



# TRIDENT

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

## Treaty Day in Nova Scotia



*Rear-Admiral Brian Santarpia, Commander Maritime Forces Atlantic & Joint Task Force Atlantic, takes part in a smudging ceremony as part of events at Government House marking Mi'kmaq Treaty Day in Nova Scotia and the start of Mi'kmaq History Month on October 1. RAdm Santarpia was joined by Formation Chief CPO1 Tom Lizotte and hosted by members of the Mi'kmaq Grand Council to mark the day and promote public awareness of Mi'kmaq culture and heritage in the province.*

MONA GHIZ, MARLANT PA





# Operation Backpack a continued success during Arctic deployments

By Lt(N) Lisa Tubb  
HMCS *Harry DeWolf*

As another school year started at Inuujaq School in Arctic Bay, Nunavut, on August 25, students in a grade four class were writing their names on desk placards as the day ended. Little did they know sailors aboard HMCS *Harry DeWolf* were coming to anchor in the bay, only a few hundred metres from their classroom.

After an amphibious landing on the shoreline, a handful of *Harry DeWolf* sailors made their way to the Inuujaq School with some precious cargo – dozens of backpacks filled with school supplies. These backpacks had been collected by the Halifax and Region

Military Family and Resource Centre over the year and given to the crews of *Harry DeWolf* and HMCS *Goose Bay* for delivery to communities during their participation in Operation Nanook-Nunakaput 21.

Sailor First Class Amy Harris was part of the contingent invited into the fourth-grade classroom to ceremoniously donate the backpacks.

“The kids were very surprised and excited. The best part of that experience was after the school had let out, a few sailors and I were still there exploring the village when some of the kids ran up to us and were so excited to

show us that they got to take a backpack home.”

As a mother of two herself, she added, “It was a surreal experience. We take for granted so many simple things like school supplies, and regard having to go shopping for them as an inconvenience.”

During Operation Nanook-Nunakaput 21, *Harry DeWolf* travelled to several Arctic communities to forge relationships within their affiliated Qikitan communities that included Pond Inlet, Grise Fjord, Arctic Bay, and Cambridge Bay, among others. Activities ashore included community barbecues, meet-

ing with local leaders and elders, ship tours, and the donation of backpacks. Goose Bay donated their backpacks during a port visit to Iqaluit on August 28.

Operation Backpack is an annual donation drive to supply youth in the Arctic with the necessary materials for a successful academic year. The Halifax and Region Military Family and Resource Centre is always looking for more donations of school supplies, as well as lightly used or new running shoes, sports equipment (for basketball, soccer, volleyball), and ice skates for youth in Arctic communities.



Sailor First Class Raymond Kwan shows children how to use the “Big Eyes” binoculars to get a close up look of their community, as part of the tour to visitors from the Hamlet of Arctic Bay, Nunavut during Operation NANOOK-NUNAKPUT on August 26.

CPL SIMON ARCAND



Nearly 100 backpacks were collected, with the help of the Halifax and Region MFRC, prior to the ships’ departing for the Arctic this past summer.

SUBMITTED

## CFB Halifax COVID-19 Proof of Full Vaccination Guidelines

In order to align CFB Halifax with the [Nova Scotia Government’s COVID-19 proof of full vaccination policy](#), all patrons age 12 and over who wish to access Base facilities for discretionary purposes will be required to show proof of vaccination effective Monday, October 4, 2021.

**Remember:** individuals tasked with enforcing the proof of vaccination policy across the Base are simply doing their jobs. Any form of harassment will not be tolerated. Please be kind, always.

## Directives de la BFC Halifax concernant la preuve de vaccination complète contre la COVID-19

Afin de rendre la BFC Halifax conforme à la [politique sur la preuve de vaccination complète contre la COVID-19 de la Nouvelle-Écosse](#), tous les clients âgés de 12 ans et plus qui souhaitent accéder aux installations de la base à des fins discrétionnaires doivent présenter une preuve de vaccination, à compter du lundi 4 octobre 2021.

**Rappel :** Les personnes chargées de faire appliquer la politique de preuve de vaccination sur la base ne font que leur travail. Aucune forme de harcèlement ne sera tolérée. Faites toujours preuve de gentillesse.



# CFB HALIFAX PROOF OF FULL VACCINATION REQUIREMENTS



## FOR THOSE 12 YEARS & UP

All categories of patrons including DND/CAF and General Public



LOCATIONS	PROOF REQUIRED	PROOF NOT REQUIRED
<ul style="list-style-type: none"><li>• Fleet Fitness &amp; Sports Centre (D216)</li><li>• Shearwater Fitness, Sports &amp; Recreation Centre (SH57)</li><li>• Stadacona Fitness Centre (S120)</li><li>• Hartlen Point Golf Club</li><li>• CFB Halifax Curling Club (WP68)</li><li>• Shearwater Arena (SH64)</li><li>• Falls Lake Campground &amp; Cottages</li><li>• Shearwater Yacht Club</li><li>• Naval Museum of Halifax</li><li>• All wedding/funeral venues on Base including Faith Centres</li></ul>	<ul style="list-style-type: none"><li>• Drop-in use of fitness/recreation facilities</li><li>• Adult community recreation programs</li><li>• Adult sports programs</li><li>• Third party adult hockey/curling groups</li><li>• Naval Museum of Halifax visitors</li><li>• Wedding/funeral attendees</li></ul>	<ul style="list-style-type: none"><li>• CAF reconditioning programs</li><li>• FORCE tests</li><li>• Mandatory individual or group PT</li><li>• Health promotion courses</li><li>• Employees/contractors while conducting work at location</li><li>• Mini-gyms managed by individual units</li><li>• Employees and patrons of CANEX</li><li>• Barber shop employees and patrons</li><li>• Wedding/funeral staff</li><li>• Faith services (other than weddings/funerals)</li></ul>
<b>Food Establishments:</b> <ul style="list-style-type: none"><li>• Tribute Tower Galley</li><li>• Juno Tower Galley</li><li>• Warrior Block Galley</li><li>• D201 Cafeteria</li><li>• FMF Cape Scott Cafeteria</li><li>• New Wave Café (Dockyard)</li><li>• Stadacona S37 café</li></ul>	<ul style="list-style-type: none"><li>• All patrons who sit down for dine-in service, with the exception of live-in members in possession of a meal card</li></ul>	<ul style="list-style-type: none"><li>• Live-in members in possession of a meal card</li><li>• All patrons taking their food/drink to go (takeout)</li><li>• All patrons attending unit concession stands</li></ul>
<b>Messes:</b> <ul style="list-style-type: none"><li>• Wardroom (Juno Tower)</li><li>• Chiefs' &amp; POs' (Juno Tower)</li><li>• Fleet Club (Tribute Tower)</li><li>• Sea King Club All Ranks Mess (Shearwater)</li></ul>	<ul style="list-style-type: none"><li>• Attending the mess for informal/social purposes</li></ul>	<ul style="list-style-type: none"><li>• Mandatory workplace functions/meetings/events</li></ul>
<div><b>You will be asked to present two items:</b><ul style="list-style-type: none"><li>• Proof of identity (driver's license, government-issued photo ID, Health Card, passport, etc.); and</li><li>• An approved proof of vaccination credential (PVC).</li></ul></div>		





