBAT CAMERA

This photograph was taken early last week through HMCS WINDSOR's periscope. The boat was off the Coast of Nova Scotia at the time. HMCS WINDSOR is now back in Halifax, having just successfully completed a series of trials, both submerged and above water. WINDSOR will return to sea in approximately one month.

DNEWS

The CF offers three recruitment allowances to eligible non-commissioned member (NCM) applicants entering the Regular Force in specific understrength military occupations:

1. Post-secondary diploma or certificate:

If you have earned an academic qualification—a college diploma in specified studies or a technical certificate from an academic institution—that will allow you to bypass some or all of the initial training in the understrength CF occupation of your choice, then you could be eligible for this recruitment

allowance of \$10, 000.

2. Civilian trade qualifications:

Many civilian trade-qualified NCM applicants have skills that translate well to the CF—auto mechanics, electricians, and plumbing and heating specialists, for example. If you have earned the federal or provincial ticket that is equivalent to the CF advanced occupational training in these and other employment areas, you could qualify for this \$20, 000 recruitment allowance.

3. Military occupation qualifications:

This \$20, 000 recruitment allowance is available to Reg Force

re-enrolees or Reserve Force members who component-transfer into any one of the designated understrength military occupations. To be eligible, you must possess the equivalent of the advanced military occupation training currently required in the occupation you wish to enter. If you have training that met requirements in the past but does not meet the current requirements, you are not eligible for this allowance, even if you retrain.

Current understrength military occupations:

- A. Signals Operator (SIG OP) 215
- B. Naval Combat Information Operator (NCI OP) 275
- C. Naval Electronic Sensor

◀ Cpl Andrew Wallace, a Fire Control Systems Technician from 2 Service Battalion, Petawawa, Ont., repairs and optically collimates 20-power long-range binoculars used in observation posts throughout the United Nations Disengagement Observer Force (UNDOF) mission area. The Canadian Contingent of UNDOF, Operation DANACA, monitors and supervises the disengagement agreement between Israel and Syria.

- Operator (NES OP) 276
- D. Tactical Acoustic Sensor Operator (TAS OP) 278
- E. Naval Electronics Technician (Acoustic) (NE TECH (A)) 283
- F. Naval Electronics Technician (Communications) (NE TECH (C)) 284
- G. Naval Electronics Technician (Tactical) (NE TECH (T)) 285
- H. Fire Control Systems Technician (FCS TECH) 434
- I. Medical Radiation Technologist (MRAD TECH) 715

You may receive only one recruitment allowance even if you are eligible for more than one—it's up to you to decide which is the best option for you. The allowances are subject to income tax, Canada Pension Plan and Employment Insurance deductions.

If you receive an NCM recruitment allowance, you will be required to serve for three years (from the date of your enrolment or transfer) in the CF Regular Force in your assigned understrength military occupation.

Consult CANFORGEN 036/04 at <http://vcds.dwan.dnd.ca/> or Compensation and Benefit Instruction (CBI) 205.525 at <http://hr3.ottawa-hull.mil.ca/dgcb/cbi/> (both for Intranet users only) for more information about recruitment allowances and current understrength military occupations.

Visit www.recruiting.forces.ca for information about careers in the CF.

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SEACOAST REALTY

Merchant mariners donate Park tanker model to the Canadian War Museum

by Virginia Beaton,
Trident staff

A year after a successful fundraising campaign, the Canadian Merchant Navy Veterans Association (CMNVA) finally achieved its goal.

On April 16, 2004 at the Canadian War Museum (CWM) in Ottawa, members of the association attended the formal presentation of the model of MV Nipiwán Park, a Second World War merchant vessel, to the museum.

Captain Earle Wagner, chairman of the CMNVA's Memorial Fund, gave a speech at the occasion. Back in Halifax after the event, Wagner, a retired member of the merchant navy, explained the model's importance.

According to him, the CMNVA commissioned the model from model maker Mark Boudreau, "who built the model of MV Maisonneuve Park that we donated to the museum in 2001."

Wagner described the original Nipiwán Park as a 3600-ton Park coastal tanker built in a shipyard in Collingwood, Ontario in 1943. "The tanker was operated by Imperial Oil Limited."

He has a personal connection to Nipiwán Park. Wagner was a 19-year-old second mate aboard the vessel during the maiden voyage from Montreal to Saint John, New Brunswick.

In January 1945, Nipiwán Park was off Egg Island while sailing in a convoy en route from Sydney, Nova Scotia to Halifax when a German submarine attacked. A torpedo broke the tanker in two but later the



MARK BOUDREAU

Mark Boudreau constructed the scale model of MV Nipiwán Park.

stern was salvaged and the bow was rebuilt in Pictou, Nova Scotia. After the war, Irving Oil Limited bought and operated the tanker.

Wagner said that Second World War veterans of Canada's merchant navy wished to commemorate their participation in the war effort by raising enough money to commission several models of the Park tankers, to be put on display in the CWM.

Wagner coordinated the national

fundraising effort which began in January 2003 with the objective of raising \$8,500 by March 31. Within three months the organization raised \$15,000.

Mark Boudreau, a model maker living in Port Hawkesbury, Cape Breton, built the 64-inch model on a 1/4-inch scale. "He started building it in spring 2003 and it was finished by September," said Wagner.

He described the CMNVA as

being "very impressed with the quality of the workmanship. You can see all the details."

Since the campaign raised funds in excess of the cost of producing the model, Wagner says the remainder will go to creating brass plaques. These plaques are to go to small ports in Canada as thanks and acknowledgment of construction and repairs they performed for the merchant navy. "Among the places are

Collingwood, St. Catherine's, Levis, Sorel, Lunenburg and Liverpool."

This will be the CMNVA's last national project because of the advancing ages of the members, says Wagner. "The average age of merchant navy veterans is 83."

The Park tanker models will be on display at the new Canadian War Museum in Ottawa, which is scheduled to open to the public in May 2005.

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Officer's Mess Calendar

MAY 2004

MAY 9 Mother's Day Brunch
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MAY 5 Stand Easy @ Sports Bar 1000
Movie Night @ Sports Bar 1915

7 TGIF @ Royal Artillery Park
(food served) 1500

9 Mother's Day Brunch
@ Royal Artillery Park 1030-1330

12 Coffee Break @ Royal Artillery Park 1000
Movie Night @ Sports Bar 1915

14 TGIF @ Royal Artillery Park 1500
Mash Super Weepers
@ Royal Artillery Park 1800

\$33.5M Investment in Technology Development to Benefit CF

DNews

Ottawa - (April 23, 2004) Defence R&D Canada (DRDC) is investing \$33.5 million in six new projects proposed under the Technology Demonstration Program, a collaborative initiative involving Canadian industry, academia and government designed to encourage technology development for the Canadian Forces.

The Technology Demonstration Program was introduced in 1999 to measure the impact of scientific and technological advances on military operations. It is typically aimed at technology evaluation and concept validation, with projects spanning three to four years in duration. In exchange for making investments and contributions, Canadian industry partners benefit from insight



TAMSS, the Tactical Aviation Mission System Simulation, was one of DRDC's first Technology Demonstration Projects (TDPs).

into future projects, the ability to take advantage of intellectual property and the development of new

skills within their workforce. The Technology Demonstration Program strengthens Canada's ability

to compete in international markets through commercialization and technology transfers, and further contributes to economic prosperity through job creation and exports.

The six projects include: Electronic Countermeasures for Remote Controlled Improvised Explosive Devices; Interoperable Combat Fluid Resuscitation Capability; Advanced Integrated Multi-Sensing Surveillance System; Space-Based Hyperspectral Image Exploitation; Multi-Sensor Torpedo Detection, Classification and Localization; and the Code Division Multiple Access Geo-location Demonstrator. Each project is related to the land, air, maritime, and joint elements of the Canadian Forces.

DRDC will display the results of on-going Technology Demonstra-

tion Projects April 22 and 23, 2004 at CANSEC, an annual exhibition sponsored by the Canadian Defence Industries Association, held at the Congress Centre in Ottawa.

