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Volume 60 Number 2 | January 12, 2015

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LS Dan Bard, Formation Imaging Services

Leading Seaman Josh Mullins says good-bye to his baby boy Lucas on Dec. 30 before departing in HMCS Fredericton for Operation Reassurance in the Mediterranean Sea.

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Annapolis to become artificial reef this week

Shawn O'Hara
Staff Writer

On Saturday, the last of the Annapolis Class Helicopter Destroyer Escorts (DDH) will be at the bottom of Halkett Bay Marine Provincial Park on Gambier Island, British Columbia, to start its new life as an artificial reef.

Former HMCS Annapolis, decommissioned in 1996, will be sunk by the Artificial Reef Society of British Columbia (ARSBC) on Jan. 17.

ARSBC purchased the ship in 2008 from the Federal Government. However, changing provincial and federal regulations, environmental concerns, and legal challenges drastically slowed the project.

"The project is now rapidly moving into its final phase of readiness," says Howie Robins, President of the ARSBC. "We successfully navigated through all the obstacles and now have all the required federal and provincial permits in place, and the legal challenges dismissed in federal court."

Annapolis spent nearly three decades in service to the Royal Canadian Navy. It was used as a training vessel, and noted for being the first navy vessel to have a towed array sonar system, as well as the first to have a gender-integrated crew.



Former HMCS Annapolis, stripped of all environmental contaminants, awaits its final fate alongside Long Bay on Gambier Island, the next bay over from Halkett Bay. On Saturday the five decade old warship will be sunk to create an artificial reef.

The vessel has been prepared for sinking by ARSBC, which stripped it of all hazardous materials, making it the most comprehensively prepared man-made reef in the world in terms of environmental cleanliness.

Following its sinking, Annapolis becomes one of seven marine habitats created by the Reef Society; the seven are five former RCN vessels, a coastal freighter present during D-Day, and the world's first intact Boeing 737 passenger jet, all sunk in different marine areas of B.C.

"The ARSBC's mandate is to create long-term sus-

tainable marine habitats using ethical means of vessel preparation that help promote eco-dive adventure tourism. It's good for the small businesses, the economy, the environment, and the province as a whole," says Doug Pemberton, ARSBC Vice President.

The sinking will take place the morning of Jan. 17 at Halkett Bay, and the public is welcome to view it from water craft at a distance established by the ARSBC. More information on the sinking can be found at the ARSBC website, www.artificialreef.bc.ca

Guardian: next generation human resources and pay

MWO Mark Dankwerth
BOR Supervisor

The Canadian Armed Forces is preparing for the upcoming release of the new Human Resource Management Program known as Guardian.

Guardian, when fully implemented, will provide Regular and Reserve Force members an all-encompassing human resource and payroll solution to what is presently being provided through multiple and more antiquated programs.

This modernized, integrated solution will be able to capture data once, and send it to multiple programs using updated policies and streamlined business processes, resulting in the elimination of work redundancies.

Although Guardian will not be fully implement-

ed until approximately 2017, the first phase will be online for use by Formation administrative teams in October 2015.

Because Guardian data will be transitioned from existing programs in HRMS (HR), CCPS (Regular Force Pay) and RPSR (Reserve Force Pay), it is necessary that the initial data captured is as accurate as possible.

Administrative teams will require extra time to review and correct existing data with respect to Regular and Reserve Force HR and pay to help ensure the data migration has minimal impact through transition. This is known as data-cleanup, and will be of the utmost importance to successful data transition.

An estimated 1,800 errors currently exist in our area of responsibility within various forms of raw HRMS data that

must be cleaned up prior to the transition. Following the initial data clean-up, MARPAC area clerks will receive targeted training from the Guardian team in Ottawa in March 2015, so they will be familiar with the new program's capabilities when it is launched live later in 2015.