# CFB HALIFAX PROOF OF FULL VACCINATION REQUIREMENTS



## FOR THOSE 12 YEARS & UP

All categories of patrons including DND/CAF and General Public



### What is considered an approved proof of vaccination credential (PVC)?

A COVID-19 proof of vaccination credential (PVC) is an authoritative, trusted document that proves a person has been vaccinated against COVID-19. It can be paper or digital, and provides identity-linked information regarding vaccination history. Whatever document is currently issued by the respective immunizing agency (federal, provincial or territorial health service) is the PVC for that jurisdiction.

### For Canadian Armed Forces members:

The CAF vaccination booklets, and/or documentation provided to members when they receive their vaccine through the CAF vaccine clinic is the CAF PVC and members can show these documents if asked to prove their vaccination status. When the federal PVC is adopted by all provincial and territorial health authorities, the CAF will issue a document to match. This is anticipated in autumn 2021. Local CAF members seeking a COVID-19 vaccination can book an appointment by contacting [HfxCovidVaccineBookings@forces.gc.ca](mailto:HfxCovidVaccineBookings@forces.gc.ca).

### For Department of National Defence civilians, contractors, Non-Public Funds employees & members of the general public:

If fully vaccinated before October 1, 2021: If you've received your COVID-19 vaccines in Nova Scotia, your Nova Scotia COVID-19 Proof of Vaccination includes the date, time, location, type, brand and lot number of COVID-19 vaccine you received. Within the province, you have been able to use your Nova Scotia COVID-19 Proof of Vaccination to show proof of vaccination. Effective October 1, 2021, Nova Scotia has adopted the federal government's Proof of Vaccination Credential (PVC) containing a QR code. Nova Scotians who were vaccinated before October 1, 2021 are encouraged to download this new PVC and use it from October 1, 2021-forward.

If fully vaccinated on or after October 1, 2021: Nova Scotians who get vaccinated on or after October 1, 2021 will automatically receive the new federal Proof of Vaccination Credential (PVC) containing a QR code.

If you're not a permanent resident of Nova Scotia, you can use your vaccination record from your home province, territory or country to show proof of vaccination.

### Exception Letters

An exception letter can be presented in lieu of proof of full vaccination for a medical reason, or if an individual is participating in a clinical trial for a COVID-19 vaccine. This letter must be issued by a federal, provincial, or territorial health authority.



# EXIGENCES DE LA BFC HALIFAX EN MATIÈRE DE PREUVE DE VACCINATION



## POUR LES 12 ANS ET PLUS

Pour tous les clients, toutes catégories confondues, y compris les FAC et le grand public



LIEUX	PREUVE EXIGÉE	AUCUNE PREUVE EXIGÉE
<ul style="list-style-type: none"> <li>Centre de conditionnement physique et des sports de la Flotte (D216)</li> <li>Centre de conditionnement physique, de sports et de loisirs de Shearwater (SH57)</li> <li>Centre de conditionnement physique de Stadacona (S120)</li> <li>Club de golf d'Hartlen Point</li> <li>Club de curling de la BFC Halifax (WP68)</li> <li>Aréna Shearwater (SH64)</li> <li>Chalets et terrain de camping de Falls Lake</li> <li>Club nautique de Shearwater</li> <li>Musée naval d'Halifax</li> <li>Tous les lieux où se tiennent les mariages et les funérailles sur la base, y compris les centres confessionnels</li> </ul>	<ul style="list-style-type: none"> <li>Utilisation sans rendez-vous des installations de conditionnement physique et de loisirs</li> <li>Programmes de loisirs communautaires pour adultes</li> <li>Programmes de sports pour adultes</li> <li>Équipes de hockey ou de curling faisant appel à des tiers</li> <li>Visiteurs du Musée naval d'Halifax</li> <li>Personnes assistant aux mariages ou aux funérailles</li> </ul>	<ul style="list-style-type: none"> <li>Programmes de reconditionnement des FAC</li> <li>Évaluations FORCE</li> <li>Les militaires en entraînement physique individuel ou de groupe</li> <li>Cours sur la promotion de la santé</li> <li>Employés ou entrepreneurs qui effectuent des travaux à l'un des emplacements</li> <li>Mini-gymnases gérés par les unités individuelles</li> <li>Employés et clients de CANEX</li> <li>Employés et clients du salon de coiffure</li> <li>Personnel chargé des mariages et des funérailles</li> <li>Services confessionnels (autres que les mariages et les funérailles)</li> </ul>
<b>Établissements de restauration</b> <ul style="list-style-type: none"> <li>Cuisine de la Tour commémorative</li> <li>Cuisine de la tour Juno</li> <li>Cuisine du pavillon Warrior</li> <li>Cafétéria D201</li> <li>Cafétéria de l'IMF Cape Scott</li> <li>Café New Wave (arsenal maritime)</li> <li>Café S37 - Stadacona</li> </ul>	<ul style="list-style-type: none"> <li>Tous les clients qui s'assoient pour le service à table, à l'exception des membres qui habitent la base et sont munis d'une carte de repas</li> </ul>	<ul style="list-style-type: none"> <li>Les membres qui habitent la base et sont munis d'une carte de repas</li> <li>Tous les clients qui prennent leur nourriture/boisson à emporter (commandes pour emporter)</li> <li>Tous les clients qui se présentent aux comptoirs alimentaires des unités</li> </ul>
<b>Mess</b> <ul style="list-style-type: none"> <li>Carré des officiers (tour Juno)</li> <li>Officiers marinières (tour Juno)</li> <li>Fleet Club (Tour commémorative)</li> <li>Mess de tous les grades - Club Sea King Club (Shearwater)</li> </ul>	<ul style="list-style-type: none"> <li>Présence aux mess à des fins informelles ou sociales</li> </ul>	<ul style="list-style-type: none"> <li>Fonctions/réunions/activités obligatoires sur le lieu de travail</li> </ul>
<b>Vous devrez présenter deux éléments :</b> <ul style="list-style-type: none"> <li>Une preuve d'identité (permis de conduire, pièce d'identité avec photo délivrée par le gouvernement, carte santé, passeport, certification sécurisée de statut d'Indien, etc.);</li> <li>Une preuve de vaccination approuvée.</li> </ul>		



## EXIGENCES DE LA BFC HALIFAX EN MATIÈRE DE PREUVE DE VACCINATION



### POUR LES 12 ANS ET PLUS

Pour tous les clients, toutes catégories confondues, y compris les FAC et le grand public



### Qu'est-ce qu'un certificat de vaccination approuvé?

Le certificat de vaccination contre la COVID-19 est un document fiable et faisant autorité qui prouve qu'une personne a été vaccinée contre la COVID-19. Il peut être en version papier ou numérique et fournit des renseignements sur les antécédents de vaccination de chaque personne. Le document délivré par les agences d'immunisation (services de santé fédéraux, provinciaux ou territoriaux) est le certificat de vaccination en vigueur dans la région concernée.

