



# TRIDENT

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## Moose Hide Campaign at MARLANT

*In support of Moose Hide Campaign Day on May 12, members of Formation Halifax took part in a morning fun run/walk through HMC Dockyard. The event was organized by the Atlantic Defence Aboriginal Advisory Group (ADAAG) and the Atlantic Region Defence Women's Advisory Group (DWAOG). The Moose Hide Campaign began in 2011 as a call to end violence against Indigenous women and children in Canada. Formation members were also encouraged to wear their moose hide pin at work on May 12 and to learn more about the initiative by visiting <http://www.moosehidecampaign.ca>.*

LS PETER FREW





# Rust never sleeps: Detecting corrosion in RCN vessels

By Joanie Veitch,  
Trident Staff

Participants in a defence innovation program recently put their work to the test with a public demonstration in Dartmouth.

Following a call for applicants last fall, nine participants were selected to submit their technological solutions to a defence industry challenge in a “sandbox” event put on by DND’s Innovation for Defence Excellence and Security (IDEaS) program.

Running from April 25 to May 20, the Corrosion Detection in Ships sandbox provides a platform for innovators to test and refine their ideas, giving each participant between three to five days to see how well their technology works in finding the hidden corrosion in a set of test panels, with experts from DND and CAF on hand as observers, as well as on an actual RCN ship.

By tapping into the potential of private-sector innovators, the IDEaS program aims to bolster Canada’s defence and security capabilities.

“We’re asking them to identify solutions in a real world environment, and they get real world feedback to understand what the needs and challenges are from the CAF and DND perspective,” explained Kristina Proulx, director of innovation operations with IDEaS.

At the public demonstration event on May 3, at the Centre for Ocean Ventures and Entrepreneurship (COVE) facility on the Dartmouth waterfront, two of the nine innovators — operating out of two separate test sites — demonstrated their technologies. They each worked with a series of test panels manufactured to recreate

different parts of a Navy ship, such as decking with tile covering, pipes with valves and welded flanges, insulated pipes, and large painted steel plates.

Currently, dealing with corrosion on RCN ships involves removing insulation and deck covering to do a visual inspection. The process is time consuming and intrusive, and is generally not viable while the ship is operational, said Rene Blais, a marine engineer at DND and an observer at the event.

“Visual inspection is best, but it’s not cost effective to remove all hardware, especially when a ship is in operation,” he said. “Finding a way to do non-intrusive surveys would be better, and help us with planning.”

Bijan Mahbaz is the technical director and co-founder of Inspecterra Inc., a small company born at the University of Waterloo in Ontario, and one of the nine participants taking part in the sandbox demonstration event.

Using a hand-held scanner with a highly sensitive magnetic sensor, Mahbaz showed how his company’s device detects changes in the magnetic properties of an object, indicating corrosion or other defects.

While demonstrating that the method can detect corrosion through various coverings, such as paint or insulation, Mahbaz said this is the company’s first time applying their technology in a ship environment.

“We have learned a lot. The development and improvement for us is huge... this sandbox program gave us an opportunity to understand more what the industry needs,” he said. “In a ship you don’t have much space, so you need your method to be very adjustable.”

Eddyfi Technologies, a Quebec-based company, also uses magnetic technology to detect corrosion. Using a portable magnetic flux leakage probe they previously designed to scan storage tank floors, Lloyd Graham, technical sales specialist with Eddyfi, said their goal was to show how their portable

system can also be applied for use on ship decks.

“Actually trying it out on a ship, that’s the true test,” he said.

While there’s no guarantee of a contract following the demonstration event, the sandbox offers a great opportunity for learning and advancement, both for the companies showing their solutions and for DND and the CAF, said Ryan Glendinning, DND’s lead corrosion scientist.

“Each of the solutions is very different... some companies are using technology they had already developed and others are working with new applications they’re testing for the first time,” said



Eddyfi Technologies’ lightweight scanner can inspect hard-to-reach areas for corrosion.

JOANIE VEITCH, TRIDENT STAFF

Ryan Glendinning.

“We all gain from the potential here. It bridges that gap.”



Mikko Jyrkama (pictured on left), engineering and operations manager with Inspecterra Inc., and Bijan Mahbaz, the company’s technical director and co-founder, show how data from their hand-held scanner can produce visual modelling of corrosion hotspots.

JOANIE VEITCH, TRIDENT STAFF

Attn: Transitioning Military  
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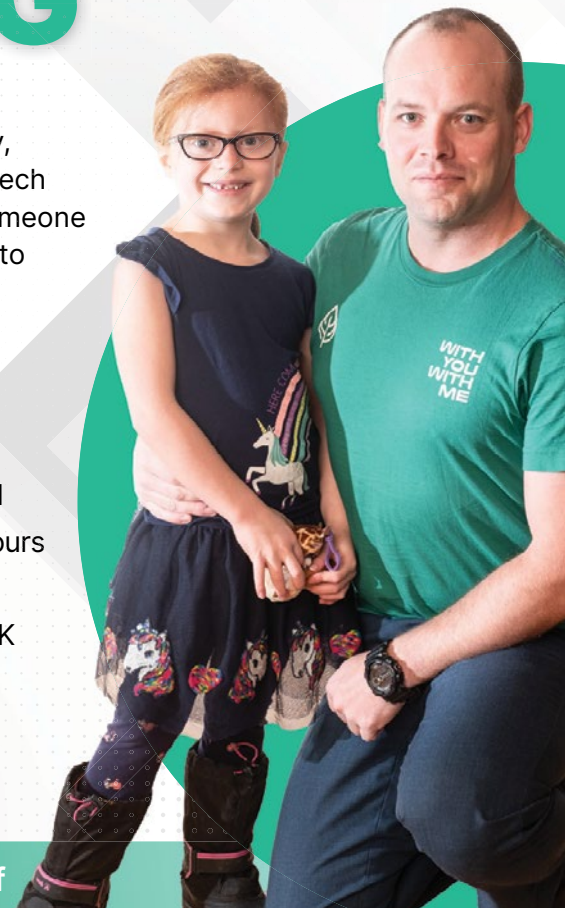
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# HMCS *Sackville* hosts committal of ashes ceremony on Battle of the Atlantic Sunday

By Joanie Veitch,  
Trident Staff



CNMT Chaplain Padre Andrew Cooke led HMCS *Sackville*'s committal of ashes ceremony, with 20 families participating.

JOANIE VEITCH, TRIDENT STAFF

As the crew of HMCS *Sackville* readied the ship for sea, a small group of people gathered on the jetty at HMC Dockyard Halifax on the morning of Sunday, May 1st – many of them family members preparing to say a final goodbye to their loved ones at a committal of ashes ceremony held aboard the ship.

"Today is Battle of the Atlantic Sunday. It's an honour and a privilege to take your loved ones to their final resting place," said Cdr (Ret'd) Gary Reddy, *Sackville*'s Commanding Officer with the Canadian Naval Memorial Trust (CNMT), the non-profit that operates the ship, as he outlined the day's schedule before boarding.