Focusing on data clean-up will be an "all-ship" evolution and to ensure that staff have the time available to dedicate to this important task, service hours in the Base Orderly Room (BOR) have been amended. Effective Jan. 12, 2015, routine hours of service at the BOR will be 0800-1400 hours Monday through Friday. Members with urgent inquiries and essential requirements will continue to be served 24/7.

What can you do to help us?

With respect to the data clean-up process, if you

notice missing data (i.e. city of birth, or an "N/A" on your MPRR) visit your clerical staff to initiate an update. For routine administrative needs, you can assist the Esquimalt BOR by presenting yourself for service prior to 1400 hours so the team can better focus on the data clean-up.

Additional information with regards to the imple-

mentation of Guardian and how it will affect CAF members can be found at the following links for English and French:

• English: <http://cmp-cpm.forces.mil.ca/mpm-tcg/index-eng.asp>

• French: <http://cmp-cpm.forces.mil.ca/mpm-tcg/index-fra.asp>

Guardian will provide the necessary agility

to adapt to the evolving needs of the CAF. It will be centered on the individual, and it will provide more transparent access to personnel records data for CAF members and their chains of command. As Guardian evolves, it will change the way in which the CAF supports and manages its people at every level.

Changes to short leave - know your benefits

DND

Recently, amendments to the Canadian Forces Leave Policy Manual were introduced to improve clarity and optimise flexibility for commanding officers. These changes include new options for the use of Short Leave.

Previously, commanding officers had the authority to approve up to 48 hours of Short Leave each calendar month. Short Leave can now be divided and issued throughout the month. Members can be granted Short Leave for periods as small as half a day, to a

combined limit of two full days per calendar month.

Also, four days of Short Leave could not previously be granted back-to-back and needed to be separated by at least one day of annual leave or duty. Now, commanding officers can grant four Short Leave days in a row, by authorizing two days at the end of one month, followed by two days at the start of the next month.

For information on this and other Leave Policy Manual amendments, please refer to the "Amendments to the Canadian Forces Leave Policy Manual" CANFORGEN.



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Base now collecting organic waste

Formation Environment

Did you know that CFB Esquimalt produces over 1,400,000 kg of waste each year? At one time half was sent to the Hartland Landfill as garbage and the other half recycled or repurposed.

Thirty percent of all solid waste generated in the Capital Regional District (CRD) is organic waste. As such, the CRD will be enforcing this new bylaw, banning organic waste from the regular garbage stream. In this way, the CRD hopes to reach their goal of diverting 70% of waste materials from the landfill.

In advance of this new bylaw, CFB Esquimalt's Base Foods locations, such as Nelles Block, Chiefs and Petty Officers' Mess, Work Point Galley and the Wardroom, diverted 220,000 kg of organic waste in 2014. This year, the program will expand to target the largest producers of food waste on base, including ships alongside, Base Foods locations, and contract kitchens (New Wave Café, FMF Cafeteria, etcetera), which should triple the amount of organic waste recovered.

Your organics green bin will look similar to the one pictured, and will be located with the other waste disposal totes at select locations.

The next phase of the organics program will study the viability of capturing smaller sources of organic waste, such as used bathroom paper towels, and office kitchen material around the base. In the meantime random organics bins

from smaller sources will be located throughout Dockyard for voluntary disposal. For questions regarding green bin locations, please contact Bruce Chambers at 250-363-5454.

Examples of acceptable organic waste include:

- meat & bones
- grains
- dairy products
- eggs & eggshells
- vegetables & fruits
- soiled paper products

For a more detailed list of what food waste is accepted and what is not, please visit the following link:

www.crd.bc.ca/service/waste-recycling/kitchen-scrap/regional-kitchen-scrap-strategy/acceptable-organics

For further questions, comments, or concerns please contact Kara Foreman at 250-363-7457.



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matters of OPINION

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Published each Monday, under the authority of Capt(N) Steve Waddell, Base Commander.

Le LOOKOUT est publié tous les lundis, sous l'égide du Capt(N) Steve Waddell, Commandant de la Base.

