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Training with partners

MTOG contributes to security overseas
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THE NEWSPAPER OF MARITIME FORCES ATLANTIC SINCE 1966 - LE JOURNAL DES FORCES MARITIMES DE L'ATLANTIQUE DEPUIS 1966

RCN in Africa: HMC Ships work with allies, connect with communities during Neptune Trident

By Ryan Melanson,
Trident Staff

The Commanding Officer of HMCS *Summerside* says he and his sailors have had a "spiritually rewarding" experience while visiting Senegal, Sierra Leone and other Gulf of Guinea nations while on a unique deployment to Africa.

HMCS *Summerside* and HMCS *Moncton* sailed from Halifax on February 18 to participate in Neptune Trident, the overarching West African deployment that includes community and relationship-building aspects, along with participation in the U.S.-led at-sea maritime training exercise Obangame Express 17.

For *Summerside*, the trip started off with alongside community relations work, and LCdr Smith said the reception was very warm and welcoming, whether they were meeting official dignitaries or visiting schools and orphanages to meet



Lt N) Murray and LS Eidukas-Mooney of HMCS *Summerside* take selfies with the students at the all-girl Saint Joseph's Primary School in Freetown, Sierra Leone during Neptune Trident on March 23.

MCPAT BLANCHARD/COMBAT CAMERA

children and donate supplies. At their first port in Dakar, Senegal, he said crews were overwhelmed by the excitement of the children at the Empire Des Enfant, a centre for at-risk youth.

"We got to play basketball with them, kick a soccer ball around, do some artwork, and later that day, we invited them down to the ship for some RHIB rides, which was a lot of fun."

Later, in Sierra Leone at a care centre for children orphaned by the Ebola crisis, the ship's engineers were able to put their training to use and help out by fixing a broken down generator that had left the children without power and reading by candlelight for weeks.

And one of the most significant portions of the busy alongside program involved a visit to Freetown's iconic 500-

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RCN completes Obangame Express 17

By LCdr Kelly Williamson

The Royal Canadian Navy (RCN) recently concluded participation in Obangame Express 17 a 12-day, US Naval Forces Africa led-training event with more than 20 maritime security partners in West Africa.

The RCN sent a contingent of approximately 95 personnel including HMC Ships *Summerside* and *Moncton*, a detachment of personnel from the Maritime Tactical Operations Group (MTOG) in addition to liaison officers and a forward logistics team deployed throughout the region in Ghana, Sierra Leone, Liberia and Cote D'Ivoire.

"Canada's contribution of two ships, liaison officers and MTOG mentors in support of Obangame Express 17 (OE 17) contributed significantly to exercise success by allowing more opportunities for complex, challenging scenarios conducted at sea, said Commodore Heidi Agle, the Officer in Tactical Command of OE 17.

OE 17 provided the RCN with an opportunity to strengthen and foster ties with partners in the Gulf of Guinea while enhancing maritime domain awareness related to the challenges of maritime security in the region.

MTOG's primary objective was to mentor and guide partners in Liberia and Sierra Leone.

Training began alongside and progressed to more complex at-sea scenarios.

MTOG deployed personnel to work with the Liberian Coast Guard in Monrovia, Liberia and to Freetown Sierra Leone, where they worked with the Joint Maritime Committee, Fisheries Inspection and Boarding Team. MTOG used the opportunity to share their knowledge and experience in maritime interdiction and visit, board search and seizure operations to provide the Liberian Coast Guard and Republic of Sierra Leone Armed Forces (RSLAF) with guidance

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Members of the Liberian Coast Guard board HMCS *Moncton* for training with Royal Canadian Navy off the coast of Monrovia, Liberia, Africa on NEPTUNE TRIDENT on March 25, 2017.

CPL RYAN MOULTON, FIS

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Capt(N) Paul Forget takes command of CFB Halifax

By Ryan Melanson,
Trident Staff

CFB Halifax welcomed a new Base Commander on March 31, with senior leaders from across Formation Halifax, as well as representatives from local government, Halifax Regional Police and Halifax Regional Fire and Emergency, gathering at HMCS *Scotian* for the official Change of Command ceremony.

Command of the base was transferred from Capt(N) Chris Sutherland, who now will be posted to Ottawa as the Career Manager for Senior Officers, to new Base Commander Capt(N) Paul Forget, who most recently served as MARLANT Chief of Staff.

In an emotional final address to the men and women of CFB Halifax, Capt(N) Sutherland recalled the feeling of returning to Halifax in 2015 as a bit of a stranger after five years away, even getting stopped by the Military Police on his first day. He compared it to the present day, where he feels at home in the city and has developed close personal connections to the many people who keep the base running smoothly from day to day.

"I remember how difficult it was when I gave up command of HMCS *Montreal*, it was very hard to say goodbye to 200 people who I really cared for, but today I have to say goodbye to many, many more," he said.

Capt(N) Sutherland spent time thanking the countless units who allowed him to succeed in his role and keep CFB Halifax working in support of the Atlantic Fleet through a busy operational period, from the critical functions of units like BADm and FMF Cape Scott, to the Campus Atlantic staff who keep sailors' skills up to date, the morale and welfare support offered by Health Promotion and the MFRC, and many others.

As someone who has been open about his past struggles with addiction and mental illness, and the importance of CAF



From left, outgoing CFB Halifax Base Commander Capt(N) Chris Sutherland, RAdm John Newton, and incoming Base Commander Capt(N) Paul Forget sign documents at the Change of Command ceremony held at HMCS *Scotian* on March 31.

CPL TONY CHAND/FIS HALIFAX

members seeking help for such issues, Capt(N) Sutherland said he was especially proud of work focused on the physical, mental and spiritual health of base personnel. He specifically mentioned the Sentinel Program, a peer-to-peer initiative that encourages junior ranked members to support each other in dealing with mental health issues and reaching out to the many available resources. He also noted the CFB Halifax Positive Space Working Group, which was established in 2016 after being proposed by a small group of dedicated military and civilian members of the base.

"As a result of their hard work, CFB Halifax became the

first Canadian Armed Forces unit to establish this incredible program, which provides support to all personnel, including LGB-TQ+ DND community members," he said.

The outgoing Base Commander was also presented gifts at the ceremony, including a plaque from the Navy League of Canada for his support to Sea Cadet programs, as well as a framed Ottawa Senators jersey from the presidents of each base mess committee.

RAdm John Newton, Commander MARLANT and JTFA, lauded Capt(N) Sutherland for excelling in a difficult and demanding role, giving credit for progress made on the conten-

tious issue of base parking, as well as his role in representing the CAF in the wider HRM community, through relations with local government and involvement with local boards, agencies and community groups.

"He had a responsibility to ensure we're a good neighbour to the city," RAdm Newton said.

"The work of the base commander is not easy, and it's tough to say goodbye to someone who so gracefully did the job."

And while he knows there's a big job ahead, Capt(N) Forget called it an honour to be taking command of one of Canada's largest military bases, and indicated he's eager to get to work.

"But today, it's not about me,"

he said, after signing the paperwork and officially assuming command of CFB Halifax. In taking over the position from Capt(N) Sutherland, who he's known for nearly 30 years, he said he'll be building on and furthering the excellent work that's already been taking place.

"Capt(N) Sutherland's efforts at improving CFB Halifax on so many levels won't be forgotten, and I can't thank him enough for that. He was a force for positive change, and one that seemed to be omnipresent in everything going on across the base. It was fantastic to watch him work and I've got tough shoes to fill, but I'm certainly up for the challenge."

