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*Happy Holidays from Personnel Support Programs*



Ed Dixon, MARPAC Imaging Services  
 A group of retired service women enjoy the company of current serving service women during the Annual Yuletide luncheon at the Pacific Galley in Nelles Block on Dec. 9. See more on page 3.

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## Season's Greetings

from Commander Royal Canadian Navy/Chief of Naval Staff

With the holidays approaching, it is time to pause, take a fix and review our passage plan as we prepare for 2015.

I first want to thank our amazing sailors, soldiers, aircrew and the families who support them for their great work throughout 2014. Through their efforts, the RCN continued to fulfill its commitment to Canadians, demonstrating excellence at sea on a daily basis from coast to coast and all over the world.

This year's highlights were many. *HMCS Kingston* joined the Arctic team – led by Parks Canada – that finally solved the long lost Franklin Expedition mystery with the discovery of *HMS Erebus*. Even further north, *HMCS Shawinigan* logged a potential all-time Arctic record for an RCN ship, reaching 80 degrees, 30 minutes north. In warmer latitudes, *HMCS Regina* continued the RCN's story of success on Op Artemis with the interception of

132 packages of heroin off the east coast of Africa. *HMCS Athabaskan* participated in the interception of 820 kg of cocaine in the Caribbean, while *HMCS Toronto* carried out NATO reassurance operations in the Black Sea and the Mediterranean.

As you have heard, the RCN has also been busy navigating the most comprehensive renewal and modernization in its peacetime history. This journey would be impossible without the excellent work of our military and civilian teams that enabled our progress as we continue our transition to the future fleet.

Their work resulted in the great progress of the Halifax-class modernization project, with *HMCS Fredericton* preparing to deploy; the readiness of three submarines; the final design and recent naming of the Harry DeWolf-class Arctic Offshore Patrol Ships, with construction beginning in 2015; and the progress made towards

curing the new Queenston-class Joint Support Ships as well as development of the Canadian Surface Combatant.

As we consider our blessings and prepare for the coming festivities, it is important that we keep in mind all those who will be away from home carrying out their mission on behalf of Canadians. We should also consider those who face personal struggles this time of year. More than ever, during the holidays, they need our support.

Finally, whether civilian, Regular or Reserve Force member, I am proud of our One Navy Team. The New Year promises to have many exciting challenges and opportunities, so let's all take the time to enjoy the holidays and recharge our batteries in order to be Ready Aye Ready for 2015.

Yours Aye,  
Mark A. G. Norman  
Vice-Admiral  
Commander RCN

## Voeux du temps des Fêtes

de la part du commandant de la Marine royale canadienne/  
chef de l'état-major de la Marine

À l'approche du temps des Fêtes, il convient de marquer une pause pour faire le point afin de déterminer notre position tandis que nous nous apprêtons à aborder 2015.

Je tiens tout d'abord à remercier nos merveilleux marins, soldats et aviateurs, ainsi que les familles qui les soutiennent, pour leur travail exceptionnel tout au long de 2014. Grâce à leurs efforts, la MRC a continué de remplir son engagement envers les Canadiens en faisant preuve d'excellence en mer au quotidien d'un océan à l'autre à l'autre et partout dans le monde.

Cette année, il y a plusieurs faits saillants à souligner. Le NCSM *Kingston* a fait partie de l'équipe arctique – sous la direction de Parks Canada – qui a finalement dénoué le mystère de la perte de l'expédition Franklin avec la découverte du NSM *Erebus*. Encore plus au nord, le NCSM *Shawinigan* a possiblement enregistré un nouveau record dans l'Arctique pour un navire CSM, se rendant jusqu'à 80 degré et 30 minutes de latitude. Dans les régions plus chaudes, le NCSM

*Regina* a contribué au succès de la MRC pendant Op Artemis en interceptant 132 paquets d'héroïne à l'est de la côte africaine. Le NCSM *Athabaskan* participa dans la prise de 820 kilos de cocaïne dans les Caraïbes, et le NCSM *Toronto* s'est joint aux opérations de l'OTAN dans la mer Noire et la Méditerranée.

Comme vous avez sans doute entendu, la MRC navigue actuellement le programme de modernisation et de renouvellement le plus complet de son histoire en temps de paix. Ce voyage serait tout à fait impossible sans l'excellent travail accompli par nos équipes de civils et militaires qui avancent notre transition vers la future flotte.

Au nombre de leurs réalisations figurent le projet de modernisation des navires de la classe Halifax, le retour en mer de trois de nos sous-marins, la désignation récente des navires de patrouille extracôtiers et de l'Arctique de la classe Harry DeWolf, dont la construction commencera en 2015, et les progrès réalisés en vue de l'achat des nouveaux navires de soutien interar-

mées de la classe Queenston et le projet des navires de combat de surface canadiens.

