



www.tridentnewspaper.com

TRIDENT

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

Happy birthday, HMCS Oriole

The Royal Canadian Navy's only tall ship, and its oldest commissioned ship, is now a centenarian. June 2 marked the 100-year anniversary of the HMCS Oriole's official launch as a civilian vessel in 1921. Oriole was commissioned into the Royal Canadian Navy in 1954, and continues to serve today as a valuable platform for public outreach and seamanship training.

MONA GHIZ, MARLANT PA





HMCS Sackville, Canada's last surviving Second World War Corvette, completed its refit and undocking on June 2.

MONA GHIZ, MARLANT PA

HMCS Sackville out of drydock following extensive repair work

By Joanie Veitch,
Trident Staff

After eight months of critical repair work at Fleet Maintenance Facility Cape Scott, Canada's Naval Memorial is back in the water.

On Wednesday, June 2, HMCS Sackville was rolled out of the submarine shed at HMC Dockyard and put on the Synchronlift for water ballasting before being lowered back in the water and towed to NC1, the ship's dockyard berth, where she will remain until she's ready to go to Sackville Landing on the Halifax Waterfront.

The work was vital as the 80-year-old hull was reaching the end of its life expectancy, said Cdr (ret'd) Gary Reddy, Commanding Officer of HMCS Sackville, who gave top marks to FMF personnel for their work on the project over the last several months.

"FMF personnel were completely dedicated and committed to this project, they took a special interest in ensuring the high standard of workmanship and thoroughness of the work required," he said.

Sackville went into drydock last September to finish cladding the rusted and thinning hull with quarter-inch steel plates up to one foot above the water line — a \$5 million project that was first started in 2018 and paid for through a federal grant, RCN support and money from the Canadian Naval Memorial Trust, the non-profit organization that owns and operates HMCS Sackville.

"All the pieces fell into place for the work to begin again last fall and it

worked out tremendously well," said Capt(N) (ret'd) William Woodburn, CNMT board chair. "The professionalism and enthusiasm of the crews of workers at FMF Cape Scott, and the other outside contractors and volunteers, was exceptional."

Ten shops from FMF Cape Scott were involved in the refit project, with the plating and welding shop doing the bulk of the work, said Capt(N) Michel Thibault, FMFCS Commanding Officer. "Given that it is the Sackville, it was certainly a special project for us, but we treated it no differently than any other project in terms of tracking its progress...everything comes down to schedule and capacity as I have to manage the employees and the workforce based upon the priority work that comes our way."

To help manage the schedule, FMFCS tackled the more complicated sections of the repair project when Sackville was first taken into drydock last fall — namely the stern and the bow of the ship, where the plates had to bend to fit the curvature of the hull — knowing that would be the slowest part of the work.

"Those are the areas where you can only apply small sections of plate at the same time because there are so many curves," said Capt(N) Thibault. "It required a lot of precision and very detailed execution of the plate fitting and the welding. This type of precision work is something that FMF really excels at doing."

The recladding work is an interim solution until funds can be raised for an estimated \$12-million reskinning of the hull, the basis of the CNMT Just For the Hull of It campaign and trustees' major focus now and in the years ahead, explained Capt(N) (ret'd) Woodburn.



From left, former CNMT Chair Wendell Brown, Formation Chief CPO1 Tom Lizotte, FMFCS project leader Bob Naugler, FMFCS CO Capt(N) Michel Thibault, Commander MARLANT and JTFA RAdm Brian Santarpia, and current CNMT Chair William Woodburn.

MONA GHIZ, MARLANT PA

"We've saved the ship for now, while we develop that long term plan and focus on raising funds," he said. "We will need government support for this project and are looking forward to working with all three levels of government... the significance of this ship as part of

our history cannot be overstated."

Although the COVID-19 pandemic prevented much of the usual activity last summer, visitors to the region consistently rate Sackville as one of the top attractions. The last of the 123 Flower-class Corvettes built in Canada during the Second World War, this

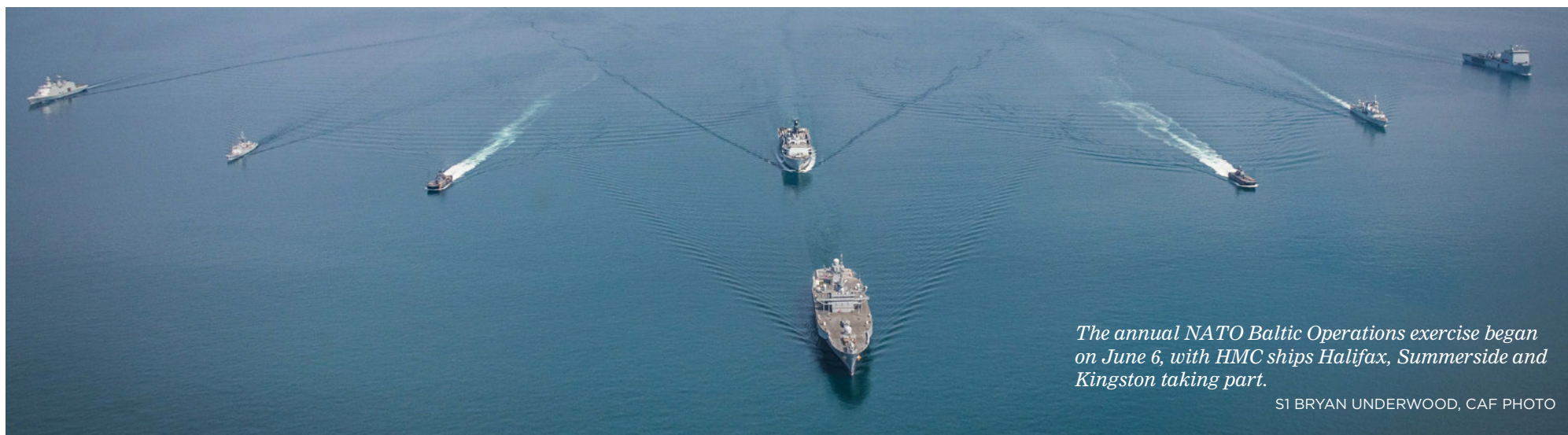
year marks the 80th anniversary of HMCS Sackville's commissioning.

"Sackville is the only remaining Corvette in the world. The ship is a physical reminder of the dedication and sacrifices of the men and women who served," said Cdr (ret'd) Reddy.

After being taken out of drydock, Sackville is going through a cleaning and preparation process to get ready to go to her summer berth at Sackville Landing, tentatively set for June 23.

"We will follow Public Health guidelines so, for now, we will not

be open to visitors, but this most likely will change," said Cdr (ret'd) Reddy. "The crew is excited to get the ship back in order and downtown...to tell the story of the Battle of the Atlantic and those who served."



The annual NATO Baltic Operations exercise began on June 6, with HMC ships *Halifax*, *Summerside* and *Kingston* taking part.

S1 BRYAN UNDERWOOD, CAF PHOTO

Annual multinational training exercise underway in northern Europe

By Joanie Veitch,
Trident Staff

Three Royal Canadian Navy ships are in the Baltic Sea region of northern Europe for the annual Baltic Operations exercise (BALTOPS), the premier maritime-focused defence training event in the Baltic region, now in its 50th year, taking place June 6 - 18.

