

Volume 58 Number 51 | December 23, 2013

LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.

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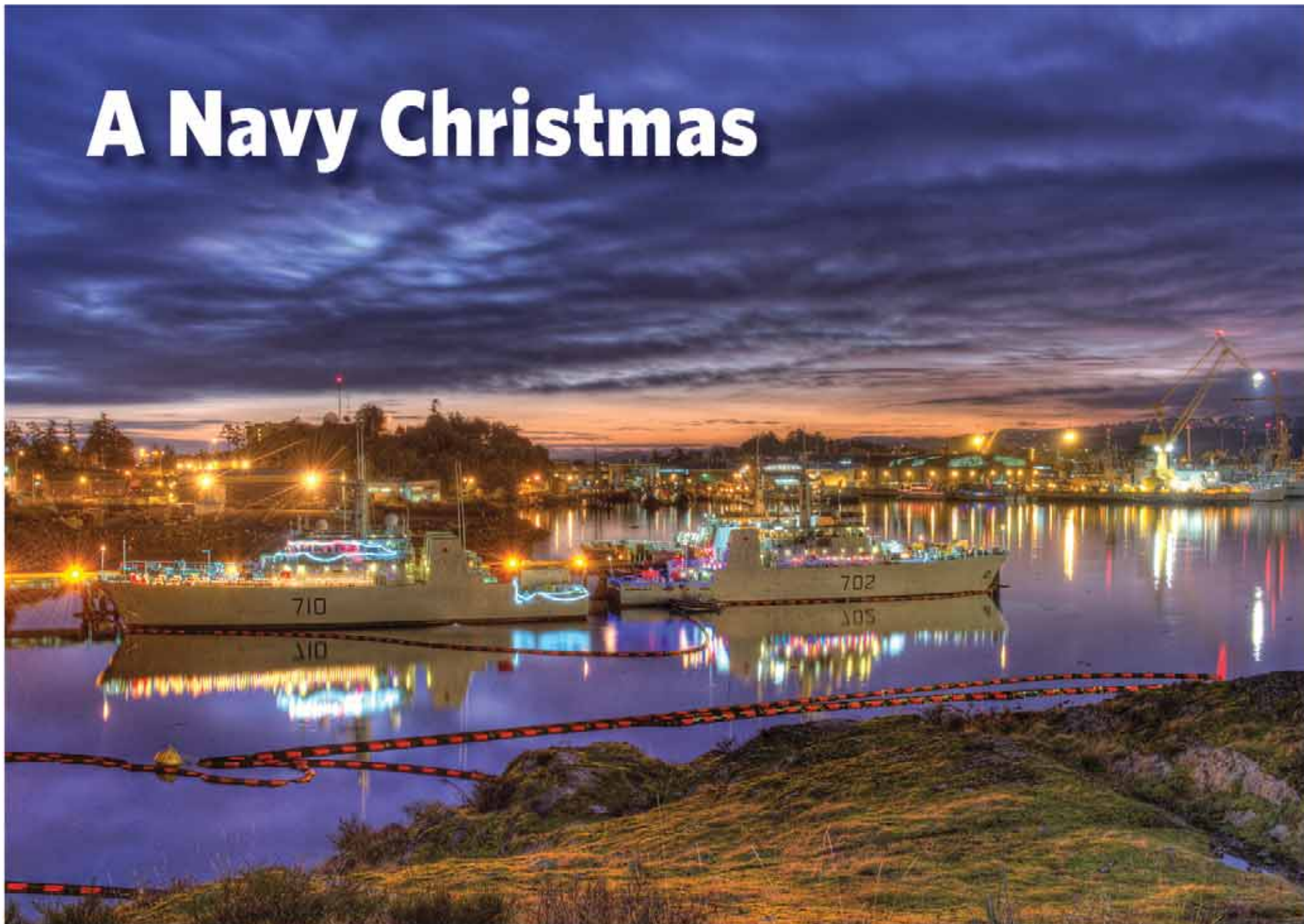


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A Navy Christmas



Cpl Stuart MacNeil MARPAC Imaging Services

HMC Ships Brandon and Nanaimo show off their holiday light displays as part of the Navy Holiday Village at CFB Esquimalt.

| | | |
|---|--|--|
| <p>NEWS 2</p>  <p><i>Base raises half a million dollars for charity</i></p> | <p>COMMUNITY 3</p>  <p><i>Ships return home from Operation Caribe</i></p> | <p>SHIP NEWS 6</p>  <p><i>HMCS Protecteur changes leadership</i></p> |
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Lookout is CLOSED from Dec. 23 to Jan. 3.
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Cpl Stuart MacNeil MARPAC Imaging Services
Capt(N) Luc Cassivi, Vicki Laidlaw, Honorary Capt(N) Cedric Steele, and RAdm Bill Truelove present Interim CEO of United Way Greater Victoria, Heather Gardiner, and Health Partners Campaign Manager, Ellen Louie with a cheque for \$555,000 during the closing ceremonies for the Government of Canada Workplace Charitable Campaign held at the Naden Drill Shed at CFB Esquimalt on Dec. 16.

\$555,000 + RAISED! **More than half a million raised**



Members of the Defence Team gathered at CFB Esquimalt last Monday evening to mark the conclusion of their annual Government of Canada Workplace Charitable Campaign (GCWCC) during the official opening of the Navy Holiday Village at the Naden Drill Shed.