DRDC is an agency of the Canadian Department of National Defence responding to the scientific and technological needs of the Canadian Forces. Its mission is to ensure that the CF remains scientifically and operationally relevant. The agency is made up of six research centres located across Canada with a corporate office in Ottawa. DRDC has an annual budget of \$250 million and employs 1,400 people. With a broad scientific program, DRDC actively collaborates with industry, international allies, academia, other government departments and the national security community.

Le PUFC offre en plus des services

Par Pierre Lafleur,
Coordonateur du PUFC

Le Plan universitaire des Forces canadiennes de l'Université du Québec (Télé-université) se fait connaître dans les Centres de ressources des familles militaires.

Au cours de la dernière année, le PUFC de la Télé-université a tenté par divers moyens de se faire mieux connaître auprès d'un des secteurs de sa clientèle-cible qui jusqu'à

date semble le méconnaître, c'est-à-dire les conjoint(e)s de militaires. En effet, ce secteur important de sa clientèle-cible qui est éligible à ses services, ne constitue pourtant qu'un faible pourcentage de sa clientèle participante totale (environ 17%) le reste étant constitué de militaires et d'employés civils du Ministère de la Défense.

Les services d'études universitaires offerts par le PUFC aux militaires peuvent constituer une aide

très précieuse aux conjoint(e)s de militaires qui doivent souvent faire face à plusieurs des mêmes conditions que les militaires eux-mêmes, et qui font obstacle à la poursuite d'études universitaires (transferts fréquents, responsabilités familiales et professionnelles, etc). En offrant tous ses cours à distance à travers le Canada et même à l'étranger, en permettant l'inscription en tout temps, et enfin en étant extrêmement flexible quant au rythme des études (temps partiel ou temps complet, possibilité d'extension de cours) et ouvert à la reconnaissance de for-

mations professionnelles et universitaires prises ailleurs, le PUFC et la Télé-université donnent l'opportunité à ses étudiants de poursuivre des études et d'obtenir un diplôme malgré les exigences de leur vie professionnelle, familiale et personnel. Le PUFC offre en plus des services d'accueil et de renseignement, de conseils et d'orientation pédagogiques, et d'assistance administrative (inscription, examens, reportés), qui permettent aux étudiants d'optimiser leurs démarches vers l'atteinte d'un diplôme universitaire.

Pour mieux faire connaître ses services à ces clientèles, le PUFC a complété une campagne d'envoi d'information dans tous les Centres de ressources pour familles de militaires et continuera de le faire périodiquement dans les mois et années à venir. Le coordonnateur du PUFC, monsieur Pierre Lafleur, a entrepris récemment une tournée des CRFM au Québec, afin d'y rencontrer personnellement les responsables des questions d'éducation. Il compte faire aussi la tournée des CRFM hors-Québec à partir de l'an prochain.

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- Lt(N) Brian Wentzell
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For information - 427-8660

Shearwater Chapel, Shearwater

1000 hrs - R.C. Mass - Lt(USN) Terrence Mulkerin
1115 hrs - Protestant Divine Worship
- Lt(N) John Finlayson

For information - 460-1011, ext. 1441

+ + + + +

Midday R.C. Mass - 1200 hrs

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Shearwater - Mon to Thurs

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From Kabul: Kabul's daily life through Canadian eyes

Major Hal Skaarup was formerly posted to LFAAHQ in Halifax. This is an excerpt from a journal he has kept since arriving in Kabul in January 2004—Author's notes on service with the Int Branch-Afghanistan.

On January 27, 2004, at 8:25 in the morning (Kabul time) two Canadian Iltis vehicles left Camp Julien on the West end of the city on the main route used to travel to Camp Warehouse (about 45 minutes away). A man, armed with a home-made improvised explosive device (IED) connected to two 76mm OF350 fragmentation rockets, threw himself on the second vehicle carrying four Canadian soldiers and detonated the device. Only one of the rockets went off, the other flew a block away, landing on the balcony of a local family.

Unfortunately, the rocket that exploded killed Corporal (Cpl) Jamie Murphy, a Canadian soldier sitting in the right rear passenger seat and injured the other three with shrapnel; Cpl Richard Michael, Cpl Jeremy MacDonald, and Lieutenant (Lt) Jason Feyko, who received a serious head wound). The bomber died along with one other Kabuli civilian while nine other civilians were injured. The three injured soldiers were medically evacuated back to the German medical facility, and the most seriously injured soldier, Lt Feyko, was flown there. The flak jackets, fragmentation blankets and equipment protected the soldiers in the forward Iltis.

Needless to say, with one week on the ground for our new staff, it was an unfortunate start to our tour, and worse for the families of these men who were due to depart in a few weeks. The men were all from the Parachute Company of the Royal Canadian Regiment, the same unit that lost two men, Sergeant (Sgt) Robert Short and Cpl Robbie Beerenfenger, to a land mine in October, four months earlier. I was glad I had been on the ground for a week. I had the immediate privilege of working with an extraordinarily highly motivated multinational team. It could have been any of us in that vehicle; therefore, it was an attack on

all of us. I am very proud to be part of such a team. There will be more days like this, but we will do our best to ensure that we all get home intact.

A little over 24 hours later, they did it again outside our front gate, when a British Land Rover transporting International Security Assistance Force (ISAF) soldiers from Nepal pulled up alongside a car travelling in the same direction. A suicide bomber detonated his explosive-laden car (there was very little left of either him or the car afterwards) and killed one British Gurka soldier and seriously wounded four more, as well as two Estonian soldiers who were following behind in a second vehicle. The bombers were both foreign nationals, not Afghans.

On a regular basis I was informed that the section I worked would be going through some changes. Many countries working with Kabul Multi-national Brigade (KMNB) and ISAF wanted to have their soldiers, and in particular, their officers in key positions—specifically in operations and intelligence. It would appear that a lot of changes to the manning where I worked at KMNB HQ were pre-determined at a multinational conference held in Europe on December 8, 2003. The senior Intelligence Officer (G2) was supposed to be a Canadian Lieutenant-Colonel (LCol), but the German contingent chose to keep the position and thus Canada had to replace his Deputy G2, a Canadian Major, which is how I wound up in Afghanistan with the title Deputy G2, Chief Assessments. The changes are continuous as representatives from a dozen nations in our organization are rotated in and out every month—some staying four months, some six and a few for a year. In a number of cases, I would only be advised after the fact. For instance, one day the Commander of the French Contingent informed me that his Captain would be replacing the outgoing Canadian officer as my deputy in the G2 shop—this was not a request, it was an order.

One of my incoming troops, a Canadian Sgt, did not get on the aircraft to come over on time because of a bizarre

administrative hiccup with his waiver—someone jeopardized the mission by keeping him off his flight just after the two appalling suicide attacks on Canadian and British soldiers placed us in at a high state of alert due to the increase in the threat level. Just when this individual needed to be here, a piece of paper in the wrong place at the wrong time prevented his deployment on time, almost impossible to believe.

There are 33 nations who want a part of the G2 shop. Twenty-two of them have direct access to us, and each of them wants a clear representative in the shop (although most have great difficulty with English), and a face-saving resolution to the positioning of newcomers has to be sorted out as they arrive. There are many multi-national political considerations and high-ranking fingers in the pie when it comes to who has a say in how the KMNB G2 section that I work in conducts operations, some of which clearly override practical concerns. I needed personnel who could write well in English, while for the rest, the brainpower supply was more important than the language, and surprisingly, good results were achieved in the analytical section. We conducted many brainstorming sessions and the results and assessments were drafted by the best English speaker (and vetted by me), to produce useful Intelligence products. All of which made for interesting days on the job in Kabul.

It is exciting and challenging, but with a lot of things on the line—specifically, soldiers' lives. I had been shuttling back and forth as a kind of courier/messenger between senior people, to help keep track of the situation here. The first 2,000 Canadians on the ground in Kabul came last summer, and during their time in Afghanistan they were designated Roto 0. The first group to come in to replace all 2,000 of them 5 Brigade is therefore Rotation Number One (Roto 1). The Roto 0 crew came from Ontario. We have four major military areas in Canada, Land Forces Atlantic Area (LFAA) for which I am the senior Intelligence Officer (also called the G2); Secteur de Quebec Force de Terre



Major Hal Skaarup in front of some Light Armoured Vehicle III.