Her Majesty's Canadian (HMC) Ships *Kingston*, *Summerside* and *Halifax* have joined 4,000 naval and air force personnel from 18 NATO allies and partner nations, with an estimated 40 ships and submarines, and 60 aircraft taking part. Training scheduled for the 12 days includes air defence, anti-submarine warfare, maritime interdiction and mine countermeasure operations.

"The exercise aims to deliver high-end training across the entire spectrum of naval warfare. This has been a highly anticipated event for the RCN, as we get to work with so many different international partners and allies," said LCdr Greg Zuliani, Commanding Officer of HMCS *Kingston*.

BALTOPS 50 is divided into three training phases: a virtual pre-sail event, followed by a combat enhancement training (CET)/force integration training (FIT) portion, and then the final tactical phase of the exercise (TACEX).

During the CET/FIT phase, taking place June 6 - 12 in the Danish Straits, ships and aircraft participate in scripted training events before moving further east and shifting into the "free-play" portion of the exercise, with fictional but realistic situations where "commanders are given more freedom to run their own tactical programs," according to Naval Striking and Support Forces NATO (STRIKFORNATO), the unit in charge of command and control of BALTOPS 50 from its headquarters in Oeiras, Portugal.

Working together, teams from Fleet Diving Unit Atlantic (FDU(A)), embarked with *Kingston* and *Summerside*, are joining a NATO task group conducting Naval Mine Counter Measures (NMCM). Using the REMUS, an autonomous underwater vehicle, as well as other specialized tools, a Seabed Intervention Systems (SBIS) sub-team from FDU(A) with *Kingston* will locate and identify mine-like contacts in their area of operations, while the six members of the embarked dive team with *Summerside* will investigate potential mine contacts and conduct clearance operations.

It's a challenging exercise in a chal-

lenging environment, carried out in a time-constrained scenario, explained A/SLt David Lindsay. "BALTOPS is designed to improve flexibility and interoperability among allies and partners. This particular exercise allows *Summerside* and *Kingston* to train in operating with allies while honing our skills in Mine Warfare."

The BALTOPS exercise is a new experience for many of the sailors on board *Summerside* and *Kingston*, and an exciting opportunity to learn and share knowledge and skills.

"Operating in a true multi-national and multi-ship environment is invaluable training for all members of the crew, particularly the junior sailors who have not had this opportunity before BALTOPS," said LCdr Zuliani. "We also get the chance to demonstrate to our partners and allies that we bring valuable skills to the table."

In a separate task group, HMCS *Halifax* — currently deployed as Flagger with Standing NATO Maritime Group 1 as part of Operation Reassurance — joins BALTOPS on the heels of two other joint multinational defence exercises: Exercise Joint Warrior off the UK coast and Exercise Steadfast Defender off the

coast of Portugal.

Both HMCS *Summerside* and HMCS *Kingston* had been scheduled to participate in last year's BALTOPS event, along with HMCS *Goose Bay*, but had to remain in Canada to support Operation Vector, which has been providing ongoing support to civilian agencies during the COVID-19 pandemic.

All members of the ships' companies followed strict COVID-19 protocols prior to leaving Halifax. Although COVID-19 restrictions are easing in much of Europe, precautions are still in place for RCN personnel to limit any exposure to the virus, explained LCdr Greg Zuliani.

As both *Kingston* and *Summerside* have been under the same restrictions since their departure from Halifax on May 4th, they are able to freely interact when alongside in port, he added.

"This has provided us the opportunity for our two crews to come closer together and both crews have come up with great ideas of how we can safely enjoy the various ports we've visited so far, even if we are limited to remaining onboard or on the jetty."



The MH-60 Seahawk Maritime Helicopter from HDMS *Absalon* conducts cross deck training with HMCS *Halifax* on June 8.



HMCS *Halifax* sails alongside HNoMS *Storm* and RFA *Mounts Bay* during a BALTOPS photo exercise on June 6.



Editor: Ryan Melanson

ryan.melanson@psphalifax.ca
(902) 427-4235

Reporter: Joanie Veitch

joanie.veitch@psphalifax.ca
(902) 427-4238

Editorial Advisor: Margaret Conway

margaret.conway@forces.gc.ca
902-721-0560

Editorial Advisor: Ariane Guay-Jadah

Ariane.Guay-Jadah@forces.gc.ca
902-721-8341

www.tridentnewspaper.com

Trident is an authorized military publication distributed across Canada and throughout the world every second Monday, and is published with the permission of Rear Admiral Brian Santarpia, Commander, Joint Task Force Atlantic. The Editor reserves the right to edit, condense or reject copy, photographs or advertising to achieve the aims of a service newspaper as defined by the Interim Canadian Forces Newspapers Policy dated April 11, 2005. Deadline for copy and advertising is 10 a.m., 11 business days prior to the publication date. Material must be accompanied by the contributor's name, address and phone number. Opinions and advertisements printed in Trident are those of the individual contributor or advertiser and do not necessarily reflect the opinions or endorsements of the DND, the Editor or the Publisher.

Le Trident est une publication militaire autorisée par le contre-amiral Brian Santarpia, Commandant la force opérationnelle interarmées de l'Atlantique, qui est distribuée partout au Canada et outremer les lundis toutes les quinze semaines. Le rédacteur en chef se réserve le droit de modifier, de condenser ou de rejeter les articles, photographies ou annonces publicitaires jugées contraires aux objectifs d'un journal militaire selon la définition donnée à politique temporaire des journaux des forces canadiennes. L'heure de tombée des annonces publicitaires ou des articles est fixée à 1000 le jeudi précédant la semaine de publication. Les textes peuvent être soumis en français ou en anglais; ils doivent indiquer le nom, l'adresse et le numéro de téléphone du collaborateur. Les opinions et les annonces publicitaires imprimées par le Trident sont celles des collaborateurs et agents publicitaires et non nécessairement celles de la rédaction, du MDN ou de l'éditeur.

Annual Subscription (25 issues):

- NS: \$37.38 (\$32.50 + 15% HST)
- ON, NB & NFLD: \$36.73 (\$32.50 + 13% HST)
- BC: \$36.40 (\$32.50 + 12% HST)
- Remainder of Canada: \$34.13 (\$32.50 + GST)
- United States: \$45 US
- Abroad: \$65 US

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

Publication Mail Agreement No.
40023785

Return undelivered Canadian address to:
Trident Newspaper Bldg, S-93
PO Box 99000
Station Forces, Halifax, NS B3K 5X5
Return Postage Guaranteed
ISN 0025-3413

Circulation: Minimum 8,500

HMCS *Harry DeWolf* trades ice-breaking for warm weather trials

By Darlene Blakeley,
RCN PA

The temperature was a little different this time around.

After a month of conducting cold weather and ice trials off the coasts of Northern Labrador and Nunavut earlier this year, Her Majesty's Canadian Ship (HMCS) *Harry DeWolf* found itself in warm waters near Puerto Rico in late April.