Capt(N) Luc Cassivi, Base Commander, presented a big cheque during the opening of the Holiday Village in the amount of \$555,000 to Heather Gardiner of the United Way of Greater Victoria and Ellen Louie of Healthpartners.

The figure was followed by a "plus sign" to indicate further unit contributions continuing to arrive.

"Our organizers and

volunteers did a fantastic job throughout this year's campaign. There was great unit participation across the Formation and a lot of excitement generated throughout," said Capt(N) Cassivi. "I am also very pleased to see so many members of the community here for the cheque presentation and to connect with their navy at our Navy Holiday Village."

The local Defence Team, comprised of Canadian Forces members and civilian employees working at more than 100 Department of National Defence (DND) units within the Greater Victoria Area, has been a leading contributor to the United Way of Greater Victoria. These contribu-

tions are the result of countless hours worked by volunteers who each year make the campaign a success.

The United Way of Greater Victoria will distribute the local Defence Team's donations to the registered Canadian charities.

The campaign began Sept. 19, raising contributions through a variety of innovative activities including an exhibition hockey match with the Victoria Royals.

Nationally, the GCWCC is the largest and most successful workplace fundraising campaign in Canada, raising more than \$38 million last year in support of United Way, Healthpartners and thousands of other registered Canadian charities.

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Shawn O'Hara, Lookout

HMCS Yellowknife is welcomed back to CFB Esquimalt by the Admiral after three months at sea with Operation Caribbe.

Yellowknife and Edmonton showcase their strengths

HMC Ships Edmonton and Yellowknife

HMC Ships *Edmonton* and *Yellowknife*, along with HMC Submarine *Victoria*, returned home last Thursday after completing deployments in the Eastern Pacific Ocean, marking the end of a very successful year for Operation Caribbe 2013.

It was late fall when *Yellowknife* and *Edmonton* left Esquimalt harbour for what would be a fruitful operation combating transnational organized crime off the Caribbean and Pacific coasts of Central America.

Brimming with anticipation, the two reserve crews sailed away in their Maritime Coastal Defence Vessels Sept. 23 for their three month deployment. The transit was 3,200 nautical miles south to the west coast of Central America. The mission: Operation Caribbe, Canada's contribution to the international campaign against illicit drug trafficking in that region.

While en route, the ships' crews completed work-ups tailored to the unique requirements of their upcoming mission. Following a quick stopover in San Diego to pick up United States Coast Guard Law Enforcement Detachments, the MCDVs joined a two-day exercise dubbed North American Maritime Security Initiative (NAMSI) between the Canadian, Mexican, United States Navies and the U.S. Coast Guard. That exercise challenged the Canadian, U.S., and Mexican forces to plan and execute a combined response to a maritime security threat.

Several objectives were met including coordinated planning, seamless information sharing, and command and control during the

detection, interdiction and disposition of a vessel engaged in illicit activities.

With training complete, the Canadian MCDVs continued south to the Mexican Naval Base in Ensenada, Mexico. Sailors were introduced to Mexico's multiple counter-narcotic practices, such as their road search procedures and canine unit, as well as a tour of their Coast Guard vessels and Russian built Mi 17 helicopter.

Each country joined in hospitality celebrations, with Admiral Victor Uribe Arevalo of the Mexican Navy awarding *Yellowknife* a plaque in commemoration of their involvement in NAMSI. In return, LCdr Brad Henderson, Commanding Officer of *Yellowknife*, presented a ships plaque to the Ensenada Officer Mess. *Edmonton* followed into Ensenada later that day and LCdr Blair Brown, *Edmonton's* Commanding Officer, presented Admiral Arevalo with a ship's crest as a token of his appreciation for the hospitality the ship enjoyed in Mexico.

Then Operation Caribbe went into go mode. The ships transited south to their operational area off of Central America. Both vessels witnessed a flurry of activity with multiple hailings and boardings of suspicious vessels while maintaining a constant aggressive patrol in search of northbound narcotic trafficking. *Yellowknife* and *Edmonton* were quickly rewarded for their efforts.

During a search on Oct. 25, *Edmonton's* law enforcement detachment successfully seized 639kg of cocaine from a suspect vessel and transferred three detainees to a United States Coast Guard unit.

A day later, *Yellowknife*, under cover of darkness, boarded a suspect vessel associated with a reported drug trafficking case. Despite an intrusive search of the vessel, no drugs were found; it was assessed to have been jettisoned. *Yellowknife's* presence in concert with a patrol aircraft and other military assets, delayed and ultimately disrupted any transfer of cocaine.

The next day, *Edmonton* boarded another vessel that yielded 468kg of cocaine in eight large bundles, and much like their earlier interdiction, the detainees and contraband were transferred. All three events were conducted in full darkness and facilitated by a Canadian Maritime Patrol Aircraft that detected the suspect vessels.

The policing didn't end there. On Nov. 3, *Edmonton* intercepted another suspect vessel, which, once boarded by the law enforcement detachment, tested positive for traces of cocaine. Once the detachment search was completed with no results, it was suspected the vessel had jettisoned their cargo when they ran out of fuel. Three passengers on the vessel were transferred to a local USCG unit under Safety of Life at Sea and the vessel was sunk as a hazard to navigation.

Two days later, *Edmonton* assisted a United States Navy frigate with a boarding of a suspect vessel, resulting in another Safety of Life at Sea situation.

The final interdiction was on Nov. 14 when *Yellowknife* boarded and searched an abandoned vessel; it was sunk as a hazard to navigation.