### Membres des Forces armées canadiennes

Le carnet de vaccination des FAC ou le document fourni aux militaires qui reçoivent leur vaccin à la clinique de vaccination des FAC est le certificat de vaccination des FAC, et les militaires peuvent le présenter s'il leur est demandé de prouver leur statut vaccinal. Lorsqu'une preuve de vaccination standard nationale sera adoptée par l'ensemble des autorités de santé fédérales, provinciales et territoriales, les FAC produiront un document correspondant. Cette mesure est prévue pour l'automne 2021. Les membres des FAC de la région qui veulent se faire vacciner peuvent prendre rendez-vous en envoyant un courriel à l'adresse suivante : [HfxCovidVaccineBookings@forces.gc.ca](mailto:HfxCovidVaccineBookings@forces.gc.ca).

### Civils du ministère de la Défense nationale, entrepreneurs, employés des fonds non publics et membres du grand public

Les personnes entièrement vaccinées avant le 1er octobre 2021 : Si vous avez reçu vos deux doses de vaccin contre la COVID-19 en Nouvelle-Écosse, votre preuve de vaccination de la Nouvelle-Écosse fournit la date, l'heure et l'endroit de la vaccination, de même que le type, la marque et le numéro de lot des vaccins contre la COVID-19 que vous avez reçus. Dans la province, vous avez pu utiliser votre preuve de vaccination contre la COVID-19 pour prouver que vous avez été vacciné. Depuis le 1er octobre 2021, la Nouvelle-Écosse a adopté le Certificat de vaccination contre la COVID-19 du gouvernement fédéral contenant un code QR. Nous invitons les Néo-Écossais qui étaient vaccinés avant le 1er octobre 2021 à télécharger ce nouveau certificat de vaccination et à l'utiliser dès maintenant. Pour en apprendre davantage, cliquez sur : [preuve de vaccination](#).

Les personnes entièrement vaccinées avant ou après le 1er octobre 2021 : Les Néo-Écossais qui ont été vaccinés avant le 1er octobre 2021 et ceux qui se feront vacciner après cette date recevront automatiquement le nouveau Certificat de vaccination fédéral contenant un code QR.

Si vous n'êtes pas un résident permanent de la Nouvelle-Écosse, vous pouvez utiliser le carnet de vaccination de votre province, territoire ou pays d'origine pour prouver que vous êtes vacciné.

### Lettres d'exception

Il est possible de présenter une lettre d'exception au lieu d'une preuve de vaccination complète pour des raisons médicales, ou si une personne participe à des essais cliniques de vaccins contre la COVID-19. Cette lettre doit être délivrée par une autorité de santé fédérale, provinciale ou territoriale.





Editor: Ryan Melanson

ryan.melanson@psphalifax.ca  
(902) 721-8662

Reporter: Joanie Veitch

joanie.veitch@psphalifax.ca  
(902) 721-8624

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](http://www.tridentnewspaper.com)

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Courier address:  
Canadian Forces Base Halifax  
Building S-90  
Suite 329  
P.O. Box 99000  
Halifax, N.S.  
B3K 5X5

# RCN launches new sea service cap for its sailors

By RCN,

The Royal Canadian Navy (RCN) has released a new, more comfortable peaked cap for its sailors.

“The new cap has a flexible oval frame to better accommodate different head sizes, which makes it more adaptable for everyone,” says Chief Petty Officer 1st Class (CPO1) David Steeves, Command Chief Petty Officer of the Royal Canadian Navy.

The new cap – which is comfortable to wear in various weather conditions – will be easier than the old version to care for. Its replaceable cloth top cover can be machine washed and dried. When it is worn-out, damaged or permanently soiled, the top cover can be replaced at less cost than replacing the whole cap. Sailors will wear the new cap with their naval Distinctive Environmental Uniform.

“A sailor’s uniform is a source of pride,” says CPO1 Steeves. “Being able to wash the white cover of the cap will make it easier for sailors to maintain a professional appearance.”

As has been the case since 2016, all sailors, regardless of gender or gender orientation, are able to wear the new peak cap. Female sailors will be able to wear either the current sea service bowler or the new peaked cap, based on what is best for the member to accommodate their authorized hair-styles. Alternative service headdresses such as a hijab or Sikh turban will continue to be available to naval members to support their faith-based requirements.

The design of the new cap is also a nod to RCN tradition. The non-commissioned members’ version is based on the RCN petty officer cap worn prior to unification of the Canadian Armed Forces in 1967. The new cap will be worn by non-commissioned members from the rank of sailor third class to chief petty officer first class, as well as naval officer cadets. For officers at all levels, the new cap will continue to use the distinctive embellishments specific to junior, senior and flag officers, which came into existence with unification.

Issue of the new cap will be phased in incrementally as stock becomes available, with the goal of having the entire RCN wearing the new peaked cap by November 2022. During this transition period, either the old sea service cap or the new peaked cap may be worn. The new caps will be issued to non-commissioned members first, beginning in September 2021, and to officers in early 2022, based upon production and delivery schedule.

As of September 7, 2021, naval non-commissioned members and naval officer cadets can submit their online order for the new peaked cap through the Logistiks Unicorp website. All members will receive their first full cap ensemble at no cost. After the initial issue, members will be able to order an additional cover using their points. Sizing is the same as is used for the current sea service cap.



# La MRC lance une nouvelle casquette de service pour tous les marins

By RCN,

La Marine royale canadienne (MRC) a lancé une nouvelle casquette plus confortable pour ses marins.

« La nouvelle casquette est dotée d’une bande ovale flexible pour mieux s’adapter aux différentes formes de tête, et donc à tout le monde », a expliqué le premier maître de 1re classe (PM 1) David Steeves, premier maître du Commandement de la Marine royale canadienne.