RCN in Africa

continued from / Page 1

year-old Cotton Tree, where some of the first loyalist settlers to the city from Nova Scotia first gathered in 1792. A plaque at the site commemorates those settlers, and the crew was able to make a presentation on behalf of Premier Stephen McNeil to help recognize that historic connection, but LCdr Smith said he was a bit surprised to learn that the Nova Scotian link was so well known in Freetown.

The story of the city's founding was shared and celebrated at almost every stop during their time in Sierra Leone.

"People are very aware of that story, the ties are there and people recognize it," he said, adding he even met multiple people who could trace their family history back to Nova Scotia.

As for the maritime exercise itself, working with personnel from the militaries and Coast Guards of Liberia, Morocco, Senegal, Sierra Leone, Cote D'Ivoire and Algeria, the focus was on maritime interdiction training, utilizing the special skills of the MTOG detachments that deployed with the ships.

"We weren't there to conduct the training of the other nations, but to refine it where we could," LCdr Smith said, with *Summerside* playing the role of a suspect vessel while teams from the partner countries went through the motions of boarding and searching the ship.

The exercise also involved simply sailing and maneuvering alongside the ships of other

participating nations, getting a feel from the regional experts as to how they work and what the operating area is like.

As they wrapped up their role in Obangame Express on March 31 and prepared for more outreach opportunities in Côte d'Ivoire before sailing home, LCdr Smith and his crew were feeling grateful for the opportunity to represent the RCN in West Africa, and hope-

ful that more of their colleagues will get to do the same on future deployments.

"The opportunity to do this type of relationship building in this part of the world has been fantastic," he said.

"It's great to see that Canada still has a reputation on this side of the Atlantic as being friendly and being a partner to all nations, so I hope we get to build further on that."

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TRIDENT

Publication Schedule for 2017

January 9 – MFRC
 January 23
 February 6 – MFRC
 February 20
 March 6 – MFRC
 March 20 – Posting Season Special Feature
 April 3 – MFRC
 April 17 – Battle of the Atlantic Special Feature
 May 1 – MFRC
 May 15
 May 29 – MFRC
 June 12 – DND Family Days Special Feature
 June 26
 July 10 – MFRC
 July 24
 August 7 – MFRC
 August 21 – Back to School
 September 5 – Using September 5 due to Holiday – MFRC
 September 18 – Home Improvement Special Feature
 October 2 – MFRC
 October 16
 October 30 – MFRC – Remembrance Day Special Feature
 November 13 – Holiday Shopping Special Feature
 November 27
 December 11 – MFRC – Year End Review



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 editor@tridentnews.ca include the sender's name and phone number.

A notice will not be published if the event is to happen more than one year from publication date. Submissions may be edited.

HMCS *Scotian* 70th anniversary gala

Time: 6-11 p.m.

Date: Saturday, April 22, 6-11 p.m.

Location: Tribute Tower, CFB Halifax

This year, HMCS *Scotian* celebrates its 70 years of service to the Royal Canadian Navy with a weekend of festivities, including a gala in Tribute Tower at CFB Halifax on Saturday, April 22, 2017. The evening begins with cocktails at 6 p.m. followed by a dinner at 7 p.m. At 9 p.m. there will be a dance with music provided by Halifax's own Satori. Tickets went on sale March 15, at a cost of \$60 per person and individuals should contact SCO70th@forces.gc.ca ASAP. Dress is semi-formal with an option to wear Mess Kit. A limited edition coin will be also be sold to commemorate the milestone. Further updates will be provided on the HMCS *Scotian* Facebook page, which will also be highlighting the unit's history each Wednesday leading up to the event.

Arctic Adventures of a Coast Guard Nurse with Theresa McGuire

Time: 7 p.m.

Date: Tuesday, April 18

Location: Maritime Museum of the Atlantic

Come join the sailing adven-

tures of a Coast Guard Health Officer from Halifax to Alaska, through the North West Passage, off the coasts of Labrador, Nunavut, and Greenland. Theresa McGuire will present vivid photos of crew life at sea and amazing video along with her engaging narration. McGuire is a certified Occupational Health Nurse and Canadian Registered Safety Professional, and sails with the Coast Guard on summer deployments to the Arctic as a Health Officer.

Battle of the Atlantic Memorial Concert

Time: 2 - 4 p.m.

Date: Sunday, April 30

Location: Halifax Central Library

Join us for an afternoon of contemporary and wartime music. The 2017 Battle of the Atlantic Concert, featuring the Stadacona Band of the Royal Canadian Navy and special guests, is hosted by HMCS Sackville, Canada's Naval Memorial. Masters of ceremony for the concert are Olga Milosevich and Duncan Miller. This performance marks the 79th anniversary of the end of the Battle of the Atlantic, the longest campaign of the Second World War. Presented in partnership with the Canadian Naval Memorial Trust and HMCS Sackville.

The Fjords, Icebergs and

Outports of Newfoundland

Time: 7 p.m.

Date: Tuesday, May 9

Location: Maritime Museum of the Atlantic

Newfoundland has a vast and diverse coastline, much of it inaccessible to the casual traveler. However, the sea kayak is an ideal means to reach many of its hidden gems – and a biological, geological, and human history that rivals anywhere else on the continent. Join Dr. Scott Cunningham of Coastal Adventures, the author of *Sea Kayaking in Nova Scotia*, as he describes the special coastal areas he discovered over years of exploring our neighboring Atlantic province on foot and in kayak.

75th Anniversary Reunion of RCSCC Fraser

Date: May 12-14, 2017

Location: New Westminster and Delta, BC

The Navy League of Canada, New Westminster Branch and the Fraser Alumni Association would like to contact former cadet and officer members of RCSCC Fraser and our Navy League Cadet Corps J. F. Williams. RCSCC Fraser celebrates its 75th Anniversary on the weekend of May 12 - 14, 2017 and invites all former cadets and officers of the corps to attend reunion festivities. The weekend includes a meet and greet, an open house, a ban-

quet and a reception. For more information, please check our Facebook page at RCSCC Fraser 75th Anniversary, or contact Sharon Narrow at fandsnarrow@hotmail.com or by telephone at 604-535-2199.

Celebration 150: Black Loyalist Voices

Date: July 15 - 16

Location: Black Loyalist Heritage Centre, Birchtown

The Black Loyalist Heritage Society will be hosting a two day festival July 15-16 to celebrate culture, diversity and the significant contributions of African Nova Scotians as part of the Canada 150 celebrations. The open concept celebration will feature Nova Scotian vendors selling ethnic foods, clothing, arts and crafts. There will be exhibits, readings, theatre and interactive sessions featuring African Nova Scotian artists Reeny Smith, Khalilah Brooks, Shauntay Grant, David Woods, Juanita Peters and Jacob Sampson. There will be musical presentations highlighting past and present winning artists from the African Nova Scotia Music Association. Sunday will be family day featuring an ecumenical service lead by the AUBA moderator, gospel presentations, drumming, dancing and family fun.

MTOG Operators train in Crete

By DND

Members of the Esquimalt-based Maritime Tactical Operations Group (MTOG) elevated their training in Souda Bay, Crete, a few weeks ago.

Ten sailors were dropped off by HMCS *St John's* for three days of training at the NATO Maritime Interdiction Operations Training Center in preparation for a combined capacity building exercise in Tunisia.

The training program consisted of fast roping, rappelling, and close quarter battle tactics.

The first day in Crete started with a warm welcome from the training centre's chain of command followed by general information of the facility.

The training centre's purpose

is to conduct the combined training necessary for NATO forces and Partners to better execute surface, sub-surface, aerial surveillance, and special operations activities in support of Maritime Interdiction Operations (MIO).

At the rappel tower the team received a morning's worth of basic fast rope training, a technique for descending a thick rope. It is used to board ships at sea, as well as to reach destinations on land.