With the water temperature hovering at 29C and the outside air temperature at 35C, the conditions were perfect for the trials needed to test the ship's systems in warmer weather alongside or at sea.

"The ability for the ship to cool engines, keep humidity in check and have enough cool air for computer hardware to run properly are the mainstays of heating, ventilation and air cooling (HVAC) system testing," says Commander (Cdr) Corey Gleason, *Harry DeWolf's* Commanding Officer.

"The refrigerated spaces and the galley temperatures were checked each day while preparing meals. The main propulsion plant was tested at full speed over a period of four hours where the sea water cooling was checked periodically, as well as the temperatures of every engine space. Finally, all of the lifting appliances were tested and verified to be operational in extreme heat."

Cdr Gleason says the ship performed very well in the warm weather.

"There were requirements to tune the HVAC system in different parts of the ship to ensure air flow was meeting specifications, and we as a ship's company did our part by maintaining strict access controls to the upper decks to keep the hot air outside."

While *Harry DeWolf* is an Arctic and Offshore Patrol Ship that will be used

as an icebreaker in the North, Canada needs a Navy that can operate anywhere in the world.

"These ships need to be able deliver to the Canadian problem: extreme cold operations in Canada's domestic north, but also anywhere in the world where the Canadian Government would need the Navy to assist," explains Cdr Gleason.

He jokes that during the warm weather trials they

didn't see any polar bears, but they did see dolphins and flying fish. Sailors, he says, have more experience with the latter.

"Certainly hull interactions with ice

has challenges that are unlike any other and completely unfamiliar to today's sailors – operating in warmer weather was pretty 'old hat' and familiar ground to our sailors."

During the trials, Petty Officer 1st Class Sophie Williams, Senior Naval Communicator aboard *Harry DeWolf*,

was responsible for ensuring critical communications were maintained while at sea. However, she said her responsibilities change very little, no matter where the ship is in the world.

"There are always challenges maintaining communications while at sea. The extreme diversity of the locations created differing connectivity issues that kept the naval communicators busy."

She adds that each trial *Harry DeWolf* completes is important, and the entire ship's company is invested in completing them.

"Some of the major milestones have been incredibly rewarding and it's nice to be able to say that we have accomplished firsts with *Harry DeWolf* that have been the culmination of my 30-year career."

Master Sailor Robert Bourque, Integrated Platform Management System (IPMS) controls technician and electrical systems maintainer on board, says his role during the warm weather

trials was to collect electrical and mechanical system data from the ship's IPMS data recording server and to process that data into a readable report for analysis, supporting the trial agenda in



HMCS *Harry DeWolf's* Deck Department crew members work on the cable deck during warm weather trials.

CPL SIMON ARCAND, CAF PHOTO

any way possible.

He agrees that being aboard *Harry DeWolf* during both cold and warm weather trials has been a great opportunity.

"There have been some challenges along the way with the trials, but our outstanding crew always pulls together to get the job done to continue the trial program on schedule," he says. "Participating in this program is definitely going to be a major highlight of my career and many stories that I will be able to tell in the future."



Lt(N) Steven Gallant performs functional tasks on board a rigid-hulled inflatable boat with HMCS *Harry DeWolf* in the background during warm water trials.

CPL SIMON ARCAND, CAF PHOTO



Following warm water trials, *Harry DeWolf* returned home, where they turned to Shipboard Helicopter Operating Limits (SHOL) trials with the CH-148 Cyclone off the coast of Nova Scotia.

CPL SIMON ARCAND, CAF PHOTO



BOR modernizes In/Out forms for posted members

By Peter Mallet,
The Lookout Staff

The Base Orderly Room (BOR) has completed a successful trial of a digital form that changes the way Canadian Armed Forces members do business.

Military members posted to CFB Esquimalt and CFB Halifax can now complete their In/Out routine form via online application.

In/Out forms are essential documents that enable military members to receive personal liability and clearance certificates, pay and records documentation, and mess affiliation when leaving an existing posting and arriving at a new one.

Prior to the launch of the trial in May, all In/Out routine forms were paper hard copy.

Lt(N) Alex Uddin, BOR Officer In Charge, says the modernization was born out of necessity.

“During the COVID-19 pandemic, the BOR faced many challenges including members not being able to physically come into the BOR. This resulted in the modernization of our delivery of core services through digital methods. Part of that mission was to streamline the In/Out routine for members being posted to and leaving

the base, which resulted in a digitized process instead of a physical paper copy.”

The PDF-based forms require a digital signature to complete. The document is accessible on the DWAN browser. The digital form can be used in Esquimalt or Halifax or to transfer from any other CAF base.

The trial of the digital forms received positive feedback, says Lt(N) Uddin. The program received final approval and is now live, they anticipate the new digital forms will become a permanent feature.

To access the In/out routine forms through the DWAN, visit the following webpage: https://collaboration-navy.forces.mil.ca/sites/DGFSC/DIDN/DIDN3/Shared%20Documents/RCN_IOR_MbrDataEntry.pdf

If you do not have access to a DWAN account or computer, send your request to the appropriate email address below:

CFB Halifax:

PL-HFX.BAdmIORoutine@forces.gc.ca

CFB Esquimalt:

PL-ESQ.BAdmIORoutines@forces.gc.ca

Use the subject line: Requesting In/Out Routine Form.



Lt(N) Alex Uddin says the new digital In/Out forms are getting positive feedback.

THE LOOKOUT

Get creative with summer nutrition

By PSP Health Promotion

We are just shy of the official start of summer. We are getting so close to countless days filled with fresh, seasonal fruits and vegetables, beach picnics and evening barbecues. With the long days and warm evenings in mind, we wanted to inspire you to take advantage of all the locally grown produce that our province has to offer.

During the summer months, fresh produce grows in abundance, benefiting us with easy access to consume and support local all while maintaining

a well-balanced diet. When planning and preparing your meals, the key to a balanced diet is colour. Not only is a colourful plate appealing to the eyes, it provides us with essential nutrients like vitamins and minerals, contributing to our overall health and reducing the risk of disease.

So, how can you incorporate more fruits and vegetables into your diet this summer? Be creative! Make a savoury salad with lettuce, cucumbers and tomatoes, or make it sweet by mixing in some fresh berries; grill vegetables in a tray on the barbeque with a tablespoon of olive oil and seasonings; make a colourful charcuterie board with all local produce and protein; and, have fruits and vegetables in sight for snacking – pairing them with peanut butter, yogurt, cheese, salsa or nuts.

Follow your local Health Promotion team on Facebook (@PSPHalifaxHealthPromotion) for more nutritious and delicious suggestions this summer!



A colourful fruit tray served during a recent breakfast on board HMCS Calgary.

PO1 KURT ARNOLD



CANEX
A division of CFMWS
Une division des SBMFC

thePersonal

**It's our turn to
have your back
With home and auto
insurance made for you**

<p>Spring has Sprung! Win \$100 each week in June 5 chances to win!</p>	<p>All virtual ballots received will be entered to win \$100 Gift Card to local CANEX store</p> <p>canexhalifax-June2021.instantdraw.ca</p> <p><small>*No purchase necessary*</small></p> <p><small>*Contest Runs June 1, 2021 to June 30, 2021</small></p>
--	--



SNMG1 Flagship HMCS Halifax fires its 57 mm main gun off the coast of Portugal on May 23 during Exercise Steadfast Defender 21, a defensive exercise based on an Article 5 scenario, designed to deter aggression and respond to crisis if necessary.

