Consecrated
The Navy receives the Queen’s Colour PAGE 3

History comes alive
Dockyard 250 recreates 1759 Navy PAGE 12-13

Dogs with jobs
MP canine unit fights crime PAGE 10

The finish line
12 Wing Fun Run attracts families and friends PAGE 22

Her Excellency the Right Honourable Michaëlle Jean, Governor General and Commander-in-Chief of Canada salutes as the flag party marches by with the new Queen’s Colour.
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“Hoist my distinguishing flag. Sir, I have the watch.” With these words, Vice-Admiral Dean McFadden took command of the Navy during a ceremony at Cartier Drill Hall in Ottawa June 22.

With a crowd that featured three former commanders of the Navy, two senators, several attachés, senior military and civilian leaders, representatives of industry, special guests and family members, VAdm McFadden signed the change-of-command certificates with former Chief of the Maritime Staff VAdm Drew Robertson, and Gen Walt Natynczyk, Chief of the Defence Staff.

“Today we mark a major milestone in the history of Canada’s Navy: the transfer of our Navy’s command from one outstanding leader to another,” said Gen Natynczyk.

This is, the second time that VAdm Robertson has turned over the watch to VAdm McFadden—the first was aboard HMCS Kootenay nearly 25 years ago.

“When taking over the watch at sea, the off going watch’s chart work shows the oncoming where they think they are,” explained VAdm Robertson. “The oncoming watch verifies and proceeds. As I hand over to VAdm McFadden, a fix on the chart allows me to assess that we’re making way in some important areas, while working hard to get underway in several others.” Specifically, he mentioned contracts for the modernization of the Halifax-class frigates and the periodic refits of Victoria-class submarines. “These contracts provide, quite literally, the bridge to future fleet effectiveness for governments for years to come.”

VAdm Robertson is confident that he is passing the Navy’s future into capable hands. “I could not be more confident in the leadership of our service or its contribution to the CF as [VAdm McFadden] works alongside our colleagues Generals Andy Leslie and Angus Watt. A friend, shipmate and colleague for 30 years, Dean is an officer of immense talents,” he said.

His final thoughts, as his flag was about to be lowered for the last time, were with the Navy’s sailors at sea. “I conclude where I began— with thoughts of those far distant ships and submarines, away from home, and the sailors, airmen and women, who every day work for our nation’s security and defence while under way at sea.”

As VAdm McFadden took to the podium for his first address as Chief of the Maritime Staff, he reflected on the past, but with an eye firmly fixed on the future and next year’s Navy Centennial. “I am but one in a line of admirals, whose title has changed but whose focus has remained almost unaltered: the building of ships and the assembling and training of officers and sailors to put them to sea, to demonstrate this country’s resolve, to help enforce her laws to prevent conflict where possible, but to prevail in combat when necessary,” he said.

“As a result of this appointment, I have the great honour of standing in that line, which stretches back to Adm [Charles Edmund] Kingsmill, and I recognize the debt I owe to those who have gone before, as well as the responsibility I owe to those who will follow.”
Queen’s Colour event connects past, present and future

By Virginia Beaton
Trident staff

In a ceremony rich with naval tradition, the Canadian Navy received the newly consecrated Queen’s Colour from Her Excellency the Right Honourable MichÈlle Jean, Governor General and Commander in Chief of Canada.

The Consecration and Presentation of the Queen’s Colour took place on the Garrison Grounds in Halifax on Saturday June 27, 2009, 30 years to the day since Queen Elizabeth the Queen Mother presented the original Colour to the Navy.

Wearing her Navy uniform for the first time, and welcomed by a 21-gun salute from 1st Field Regiment, Royal Canadian Artillery, Her Excellency inspected more than 500 sailors and officers in the Royal Guard and the massed Naval Band, who had come from across Canada to participate in the parade.

Describing the Queen’s Colour event as “an historic occasion”, Governor General Jean reminded the audience that similar ceremonies had taken place in 1939, 1959 and 1979. She told the officers and sailors present “Take pride in knowing that you have inherited a rich tradition of service, valour and honour.”

Her Excellency thanked the Navy and its members for their service to Queen and country and stated she hoped the new Colour would be a symbol “of the loyalty, ingenuity and professionalism that have earned the Canadian Navy its reputation to this day. As the storm rages on, when hope seems all but lost, may it be your guide and give you renewed strength and courage.”

VAdm Dean McFadden, Chief of the Maritime Staff, stated “This Colour represents who we are as a national institution, the military values we hold highest as a fighting service, and what we stand for as representatives of Canada in a wider world.” He noted that the Navy has only one Sovereign’s Colour “and it is synonymous with the Naval Service as a whole.”

The consecration of the new Colour “comes at an incredibly important moment,” according to VAdm McFadden. “We are at the end of our first 100 years as a Navy,” what lies ahead during the Navy’s next 100 years is unknown but VAdm McFadden stated, “We begin it, both the Navy and the country, in the front ranks of the community of nations, with all our gifts as a people, to help make the world a better place.”

Before the old Colour was trooped and marched off for the last time, First Nations representatives Elder Doug Knockwood and Don Julien presented a ceremonial smudging and a Mi’kmaq prayer.

BGen Reverend David Kettle, CF Chaplain General, was joined by Cdr Reverend Richard Durrett, Command Chaplain of the Navy; Cdr Reverend Robert Humble, MARLANT Formation Chaplain; Maj Reverend E. Paul Acton, MARPAC Formation Chaplain and LCdr Reverend Leonard Cadieux, Naval Reserve Formation Chaplain, in the consecration and dedication service.

As the Colour was draped over the drum altar, the chaplains asked for God’s blessing on the new Colour, and concluded with the Naval Prayer and state prayers, followed by the Naval Hymn.

Two Sea Kings from 12 Wing and a Cormorant from 14 Wing did a flypast, followed by a ceremonial marchpast of the new Colour and a feu de joie (a dynamic display of timing and sequenced rifle and artillery fire) by the Royal Guard.

LCdr Ray Murray directed the massed naval band comprising the Stadacona Band of Maritime Forces Atlantic, the Naden Band of Maritime Forces Pacific and the National Band of the Naval Reserve.

The two-hour ceremony attracted an audience of several thousand people, including many uniformed members of MARLANT.

Dignitaries present for the ceremony included The Honourable Peter MacKay, Minister of National Defence; Gen Walter Natynczyk, Chief of the Defence Staff; VAdm Denis Rouleau, Vice Chief of the Defence Staff; Her Honour the Honourable Mayann Francis, Lieutenant Governor of Nova Scotia; RAdm Paul Maddison, Commander JTFA and MARLANT; RAdm Tyrone Pile, Commander JTFP and MARPAC; Cdrre Jennifer Bennett, Commander of the Naval Reserve; the Honourable Darrell Dexter, Premier of Nova Scotia, and Mayor Peter Kelly of Halifax Regional Municipality.
Correction

In the June 29 Trident, the photos on pg 18 accompanying the article on HMS Kootenay were not credited. Trident regrets this error. Sandy McClearn wrote the captions and the photos came from the Canadian Navy of yesterday and Today section of his website, Haze Gray and Underway, at www.hazegray.org.