The editor reserves the right to edit, abridge or reject copy or advertising to adhere to policy as outlined in PSP Policy Manual. Views and opinions expressed are not necessarily those of the Department of National Defence.

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Circulation - 4,000
plus 1,000 pdf downloads per week

One year subscription - \$66.⁹⁴

Six month subscription - \$33.⁴⁷

Prices include tax.

A Division of Personnel Support Programs
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WHAT SAY WE

From the Base Commander, GCWCC Chair



**Capt(N) Steve Waddell,
Base Commander**

As we settle back into our work schedules in 2015, I wanted to take this opportunity to thank you for your dedication, enthusiasm, hard work and support to the annual GCWCC campaign.

You may have noticed our progress thermometers show us at 50% of our goal of \$650,000. Since we are just a few short weeks from the conclusion of our annual campaign, and given that my aim is to achieve 100% canvassing of all our people, I ask that you seek out your Unit Campaign Reps if you have not yet been approached to complete a pledge form. Your reps may also be coordinating 50/50 draws and other events as we wrap up the campaign, and I remind you that Dress with a Difference

Fridays continue to be authorized – with your \$2 minimum donation - up to and including Jan. 30.

As well, please make time in your busy days to attend the Campaign Wrap-Up Event – a Formation Talent Show – on Jan. 27 from 11:30 a.m.-1:30 p.m. at the C&PO's Mess (Rainbow Room). Pizza will be provided, and perhaps you'd like to showcase your own talents at the Show! Contact your Unit reps for more information.

Again, my thanks for your support. I know there are many charities asking you for your dollars, and that we are not the only community partner having some challenges this year in achieving our campaign goal amount. That said, I am convinced we continue to increase awareness of why we support charitable campaigns in our communities across the country, and the benefits of giving our donations and gifts through the GCWCC.

Your Esquimalt GCWCC Chair,

**Steve Waddell
Captain, RCN
Base Commander**

En ce début d'année 2015, je tiens à vous remercier pour votre dévouement, votre enthousiasme, votre soutien et tout le travail accompli lors de la CCMTGC annuelle.

Comme vous l'avez sûrement constaté, nos thermomètres de progrès sont à 50 % de notre objectif de 650 000 \$. Puisque notre campagne annuelle tire à sa fin et que je souhaite atteindre notre but, je vous demande

de contacter votre représentant d'unité afin de remplir un formulaire de don si cela n'est pas déjà fait. Votre représentant pourra aussi organiser des tirages 50/50 et d'autres activités lucratives d'ici la fin de la campagne. La tenue civile du vendredi au coût minimum de 2 \$ est toujours en vigueur jusqu'au 30 janvier inclusivement.

Également, n'oubliez pas d'ajouter l'activité de clôture de la campagne à votre horaire, un spectacle de talent de la formation qui aura lieu le 27 janvier de 11 h 30 à 13 h 30 au mess des officiers marinières (salle Rainbow). Des sandwiches et des collations seront fournis. Peut-être aimerez-vous présenter vos propres talents et vous produire en spectacle lors de l'événement ! Contactez votre représentant d'unité pour de plus amples renseignements.

Une fois de plus, je vous remercie de votre soutien. Je sais que plusieurs oeuvres de charité quémandent vos sous et que nous ne sommes pas le seul partenaire communautaire qui rencontre des difficultés à atteindre nos objectifs cette année. Ceci dit, je suis convaincu que nous continuons de sensibiliser les gens aux raisons qui nous poussent à soutenir les campagnes de charité de nos communautés partout au pays et sur les résultats positifs de nos dons à la CCMTGC.

Votre président de la CCMTGC d'Esquimalt,

**Steve Waddell
Capitaine de vaisseau
Le commandant de la base**

WHAT SAY YOU

People Talk

Lookout asked this question: *If you could have one unusual animal as a pet, what would it be and why?*



An elephant, so I could ride it around.

