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LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C



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Naval planning

Cpl Blaine Sewell, MARPAC Imaging Services

Clockwise around the table: Rear-Admiral John Newton, Commander Maritime Forces Atlantic; Rear-Admiral Ron Lloyd, Deputy Commander

Royal Canadian Navy; Rear-Admiral Bill Truelove, Commander Maritime Forces Pacific; and Vice-Admiral Mark Norman, Commander Royal

Canadian Navy, discuss current naval issues during the Admirals' Council meeting held at Canadian Forces Base Esquimalt, Victoria, B.C. on Feb. 2.

NEWS 3



Base Employee takes Health Challenge

FEATURE 5



Valentine's Day love story

COMMUNITY 8-9



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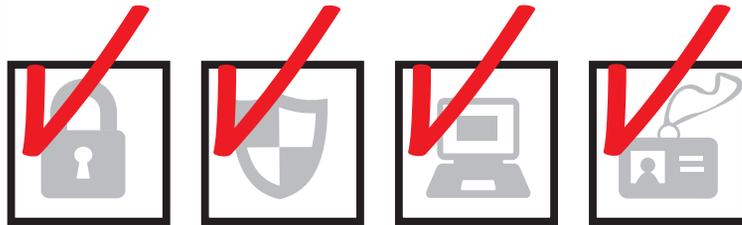
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- Remain vigilant – Watch your surroundings and be alert for suspicious persons/activities.
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- Be cognizant of the personal info you provide when in social settings (i.e. a bar).
- Avoid unfamiliar areas, if possible.
- Never give personal information over the phone unless you initiate the call.

**SECURITY
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WEEK**

FEBRUARY 9-13, 2015

**SEMAINE DE LA
SENSIBILISATION
À LA SÉCURITÉ**

DU 9 -13 FÉVRIER 2015

Base employee takes on health challenge

Rachel Lallouz
Staff Writer

Lisa Berting will spend the next 12 weeks changing an unhealthy regime she's been living for over four years.

Berting, the Safety and Environment Officer for CFB Esquimalt's Base Administration section was selected as one of seven participants for the Victoria Times Colonist's 2015 Health Challenge.

After filling out an application and writing an essay about her life, she was picked from a barrage of entries.

Now she is on her way to a complete health transformation with the support of experts in the fields of nutrition, fitness, and mental well-being.

"I'm diabetic, and have high blood pressure and high cholesterol," says Berting. "It's been out of control for a long time. I've ended up taking insulin, and am on several different prescription medications right now."

Berting says her motivation to apply for the challenge stemmed from living with the increasingly compromised immune system of an obese person. After having to take close to three months off of work last year, she decided that something had to change.



From left: Maril Hanna, Alana Toffey, LCdr Judith Harlock, Lisa Berting, and Brian Hayward - all members of a lunch time walking club about to embark on a stroll around the base.

Rachel Lallouz, Lookout

"I had a friend say to me: if you don't get your health together, you aren't going to be around. That was a big motivating factor for me."

The challenge is a short-term program that influences participants to make long-term lifestyle changes. Although weight loss is emphasized, the challenge addresses all the basic cornerstones of good health.

Berting is exercising with personal trainer Jonathan Carpenter at the Crystal Pool and Fitness Centre. Following Carpenter's

baseline fitness assessment, Berting now works out six times a week, from an hour to two hours a day.

"When I first started, I had never been to the centre. It was intimidating. I had no idea what I was capable of, and I had never worked with a personal trainer before."

Although she admits the new fitness regime is a dramatic change from a relatively inactive lifestyle, she says she's never felt more energized.

"I really enjoy working with my trainer

because he believes in educating me about fitness," she says. "By teaching me the why and how, I know I'll be more engaged to continue doing healthy activities."

In addition to her new fitness regime, Berting is working with Registered Holistic Nutritionist Jackie Connelly from the Pacific Institute for Sport Excellence (PISE), who is leading group information sessions, teaching the participants about proper nutrition, healthy snacking and how to fuel for a workout.

Her mental health will be supported by Christie Gialloreto, a Mental Training Consultant and certified counsellor at PISE. Gialloreto specializes in mentally preparing athletes for competitions, and helping her clients overcome emotional roadblocks that can hinder physical fitness.

Apart from the support of the challenge's experts, Berting has found that her co-workers have become some of her biggest cheerleaders. Once she began changing her lifestyle, many of her co-workers were inspired to do the same. Together they have starting a lunch time walking club, and spend time exchanging ideas about weekly meal planning.

Berting says she's already starting to feel the effects of her lifestyle change. Her blood sugar levels have reversed from diabetic to normal, and her blood pressure has dropped significantly. She's now hoping to cut back on 90 percent of the medications she is taking.

She says the lifestyle changes made so far are sustainable, as long as she keeps putting her health first.

"I'm taking ownership of my time to prioritize my health, and the guilt I feel for doing that is my greatest challenge - but it's what I have to do."

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WHAT SAY YOU

The Gnaval Gnome gnatters about matters of love

LOOKOUT (LO): Welcome back Gnaval Gnome.

