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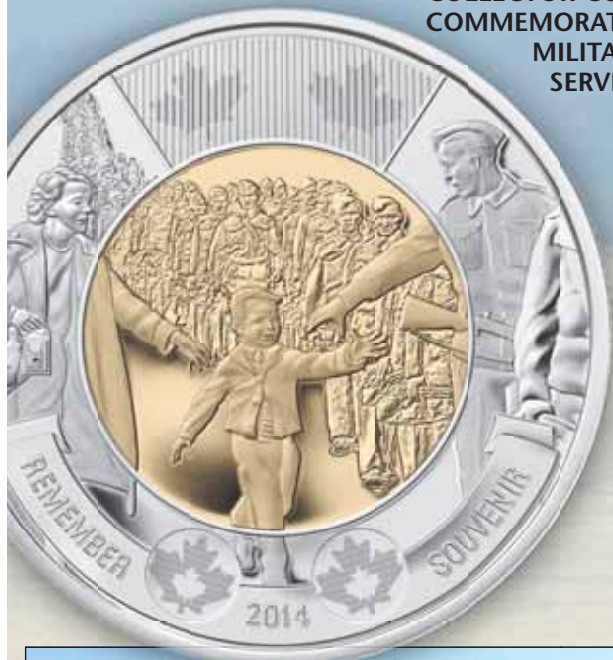


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A successful year for Op Caribe

Alycia Coulter
CJOC

Throughout 2014, the Royal Canadian Navy (RCN) continuously deployed ships and sailors in support of Operation Caribe.

Op Caribe is Canada's contribution to Op Martillo – a multinational, joint and combined campaign against illicit trafficking by transnational criminal organizations in the Americas and Caribbean. There are 14 countries, including Canada, who patrol in the region to prevent transnational criminal organizations from using Central American shipping routes to move narcotics and contraband items to other destinations. Op Caribe is an annual operation that has been conducted since 2006.

"The ships, sailors, aviators on Operation Caribe continue to proudly represent the Royal Canadian Navy and the Canadian Joint Operations Command while deployed in international waters," said MGen Christopher Coates, Deputy Commander Canadian Joint Operations Command (CJOC). "Their efforts through the year led to the interception of a significant quantity of illegal narcotics while building relations with regional security partners."

Nine RCN warships deployed to the region in 2014, along with a CP-140 Aurora aircraft detachment. HMC Ships Nanaimo and Whitehorse patrolled from Feb. 19 to March 28. HMC Ships Kingston and Glace Bay departed on March 10 and returned to their home port of Halifax on April 16. The Aurora aircraft detachment deployed in February.

Canadian ships deployed on Op Caribe act in a support role, locating and tracking vessels of interest. With embarked U.S. Coast Guard Law Enforcement Detachments (LEDET), the ships can approach and intercept suspect vessels to allow LEDET personnel to conduct boarding operations.

For example, HMCS Glace Bay recovered 97 bales of cocaine during a patrol in the Caribbean Basin on March 15. The ship, in cooperation with its embarked LEDET, identified a suspect vessel. Although the LEDET initially did not find any contraband on board, the fishing vessel later caught fire and a search of the general area of debris located the bales of cocaine floating in the water.

Beginning in May, Summerside patrolled the Caribbean region as part of Op Caribe. On June 18, the ship joined aircraft and personnel deployed in the region on Exercise Tradewinds 14, a joint exercise that focuses on countering transnational organized crime and practicing humanitarian assistance and disaster relief to promote regional security cooperation.

In early September, Athabaskan deployed to the region. While on patrol off the coast of Colombia, the crew assisted in disrupting a drug shipment on Sept. 30.

"We forced the vessel to run in a particular direction, which led it to be intercepted by the Colombian Navy, and resulted in a seizure of illicit narcotics," said Cdr Mathias Plaschka, commanding officer of Athabaskan. The Colombian Navy recovered 820 kilograms of jettisoned cocaine from the interception.

The ship also deployed to the region with an air detachment including two Sea King helicopters. According to Cdr Plaschka, the helicopters provide a capability to conduct searches in directions where suspected vessels were possibly identified.

"The helicopters can witness what is being carried on board. Often, illicit traffickers will throw their material overboard so that's important for us as we follow behind. Should that material be illicit cargo, we can then pick it up and it will support any legal cases against those illicit traffickers. The

helicopter is key to be able to do large areas of surveillance and they're also key as effective chase vehicles in high speed chases or pursuits," said Cdr Plaschka.

All ships deployed on Op Caribe conduct ongoing training for crews throughout their deployments. Ships such as Athabaskan are sometimes provided a secondary task to carry humanitarian assistance and disaster relief equipment on board to be the ready response unit in the region if a disaster took place when they were deployed. The ships can also participate in strategic engagements with other nearby countries, and actively share information with partner nations patrolling in the area.

