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# LOOKOUT

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Kara Tibbel, Lookout

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# Changes coming to the base hospital

**Shawn O'Hara**  
 Staff Writer

In the New Year, Canadian Armed Forces (CAF) members may notice a few differences at the Canadian Force Health Services Centre (Pacific) (CF H Svcs C(P)), colloquially known as the Base Medical Clinic.

To increase the efficiency of unscheduled appointments, all unscheduled appointments will be moved to Care Delivery Unit (CDU) 3 in the Clinic's main building, as opposed to being done separately under the previous Urgent Care model.

The change comes following the Defence Reduction Action Plan (DRAP), a nation-wide restructuring program that imposed new funding pressures and resulted in the loss of several Public

Service employees.

"We had to look closely at how we deliver primary care to ensure it was as efficient as possible," says LCol Joane Simard, Commanding Officer of CF H Svcs C (P). "Through collaborative consultation and review, we saw changes could be made so we took the steps toward the course we thought will optimize access to care and decrease wait times."

To this effect, CDU 1 and 3 staff swapped locations within the Clinic. CDU 3 and the old Urgent Care Clinic have combined into a Duty CDU to align support to the Fleet and look after unscheduled appointments.

LCol Simard wants to assure people that there will be no noticeable difference in care at the Base Clinic, aside from some patients going to a different area of the facility to

*People were just waiting too long. When you've got people in Fleet School on courses and tight timelines, they can't wait five hours to get care. It doesn't make any sense.*

-Col Joane Simard  
 Commanding Officer CFHSvcsC

see their physicians.

"We are still providing the same level and quality of care by the same physicians," she says. "This is an efficiency and consolidation process rather than a restructuring."

Changes are also on their way for how CF H Svcs C (P) handles its day-to-day appointments. Currently, CAF members arrive at the hospital at 7:30 a.m. and wait up to several hours to be seen. The medium term will see the introduction of limited sick parade booking and patient self-booking up to 48 hours in advance.

The new online system will offer service members to schedule a time for non-urgent sick parade appointments and show up 15 minutes early, rather than the current wait times. These will be abbreviated appointments to deal with walk-in type issues such as ear

aches and acute injuries and should not be used for continuing care of long term problems.

"People were just waiting too long," says LCol Simard. "When you've got people in Fleet School on courses and tight timelines, they can't wait five hours to get care. It doesn't make any sense."

The future electronic scheduling system is still a ways off, with plans for implementation later this spring, but LCol Simard is still excited as they will be testing a paper/phone version soon.

"We have the utmost confidence these changes will significantly improve access to care," she says. "We're dedicated to giving people the most responsive and effective care they can get, and with this we expect to decrease wait times and address administrative needs in a more timely manner."

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# DND housing occupants can expect a rent increase

DND

Every year, Department of National Defence's (DND) shelter charges (rents) must be revised to ensure they reflect local market values for similar homes in the local market. This guarantees fairness and equity for Canadian Armed Forces (CAF) members and their families regardless of whether they choose to live in the private sector or in DND housing.

The Canadian Forces Housing Agency (CFHA), a Special Operating Agency of DND, manages Crown housing on its behalf and therefore administers the rent adjustment process annually in accordance with governmental and departmental policies and regulations.

Historically, rent values for DND housing have been appraised by the Canada Mortgage and Housing Corporation (CMHC) annually. The appraisal was based on a number of factors, such as type, size, age, access to amenities, and general condition of the units.

In 2013, CMHC announced it would no longer provide appraisal services for residential Crown housing. CFHA and other government departments affected by this change worked with Public Works and Government Services

**CFHA spares no effort to ensure that as much as possible of the rent collected from occupants goes back into the operation, improvement and maintenance of the housing portfolio.**

Canada (PWGSC) to establish an interim, fair solution for this year's rent adjustment exercise. An indexed value for the housing units was determined by PWGSC, based upon the three previous annual increases.

Based on the indexed values provided by PWGSC, the recommended average 2014 rent increases for occupants in B.C. DND housing was 2.2 per cent. CFHA then reviewed the provincial rent control legislations to determine each province's maximum for rental increases this year to ensure families living in DND housing will not experience a rent adjustment that is too large.

For 2014, rental increases in B.C. are restricted to the lowest of the provincial rent control legislation limits of 2.2 per cent, or a maximum of \$100 per month regardless of the CMHC appraisal value or PWGSC indexed value.

In Esquimalt, this translates to an average increase in rent of \$25 per month starting in April 2014. As

an additional protection, rents cannot exceed 25 per cent of the combined gross household income for all families living in DND housing. Where this is applicable, CAF member may apply to have the rent reduced to this value.

CFHA is aware that DND's housing portfolio is aging and all Agency employees are committed to the improvement, modernization and repair of housing units at bases and wings across the country to help improve the quality of life of CAF families. Year after year, CFHA spares no effort to ensure that as much as possible of the rent collected from occupants goes back into the operation, improvement and maintenance of the housing portfolio.