The afternoon consisted of ladder climbing which is the primary insertion method for boarding suspect vessels, followed by proficiency rappel training from the top deck of the rappel tower 50 feet up.

At night, the group returned to train in darkness; each sailor

received an MP9 Sub-Machine gun and non-lethal training ammunition before heading to training vessel ex-Hellenic Ship (HS) Aris for close quarter battle and upper deck movement training.

That same training was undertaken the next day.

Members of the team said the unfamiliar environment of Aris added much-needed realism, as the vessels they board in real situations are always foreign to them.

"This platform keeps us on our toes and helps develop our skills while also preventing the com-

placency that sometimes sets in when you train in the same place over and over," said one member.

On the third day they moved training platforms to the smaller mine sweeper ex-HS Alkyon.

The smaller layout with multiple entry points gave the group lots of tactical problems with many different solutions.

The three days spent at the NATO Maritime Interdiction Operations Training Center reaffirmed the team's confidence in their skills before heading to Tunisia for capacity building with Canada's naval forces.

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MTOG building relationships, contributing to maritime safety and security

By MTOG and
LCdr Kelly Williamson

The Royal Canadian Navy's Maritime Tactical Operations Group (MTOG) is increasingly engaged in international capacity building activities as a means of fostering relationships, encouraging mutual understanding and contributing to maritime safety and security across the globe. MTOG recently completed a series of capacity building and mentoring activities in Tunisia, Liberia and Sierra Leone as part of the Royal Canadian Navy's engagement strategy.

According to LCdr Will Lund, MTOG's Commanding Officer, "Capacity building is important to MTOG because, not only does it give our operators rare and unique opportunities to be exposed to new cultures while developing their leadership and instructional skills, but it also allows the unit to contribute to the stabilization and development of the countries we visit. At an individual level, MTOG operators feel like they are making a difference in the world."

In late February, the MTOG detachment embarked on HMCS *St. John's* conducted a week of training alongside the 51st and 52nd Regiments Commandos Marines (RCM) of the Tunisian Navy in Bizerte, Tunisia. The training provided sailors from both countries with a chance to acquire knowledge, establish relationships and hone their skills.

According to Lt(N) Jacob Killawee, "By noon on the first day of training, it was clear that we had a lot more in common than we initially thought. Like MTOG, the RCM sailors come from a variety of backgrounds like Marine Engineers, Logistics and Operations personnel and go through a selection process before they join their specialized regiments."

To help break the ice, the first day of training with the Tunisians focused on small arms training. Sailors from both countries took turns demonstrating weapons handling drills to build the speed and accuracy operators of all countries require when conducting maritime interdiction operations in complex and confined environments onboard ships at sea.



Chief Petty Officer 2nd Class McRae, of the Maritime Tactical Operations Group, listens to a question from a member of the Republic of Sierra Leone's Joint Maritime Committee, Fisheries Inspection and Boarding Team, onboard HMCS *Summerside* during Boarding Party training in Freetown, Sierra Leone, during Neptune Trident 17-01, on March 25, 2017.

MCPL PAT BLANCHARD/MCpl Pat Blanchard

As the week progressed, MTOG and the RCM transitioned from the range to other training events including close quarter battle (CQB), insertion and extraction techniques using high speed Rigid Hull Inflatable Boats (RHIBs), and rappelling. During the CQB training, sailors reviewed procedures on how to safely clear room and confined spaces on ships. During insert and extract drills, sailors enhanced their ability to quickly insert and extract from target vessels. Sailors learned that while tactics, techniques and procedures between countries may differ, the principals on why and how the teams conducted their operations was consistent. Both groups found common ground and were able to develop a shared understanding with one another that contributed to mission success.

In March, MTOG deployed two detach-

ments, one to Monrovia, Liberia, the other to Freetown Sierra Leone in support of Obangame Express 17 a US Naval Forces Africa-lead training event with participants from more than 20 nations with an interest in West African maritime security. In Monrovia, the MTOG team worked as mentors to the Liberian Coast Guard Boarding Team and in Sierra Leone, MTOG mentored the Joint Maritime Committee Fisheries Inspection and Boarding Team. MTOG worked in both countries to enhance partner capabilities in planning and command and control, tactical movement and combined operations with foreign nations. Training commenced ashore and progressed into more complex at-sea scenarios leveraging the presence of HMC Ships *Moncton* in Liberia and *Summerside* in Sierra Leone also supporting Obangame Express.

"It's a capability we're excited to employ says," LCdr Lund. "It's great to be able to send our operators out to learn from and mentor maritime security partners from across the globe. Not only does it enhance our situational awareness with respect to the challenges associated with maritime security in different environments, we're able to share knowledge and experiences that can be used by are partners to help refine and enhance their own operational effects."

"Working with other nations, enable us, in our uniquely Canadian way to have a positive impact in regions where democracy and stability are still new and relatively fragile. It's also an opportunity for us to be exposed to different ideas and ways of doing business. Not only do the countries we work with benefit from the engagement, we learn a lot as well."

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Donation to Naval Museum highlights RCN link to Vimy Memorial

By Ryan Melanson,
Trident Staff

As Canadians recently gathered across the country, as well as in France, to mark the 100th anniversary of the First World War Battle of Vimy Ridge, the Naval Museum of Halifax is welcoming a new item into its collection that highlights a role played by RCN sailors in commemorating the battle in 1936 at the unveiling of the National Vimy Memorial overseas.

More than 6,000 Canadians travelled to the unveiling of the Memorial on July 25, 1936 outside of the village of Petit Vimy in France, and as many as 100,000 people overall attended the ceremony. As part of the Canadian military contingent that attended, the Royal Guard of Honour, at the specific request of King Edward VIII, was formed entirely from RCN sailors, all members of the crew of the River-class Destroyer HMCS *Saguenay*.

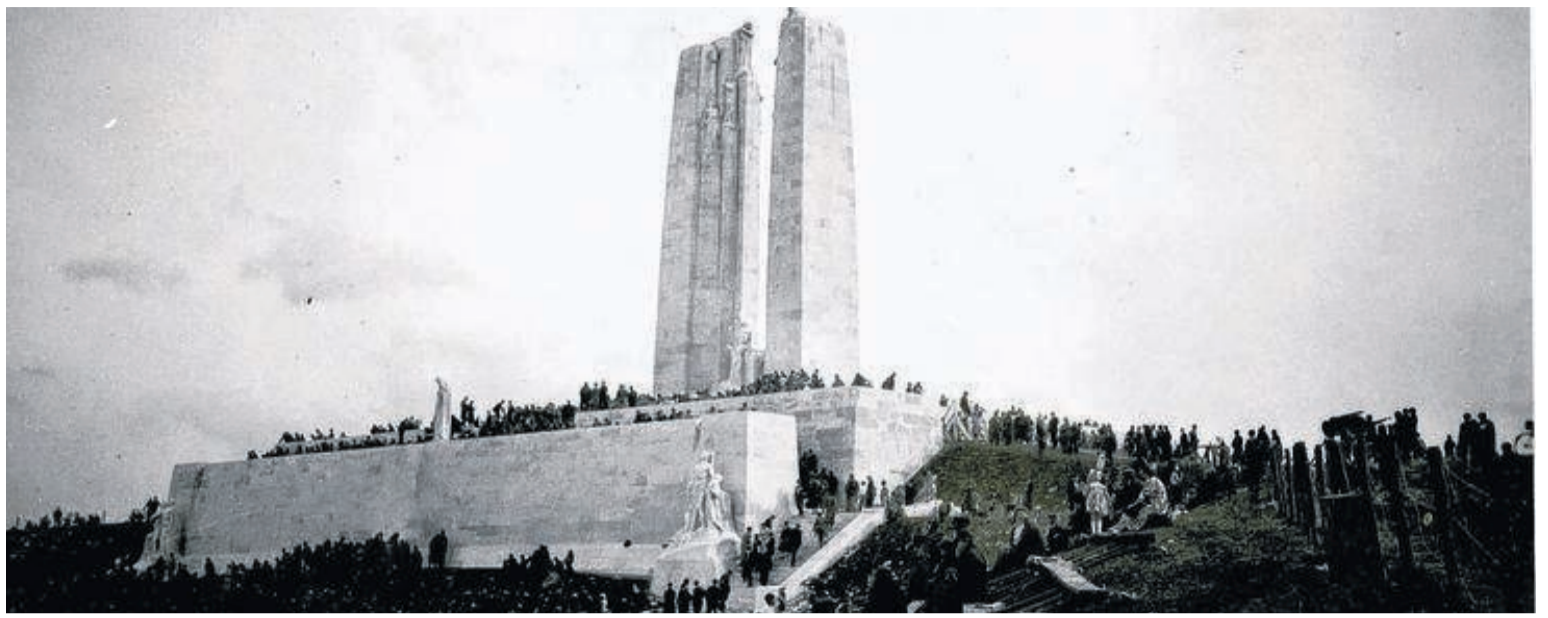
The donated item, a Tri-Couleur French Flag, is one that likely flew at the ceremony itself, and is decorated with the signatures of 24 sailors from the 66 who made up the Royal Guard. To mount the guard for the reigning Monarch was considered a great honour for the sailors, who are figured prominently in the many photos and news stories that were produced about the ceremony at the time, said museum director Rick Sanderson.