Gnaval Gnome (GG): I'm always a little gnervous when I come around your offices.

LO: Why so?

GG: You have that big sign out front that screams "LOOKOUT!"

LO: That's not a warning, it's our name.

GG: Gname?

LO: LOOKOUT.

GG: Where!? What!?

LO: Hmm...Tell us, Gnaval Gnome, how have you been lately?

GG: Gnot so bad, thank you, gnot so bad.

LO: Can you tell our readers what you've been up to lately?

GG: Well, with the coming of the gnew year, I made some gnew year resolutions. For instance, I've resolved to stop freezing poultry, and I'm going to do it cold turkey. I'm also determined to get over my fear of hurdles. And I'm not going to sneak into the parkade anymore, because that's just wrong on so many levels.

LO: I see... I understand you wanted to speak to us about the coming of St. Valentine's Day?

GG: Ah yes, l'amour! You gknow, as a young gneophyte I was considered quite a ladies' gnome. I kid you gnot.

LO: So, have you had many girlfriends?

GG: I suppose I've had a gnumber of girlfriends. My last girlfriend, Gnadia Gnome, had a Taser. She was stunning.

LO: Do you have any advice for would-be romantics in the Formation?

GG: Oh indeed I do. Love is like a gnaval operation: the key is good communications. That, and being well rationed.

LO: Ah, so you think the way to the heart is through the stomach, as they say?

GG: Well, my gnephew the cardiac surgeon thought so, but that didn't work out so well for him. But yes, in matters of love, there's gnothing like a romantic gnosh to set the mood. As my dear Granny used to say, "Share gnoodles at table, kagnoodle in the stable". Mind you, she thought everything from gknitting to watching the gnews would lead to kanoodlin'.

LO: Your Granny sounds interesting.



GG: Gnaturally. She ran the first bread factory on the west coast. Unfortunately, there was a bad fire, and after that her entire inventory was toast. Then she opened a store that sold dry erase boards, but went out of business because her products were un-remarkable.

LO: You were talking about romance?

GG: Oh yes...to have love find you, you have to send out the right signals. I use a ten inch signal lamp.

LO: Yes, I see. And what are your plans for St. Valentine's Day?

GG: Well, I was planning to rehearse with my band, but we had to split up.

LO: Why is that?

GG: We were called "999 Megabytes", and we couldn't get a gig.

LO: Gnaval Gnome, have you not heard the Alexander Pope quotation that "He who would pun would pick a pocket"?

GG: Gno, I'd gnot heard that. Alexander Pope also said "Let such teach others who themselves excel", and who gknows more about gnomance than a gnome? Shall I tell you about old St. Valentine himself?

LO: Yes please.

GG: St. Valentine lived in 3rd century Rome. He was eventually beheaded, which is why to this day, when someone falls in love we say he's lost his head.

LO: You're making that up.

GG: True, but then, you said there'd be cookies here and so far, gnada.

LO: Well, we seem to be out of time here. Any last thoughts?

GG: I'd just like to wish all your readers a happy and safe St. Valentine's Day! Gnow I'm off to buy a gnice set of gnaval valve caps as a Valentines present for that special someone; gnothing says love like shiny automotive accessories!



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VALENTINE'S DAY SPECIAL FEATURE

Epic love story: no hurdle too high

Carmel Ecker
Staff Writer

In an age of viral video marriage proposals, there's no shortage of proof that some people go above and beyond to show their love for that special someone.

These elaborate productions bring sentimental folks to tears and make the simple "down on one knee" proposal look downright inadequate.

But some of the most powerful love stories can't be captured in a three minute video full of singing and dancing and nostalgic photo montages.

One of those stories belongs to a Naval Cadet here at CFB Esquimalt, whose tale of love at first sight stretches from Afghanistan to Spain to Brazil and finally to Canada.

In October of 2008, NCdt Sylvain Dostie was a Leading Seaman on his way home to Canada from a deployment in Afghanistan.

On the last day of five in the Spanish town of Torremolinos, he was walking by a beachside restaurant when he caught sight of the most beautiful woman he'd ever seen.

"I saw Renata working at a restaurant on the beach and so I walked into the restaurant. I wasn't hungry, but I was stunned," he says.

Building up the courage to talk to her, he ordered and ate lunch in the nearly empty restaurant, then walked to the bar to strike up a conversation with her.

"I started speaking in English, but she didn't understand," he says.

Despite both of them being bilingual – he French and English, she Spanish and Portuguese – the pair didn't have a common language between them, so they resorted to scribbling pictures on napkins. From a doodle of the world and some arrows, NCdt Dostie learned that Renata was Brazilian.

Following relatively successful efforts to learn about each other, NCdt Dostie decided to ask Renata out on a date that night. It would be his only chance because his flight back to Canada was scheduled to leave the next day.

Changing their communication method from Pictionary to Charades, he mimicked the act of drinking beer to ask her

out for a drink after work. She agreed.

Returning at eight o'clock that night, he was greeted with the disappointing news that Renata had already gone home.