Families living in DND housing are encouraged to contact their HSC if they have any questions related to their rent adjustment or any other question about their housing unit. HSC Esquimalt can be reached at (250) 363-4421 or cfha-alfc.esquimalt@forces.gc.ca.

# New service pin for military

Last November, the Lieutenant Governor of Saskatchewan announced the creation of the Military Service Pin.

The Military Service Pin is to honour current and former members of our military, and police officers who have served in military operations, for the sacrifices they have made to serve our nation, said the Lieutenant Governor.

The Pin can be applied for by current and retired Canadian Armed Forces members of the Regular and Reserve Force who have resided in the Province of Saskatchewan at any time in their lives

The Lieutenant Governor's Military Service Pin symbolizes the gratitude of the Crown and the people of Saskatchewan for those who have served with honour and valour.

The following are eligible to receive the pin:

- Current and retired members of the Canadian Armed Forces (Regular, Primary and Secondary Reserves, including Canadian Rangers); and
- Current and retired members of police forces who have served in military operations (including municipal forces and the RCMP).

The Military Service Pin is not part of the National Honours and Recognition Program, nor is it a CAF or RCN affiliated honour, award or decoration.

Further information and application forms may be obtained from the Saskatchewan Lieutenant Governor's web site: <http://ltgov.sk.ca/news-and-events/military-service-pin>

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## THE ITINERANT CHEF

# Dad's "Fat Burning Soup" and Arugula Salad

If you're anything like me, you probably feel like your carrying a bit more "baggage" than when you left for your holidays. I think we all fall into the delicious food trap over December only to regret our indulgences in the New Year.

My father, who is a health nut and former judo champion, was also known amongst our friends as our own proverbial "Soup Nazi." He swears by this low calorie, high fibre recipe on the basis that it takes more energy to burn most of these ingredients than to eat them in the first place! Like all of his soups it's addictive, simple and satisfying.

- 1 can diced tomatoes
- 1 can green beans
- 1 whole head of celery and leaves diced
- 3 lbs of carrots diced
- 1 half head of cabbage diced
- 1 green pepper diced
- 1 onion diced
- 1 package of onion soup base
- 1 litre chicken broth

Dice up all the veggies and throw them into the pot with the other ingredients. Top off the pot with more broth or water and season liberally with salt, pepper, and any green spice you might like (I love bay leaves, oregano and basil). Don't be scared

to spice this soup up or it will be bland. The more adventurous might find hot sauce a great addition to your bowl. Simmer the soup till the veggies are soft to the tooth. You can eat this anytime you want over the next seven days as a meal. My father omits any rice, pasta and potatoes over this time frame when he's dieting, and he visibly shrinks.

The next dish I love because it's bursting with peppery flavour. It's my own Arugula salad, and it's a sure hit if you love big taste and low calories.

### Vinaigrette for two people

- The juice of half a fresh large lemon
- 2 tbsp good extra virgin olive oil (I like cold pressed)
- A pinch of salt
- A pinch of pepper

### Salad for two people

- Two large handfuls of baby arugula leaves
- A handful of dried cranberries
- A handful of roasted walnuts or almonds (you can dry roast these yourself in a skillet in advance)

Combine all the vinaigrette ingredients in a small bowl and beat them together

with a fork. Toss the vinaigrette over a large amount of baby arugula leaves. Place the dressed leaves in a bowl and top them off with the cranberries and cooled nuts. Don't be fooled by the simplicity of this salad; it's packed with fulfilment and zesty tang.

I hope you enjoy "burning" off your new trimmings as much as you love these simple pleasures. Maybe I'll even be able to get back into my favourite little black dress faster than I thought possible!

**Your Itinerant Chef,  
A/SLt Melissa Kia**

*About Melissa: I grew up in a family with a large multicultural background. My Chinese grandfather owned his own restaurants in Halifax, and my French Grandmother was a Cordon Bleu graduate like me. I started cooking at the age of five under their tutelage, and continued on to my formal studies at Le Cordon Bleu after graduating from Université Laval with a B Sc. in Kinesiology. Afterwards, I worked in many highend bistros and restaurants before opening my own business in 2010. I ran a French pastry (Pâtisserie la Petite France) for two years before I joined the Forces.*

## SPORTS trivia

by PO1 Bill Sheridan  
Contributor

1. Who scored the fastest three goals by one player in NHL history?
2. Who was Arnold Rothstein and what was his connection to baseball?
3. Who was the Bambino?
4. Who had the most rebounds in an NBA finals game?
5. Steve Simmons wrote a book called "The Lost Dream" about who?
6. What team won the first WLAFF Bowl?
7. What Tragically Hip song mentions the 72 Summit series?
8. The Ameritech Cup aka the Virginia Slims of Chicago also named Avon Championships of Chicago was won twelve times by which tennis star as she set a record for winning a single tournament the most times?
9. Whose number five is retired by the Islanders?
10. What country has won the most World Cup Championships?
11. Who is awarded the Conn Smythe Trophy?
12. What is the considered the premiere event of the Summer Olympics?
13. What coach has won the most junior games in Canada?
14. What British general had a stadium named for him in Pittsburgh?
15. What sport can be traced to the mid-1800s in British India, created by British military officers?
16. The Strictly Stock Series is now called what?
17. What was Klinger's favorite ball team?
18. What NCAA college has won the most national championships in all sports?
19. What former fifty goal scorer is now a pilot for American Airlines?
20. Jorge Mario Bergoglio's favorite soccer team is San Lorenzo de Amalgro of the Argentine league, what is Jorge better known as?