(SQFT), which we all call square foot, primarily based in Valcartier and where the majority of the 5e Brigade troops come from for this rotation; Land Forces Central Area (LFCA), which is just leaving Afghanistan; and Land Forces Western Area (LFWA). Each Area is tasked with a particular task or military mission and for which they must supply the troops for deployments to

places such as Bosnia, the Golan Heights, Liberia, Sierra Leone, the Congo, and Afghanistan. There are another 1,250 Canadians still working in Bosnia, for example, which was where I was originally scheduled to work until I was short-notice redirected this way, and about 280 on the Golan Heights and others in small numbers in many other places. Each of the soldiers on these deployments is general-

ly rotated out of the country in which they are serving, roughly every six months. Our group, however, was to "close out the operation" (which was also considered to be highly unlikely, as it appeared that Canada was already planning to leave 500 troops here for Roto 2), and therefore we were informed we would likely be here for eight months. I was to be home late in May for two weeks of leave, and then be

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back again in early June, and officially finish on September 7, 2004 or later. If you can imagine the logistical planning required to move for 4,000 Canadian soldiers in and out of various other countries every six months, while training another 4,000 in preparation to replace them, plus the fact that the 4,000 who have just come back from these taskings are not eligible for another deployment for a year, and you can see that we have a very large part of our Army engaged in these operations.

On Monday, February 9, 2004, it was reported that there would be a practice parade for the change of command of the ISAF, with the big event scheduled to take place on Tuesday, February 10. The real parade took place during the so-called practice, which was shown on national TV. This was done as part of a well-coordinated deception plan for security reasons. The following morning, the new Canadian Commander of ISAF, Lieutenant-General (LGen) Hillier got down to the business of managing his new command, I had my first opportunity to work for him that morning, following a lengthy conversation with Brigadier-General (BGen) LaCroix, the Canadian Commander of KMNB and my primary boss in Camp Warehouse, Kabul.

All the command personalities I have observed in charge of the military situation in Kabul are calm, cool, capable and very observant officers.

They are all highly skilled soldiers with an enormous amount of experi-



Itis vehicles leaving Camp Julien, about a 45 minute drive to West Kabul, Afghanistan.

ence as well as a large number of UN, IFOR, SFOR and ISAF-type missions behind them.

With the considerable number of security measures in place in Kabul, it was difficult for the three major terrorist groups to make much headway in the city, although they continued to resort to desperate measures such as the attacks against ISAF by suicide bombings, and the occasional rocket attack. One of the three main groups involved is called Hizb-I Islami, Gulbuddin (HIG), another is the Taliban (TB), and of course, Al Qaida (AQ).

We don't call them enemies, because they sometimes fight each other when they are not getting along—they are called Opposing Militant Forces (OMF).

We thought of them as being more like crooks, criminals and bandits with occasional political and religious rhetoric attached to the two things they really wanted: money and power. People switched sides in Afghanistan (AF) more often than we washed our hands, which was every time you did ANYTHING at Camp Warehouse and Camp Julien.


KMNB is the force in ISAF, and the unit we worked for in Afghanistan. ISAF is not there to occupy the country—all ISAF nations want to leave as soon as the country is stable, but its aim is to help the Afghan government get back on its own feet and to help it to make the transition to running the entire country on its own. Right now it has a very slim grip on Kabul, but things are improving—albeit slowly.

We assessed that if they did hold elections in the summer or fall, it would mean the OMF would have a smaller chance of regaining power,

so we suspected that they would try to do what they could to disrupt things. We in turn made it even more difficult for them to do so, which was the largest part of the work we did there, with an incredibly talented multi-national staff. Hopefully this explained some of the reasons why we are here.

There are lots of duties and tasks to keep one busy in ISAF. With 2,000 Canadians on the ground, there are many times it feels like old home week here, with so many familiar faces from other missions and bases working with us. I ran into a colleague, Jung Jin Hu, who served in Cyprus with me. Later we were on course together in England, he dropped in for a visit in Colorado Springs, and here he is in Kabul, but I have never seen him in Canada, which is most unusual. The CF is relatively small, so many of us with time in tend to know each other anyway. That being said, I do feel that we are in the right place to do what we do best. Salaam alay kum Pam, (See you, from Kabul).

I've been thinking about the job I have here, and find much is similar to what I had to do in Bosnia. In peacetime, the Intelligence officer (Int off) is often one of the people tasked to do secondary duties such as answering media questions, examining prisons, reviewing riot control procedures and taking on various similar non-intelligence related assignments. In this world, everyone wants you right there, because if something can go wrong, and often does, the officers in



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“BUILD A SAFE BEGINNING”

NAOSH week is once again upon us and MARLANT will be actively participating in this year's event. By the time you read this, you should have had a chance to look through the package you received at the gate April 30th. The package contains contest info, something for everyone, as well as other safety related information. If you did not receive this information, please contact the Safety office for a package. This year's safety theme, "Build a Safe Beginning," reminds us of the importance of learning safe practices early in our personal and work lives. New Employee orientations, safety training, and on-going supervisor safety talks are only a few ways to increase safety awareness, especially among young and new workers. Let us all put an end to needless pain and suffering caused by workplace and home accidents by getting involved in education and awareness efforts, both at work and at home, at an early age.

ABOUT THE NAOSH WEEK LOGO

The NAOSH logo – three hands forming an equilateral triangle – portrays the three participating nations – Canada, the United States and Mexico – and symbolizes joint venture, cooperation and the commitment to the common goals shared by all occupational health and safety partners. The three sides stand for partnership of the three parties in this joint occupational health and safety venture, as well as all tripartite partnerships between business, labour and governments. The connected hands illustrate assistance and cooperation on many levels – from interpersonal relationships in the workplace to international exchange.




charge want to know from where it is going to come from. One morning several staff officers and I were tasked to meet a senior Afghan General, but en route we got stuck in traffic. The Danish Lieutenant-Colonel (LCol) and Major I was with shouted "time to walk," so we bailed out of the two vehicles we were travelling in, and trotted smartly through a very crowded downtown street for several blocks, flak jackets wrapped around us tight, and weapons loaded. It was interesting, but I was walking fast behind our Dari-speaking translator. His name is Abdullah, and although he was born here, he later moved to Denmark and when he grew up, he joined the Danish Army. I told him, "Just think of me as being your shadow, and I hope you don't mind if I stick close to your elbow." He grinned and said, "Stay close," and kept his rifle at the ready. I thought, if he is moving fast and is this concerned, I had better be as well. We hot-footed it to the Afghan HQ, and met the people we were to work with; discussing some issues of serious concern to the people for whom I work. On the way back, after marrying up with our Danish transport, Abdullah and I had an interesting discussion (he's Muslim) about religion and the Afghan experience. He is very bright, deep-thinking and well-educated in several languages, and my Danish counterparts were just as interested in what we were

talking about. By this time, I had been more than a month on the ground and the work pace hadn't let up at all, making the time seem to fly. Having access to e-mail and being able to make phone calls (we are permitted 35 minutes a week) was a huge plus here compared to being in Bosnia. I particularly liked being back in the multi-national environment, although I did tend to feel like I was a professor chairing the brainstorming sessions for the Int discussions we had. I tried to ensure that everyone had an equal chance to speak, whether they wanted to or not. I found this approach permitted people from countries that may not otherwise have had a say in what was taking place to do so. I said goodbye to a Bulgarian Major who had requested a certificate for his participation in our brainstorming sessions on intelligence issues—he wanted something to show his supervisors at home to prove that he had done something really useful here.

It was an honour to be asked, so we put together a scroll for him, copies of which I was able to use for others who made a contribution to our briefings, and had it signed by our chief and myself. Each day I continued to add bits and pieces of every new language I could gather and use. Today's word is Kia hal hay, which is Urdu for how are you?