SlT Michael Buss



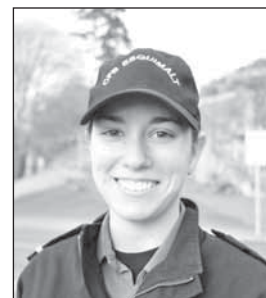
Maybe like an orangutan. They're a lot like us, and it would be cool to hang out with one.

LS Michael Richter



A shark, so it could scare people.

MS Lorne Olsen



A monkey, just like that song by the Barenaked Ladies.

ASLt Jackelyn Buss



As an electrician, it would be cool to have a trained mouse. They used to use them to fish wires, and that would be awesome.

MS Michel Andre

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Linford launches new program to help couples cope with PTSD

Shawn O'Hara
Staff Writer

Another step on the road to mental health will be taken at CFB Esquimalt Jan. 14 when Wounded Warriors Canada unveils COPE.

Couples Overcoming PTSD Everyday (COPE) is an initiative started by LCol (Ret'd) Chris Linford, National Ambassador for Wounded Warriors Canada.

COPE will see five couples, per session, whose lives have been affected by PTSD coming together for a five-day retreat. Guided by two trauma therapists, the issues and relationship pressures of living with PTSD will be explored and addressed.

"We want them to be able to explore topics that they've maybe never talked about before in their relationship," says Linford. "They'll work through it together, and with the trauma therapists, but also with the other couples. It's about support and honesty."

To help them along the path to wellness following the retreat, COPE will set participants up with six months of free family coaching from a registered

Hopefully eventually we'll remove the stigma and people can live normal, happy lives

- LCol (Ret'd) Chris Linford, National Ambassador for Wounded Warriors Canada.

Family Coach.

"The point isn't just to treat PTSD," says Linford. "We want them to be able to take what they've learned, and the goals they've set during the retreat, and have a way to really implement them in their lives."

How PTSD affects a person's relationships is a topic very close to Linford, who first developed the idea for COPE while seeking his own treatment in 2010. Having suffered PTSD from a deployment to Rwanda in 1994, Linford's condition reached its peak after returning from Afghanistan in 2010.

"I began attending therapy at the base hospital, of which I was the Commanding Officer," he says. "As I began to get well again I realized I needed

something more. I needed contact with veterans and people who had been through similar events."

Attending several groups and organizations in which veterans work through their problems together, Linford recognized a common thread: many of the veterans were at a loss as to what to do in regards to their relationships at home. Making a concerted effort to work with his wife to be more open and honest, he recognized a change.

"The better my life at home was, the better my health was," he says. "I had more energy to direct towards my health and happiness."

With the launch coming up, Linford hopes COPE can be one more step on the road to normalizing public perception of mental health issues like PTSD.

"We're creating programs, and getting people all the help we can," he says. "Hopefully eventually we'll remove the stigma and people can live normal, happy lives."

Anyone looking for more information on Wounded Warriors Canada and the COPE program can find it online at www.woundedwarriors.ca.

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Special Christmas bundle arrives for one sailor

Captain Sandy Bourne
HMCS Toronto

Christmas at sea away from family will always be challenging for a long list of reasons; not the least of which is the addition of a new family member from afar.

On board *HMCS Toronto* one particular sailor experienced becoming a father anew from the Mediterranean.

MS Kurt Sheppard, a boatswain and member of the deck department, knew he might miss the birth of his second child when the ship deployed in July 2014, but could not have guessed he would have a Christmas Eve baby.

"When I heard that she had arrived, my first thought was: 'I have to call!'. I can hardly wait to meet Sadie, my daughter. I can't wait to go home to spend time with my family," said MS Sheppard. "The most important thing in my life is my family. I love being a dad. It is my first and only priority."

He joined the Royal Canadian Navy in 2000 as a boatswain. Boatswain is referred to as a "hard sea

trade," which means they spend the majority of their time at sea instead of ashore. They are the maintainers of the upper decks, ensuring the upkeep of the ship's husbandry and seamanship equipment in support of operations. Boatswains are, also, the boat drivers, small caliber weapons custodians, and seamanship experts. There is no civilian equivalent for their job, making it perhaps the saltiest of sea trades.