In addition to these specific events during their deployment,



Shawn O'Hara, Lookout

Beatrix and Penelope Brown await the return of LCdr Blair Brown along with mother Holly.

Edmonton conducted 12 Right of Approach operations while *Yellowknife* conducted 10.

Within the first two weeks of being on station, the two MCDVs with support from the CP-140 Aurora prevented 2,057 kg of cocaine, with an assessed street value of \$68 million, from reaching land and being distributed to North America.

"This deployment, a first for the west coast Kingston Class vessels, has been a huge success," said

LCdr Henderson. "We have demonstrated that minor warships are more than capable of maintaining counter drug operations for extended periods, far from home. The fact that the successful intercepts were supported by a Canadian Maritime Patrol aircraft demonstrates Canada's commitment to countering the trafficking of drugs into North America. I am very proud of how well the crew has performed during operations they have never faced before."

matters of OPINION

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That's Life: Santa follies



Kim Bolduc
Contributor

Strolling through the malls these past few weeks, I couldn't help but notice the children eagerly lined up to have their picture taken with Santa.

As I gazed upon their excited young faces, I began to reminisce about my own family's forays into the world of Santa photos. For when it comes to snapping a picture with jolly old Saint Nick, our children's photo-ops have run the gamut.

There were the traditional mall Santa photos, office party Santa photos, and once we even boarded a Santa Steam Train for a relaxing ride through the countryside – my personal favourite.

Nowadays, when choosing where to snap that precious keepsake there is no end to the options available. In fact a former classmate, now photographer, goes all out with a Santa Photo weekend at his home. Although he insists this weekend always goes off without a hitch, I thought it might be more fun to imagine what would happen if it didn't.

What if instead of a mall or photographer's studio, our photographer opened up his house? And instead of wonderfully behaved children, someone else tagged along? In my imagination, perhaps something like this.

So with a nod to Clement C. Moore's classic poem - *Twas The Night Before Christmas*, here is how I imagine such a Santa Photo Day would play out.

Twas the Morn Before Santa Photos

Twas the morn before Santa photos,
When all through our house
Not a creature was stirring,
Not even my spouse;

Our fat tabby, Jake
Sat on Santa's red chair
Perhaps I should move him,
Santa's butt would rest there

The Mrs. still nestled
All snug in her bed,
While flashbacks of toddlers
Played on in her head

And I in my jammies,
And Jake in elf-hat,
Wished we could skip Santa photos,
And head straight for our naps

When at the front door
There arose such a clatter,
I sprang to my feet
Causing my Starbucks to splatter
Away to the peephole
I flew like a flash,
The hoards were assembled,
Awaiting my flash (of course that
would be the camera's flash)

The bright sun reflecting
Off Mr. Johnson's red Volvo,
Briefly blinded my eyes
To the kiddies below, Oh!
When what to my wondering
Eyes should appear,
But a miniature poodle,
My heart swelled with fear

He looked oh so hyper,
So lively and quick
Then he chewed up our doormat,
And promptly got sick
More rapid than eagles,
The kids began screaming

And I knew in a heartbeat,
I'd be the one cleaning
"Now David! Now Ryan! Now
Britney! Now Kristen!
Get back here in line!
And put down those kittens!"
From the top of our porch,
To our neighbour's brick wall
They snaked down the road,
As I thought "Go away all!"

Then like Dorothy's lion,
I felt courage galore
I knew I could do this,
I had done it before
So bring on your children,
And your little dog too
But my knees started shaking,
As if somehow they knew

But I took a deep breath,
Opened the door,
Welcomed all
The poodle barked once,
Then upchucked in the hall

And then in a twinkling,
I heard from the kitchen
Daughter, Jenna was nicknaming
Barf-poodle Blitzen
As I drew in my head,
And was turning around
Walmart antlers a-flopping,
He raced off with a bound

He was covered in fur,
From his head to his foot
And Jenna had added
Her pink ballet skirt
A bundle of poop bags,
Trailed off of his back
And he looked nothing more,
Than an overdressed rat

His eyes focused on me!
His teeth looked quite scary!
His hackles raised up,
I was feeling quite wary!
His droll little mouth
Drew back ever so slow,
And the drool on his chin
Was as white as the snow

The stump of a pork chop
He held tight in his teeth,
The sauce dribbling off
To the floor at his feet
He had a sharp face
And a fat little belly,
That caused me to wonder,
If he'd eaten my PB & Jelly

He was snarling and foaming,
No jolly old elf
And I shook in my slippers,
In spite of myself
A stare of his eye
And a twist of his head,
Had me questioning my plans
As my heart filled with dread

He gave not a warning,
But went straight to his work
He ripped down the stockings,
Then turned with a jerk
Then barking and yapping
With poodle-filled glee,
He chased screaming children
Round the newly-trimmed tree

He sprang on the chair,
On the couch - all the sections
While kids shrieked and ran
In every direction

Then they heard me exclaim
As he tore down the hall,
"Next year I'm in Vegas.
Take your kids to the mall!"

People Talk

Lookout asked this question:

What's your wish for this holiday season?



I'm excited to spend time with my family. We're pretty spread out but we're all going up island to spend the holidays together.

Linda Kero



Peace and quiet. It's always hustle and bustle at work so I'll be glad to sit down and have some time for myself.

PO1 Otis Bates



Since I'm working all the time, I barely get to spend time with my family, so it'll be nice to have some time off.

SLt Daniel Lonsdale



I'd love to have all my bills paid off. Debt is evil and I just want it gone.