After the flurry of activity here last month, it was quiet. Too quiet, and



Canadian soldiers speaking with Afghani children while on a foot patrol in the Canadian area of responsibility West of Kabul, Afghanistan.

many had a sense that something was coming. Any time something comes up that could be of concern in Canada, the Communications (Comm) people shut down all lines of communication so one inadvertent comment to someone back home doesn't panic 2,000 families. Once appropriate people have been notified and the information is clear, then the lines go back up. In the meantime, even e-mails get turned around. There are two separate Camps with Canadians in them here (actually there are seven or eight with the larger contingents such as Germany, Turkey, Camp Julien (most of the Canadians) is

about a 45 minute drive over to the West end of the city, I am in Camp Warehouse with about 400 Canadians and about 1,500 people from 22 other countries, hence the term multi-national brigade. About 10:30 p.m. one night in February, I dropped into our duty centre just after they had received a report of an explosion. I listened to the radio operator taking down the report and checked the grid reference on the map in front of us. It went off on a hill not far from the downtown HQ building (about 14 km from us), but in an area where it didn't do any damage. A patrol went to investigate and couldn't find any-

thing until this morning when the locals claim two large tires blew up—a very strange explanation. I attempted to get more data because of the peculiarity of the report, and because quite often when there is one, there are more. I was driven back to ISAF HQ in the same vicinity with a couple of young and very bright French Canadian drivers. I always shook the hands of these young Cpls and told them thanks for getting me there and back in one piece—and they would just smile, but took it seriously. Some days the weaving in between the multi-thousand yellow taxis, donkey carts and horse-back riders and wildly painted buses and people pushing carts in one big mish-mash of traffic mayhem was hilarious. The general rule, however, is don't slow down too much, don't stop, and do go around or over any obstacle if you have to. The trouble is, the Kabulis do the same thing, so you have to keep your wits about you. I was always glad it was them driving and not me.

My mouth still feels funny from "Deutsch sprechen," but at least I can get the general drift across. Now I am still mixing my languages, Spanish to the Italian, French to the Romanian, German to the French-Canadian, but I will get it sorted out yet—everyone is teaching me a new word or phrase each day. Today's phrase is, "te distresi," which in Romanian means, "are we having fun yet?" I hope so.

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Sea Kings lend a hand: EX Scotian Traverse

Submitted by Capt Mike Delphin
423 Sqn (MH)
12 Wing Shearwater

Sea Kings typically fly over water, from ships, far from land. Their primary task is to hunt enemy submarines. They are the eyes and ears of the fleet. However, since the end of the cold war, Sea Kings' operations have become more versatile. Crews are called upon to perform a multitude of tasks, which include search and rescue, coastal patrols, tactical airlift, surface surveillance and the list goes on.

On the weekend of April 25, 423 (MH) Squadron participated with the army in Exercise Scotian Traverse. On Sunday, April 26, two Sea Kings and their crews and four Griffon helicopters worked alongside the 1st Battalion Nova Scotia Highlanders (North), providing them with troop transport. The helicopters airlifted troops from the staging area at Stanley aerodrome in northern Nova Scotia to the Landing Zone (LZ) at Gore. Ex Scotian Traverse allowed the Sea King crews to gain valuable experience operating with the army. This exercise demonstrates the interoperability of the Sea Kings as well as the level of professionalism and readiness of the crews and maintainers.

► **Landing zone at Gore, Northern Nova Scotia during EX Scotian Traverse on April 25, 2004**



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The NIJMEGEN 2004 MARLANT Marching Team steps out...

Submitted by
M.J. Timoshyk, PO1
I/C R&D, Claims

It's 6 a.m. and the training has started for the MARLANT Marching Team. You may have noticed this small group clad in green marching along the city streets on your way to work or if you happened to be out very early on a Saturday morning. From now until July, the MARLANT Nijmegen team will cover more than 1,000 kilometres in preparation for a march that will challenge both physical and mental stamina.

Following a tradition started in 1909 by the Dutch Army, the Canadian Army first joined Nijmegen in 1952, and this year the MARLANT Marching Team will join other Canadian Forces (CF) teams from across Canada to participate in the 88th Nijmegen March.

The Nijmegen March (pronounced nigh-may-gun) began as a method for the Dutch military to increase the long-distance marching and weight-carrying ability of the infantry, and eventually evolved into an annual prestigious international competition. The four day long March (in Dutch Vierdaagse or 4-daggse) is held annually in and around Holland's oldest town, Nijmegen. No longer a Dutch military effort, the four-day march is now organized by the Royal Dutch League for Physical Education (the Dutch acronym is KNBLO) with the aim of fostering international good



▲ The 2003 MARLANT Nijmegen team in Fisherman's Cove, Eastern Passage. It took 25 hours to reach this mid-point of a 25 km weighted march.

will and promoting physical fitness.

The Nijmegen March is a team-oriented event that fosters core military values, such as leadership, teamwork and stamina. The route is a challenging 40 kilometres a day for four days. Approximately 45,000 participants attend the March annually, which includes anywhere between five and seven thousand military personnel, from approximately 20 nations—some coming from as far away as Australia. Military teams march the 40-km routes wearing their nation's uniform and carrying 10kg rucksacks, not including food or water.

During the March, contingent members will pay their respects at the Groesbeek Commonwealth

War Cemetery, the final resting place of more than 2,300 Canadian soldiers and airmen who died during the liberation of Holland in 1944 and 1945. Canada's leading role in the liberation of Holland, in particular this sacrifice, and Canada's sheltering of the Dutch Royal Family during the war has endeared Canadians to hearts and minds of the Dutch to this day. So, it is with great honour that we who are chosen will dig in our heels, step our sharply, keep the cadence, endure the pain, and enjoy the overwhelming hospitality and comradeship of the March.

► This year will be the 88th Nijmegen March held in Holland.



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Battle of Atlantic is commemorated during Sunday's service



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Padre's Corner

By Lieutenant Commander S. M. Merriman, Chaplain

Joseph Schull's book *Far Distant Ships* makes a fascinating read for those who love the sea and the Naval environment. What a great debt we owe to "those who sailed over the oceans in ships, earning

their living on the seas." For they also maintained, and finally earned, the world's freedom and liberties still enjoyed today.

Schull vividly describes the sea's first casualties in the collision of HMCS FRASER with their command ship HMS CALCUTTA witnessed by FRASER'S sister ship HMCS RESTIGOUCHE. These three ships were extremely weary from days of rescuing defeat-

ed soldiers and destitute civilians from the coast of France. As they fast steamed towards the coasts of Bordeaux, enemy ships were sighted in that region. Signals were given and the ships began to alter their courses to comply. Perhaps a combination of the misreading of each other's manoeuvrings, extremely tired people on each of the ships' bridges and the speed of a fast steam all contributed to

a result as catastrophic as meeting the enemy. Shortly after 11 p.m., June 25, 1940, there was a collision that resulted in the sinking of HMCS FRASER and the loss of 47 Canadian and 19 British sailors. On the morning of June 26th, in the homes of these lost sailors, tears, pain, and grief could be heard rising up to the Creator.

In his book *Far Distant Ships*, Joseph Schull refers to FRASER'S first casualties as: "a minor incident of those dis-

astrous days; one of casualties, which were certain to occur under conditions of prolonged and incessant strain as under direct shell fire."

Schull continues to paint a very bleak picture of the constant threat and danger to ships and sailors engaged in what history has titled the Battle of the Atlantic. Next he describes the sinking of the HMCS SPIKENARD at 11 p.m. February 10, 1942. He paints the picture of a black night and high seas when a torpedo

▲ **Veterans and MARLANT personnel marched Downtown Halifax on Saturday, May 3, 2003 for the 60th anniversary of the Battle of the Atlantic.**

struck the tanker HEINA sailing in the same convoy as the SPIKENARD. Almost at the same time another torpedo slammed into SPIKENARD between the bridge and the forecabin. Because the explosions came so close together, there was a great confusion

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whether one ship had been torpedoed or two. As the confusion dissipated, it was discovered that SPIKENARD had been sunk and only eight of her crew had survived.