There are 18 boatswains on board *Toronto* deployed on Operation Reassurance in the Mediterranean Sea.

"When I joined, I went boatswain because it was the most interesting to me and I like working with my hands" explains MS Sheppard. "We are the jacks of all trades on board. We get to spend more time outside, physically working than any other trade – I really enjoy it and I work with a great group of guys."

When the ship sails into Halifax in late-January, MS Sheppard will seek out his wife, son and brand new daughter Sadie who will be waiting on the jetty.



MS Sheppard talks to his wife on the phone, who just gave birth to their new child on Dec. 25, 2014, while HMCS Toronto was on Operation Reassurance in the Mediterranean Sea. His shipmates and Santa join in on the news. Photo by Maritime Task Force, DND

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- JANUARY**
- 14, 21, 28 – Games Night **G**
 - 15, 22 – Karaoke **K**
 - 15 – Poker **P**
 - 16 – Full Moon Party with TKDJ & SEEBASS **☾**
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 - 29 – Movie Night – Guardians of the Galaxy
 - 30 – TGIF & the start of Ultimate Sports Weekend
 - 31 – UFC 183 **UFC** – Silva vs. Diaz
- FEBRUARY**
- 1 – Superbowl **★**
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 - 5, 12, 19, 26 – Karaoke **K**
 - 5, 19 – Poker **P**
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Photos by: Lt(N) Michael Strapko, PAO HMCS York

Royal Ontario Museum launches major exhibit The Franklin Expedition - The Bell Tolls Again

LCdr Robert Johnston
Commanding Officer
of HMCS York

Just before Christmas, the Franklin Expedition was showcased at the Royal Ontario Museum.

The exhibit called "The Franklin Expedition - The Bell Tolls Again" was launched in conjunction with Parks Canada Dec. 18.

The exhibit will travel across the country during 2015, and will highlight the Royal Canadian Navy's (RCN) role in the joint expedition to find and recover the wreck.

HMS Erebus was one of two ships lost during the Royal Navy's Franklin Expedition, which set out in 1845 to find the Northwest Passage through Canada's Arctic waters. The story has since become a key part of Canada's early history.

At the exhibit launch media event, Rear-Admiral John Newton, Commander of Maritime Forces Atlantic and Joint Task Force Atlantic, and Honourable Leona Aglukkaq, the Minister of the Environment, rang HMS Erebus' bell electronically to mark the exhibit's launch.

That evening, an expert panel discussion revealed the mystery behind the Franklin Expedition, helping to clarify one of Canada's most captivating puzzles. The 600-plus guests then viewed the exhibits on display, including a perfect three-dimensional reproduction of the bell from the HMS Erebus shipwreck (the

The finding of HMS Erebus is not only an opportunity to learn more about our Arctic past, but also to better understand our present, and our future as a modern Arctic nation with an Arctic navy.

-Vice-Admiral Mark Norman

original is still being prepared for permanent conservation). Following the event, the RCN hosted a traditional naval mess dinner for 150 special guests. Vice-Admiral Mark Norman, Commander of the Royal Canadian Navy, was the keynote speaker, with HMCS York's band providing entertainment for the evening.

As Vice-Admiral Norman emphasized during his speech, this is an important discovery for Canada. "The finding of HMS Erebus is not only an opportunity to

learn more about our Arctic past, but also to better understand our present, and our future as a modern Arctic nation with an Arctic navy."

The dinner was graced by the Honourable Elizabeth Dowdeswell, Lieutenant Governor of Ontario, and the Honourable Peter Taptuna, Premier of Nunavut. This historic event was sponsored by Honorary Captain (Navy) Jim Balsillie, founder of the Arctic Research Foundation, which played a pivotal role in the joint expedition.