PO2 Mark Champ

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The NAC will be CLOSED Dec. 20 - Jan. 24

To ensure that gym facilities are available to the military members, the Dockyard gym will remain open during the Christmas season. Beginning Dec. 20 and ending Jan. 24, operating hours will be from 6 a.m. - 6 p.m. Mon- Fri and weekends from 9 a.m. - 5 p.m.

Hours during Christmas break are:

Dec. 23: 6 a.m. - 6 p.m. Dec. 25 - 26: CLOSED Dec. 28-29: 9 a.m. - 5 p.m. Dec. 31: 6 a.m. - 1 p.m. Jan. 2-3: 6 a.m. - 6 p.m.
 Dec. 24: 6 a.m. - 1 p.m. Dec. 27: 6 a.m. - 6 p.m. Dec. 30: 6 a.m. - 6 p.m. Jan. 1: CLOSED Jan. 4-5: 9 a.m. - 5 p.m.

Jan. 6th resumes hours as above.

FITNESS:

All classes and testing have been moved to alternate locations. Below is a copy of the alternate locations for all classes that were to be held at NAC.

Amended Naden Athletic Centre Weekly Schedule Jan. 6 - 24, 2014

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|--|--|---|--|--|
| 0545 | Lifeguard n/a | | Lifeguard n/a | | Lifeguard n/a |
| 0700-0745 | FORCE DEVELOPMENT - NOTC | FORCE DEVELOPMENT - NOTC | FORCE DEVELOPMENT - NOTC | FORCE DEVELOPMENT - NOTC | FORCE DEVELOPMENT - NOTC |
| | Unit PT DRILL SHED | | Unit PT DRILL SHED | | |
| 0800-0930 | FORCE EVAL 0800-0930 NOTC | FORCE EVAL 0800-0930 NOTC | FORCE EVAL 0800-0930 NOTC Note change in time Wed due to NOTC gym availability | FORCE EVAL 0800-0930 NOTC | FORCE EVAL 0800-0930 NOTC |
| | Hull Tech QL5 1040-1130 DRILL SHED | MAR ENG 1040-1130-DRILL SHED NOTC 1040-1145 NOTC | Hull Tech QL5 1040-1130 DRILL SHED | MAR ENG 1040-1130-DRILL SHED | Hull Tech QL5-1040-1130 DRILL SHED ENG DIV 1000-1115 DRILL SHED |
| 1130-Pool | | Lifeguard n/a | Lifeguard/PES n/a | Lifeguard n/a | Lifeguard n/a |
| 1205-1250 | NOTC UNIT PT- NOTC Bootcamp- NOTC FLEX-n/a | Aquafit- n/a Spin-n/a High-Intensity Fitness- NOTC | KB COND-n/a FLEX- n/a Fitness Technique 101- NOTC | Aquafit- n/a Spin-n/a High-Intensity Fitness- NOTC | FORCE EVAL 1130-1300 NOTC |
| 1300-1430 | Personal Training - n/a | | | | |
| 1430-1600 | CSE DIV 1415-1500-DRILL SHED | CBT DIV 2 1445-1545-DRILL SHED | CSE DIV 1415-1500-DRILL SHED | CBT DIV 2 1445-1545-DRILL SHED | |
| 1515-1600 | ENG DIV-1515-1600 DRILL SHED | | ENG DIV-1515-1600 DRILL SHED | | |

All Physical Exercise Specialist (PES) classes and clients will be working from NOTC. Please contact Carol Lynn Ross (363-7088) for further information.

RECREATION:

As the closure of the pool affects the recreation program, the following arrangements have been made: Start dates have been changed to start 2 weeks later and will now run:

Red Cross Swimming Lessons:

Feb. 1 - Apr. 5 (10 lessons)

Adapted Swimming Lessons:

Feb. 1 - Apr. 5 (10 lessons)

Adult Swimming Lessons:

Feb. 3 - Apr. 7 (10 lessons)

Dodge ball: start Feb. 6

Operation Power Fit: Feb. 4 - 27

All private swim lessons and personal training clients will be contacted individually and notified of the closure.

No courses will be cancelled as a result of the closure.

During the NAC closure, the Defence Community can access the facilities at Esquimalt Recreation for free.

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Please call Esquimalt Rec Centre for their current schedule 250-412-8500

Dockyard Gym Weekly Schedule Jan. 6 - 24, 2014

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|-----------------------|--------------------|-----------------------|-----------------------|---------------------------|
| 0545-1415 | | | | | |
| 0745-1615 | | | | | |
| 0700-0745 | FORCE Development | Cardio Development | FORCE Development | Cardio Development | FORCE Development |
| 0800-0900 | HMCS Vancouver | HMCS Winnipeg | HMCS Vancouver | HMCS Win/Nanaimo | |
| | | | | Blackrock 1020 - 1100 | |
| 1100-1145 | Battle fit | Flexibility Fusion | Battle fit | Flexibility Fusion | Battle-fit Weight lifting |
| 1205-1250 | Boot camp | Spin | Kettle bells | Spin | Boot camp |
| 1300-1350 | | | | | |
| 1400-1445 | Blackrock 1420 - 1500 | | Blackrock 1420 - 1500 | | |
| 1500-1800 | | | | | |


Classes at Dockyard gym are running as regular; however, we will be promoting these classes to all members on the base rather than just dockyard. To the left are the classes during the closure.



DON'T DRINK & DRIVE.

