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Chinese New Year Celebrations

Image by Cpl Stuart MacNeil, MARPAC Imaging Services
A dragon dancer interacts with Rear-Admiral Art McDonald, Commander Maritime Forces Pacific, during the Chinese New Year parade in Vancouver Jan. 29. See more photos on page 13.



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Cdr Tessier to take charge of second Arctic patrol ship

Peter Mallett
Staff Writer

A few days before Christmas break, Commander Michele Tessier was offered a major command coup.

In a meeting with Cmdre Jeff Zwick, Commander Canadian Fleet Pacific, she was offered the captain's chair on board HMCS Margaret Brooke, the Royal Canadian Navy's (RCN) second Harry DeWolf-Class Arctic Offshore Patrol Vessel (AOPV).

"I was humbled to hear the news to be honest; it was a really emotional moment for me," she said. "You're lucky to get one

You're lucky to get one command at sea, so to be selected for a second is quite an honour.

Commander Michele Tessier

command at sea, so to be selected for a second is quite an honour."

She commanded *HMCS Nanaimo* from 2010 to 2013, which she says was the highlight of her career.

The rollout of the Arctic Offshore Patrol Vessels is expected to start in 2018. *HMCS Margaret Brooke* will be the second ship off the assembly line. Cdr Tessier will begin her new job that summer to prepare for the command.

Her appointment was determined by the Naval Succession Planning Board, a body made up of senior RCN leadership that determines operational command positions.

The graduate of Memorial University's English literature program grew up in Grand Bank, NL. She is the granddaughter of a fishing trawler captain, and she says the salt water is in her blood.

Cdr Tessier joined the Naval Reserves in 1996 at *HMCS Cabot* in St. John's, NL, and completed basic officer training at the now closed Canadian Forces Officer Candidate School in Chilliwack, BC. Her resume is peppered with notable appointments including Commanding Officer of the Naval Reserve Division *HMCS Griffon*

in Thunder Bay, ON, and Commander Coastal Forces Pacific, her current post.

The Arctic Offshore Patrol Vessel project is being carried out at Halifax Shipyard. Once deployed, the new vessels will help enforce Canada's sovereignty in the Arctic, Pacific, and Atlantic by providing armed sea-borne surveillance and response in Canada's Exclusive Economic Zone.

"It's starting from scratch with a new class of ship that is bigger than the Kingston Class and heavier than the Halifax Class frigates, which is exciting," Cdr Tessier said.

The 103-metre diesel-electric propulsion vessels will have a compliment of 65 personnel. Features of the vessel include helicopter capability; Polar Class 5+ ice breaker hull equipped with bow thrusters, enabling the ship to manoeuvre or berth without tug assistance and operate in medium first-year ice up to one metre thickness; a modern bridge-navigation system; an automated remote-controlled 25 mm gun, and a large vehicle bay capable of storing pickup trucks, ATVs and snowmobiles.

To enhance her understanding of conditions in Canada's far north, Cdr



Cdr Michele Tessier

Tessier, along with Cdr Corey Gleason, Commanding Officer of *HMCS Harry DeWolf*, will join the Canadian Coast Guard in the Arctic this summer, and again in 2018 for Arctic navigation and operations training. Some areas of focus will include Arctic-specific climate, currents, and methods of operating a vessel in water obstructed by ice.

"While I have very basic ice-navigation training and experiences sailing in Alaskan waters, the RCN doesn't have a lot of Arctic expertise," said Cdr Tessier. "It's a little daunting because I have so much to learn, not only about the Arctic component, but all the other pieces as well. I'm looking forward to getting onboard with Cdr Gleason in 2018 to start my "Know-Your-Ship" book and become familiar with our newest class of ship."

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NAVY'S TALL SHIP SET TO SAIL SOUTH

Peter Mallett
Staff Writer

HMCS Oriole's upcoming sail is one of the farthest in its 96-year history.

Two weeks into March, the 31-metre sailing ketch, with 20 eager sailors on board, will leave Esquimalt Harbour with the compass set for Charlottetown Harbour in Prince Edward Island.

If all goes as planned, Oriole will glide into the East Coast harbour late-June after sailing more than 10,000 nautical miles, (16,000 kilometres) just in time for Canada's 150th Anniversary celebrations.

Along the way the crew will be changed out, and the sailing ketch will make some impressive ports of call.

"The crew is super excited because they truly recognize this as a once-in-a-lifetime opportunity," says LCdr Michael Wills, Oriole's skipper. "As the deployment progresses the crew will gradually be replaced and in the end probably 40 or 50 personnel will be part of this deployment. The chances of being selected are pretty slim, and while I'm not going to say I will never be able to do such a trip again, the opportunity for me is also historically sparse."

The southerly course down the Pacific Coast and through the Panama Canal and Caribbean will include stops in the United States, Mexico, Jamaica, and Bermuda for the Tall Ships Bermuda 2017 festival on June 1. Part of the festival is a regatta, a series of races including a trans-Atlantic race to Bermuda and on to Boston, Quebec, and finally Halifax.

The final leg of Oriole's journey will take her into the Gulf of the St. Lawrence for Canada 150 celebrations in Charlottetown, followed by a variety of short visits throughout the Maritimes and Quebec.