The final seizure of the year was conducted by HMCS Calgary. After departing San Diego harbour in October, the ship was directed to investigate a small suspicious vessel in international waters near the United States – Mexico border. The operations resulted in the seizure of over 1,200 lbs. of marijuana.

HMC Ships Brandon and Yellowknife returned from their area of operations on Dec. 4, which concluded Op Caribe for 2014. The nine ships collectively sailed for 281 days, CP-140 Auroras flew 310 hours and CH-124 Sea Kings flew 185 hours. Their efforts contributed to the seizure of more than four metric tons of cocaine and more than 500 kilograms of marijuana throughout 2014.

All crew members deployed on Op Caribe understand the importance of each mission, whether the vessel is chased for a few hours or all night. "We will go as long as necessary or as resources allow," said Cdr Plaschka. "Any work that we do down there is important. The days that we're out there patrolling will pay benefits when we do find someone trafficking materials destined for North America and potentially Canada."

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Valcartier first to have green firing range

Simon Leblanc
Adsum Newspaper

2nd Canadian Division Support Base Valcartier has officially become the first Canadian Forces Base to use a green small arms firing range, called the Nicosie firing range.

The new bullet catchers at 2nd Canadian Division Support Base Valcartier caught the attention of a number of project stakeholders during a recognition ceremony on Sept. 9.

The new catchers minimize the environmental impact of military training while ensuring the firing range complies with the Defence Environmental Strategy.

The bullet catchers retain metal residue from small arms projectiles to prevent seepage water from reaching the firing range's groundwater flow.

In 2007, Defence Research and Development Canada (DRDC) and the Director of Land Environment began considering ways to create an improved and more cost-effective bullet catcher.

After developing and testing various prototypes, the final design was revealed in 2011. To reduce the speed of projectiles, steel boxes filled with sand were built and installed on the existing range butts, and covered in self-healing membranes. When bullets puncture the membrane, the holes close over on their own. Receptacles developed by Institut national de recherche scientifique (INRS) collect the effluent made up of seepage water, directing its flow toward a treatment system.

Valcartier military members have been training with these catchers for two years to measure the effectiveness of the selfhealing membrane and the cells' impermeability.

The catchers bore these trials well, and an independent study found they were 54 per cent more economical than the conventional sand butts after 20 years of use. This level of



Nicolas Tremblay, Valcartier Imaging

Above: Personnel from 2nd Canadian Division Support Base Valcartier attend the recognition ceremony for the green range project, which is directly in line with the Canadian Armed Forces environmental policy.

Below: The new bullet catchers are easy to modify and adapt to various weather conditions.



Simon Leblanc, Valcartier Imaging

performance offers a long-term solution for managing metal residues from projectiles and should also reduce the environmental impact to almost zero.

Military members who have tried the catchers had only good things to say about them. They pointed out that the catchers decrease noise considerably on the firing range and do not change the nature of training in any way.

"We are very happy

with the results for the Armed Forces," says the DRDC Land Science and Technology Director General, Guy Vézina. "The green firing range project is a great example of multidisciplinary cooperation among a number of organizations, which was undoubtedly the key to this project's success. With one of the best catchers in the world, we are helping to ensure the sustainability of firing ranges."

DRDC scientist Sonia Thiboutot added that many countries concerned about the environmental management of firing ranges are interested in the new bullet catcher design. A number of partners were involved in this project, including the Director of Land Environment, several 2 CDSG units, including firing ranges and training areas, Resource Conservation and the Engineering Branch, Defence Construction Canada, DRDC, and its environmental expert partner, INRS. A final report on environmental performance of bullet catchers will be issued in January 2015.

The catchers decrease noise considerably on the firing range and do not change the nature of training in any way.

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JIM RISCHMILLER

Thank you for supporting "Sailing through the Holidays"

Christine Farrington PSP

A flurry of decorating and creativity took place in the Wardroom, The Chiefs' and Petty Officers' Mess, and the Pacific Fleet Club during the first two weeks of December as members from 25 MARPAC units decorated pre-lit Christmas trees in a show of holiday spirit and healthy competition.

Units that participated competed for prizes in three coveted categories: (1) Most Festive Design; (2) Best Griswold Design (for the most outlandish tree); and (3) Best Charlie Brown (for most commercialized or valiant effort).

The contest was judged Dec. 16, and the panel included the Base Commander, Capt (N)

Waddell; the Base Administration Officer, Cdr Golden; the PMC of the C&POs' Mess, CPO1 Bodie; the Formation Chief, CPO1 Feltham; the Base Chief, CPO1 Taylor; the Formation Master Seaman, MS Ensom; and the Holiday Event Coordinator, Christine Farrington.

It was a difficult decision to choose a winner in each of the three categories. All the trees were decorated with creativity and imagination that it was clear the holiday spirit was alive and well in the Formation.