"I misunderstood the time with the language barrier," he says.

With his plane set to leave the next day, he resigned himself to the fact that the relationship was simply not meant to be.

But the next morning the plane was delayed 24 hours due to a mechanical problem.

Ecstatic at the news, he hustled back to the restaurant and waited for Renata.

"I was surprised," she says. "I didn't expect to see him because the next day he was going home."

They arranged another date for that evening.

Following a wonderful, but all too short evening together, the two exchanged emails and the next morning NCdt Dostie boarded his plane back to Canada.

Using Google Translate on Skype, they chatted as much as they could, and NCdt Dostie set out to learn Portuguese.

"I knew she was going to be the one I wanted to marry. I knew that for a fact," he says. "I just didn't know how to tell her."

A year later, he encouraged Renata to visit him in Canada, so she applied for a Visitor's Visa, which is required for residents of Brazil. Immigration Canada denied her application.

"They were afraid, because it was a new relationship, and if it clicked, maybe we would want to stay together and she would not go back home at the end of



Right: NCdt Sylvain Dostie and Renata. He married the "most beautiful woman he had ever seen."

Below: His Royal Highnesses, The Prince of Wales took time to talk with then Leading Seaman Sylvain Dostie and MS Raymond Hall during the reception at HMC Dockyard, CFB Esquimalt in 2009.

MS Hall and LS Dostie received the Sacrifice Medal earlier in the day from Vice Admiral Dean McFadden, then Chief of the Maritime Staff.

her stay," says NCdt Dostie.

It was a blow for both of them, but more so for NCdt Dostie who had recently been diagnosed with Post-Traumatic Stress Disorder (PTSD).

Despite the setbacks, NCdt Dostie would not be deterred. In March of that year – after writing a letter in Portuguese to Renata's mother asking for her blessing – he popped the question via Skype.

"It was beautiful and my mom was surprised," says Renata. "I told her all about him, that we met in Spain. She was a little bit afraid of course and at the same time happy for me because I was very happy."

Saying yes without hesitation, Renata began planning for an August wedding in Brazil.

Although NCdt Dostie was free to fly there without a Visa, a month before the big day

an aggressive virus attacked his liver, leaving him jaundiced, weak, and physically unable to travel.

He was put on the liver transplant list, though his doctor didn't hold out much hope that one would be available before he suffered complete liver failure.

But fate intervened again.

His immune system kicked in, the jaundice disappeared, and food started to look appetizing again.

A shadow of his former self, the six foot tall NCdt Dostie weighed just 120 pounds, but he was determined to stand at an altar beside his fiancée a week later.

Days after the wedding, the newlyweds got to work filling out the forms for Renata's Permanent Resident application, and prepared to wait out the estimated 18 months for it to be processed.

Fortunately, the couple wouldn't have to wait that long to see each other again.

In November, while working at Fleet School, NCdt Dostie learned from the Coxswain that he had been awarded the Sacrifice Medal, which is awarded to military members who were injured as a result of service in Afghanistan.

Not only that, he and his family would have a private audience with Prince Charles and Camilla Parker Bowles who were visiting CFB Esquimalt on the same day as the medal ceremony.

NCdt Dostie informed the Coxswain that none of his

family would be able to attend. His mother had passed away, his father was too sick to travel from his Quebec home, and his wife was in Brazil.

But with the blessing of his Coxswain, NCdt Dostie was able to fly back to Brazil, get Renata a Visitor's Visa, and bring her back to Canada.

Two days later, not fully understanding what was happening, Renata watched her husband receive his medal from then Chief of the Maritime Staff, RAdm McFadden.

Not long after, her eyes full of surprise, she watched Prince Charles chat with her husband.

"It was like a movie, unbelievable," says Renata. "It's something I keep in my mind forever."

It was an auspicious beginning to her six month stay in Canada, during which she got her Military Family ID card and learned English at the Military Family Resource Centre.

To their surprise, Renata's Permanent Resident documents were processed by the time her Visa expired, so she returned to Brazil to do an interview with Immigration Canada staff and her new Visa was approved.

On Aug. 2, 2010, she returned to Canada permanently, and three days before Valentine's Day of this year, she will officially become a Canadian Citizen, having aced the citizenship test last month.

It's taken six and a half years, a lot of determination, lots of love, and a little luck to finally be a family, but the couple believes it was meant to be.





Left: A soldier tastes a new drink during combat ration testing at Garrison Petawawa.

Right: Members of a taste-testing panel at Garrison Petawawa discuss a sample of a new combat ration.

Below: Prepared hamburger combat ration, new for Canadian Armed Forces as of spring 2015.

Food scientists develop healthy in-the-field meals

Lynn Capuano
Army Public Affairs

Marching ammo. Soldier fuel. Combat rations. Whichever term is used, developing new combat rations that will be well accepted by Canadian Armed Forces (CAF) members is serious business.

Ann Delaney and Megan Buchanan, Combat Rations Specialists with the National Combat Rations Program, put their food science degrees to good use by helping create new and healthier portable meals for the CAF.

