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Under the Northern Lights

Aurora borealis can be seen beyond HMCS Harry DeWolf during cold weather and ice trials near Frobisher Bay on February 21. The ship spent three weeks operating off Newfoundland and Labrador with its crew and a small group of civilian contractors, testing new capabilities in Arctic waters for the first time. See Page 6 inside for more photos from the sail.

CPL DAVID VELDMAN, FORMATION IMAGING SERVICES





A training instructor at DCTF Kootenay fights back the flames while working with the school's new helicopter trainer on March 1.

RYAN MELANSON, TRIDENT STAFF



NFS(A) staff look on as their colleagues exercise with a simulated fire on the new prop.

RYAN MELANSON, TRIDENT STAFF

New helicopter trainer ready for action at DCTF Kootenay

By Joanie Veitch,
Trident Staff

After months of anticipation, control operators and instructors fired up the new helicopter trainer at the Naval Fleet School (Atlantic) Damage Control school in Purcell's Cove on March 1, in preparation for an individual helicopter crash rescue training course to go live later this month — the first at the school since November 2019.

The new model is a huge improvement over the previous trainer, which was “rusty like an outdoor barbecue” after being heated and cooled during training exercises for nearly 20 years, says LCdr Andrew Cumming, the Damage Control Division Commanding Officer.

The new trainer, located outside the Division's Damage Control Training Facility (DCTF) Kootenay, simulates the navy's CF-148 Cyclone, giving it new entry and exit points and different locations for potential fires than the previous helicopter frame—installed when DCTF Kootenay was built in 2002 and modelled on the CH-124 Sea King.

Design for the new trainer frame began in 2015, with Damage Control Division leadership on both the east and west coasts offering feedback on their experience with the original frame and providing location specific information, to account for things such as the colder weather conditions in Nova Scotia in the winter.

“The biggest change is the look and feel of the trainer to be a realistic rendition,” says LCdr Cumming. “In any fire, the sooner you can combat it the more likely that it won't get out of control. You will lower the temperature to increase the survivability of anyone inside. That's why this training is critical, so that teams advance as quickly and safely as possible to prevent loss of life.”

Along with different entry and exit points than

the previous trainer, explains Lt(N) Daniel Chamberlain, acting Damage Control Training Officer, the new helicopter simulator is engineered to be more resistant to the effects of training and nature.

“Systems within the helicopter will extend its service life, like improved steel and a water system which ensures it doesn't get as hot as the previous frame, preventing thermal expansion,” says Lt(N) Chamberlain.

The new helicopter trainer was built and installed in February 2020, with the propane, water, air and control systems put in over the following weeks. The plan was to have the new trainer operational by April 2020, “but COVID significantly delayed its completion,” says LCdr Cumming.

Prior to the shutdown period, managers at Damage Control Division increased the training schedule, but since November 2019 only the west coast DC Division has run helicopter crash and rescue courses. On March 1, Damage Control Training Facility Galiano, in Victoria, BC went offline until their new helicopter trainer is installed, which is scheduled for sometime within the next fiscal year.

To simulate a helicopter emergency on board ship, control operators and instruction staff use propane burners to ignite a fire in any of six locations throughout the helicopter frame. Individual members of the Marine Technician and Boatswain trades, who act as both the ship's helicopter crash rescue team and the advanced firefighting rapid attack unit, and are the first responders if there is a fire on ship.

Training consists of class time, dry runs and practice before the simulated fire, as well as rescue exercises using the helicopter trainer. Up in the

control tower, instruction staff work to create as realistic an environment as possible, calling out emergency information over a loudspeaker and watching computer screens to monitor the various fire locations as the flames begin to curl up and around the helicopter frame.

Advances in technology means new materials and compounds to assist the attack team as they respond to the emergency, LCdr Cumming explains, while improved monitoring systems and other technological innovations improve the overall communication and safety of the simulation.

“The control system for the helicopter is more robust to give operators better safety for students, but the experience is still largely hands on.”

There are 41 core instructor and management positions at DCTF Kootenay. Most have spent time in high-readiness or deployed ships and are members of working groups — both national and international — in their specific fields of expertise, to share ideas and lessons learned, says LCdr Cumming.

“There is never a ‘regular day at the office’ here, although during the maintenance periods...there is a chance to catch up and conduct what civilian teachers call planning time.”

In a regular — ‘non-pandemic’ — year, DCTF staff train about 6,500 sailors, putting them through drills of various hazards and emergencies that can happen at sea, with courses designed to correspond to the different classes of ships.

“Each one comes with its unique challenges,” says LCdr Cumming. “Staff are trained as experts, but most courses also have a few leaders in the student body who provide a lot of training value as well. It's a team sport.”



The training environment includes a metal wall meant to simulate a warship's hangar leading out to the flight deck.

CPL DAVID VELDMAN, FORMATION IMAGING SERVICES



HMCS Halifax and Royal Norwegian Navy Tanker HNoMS Maud participate in Submarine CO-qualifying Course serials in the waters and fjords near Bergen, Norway on February 11.

SNMG1

HMCS *Halifax* participates in Norwegian Exercise with SNMG1

By LCdr Mark Fifield,
SNMG1 Public Affairs Officer

From February 8-19, 2021, Standing NATO Maritime Group One (SNMG1), took part in Task Group 21-1 (TG 21-1), an annual maritime exercise conducted by the Royal Norwegian Navy in the waters and fjords off the coast of Bergen, Norway.

TG 21-1 supported the training and qualification of NATO future submarine commanders while enhancing the surface and underwater warfighting skills of the participating 11 warships and submarines from six allied nations: Canada, Denmark, France, Germany, the Netherlands and Norway. These vessels were joined by numerous smaller aircraft and helicopters, including the embarked maritime helicopter air detachments on board vessels such as the SNMG1 flagship, HMCS *Halifax*, and HDMS *Hvidbjørnen*.

These training exercises were designed to increase allied readiness and interoperability, as well as the capability to conduct various high-intensity operations in the challenging Norwegian littoral and Arctic environment which consists of high mountains and narrow fjords.

“Our aim is to provide first class training within anti-submarine warfare (ASW) as well as realistic scenarios for submarines,” said Rear Admiral Rune Andersen, Chief of the Royal Norwegian Navy. “It is vital that we develop and maintain our basic warfighting skills, and that we do it together. The participation of SNMG1 adds value and improves the quality of the training.”

During TG 21-1, NATO was represented by the SNMG1 composed of Royal Canadian Navy frigate and SNMG1 flagship *Halifax*, German Navy tanker *Spessart*, French Navy frigate *La-touche-Tréville* and Royal Norwegian Navy frigate *Fridtjof Nansen*.

