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Following a major defence announcement, Minister of National Defence Harjit Sajjan, centre, posed for a photo with Commodore Jeff Zwick (left), Commander Canadian Fleet Pacific, and Captain (Navy) Ed Hooper (right), Commanding Officer Fleet Maintenance Facility, in front of a Close-In Weapons Systems simulator at Naval Fleet School (Pacific).

Photo by Peter Mallett, Lookout

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RCN warships set for weapons system upgrade

Peter Mallett
 Staff Writer

With a Close-In Weapons Systems (CIWS) simulator towering behind him, Minister of National Defence Harjit Sajjan announced a major defence spending contract at Naval Fleet School (Pacific) last Friday.

The \$704 million defence contract is being awarded to Raytheon Canada Limited and will focus on the improvement of radar systems for the CIWS. The rapid-fire, radar-guided gun systems are designed to deter threats from missiles, small ships and aircraft.

"We are making strategic investments in the Royal Canadian Navy that will help protect our sailors as they conduct the full spectrum of operations in a modern security environment," said Minister Sajjan to fleet school students, senior officials and local media.

The CIWS is already in use by the Royal Canadian Navy's (RCN) Halifax-class frigates and will also be installed on the new Joint Support Ships following their construction.

The new contract is aligned with the goals set out in the Federal Government's Defence Policy entitled "Strong, Secure, Engaged" announced last year, which called for defence spending to increase from \$19 billion in 2017 to \$32.7 billion by 2027.

Commodore Jeff Zwick, Commander Canadian Fleet Pacific, says the CIWS is affectionately known to sailors on RCN frigates as "R2D2", and has already proven itself reliable as the last line of defence for warships from external threats.

"CIWS is extremely important when we talk about the essential tools that our sailors need to make a Canadian warship effective," said Cmdre Zwick. "The improvements to CIWS ensures that the navy is prepared for the uncertainty that our sailors may face in the future."

See more on page 4

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A/Slt Alex Wood
HMCS York PAO

More than 100 members from 22 of Canada's 24 Naval Reserve divisions participated in a two-week exercise aboard four Orca Class training vessels in January.

Lead by Officer in Tactical Command, Lieutenant-Commander Trent Nichols (Commanding Officer, HMCS Queen), Naval Reservists from all ranks and trades came together to refresh their skills, progress in individual training, and for several members experience life at sea for the first time.

Naval Warfare Officers honed their expertise in navigation and ship handling as they responded to man over board and steering gear breakdown drills.

Boatswains, cooks and other crew members worked on fire-

fighting techniques, knot tying and casualty clearing, as well as working with heaving lines and manning the Zodiac.

Every mariner knows that weather is a crucial factor when planning for ships going to sea. In this case, however, weather throughout the country played a direct role. Conditions in Eastern Canada at the beginning of January delayed and even canceled flights for many participants. This resulted in travel times up to 50 hours, requiring exercise planners to adapt the sequence of events and personnel changes in order to ensure valuable training time was not lost.

"You are always considering weather when planning any Orca sail, but particularly so at this time of year," said lead planning officer Lieutenant (Navy) Ron Clancy, HMCS York. "However, while we had

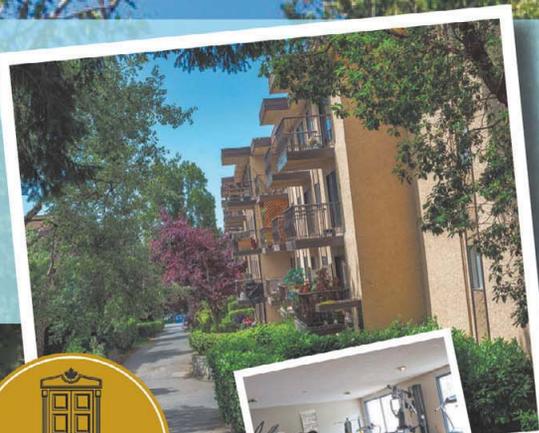
several plans in place to mitigate inclement weather on the coast, including alongside training and alternative port visits, we did not expect to have so many people impacted by flight delays on their way here. It certainly called for some creative problem solving."

During week two, the ships were forced to seek shelter and go to anchor in Nanoose Bay as winds in the Strait of Georgia exceeded 30 knots. Despite the foul weather, sailors participated in seamanship training and damage control exercises while waiting for the storm to pass.

During their down time, sailors were able to enjoy some of British Columbia's port destinations including Nanaimo, Ganges Harbour, Gibsons Landing, and Vancouver.

The two-week Orca sail is the longest exercise of the Naval Reserve training calendar.





