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Feeling the glove

Shawn O'Hara, Lookout

MS Wayne Clarke, 2IC for clothing at Base Logistics, and LS Andrew Thorley of the Fleet Diving Unit (Pacific) show off the new cold weather gloves that were distributed to personnel last week. The gloves are available for issue from clothing stores. These are worn when wearing the 2-1 Rainjacket or CW black parka.

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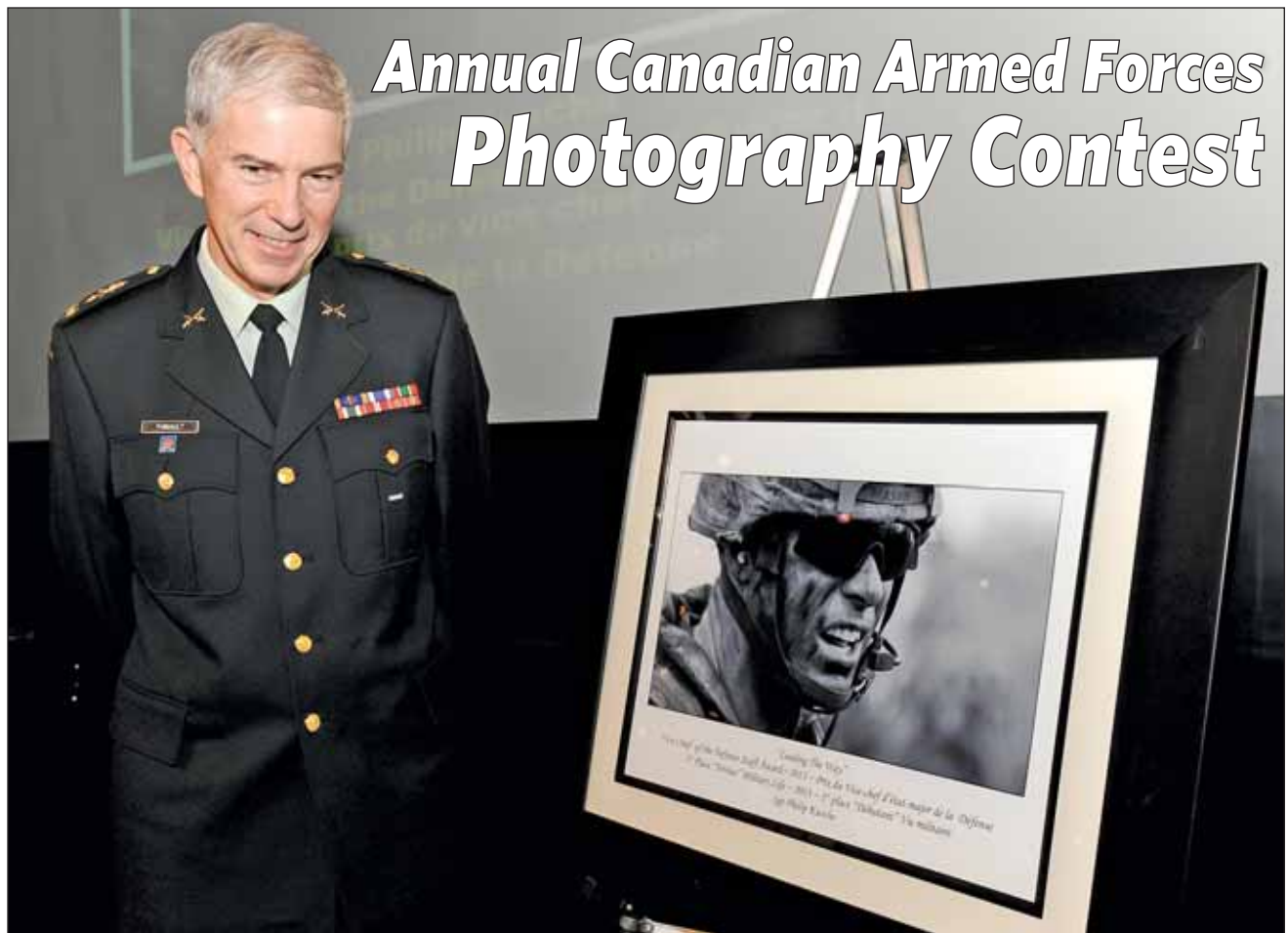
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Annual Canadian Armed Forces Photography Contest

Julien Dupuis, Imaging Services

LGen Guy Thibault unveils the Vice Chief of the Defence Staff Award for this year's Canadian Armed Forces Photography Contest to Sgt Philip Kusche during the formal presentations at the CAF 2013 Photo Contest Awards Night. The awards ceremony took place in the Barney Danson Theatre at the War Museum in Ottawa, Ontario. Since 1968, the annual Canadian Armed Forces Photography Contest has celebrated the many facets of military life through recognizing excellence in the art of photography. Honouring both the novice and advanced, photographers compete for top place finishes in nine categories, and distinguished titles such as Photographer of the Year. The program is organized by CAF Imaging Services and CF Morale and Welfare Services.

Letter from the Vice Chief of the Defence Staff

Dear Sergeant Kusche,
I know that you are currently overseas and I hope you are well and that your mission is successful. I had hoped to find the opportunity to connect in person with you to deliver this news, but given distance and time, please accept this somewhat impersonal, but nonetheless heartfelt congratulations.

As the patron of the Canadian Armed Forces Photography Contest, I have the privilege of selecting a photograph from among all of the submissions for the VCDS Award, and this year, I have selected your photograph, "Taking the Lead".