“TG 21-1 provided excellent and unique training opportunities for SNMG1, especially with respect to validating our ASW

tactics, techniques and procedures,” explained Commodore Bradley Peats, commander of SNMG1.

“It was a privilege to have taken part in such a robust training exercise which is renowned as being among the very best in the world. These exercises clearly demonstrate NATO’s collective capabilities and responsiveness to a continuously evolving security environment in

the region.”

As TG 21-1 was conducted during the ongoing COVID-19 pandemic, strict force health protection measures and other mitigation protocols were put in place to reduce the risk of COVID-19 infection among participating vessels and any resulting impacts on operations and training. This included hosting a virtual pre-sail conference and prohibiting non-essential physical interaction between foreign crews and local assets. When such interactions were deemed necessary, mask wearing, physical distancing and other measures were employed to the fullest extent possible.

Following TG 21-1, SNMG1 turned to the annual NATO exercise Dynamic Guard 21-1, which focuses on air defence and electronic warfare. Dynamic Guard 21-1 was a week-long exercise which was linked with TG 21-1 and began on February 22 in the coastal area north of Bergen around the Fedje island.



HMCS Halifax and German Navy Tanker FGS Spessart conduct a night time Replenishment-at-Sea in the Norwegian Sea on February 11 during TG 21-1.

SNMG1



Royal Danish Navy Frigate HDMS Hvidbjørnen as seen from the periscope of Royal Norwegian Navy Submarine HNoMS Uredd “Fearless” during a TG 21-1 Submarine CO-qualifying course serial in the waters and fjords near Bergen, Norway on February 10.

SNMG1



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Navy brothers lean on each other through tough times

By Ryan Melanson,
Trident Staff

For HMCS *Toronto*, the 2020 Operation REASSURANCE deployment was anything but routine. While still reeling from tragedy that struck the Navy and the wider defence team last spring, the ship left Halifax in July, joining NATO allies in the Mediterranean under tight COVID-19 restrictions.

For Sailors First Class Anton and Triston Manson, two brothers who are each posted to *Toronto*, the sail presented a number of challenges, with pre-deployment preparations complicated by health restrictions, and the extra stress of being overseas during a pandemic. Being in the unique position of having a close family member on board was a blessing.

"I got lucky this time, I had that little piece of home with me, so my brother and I were able to lean on each other," said Triston.

"We don't always see each other during the work day, but we'll always eat together, and we hang out every day if we're in port. We're also good friends, which helps."

It's not the first time the pair has sailed as part of the same crew. They've been able to share a good portion of their naval experiences with each other, and even prior to beginning their Forces careers, the brothers followed very similar paths. Both were standout hockey players at a young age, playing at different times at the Major Junior level for the Shawinigan Cataractes, and both had a taste of working odd jobs in the private sector before deciding on the Navy route.



Sailors First Class Triston (left) and Anton Manson have followed similar paths in life, and the brothers are each currently posted to HMCS Toronto.

MONA GHIZ, MARLANT PA

They were inspired by their grandfather, an RCN veteran, and their father, who encouraged them to consider military service.

"My job's become extremely important to me. I'm able to provide a good life for my family, it allows me to participate in sports, and I feel like I'm showing my children the importance of a strong work ethic and determination," Anton said.

They're in different trades, with Anton, the younger brother, working as a Naval Electronic Sensor Operator (NESOP), and Triston as a Marine Technician (MARTECH), but both say the Navy has given them the best job they've ever had.

Being able to play ice hockey and ball hockey regularly has been a big perk, and aside from trips to national CAF tournaments and local sports awards, their hockey background has led to other notable moments. Anton's very first Navy sail in 2016, a short trip to Bermuda with HMCS *St. John's*, saw he and his brother lead their shipmates in an exhibition game against



The brothers are seen in their Halifax Mariners hockey uniforms after a gold-medal win at the CAF Regional level.

SUBMITTED

the Bermuda National Ball Hockey team. Not long after, and despite being a Montreal Canadiens fan, Anton was promoted to his current rank by Toronto Maple Leafs legend Wendell Clark while the NHL team visited CFB Halifax.

Anton says the Navy life has allowed the game to remain a big part of their lives. They're on the ice multiple times a week, each coach their children in minor hockey, and both will no doubt be suiting up for CFB Halifax again when CAF sports programs eventually make their full return.

Originally from the Halifax area, and with plenty of family nearby, the brothers have been able to support each other on ship while knowing support exists at home for their young families – Anton is a father of four, while Triston is a father of two. This dynamic has allowed them to thrive, and the Mansons say we can expect to see them in uniform, as well as in their Navy hockey gear, for many years to come.



Standing watch on Op CARIBBE

A Boatswain on board HMCS Moncton keeps lookout for oncoming vessels in the Caribbean basin on February 24. Moncton was recently joined on Op CARIBBE by HMCS Brandon and HMCS Saskatoon, with those ships currently conducting counter-narcotics patrols in the eastern Pacific.

FORMATION IMAGING SERVICES



Who's calling? H&R MFRC fields puzzling phone calls about COVID-19 vaccine

By Joanie Veitch,
Trident Staff

What started out as a normal work week at the Halifax & Region Military Family Resource Centre changed dramatically recently as people from Pennsylvania began calling, looking for information on getting the COVID-19 vaccine.

First one, then two calls came in, and by the end of the day on February 24, the centre had answered more than 200 calls from Pennsylvania residents dialing what they thought was a local vaccine information line.

"It was an incredibly busy day," said Sarah-Jean Mannette, public relations co-ordinator at the centre. "Our toll-free number was given out in error. We have our local number and a toll-free number: 1-888-753-8827. The Pennsylvania folks should have been giving out a 1-800 number but they gave out a 1-888 number — our toll-free number — instead."

As the first calls came in, staff at H&R MFRC were confused, but as the pattern began to emerge, they asked the callers for more information to try to understand the source of the error.

"The staff were trying to figure out what was going on, but our main concern was that people couldn't get a hold of us—just as staff would get off one call and put down the phone, they'd have to take another call", Mannette said.

The centre's registration process for programs is all online at present but it was the other, often urgent, calls staff at the centre were concerned about, she added.

"It's important for us that people can call us when they need our help—if they need emergency childcare or a referral to mental health services or to speak with the Padre. We were worried that people might not be able to get those referrals because our phone lines were jammed."

As staff at the centre tried to figure out how the mix-up occurred, a post went up on the H&R MFRC's Facebook page to let the community know they might have trouble getting through on the phone lines.

"Our staff were asking the people calling about vaccines how they got the number and where they were from," Mannette said. "The number had been on radio stations as well so the people I work with called the government in Pennsylvania and tried to reach out to the radio stations to let them know about the error. It wasn't easy as once information is out there, it's out there."

