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Lieutenant Governor Judith Guichon returns the salute from a 100-member ceremonial Guard of Honour from Maritime Forces Pacific during the opening of the first session of the 41st Parliament of the Legislative Assembly of B.C. on Feb. 10.

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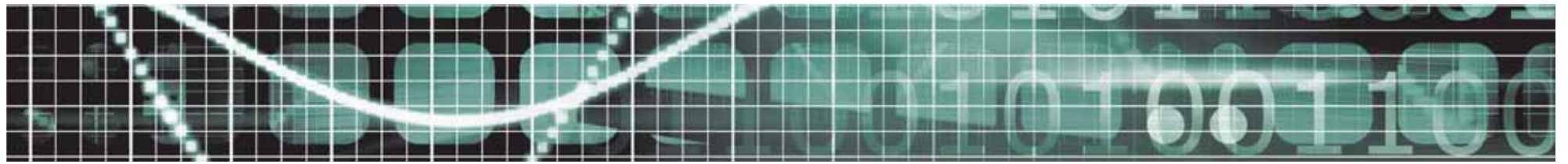
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Personal security: awareness in social media and internet use

All Defence Team Members need to be aware of the risks inherent in making certain types of information available to a wide audience using the internet, and of the measures they can take to lessen, if not prevent, such risks.

There is a growing need for CAF members and DND employees to be mindful of the personal information and imagery they share with the general public via social media

platforms. Regardless of personal privacy settings employed, it is very easy for an individual's personal information to become readily accessible to the general public, including undesirable audiences.

There has been considerable information posted on the internet that provides or allows access to personal information pertaining to CAF members and DND employees. These postings include places of employment, employment

history, places of residence, and family information. Information shared via social media also includes commentaries and uploaded still and video imagery.

The personal security of CAF members and DND employees and their families is paramount. It is incumbent upon everyone to consider the potential for creating risk to themselves, their families, their peers and the mission by publishing to the internet personal or

professional information about or linked to their employment. Such information or imagery, either individually or in combination with other information, may provide expert analysts with insights that can be used to conduct social engineering attacks on CAF members and DND employees, exploit possible avenues to compromise our networks, and negatively impact both operational and personal security.

CAF members and DND employees must use discretion before publishing employment related information and imagery to the internet regardless of how trivial or harm-

less the information may seem. The chain of command and DND management teams have access to expert advisors, such as public affairs, security and intelligence staffs who can provide advice if required.

If a CAF member or DND employee is contacted on social media by an unknown person, he or she is urged to decline or ignore the request or solicitation. Furthermore, if malicious activity is suspected or if unwanted attention is received, CAF members and DND employees are urged to report the behaviour or incident to the police having jurisdiction in their area.

It is not the intent to

restrict internet access provided to CAF members and DND employees. Within generally well-understood risks, CAF members and DND employees are entitled to communicate with friends, family and colleagues.

However, particularly in a theatre of operations, the CAF chain of command has the authority to restrict access to the internet if it is deemed essential to maintaining operational security.

Questions or comments pertaining to this issue may be directed to the Director General Defence Security (DGDS) at: +dgds communications@vcds dgds@ottawa-hull.

Protect your identity online

More of us are shopping online over the Internet than ever before

Protect your online identity/digital footprint from being accessed by cyber-criminals through online scams.

One common problem is phishing. These are emails masquerading as your financial institution, requesting you to confirm your password and financial securities by clicking a link they have provided. You need to know that your financial institution would never send you an email like that.

How can this be prevented?

Use the delete key, and never click on the link.

We all have a digital footprint; a trail of information we leave when we are transacting online. A recent online poll indicated over 75 per cent of people surveyed are concerned about the information we are sharing online; however, almost half of us do not know where our personal information is being stored.

As we continue to share personal details on multiple websites, the majority of us don't even change passwords between accounts. Whether it's your email account, Facebook account, bank

account, etcetera, you must keep your personal information secure. If your personal information gets into the hands of a scammer, a profile could be quickly built and used against you.

So, next time you shop online, be sure to keep yourself safe. Smart choices will help protect you from cyber-criminals.

Here are some simple tips to protect your online identity:

- **Password etiquette:** Rank your password based on the sensitivity of the account. Use a strong password which includes a combination of upper and lower case letters and numbers. The more complex your password the safer you are.
- **Links in email:** Be wary of links in emails, even if the email looks like it's from your bank or a long lost relative. Make sure you know the sender before you click on a link sent in an email.
- **Use common sense:** If a deal seems too good to be true it probably is, or if an email from a friend seems fishy then it is probably is a scam.

Email: Should you "unsubscribe"?

When you receive email you don't want, solving the problem is as easy as clicking "unsubscribe," right?

Wrong. Sadly, those handy buttons may cause more trouble than they solve. Here are some factors to keep in mind:

1. When you unsubscribe, you confirm to the sender that your email address is valid and in active use. If the sender is unscrupulous, the volume of email you receive will most likely go up, not down. Worse, now that you've validated your address, the spammer can sell it to his friends.

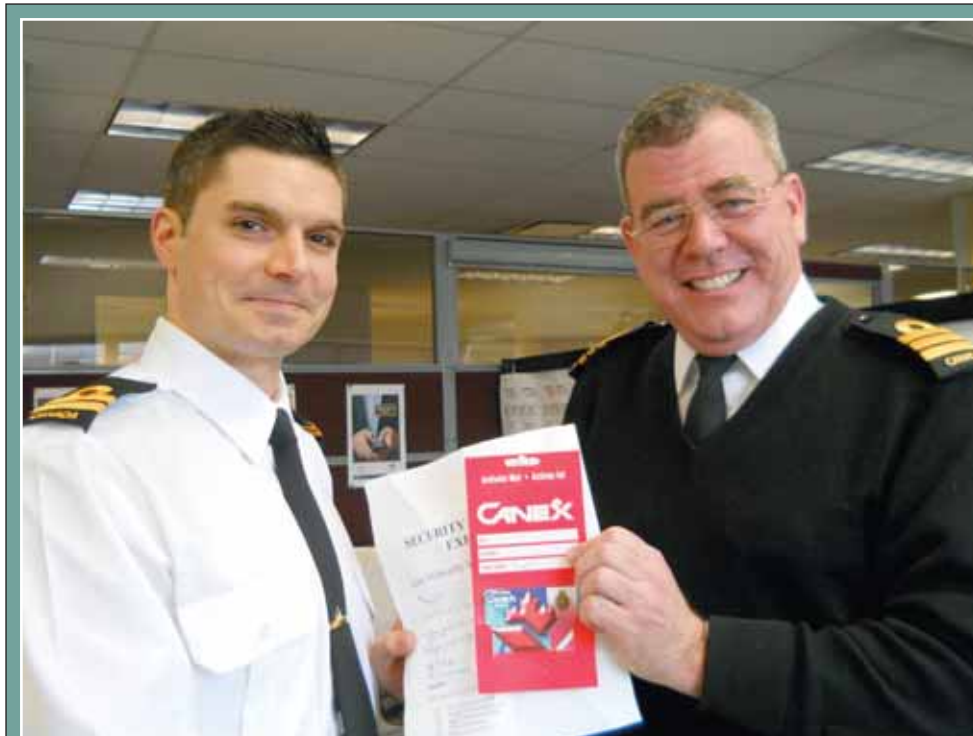
2. By responding to the email, you confirm that you have opened and read it and may be slightly interested in the subject matter, whether it's getting money from a foreign prince, a penny stock tip, or a diet supplement. At least, that's how spammers view the world.