Aided by two tugboats, HMCS *Sackville* first sailed to a point off Point Pleasant Park to serve as the backdrop for the Battle of the Atlantic ceremony at the Sailors' Memorial. At 11 a.m., both at the memorial and on board the ship, a service was held to commemorate the devastating losses during the Battle of the Atlantic, the longest campaign of the Second World War.

"The elements were often more violent than the enemy. Raging storms, ice, cold, fog, and dense blackness confronted navy and merchant sailors alike. Ships collided, ran aground or were lost to enemy action," said Cdr (Ret'd) Reddy.

The number of service members

who died during maritime operations were staggering: 1,797 Royal Canadian Navy (RCN) men and women, 1,578 Canadian merchant marines and 752 personnel from the Royal Canadian Air Force (RCAF). The Canadian Army and RCAF lost another 380 men at sea when the ships carrying them were sunk.

Following the service, family members gathered in small groupings for the committal of ashes ceremony. With CNMT Chaplain, Padre Andrew Cooke officiating, 20 families took part in the ceremony.

As each family group came forward, a brief biography was read, either by a family member or one of the CNMT trustees, before the ashes were interred in the sea.

"This is a very significant event for families, especially for those who have a connection to the RCN," said Padre Cooke.

"It gives them a sense of closure and comfort. The ocean is the ocean... and no matter where they are, when they see the sea they can remember and connect again to their loved one."

For LCdr (Ret'd) Rick Powell, a trustee with CNMT and First Lieutenant of HMCS *Sackville*, the opportunity to be part of the committal of ashes ceremony each year is one he cherishes.

"This is a very important event for

*Sackville* and for all of us, as trustees. I loved my time in the Navy... Most of the families who take part are Navy families or have served in the military. I always enjoy meeting the family members and hearing the stories about their loved ones," he said.

Three young sea cadets from 305 Royal Canadian Sea Cadets Corps (RCSCC) in *Sackville* also played a role in the day's events. Cole Moore rang the ship's bell as the names of the ships lost during the Battle of the Atlantic were read out, and Rhys Doherty assisted in committing a wreath to the sea at the end of the Battle of the Atlantic service. Both also assisted with the committal of ashes ceremony, along with fellow sea cadet Shannyn Parfitt.

"This was a wonderful opportunity for them. It's a great learning experience and such an honour to be a part of this day," said Lt(N) Deanna Paul,



RCN tug CFAV *Glenevis* prepares to move HMCS *Sackville* from HMC Dockyard to the waters off Point Pleasant Park on the morning of May 1, Battle of the Atlantic Sunday.

JOANIE VEITCH, TRIDENT STAFF

Training Officer at 305 RCSCC *Sackville*.

Committal of ashes ceremonies traditionally take place aboard HMCS *Sackville* twice a year — Battle of the Atlantic Sunday and again in the fall, prior to the ship moving from its summer berth at *Sackville* Landing on the Halifax waterfront back to HMC Dockyard for the winter.



Cole Moore (left) and Rhys Doherty, two sea cadets with 305 Royal Canadian Sea Cadets Corps (RCSCC) in *Sackville*, NS, both took part in the Battle of the Atlantic service and committal of ashes ceremony aboard HMCS *Sackville*

JOANIE VEITCH, TRIDENT STAFF





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# Nova Scotia honours fallen workers on Day of Mourning

By Ryan Melanson,  
Trident Staff

As representatives from labour and government joined members of the public to mark the National Day of Mourning in Halifax on April 28, there were a number of calls for more to be done to protect both the physical and mental wellbeing of workers in Nova Scotia and around the country.

A commemoration ceremony and wreath laying was held at Province House to honour all those who have been injured, sickened, or killed while at work, including the 20 Nova Scotians in 2021 who died while at work or because of work done in the past. CFB Halifax Base Commander Capt(N) Sean Williams attended the event with MARLANT Safety and Environment personnel, and laid a wreath on behalf of the base, which employs a large unionized civilian workforce.

Event organizers and speakers also highlighted the toll COVID-19 has taken on workers across Canada over the last two years, with workers dying after contracting the virus on the job, some dealing with long-term health issues from the disease, and countless others who have faced extra stress daily while doing their jobs amidst the threat of COVID-19.

"The pandemic exposed serious flaws in our health care and long-term care systems, as well as the issue of homelessness. Government, labour, and the general public must all work together to correct these issues," said Debbie Richardson, President of the Halifax-Dartmouth and District Labour Council.

The Day of Mourning in Nova Scotia typically includes reflection and remarks on the legacy of the 1992 Westray Mine explosion in Nova Scotia. A methane explosion at the mine killed 26 men who were working

underground. A subsequent inquiry found that the incident was preventable, and charges were laid, then dropped, against company managers.

Genesta Halloran-Peters, who lost her husband John in the Westray explosion, spoke at the gathering, telling the story of the tragedy from the perspective of families, and calling for tougher enforcement of the Westray law. The bill was passed in 2004 to help prevent these types of avoidable workplace deaths or injuries, and hold those in power to account when they do occur.

"The legacy of the Westray disaster lives on, not only through the families who are left behind, but through the lessons taught to this province about work safety. We have come a long way in 30 years, but not far enough. Every year, lives are still impacted by workplace tragedy."

The Westray discussion was especially relevant this year as the province marks 30 years since the explosion – a large commem-



Base Commander Capt(N) Sean Williams laid a wreath at the Day of Mourning ceremony on behalf of CFB Halifax.

RYAN MELANSON, TRIDENT STAFF



Genesta Halloran-Peters, who lost her husband John in the 1992 Westray coal mining disaster, spoke at the Day of Mourning ceremony at Province House on April 28.

RYAN MELANSON, TRIDENT STAFF

oration was held at the Westray Miners Memorial Park in New Glasgow on May 9.

## Maritime leaders in Australia for Indo-Pacific conference

Representatives from Canada, France, India, Japan, New Zealand, Papua New Guinea, Singapore, the United States and the United Kingdom all joined Australian Navy personnel in Sydney, Australia from May 10-11 for the Sea Power 2022 conference, outlining common opportunities to jointly enhance maritime security in the Indo-Pacific. VAdm Craig Baines, Commander Royal Canadian Navy, is seen second from left in the photo.

DANIEL GOODMAN, ROYAL AUSTRALIAN NAVY







# HMCS *Halifax* and NATO counterparts train with Finland and Sweden

By NATO MARCOM



HMCS *Halifax* is seen arriving in Stockholm, Sweden.

LINUS EHN, SWEDISH ARMED FORCES

Ships from Standing NATO Mine Countermeasures Group 1 (SNMCMG1) and Standing NATO Maritime Group One (SNMG1) were recently in the Baltic Sea to exercise and conduct port visits in Finland and Sweden.

On 29 April, SNMG1 arrived in Stockholm, Sweden, and exercised with Swedish partners to increase

interoperability. SNMG1 includes flagship HNLMS *De Zeven Provinciën* (The Netherlands), *FGS Erfurt* (Germany), HMCS *Halifax* (Canada), and *FGS Spessart* (Germany). Currently, SNMG1 also comprises FS *La-touche-Tréville* (France), which stayed at sea for operations. The port visit ended on May 2.