Pendant que nous apprécions ces bonnes nouvelles et que nous nous préparons aux festivités de fin d'année, il est important que nous gardions présentes à l'esprit ces personnes qui seront loin de leur foyer afin d'accomplir leur mission au nom des Canadiens. Nous devons également songer à ceux pour qui cette saison est source de tristesse. Plus que jamais, durant la période des Fêtes, ces personnes ont besoin de notre appui.

En terminant, qu'ils soient civils ou militaires, de la Force régulière ou de la Réserve, je suis fier de notre « Marine unique » et je me réjouis à l'avance de ce que nous accomplirons au cours de la nouvelle année. Prenons donc le temps de refaire le plein d'énergie afin d'être « toujours là, toujours prêts » pour 2015.

Salutations cordiales,  
Vice-Amiral Mark A.G. Norman  
Commandant de la Marine royale canadienne



# Christmas Dinners

Ed Dixon, MARPAC Imaging Services

On day one of the junior ranks and veterans Christmas luncheons held in Nelles Block Pacific Galley, OS Benjamin Gagnon was made Base Commander-for-the-day. He switched out shoulder slip-ons with Base Commander, Capt(N) Steve Waddell, far left. The swap is a Christmas naval tradition.

LS Ogle Henry, MARPAC Imaging Service

One day two of the special luncheons, OS Dylan-Joseph St. Laurent exchanged his shoulder slip-ons for top officer on base, with help from CPO1 Shawn Taylor, Base Chief, and MS Brandon Ensom, Formation Master Seaman.



Ed Dixon, MARPAC Imaging Services

Base Commander-for-the-day, Capt(N) Gagnon joined Donna May, President of the Army, Navy and Air Force Association, and OS Waddell in the ceremonial carving of the Christmas turkey.

Ed Dixon, MARPAC Imaging Services

Santa stopped by for a visit with veterans and junior rank members.



LS Ogle Henry, MARPAC Imaging Service

OS Waddell, veteran Ben Kim, and Acting Base Commander Capt(N)Dylan-Joseph St. Laurent prepare to carve the ceremonial turkey at the Annual Canadian Forces Base Esquimalt Veterans Dinner on Dec. 8.

LS Ogle Henry, MARPAC Imaging Service

A senior and two young military members exchange stories during the combined junior ranks and veterans Christmas Luncheon.

# matters of OPINION

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## WHAT SAY YOU

### People Talk

Lookout asked this question:  
*What is your favourite Christmas memory?*



Christmas dinners at my uncle's house. They were always my favourite.

**Jason Sarrazin**



Watching paratroopers at Camp Petawawa with the family. It's a cherished place as well as a cherished memory.

**Bill Neapole**



Dinner at grandma's house. She had 11 kids, and my family averaged three kids each. Everyone would go into the living room and get their present from her.

**Steven Sawatsky**



My first Christmas with both my family and my wife's family. It was the first time I realized I had two families.

**Shawn O'Hara**



I wanted a specific Biker Mice from Mars action figure, and my mom got me the whole set. It was awesome.

**LS Brandon Christenson**

## NORAD App makes tracking Santa easier

Join NORAD as they countdown the days to Santa's journey on the NORAD Track Santa app.

The Track Santa app features: the countdown to Christmas Eve, maps tracking Santa in real time as he travels the world delivering gifts, videos from NORAD commands, and interesting games and activities.

### NORAD Tracking Tradition

So how and why did NORAD start tracking Santa?

"Where is Santa?" asked a child who, on Christmas Eve 1955, dialed a telephone number that was misprinted in a local newspaper's "talk to Santa" ad.

The call was answered by the commander on duty at the Continental Air Defense Command Operations Center in Colorado

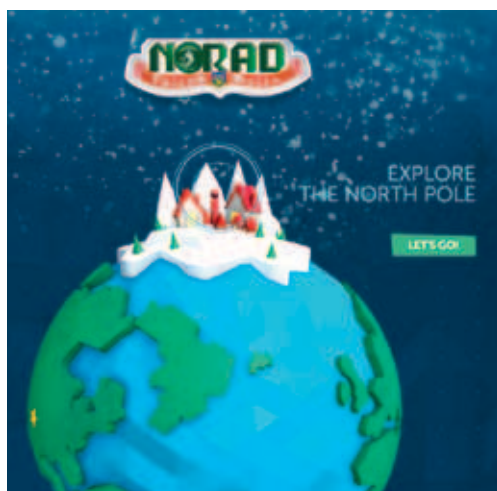
Springs. He gave the youngster Santa's whereabouts and instructed personnel on duty to do the same for other callers – and the tradition of tracking Santa was born.

It's a tradition that NORAD has continued since its stand-up in 1958. The NORAD Tracks Santa program has grown immensely since launching online in 1998. The website

receives millions of visitors from thousands of locations around the world.

As well, a live Operations Centre is staffed with more than 1,200 volunteers for 25 hours each year; they receive hundreds of thousands of phone calls and e-mails from families around the world.

To track Santa, go to [www.noradsanta.org](http://www.noradsanta.org).