3. In many cases, unsubscribing not only confirms your address, but delivers lots of information about your email

software. Emails contain meta-information that hackers can use to devise attacks.

4. If your response opens up a browser window, you're giving away even more information about yourself; potential spammers learn information about your geographic location, your computer's operating system, and your browser. The sender can also give you a cookie, which means that if you visit any other websites they own (perhaps by clicking unsubscribe links in other emails), they will be able to identify you personally.

5. And to make matters worse, if you visit a website owned by a spammer, you're giving them a chance to install malware on your computer, even if you don't click anything. These attacks, known as drive-by downloads, can be tailored to use exploits the spammer knows you're vulnerable to, thanks to the information you've shared about your operating system and browser.



Winner of the BADM Security Awareness Week contest

Lt(N) Carl-Alexander Marcoux receives a \$100 gift certificate for CANEX from Base Administration Officer Cdr J.W. Golden. Lt(N) Marcoux's name was randomly selected among the correct entries in the Base Administration Branch contest for Security Awareness Week. The contest encourage personnel to test their knowledge in finding 10 Security Infractions, hidden in plain view, within a Mock/Simulation Workstation located in the Base Orderly Room. Base Administration Branch Unit Security Officer and Information System Security Officer, Suzann Boulet, launched Security Awareness Week with wide participation within the Branch. In addition to the contest, personnel received daily security tips, links to short videos, quizzes, pamphlets and presentations.

How to deal with a new kind of bullying

Katelyn Moores
Navy Public Affairs

To kick off this year's anti-bullying campaign, the Maritime Forces Pacific Health and Wellness Team (MHWT) will be hosting "Cyber-bullying: Perceptions and Responses," a talk by Dr. Brett Holfeld, a cyber-bullying researcher at the University of Victoria.

This free event will be held on Tuesday, Feb. 24 from 10:30-11:45 a.m. at the Upstairs Lounge of the Pacific Fleet Club and is open to the Defence Community and their families.

Bullying is not a new phenomenon, but cyber-bullying – the use of the internet to harass, embarrass and/or threaten others – is. In contrast to other methods of bullying, it can occur 24 hours a day and is often permanently available once on the internet.

Public Safety Canada reports that this relentless form of bullying can compound feelings of fear, humiliation, social isolation and other negative emotions.

"Because the material can be posted online at any time of the day or night,

and can reach an unlimited audience, it can be more distressing than traditional forms of bullying," explains Dr. Holfeld.

Not only has cyber-bullying altered the experience of victims, but it has also changed the profile of bullies.

Hiding behind technology, bullies do not witness their victim's reaction, which makes it easier for them to become more aggressive. A 2008 cyber-bullying survey by the University of Toronto found that 74 per cent of participants who admitted to cyber-bullying others had not bullied others in person, suggesting that this passive form of bullying has increased the number of people willing to target others. For more information on this study, visit <http://www.governmentevents.ca/ypo2008/presentations/634.pdf>.

Although young people are the most common targets of cyber-bullying, adults are also affected. The Canadian Institute of Health Research reports that 40 per cent of Canadian workers experience bullying on a weekly basis. This workplace bullying can lead to an increase in absenteeism, turnover and stress as well as a decrease in

productivity, motivation and customer confidence, costing thousands of dollars each year.

So what can you do if you're the victim of cyber-bullying? First, confront the individual either directly or indirectly and ask them to stop the behaviour. If this does not resolve the issue, reach out to your supervisor to intervene. Remember to keep a record of any cyber-bullying activity for evidence and do not respond to provocation.

"Unfortunately, there is no one way to respond to cyber-bullying that will work in every instance," says Dr. Holfeld. "Each situation is unique because of the many different ways that cyber-bullying can be committed."

The complexity of cyber-bullying is something Dr. Holfeld will discuss in greater depth during his talk, which is made possible through the MARPAC Health and Wellness Strategy. Resources can be found at <http://esquimalt.mil.ca/main/e/personalHelp.htm>

Seats at the event are limited. To register, contact Meghan Fodor at 250-363-1083 or at Meghan.Fodor@forces.gc.ca.

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	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
	23	24	25	26	27	28	29
March	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
							29
							Kids m

- FEBRUARY**
- 4,11,18, 25 – Games Night **G**
 - 5,12,19, 26 – Karaoke **K**
 - 5,19 – Poker **P**
 - 14 – Valentine's Burlesque Show & Party **♥**
– See Facebook page for more details
 - 22 – Kid's Movie - Box Trolls **Kids m**
 - 26 – Movie Night - **M**
 - 27 – Break'n in the Bass Party **★**
 - 28 – UFC 184 **UFC** – Weidman vs Belfort
- MARCH**
- 4,11,18, 25 – Games Night **G**
 - 5,12,19, 26 – Karaoke **K**
 - 5,19 – Poker **P**
 - 13 – St.Patrick's Day Party **♣**
– See Facebook page for more details
 - 14 – UFC 185 **UFC**
 - 26 – Movie Night - TBA **M**
 - 29 – Kid's Movie - Big Hero 6 **Kids m**

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WHAT SAY YOU

People Talk

Lookout asked this question:

What is your favorite part of the expo?



I love the client interaction. We get to talk to people without making an appointment.

Slt Anna Dupuis



To be promoting the cadet program and helping out at the cadet display.

Cadet PO1 Claire Sutherland



My favorite part is the CFB Esquimalt Golf Association!

PO1 Kirk Mellor



The food trucks and the amazing people.

Hilary Arias-Carrasco, WildPlay



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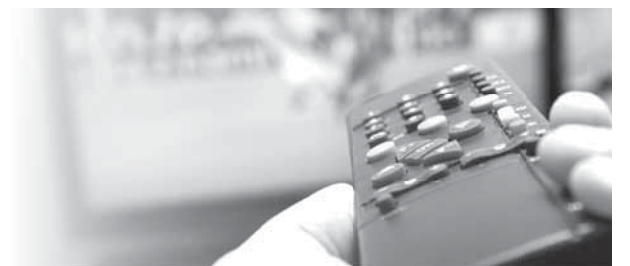
Maj Bart Dennis and MCpl Nikki Ducharme

SPORTS trivia

by PO1 Bill Sheridan Contributor

QUESTIONS

1. Which expansion team had the most points in the first season (expansion includes 1967 to 2001)?
2. Why was the LA King mascot named Bailey?
3. Who were the three quarterbacks taken ahead of Joe Montana in the draft year?
4. Who was the first international player picked first overall in the NBA draft?
5. Which Montreal Canadiens Hall of Fame defenceman wrote a book called "Great Defender"?
6. Who holds the Dallas Cowboys single game rushing record?
7. Who portrayed the home plate umpire in the music video "At Fenway", made by Brian Evans?
8. Who is the youngest boxing champion in any weight class?
9. How were numbers allocated in Formula One prior to 1974?
10. Who was the longest heavyweight world champion?
11. What player is recognized with the Walter Payton Award?
12. What part of the Olympic movement was originally written by Pierre de Coubertin?
13. What team was Don Shula defensive coordinator of in 1960-62?
14. What stadium is on Sir Matt Busby Way?
15. What is each playing time called in bowling?
16. What movie was about the life of Lane Frost?
17. Traditionally what is a redshirt in college sports?
18. How many players are on the field in an NFL football game at one time?
29. Who were Elmer Gedeon and Harry O'Neill?