They work with registered dietitian Hilda-Anne Troupe and other team members at the Directorate of Food Services in Gatineau, Quebec, to formulate rations that will provide optimal nutrition for optimal performance in any operational situation.

Each three-year research and development cycle aims to create three to four new recipes. The process begins with an analysis of food trends, soldiers' feedback, NATO standards, and current nutritional research, and then continues with field trials of the newly created sample meals at the brigade level before they are approved for production and delivery.

Also called Individual Meal Packs or IMPs, they contain between 1,200 and 1,400 calories per meal and come in a variety of carefully-developed menu options.

Traditionally, a paper question-

naire was inserted in each ration pack, numbering about one million a year. Unfortunately, only a relatively small number were being returned annually, since filling out a questionnaire on the battlefield or during training was inconvenient, to say the least.

To remedy this, the combat rations team is now taking advantage of social media. The program's Facebook page at www.facebook.com/pages/Canadian-Combat-Rations-Rations-de-Combat-Canadiennes/213893152120758 has an online version of the questionnaire.

Eventually users will be able to access the page for nutritional

information, product development and to post questions.

As of spring 2015, the outer packaging of new IMPs will display a Quick Reference Code, or QRC that can be scanned by smartphones to access the combat rations Facebook page.

There are 21 meals available, broken up into two categories of seven breakfasts and 14 "day meals" that can be used for either lunch or supper. In addition to the main meal, each IMP contains assorted basics such as powdered coffee, protein and sports drink mixes, energy bars, trail mix, peanut butter, cereal, condiments, candy, chocolate, gum, a plastic

spoon, a wet towelette and matches.

To meet various member requirements, the vegetarian options are formulated to meet kosher and halal requirements as well.

For the general population, there are tried-and-true comfort foods like shepherd's pie and spaghetti with meatballs. Hamburger and smoked meat meals debuted in 2014. Some are more leading-edge, such as the most recent additions to be found in soldier backpacks in the spring of 2015: pulled pork and poutine.

The IMPs are fully cooked and ready to eat straight from the packaging, but most are improved by heating when conditions and time permit.

IMPs provide adequate nutrition when fresh food is not available to the troops because of conditions during exercises and operations. According to studies, nutrition has an effect on achieving optimal cognitive, physical and psychosocial performance. Troops are often subject to physical and environmental extremes; therefore nutrition plays a key role in resilience (the ability to fight the fight), recovery of nutritional status after military activities (the ability to fight another day) and on the soldier's long-term wellness, injury prevention and quality of sleep and mood.

"Nutrition is complex and requires sound evidence based on scientific data to support the requirements of the soldier," said Troupe. "The National Combat Rations team and the Directorate of Food Services consider current research by other nations in the area of military feeding when looking at new products for the IMPs."

She notes that the directorate is currently working with Defence Research and Development Canada to determine CAF soldiers' energy expenditure versus intake and the acceptance level of current IMPs. Information obtained from this research will be considered in future combat rations development.

The technology used to package the food provides a number of challenges, according to Delaney, who has 13 years of experience in her role. The processing technology was invented in the 1970s by the United States Army in partnership with industry. It produces

a product comparable to canned food – without the can. This technology uses less energy and fewer resources than metal or glass packaging and is lighter to carry.

The packaging used is called a "retort pouch" which is similar to a can but is lighter and more flexible. The food is inserted into the pouch, sealed, then heated under pressure to cook and sterilize the food. According to Delaney, the temperatures required for processing retort pouches are lower than for a can, which means more of the sensory and nutritional qualities of the food are retained.

She notes that some popular meals do not lend themselves well to this type of processing, so the team works to get as close as possible under the circumstances. In creating a poutine IMP, the team basically deconstructed the ingredients and adapted them to the technology.

"We couldn't make fries, so we have cooked potatoes with gravy, cheese and big chunks of cooked chicken to add some protein," she said. "When we tested it in the field, they liked it very much."

Pizza is another tricky one, so they created a pizza-flavoured pasta meal with peppers and sausage instead, to good reviews.

Not everything is a hit, however. "We have had surprises when we thought a meal was very promising, but the people didn't like it," said Delaney.