Adm Porter Naval Communications Golf Tournament

The 39th annual Adm Porter Golf Tournament will be held on August 19, 2009 at the Hartlen Point Forces Golf club with a shotgun start at 7:30 a.m., registration nlt 7 a.m. Eligible personnel: a. Nav comm 277, r277 b. Net(c) 284/286. Former, heradop 274, sig. sea 261, nav sig 262, rad sea 251, commtech 252 d. Former and serving Naval Comm officers, former and present members of n61 f. and guests. Entrance fees: Hartlen point members $25 (with membership number), all others $45. Entrance fee includes a hot dog, hamburger and salad lunch as well as prizes. Entries can be made in person to any of the organizing committee or by mail to Adm Porter Golf c/o Steve Chartier or Mike Gordon, hms Preserver, PO box 99000, S'n Forces, Halifax, NS, B3K 5X5. Payments must be made in advance by cheque, cash or money order nlt August 1, 2009 payable to the Adm Porter Golf Tournament. Teams will consist of four players with at least one player from any of the above mentioned trades/organizations. Format will be Texas scramble. In keeping with last year’s tourney, players can donate an extra $5 on site for the closest to the pin contest on all three fives. The money will be donated to the Nova Scotia Cancer Centre in honour of Rick Mohr. Organizing committee members are P02 Mike Gordon or P02 Steve Chartier at 427-5990 or mike gordon2@forces.gc.ca or stephen.chartier@forces.gc.ca.

Events at the Halifax Public Libraries

On Thursday, June 16 at 1 p.m. at the Spring Garden Road Memorial Library, there is the presentation Africa to Appalachia, with Jayme Stone and Mansa Sissoko. Join Juno award-winning artist Jayme Stone and Malian musician and storyteller Mansa Sissoko as they discuss their unique approach to music that includes two-finger, three-finger and progressive picking styles that bridges jazz, classical African and American roots music.

Military soccer officials wanted

The CF sports program is looking for military members who are interested in becoming soccer officials, or for those who are currently soccer officials but are not taking part in the military sports programs. For those who participate in the CF programs it is possible to find financial assistance with regards to registration fees and course fees. There also are opportunities to travel within your region to participate at the regional championship, outside your region for the national championship or possibly, once qualified, outside the country for international events. If you are interested or if you know someone who is, please contact your base or wing sports coordinators. They will put you in touch with your regional chief official. If your local contact is away, please email me at graham.white2@forces.gc.ca. I am currently the national chief official for soccer. Hope to see you on the pitch.

Magnificent welcomes new sea cadets

24 Royal Canadian Sea Cadet Corps Magnificent is accepting new sea cadets ages 12 to 18 on Wednesday nights at 6:30 p.m. Join us to explore free opportunities in sailing, seamanship and leadership. We are located at Building 4, Lower Base, Shearwater. For more information, please call 720-1580 or 24.sea@cadets.net.
FSE engineering student helps build orphanage in Uganda

By Chelsey Fougere
FSE Public Relations
Co-op Student

On May 15, 2009, FSE Co-op engineering student and Dalhousie basketball player Andrew Sullivan boarded a plane en route to Uganda for a three and a half week journey. Andrew had teamed up with seven people from a Christian organization called the Navigators in order to organize a mission trip to Tabiro Village in Uganda. His plan was to help build a dorm at an orphanage for boys who have lost their parents to HIV/AIDS, but he learned that he would take away much more from the experience than he originally anticipated.

Andrew’s first day in the village was May 17. He woke up that morning and ate what little tools they had to keep the post anchored into the ground. He made the cement by mixing sand, crushed rock and water.

The Dalhousie University basketball team had donated 12 sets of basketball jerseys, shorts and warm-up tops for Andrew to give to the children at the orphanage. Although the youth were swimming in the water, they felt really special wearing them, explained Andrew. He also brought 10 basketballs and five soccer balls for the children. Math, science and physical education were the three subjects Andrew taught during his mission trip. “They pretty much all spoke English very well, but many of them couldn’t understand us because of our accents. Communication was difficult at times.”

Raising the Ugandan flag and singing their national anthem was something that the Ugandans did every morning. On Saturday mornings, they raised the Canadian flag and sang the Canadian national anthem as a sign of respect for the Canadian volunteers.

“They work 12 hour days and I mean they work hard. Every single time we passed by them they had smiles on their faces and were so happy to see us. It has definitely given me a different outlook on what being truly happy means. It’s not about how much stuff you own because they have close to nothing and they’re the happiest group of people that I’ve ever come into contact with,” stated Andrew.

Andrew came away from this experience not only feeling that he has made a difference in the lives of the people he helped, but that they have given him a new appreciation for the most simple things in life. FSE would like to congratulate Andrew on a job well done. Bravo Zulu.

Andrew Sullivan, centre, with some of the children at the orphanage.
Sea Training Atlantic MWV participates in Kriegs March

By PO1 Bernie Quigley
MWV section, Sea Training Atlantic

Members of Sea Training Atlantic’s Minor War Vessel Section have returned from two weeks in Belgium integrated into NATO’s Mine Countermeasure vessels Operational Sea Training (MOST) Sea Training Command, conducting workups on the German Mine Hunter FULDA (M1058), LCDR Malcolm Musgrove (NO/OPS0 MWV), CPO2 John Birks (Coxswain/CM) and I, an NCIO were integrated as members of the MOST staff conducting WUPS serials in a wide variety of ship operations including damage control/fire fighting, man over boards, deck evolutions to minehunting.

After NATO Mine warfare ships run through their national workups they must then go through a greater battery of tests from MOST before being allowed to join the NATO Mine Warfare Task Group. MOST Work-ups is an intensive test period in which the operational readiness of the MCMV is furthered and graded, especially on the level of the weapon training, but also on the level of safety training. This is to ensure that all countries regardless of national procedures or language can operate as a cohesive unit. A must for mine countermeasure vessels.

Our Canadian Sea Training members compared our methods and procedures, exchanged ideas and gained valuable experience from a very beneficial exchange.

One of the highlights of the experience was the observation of the minehunting operations using hull mounted sonar and the Penguin ROV. FULDA was tasked with an exploratory operation in Anchorage area A an area just of the coast of Belgium’s major sea port Zeebrugge. This area is well used by MOST for minehunting and Sweeping Operations.

Once the ship’s minehunting sonar is in contact with a bottom object and it is determined by the ship’s operations team a minelike object the Penguin ROV was launched with an explosive charge ready to eliminate the object should it be determined as a mine. The Penguin is equipped with its own sonar and video camera allowing the operators of the ship’s sonar and the ROV to coordinate the investigation of the target. It took everyone by surprise, even the MOST staff that has witnesses hundreds of investigations in area A when in the camera view came the image which at first looked like the cowling of an aircraft propeller engine but as the murky water cleared it was a Second World War bottom mine.

Beside the mine were the remains of the wooden carriage used to drop the mine including the wheels. During the Second World War, thousands of mines were dropped in the North Atlantic by both sides with the majority never recovered. Belgium and the Netherlands have an agreement to dispose of any mine found by any vessel military or civilian. Hundreds of explosive devices have been reported by fishermen operating in the area.

The one point that can be taken away from this operation is that Mother Nature can cover or uncover anything left at the bottom of the ocean.

FULDA’s experienced crew deposited a counter charge and after recovering the ROV detonated the Second World War device leaving a 2.5 metre hole where the mine had been.

Over the past decade MOST has evolved and now engages NATO MCM ships in an intensive training and a very challenging evaluation period. All abilities that are necessary for an MCMV to operate safely and efficiently in real operations are trained and tested during their stay with MOST.

It is the hope that the lessons learned from this exchange with MOST and from other allied units will assist in our training and evaluation to be in line with our NATO allies and allow Canadian MCDV units to integrate more efficiently into multi national exercises and deployments.
On Sunday, June 14, 2009, Cmdre Mark Norman, Commander Canadian Fleet Atlantic and CPO1 David MacDonald, Atlantic Fleet Chief, attended a ceremony in Derry, Northern Ireland honouring veterans of the Second World War. The ceremony was held inside St. Columb’s Cathedral where a commemorative ship’s bell, aptly named the Derry/Newfie Bell, was dedicated in memory of those sailors who manned the corvettes, frigates and destroyers of the commonwealth navies and who gave their lives escorting the convoys across the Atlantic Ocean. The Derry/Newfie Bell is the second of two ceremonial bells.