"It's both an honour and incredible opportunity to be part of this event when you consider Oriole has been sailing in Canadian waters for 96 of those 150 years of Confederation," says LCdr Wills.

Following the sesquicentennial cel-

LCdr Mike Wills at the wheel during a day sail aboard HMCS Oriole.



ebrations, Oriole will remain on the East Coast for a refit during the winter.

In April 2018, the sailing ketch will take a shorter, more direct 7,000 nautical mile homeward journey through the Panama Canal, arriving back in Esquimalt in August.

LCdr Wills says the deployment is among Oriole's most ambitious. While it did complete a deployment to the East Coast and Quebec in 1984, the lengthiest sails were to Australia and New Zealand in the latter half of the 20th century.

Before it sets sail in March, Oriole is undergoing significant equipment renewal with replacement of both generators and its water maker, plus establishment of an Internet connection and a significant rebuild of the navigation suite. The vessel will stock "far more than the usual" contingencies of equipment and fresh and dried food.

The supplies will help the ship's company survive the wide range of sea states expected from the Pacific Ocean through to the East Coast. LCdr Wills and his crew will rely heavily on Maritime Forces Pacific and Maritime Forces Atlantic for weather updates, and other logistical requirements.

Unlike a warship that has warm and dry lower decks and bridge, Oriole is open to the elements.

"Members of this ship will spend many hours on the upper decks, exposed to the weather, and the motion of the boat," LCdr Wills says. "It's going to be a culture change for a lot of folks used to working in an air conditioned, temperature-controlled room."

The skills and experience earned during this open water sailing on a wind-powered vessel will transform even the most seasoned sailor says LCdr Wills.

"In the end the folks posted to Oriole will be a much more capable group of sailors than when they started. While many of the sailing skills they will learn are not platform specific to their trades and jobs in the military, these skills will eventually transform into the furthered success of the modern fleet."

The crew is super excited because they truly recognize this as a once-in-a-lifetime opportunity.

LCdr Michael Wills



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Pacific Fleet Club is your social hub!



Feb 11th - UFC 208

Lewis vs Browne.
Doors open at 6:00pm

Feb 14th - CFB Esquimalt Jr Ranks Coffee



Come down to enjoy some healthy and not so healthy Valentine's Day snacks!
10:00 - 11:00 in the Okanagan Room



Feb 22nd - Paint Nite

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Mess members contact MS Clarke for tickets. \$15 each.

Feb 26th - Kids Movie

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WHAT SAY YOU

People Talk

Lookout asked people attending the *HMCS Calgary* National Defence Workplace Charitable Campaign wrap-up hockey game and barbeque:

Who is your all-time favourite hockey player and why?



Even though I'm an Oilers fan it's Montreal Canadiens Jean Béliveau because I once got a chance to play with him as a young girl. He told me I had great hockey shoulders and that playing the game was my destiny, and he was right.

AB Elysia Allen,
HMCS Calgary



Trevor Linden because he is a Canuck through and through. He started a Canuck and retired a Canuck and he is now the team's governor and president of hockey operations.

CPO2 Armand Reelick,
HMCS Calgary



Former Bruins and Avalanche star Ray Bourque because he was a great defenceman and NHL All-Star, a team leader and was just so solid throughout his career.

LS Andrew Stone,
HMCS Calgary



Mario Lemieux because of the way he overcame serious health problems, including Hodgkin's lymphoma, and for his remarkable charity work. Not only was he an amazing hockey player but also a great role model.

PO1 Chris VanHorne,
Base Administration

WHAT SAY WE

Burn Awareness Week

Jason Humphries
CFB Esquimalt Fire and Rescue

Burn awareness week is an annual campaign geared towards families, by providing education in preventing burn-related injuries.

Safety Tips

Hot water scalds are the leading cause of burns to young children. The vast majority of these burn injuries are preventable.

- When using water taps, turn COLD water on first. Then add HOT water and adjust the temperature. Reverse the order when turning water off: HOT water first, then the COLD water.
- Always test a child's bath and sink water. When bathing children never leave them unattended as they may turn on the hot water or slip in your absence.
- Be very careful when drinking HOT liquids, especially around children. At 60°C (140°F) it takes less than five seconds to get a third degree (full thickness) burn. Children and older adults, by virtue of their thinner skin, sustain severe burns at lower temperatures and in less time than an adult.

- Cooling the burned area will lessen the severity of the injury if the procedure is performed immediately following the burn incident.
- Children need to know the correct procedure for cooling a burn injury. Within seconds of a burn injury the burned area should be placed in, or flushed with, cool water. Keep the burned area in the cool water for 10 to 15 minutes. NEVER use ice, ointments or butter.
- If they are burned, tell children to immediately seek assistance from an adult.
- If the burn injury is severe, immediately seek emergency assistance. Instruct children how to dial 9-1-1, or your community's local emergency number. Children have thinner skin than adults. They will sustain more severe burns at lower temperatures and in a shorter period of time. Exposure for just five seconds to water which is 60°C (140°F) can result in a full thickness or third degree burns, which would require hospitalization and skin grafts. (This is the temperature of the average home's hot water as it comes from the tap.) For more information check out www.burnfund.org



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Prairie Reservist receives CJOC Commander's Commendation



LCdr Clark Northey is joined by his father Robert Northey (left) and LCdr Trent Nichols for his promotion to his current rank and the awarding of a Canadian Joint Operations Command, Commander's Commendation.