S1 BRYAN UNDERWOOD

HMCS Halifax participates in NATO Exercise Steadfast Defender 21

By LCdr Mark Fifield,
SNMG1 PAO

Standing NATO Maritime Group One (SNMG1) and Standing NATO Maritime Group Two (SNMG2) participated in Exercise Steadfast Defender off the coast of Portugal 20-28 May 2021.



Standing NATO Maritime Group One (SNMG1) Flagship HMCS Halifax conducts a Replenishment-At-Sea (RAS) with RFA Tidespring off the coast of Portugal during Exercise Steadfast Defender 21.

S1 BRYAN UNDERWOOD

Steadfast Defender, the principal NATO multi-domain exercise of 2021, is a large-scale multinational collective defence exercise conducted in three parts across various geographical locations in SACEUR's area of responsibility. It is the first in a new series of long-planned exercises to ensure that NATO's land, sea and air forces are well-trained, highly interoperable and at a heightened state of readiness to respond quickly and effectively to potential threats from any direction.

Two of NATO's Standing Naval Forces (SNF), SNMG1 and SNMG2, participated in the Maritime Live Exercise (LIVEX) part of Steadfast Defender in the waters off Lisbon, Portugal. It

involved around 20 ships and submarines, 60 aircraft and 9,000 service members from 20 NATO Allies and partners who worked together in a dynamic maritime environment in preparation for challenging, high-end operations against near-peer competitors.

SNMG1 ships HMCS Halifax, HDMS Absalon, FS Normandie and their consort NRP Alvarés Cabral were joined by SNMG2 ships ESPS Méndez Núñez and HMS Kent along with their consorts ITS Andrea Doria and FGS Brandenburg. Steadfast Defender was the first time that both SNMGs had an opportunity to interact with each other this semester.

The Maritime LIVEX focused primarily on NATO's ability to protect and defend essential Sea Lines of Communication (i.e. primary maritime routes) that enable transatlantic reinforcement if NATO needed to defend a member of the Alliance in an Article 5 situation. Article 5 outlines that if a NATO member is the victim of an armed attack, each and every other member of the Alliance will consider it as an armed attack against all members and will take any actions it deems necessary to assist the Ally attacked. This principle of collective defence is at the very heart of NATO's founding treaty and binds its members together, committing them to protect each other and establishing a shared spirit of solidarity within the Alliance.

Maritime LIVEX highlights included a brief Combat Enhancement/Force Integration Training (CET/FIT) phase to ensure that all participating units were

fully integrated and ready to conduct various high-intensity operations and assume specific roles/responsibilities as part of the exercise. Following the CET/FIT phase, NATO Groups participated in an ENCOUNTEREX free-play phase where they opposed the UK Carrier Strike Group led by HMS Queen Elizabeth. This was the second time in less than a month that one of NATO's SNFs had interacted with the UK Carrier Strike Group as it prepares for its imminent seven-month deployment to the Indo-Pacific.



RAdm Steven Waddell, Maritime Component Commander of Exercise Steadfast Defender 21, presents a plaque to Commander SNMG1, Cmdre Bradley Peats, on HMCS Halifax on May 27. RAdm Waddell is currently on exchange with the United States Navy. RAdm Waddell and Cmdre Peats are both RCN Flag Officers who are assuming key leadership roles during the exercise.

S1 BRYAN UNDERWOOD

"Exercise Steadfast Defender 21 improved NATO Standing Naval Forces' capability to respond collectively and decisively to an attack from various

potential threats to NATO citizens, territorial integrity, shared interests and democratic values," said Commodore Bradley Peats. "The scale, scope and variety of maritime capabilities and platforms involved, reflect NATO's unwavering resolve to deter and defend in the Euro-Atlantic area. Exercise Steadfast Defender 21 demonstrated the value of North America and Europe working closely and seamlessly together to keep our nations safe in a constantly evolving and challenging global security environment."

"Keeping the Alliance strong and ready is nowadays more important than it was ever. Steadfast Defender 21 provides an outstanding opportunity for SNMG1 and SNMG2 to operate in the same task group for the first time in this year 2021," said Rear Admiral Manuel Aguirre Aldereguía, Commander SNMG2. "Working together and coordinating efforts in a synergistic way is a force multiplier and contributes decisively to show NATO strength and increase its deterrence and posture."

Several Allied aircraft carriers, under national command, are deploying into SACEUR area of responsibility during these months, demonstrating Allied unity and commitment to effectively deliver multi-domain effects. The carrier strike activity demonstrates power projection over large distances with its unparalleled combat capability, and are a critical element of NATO deterrence.



TGEX 21-02 starts with a bang for HMCS Winnipeg and HMCS Regina

By Capt Jenn Jackson,
TGEX 21-02 PAO

HMC ships *Winnipeg* and *Regina* started Task Group Exercise 21-02 (TGEX 21-02) on May 29 with a successful anti-air warfare exercise in the West Coast Firing Range.

Winnipeg fired two evolved sea sparrow missiles as part of the ship's preparations for their upcoming deployment on Operations Projection and Neon. They fired at unmanned aerial targets known as Vindicators launched from *Regina*.

"I am extremely proud of my team and what they accomplished," says Cdr Doug Layton, Commanding Officer of *Winnipeg*. "In addition to firing our missiles, we also successfully fired our 57mm gun, Close-in Weapons System, and Naval Remote Weapons System to destroy all four Vindicator targets. The teamwork displayed across all departments was unsurpassed throughout."

TGEX 21-02 is a naval exercise taking place until June 11 off the coast of western Vancouver Island, and in the vicinity of Constance Bank, and the Strait of Georgia. It includes participation from the Royal Canadian Navy and Royal Canadian Air Force.

"This exercise provides a valuable opportunity for Pacific Fleet ships to maintain operational readiness while simultaneously supporting at-sea experience for newly trained Operations Room Officers," says Capt(N) Scott Robinson, Commander of TGEX 21-02.

Operations Room Officers (OROs) are senior Lieutenant(N) Naval Warfare Officers who are charged by the ship's Commanding Officer with conducting and coordinating the ship's overall program and warfare capabilities. Selection to become an ORO is merit-based and a key step for Naval Warfare

Officers to progress to higher ranks and eventual command.

"Having an opportunity to gain experience at sea has been extremely valuable," says Lt(N) Ben Scott, recent ORO course graduate. "It is helping me build confidence in my skills and the mentorship I've received makes the transition from the simulations we do on the course to what happens at sea much smoother. This TGEX is setting me up for success in my next ship."

TGEX 21-02 participants are provided with an array of events to enhance individual unit training and combat readiness including live fire of HMC Ship weapons systems, seamanship, maritime interdiction operations, anti-submarine warfare, surface warfare,



HMCS Winnipeg fired two evolved sea sparrow missiles during Task Group Exercise 21-2 on the west coast.

CAPT JENN JACKSON

air defence, and small boat defence.