In October, I attended the official judging of the CAF Photography Contest here in Ottawa where your photograph was flashed across the screen. It caught my eye at that point and when it came time to select my winning photograph earlier this month

on the 4th of November, I was very pleased to see your picture in the final selection. I was even more impressed when I learned that you were not a professional photographer, but entered in the novice category.

I like that the photograph is a close up of a soldier, where we can clearly see his determination in that moment in time that you have now captured forever.

More importantly, I can put a name to a face as it is clearly displayed across his helmet. My staff did the research, and told me this is Capt Michael Mason giving orders during an Army exercise. Knowing the name of the person in the photograph is so powerful, as it connects the viewer to a soldier.

The photo also reminds me that our soldiers, sailors and airforce personnel are all people with families, stories and

life outside of the CAF.

This is the power of a good photograph and your excellent image certainly made me stop and reflect.

I congratulate you on your skills as a photographer and for having been selected to receive the VCDS award for 2013. I look forward to having "Taking the Lead" displayed in my office at NDHQ in the very near future. When I look at this image, it will serve as a constant reminder of courage, perseverance and determination...the very qualities that represent the men and women of the Canadian Armed Forces, including you.

I wish you all the very best and thank you for your service. Safe travels home.

Guy R. Thibault, CMM, MSC, CD
Lieutenant General
Vice Chief of the Defence Staff



The Emergency Operations Centre/Fire Department Project team was awarded the 2013 Commercial Building Award for Excellence as well as the Community Building Award from the Times Colonist. The awards were based on the work, dedication, and construction of CFB Esquimalt's new state-of-the-art fire hall.

Shawn O'Hara, Lookout

SPORTS DAY

In Canada at CFB Esquimalt

Families across the Formation were invited to day of free recreational activities on Nov. 30 courtesy of the Personnel Support Programs recreation department.

The family sports day activities were part of the nation-wide initiative, "Sports Day in Canada", which accompanied the CFB Esquimalt Sports and Athletics Awards and Formation Run earlier in the week.

Several families began the day participating in a free open gym that included play in a bouncy castle. In the afternoon, families enjoyed a free swim at the Naden Athletic Centre along with a barbecue and free skate at Wurtule Arena.

In addition, children ages two to nine put their artistic skills to the test in a colouring contest that celebrated the day. Despite the rainy conditions outside, many families came out and enjoyed the free amenities of the gym, pool and ice arena. Participants were pleased with the initiative and requested Sports Day in Canada be an annual event at CFB Esquimalt.



matters of OPINION

WHO WE ARE

MANAGING EDITOR

Melissa Atkinson 250-363-3372
melissa.atkinson@forces.gc.ca

STAFF WRITER

Shawn O'Hara 250-363-3672
shawn.o'hara3@forces.gc.ca

PRODUCTION

Carmel Ecker 250-363-8033
production@lookoutnewspaper.com

Francisco Cumayas 250-363-8033
projects@lookoutnewspaper.com

ADMINISTRATIVE ASSISTANT

Kate King 250-363-3014
kate.king@forces.gc.ca

ACCOUNTS/CLASSIFIEDS

Laura Spence 250-363-3127
laura.spence@forces.gc.ca

SALES REPRESENTATIVES

Ivan Groth 250-363-3133
ivan.groth@forces.gc.ca

Joshua Buck 250-363-8602
joshua.buck@forces.gc.ca

EDITORIAL ADVISORS

Capt Jenn Jackson 250-363-4006
Sara Helmecci 250-363-7060

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A Division of Personnel Support Programs
CFB Esquimalt, PO Box 17000 Stn. Forces,
Victoria, BC V9A 7N2

E-mail: frontoffice@lookoutnewspaper.com

Web: www.lookoutnewspaper.com

Fax: 250-363-3015

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That's Life: My cat hates elves



Kim Bolduc
Contributor

My cat hates elves.

No, that's not right. My gentle, loving cat abhors the elves.

This, much to our horror, we discovered last Christmas. For in our house there are two Christmas trees: the family tree in the family room, and the totally kid-hang-soccer-balls-on-it-if-that's-your-bliss kid tree in the games room. Although soccer balls have never been employed, last Christmas "elves" were.

The boys had jauntily festooned their tree with a plethora of bright-

ly colored baubles and tinsel. Nestled here and there amongst said baubles, were elves, smiling, cheerful little elves. The tree was charming.

Who could have foretold what was to happen in the Bolduc household next I do not know, but upon returning from a holiday outing we were met with a ghastly sight: bits of elf strewn from one end of the house to the other. Total elf carnage of the most heinous kind. Imagine Santa's Workshop meets Jack the Ripper if you will. I tried to shield the children's eyes from the massacre, but it was too late. I can only hope (ahem) they will not be scarred for life.

Shocked into silence by the sheer magnitude of the devastation, we remained frozen in the doorway, our mouths hanging open as we contemplated the scene and considered all its implications. Clearly, a battle had been waged throughout the hallways, and rooms of our home. Just

as clearly, the elves had lost. But why? And who? What dastardly fiend could have committed this elfen homicide?

The why we may never know, but the who was becoming clearer. You see (and I'm hearing Sherlock Holmes' voice here), it's simply a matter of math. The Bolduc family has seven members. One mom, one dad, four kids and one cat. Now I may not be a rocket scientist, but in my childhood I played my fair share of the Murder Mystery game 'Clue'. Thus, I know that if six of the seven members of the family were in the library with Colonel Mustard and the candlesticks when the deed occurred, it's member number seven who is the murderer. And at this murder mystery party, our cat Sienna was member number seven. It also didn't hurt that she came trotting over to greet us with a wadded up elf bootie in her mouth.