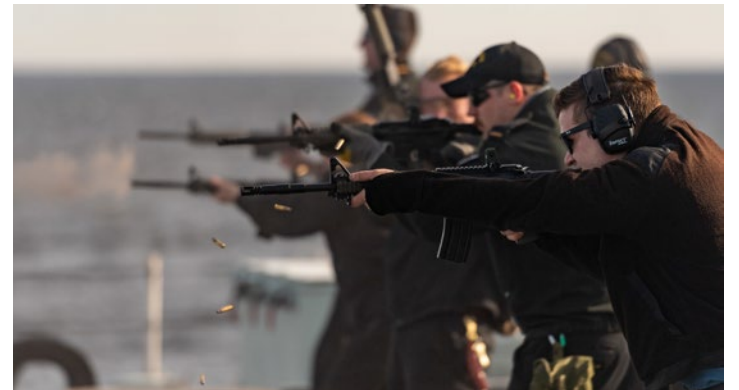
Prior to the visit, SNMG1 conducted a close-air-support exercise with a Swedish Navy submarine in the Baltic Sea. The group trained in anti-submarine warfare, which included fixed-wing aircraft and helicopter operations, and defensive procedures while entering and leaving port. SNMCMG1 and SNMG1 are part of NATO's Standing Naval Forces and the NATO Response Force.

"NATO gains from Sweden's insights and operational expertise, and I appreciate the high-level training we regularly conduct with the Swedish Navy," Commander SNMG1 Commodore A. van de Sande said.

The Baltic Sea region is of great strategic importance to NATO and cooperation in the Baltic Sea is of particular interest, as six Allied nations border the Baltic Sea. NATO regularly deploys

maritime forces in the Baltic Sea in order to maintain a credible and capable defensive capability in accordance with treaty obligations.

Since Russia's unprovoked and unjustified invasion of Ukraine, NATO has further reinforced its deterrence and defence, on land, in the air, and at sea. Finland and Sweden are NATO's closest partners, with years of experience training and operating alongside NATO Allies.



Boatswains aboard HMCS *Halifax* fire their C-8 rifles on the flight deck as part of a force protection shoot during Operation Reassurance on April 20, prior to arriving in Sweden.

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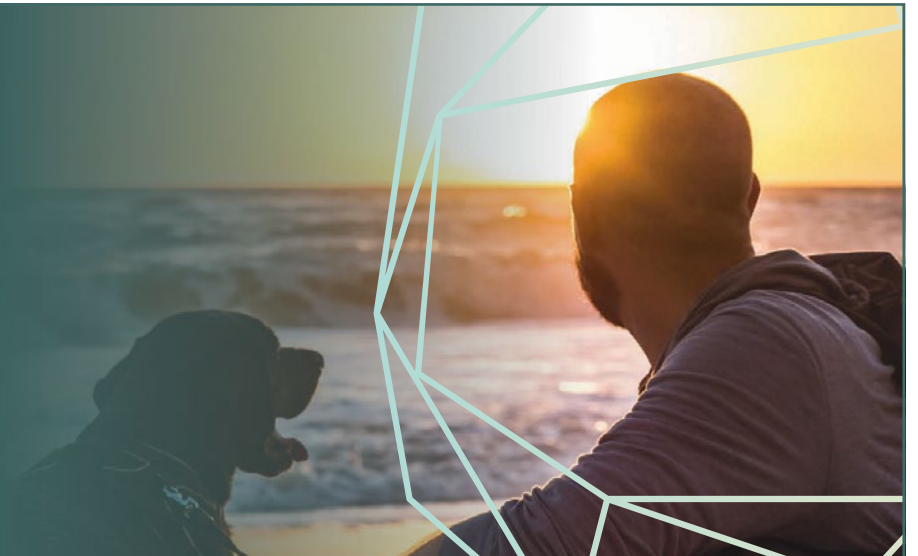
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Canada



# VETERAN AND VETERAN FAMILY MENTAL HEALTH REMAINS UNCHARTED TERRITORY



***“Most Canadians don’t know what it’s like for a lot of Veterans just to try and function through a day.”***

*– Warrant Officer (Ret’d) Brian McKenna, National Strategic Advisor with the Atlas Institute for Veterans and Families*

For decades, Veterans, and their Families have voiced concerns about how hard it can be to find support services that reflect their military experiences and provide real ways to help. Finding the right services in the right place and at the right time is not always easy. Additionally, civilians are often unaware of the physical, emotional, and mental stressors that Veterans, and their Families experience, leading to feelings of isolation and loneliness. Enter the Atlas Institute for Veterans and Families. We were named in 2017 as the Centre of Excellence on PTSD, to increase awareness of Veteran and Family mental health needs, and to improve the quality and availability of trauma-informed care and supports that will make daily life a little easier.

## **Nothing about us without us**

Our work is guided by the expertise of those with lived experience. Our four lived experience advisors—two CAF Veterans and two CAF Family members—build trusted relationships with Veterans and Families to ensure the information we develop and share is tailored to their needs. Across our various projects, we also engage with communities, receiving and sharing information that will improve supports and services for mental health and wellbeing.

“We embed lived expertise in our staff and into our processes. We regularly engage with Veterans and Families, former RCMP members, researchers and service providers, to ensure that our work is guided by and reflective of—the people we serve. It’s also important for RCMP Veterans and their Families to know they are part of our remit, that we are here to respond to their needs, too,” says Laryssa Lamrock, National Strategic Advisor, Families with the Atlas Institute.

Our goal, says Fardous Hosseiny, President and CEO of the Atlas Institute, is to ensure that Veterans and their Families have access to the best possible supports and care. “While we do not offer direct services, we aim to identify the best mental health treatment approaches,” says Hosseiny. “Veterans and Families have dedicated their lives to serving Canada. Now, it’s our time to give back.”

## **Mental health challenges are common**

Roughly one in four Veterans experiences mental health problems. Many of these problems are hard for service providers to understand and treat, due to lack of clinical research.

“It can be challenging to find up-to-date research on Veterans and their Families,” Hosseiny says. “One of our goals is to use new and existing research to inform treatment options and policies that support improvements in trauma-related mental health care,” he adds, referring to the Atlas Institute’s research work with both Canadian and international partners. He also points out that sharing research is key to getting current and relevant knowledge into the hands of service providers and Veterans and Families alike.

## **We have your backs**

We listen to Veterans and Family members. We hear them when they talk about their experiences at home and abroad, the challenges of returning from deployment, the strain of being away from Family and friends, how hard it is to transition to post-service life. We recognize the impacts that trauma has on the individual and on the Family. We know that finding supports and services to help manage the impacts of trauma can be incredibly hard and frustrating. And, that’s why we are here. We are here to help fix a system that isn’t working as well as it should for you and your Family. We have your backs.

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# First barge delivery a milestone for Joint Support Ship project

By Peter Mallet,  
The Lookout

An important milestone for the Royal Canadian Navy's (RCN) new Joint Support Ships (JSS) has been completed. The first of four modular, self-propelled barges designed to serve the needs of these future supply ships has been delivered to Esquimalt, B.C.

Three more barges are expected over the next 12 months, two more on the West Coast and one on the East Coast. Eventually each JSS will receive one Sea to Shore Connector, with each coast having one in reserve.