- ANSWERS
1. Bill Mostienko, while playing for the Blackhawks scored them in 21 seconds.
  2. He was a NY businessman who allegedly had the 1918 World Series fixed.
  3. George Herman "Babe" Ruth
  4. Bill Russell
  5. Mike Danton
  6. London Monarchs
  7. Fireworks
  8. Martina Navratilova
  9. Denis Potvin
  10. Brazil
  11. Most Valuable Player in the playoffs
  12. 100 Metre race
  13. Brian Kilrea
  14. Gen Forbes, Forbes Field, which was home to the Pirates, University of Pittsburgh (Football) & first home of the Steelers. He defeated the French at Fort Duquesne and renamed it Ft Pitt, (Pittsburgh)
  15. Badminton
  16. NASCAR Sprint Cup Series.
  17. Toledo Mud Hens
  18. UCLA
  19. Al Second.
  20. Pope Francis

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# Are you missing the sunlight?

**Leslie Bragg**  
EAP

Seasonal Affective Disorder (SAD) is often confused with the "winter blues." It is common for people to experience changes in energy, sleep patterns and eating patterns, and general feelings of well being, particularly during the winter months.

However, it is believed that the seasonal variations in light during the winter months can also trigger SAD – a type of depression, associated with specific times of the year.

Anyone can get SAD, but it is typically experienced by people over the age of 20. After the age of 50, the risk of SAD begins to decline. SAD is also more common in women than men.

### What are the symptoms?

For most people with

SAD, symptoms start in September or October and ends in April or May. Some symptoms of SAD are:

- Oversleeping— sometimes an increase of two to four or more hours per day
- Lethargy (low energy)
- Intense craving for carbohydrates
- Weight gain
- Withdrawal from social contacts
- Depressed mood occurring over at least two consecutive winters, alternating with non-depressed periods in the spring and summer
- Feel sad, grumpy, moody, or anxious
- Lose interest in your usual activities

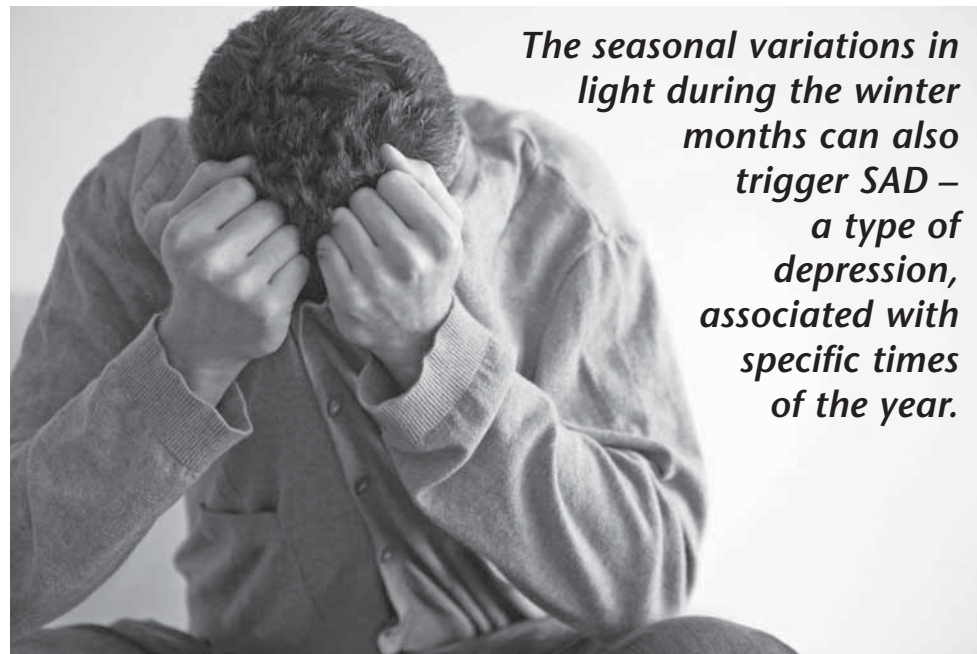
### What can I do about it?

For only mild changes in your mood, regular exercise such as walking, riding a stationary bike, or swimming is a good way to

start feeling better. Being active during the daytime, especially first thing in the morning, may help you have more energy and feel less depressed. For moderate to severe changes in your mood related to SAD, there are several additional effective treatment options available.

If you think that you have Seasonal Affective Disorder, please contact your physician or mental health care provider. You can also contact the Civilian Employee Assistance Program at 250-363-7968, or the Canadian Forces Member Assistance Program at 1-800-268-7708. For 24/7 assistance, the Vancouver Island Crisis Line is available at 1-888-494-3888.