1. Florida Panthers
2. For Ace Bailey who was a scout and died on United Airlines Flight 175 on September 11.
3. Jack Thompson, Phil Simms and Steve Fuller
4. Yao Ming
5. Larry Robinson
6. Demarco Murray
7. William Shatner
8. Wilfred Benitez
9. They were given out before each race.
10. Joe Louis
11. Most outstanding offensive player in Division I.
12. NCAA.
13. Detroit Lions
14. Old Trafford football ground (Where Man plays)
15. Frame.
16. Eight Seconds
17. Someone who sits out a year due to injury or other reason to play another year
18. 22
19. They were both major league ball players who died in WWII.

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Sgt Dan Bodden shows off his vintage maple leaf tattoo from the Wounded Warriors Canada fundraiser at Urge Tattoos on Feb. 8. The event kept the studio's artists busy until 7pm and raised more than \$2,700 for Wounded Warriors, which helps Canadian Armed Forces members who have been wounded in their service to Canada.

Left to right: LS Steve Deschamps, Sgt Dan Bodden, MS (Ret'd) Channing Knul and, CPO2 (Ret'd) Rob Peterson.

Breaking records with uplifting power

2Lt James Wood The British Columbia Dragoons

For Cpl Brendan Eberle, the most difficult moment of his record-breaking showing at the 100% Raw Powerlifting World Championship was the first event.

"I was the last lifter on all my lifts," says the 23-year old Kelowna army reservist, "because at 148 pounds,

I was the heaviest competitor in my weight category. It was awkward. I'm armoured recce... we're supposed to go first."

Stepping to the bar for his first lift of the competition, which was held in Virginia Beach, Virginia, on Oct. 30, 2014, Eberle started off with squats, an event he often struggles with due to a 2012 back injury.

"The first lift of the day is always the most nerve rack-

ing. If you don't get your first opening attempt in the three tries you get at that lift, you bomb out, meaning you don't get to compete in any of the other lifts."

As one of 200 competitors taking part, including 10 representing Canada, Cpl Eberle almost faltered when officials accidentally overloaded his first lift by 22 pounds.

"My confidence was pretty low at that point, but I did it anyways." On that first lift, Eberle squatted a bar loaded with 410 pounds - enough to set the B.C. army reservist on his way toward winning the three-lift event.

Eberle joined the British Columbia Dragoons in 2009 at the age of 17. He began powerlifting five years later after fellow Dragoon, Bjorn Torgenson, encouraged him to compete.

His status as an army reservist means that, in addition to breaking world records in the open competition at Virginia Beach, his performance has set a high bar for competitors in the Military/Fire/Law division at future events.

A point of pride for Eberle and the other lift-

ers at Virginia Beach is that Raw Powerlifting Federation championships are a rigidly drug-tested and "support free" event, meaning that aside from wrist straps and a weightlifting belt, competitors are running on 100 per cent their own steam.

After the squat, Eberle went on to the deadlift, successfully pulling just over 562 pounds three times to set a new world record in his weight category. A follow-on attempt at deadlifting 589.1 pounds - four times his own body weight - came close but failed. Then came the pause bench press at 308.4 pounds, giving Eberle a total lift of 1,278.6 pounds in the day's three events - almost nine times his body weight and enough to snatch overall victory in the competition.

When asked about Cpl Eberle's new world record and victory in the Virginia Beach competition, his troop leader, Lt Mark Jennings-Bates, said, "Glad he's on our side... And the best part is that if one of our G-Wagons breaks down in the field, we've got a two-legged recovery vehicle to carry it home."

Photo courtesy of Cpl Brenden Eberle

Following his 2014 win in Virginia Beach, Cpl Brenden Eberle went on to deadlift 567.6 pounds, setting another new world record at the 100% Raw Prairie Power Open meet in Calgary, Alberta.



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Standing court martial- Trial Notification

A standing court martial (SCM) has been ordered to try PO1 T.J. Brooks, Canadian Forces Fleet School Esquimalt. The SCM will take place at 1:30 p.m. March 3 in building 30-N, CFB Esquimalt.

PO1 Brooks has been charged with the following offences under the National Defence Act (NDA):

- 129 NDA - (alternative to the second charge) conduct to the prejudice of good order and discipline
- 129 NDA - (alternative to the first

charge) conduct to the prejudice of good order and discipline

- 129 NDA - (alternative to the fourth charge) conduct to the prejudice of good order and discipline

- 129 NDA - (alternative to the third charge) conduct to the prejudice of good order and discipline

Spectators are encouraged to attend. Military spectators are to wear the dress of the day and are to be seated by 1:30 p.m. The trial will be conducted in English.

Ask the expert - Reducing ACL injury risk

Q: My daughter is 14 and plays competitive soccer. While she loves the sport, I am concerned about her risk of being seriously injured. This fear was reinforced when one of her teammates badly hurt her knee and is now cheering from the sidelines while she awaits surgery to repair her ACL ligament. Are ACL injuries common in sports and can anything be done to prevent them?

An anxious soccer mom

Dear Soccer Mom:

The anterior cruciate ligament (ACL) is the major stabilizer of the knee and injuries to this ligament can be sport and career-ending experiences. Nearly a quarter million North American athletes injure this ligament every year. ACL injuries are more common in females and they occur most often in sports such as soccer, foot-

ball and basketball, where participants perform a lot of twisting on their knees.

The good news is that lots of research has been done in this area and the risk of experiencing an ACL injury can be significantly reduced by doing something called "neuromuscular training." Studies have shown that doing this type of training at least twice a week can reduce the risk of ACL injuries by over 60 per cent. This doesn't require taking a second mortgage on your home to buy an expensive piece of equipment. In fact, it doesn't cost anything to implement. All the team needs to do is add some specific agility and strength training activities into their warm-up.

FIFA, soccer's international governing body, has developed its own neuromuscular training program

called *FIFA 11+*, which offers a complete warm-up program to reduce the incidence of injuries in soccer players aged 14 years and older. Videos and manuals for this injury prevention program can be found at <http://f-marc.com/11plus/home/>.