Called Sea-to-Shore Connectors, these barges can move large quantities of supplies or personnel to and from shore quickly, and can be stored or transported like standard shipping containers. The Sea-to-Shore Connector has multiple uses and configurations, is Canadian made, and engineered to be assembled from the platform of the upcoming Protecteur-class Joint Support Ships (JSS).

"The Sea-to-Shore Connector is the only vessel of its kind in the RCN and is truly unique because of its flexibility to be put together in multiple configurations to become what you need for any specific operation," said LCdr Mark McShane, Deputy Project Director for the Joint Support Ships.

"It is going to be able to provide so

much capability in terms of logistics and is transported in a standard way like any other shipping container."

While the Sea-to-Shore Connector's primary use is a self-propelled barge, it can also transform into a bridge, a floating dock, or even a diving platform for salvage. It's also useful for ship-side maintenance and inspections. They can be deployed as stand-alone units, for example to support Operation Lentus in dealing with floods throughout Canada.

The barge's engines, ramps and safety equipment will be stored in two separate 20-foot containers aboard the new Protecteur-class ships, once built. The 12 pontoons can be stored like sea containers.

When required, the pieces of the interlocking pontoon system and two Thrustmaster engines will be lowered into the waters of protected harbours and inlets by the JSS's crane. The connecting pieces will be pushed together by rigid-hulled inflatable boats and then locked into place.

The self-propelled barge has a reinforced steel hull and can hold up to 81 tonnes of supplies, vehicles, equipment, or personnel in the 3 x 4 configuration.

Its amphibious capability means it

can be driven right up to a beach with its roll on/off ramp extended if no dock or jetty exists.

The next step for the Sea-to-Shore Connector is developing training modules for personnel to be deployed in the JSS.

"This is a new piece of kit for a new vessel that we have never had before," said LCdr Rowan Wilson, staff officer for new capability and training at Naval Personnel Training Group.

"We have learned a lot from the initial cadre training phase with our Marine Technician and Boatswain training staff getting a chance to



*While the Sea-to-Shore Connector's primary use is a self-propelled barge, it can also transform into a bridge, a floating dock, or even a diving platform for salvage.*

*Même si ce système de connexion mer-terre est conçu pour être principalement une barge autopropulsée, il peut également se transformer en pont, en quai flottant, voire en plate-forme de plongée pour la récupération.*

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put their hands on it and assemble it, while also looking closely at the technical requirements to do the job successfully."

## La livraison de la première barge est une étape importante du projet de navire de soutien interarmées

Par Peter Mallet,  
The Lookout

Une étape importante des nouveaux navires de soutien interarmées (NSI) de la Marine royale canadienne (MRC) a été franchie. La première des quatre barges modulaires autopropulsées conçues pour répondre aux besoins de ces futurs navires ravitailleurs a été remise à Esquimalt, en Colombie-Britannique.

Appelées « systèmes de connexion mer-terre », ces barges peuvent déplacer rapidement de grandes quantités de fournitures ou de personnel vers et depuis la terre ferme, et peuvent être stockées ou transportées comme des conteneurs d'expédition standard. Ce système de connexion a de multiples usages et configurations, est fabriqué au Canada et est conçu pour être assemblé à partir de la plate-forme des futurs navires de soutien interarmées (NSI) de la classe Protecteur.

« Ce système de connexion est le seul navire de ce type dans la MRC et il est vraiment unique en raison de sa flexibilité puisqu'il peut être assemblé dans de multiples configurations pour devenir ce dont vous avez besoin pour une opération précise », a déclaré le capitaine de corvette Mark McShane, directeur adjoint du projet pour les navires de soutien interarmées.

« Il va pouvoir fournir tant de capacités en matière de logistique et est

transporté de manière standard comme n'importe quel autre conteneur d'expédition ».

Même si ce système de connexion mer-terre est conçu pour être principalement une barge autopropulsée, il peut également se transformer en pont, en quai flottant, voire en plate-forme de plongée pour la récupération. Il est également utile pour la maintenance et les inspections des flancs des navires. Ils peuvent être déployés en tant qu'unités autonomes, par exemple pour soutenir l'opération Lentus dans la gestion des inondations au Canada.

Les moteurs, les rampes et le matériel de sécurité de la barge seront stockés dans deux conteneurs distincts de 20 pieds à bord des nouveaux navires de la classe Protecteur, une fois construits. Les 12 pontons peuvent être stockés comme des conteneurs maritimes.

Lorsque cela sera nécessaire, les pièces du système de pontons emboîtables et les deux moteurs Thrustmaster seront descendus dans les eaux des ports et bras de mer protégés par la grue du NSI. Les pièces de liaison seront poussées ensemble par des embarcations pneumatiques à coque rigide, puis unies en place.

La barge autopropulsée possède une coque en acier renforcé et peut conte-

nir jusqu'à 81 tonnes de fournitures, de véhicules, d'équipements ou de personnel dans une configuration 3 x 4.

Sa capacité amphibie signifie qu'il peut être conduit jusqu'à une plage avec sa rampe d'accès et de sortie en place s'il n'y a pas de quai ou de jetée.

La prochaine étape du système de connexion mer-terre est l'élaboration de modules d'instruction pour le personnel qui sera déployé à bord du NSI.

« Il s'agit d'une nouvelle pièce d'équipement pour un nouveau navire que nous n'avons jamais eu auparavant », a déclaré le Capc Rowan Wilson, officier d'état-major pour les capacités et l'instruction nouvelles au sein du Groupe d'instruction du personnel de la Marine.

« Nous avons beaucoup appris de la phase de formation des membres du cadre initial d'instructeurs avec notre personnel d'instruction de techniciens de marine et de manœuvriers qui a eu la chance de mettre la main dessus et de l'assembler, tout en examinant de près les exigences techniques pour faire le travail avec succès. »

Trois autres barges sont attendues



*Lieutenant Commander Mark McShane, Deputy Project Director for the Joint Support Ship, briefs Rear Admiral Angus Topshee, Commander Maritime Forces Pacific.*

*Le capitaine de corvette Mark McShane, directeur adjoint du projet de navire de soutien interarmées, informe le contre-amiral Angus Topshee, commandant des Forces maritimes du Pacifique.*

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au cours des 12 prochains mois, deux autres sur la côte Ouest et une sur la côte Est. Chaque NSI recevra un système de connexion mer-terre, et chaque côte en aura un en réserve.





## Overboard drills and other stunts: HMCS *Brandon*'s family day sail

By Kateryna Bandura,  
The Lookout

Surrounded by 30 civilians on the deck of HMCS *Brandon*, Petty Officer Second Class (PO2) Lance Ingeberg explained the person overboard exercise unfolding in the water before them.

"The fleet standard is five minutes, from the second the alarm is raised to the person recovered safely in the Zodiac," he said.

The recovery drill on April 22 was one of many to showcase the ship and crew's capabilities to family and friends who were along with them for a day sail.

"I'm really happy to have my daughter along," says PO2 Ingeberg. It has been almost a decade since the 14 year old sailed with her father.