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Mark MacIntyre, Victoria Police Department Director of Public Affairs, speaks to those gathered about the good work of two CFB Esquimalt sailors, Master Seaman Nathan Charbonneau and Leading Seaman Stephon Mullett, after they were presented with a Community Service Award by and Acting Police Chief Del Manak.

Peter Mallett, Lookout Newspaper

Sailors assist police nabbing drunk driver

Peter Mallett
Staff Writer

Two sailors from CFB Esquimalt have been recognized for their quick action that helped police arrest an impaired driver in downtown Victoria last year.

Master Seaman Nathan Charbonneau and Leading Seaman Stephon Mullett were among six citizens bestowed with the Civic Service Award at Victoria Police Department headquarters Jan. 22.

"It was amazing, great work, and the officers were thankful for what they did," said Constable Matt Rutherford, spokesperson for the Victoria Police Department.

While returning home from a concert in LS Mullett's vehicle on Nov. 4, 2017, the two sailors spot-

ted a car speeding and going the wrong way down a one-way street in the downtown core.

MS Charbonneau called 9-1-1 to report a possible impaired driver, relaying vital information including vehicle description and location to the call taker. LS Mullett followed the suspect vehicle at a safe distance.

The sailors said they observed the vehicle run multiple red lights, pass other vehicles in a no-pass zone, and then nearly sideswipe a BC Transit bus. It was at that point they lost sight of it. Police eventually tracked it down, but the driver refused to bring his vehicle to a stop and fled.

The vehicle re-appeared near MacCaulay Elementary School in Esquimalt, almost colliding with

MS Charbonneau and LS Mullett's car.

"He almost hit us head on as it came around a corner," said LS Mullett. "At that point it occurred to us they had evaded the police," said LS Mullett.

With his car, he boxed the suspect vehicle in on the dead-end street.

Three occupants exited the vehicle and took off.

LS Mullett chased and apprehended one person, while MS Charbonneau continued to relay information to the police. The two other suspects were eventually caught by police and arrested.

Neither sailor describes their actions as heroic, but rather a demonstration of "the ethics instilled in us from CAF [Canadian Armed Forces] training, and making the honourable decision of what to do at that time in that situation."

"I'm thankful that given the danger to the public, we were able to report the impaired driver, stop the vehicle as it fled from police, and detain one of its passengers all without anyone getting hurt," said MS

Charbonneau.

The two sailors were accompanied at the ceremony by family members and senior officers from their units. Lieutenant Commander Erik James, Commanding Officer of Naval Patrol Training (Pacific), was one of many on hand to applaud the recipients, and stated that CAF members feel part of, and are obligated to help other people in the communities they reside in.

"This incident occurred when LS Mullett and MS Charbonneau were both off duty and it is great to see members of the CAF come to the assistance of the public whenever the need arises," said LCdr James.

The Civic Service Award was established by the Victoria Police Department in 2012 and has recognized approximately 75 individuals who have helped make Victoria and Esquimalt a safer place to live.

Honoree's names are inscribed onto commemorative panels in the police department's Hall of Honour located near the front lobby of its Caledonia Avenue headquarters.



Leading Seaman Stephon Mullett's Community Service Award.

It was amazing, great work, and the officers were thankful for what they did.

Constable Matt Rutherford, Victoria Police Department Spokesperson

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WHAT SAY YOU

People Talk

Lookout asked this question:

What important lesson did you learn about the recent Tsunami warning?



To always be prepared for it and have a plan of action. I was lucky enough to hear about the warning shortly after it was issued after a friend texted me on my phone. If they hadn't I wouldn't have known anything about it.

Alysha Watier,
Wardroom Housekeeping



I need to get hooked up to our notification system. I live in Saanich and got no warning of the Tsunami threat.

Leading Seaman Hugh Ledger,
MARPAC HQ



I live downtown and learned that there is really no simple, coordinated plan for the 13 municipalities in Greater Victoria. One that alerts everyone in the same manner at the same time.

Susan Turpin,
Base Logistics



I live in Sooke and we got an Emergency Broadcast System warning over our television set at 1:30 a.m. at our house. We have a home disaster kit in our home with plenty of supplies, but the tsunami warning really proved to me that everyone should have one, and also be familiar with their evacuation routes.

Barb Arnaud,
Dockyard Barbershop

WHAT SAY WE



Photo by Peter Mallett/Lookout

Capt(N) Jason Boyd scoops the puck away from CPO1 Gino Spinelli seconds after it was dropped by Harjit Sajjan, Minister of National Defence.

NDWCC Hockey Fundraiser

Following his visit to Naval Fleet School (Pacific), Defence Minister Harjit Sajjan ventured over to the Wurtele Arena in Naden to drop the puck for the National Defence Workplace Charitable Campaign (NDWCC) wrap-up event – the Base Logistics Hockey Game.