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# MFRC member's travels change lives

**Shawn O'Hara**  
Staff Writer

In the city of Blantyre, Malawi, in Africa, Victoria resident Robyn Los found a way to help children in need, and in doing so, created a new life for herself.

Los, an Early Childhood Educator at the Colwood Pacific Activity Centre, took a mission trip in 2009 to rural Malawi. While visiting the country's universities with 20 other students from across Canada, Los visited Kondanani Orphanage in Blantyre.

"Seeing the work they were doing at the orphanage, I just saw how many of these children needed love and attention. I felt like there was something I could do to help improve their lives," she says. "The work they do at Kondanani is incredibly inspiring, and I just couldn't get it out of my mind. I knew that I had to go back."

She returned in 2010, spending a year volunteering at Kondanani and teaching in the orphanage's school. It was during this year that Los met her to-be husband David, turning what was initially going to be a three month trip into three years.

Moving from Kondanani to a private school in Blantyre, Los got a close look at the education system in a culture that hasn't traditionally had much use for Western education.

"School isn't a big deal over there. They didn't have an education system of their own, so schools would use American curriculums," she says. "So at

some schools, Malawian children would be learning about American history and taking tests on it. It was kind of strange, but it gave me an opportunity to improvise and teach them things that would be more useful to them."

After that, Los moved on to teaching at an international school, alongside

teachers from all over the world. Teaching with a British curriculum, Los was amazed at the age of some of her students, and the work many of them were expected to do.

"I was assigning homework to three year olds. It was amazing what they were grasping," she says. "The parents that put their

kids in school at that age are very serious about their educations, so it was pretty amazing to see these kids being fully engaged in the school work."

While living alongside the general Malawian population in a more rural area of Blantyre, Los got a firsthand look at Malawian culture. She says while the relaxed pace of life made some day to day activities hard to achieve, the sense of community and kindness was inspiring.

"These are people that don't have very much, but they are always willing to give those in need what they need and more," she says. "To them making sure someone is happy, safe and fed is even more important than their personal needs."

Now living in Victoria with her husband, Los is still doing what she can for Malawi, raising money for an organization called Kid's World Outreach Society.

Kid's World Outreach Society is a feeding program that provides food for orphaned children currently attending school. The organization is run by a former Calgary resident and friend of Los, and feeds upwards of 350 children per day in the Southern Malawi area.

"There aren't many outreach programs in that area that are helping these kids," says Los. "It's my goal to bring awareness to these regions and do what I can. Hopefully, by bringing attention to the work of Kid's World they can expand and help even more kids get the nourishment they need."

*Hopefully, by bringing attention to the work of Kid's World they can expand and help even more kids get the nourishment they need.*

- Robyn Los  
Early Childhood Educator  
Colwood Pacific Activity Centre



Robyn Los cuddles an orphan at the Kondanani Orphanage in Malawi, Africa.



Left: Los with her students in Blantyre, Malawi.



Right: On her wedding day, Los beamed with love as she married David, a native of Malawi, in Victoria.

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# Don't be sad from S.A.D.

**Jennifer Getz**  
EAP Co-op Student

**Sad:** Felt during the winter blues; full of grief; mournful; sorrowful; causing mournfulness; dark.

**S.A.D.:** Seasonal affective disorder; a form of depression with a seasonal pattern; characterized by oversleeping, overeating, and irritability; relieved by arrival of spring or light therapy.

It is common to feel sadder than usual during this time of year. Although the winter blues is not as serious as S.A.D., it is a minor form of depression.

If you are part of the 15 per cent of Canadians who report symptoms during the fall and winter months, you may be experiencing:

- Reduced energy levels and increased fatigue
- Decreased productivity at work
- Irritability
- Heaviness in the arms or legs
- Oversleeping
- Appetite and weight changes

Winter blues can be triggered by reduced sunlight that can change the body's natural internal clock and decrease a person's serotonin and melatonin levels, influencing sleep patterns and mood.

For two to three per cent of



Canadians, the winter blues (if unattended to) will develop into S.A.D. This may significantly disrupt your life, such as short/long-term disability from work. It is worthwhile paying extra attention to the needs of your body and mind.

This may seem easier said than done; the following tips will help you:

- When indoors, expose yourself to natural light. Otherwise, turn on bright fluorescent lights with ultraviolet screens, which are comparable to the quality of light produced by the sun.
- Get outside. A few minutes of sunlight can go a long way.
- Exercise. Even walking outside for 15 minutes does the trick.
- Eat slow energy-burning foods that

keep your mood and energy levels in check. Fatty acids found in certain nuts, fish, fruits and vegetables also boost energy and mood.

- Drink water to revitalize your body and brain cells.
- Make time to socialize even if you don't feel like it, to improve mental resilience and mood, e.g. discuss work, stresses, or life in general with co-workers, family, or friends.
- When "under the weather" feelings persist, contact your local Employee Assistance Program (EAP), Military Family Resource Centre (MFRC), and/or your family doctor.

Educate yourself and others about the winter blues through discussion and/or attending educational events, presentations and workshops.