A day sail program was created so visitors got to see some of what the crew does, explains PO2 Robin Moncrief, *Brandon*'s acting Coxswain.

"For the kids, it's great to see where mom or dad goes for three or four months, get a feel for where they live. They get to see the spaces where their families or friends work, which is really cool, especially for families that haven't been on board before," she says.

She joined in 2008 and has been posted on all the West Coast Kingston class ships since 2011. She has been posted to *Brandon* since 2018 and is one a few sailors who've sailed only on the Maritime Coastal Defence Vessels (MCDV).

To showcase the ship's ability to maneuver, Lt(N) Sam Coffey, Operations Officer, took control of the ship to conduct a full-stern reverse thrust, weaving, and sharp turns that demonstrated their unique thrusters.

"Fun thing about Maritime Coastal Defence Vessels is they have thrusters, as opposed to a rudder, that can rotate the ship 360 degrees. The bonus of having this system is it makes the ship overall very maneuverable," says Lt(N) Coffey.

He says showing off the ship to the public, family members, and friends is great exposure to navy life, especially since COVID has hindered activities such as this day sail for a few years.

"When we go away, there's a lot of what we call maritime blindness, where people don't really see what the navy is doing," he says. "So this at least gives them some exposure to

what our life is like while we're away."

Visitors also learned some unexpected things about the ship as well.

"Having read a lot of historical fiction and watched a lot of movie-type programming, I find the bridge a whole lot less noisy than expected," says Walter McInnis. "Everybody's quiet, focused, relaxed. That's not what I was expecting."

His daughter PO1 Colleen McInnis sailed with PO2 Moncrief in 2012 for two years and they have been friends ever since. He owns a fishing boat and often sails in the area; he says seeing what happens on the ship was eye opening.

"Seeing all the different components required to make a ship like this work, just incredible. There's a lot of



*Petty Officer Second Class (PO2) Lance Ingeberg with his 14-year-old daughter as she looks through HCMS Saskatoon's big eyes during a family day sail.*

KATERYNA BANDURA

technology and machinery and these people have to know a lot of things to keep this thing going."

*Brandon* is due for a refit this fall. The ship's company will transfer over to another MCDV.

## HMCS *Oriole* gets set for Great Lakes Deployment



*HMCS Oriole* sailed from Halifax to begin its 2022 Great Lakes Deployment on May 12. The ship will be visiting communities along the St. Lawrence Seaway and the Great Lakes through the summer, along with stops in Prince Edward Island both at the beginning and end of the tour. The Great Lakes deployment wraps up on August 31.

MONA GHIZ, MARLANT PA



*The crew welcomed Cmdre Christopher Robinson, Commander CANFLTANT, for a visit on board as they got ready for scheduled workups.*

HMCS ORIOLE



*Sailors test HMCS Oriole's firefighting equipment during training while alongside at HMC Dockyard.*

HMCS ORIOLE



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# DTPAO message to mark International Day Against Homophobia, Transphobia, and Biphobia

By Capt Marie-Christine De Tilly,  
Defence Team Pride Network

May 17 is a symbolic date for the LGBTQ2+ communities. Homosexuality was removed from the World Health Organization (WHO) list of mental illnesses on May 17, 1990. This date was thus chosen to become the International Day against Homophobia, Transphobia and Biphobia. Despite many advances, there are still barriers when it comes to the concrete inclusion of trans people and LGBTQ2+ members in organizations such as the Defense.

To mark the occasion, the Defense Team Pride Advisory Organization invites you to listen to the webinar “Become an Ally to the LGBTQ2+ Communities” which aims to equip leadership and the Defense Team to become better allies, an important step contributing to the culture change efforts underway in many organizations. [We encourage you to view the recording available on the Defence Team Pride Advisory Organization \(DTPAO\) intranet site](#) (accessible on

DWAN only).

The status of LGBTQ2+ people is eroding around the world. May 17 is a day that should be highlighted, because homophobia, transphobia and biphobia have no respite. The theme of this day’s international campaign confirms this: Every second, intolerance cuts lives short. Around the world, physical, psychological, sexual, medical, and institutional violence are reducing the life expectancy of LGBTQ+ people.

“Now more than ever, it is important to stand together and be kind to those closest to us and those around us. Love is essential and should not depend on a person’s sexual orientation, gender identity, or gender expression,” says Major André Jean, military co-chair of DTPAO, who hopes you will help him promote this day again this year by flying the Pride flag across the country to show your support and solidarity for LGBTQ2+

members of the Defense community, and to reinforce the message that everyone has a place. Feel free to share the event on your social networks.

Activists and allies in DND and the CAF have made this progress possible and are still working on it.

“Being yourself at work should not be optional, yet many testimonies show that situations of discrimination and harassment continue to occur despite official policies that condemn them. This is why the fight against homophobia and transphobia must continue. Coming out may provoke negative reactions - verbal or non-verbal - from some people. This doesn’t mean that you should give up, but it does emphasize the importance of celebrating May 17,” adds Luc Mader-Chartier, civil co-chair of the DTPAO.

Studies confirm that a work environment where people can be themselves and develop authentic relationships with their colleagues is strongly

linked to well-being at work. Daily life is much easier when you don’t have to hide your personal life and your authentic self. This day is to educate everyone: “Be open-minded, and ask questions instead of discriminating. We need to understand that some people’s normality is not necessarily yours,” says Luc.

“We need your experience, your voice and your energy to make the organization effective and a positive force for everyone. DTPAO is always looking for members of the CAF and DND to join forces and lead the discussion at the national and local levels. If you are interested in joining DTPAO, please contact us to see how you can play a role in creating lasting positive change in diversity and inclusion throughout the Defence Team,” concludes Maj Jean.

## Message de l’OCFÉD à l’occasion de la Journée internationale contre l’homophobie, la transphobie et la biphobie

Par Capt Marie-Christine De Tilly,  
Réseau de la fierté de l’Équipe de la Défense

Le 17 mai est une date symbolique pour les communautés LGBTQ2+. L’homosexualité est retirée de la liste des maladies mentales de l’Organisation mondiale de la santé (OMS) le 17 mai 1990. Cette date a donc été ainsi choisie pour devenir la Journée internationale contre l’homophobie, la transphobie et la biphobie. Malgré de nombreuses avancées, il existe toujours des barrières lorsqu’il s’agit d’inclure concrètement les personnes trans et les membres LGBTQ2+ au sein d’organisations telles que la Défense.

Pour l’occasion, l’Organisation consultative de la Fierté de l’Équipe de la Défense (OCFÉD) vous invite à écouter le webinar « Devenez un allié ou une alliée des communautés LGBTQ2+ » dont l’objectif est d’outiller le leadership et l’Équipe de la Défense à devenir de meilleur.e allié.e., une étape importante contribuant aux efforts de changement de culture en cours dans plusieurs organisations. [Nous vous encourageons à consulter l’enregistrement disponible sur le site intranet de l’Organisation](#)

[Consultative de la Fierté de l’Équipe de Défense](#) (OCFÉD) (accessible sur le RED seulement).