In the end, however, there could only be one winner in each category. The judges awarded the title of Most Festive Tree to *HMCS Regina*. The title of Best Griswold tree went to Seamanship Division at CFFSE, and the Best Charlie Brown tree went to the staff at CANEX. Honourable mention was given to 1

Dental Unit Detachment for their heartwarming reminder that the holidays do not have to be painful.

MasterCard gift certificates were presented to the winning units by the Base Commander on Dec. 18.

Judges and organizers for this year's holiday lighting program would like to convey a sincere thank you to all of the participants in this year's Formation Tree Decorating Contest. Participants included:

- *HMCS Regina*
- Military Police, CFB Esquimalt Detachment
- CANEX
- SISIP Financial Services
- Formation Safety and Environment
- *HMCS Winnipeg*
- 1 Dental Unit Detachment
- Base Information Systems
- Base Comptroller
- Base Executive Services
- Pacific Fleet Club
- *HMCS Algonquin*
- Canadian Fleet Pacific HQ
- *HMCS Protecteur*
- Canadian Forces' Fleet School Esquimalt-Seamanship Division
- Military Family Resource Centre
- Patrol Craft Training Unit
- *HMCS Oriole*
- Maritime Forces Pacific / Joint Task Force Pacific Headquarters
- CFMWS Personnel Support Program (PSP) Services
- NOTC Venture
- Base Logistics
- Base Administration
- Assistant Judge Advocate General
- New Capability Introduction Unit



Left: CPO1 Alan McNaull accepts *HMCS Regina's* prize for "Most Festive" Christmas tree.



Right: MS Amy Bakstad and Lt(N) Andrew Brumwell of Seamanship Division accepted the prize for Seamanship Division's "Best Griswold Tree".

SPORTS trivia

by PO1 Bill Sheridan
Contributor

1. What former Habs defenceman and three time winner of the cup was at one time a backup quarterback for the Fighting Irish?
2. Who was a two time All American in Hockey for Harvard as a defenseman in the early 60's?
3. What is located at 801 Hat Trick Avenue?
4. Why was Bobby Hull not allowed to play for team Canada in the 72 summit series?
5. Who holds the WHA record for games played as a goalie?
6. Who wrote a Hockey trivia book called Next Goal Wins?
7. What leagues did the Macon Whoopee play in?
8. What movie had a character named Joe McGrath?
9. How many Canadian cities have at one time had an AHL franchise including now?
10. How many men have coached a Canadian University Hockey winner and a Stanley Cup champion?
11. What AHL city has had the most team nicknames?
12. Ron Plumb did this more times than anyone in the WHA?
13. On March 6, 13, why did Great Big Sea perform "The Hockey Song" in concert in San Francisco?
14. What announcer had small roles in two sports-related family comedies: MVP: Most Valuable Primate and Air Bud: Seventh Inning Fetch?
15. What league did the Toledo Mercury's and Des Moines Oak Leafs play in?
16. What did they Hansons bring with them when they arrived?
17. Who was the first NHL goalie to be credited with a goal? And the first to shoot for a goal?

- ANSWERS
1. Bill Nyrop
 2. The Governor General David Johnston
 3. US Hockey Hall of Fame in Eveleth Minnesota
 4. NHL Owners wouldn't allow it due to him signing with the jets
 5. Ernie Wakely
 6. Hockey Historian Liam McGuire of Osgood Ontario
 7. Southern, Central and East Coast Hockey Leagues
 8. Slapshot
 9. Eighteen
 10. Three, Mike Keenan, Mike Babcock and Jean Perron
 11. Syracuse had the crunch Stars, Warriors, Eagles and Firebirds throughout its history.
 12. Games Played as a defenceman
 13. In memorial to Stompin Tom who passed away that day.
 14. Jim Hughson
 15. International Hockey League
 16. Their toy cars
 17. Billy Smith was credited, while Ron Hexell was the first to shoot and score.

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New college network supports families

DND

Military family members are being supported through the College Transferability Network to make their educational goals a reality.

Many military spouses hold off on educational or professional pursuits while in charge of the day-to-day care of the family, and organizing the household while the military member is away on training or operations.

The limitations imposed by frequent relocations with the military also take priority. However, pursuing higher learning or professional training has gotten easier, and there are initiatives in place to help make education aspirations more attainable.

College Transferability Network

Historically, it has been problematic for military family members to transfer educational credits from one institution to the next. Understanding the challenges of regular military postings, the Royal Canadian Air Force and North Island College in British Columbia hosted a summit in 2013 with the aim of expanding educational opportunities for military families. What ensued was the development of the College Transferability Network, a community of public colleges, nine to-date, that have signed a memorandum of understanding to foster a barrier-free learning environment for military families.

Military family members are being supported through this network to make their educational goals a reality.

Supporting the educational goals of military members and their families is not new. More than 40 years ago, the University of Manitoba began assisting military members and their spouses through their Military Support Office.