During the Second World War, the port of Derry was ideally situated as a ship maintenance and repair facility and for providing much needed rest and relaxation for tens of thousands of sailors on convoy duty during the Battle of the Atlantic. At the peak of the battle, more than 120 ships and 30,000 sailors—20,000 of them Canadian—found safe haven in its port. It was said that there were so many ships rafted together along the waterfront that you could cross the River Foyle just by going from ship to ship.

In 2005, 125 Canadian veterans of the Battle of The Atlantic and the Newfie/Derry Run attended commemorative ceremonies in Derry, Northern Ireland. During these events a specially made Convoy Bell (the first of the two bells) was consecrated in St. Columb’s Cathedral in the City. The Convoy Bell, commissioned by the Naval Officers Association of Vancouver Island is now installed in HMCS Sackville, Canada’s Naval Memorial, where it is used during the Battle of the Atlantic ceremonies. A similar bell, aptly called the Newfie/Derry Run Bell, was consecrated in the Anglican Cathedral of St. John the Baptist in St. John’s, Newfoundland during winter ceremonies in 2007. After the ceremonies, the bell was presented to VAdm Mike Gretton (son of Cmdre Peter Gretton, Second World War escort commander) who accepted it on behalf of the Derry Branch of the Royal Naval Association. It was on display in St. John’s, NL until it was shipped to Derry onboard HMCS Toronto in 2008 for safekeeping prior to the re-dedication ceremony held on June 14, 2009.

The special ceremony began at 11 a.m. and was conducted by the Very Reverend Dr. W. Morton, the Dean of Derry, inside St. Columb’s Cathedral. In attendance were Capt(N) Norman Jolin, Naval Advisor, CDLS London, the Lord Lieutenant of Derry, Dr. Donal Keegan, the Royal Naval Association’s National President, VAdm (ret’d) John McAnally, and several members of the Royal Naval Association, Sea Cadets, and the ship’s company of HMS Cattistock, a UK mine hunter. On completion of the ceremony, a parade formed outside of the cathedral and marched to the war memorial in the town square, known as The Diamond. In front of a large gathering of townspeople, Cmdre Norman and CPO1 MacDonald laid a wreath on behalf of the Canadian Navy to mark the end of the ceremonies. Cmdre Norman reflected on the day’s events: “The entire day was overwhelming. It was an absolute honour to be part of such a momentous and important event in commemoration of those who came before us.”

Commander Mark Norman and CPO1 David MacDonald attend the Derry Commemoration Ceremony.
Canadian Forces Halifax Rock Fest looks for volunteers

By Virginia Beaton
Trident staff

Do you enjoy rock music? Are you part of the military community? If so, the organizers of the CF Halifax Rock Fest 2009 are looking for volunteers like you. On Sunday, August 2, four killer bands including Chickenfoot, Our Lady Peace, Sloan and Finger Eleven will be playing on Citadel Hill as Halifax joins forces to take the hill. Personnel Support Programs (PSP), in partnership with the Halifax & Region Military Family Resource Centre is recruiting more than 250 volunteers to assist in various positions with the CF Halifax Rock Fest 2009 Concert.

The jobs range from transportation drivers to backstage support, merchandising, event logistics, accreditation, office administrative support, and more.

Anyone who volunteers will get to attend a portion of the concert for free, as well as receive a complimentary ticket for a friend. There is also the chance to win other prizes, plus attend the post-event volunteer recognition party. Volunteers must be 16 years of age and up. There will be a mandatory volunteer training and orientation session at the Halifax Military Community Centre in Windsor Park on Wednesday, July 22 and Thursday, July 23.

Visit us online for more information or to fill out an application at http://halifaxrockfest.ca/volunteer.html.

For answers to questions about volunteering for the CF Halifax Rock Fest 2009, contact our Volunteer Services department at 427-7205.

DND’s diesel vehicles now use biodiesel

By MWO J. Johnson
Fleet TEME Fleet Manager

The federal government, particularly the Department of National Defence, has consistently sought opportunities to use alternate fuels as a way of cutting greenhouse gas emissions. That being said, as of May 13, 2009, all diesel-powered DND vehicles filling up at the fuel pumps in Willow Park have been using five per cent biodiesel.

Biodiesel is the name of a clean burning methanol or ethanol fuel made from vegetable or animal fats that can be blended with petroleum based diesel and can be used in diesel engines without modification. Biodiesel is biodegradable, nontoxic, and essentially free of sulphur and aromatics.

The five per cent blend of the fish oil-based biodiesel being used in Willow Park is particularly positive for the environment. The bio-content of other biodiesels is normally derived from canola, soya and flax. The farming of these crops displaces other food crops and requires the consumption of petroleum-based energy, fertilizers and other chemicals. The fish oil-based bio harnesses the energy of the waste, which is left over after the omega 3-6-9 fatty acids are processed from the fish product.

Our diesel fleet, which includes light commercial vehicles, buses, and other vehicles, will display stickers on the rear of the vehicles identifying that biodiesel is being used, and promoting CPB Halifax’s attempts at substantially reducing harmful greenhouse gas emissions.

A one-year trial period of 20 per cent biodiesel will start later this summer on a select group of DND vehicles. This trial will determine if this amount of bio-content is feasible for our use in the future.

DND’s diesel fleet will display stickers identifying them as using biodiesel.
Salty commissionaire isn’t ready to swallow the anchor

By Acting SLt Carli Rachel Sussman
HMCS Discovery

Swallow the anchor, to: an old naval expression meaning to retire from sea life.

It was well after midnight when I pulled up to the blue ceremonial gates marking the entrance to Her HMCS Discovery, Vancouver’s Naval Reserve Division in Stanley Park.

Commissionaire Bruce Menzies was dutifully working the middle watch, and I had been looking forward to conducting this interview all week.

“It’s my girlfriend!” exclaimed 84-year-old Bruce, his eyes lighting up and a grin spreading across his face. “I’ve been waiting for you.” Such is typical of Bruce’s famously exuberant and genial greetings that bring smiles to the faces of every person who passes through the gates.

Bruce joined the Corps of Commissionaires in 1990 and was working full time at the Vancouver Airport when somebody asked him if he would like to cover a weekend shift. When he arrived, he felt as if he’d finally come back home to his naval family. A weekend turned into a week, then a month, then a permanent job. To this day, Bruce still “can’t wait to come into work every day,” and says emphatically that Discovery “is absolutely the best place in Vancouver.”

Born in Montreal in 1925, Bruce joined the Royal Canadian Naval Volunteer Reserve (RCNVR) at the age of 17. He recalls that he earned a monthly salary of $35, a far cry from today’s rates of pay. Like many others who joined during that era, Bruce lied about his age in order to meet the minimum recruiting age of 18. Upon release, he used his military papers to apply for a driver’s license, and even today his fabricat- ed birth year remains on all of his government-issued identification.

Written works abound about Bruce’s time in HMCS Waskesiu during Second World War. In 2008, R.L. Duane Duff wrote the book Waskesiu: Canada’s First Frigate, a collection of experiences and memories from the 12 known surviving crew members of the Waskesiu. But Bruce’s contributions to the Canadian Navy extend many years beyond his wartime service. During his 17 years at Discovery’s main gate, he has regaled passing tourists, dignitaries, military members, and civilian visitors alike with his stories, jokes, songs and dances. Many a prospective recruit has been seduced by Bruce’s smiles and encouraging words. It has been said that Bruce is the face of Discovery.