La condition des personnes LGBTQ2+ tend à s’effriter dans le monde. Le 17 mai est une journée qui se doit d’être soulignée, car l’homophobie, la transphobie et la biphobie n’ont pas de répit. Le thème de la campagne internationale de cette journée confirme cet effritement : Chaque seconde, l’intolérance écourt des vies. À travers le monde, la violence physique, psychologique, sexuelle, médicale et institutionnelle réduisent l’espérance de vie de personnes LGBTQ+.

« Aujourd’hui plus que jamais, il est important d’être unis et d’être bienveillant envers ses proches et son entourage. L’amour est essentiel et ne devrait pas dépendre de l’orientation sexuelle, de l’identité de genre ou de l’expression de genre d’une personne », tient à souligner major André Jean, coprésident militaire de l’OCFÉD qui espère que vous l’aidez, encore une fois cette année, à faire la promotion de cette journée cette en déployant le drapeau de la Fierté dans

tout le pays pour montrer votre soutien et votre solidarité envers les membres LGBTQ2+ de la Défense, et pour renforcer le message selon lequel tout le monde a sa place. N’hésitez pas à partager l’événement sur vos réseaux sociaux.

Des activistes et alliés du MDN et des FAC ont permis ces progrès et y travaillent encore. « Être soi-même au travail ne devrait pas être optionnel, pourtant plusieurs témoignages démontrent que des situations de discrimination et de harcèlement continuent de survenir malgré des politiques officielles qui les condamnent. C’est pourquoi la lutte contre l’homophobie et la transphobie doit continuer. Un coming out peut provoquer des réactions négatives – verbales ou non verbales – de la part de certaines personnes. Ça ne veut pas dire qu’il faut abandonner sa démarche, mais ça accentue l’importance de souligner le 17 mai », ajoute Luc Mader-Chartier, coprésident civil de l’OCFÉD.

Les études le confirment, un milieu professionnel où les personnes peuvent être elles-mêmes et développer des re-

lations authentiques avec leur collègue est fortement relié avec le bien-être au travail. Le quotidien est beaucoup plus simple lorsqu’on n’a pas à cacher sa vie personnelle, son soi authentique. Cette journée est pour sensibiliser tout le monde : « Soyez ouvert d’esprit, et posez des questions au lieu de discriminer. Il faut comprendre que la normalité de certain.e.s n’est pas nécessairement la vôtre », mentionne Luc.

« Nous avons besoin de votre expérience, de votre voix et de votre énergie pour faire en sorte que l’organisation soit efficace et constitue une force positive pour tout le monde. L’OCFÉD est constamment à la recherche de membres des FAC et du MDN pour joindre leurs forces et mener la discussion aux niveaux national et local. Si vous souhaitez vous joindre l’OCFÉD, n’hésitez pas à nous contacter pour voir comment vous pouvez jouer un rôle dans la création de changements positifs durables en matière de diversité et d’inclusion dans l’ensemble de l’Équipe de la Défense », conclut maj Jean.





## Face of Base: CPO2 Duane Murphy

By Shalini Deshwal,  
CFB Halifax Public Affairs

We are pleased to introduce this week's Face of Base – CPO2 Duane Murphy, Base Executive Services (BES) Branch Chief and Base Comptroller (BCompt) Unit Chief!

CPO2 Murphy's primary role within the BCompt unit is to assist the Base Comptroller in coordinating military staff administrative issues such as training, dress and deportment and discipline. As the Senior Financial Services Administrator for BCompt, CPO2 Murphy is also called upon to interpret financial policy in a variety of situations whether it be claims, budget and/or cashier services. As the BES Chief, CPO2 Murphy's function is to work closely with the Base Chief of Staff and Base Chief Petty Officer to ensure that all members of the BES branch are kept apprised of Canadian Armed Forces CAF, Formation and Base-generated policies and guidelines such as training updates, trade requirements and dress regulations. One of CPO2 Murphy's favourite parts of the job is being able to pass his experiences to the junior members and see them grow in their careers while providing some guidance so that they are confident in moving up the ranks.

CPO2 Murphy was born in Gander, Newfoundland and grew up in St. John's. At the age of 16, he moved to Halifax to finish high school and ended up meeting his (now) wife of soon-to-be 34 years! He attended university in Cape Breton, proceeding to work numerous jobs including car sales, milkman and private investigator before joining the Royal Canadian Navy (RCN) in 2003.

Although CPO2 Murphy joined the CAF a little later in life at the age of 37,

he has enjoyed a great career thus far (with just over a year to retirement)! Some of his career highlights include the many friendships he fostered while being posted to onboard various RCN ships; participating in the decommissioning of HMCS *Iroquois*; his family's posting to Germany for four years; and being selected on two occasions to represent the CAF at the pilgrimage to Lourdes, France. CPO2 Murphy's final highlight of his career is the influence it has had on his two sons, both of whom decided to join the CAF themselves!

CPO2 Murphy's hobbies and interests are focused on caring for and beautifying his family's oceanside property so that family and friends can enjoy their little piece of paradise.



CPO2/PM 2 Duane Murphy

## Gens de la BFC Halifax: PM 2 Duane Murphy

Par Shalini Deshwal,  
Affaires publiques de la BFC Halifax

Nous sommes heureux de vous présenter le membre des Gens de la BFC Halifax de cette semaine – le PM 2 Duane Murphy, premier maître des Services exécutifs de la base (SEB) et premier maître de l'unité du contrôleur de la base (Contr B)!

Le PM 2 Murphy a pour rôle principal au sein de l'unité du Contr B d'aider le contrôleur de la base à coordonner les questions administratives du personnel militaire telles que l'instruction, la tenue vestimentaire, le comportement et la discipline. En tant qu'administrateur principal des services financiers du Contr B, le PM 2 Murphy est également appelé à interpréter des politiques financières dans diverses situations, qu'il s'agisse de réclamations, de budget ou de services de caisse. En tant que premier maître des SEB, le PM 2 Murphy travaille en étroite collaboration avec le chef d'état-major de la base et le premier maître de la base pour s'assurer que tous les membres du SEB sont tenus au courant des politiques et des directives des Forces armées canadiennes FAC, de la formation et de la base, comme les mises à jour de l'instruction, les exigences des métiers et les règles vestimentaires. L'un des aspects préférés du travail du PM 2 Murphy est de pouvoir

transmettre son expérience aux sub-alternes et de les voir progresser dans leur carrière, tout en leur donnant des conseils pour qu'ils puissent gravir les échelons avec confiance.

Le PM 2 Murphy est né à Gander, à Terre-Neuve, et a grandi à St. John's. À l'âge de 16 ans, il a déménagé à Halifax pour terminer ses études secondaires, où il a rencontré la femme qui est maintenant son épouse, qui aura bientôt 34 ans! Il a fréquenté l'université au Cap-Breton, puis a occupé de nombreux emplois, dont ceux de vendeur de voitures, de laitier et de détective privé, avant de s'enrôler dans la Marine royale canadienne (MRC) en 2003.