Vitamin D supplements can boost your mood (but don't get carried away as too much vitamin D is harmful).

**Did you know:** the Employee Assistance Program (EAP) and the Canadian Forces Member Assistance Program (CF MAP), through Health Canada, provides free short term counselling for DND military and civilian members, along with their immediate families.

Don't suffer in silence, call Health Canada today (1-800-268-7708).

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# FMF co-op student earns UVic's Co-op Student of the Year award



**Shawn O'Hara**  
Staff Writer

Fourth year Mechanical Engineering student Sylvia Penkova is a hard worker and now she has an award to prove it.

Penkova was recently named Co-op Student of the Year by the University of Victoria for her work with Fleet Maintenance Facility (FMF) Cape Breton Industrial Engineering from January to April of 2014.

"I was very happy to hear I'd been chosen," says Penkova. "I knew that I worked hard, but it's always nice to be recognized for the time and effort you put into your tasks."

During her three month co-op, Penkova worked on a number of primary and secondary projects with FMF, including design-

ing a new Submarine Hydraulic Oil Polishing Unit, and collaborating with the team on the Waste Water Treatment Plant and Electroplating Facility.

Penkova says the experience she got working alongside FMF engineers and shop workers was more challenging than the work done in school.

"In school when you're working on projects there is always someone you can talk to, or a manual you can read to fill in a blank," says Penkova. "When you're designing something from scratch and you run into a problem there isn't a manual you can look at. It was up to me to come up with a lot of the fixes for these problems, which was invaluable information and experience."

Tom Percy, Industrial Engineering Manager at FMF,

says having Penkova on board not only gave her the experience she needed, but greatly benefitted FMF as well.

"With the amount of projects we have on the books, it can be difficult to make time with the resources we have available," he says. "Having someone like Sylvia around, with her drive and determination, opened up the opportunity to finally get to some work we'd been waiting to complete."

Though the actual award ceremony isn't until February, Penkova says the commendation will help her on her career path.

"Now potential employers will be able to see that I have the skills and experience to back up my education," she says. "I'll be able to take my time with FMF and put it towards making a name for myself. I couldn't be happier."

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# Wishing you the best of the holiday season Mes meilleurs vœux du temps des fêtes

# Merry Christmas Joyeux Noël

As the year draws to a close and we enter the Christmas/New Year season, I hope that you'll take the opportunity for some well-deserved leave. It is an important time to spend with family and friends, reflect on the past year, and prepare for the year ahead.

In looking back over the last year, I am incredibly proud of what our Formation has achieved. Operational excellence, our core mission, was evident in our ships, with embarked UAV and Air dets, and submarines deployed on operations and exercises around the globe. I am particularly proud of the tremendous accomplishments of *HMCS Regina* during her extended deployment on Op Artemis and Op Reassurance and all the units that deployed on Op Caribbe. I would also highlight the excellent work done by all the participants in Ex RIMPAC. At the same time, I note with pride the return of *Calgary, Winnipeg & Vancouver* to the fleet having completed their modernization while also highlighting the return of *Chicoutimi* to sea; our second operational submarine on the West Coast.

Once again our Joint Rescue Coordination Center provided assistance in almost 3000 requests for assistance; saving lives every day. Our Joint Task Force Pacific have also been busy conducting a range of operations and exercises across the province. I also applaud the outstanding work done by the Cadet organization; 7000 cadets in 140 Corps/Squadrons – future leaders of Canada all.

At the same time, we have seen the Formation grow considerably as we have taken on responsibilities for the Reserve component, Naval Training System, Advanced Naval Boarding Party and Commander, Canadian Submarine Force. These steps in our 'One Navy' evolution are important and we could not have advanced this work so effectively without your strong leadership and dedication.

All of these successes are the direct result of the tremendous work done by all of you – civilian and military members of

the MARPAC/JTFP team. You are all serving your nation and I thank each and every one of you for this. I appreciate the incredible support provided by the Base, FMF, Fleet, NTS, Reserve component, our lodger units, MFRC and Headquarters, to name some – and there are many others. I understand the increasing workload and challenges you all face, and I am thankful and proud of your continued dedication and contributions to our successes.

In light of recent events, I would also like to thank everyone for adapting so readily to our heightened security posture. These measures have evolved because the safety and well-being of our personnel and families is my primary concern. We need to remain focussed on security as we move into the New Year.

The importance of our families cannot be overstated. They are the 'Strength Behind the Uniform' and we could not have achieved all we have without their support and dedication. My wife Brenda and I would like to thank all your families and express our appreciation to them.

If you are travelling over the Holidays, please do so safely

and remain responsible and vigilant in your holiday celebrations. Please also take a minute to think of our extended military family - those who are deployed or on duty - and not home for the holidays. Consider including your holiday celebrations those friends and colleagues who may be alone. For those that are alone or those working through difficult challenges during the holidays; please remember the range of services available across the Formation to support you if necessary.