"Maritime defence and security is the navy's first priority at home, helping ensure that Canada's maritime approaches are effectively monitored and protected," adds Capt(N) Robinson. "TGEX 21-02 ensures that RCN sailors are able to adapt and react with agility through supporting comprehensive naval training while simultaneously exercising the RCN's domestic role. That's what we as a navy do."

TGEX 21-02 involves more than 400 personnel, including aircraft from both 443 Maritime Helicopter Squadron and 407 Long Range Patrol Squadron.

Face of Base: Kelly Martell

By Shalini Deshwal, CFB Halifax PA Intern

We are extremely pleased to introduce this week's Face of Base: Kelly Anne Martell! Kelly is a civilian firefighter and the Respiratory Protection Program Coordinator (RPPC) for CFB Halifax Fire and Emergency Services. Working at CFB Halifax since 2006, Kelly's main responsibilities as RPPC include educating military personnel, DND civilian employees and occasionally contractors; fit testing for respiratory protective devices; air quality testing of breathing air compressors; overseeing maintenance of the breathing air equipment program; helping various units develop Respiratory Protective Programs (RPPs) and many more.



Kelly Martell
SUBMITTED

Originally from Wolfville, NS, Kelly graduated from Sackville High School and pursued her firefighting career as a volunteer with the Town of Bedford. She worked as a professional firefighter from 1993 until 1996 with CFB Halifax Fire Service, and in 1998 she joined the military as a full-time Reserve 651 firefighter. In 2006, Kelly rejoined the team at the CFB Halifax Dockyard Fire Hall as a civilian and took over the RPP for CFB Halifax.

Being the head of the RPP Program is tremendously meaningful to Kelly as she is able to share her knowledge and expertise to continue the safety of

others. To her, it is important that our military and DND personnel know her door remains open for anyone looking for advice, training, and information.

"As the RPPC, my main goals are to ensure that all military and DND civilian employees are properly educated about respiratory hazards, as education is our best defense against injury. At the end of each day, the most important aspect of the RPP, is that all our workers go home healthy, happy and safe".

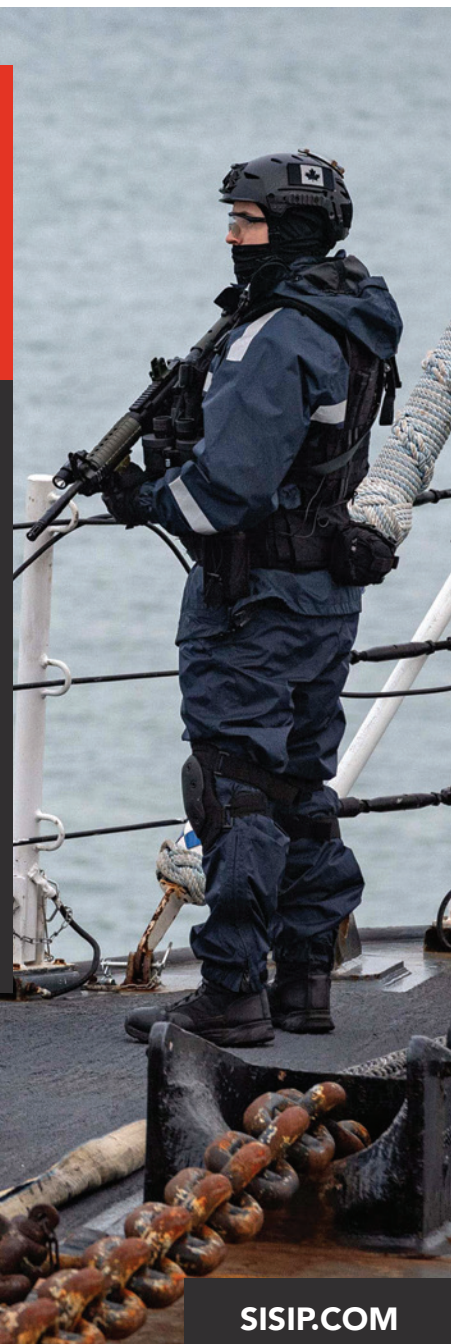
Thank you, Kelly, for all that you do to ensure the safety of our Defence Team!

INSURANCE THAT GOES WHERE YOU GO

Rely on coverage with no exclusions for war, extreme hobbies or sports.

Whether you're on the frontlines or the home front, SISIP Financial's Term Life Insurance is battle-tested for the rigours of military life.

Give us a call to explore your options. **1-800-267-6681**



SISIP.COM



HMCS Windsor prepares for upcoming Exercise Cutlass Fury

By SLt Josh Ehnisz,
MARPAQ HQ

Note: This is an excerpt from a special publication titled [Explore the Depth of Canada's Submarine Force](#), published on June 7. Visit <http://tridentnewspaper.com> or click [here](#) to view the full publication.

HMCS *Windsor* is currently working towards taking part in Exercise Cutlass Fury 21. This is a Canadian-led and hosted multinational exercise taking place this fall off the east coast of Canada. In preparation for the exercise, HMCS *Windsor* has spent time in the Fred Sherwood trainer, the Victoria-class submarine team trainer, to be ready for the more complex tactical scenarios which will be presented throughout the exercise.

"Being able to lead my crew through training and participation in exercises like Cutlass Fury is an unparalleled opportunity," says LCdr Drew Matheson, *Windsor's* Commanding Officer. "The crew is able to do the job they love and these exercises give newer

submariners a first chance to gain real operational experience working together with surface ships for collective training."

Cutlass Fury will enable the submarine and surface ships to train with, and against, each other in a simulated environment. They will face realistic tactical scenarios to test their respective defences against both surface and subsurface threats.

Although Exercise Cutlass Fury will not take place until this fall, team training has been a priority for *Windsor* since the submarine finished its transitional docking period this past February. "Our training ensures that *Windsor's* crew are positioned to effectively and efficiently do what subs do best," concludes LCdr Matheson. "We'll use stealth to observe, evade and hunt surface and subsurface threats – while also providing training for the surface ships that surpasses any simulation."



HMCS *Windsor* returned to sea in March of this year, and is now preparing for the upcoming exercise Cutlass Fury 21.

MONA GHIZ, MARLANT PA

The Great Nova Scotia Scavenger Hunt – Military Family Edition

By Sarah-Jean Mannette,
H&R MFRC

The Halifax & Region Military Family Resource Centre (H&R MFRC) is excited to announce the Great Nova Scotia Scavenger Hunt – Military Family Edition, presented by Angus G. Foods Inc., and with Irving Shipbuilding Inc. as the lead sponsor. Big thanks to these two organizations for sponsoring this event. Their financial support will directly support military families.

Nova Scotia is so proud to be Canada's ocean playground that we put it on our license plate! Sure, we may not be venturing far (or at all) from home, so let's explore our beautiful province by going on a virtual adventure! Get to know the Halifax and region that your H&R MFRC supports, from the Halifax Regional Municipality (HRM) to as far east as you can go in Cape Breton, and all places in between.