Bien que le PM 2 Murphy se soit enrôlé dans les FAC un peu plus tard, à l'âge de 37 ans, il a connu une excellente carrière jusqu'à maintenant (avec un peu plus d'un an avant la retraite)! Parmi les faits saillants de sa carrière, mentionnons les nombreuses amitiés qu'il a nouées lors de ses affectations à bord de divers navires de la MRC, sa participation au désarmement du NCSM *Iroquois*, l'affectation de sa famille en Allemagne pendant quatre ans et le fait d'avoir été choisi à deux reprises pour représenter les FAC lors d'un pèlerinage à Lourdes, en France. Le dernier point saillant de la carrière du PM 2 Murphy est l'influence qu'elle a eue sur ses deux fils, qui ont tous les deux décidé de s'enrôler dans les FAC!

Les passe-temps et les intérêts du PM 2 Murphy sont axés sur l'entretien et l'embellissement de la propriété familiale située au bord de l'océan, afin que la famille et les amis puissent profiter de leur petit coin de paradis.

SHALINI DESHWAL

## CFB Halifax Bell Re-dedication/ Nouvelle inauguration de la cloche de la BFC Halifax

On April 6, the CFB Halifax Base Commander and Base Chief were on-hand during morning colours for the rededication of the CFB Halifax bell. After almost three years in service, the CFB Halifax bell was showing the effects of exposure to Nova Scotia's notorious weather. Following many failed attempts to restore the bell, it was taken out of service and returned to Lunenburg Industrial Foundry & Engineering (where the bell was cast) for refurbishing. When the bell was returned to the base, the Fleet Maintenance Facility (FMF) Cape Scott paint shop applied a clear coat to help preserve the restored bell and protect it from the elements. From left, CPO1 Alena Mondelli, Capt(N) Sean Williams, and S1 Matthew Hardaker.

Le 6 avril, le commandant et le premier maître de la base de la BFC Halifax étaient présents lors des couleurs du matin pour la nouvelle inauguration de la cloche de la BFC Halifax. Après presque trois ans de fonctionnement, la cloche de la BFC Halifax montrait les effets de l'exposition au climat notoire de la Nouvelle-Écosse. Après de nombreuses tentatives infructueuses de restauration, la cloche a été mise hors service et renvoyée à Lunenburg Industrial Foundry & Engineering (où la cloche a été coulée) pour être remise à neuf. Lorsque la cloche nous a été rendue, l'atelier de peinture de l'Installation de maintenance de la Flotte (IMF) Cape Scott a appliqué une couche transparente pour aider à préserver la cloche restaurée et la protéger des éléments. De gauche à droite, pm 1 Alena Mondelli, capv Sean Williams, et mat 1 Matthew Hardaker.







# SPORTS & FITNESS



## Naval officer recognized for top marks on FORCE test

By Joanie Veitch,  
Trident Staff



*Cdr Matthew Otoupal, left, was presented with his Platinum FORCE Test pin by RAdm Brian Santarpia, Commander MARLANT and JTFA, on April 20.*

After scoring 398 out of 400 in his most recent FORCE fitness evaluation, Cdr Matthew Otoupal is understated when asked how he reached the Platinum level, a feat accomplished by fewer than one percent of Canadian Armed Forces members.

“I wanted to push myself during the test,” Cdr Otoupal said. “I tend to hold onto the (score) cards to write down and compare for all the different things you have to do during the test. It helps to motivate me.”

It’s actually the second time Cdr Otoupal, who is Comptroller for the

Formation — Maritime Forces Atlantic (MARLANT) and Joint Task Force Atlantic (JTFA) — has scored at the Platinum level. The first time was in 2019, when he was posted in Kingston, Ontario.

Due to restrictions as a result of the COVID-19 pandemic, FORCE fitness evaluations weren’t held in 2020.

When asked how he’s managed to reach the top level twice, Cdr Otoupal is quick to give credit to his wife Jennifer for introducing him to the CrossFit training program about four years ago, after she joined a CrossFit gym when

they were living in Victoria, BC.

“To be honest, she dragged me along with her at first but it didn’t take long for me to get into it,” Cdr Otoupal said.

After he was hit by a car while riding his bike to work at CFB Esquimalt, Cdr Otoupal had to take about three months off from working out to recover. When he was able to get back to doing workouts he appreciated the functional fitness part of the program even more.

“My biggest challenge in staying fit is making sure I don’t reinjure myself as I have ongoing back and shoulder

issues from the accident,” he said.

“This works well for me as it’s a very well-rounded program... and the CrossFit community is great, a very positive environment.”

Having had four different postings over the past five years, not to mention the disruption of the COVID-19 pandemic, Cdr Otoupal has also come to appreciate the versatility of the CrossFit program.

When pandemic restrictions shut everything down in March 2020, Cdr Otoupal was living in Kingston, Ontario, with his wife and their three children. As soon as their CrossFit gym began offering workouts online, he and Jennifer joined in from home, using a combination of equipment they had, as well as some on loan from their gym.

They liked the “home gym” experience so much, after Cdr Otoupal received another posting — this time for Ottawa — the couple decided to create a gym in their garage. “It’s a true Canadian gym,” he said. “We have a wood stove in there so when it’s 20-below in winter you have to go out to stoke the fire first... but it’s great.”

Now on an Imposed Restriction (IR) posting to Halifax, Cdr Otoupal’s family remains in Ottawa and he works out at Fleet Gym at HMC Dockyard Halifax and continues to follow a workout program created by his coach back in Ontario. It’s the same program his wife is following, leading to some friendly competition.

“We like to compare scores, for sure. She used to be a national level swimmer in her youth so she’s always been in great shape,” he said.

Despite a full work schedule, as well as working on his Chartered Professional Accountant designation, Cdr Otoupal said he prioritizes workouts — for both his physical and mental health.

“Fitness is important for everyone but when you’re in the military it’s even more important. I don’t think I’d be where I am in my career if I had not pursued fitness throughout.”

MONA GHIZ, MARLANT PA





# Halifax Wanderers DND Appreciation Match set for June 4

By CFB Halifax

On Saturday, June 4 at 3 p.m., the Halifax Wanderers Football (soccer) Club of the Canadian Premier League will once again be hosting a DND Appreciation Match at the Wanderers Grounds in downtown Halifax when they take on York United FC.

This special match will involve participation from the Stadacona Band

of the Royal Canadian Navy (RCN), 12 Wing Shearwater Pipes and Drums and other local units. The RCN mascot, SONAR, and the Canadian Army mascot, Juno, are also planning to attend the game with their Wanderers pal Rover to meet some fans and make new friends!

Local Defence Team members, their

families and veterans can [purchase tickets for the game at this link](#) to receive 25 percent off in the Harbour Blue sections (103 and 105). 50% of revenues from tickets purchased through this link will be donated to the Halifax & Region Military Family Resource Centre. This discount is only available until Friday May 27 at 5 p.m., so get

your tickets now!

The Wanderers are using a new ticketing software called FEVO for this discount. Instructions on how to buy tickets through FEVO, as well as how to access and transfer tickets through account manager [can be found here](#) (instructions available in English only).

## Le match de reconnaissance envers le MDN des Wanderers d'Halifax est prévu pour le 4 juin

Par BFC Halifax

Le samedi 4 juin à 15 h, le club de soccer des Wanderers d'Halifax de la Première Ligue canadienne organisera une fois de plus un match de reconnaissance envers le MDN sur le terrain des Wanderers, au centre-ville d'Halifax, au cours duquel il affrontera les York United FC.