In closing, Brenda and I extend our best wishes to you and your families for an enjoyable Holiday Season, and we look forward to seeing you all again in the New Year. As always, I am honoured to be the Commander of Maritime Forces Pacific/Joint Task Force Pacific and to work alongside each and every one of you.

Yours aye,  
RAdm Bill Truelove and Mrs Brenda Truelove  
Comd MARPAC/JTFP

Alors que l'année tire à sa fin et que nous entrons dans la période de Noël et du Nouvel An, j'espère que vous profiterez de la possibilité de prendre un congé bien mérité. C'est une période importante à passer en famille et avec les amis, pour réfléchir sur l'année écoulée et se préparer à l'année à venir.

En contemplant l'année écoulée, je suis extrêmement fier de ce que notre formation a accompli. L'excellence opérationnelle, notre mission principale, était évidente sur nos navires, avec les drones embarqués et les détachements aériens et dans nos sous-marins affectés à des opérations et à des exercices dans le monde entier. Je suis particulièrement fier des réalisations remarquables du *NCSM Regina* lors de son déploiement prolongé dans le cadre de l'Op Artemis et de l'Op Reassurance, et de toutes les unités déployées lors de

l'Op Caribbe. Je voudrais également souligner l'excellent travail accompli par tous les participants à l'Ex Rimpac. Dans le même temps, je constate avec fierté le retour des *NCSM Calgary, Winnipeg & Vancouver* à la flotte, leur modernisation étant terminée, et je tiens à souligner le retour du *NCSM Chicoutimi* en mer, notre deuxième sous-marin opérationnel sur la côte Ouest.

Notre Centre conjoint de coordination des opérations d sauvetage a répondu à près de 3 000 demandes d'aide cette année encore, sauvant des vies tous les jours. Notre FOIP a également été occupée à mener une série d'opérations et d'exercices à travers la province. Je tiens également à saluer le travail remarquable accompli par l'organisation des cadets; 7 000 cadets dans 140 corps/escadrons – tous de futurs leaders du Canada.

Dans le même temps, nous avons vu croître considérablement la formation alors que nous avons commencé à assumer les responsabilités pour la composante de Réserve, le système d'instruction navale, l'Équipe d'arrondissement avancée et le commandement de la Force de sous-marins du Canada. Ces étapes de notre évolution vers « Une Marine » sont importantes et nous n'aurions pas pu faire progresser ce travail de façon aussi efficace sans votre fort leadership et dévouement.

Toutes ces réussites sont le résultat direct du travail considérable accompli par vous tous – les membres civils et militaires de l'équipe des FMAR(P)/de la FOIP. Vous servez tous votre pays et je vous remercie, chacun d'entre vous pour cela. J'apprécie le soutien incroyable de la base, des IMF, de la flotte, du NTS, de la composante de Réserve, des unités hébergées, du CRFM et du Quartier général, pour n'en nommer que quelques-uns – et il y en a bien d'autres. Je com-

prends que vous faites face à une charge de travail croissante et à de plus en plus de défis, et je vous suis reconnaissant et fier pour votre dévouement constant et votre contribution à notre réussite.

À la lumière des récents événements, je tiens également à remercier tout le monde pour vous être adaptés si facilement à notre posture de sécurité accrue. Ces mesures ont évolué parce que la sécurité et le bien-être de notre personnel et de nos familles sont ma principale préoccupation. Nous devons rester concentrés sur la sécurité alors que nous entrerons dans la nouvelle année.

L'importance de nos familles ne peut être surestimée. Elles sont la « force derrière l'uniforme » et nous ne pourrions faire tout ce que nous faisons sans leur soutien et leur dévouement. Ma femme Brenda et moi tenons à remercier vos familles et à exprimer notre gratitude envers elles.

Si vous voyagez pendant les vacances, s'il vous plaît conduisez prudemment, soyez responsables et restez vigilants pendant les fêtes. Prenez également une minute pour penser à notre famille militaire élargie – ceux qui sont déployés ou en service – et qui ne sont pas à la maison pour le temps des fêtes. Pensez à inclure dans vos fêtes les amis et collègues qui peuvent être seuls. Pour ceux qui sont seuls ou qui passent au travers de moments difficiles pendant les fêtes, rappelez-vous la gamme de services disponibles à la formation pour vous aider si nécessaire.

En terminant, Brenda et moi vous offrons nos meilleurs vœux, et vous souhaitons, à vous et à vos familles, un temps des Fêtes agréable, et nous avons hâte de vous revoir à la nouvelle année. Comme toujours, je suis honoré d'être le commandant des Forces maritimes du Pacifique et de la Force opérationnelle interarmées du Pacifique, ainsi que de travailler à côté de chacun d'entre vous.

Mes salutations cordiales,  
Cam Bill Truelove et Mme Brenda Truelove  
Comd FMAR(P)/FOIP

With Christmas just ahead and another holiday season upon us, we once again have the opportunity to reflect on our accomplishments over the last year and most importantly take some time to enjoy a much-deserved pause in our busy lives.