Discovery is incredibly fortunate to have a living testament to Canada’s naval history. As fewer and fewer Second World War veterans remain to pass their stories on to the next generation, it is a privilege to be able to spend a few moments—or sometimes a few hours—in Bruce’s company, and to hear the fascinating tales from a period that covered both the infancy and coming-of-age of the Canadian Navy.

Recognizing Bruce’s valued service to Canada and to Discovery, the unit’s junior ranks dedicated an area of the Seaman’s Mess, Veterans’ Corner, in a November 11, 2002 ceremony attended by then Lieutenant Governor of British Columbia, The Honourable Iona Campagnolo. The corner contains a collection of cherished Waskesiu memorabilia donated by Bruce to the members of the mess.

When queried, Bruce declared that his favourite part of the job has been watching all the young cadets and Reservists growing up over the years. He fondly recalls the advice he gave to one youngster whom he’s known since the boy was only 14. “You join the Navy when you’re old enough, and you’ll be Admiral some day,” he said. Several years later, this former cadet later became the unit’s youngest lieutenant. Another former cadet recently became Discovery’s executive officer, and yet another is a past commanding officer of the unit.

More than an hour later, after many salty dips and good laughs, I bid my goodbyes to Bruce and headed back to my car. Not to be outdone by his campy greeting, he began to sing, quietly at first: “I can’t give you anything but love, baby. That’s the only thing I’m plenty of, baby…” whilst doing a little shuffle in front of the guard shack. Doubled over with laughter, I thought about how truly honoured we are to have this remarkable veteran standing watch on our ship.
Military police dogs are on the job

By Virginia Beaton
Trident staff

For the past year, CFB Halifax’s military police have had two canine units.

Lahr and Vimy, both purebred German Shepherds, are part of the military police team together with their respective handlers, WO Dave Kimbers and MCpl Justin Caron.

“Both dogs are trained in general service which includes obedience, agility, tracking, article searches, clothing searches and criminal apprehension, and they’re also cross-trained in narcotics apprehension,” stated WO Kimbers.

Lahr and Vimy can go anywhere, according to WO Kimbers. “Both dogs have been on ships, they’ve been in RHIBs.”

The move to include dogs in the Halifax MP detachment began in 2006. First WO Kimbers, and then MCpl Caron completed the dog handlers’ selection course and the 16-week general service course and the narcotics detection course with the Ontario Provincial Police (OPP). WO Kimbers was certified in December 2006 and MCpl Caron in July 2008.

It’s essential that the dog and handler are well suited to each other, according to WO Kimbers. With the OPP’s selection process, he noted, “They try to match the dog to the personality of the handler. We spend a lot of time with the dogs, sometimes more than we do with our families, so they have to be compatible with us.” The dogs live in kennels at their handlers’ houses.

The teams perform a variety of tasks, ranging from the tracking of suspects to checking out break and enters,” stated WO Kimbers. “We also assist with the CF’s drug deterrence program, where we conduct walkthroughs of areas within DND establishments, in the attempt to reduce any illicit drug activity.”

The presence of the dogs has been a deterrent to illegal drug use, said WO Kimbers. “Because people know we have dogs that can detect the odour of illicit drugs, it reduces the likelihood of that activity.”

WO Kimbers stated that the impact of the dogs on the job “has been greater than we expected... The dogs are a multiplier.” For example, if the MP’s must search a wooded area for a missing child, “We can finish that with more efficiency and effect, and with a drastic amount of time saved.” The dogs also are very useful in tracking possible criminal suspects, according to WO Kimbers. “We can’t follow the scent but the dogs can, so they have added a security and a policing aspect to this guardhouse.”

MCpl Caron recalled that on his first day on the job with Vimy, there was a chase of an impaired driver that started in Sackville with the MP before progressing to Halifax and HRM police “and ending up in our jurisdiction.” The driver left his vehicle and headed on foot into a wooded area and hours later, the MPs and the dog tracked the man into a building and located him.

“We spend a lot of time with the dogs, sometimes more than we do with our families, so they have to be compatible with us.”

“When the environment is right and the elements are on your side, you can track the scent for a long period of time.” Even if there is a gap of several hours, “The dog can still grab that scent. If everything goes in your favour and you work the dog properly, he’ll find that scent.”

The CF currently has only three MP dogs, the two in Halifax and the third being a Lab that works strictly in narcotics with handler MCpl Bernie Parker in Esquimalt.

MCpl Caron and Vimy were present in the Dockyard for Family Days and WO Kimbers and Lahr worked during the Open House.

“The dogs are great for public relations,” stated WO Kimbers. “It’s a huge morale boost for people to see them.”

WO Kimbers and his dog Lahr, joined by MCpl Caron and his dog Vimy, provide an added dimension to the Military Police detachment in Halifax
Approche des villages clés : Les équipes de stabilisation

Par Sergeant Erich F. Braun
Équipe de reconstruction provinciale de Kandahar

Approche des villages clés - trois mots qui signifient bien peu pour de nombreuses personnes, tant en Afghanistan qu’aux États-Unis. Mais ils peuvent détenir la clé d’une paix durable et de la sécurité dans ce pays et la façon d’y arriver.

L’approche des villages clés ne représente pas un changement de l’approche stratégique ou du concept opérationnel ; c’est simplement une application tactique de la doctrine contre-insurrectionnelle. Le concept n’est pas nouveau. Nos alliés U.S. l’ont essayé en Irak et ont prouvé qu’elle fonctionnait. Ceux qui argumentent que l’Irak et l’Afghanistan ont des dynamiques différentes ont un point valide mais les similitudes dépassent de loin les différences.

Dans la province de Kandahar, des équipes de stabilisation sont déployées dans les villages le long des routes clés vers Kandahar City pour les protéger et les stabiliser. Le résultat sera de refuser aux insurgés l’usage de leurs zones traditionnelles de préparation, de repos et de transit, assurant ainsi un environnement plus sécuritaire dans Kandahar City. Les équipes de stabilisation comprennent des éléments d’une soupe à l’alphabet d’organisations civiles et militaires. La plupart du travail dans les villages est réalisé par les membres militaires de l’équipe mais nous maintenons une étroite coordination avec nos partenaires civils.

La sélection des sites est cruciale si ces opérations doivent réussir. Les gens du village doivent être prêts et vouloir quitter le marasme de la guerre et de l’insurrection.

La première communauté choisie pour l’Approche des villages clés a été Deh-e-Bagh, dans le district de Dand, juste au sud-sud-ouest de Kandahar City. Là, nous avons décidé de montrer aux gens qu’ils peuvent avoir une meilleure vie avec plus de sécurité mais qu’ils doivent la saisir eux-mêmes. Avec les leaders du village à bord et des projets de reconstruction établis, il n’a pas fallu beaucoup de temps pour que la communauté embarque. Il est important de « garder un visage afghan » de sorte que tous les membres des projets sont Afghans, depuis les travailleurs jusqu’aux gestionnaires des ressources humaines, avec la supervision d’une équipe du Bureau de gestion de construction de l’équipe de reconstruction provinciale de Kandahar.

L’emphase est ici d’avoir tous les segments de la population impliqués dans la reconstruction et le développement de leur communauté et de les maintenir engagés. C’est payant ; les habitants locaux rapportent les armes et la présence « d’étrangers » chez eux. Des arrestations sont effectuées.