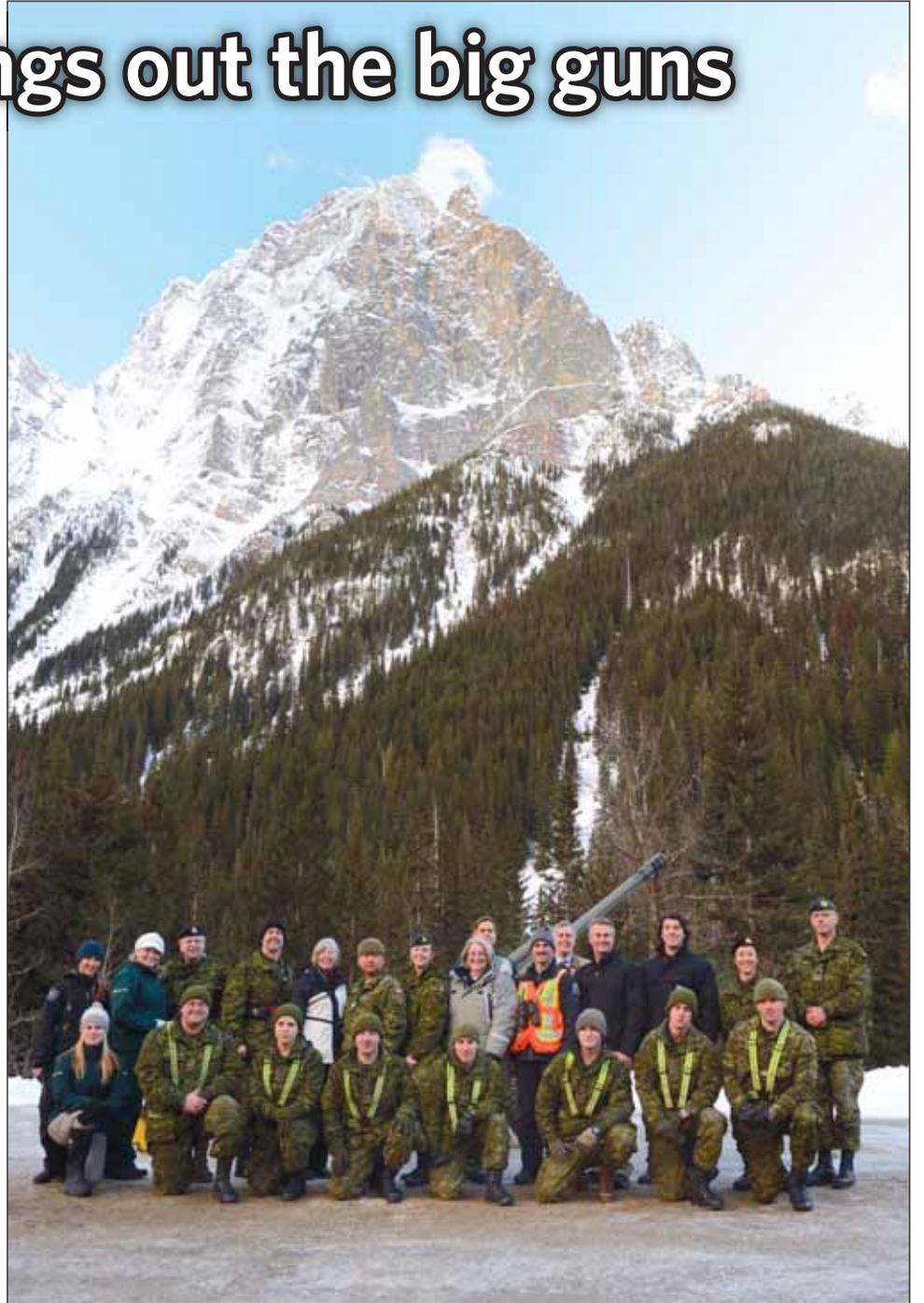
"Every second year, we go to brigades in Valcartier, Petawawa and Edmonton to test the new menus with about 60 people from each brigade," she said. "They are the ones who will ultimately decide if they will go into the rations."

Delaney notes that although an IMP's expiry date is three years from the date it is assembled, it is still safe to eat for quite some time afterward as long as the pouch is not damaged and the IMP has been properly stored.

"Shelf life is related not to food safety but to the sensory quality of the food. We take into account that after three years, the bread may be too dry or the texture and appearance of the fruit may not be as interesting," she said. "But because the main components are sterilized, you can open a ration and if the retort pouch is intact, the content is still good to eat because the sterile environment remains."



Operation Palaci brings out the big guns



Operation Palaci is the Canadian Armed Forces' contribution to Parks Canada's avalanche-control program in Rogers Pass, where the Trans-Canada Highway and the Canadian Pacific Railway cross the Selkirk Mountains in British Columbia. Its objective is to prevent uncontrolled, naturally occurring avalanches, and thus prevent blockage of the essential road and rail links between coastal British Columbia and the rest of Canada.

Operation Palaci is conducted under a Memorandum of Understanding between the Department of National Defence and Parks Canada, which has jurisdiction over Rogers Pass because it lies within the boundaries of Glacier National Park.

Cpl Brandon O'Connell, MARPAC Imaging Services

Upper Left: Lieutenant Governor of British Columbia, Judith Guichon, prepares to fire the C3 105-mm Howitzer field artillery gun during Operation Palaci on Jan 28.

Above: RAdm Bill Truelove and LGov Guichon visit Rogers Pass and the Canadian Armed Forces members on duty.