The University continues this support today by granting university credit for military courses and training, as well as providing military members and their civilian spouses services that include credit assessment and transfer, program advising and planning and other administrative support.

Education Options

The Military Support

Office at the University of Manitoba, and now the College Transferability Network provide options that significantly reduce completion time and expenses for many military members and families interested in earning a certificate, diploma or degree.

If you would like guidance in exploring the various resources or opportunities that are available, you can begin by contacting a Military Family Resource Centre in your area or calling the Family Information Line at 1-800-866-4546.

Whether you are looking to enhance a skill, receive a qualification or simply learn something new, know that educational support is available to help you reach your goal.



Shawn O'Hara, Lookout

SISIP and CANEX representatives present Capt(N) Steve Waddell, Base Commander of CFB Esquimalt, with a cheque for \$177,819. The money, which comes from SISIP and CANEX profits made in the 2013-2014 fiscal year, will go towards the Base Fund, providing vital funding to local morale and welfare programs and events such as Formation Fun Day.

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Overcoming Addiction, PTSD

A SPECIAL HEALTH FEATURE

Sometimes, the biggest battles are the ones within yourself.

When Colin Fraser* first learned about laser therapy, he'd been battling both post-traumatic stress disorder and an alcohol addiction for years.

"I had actually given up hope that anyone could help me," he remembers. "I had undergone a lot of different types of counselling for the PTSD. I'd been in a recovery centre for a while for the drinking, and had even tried hypnosis."

Still, Fraser continued to have nightmares on a regular basis.

He was drinking regularly on weeknights and heavily on the weekends.

"I know I was drinking to try and escape the feelings and the memories. My wife was really at the end of her rope with me," he recalls sadly.

It was Fraser's sister who suggested he try laser therapy.

"She knew someone whose life had really been turned around by it. I guess she thought there was still hope for me."

Fraser says the whole thing was much easier than he imagined.

"I was surprised to find a way to be treated where I did not have to miss any work at all. Actually, nobody except my wife and my sister even knew I was going through it."

"I think one of the biggest things was finding something to calm my nerves. I had been so jumpy for years. I always felt like these ghosts from the past were chasing me, and I did not think I'd ever be rid of them."

After about half a dozen treatments within the first two weeks, Fraser felt a lot more relaxed, and the night-

mares stopped completely.

However, it was during his second visit to the clinic that he noticed they actually specialized in alcohol addiction therapy as well.

"I was surprised at the results I was feeling for the PTSD treatment, and the staff were really good to me. I was pretty sure they were the ones who could help me crack the drinking too."

The whole process took Fraser about two months to complete, and he is amazed at how many elements of his life were impacted.

"It wasn't just about the laser," he says. "They did a full detox of my system, and taught me how to communicate better, which helped in pretty much all of my relationships. That was two years ago now. My marriage is so much better, and I know my wife is a lot happier with me. I'm nicer to my kids, and also to the folks at work. I sleep deeply, and my body feels so much healthier. I'm pretty sure I got a decade back on my life."

Registered Nurse Sheila Baxter, whose staff handled the treatment for Fraser, says she has seen so many success stories over the years.

"Those who have addiction problems risk facing serious withdrawal symptoms. We can mitigate that very effectively," she says.

Baxter's company, Laser Centers for Health, has launched a new military discount program to support all members and their families with discounted treatments for addiction and emotional wellness. Those interested should call 1-866-977-2737 to inquire.

**Name has been changed to protect confidentiality*



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LS Zachariah Stopa, MARPAC Imaging Services

Above: (left to right) Maj Jonathan Balaguer, Deputy Commander Canadian Forces Naval Military Police Group, Cdr Lucie Tremblay, Commander Canadian Forces Naval Military Police Group, and Maj Michael Lemire, Commanding Officer Military Police Unit Esquimalt, sign the guest book at Maritime Forces Pacific/Joint Task Force (Pacific) Headquarters during an office call with RAdm Bill Truelove, Commander of Maritime Forces Pacific.

Above centre: Col Jeffrey Dooling, Director of Space Requirements, signs the guest book at MARPAC/JTFP Headquarters during an office call with RAdm Truelove.

Right: BGen (Ret'd) Peter Atkinson, Senior Vice President of the Personnel Support Program of the Canadian Forces Morale and Welfare Services signs the guest book during an office call with RAdm Truelove.



LS Zachariah Stopa, MARPAC Imaging Services



Cpl Blaine Sewell, MARPAC Imaging Services



Cpl Brandon O'Connell, MARPAC Imaging Services

Chief of the Defence Staff, Gen Tom Lawson meets with RAdm Truelove during a visit to MARPAC/JTFP Headquarters.