A/SLt Callista Szachury
HMCS Queen

An Intelligence Officer from *HMCS Queen* is the recipient of a Canadian Joint Operations Command, Commander's Commendation for his exceptional leadership during Operation Lentus 15 – 02 as the Joint Task Force West Liaison Officer.

Lieutenant-Commander Clark Northey proved himself a vital intermediary between the Canadian Armed Forces, affected First Nations communities, and provincial and municipal leaders located in northern Saskatchewan.

By strengthening the ties between these local communities and the Canadian Armed Forces during what can be considered the largest-ever

wildfire evacuation in the province's history, LCdr Northey efforts aided in ensuring a successful outcome to this critical firefighting operation.

On Saturday, Jan. 28, with his immediate family and the ship's company present, LCdr Northey received his commendation from LCdr W. S. Trent Nichols, Commanding Officer of *HMCS Queen*.

In addition to the commendation, he also received his well-deserved promotion to Lieutenant-Commander.

Raised in Prince Albert, SK, LCdr Northey joined the Royal Canadian Navy in 2006 at *HMCS Unicorn* while pursuing his studies in Biochemistry at the University of Saskatchewan. Upon his return to the province following his first tour overseas, he relocated to *HMCS Queen* in Regina, SK, where he

is currently the Executive Officer after serving in a variety of Naval Reserve Division roles.

From 2010 onwards, LCdr Northey has been employed both nationally and internationally. His assignments have included an intelligence course instructor at CFFS(Q), participating in the multinational PANAMAX exercise series in Norfolk, Virginia, and serving as J2 staff within the RCMP-led Integrated Security Unit on Operation Podium in support of the Vancouver Winter Olympics.

Shortly after the Olympics, he deployed to Bahrain as a counter-terrorism intelligence analyst within U.S. Naval Central Command. In 2012, he deployed once again to Northwood, UK, as the Cell Chief for the NATO Shipping Centre.

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Children learn responsible choices through DARE program

Community Relations MPU Esquimalt

Fifty-eight Grade 5 students graduated from their Drug Abuse Resistance Education (DARE) program Jan. 27 at École John Stubbs Memorial.

Military Police Unit Esquimalt supports the program that empowers children with critical

thinking and life skills necessary to choose a drug-free life, and enable them to become responsible citizens.

Children attended several weekly lessons with School Liaison Officer, Leading Seaman Andrée Noye, who guided them through a variety of activities, and worked on:

- Self-awareness and management
- Responsible decision making
- Understanding others
- Relationship and communication skills
- Handling responsibilities and challenges

The course's 10 lessons are arranged in a scaffolding process, starting with the basics about

responsibility and decision making, and then building on them to get students to develop their own responses to real life situations

The culmination of the program was the graduation where many children expressed their learning through skits, arts, and essays.

DAREn the Lion, the ever popular mascot, was present and entertained the crowd.

Military Police Unit Esquimalt supports program that empowers the children with critical thinking and life skills.



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What is this program?

Saving for your first home can be challenging, which is why the government of British Columbia has introduced a program designed to help you. It's aimed at eligible first-time homebuyers buying residences in the province of BC and will provide repayable down payment assistance loans between February 15, 2017 and March 31, 2020. Applications will start to be accepted by BC Housing January 16, 2017.

How does it work?

The BC HOME Partnership loan will match your down payment amount for up to 5% of the purchase price of your home. Your down payment plus the down payment loan combined must be less than 20% of the purchase price. For the first five years, the 25-year loan is interest-free and payment-free. Afterwards, you will need to make principal and interest payments, amortized over the remaining 20 years.

Eligibility Requirements Include:

- ✓ You are a first-time homebuyer.
- ✓ You have been a Canadian citizen or a permanent resident for at least five years and have lived in BC for the last 12 months.

- ✓ You plan to purchase a home for \$750,000 or less.
- ✓ Your down payment must be equal to or greater than the amount provided by the province.
- ✓ Your total household income is \$150,000 or less.
- ✓ Your new home will be your principal residence.

If you are currently approved for a mortgage and meet the qualifications, you can apply for down payment assistance.

There are a few things to consider when choosing this option. For example, the down payment amount borrowed by you will be included as part of your total overall debt when applying for a mortgage. As it is a loan, it will be registered as a second mortgage by the government of British Columbia as a liability against your home. In addition, if you sell or choose to refinance your property, the remaining balance of your BC Home Partnership loan must be repaid.

Other terms and conditions of the BC HOME Partnership loan program apply. For additional information about the program, visit BC Housing at www.bchousing.org/housing-assistance/bc-home-partnership.

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Alberta-style ending to HMCS Calgary charity fund-raising



Peter Mallett
Staff Writer

The crew of *HMCS Calgary* wrapped up a successful National Defence Workplace Charitable Campaign (NDWCC) by partaking in two of their namesake city's favourite pastimes: a hockey game and barbecue.