Les projets de réparation des routes et autres infrastructures sont actuellement planifiés ou sur le point de commencer. En plus des équipes de stabilisation fournissant de la farine, du sucre, du riz, du charbon pour la cuisson et d’autres articles d’usage quotidien pour ces foyers dans le besoin.

Après les deux mois ou quelques où l’équipe de stabilisation a travaillé à Deh-e-Bagh, nous avons vu des changements importants. Les gens travaillent et sont fiers de le faire et ils viennent et nous parlent quand nous entrons dans le village. Il y a encore beaucoup plus à faire mais le mot se passe dans les communautés environnantes comme un feu de prairie.

Maintenant, notre défi n’est pas d’éteindre ce feu mais de le gérer efficacement et de l’employer pour tenir les insurgés hors des villages et leurs refuser une plate-forme pour leurs campagnes de propagande.
Dockyard 250 re-enactments will bring history to life

By Virginia Beaton
Trident staff

From 1759 to the present, from the Royal Navy through the Royal Canadian Navy and today’s Canadian Navy, there has been an unbroken tradition of naval presence in Halifax. When RAdm Philip Durell comes ashore at Bishop’s Landing on July 18, 2009 to present a replica of an 18th century telescope to RAdm Paul Maddison, “It is the handover from the traditional Navy to the modern Navy. The changing of the watch, saying good luck and carry on,” stated HCapt(N) Victor Suthren, adding that the event also will signal the start of the Canadian Naval Centennial in 2010.

As designer of the re-enactment event celebrating the 250th anniversary of the founding of the Royal Navy dockyard in Halifax HCapt(N) Suthren describes it as including a fleet of replica longboats and dozens of re-enactors including a company of 30 Marines in 18th century costume.

The Dockyard 250 event will take place against the backdrop of the Tall Ships® Nova Scotia Festival 2009, during which more than 40 tall ships from around the world will be in Halifax from July 14 to 19.

HCapt(N) Victor Suthren (in tricorn hat) will be among the participants in the re-enactment ceremony celebrating the Naval Dockyard’s 250th anniversary.
will gather in Halifax from July 16 to 20. With a flotilla of longboats that will resemble those common in 1759, the public will enjoy the sense of history and pageantry, according to HCapt(N) Suthren.

The events on July 18 are open to the public and take place at 2 pm. at the piazza at Bishop’s Landing, with the Stadacona Band, a 50-person Naval Guard, Nova Voce men’s choir and a Naval Gun Battery on the helipad.

The re-enactors in the longboats are volunteers from across the Maritimes, Ontario, Quebec, the eastern US, California, the UK and Australia. Among them is the historical advisor for the Pirates of the Caribbean movies.

“He taught Johnny Depp and Orlando Bloom how to use their cutlasses and pistols. He’ll be available to talk to people,” stated HCapt(N) Suthren.

In addition to the events on the water, such as the ceremonial rowpast of the Tall Ships® and gun salutes, a shore program will bring living history to the audiences, according to HCapt(N) Suthren.

More than 70 re-enactors will appear as citizens of 1759 Halifax. They will use the Maritime Museum of the Atlantic as a base “and you will find sailmakers, ropemakers, cooks, cabinetmakers, artisans, craftsmen and musicians.”

Some of the re-enactors will be sailors from the 1759 Navy, “including one dressed like Blind Pugh from Treasure Island, who had a card around his neck saying he was blinded in action in service to Admiral Hawke and King George, God bless him.”

The marine infantry will be in uniforms that are museum quality, according to HCapt(N) Suthren. “It is 18th century dress, including the white wig, tall mitre cap, red coats, breeches and white gaiters above the knee, and they’ll be carrying flintlock muskets.”

Following the rowpast and ceremony, the longboats will return to Scotian for an up spirits according to 1759 tradition and practice. There also will be a revival of the Cock of the Walk ceremony, during which a metal rooster as a trophy will be presented to the longboat “that has demonstrated historical accuracy, seamanship, spirit and enthusiasm.”

Approximately 75 re-enactors will participate in an overnight 18th century encampment in the dry ditch at Citadel Hill.

Events on Sunday will include an on the water salute to the Sailors’ Memorial in Point Pleasant Park, and on Monday, the Parade of Sail concluding the Tall Ships® festival.
Cadet corps at KES parades for CO of HMCS Scotian

By Virginia Beaton
Trident staff

Cdr Richard Oland, Commanding Officer of HMCS Scotian, was reviewing officer when 254 Cadet Corps at King’s-Edgehill School in Windsor, Nova Scotia held its annual parade on May 28, 2009.

During the event, the Army cadet corps of approximately 350 members marched from the school through town to a church, after which they performed a sunset ceremony that Cdr Oland also reviewed.

“I was very impressed with the cadet corps,” stated Cdr Oland. “I was very pleased to see the cadets so well prepared, and to see the students engaged in their activities.”

All KES students between ages 12 and 19 are automatically members of the corps and the instructors include staff at the school as well as other members of the Cadet Instructor Cadre.

The parade had been postponed from its original date because of the concerns with regard to the H1N1 virus and Cdr Oland noted “It was good that the school could come together again for this shared event. There’s a lot of support for this program.”

The parade was a homecoming of sorts for Cdr Oland, as he attended the school from 1974 to 1979 and was an Army cadet during that time. “However, while I was in school, I also participated in sea cadets in the summer and I joined the Naval Reserve at age 17,” he noted.

Cdr Oland’s family has a long connection to the school: his father, Coder (ret’d) Bruce Oland attended King’s from 1928 to 1933, his son Keith is currently a student and his daughter Heather soon will be enrolled at KES. Other family members, including several cousins, also attended the school, which was established in the 1780s and is Canada’s oldest independent school.

Cdr Oland also reviewed parades of a sea cadet corps in Barrington Passage, as well as of RCSCC Nelson. “At the parade in Barrington Passage, the mayor and the local MLA were present,” he stated. “With all three cadet corps that I reviewed this spring, I noticed how confident and competent the young people were.”
Preparing for the Queen’s Colour parade

By Virginia Beaton
Trident staff

In the weeks before the Consecration and Presentation of the Queen’s Colour on June 27, 2009, the 400-member Royal Guard drilled at 12 Wing Shearwater.

From across the country, Regular and Reserve Force Navy members met and mingled. For some, the parade was a career first but there were others who had participated in the Queen’s Colour event in 1979.

One of them was OS Garnet Robinson, a naval communicator from MARPAC. He was an OS in 1979 but left the Navy after only five years. After many years out, he rejoined in November 2008, observing “It’s a good career and they upped the age limit so I thought I’d give it another shot.” His memories of the 1979 parade include “the Queen Mother trying to hold on to her hat because the wind was blowing so much that day.” Now that he’s a sailor again, OS Robinson said “I enjoy the camaraderie. That’s a great part of the military, as the Royal Guard gets together for this event.”

Other members of the Royal Guard had more in common than the naval uniform. They were family: husbands and wives, siblings, even parents and children. OS Cason Yann and his brother OS Datson Yann stood near one another in the Guard and though OS Cason Yann noted his brother gets on his nerves sometimes, he added “The Guard experience is very enjoyable and I’m learning a lot.” His brother Datson added “We’re meeting new people every day and we’re having fun. But it’s a serious job and you have to take it seriously.”

The Royal Guard experience was one of many that OS Yuryj Kostirko and his brother OS Danylo Kostirko, both Naval Reservists from Ottawa, have shared. “Me and my brother always do things together,” stated OS Danylo Kostirko. He stated that both are bosuns and added “We go to the same university, last year we did Naval NETP together and we also did our basic training together.”

Both men were impressed by the teamwork, as OS Danylo Kostirko observed “It’s impressive to see everyone working toward a common goal.”