Having returned to the coast this summer after several years on other assignments, I along with my wife Shauna and our two children Nate and Bekah are thrilled to be immersed among the incredible community of people that represent CFB Esquimalt. Your collective efforts in contributing to the Formation's missions have been impressive: I know it hasn't always been easy and we've endured challenges along the way. Nonetheless, the spirit and can-do attitude that you exhibit day in and out continues to inspire me to do the best I can to channel that energy into success stories moving into 2015.

So, like you, I am looking forward to slowing down a little over the holidays. For those of you with the opportunity to reconnect with family, do take advantage. For others, whether on duty or unable to travel, please know that you are not alone. I know what it's like to be deployed away from family

over Christmas; it's not easy, but there is something else – a bond, or maybe it's just that Christmas spirit – that connects the defence community so I encourage you to reach out to friends and neighbours to share in the season. Even a stroll down streets decorated with festive lighting can warm the heart.

Finally, let us not forget to extend our prayers to the families of those who have served this great country and are no longer with us. We honour their commitment and sacrifice through our ongoing efforts to better our Institution.

In closing, I wish to extend my heartfelt thanks to each of you and your families. As your Base Commander, I speak for the rest of the Base Executive team in wishing you all a safe and enjoyable Christmas. Happy holidays and all the best in 2015!

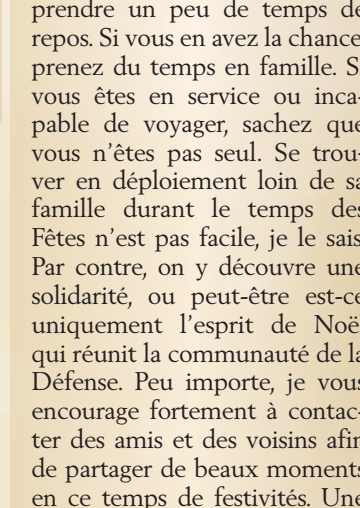
Steve Waddell  
Capt(N)  
Base Commander



Rear-Admiral Bill Truelove, Commander of Maritime Forces Pacific and Joint Task Force (Pacific), with his wife Brenda and their two dogs Bella and Bailey.



Capt(N) Steve Waddell, Base Commander, with his wife Shauna and their children Nate and Bekah.



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# Ebola Recruitment Campaign: Join the fight with Red Cross

DND

The Government of Canada announced Nov. 27 the "Join the Fight Against Ebola" campaign to support global efforts to recruit and deploy health care workers to West Africa.

The government is encouraging federal health care workers to consider volunteering with the Canadian Red Cross to support Ebola efforts at Ebola Treatment Centres in Sierra Leone, Liberia and Guinea.

Specifically, federal employees will continue to receive their full salary while they are on leave to volunteer with the

Canadian Red Cross.

The Canadian Red Cross has an Ebola response positions page where it highlights the types of health care professionals it is seeking to support the Red Cross response. Specifically, the top five positions that it is looking to fulfill are:

- Ward Nurse
- Medical Doctor
- Psychosocial Support Delegate
- Water and Sanitation Delegate
- Infection Prevention and Control Delegate

If you are interested in volunteering, please speak with your manager/super-

visor about your intention before applying online. In the event you are selected by the Canadian Red Cross, you would need to obtain your manager's/supervisor's approval for leave with pay before volunteering with the Canadian Red Cross.

Please consult the Ebola recruitment page for more information about the "Join the Fight against Ebola" campaign.

This website also includes resources for federal employees: <http://healthycanadians.gc.ca/diseases-conditions-maladies-affections/disease-maladie/ebola/recruitment-recrutement/index-eng.php>



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# DND personnel deploy to Sierra Leone

In support of the Government of Canada's response to fighting the Ebola epidemic in West Africa, approximately 40 Canadian Armed Forces (CAF) health care and support staff departed for the United Kingdom Dec. 6 to undertake specialized training prior to deploying to Sierra Leone later this month.

Canadian military doctors, nurses, physicians' assistants, medics and support staff will train at the state-of-the-art British Army Medical Services Training Centre in Strensall, UK. After training alongside their

British military counterparts to ensure full inter-operability, CAF personnel will deploy directly to Sierra Leone.

The deployment is expected to last up to six months, with Canadian military health care personnel being rotated every two months during the deployment.

The CAF mission is called Operation Sirona, and in augmenting the UK's Operation Gritrock, will primarily focus on medical care to local and international health care workers who are patients of the UK

Kerry Town Treatment Unit (KTTU) in Sierra Leone.

Training prior to deployment will include lectures by experts in infectious disease, including Ebola, and by health workers with experience working in Sierra Leone, and will include practical scenarios in a simulated Ebola treatment centre. Training will also encompass cultural awareness and language training.

CAF personnel will be fully trained on the use of personal protective equipment required to keep staff safe and to prevent cross infection.



Photo: MCpl Roy MacLellan, 8 Wing Imaging  
Lieutenant-General David Millar (left), Chief of Military Personnel, speaks with each deploying Task Force member as they pass through security screening at the passenger terminal at CFB Trenton on Dec.6.