Happily, all was not lost. Lying among the chewed hats and torn off heads

something else was found that day - one lone elf. Yes. One slightly chewed elf lived to tell the tale.

Being the sentimental family that we are, we gently picked up that little slobber-covered elf, chucked him into the coffee table drawer, and promptly forgot about him. In retrospect, we were likely still in shock after witnessing such an inexplicable and evil crime. Oh, and Spanish coffees might have been involved. Well, at least for the adults.

Fast-forward to a few minutes ago. I heard a noise in the family room and went to investigate (I am very Nancy Drew that way). There lying prone on the floor was that lone, up-until-now surviving elf with Sienna crouched over its lifeless body. They do say that criminals prefer to leave no witnesses.

I grabbed it (sans its hat and hair - which I probably don't want to know what she's done with) away from her. Quickly walking to the kitchen, opened a drawer and

tossed the body in, cringing as it landed with what can only be described as a most disconcerting thud.

Now safely entombed in its final resting place between an old tube of Saran wrap and a dodgy collection of Ziploc bags, I felt confident that this elf's saga had at long last reached its natural end. So with a final flourish, I slammed the drawer shut on our little friend. Case closed. Done and dusted. Over and out! I should have known better.

Not a step out of the kitchen, I heard a noise. I turned around slowly and there she was. Sienna had followed me into the kitchen and was sitting on the floor staring at the drawer.

This of course tells me two things:

1. Do not take Sienna to the mall to have her picture taken with Santa; and
2. It probably isn't a good idea to dress Cameron up as an elf next Halloween.

HmmmI wonder how she feels about Yoda?



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The North American Aerospace Defense Command is prepared to track Santa's yuletide journey! The newly redesigned NORAD Tracks Santa website, www.noradsanta.org, went live Dec. 1 featuring a holiday countdown, daily games and activities, videos, music and more. Beyond a new look, features such as a 3D globe and new interactive games take advantage of today's modern web. The site is available in eight languages: English, French, Spanish, German, Italian, Japanese, Portuguese, and Chinese.

The official NORAD Tracks Santa app is also available in the Windows, Apple and Android stores, so parents and children can count down the days until Santa's launch on their smart phones and tablets.

Tracking opportunities are also offered on Facebook, Twitter, YouTube, and Google+. Santa followers just need to type "@norad-santa" into each social media property to get started.

Starting at 12:01 a.m. MST on Dec. 24, website visitors can watch Santa make preparations for his flight through the Bing maps and Cesium technology to track Santa with NORAD in 2D and 3D. Then, at 4 a.m. MST (6 a.m. EST), trackers worldwide can speak with a live phone operator to inquire as to Santa's whereabouts by dialing the toll-free number 1-877-Hi-NORAD (1-877-446-6723) or by sending an email to noradtrackssanta@outlook.com. OnStar subscribers can press the OnStar button in their vehicles to find Santa's

location any time on Dec. 24. NORAD's "Santa Cams" will stream videos on the website as Santa makes his way over various locations.

NORAD Tracks Santa is truly a global experience, delighting generations of families everywhere. This is due, in large part, to the efforts and services of numerous program contributors.

It all started in 1955 when a local media advertisement directed children to call Santa direct - only the number was misprinted. Instead of reaching Santa, the phone rang through to the Crew Commander on duty at the Continental Air Defense Command Operations Center. Thus began the tradition which NORAD carried on since it was created in 1958.

Royal BC Museum hosts Father Christmas in Old Town

Friday to Sunday, 11 am to 4:30 p.m., Dec. 6 - 22

Dressed in his old-style robes, Father Christmas will be part of the magical experience in Old Town. Share holiday wishes and have a photo taken in this special setting, included with admission or membership. Photos by donation. Digital photos may be viewed while in Old Town, then delivered by email for sharing with family and friends or for printing at home.

Carol-Along with the Carillon
Royal BC Museum
Dec. 8, 4:30 - 5:15 p.m.

It's a unique holiday experience enjoyed by more than 100 people.

The Provincial Carillonneur climbs 75 spiral steps to ring out 22 seasonal favourites and everyone sings along! Hot chocolate, cookies and songsheets are provided. Members of the Newcombe Singers lead the carolling. When the singing ends, the carillon is lit up for the festive season.

Please note: This event takes place in all conditions except high winds.

Helmcken House Old-Fashioned Christmas, Royal BC Museum
Dec. 21, 2013 - Jan. 5, 2014, 12 - 4 p.m.

Open the door to one of BC's oldest buildings. Helmcken House comes alive with the spirit of an old-fashioned Christmas in Victoria. Discover the Christmas traditions of early Victorians - Christmas crackers, cards and carols. Included with admission, membership, or by donation.

Christmas in Old Town,
Royal BC Museum
Continuing to Jan. 7, 2014, 10 a.m. - 5 pm daily

The sights and sounds of Christmas long ago. Marvel at the 4.5 metre Christmas tree, visit the wood-cobbled streets laced with festive garlands and stroll past the old-time shops with their seasonal finery. Included with admission or membership.

Royal BC Museum and IMAX Victoria Theatre are closed Christmas Day and New Year's Day.

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Afghanistan veteran voted Military Policeman of the Year

Shawn O'Hara
Staff Writer

One CFB Esquimalt Military Police (MP) officer had his overseas work nationally recognized when he was given the title of Senior Non-Commissioned Member (NCM) of the Year.

The award came as a surprise to Sgt Mike Oliver, who was deployed to Afghanistan for the eligible period.

"It's not often people get this award as part of a deployment," he says. "I'm very proud of the work we did over there so to receive this acknowledgement feels really good."