"It's very significant. At the time of the First World War, the Navy is only four years old, so obviously you weren't going to have sailors at Vimy. But to have the King specifically request Canadian sailors form the Royal Guard for this event is quite interesting."

Sanderson said he hasn't found an explanation as to why Canadian sailors were called upon, but he guessed it may have been in commemoration of the four Canadian midshipmen who died when HMS *Good Hope* was sunk off the coast of Chile in November of 1914, marking the first Canadian casualties of the First World War. It may have also been a chance to give the spotlight to HMCS *Saguenay*, which was the first RCN ship to be built in conjunction with new Canadian shipbuilding standards, followed by HMCS *Skeena*.

"They were looking for something specifically Canadian, but they didn't choose soldiers, which is a bit surprising," he said, considering the 60,000 troops who perished during the war and the 3,600 who died at Vimy alone. The flag is made of silk, which Sanderson said suggests it was used for ceremonial purposes, rather than the typical wool bunting used for flags, and his best guess is that it was grabbed by crewmembers as they marched back to the train station that would return them to their ship. Buses had been organized to transport the Royal Guard, but failed to show up, leading to the impromptu march.

The piece is currently on the wall as part of the museum's



A massive crowd, estimated to be as many as 100,000 people, gathered to watch the unveiling of the Vimy Ridge Memorial in July, 1936, with sailors from HMCS *Saguenay* forming the Royal Guard for the ceremony.

CANADIAN WAR MUSEUM

Great War Collection, having only recently been stitched onto an archival quality, preservation backing. The goal was to have the item on display in time to coincide with the 100th anniversary of the battle.

"And then we'll take it down again and it will go away for proper framing," Sanderson added, which will complete the archival process by having the flag behind UV resistant glass.

The piece was donated by a relative of one of the sailors who signed the flag, and while the family was initially hesitant to give up the artifact, they toured through the museum, saw the preservation work done on other textile pieces, and felt comfortable giving the flag a permanent home in Halifax. The museum, of course, was thrilled to oblige.

"In my professional opinion, this flag is important to our Navy heritage and the history of the nation," Sanderson said.



This French flag, taken from the unveiling of the Vimy Ridge Memorial and signed by members of the crew of HMCS *Saguenay*, will now be housed as part of the Naval Museum of Halifax's First World War exhibit.

RYAN MELANSON/TRIDENT STAFF

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Obangame

continued from / Page 1

that can be adapted to the operational realities of West-Africa.

The at-sea phase provided members of the Liberian Coast Guard and RSLAF boarding teams with an opportunity to test newly acquired knowledge and to put skills to the test.

“In Freetown, we worked with the RSLAF on tactical movement, planning, command and control, as well combined operations with foreign navies. The team based in Liberia took a similar approach,” said LCdr Will Lund, Commanding Officer of MTOG. “We’ve seen a huge improvement over the past week and we learnt a lot from them as well, particularly with respect to the challenges they confront. We have tremendous respect for these guys.”

Underway at sea, *Summerside* worked with partners from the navies of Morocco and Senegal, while *Moncton* worked closely with the Liberian Coast Guard.

“Obangame Express was a great opportunity for *Summerside* and *Moncton* as well,” said Lt(N) Stephanie Murray, Operations Officer onboard *Summerside*. It provided us with an opportunity to work with a number of regional partners and it was interesting to see how other navies operate. Regional partners are delivering operational effects in the maritime domain, despite a number of constraints.

Obangame Express provided us all with a valuable experience that will help improve coordination, cooperation and maritime security in the region,” added Murray.

The RCN also embedded liaison officers into the Exercise Control Group Headquarters, one of five Obangame Express Regional Exercise Control Groups and into two Maritime Operations Centres (MOCs) one in Liberia, the other in Sierra Leone.

LCdr Rob Tucker, the lead National Liaison Officer for Canada based in the Exercise Control Group Headquarters in Abidjan, Cote D’Ivoire said “the relationships developed during Obangame Express will be the building blocks from which we will work to improve international maritime domain awareness in the future. It is extremely satisfying to watch our West African partners enhance their ability to coordinate operations with one another.”

“Obangame Express 17 was a wonderful, once in a lifetime experience,” said Lt(N) Phil Ramsey, Canada’s liaison officer based at the Liberian Coast Guard Operations Centre in Monrovia, Liberia. “Events like this provide members of the RCN with an opportunity to share our skills and professional abilities with our partners.”

LCdr Emily Lambert, the RCN Liaison Officer based in Freetown Sierra Leone agrees, “It was such a great opportunity to come to West Africa and to work with regional partners.

Obangame Express provided us with an opportunity to learn about the region while building relationships that will enhance cooperation and coordination. During the training we delivered lectures on topics including rules of engagement and command and control and provided injects to our respective operations centres that helped drive the scenario forward, encouraging coordination and cooperation at the local and regional level.”

In its eighth year, Obangame Express 17 was a 12-day U.S. Naval Forces Africa-led training event that concluded on March 30. HMC Ships *Summerside* and *Moncton* remain deployed in the region on Neptune TRIDENT 17-01, the Royal Canadian Navy’s overarching engagement in West Africa through early May.

A new chapter for 406 Maritime Operational Training Squadron

By Capt Sylvain Rousseau, A/BPAO, CFB Halifax

The CH124 Sea King helicopter is one of the busiest aircraft in the RCAF, participating in a variety of international and domestic operations, and will continue to be so until the introduction of the CH148 Cyclone into operational Service in the spring of 2018. As 12 Wing progresses through this transition, each squadron is turning the page, one by one, on 50 plus years of Sea King history and moving on to the next chapter.

“The withdrawal of the Sea King from operational Service will be carefully synchronized with the introduction of the CH148 Cyclone into operational Service, and the subsequent progressive stand-up of operational CH148 Helairdets,” said Col Allan, 12 Wing Commander.