From ice water challenges (our version of a polar bear swim), showing an at-home DIY (success or fail), handcrafting an original burger fit for burger week, hosting your own Cape Breton-style kitchen party within your COVID bubble, bibbing up for your version of a Pictou-county lobster festival, showcasing your culture with music, or building a fire while camping (or glamping) at one of the 20 provincial parks. We invite you to participate in the Great Nova Scotia Scavenger Hunt!

Date: Sunday, June 27, 2021

Time: 10 a.m. - 3 p.m.

Registration deadline: Wednesday, June 23, 2021 (or we reach our max of 70 teams)

How The Game Works

As a Team, you compete in a variety of challenges (called 'Missions') throughout the day from the comfort of your home. Missions are arranged into various categories. You might be answering a trivia question by typing your answer or perhaps taking a photo or video while completing a task. You choose what missions you would like to complete. Prizes will be awarded and fun will be had so register today!

To register for this event, one member of the team must have an account with the H&R MFRC's registration system.

Need to create an account?

Click [here](#) (it only takes a few minutes!)

Have an account? Click [here](#) to log in.

For more information, please visit our event page: <https://halifaxmfr.ca/index.php/en/programs/centre-events>

H&R MFRC Board of Directors Annual General Meeting is Coming Up!

Join the H&R MFRC's Board of Directors at the Annual General Meeting (AGM) to recap the past year's achievements and other important items. This is a virtual AGM and everyone is welcome to tune in.

Date: Wednesday, June 6, 2021

Time: 5 p.m.

Registration deadlines: Registration will be accepted up until 4:45 p.m.

To register: Click [here](#)

JUNE PROGRAMMING FLYERS ARE AVAILABLE!

Sun's out, fun's out (virtually, that is)! Our June program flyer is now available so check it out [here](#).

Interested in youth programming? Click [here](#) to see the program calendar for June for youth, aged 8 – 18. We're an optimistic group of people so the June calendar shows some in-person programming. Please note that we adhere to public health guidelines and therefore will modify the schedule accordingly.

A TRUE GEM!
1081 GERDA ROAD, VICTORIA
1081GERDA.COM

\$1,049,000
MLS#878276

BEAUTIFULLY RENOVATED TO HIGH STANDARDS, this EXCEPTIONAL BRIGHT AND SPACIOUS 3 Bedroom, 3 Bath home is RARE in Today's Market!

Features: STUNNING Chef's KITCHEN with Quartz Counters, RADIANT HEATED FLOORS, IMPRESSIVE King-Size Primary Suite and 5-piece ENSUITE (GROHE Shower, Dual Vanities). Enjoy the PRIVATE LOT with 14'x33' Patio and 10'x16' Gazebo. An IDEAL LOCATION near all amenities, yet close to Panama Flats, the Colquitz River Trail and Parks, Bus, Camosun College/ Technology Park, Schools, Shopping, and Restaurants.

MOVE-IN READY- YOUR PERFECT HOME!



Located on Private, Fully-Fenced Lot



Bright, Spacious Living Room



Exceptional 5-piece Primary Ensuite

EVERY HOME IS SPECIAL - TRUST ME TO SELL YOURS!

YOU'RE ALWAYS FIRST WITH JANE.



R REALTOR
30 YEARS

CNE
103-4400 Chatterton Way
Victoria, BC V8X 5J2

Sutton sutton group
WestCoast Realty™

Jane Logan
PROFESSIONALISM, INTEGRITY, CONFIDENCE
(250) 920-6868 • JANELOGAN.COM

From fighting terror in the desert to fighting terror on the ocean: how S1 Cindy Veilleux is “making a difference again”

By Capt Jeff Klassen,
HMCS *Calgary*

After a career fighting insurgents as a combat engineer with the Canadian Army in Afghanistan, Sailor First Class Cindy Veilleux is back. This time she is fighting terrorism with the Royal Canadian Navy as HMCS *Calgary* sails the Middle East on counter-smuggling operations.

S1 Veilleux grew up in Saint-Georges, QC and attended Polyvalente De Saint-Georges before moving to Sherbrooke and attending Polyvalente Le Phare. In 2006, at 20-years-old, she joined the CAF as a combat engineer, following the choice of a close friend.



S1 Cindy Veilleux on the forecandle of HMCS *Calgary* as it sails into Muara, Brunei on March 26.

CPL LYNETTE AI DANG

“He talked to me about the teamwork and the close bonds you make in the Canadian Armed Forces. Also, the science and technical aspects of combat engineering really appealed to me. He also told me all about being a combat engineer and all the science and technical knowledge also really appealed to me. That, and working with explosives!” said S1 Veilleux. Her eyes light up as she gets excited talking about the explosives component of the job.

S1 Veilleux served in Afghanistan for seven months patrolling with an infantry unit. Her job was to search for improvised explosive devices (IEDs) and help breach entryways into buildings. She was frequently the only woman working in her camp. In Afghanistan, her unit found that local-women would be very hesitant to speak with men, and especially men who were soldiers. Because of these particular cultural sensitivities, S1 Veilleux would frequently interact with local women on behalf of the team.

“It happened a few times that there was a group of women in a room and they literally grabbed me because they were so curious. They wanted to know about my tattoos and why a woman was marching with these men,” she said. “My time in Afghanistan changed my perception of life. I’m very grateful to be born in Canada.”

S1 Veilleux left the CAF in 2013 to work in the railway industry but she re-enlisted in 2018 – this time as a material management technician in the RCN. Why this job and why a change to the RCN?

“In the civilian world I discovered that I really like to do paperwork. Also, I thought, as a combat engineer I was wasting my biggest skill which is to be really social. As a material management technician I get to deal with everyone. It’s a great fit for me,” she said. “Joining the RCN was symbolic for me. Since I retired from a combat trade, I felt it was best to not wear the army uniform anymore.”

S1 Veilleux’s job includes storing and distributing a variety of items ranging from critical parts for multi-million

dollar weapons systems to HMCS *Calgary*-branded ball caps.



S1 Veilleux verifies inventory as part of her job as a materials management technician while in the Arabian Sea during Operation Artemis this past April.

CPL LYNETTE AI DANG

And what about serving in the navy vs the army?

“Both are different. What I really like about the navy is the opportunity to travel to so many different places, and you have a warm meal and bed every night as well. A lot of people don’t realize this, but, in addition to our

main trades, in the navy, we also learn a lot of general seamanship and that is incredibly rewarding as well,” she said.

HMCS *Calgary* is having great success on its current deployment, Operation Artemis, which is a counter-smuggling and counter-terrorism operation in the Middle Eastern with the multinational Combined Task Force 150, which operated under the 34 nation coalition known as Combined Maritime Forces (CMF). Within days of beginning the operation in April, the ship made a record-breaking heroin bust, the biggest in the history of CMF. In June, the ship set another record for most individual seizures

by any ship on an operational rotation in the history of the operation. The intention of the drug seizures is to dismantle the revenue streams of regional terrorists and criminal organizations.

“It’s great to be out here making a difference again,” said S1 Veilleux.