If you continue to read, don't expect things to get better German U-Boats were taking their greatest tolls during 1942. On September 13, 1942 just around midnight, HMCS OTTAWA was hit with a torpedo as she escorted her convoy. It was first thought that no vital damage was done as she remained afloat on an even keel. Thinking that there was no immediate danger, an escort ship on its way to offer assistance turned away to assist a merchant ship whose men were already in the water. In the interval, a second torpedo struck helpless OTTAWA. She sank quickly into the night and survivors struggled to keep afloat in the freezing water. By the time rescue finally arrived, 109 ratings and five officers were lost, including the commanding officer LCdr C.A. Rutherford, who gave his own lifebelt to a rating.

These are not mythological stories; these are not mere legends, although the heroics that were constant in these events are what legends are made of and as the Norwegians say, "Heroism consists of hanging on one minute longer." That is what our Canadian Naval and Merchant sailors and Airmen did—they hung on one minute longer and won our freedom. For many of us, unless we read the accounts of our history, these stories will never become real for us, but maybe that's safe!

I started kindergarten in 1959, twenty years after the Battle of Atlantic began. Every day my mornings would begin with three acts that would be repeated five times a week, and close to 240 times a year minus holidays. That is, I started each day with the singing of O Canada, I would pray or recite the Lord's Prayer and then finally, sing God Save The Queen. After a number of months it could be said that I learned the words of these songs and prayer by rote. By grade one, I did not have to actively engage my mind or my heart during morning assembly, for by this time these opening components had become far too familiar.

My concern then would be centered on our public celebration of the Battle of Atlantic Service. Hopefully we would not be merely providing a service that we rush through so we can say, "there we've done it for another year," but one in which we actively engage our hearts, our minds, and yes, even our souls! Wouldn't it be a tragedy if we allowed ourselves to reduce this great act of remembrance to one of rote, which is to go through the actions but never grasping the depth of the real meaning behind what, why, and who we are remembering? The prophet Isaiah captured this reality in the Hebrew Scriptures when he wrote that the people of the day participated in the worship of YHWH but "they remained a people that praised God with their lips, but their hearts were far from Him." We must engage our hearts as we continue to remember the significance of The Battle of the Atlantic.

When you look over the assembled crowd and you see those veterans who were actually there as a part of this time and struggle within the Second World War—the Battle of the Atlantic—you ask yourselves this question: "When these veterans are no more, how will we still remember? Who or what will help us to remember? The further away time moves us from an event, the harder it becomes to make the event meaningful and alive for the generations that follow. As every year goes by, and more Veterans from this time in our history disappear, who will help us to remember?"

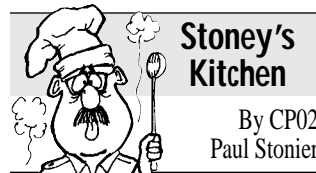
We need to be readers of our history. It is unfortunate that our culture does not practise the oral traditions of other cultures. The passing down of stories—the stories that

change and make history itself, such as the Battle of the Atlantic. So, when my children ask me, "Daddy why are here today? What does all this mean? Why are they dressed like that?", we could tell or retell our history, our stories, in a way that will preserve for all time the reason we are assembled, why we remember and what makes this day special.

We should be able to tell our children with some knowledge and conviction that the reason we can even meet, on the Battle of the Atlantic Day, in safety and freedom, is because of the group of veterans standing on parade, and their many friends who never came back to stand with them. They believed in a world free from tyranny, they believed in their country, their comrades, they believed in a freedom and security that you and I have continued to celebrate to this day. But it came at a great cost, one we can never repay, so God help us to remember!

When the bell is rung for our Naval ships lost, we must also remember that the bell tolls for those who perished, they had names, and faces, families and friends. They perished in the terror of the seas, exaggerated by the darkness of war. My challenge to us is that when we gather at our places of celebration wherever in our land, that you will have done something, read your history or talked to one of our Naval vets. Something that will engage your hearts, your minds and your souls with the stories of those who were lost and those who remain, so that when the last Second World War Veteran passes on, we will still be able to tell the stories. This time in our history will continue to live and these heroes of the Battle of the Atlantic will never be forgotten.

Four Cheese Macaroni -it's the cheesiest!



Everywhere I look they are advertising three cheese whatever. There are three cheese Quesadillas, Tacos, Lasagnas, Pizzas, Vegetable sauce, Stuffed Manicotti, I wouldn't be surprised if someone was offering three cheese Ice Cream. There's a flavour for ya, Ben and Jerry! Chocolate Swirl with cheddar, Swiss and little chunks of blue cheese for a kick. I'm sure it would be a best seller. You know what they say? "Go big or stay home?" Well, I've never been one for staying home, so when I make homemade macaroni and cheese I always use four cheeses.

This cheesy macaroni is a great dish, which is easy to make and is a crowd pleaser every time. Talk about comfort food; this is it. You can serve it as a side dish or just add a salad to make a hearty meal on its own.

- 2 T butter
- 1 small onion finely diced
- 2 cloves garlic minced
- 2 T flour
- 1-cup milk
- 1/2 cream (one half cup)
- 1 cup grated cheddar
- 1/2 cup grated Colby (one half cup)
- 1/2 cup cream cheese (one half cup)
- 3 T grated Parmesan
- 1 T ground pepper

- 1 roasted red pepper
- 3 T chopped fresh chives
- 500gr macaroni
- 1/4 cup butter
- 1 1/2 cup bread crumbs

In a large pot, boil a good amount of water. Cook the macaroni until tender, drain and place in a casserole dish. Sauté the onion and garlic in the 2 tablespoons of butter until translucent. Remove from heat and stir in the flour to make a smooth paste. Add about one-quarter cup of milk and stir to make smooth slurry. Add the remaining milk and the cream. Return to the stove and gently heat the mixture until it starts to simmer. Lower the heat slightly. Gradually stir in the grated cheese, ensuring it is fully melted and the mixture remains smooth. Grind in the pepper and stir. Then add a little more pepper because I like it hot.

Once the cheese is melted into the sauce, sprinkle the finely chopped roasted red peppers and chives over the pasta. Mix them into the macaroni, then spread the cheese mixture in one-third increments stirring to ensure full coverage over the macaroni.

When the cheese mixture is added, melt the quarter cup of butter and then mix it in with the breadcrumbs. I like to use a fine breadcrumb for this. Spread the breadcrumb butter mix over the macaroni and cheese. At this point you can refrigerate or freeze. Four cheese macaroni freezes really well and you can make individual dishes to take to work or for lunches. Place the covered casserole dish in a pre-heated 350 degree oven for about 20 minutes, then remove the cover and let the bread crumbs turn golden brown. If you've frozen this directly, it may take a little longer to heat through.

You can get really creative with the different cheeses in this. For those watching their waistline, substitute low fat cheeses and use low fat cottage cheese instead of the Colby. I like to use aged cheddar for this as it really gives it a full flavour.

This is great as leftovers the next day but that means you have to make enough the first time. Don't worry. This recipe will double and triple easily and no one will get tired of it.



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Military oral health

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By Capt W. Khan, Dental Officer

The following article was originally intended to appear during Oral Health Month in April. Due to space limitations, this was not possible.

This form is intended to provide you with more information with regard to your Oral Health. Should you have any questions, please feel free to speak to one of your Dental Officers at (902) 427-0550 ext. 8960

Factors involved in the Dental Disease Process

- Diet / Eating Habits
- Oral Hygiene
- Regular Check-Ups
- Fluoride Exposure
- Saliva (quantity and composition) and medications that affect it.
- Bacteria
- Genetics
- Medical Health

"Did you know that it takes 43 muscles to frown, but only 17 to smile?"

Definition of Ideal Oral Health

- Absence of decay in teeth
- Supportive joints, muscles and tissues that are also healthy and disease free
- Gums that do not bleed
- Teeth that are functional and aesthetically pleasing



Common oral diseases

Dental Caries (cavities); a bacterial infection

- The mouth is a warm wet environment that is teeming with bacteria, due to the right type of environment and high rate of high quality food.

- Dental Decay—bacteria consume food that is left in the mouth (six carbon sugars) and the by-product of their metabolism is lactic acid, which causes a demineralisation of the tooth structure

- This loss of tooth structure then further creates a larger area for more bacteria to live, until you have a very large cavity.