La nouvelle casquette, qui est bien adaptée à diverses conditions météorologiques, sera plus facile à entretenir que l’ancien modèle. Sa couronne détachable peut être lavée et séchée à la machine. Une couronne usée, endommagée ou tachée est plus économique à remplacer. Les marins porteront leur nouvelle casquette avec leur uniforme distinctif de la Marine.

« Les marins sont fiers de leur uniforme. S’ils peuvent laver la couverture blanche de leur casquette, ils pourront plus facilement conserver une apparence professionnelle », a ajouté le PM 1 Steeves.

Comme c’est le cas depuis 2016, tous les marins, quel que soit leur genre ou leur orientation sexuelle, peuvent porter la nouvelle casquette. Les femmes auront le choix de porter le chapeau melon de service en mer actuel ou la nouvelle casquette, selon ce qui convient le mieux à leur coiffure autorisée. La MRC continuera d’offrir à ses membres d’autres choix de couvre-chef, comme le hijab et le turban sikh, pour tenir compte des exigences de leur appartenance religieuse.

Le nouveau modèle de casquette constitue également un rappel de la tradition de la MRC. La casquette des militaires du rang s’inspire de celle des officiers marins d’avant l’unification des Forces armées canadiennes en 1967. Elle sera portée par les militaires du rang, du grade de matelot de 3e classe au grade de premier maître de 1re classe, ainsi que par les aspirants de marine. Pour les officiers de tous les niveaux, le nouveau modèle de casquette reprendra les ornements distinctifs des officiers subalternes, supérieurs et généraux qui existent depuis l’unification.

La distribution des nouvelles casquettes se fera progressivement, dès qu’il y en aura en stock, l’objectif étant de doter l’ensemble des marins de la MRC de la nouvelle casquette à visière d’ici novembre 2022. Pendant la période de transition, on pourra porter soit l’ancienne casquette de service en mer, soit la nouvelle casquette à visière. Les nouvelles casquettes seront d’abord distribuées aux militaires du rang, au début de septembre 2021, et ensuite aux officiers au début de 2022, en fonction du calendrier de production et de livraison.

À compter du 7 septembre 2021, les militaires du rang et les aspirants de marine peuvent commander la nouvelle casquette à visière sur le site Web de Logistiks Unicorp. Tous les marins recevront gratuitement leur première casquette entière. Une fois la première distribution effectuée, les marins pourront commander une couronne supplémentaire en utilisant leurs points. Les tailles sont les mêmes que celles de la casquette du service en mer actuelle.

*The design of the new Royal Canadian Navy (RCN) peaked cap is reflective of the RCN’s roots, and is based on the cap worn by petty officers pre-1967.*





# Be a flu fighter!

By Lt Falyn Cavanagh-Dollard, RN, BScN  
CF H Svcs C (A)

Influenza (“flu”) is a highly contagious viral respiratory infection. It is spread person-to-person by respiratory droplets either directly through coughs or sneezes, or indirectly by contaminated hands or surfaces. The ideal time for getting your flu vaccine is in the fall, before the virus is in wide circulation. New strains appear every year, thus the importance of an annual flu vaccine.

In some circumstances, CAF members are at increased risk for becoming infected because of crowding and stress, such as on deployment, on ships, or during training exercises. Historically, the flu causes widespread illness requiring absence from the workplace, with the potential for operational impacts. As per Force Health Protection’s latest flu advisory, unimmunized working-age adults have an infection rate about *five times higher* than that of those who are vaccinated!

## Symptoms of Influenza

Symptoms associated with the flu range from mild to severe, and at times can result in hospitalization or even death. Those with the flu experience some or all of the following:

- High fever (or feeling feverish/chills) with sudden onset;
- General muscle/body aches;
- Fatigue;
- Headache;
- Sore throat;
- Runny or stuffy nose;
- Cough and chest discomfort;
- Can lead to pneumonia and respiratory failure; and

- Can worsen a pre-existing chronic health condition

## Groups for whom the influenza vaccine is recommended

The flu vaccine is an effective way to prevent the flu and its complications. The Public Health Agency of Canada (PHAC) recommends the flu vaccine this season for *anyone six months of age and older*, especially those at high risk of flu-related complications or hospitalization.

Some examples of individuals being at high-risk include those 65 years and older, those who are pregnant, and those with heart or lung illness, diabetes, cancer or undergoing treatment, kidney disease, anemia, neurologic conditions, and morbid obesity.

As Nova Scotia has entered Phase 5 of the reopening plan and Public Health measures gradually ease, we are starting to move into the new normal of living with COVID-19. With the prospect of restrictions easing, and subsequent increase in in-person interactions, it is particularly important to remember to get in line to receive your flu vaccine.

The COVID-19 vaccine and flu vaccine do not replace one another. Both vaccines are prudent measures in reducing your risk of becoming sick or spreading either virus to friends, family, co-workers, and the community.

Below is the schedule for upcoming flu clinics. **We also continue to provide COVID-19 vaccines; to book yours reach out to [HfxCovidVaccineBookings@forces.gc.ca](mailto:HfxCovidVaccineBookings@forces.gc.ca) today!**



*Flu vaccine clinics will be held over the coming weeks at Stadacona and 12 Wing Shearwater for all Regular Force and Reserve Force Class B (>180 days) and Class C members.*

DND

## Seasonal Influenza Vaccine Clinics 2021/2022

The following flu clinics will be held over the next few weeks and are open to all Regular Force and Reserve Force Class B (>180 days) and Class C members.

### Stadacona Clinic

**Time:** 0900-1130 and 1300-1430

### Date/Location:

Mon Oct 18 - 1st Floor (Galley)  
Tues Oct 26 - 1st Floor (Galley)  
Tues Nov 2 - 1st Floor (Galley)  
Tues Nov 9 - 1st Floor (Galley)

### Shearwater

**Time:** 1300-1530

### Date/Location:

Tues Oct 26 - Sea King Club  
Thurs Oct 28 - Sea King Club  
Fri Nov 4 - Sea King Club  
Fri Nov 12 - Sea King Club  
Thurs Nov 18 - Sea King Club  
Thurs Nov 25 - Sea King Club

Please note that for Reserve Force Class A and Class B (<180 days) and civilian employees the vaccine is publicly funded and accessible to those in possession of a valid provincial health card. It is available through your family physician, walk-in clinics, and pharmacies throughout the province.