Although it was an extremely busy day for staff at the centre, most of the callers were understanding and there were some happy conversations as people on the other end of the line learned they were talking with someone in Halifax, Nova Scotia.

"Those who know this place and had been here before were saying 'Oh, I love Canada, I love Nova Scotia' and they'd chat about it for a bit," Mannette laughed. "We're Maritimers through and through, it doesn't really matter why you're calling us, we'll give you the best service we can."

Veteran delighted by HMCS Margaret Brooke Commander's kindness

By Peter Mallett,
The Lookout Staff

A kind act by a Royal Canadian Navy Commander has left a Second World War veteran grinning from ear-to-ear.

The source of jubilation for 102-year-old Hedley Lake was a hand-delivered card and a baseball cap embroidered with HMCS *Margaret Brooke* — a future Arctic and Offshore Patrol Vessel (AOPV). AOPVs are named after courageous Canadians.

Lake was on board passenger ferry SS Caribou with Margaret Brooke when it was torpedoed by a German U-Boat on Oct. 14, 1942, 75 kilometres off the coast of Newfoundland. They both survived, but 137 people did not. She was honoured for her courageous attempt to keep fellow nursing sister SLt Agnes Wilkie alive as they clung to the side of a capsized and partially destroyed lifeboat. SLt Wilkie eventually succumbed to hypothermia and was swept away by ocean currents never to be seen again. Margaret Brooke died Jan. 9, 2016, in Victoria, B.C. She was 100.

"It's incredible to connect with someone who sailed with Margaret Brooke, who our new navy vessel is named for," says Cdr Michele Tessier, who sent the items. "It just seemed like the right thing to do and to be honest, I am really at a loss for words of the gratitude I feel to these great citizens of our country who served in the Second

World War."

The gifts were delivered January 28 to Lake's Grand Bank retirement home by Cdr Tessier's father Jim, and his close friend Carl Rose, with a note from the naval officer, who is also Commander of the future HMCS *Margaret Brooke*.

"I had heard of your story before and then we saw a story about you in the news that included a picture of you wearing an HMCS *Montréal* ball cap. On behalf of the crew of my ship HMCS *Margaret Brooke*, we'd like you to have one of our hats as well," the note read.

Cdr Tessier first heard about Lake a year ago during a meeting with students at her former high school in Grand Bank. While discussing the new AOPV *Margaret Brooke*, a student revealed her great-grandfather was on SS Caribou when it sank.

"I immediately thought that since this man is from my neck of the woods in Newfoundland, he surely deserves to have a hat from the new vessel named after Margaret Brooke since they were both on the vessel and both served during the Second World War," says Cdr Tessier. "I wanted to let him know we are aware of his story and extremely grateful of his service."

The future HMCS *Margaret Brooke* is the second of four Harry DeWolf-class vessels and is expected to be delivered to the Royal

Canadian Navy later this year. The 103-metre diesel-electric propulsion vessel will have a complement of 65 personnel.

Following an upcoming Change of Command ceremony, Cdr Nicole Robichaud will assume command of the ship from Cdr Tessier.

Hedley Lake, 102, from Grand Bank, Newfoundland, reads a card sent to him by Cdr Michele Tessier while wearing his new HMCS Margaret Brooke baseball hat.

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HMCS Harry DeWolf sails through ice-choked waters near Frobisher Bay on February 22, testing a key new capability for the RCN.

JOINT TASK FORCE NORTH/436 SQUADRON

HMCS *Harry DeWolf* tests cold weather and ice capabilities



A CC-130 Hercules aircraft flies over icy water near HMCS Harry DeWolf during trials on February 23, 2021.

CPL DAVID VELDMAN,
FORMATION IMAGING
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Civilian contractors conduct ice measurement operations alongside HMCS Harry DeWolf on February 20.

CPL DAVID VELDMAN, FORMATION IMAGING SERVICES



The ship spotted polar bears while operating in Northern Labrador, and the visitors stayed nearby overnight on February 20 while the ship parked in place.

CPL DAVID VELDMAN, FORMATION IMAGING SERVICES



Cdr Corey Gleason, Commanding Officer of HMCS Harry DeWolf, speaks with bridge crew members during cold weather trials on February 20.

CPL DAVID VELDMAN, FORMATION IMAGING SERVICES



The crew of the HMS Montrose on their flight deck with their 2.7 tonne capture on February 6.

CTF 150

Combined Task Force 150: The Anatomy of a Drug Bust

By Lt(N) Melissa Kia,
CTF 150 Public Affairs Officer

The breaking sun languishes off a bleary horizon in the Northern Arabian Sea on a strip of ocean known as the “Hash Highway” as a suspicious vessel plods its way south off the coast of Oman. The dhow is being shadowed by the HMS *Montrose*, a Royal Navy Type 23-class Frigate, who is working under the command of Combined Task Force (CTF) 150 to halt would-be smugglers. The potential for a big bust hangs in the

air amongst the crew who interdicted more than 275 kg of heroin only 36 hours previous in the same area. The hunt is on.

To the north, in Bahrain, sits the Command Center for CTF 150, where the team of Operation ARTEMIS operate. The night crew of the Battle Watch are hard at work coordinating with the Royal Navy frigate. They sport their COVID-19 protective masks, and adhere to new

additions to their work routines, including social distancing and enhanced hygiene measures, to ensure they are safe as well as highly operational. The objective of the joint Canadian-Australian staff is clear: disrupt terrorist organizations from using the high seas for smuggling weapons, unlawful cargo, and drugs, all of which fund and support their illegal activities.

CTF 150 is a naval task force whose command was recently assumed by Commodore Daniel Charlebois of the Royal Canadian Navy. Its mission is to conduct Maritime Security Operations in a large area of operations which include the Arabian Sea, Gulf of Aden, Indian Ocean and the Red Sea. This task force operates under Combined Maritime Forces (CMF), a voluntary, non-political organization and multinational coalition of 33 nations whose focus is on the security, stability and the prosperity of this region. The HMS *Montrose*, as well as other coalition assets, have agreed to work under CTF 150's command to detect, deter and possibly interdict smuggling activities. After only a week under Canadian leadership, CTF 150 has already interdicted over 500 kilograms of narcotics, motivating them to strive for more.

In the CTF 150 Watch Centre,

Lieutenant-Commander Trevor Robinson (RCN), the Task Force Current Operations Officer, gets an important call pertaining to the shadowed vessel en route to East Africa. This trips a series of events which puts two boarding parties into motion onboard the *Montrose*. They prepare to get the order to move.