Seront présents à ce match spécial la Musique Stadacona de la Marine

royale canadienne (MRC), le corps de cornemuses de la 12e Escadre Shearwater, le centre des ressources des familles militaires d'Halifax et régions (CRMF H et R) et d'autres unités locales. La mascotte de la MRC, Sonar, et la mascotte de l'Armée canadienne, Juno, ont également prévu d'assister au match avec leur copain Rover des Wanderers pour rencontrer des ama-

teurs et se faire de nouveaux amis!

Les membres de l'Équipe de la Défense locale, les familles et les vétérans [peuvent acheter des billets pour le match en suivant ce lien](#) et profiter d'un rabais de 25 % dans les sections 103 et 105. Cette offre est valable jusqu'au vendredi 27 mai à 17 h, alors achetez vos billets dès maintenant!

Les Wanderers utilisent un nouveau

logiciel de vente de billets appelé FEVO pour cette offre. Pour savoir comment acheter des billets au moyen de FEVO, ainsi que pour connaître les modalités d'accès et de transfert des billets par l'intermédiaire du gestionnaire de compte, [cliquez ici](#) (les instructions sont en anglais uniquement).



The Stadacona Band of the Royal Canadian Navy is seen here performing at the previous Halifax Wanderers DND Appreciation Match in October 2021.

La Musique Stadacona de la Marine royale canadienne se produit ici lors du précédent match de reconnaissance envers le MDN des Halifax Wanderers en octobre 2021.

MONA GHIZ

# WE HIRE MILITARY SPOUSES

Most civilian employers will look at the resume of a military spouse and see a lot of scattered jobs. Commissionaires recognizes that that's actually a good thing. It means that every time the spouse has relocated, she's put herself back into the workforce and found a position.

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# 2022 Navy Bike Ride - Riding Together as One Navy Strong

By RCN

The 2022 Navy Bike Ride, presented by BMO is now open for registration! With this year's slogan of One Navy Strong, we are ready to ride together with cyclists across the country to support our Navy family and community from June 12 to August 7. Whether you are near or far, cyclists of any age and ability all across Canada are invited to register and join our sailors, soldiers and aviators deployed around the globe in this year's free virtual event.

Designed as a fun, family friendly event, there are many ways for you to participate. From June 12 - August 7 you must complete 28 rides. This number represents the 24 Naval Reserve

Divisions, 3 naval bases and Naval Headquarters across Canada. If you're looking to really challenge yourself, you can participate in a new challenge for 2022 called the premium Admiral's Tour presented by Thales. This challenge allows you to select from three distances and receive an exclusive Navy Bike Ride coin upon completion. You can complete your virtual ride any day, any time during the 10-day race completion period (July 29 - August 7, 2022).

Cycling may seem like an odd connection to have with the Navy, however, it has long been a tradition. It can be difficult for a sailor to stay in shape

when they are deployed onboard a ship for months at a time and very few warships have a large enough space to dedicate to a gym. However, a stationary bicycle is compact enough to squeeze into tight spots all over the ship.

The Navy Bike Ride supports the Royal Canadian Navy community with proceeds going to the Royal Canadian Naval Benevolent Fund, Support our Troops and Soldier On. The funds raised during the Navy Bike Ride is one the most direct ways for Canadians to support the recovery, rehabilitation, and reintegration of members with physical and/or mental health illness or injury and to contribute to building

family resilience. It's also an excellent way to learn more about your Navy and be able to interact directly with sailors.

Buckle up your helmets and come together in the 2022 Navy Bike Ride event in the spirit of camaraderie and community to support the men and women who serve.

Ready to register? Head to our official Race Roster page at <https://raceroster.com/events/2022/56957/navy-bike-ride-2022> and sign up now to make our unique event part of your 2022 ride season.

## Défi-vélo de la Marine 2022 - Roulons ensemble en tant que Marine unie et forte

Par RCN

L'inscription pour le Défi-vélo de la Marine 2022, présenté par la BMO, est maintenant commencée! Le slogan de cette année est une « Marine unie et forte » et nous sommes prêts à rouler avec les cyclistes de partout au pays à l'appui de la famille et de la communauté de notre Marine, du 12 juin au 7 août 2022. Les cyclistes de tout âge et de toute capacité de tout le Canada sont invités à s'inscrire et à se joindre à nos marins, à nos soldats et à nos aviateurs qui sont déployés dans le monde entier pour participer à l'activité virtuelle gratuite de cette année.

Il peut sembler étrange d'associer le cyclisme à la Marine, mais il s'agit d'une tradition de longue date. Il peut être difficile pour un marin de rester en forme lorsqu'il est déployé à bord d'un navire pendant plusieurs mois consécutifs, et très peu de navires de guerre disposent d'un espace suffisamment grand pour accueillir un centre de conditionnement physique. En revanche, un vélo stationnaire est suffisamment compact pour se glisser dans les endroits les plus exigus du navire.

Il s'agit d'une activité amusante pour toute la famille à laquelle vous pouvez participer de plusieurs façons. Du 12 juin au 7 août, vous devez effectuer 28 trajets à vélo. Ce nombre représente les 24 divisions de la Réserve navale, les trois bases navales et le quartier général de la Marine du Canada. Pour ceux qui souhaitent vraiment se dépasser, vous pouvez participer au nouveau défi 2022 appelé le Défi de l'Amiral, présenté par Thales. Ce défi vous permet de choisir parmi trois distances à parcourir et de recevoir une

pièce de collection exclusive du Défi-vélo de la Marine. Vous pouvez effectuer votre trajet virtuel n'importe quel jour, à tout moment de la journée pendant la période de 10 jours de la randonnée (du 29 juillet au 7 août).

Le Défi-vélo de la Marine vise à appuyer la communauté de la Marine royale canadienne. Les recettes de cette activité sont versées à la Caisse de bienfaisance de la Marine royale canadienne, à Appuyons nos troupes et à Sans limites. Les fonds recueillis pendant le Défi-vélo de la Marine constituent l'un des moyens les plus directs pour les Canadiens de contribuer au rétablissement, à la réadaptation et à la réintégration des membres atteints d'une maladie ou d'une blessure physique ou mentale, ainsi qu'au renforcement de la résilience des familles. C'est également une excellente façon d'en apprendre davantage sur la Marine et de pouvoir interagir directement avec les marins.

Enfilez votre casque et participez au Défi-vélo de la Marine 2022 dans un esprit de camaraderie et de communauté pour soutenir les hommes et les femmes au service du Canada.

Prêt à vous inscrire? Rendez-vous sur Race Roster <https://raceroster.com/events/2022/56957/navy-bike-ride-2022> et inscrivez-vous dès maintenant pour intégrer cette activité unique à votre saison de vélo 2022!



*The 2022 Navy Bike Ride t-shirt and jersey are also available to purchase on Race Roster.*

*Le t-shirt et le maillot de la 2022 Navy Bike Ride peuvent également être achetés auprès de Race Roster.*