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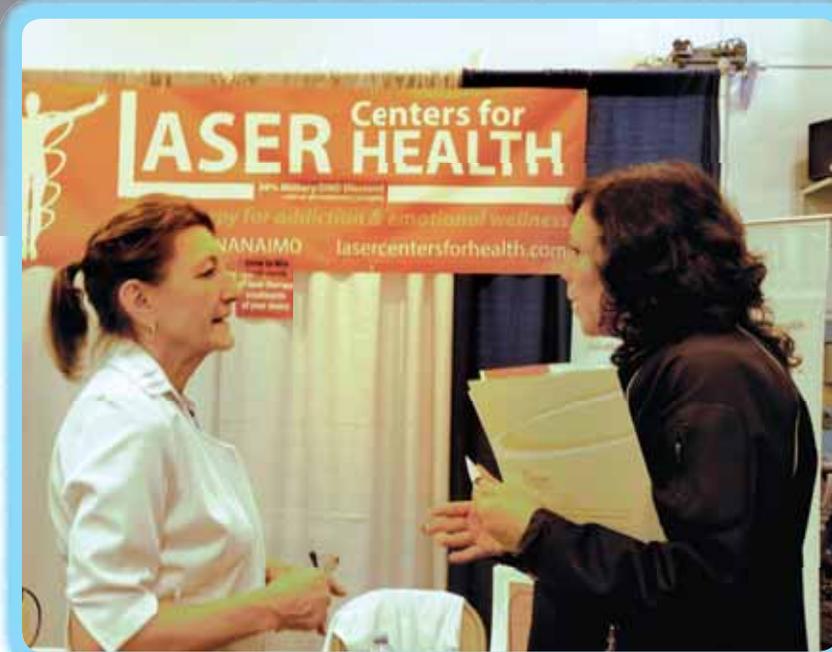
HOTEL GRAND PACIFIC

Hundreds of people converged on the Naden Athletic Centre last Thursday to check out more than 120 local vendors offering education, recreation and wellness products and services. Organized by the Lookout newspaper, with support from the Base Personnel Selection Office, the event was in direct support of the base's growing health and wellness movement. Big thanks to sponsors Hotel Grand Pacific and Laser Centers for Health, whose financial contribution made it possible to offer 500 free meals for Deadbeetz and Street Car Named New Orleans Food Trucks, plus free coffee from Serious Coffee.

Photos by Rachel Lallouz, Lookout

2015 MARP

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Security Awareness:

Email Phishing, what is it and how to avoid it

Phishing is an attempt to obtain an individual's personal information by masquerading as a normally trustworthy source.

This is most commonly done through email communications that appear to come from banks, online payment agencies and social media websites, and that requests personal information such as identification particulars, passwords and credit card numbers.

In most cases the email contains a link to a fake website that will automatically install malicious software on to your computer, designed to steal information.

There are many variations on this theme, for more information we recommend checking with reputable sources such as your

computer operating systems company website and searching for the keyword Phishing.

You can avoid the falling prey to these "phishing expeditions" by using the following guidelines:

- **Be cautious of links in email:** do not automatically follow links that you receive in emails. Check the source; if unknown do not click on the link. Due to the prevalence of Phishing, very few legitimate companies actually use emails with links to conduct their business. Any emails that appear to come from large institutions and containing a link is suspect.
- **Check for bad spelling:** Cyber criminals are notorious for their poor grammar and spelling; often

English as a second language is apparent within the text.

- **Do not be fooled by links that look legitimate:** Often a company name will be contained within the link but has a small change from the legitimate address and subsequently directs you to a fake website.

Emails that threaten account status are one of the most prevalent attempts. Threats that inform your online account will be deactivated or is involved in fraudulent activity are very common. Do not reply to the email or follow an embedded link. If you are concerned about the subject matter then call the organization on the telephone or use your web browser favourites to the

organizations parent website and use their contact information to discuss the issue.

Emails that appear to come from friends or associates with embedded links should be treated with caution as well. It may be the case that they accidentally followed a fraudulent link and were infected. Subsequently the malicious software uses their email to send out emails to their entire contact list, further spreading the infection. Again follow up with a telephone call to ensure that the email is valid.

Using these guidelines will reduce the risk that your personal information will be compromised by fraudulent emails or that your computer will be used as a source for phishing attempts on others.

Standing Court Martial

A standing court martial (SCM) has been ordered to try PO2 Paul Darling, from the Naden Band. The SCM will take place at 9:30 a.m. March 2 in building 30-N, CFB Esquimalt. PO2 Darling has been charged with the following offences under the National Defence Act (NDA):

- a: 128 NDA - an act of a fraudulent nature not particularly specified in sections 73 to 128 of the National Defence Act.
- b: 130 NDA - an offence punishable under section 130 of the National Defence Act, that is to say, perjury contrary to section 131 of the Criminal Code of Canada.
- c: 125 NDA - wilfully made a false statement in a document signed by him that was required for official purposes.

Spectators are encouraged to attend. Military spectators are to wear the dress of the day and are to be seated by 9:30 a.m.

The trial will be conducted in English.

Nominate someone you know who is a phenomenal woman

Jon Chabun
MFRC

The Military Family Resource Centre (MFRC) is now accepting nominations for the 2015 Phenomenal Woman Award. The honour recognizes an outstanding woman in the defence community who demonstrates initiative, is a great role model, contributes to the quality of life of others, and shows great commitment to their community. Nominees may include a CAF member, a military spouse/partner or a DND employee.