Such orders are not issued lightly by Cmdre Charlebois and because of this, Major Angela Orme, a Canadian Army Legal Officer, meticulously pores over a checklist to confirm that any boarding decision is in conformity with the law. Meanwhile, LCdr Robinson orchestrates the busy watch floor, ensuring timely and accurate information travels back and forth between the ship and his team. Once armed with all the required information, and legal checks, Cmdre Charlebois makes his decision for *Montrose* to conduct the boarding. After receiving an obligatory briefing on their Rules of Engagement (ROEs), the parties begin gearing up and making their tactical preparations. They also don masks and additional protective equipment to allow them to operate safely in a COVID-19 environment at sea. Once their commander is satisfied that his team are properly briefed and prepared, the boarding parties are lowered in their Rigid-Hulled Inflatable Boats to the sea. They slip from the side of their warship, slicing through the Northern Arabian waters towards the dhow.

Under the watchful eye of the ship's helicopter, the boarding teams cautiously approach the dhow. Having reached their objective, they quickly ascend the wooden gunnels under the strain of their weapons and protective equipment. Before proceeding with any search and seizure, and to ensure that they operate strictly in accordance with United Nations Conventions, they radio back to the Commanding Officer of *Montrose* and wait for further permissions.

Back in Bahrain, the *Montrose's* request for search concurrence flickers over the screens of the CTF 150 Battle Watch. Having assessed the information, the operators pass on their recommendation through their chain, seeking legal consensus from the Commander of CMF. Having met all of the necessary checks according to United Nations Convention for the Law of the Sea (UNCLOS), his response comes back to the Watch Floor: “Proceed.”

Hours pass on the old dhow as the boarding parties seize bag after bag of suspected illicit cargo. Their find is so excessive that they cannot fit all of it onto the upper decks at once. In an operation lasting just over 10 hours, more than 2.7 tonnes of heroin, crystal methamphetamine and hashish are stopped on their way to the streets; the proceeds of both this and the previous *Montrose* interdictions total an estimated US wholesale value of \$15 M. These profits would most likely have filled the coffers of a regional terrorist or criminal organization.

Following the successful interdiction and the destruction of the narcotics at sea, the team on the CTF 150 Watch Floor and the crew onboard *Montrose* go back to monitoring their area of operations for additional suspect activity. There is an ongoing mission of denying terrorists the ability to fund their activities from the profits of smuggling. The hunt starts once again.



HMS Montrose's helicopter providing overwatch to her ship's boarding parties prior to boarding the dhow.

CTF 150



Face of Base: Lisa McNiven

By CFB Halifax Public Affairs

Today's Face of Base is Lisa McNiven, a new addition to the Naval Museum of Halifax staff! Lisa was previously involved with the Museum as both a volunteer and staff member, and started working as the Museum's archivist in 2020. With a degree in History and a Master's in Library Studies, Lisa is responsible for cataloguing archives (specifically, a vast photo collection), books concerning regulations and trades within the RCN, as well as the Museum's large collection. Lisa finds this ambitious endeavour incredibly satisfying and loves working inside the historic Admiralty House: "Every day is rewarding because the crew at the Museum are protecting the rich history of the Navy, in all its aspects. Having a Museum in the very house that once was the base of the Admirals of the North Atlantic Fleet makes history feel very much alive." Not many people know that Admiralty House (where the Museum is housed at CFB Halifax) was also a Naval Hospital, a public health unit, a Wardroom and Officers' quarters during the Second World War. Lisa also has

a personal connection to the Navy: her father served for over 30 years in the RCN. He was a medic by trade and as a child, Lisa remembers poring over his manuals and pharmacy books. Occasionally, the family would go on ship and while her father worked, Lisa would count tongue depressors and keep a small library of paperbacks in order. She believes that her fondness for books and archives started outside of a sickbay!

Moving forward, Lisa and the entire Museum team are hopeful that the pandemic will subside enough to safely allow and welcome visitors on-site once again. After close to 50 years of operations, the Museum keeps striving to inspire curiosity about, and to celebrate, the contributions of those who have served in our country's Navy. The Museum team has been hard at work, notably collaborating with a wonderful group of students, to engage the public in new, dynamic ways in 2021. Bravo Zulu Lisa for helping to preserve and protect our unique naval history!



Lisa McNiven is an archivist at the Naval Museum of Halifax.

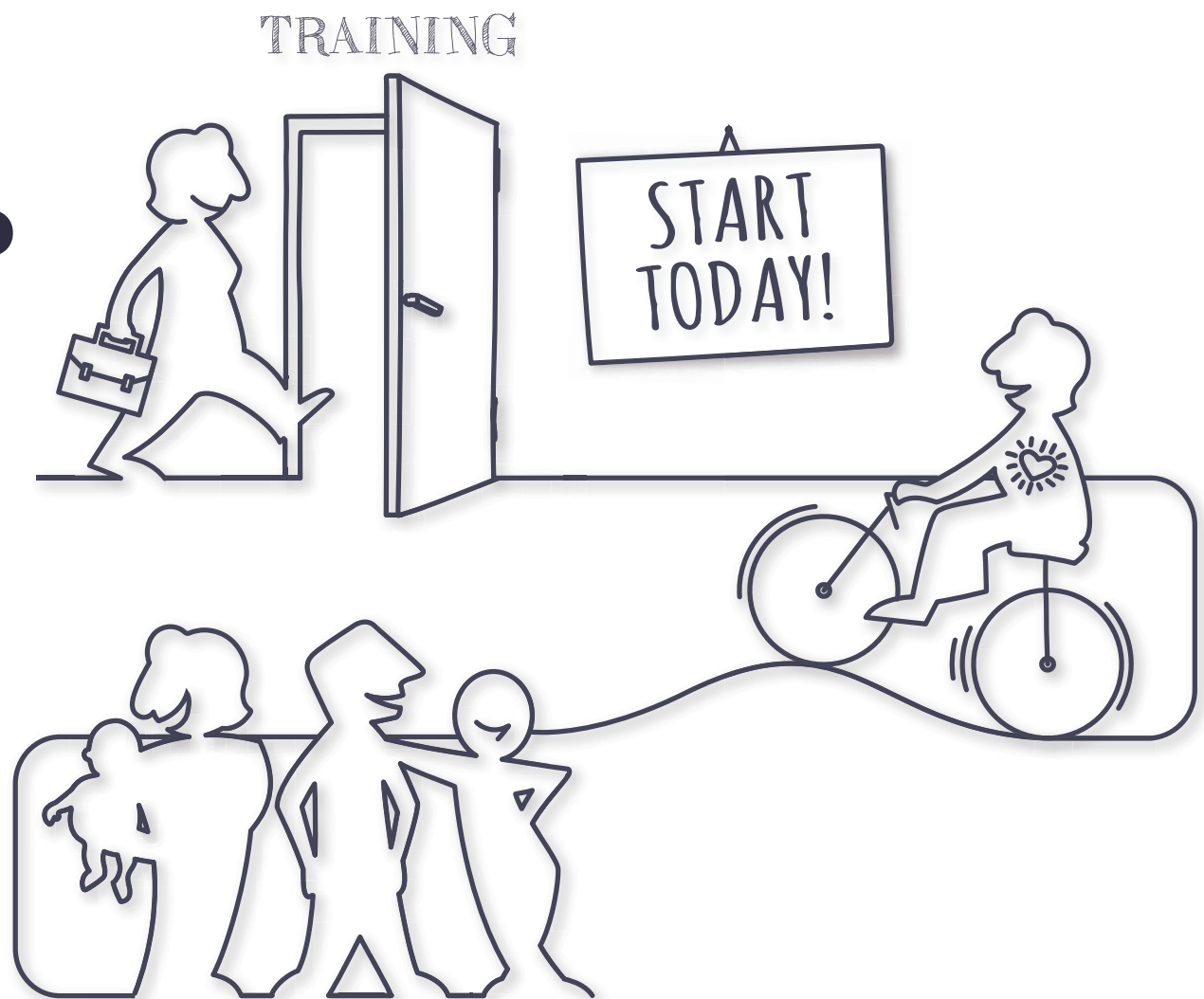
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Reshaping Canada's largest military base, one student at a time