The bottom line is that ACL injuries are far too common, but like all injuries there are things that can be done to prevent them. Talk to your daughter's coach about incorporating FIFA 11+ into her team's warm-up drills - you may discover they are already using this program. At the very least, teach your daughter the exercises and have her practice them on her own. Trust me on this - preventing an ACL injury is far more effective than trying to repair one.

Dr. Darrell Menard,
 MD Dip Sport Med

Education program helps military children

How can I best prepare my child for school in a new country? Will my child meet the credit requirements for graduation this year? Are there any educational allowances to support my child with special needs?

Answers to these questions can now be found through a new guidance counselling service offered through Children's Education Management, managed by Military Family Services under Canadian Forces Morale and Welfare Services.

Children's Education Management has been managing the educational needs of children of Canadian Armed Forces families since 1947. The introduction of guidance counselling services is a new initiative to further support the education of children as they move from province to province, or out of country.

A guidance counsellor and a distance learning coordinator are now on hand to help children transition from one school

year to the next, or from one posting to the next. This new counselling service offers families information, insight and advice on educational options available.

The guidance counsellor can assist with the interpretation of one curriculum versus another, and explain credit requirements, deficiencies and equivalents. The guidance counsellor can also recommend distance learning courses as a solution in meeting academic requirements, and then a distance learning coordinator can provide oversight and assistance.

Children's Education Management programs and services are designed to mitigate potential negative impacts on schooling due to geographical moves.

For more information on education allowances (tutoring, board and lodging, tuition, etc.) available for military families posted out-of-province or out-of-country, visit Children's Education Management at www.familyforce.ca.

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Left: New integrated assault rifle concept that DRDC and Colt Canada have developed for the CAF.

Right: Canadian Army soldiers test an early prototype of the next generation rifle.

Photos by Jocelyn Tessier, DRDC

The evolution of the powerful smart gun

DRDC

More firepower, improved accuracy, and smart, integrated accessories that connect to command and control networks are the headline features of the new integrated assault rifle concept that Defence Research and Development Canada (DRDC) and Colt Canada have developed for the Canadian Armed Forces (CAF).

The prototype, in development since 2009 through the Soldier Integrated Precision Effects Systems project, includes a firing mechanism to shoot lightweight-cased telescoped ammunition, a secondary effects module for increased firepower, and a NATO standard power and data rail to integrate accessories such as electro-optical sights and position sensors.

In order to support the multi-role nature of the weapon, the pro-

otype's secondary effects module features the ability to install either a three round 40 mm grenade launcher, or a 12-gauge shotgun. When optimized, the integrated weapon prototype could weigh less than a C7 equipped with an M203 grenade launcher, reducing the burden on soldiers.

"In the medium term, this weapon concept represents a lethal, flexible general-purpose platform," said LCol Serge Lapointe, from the Soldier Systems group in Director Land Requirements – Soldier Systems of the Canadian Army. "It will be able to operate in all theatres of operations in the most complex terrain including urban areas, mountains, jungles, deserts and the Arctic."

The development of the weapon prototype posed a considerable challenge. DRDC scientists analyzed advanced material tech-

nologies that could replace the metal used in heavy components. The lightweight case telescoped ammunition was tested extensively with the support of the Munitions Experimental Test Centre in Valcartier, Quebec, to assess its long-term aging behavior.

Scientists also studied how to increase the rifle's accuracy using technology that can automatically detect targets and assist with engaging them. Questions related to the sensors needed to accurately geo-locate targets for target data sharing were also investigated.

How the soldier interacts with the weapon was also the subject of numerous human factor trials. Ergonomic and weapon prototype handling tests were performed by Human Systems Inc., under the supervision of DRDC scientists, with CAF soldiers from military bases in Petawawa and Edmonton.

The testing was crucial to developing optimal design criteria to meet the CAF's needs for the Small Arms Modernization project.

In addition, lessons learned by both DRDC personnel and the CAF during their deployment in Afghanistan revealed critical elements that informed the prototype weapon development process with respect to its design and functionality.

"The results of the first phase of the project have shown that DRDC expertise can be used to provide the Canadian Armed Forces with solid scientific data so they can make more informed decisions for their major acquisition projects," said Dr. Guy Vézina, the Director General for S&T Army, DRDC.

The new weapon prototype is a promising development for the soldier of the future. The integration of electronic components

will allow soldiers to generate or receive data from the command and control network. In the next phase of development, automated target detection and assisted target engagement will be the subject of an in-depth study in the Future Small Arms Research project.

Finally, the development of the integrated weapon prototype and the continuing analysis of promising technologies should facilitate the acquisition of the next generation of small arms by the CAF. The data collected and the analyses documented so far by DRDC scientists will be used in conjunction with the data and analyses that will be generated in the Future Small Arms Research project to develop the technical criteria that will form part of the statement of operational requirement documentation for the CAF Small Arms Modernization project.

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Photo by Lt(N) Bill King, HMCS Griffon

CPO1 Mike Feltham, Formation Chief, Maritime Forces Pacific (MARPAAC), Honourary Captain (Navy) Pat Lang; RAdm Bill Truelove, Commander MARPAAC; and LCdr Michele Tessier, Commanding Officer HMCS Griffon, with the staff and graduates of the 2014/15 CO-OP.

Naval co-op program students graduate

Lt(N) William King
HMCS Griffon

HMCS Griffon held its sixth co-operative education graduation parade on Tuesday, Jan. 20.

This year's 13 graduates received naval training while earning two co-operative education high school credits. Each school day afternoon between September and January was spent in the classroom, on the drill deck, and on the water (until Lake Superior froze).

Thunder Bay school boards and the Naval Reserve piloted the program in 2009 to provide students with co-op placement opportunities, boost recruiting, and demonstrate a naval presence to the community.

The 2014 co-op program has been one of the largest to date, with 13 students from all but one Thunder Bay

high school. The co-op is a naval/military familiarization program, with Griffon's newest recruits as its students. The in-unit training - Canadian Armed Forces (CAF) history, naval traditions, drill and inspections, Pleasure Craft Operator's Licence, Standard First Aid and CPR certification, and a radio operator's course - is conducted primarily by the unit's recruiters with assistance from other members of the ship's company.

"Griffon's naval co-op program provides a unique opportunity for high school students to challenge themselves, make connections, earn a salary, achieve practical civilian qualifications, and build life skills - like discipline, leadership and self-confidence - that will serve them in whatever career path they pursue," said LCdr Michele Tessier, Commanding Officer. "The

co-op also serves as an effective recruiting tool and has been integral to maintaining the unit's strength."

An additional incentive for co-op students is the bursary program provided by Confederation College, Thunder Bay's college of applied arts and technology. In past years, the College awarded the top student a \$1,000 bursary if they chose to attend that school. This year, the program has been expanded to include any student who completes a bursary to Confederation College students who are past co-op graduates.

RAdm Bill Truelove, Commander of Maritime Forces Pacific, was the Reviewing Officer for Griffon's naval co-op graduation ceremony, joining officials from three local school boards, Confederation

College, Lakehead University, and students' families and friends.