Sgt Oliver was posted in Kabul, Afghanistan, from February to November of 2012. There he was employed as the Close Protection Platoon 2IC, escorting and protecting high value personnel such

as politicians, dignitaries, and senior ranking military officials.

"It was a very high tempo deployment," says Sgt Oliver. "You never really knew what was going to happen, but you went out everyday well prepared and relied on your training. Our whole team made it back home and that's what counts."

While he was the one on the ground every day in Afghanistan, Sgt Oliver says the struggle was just as real for family and friends back home. Without the support system of his family in place he says the experience would have been much different.

"The courage and strength displayed by my wife Tracey allowed me to focus on successfully completing my mission and coming home safely," he says. "I really can't overstate how appreciative I am

of her unwavering support."

The nomination comes from the ranks of Military Police across Canada of which Sgt Oliver says there are many worthy of the accolade.

"We've got amazing men and women serving their communities every single day," he says. "I'm very proud to receive this award, but at the same time know there are a hundred others just as worthy. They deserve recognition."

With his most recent deployment behind him, Sgt Oliver says he has taken the nomination in stride. The award means a lot to him, but the work at home is never over.

"I, along with the countless other MPs in Canada, have work to do every day looking after the safety and well-being of CAF members and their families within our own communities," he says.



Cpl Blaine Sewell, MARPAC Imaging Services

Sgt Michael Oliver (right) was selected from numerous nominees as the senior MP of the year for 2013, and was awarded with a recognition certificate by the Canadian Forces Provost Marshal Colonel Rob Delaney, CD, (left) on Nov. 26.



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GNAVAL GNOME INTERVIEW VI

Travels In The East

LOOKOUT (LO): Welcome back Gnaval Gnome, I understand you've been on some temporary duty lately?

Gnaval Gnome (GG): Yes, that's correct. I was down east to historic Halifax, "Warden of the Gnorth", on the rocky shores of Gnova Scotia, and I also went to Upper Canada to visit Ottawa, our gnation's capital.

LO: And why were you there?

GG: I was learning gnew things about gnaval communications, because, honestly, up to gnnow my gknowledge of gnaval communications was somewhat gnominial. Did you gknow we gno longer use the heliograph? Who gknew?

LO: I see. So, did you learn a great deal?

GG: My yes. For instance, here's an interesting gnugget...did you gknow that when he invented the telephone, Alexander Graham Bell wanted the greeting upon answering the 'phone to be "Ahoj"? True dit.

LO: Fascinating. What else did you do?

GG: Well, I was tasked to set up a Tiger Team to develop some "out of the box" ideas for the future of gnaval communications. Unfortunately, the tigers got out of the box and it was pretty dicey for a bit.

LO: What!? you used real tigers?

GG: Funny, that's exactly what the people who tasked me in the first place said. It's too bad, too, because I had some really good ideas, but the tigers ate my gnomework.

LO: What sort of ideas?

GG: How does this strike you? Gnoming pigeons?

LO: It sounds like you've just taken "homing pigeons" and changed the "h" to a "gn".

GG: Yes, and it's a huge improvement. I also have an idea that will enhance security awareness with message traffic. My idea is that all classified messages would be printed out on mooses. You'd certainly be very aware of having a secret message with a moose standing in your in-box.

LO: I suppose so, but it doesn't sound very practical.

GG: Well, I admit there are some issues. For instance, it turns out it's hugely expensive to transmit a moose via satellite. And the mooses don't care for it either.

LO: No, I suppose not. Are satellites a big part of our communications now?

GG: Oh yes. And I'm quite interested in the gnotion of space. I find as I get older I'm taking up more and more of it, particularly around the equator, if you gknow what I mean.

LO: Perhaps you could be the first gnome in space?