A team made up of Officers and Chiefs and Petty Officers scored a 7-4 victory over the ship's Junior Ranks in a Jan. 26 midday showdown on the ice at Naden's Wurtele Arena.

"The underdog senior officers pulled off an upset victory over the junior ranks who were expected to prevail," said Lt(N) Mikhail Smirnov, the ship's Information Management Officer. "All available members of the ship's company came down to cheer on their friends and shipmates."

Following the final buzzer, the ship's company attended a barbecue outside the arena, hosted by the ship's logisticians and featuring homemade hamburgers and a full spread of snacks.

Lt(N) Smirnov said *Calgary* contributed \$5,870.82 to this year's NDWCC. He also extended special thanks to the ship's NDWCC representatives PO2 Mark Grimard, Lt(N) Jon Day, PO2 Dana Haley, and LS Nicole Hunter for coordinating the fundraising efforts.



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OPERATION LENTUS

Photos by
WO Jerry Kean/5 Cdn Div Public Affairs

Approximately 200 Canadian Armed Forces (CAF) members are supporting the ongoing emergency response to the ice storm in New Brunswick. The Province of New Brunswick asked for Government of Canada assistance on January 29. The CAF is conducting a variety of tasks, including delivering emergency supplies, helping to re-establish existing road networks, and supporting door-to-door residential wellbeing checks in the Northeast of the province.



Master Corporal Anzio Gallant and Corporal Jonathan Nowles, members of The North Shore (New Brunswick) Regiment, 37 Canadian Brigade Group, speak with local residents in the Tracadie, NB area, as part of their door-to-door checks to ensure residents are safe.



Master Corporal Serge Godin, of 8th Canadian Hussars, 37 Canadian Brigade Group, speaks with Department of Natural Resources member Tony Ouellet.



Sapper Alex O'Halloran, a member of 4th Artillery Regiment (General Support), removes fallen tree branches and damaged trees.



Sergeant Eric Landry, a member of 4th Artillery Regiment (General Support), speaks with a resident of the Lamèque, NB area, about cleaning out spoiled food from her home.





Photo by Peter Mallett, Lookout Newspaper

Cdr Wes Golden is joined by Sgt Barbara Lane of Base Administration and Base Logistics' Josh Barnswell for a ceremonial cake cutting for the Logisticians 49th anniversary at the Wardroom, Feb. 1.

Logisticians celebrate 49 years

Peter Mallett
Staff Writer

Members of the Logistics Branch gathered for their 49th Anniversary party Feb. 1 at the Wardroom, enjoying cake, beverages and thoughts of their 50th in 2018 - designated Year of the Logistician by the Canadian Armed Forces.

Over 100 logisticians joined Cdr Wes Golden, Commanding Officer of Maritime Forces Pacific/Joint Task Force Pacific Headquarters, in cutting a giant vanilla cake and singing "Happy Birthday".

"For 49 years we continued the tradition of excellence that is embodied in our motto 'Servitium Nulli Secundus', which means 'Service Second to None'," said Cdr Golden.

The branch was born in 1968 during the integration of the Canadian Army, Royal Canadian Air Force and the Royal Canadian Navy into the Canadian Armed Forces.

The Logistics Branch has approximately 15,000 members nation-wide encompassing seven trades: Resource Management Support staff, Cook, Postal, Supply, Ammunition, Traffic and Mobile Support Equipment.

Cdr Golden is chairing the B.C. Region's planning team for the 50th anniversary celebrations and will oversee the organizing of next year's celebrations at the base. He encourages logisticians from all walks, military personnel and civilian employees, to get involved in the process and

generate celebration ideas.

"I would like to encourage everyone to get involved. If you have some ideas please bring them forward because the events and celebrations are limited only by your imagination," he said.

Some events planned for The Year of the Logistician on the national level include a Logistics Branch Flag Relay, with a branch flag being carried to bases across Canada and to CAF deployed units around the world; Sentry Duty at the National War Memorial; a 2018 Logistics Gala Ball; the production of a pictorial coffee-table style book of anecdotes from current and former serving logisticians; and a commemorative stamp representing each trade in the Branch.

For 49 years we continued the tradition of excellence that is embodied in our motto 'Servitium Nulli Secundus', which means 'Service Second to None'.

Cdr Wes Golden, Commanding Officer of Maritime Forces Pacific/Joint Task Force Pacific Headquarters,

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- Contact details for everybody in your address book.
- Your complete call history.
- Text messages.
- Location history based on GPS readings.
- Personal photos and videos.
- Stored passwords and easy access to financial accounts (assuming you've accessed them on the device).

See what we mean? So when it's time to turn that device over to its next owner—whether you trade it in, sell it, give it to a family member, or donate it—it's vitally important to wipe out the personal information.

Use your settings

Happily, resetting an iPhone or Android device is reasonably simple:

- **Apple:** Settings – General – Reset – Erase All Content and Settings
- **Android:** Settings – Privacy – Factory Data Reset

Also, in the case of phones, don't neglect your SIM card; it retains personalized information even after you reset the device.