CFB Halifax recognizes Memorial Day



An intimate, physically distant ceremony was held on May 31 at CFB Halifax’s Naval Burial Ground in recognition of Memorial Day, a day of remembrance for our American comrades in arms who have died in service of the United States of America. A number of the sailors and marines killed during the War of 1812 battle between HMS *Shannon* and USS *Chesapeake* are interred at our Naval Burial Ground, American and British service members included, with two large monuments honouring the fallen from the two ships located on-site. Participants in the ceremony included Capt(N) Sean Williams, CFB Halifax Base Commander; LCDR(USN) Adam Jarvis, an American naval officer working on Base as part of the Personnel Exchange Program (PEP); Capt Troy Dennis, Senior Base Chaplain; PO2 Eric Sproul, trumpeter with the Stadacona Band; and Guy Godin, Acting Director of the Naval Museum of Halifax. We honour all U.S. service members who have died in the line of duty. We will remember them.

CFB HALIFAX PA

“AS A COMMISSIONAIRE YOU’RE TRUSTED.”

Aside from the military, this is probably the best place through which you can give back with the skills you learned through life.

— Tom Neville, Security Guard –
use of force officer with our
Nova Scotia Division



WE KNOW THE VALUE OF A VETERAN

Join Canada’s largest private sector employer of veterans

1 877 322 6777 beyondservice.ca

COMMISSIONAIRES



COVID-19 Rapid Testing now available at MARLANT

Location: HMCS Scotian, 2111 Upper Water Street

Make it a part of your weekly routine!

Open to all personnel working in the Dockyard and Stadacona (including contractors) who meet the following criteria:

- 16+ years old
- No COVID-19 symptoms
- Have had no contact with people

with COVID-19

- Have not been to a location with a known COVID-19 exposure
- Have not left Nova Scotia in the last 14 days

Additional sites will be established in the near future for those working at sites other than Stadacona and HMC Dockyard.

Drop in during your unit's weekly time slot(s)! No appointment required, and testing is voluntary.

Dockyard/Stadacona Rapid Testing Site - Units' Weekly Schedule

Day	Time	Group/Division	Units
Monday	0800-1100	Fleet	CHA, MON, SCO
Monday	1100-1300	NPTG	NFS(A)
Tuesday	0800-1100	Fleet	STJ, VDQ, MON
Tuesday	1100-1200	NPTG	NTDC(A), PCC(A), FA(A)
Tuesday	1200-1300	MARLANT HQ & select units	MARLANT HQ, JTFA HQ, NFR, MCC, Trinity
Wednesday	0800-1100	Select units	CFHS, JRCC, RP OPS, 5 CDN Div HQ, STG
Wednesday	1100-1300	Fleet	GBY, MAR, AST, CFLHQ, CHA
Thursday	0800-1300	FMFCS	All FMFCS units
Friday	0800-1300	Base	BLog, BAdm, BES, BIS, POESB, 3 MP, Fire Department, 77 Line Det, HSO, NTOG, CFPS, CFRC, CSSC, CFMWC, QAWC, RMP, TC Halifax

Individuals who are unable to get a rapid test during their unit's scheduled time slot are welcome to utilize the test site at any time during operating hours (Mon-Fri, 0800-1300). Individuals are welcome to get multiple rapid tests per week if they wish.

See the MARLANT splash page for information and updates.



An RCN member self-administers a COVID-19 Rapid Antigen Detection Test (RADT) at HMCS Scotian after the launch of Maritime Forces Atlantic's Rapid Testing program.

MONA GHIZ, MARLANT PA

Les tests de dépistage rapide de la COVID-19 sont maintenant offerts dans un centre des FMAR(A)!

Lieu : NCSM Scotian, au 2111, rue Upper Water

Faites-en une habitude hebdomadaire!

Ces tests sont offerts à toutes les personnes qui travaillent à l'arsenal et à Stadacona (y compris les entrepreneurs) qui répondent aux critères suivants :

- Avoir au moins 16 ans
- Ne présenter aucun symptôme de la COVID-19
- N'avoir eu aucun contact avec des personnes souffrant de la COVID-19

- Ne pas s'être rendu dans un lieu comportant une exposition connue à la COVID-19

- N'avoir pas quitté la Nouvelle-Écosse au cours des 14 derniers jours

D'autres centres seront aménagés prochainement pour les personnes qui travaillent ailleurs qu'à Stadacona et à l'arsenal CSM.

Passez pendant les plages horaires hebdomadaires de votre unité! Aucun rendez-vous n'est nécessaire, et les tests sont volontaires.

Centre de dépistage rapide à l'arsenal/Stadacona - Horaire hebdomadaire des unités

Jour	Heure	Groupe/Division	Unités
Lundi	De 8 h à 11 h	Flotte	CHA, MON, SCO
Lundi	De 11 h à 13 h	GPIM	EN(A)
Mardi	De 8 h à 11 h	Flotte	STJ, VDQ, MON
Mardi	De 11 h à 12 h	GPIM	CDIM(A), CCP(A), FAF(A)
Mardi	De 12 h à 13 h	QG FMAR(A) et autres unités	QG FMAR(A), QGFOIA, DOFM, CCM et Trinity
Mercredi	De 8 h à 11 h	Autres unités	Gp Svc S FC, CCCOS, Gp Ops Imm FC, QG 5 Div C, Gp d'entraînement en mer
Mercredi	De 11 h à 13 h	Flotte	GBY, MAR, AST, QGFCA, CHA
Jeudi	De 8 h à 13 h	IMF Cape Scott	Toutes les unités de l'IMF Cape Scott
Vendredi	De 8 h à 13 h	Base	Log B, Adm B, SDB, SIB, OPSU, 3 Unité PM, Service des incendies, Dét 77 Rég't Lignes, BSH, GOTN, SPFC, CRFC, SSSC, CGNFC, CTAQ, PMR, CT Halifax

Si vous n'êtes pas en mesure de faire un test de dépistage rapide pendant la plage horaire de votre unité, vous êtes invités à vous présenter au centre de dépistage à tout moment pendant les heures d'ouverture (du lundi au vendredi, de 8 h à 13 h). Vous êtes aussi encouragés à faire plusieurs tests de dépistage rapide par semaine si vous le souhaitez.

Consultez la page Web des FMAR(A) pour en savoir davantage.



HMCS Shawinigan sails for Op Caribe

HMCS Shawinigan departed Halifax on June 2 for Operation Caribe, and will continue Canada's participation in the American-led enhanced counter narcotics operations in the region, working alongside US Coast Guard personnel.

CPL SIMOND ARCAND, CAF PHOTO

HMCS Calgary saves sea turtle

By Capt Jeffery Klassen,
HMCS Calgary

Her Majesty's Canadian Ship (HMCS) *Calgary* rescued a sea turtle in distress while on counter-smuggling patrols off the coast of Oman on May 4th.

The rescue occurred around 7:30 a.m. after the turtle was spotted by the ship's Navigating Officer Lt (N) Evan Park. The turtle was struggling helplessly in netting and other debris that had formed together after being adrift at sea. Lt(N) Park sought approval by the ship's Commanding Officer Cdr Mark O'Donohue to dispatch a small boat team.

"It's unfortunate but we often see debris of this type at sea. I have made it a habit when on watch to take a closer inspection in these situations to see if sea life is in danger, when it's safe for the ship to do so," said Lt(N) Park.