## CD presentation at MARLANT HQ N8

*Lt(N) Graham Stark was presented with his Canadian Forces Decoration (CD) on September 23 by Cdr Matthew Otoupal, Formation Comptroller. This decoration is awarded to members who have completed 12 years of military service within the Canadian Armed Forces (CAF). Lt(N) Stark joined the CAF in 2003 as a Reservist Infantryman in the 1st Nova Scotia Highlanders unit. He attended Saint Mary's University, graduating in 2009 with a Bachelor of Business Administration (Finance) degree. Later that year he commissioned from the ranks as an Army Logistics Officer. In 2019, he transferred elements and joined the Royal Canadian Navy. This Decoration is proudly awarded to Lt(N) Stark for his tireless work and professional excellence over the past 12 years.*

MONA GHIZ, MARLANT PA





# The spirits of Admiralty House: Naval Museum staff share ghost stories

By Joanie Veitch,  
Trident Staff

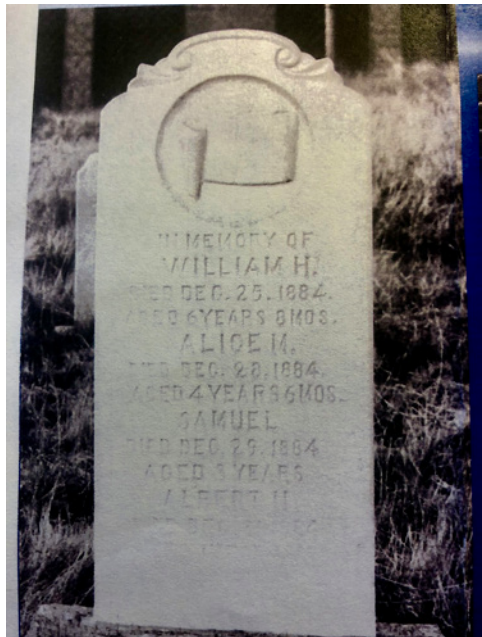
The lady with the long white hair by the main stairs is the most common sighting reported to museum staff. They've also had reports of people hearing water running, and another from someone who heard what sounded like the clang of a metal bucket.

Even without visitors in the building, the Naval Museum of Halifax is never silent. More than 200 years old, Admiralty House creaks and groans from time to time, as old buildings do. It's easy to see how a small noise or sudden movement could play on the mind.

Could it be a ghost?

"We've heard lots and lots of ghost stories," says Lisa McNiven, who works as an archivist at the museum.

Sightings of a lady with white hair, or the sound of water running, is most likely connected to the story of Mary Gray, a servant who worked at Admiralty House in the mid-1800s, McNiven says.



A grave marker – now eroded – for the four children of the Low family who died days apart in late December 1884. The father worked as a gardener at Admiralty House.

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"The story that has been passed down is that late at night the lady of the house called for water. Mary was either the lady's maid or some other house servant and she went upstairs to deliver the water — it would have been in a bucket — and she fell down the stairs on her way back."

Mary Gray died that night in 1858, and although the inscription on her grave has eroded, museum staff say her gravestone is in the old cemetery, the Royal Naval Burying Ground, tucked

away at the bottom of Stadacona.

Before COVID-19 safety precautions closed the museum to the public, a medium who visited the Naval Museum of Halifax as part of a paranormal investigation team estimated there were as many as 14 spirits in the house.

"Pre-COVID we had a daycare visiting and one little guy — he would have been about four years old — asked why the lady in the mirror wasn't talking to him," McNiven recalls, gesturing to a mirror in the front room. "He said she had long white hair and she was leaning out of the mirror and looking at him, but she wasn't saying anything."

Jennifer Denty, museum director, has heard the stories too. Although she says she's never personally experienced anything more than a noise that turned out to be a loose gutter, reports of hearing or seeing "something" are persistent, coming from past and present museum staff and volunteers, commissionaires and visitors.

"Before COVID we used to do events in the evenings so if someone was here late at night, closing up, that sometimes was when things would get reported," she says. "It can get a little creepy, I'll admit."

Construction of Admiralty House began in 1815 and continued through to 1819. The grand three-storey house served as the British Admiral's summer residence at what was then known as the Royal Navy's North American Station from 1819 until 1904.

While the Admiralty spent winters in the more temperate climate of Bermuda, the house was rarely empty as over the years various workers, and sometimes their families, would spend the winter months looking after the house.

One such family was the Lows, a husband and wife who lost four of their children in less than a week in late December 1884.

According to McNiven, who has researched the family's story, the father was the gardener and had been hired to keep the coal running in the winter. Six-year-old William died on Christmas Day, followed by Alice, aged four, on December 28 and three-year-old Samuel the following day. The youngest, Albert, died on December 31 at just 18 months of age.

"We don't know for sure what they died of but cholera was running through the Dockyard at that time so we assume that was what happened," says McNiven. "That poor woman losing her children... I believe that kind of trauma lingers on. It has to."

Another incident involving a mother and child took place during the Halifax Explosion. "The mother was up in the



A mother and baby died after one of the north-facing windows on the top floor of Admiralty House blew in during the Halifax Explosion, on December 6, 1917.

JOANIE VEITCH, TRIDENT STAFF

attic, holding her baby and looking out one of the top windows," says McNiven as she climbs the stairs to the third-floor attic. "She was likely looking down toward the harbour to see what all the commotion was about when the explosion happened and the window blew in. Both she and the baby were killed."

Working alone in the house one day, McNiven said she distinctly heard a door slam upstairs in the attic. It was loud and the noise reverberated down to where she was working on the second floor. She stopped to listen but it

ways... but no doors."

Other reports include a young cadet who said she saw a man down on the lower level wearing an "old-time" suit. Like the young boy who saw the woman in the mirror, the cadet asked why the man wouldn't come out and talk.

"Children seem to see the spectres, or whatever they are," says Denty. "They'll talk as though it's a real person they saw when there was no one there that anyone else saw."

And then there's the crypt. Formerly a cold storage area in the basement of the house, it has twice acted as a morgue — in the mid- to late 1800s when a magazine exploded and killed a number of people, and again following the Halifax Explosion.

"People have said they heard voices down there. I've never heard anything, but who knows?" says McNiven.

Although the museum remains closed to the general public at present, it is open to anyone who works on the base. Museum staff say they would be happy to arrange a tour and talk about the various "ghost stories" of the house, or any other historical subject of interest.

For more information call 902-721-8250 or email: [navalmuseumofhalifax@forces.gc.ca](mailto:navalmuseumofhalifax@forces.gc.ca)

From an article on Admiralty House in the *Crowsnest* magazine, April 1963 "Inside its book-lined walls today, library-quiet, the ghosts remain. Thomas H. Raddall, *Bluenose* author, has reflected: "But they're part of it. No one can take them away. And when you sit here alone, and the house is quiet, and the lights are out, you can almost hear them whispering."