If you know a phenomenal woman, submit a nomination online at www.esquimaltmfrc.com/phenomenal-woman.php by Feb. 20 at 3 p.m.

The winner receives a free ticket to Pacific Women's Day, the MFRC's annual women's conference. The award ceremony is part of Pacific Women's Day taking place on Saturday March 7, 2015, at Royal Roads University's Hatley Castle. For more information, contact the MFRC at 250-363-2640 (toll free: 1-800-353-3329).

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Base museum launches new website

Rachel Lallouz
Staff Writer

After spending over a year revamping their website, CFB Esquimalt's Naval and Military Museum is now offering website visitors updated resources in a user-friendly layout.

The site went live Jan. 23, with the goal of making the museum's online information easily accessible on smart phones, tablets, and personal computers.

Joseph Kotopski, a computer programming student at Q College in the Website Development Program, was assigned to assist Clare Sharpe, the museum's webmaster and exhibit designer, with the overhaul. The new layout is modelled after an exhibit done for the museum by local designer Alan Graves.

The website allows researchers to access a wider range of online resources, such as access to the Canadian Navy List publications – digitized

versions of hard-copy volumes detailing information on individual naval officers from 1910 to 1965.

Also available online is a detailed list and examples of photographs of ship's crew and group photos dating back as early as 1889.

The new design also means that Sharpe has been able to upload copies of ship plans from the museum collection, an attractive resource for model builders.

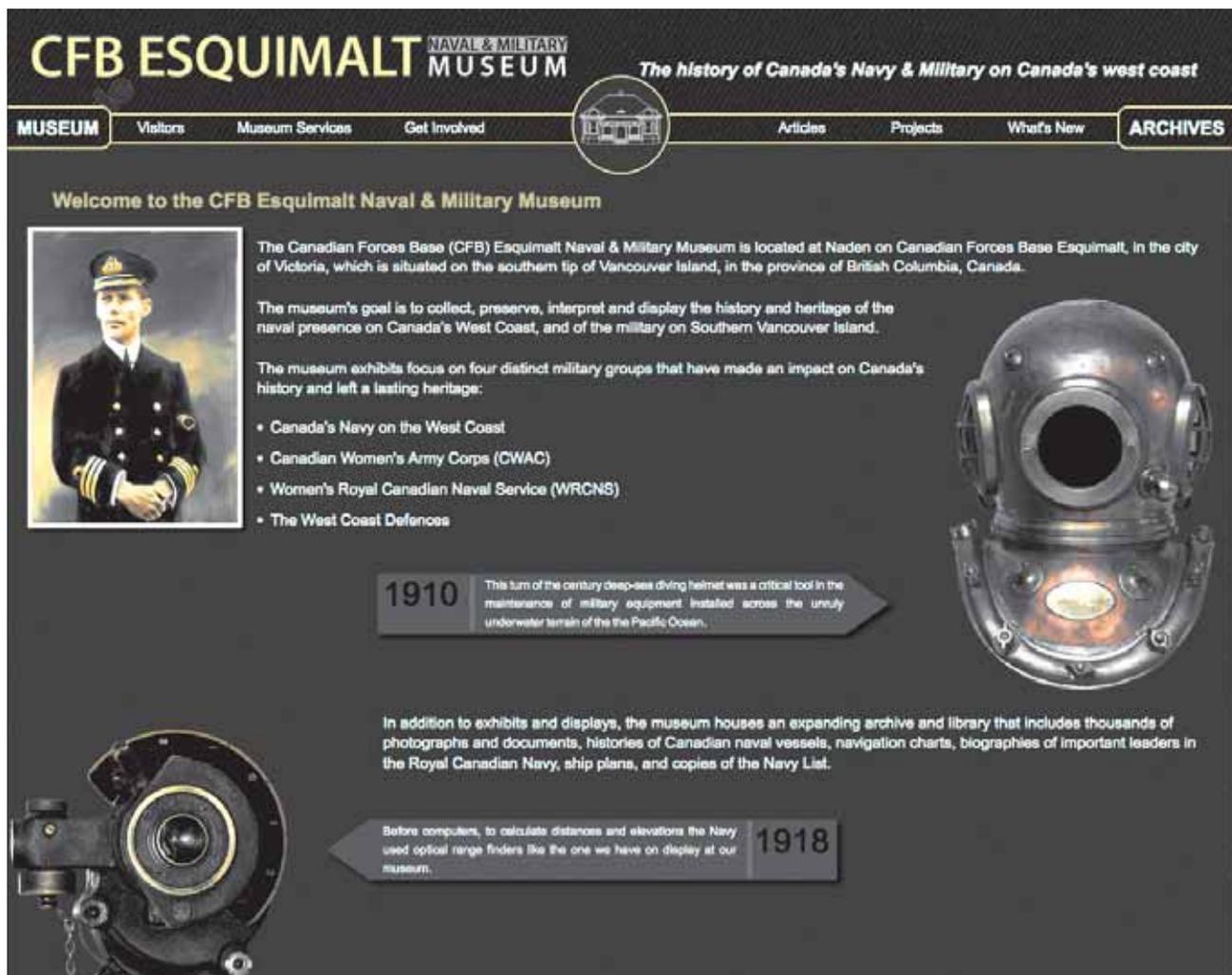
The new layout has also enabled Sharpe to expand

older ventures, such as the museum's Christening Bells Project, a searchable database of names and christening dates engraved on ship's bells.