All information is intended for guidance purposes only; it is not intended to replace professional counselling.



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# Ethics: What would you do?

DND

Wayne is just back in the office after a week-long NATO HQ conference in Brussels. Catherine, his Directorate's senior clerk, is getting ready to process his claim, but has some concerns.

"I don't think I'll be able to process this claim Wayne," says Catherine, who has been the office clerk for three years and has become quite an expert with travel-related claims.

"You see, the fee for the hotel that you attended last week in Brussels included breakfast," she said. "You were expected to eat breakfast at the hotel."

Wayne explained to Catherine that he decided to skip breakfasts and work out instead.

"Aw, c'mon Cat, you know how busy these conferences can be. The only time I could work out was in the mornings, I can't work out on a full stomach as I have a protein shake after my workout. I would grab breakfast at NATO HQ just before my slate of meetings that ran from morning through each night," he explains. "Besides, the breakfasts were meagre: mainly cheese and bread and coffee. Like I was serving ten-to-life. I paid out of pocket to eat healthy. Just some natural yogurt and fruit from the NATO café."



Catherine then suggested that receipts could substantiate his claim.

"Look Cat, I don't collect receipts when I am on a per-diem."

With that, he closed the file containing his claim and put it in Catherine's in-box. He leaned over to Catherine, and whispered, "Remember that sick day you took to go golfing last month? I kept my mouth shut."

"You wouldn't dare mention that to anyone," Catherine said as her face began to flush. "I told you that in confidence, as my friend!"

**DEP Commentary on "Should I Claim Breakfast?"**

In order to maintain the integrity of the Public Service and retain the public's trust, DND employees and CAF members must be good stewards of government time and resources.

Wayne should not claim the cost of the

breakfasts that he chose not to take at the hotel. Knowing he was not entitled to claim the cost of his breakfasts, Wayne still tried to convince Catherine to approve his breakfast claim by reminding her that he knew that she had been dishonest by calling in sick one day to go golfing.

It was unethical for Wayne to expect his friend Catherine to process a false claim, since it puts her job in jeopardy and is equal to asking her to lie and join him in unethical behaviour.

Catherine was right in her assessment that Wayne cannot claim for breakfast, as breakfasts are regularly part of hotel fees in Europe, a cost paid for by the government. If Catherine were to authorize separate payment for Wayne's breakfasts, she would be contravening Treasury Board Policy, as well as the DND travel policy.

Even if Catherine wants to do the right thing by refusing to process Wayne's claim, her use of sick days needs to be addressed. Since Catherine could have otherwise performed her work duties on the day that she called in sick,

she was wrong to take that sick day. The proper thing to do would have been to take a vacation day. She was also wrong to expect Wayne to be involved in keeping her unethical use of sick days a secret.

When we lie or falsify claims, declaring more than we deserve, we create an environment of distrust, which can break down our workplace relationships very quickly. The case between Wayne and Catherine also highlights what can happen when we involve other people in our unethical choices. The best way to avoid situations such as this is to be honest and responsible concerning use of government time and resources.

From an ethics point of view, who do you think was right? Who do you think was wrong? As an observer, what would you tell these people?

Please send your comments to the Directorate Defence Ethics Program at [ethics-ethique@forces.gc.ca](mailto:ethics-ethique@forces.gc.ca). Any suggestions for ethical scenarios to be explored, or personal experiences that could serve as examples, can also be sent to [ethics-ethique@forces.gc.ca](mailto:ethics-ethique@forces.gc.ca)

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# Winnipeg crew thanks ship repair team

DND

Recently, *HMCS Winnipeg* played host to a bevy of representatives from Fleet Maintenance Facility Cape Breton (FMF) and Seaspan Victoria Shipyards (VSL).

The event was to thank them for the outstanding work rendered to *Winnipeg* to affect repairs to its bow, stern and stern flap following the allision in April 2013 with the *American Dynasty*.

At the event, representatives from both VSL and FMF were presented with a commemorative plaque made of steel cut from the damaged sections of *Winnipeg's* bow.

*Winnipeg* is the second Halifax Class Frigate in the Pacific Fleet to undergo HCM/FELEX mid-life re-fit. While the allision altered *Winnipeg's* original timeline for commencing sea trials, the flexibility and coordination between FMF, VSL and Lockheed Martin Canada should have *Winnipeg* back on the water to high readiness on time and in accordance with its pre-allision



Employees from Fleet Maintenance Facility Cape Breton and Victoria Shipyards received plaques from *HMCS Winnipeg* as a thank you for their efforts getting the ship back to sea.

schedule.

"When a significant event happens, you remember where you were," began Cdr Pascal Belhumeur, Commanding Officer of *HMCS Winnipeg*, as he addressed the ship's company and workers from VSL and FMF.

He explained his disbelief when he first heard *Winnipeg* had been struck and secondly, when he saw the scope of the damage. He continued to explain that while the allision was unfortunate, this

story is one of success. It's a story of the local defence community and the RCN coming together to achieve a common objective; to get *Winnipeg* back to sea.