"HMCS Griffon's naval co-op program demonstrates sound leadership and innovation, preparing our navy for the future while enhancing our relationships within the Thunder Bay community," said RAdm Truelove. "Congratulations and Bravo Zulu to the 13 graduates."

HMCS Griffon is one of 24 naval reserve divisions, or "stone frigates", located in major Canadian cities coast to coast. The Naval Reserve provides trained sailors for Royal Canadian Navy operations ashore, at sea or abroad. Naval reservists typically serve part-time on evenings and weekends between September and April, and can volunteer to serve full-time for periods from two weeks to three years.

Known by her written word

In Springdale, Newfoundland, there was a woman who wore a different uniform, who served a different army; a woman many Canadian Armed Forces members knew by her written words.

This woman, 91-year-old Gladys Osmond, known as Dear Gladys to many soldiers, peacefully passed away Jan. 14 with 9 Wing Commander, Lieutenant-Colonel Kevin A. Toone and 9 Wing Operations Officer, Captain Carl R. Squires at her bedside.

A Commissioned Salvation Army Captain and minister, Osmond wrote her first letter to a Canadian soldier serving overseas in 1983, and founded the Granny Brigade, a group that has written to countless CAF personnel serving in all parts of the world.

Osmond wrote over 400,000 letters to CAF members spanning three

decades, and her dedication to writing the troops remained an important part of her day. She had made a promise to herself that as long as she had eyes, the use of her hands, and as long as her brain still worked, she would be writing to soldiers.

When a soldier would write back, Osmond would place a star on her map of the world, which hung on her bedroom wall. Her conviction for letter writing to deployed troops was so they did not feel forgotten or alone. Osmond's devotion and dedication to soldiers, sailors, airmen and air women of this country, was like no other. The author of "Dear Gladys... Letters from over there", she holds The Order of Newfoundland, among many other awards and commendations, including Canada's Caring Canadian Award.



Photo: Sgt Jody Hudec

Gladys Osmond signs a copy of her book "Dear Gladys" in early December 2014.

Black History Month - The first Black Canadian Olympian

Gerry Weaver
Army Public Affairs

As Canada celebrates Black History Month and the Year of Sport, the time has never been better to honour the legacies that "Army" Howard and Harry Jerome left to our country, on the track and off.

These outstanding black athletes challenged the discrimination of their times and serve as role models to Canadian youth on the power of believing in yourself.

Canada's first black Olympian, John "Army" Howard, and his grandchildren, Olympians Harry and Valerie Jerome, leave a legacy of courage to all Canadians.

While the name John Armstrong "Army" Howard may not be familiar to most Canadians, perhaps it should be.

The Winnipeg-raised First World War veteran dominated Canadian sprinting from 1912 to 1915. Not only does Howard appear to be Canada's first black Olympian, he passed on his passion for running to his grandchildren, Olympians Harry and Valerie Jerome.

Howard was born on Oct. 6, 1888. Trained as a mechanic, the tall handsome athlete eventually made his mark on the Canadian scene as a sprinter. Howard easily qualified for the 1912 Olympics held in Sweden, but the path to Stockholm was not smooth. The playing field that was Canadian society in the 1910s was far from level for black Canadians.

"My grandfather headed off to Stockholm enveloped in controversy," said Ms. Jerome, noting for example the Olympic sprinting team's coach, Walter Knox, described Howard

to the press as outspoken and disobedient. She added that when the Canadian Olympic team mustered in Montreal before setting sail for Stockholm, Howard was barred from staying at the same hotel as the white athletes. In addition, when traveling by boat to Sweden, he was not allowed to eat in the dining room with his white teammates.

In Stockholm, a stomach ailment ultimately derailed Howard's medal hopes.

Ironically, observed his granddaughter Valerie, all three medal winners of his events had been beaten by Howard at track meets just prior to the 1912 Olympics.

He came back in full force at the Canadian Outdoor Championships in 1913, winning all of his races. Howard also showed his athletic abilities as a catcher for the Crescent Creamery Baseball Club in Winnipeg.

Howard's athletic career was cut short by the out-

break of the First World War in 1914. He was conscripted into the Canadian Expeditionary Force and began his military service on April 12, 1918, as a private with 1st Depot Battalion, Manitoba Regiment. He served in England, first as a sapper (the Canadian Military Engineers term for those of private rank) with the Canadian Railway Troops, a railway construction unit.

He later transferred to the 11th and 18th Canadian Reserve Battalions, which provided reinforcements for infantry battalions on the continent. Howard ended his deployment with the Canadian Army Medical Corps, most likely serving as a stretcher bearer moving convalescent patients.

In 1920, Howard returned to Canada with his English fiancée Edith Lipscomb and a baby girl who was the first of their three daughters. Married in Winnipeg, the inter-racial couple soon

encountered severe prejudice. Valerie Jerome says her grandparents were stoned to drive them out of town when they tried to homestead at Ste. Rose du Lac, north of Winnipeg.

"They didn't even get their buckboard unloaded and they had this infant daughter with them," she said.

The Howards finally settled near the Crane River Indian Reserve in Manitoba, though the marriage eventually broke up. The First World War veteran worked as a railway porter and taught boxing until he died of pneumonia in 1937 at the young age of 48.

Howard never got the public acclaim in his lifetime that his accomplishments deserved, but his legacy lives on. He was inducted into the Manitoba Sports Hall of Fame in 2004, and two of his grandchildren, sprinters Harry and Valerie Jerome, were also Olympic competitors.

Harry Jerome's story bears

some striking similarities to his grandfather's, both in his athletic success and the racist attitudes he encountered. As multi-talented as Howard, Mr. Jerome turned down an offer to play with the Montreal Alouettes football club. He set seven world sprinting records and competed in all three Olympic Games in the 1960s, earning a bronze medal in the 100 metres at the 1964 games.

Despite this success, Valerie Jerome said her brother often faced heavy criticism in the press, particularly when he had to withdraw from the 1960 Olympics 100 metres semi-finals due to a potentially career-ending injury.

Sadly, as his grandfather, Harry Jerome also died young, succumbing in 1982 to a brain aneurism at 42. Mr. Jerome was awarded the Officer of the Order of Canada in 1971 and a star on Canada's Walk of Fame in 2001. Mr. Jerome's

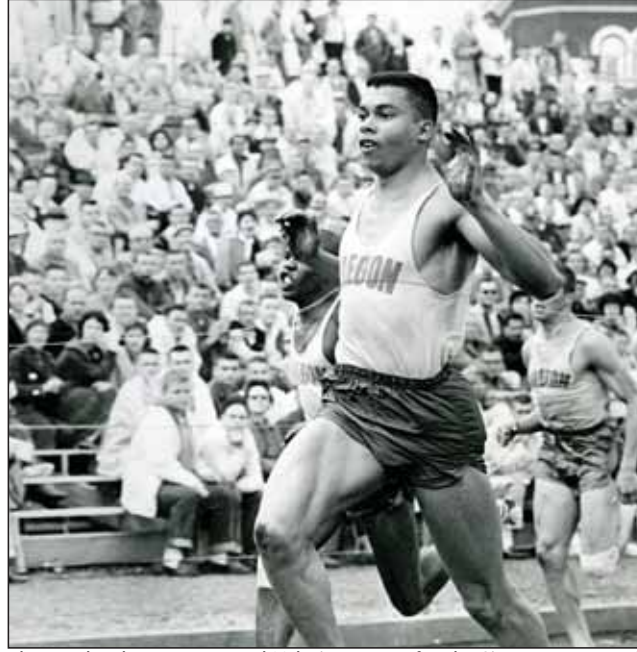
accomplishments are also remembered by organizations like the Black Business and Professional Association (BBPA), which holds annual Harry Jerome Awards celebrating outstanding achievements in the African-Canadian community.