A small boat team was promptly dispatched and two boatswains spent 15 minutes delicately cutting the tangled mess of lines that had wrapped around the sea turtle's body. Once freed, the turtle swam off to join other sea turtles that were circling the floating debris along with a large school of yellow tuna.

"It must have been out there for days. The nets had wrapped around it in many different places and had made little impressions on its skin," said S1 Michael Sladic, who, along with S1 Coree Ranville, set the turtle free.

"Saving a sea turtle is a special thing. It feels good to be a part of something

that the ship's company is doing out of the goodness of their hearts. Things like this don't happen every day," he added.

Saving sea creatures in distress is not a mandate of Canadian warships but it is sometimes done.

HMCS *Calgary* is currently deployed on Operation Artemis, patrolling Middle Eastern waters in order to conduct counter-smuggling operations. The purpose of the mission is to seize narcotics and other illicit goods that are used to fund regional terrorist and criminal organizations. This work is done as part of Combined Task Force 150, a subsection of the multinational Combined Maritime Forces. HMCS *Calgary* has had several busts on its current operation, including the seizure of 1,286 kg of heroin – the largest heroin bust in CMF history.

HMCS *Calgary* is deployed on Operation Artemis from April 15 until mid-June. On completion, it will sail to Australia and participate in Exercise Talisman-Sabre 21 with the United States, Australia, and other partners.

"In the navy, I'm driven towards the operational side of things, and the counter-smuggling work we are doing out here is awesome. That said, saving the sea turtle was something special. It was great seeing the crew get passionate about this, to see everyone rush to the upper decks. It's a career highlight for sure," said Lt(N) Park.



Sailors from HMCS *Calgary* recently freed a sea turtle from floating garbage and fishing nets.

CPL LYNETTE AI DANG, CAF PHOTO

Busy Operation Artemis deployment continues for HMCS *Calgary*



Members of HMCS *Calgary*'s embarked Naval Tactical Operations Group team conduct counter-smuggling operations in the Arabian Sea during Operation Artemis and as part of Combined Task Force 150, on May 17.

CAPT JEFFERY KLASSEN, CAF PHOTO



Members of HMCS *Calgary* stand with contraband seized on May 12. In under 24 hours, the ship took on board more than 10 tons of hashish, 1190 kg of heroin, and 880 kg of methamphetamine

CPL LYNETTE AI DANG, CAF PHOTO



Calgary made its 15th drug interdiction of this current deployment during the first week of June, seizing more than four metric tons of illicit hashish off the coast of Oman.

CPL LYNETTE AI DANG, CAF PHOTO



SPORTS & FITNESS



RCN sports throwback: Exchange officers win annual cricket match

By Trident Staff,

On any summer afternoon you're likely to see activity on Porteous Field at CFB Halifax, whether it's a game of pickup soccer, playing catch, or running laps around the field. A game of cricket, however, would be out of the ordinary.

But this wasn't the case a few decades back, when an annual cricket match took place between the CFB Halifax Wardroom and the British Exchange Officers. The 1988 edition took place on a scorching September afternoon, according to SLt C. Martin, who summarized the match for Trident, noting that Capt Hal Davis gave up a six-run hit in the final over that dashed any hopes for a Wardroom upset.

"Of course, the British had been sending retired batters back in to bat, which wasn't quite cricket, but they were most gracious in not running up the score and suspiciously dropping a few rather easy catches, which certainly was cricket. So after exchanges of "Jolly good show," and "fine stuff, eh wot," all concerned adjourned to the wardroom," SLt Martin wrote.



The annual cricket match between the CFB Halifax Wardroom and the British Exchange Officers was held in September of 1988.

TRIDENT ARCHIVES



Sailors make time for fitness ahead of BALTOPS

Members of HMCS Summerside and HMCS Kingston were able to get off ship for a game of soccer and other fitness activities on June 4. With COVID-19 precautions still in place, ships are working hard while deployed to find safe recreation opportunities for sailors.

LT(N) MCBRIDE





SPORTS & FITNESS



The importance of core muscles for office workers

By Jessie Thibeault,
PSP Halifax

Posture is the most important aspect to consider when studying the design of a workstation.

Good sitting posture should be painless and symmetrical, and maintained without effort or fatigue. In order for us to maintain balance, make specific movements and coordinate our actions, we must use our muscles to keep our core stable.

The physical constraints associated with office work are primarily related to immobility and static sitting posture, which cause muscle tension in the back and upper limbs. The spine is designed to move, but prolonged sitting posture compresses the disks in the lumbar region. People who work in a prolonged static sitting position are at risk of developing discomfort, especially if they remain sedentary outside work hours.

What's the solution? A cardiovascular and muscle training program relieves the discomfort caused by static sitting posture and reduces sedentarism, and exercises and stretches that activate the spine through core movements can prevent disk compression.

L'importance des muscles stabilisateurs du tronc pour les travailleurs de bureau

Par Jessie Thibeault,
PSP Halifax

La posture est l'aspect le plus important à considérer lorsque l'on étudie la conception d'un poste de travail. Une bonne posture assise se tient sans effort ni fatigue et elle doit être indolore et symétrique. Afin de maintenir l'équilibre, réaliser des gestes précis et coordonner nos actions, la stabilité du tronc doit être assurée par ses structures musculaires.

Les contraintes physiques associées au travail de bureau sont principalement reliées à l'immobilité et au statisme de la posture assise qui engendrent des tensions musculaires au dos et aux membres supérieurs. La colonne vertébrale est conçue pour bouger, mais la posture assise prolongée comprime les disques de la région lombaire. Les personnes qui travaillent en position assise statique prolongée sont à risque de développer certains inconforts, d'autant plus s'ils demeurent sédentaires en dehors des heures de travail.

Comment y remédier?

Un programme d'entraînement musculaire et cardiovasculaire permet de soulager les inconforts occasionnés par le statisme de la posture assise en plus de diminuer la sédentarité. Des exercices et des étirements qui activent la colonne vertébrale par des mouvements du tronc permettent de prévenir la compression des disques.

The annual Navy **BIKE RIDE** will be held virtually this year.

Saturday, June 12 - August 29

Don't forget to register for the 2021 Navy Bike Ride at navybikeride.ca

In honour of this event, the CFB Halifax and CFB Esquimalt Base Commanders have launched the inaugural Base Commanders'

CLICKS FOR KILOMETRES PHOTO CHALLENGE!

This challenge encourages Defence Team members and Canadians at home and abroad to remain active through cycling while treating us to images of their favourite rides.

HOW TO PARTICIPATE

- Post your photos on our Clicks for Kilometres Facebook event page [@BaseHalifax](#) or [@EsquimaltBase](#)
- Add photos to our Twitter thread using the hashtags [#Clicks4Klicks](#) and [#BComdsChallenge](#)
- Post photos to your personal Instagram page and use hashtags [#Clicks4Klicks](#) and [#BComdsChallenge](#)

WHO WILL SUBMIT THE BEST PHOTO?

We will feature the winning rider on our social media channels! The challenge begins NOW and ends on August 29!

IMPORTANT NOTE: Please follow local health restrictions when planning your bike ride, sticking to your local community if required; we can all work together to stay safe while staying active! Have fun!