Happy Holidays
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*We salute the men and women,
 past, present & future,
 who make the sacrifices that allow
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Sgt Angela Abbey, MARPAC Imaging Services
Above: The change of command signing ceremony for HMCS Protecteur took place between Outgoing Commanding Officer, Commander Todd Bonnar (left) and Incoming Commanding Officer, Commander Julian Elborne (right). The Officer presiding over the ceremony was Cmdre Bob Auchterlonie, Commander Canadian Fleet Pacific.

Below: Members of HMCS Protecteur give three cheers upon the departure of Cdr Todd Bonnar following the change of command ceremony.

**Forever Yours
 Wooden Roses**

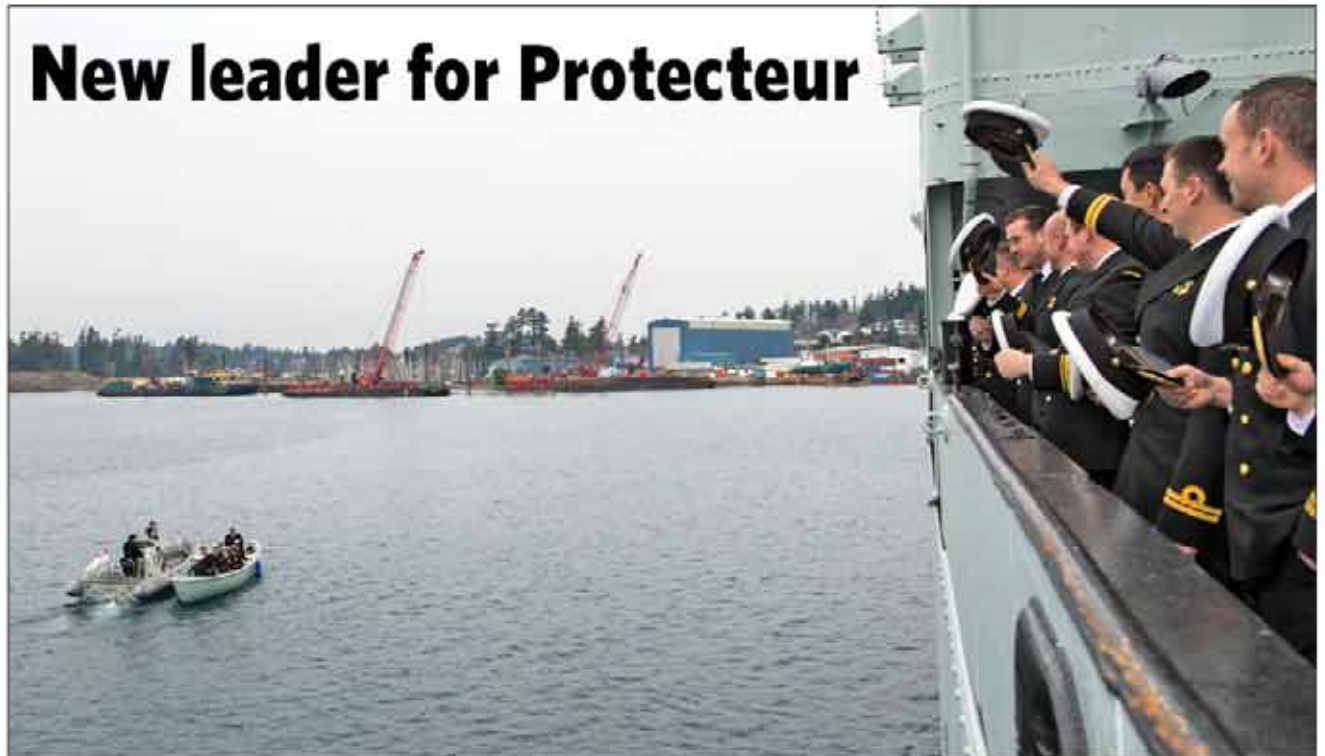
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HMCS Toronto disrupts narcotics shipment during Operation Artemis

DND

HMCS Toronto successfully disrupted a narcotics shipment during a patrol in the Arabian Sea region, as part of Operation Artemis, on Dec. 18.

During a recent boarding off the east coast of Africa, Toronto discovered 506 bags of heroin weighing more than 538 kilograms. The illicit narcotics were then catalogued and later disposed of, thus ensuring they would not reach their intended recipients.

This seizure marks the largest heroin seizure in the history of Combined Maritime Forces operations.

"For the second time since departing on their current operation, HMCS Toronto has made CMF history with this latest narcotics disruption," said the Honourable Rob Nicholson, Minister of National Defence. "Solidarity with our coalition partners to promote security, stability and prosperity, in this area, remains at the forefront of our priorities, as the recent monumental accomplishment made by HMCS Toronto can attest."

Toronto contributes to maritime security in the

For the second time since departing on their current operation, HMCS Toronto has made CMF history with this latest narcotics disruption.

-Rob Nicholson
Minister of National Defence

region by deterring and denying terrorist organizations the use of merchant shipping lanes for smuggling weapons, illicit cargo and narcotics while ensuring the safe passage of merchant ships in some of the busiest shipping lanes in the world. To date, Toronto has recovered approximately 8.22 metric tonnes of narcotics.

"Today's long and physically demanding boarding culminated in a positive outcome with the discovery of illicit narcotics," said the Commanding Officer of Toronto, Cdr Matthew Bowen. "The dedication and diligence of HMCS Toronto's ship's company and naval boarding party are what have enabled success for our multinational coalition."