Drawing from a rich history of Sea King-related projects, Helicopter Operational Test and Evaluation Facility (HOTEF) has already fully transitioned to the CH148 Cyclone. HOTEF maintenance personnel and aircrew conduct the Operational Test and Evaluation required to support introduction of the CH148 into operational service and to expand the tactical capabilities of Canada’s newest maritime helicopter weapon system.

Maintenance organizations will also be required to transition, and during that period will have to support dual fleet operations until the Sea King retires. Sea King transferable skills will be essential to ensure successful integration of flight crew and maintenance personnel into their new CH148 roles.

More recently, 406 Maritime Operational Training Squadron experienced similar transformation and is continuing to evolve. In 2016, 406 Squadron ceased to train aircrew and technicians on the Sea King to become the home of the CH148 Cyclone helicopter training in Canada. 406 Squadron trains Pilots, Air Combat Systems Officers, Airborne Electronic Sensor Operators, AVN and AVS technicians on the CH148 Cyclone aircraft and flight operations relevant to the Maritime Helicopter (MH) role. Work is ongoing to implement training for AWS and ACS technicians. Each year, 406 Squadron trains the necessary air crew and technicians to ensure that 12 Wing has the personnel ready to provide Wings for the Fleet aboard RCN ships on the east and west coasts. The maritime helicopter community plays a vital role in the RCAF’s overall air power on missions at home and around the world. As 12 Wing transitions from CH124

Sea King to CH148 Cyclone, a new chapter has begun in 406 Squadron’s evolving history in the training and preparation of the next generation of airmen and airwomen for its new maritime helicopter.

In its final configuration the Cyclone helicopter will be at the forefront of modern technology and one of the most capable maritime helicopters in the world. Therefore, the training environment must evolve in the same direction. In 2015, The RCAF published the *RCAF Simulation Strategy 2025* (RSS) to guide the use of new and developing simulation technologies, which allows 406 Squadron to continue its bold tradition of training excellence by taking advantage of advances in simulation technology to fully train and prepare aviators for the new Maritime Helicopter.

As simulation matures, and the capabilities of the field continue to grow, 406 Squadron has an opportunity to maintain a leading role in the delivery of training for the Maritime Helicopter community. In March 2017 installation of a second CH148 Cyclone operational mission simulator (OMS) began. This highly immersive OMS will augment training capacity and enhance training capabilities.

“The Cyclone operational

mission simulator allow us to fully exploit advances in both technology and training methodologies to deliver world-class capabilities for the full spectrum of operations, hence optimizing the means by which our aviators achieve and maintain readiness,” said LCol Saunders, 406 Squadron Commanding Officer.

406 Sqn significantly improved the means by which it achieves and maintains readiness through its highly immersive simulators. State of the art simulators are already capable of delivering highly effective training that meets or exceeds most of what the aircraft can deliver, allows for the creation of a virtual battlespace that is highly reflective of the demanding and highly dynamic operating environments that 12 Wing personnel are called upon in providing wings for the fleet, and will do so at reduced overall operating costs.

“As we increase the use of simulation for training, the flying hours that were devoted to live training can be reduced. As a result, the CH148 Cyclone will be more available to conduct the Operational Test and Evaluation required to introducing the CH148 into operational service, as well as continuing to expand its tactical capabilities,” said Col Allan.

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Sailors of Neptune Trident 17



LS Martins shares a laugh with children during a visit to the Empire Des Enfants Centre in Dakar, Senegal during Neptune Trident.

SUBMITTED

Name: LS Vicky Martins
Hometown: Laval, Québec, Canada

Years of Service: 3
NEPTUNE TRIDENT Role: Naval Combat Information Operator

Day job: As a radar operator, I am the eyes of the ship and I collect all the information to make sure command knows what is happening. During Man Overboards, I am a rescue swimmer.

Why did you join the CAF: I joined the Canadian Armed Forces because I was seeking a career where I would have the opportunity for adventure, travel, physical fitness, challenge, camaraderie and learning skills on leadership.

Why you have stayed in the CAF: I have stayed in this organization because as a reservist I am able to go to university and have contracts over the summer. It is a very flexible career, perfect for my busy schedule.

Quote (General): For the rest of my career, I aim to accomplish the Ship's Team Diver's course, travel some more and become a successful leader.

Quote (NEPTUNE TRIDENT): I am very excited to visit all these countries, which the Royal Canadian Navy rarely visits. It is a wonderful opportunity to get immersed in a different culture. This is my first official operation, could not be happier!

Name: PO2 Nate Dusome

Hometown: Hamilton, Ontario

Years of Service: 9.5
NEPTUNE TRIDENT Role:

My primary role for this operation is to lead the engineering department onboard as the Main Propulsion Supervisor with the assistance of the Chief Engineer. This consists of supervising daily maintenance on machinery and handling the administrative work within the engineering department. Another major role for this operation is to coordinate the Damage Control Training for African Nations.

Previous Deployments: Operation CARIBBE, Operation QIMMIQ 2016.

Day job: I am currently the Second in Command (2IC) of the Engineering Department onboard HMCS Moncton. My daily tasks include standing watches in the Machinery Control Room, operating and maintaining all the ships propulsion and auxiliary systems. I also have secondary duties as an Attack Team Leader and the Unit Environmental Officer.

Why did you join the CAF: To be completely honest, I joined the Canadian Forces because a cousin of mine was in the Royal Canadian Navy posted to Halifax. I had never seen the ocean growing up in Ontario, and was excited to see what the Navy was all about.

Why you have stayed in the CAF: The main reason I have stayed as long as I did is because I enjoyed the lifestyle. I was



PO2 Nate Dusome is 2IC of the Engineering Department aboard HMCS Moncton.

SUBMITTED

young, making good money, and had opportunities to travel that I would have never otherwise had. I have met lifelong friends and had the opportunity to take part in operations that I feel had a positive impact on everyone involved. Having the opportunity to show the flag and help isolated Inuit communities in the high arctic, patrol the Caribbean Basin and be involved in a major drug bust are all memories that I will

never forget.

Quote (General): During my time in the Canadian Forces I intend on furthering my knowledge and honing my skills within my trade, becoming a strong leader that junior members can look to for guidance, and to make a positive impact on the global community.

Quote (NEPTUNE TRIDENT) Experience: Any day at sea is a good day at sea.

Making the rounds: Coalition staff shares knowledge at military medical facility in Iraq

By Capt Matt Zalot,
PAO JTF Iraq, Detachment Erbil

In Erbil, Iraq, staff at a Coalition Role 2 medical facility are taking advantage of working with other nations to build their medical skills. The facility, which is led by the Canadian Armed Forces (CAF), provides a space for all coalition medical personnel in the local area to share knowledge.

The CAF took over command of the facility in November 2016. Since then, the 50 or so Canadians have continued the weekly grand rounds presentations that began under the previous American Forward Surgical Team (FST). These weekly presentations are open to all medical staff on camp. They provide a valuable way to share medical knowledge and experience between nations. The participants are from all over the world, as most Coalition nations have small medical teams as a part of their contingents.

"Because we have the time and the collective know-how, we saw



CAF medical personnel take part in a simulated patient training exercise at the Role 2 hospital in Erbil, Iraq.

COURTESY OF SGT JOSEPHINE CARLSON, US ARMY

this as an opportunity to learn from the skill sets of all the specialists we have with us in theatre," said the Canadian medical Captain spearheading the effort. "The chance to pass on knowledge is offered to all of the

other teams with us here in Erbil."

The rounds are weekly hour-long sessions and are more than a dry academic exercise. Sharing information helps prepare the staff for real medical emergen-

cies, and they are able to learn about other nations' practices and how they can work better together.