By Elizabeth Sharpe,
CFB Halifax PA Intern

Over the years, students have become a great asset to many departments across the Government of Canada. Here at Canadian Forces Base (CFB) Halifax, the positive contributions of student employees can be seen and felt across all branches and units.

CFB Halifax hires students using several methods, one of the most popular being the [Federal Student Work Experience Program \(FSWEP\)](#), the largest student employment program in Canada. The program provides opportunities for students at all levels, in every program of study, to gain experience by working in the federal public service. Students working through FSWEP are able to enrich their education, develop and enhance skills for employability, and learn more about potentially starting a future career in the public service.

Rebekah Kinal was hired as an FSWEP student in May 2018, working with the CFB Halifax Base Logistics (BLog) team. Flash forward two and a half years, and she has just been hired into a full-time, permanent position with BLog. It's hard to believe that Kinal started with no military background prior to her 2018 student hire.

"Kinal was instantly a valuable team member in the section," says Bob Houghton, the BLog Unit General Safety and Environment Officer at CFB Halifax. "During her time within BLog she has gained the practical experience and additional confidence needed to be able to completely support all administrative requirements and any onsite responsibilities."

Kinal was asked to assist with the BLog Safety and Environment Program and completed several training courses to enhance her already strong skill set and work ethic. These courses included Fall Arrest Basic Rescue, Spill Response, Environmental Officers Course, and more.

"A benefit of being an FSWEP student is the experience itself. This program opened up so many doors and really expanded the way I thought about my future," Kinal explains. "The program also set up different networking events for students as well, so I was able to see what other federal organizations were doing and offering for students; just being exposed to the federal government is the greatest benefit of being in the program."

FSWEP students apply through the national FSWEP portal online, which is maintained by the public service commission. Interestingly, students who apply through FSWEP can be interviewed and employed for positions that do not require a specific area of study. You could be a medical student

who decides to work as a landscaper during your FSWEP term, or a business student who ends up working in safety and environmental services.

But FSWEP is not the only opportunity for students looking to gain experience at CFB Halifax. Students enrolled in a university program with a co-op component may also find work placements with the Base. Typically, co-op opportunities are linked to a students' particular program such as public affairs, engineering, occupational health and safety, auto technician, or computer science, to name a few.

Job opportunities for co-op students are posted when a manager on the Base has a need and can mentor a student in a specific area. CFB Halifax has great relationships with local universities and colleges in Halifax, and also offers an annual, 13-week experiential learning program for high school students through the Halifax Regional Centre for Education (HRCE).

Matthieu Lagace-Seguin is a third year public relations student at Mount Saint Vincent University and is currently working his second co-op term at CFB Halifax as a public affairs intern with Real Property Operations Unit Atlantic (RPOU(A)).

"I think working with CFB Halifax for a co-op placement is awesome and it's a really easy process to apply," Lagace-Seguin explains. "They have had many co-op students in the past so they know what they're doing, and I'm never given more work than I can handle."

Working as a student at CFB Halifax is an excellent opportunity for learning and developing major skills for your future, which has benefited Kinal greatly.

"I took every training opportunity that came my way, which not only helped me increase my skills and knowledge for how things work on the Base, but also helped build my resume for the future," she explains. "Also, the student services team at CFB Halifax made a hugely positive impact on me as a student working on Base. They were always quick to reply and help with any issue I faced, and made sure students were happy with what they were doing and made sure to let us know they are there to help."

Deirdre MacKenzie, the Student Services Coordinator at CFB Halifax, has witnessed the benefits of student hiring from the ground up. "Student hiring can rejuvenate the workforce and build the CFB Halifax organization for the future," she explains, adding that "students bring new ideas, skills and innovative collaboration to



Rebekah Kinal (left), a CFB Halifax student employee since May 2018, was recently offered a full-time, permanent position with the CFB Halifax Base Logistics (BLog) team. Kinal is pictured here with Cdr Selena Aral, BLog Commanding Officer, on the day she signed her job offer in January 2021.

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our workplace."

CFB Halifax branches or units who may be interested in hiring a student should know that student hiring is funded by the Base through the Base Business Manager (BBM); this means that branches do not have to find funds to hire students, nor do they have to manage any of the staffing paperwork. The important piece is that managers have meaningful work to offer, have the ability to manage their students' work schedule, and can be available to mentor students and address their questions when needed.

MacKenzie reaches out to Base branches three times a year assessing the internal demand for student workers. She then interviews students, manages security clearance applications, co-op application processes and staffing paperwork. This makes the process for a manager to hire a student even easier.

Once students are hired, they usually settle into their roles quickly, though it's understandable to be hesitant when entering into a new work environment.

"My advice for students who may be nervous about working with the government would be to go in with an open mind and don't be afraid to ask for help," explains Kinal. "I was very intimidated on my first day, as I always assumed bases were scary and very strict, but I was wrong. I was welcomed into my unit and met so many nice people, and making connections

with your co-workers makes a huge difference!" she adds.

It's clear that Kinal shook her nerves quickly and became an integral part of the team at BLog, and she isn't alone. Rebekah is one of approximately 10 students we have used student bridging to hire into full-time positions on the Base over the last three years. Student bridging refers to the non-advertised appointment of a student into a full-time federal public service job based on the experience gained during their student employment with the federal government.