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CFFS(E) Awards and Promotions

Commander Martin Drews, Commandant of Canadian Forces Fleet School Esquimalt (CFFS(E)), handed out Bravo Zulus Dec. 11 in the Naden Drill Shed. photos by Cpl Blaine Sewell, MARPAC Imaging Services



LS Barker (right) is awarded the Operational Service Medal.



Cdr Drews inspects the troops on parade during Ceremonial Divisions.



LS Jackson (right) is awarded a Military Certificate of Achievement in recognition for making the Dean's List for academic achievement at Camosun College in 2014.



PO1 Johnston (right) is promoted to Chief Petty Officer Second Class.



SLt Zia (right) is promoted to Lieutenant (Navy), effective Jan. 12 2015.



PO2 Schlodder (right) is promoted to Petty Officer First Class.



LS Wilkinson (right) is awarded a Military Certificate of Achievement in recognition for making the Dean's List for academic achievement at Camosun College in 2014.



LS Sloat (right) is awarded a Military Certificate of Achievement in recognition for making the Dean's List for academic achievement at Camosun College in 2014.



MS O'Neil (right) is promoted to Petty Officer Second Class.



PO2 Normore (right) is awarded the Canadian Forces Decoration, First Clasp.



LS Otte (right) is awarded a Military Certificate of Achievement in recognition for making the Dean's List for academic achievement at Camosun College in 2014.



LS Brown (right) is awarded a Military Certificate of Achievement in recognition for making the Dean's List for academic achievement at Camosun College in 2014.



AB Sloat (right) is promoted to Leading Seaman.



MS Gariepy (right) is awarded the Canadian Forces Decoration.



LS Davidson (right) is awarded a Military Certificate of Achievement in recognition for making the Dean's List for academic achievement at Camosun College in 2014.



Philip J. McKenzie (right) is awarded a Long Service Award in recognition for 35 years of Service to the Government of Canada.

Military Police Unit members receive coins

RAdm Bill Truelove and CPO1 Michael Feltham made presentations to Military Police Unit Esquimalt members.



Cpl Morgan Lewington is presented the MARPAC Formation Chief Coin by CPO1 Michael Feltham.



WO David London is presented the MARPAC/JTFP Commander's Coin by RAdm Bill Truelove.



Cmre Sgt Bradley is presented the MARPAC Formation Chief Coin by CPO1 Feltham.



Commissionaire Sgt Earl is presented the MARPAC/JTFP Commander's Coin by RAdm Truelove.

Base Administration Promotions



LS Sarah Charbonneau (centre) is promoted to her current rank by Cdr Wes Golden (left), and Lt(N) Bob Cookson (right).



LS Corey Colombe (centre) is promoted to his current rank by Cdr Wes Golden (left), and Lt(N) Bob Cookson (right).



Wade Walters, SISIP Banch Manager, awards Ian Turner, the winner for SISIP's November Financial Literacy Month prize draw, an Eton rukus All-terrain Solar-powered Wireless Sound System sponsored by The Personal.



LS Oiliver Boongaling (centre) is promoted to his current rank by Cdr Wes Golden (left), and Lt(N) Bob Cookson (right).



AB Diallo Masters (centre) is promoted to his current rank by Cdr Wes Golden (left), and Lt(N) Bob Cookson (right).

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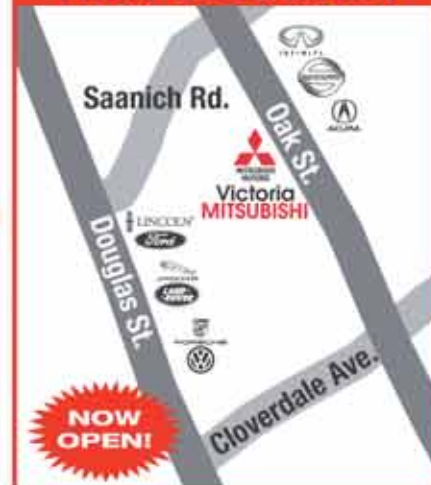


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