Museum staff often research graves and stories of people who lived in Admiralty House.

JOANIE VEITCH, TRIDENT STAFF

didn't happen again.

"There are no doors in the attic. There are different rooms with door-





# HMCS *Sackville* hosts committal services as summer season ends

By Ryan Melanson,  
Trident Staff

The Committal of Ashes Ceremony aboard HMCS *Sackville* has long been an important annual event for the historic ship, taking place once a year, on Battle of the Atlantic Sunday, off of Point Pleasant Park in Halifax.

Because of *Sackville*'s deteriorating condition, however, it was forced to pause the services starting in 2014, and recent years have seen present-day RCN ships step in to assist family members in having their loved ones' ashes brought to sea as their final resting place.

With major repair and maintenance work completed on the Second World War-era Corvette earlier this year, *Sackville*'s volunteer crew said they're very pleased that this important service is now continuing. The first committal ceremony on board since 2014 was held in September of 2020, and the ship recently held two more – one on September 24, and again on October 8.

"The service is a mainstay for us and it's one of the most important activities the ship carries out. Honouring those who served, in all elements of the Canadian Forces, and even in foreign militaries, is what the ship is all about," said Cdr (Ret'd) Gary Reddy, *Sackville*'s Commanding Officer with the Canadian Naval Memorial Trust (CNMT), the non-profit that owns and cares for the ship.

The ceremony itself is short and respectful, with words from CNMT Padre Andrew Cooke and a brief biography of each individual whose ashes have come aboard. Family members are invited to observe and release flowers overboard as the ashes are let go.

It's the wish of many former sailors to have their ashes brought to sea,

and there is often a waitlist as only so many can be accommodated on each occasion. Because of this, *Sackville* is planning for the committal ceremonies to take place twice a year, once on Battle of the Atlantic Sunday in May, and again in the fall prior to the ship making its annual move from Sackville Landing at the Halifax boardwalk to its winter berth inside HMC Dockyard.

That winter move took place this year on October 8, after a busy season for *Sackville*'s trustees and tour guides at the waterfront, even if ongoing restrictions meant tours were restricted to the outdoor upper deck areas.

"We had a great summer with 30,000 people visiting the ship. Considering that we're only now starting to move to hopefully a post-COVID environment, we're glad people were still able to take in that upper deck piece of the tour, and I think you can still get an understanding of the significance of HMCS *Sackville*. People enjoyed it," Cdr (Ret'd) Reddy added.

He also noted that the CNMT is always looking for new trustees, and that being a current or former military member is not a requirement for getting involved. Those with a strong interest in Second World War history, or family ties to naval service, are encouraged to reach out. Visit <http://hmcssackville.ca/join-and-support> for more information.



Padre Andrew Cooke, Chaplain of the Canadian Naval Memorial Trust, leads a Committal of Ashes ceremony on board HMCS *Sackville* on October 8.

RYAN MELANSON, TRIDENT STAFF



Members of the RCN riding crew help prepare the lines for HMCS *Sackville*'s move out of its summer berth at Sackville Landing on October 8. The ship returned to its winter home at HMC Dockyard following the committal ceremony off of Point Pleasant Park.

RYAN MELANSON, TRIDENT STAFF



## Rest and maintenance period for HMCS *Fredericton*

Members of the crew of HMCS *Fredericton* enjoyed a Thanksgiving dinner away from home while at port in the Dutch city of Dan Helder.

CPL LANDRY, HMCS FREDERICTON





# Nutrition Awareness: Let dietitians help you find your healthy

By Kathleen Bayliss-Byrne,  
Dietitian, CF H Svcs C (A)

Each individual person has their own unique needs based on their health, their preferences, their culture and their food traditions. Finding what may be “good for you” is not the same for everyone.

Think about the traditions you experience and share those with others near you. Enjoying foods from an array of cultures as a way to boost variety and nutrients.

The Nutritional Wellness Working Group is happy to share their “healthy” and we hope you share yours too!

## Mindful eating - Cdr JJ Doyle

“During Basic Training, quickly consuming my meal just became part of eating. Afterwards I found this habit very difficult to break, sometimes my meal would be almost gone while others were just getting started. I began using my non-dominant hand to eat, I found this slowed me down, helped with digestion and saved me some embarrassment when eating in public”.

For more ideas about mindful eating check out [www.eatingmindful.com](http://www.eatingmindful.com) or [www.thecenterformindfuleating.org](http://www.thecenterformindfuleating.org).

## Plan ahead - Kathleen Bayliss-Byrne, P.Dt CDE

“One of the ways I find my healthy is by getting organized every week before buying groceries by planning a menu that includes all the fresh vegetables to be used in the first three to four days.

This reduces food waste, which is very important to me. I also prep most of the fresh foods so they are ready to use in a recipe. I like to prepare breakfast options and lunch options on Sunday to manage my time during the work week.”

For some healthy breakfast ideas, visit [www.cafconnection.ca/Halifax/Adults/Health-Wellness/Health-Promotion/Resources-Links/Core-Breakfast-Recipes.aspx](http://www.cafconnection.ca/Halifax/Adults/Health-Wellness/Health-Promotion/Resources-Links/Core-Breakfast-Recipes.aspx)

## Quality over quantity - CPO2 Adam Holloway

“I find my healthy by selecting quality ingredients that I can incorporate into a healthy meal plan. I find it difficult at times to establish a solid routine when balancing a busy work schedule with my home life, sometimes causing stress levels to elevate. Time management is critical when balancing two worlds and sometimes we make unhealthy choices when time is a factor.

Five things I do for mission success:

1. Create a meal plan each week (this is key to fast easy meal preparation).
2. Prepare meals using whole or minimally processed food (read ingredients list).
3. Choose recipes with plenty of vegetables and fruit (research calorie count).
4. Eat smaller meals more often (prepare ahead of time).

5. Avoid sugary beverages and drink water.

These five steps helped me introduce the nutrients I needed to maintain good mental and physical health. I have concluded that investing in yourself is key to unlocking a more productive and healthier you.”

## Listen to your body - Madison Walsh MPH, P. DT

“I find my healthy by listening to my body and practicing mindful eating. I eat when I am hungry, stop when I am full, and choose a variety of foods that I enjoy eating.”

There are many apps to help cultivate mindfulness such as Am I Hungry, Mindful Bite, and In the Moment.