Houghton and the rest of the BLog unit are glad to now have Kinal as a full-time member of the team. "We have been extremely pleased with the effort and commitment Rebekah has provided over the past three years and look forward to witnessing her career progression within DND."

For students interested in applying for jobs through the FSWEP program, please visit the FSWEP website: www.canada.ca/en/public-service-commission/jobs/services/recruitment/students/federal-student-work-program.html.

For universities or students interested in connecting with the CFB Halifax Student Services coordinator to discuss co-op opportunities, or for CFB Halifax managers looking to hire a student, please contact DND-BESStudentSvcs@forces.gc.ca.

March is Nutrition Month

By PSP Health Promotion Services

Each year, Nutrition Month is recognized in March. Your Health Promotion Team makes nutrition a top priority, focusing on education, resource development and local initiatives, to further your knowledge on the importance of nutrition and your health. To start off a month of nutrition conversations, below are the top three questions your Health Promotion Team has been asked this Nutrition Month:

What does it mean to ‘be mindful’ of your eating habits?

Canada’s Food Guide states that part of healthy eating includes being more mindful of your eating habits. Every day, we make choices about what foods we eat, when we eat them, and how much we eat. These decisions are impacted by external cues, such as your physical surroundings and social environment, and internal cues, such as hunger, fullness, and emotions. Both internal and external cues will always be present – what’s important is how we respond to them.

Mindful eating doesn’t impose rules or guidelines about what or how much to eat, but instead, teaches that you are the one who should make those choices, and only you know what is best for your body. Being more mindful of your eating habits means paying more attention to your food decisions, and what leads you to making those choices. This involves listening more to our bodies, such as responding to our cues for when we’re feeling hungry and full, and becoming more aware of the physical and emotional cues that impact our eating habits.

With mindful and intuitive eating, it’s important to acknowledge that traditional diets don’t work, especially in the long run. Instead, they lead to body dissatisfaction, weight stigma, and often even regaining weight. Eating mindfully is basically the opposite of a traditional diet. We must recognize that no food is inherently “good” or “bad” – food has no moral value! Make peace with food of all types, knowing that all food fits in a balanced diet.

Another key to intuitive eating is giving yourself unconditional permission to eat. This is one of the hardest parts, but is very important. If you tell yourself that you can’t or shouldn’t have a particular food, it can lead to intense feelings of deprivation that build into uncontrollable cravings, and often, binge eating. Instead, allow yourself to eat and enjoy all foods. Eating should be a pleasurable experience, not something we do just to stay alive. When you allow yourself to eat what you really want, and enjoy every bite, over time you’ll see that it takes much less food to satisfy a craving or to decide you’ve had enough – perhaps a small piece of chocolate is now enough (rather than a whole bar), because you know you’re allowed to have more at any point in the future. That fact that the food is no longer off limits takes away the need to overindulge, and enables you to enjoy your food rather than feeling guilty.

All humans are born with the ability to eat mindfully. Babies instinctively know when they are hungry and full, when it is time to eat, and what tastes good. They let these instincts guide their eating. Unfortunately, this inner wisdom often becomes clouded as we age by years of exposure to diet culture and food myths. “Eat when you’re hungry and stop when you’re full” may sound like common sense, but when you have a history of dieting, ignoring your hunger cues, or following rigid “healthy eating” rules, mindful eating becomes very difficult.

Although it takes time and practice, as you become more mindful about your eating, you should find that you will develop a healthier relationship with food, mind, and body.

What does “healthy eating” really mean?

In a world of social media, healthy eating is often portrayed in a pristine kitchen, on a bright white plate with a meal presented like would see at a fine dining restaurant. Also scattered through social media accounts are photos of meal preparation – glass containers perfectly packed with fresh produce and local meat, meant to be consumed throughout the work week.

Healthy eating is not just about the way that the food is presented on the plate, or about having a hot, prepared meal for every lunch at the office – although, both are aspects of Canada’s Food Guide, including preparing meals at home and cooking more often. Healthy eating is individual for each of us – what is healthy eating for me may be different than what healthy eating is to you! This is why Canada’s Food Guide is designed to be flexible and relevant to each and every one of us.

Healthy eating is a pattern that supports your best possible physical, mental and emotional health. It includes having a positive relationship with food, enjoying your food and feeling comfortable and satisfied after eating without feeling guilt or shame. Healthy eating can simply be filling half your plate with fruits/vegetables, a quarter with grain and a quarter with protein, or these portions can be combined into making a soup or stew, a sandwich, or a casserole.

Healthy eating is entirely what you make it. Those of us who may want to express our creativity can prepare our plates with an array of colourful fruits and vegetables paired with plant or meat-based protein, flavouring with a variety of spices from your cabinet. For some of us who prefer simpler meals, frozen or canned vegetables are just as nutritious as fresh, and can be prepared easily by roasting, boiling, sautéing or even microwaving.

Finally and most importantly, healthy eating is also all about balance. We nourish our bodies by consuming nutrient-dense foods, providing us with essential vitamins and minerals that contribute to maintaining body functions, while also allowing for treats and sweets – even if they are higher in calories, fat or added sugars. The key is eating them in moderation and balancing them with healthier foods the majority of the time.

What are the benefits of cooking at home more often?

Cooking at home more often has many benefits, and supports a wide variety of healthy eating habits.

First, cooking your own meals is often a healthier option because you have control over what ingredients you use, and how much. Processed foods, as well as the food from some restaurants, are often high in salt, saturated fat, and/or sugar. When you cook at home, your meals will likely be much lower in these ingredients, which helps to improve your overall health. You also have the flexibility to choose healthier ingredients, like fruits and vegetables, whole grains and healthy proteins.

Saving money is another benefit of cooking at home. Eating out or ordering take out is expensive, and adds up quickly. While it is certainly nice for a treat, it may not be financially sustainable in the long term. When you cook your own meals, you can save money by buying in bulk and using similar ingredients in your recipes, choosing meals based on sale items, and ensuring that your portions are appropriately sized so you aren’t wasting food and money.

Cooking at home also allows you to enjoy cooking and eating your meals with your family, roommates, or friends. The experience of cooking with others

gives you the opportunity to learn new kitchen skills, try new foods, and enjoy the process of food preparation through quality time with loved ones. Studies have shown that people of all ages eat better when they share a meal with others.