For married couples such as LS Sarah Cameron and her husband AB Adam Cameron, both from HMCS Scottish, the Royal Guard practices were an opportunity to spend time together, as AB Cameron had just returned from a long sail. “We drive to work together, we eat lunch together, we drive home together. It’s wonderful,” observed LS Cameron. AB Cameron stated as a result of his Royal Guard experience, “I have more appreciation and understanding of what the Colour is all about and what the flag represents.” LS Cameron added “I look forward to showing pictures to our children and saying, look what we did together 30 years ago. Maybe we can take the family to see a similar event, another 30 years down the road.”

LS Valerie Fournier of HMCS Ville de Québec stated “I think it’s great to be here and show the pride of the Navy in the Queen’s Colour.” She and her husband, LS Jonathan Mahaney of Iroquois, noted that they enjoyed observing the progress the Royal Guard had made during the weeks of rehearsal. “It’s every day, nonstop, working hard. But we’ll take away a lot of discipline from it and everybody needs more discipline,” stated LS Fournier.
Military Police ride cross-country for fundraiser

By Virginia Beaton
Trident staff

On Saturday, August 15 in St. John’s, NL, the Military Police will start the inaugural Military Police National Motorcycle Relay Ride (MPNMRR).

The goal is to ride across Canada, according to Maj Bob Edwards, maritime province organizer for the event.

“IT’s a fundraiser event for the Support Our Troops campaign by CFPSA and it’s also a fundraiser for the Military Police Fund for Blind Children,” stated Maj Edwards.

The Military Police will be joined by some of their counterparts, including members of the municipal and provincial police, the RCMP and the Blue Knights. Maj Edwards stated the ride participants would travel across Canada and as they pass through each province, the relay will include passing on a Military Police stuffed bear as the official baton.

To raise funds, a rider entry fee of $50 per person and $25 per passenger will be collected. Participants can join the ride for free if they raise $150 in pledges. The riders also will collect donations along the route as well as online. Maj Edwards added that the organizers plan to hold BBQs and entertainment parties at border parties during the national ride.

“We expect to arrive in Comox, British Columbia on Saturday, September 2.”

For more information on the MPNMRR, please contact Maj Bob Edwards at bob.edwards@forces.gc.ca or go to the website at www.mpnmrr.ca.

New parking spaces planned for CFB Halifax

By Virginia Beaton
Trident staff

If you work in the Dockyard or at Windsor Park, your parking situation should improve within the next year.

Describing parking as “a morale issue”, Lt(N) Roberto De Marco of CFB Halifax Base Operations stated “We’ve identified a number of initiatives to make things better.”

Base Operations assumed responsibility for parking from Formation Administration on March 16, 2009, Lt(N) De Marco stated. He noted that currently the base has 3800 parking spots, 1440 of them reserved spots. However, not all the reserved places are always in use, which is a source of discontent to the general parking population. Lt(N) De Marco stated the plan is to decrease the number of reserved spots and to increase general parking.

In June 2010, the non-industrial part of the south Dockyard will be converted to a fish-bone design with one-way traffic. “We’re hoping to get an extra 350 parking spots just in that one area,” stated Lt(N) De Marco.

Also in 2010, the gravel pit near the centre gate is scheduled to be paved and lined “and that’s going to open another 175 spots.”

Other innovations include lowering eligibility for Dockyard parking from 15 to 13 years, stated Lt(N) De Marco.

At Windsor Park, there are plans to redevelop the helo pad and he noted “That’s going to open up 300 parking spots.”

Accessible parking also is an issue, he stated. “We are mandated to have one of those spots for every 25 regular spots... We’re working at this because we have personnel with mobility issues, and this is something where we would like to meet or exceed the requirement for parking for people with disabilities.”

Several other options for commuters are in the works, including an increase in carpool car passes from 50 to 150. “That would be three people in the car, you qualify for a pass.”

On September 1, 2009, there will be a pilot program from HRM called Guaranteed Ride Home. For registered carpoolers whose drive home is unavailable on a specific occasion, “HRM will pay for a bus or a cab or rent a car for that person to get home.” The transportation method will depend on the location of the person’s home, Lt(N) De Marco stated. There also are hopes to reinstate the blue boat as an option.

“It’s critical for people to understand that they need to view parking at the Formation level, Lt(N) De Marco observed. While some people have suggested a base parking garage as a solution, “We can’t do that because of Treasury Board regulations.”

Over the next year, the hope is to increase the base parking spots from 3800 to 4800 and Lt(N) De Marco emphasized “We’ll do as much as we can to improve the quality of life here.”

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MAKE YOUR VEGETABLES SIZZLE. Try these vegetables on the BBQ wrapped in foil, in a grilling basket, or on skewers;

- Zucchini and squash.
- Asparagus.
- Peppers.
- Eggplant.
- Corn on the cob.
- Potatoes.
- Mushrooms.
- Onions.
- Tomatoes.

Add minimal fat. You don’t have to add a lot of fat to add flavour when BBQing. Try low-salt rubs or dry spice mixes, citrus and fresh herb marinades, and lightly brush vegetables and fish with olive or vegetable oil.

Did you know that you can BBQ fruit? Whether on a skewer, or right on the grill, fruit tastes extra sweet as the high heat caramelizes the sugars. Try:

- Pineapple slices.
- Peaches/nectarines.
- Melon chunks.
- Pear halves.
- Apples.
- Even bananas.

Always remember food safety when cooking with foods that can carry illness-causing bacteria, such as raw meat. Some tips are:

- Store raw meat on the bottom shelf of the fridge.
- Defrost meat in the fridge overnight.
- Use separate utensils for meat and vegetables on the grill.
- Wash hands and utensils regularly in hot, soapy water.
- Preheat BBQ before cooking.
- Cook meat until it is no longer pink.

KNOW YOUR TEMPERATURES. Always use a meat thermometer to gauge the doneness, and internal temperature to prevent bacterial illnesses.

Meat minimum temperature (C°):

- Chicken and turkey 74 C°.
- Pork 66 C°.
- Beef/lamb/fish/seafood 60 C°.
- Ground meat 68 C°.
- Danger zone: bacteria grow best between 4 and 60 C°.

Some great healthy grilling cookbooks:

- The Everything Grilling Cookbook, Rick Marx.
- The Joy of Healthy Grilling: Keeping the Fat Low and the Flavor High, Joe Famularo.
- Bobby Flay’s Grilling for Life: Healthier Ideas from the Fire, Bobby Flay.

Grilled fruit skewers:

2 pounds assorted fruit cut into chunks (pineapple, mango, cantaloupe, peaches and strawberries).
1/4 cup cold pressed olive oil.
Special equipment: 8-inch wooden skewers.

Submerge skewers in water for 10 to 12 minutes. This will keep them from burning when grilled.
Preheat a grill pan over medium heat.

Thread fruit on skewer, alternating types of fruit for a colourful presentation; fill the skewer no more than halfway. With a pastry brush, paint the fruit with a light coating of oil. Place skewers, a few at a time, on the grill. Turn occasionally (every two min) until you have grill marks on all sides of the fruit. Serve with light ice cream, if desired.

This recipe could also be used for vegetable skewers, minus the suggested ice cream. Just substitute mushrooms, onions, peppers, zucchini, and cherry tomatoes for the fruit, and add another minute or so to each side.