Look who dropped by this year



Cpl Blaine Sewell, MARPAC Imaging Services



LS Zachariah Stopa, MARPAC Imaging Services

Above: Lt(N) Donald Valmo (standing) shows BGen Paul Bury, Director General of Reserves and Cadets, how to drive PCT Grizzly during his visit to CFB Esquimalt.

Left: Members of the Official B.C. Opposition Party Caucus and representatives from the Canadian Armed Forces during a visit to the Wardroom.

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2014 YEAR IN REVIEW

JANUARY

The Government of Canada withdraws the Disaster Assistance Response Team (DART) following the completion of a humanitarian assistance mission in the Philippines. DART deployed in response to the super typhoon Haiyan, which affected more than 14 million people, killing over 6,000. DART provided aid by distributing 493,346 litres of fresh water, providing medical assistance to 6,525 patients, clearing 131 kilometres of road, and delivering 230,487 pounds of food and goods.

HMCS *Regina* departs CFB Esquimalt for an eight month deployment on Operation Artemis, the Canadian Armed Forces contribution to counterterrorism and maritime security in the Arabian Sea.

HMCS *Toronto* intercepts smugglers in the Arabian Sea region Jan. 17, recovering 280kg of heroin, bringing their numbers for that year a staggering 8.5 metrics tonnes of narcotics recovered including cocaine, heroin, and hashish.

FEBRUARY

A fire in the engine room of HMCS *Protecteur* incapacitated the vessel on its journey from Pearl Harbor, Hawaii, back to CFB Esquimalt, and caused significant damage. No one was seriously injured, and the ship returned to CFB Esquimalt May 24.

A team of five CAF members ran a relay-style route from Port Hardy to Colwood in support of Wounded Warriors Canada, a charitable organization that supports injured CAF members with a wide range of programs and services that focus on mental health.

Canadian icon Rick Hansen, an Honorary Colonel with the Joint Personnel Support Unit (JPSU), visited CFB Esquimalt Feb. 26 to present a Sacrifice Medal to Cpl Darryl Hansen (no relation), who suffered a traumatic brain injury while on deployment to Afghanistan.



MARCH

The last Canadian personnel involved in NATO training mission in Afghanistan left the country, marking the end of significant Canadian military involvement in the region.

HMCS *Regina* successfully disrupts the shipment of 132 kilograms of heroin during operations in the Indian Ocean on March 31.

Prime Minister Stephen Harper declares May 9 National Day of Honour, conceived as a day for all Canadians to thank Canadian Armed Forces members and their families for their dedication, sacrifice, and service.

APRIL

HMCS *Nanaimo* and *Whitehorse* return to CFB Esquimalt after an eight week deployment on Operation Caribbe.

CFB Esquimalt introduces security measures to combat the "Heartbleed Bug", an information and data vulnerability that affected almost 66 per cent of the Internet.

HMCS *Chicoutimi* completes a camber dive April 16, marking one more step on the path to operational readiness for the Victoria-class submarine.

MAY

The annual Candlelight Tribute at God's Acre Veterans Cemetery took place May 29, honouring those who have served or are currently serving. The vigil also recognized the 70th anniversary of the D-Day Invasion.

CFB Esquimalt welcomes delegates from the NATO Assembly to the base during a diplomatic visit May 2.

Veterans Affairs Minister Julian Fantino comes to CFB Esquimalt to present Canadian veterans Norman George Alexander, Edward Earl Dallin, Ronald Jacques Lavallee and James S. Russell with the Arctic Star Medal, which recognizes operational service north of the Arctic Circle from 1939 to 1945.

JUNE

CFB Esquimalt is visited by aircraft carrier USS *Nimitz* from June 13-16. With the massive vessel comes 2,800 crew from across the United States Navy.

HMCS *Ships Calgary, Nanaimo, and Whitehorse* and HMCS *Victoria*, head to Hawaii for RIMPAC 2014. Twenty-three nations take part in multi-national exercises from June 26 to Aug. 1, including over 1,000 CAF personnel.

Nine-year-old Emma Campbell places first in the June 22 Navy Run 5K in the under 24 category, and the first Female Overall.

JULY

On July 5 more than 500 CAF personnel deploy to Portage La Prairie to help combat flooding across the province, laying more than 212,700 sandbags to push back flood waters.

VAdm (Ret'd) Nigel Brodeur presents the medals of his father, Rear-Admiral Victor Brodeur, to CFB Esquimalt July 23. Among the medals are Rear-Admiral Brodeur's medals for service during the 1914 Mexican Revolution, his Companion of the Most Honourable Order of the Bath, and the medal denoting him as a Commander of the Order of the British Empire, presented by King George VI.

Cmdre Luc Cassivi hands over the role of Base Commander to Capt(N) Steve Waddell July 30, after only a year in the position. Cmdre Cassivi heads to Ottawa to take up the post of Director General of Naval Strategic Readiness at the National Defence Headquarters.