Overall, there are many proven health benefits to cooking at home more often. You can eat healthier, save money, and learn to enjoy the cooking and eating process with others

DWAO collecting donations of menstrual hygiene products

By CFB Halifax Public Affairs

Did you know that one-third of Canadian women under the age of 25 say they’ve struggled to afford menstrual products? CFB Halifax, in cooperation with the Defence Women’s Advisory Organization (DWAO) Halifax, is collecting menstrual hygiene product donations from members of the local Defence community until March 10, 2021, to help combat “period poverty”. Seen here is Holly Scothorn, civilian co-chair of the Defence Women’s Advisory Organization (DWAO) Halifax. Donations of the following items (in full, unopened boxes/consumer packaging) are graciously accepted: Diva Cups, tampons, sanitary napkins (pads), menstrual cups, cloth menstrual pads and period panties. See link (via MARLANT Intranet) for details on what, how and where to donate: [http://halifax.mil.ca/GenericImages/T7597376/2021-En-Donation-Sh \(1\).pdf](http://halifax.mil.ca/GenericImages/T7597376/2021-En-Donation-Sh (1).pdf).



EAP Coordinator Holly Scothorn.

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Pink Shirt Day at CFB Halifax

By CFB Halifax Public Affairs

In honour of Pink Shirt (Anti-Bullying) Day, CFB Halifax received some awesome photos from our Defence Team members and senior leadership sporting pink shirts, in support of this important day dedicated to kindness, civility and bullying prevention. Thank you to everyone who purchased our customized 2021 Pink Shirt Day t-shirts. CFB Halifax

had a total of 600 t-shirts for sale as part of our Pink Shirt Day campaign – and they went fast! Thank you to everyone who came out in support of this annual t-shirt fundraiser, which was made possible by our sponsors Fundy Textile and SanMar Canada. Your contributions will help support two local non-profit organizations working to better our communities:

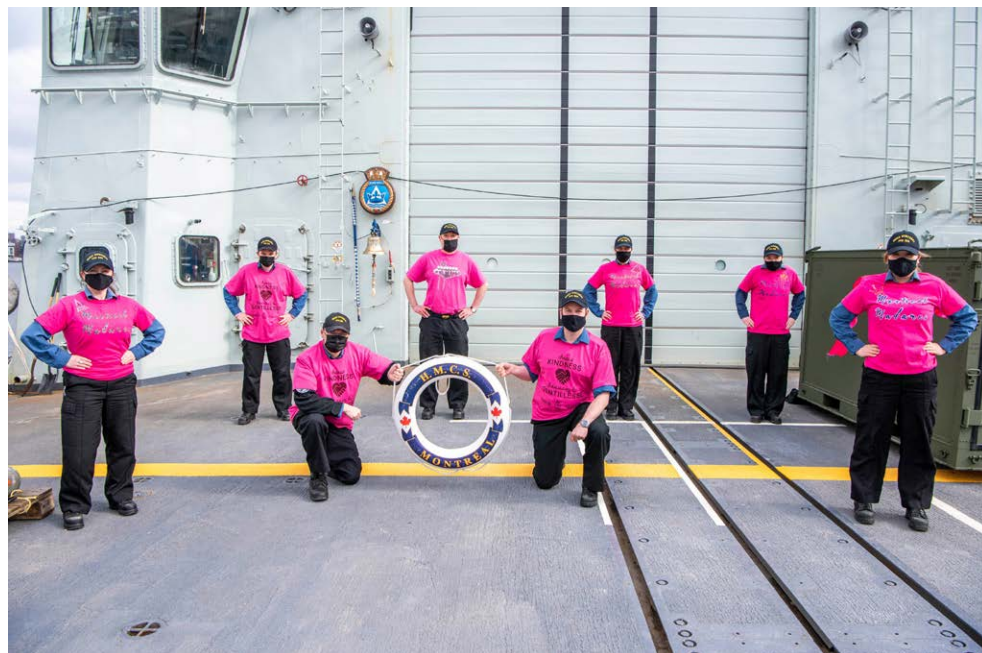
LOVE (Nova Scotia) and The Youth Project.

We at CFB Halifax are committed, along with our colleagues across the larger DND/CAF family, and striving to create a work environment and organizational culture where all employees are treated with dignity, respect and fairness – today and every day.



Base Commander Capt(N) Sean Williams, right, and Base Chief CPO1 Kent Gregory.

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Members of HMCS Montréal.

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EAP Advisors are ready to help

By CFB Halifax Public Affairs

All of us, regardless of our position in the Department, at one time or another, face problems or issues in our personal and professional lives. Employee Assistance Program (EAP) Peer Advisors are available to listen with empathy and compassion and to provide a confidential, neutral service to employees in need. They work in support of Defence Team personnel to help navigate available help resources and community supports to help build a stronger Defence community; these individuals are needed no more than ever, as we face a time of unprecedented challenges.

You can be connected with an EAP Peer Advisor to support you by calling our local EAP Office at 902-240-8251. For more information on DND's Employee Assistance Program, please refer to the EAP intranet site at: <http://hrciv-rhciv.mil.ca/en/employee-assistance-program.page>. Remember to be kind and patient with yourself and others, and to communicate with care – today and every day.



Sherry Fraser (left), Michael Poulin and Erin Welcher are Employee Assistance Program Peer Advisors at CFB Halifax.

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HMCS Calgary sets sail for Op PROJECTION

Friends and family wave goodbye as HMCS Calgary sails out of Esquimalt Harbour to begin a six-month deployment to Operation PROJECTION in the Asia-Pacific and Operation ARTEMIS in the Middle East. The ship departed Esquimalt on February 26, and is expected home in September.

MARPAC PUBLIC AFFAIRS



The return of daylight

By Padre Lt(N) Charles Irish,
Base Chaplain



The days are getting longer. Thank goodness! For many people, the dark months of winter are a struggle, especially after the celebrations of December give way to the long slog through January and February – what is there to look forward to? But now the daylight is lasting longer. It's a sign that winter won't last forever. Maybe there is some-

thing to look forward to, after all.

Our lives seem to follow the same fluctuations as we go through times of darkness and light. We might all be able to think of times when darkness gave way to brighter, lighter times. Sometimes we struggle through something – a family or workplace conflict, a bad posting, a hard deployment, a difficult relationship, grief, a traumatic event – until one day we realize, with surprise, that the worst of the darkness seems to be behind us. It's getting lighter. We might still carry wounds or sadness, and the struggle might promise to go on for some time, but the weight of the darkness is not so heavy as it was, and we can sense a new freedom to carry on. The little light we discover gives us hope that there might be more to come.

What does that tell us about getting through hard and discouraging times? First, if we look back and think of times we've survived a hardship, we know that having done it once, we are more prepared to face trials again. We might not want to, but we can. Just like the

seasons, our lives move in cycles, and the more we go through, the more we learn how to get through it. It's not that things get easier. It's that we are more apt to survive. When we face a challenge, we can ask ourselves 'How did I manage before? What strengths did I discover? What truths did I come to realize? What support did I find? What helped me through last time?'