For more great recipes, BBQ and food safety advice check out: http://barbeque.allrecipes.com,
www.canfightbac.org/english.centre/stepse.shtml,

By Holly Hughes
CF Health Services Centre (Atlantic)
Firefighting legend re-visits CFB Halifax

By Benjamin J. DeLong
Trident Staff

He was among the first civilian firefighters for CFB Halifax. In 1976, Cecil Eisnor retired from his work as Crew Chief at CFB Halifax Fire Hall. On June 26, 2009, 33 years after his retirement, Eisnor returned to the Fire Hall for a visit.

“The Fire Department has changed quite a bit since he left,” said Colin MacGillivray, Fire/Life Safety Inspector. MacGillivray conducted the tour for Eisnor, who visited with his son, Eugene, and his grand daughter, Valarie. This was his first time Eisnor had seen the William James Fitzpatrick building, which was built September 23rd, 1987, to replace the original Fire Hall, which was demolished in 1988.

The tour of the building was arranged for Eisnor after he donated a piece of art to the Fire Hall in January. The art work was a historical piece depicting a bold firefighter with flames sweeping toward him atop of St. George’s Round Church, Halifax, which burned down in 1995, and has been restored since.

“It’s a good job,” said Don Howard, CFB Halifax Fire Chief, describing firefighting as a career. Coincidentally, Howard started the year Eisnor left. “It’s really good to meet Cecil again. I’m glad he took the time to come in and have a talk with me.” Howard and Eisnor sat down and talked about mutual friends and CFB Halifax firefighters of the past. Eisnor was in the Navy until 1946, the year that Fire Services switched to civilian hands. He was one of the first to sign up. After 31 years of service, not including five years in the Navy, Eisnor retired, unable to carry out his job due to back problems. His memory lives on in the Fire Hall’s memorabilia case which features awards, pictures, and names of previous firefighters. A picture of Eisnor presenting the Fire Hall with the St. George’s Round Church painting is displayed prominently on the top shelf.

In the beginning

Padre’s Corner

By Padre Lt(N)
Leonard Bednar
FMF Cape Scott

Anniversary events give us an opportunity to pause for a number of things. To celebrate where we are, to remember from where we have come, to reflect on our beginnings and to gain perspective from the past on looking to the future. I would suggest that at the heart of any anniversary celebration is relationship. So what kind of relationships are we invited to celebrate and uphold in the 250th anniversary of the Dockyard? As Padre, I can find a Bible story for any theme, but our beginnings as a Dockyard community (or a community with a dockyard) has remarkable similarities to the beginnings story of both the Jewish Scriptures and the Christian. In the beginning, a representative of the community traveled over water, facing a tempest of storms and an uncertain horizon. Over time, land separated from the water, itself a cause and an uncertain horizon. Over time, land separated from the water, itself a cause for celebration. And as it came into view, it harboured teams of living things, fish from the sea, birds of the air, vegetation of every kind. And there were people. But it was not good for them to be alone. By coming together, they could embrace the possibility of fruitfulness. And on those shores, find rest and refreshment.

But there was also miscommunication, broken promises and brokenness. What could have been, was forever lost. Yet what remained also now held healing, reconciliation, transformation, innovation, confrontation, learning, yearning, hoping, finding, building, teaching, sharing, caring and stewardship. A long time has passed since the beginnings of the Dockyard. Yet held here is the infrastructure of relationship-ships. To have a dockyard is to send forth, and to welcome; to give, and to receive. It is not easy to forge new relationships, and we have not always done a great job of it. Yet we are able if we want to be. There are relationships that each of us have as individuals that could use the tools available to us for building, repair and maintenance, as well as storing up and delivering. And there are relationships as groups or communities that over time need to be attentive to building, repairing, maintaining, storing and making fruitful deliveries. This year as we pause for celebration, take time to attend to your own relationships, and to take part in the group events that seek to improve our lives in community.
Realtor thanks military community with cash back

Since January 17, 2008, many, many military families have bought and sold their homes with realtor Keith Tannahill and Keith has saved them literally thousands of dollars of their money when selling, and given cash back when buying.

A number of deployed CF members who have read online about Keith’s offer have contacted him to make inquiries to get information in order to prepare for the time when they return and are considering moving to a new home.

If you are posted to or from Halifax, or even if you are moving to a new home within this area, Keith Tannahill can help put extra cash in your pocket.

If you purchase your home through Keith, he will give you his cash to buyer incentive.

This applies to all MLS listings in the Halifax and surrounding areas.

Keith Tannahill is an experienced full-time real estate agent offering qualified professional service with all his listings on the MLS system. He can offer you all the benefits of MLS with advertising and promotion plus the added incentive of his cash back offer.

Should you list your home with Keith and he writes an acceptable offer from a qualified buyer, he will give you, the seller, two per cent of the purchase price.

For example, if Keith helps you sell your home for $200,000 you will receive between $2,000 and $4,000 cash back, and if he helps you purchase your home for $200,000, you’ll receive $1,000 cash back.

During the past 25 years, Keith and his wife Linda have worked with military families posted in and out of the Halifax area. During that time, they’ve come to appreciate the importance of extra cash at moving time.

Even though the military covers much of the expense for posting, Keith said he knows money is always helpful—whether it is to quickly replace a broken appliance, get new window dressings or take a holiday after the move.

“I know they’re out of pocket,” said Keith about the expenses of military members at moving time. “Regardless of how much they are compensated by the DND for their posting, there are always extras.”

Other real estate companies give travel miles worth less than $200 on a $200,000 purchase. However, you get $1,000 or more back, available to spend when you like and as you like.

“There are no conditions,” said Keith. “You can use the extra money any way you wish, because it’s not the DND but me, Keith Tannahill, giving back to the members and their families, who in turn give so much.”

Keith said he’s glad to do his part and hopes his cash back offer will support CF members and their families at a time when they will appreciate having extra money to manage their expenses.

“There’s no obligation to deal with me,” said Keith. “You can deal with anybody else you want, but if you deal with me you are going to get money in your pockets to say, ‘Thank you so much.’”

Keith can be reached at (902) 452-3456 or email him at tbf@eastlink.ca.


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Classifieds
Mini Grey Cup to celebrate 40th anniversary

By Virginia Beaton
Trident staff

This fall, the naval officers’ team will once again meet the NCMS’ team for the 40th annual Mini Grey Cup.

Once of the original participants in this yearly football game was submariner Clint Adams. At first a player, Adams later became a coach for the NCMS’ team, known as the Slackers, and Adams’ brother John (Bubby) Adams stated that Clint Adams was the first African Canadian to coach a Navy sports team.

Though Clint Adams died in 2004, his legacy continues and the Slackers team members, coaches and supporters still recall his lengthy contribution to the Mini Grey Cup. A plaque in the Fleet Club commemorates Clint Adams.

Dave Howe, a civilian and former fullback, has been coaching the Slackers for nearly 25 years. “Clint Adams invited me here and I’ve been with the team ever since,” stated Howe. Together with Joey Tynes, the two men, plus Adams, were for many years the driving force behind the Slackers. The team and the coaches took their preparations seriously, starting in early September and meeting twice a week for practices.

“We have a policy. If you don’t show up for practices, you don’t get to play the game,” stated Howe. He noted the coaches put the players through a routine that included runs around the track in addition to practicing offensive and defensive drills.

If there is a secret to the Slackers’ frequent wins, Joey Tynes speculated that it might be that the team is broadly based and anyone willing to work hard is welcome. “We have 18 and 19 year old, we have 40-year-olds. We have guys who never played before.”

When the game moved from Saturday to Friday, not as many spectators attended and Howe observed “We’d like to see more fan support.”

Tynes agreed, adding “The Slackers have a lot of pride in this tradition and we’d like to keep it going.”

Though he’s now retired from the CF, the Mini Grey Cup is still important to Bubby Adams, who stated “I think I might have missed one game in 20 years.”