"Future and current decision makers can learn about new techniques and capabilities

through these rounds," said the Captain, a trauma team leader at the Role 2. "This collaboration also offers up the opportunity to meet with international medical officers and build a rapport that will pay future dividends."

As well as the grand rounds, the facility staff hone their skills with a high pace of training. This can take the form of medical exercises with simulated patients or teaching junior staff how to use different medical equipment. The case reviews, international collaboration, and teaching experiences are all designed to reinforce existing knowledge and techniques while providing a chance to learn more.

The Coalition Role 2 medical facility is part of a larger mission against Daesh. It has numerous capabilities, including resuscitation, damage control surgery, intensive care support, dental care, diagnostic imaging, a medical lab, and an intermediate care ward. Under Operation IMPACT, the CAF is mandated to operate the facility until late October 2017.

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Defence Minister visits Invictus Games athletes

By Ryan Melanson,
Trident Staff

Minister of National Defence Harjit Sajjan paid visit on April 5 to the wounded CAF members and veterans who'll make up Canada's team at the 2017 Invictus Games, being held in Toronto this September.

The Minister met with athletes and worked out with the relay running and indoor rowing teams at the Pacific Institute of Sports Excellence in Victoria, BC.

Team members are in the region for the first major training camp ahead of the games this fall, which will feature more than 500 competitors from 17 different nations.

The week-long camp served as a chance to meet other team members and get in some early practice, both at civilian facilities in Victoria as well as at CFB Esquimalt.

This year will mark the first time Canada has hosted the Invictus Games, and as a veteran who was also wounded during his time in service, Minister Sajjan has spoken highly of the games and the opportunity it offers for serving and retired military members.

"The sacrifices of the women and men who serve in the milit-



Defence Minister Harjit Sajjan runs with Canada's 2017 Invictus Games relay team during a visit to a training camp in Victoria, BC on April 5. MARPAC IMAGING

ary are great, and it is a privilege for Canada to host Invictus Games participants as they remind the world that sickness

doesn't equal weakness," he said.

From the Halifax region, Sgt Steve Murgatroyd of the CFRC will be competing in Toronto as

part of Canada's Archery team, while Sgt. Jessica Miller from CF H Svcs(A) will be competing in the Athletics category. Eileen Du

Ploy, a PSP Fitness and Sports Instructor with CFB Halifax, will also be attending as a coach to Canada's powerlifting team.



A friendly game of basketball

Members of HMC Ships Moncton and Summerside play basketball with local residents in Abidjan, Côte d'Ivoire, during Neptune Trident 17-01, on April 1, 2017.

MCPL PAT BLANCHARD,
CANADIAN FORCES COMBAT CAMERA



CFB Halifax club hosts Regional Curling Championship

The CFB Halifax Curling Club played host to the 2017 CAF Atlantic Regional Curling Championship from March 29-31, with teams from Halifax, Shearwater, Gagetown and Greenwood battling it out for the title. The final match saw the Greenwood curlers, led by skip MCpl Dave Murray, take the championship after a tie-breaking end against Gagetown. Other members of the championship team were MCpl Chuck Daborn, Sgt Rick Lindsay and MCpl Mike Kelly.

MONA GHIZ, MARLANT PA

Sports trivia

By Stephen Stone and
Tom Thomson

Questions

1. These two skaters became the first women in Canadian figure skating to share the podium at the World Championships.
2. The New Jersey Devil's all-time leading scorer retired on Friday, March 31, 2017. Who is he?
3. The world championships are held in July, and the winner gets his wife's weight in beer. Name the sport.
4. What is zorbing?
5. Held annually in the spring at Cooper's Hill near Gloucester, England, the person who crosses the finish line first, gets a nine pound of double Gloucester cheese.
6. The mud pit belly flop, hubcap-discus tossing, and bobbing for pig's feet are part of these games, held annually in East Dublin, Georgia.
7. Inspired by a book by A.A. Milne, this sport requires a stick and a bridge over running water.

Each player drops a stick on the upstream side of the bridge; the winner is the first whose stick appears on the downstream side. The annual championships, held since 1984, take place at Day's Lock on the River Thames.

8. Which sport is played by two teams, each of which race around an oval course, where one member of each team is called the "jammer" and their job is to lap the members of the other team?

9. Compared to other sports on this list, it is very calm, but don't tell any serious participants they aren't legitimate sportsmen. (Hint: some would say Movement is an example of this sport.)

10. Played all over South Central Asia, it is the national sport of Afghanistan. The goal of the sport: grab a carcass of a headless goat at full gallop, get it clear of other players, and pitch it across the goal line.

11. This is a sport involving a ball bounced off a walled space by accelerating it to high speeds with a hand-held device (cesta).

12. Originated in Persia, this sport features horses, riders, a mallet and a ball and is played in

periods called chukkers.

13. This chess player beat Boris Spassky in Reykjavik, ending Soviet domination in chess.

14. This Canadian champion fought Muhammad Ali twice and went the distance both times. Ali called him the toughest fighter he had faced.

15. Who was the first and last heavyweight to win the undisputed boxing championship three times?

16. What international games include the one-foot kick, the ear pull, the knuckle hop and the knee hop?

17. Where were the Canada Games held in 1969?

18. Guillaume LeBlanc holds the Canadian record of 39:26:02 in this track event.

19. With a time of 10 seconds, this person holds the Canadian record in the 100-yard dash.

20. Who holds the World Record for the shortest time biking across Canada, at 27 days, five hours and 30 minutes for the 7,200 km trip?

See ANSWERS / Page 10



HMCS Ville de Quebec is COTF Hockey champ

The team from HMCS Ville de Quebec emerged victorious at the 2017 Cock of the Fleet Hockey tournament, defeating HMCS Athabaskan in the final game, held on March 29 at the Flyers arena at 12 Wing Shearwater.

SUBMITTED

SHEARWATER – Spring Fitness Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30-8:15	Functional Movement	Functional Strength	Yoga	Functional Strength	TRX
8:30-9:15	FORCE Prep		FORCE Prep		FORCE Prep*
11:45-12:30	Spin	TRX	Spin	Functional Strength	Yoga
12:00-13:00	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim

FLEET – Spring Fitness Class Schedule

	Mon	Tues	Wed	Thurs	Fri
0730-0815	Functional Strength	Gentle Yoga	Functional Movement	Spin	Functional Strength
0730-0830		GST: Upper Body & Locomotion Level II			GST: Core & Legs Level II
0830-0915	FORCE Prep		FORCE Prep		FORCE Prep*
1210-1255	Spin	Functional Strength	Functional Movement	Functional Strength	Gentle Yoga
1200-1300	GST: Upper Body & Locomotion	Yoga	GST Core & Legs	Yoga	

*The last Friday of every month will be a FORCE FAMIL Session

COTF STANDINGS

COTF UNITS	SOCCER	FTI CHALLENGE	VOLLEYBALL	BASKETBALL	BOWLING	CURLING	FLOOR HOCKEY	HOCKEY	SQUASH	BAUMINTON	SLOPITCH	RUNNING	GOLF	POINTS	PLACE
Athabaskan	75	0	0					60						135	2nd
Montreal	50	0	40			30		20						140	1st
Halifax	10	20	30			20		40						120	3rd
VDQ	0	0	0					85						85	4th
Toronto	20	30	20			40		10						120	3rd
St John's	30	40	0					0						70	5th
Charlottetown	0	0	0			10		30						40	6th
Preserver	0	10	0					0						10	7th
Mog 5	0	0	10					0						10	8th
Fredericton	0	0	0					0						0	9th

Fitness and sports updates

By Trident Staff

Join PSP Community Recreation for pick-up basketball at the Shearwater Fitness, Sports and Recreation Centre.