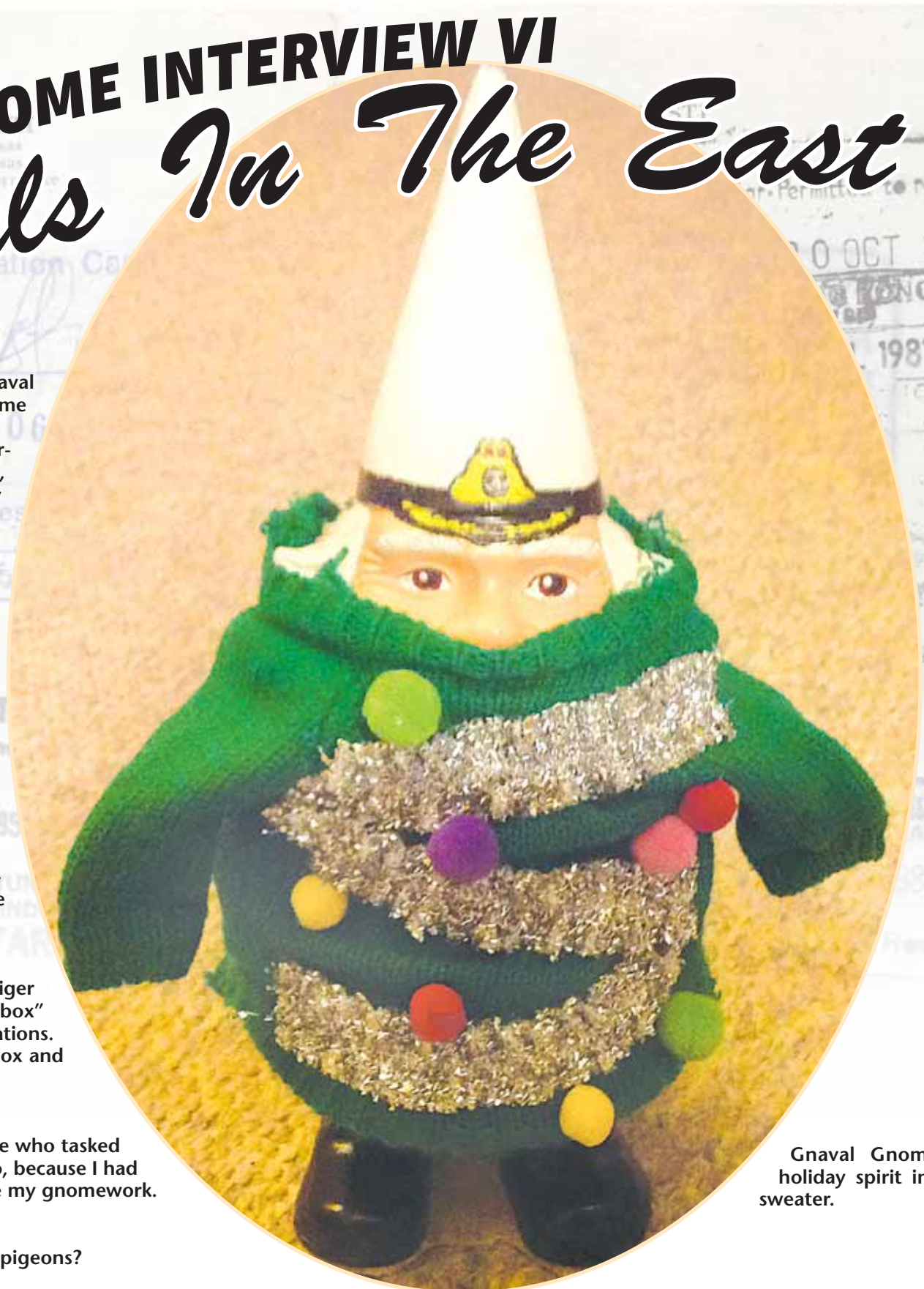
GG: In fact, my uncle Yuri was the first gnome in space. He eventually opened a restaurant on the moon, but it went out of business. The food was good, but there was no atmosphere.

LO: Um...did you have any time to see the sights while you were down east?

GG: Yes, I visited HMCS Sackville, the Halifax Citadel, and the Parliament Buildings. I also went to the National Fungi Museum.

LO: Oh, are you interested in fungus?

GG: I never used to be, but lately my interest in fungi has mushroomed.



Gnaval Gnome feeling the holiday spirit in his Christmas sweater.

LO: Hmm, quite. The Christmas season is fast approaching. What are your plans?

GG: I have an important job over the holidays. Santa himself has asked me to liaise with the ships of the fleet to ensure their funnel covers are removed Christmas Eve, so the jolly old elf can gain access. I also have to arrange the "Reindeer Aloft" chits so they can land on the hangar tops. Have you ever tried to wrestle Blitzen into a safety harness? It's a bit of a nightmare. And don't get me started on cleaning reindeer droppings off the ships' gnon-skid decks.

LO: Interesting. Are there any Christmas traditions you follow?

GG: Every year about this time I like to make Gnanaimo bar angels.

LO: What are those?

GG: They're like snow angels, but instead of snow, you lie in a big batch of Gnaniamo bars and move your arms and legs back and forth to make the impression of an angel. Then you eat it.

LO: That sounds messy.

GG: Gno messier than fruit cake angels. That marzipan can be quite intrusive.

LO: It sounds like you'll have a busy holiday season.

GG: Yes, I'll also be ringing in the gnew year. I plan to party like it's gnineteen gninety-gnine!

LO: Well, thank you for dropping by and updating us on your activities.

GG: Thank you, and all the best to your readers for a safe and gnifty holiday season!

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Searching for the Franklin Expedition

PO2 Yves L. Bernard
Fleet Diving Unit Atlantic

My career as a military clearance diver has given me some amazing opportunities others can only dream about, but I never imagined I would be fortunate enough to take part in the arctic search for the lost Franklin Expedition.

From Aug. 8 to Sept. 20, as a Clearance Diver with Fleet Diving Unit (Atlantic) (FDU(A)), I had the opportunity to participate in a joint operation with Parks Canada and the Arctic Research Foundation. Their goal, like many others before them, was to find what remains of Her Majesty's Ships (HMS) Erebus and Terror. Day after day, the team meticulously searched the ocean floor in the frigid waters of the Arctic Ocean with the hopes of locating signs of one or both of the ill-fated 1845-46 Franklin Expedition vessels.

Franklin's lost expedition was an ill-fated British voyage of Arctic exploration, led by Captain Sir John Franklin, that departed England in 1845. A Royal Navy officer and experienced explorer, Franklin had served on three previous Arctic expeditions, the latter two as commanding officer. His fourth and last, undertaken when he was 59, was meant to traverse the last un-navigated section of the Northwest Passage. After a few early fatalities, the two ships became icebound in the Victoria Strait near King William

Island. The entire expedition complement, including Franklin and 128 men, was lost and never found.

HMS Erebus and HMS Terror are together designated as a national historic site of Canada - the only such undiscovered national historic site. Locating these shipwrecks, or their contents, would offer unprecedented information on the search for the Northwest Passage, the exploration of Canada's North and the fate of Sir John Franklin. HMS Erebus, HMS Terror and their crews are also a testament to Canada and Great Britain's shared history in addition to having historical and cultural significance for local Inuit who speak of the ships in their oral history.