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## Turkey Run

MCpl Malcolm Byers, MARPAC Imaging Services  
 Members of Fleet Diving Unit Pacific pedalled and ran in support of the Westshore Christmas Hamper Fund in Millstream Village on Dec. 6 during the annual Turkey Run. Above, divers and Westshore volunteers run at Belmont Secondary School Track and Field.

All are welcome

# Advent & Christmas at ESQUIMALT UNITED CHURCH



**Dec. 15, 22 at 6:00 - 7:00 p.m.**  
 Sacred Pause - A time to rest in the silence and seek glimpses of the Sacred in this busy season. Join us as the soft glow of candle-light welcomes us into a time of poetry, meditation, music and silence. All are welcome; come once or to all four.

**Sunday, December 21 at 10:30 am**  
 Christmas Pageant for all ages.

**Wednesday, December 24 at 7 and 10 pm**  
 7 pm Family Christmas Eve Service. Carol sing, a fun interactive telling of the Christmas story for all ages.  
 10 pm Contemplative Christmas Eve Service.

**Wednesday, December 28 at 10:30 am**  
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## Security awareness is for everyone

National Security Institute, Inc.

New research shows employees are still ignorant about social engineering. More than half of all security professionals said the most dangerous social engineering threat to their organization is a lack of employee awareness.

Here are some of the tactics specifically noted by security professionals:

- Email phishing scams were identified as serious attacks by 22%.
- Criminals posing on-site as contractors or employees were mentioned by 12%.
- "Vishing," a relatively new but growing scheme in which people are tricked into revealing information over the phone, was reported by 5%.

### Protect yourself

- What can you do to safeguard your own personal data, as well as your employer's sensitive information?
- Pay attention to these tips from experts:
- The Golden Rule of social engineering is this: attackers count on people's natural inclination to be kind, helpful, and respectful of authority. If somebody presses you to do anything that risks sensitive information--for example, divulge your network login and password--you need to risk angering them by denying the request, at least until it is properly authorized. This isn't always easy, but it's necessary.
- If your company requires card-keys or ID badges, do not allow people with-

out credentials to "tail-gate" you into secured areas. Instead, politely but firmly offer to escort them to security personnel.

- Do not assume that anybody with a logo on their Polo shirt is a legitimate member of tech support. If anybody shows up in your work area casually insisting on fixing or upgrading your computer, double-check the request.

Now more than ever, it's important to be vigilant about email. Sophisticated spear-phishing attacks can fool even experts; never click unknown links in messages, and never give out your login--even if the request appears to come from your CEO! (It may be a fake.)

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# Viva Jack Vegas CHRISTMAS



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# Why are holidays hazardous to health?



Stock image

It's a sad statistical fact: The holidays, from Christmas to New Year's, are a treacherous time when it comes to our health.

"There's a spike in heart attacks and other cardiac issues," says Dr. John Young, a physician specializing in the treatment of chronic illnesses through biochemical, physiological and nutraceutical technologies. "The incidence of pneumonia cases spikes – in both cold and warm climates. And deaths from natural causes spike. In fact, more people die of natural causes on Christmas Day than any other day of the year."

While those numbers are well-documented, the causes are not.

"Stress plays a role, particularly if your immune system is weakened," Dr. Young says. "If you look at how most of us eat

from Halloween through to the New Year, it's easy to see how the immune system takes a beating and otherwise healthy people become more susceptible to illness during the holidays."

It's basic biochemistry, he says.

"We eat a lot more refined sugar, for instance, which is a carbohydrate that's been stripped of all the vitamins, minerals and proteins that make up a complete carbohydrate," he says. "Our bodies can't use that, so the cells in our digestive organs work overtime, burning up a lot of energy, vitamins and minerals to digest it, and they get nothing back. So, eventually, they grow weak."

So, can we have a little sugar, and good health, too? Dr. Young says we can.

"The occasional slice of pumpkin pie is fine as long as you're also feeding your

cells with the nutrients they need – the minerals, vitamins, good quality protein, amino acids, essential fatty acids – to stay healthy." He offers these tips for staying healthy through the holidays and throughout the year:

Get your vitamin D. Vitamin D is actually a hormone, not a vitamin, and one of our best sources for it is sunshine. Unfortunately, many people work indoors all day, so they get little sun exposure. When they do go outside, they wear long sleeves and sunblock to protect against skin cancer. And, of course, in the wintertime, people in cold climates tend to stay inside. As a result, many of us are vitamin D deficient, and should be taking supplements.

"Vitamin D is crucial to many physiological systems, including our immune defenses," Dr. Young says. "It helps fight bacterial and viral infections, including the flu. It supports our cardiovascular system; optimal vitamin D levels can reduce hypertension, heart attacks and stroke."

Eat your protein – 1 gram for every 2.2 pounds of body weight daily. In this country, we think a healthy diet means eating a lot of fruits and vegetables. We've forgotten protein, Dr. Young says.