Because of the exceptional efforts of both VSL and FMF the ship should be available to deploy within its original timeline.

While DND employees at FMF are proud of their work in supporting the government's defence objectives, it was refreshing to know the workers at VSL are equally

proud of their mission to refit and repair the Royal Canadian Navy's warships.

Scott Malcolm, Safety Officer for VSL, believes this is a truly important mission for private industry to undertake.

"It's important to support Canada," said Malcolm, dressed in coveralls and a safety helmet. "For a private company to support Canada is an excellent role to take."

Tony Denotter, a supervisor at FMF, echoed these statements and had words of thanks for all the crews who put in the hundreds of people hours required to get *Winnipeg* back on schedule.

"I personally want to thank all the other trades for all their hard work...it wasn't just the steel workers but the whole maintenance facility. They're young guys and they do outstanding work."

Now that repairs are complete, the ship's company of *Winnipeg* is eagerly looking forward to February 2014 when they can let go all lines and head back out to sea.

# Calling all Marchers

The 98th Nijmegen International Marches will take place July 15-18, 2014. The International Four-Day Nijmegen Marches are conducted annually in the Netherlands.

The Nijmegen Marches are a rigorous and prestigious event that draw approximately 45,000 marchers from 50 countries and over one million spectators.

A Maritime Forces Pacific contingent of 11 military volunteers will be drawn from all Regular and Area Reserve Force Units.

Teams must complete the four day 160-km (4 x 40 km) march in CADPAT carrying a minimum rucksack load of 10 kg.

Interested volunteers are encouraged to attend an information brief at 11:00 a.m., Feb. 7 in the MSE Theatre at CFPS(E), Engineering Division. Team training will start Feb. 24, for further information contact MARPAC Team Leader PO1 Josh Barnes 250-363-2855 or Team 2 I/C PO2 Jason Campbell 250-363-1246.



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# Shops united to repair HMCS Winnipeg

**Shawn O'Hara**  
Staff Writer

HMCS Winnipeg's unfortunate encounter with an American fishing trawler April 23 kept the shops of Fleet Maintenance Facility (FMF) Cape Breton buzzing with work.

Following the allision between American Dynasty and the stationary Winnipeg, plans began immediately to fix the massive dent in the warship's hull.

"It was a matter of an hour or two before the shops got to work," says Tony Denotter, supervisor for the Boiler Shop at FMF. "As soon as we could, we got some guys, threw some equipment in a boat and headed over to check things out and get started on an assessment."

The assessment itself was quite a job.

"We had to get the ruined sections out to make way for the new hull pieces," says Denotter. "All the shops knew we had to get stuff off the ship so we could start the assessment, and it happened really fast. All credit to the shops for their response."

Following the initial assessment work, the next task was to get a draft of Winnipeg's bow and figure out a plan to create replacement pieces in steel.

"It was a great chance for our apprentices and new journeymen to do a draft of a ship," says Denotter. "We worked pretty extensively with the navy engineers to get the parameters in place. A phasing schedule was then put in place, denoting what needed to be done to get Winnipeg in serviceable condition as quickly as possible."

"It was a great piece of scheduling from the hull techs," says Denotter. "It made our jobs much easier having a clear and efficient schedule to work off."

The various shops worked around the clock, with three shifts of workers covering the morning, evening, and graveyard.

"We had a lot to do in a small amount of time," says Denotter. "For about a month and a half we worked 24 hours a day. It was tough, but it was worth it."

Because Winnipeg couldn't be moved, trades



A welder repairs part of the hull on HMCS Winnipeg.

people worked on the water. Equipment was loaded on to floating platforms, and pulled up alongside the ship. They were very careful to watch the changing water levels.

"Some of the holes were as close as one foot above the water line, so sometimes a raft would move up and cover the spot that needed to be welded. It wasn't ideal conditions, but we got the

job done."

The project was one of cooperation between all the shops. From the boiler shop, to welders, to electricians, to general labourers, everyone worked to get the warship back to sailing state.

"We don't often work on jobs this big or complex, but we love the opportunity to show what we can do," says Denotter. We're proud of the work we did."

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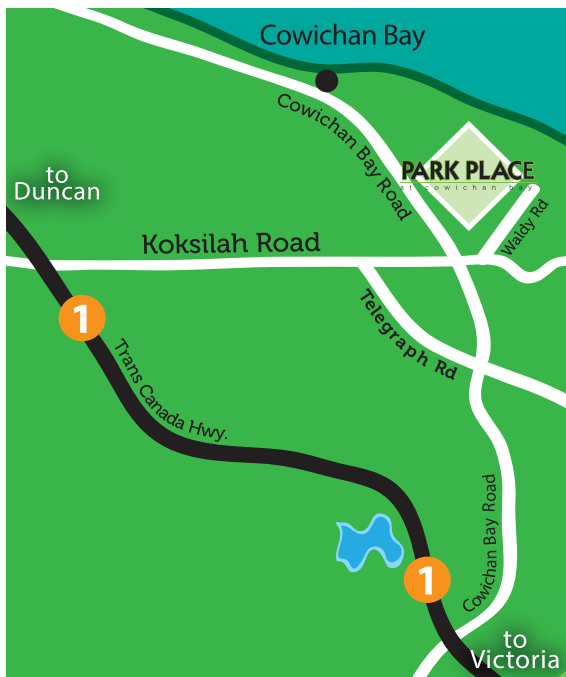
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# Social Media: One wrong word could wreak havoc