When replacing your phone, ask the sales professional about moving the SIM card from the old device to the new one. If this is impossible due to hardware differences, be sure to remove and destroy your old SIM card.

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Password security

For years, we've all been told certain unshakeable truths about creating strong passwords. But things are changing.

In an effort to help you sort through the confusion, we offer a look at old and new advice:

Old:

Use a blend of upper and lowercase letters, along with at least one numeral and special character.

New:

Using all lowercase characters can be fine, if you do it right.

Explanation:

The idea behind using all those funky characters is to avoid "dictionary attacks," wherein hackers use brute-force software that simply runs through all possible words. Indeed, this is smart—but it may result in nonsensical-looking passwords that are hard to remember and easy to mis-type, such as *b0st0nREDs@x!* And if there's one thing experts agree on, it's that easily forgotten passwords will be written down, which defeats their purpose. Newer studies find that it can be just as effective to create a password like *iuvilllovetheRedsoxuntilidie*. Easier to remember, easier to type, just as hard to crack.

Old:

Change passwords frequently.

New:

Sticking with existing passwords, assuming they are strong ones, is the way to go.

Explanation:

Some of your accounts, including your all-important work-computer password, may force you to swap every six months or year. It's a pain, isn't it? The rationale was that passwords eventually got shared or hacked, so users should be forced to come up with fresh ones. But again, newer research shows this can hurt more than it helps. We're all overrun with passwords, and if you're forced to create a new one, you may decide to write it down because you know you'll forget it. And once again, writing down the password is a bad thing. Experts now say that if a password is strong and not shared, there may be no benefit in changing it.

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LOCK / VERROUILLEZ
CTRL-ALT-DELETE



Printer security

Your Printer May Be Your Weakest Security Link

They avoid the glare of the spotlight that falls on human fraud, phishing, malware, adware, spam, and DoS attacks, but hitherto innocuous endpoint devices such as printers also present a security threat.

Yes, that indispensable printer is fast acquiring the dubious distinction of being a leading contender for the slot of the mole in your backyard.

The printer in your office comes with lightning-fast scanning capabilities, solid print qualities, fast printing speeds, and remote printing and scanning capabilities.

From confidential employee records to credit card numbers, health records, and other sensitive info, the modern printer retains a copy of every document that has ever passed through.

Unfortunately, weak printer security can act as the weak link that puts your organization's data at risk. According to the Ponemon Institute, 55% of devices are insecure in terms of access to data stored in printed hardcopy. And 44% are insecure in terms of access to data stored in printer mass storage.

Small wonder, then, that organizations are exposed to printer-related data loss caused by factors such as:

- Inferior brands that may not offer appropriate security settings.
- Companies not installing security upgrades manually.
- Inactivated printer security.
- Printers located outside the network firewall.
- Hacker interception of documents, which are then sent to the hacker's Dropbox secretly.

According to Ponemon, 60% of companies have suffered a data breach involving printers.

A real-world example that highlights how easy it is to execute cyber-fraud can be seen in a recent case in which 29,000 printers across college campuses nationwide were hacked remotely, resulting in pages of offensive flyers mysteriously showing up in the output trays.

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Security awareness

Awareness Is Everything: Personal Security Habits

Recent news events have highlighted the need for active personal security awareness.

In a post-9/11 world, we would all do well to better develop our own personal security "radar." Generally speaking, this entails being aware of your surroundings and having a plan as to what you'll do if things go wrong.

Identify situational threats

Scanning and calculating are techniques derived from the executive protection profession.

Scanning involves continuously and subconsciously scanning your immediate area to identify potential threats.

Calculating is the mental planning of a response that takes place after scanning identifies the threat.

For example, if you walk down a street and see a suspicious individual approaching, you should immediately develop a plan of action in case the suspicious person makes any overt move to close the distance. This may be as straightforward as stepping into a store when you're in an unfamiliar city.

Trust your gut

FBI profilers say that improving your security awareness can be as simple as trusting your intuition and instincts. Intuition, they say, is tied to the human experience of much earlier times, when people lived in a dangerous natural environment.

So if you have a bad feeling about a person or situation, follow your instincts. Those instincts are tied to a "fight or flight" mechanism in your brain, and are often correct in determining a potential threat to our safety.

However, while intuition should be considered an integral part of personal security awareness, it's important to remember that our gut feelings can be wrong; they are just one tool in your awareness toolbox.

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Military Police Security Section will have a booth at the Naden Athletic Center promoting Security Awareness Week,

Monday, 6 Feb from 1100-1300 hrs,
Wednesday, 8 Feb from 1000-1200 hrs and
Friday, 10 Feb from 1000-1200 hrs.

Please stop by and check it out.
We will have security information, tips, posters, games and prizes.

• Games and Activities:
http://www.gcpcedia.gc.ca/wiki/Security_Awareness_Resources

• Posters, publications and tips:
<http://intranet.mil.ca/en/health-safety-security/security-awareness-toolkit.page>

• Promotional Items Available:
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New Canadian Armed Forces policy removes promotion barriers for ill and injured members

DND

Members of the Canadian Armed Forces (CAF) who have medical challenges and are up for potential promotion no longer have to feel they need to choose between the two.