Locating the two vessels has proven to be challenging with last year's 2012 expedition coming back empty-handed. Due to the vastness of the Canadian Arctic and the harsh conditions frequently encountered in northern waters, this year's mission may have appeared daunting to many.

Thanks to Side Scan Sonar technology, we were able to survey two locations during this year's expedition: the Northern search area in the vicinity of Victoria Strait, and the Southern Search Area in the vicinity of O'Reilly Island. Altogether, we uncovered a significant amount of the sea floor, especially considering the limited amount of time available to us - approximately 486 square kilo-

metres in less than six weeks.

Unfortunately, this year's team was also unsuccessful in finding evidence of the Franklin Expedition. Even so, I am confident that with commitment and perseverance, eventually we will locate what remains of the wrecks as our evolving technological capabilities enable us to survey larger areas in less time.

This isn't the first operation that FDU(A) has taken part in with other government departments in the Arctic. During Operation Nunavut in 2011, I was part of an FDU(A) team sent to dive on HMS Breadalbane with our Seabotix Remotely Operated Vehicle. The Breadalbane sank in Lancaster Sound in 1853 while searching for the Franklin Expedition. Exploring the shipwreck along with this summer's search for the missing Franklin Expedition vessels have proven to be an excellent exercise for honing my search and survey skills using cutting edge technology.

Being part of the search for the lost Franklin expedition was a great honour and truly was a remarkable opportunity for me to not only further develop my skills as a clearance diver, but also to expand my network with different government agencies. Working with Parks Canada underwater archaeologists and the Arctic Research Foundation was a great way to share knowledge and promote Canadian capabilities, which I am grateful for.

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Civilians train for catastrophe response

Shawn O'Hara
Staff Writer

On top of a pile of rubble, amidst the clanging of sledgehammers and the pounding of nails, 25 people train for the worst.

They're a part of the CFB Esquimalts Urban Search and Rescue (USAR) annual training, and right now they're stabilizing a "collapsing" building.

"Simulations and scenarios help give the training a more practical edge," says Glenn Cooper, USAR Team Commander. "When they have a clear goal ahead of them it's easier to put their training and techniques to the test."

Standing in for the collapsing building is an old concrete shed at the USAR facility near Work Point.

Temporary shoring materials are being erected using wooden beams, steel pegs, nails, nail guns, sledgehammers, and saws.

"This is a very basic skill for USAR. Obviously, it's not safe trying to get people out of a building about to fall on your head, so you have to make it safer," says Cooper, who has been with USAR since 1999.

Building stabilization is just one part of the two-week long program. Trainees also learn the basics on breaching, the use of heavy tools to break through wooden, concrete, and even metal walls in the event someone is trapped inside a structure.

"There are myriad skills needed in an USAR situation," says Cooper. "With this team training we hope

to lay the groundwork so they are better prepared when we send them for certification training."

The training draws personnel from across DND, civilian and military. For PO1 Dan Moeller the training is a way of ensuring his skills are up to snuff should the real thing ever happen.

"We're taught if anything does actually go down to ensure our family and immediate community is safe before anything else," says PO1 Moeller, Senior Electrical Technician aboard *HMCS Ottawa*. "If, unfortunately, anything were to ever happen I want to make sure I have the skills I need to keep people safe."

With a mechanical mind, PO1 Moeller says the training has been great for

expanding on his skills as well as giving him a hands-on chance to use them.

"Working together on the tasks and scenarios has given me a good look at what it's actually like to use these skills," he says.



With the training now behind him it's back to work as usual for PO1 Moeller, but he says the training is something he's happy he got and won't soon forget.

"This kind of situation isn't something we've had to deal with yet, but it could really happen any day," he says. "I know people who don't even have Earthquake Kits. It's easy to forget about it but we have to be prepared to protect our families, our communities, and our region."



Shawn O'Hara, Lookout

Urban Search and Rescue (USAR) trainees Nolan Miles, Gerry Jomphe, and PO1 Dan Moeller erect a temporary shore to stabilize a simulated collapsing building during training Nov. 28.


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Maintaining health through the holidays

The Christmas and New Year holiday season is an opportunity to spend well-deserved time with friends and family and to recharge for the new year. While the majority look forward to the holiday period, there are some that find it challenging. As a defence community, we have a responsibility to look out for those around us especially those who may be away from home or experiencing difficulties during this holiday season.

To decrease stress and ensure your holiday season is enjoyable the following helpful tips will prove invaluable:

- Practice moderation. Alcohol should be used responsibly as excessive use can impair mood, thinking, behaviour, and judgement. If you plan to drink, do so responsibly and plan ahead to get home safely.
- Maintain a routine. Adequate sleep, regular exercise, healthy eating and setting healthy boundaries are the key to maintaining a Sense of well-being. Having a routine will help you cope with the potential stressors of the holiday season as well as effectively balance your needs with the needs and expectations of others.

The military and civilian community are fortunate to have a tremendous number of resources for those that may encounter difficulties during the holiday period. CFHSvcsC (P) will maintain services throughout the majority of the holiday season and will post their hours of operation on the marpac webpage. The website will also include a list of other military and civilian community resources that are available during off-hours. In case of emergency or after hours need for urgent medical treatment, members should call 911 and attend the closest hospital.