**Cpl Lewington**  
MPU Esquimalt

Last month an internet executive named Justine Sacco posted an inappropriate comment on her Twitter account just prior to boarding a plane from the United States for South Africa. By the time her flight had touched-down, her offensive comment had gone viral, and she had been fired by her employer. Her promising career (in public relations!) was over in the time it took to re-Tweet her comment.

That incident illustrates the potential seriousness of a personal lapse in judgment while using social media, and the consequences of such thoughtless behaviour in our digital world.

Today, many Canadians use some kind of social media, whether it's FaceBook, Twitter, LinkedIn, Pinterest, or something similar. While the technology may be relatively new, the nature of gossip is as old as the workplace itself.

Unlike a conversation around the water-cooler, gossip can now travel via the internet exponentially and instantly. One must always keep in mind that anything posted on social media will be seen almost immediately by others anywhere in the world, and can potentially "go viral" before the person posting has the

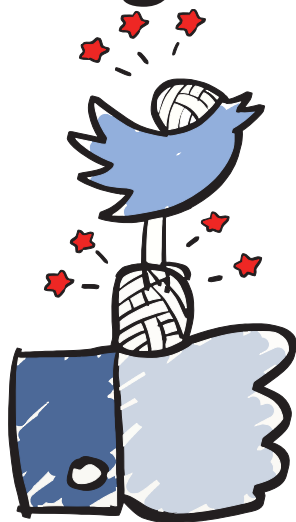
opportunity to delete what he or she has written. And once it's out there, it's out there permanently.

Within the Department of National Defence (DND), the consequences of members using social media without due care and discretion can range from mild embarrassment to serious breaches in security resulting in administrative and disciplinary action.

When using social media – whether posting text or images – there is a simple check-list you can use in order to prevent such errors in judgment from impacting you and the people in your social and work circles:

- Ask yourself are you disclosing information contrary to operational security (OPSEC)? When in doubt, leave it out. Disclosing location or actions of military personnel and resources can compromise safety and security, and may be an offense under the National Defence Act.

For example, if posting information about your work environment, do not disclose specifics of location, timings, personnel, or route. If posting personal photos, do not "geotag" them. Geotags reveal the location a photo was taken. Think about the security implications of that. Geotags can be disabled in digital cameras and devices – check your user manual



or search online for directions. And never post anything, such as troop strength, location or operational activities, that could benefit persons who would wish to do harm to the DND or Canada.

- Are you stating opinions contrary to the principles of the Defence Ethics Program? When you are associated with the DND, even when not in uniform or on duty, you represent Canada's military community. The principles of the Defence Ethics Program are to "...respect the dignity of all persons, to serve Canada before self, and to obey and support lawful authority." Making racist, xenophobic, and homophobic remarks, disparaging the nation or its government, criticizing the

military, demonstrating irresponsible consumption of alcohol or drugs, and openly defying laws reflects poorly on you, and on the DND as an organization.

For a handy aide memoire of the Defence Ethics Program, ask the staff in your Unit's Orderly Room. You may wish to consider speaking to a Public Affairs Officer about the importance of issuing only factual information and the damage that can occur when so-called "off the record" comments are made by service personnel.

Are you disclosing information that can compromise your own safety or security? If, for example, you post personal information such as your work hours or the dates of your upcoming vacation you are essentially telling the world when your home will be unoccupied. Burglars and vandals have used social media as a way to select vulnerable targets. And, always use discretion when posting details about your family members' routines;

Face your problems, don't Facebook them. Is what you are posting something you wouldn't discuss within earshot of your supervisor, spouse, or co-workers? Don't be the person who trash-talks peers, subordinates or superiors, assuming others won't forward or repeat your comments.