"Our immune system is made up of proteins – our bones are 40 percent protein," he says. "We need protein."

When calculating your protein intake, consider: an egg has about 8 grams, and 8 ounces of fish, chicken, beef or pork have about 30 grams.

Dr. Young recommends no more than 100 grams of protein a day.

Get a good night's sleep, exercise, and manage your stress. Yup, some doctors' orders never change. Rest, exercise and finding effective, healthy ways to cope with stress are simple ways to pamper your cells.

"One of the many cellular benefits of exercise is that it increases the oxygen in our bloodstream. Every cell in our body requires oxygen, so consider exercise another means of feeding your cells."

It's also important to manage stress during the holidays. With unchecked stress, our body releases large amounts of cortisol which, among other things, suppresses the immune system.

"Take time out to meditate, listen to music, or take a walk in the woods," Dr. Young says. "It feels good – and it's good for you."

*Dr. John Young, is a medical doctor with more than 15 years of experience working in emergency rooms and pediatric burn units. He's the medical director of Young Foundational Health Center, specializing in treating patients with chronic diseases such as diabetes by addressing the physiological issues and not just the symptoms.*

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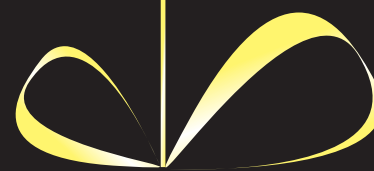


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# Bravo Zulu

HMCS Protecteur's Commanding Officer Cdr Julian Elbourne presented his crew members with several awards and promotions.



AB Billanes receives a Commanding Officer's Bravo Zulu.



Cpl Herradura receives the 2012 Queen's Diamond Jubilee Medal.



Cpl Scott receives a certificate for Sailor of the Month.



Lt(N) Kliem is promoted to Lieutenant Commander.



AB McMillan is promoted to Leading Seaman.



AB Bujold is advance promoted to Acting Leading Seaman.



AB Gould is promoted to Acting Leading Seaman.



AB Barkauskas is advance promoted to Acting Leading Seaman.



AB Munster is promoted to Leading Seaman.



AB Preston is promoted to Acting Leading Seaman.



AB Ralph is promoted to Acting Leading Seaman.



AB Robillard is promoted to Acting Leading Seaman.



SLt Arlett is promoted to Lieutenant (Navy).



SLt Brooker is promoted to Lieutenant (Navy).



LS Malone is promoted to Acting Master Seaman.



Capt Whittaker is promoted to Major.



OS Goenczi is promoted to Able Seaman.



PO1 Kranz is Promoted to Chief Petty Officer Second Class.



AB Morier receives the Machinery Watchkeeping Certificate 1A. He was promoted to his current rank in the same ceremony.



LS Brown receives the Machinery Watchkeeping Certificate 2A.



PO2 Hamel receives the Machinery Watchkeeping Certificate 3A.



MS Haggart receives the Machinery Watchkeeping Certificate 3A.



PO1 Aubry receives the Machinery Watchkeeping Certificate 4.

# Bravo ZULU

Images by LS Zachariah Stopa, MARPAC Imaging Services

HMCS Vancouver sailors receive recognition from Commodore Bob Auchterlonie, Commander Canadian Fleet Pacific, during ceremonial divisions on the ship on Dec. 4.



MS Bryan Hanlan is awarded the Canadian Forces Decoration.



MS Christopher Saunderson is awarded the Canadian Forces Decoration.



LS Richard Despres is awarded the Canadian Forces Decoration.



PO2 Jarrett Teague is presented with the Canadian Forces First Clasp.



MS David Spiker is awarded the Canadian Forces Decoration.



Lt(N) Darren Sleen is presented with the Operational Service Medal.



LS Ang Li is presented with the Certificate of Achievement for Junior Weapons Engineering Technician OJPR 1.



LS Darin Cavelle is presented with the Canadian Forces First Clasp.



MS Bryan Hanlan is presented with the Operational Service Medal.



LS Patrick Carriere is presented with the Operational Service Medal.



Lt(N) Brent Limbeek is presented with the Operational Service Medal.



LS James Campbell is presented with the Operational Service Medal.



MS Kevin Larsen is presented with the NATO Article 5 Medal for Operation Active Endeavor.



LS Shawn Chamberlain is presented with the Operational Service Medal.



Lt(N) Darren Sleen and his family pose for a picture following Lt(N) Sheen being presented with his Operational Service Medal.



LS Joshua Dunn is promoted to his current rank by Lt(N) Christopher Schneider and Commodore Bob Auchterlonie.



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STV TUNA IS LOOKING for CF/Ex-CF/DND civilian members to join the forces offered sailing program. Any one interested in sailing or learning to sail is encouraged to join us. All skill levels are welcome. For more information about the program please contact Sgt Steve Wright 902-427-4417 or steven.wright@forces.gc.ca or check us out on facebook (STV Tuna) for more information.

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