Periodontal Conditions; Gingivitis and Periodontitis

(loss of attachment, soft and hard tissue)

- Gum Disease (Periodontitis)—this is a process in which foreign bodies (food, bacteria, plaque, calculus) cause an inflammatory reaction in the gum tissue.

- Initially this is seen as inflammation in the gum tissue and bleeding is present, commonly referred to as gingivitis.

- Eventually, the inflammatory process causes a loss of the attachment of the tissue around the tooth and a resorption of the bone around the tooth resulting in pocket formation.

- This pocket makes keeping things clean even more difficult and the process becomes a self-perpetuating problem of increasing severity.



Proper brushing

Proper brushing helps minimize the risk of tooth decay and gum disease, the major causes of tooth loss. Use a soft-bristle brush and a CDA-approved fluoride toothpaste to remove plaque and food particles. Replace your brush every three months.



On outer and inner surfaces, brush at a 45-degree angle in short, half-tooth-wide strokes against the gumline.



On chewing surfaces, hold the brush flat and brush back and forth.



On inside surfaces of front teeth, tilt brush vertically and use gentle up and down strokes with toe of brush.



Brush the tongue in a back-to-front sweeping motion to remove food particles and freshen your mouth.

Proper flossing technique



Wrap an 18-inch strand around your middle fingers and hold a one-inch section tightly.



Ease floss between teeth. Clean up and down several times while curving around teeth at the gumline.



Always floss behind the last tooth. Unwind clean floss as you proceed.



Flossing daily removes plaque and food particles between teeth and below the gumline.

You may experience sore or bleeding gums for the first several days you floss. If bleeding continues after the first week of flossing, call your dental professional. If you have trouble handling floss, ask your dentist about the use of a floss holder, or other types of interdental cleaning aids.

Fluoride and Tooth Decay

Tooth enamel is hard. It consists of many closely-packed rods made of minerals. When you eat, acid forms on the outside of the tooth

and seeps into the enamel's rods. This demineralization process can produce a weak spot in the tooth's surface. If unchecked, the enamel can decay and create a cavity.

Fluoride helps prevent tooth decay by slowing the breakdown of enamel and speeding up the natural remineralization process. These microscopic views of the

tooth's chewing surface show how fluoride works:

Common sources of fluoride are fluoridated drinking water, toothpaste and mouth rinse. Inform your dentist if

your drinking water is not fluoridated. High concentration fluoride gels, mouth rinses, drops and tablets may be recommended by your dentist.

Your dentist may recommend at home fluoride treatments to reverse the decay process. If the weak spot is left unchecked, a cavity may form, necessitating a filling. If decay is allowed to spread, it may penetrate the root and enter the pulp (nerve) chamber, causing an abscess and requiring root canal treatment.

Plaque and Tartar/Calculus

Patients often confuse plaque and tartar and how they are related to each other. Plaque is a sticky film that constantly forms on all areas of your teeth; it is composed of bacteria, by-products of bacteria and saliva. However, plaque that builds up along the gumline and between the teeth in hard to reach places can be harmful. Plaque is constantly forming on teeth after brushing which is why it is so important to brush twice a day and floss daily.

Tartar (also called calculus) forms when minerals deposit in plaque and not removed by regular brushing and flossing. This crusty deposit creates a cohesive bond that can only be

removed by a dentist or hygienist. The prevention of tartar buildup above the gumline has not been shown to have a therapeutic effect on gum disease.

What Causes Sensitive Teeth?

In healthy teeth, porous tissue called dentin is protected by your gums and your teeth's hard enamel shell. When this protection is lost, microscopic holes in the dentin called tubules, allow heat, cold and other irritants to be transmitted back to the tooth nerve triggering pain. Dentin can be exposed by:

- Receding gums caused by improper brushing or gum disease.
- Fractured or chipped teeth.
- Clenching or grinding your teeth.
- Aging process.

If you occasionally experience a sudden flash of pain, or a mild tingly feeling when you bite into sweet or sour foods, or drink hot or cold beverages, you may have sensitive teeth. Pain from sensitive teeth is not always constant. Constant pain could be a sign of a more serious problem. It is important to discuss your symptoms with your dentist to determine the cause and proper treatment.

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RESCUE DIVER COURSE - STARTS THURSDAY, JUNE 3 at 1900hrs. Four nights of class/pool and three open water dives. Students must also have first aid and CPR to receive certification. Cost is \$165. Both courses will be taught in Dartmouth, with open water dives within an hour's drive of Halifax. If interested, contact Roland Morrison, NAUI Instructor at 463-3796 or email rolymorrison@netscape.net. Some rental equipment available.

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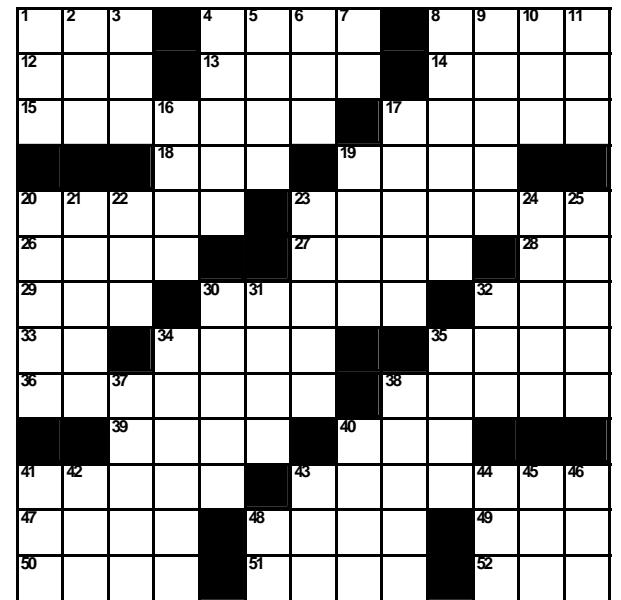
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To win this prize, complete the following crossword puzzle and fax it to us at 427-4238, labelled: attention Trident, Bldg, S93 "Contest". All entries must be received no later than Tuesday, May 11, 2004. Trident will draw a winner, who will be contacted by phone and announced in the following issue.

Name
Phone

Canadian Contrasts



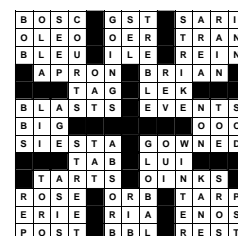
ACROSS

- 1 Roman God
- 4 Low _____, Northwest Territories
- 8 Asian nation
- 12 Copy
- 13 Run amok
- 14 Flat fish
- 15 Contend
- 17 High _____, Manitoba
- 18 Affirmative
- 19 Platter
- 20 Lewis Carroll character
- 23 West _____, Nova Scotia
- 26 Cold _____, Alberta
- 27 Female deer
- 28 Rhenium symbol
- 29 Shoe size
- 30 East _____, Manitoba
- 32 Sheep sound
- 33 Tory party, for short
- 34 Belch
- 35 White _____, British Columbia
- 36 Banff Hot _____, Alberta
- 38 Sire
- 39 Black
- 40 Civic pol.
- 41 Prima donnas
- 43 Little _____, British Columbia
- 47 German river
- 48 Ireland
- 49 Play part
- 50 Conservative

- 51 North _____, Newfoundland
- 52 Hurry

DOWN

- 1 Lake, in Laval
- 2 Military mailbox, for short
- 3 Radioactivity unit
- 4 Big _____, British Columbia
- 5 Small islands
- 6 "The Raven" author
- 7 And, in Abitibi
- 8 Black _____, Manitoba
- 9 City in Quebec
- 10 Lord Tennyson, to his pals
- 11 Napkin holder
- 16 Funeral pile
- 17 Small goose
- 19 Emaciated
- 20 Flat-handed blows
- 21 Civil rights org.
- 22 Alias
- 23 Poker player's requirement
- 24 Expunge
- 25 Slightest
- 30 Ruffians
- 31 Revelry
- 32 Sack
- 34 A kind of star system
- 35 Of the foot
- 37 South _____, Ontario
- 38 Tranquil
- 40 Song
- 41 Dorothy, for short
- 42 Artificial language
- 43 Cambrian or historic preceder
- 44 Bravo!
- 45 Here, in Hauterive
- 46 Summer, in St. Agathe
- 48 What did you say?