Toronto is currently deployed with 262 crew members, along with CH-124 Sea King helicopter and uninhabited

aerial vehicle detachments on Operation ARTEMIS. HMCS Toronto is part of Combined Task Force 150 (CTF 150), a multinational maritime task force combating terrorism across the Red Sea, Gulf of Aden, Arabian Sea and the Gulf of Oman. Toronto and her coalition partners promote security, stability and prosperity in an area that spans over two million square miles and encompasses some of the world's most important shipping routes connecting the Far East to Africa, Europe and North America. Toronto's deployment allows our forces to execute a number of missions across a broad spectrum of operations. Partnering with like-minded nations also provides an opportunity to enhance multilateral cooperation to further develop interoperability with partners and allies in the region.



LS Dan Bard, Formation Imaging Services, Halifax, Nova Scotia
A member of HMCS Toronto's disposal team prepares to destroy illicit narcotics seized on a trafficking vessel the previous day on Dec. 19



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39 Service Battalion supports prostate cancer research

Members of 39 Service Battalion and 12 Military Police Platoon participated in Operation Movember in support of prostate cancer research.

The Moustache competition took place at Ashton Armouries and is a well known and anticipated event.

As an annual tradition of the Battalion, troops are encouraged to show their support for prostate cancer research by growing their moustaches.

Female members of the Service Battalion were involved as judges of the competition. The judges took their roles very seriously, with marking rubrics and wearing stick on moustaches.

Several judges even wore head lamps and used magnified glasses to ensure some member's moustaches were judged properly.

Prizes included Timmies gift cards and were awarded to the participants who scored the highest according to the detailed marking rubric.

After calculated and careful deliberation, with some fierce competition amongst the male soldiers, the following certificates and prizes were awarded.

- First place was awarded to Pte Voorthuyzen, 39 Service Battalion, 11 Company
- Second place was awarded to Pte Dewhurst, 12 Military Police Platoon
- Third place was awarded

ed to Pte Smith, 12 Military Police Platoon

- The Sexiest moustache went to Pte LaForge, 39 Service Battalion, 11 Company
 - The greasiest moustache went to Sgt Gardner, 39 Service Battalion, 11 Company
 - The most pathetic moustache went to Cpl Halliday, 12 Military Police Platoon
 - The most distinguished went to Cpl Wilson, 12 Military Police Platoon
- Each year 39 Service Battalion strives to make the competition more fun, and raise more money. As a Battalion with both 11 and 12 company involved, a collective \$725 was raised, surpassing the goal of \$500.



Female members of 39 Service Battalion show their support of Movember by donning paper "staches". The women were also judges for the moustache competition.

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Season's Greetings from the Commander RCN

As we approach the coming holiday season, it is a unique occasion to take a moment to reflect on the year that was, and to chart a course for the year ahead.

Back in June, when I assumed command of the RCN, I said in my Flaghoist communiqué that I was humbled to have been given the opportunity to lead the amazing sailors, soldiers, aircrew and civilians that protect Canada's maritime interests day after day, at sea and ashore. I said that and I meant it. I consider it my utmost privilege to work alongside you – some of the finest men and women I have ever met.

I thought I knew then just how proud I would be at the helm of this fine and historic organization. But now, six months on, I realize that each and every day my expectations are exceeded. Every day I meet a remarkable sailor, or I am briefed on the latest interdiction at sea by our ships' companies deployed on operations around the world, or I learn of an incredible charity drive conducted by one of our units at home.

Indeed, on this, my first holi-

day season as Commander RCN, I remain constantly impressed by the calibre of individuals that make up the military and civilian teams of the Royal Canadian Navy.

All of you, within your own sphere of work, have helped to advance the RCN this year. Some of you do it as part of the long-standing RCN tradition of excellence in operations at sea – on Operations Artemis, Caribbe, Nanook and Qimmiq – or on exercises, sea trials and work-ups. Some of you made a difference further inland, as in the response to the Alberta floods.

Still others work diligently in the corridors of our strategic Headquarters, making great contributions to the advancement of Canada's future fleet. We saw tremendous success this year with the pace of the Halifax-class modernization and we're making concrete progress on the Government's National Shipbuilding Procurement Strategy. One of the most exciting steps in the drive to the future fleet came with the announcement this October of the names for the upcoming Joint Support Ships – *HMCS Queenston* and

HMCS Châteauguay.

I am also extremely excited about how we're progressing on the Navy Renewal front, especially now with the recent launch of the RCN's Executive Plan. I urge you to read the plan and watch the accompanying video as we move ahead together, implementing our plans for the coming year and beyond.

It's a wonderful time to be part of the RCN and I am certainly sensing a renewed pride. That pride in our history and our accomplishments was reinforced this year with the adoption of the new Naval Ensign. Canadians are taking notice and lending their support, thanks in part to the many community outreach efforts and initiatives that take place all across the country all year long. For those of you who take the time to share your experiences in the RCN with friends, or in schools or service clubs in your hometowns, I thank you for your efforts to promote how our Navy contributes to Canada's security.

No matter where you are this holiday season, as you look for the perfect gift, or cook the per-

fect meal, I ask that you stop and think of our men and women deployed far from home, who won't have the opportunity to be with their loved ones this holiday season. As they keep the watch for Canada at sea or ashore, they know that our thoughts are with them now, and all year long. Remember that the work they do – that all of you do – is hugely important for Canada.

On a personal note, I believe that we all need to be mindful of others at this time of year. The holidays can of course be a wonderful time, filled with joy and happiness as we focus on family and friends. For some however, this season can be filled with stress, anxiety, sorrow and helplessness. Watch out for each other. Check in and connect with those who are particularly vulnerable at this time of year, and don't forget to take care of yourselves.