All equipment will be provided and teams will be organized upon arrival. Mondays and Wednesdays; 7 - 9pm. For more information, please call 902-720-3463

The CFB Halifax Mariners Ball Hockey team is looking for both Reg and Res force members to try out for the base team.

The past two years, our team has won regionals and has made it to both National finals only to lose to Quebec.

It is our year this year and we need committed individuals for practices twice a week and at least 1 game a week. Timings TBC. Practices and league play will begin the end of April. For more information or to register your name on the distribution list, please contact Jonathan Berg at Jonathan.berg@forces.gc.ca or 902-877-5882

In conjunction with the Navy Bike Ride, the RCN is also hosting the Admiral's Cup, the military category for the

GPCG Medio Fondo, a 69.3km timed race taking place on Sunday, May 21, 2017, in Gatineau, QC.

This event will be open for active CAF members (Reserve and Regular), for which those registering will receive a 20% discount to the event.

Awards and prizes will also be given out to the top three male and top three female military competitors. This is a great opportunity for CAF athletes to show their skills and athleticism through the sport of cycling. For more information, please call 902-427-1469

The Formation Halifax Women's Soccer team is looking for a coach for this upcoming season.

Time commitment would be two practices a week and the occasional scrimmage. If interested, please reply to Jonathan.berg@forces.gc.ca with any soccer or coaching experience you may have.

Check out the Navy Tridents. Come and spin with us and see if you'd like to become a Trident.

Tuesday mornings 6 - 7 a.m., STADPLEX Gym Floor. For more information, call 902-721-8418.

Trivia answers

continued from / Page 9

1. Kaetlyn Osmond from Marystown, N.L. and Gabrielle Daleman of Newmarket, Ont. Kaetlyn won silver and Gabrielle achieved bronze.

2. Patrik Elias ended his career with a total of 408 goals and 617 assists for a total of 1,025 points.

3. Wife carrying (originated in Finland). The wife must weigh at least 49 kg, the course is 235.5 metres long and has three obstacles, two wet and one dry. There is a 15 second penalty for a dropped spouse.

4. Zorbing is strapping yourself in an over-sized hamster ball and rolling down a hill.

5. The annual Gloucester cheese race.

The cheese gets a one second head start and gets speeds up to 112 km/h.

6. The Red Neck Games.

7. Poolsticks.

8. Rollerball.

9. Moustache growing.

10. Buzkashi.

11. Jai Alai.

12. Polo.

13. Bobby Fischer.

14. George Chuvalo.

15. Muhammad Ali.

16. The Arctic Winter Games

17. Halifax, Nova Scotia.

18. 10,000 metre walk.

19. Harry Jerome.

20. Cornel Dobrin.

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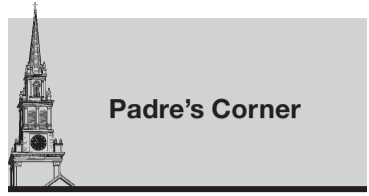
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Surprised by joy



Padre's Corner

By Capt Wendy Kean, Fleet Chaplain

When was the last time you were surprised by joy? Maybe you got good news when you were fearful of bad news, or maybe good news just fell out of the blue. Maybe you kicked up your heels on an unexpected sunny day, or felt uplifted by a phone call from

a friend.

Joy is hard to pin down. But we know it when we feel it. Part of joy, I think, is the element of surprise.

A few years ago, my husband and I bought an old farmhouse, as a weekend getaway. We bought it in the fall, when the leaves were falling and the mice were moving in. We went up on winter weekends to plan renovations, huddling around the woodstove for the first day of each weekend until the cold came out of the walls and the floors. We dealt with crumbling plaster, old

plumbing, wonky lighting, and an over-grown back yard. And then, spring came.

What had looked like a damp and mossy side yard bloomed into a carpet of bluebells and violets. Where we had seen weeds, iris and lilies poked out. The bushes in the back were alive with blossoms and birds. The dark, cold house of winter filled with light and soft breezes. And the mice moved out.

What is joy? It's different from happiness, but I don't think I can pin that difference down. It seems that surprise is part and

parcel of joy. It's a lot like spring - every year, I am both astonished and grateful that the cold of winter is turning into the soft breath of new life. And every year, I laugh that I am surprised winter really did come to an end.

It is no accident that the season of Easter and the early days of spring coincide. Like spring, Easter is a time to celebrate that what was once dead has returned to new life. Christians celebrate the resurrection of Jesus; they believe that three days after He was executed by the Romans, He rose from the dead, not as a ghost

but as a person fully alive, able to eat and drink and be with His friends once more.

If you are one who celebrates Easter, by all means, go for it. And if you are one who does not follow the Christian calendar, but finds hope and joy in the warming days of spring, celebrate that. Whatever this season means to you, I invite you to look for signs of new life as you go about your daily life, whether it's on your walk to work, or when you open your window to let the fresh air blow in. Let joy surprise you, and be glad.

2016 Tax Season

By HR-CIV

The T4 Statement of Remuneration Paid and the Québec provincial Relevé 1 tax slip have been made available electronically through Phoenix Self-Service as of 28 February 2017. In addition, tax slips will also be available on the Canada Revenue Agency and Revenu Québec websites by 3 March 2017 for all individuals registered with My Account.

Please note that amended tax slips are in the process of being issued due to the following reasons:

British Columbia (BC) Medicare Premiums - employees in BC may receive an amended T4 or Relevé 1 related to their Medicare premiums;

Employment Insurable (EI) Earnings and Canada Pension Plan (CPP) earnings - employees whose overpayments were recorded in Phoenix may receive an amended T4 related to the calculation of their EI/CPP earnings;

Taxable Benefits for Quebec residents - employees living in Quebec and working outside of Quebec may receive an amended Relevé 1 related to their taxable

benefits;

Additional Quebec Income Tax - employees living in Quebec and working outside of Quebec may receive an amended Relevé 1 reflecting additional income tax paid;

Membership Fees Reimbursement - employees may receive an amended T4 or Relevé 1 if they were working or living in Quebec and received reimbursement for membership fees.

Please note this is not an exhaustive list of situations in which an amended tax slip may need to be issued. As such, we recommend that once employees are ready to file their taxes, they should consult Phoenix Self-Service to ensure they use the most recent tax slips.

If you have any questions regarding 2016 year-end tax slips, please contact the Pay Centre by calling 1-855-686-4729. Alternatively, you can refer to the following guide which explains the T4 Statement of Remuneration Paid and the Québec provincial Relevé 1 tax slips: <http://www.tpsgc-pwgsc.gc.ca/remuneration-compensation/payecentre-pay/impots-taxes-2016-eng.html>.

Période de déclaration des revenus de 2016

Par RH-CIV

En date du 28 février 2017, tous les feuillets T4 - État de la rémunération payée et Relevé 1 - feuillet d'impôt provincial du Québec ont été mis à la disposition des employés en version électronique par l'entremise de système libre-service de Phénix. De plus, à compter du 3 mars 2017, les relevés d'impôt seront aussi disponibles sur les sites Web de l'Agence du revenu du Canada et Revenu Québec pour tous les employés inscrits à Mon dossier.