AUGUST

CFB Esquimalt rededicates the Submarine Cairn in Dockyard on Aug. 7, marking 100 years of submarine service in the Royal Canadian Navy.

The Township of Esquimalt unveils a marble plaque near Lampson School, honouring the lives of Esquimalt residents lost during the First World War.

A memorial is unveiled near the peak of Mount Strachan in Cyprus Provincial Park, remembering the lives of Lieutenants Norman J. Odgen, and Donald S. Clark, who lost their lives in a tragic accident while piloting a training craft in 1963.

SEPTEMBER

HMCS *Regina* returns to CFB Esquimalt after eight months at sea, supporting Op Artemis, as well as NATO operations in the Mediterranean during a tense period of military activity between Russia and the Ukraine.

Canadian musician Loreena McKennitt is appointed an Honorary Colonel in the Royal Canadian Air Force (RCAF).

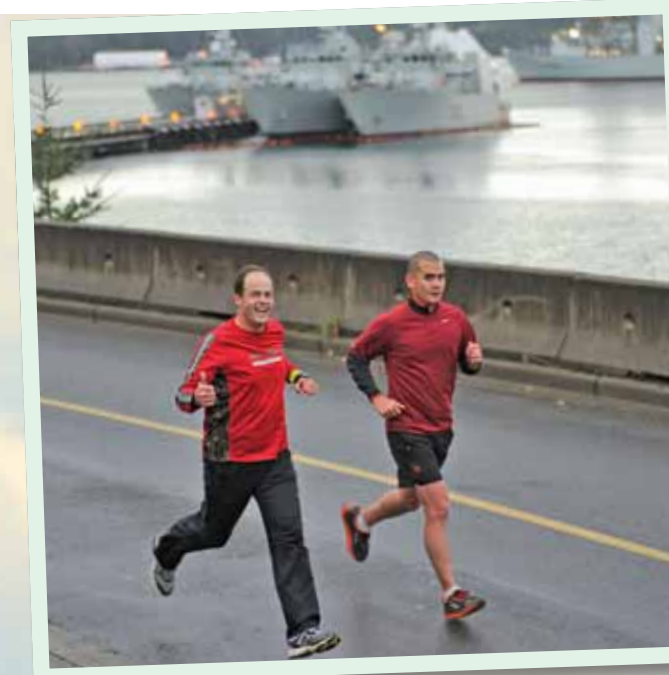
His Royal Highness Prince Edward, Earl of Wessex, visits CFB Esquimalt, presenting 87 young people from around Vancouver Island and the Mainland with the Duke of Edinburgh Award.

OCTOBER

Canada is shaken at the deaths of WO Partice Vincent and Cpl Nathan Cirillo, killed two days apart in separate attacks. Cpl Cirillo's killer, after shooting Cpl Cirillo as he stood vigil at the National War Memorial, then gained entry to Parliament before being shot and killed by police.

The medals of WO (Ret'd) Edward Kochanuk are returned to his family after they turned up in the CFB Esquimalt Naval and Military Museum following a robbery of the Kochanuk's home 27 years ago.

RCN and RCAF personnel recover the wreckage of Northrop Nomad aircraft #3521 from the bottom of Lake Muskoka in Ontario after 74 years beneath the waves.



NOVEMBER

The Royal Canadian Legion Poppy Campaign begins, with the symbolic First Poppy being presented to Base Commander Capt(N) Steve Waddell, and the CFB Esquimalt personnel who stood vigil at the National War Memorial just one week before Cpl Nathan Cirillo.

The Formation Run 5K hosted a high-ranking guest when Gen Tom Lawson, Chief of the Defence Staff, visited CFB Esquimalt for National Sports Day.

Personnel across CFB Esquimalt take part in November, the moustache growing campaign in support of Prostate Cancer Awareness, including the 35 sailors from HMCS *Vancouver*, who raised over \$800 for the charity.

DECEMBER

VAdm Mark Norman enacts an order prohibiting alcohol aboard all RCN ships while at sea. While the consumption of alcohol will be allowed while alongside or during special occasions such as Christmas and other celebrations, no alcohol is to be consumed while at sea.

HMCS *Vancouver* has a spot on the national stage when it delivered the legendary Grey Cup to the 2014 CFL Championships in Vancouver, British Columbia.



Opposite page (left to right):

- Second World War Veterans receive their Arctic Star Medals from Julian Fantino, Minister of Veterans' Affairs.
- Citizens in Roxas City, Philippines, send a thank you message to the Canadian Armed Forces for their assistance following super typhoon Haiyan.

This page (left to right):

- Navy Run 5 km Under 24 and Women's Overall winner, nine-year-old Emma Campbell, crosses the finish line.
- Gen Tom Lawson gives the camera a thumbs up while taking part in CFB Esquimalt's November Formation Run.
- Canadian Football League Commissioner Mark Cohon holds the Grey Cup Championship Trophy as he is escorted by members of the Royal Canadian Navy to Vancouver.