Enjoy your break, so that you can come back refreshed and energized for a New Year. I have complete and utter confidence in this team. East Coast, West Coast, Naval Reserve Headquarters or Division, in



Ottawa ... wherever you're working today – at home or deployed across the world – know that we are all One Navy, and together, we are a powerful force for Canada.

I thank you for your hard work and wish you the very best of this holiday season.

*Yours Aye,
Mark A.G. Norman
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Commander of the Royal
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You may be familiar with some of the challenges associated with the Canadian Armed Forces (CAF) Human Resources Management System, such as outdated information and duplicate files in multiple systems.

Its related policies, processes and procedures also date, in some cases, back to the 1950s.

Significant work is being done to address these challenges, which will have an effect on all military personnel and fundamentally change the way the CAF manages its human resources.

The Military Personnel Management Capability Transformation Project was formed to create a solution that would update the policies, processes and procedures, and create the architecture for the plat-

form needed to deliver it. This is much more than a software upgrade. The combined solution, known as Guardian, will change how we do business daily with respect to personnel records, pay, and access to benefits and services. Training and In-service support will be provided as Guardian is introduced.

Once fully integrated, Guardian will deliver accessible, timely and trustworthy personnel information. It is also being designed to be agile, to best serve the ever-changing needs of those in uniform, and eliminate policy and process barriers that can impede recruitment, retention, employment and access to benefits and services. Critical to Guardian's initial success is the quality and integrity of the human resources information that goes into the system. For Guardian to function

properly from the outset, the information that will be migrated into the system needs to be accurate, complete, consistent, relevant and accessible. This is why a clean-up of the current Human Resources Management System data is essential and will commence in early 2014.

What's in it for you?

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- Single personnel record from enrolment to release and beyond
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- For commanders:
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- For the human resources community:
- Force multiplier (accomplish more, and focus effort on higher value-added tasks)
 - Greater automation

Quicker turnaround time

Military Personnel Management Capability Transformation team members are available for presentations and briefings. To request a presentation, please email the team or visit the MPMCT Intranet for more information.

The Department of National Defence and the CAF have been examining the efficiency and effectiveness of its programs and operations to improve and modernize the way business is conducted. As part of Defence Renewal announced in October 2013, the Defence Team is embarking upon a series of business process renewal initiatives, and the savings and efficiencies will be invested back into front line operations. The Military Personnel Management Capability Transformation Project is an example of such an initiative.

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Divers go deep to ready ships

Shawn O'Hara
Staff Writer

Last week, beneath the cold waters of CFB Esquimalt, divers from Fleet Diving Unit (Pacific) (FDU(P)) moved about like sub-aquatic bees.

They were replacing the sensitive sonar domes of *HMC Ships Regina* and *Winnipeg*, and, according to MS Marc-Andre Bibeau, what is a relatively simple task in dry dock, is complicated beneath the waves.

"You have to worry about a laundry list of things you don't need to think about on land," says MS Bibeau. "For example, if you drop a tool on land you can just pick it up, but if you drop something down there it's gone."

Six bolts securing the six-foot-long, eight-foot-tall fibreglass dome were removed with a two-handed speed wrench. The old dome was then lowered onto a supporting structure of legs assembled underwater by the divers to ensure it wasn't damaged. Crane operators then removed the old dome. A new one was then lowered into the water, manoeuvred into place and

secured by the divers.

"It's a nice bit of team work between the divers and the guys up top," says MS Bibeau. "There's a lot of moving pieces in terms of workers, so it's good to have everyone on the same page."

When it comes to the physical aspect, MS Bibeau says the difference between surface and sub aquatic can be strikingly apparent during the most routine parts of the job.

"It's an added complication, because you need leverage to use a speed wrench," says MS Bibeau. "Anything that requires leverage down

there is challenging. You're basically weightless, so you have to secure yourself or find your own leverage. It can put you in some strange positions sometimes."

He says while all the added complications may make the job seem overwhelming his team is skilled and used to this sort of task.

"The domes have to be replaced around once a year, so this isn't out of the ordinary for us," he says. "We're happy with the work we've done on it, and we're ready to do it anytime we're needed. I'm glad to have my team at my back."



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Lt(N) Knowles receives his Canadian Forces Decoration.



Lt(N) Learning receives his Physical Fitness Award.



Lt(N) Wetmore receives a Bravo Zulu Certificate.



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PO1 Todd Hinks receives an appreciation gift card from Lt(N) Harry Learning for his contribution to organizing and the day to day record keeping of the challenge.



SLt Donald Gray receives a \$25 Running Room gift card for losing the most weight by percentage for December.



Louis Vu receives a \$25 Running Room gift card for placing second for most weight lost by percentage.



Cdr Jason Boyd, Commanding Officer of Venture, the Naval Officer Training Centre, presents NCdt Asheel Waziri with the grand prize of a two-night stay at Hastings House on Salt Spring Island for most weight lost by percentage – 13.2 per cent, 11.7 kg, 25.74 lbs.



Capt Harnett and Capt Sparkes make a presentation to the unit.



Capt Windl receives the Canadian Forces Decoration.



Capt Windl receives her Commissioning Scroll.



Cpl Keith-Murray receives the Canadian Forces Decoration



Cpl Kenny is promoted.



LS MacPhail receives her CD1.