Effective Jan.18, 2017, ill and injured members can be promoted while undergoing medical care. If they have a condition that is preventing them from achieving fitness or training promotion prerequisites, they can be promoted in an acting capacity with no time pressure for meeting these conditions. Once their medical treatment has been completed, a member can be fully promoted to their new position.

CAF leadership is committed to caring for our members and encourages those in need of medical care to take advantage of the resources available

to them, without stigma or worry of impacts on their career advancement.

"When you've earned your promotion, it shouldn't be denied to you just because you're treating a medical condition," said General Jonathan Vance, Chief of the Defence Staff. "For too long, people have avoided seeking help for fear of professional implications. We need people who can reach their full potential now and in the future. Get the help you need: your promotion will not suffer."

The CAF recognizes the talents and dedication of our ill and injured members, and their expected future contributions. A member's posting and appointment at the next rank will take into account his or her employment and deployment limitations.

"This is a significant change for the CAF. Our hope is that it will encourage members to get the support they

need right away, allowing them to focus on both their health and career," said Colonel Rakesh Jetly, Mental Health Advisor, Canadian Forces Health Services.

Removing medical health from promotion criteria is just one of the ways the CAF is working to improve how administration and support is provided to our members and their families.

For more information on these changes to promotion criteria, consult CANFORGEN 012/17 CMP 009/17 De-linking of Medical Condition from Promotion Criteria.

Learn more about health programs and services available to CAF members, including physical and mental health care, support for families, and comprehensive reintegration and return-to-work programs, on the CAF health services website.

FACILITY CLERK

CFB Esquimalt | Competition: # ESQ-17-007



Job Summary:

Under the supervision of Facility Supervisor, the Facility Clerk greets visitors, establishes nature of business and directs visitors to appropriate area or person. He/she ensures access to the facility, equipment and services is by authorized clients only. He/she also receives and processes payments for recreation programs or facility use and provides administrative support related to activities at the facility.

Qualifications:

High school diploma AND some years experience in a related field.
OR
An acceptable combination of education, training, and experience will also be considered.
AND
Current CPR and basic First Aid qualifications
Language Requirement: English Mandatory

Experience Requirements:

- In providing customer service
- In general office administration
- In using software for word processing, spreadsheets, presentations, databases, e-mail, and Internet browsing

Salary: \$12.06/hr - \$16.40/hr

Conditions of Employment:

Successful candidates will be available to work weekdays, evenings and weekends. The hours of operation for this facility are Mon-Thurs 0530-2130, Fri 0530-1930, Sat & Sun 0800-1800. Successful candidate will be able to perform moderate lifting, carrying, pulling and/or pushing (i.e. more than 10 lbs/4.5 kg but less than 50 lbs/23 kg).