Background image: HMC Ships *Nanaimo* and *Whitehorse* approach Duntze Head at CFB Esquimalt upon returning from Operation Caribbe.




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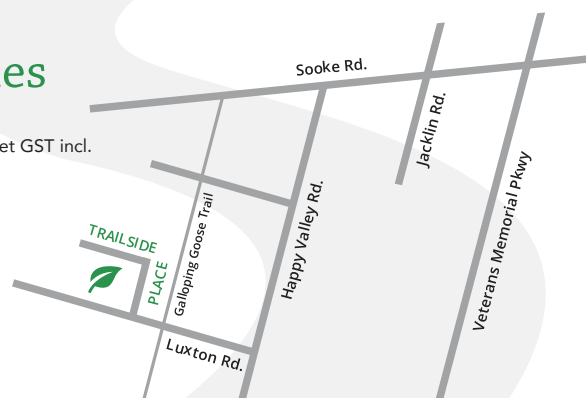



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Phishing attacks - Q&A

National Security Institute, Inc.

“Longlining,” the latest evolution of phishing attacks, have much higher success rates and can seriously compromise organizational and personal information. Due to their growing popularity among spies and criminals, we thought it a good time to answer some common questions about these attacks.

Q: What is longlining?

A: It’s a very sophisticated form of phishing, which helps explain the moniker: “longlining” is a type of commercial fishing. Longliners use impressive craft in creating their attacks; each message is customized for its recipient, and the attackers possess detailed knowledge of the organizations, departments, and individuals they

go after.

Q: Is longlining effective?

A: Very. Experts commonly see “click-through” rates topping 10 per cent, an unheard-of success rate for phishing.

Q: What are the bad guys’ goals in a longline campaign?

A: Typically, longliners seek the same thing other modern-day phishers do: a toehold into an organization’s network. While they may unlock sensitive personal information about victims, their endgame is more often a “long-tail” espionage campaign in which they electronically eavesdrop on a company, sometimes for years.

Q: How can I guard against longlining?

A: At its core, longlining is simply a phishing attack, which in turn is an example

of social engineering. So while the email you receive may be extremely convincing, your defense measures remain the same:

Don’t be rushed. Any email demanding an immediate response is suspect, as this is a classic social-engineering ploy aimed at compelling you to act before you think.

Listen to your gut. Sure, an email may look exactly like one from your manager; it may even refer to the round of golf you two played last month. Nevertheless, if that message urges you to violate policy by, for example, replying with your network login and password—that’s a red flag.

Never click on links in emails unless you are absolutely certain of their authenticity.

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Protect yourself from deadly carbon monoxide poisoning

CFMWS

Carbon monoxide poisoning is the number one cause of accidental poisoning deaths in North America.

What’s the big deal?

Carbon monoxide poisoning is the number one cause of accidental poisoning deaths in North America. Know the facts. What is carbon monoxide?

Carbon monoxide is a gas that you can’t see, smell or taste. It is produced by gas or oil furnaces, space and water heaters, clothes dryers, ovens, wood stoves and other household appliances that run on fossil fuels such as wood, gas, oil or coal.

Why is carbon monoxide so deadly?

When you inhale carbon monoxide, it can cause brain damage, suffocation or death. Because you cannot see, smell or taste this deadly gas, poisoning can happen to anyone, any time, anywhere. Everyone is at risk, but pregnant women, young children, senior citizens and people with heart and lung problems are at greater risk. If your home is well sealed or not well ventilated, the levels of carbon monoxide in the air may easily rise to deadly levels.

Warning signs

Carbon monoxide poisoning and the flu seem a lot alike at first. Early warning signs of low-level poisoning include tiredness, headaches, dizziness, nausea or vomiting and shortness of breath. Your skin may also turn pink or red in response to rising

blood pressure. If you experience any of these symptoms, you may be suffering from carbon monoxide poisoning and should call 911, as well as talk to your doctor.

Protect yourself

Install at least one carbon monoxide detector on every level of your home, especially outside sleeping areas. There are several types of detectors, including battery-operated and plug-in models. Install the carbon monoxide detector according to the manufacturer’s instructions.

Have a qualified service technician inspect and clean your fuel-burning appliances, furnace, vent pipe and chimney flues once a year. Birds’ nests, twigs and old mortar in chimneys can block proper ventilation and lead to build-up of carbon monoxide gas in the home.

Maintenance

Test your carbon monoxide detector regularly to make sure it is operating properly. The owner’s manual should tell you how to test your alarm. Remember to check the manual for information on when to buy a new carbon monoxide detector.

What should you do if the detector alarm sounds?

If the detector sounds, you and all members of your household should leave your home immediately. From outside the home, call 911. Don’t go back inside until the problem has been found and corrected. The Fire Services will inspect your home to find the source of the carbon monoxide.