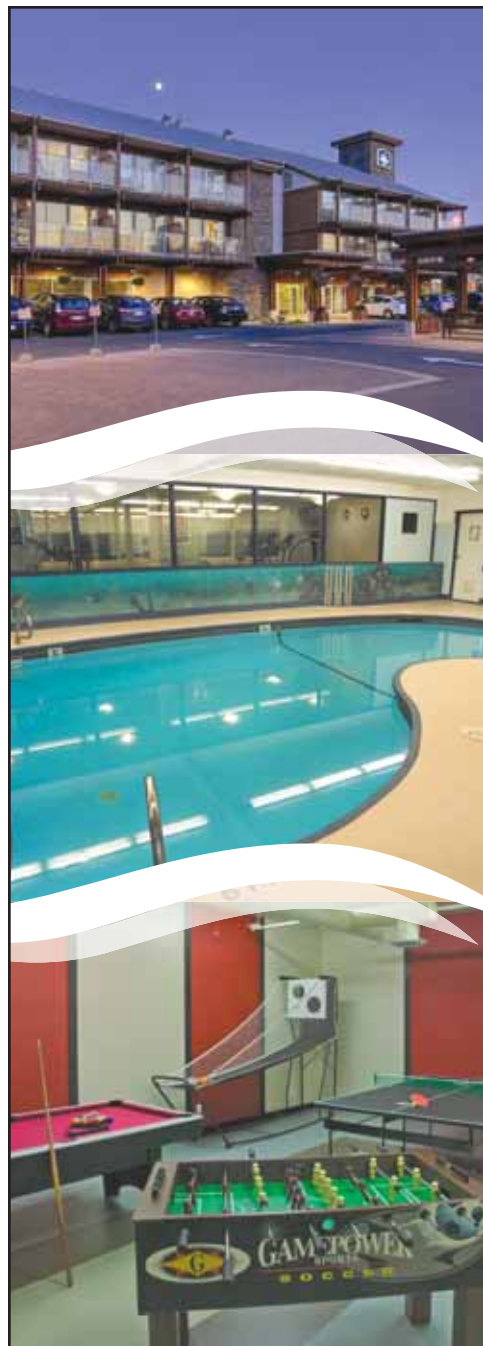
Don't assume anything that you post won't be seen by someone who may not really appreciate it.

Finally, carefully review your privacy settings on your social media accounts. Social media sites frequently (especially Facebook) weaken your security settings to try and get you to give up on your privacy. A yearly review of your social media accounts security settings is recommended.

If you're a parent, set a good example for your kids and take the time to teach them about privacy and the implications of cyber-bulling, spreading rumours and disseminating inappropriate content and images on the internet.

No matter which form of social media you're using, always think twice before pressing the enter key. By taking the time to reflect on your actions, you can help preserve the public's positive perception of the military, and play a part in ensuring the safety and security of DND personnel and resources.

For more information about security implications of social media, consult your Unit's Security Orders, speak to your Unit Security Supervisor or contact the local Canadian Forces Counter Intelligence Unit Detachment 250-363-7297. Stay safe!



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DND photo

HMCS Winnipeg prepares to leave the drydock.

# Frigate repaired and ready for trials

DND

On Thursday, Nov. 28, HMCS Winnipeg emerged from the Esquimalt Graving Dock repaired and ready to take on the challenges of trials and an operational programme that commenced in the New Year.

Its five week and five days in the graving dock was related to damage sustained during the allision with "American Dynasty" in April. Winnipeg had just moved to dockyard from Victoria Shipyards Limited, having completed a docking work period, and was in the midst of its post

docking extended work period when the allision occurred.

"American Dynasty" struck Winnipeg on the port bow causing it to strike the jetty, which resulted in further damage to the starboard side, starboard quarter and stern flap. On Oct. 25 it entered the graving dock to allow Victoria Shipyards Limited to conduct structural repairs suffered during the allision.

Concurrent to these repairs, Winnipeg received maintenance on its sonar, various underwater sensors, and completed a thorough cleaning of the props. Victoria Shipyard's

staff rectified damage to areas on the starboard side, just outside of the operations room and the main cafeteria, while Fleet Maintenance Facility Cape Breton had repaired the damage done to the port side and transom prior to entering the graving dock.

In total, Fleet Maintenance Facility Cape Breton and Victoria Shipyards Limited replaced nine vertical structural beams that form the structure of the ship, nine longitudinal frames that form the horizontal frames of the structure of the ship, three bulkheads and five sections of shell plating. As well

they had to repair two sections of deck and three shock mounts.

While the allision of April 23, 2013, setback Winnipeg's original timeline for commencing sea trials, the exceptional flexibility and superb coordination between the Formation, Fleet Maintenance Facility Cape Breton, Victoria Shipyards Limited and Lockheed Martin Canada is now getting Winnipeg to high readiness.

Their collective efforts should ensure Winnipeg achieves its high readiness designation on time and in accordance with its pre-allision schedule.

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# Officer receives sword award

On Dec. 12, Cmdre Bob Auchterlonie, Commander Canadian Fleet Pacific, and Cmdre (Ret'd) Kelly Williams, Senior Director Strategy and Government Relations at General Dynamics Canada, presented SLt Daniel Lonsdale with the inaugural Canadian Fleet Pacific NOPQ Sword Award.

The presentation was made on board his home unit, *HMCS Protecteur*, at the Fleet Mess Dinner with officers of every ship in the Fleet looking on and joining in to give deserved congratulations.

The Naval Officer Professional Qualification Board is a significant milestone in the career of junior MARS officers in the Royal Canadian Navy, representing the culmination of their initial training in the core disciplines of seamanship, ship handling, war fighting and leadership. SLt Lonsdale, as the top candidate, has demonstrated excellence in all of these areas and is now ready to specialise in an area of naval warfare and lead Canadian sailors in an operational ship.