The BBPA also offers the Harry Jerome Scholarship Fund, providing financial support to African-Canadian youth pursuing higher education. B.C. Athletics offers its own Harry Jerome Scholarship Award for post-secondary education, given to an applicant in financial need with promise in athletics and showing leadership qualities.

Asked what traits her grandfather and her brother may have shared, Ms. Jerome answered, "I think they both had a lot of self-confidence. They had a lot of courage. They went beyond the limits of what they were expected to do."



John "Army" Howard, shown in his club uniform, competed for Winnipeg's North End Amateur Athletic Club.



Photos thanks to Harry and Valerie Jerome fonds, Simon Fraser University Special Collections and Rare Books Division
Harry Jerome crosses the finish line at a dual meet with the University of Oregon and Oregon State University, circa 1961.



Valerie and Harry Jerome at the Olympic Village in Rome, 1960 at an event hosted by the Adidas Group.

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LS Alecia Barlow is presented with the Lockheed Martin Centennial Award by Gary Fudge, Lockheed Martin Canada; Rear Admiral John Newton; and Reg Shields, PEI Navy League of Canada.

Exemplary reservist earns centennial award

The Navy League of Canada is pleased to announce that LS Alecia Barlow from HMCS Queen Charlotte in Charlottetown, Prince Edward Island, has been selected as the 2014 Lockheed Martin Centennial Award recipient.

The award ceremony took place Jan. 21 in Charlottetown and was attended by the Commander of Maritime Forces Atlantic, Rear-Admiral John Newton; as well as Reginald Shields, Prince Edward Island Division President, The Navy League of Canada; and Gary Fudge from Lockheed Martin Canada.

LS Barlow was selected as the recipient for 2014 due to

her commitment to both her shipmates and the local community. Her recent accomplishments include being awarded the Bell Memorial Cup as the top seaman rating in HMS President, the Royal Naval Reserve unit in London, UK. At the time she was working as a teacher near Heathrow Airport and attached to the British reserve unit, where she stood out as an outstanding sailor.

Other accomplishments include receiving the Queen's Diamond Jubilee Medal, and serving as part of the 2013 Nijmegen March team. She has also been described as a great teacher, tutor, and men-

tor in her civilian life, and was recently selected to travel to Parliament Hill in Ottawa as part of the Navy Appreciation Day activities as a "Navy Hero."

"This young woman exemplifies the highest ideals within the Canadian Armed Forces and the Royal Canadian Navy and it is truly an honour for the Navy League to bestow this award on her today" said Capt(N) Harry Harsch, RCN (Ret'd), Vice-President, Maritime Affairs of the Navy League of Canada.

In addition to having her name included on the Centennial Cup, the award also comes with two \$1,500 cheques, which LS Barlow

will donate to a Military Family Resource Centre and a Navy League Branch of her choosing.

The Lockheed Martin Canada Centennial Award was created in 2010 in partnership between The Navy League of Canada and Lockheed Martin Canada. The Canadian Navy Centennial Award was established to recognize excellence among junior non-commissioned sailors in the Royal Canadian Navy. Nominations to this award recognize the sailor's contribution to the quality of life in Canada's Navy, as evidenced by their dedication, enthusiasm, and spirit of cooperation.

Governor General in CFS Alert

Ross Lees
The Contact

Canadian Armed Forces and civilian personnel spending the long winter nights at Canadian Forces Station (CFS) Alert, Nunavut, welcomed Governor General and Commander-in-Chief of Canada, David Johnston to the most northerly, permanently inhabited place in the world on Jan. 19 and 20.

"I am especially pleased to be here during the total darkness of winter," said Governor General Johnston. "That may sound surprising, but I mean it. It is difficult to know Canada without visiting the Arctic, and it is difficult to truly know the Arctic without visiting in winter."

The Governor General was a special guest at Alert for the station's semi-annual change of command during which Maj Brian Tang took command from Maj Scott Marshall. Col David Lowthian, the Commander of 8 Wing Trenton, Ontario, presided over the ceremony as CFS Alert is part of 8 Wing.

During his visit, Governor General Johnston met the personnel at the station, toured the facility, and presented Special Service Medals. He also laid wreaths at the

Boxtop 22 Memorial, commemorating the crash of a CC-130 Hercules that was participating in Operation Boxtop 22 on Oct. 30, 1991, and at the Lancaster Memorial, commemorating the crash of a Lancaster aircraft from 405 Maritime Reconnaissance Squadron during a supply mission on July 31, 1950. Five died in the crash of the Hercules; nine died in the Lancaster crash and are interred at Alert as it was impossible at the time to airlift the bodies out.

In his speech during the change of command ceremony, the Governor General told the men and women working at CFS Alert that they know the North in a way that few others can or will ever know it.

"Together, you are making truly unique and important contributions to Canada's and to the world's understanding of this region. You are enhancing our knowledge of climate, the atmosphere and the natural environment. You are reinforcing our sovereignty and standing guard for our national security. You are at the ready for search and rescue operations. In the last 24 hours, I have witnessed how these matters are far from theoretical, and that the challenges of working in the Arctic are real," he said.

He also said that laying wreaths at the two



Sergeant Ronald Duchesne, Rideau Hall

Governor General David Johnston shares a meal with military and civilian personnel at Canadian Forces Station Alert.

memorial sites held special significance.

"Some of you may know that my wife, Sharon, and I were in the community of Resolute Bay, Nunavut, on Aug. 20, 2011, the day of the terrible plane crash in which 12 people tragically died. I will never forget the scenes of sadness and devastation I witnessed that day. Nor will I forget the remarkable response by Canadian Armed Forces members who were present."

And, as have others in the past, he also noted the special atmosphere at CFS Alert.

"The sense of community, camaraderie and professionalism at CFS Alert is palpable, and something of which Canadians can be very proud. Thank you all for your remarkable dedication and service to our country," he said to all of the personnel in this northernmost military establishment.

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Bravo ZULU

Approximately 70 members of the Royal Canadian Dental Corps (RCDC) from across the country gathered at CFB Esquimalt's Chief and Petty Officers' Mess on Feb. 4 for the RCDC 100th Anniversary Conference. The event included the Honorary Lieutenant Colonel Investiture Ceremony, personnel ranking boards and patient safety training.