Second, this resilience depends on keeping our faith in the light to come. If we think, 'it'll never get better,' we might give up on the way. Darkness should not have the last word.

Third, surviving the darkness depends on noticing the light when it comes. Sometimes we feel so overwhelmed by what's wrong that we don't notice the little glimmers of "right." What are these lights in the darkness for you? Is it a friend? A relationship? A belief or value? A faith? Something someone said? A child who depends on you, and except for whom you might give up? Someone to listen? (Even if the padre is the only person you can think

of! Someone is better than no one!)

Something is better than nothing. A single little flame can make a difference to a dark room. But we can miss these things if we aren't paying attention. It was just a few days ago that I realized that the daylight comes earlier in the mornings now. It took me by surprise. The light has, of course, been growing for a while, but I hadn't been paying attention.

These lights keep us going. They represent not only a promise – that spring is coming; that one day things won't be so dark as they are; that you have a future, even if not the one you planned on – but they are also a presence. They are companions on the way.

Are you struggling through the dark days? What can you see that is "light"? It may be a simple thing, and it may seem to be the only thing, but it's there for you. It's telling you something. It's there to take you through another day, and help you wait for spring to come again.

SPORTS & FITNESS



Adopting the AMRAP Mentality outside the gym

By Emily Morton,
Fitness and Sports Instructor, CFB Halifax

"When you choose to cut out the noise, commit to the grind and add a touch of competitive energy, you are going to see the positive results"- Jason Khalipa, 2008 CrossFit Games Champion

What does adopting the AMRAP Mentality mean? Let's start with breaking down the term AMRAP. The well-known term originated within the sport of CrossFit; AMRAP stands for As Many Rounds as Possible, in a given time frame. It's a means of accomplishing high quality and meaningful movements to yield the best results possible, while limiting all distractions.

But the AMRAP Mentality doesn't just belong within the compounds of the gym. If you can AMRAP a workout and see results; applying the method in other facets of life can work too!

Life is like a juggling act; the first step is knowing which balls are made of plastic and which are made

of glass. If you drop a plastic ball, it most likely isn't going to break, but if you drop a glass ball, the consequences are greater. In the context of life, we can consider our glass balls to be such things as our health, family and career, while the plastic balls cover other aspects of our lives. The question is how to keep fewer balls from dropping? This is where the AMRAP mentality comes into play.

Steps to applying the AMRAP Mentality

Begin each day with a list; write down everything! Now, highlight your "glass balls" – these are non-negotiable items that MUST be accomplished by the end of the day. Secondly identify your "plastic balls" or items that could be considered negotiable in the context of your day. These are nice to accomplish, but not crucial.

Looking at your list, allot a time frame for each of

your daily activities, these are your AMRAPs!

For example, your to do list might look a little something like this:

Monthly Budget Report to meet tomorrow's deadline - AMRAP x 60:00

Edit newsletter - AMRAP x 30:00

Pick kids up from gymnastics - AMRAP x 20:00

Book a dentist appointment for next month - AMRAP x 5:00

Suddenly, a list that once felt overwhelming to tackle is now prioritized and broken down into realistic time frames. The key, however, is that similar to your workout, as soon as the timer starts, distractions must be non-existent. Think of it this way, would you stop in the middle of a workout to answer your phone or reply to an email? No! Bring that same level of commitment and focus to any task at hand.



CAF trainers, officials encouraged to connect online

By Canadian Armed Forces Sports

With COVID-19 putting a year-long damper on CAF sports programs, a call is being put out to all officials, trainers and administrators to check in online and reconnect with the military sports community across the country. Our members not only miss sports, but also miss socializing with their friends and colleagues during events.

The CAF Sports Office (CAFSO) has created a number of Facebook groups to enhance communication and foster relationships between members of our military sports community. If you don't use social media often, don't worry, email will remain the CAFSO's main means of communication for important announcements. When CAF sports make their eventual return, the hope is to continue using these pages for training opportunities, information sharing, mentorship, and to build community among peers with similar interests.

The list of Facebook groups is below. Feel free to join if you're a CAF Sports administrator, a currently serving CAF member (class A, B, or C) or a full-time NPF member, whether you're already involved in officiating or if you would like to become involved in the future.

CAF Athletic Trainers: <https://www.facebook.com/groups/cafatp>

CAF Badminton Officials: <https://www.facebook.com/groups/cafbadminton>

CAF Ball Hockey Officials: <https://www.facebook.com/groups/cafbalshockey>

CAF Basketball Officials: <https://www.facebook.com/groups/cafbasketball>

CAF Golf Officials: <https://www.facebook.com/groups/cafgolf>

CAF Ice Hockey Officials: <https://www.facebook.com/groups/cafhockey>

CAF Slo-pitch Officials: <https://www.facebook.com/groups/cafslopitch>

CAF Soccer Officials: <https://www.facebook.com/groups/cafsoccer>

CAF Squash Officials: <https://www.facebook.com/groups/cfsquash>

CAF Volleyball Officials: <https://www.facebook.com/groups/cafvolleyball>



Working out in Curaçao

After a long stretch at sea deployed on Operation CARIBBE, members of HMCS Moncton were happy to take advantage of the jetty in beautiful Curaçao, where they played "Workout Jenga", and soaked in the tropical sights from the safety of the ship.

FORMATION IMAGING SERVICES



BMQ recruits hit the gym

New recruits taking part in the latest Atlantic Decentralized Basic Military Qualification course underwent fitness testing at the Shearwater Fitness and Sports Centre recently. The 10-week course began on February 17 and is being hosted by 12 Wing Shearwater under strict safety protocols, following an initial successful iteration of the course that took place in the fall of 2020.

CPL SIMON ARCAND, FORMATION IMAGING SERVICES

Registration open for Navy Bike Ride 2021

By Canadian Armed Forces Sports

Are you ready to ride? Following the success of the 2020 Battle of the Atlantic virtual challenge, the Navy Bike Ride is pleased to present the 2021 Harry DeWolf virtual challenge.

Organizers are targeting 30,000 cumulative rides – cyclists will bike indoors or outdoors, all while respecting the rules of social distancing, as we chart the course of HMCS *Harry DeWolf*'s upcoming inaugural deployment through Canada's North and around North America.

Registration is now open for this free event, which will run from June 12 through August 29. Funds raised through the Navy Bike Ride will go towards the Royal Canadian Naval Benevolent Fund and Support Our Troops. Register now through Race Roster at <https://raceroster.com/events/2021/36550/navy-bike-ride-2021>.