## Make it a family activity - CPO2 Tari Lightwood

“Food might very well be the foundation of our family. We have found our kids, now 12 and 9, to have a very positive attitude towards food, likely owing to the fact that we have included them in the kitchen during meal prep since day one and we have always sat down to eat together as a family. We constantly introduce new foods and flavours and discuss what we like or don’t like about them, and we also discuss the nutritional value of what we consume. We include the kids in our weekly meal planning, food prep and cooking. Food is fuel for our bodies, certainly, but the

dinner table is also the place to really hear what’s going on in each other’s lives.”

For more information and resources on managing family meals, check out [www.unlockfood.ca](http://www.unlockfood.ca)

## Do your research - Cpl Carol Chan

“I find my healthy by watching a lot of shows and videos related to food around the world, which in turn inspires me to find new ingredients to cook something fresh and exciting.”

As for recipes, I liked the recipe for Vietnamese Chicken and Rice Noodle Salad from [www.cookspiration.com](http://www.cookspiration.com) and the Vegetarian Chinese Egg Fried Rice from the Dieticians.ca Nutrition Month recipe e-book, found here: <https://www.dietitians.ca/DietitiansOfCanada/media/Documents/Resources>

## Make Food Fun - Cpl Emilie LaBrie

“I find my healthy by leafing through my hilarious sassy vegan cookbook. I’m not actually vegan, but the cookbook is so entertaining that it makes finding new delicious recipes fun. So that would be my main suggestion – find a way to make it fun – but also, don’t be scared of switching it up and trying out a vegetarian or vegan recipe. I’m excited to try out a recipe for tomato and white bean soup with rosemary garlic oil – it’s going to be epic.”

Check out other vegetarian recipes on [www.vrg.org](http://www.vrg.org) or [www.pulse.org](http://www.pulse.org)



## HMCS Winnipeg in Manila for goodwill visit

*HMCS Winnipeg, currently deployed to the Indo-Pacific region on Operations PROJECTION and NEON, was alongside in the Philippines from October 12-13 for a goodwill visit to demonstrate friendly relations between the two countries. Winnipeg’s Commanding Officer, Cdr Doug Layton, also made a virtual call during the visit to Philippines’ Chief of Naval Staff, Rear Admiral Caesar Bernard Valencia. Cdr Layton is seen here meeting with Canadian Ambassador to the Philippines Peter MacArthur.*

EMBASSY OF CANADA IN THE PHILIPPINES





# Padre's Corner: Better teamwork through better understanding

By Padre (Capt) Brenda Zwicker,  
Fleet Chaplain Office

It's not often I read an article that both shines a light on past experiences, while also helping me understand those experiences in a surprising new way. This happened recently when I read an article my Formation Chaplain sent written by Colleen McCleery. McCleery wrote a synopsis of the book, "Gender Intelligence – Breakthrough Strategies for Increasing Diversity and Improving Your Bottom Line," written by Barbara Annis and Keith Merron.

I was thinking about the different responses that come when complaints are made in the military environment. There can be pushback that isn't always easy to discern. If it happens, it often is seen as the complainant coming under closer scrutiny and having all of their mistakes highlighted. I have seen military men who are caring and helpful in many situations become set on protecting themselves or their subordi-

nates without balancing the concerns of both sides.

The part of the article that opened my eyes is as follows:

"Roles of hormones cortisol, oxytocin and testosterone have a profound effect on stress reactions in men and women though their effects are opposite in each gender, leading to different behaviours in conflict and under stress. Women step back, under influence of cortisol, and 'heal', where men become doubly charged by the effect of testosterone on the hormone cortisol, and become more aggressive. One soothes, the other becomes competitive and dominant (dominating). It is here where men need to understand that 'pushing to win every battle' is not conducive to the best decisions, always."

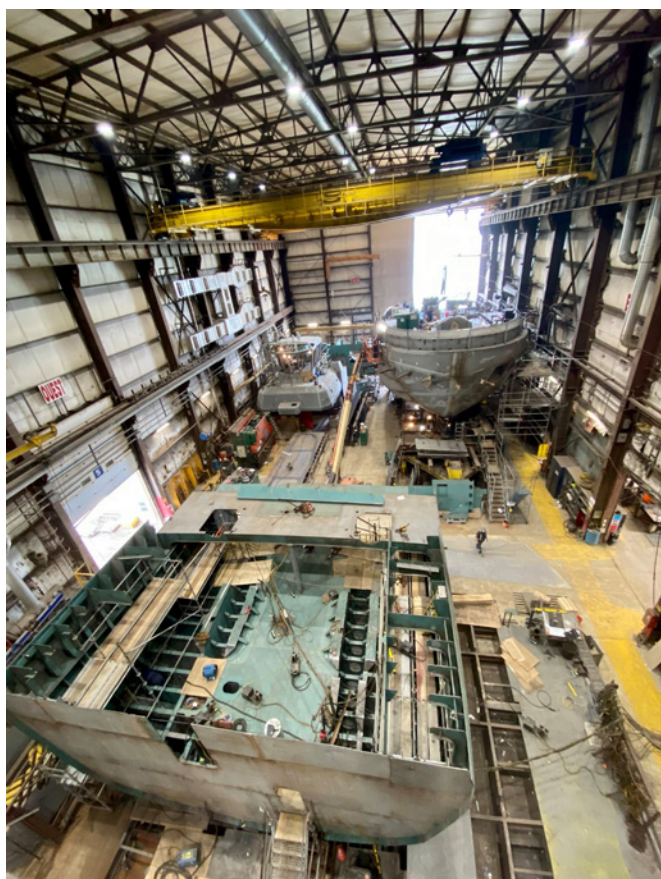
While about 1 in 5 of people are hardwired more like their opposite gender, this leaves most of us responding to

conflict in similar ways. I realized that the success I have had in de-escalating a situation has come from providing insight into the complainant's thinking and presenting them not as someone trying to do harm, just someone who wants to be truly heard and cared for. The de-escalation happened by reducing the perceived level of threat.

With a better understanding of why we behave in certain ways, we can work as a team, helping each other curb our harmful tendencies. The article offered other insights that led me to understand my gender opposite and myself in a helpful way and also gave me a wider perspective on what needs to happen for the CAF to attract and retain women and diverse candidates. It's a great article, not long and well worth the read. For CAF personnel, you can contact your unit chaplain to get a copy.