The Canadian Fleet Pacific NOPQ

Sword Award recognizes the top overall candidate from all of the NOPQ boards held in a calendar year. General Dynamics Canada has graciously accepted to be the sponsor of this award joining the Canadian Fleet Pacific in this commitment to excellence in naval operations.

SLt Lonsdale is a native of Denman Island, B.C. and is supported by his wife Melanie Lonsdale. He is looking forward to challenging the Fleet Navigating Officer Course as the next step in his RCN career.



Sgt Angela Abbey, MARPAC Imaging Services

Cmdre (Ret'd) Kelly Williams, Senior Director of Strategy and Government Relations for General Dynamics Canada, presents SLt Daniel Lonsdale with a naval sword for being chosen as the top candidate of the Naval Officer Professional Qualification boards for 2013. The sword was donated by General Dynamics and presented at the Fleet Mess Dinner held onboard *HMCS Protecteur*.



MS Strickland, LS Janssen and MS Akey present a cheque for \$3,000 to Cockrell House, a foundation to get homeless veterans off the street, on behalf of the Master Seaman and Below Mess onboard *HMCS Protecteur*.



LCdr Jason Cheney, Commanding Officer of Rocky Point Ammunition Depot, presents several awards to employees.



Rick Chan receives his Civilian Ammunition Technician Level 3 Certificate.



Andrew Davies receives his 15 year Long Service Award.



Lynn Gardner receives her Civilian Ammunition Technician Level 3 Certificate.



Drew Natland receives his 25 year Long Service Award.



Sandra Nelson receives her Civilian Ammunition Technician Level 3 Certificate.





Base Commander, Capt(N) Luc Cassivi, with HMCS Algonquin's Commanding Officer Cdr Ryan Tettamanti and Coxswain CPO1 Lorn Cawthra promote LS Michael Tatton to MS during the Primary Leadership Qualification Course graduation parade.



Capt(N) Cassivi with Cdr Jeffrey Climenhaga and CPO1 Michael Fairfax promote LS Chad Osborne to Master Seaman.



CPO1 Paul Helston presents LS Christopher Campbell with the Formation Chief Petty Officer award during the Primary Leadership Qualification graduation parade.



CPO1 Lesperance presents LS Michael Tatton with Individual Drill Award during the Primary Leadership Qualification graduation parade.



**Left:** Chief of Defence Staff Gen Tom Lawson and Canadian Forces Chief Warrant Officer CWO Kevin West present Sgt Richard Paul with the Chief of the Defence Staff Commendation.

**Right:** Gen Lawson and CWO West present Cdr Ryan Tettamanti with the Chief of the Defence Staff Commendation.

Cpl Stuart MacNeil, MARPAC Imaging Services



**Left:** CPO2 Stan Ryan, winner of the 2nd annual Sea Training Pacific Chili Cook-off held in support of the Government of Canada Workplace Charitable Campaign, is presented the winning trophy by Sea Training Pacific Commanding Officer, Cdr David Mazur.

**Right:** Travis Gray, CBM at Sea Training Pacific's MCDV Cell, is promoted to Chief Petty Officer Second Class by Sea Training Pacific Commanding Officer, Cdr David Mazur and OIC ST(P) MCDV Cell, Cdr Malcolm Musgrove.





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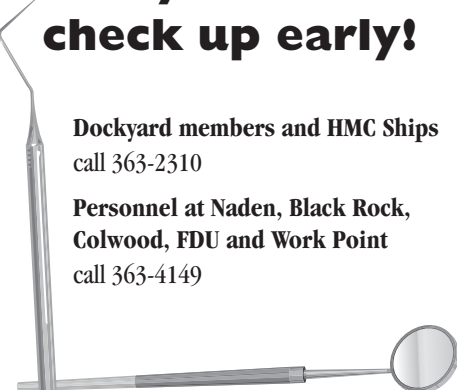


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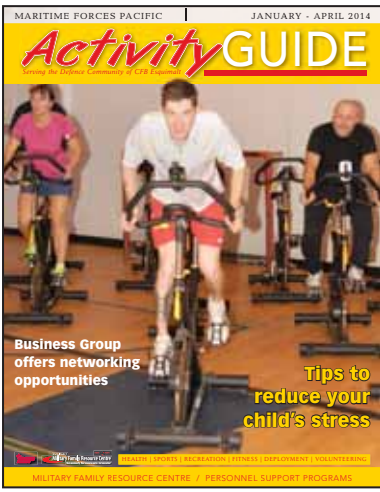
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**10:30AM-12:30PM**  
**February 10 2014**

**Bouncy Castle | Face Painting | Balloons | Children's Arts/Crafts**  
**| FREE Swim: Inflatable Crocodile & Water Runway | BBQ** (by donation with proceeds to the Esquimalt Lions' fundraising efforts for the Memorial Park Splash Park)

# Esquimalt Parks & Recreation Family Day

at the **Esquimalt Recreation Centre**  
527 Fraser Street. [esquimalt.ca](http://esquimalt.ca) for event details.



*Thank you to our event partners.*