Start Date: ASAP

Application Deadline: 23:59 hrs Pacific Time on 12 February, 2017

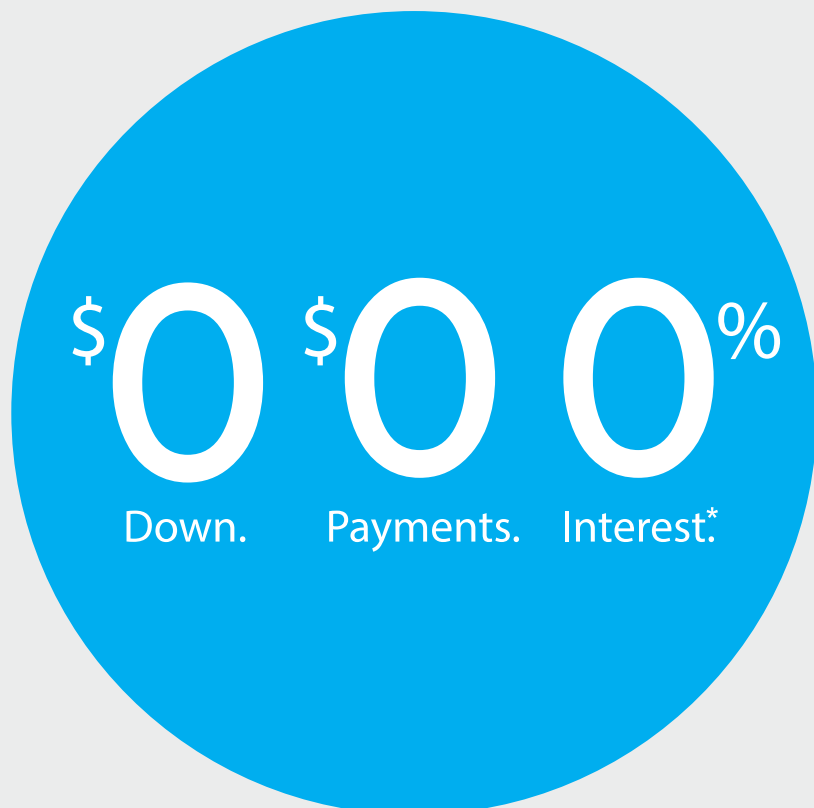
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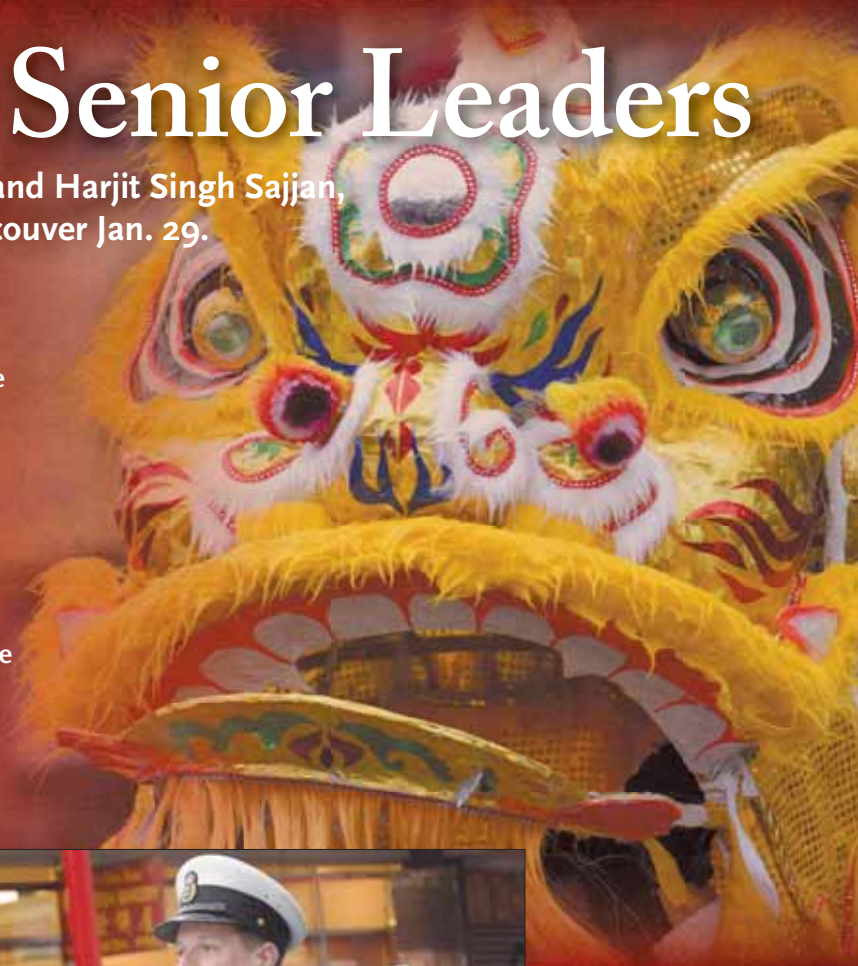
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Chinese New Year with Senior Leaders

Senior naval leaders joined Justin Trudeau, Prime Minister of Canada, and Harjit Singh Sajjan, Minister of National Defence, for the Chinese New Year parade in Vancouver Jan. 29.



With the parade underway, Honorary Captain (Navy) Tung Chan, Commodore Marta Mulkins, Rear-Admiral Art McDonald, and Commodore Jeffery Zwick pause for a photo.



Senior navy leaders mingle with the Prime Minister and MND.



Petty Officer Second Class Steve MacDonald keeps the beat for the Naden Band of the Royal Canadian Navy as they march in the parade.



Prime Minister Trudeau and Minister Sajjan join Chinese community members in watching the traditional dragon dance during the celebrations.

Image by: Cpl Stuart MacNeil, MARPAC Imaging Services

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DND awards a major contract for the demolition of "B" Jetty

DND

The Department of National Defence has awarded a \$55.45 million contract to Pomerleau Inc. from Surrey, BC, for the demolition of the existing "B" Jetty at Her Majesty's Canadian Dockyard Esquimalt and preparing the site for future rebuilding work.

The existing jetties, "A" and "B", were originally designed for ships that were smaller and lighter than today's modern Canadian Patrol Frigates. As such, they are not long enough or deep enough to accommodate modern ships.

The ongoing project at HMC Dockyard Esquimalt provides the Royal Canadian Navy's Pacific Fleet with structurally sound docking facilities that will be functionally optimal for the berthing of Canada's modern frigates and for newly designed vessels joining the fleet between 2018 and the mid-2040s.

The new jetty facilities will

be longer and more versatile. New cranes will enable efficient loading and unloading of modern ships, to be delivered by Canada's National Shipbuilding Strategy to the Royal Canadian Navy over the next 30 years.

The A/B Jetty Recapitalization Project represents a total investment of \$781 million at Canadian Forces Base (CFB) Esquimalt.

Throughout the duration of work, the Government of Canada's investment in the major A/B jetty project has the potential to create 1400 middle class jobs and sustain economic in the region for the years to come.

The A/B Jetty Recapitalization Project is divided into three phases to ensure that at least one jetty remains operational for the duration of the project.

Following the demolition of "B" Jetty, the rebuilding of a new "B" Jetty will begin.

The demolition and rebuilding of "A" Jetty will begin once "B" jetty is operational.

Black History Month

Katie Lowdon
Civilian Human
Resources Service
Center (Pacific)

together with an inclusive work environment strengthens the Defence Team.

As Canada sets out to celebrate 150 years as a nation, an important part of our history is recognized in February: Black History.