Veillez noter que des relevés d'impôt modifiés seront bientôt émis pour les raisons suivantes :

Prime du Régime d'assurance-maladie de la Colombie-Britannique (C.-B.) - Les employés de la C.-B. pourraient recevoir des feuillets T4 ou Relevé 1 modifiés liés à leurs primes d'assurance-maladie;

Gains liés à l'Assurance-emploi (AE) et au Régime de pensions du Canada (RPC) - Les

employés pour lesquels des trop-payés ont été enregistrés dans Phénix pourraient recevoir un feuillet T4 modifié relativement au calcul de leurs gains liés à l'AE et au RPC;

Avantages imposables pour les résidents du Québec - Les employés qui habitent au Québec, mais qui travaillent à l'extérieur de la province pourraient recevoir un feuillet Relevé 1 modifié lié à leurs avantages imposables;

Retenues supplémentaires d'impôt sur le revenu du Québec - Les employés qui habitent au Québec, mais qui travaillent à l'extérieur de la province pourraient recevoir un feuillet Relevé 1 modifié tenant compte de l'impôt sur le revenu supplémentaire payé;

Remboursement des cotisations professionnelles - Les employés pourraient recevoir des feuillets T4 et Relevé 1 modifiés s'ils travaillent et habitent au Québec et qu'ils ont reçu un remboursement pour leurs cotisa-

tions professionnelles.

Veillez noter qu'il ne s'agit pas d'une liste exhaustive des cas pour lesquels des relevés d'impôt modifiés pourraient être émis.

Ainsi, nous recommandons aux employés qui sont prêts à soumettre leur déclaration de revenus de consulter la fonction de libre-service de Phénix pour s'assurer qu'ils utilisent la version la plus récente de leurs relevés d'impôt.

Pour toute question à l'égard de vos relevés d'impôt pour l'année 2016, veuillez communiquer avec le Centre des services de paye en téléphonant au 1-855-686-4729.

Vous pouvez aussi consulter le guide suivant qui explique en détail les relevés d'impôt T4 - État de la rémunération payée et Relevé 1 - feuillet d'impôt provincial du Québec :

<http://www.tpsgc-pwgsc.gc.ca/remuneration-compensation/payecentre-pay/impots-taxes-2016-fra.html>.

Wondering about getting mental health help?

By CMP

Q. If I raise my hand to get mental health help, will I automatically be released from the Canadian Armed Forces?

A. No. This is why anyone who has mental health concerns is encouraged to see a professional as soon as possible, who can assess what

they are experiencing. Just as with physical health concerns, a delay in seeking help for a mental health issue may cause the condition to deteriorate to the point where it could impact on a member's long-term health and career.

When members come forward, the goal is to get the right kind of assistance and treatment to help them keep

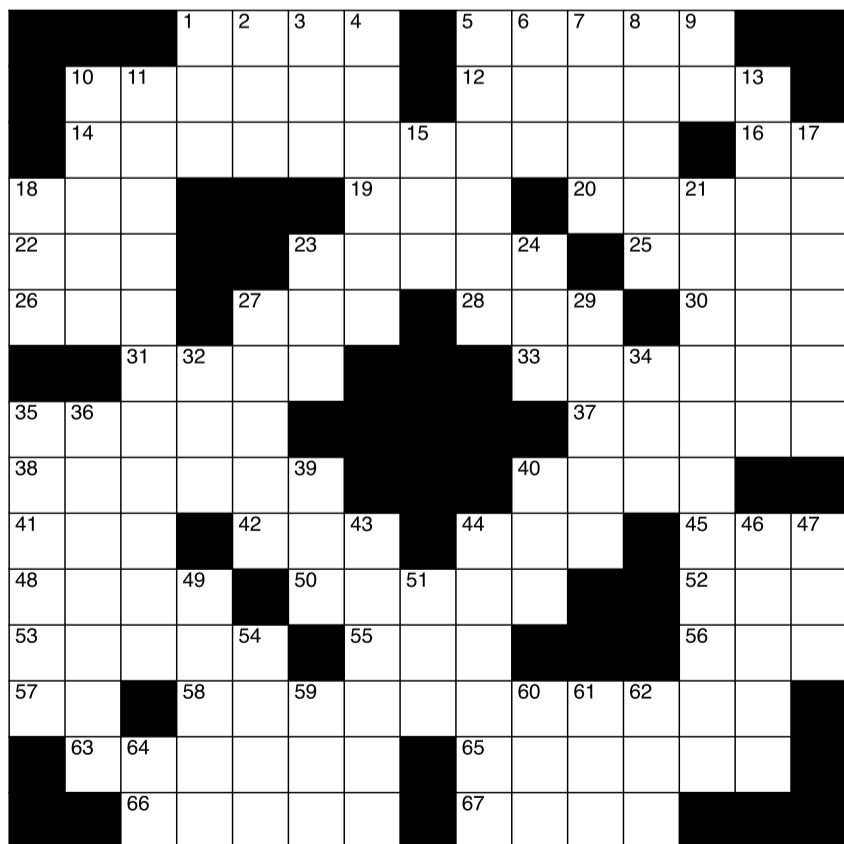
working, while receiving the specialized attention they need.

Often, members can receive mental health care while continuing to work in their regular position. Some members may need to be on sick leave for a time while they continue to work with a mental health provider, but then return to work. Others may be posted to the Joint Personnel Support

Unit, if that is the best way for the member to focus efforts on recovery. Every individual is unique, and the course of action is selected accordingly.

Members are given time to recover and rehabilitate, with the goal of returning to work within the CAF. For some, however, a career within the civilian workforce may be more beneficial to their recovery.

CAF members are transitioned to civilian life only when necessary, and then only when they are found to be mentally and physically prepared to do so. Additionally, they are provided with significant compensation, benefits and access to services to help make the transition to civilian life as stress free as possible.



CLUES ACROSS

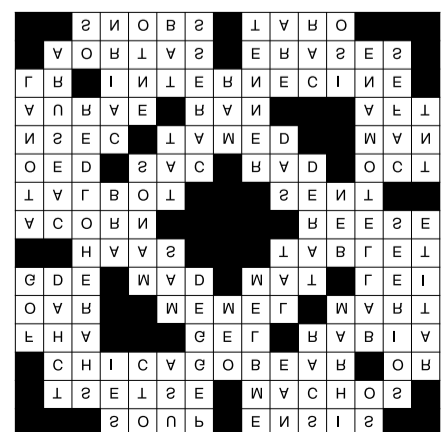
- Hot meal
- Razor clams
- Blood-sucking African fly
- Chauvinists
- Windy City football player
- An alternative
- Federal Housing Administration
- Styles hair
- Arabic female name

- Paddle
- Area once separated from Germany
- Marketplace
- Gode Airport
- Upset
- Where wrestlers sweat
- Garland
- Robert __, poet
- An iPad is one
- Fruit of the oak tree

- Della __, singer
- Women's clothing retailer
- Mailed
- Largest English dictionary (abbr.)
- Pouch
- Radioactivity unit
- Month
- Nanosecond
- Domestic
- What a boy becomes

- Breezes (anc. Greek)
 - Jogged
 - At the stern
 - Lawrencium
 - Destructive to both sides
 - Arterias
 - Removes
 - Preentious people
 - Tropical Asian plant
- CLUES DOWN**
- Type of whale
 - Type of medication
 - Land of the free
 - Formed an opinion of
 - Logo
 - No (Scottish)
 - Leaves tissue
 - Sacred state to Muslims
 - Thus
 - African nation
 - Someone who has a stake in
 - Parties
 - Subsystem producers
 - Large, flightless birds

- Compromises visibility
- A ballet enthusiast
- More (Spanish)
- Skeletal muscle
- Hands (Span.)
- Weighed
- Businessman
- Famous clock Big __
- Unkeyed
- Break between words
- Ink (slang)
- Disappointed
- Stroke
- Curdled milk
- Restaurants
- Explosive
- Type of terrier
- Disfigure
- Innermost cell layers
- Bar bill
- Distinct period of history
- Mode of transportation
- Equal (prefix)
- Operating system



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