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TORONTO AT SEA

Photos by Maritime Task Force - Operation Reassurance, DND

Crew members from HMCS Toronto hold up thank you signs for the gifts they received in December. The ship is currently in the Mediterranean as part of Operation Reassurance.



Above: The sun casts beams of light on the surface of the water and on HMCS Toronto as the ship departs Souda Bay, Greece.

Left: A member from the combat systems engineering department installs a smoke marker on board HMCS Toronto following the ship's departure from Souda Bay, Greece.

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OS Leaf is promoted to Able Seaman on board HMCS Saskatoon.



OS Uhlig is promoted to Able Seaman on board HMCS Saskatoon. He also received his engineer rounds man certificate.

Bravo ZULU



The SISIP Financial Services Open House was the third stop for SISIP's roving information kiosks at CFB Esquimalt during November. Other stops included the Base Orderly Room, Naden Athletic Centre, Nelles Block and the New Wave Café in Dockyard. CF members stopped by the kiosks to find out about SISIP Financial Services value proposition and to ask financial questions of the knowledgeable members of the SISIP team in Esquimalt.

Pictured here left to right: Melody Birch, SISIP Financial Planner; Capt(N) Steve Waddell, Base Commander; Wade Walters, SISIP Branch Manager/Financial Planner; Corey Hargreaves, SISIP Financial Counselor; Sara Johnson, CANEX Manager; Hyun Park, SISIP Financial Planning Coordinator; LCdr Judith Harlock, XO Base Admin; CPO1 Janet Graham-Smith, Base Admin Branch Chief; and Cmdre Bob Auchterlonie, Commander Canadian Fleet Pacific.



Duncan Ayre, NPAO

LCdr Jeff Thomson (centre) is promoted to his current rank by LCdr Smith (left), and Cdr Lori McAllister (right), Commanding Officer of Maritime Forces Pacific/Joint Task Force Pacific Headquarters.



LS Ogle Henry, MARPAC Imaging Services

Pte Asha Johal, a Medical Radiation Technologist, positions the X-ray machine for a chest examination at the Radiologist Section of the Canadian Forces Health Services Centre (Pacific). Pte Johal, a native of Williams Lake, B.C., joined the Forces in September as a direct entry in the Non-Commissioned Member Step Program.



United Way 3-on-3 Hockey championship trophy was presented to the undefeated "Soft Dumps" team following a three-day tournament and a 12:3 win against the "Calgary" team in the final game. True sportsmanship was showcased by all four teams, which also included the "Dirty Barnacles" and the "Dirty Bisons". Above left to right: LS Ian Greenwood, Lt(N) Jeff Brooker, Cpl Joe Michel, LS Keelan Cook, SLt Jacob Booth, Cpl Spencer Stolk and LS John Helpard. Missing in action that day but key contributors to the team's success are Takato Tanaka (PSP), and LS Nathan Gillies.



Image By Cpl Stuart MacNeil MARPAC Imaging Services
 Capt(N) Brian Costello presents Lt(N) Amy Mahar with a Canadian Forces Decoration during a presentation ceremony held at CFB Esquimalt on Dec. 9.



Helen Rochon, 4, won her family a \$100 Earl's gift certificate during the National Family Sports Day event held at the Naden Athletic Centre and Wurtele Arena Nov. 29. She tried all the activities and had a blast at the event, getting her passport stamped after each activity.



AB Adam Armour is promoted to Leading Seaman by Lt(N) Jimmy Lau, MSEO of HMCS Victoria, and Cdr Alex Kooiman, Commanding Officer HMCS Victoria.



MWO Menard, MPU Esquimalt USM; Maj Lemire, Commanding Officer MPU Esquimalt; Cdr Tremblay, Commander Naval MP Group; and CPO1 Godin, Naval MP Group Chief.

Military Police Unit Esquimalt awarded Commander Naval Military Police Group Commendation

Military Police Unit Esquimalt received a staff assistance visit Nov. 25 by the Naval Military Police Group Headquarters Leadership: Cdr Tremblay, Maj Balaguer and CPO1 Godin.

During the visit, Cdr Tremblay presented Maj Lemire, Commanding Officer of MPU Esquimalt, and the entire MPU Esquimalt team with a Commander Naval MP Group Commendation. The commendation was awarded for the hard work and tireless effort put forth by members of MPU Esquimalt while co-hosting (on behalf of CF MP Group), along with Victoria Police Department, the 109th Annual Conference of the Canadian Association of Chiefs of Police.

The conference was held at the Victoria Conference Centre Aug. 24-27 and was attended by over 300 delegates from across the country. This was first time in the Conferences' 109 year history that the Military Police Branch had either hosted or co-hosted the event. Members of MPU Esquimalt went above and beyond in making this years' conference a success and were formally recognized by receiving the first Unit Commendation handed out by the Naval MP Group.

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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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