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CFB Halifax captures third straight Atlantic region bowling championship

Submitted by Rick Watkins
Stad Sports Coordinator

CFB Halifax captured the 2004 Atlantic Region bowling championship chalking up their third championship, in as many years. This year the Atlantic Region Bowling championship was held at the Stadplex March 28 to April 1, 2004. The tournament format was a quadruple round robin with each team member bowling head to head matches. This year teams from Gagetown, Greenwood, Shearwater, Fleet and Halifax participated.

The championship brought in quite a few high calibre bowlers, who rolled some impressive games. CFB Halifax's Petty Officer Second Class (PO2) Chuck Ranni stole the tournaments high average with a 248.7. CTC Gagetown's MCpl Rick MacIntosh gathered the high triple with an 849 and Shearwater's Cpl Brian Tetz bowled a 392 to capture the high single.

On the team side, CFB Halifax ran away with the competition, scoring 120 pts followed by Gagetown and Shearwater with 98.5 and 95 respectively. Greenwood and the Fleet team followed closely in fourth and fifth with 90.5 and 75 pts each. Congratulations to CFB Halifax for capturing their third straight Atlantic Region Bowling Championship.



This year's Atlantic Region Bowling Champions—CFB Halifax.

CONTRIBUTED PHOTOS

FMFCS defend their title

Submitted by Rick Watkins,
Stadacona Sports Coordinator

The Inter-section Bowling League came to an end for another season with FMFCS defending their title by

defeating the Gym Rats in the final. This year saw 16 teams vying for the championship and a very competitive league.

In the playoffs, PSP upset the Odd Balls to face the Gym Rats

in the semi-finals. With a hard fought battle, it came down to pin fall and the Gym Rats moved on to face the over powering FMF CS. It was not a surprise to see they came out strong, strike after strike,

spare after spare, and, with time running out the Gym Rats' hope for glory slowly came to an end. In the end, FMFCS defeated the Gym Rats to become this year's inter-section bowling champions. Congratulations FMFCS and to all whom participated.

► Inter-section Bowling ran from October to March 2004.



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| UNIT | GOLF | INDOOR SOCCOR | SOFT BALL | VOLLEY BALL | BADMINTON | SQUASH | HOCKEY | CURLING | BOWLING | BALL HOCK | POINTS | PLACE |
|---------|------|---------------|-----------|-------------|-----------|--------|--------|---------|---------|-----------|--------|-------|
| CFNES | 10 | | 3 | 6 | 7 | 7 | 2 | 8 | 4 | | 47 | 1 |
| FLOG | 11 | 4 | 5 | 2 | 1 | 4 | 5.5 | 6.5 | 3 | | 42 | 2 |
| NRS/ N6 | 8 | 5 | 6 | 7 | 3 | | 3.5 | 6.5 | | | 39 | 3 |
| CFMWC | 4 | 6 | 8 | 5 | 4 | 5 | | 4.5 | 2 | | 38.5 | 4 |
| FMF CS | 6 | | 7 | | | 6 | 10 | | 8 | | 37 | 5 |
| CFNOS | 7 | 1 | | 8 | 2 | | 9 | 1 | 5 | | 33 | 6 |
| TRINITY | 9 | 3 | 4 | 1 | | | 3.5 | 3 | 7 | | 30.5 | 7 |
| FCE | 2 | | | | 6 | 3 | | | 6 | | 17 | 8 |
| ADAC | 1 | 2 | 1 | 3 | 5 | 2 | | 2 | 1 | | 17 | 8 |
| 3HSOTU | 5 | | | | | | 7 | 4.5 | | | 16.5 | 10 |
| MARLANT | 3 | | | | | | | 9 | | | 12 | 11 |
| LFAA | | | | | | | 8 | | | | 8 | 12 |
| FADMO | | | 2 | 4 | | | 1 | | | | 7 | 13 |
| MP'S | | | | | | | 5.5 | | | | 5.5 | 14 |

The Third Annual Sports Recognition Breakfast

Submitted by
Lorraine Hurshman,
Info Kiosk Coordinator

The first two sports recognition breakfasts were very well received. The previous guest speakers were Capt Eileen Vaughan, and Lt (N) Doug Wright, both Canadian Forces Sports Hall of Fame inductees in the sports of Parachuting and Basketball respectively. This year's guest speaker will be Bob Mongrain, a former Halifax Moosehead Head Coach and currently a QMJHL scout.

This year's Sports Recognition Breakfast will take place on May 21, 2004, from 9 a.m. to 11 a.m. at the Fleet Club. This event pays tribute to the many athletes who were successful over the past year and the officials and volunteers involved in the extremely active sports program at Formation Halifax, as well as past sports greats and CF Sports Hall of Fame inductees.

Those being recognized include champions in COTW, COTF, Shearwater Wing Cup, Regional and National Champions, CISM athletes and many more. This year, the winning section or unit of the COTW, COTF and Wing Cup will receive \$1000 to be used by the unit at their discretion. Invitations to attend this event will be forwarded to the various teams and individuals approximately a month before the event.

One final important note; this year we are happy to announce that one of our platinum sports sponsors, CANJET Airlines, has very generously provided a pair of complimentary tickets to Wherever CANJET flies. In order to be eligible for the draw you will have to be present at the time of the draw, which will take place at the Sports Breakfast.

For further information look for the event posters or contact your Sports Coordinator:

- Stadacona Rick Watkins 8418
- Fleet Louis Desouza 3985
- Shearwater Mike Almond 1072

Hartlen Point Forces Golf Club celebrates 40th anniversary

by Virginia Beaton,
Trident staff

Members of the Hartlen Point Forces Golf Club (HPFGC) will notice some changes to the clubhouse as they arrive to play their first rounds of golf this year.

Since November 2003, renovations to the structure have been underway and the result is a new and enhanced pro shop and members' lounge.

According to Director of Golf Marc Jessome, the budget was approximately \$180,000. A new pro shop has been added on to the building, with improved lighting, displays, and an exceptional view of the course.

"The big advantage of the new shop is its usability," says Jessome. "Everyone who comes to play at the club goes into the pro shop, and we have a great place."

The lounge can now be found where the pro shop was previously located. It seats 30 people and as they look through the French doors leading to the deck, patrons can relax and enjoy the panoramic outlook over the approaches to Halifax harbour.

This year marks the 40th anniversary of the club, according to longtime members Master Warrant Officer (MWO) (ret'd) Paul O'Boyle, MWO (ret'd) David Russell and Petty Officer First Class (PO1) (ret'd) Sam Swann.

Russell is one of the 300 charter members who paid \$50 for shares in



Marc Jessome, director of golf for Hartlen Point Golf Club

the original golf club, four decades ago. He estimates that there are perhaps 20 of those charter members who remain.

The men, all keen golfers, recall that the idea of creating a golf course, which was intended at that time to serve personnel at the Shearwater air base, dated back to the early 1960s. The site chosen for the course was the location of the former coastal defence battery at Eastern Passage.

More than 300 CF members, Royal Canadian Mounted Police (RCMP) and civilian defence personnel participated in building the original course, which was called the Shearwater Golf Club. There was a great deal of interest in the project, says Sam Swann, adding that he can recall how "the chief would come around and ask if you wanted the afternoon off to go work on the golf course."

The original golf clubhouse was obtained from Department of National Defence (DND) sources and the buildings were H-huts from Argentinia and Greenwood. Some of the Second World War fortifications and gun emplacements were still in evidence then on the site, as they are today.

The club opened in 1965 with three holes and shortly after, work began on six further holes. By 1974, the club finally expanded to a full 18 holes. Other improvements were added over time and the new clubhouse was completed in 1991.

The organization today owes much to senior military staff in the region who were strong supporters in the early years, say Russell, Swann and O'Boyle. Among those supporters were Rear-Admiral (RAdm) Chuck Thomas, RAdm William Landymore, Brigadier-General Ben Oxholm, and Lieu-

tenant-General Larry Ashley. Another strong advocate in the community was the former mayor of Dartmouth, the late Daniel Brownlow.