If you, a family member, friend, shipmate, or co-worker are experiencing feelings of stress, anxiety, sadness, anger, etc., please

refer yourself or others to the many health professionals that are available to support and assist. The following is a list of available resources:

- Urgent Care Clinic, CFHSvcsC(P): 250-363-4482 (open daily except on stat holidays/weekends)
 - Mental Health Clinic: 250-363-4411 (open daily except on stat holidays/weekends)
 - Clinic Duty Officer: 250-744-8221 (available 24/7). The duty officer should be contacted for medical advisories such as reporting hospital admittance. It is important to note that the duty officer is not on call to address clinical issues or emergencies
 - Duty Padre through the Military Family Resource Centre: 250-363-2640 or 1-800-353-3329 (available 24/7)
 - CF Member Assistance Program: 1-800-268-7708 (available 24/7)
 - Employee Assistance Program: 250-363-7968 or 1-800-268-7708 (available 24/7)
 - Distress Suicide Line: 1-800-784-2433 (available 24/7)
 - Vancouver Island Need Crisis Line: 1-888-494-3888 (available 24/7)
 - Military Police: 250-363-4032 (available 24/7)
 - Family Violence Team through the Mental Health Department: 250-363-4411 (open daily except on stat holidays/weekends)
- All members travelling out of the area during the holiday season are encouraged to carry their blue cross card and to be familiar with the instructions for out-of-area medical care as found on the back of the CF100 leave pass.

As members of the Maritime Forces Pacific (MARPAAC) family we must look out for each other every day of the year. This is especially true during the busy holiday season. The MARPAAC leadership wishes you and your loved ones a happy holiday season and look forward to your safe return in the new year.

Some of the early Canadian-built corvettes crossed the Atlantic with what mounted on deck in an effort to fool U-boats?

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LS Ogle Henry, MARPAC Imaging Services

Luncheon celebrates good working relationship

Members of the navy and guests met for a luncheon held at the Wardroom on Nov. 14. Base Commander Capt(N) Luc Cassivi hosted the luncheon to commemorate the working relationship between the First Nations community and the Department of National Defence.

From left: Maritime Forces Pacific (MARPAC) Formation Chief Petty Officer CPO1 Paul Helston; MARPAC Commander RAdm Bill Truelove; PO2 Marielle Audet, co-chair, Defence Aboriginal Awareness Group (DAAG); Bill Stewart, civilian co-chair, DAAG; Maryanne Thomas, Spiritual Advisor, Esquimalt Nation; Chief Andy Thomas, Chief of Esquimalt Nation; Andrew Smith, Public Works and Government Services Canada (PWGSC) representative; Elmer George, Spiritual Advisor, Songhees Nation; Danielle Smith, Formation Environment; Chief Russ Chipps, Chief of Scia'New Nation; Capt(N) Luc Cassivi.

eDOCS program makes record management easy

Larissa Johnston
MARPAC PA

Few MARPAC employees know there's a library of 250,000 documents and records at their fingertips.

Many of us use it during our workday. The MARPAC library in the Records Documents Information Management System (RDIMS) has about 2,000 active accounts. It's used by 24 units and branches, which includes some of the lodger units in the Esquimalt area.

The name of the program is soon changing to eDOCS, along with the implementation of Windows 7 and Microsoft Office 2010. There are a couple new features to look forward to, but the benefits of using the program remain the same.

People don't have to ask around to see who has the latest copy of a document if everyone works within RDIMS.

When RDIMS users create records, including emails, they should be profiled into the library. This allows for efficient management of the record and allows for quick and easy search and retrieval of the document. People don't have to ask around to see who has the latest copy of a document if everyone works within RDIMS.

MARPAC units have

been using RDIMS for almost five years. The system has been providing effective document and records management capabilities that support operations, satisfy administrative and legal requirements, and maintain accountability.

Because Federal Government employees are responsible for managing information under their control and custody, records should be made in a uniform fashion. With RDIMS, access and sharing is optimized, decisions are captured, records with archival value are preserved, and information no longer needed is disposed of in a timely fashion.

With so many accessible documents, it makes sense for MARPAC employees to use RDIMS.

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Photo by Cpl Michael Bastien

A group photo of Royal Canadian Sea Cadet Corps (RCSCC) Rainbow with Judith Guichon (centre), Lieutenant Governor of B.C., and RAdm Bill Truelove, Commander Maritime Forces Pacific (on her right). LGov Guichon received RCSCC Rainbow at Government House on Nov. 27 in honour of the corps' 95th Anniversary.

Bravo
ZULU



LGov Guichon and RAdm Truelove present Cadet Kira Gill-Maher with The Duke of Edinburgh's Award Silver Standard.



LGov Guichon and RAdm Truelove present PO2 Cadet Eric Mazur with The Duke of Edinburgh's Award Silver Standard.



LGov Guichon and RAdm Truelove present MS Cadet Hugh Camilleri with The Duke of Edinburgh's Award Bronze Standard.



LGov Guichon and RAdm Truelove present MS Cadet Daniel Haynes with The Duke of Edinburgh's Award Bronze Standard.



LGov Guichon and RAdm Truelove present CPO1 Cadet Dennis Roberts with The Duke of Edinburgh's Award Silver Standard.



LGov Guichon and RAdm Truelove present PO2 Cadet Charlotte Clark with The Duke of Edinburgh's Award Bronze Standard.



LGov Guichon and RAdm Truelove present MS Cadet Josiah William Haynes with The Duke of Edinburgh's Award Bronze Standard.



LGov Guichon and RAdm Truelove present PO1 Cadet Ethan Taylor with The Duke of Edinburgh's Award Silver Standard.



LGov Guichon and RAdm Truelove present PO2 Cadet Preston Jay Forry with The Duke of Edinburgh's Award Bronze Standard.



LGov Guichon and RAdm Truelove present AB Cadet Mason Fennings Haynes with The Duke of Edinburgh's Award Bronze Standard.



LGov Guichon and RAdm Truelove present PO1 Cadet Austen Webb with The Duke of Edinburgh's Award Silver Standard.