Each Mini Grey Cup game begins with a moment of silence honouring the fallen and Bubby Adams noted that several former players of the Slackers team have been killed in Afghanistan.

BFTA course an aid to increasing fitness in the CF

By Victoria Horne
PSP Fitness and Sports instructor, Fleet Fitness and Sports Centre

If you are physically fit and are motivated to help others in achieving their fitness goals, then the Basic Fitness Training Assistant (BFTA) course is for you. This 10-day course will teach a variety of valuable skills such as preparing lesson plans, inspecting sports equipment and facilities, instructing basic group fitness and assisting in physical fitness evaluations.

Aside from the knowledge you will gain, qualified BFTAs act as a liaison between their units and the PSP fitness staff at their location. This communication is crucial in maintaining the continuity of the CF fitness program across the country and within all units/schools.

In order to be eligible for loading on this course, a member must:

- Be incentive-exempt in the CF EXPRES program, or have successfully completed the LFPCFS (13-km wt load march and casualty evacuation) in the past 12 months.
- Have a rank of LS or above.
- Have current Standard First Aid and CPR certificate.
- Have a recommendation by a unit CO and/or a Fitness and Sports Director.
- Be incentive-exempt in the CF EXPRES program, or have successfully completed the LFPCFS (13-km wt load march and casualty evacuation) in the past 12 months.
- Have a rank of LS or above.
- Have current Standard First Aid and CPR certificate.
- Have a recommendation by a unit CO and/or a Fitness and Sports Director.

If you fit the bill, inform your unit representative who has the nominator role in the MITE system. Should he or she nominate you, your name will remain on a wait list until you are matched to a course session or up to one year. Your MITE representative should indicate in the Remarks section, any date that you are not available. Upon being officially loaded on the course, you will receive a message and joining instructions from CFSTG SSO Training.

For more information, please call Jose Martins, Fitness Coordinator at the Fleet Fitness Centre, at 427-1469. Help spread health and fitness across the CF.
Halifax Needham:
Home of HMC Dockyard, Stadacona, Willow Park

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From fat to fit

By Virginia Beaton
Trident staff

At the 12 Wing Fun Run on Friday, June 26, Sgt Les White and WO Bill Howell crossed the finish line together. “We’ve been working out together so we might as well cross the finish line at the same time,” stated WO Howell.

A year ago, both men walked the route. This year they ran, completing it in 25 minutes and 23 seconds. A big improvement, mostly due to the fact that both men have lost significant amounts of weight.


This was achieved through a combination of diet and regular exercise during the last seven months, according to both men. They work at 406 Squadron and say that their CO, LCol Lise Bourgon, has been very supportive and encouraging to squadron personnel who are trying to improve their fitness.

LCol Bourgon has installed some new fitness equipment in the squadron’s gym and the unit PT sessions on Friday are making a difference, stated WO Howell.

With a gym right in the squadron, there’s no excuse not to go,” stated WO Howell. Sgt White agreed, adding “We’re there working out at lunchtime, five days a week.” Their workout sessions include the elliptical trainer and weight routines.

The beneficial changes in health, fitness and overall appearance have been worth the effort, according to Sgt White and WO Howell.

“My kids can’t believe the change in me,” noted WO Howell. Sgt White agreed, saying 'There have been some people who almost didn’t recognize me.”

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12 Wing Fun Run gets off the ground

By Virginia Beaton
Trident staff

It was a family fun run, as approximately 450 people gathered for the 5 km walk/run event on Friday, June 26.

In addition to 12 Wing personnel, there were families and children there to participate in the run, with almost everyone sporting a red Support Our Troops T-shirt. Cpl Rodney Crocker and his wife Janis were ready to do the 5 km event while pushing their son Devin, aged three, and daughter Addison, 1, in a double stroller. “We like to go out as a family on the Shearwater Flyers Trail,” stated Cpl Crocker. “It’s a great way for us to keep fit.”

Col Sam Michaud, Wing Commander, welcomed all the participants and noted “It’s encouraging to see so many families and kids here. This run isn’t about going as fast as you can, it’s about participating and having fun.”

Within 20 minutes of the start, the first runners were already crossing the finish line. Two runners from 12 AMS completed the route while carrying a banner with a Sea King helicopter and saluting the 12 AMS Crewsaders.

Pte Nédia Coutinho and Cpl Jennifer Robinson, both of 12 Wing Imaging, both said they felt fine after completing the run.

“It’s a nice route. There was one part where you had to watch the footing but it was a good experience,” stated Pte Coutinho.”
Several hundred participants completed the final Fleet Fun Run of the season, held on Friday, October 17, 2008.

Fleet fun runs resume in July

By Victoria Horne
PSP Fitness and Sports Instructor,
Fleet Fitness and Sports Centre

Human being started walking and running four to six million years ago when we evolved from walking on all fours. Well, it’s time to get back to your roots and come out for the monthly fleet fun runs starting up this July. These recreational, 5 km runs take you along the Halifax harbour boardwalk and are a great way to enjoy a bit of summer during the workday.

Moderate intensity exercise, such as brisk walking or jogging, has many well documented health and fitness benefits such as reduced body fat and increased cardio respiratory fitness and the more you do, the harder you do it, the more benefit you accrue, so come join the fun... run. Military members and NPF employees of all abilities are welcome, as long as you are prepared to make an effort. All you need to bring is PT gear, we will supply water and Gatorade stations.

All interested members are to present themselves to the front desk of the Dockyard gym (D-216) on any or all of the dates below at 10:45 a.m.

Thursday, July 30.
Friday, August 21.
Friday, September 18.
Friday, November 13.

Sports movies
1. What song is played every time Ricky Vaughn comes into a game?
2. Who was the sportswriter for the Charlestown Chiefs, who wrote the story about moving to Florida?
3. What was Burt Reynolds character’s name in original film titled The Longest Yard?
4. What were the two characters names in White Men Cant Jump?
5. What does the voice say in Field of Dreams?
6. In 8 Seconds, what does the 8 signify?
7. In Happy Gilmore, who does Happy fight with during the Pro-Am tournament?
8. In Caddyshack, what is the prize for the best caddy?
9. In the Abbott and Costello’s, Who’s on First? Comedy sketch, who is in the battery?
10. What was the type of dive that Rodney Dangerfield’s character completed in Back to School?
11. What sport is the movie Kansas City Bomber about?
12. With which sport does Forrest Gump win a scholarship?
13. Who was Daniel Eugene Ruettiger?
14. Who is Ernie Pantusso?
15. What sports star died of embryonal cell carcinoma?
16. Who was Jerry McGuire’s sole client?
17. What movie became known as ‘Top Gun in Race Cars’?
18. What sport was portrayed in Kingpin?
19. In Tin Cup what is Roy McAvoy’s score on the 18th hole?
20. Who is Gordon Bombay?

Sidelines trivia
By PO2 Bill Sheridan

2. Dickie Dunn.
3. Paul Crewe.
4. Billy Hoyle (Woody Harrelson) and Sidney Deane (Wesley Snipes).
5. a) If you build it, he will come, b) Ease His Pain, & c) Go the Distance.
6. How long a rider must stay on to get a score.
8. Scholarship with a win in the Caddy Tour-nament.
9. Pitcher; Tomorrow & Catcher; Today.
10. Triple Lindy.
11. Roller Derby.
12. Football.
13. His story was told in the movie Rudy.
15. Brian Piccolo, in Brian’s Song.
16. Rod Tidwell.
17. Days of Thunder.
19. 12.
20. Emilio Estevez’s role in the Mighty Ducks.
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