Russell, Swann and O'Boyle add that they would like to find a way to renew public interest in the historic importance of the site, possibly with signage that would indicate significant locations and provide onlookers with information about the military past.

Since its establishment, and thanks to many improvements and redesigns over the years, Hartlen Point has gradually evolved into a challenging 18-hole course where golfers can enjoy a game of golf in a superb layout with dramatic ocean views and the occasional sight of birds and wildlife such as osprey, deer and foxes.

Organizers and members are anticipating another great season for the club in 2004, according to Jessome. Once the playing time starts, "It's packed here from sun-up to sundown."

Among the events planned for 2004 is an August reunion of the remaining charter members of the club. Jessome estimates that last year, the club hosted as many as 90 golf tournaments.

He notes that Canadian Forces (CF) and Department of National Defence (DND) people from MARLANT and 12 Wing especially enjoy spending recreational time at the club. "A lot of the ships, a lot of units call us to see if they can come for a day to play."

The club offers amenities that include the pro shop, a licenced lounge, canteen, driving range and putting greens. A Meet and Greet is tentatively scheduled for late May.

For more information on HPFGC, go to the website at www.Hartlen-Point.com

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Retired Navy man seeks another swimming championship



GIZELLE ERDEI



CONTRIBUTED PHOTO

(left) Michael Bidnock and new bride Winnie Thompson. (right) Bidnock in the Florida Keys in the 1940s.

by Virginia Beaton,
Trident staff

Seventy years ago, Michael Bidnock won his first swimming contest.

Now at age 82, the retired Navy Chief Petty Officer Second Class (CPO2) is still in training and hopes to soon win another victory in his age group.

From May 21 to 24, Bidnock will be in Edmonton, competing in the Canadian Masters swimming category for men aged 80-84, where he hopes to not only win the class, but also set a world record.

Having won the national championship in 2003, he believes he has a good chance. To prepare himself, "I'm in the pool every day," says Bidnock.

Even before joining the Navy in 1942, Bidnock was a keen athlete. During his years of service, he took advantage of all the sports facilities and opportunities that were available to him. "I used to swim 100 lengths a day, all winter," recalls Bidnock. "I did 13,000 lengths

between October 15 and April 15."

While he was stationed in Halifax from 1942 -67, Bidnock competed in and won the provincial diving championships in the one and three metre events in 1948, 1954 and 1958. In 1958, he also set a record time in the 50 metre free style swim, and won the Maritime Diving championship, which he won a second time in 1959.

He was invited to compete in the 1951 Pan American Games, but was unable to attend because he was committed to go on course at that time. Bidnock also played on the Navy's basketball, track and field, hockey and 10-pin bowling teams.

In 1967 Bidnock retired and moved to Yorkton, Saskatchewan but kept up his participation in swimming, diving and other sports. In 2001, he was named to the Yorkton Sports Hall of Fame.

When Bidnock goes to the national championships in May, he'll be a newlywed. Recently he re-connected with Winnie Thompson, his postwar girlfriend in Hali-

fax. They first met in 1946 and Winnie still remembers seeing Bidnock in the swimming pool and thinking he was a showoff.

They were on the Navy swim team together and dated seriously, but differences in age and religion kept them from getting married. Winnie eventually married a Navy man. Bidnock also married and both had families.

When Bidnock's wife died in January 2004, he got in touch with his former flame, who was widowed and living in Dartmouth. He came to Nova Scotia to visit her and on April 7, they got married. "Fifty-eight years after we met," they say, almost in unison.

The couple still share an interest in sports and fitness; Winnie works out five days a week, "and I have my entire life" she says. They both also enjoy golf.

Bidnock says that he'd encourage everyone to take up swimming, or any other sport, in order to stay in good physical condition. "It's never too late to get in shape."



This year's COTW champion is MARLANT.

MARLANT claims COTW curling championship

Submitted by Rick Watkins
Stadacona Sports Coordinator

The COTW Curling championship took place at the CFB Halifax Curling Club March 23 to 25, 2004. This year, nine units from the Base participated making for a very competitive tournament. Rounding out the field was MARLANT, CFNES, Flog, N6/NRS, 3HSOTU, CFMWC, Trinity, ADAC and CFNOS.

The tournament format was a two division round robin with the top two teams advancing to a semi-final cross over. In the A division, it was CFNES and Flog who would advance to the semis with a record of 4-0 and 2-2 respectively. CFMWC also scored a 2-2 record but lost to Flog in the round robin placing them in third. Fol-

lowing in fourth and fifth place was ADAC and Trinity both with a record of 1-3. In the B division, MARLANT and N6/NRS were tied for first with a record 2-0-1. First place had to be decided by skip rock and MARLANT came out the victorious one. Following in third and fourth was 3HSOTU (1-2) and CFNOS (0-3).

In the semi-finals it was MARLANT vs Flog and CFNES vs N6/NRS. Just as they proved in the round robin, CFNES and MARLANT were the top teams and were not going to be defeated easily, knocking off Flog and N6/NRS. In the finals only one can have the bragging rights and this year it was MARLANT who came out on top. Congratulations to all those who participated.

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Navy Tridents Triathlon event set for May 16



PHOTOS: KEN KAM

Dr. Stephen MacLean from the Stad Hospital on the bike leg of the 2003 triathlon.



The overall winner, LS Kharim Schlievinsky for 2003.

by Virginia Beaton,
Trident staff

The 2004 Navy Tridents Triathlon will be held at 12 Wing Shearwater on Sunday, May 16.

"This is our second annual race," said Lieutenant (Lt(N)) Jason Lawton, one of the organizers of the triathlon.

According to Lawton, 60 participants turned out for last year's race, the first ever hosted by the Navy Tridents club. "It really helped that the weather was good," he stated. "This year we're hoping to see about 72 people."

The event will begin at 7 a.m. on May 16 with the triathlon's swim-

ming segment, which takes place in the pool at 12 Wing Shearwater's sports centre.

This will be followed by the bike ride, designed to be an out and back course. Since the roads on the route are not closed, competitors must follow all traffic regulations. Support vehicles will drive the course to provide tools and spare tubes for emergency repairs.

Finally, there is the road run, also set up as an out and back course. The total Sprint triathlon for ages 16 and over consists of a 750-metre swim, a 20-kilometre bike ride and a five-kilometre run.

Lawton notes that for those who aren't ready to undertake the full

triathlon, several other ability and age levels are available. There is also the Super Sprint 1 for age 14 and over, which comprises a 500-metre swim, a 15-kilometre bike ride and a four-kilometre run. For ages 12 and over, the Super Sprint 2 comprises a 300-metre swim, a 15-kilometre bike ride and a three-kilometre run.

It will take between one and two hours for most competitors to complete the race, says Lawton. Volunteers will be on hand for safety and to supply refreshments or first aid if required. As they were last year, "The Defenders motorcycle club will be there," says Lawton, adding "They keep biking the

course, protecting the participants from traffic."


On Saturday, May 15, the day before the race, there will be the Triathlon Skills Afternoon, held at the Shearwater Sports and Fitness Centre. Members of Triathlon Nova Scotia are invited to attend the session, which will cover topics such as safe cycling and injury prevention. The cost is \$15, or \$5 if the participant is registered in the 2004 Trident Triathlon the next day.

Last year was the introductory year for this event and Lawton says that of the 60 participants, most were civilians and only 10 were military members. In 2003 in the Sprint division for males aged 30-

39 Leading Seaman (LS) Kharim Schlievinsky won with his time of 1:04; in the division for females aged 30-39, Andrea Moritz won with a time of 1:17, while in the Sprint 2 section, Mac Grant had a time of 1:02.



Deadline for registration in the 2004 Navy Tridents Triathlon is May 14. The registration fee after May 1 is \$45 for the Sprint, \$40 for Super Sprint 1 and 2, and \$80 for Team Sprint and Team Super Sprint 1 and 2.

For further information check the Navy Tridents Triathlon site at <http://www.geocities.com/navytriathlon/2004.html> or contact Mike Hobson at 427-0550 ext 8602.



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