Lt(N) Bennett-Boutilier receives a medal.



Maj Abdel-Galil receives the Operational Service Medal.



MS Klimas receives a certificate of appreciation.



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Health Services Centre award presentations

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Christ the Redeemer
Naden, Building 35
• Dec. 24 - Christmas Eve Mass (Vigil Mass) - 5 p.m.
• Dec. 29 - Mass - 9 a.m.
• Dec. 31 - New Year Vigil Mass - 5 p.m.

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VEHICLES FOR SALE

1975 MERCEDES BENZ FOR SALE. Sunroof (manual). Rare. 2 door hard top. 167,000 Miles. New motor, brakes, paint & starter. Ivory interior. Blue exterior. Pictures available per request. \$5000 or trades welcome. Call: 250-294-0900.

VOLUNTEER

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

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



happy holidays from

103.1 JACK 
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Have a fire-safe holiday season

Winter holidays are a time for families and friends to get together.

But that also means a greater risk for fire. Following a few simple tips will ensure a happy holiday season.

Holiday decorating

- Be careful with holiday decorations. Choose decorations that are flame resistant or flame retardant.
- Keep lit candles away from decorations and other combustibles that can burn.
- Use lights that have the label of an independent testing laboratory. Some lights are only for indoor or outdoor use, but not both.
- Replace any string of lights with worn or broken cords or loose bulb connections. Connect no more than three strands of mini light sets and a maximum of 50 bulbs for screw-in bulbs.
- Use clips, not nails, to hang lights so the cords do not get damaged.
- Keep decorations away

from windows and doors.

Holiday entertaining

- Test your smoke alarms and tell guests about your home fire escape plan.
- Keep children and pets away from lit candles.
- Keep matches and lighters up high in a locked cabinet.
- Stay in the kitchen when cooking on the stovetop.
- Ask smokers to smoke outside. Remind smokers to keep their smoking materials with them so young children do not touch them.
- Provide large, deep ashtrays for smokers. Ensure any smoking material is extinguished before discarding.

Christmas stocking ideas...

Smoke alarms, carbon monoxide detectors or multi-purpose ABC fire extinguishers.

Have a happy holiday season from the CFB Esquimalt Fire Rescue.

Recycle your racks

Chief of Military Personnel Newsletter

If you have received a medal recently and updated your ribbons, you might still have the smaller ribbon rack that held your ribbons, and that you no longer need.

Through the years, tens of thousands of ribbon racks in good condition have been kept by military personnel without hope of future use or, worse, have found their way into the garbage.

As Directorate Soldier Systems Program Management is currently experiencing difficulties with the resupply of ribbon racks, it is an ideal time to change the old process towards a more economical and environmentally sound practice.

Therefore, if you have ribbon racks in good condition that you no longer need, please return them to the nearest clothing store. As a responsible department, this small recycling gesture will not only allow immediate availability and significant savings, but also increase our environmental stewardship. We thank you in advance for your cooperation.

Should you require more information, do not hesitate to contact DSSPM-DAPES@forces.gc.ca.

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FACTORY AUTHORIZED CLEAROUT

0%⁺ FOR UP TO 96 MONTHS FINANCING

ON ELANTRA L MANUAL

GET UP TO \$10,000 IN PRICE ADJUSTMENTS*

(AMOUNT SHOWN ON THE 2013 GENESIS X.L. GDI I-SPC)

2013 SANTA FE SPORT

GET UP TO \$3,500 IN PRICE ADJUSTMENTS*

2013 CANADIAN UTILITY VEHICLE OF THE YEAR



HY: 8.4L/100KM CITY: 11.8L/100KM

AVAILABLE FEATURES INCLUDE:

- PANORAMIC SUNROOF
- REARVIEW CAMERA
- HEATED FRONT/REAR SEATS

Limited model shown. Inventory is limited.

2013 SONATA

GET UP TO \$5,250 IN PRICE ADJUSTMENTS*



HY: 5.8L/100KM CITY: 8.7L/100KM

AVAILABLE FEATURES INCLUDE:

- GDI ENGINE
- HEATED FRONT/REAR SEATS
- BACKUP CAMERA
- INFINITY™ AM/FM/XM/CD/MP3 STEREO WITH 9 SPEAKERS & EXTERNAL AMPLIFIER
- PANORAMIC SUNROOF

Limited model shown. Inventory is limited.

2013 ELANTRA L

OWN IT FOR \$79 A WEEK*

WITH 0%⁺ FINANCING FOR 96 MONTHS

INCLUDES \$1,000 IN PRICE ADJUSTMENTS*

SELLING PRICE \$16,499*

ELANTRA L 5-SPEED MANUAL, \$1,000 IN PRICE ADJUSTMENT, DELIVERY & DESTINATION INCLUDED

NO MONEY DOWN



HY: 5.2L/100KM CITY: 7.1L/100KM

STANDARD FEATURES INCLUDE:

- 6 AIRBAGS
- IPOD™/USB/AUXILIARY INPUT JACKS
- POWER WINDOWS & DOOR LOCKS
- ABS WITH TRACTION CONTROL SYSTEM
- DUAL HEATED POWER EXTERIOR MIRRORS

Limited model shown. Dealer order may be required. Inventory is limited.

5 YEAR WARRANTY

- 5-year/100,000 km Comprehensive Limited Warranty**
- 5-year/100,000 km Powertrain Warranty
- 5-year/100,000 km Emission Warranty

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What is the name of the destroyer class dubbed as the 'Sisters of the Space Age'?

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