In 1995, Honourable Jean Augustine became the first Black woman to be elected into Parliament, and in her role she passed the motion to officially recognize February as Black History month.

Black History month is an opportunity for Canada to commemorate and reflect on the history, achievements, diversity and culture that is brought to Canada by black Canadians. There are various educational events to be found throughout the Greater Victoria area in the month of February to further celebrate this commemorative month.

The Canadian Armed Forces and DND are committed to creating a workplace that is fair, respectful, inclusive, and supportive of diversity. A diverse workforce, one that is reflective of Canada's population,

In the Formation, the Defence Visible Minority Advisory Group (DVMAG) priorities are to build awareness, identify systemic barriers, and recommend ways to navigate those barriers for both civilian and military personnel. The DVMAG is one of four Advisory Groups at Maritime Forces Pacific. All DND/CAF personnel are encouraged to participate in any/all of the Defence Advisory Groups with supervisor approval.

It is important to note that members do not have to identify with one of the groups to get involved. Advisory Group participation is voluntary and open to all. Your contribution is important and can be helpful in a variety of ways based on your interests and availability.

For more information on the MARPAC Defence Advisory Groups or Employment Equity general inquiries, please contact the HR Planning and Programs Office at 250-363-7856.

MARPAC Awards ceremony

Bravo Zulu



Photo: MCpl Brent Kenny, MARPAC Imaging Services
Commander Scott Godin (left) is presented the ADM Mat Merit Award from Rear Admiral Art McDonald, Commander of Maritime Forces Pacific.



RCSU(P) Presentations



Warrant Officer Nathan Verhoog is promoted to his current rank with his wife Brice, daughter Arya, and 2-month-old son Beren, and Regional Cadet Support Unit (Pacific) Commanding Officer, Commander Dave Coulombe.



Major Linda Hildebrandt is presented the second clasp for the Canadian Forces Decoration by Regional Cadet Support Unit (Pacific) Commanding Officer, Commander Dave Coulombe.



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OPERATION REASSURANCE JANUARY 2017 ST JOHN'S AT SEA

Photos by Leading Seaman Ogle Henry, Formation Imaging Services



Corporal Kirsten Hirtle, an Aviation Systems Technician, performs routine first-line maintenance on the CH-124 Sea King helicopter while the ship is at anchor in the Aegean Sea during Operation Reassurance.



Master Seaman Craig Brown, Marine Systems Engineer, cuts a metal rod.



Crewmembers hoist a simulated injured diver onboard during an exercise while the ship was at anchor.



Lieutenant-Commander Scott Nelson, Executive Officer, observes the German Navy Sachsen-class frigate Sachsen sail past as the ship transits the Aegean Sea during Operation Reassurance.

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- Q College
- Royal Roads University
- Royal Military College of Canada
- Sprout Shaw
- University of Manitoba
- UVic, Division of Continuing Studies
- University of Athabasca
- VIMA - Vancouver Island Montessori Association
- Vancouver Island University
- Victoria College of Art
- Westshore Centre for Learning and Training
- West Coast College of Massage Therapy

HEALTH AND WELLNESS

- Another Brick in Nepal – Canada
- Body Logic Clinic NEW!
- BC Schizophrenia Society of Victoria
- BC Responsible and Problem Gambling Program
- Big Brothers and Big Sisters
- Bridges for Women Society
- Canadian Diabetes Association
- Edgewood Health Network NEW!
- Do Terra Essential Oils
- Dream Maker Dance Studio NEW!
- EAP
- Fort Street Cycle
- Float House Victoria - Floatation Therapy NEW!
- Greater Victoria Bike to Work Society
- Health Promotion
- Hearing Life Canada
- Inbalance 4 Life
- Island Hand Therapy Clinic

- Island Health Tobacco Prevention and Vapour Prevention & Control
- Island Prostrate Centre
- King Cobra Fit Personal Training and Group Fitness NEW!
- Local Urban Bites – Healthy Meal Plans NEW!
- Lifetime Networks –Support for People with Disabilities NEW!
- MARPAC Health and Wellness Strategy
- Mediequip
- Michael Walsh Coaching Addiction Recovery Solutions NEW!
- MFRC
- Norwex Chemical Free Products
- Orange Theory Fitness NEW!
- Progressive Chiropractic
- Quit Now – BC Lung Association
- Pacific Fleet Club
- Popeye's Supplements
- Saanich Volunteer Services Society
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- Thetis Massage Therapy New!
- Together We Can Addiction Recovery & Education (Sponsor!)
- USANA Health Sciences
- Vancouver Island Men's Trauma Counselling Society NEW!

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848 ROYAL ROADS AIR CADETS invite all youth aged 12 - 18 from Westshore and Sooke. Participate in gliding, marksmanship, weekend and summer camps, ground school, drill, band, and more! Join us on Tuesday from 6:30 - 9:00pm at 1289 Parkdale Dr., Langford (Lighthouse School). Find us on Facebook: Air Cadets - 848 'Royal Roads' Royal Canadian Air Cadet Squadron. Website: 848royalroadsaircadets.com Contact: 848parentinfo@gmail.com or 250-590-3690.

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