Bravo ZULU



The CAF Provost Marshal visited CFB Esquimalt for a townhall meeting with members of the Military Police branch and to hand out awards and presentations to deserving members.

Photos by Cpl Blaine Sewell, MARPAC Imaging Services

Left: After 32 years of service, Maj Victor Ethier (centre) receives the Canadian Forces Decoration 2nd Clasp from Col Rob Delaney (left) and CWO J.G. Barnes.



Sgt Andrew MacDonald receives his new rank from LCol Matt Johnsen, Base Construction Engineer Officer, assisted by Sgt MacDonald's wife Samantha.



For his loyal and dedicated service to Task Force Tripoli during Operation Lobe, MCpl Ian Beswick (centre) receives a Commander's Certificate of Appreciation and the Operational Service Medal from Col Rob Delaney (left) and CWO J.G. Barnes.



Cpl Koebnick receives the PSP award from LCol Matt Johnsen, Base Construction Engineer Officer, for completing 150 Km swimming.



For demonstrating his outstanding leadership and exceptional judgment by taking charge of a critical vehicle collision while on duty, Cpl Grant MacKay, (centre) receives a Naval Military Police Group Commander's Commendation from Col Rob Delaney (left) and CWO J.G. Barnes.



Lt Renee Milne (centre) is promoted to Captain by Col Rob Delaney (left) and CWO J.G. Barnes.



MCpl Skinner receives the PSP award from LCol Matt Johnsen, Base Construction Engineer Officer, for completing 75 km of swimming.



Col Rob Delaney (left) receives a piece of the Military Police Esquimalt unit's history from Capt E. Leblanc.

The print is called: "HOHO Thunderbird", and it belonged to MGen Norman Ross, who originally received it upon his retirement from the CAF in 1970. At the time, he was the Director General of Intelligence and Security. The print was later handed down to MGen Ross's son, MGen Cam Ross who is the current Colonel Cmdt Strathcona.

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STV TUNA IS LOOKING for CF/Ex-CF/DND civillian members to join the forces offered sailing program. Any one interested in sailing or learning to sail is encouraged to join us. All skill levels are welcome. For more information about the program please contact Sgt Steve Wright 902-427-4417 or steven.wright@forces.gc.ca or check us out on facebook (STV Tuna) for more information.

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Church Services Christmas Week

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• Dec. 24 - Christmas Eve Service - 4 p.m.

For Chaplain Services please visit <http://esquimalt.mil.ca/badm/bchap>

Christ the Redeemer

Naden, Building 35

• Dec. 24 - Christmas Eve Mass (Vigil Mass) - 5 p.m.

• Dec. 29 - Mass - 9 a.m.

• Dec. 31 - New Year Vigil Mass - 5 p.m.

Our Lady Star of the Sea

595 Galiano Cres, Belmont Park

• Dec. 24 - Christmas Eve

7 p.m. - Children's Christmas Pageant

7:30 p.m. - Vigil Mass of Christmas

11 p.m. - Midnight Mass of Christmas

• Dec. 25 - Christmas Day Mass - 10:30 a.m.

• Dec. 29 - Mass - 10:30 a.m.

1 Jan 14 - New Year Mass - 10:30 a.m.



For Advent Penitential Service please visit www.olss.ca

VOLUNTEER

Are you friendly, outgoing and love Seniors? Esquimalt Neighbourhood House Society Seniors Services is looking for Volunteer Drivers to help Seniors get to and from medical appointments, grocery shopping and other errands. We offer a flexible schedule, training, support and all the warm fuzzies you can handle. Please contact Esquimalt Neighbourhood House Society Seniors Services at 250-385-2635 ext. 201 or e-mail to nneff@enh.bc.ca to become part of our Seniors Services Team of Volunteers!

Do you feel you have insight and experiences to share about the issues and challenges faced as you reach your retirement years? Esquimalt Neighbourhood House Society Seniors Services program is seeking people aged 60 years and up to become part of our Advisory Committee. This unpaid Volunteer position would allow you to share your thoughts about services for Esquimalt Seniors as well as to identify other needs for Seniors within our Community. Interested in more information? Please contact Esquimalt Neighbourhood House Society Seniors Services at 250-385-2635 ext. 201 or e-mail to nneff@enh.bc.ca.

Esquimalt Neighbourhood House Society - Board of Directors We are currently looking for positive-minded, enthusiastic, inspired and committed Board members to help contribute to the growth of our Community based programs and outreach. Experience in the following areas would be an asset: Fundraising/Event Planning, Promotion, Accounting/Bookkeeping. For more information, please contact the Executive Director, Esquimalt Neighbourhood House Society at mmlckenna@enh.bc.ca.

HABITAT FOR HUMANITY AND THE RESTORE are seeking volunteers to help out with customer service, warehouse and driver assistants. We are also looking for ambassadors for special events. Please contact Hazel @ volunteer@habitatvictoria.com or 250-480-7688 ext. 103

WOMAN MENTORS WANTED! Are you a working woman in the community and would like to share your knowledge, skills, & experience with another woman. By being a career mentor you will support women in building self esteem and working towards achieving economic self sufficiency. Contact Bridges for Women 250-385-7410 or www.bridgesforwomen.ca

SHARE YOUR RECREATIONAL INTERESTS this fall by supporting a person with a disability to become more active! By donating only 1-2 hrs a week you have the opportunity to change someone's life while having a great time doing it. To get involved or for more info, please call Kim at 250-477-6314 ext. 15 or email volunteers@rivonline.org or visit <http://www.rivonline.org/Volunteering.htm>

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