## New RCN tugs continue to take shape



*The team at Ocean Industries recently shared photos of the ongoing construction of new tugs for the Royal Canadian Navy in Isle-aux-Coudres, Quebec. The Naval Large Tug Project will replace the RCN's five civilian-crewed Glen-class large tugs and the two Fire-class rescue boats. Builders said recent work on the boats has focused on insulation and electrical for the first tug, and the side plans and main deck of the second tug. The project is expected to be completed by 2023.*

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# SPORTS & FITNESS



## HMCS Charlottetown grants wishes with run across PEI

Members of the ship's company of HMCS Charlottetown recently wrapped up their 18th annual Run for Wishes Campaign from October 2-6. The team completed a relay-style run across Prince Edward Island through the five days, stopping in multiple communities to meet with supporters, local Royal Canadian Legion branches, Make-A-Wish Canada representatives and wish recipients, and others. From left, team members SLt Cole, S1 Boersma, and S3 Savoy are seen here receiving a contribution from Charlottetown mayor Phillip Brown, along with Darryl Warren from Make-A-Wish Canada's PEI chapter.

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# Halifax Wanderers to host 2021 DND Appreciation Match

By Elizabeth Sharpe,  
CFB Halifax Public Affairs Intern

On October 23, the [Halifax Wanderers Football \(soccer\) Club](#) of the Canadian Premier League will once again be hosting a Department of National Defence (DND) / Canadian Armed Forces (CAF) Appreciation Match. The game will take place at the Wanderers Grounds in Halifax at 3:00 p.m. against The Forge Football Club from Ontario.

“As a club committed to making our community stronger through sport, we couldn’t be more pleased to be partnering with DND to celebrate the dedicated men and women who defend our community so selflessly,” states Derek Martin, President and Founder of the Halifax Wanderers Football Club.

This will be the Wanderers’ second DND Appreciation Match and the local Defence Team’s third time participating in a Wanderers game since the team’s inaugural season in 2019. This year’s event is a collaboration between the Wanderers, local Defence organizations (led by CFB Halifax) and the Halifax & Region Military Family Resource Centre.

This special match will involve participation from the Stadacona Band of the Royal Canadian Navy (RCN), 12 Wing Shearwater Pipes and Drums, 5th Canadian Division and other local units. The RCN mascot, SONAR, is also planning to attend the game with his Wanderers pal Rover to meet some fans and make new friends!

The Halifax & Region Military Family Resource Centre will be collecting monetary donations at the four main gates prior to the game and at an activation space during halftime behind the grandstand, so bring your change to support a great cause!

Local Defence Team members and their families can purchase tickets for the game through the [Wanderers website](#). DND members can use the code **HFXDND** to get a 25% discount on their tickets in the Harbour Blue Seating Sections. **The discount code will only work for tickets in this section (see image for details).** Please note that Proof of full vaccination is required to attend this event, and will be checked upon entry to the Wanderers Grounds.

After a difficult 19+ months managing the COVID-19 pandemic, this is a chance for our Defence community to come together safely and celebrate through sport. Please join us!

## HFX Wanderers x DND Ticket Deal Instructions:

**Step 1** – Go to <https://www.ticketmaster.ca/hfx-wanderers-fc-vs-forge-fc-halifax-nova-scotia-10-23-2021/event/31005AEDD7E719E7>

**Step 2** – Click the “unlock” button in top right corner of the page and type in promo code HFXDND

**Step 3** – Choose section (Harbour Blue – 103 or 105) and number of tickets to purchase

**Step 4** – Click checkout and proceed to payment.



# Les Halifax Wanderers accueillent le match de reconnaissance de 2021 envers le MDN

Par Elizabeth Sharpe,  
stagiaire aux Affaires publiques de la BFC Halifax

Le 23 octobre, le [Halifax Wanderers Football \(soccer\) Club](#) (club de soccer des Halifax Wanderers) de la Première Ligue canadienne sera de nouveau l’hôte d’un match de reconnaissance envers le ministère de la Défense nationale (MDN)/Forces armées canadiennes (FAC). Le match aura lieu à 15 h, à Halifax, sur le terrain des Wanderers, qui affronteront le club Forge FC de l’Ontario.

« Comme notre club s’est engagé à rendre notre communauté plus forte grâce au sport, nous ne pourrions pas être plus heureux de nous associer au MDN pour célébrer les hommes et les femmes dévoués qui défendent notre communauté avec autant d’abnégation », déclare Derek Martin, président fondateur du club de soccer des Halifax Wanderers. »

Il s’agit du deuxième match des Wanderers pour remercier le MDN et de la troisième participation de l’Équipe de la Défense locale à un match des Wanderers depuis la saison inaugurale de l’équipe en 2019. L’événement de cette année est le fruit d’une collaboration entre les Wanderers, les organisations de la Défense locale (dirigées par la BFC Halifax) et le Centre de ressources pour les familles des militaires d’Halifax et régions.

Ce match spécial mettra à contribution la Musique Stadacona de la Marine royale canadienne (MRC), le corps de cornemuses de la 12e Escadre Shearwater, la 5e Division du Canada et d’autres unités locales. Sonar, la mascotte de la MRC, prévoit également d’assister au match avec son ami Rover des Wanderers pour rencontrer des partisans et se faire de nouveaux amis!

Le Centre de ressources pour les familles des militaires d’Halifax et régions recueillera des dons en argent

aux quatre entrées principales avant le match et à un emplacement réservé à cette fin à la mi-temps derrière les gradins, alors apportez votre monnaie pour soutenir une bonne cause!

Les membres de l’Équipe de la Défense locale et leurs familles peuvent acheter des billets pour le match sur le [site Web des Wanderers](#). Les membres du MDN peuvent utiliser le code **HFXDND** pour obtenir un rabais de 25 % sur leurs billets dans les sections de sièges Harbour Blue. **Le code de rabais ne fonctionne que pour les billets dans cette section (voir l’image pour les détails).** Prenez note qu’une preuve de vaccination complète est exigée pour assister à cet événement, et elle sera vérifiée à votre entrée dans le complexe sportif des Wanderers.

Après avoir passé plus de 19 mois difficiles à gérer la pandémie de COVID-19, c’est l’occasion pour notre communauté de la Défense de se réunir en toute sécurité et de célébrer par le sport. Joignez-vous à nous!

## Instructions concernant les billets à rabais pour le match des Halifax Wanderers à l’intention du MDN

**Étape 1** – Allez sur le site <https://www.ticketmaster.ca/hfx-wanderers-fc-vs-forge-fc-halifax-nova-scotia-10-23-2021/event/31005AEDD7E719E7>

**Étape 2** – Cliquez sur le bouton « Déverrouiller » dans le coin supérieur droit de la page et Entrez le code de l’offre HFXDND.

**Étape 3** – Sélectionnez une section (Harbour Blue – 103 ou 105) et le nombre de billets que vous désirez acheter.

**Étape 4** – Cliquez sur « Suivant » et Passer à la caisse.



L’Équipe de la Défense locale et des membres des Forces armées canadiennes participant au premier match de reconnaissance des Wanderers Halifax envers le MDN en 2019.