Images by LS Zachariah Stopa, MARPAC Imaging Services



Col Kevin Goheen, Commanding Officer of 1 Dental Unit, presents Honorary Lieutenant Colonel Lyle Best with the certificate for his appointment to HLCOL during his Investiture Ceremony.



Col Goheen presents Maj Doucette with the Canadian Forces Health Services General Practitioner Commander's Commendation for his outstanding efforts within the unit.



Col Goheen presents Maj Dave MacPherson with his Canadian Forces Decoration Second Clasp.



Col Goheen and CWO Mario Bizier present Sgt Corrine Burghardt with her Canadian Forces Decoration.



Col Goheen and MWO Tracy Gauthier present Lt Col Robert Hart with 1 Dental Unit Commanding Officer's Commendation for his outstanding efforts.




Col Goheen and Lt Col Frank Hedley present MWO Maryse Binette with 1 Dental Unit Commanding Officers Commendation for her outstanding efforts.

Got a Bravo Zulu to submit?

Email your images with captions, including full names of those in the photo to melissa.atkinson@forces.gc.ca

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Photos by MCpl Michael Bastien, MAPRAC Imaging Services.

Above: A Royal Canadian Air Force piper leads guests into the Mess Dinner to celebrate the Royal Canadian Dental Corps 100th anniversary. The event was hosted in the Wardroom on Feb. 5.

Below: Canadian Dental Corps' Head Table during the mess dinner. From left to right: CWO Mario Bizier, CPO1 Michael Feltham, HLCOL Lyle Best, Col Kevin Goheen, Major General Thomas Temple (US Army), Col James Taylor, Dr. Gary MacDonald, Cmdre Bob Auchterlonie, Dr. David Baird, HCOL Claude Paul Boivin, Col (Ret'd) David Jones, Ms. Mandy Hayre, CWO Julie Beach.



Dedicated call centre for dental insurance inquiries

Effective Jan. 1, Great West Life has implemented a new dedicated customer call centre phone line for Canadian Armed Forces personnel who are participants in the Public Service Dental Care Plan (PSDCP).

Plan members can now call the following toll-free number for customized menu options on their plan, 1-855-415-4414.

In addition, Great West Life will be implementing a dependant eligibility ver-

ification program (DEVP) to ensure that dependant claims are assessed in accordance with the eligibility criteria of the PSDCP. Such programs contribute to the sustainability of the plan for all participants.

Each month, Great West Life will contact selected plan members. Selection will be based on a statistically valid sample of dependants for whom a claim was paid in the previous month. If your depen-

dant is selected, you will be asked to provide proof of their eligibility under the plan. Failure to provide proof within the specified timeframe will result in suspension of future claim payments for your dependant, until such time as the dependant's eligibility has been verified.

It is important to note privacy of personal information supplied to Great West Life will be protected at all times. Your cooperation is appreciated in

ensuring your plan remains fair, competitive and sustainable.

If you have any questions or concerns regarding the DEVP, coverage, claims payments or any other inquiries, you may contact Great West Life at the new toll-free number: 1-855-415-4414. In addition, some frequently asked questions about the DEVP are available at

<http://groupnet.greatwestlife.com/public/signin/login.public>

Build contract for arctic offshore patrol ships announced

DND

The build contract for the construction of six Arctic Offshore Patrol Ships (AOPS) has been announced. Irving Shipbuilding Inc. has the contract, valued at \$2.3 billion, which marks the start of the construction phase under the National Shipbuilding Procurement Strategy (NSPS).

The contract has been designed to ensure that risks are properly managed and shared throughout the build process. It provides strong incentives for Irving


Shipbuilding to take full advantage of its state-of-the-art facilities and to pass any efficiency savings on to Canada. This will ensure best value for taxpayers, and sets out the plan for the delivery of six ships within a ceiling price.


AOPS has been designed to provide the RCN with a platform to conduct year-round patrols out to the limits of Canada's economic exclusive zone in the Atlantic and Pacific Oceans, and most importantly in the Arctic during the navigable season. The ships will provide active surveillance, perform constabulary duties, and

respond to any urgent situation as required. One of the most important capabilities AOPS will possess is its ability to navigate in ice, critical for ships that operate in the Arctic.

The ships will be known as the Harry DeWolf Class, named after Vice-Admiral Harry DeWolf, a Canadian naval hero of the Second World War.

Construction of an initial block is scheduled for the summer, while full production will commence in September 2015. Delivery of the first AOPS is expected in 2018.





FACT SHEET HARRY DEWOLF-CLASS ARCTIC/OFFSHORE PATROL SHIP

The Arctic/Offshore Patrol Ship (AOPS) project will deliver six ice-capable ships, designated as the Harry DeWolf Class, after Canadian wartime naval hero Vice-Admiral Harry DeWolf. The AOPS will be capable of:

- armed sea-borne surveillance of Canada's waters, including the Arctic
- providing government situational awareness of activities and events in these regions
- cooperating with other partners in the Canadian Armed Forces and other government departments to assert and enforce Canadian sovereignty, when and where necessary.


Construction of the first AOPS will begin in September 2015, with HMCS *Harry DeWolf* scheduled for delivery in 2018.