Sharpe says the new website is specifically designed to reach a younger, more tech-savvy audience.

"We hope that the website will make our information more available to a broader online community," she says.

You can check out the new site at: www.navalandmilitarymuseum.org



Screen shot of the museum's new web page.

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Logistics Branch turns 47

On Feb. 1 the Logistics Branch celebrated its 47th birthday. To commemorate the establishment of the Branch, a local event was held at the CFB Esquimalt Wardroom on Feb. 3. Approximately 75 civilian and military

logisticians gathered for the event. Cdr Lori McAllister addressed those present, highlighting the importance of all the behind the scenes work completed by Logisticians throughout the Formation. She thanked everyone for their continued hard work and commitment to the Logistics Branch.



LS Zachariah Stopa, MARPAC Imaging Services
Cdr Nord Mensah, Base Logistics Officer, Cdr Lori McAllister, Commanding Officer Maritimes Forces Pacific Headquarters, and Cdr Wes Golden, Base Administration Officer, serve cake to their team.

Naval reservists tackle leadership training

CPO2 Shanna Wilson
HMCS Malahat

What does a naval reservist with *HMCS Malahat* do on one of their monthly training days?

As you can expect, the part-time sailors get on the water, and the divers go under. The cooks cook in the stone frigate's galley; the engineers fix things, while the rest do what they need to do to ensure their proficiency in their respective naval careers.

Some *Malahat* sailors - from Ordinary Seaman to Lieutenant-Commander - came together Saturday, Jan. 17, to learn key skills to support their growth as leaders in the Royal Canadian Navy.

Some *Malahat* sailors - from Ordinary Seaman to Lieutenant-Commander - came together Saturday, Jan. 17, to learn key skills to support their growth as leaders in the Royal Canadian Navy.

The day's chosen theme was building effective teams, led by two of its

senior sailors: myself, CPO2 Shanna Wilson, published author and professional speaker on gender diversity and decision-making, and PO2 Al van Akker, a professional educator and Chair of Architectural Trades at Camosun College.

The ship's company started the day learning about Emotional Quotient or EQ, by exploring the traits of "good" versus "bad" leadership.

As a group, we identified over 120 leadership traits and explored the connection with effective leadership and EQ.

"I liked that we got to learn so much about ourselves and how we are perceived by others through our different personality types," said OS Marie-Anne Dussault-Gomez, a Resource Management Clerk under-training, as well as a post-secondary student.

The guest speaker was Dr. Tom Roemer, Vice President of Strategic Development for Camosun College. An

astrophysicist with a Doctorate in Educational Leadership, Dr. Roemer has a diverse career that includes service in the German Armed Forces.

"I really liked Dr. Roemer's lecture," said A/SLt Matt Heim, an elementary school teacher, as well as Maritime Surface and Sub-surface (MARS) officer under-training. "He was very funny and engaging."

Participants learned about their individual personality types using the Myers-Briggs Type Indicator (MBTI) and the Tuckman model of team development.

Using their individual profiles as a starting point, the group explored potential conflict points and behavioral preferences in both military and civilian settings.

"We discovered some fascinating personality trends within *Malahat*," said PO2 van Akker. "Seventeen-and-a-half per cent identify with the Myers-Briggs type ENTJ (extrovert- intuitive-

thinking-judging) and 32.5% as ISTJ (introvert-sensing-thinking-judging). Outside the military, the distribution of these types rate are at 1.8% and 11.8% respectively, suggesting certain personality types are more prevalent in the navy. Understanding this ultimately supports better leadership and increased effectiveness as an organization."

The highlight of the day was the interactive team challenge inspired by Harvard University's Leadership and Teamwork Simulation: Climbing Mount Everest.

The teams quickly discovered the importance of effective communication. They explored collective decision-making and team dynamics, applying what they learned to complete the scenario.

"Innovative professional development sessions like this enhance the ability of our sailors to support the naval mission," said LCdr Michael Lawless, *Malahat*'s Commanding Officer.

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Questions? Want to register?
 Please call CPAC at 250-363-1009

**Please Note: When calling to book rentals we will require the following information for all members of your party who are renting gear: name, weight, height, age, shoe size, and type. For skiers: "type" refers to their level of ability - 1 being beginner and 3 being very experienced. For snowboarders: "type" refers to whether they ride with their right foot forward (goofy) or their left foot forward (regular).





coldest night of the year victoria / feb. 21, 2015



The Coldest Night of the Year is a fantastically fun, family-friendly walking fundraiser that raises money for the **hungry, homeless and hurting** in 80+ communities across Canada on Saturday, Feb. 21, 2015.



Hosted and Operated by The Mustard Seed
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coldestnightoftheyear.org