AOPS SPECIFICATIONS:	
Length:	103 metres
Beam:	19 metres
Complement:	65

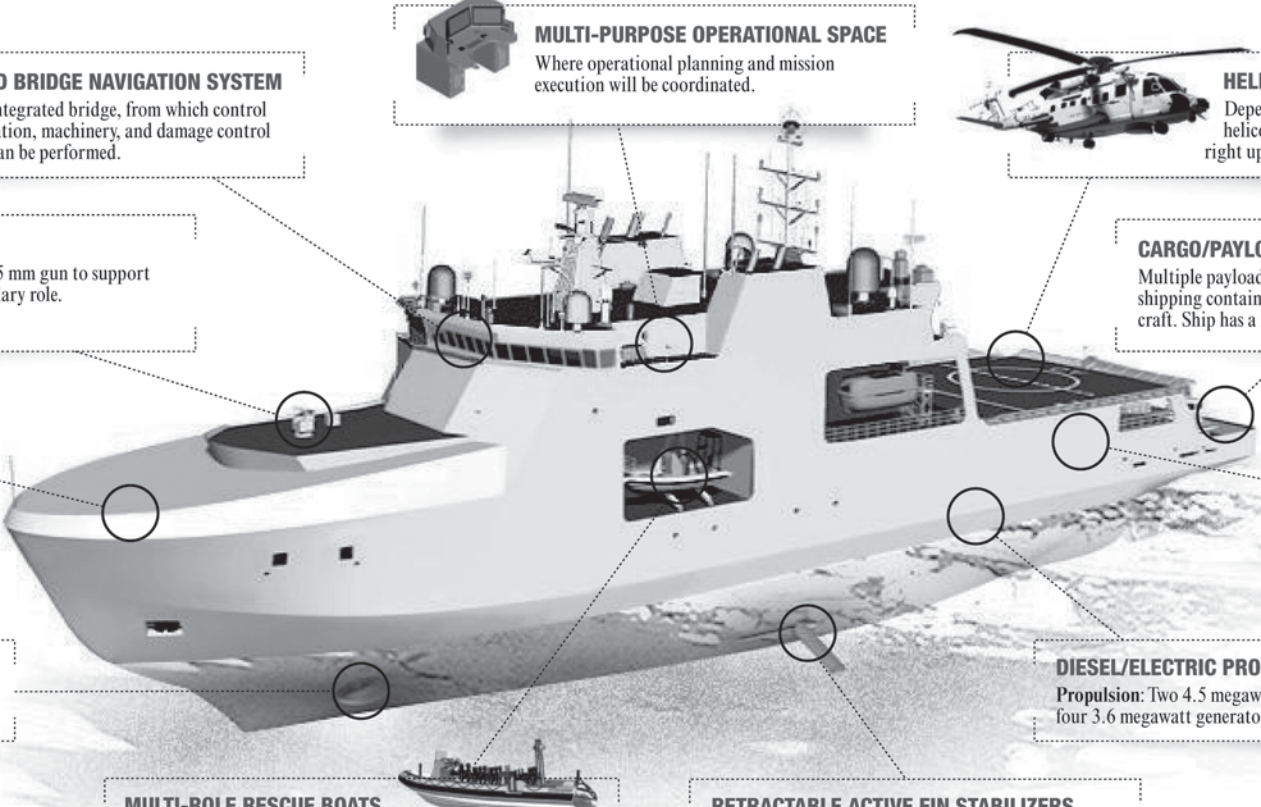
Halifax-class Canadian Patrol Frigate
Displacement: 4,770 tonnes

Harry DeWolf-class Arctic/Offshore Patrol Ship
Displacement: 6,440 tonnes

Kingston-class Maritime Coastal Defence Vessel
Displacement: 970 tonnes



To scale



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BAE MK 38 GUN
Remote controlled 25 mm gun to support domestic constabulary role.

CARGO/PAYLOADS
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ENCLOSED FOCSLE/ CABLE DECK
Protects foredeck machinery and workspace from harsh Arctic environment.

VEHICLE BAY
For rapid mobility over land or ice, the ship can carry vehicles such as pickup trucks, ATVs, and snowmobiles.


BOW THRUSTER
To enable manoeuvring or berthing without tug assistance.

DIESEL/ELECTRIC PROPULSION
Propulsion: Two 4.5 megawatt main propulsion engines, four 3.6 megawatt generators.

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Don't make it easy for thieves. Beef up your home security

Think you know how to best protect your home from burglars? Take our true or false quiz and see.

1. Most burglars gain entry to a house through a window.

False. The most common way for a burglar to enter a house is through an unlocked or unsecured door. Garage doors and back doors are usually the weakest points of entry and provide more cover, so don't forget to keep them locked.

2. Unsecured garden tools and ladders can contribute to a break-in.

True. Don't leave anything in your yard or in an unlocked storage area that a burglar could use to gain entry to your home. Ladders can provide access to an upper-story window, and some garden tools can be used to pry open windows or doors.

3. You should keep a spare key hidden somewhere outside your door.

False. An experienced burglar knows where to look for a "hidden" spare key around your home. The best place to leave a spare key is with a trusted neighbor. In addition to being able to rescue you if you lock yourself out, your neighbor can let service people in for you or make your house look lived in while you are away.

4. Most burglaries occur after dark.

False. The majority of burglaries happen between the hours of 9 a.m. and 3 p.m., when no one is likely to be home.

5. Burglars target sliding glass doors because they can break the glass.

False. Burglars try to avoid breaking glass because the sound would draw too much attention. Sliding glass doors are a favorite point of entry because they tend to have flimsy locks that are easy to open. Take care to secure these doors by keeping



a wooden dowel or stick in the track, for example, so they cannot be opened from the outside, even if the lock is broken.

6. You should not post your name on your mailbox or the front of your home.

True. Once they have your name and street address, would-be burglars can easily get your telephone number. If no one answers when they call, they know that no one is home.

7. When you go out of town, you should leave your interior lights turned on so it will look like someone is home, especially at night.

False. Rather than leaving your house dark or keeping the lights burning all day and night – a sure sign that no one is home, and a waste of electricity – you should set some interior and exterior lights to go on and off at different times during the day and night. Use timers and/or install photosensitive lights that auto-

matically turn on after dark and shut themselves off at daybreak. For an added dose of reality, you can even put the TV or radio on a timer so it will sound like someone is home as well.

8. Taking a visual and written inventory of your possessions can increase the odds of recovering them if they are stolen.

True. Having photos, videos and serial numbers of your valuables can be extremely helpful in identifying your stolen goods. It's also a good idea to engrave your driver's license number on any expensive electronic equipment.

9. To protect small valuables such as jewelry and cash, hide them in unusual places such as dresser drawers, in the freezer or under a mattress.

False. While it may sound odd to hide jewelry in the freezer or keep cash in a bag of flour, enough people do it that burglars will search all the usual (and unusual) hiding places. You are

better off having a safe professionally installed in your home to protect your valuables.

10. Only the presence of a large-breed dog will deter a burglar.

False. A burglar doesn't want anything to bring attention to himself, and barking dogs can draw notice. Thus, even a tiny yappy breed can deter a burglar if it makes enough noise.

11. When you go out of town, you should record a new message on your home answering machine to let callers know where you are and how long you'll be gone in case there is an emergency.

False. Never record a message on your home phone indicating that you are away from home. If a burglar obtains your phone number, it's an open invitation for them to break in and help themselves.

12. Getting to know your neighbors can help protect your home.

True. There are many good reasons to get to know your neighbors, but one of the most important is to protect the security of your home and neighborhood. Asking a neighbor to keep an eye on your home while you are away is one of the simplest but most effective ways to protect your home from burglary. He or she can help disguise the fact that your home is unoccupied by parking a car in the driveway, mowing the lawn or shoveling the walkway, and picking up any newspapers, packages or fliers left outside.

13. A home security system will deter most burglars.

True. Studies have shown that homes protected by an alarm system have a significantly lower break-in rate than those without one. A prominent sign or decal indicating the presence of a home security system can discourage would-be burglars.

14. A privacy fence that blocks the view of your home from the street and neighboring homes can protect against break-ins.

False. A privacy fence can provide cover for someone trying to break into your home. Consider a picket or chain-link fence instead.

15. When you move into a house or apartment, you should have the locks re-keyed.

True. There's no telling who the previous residents gave a spare key to, or even if they kept one for themselves. Play it safe and have the locks changed.

16. Your landscaping can help deter break-ins.

True. Keeping hedges, trees and shrubs neatly trimmed eliminates hiding places for a would-be burglar. Consider removing tree limbs that would allow someone to climb to a second-story balcony or window. Planting thorny shrubs, rosebushes or cacti around your home is also a good way to discourage people from trying to break in through the windows.

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