Taking the puck drop was Captain (Navy) Jason Boyd, Base Commander,

and Chief Petty Officer First Class Gino Spinelli, Base Chief.

Monies raised from the sale of hot dogs and drinks, a 50-50 draw, and other fun initiatives, such as buying goals or penalties, went to the NDWCC pot.

“We hold this event each year as our wrap up for the NDWCC, but this year it just morphed into something big-

ger,” said Master Warrant Officer Mike Hawes, I/C of Clothing Stores. “It basically started out as a pond hockey game, so we were delighted to have the added support of the Base Commander’s Office and the Minister of National Defence.”

Minister Sajjan took in the first period of the game before leaving to attend other business.

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DAVID COLETTO is CEO and a founding partner of Abacus Data, a full-service market research and public opinion research firm based in Ottawa. With almost a decade of experience in the industry, David and his partners founded Abacus 7 years ago, and since then it has grown into one of Canada's most respected market research firms.

David is also the lead researcher for Abacus Data's Canadian Millennials Practice and has advised organizations and corporations

on how to engage and manage generational change. He has spoken to groups all over North America on how his generation is disrupting work, politics, and the consumer market.

Abacus Data has provided data-based strategic advice to organizations such as NAVCANADA, the Air Canada Pilots Association, the Canadian Bankers Association, Shaw Communications, Imperial Oil, the Federation of Canadian Municipalities, Allstate Insurance, Kids Help Phone, the Canadian

Pharmacists Association, the Canadian Medical Association, the Canadian Real Estate Association, the Canadian Professional Sales Association, Food & Consumer Products of Canada, and many more.

Earning a doctorate from the University of Calgary in 2010, David is an Adjunct Professor at the Arthur Kroeger College of Public Affairs at Carleton University where he teaches courses on public affairs strategies, polling, and political marketing.



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Charitable spirit blooming - triple donation to Cockrell House



Peter Mallett
Staff Writer

A one-time donation to a West Shore charity that helps homeless veterans has snowballed into two matching donations.

Cockrell House, which provides transitional housing to homeless and at-risk veterans, received a total of \$15,000 two weeks ago from three very supportive donors.

Deborah Morrow, Verity Health Resources Chief Executive Officer, donated her Canada's Volunteer Award cash prize to the charity, which was followed up with donations from the West Shore Poppy Fund of Royal

Canadian Legion Branch 91 and the Greater Victoria Afghanistan Memorial Project.

Morrow received her award in Ottawa Dec. 5 on UNESCO's International Day of the Volunteer for her 35 years championing the cause of youth and homeless veterans. She also volunteers and mentors youth in the Duke Edinburgh's Award Challenge, the Youth NATO Summit global conference, the Coast Guard, and the Navy League of Canada.

"I blurted it out right away, that all of the money would go to Cockrell House," said Morrow. "About five minutes later I contacted Cockrell House Chairman Angus Stanfield on the phone and told him the news."

With everyone in attendance Jan. 19, Stanfield accepted the money.

"It is a great shot in the arm for this organization," he said. "This money will be put into use immediately to fund our program and assist veterans who need our help now."

The 11-bed multiplex on Sooke Road has provided a place to

live, food, counselling, social services and transportation to over 70 residents since it opened its doors in 2009.

Supporting Cockrell House seemed a perfect fit with the Greater Victoria Afghanistan Memorial Project (GVAMP), said Larry Gollner from GVAMP. After unveiling their 8,600-kilogram granite BC Afghanistan Memorial Sept. 30, 2017, at the Courthouse Park, Gollner said they had leftover resources.

"When we announced we were disbanding and clearing the balance of funds in our account, all the members of our organization said collectively: Good thinking, let's do this today and give the money to Cockrell House," said Gollner.

Royal Canadian Legion Branch 91 also followed suit in the dollar-matching rush, thereby tripling the original donation. Stanfield says the outpouring of generosity has attracted the interest of past Cockrell House donors such as the City of Colwood, which is also considering their own dollar-matching donation.

For more information about how to support Cockrell House with cash donations or non-perishable items contact Angus Stanfield at angusstanfield@shaw.ca

Deborah Morrow makes a \$5,000 donation to Cockrell House chairman Angus Stanfield, Jan. 19. Morrow donated her cash prize from a Canada Volunteer Award to the West Shore facility that provides transitional housing and other support for homeless and at-risk veterans.



Larry Gollner presents a cheque on behalf of the Greater Victoria Afghanistan Memorial Project.



Members of the Royal Canadian Legion Branch 91 were also on hand to up the ante of support with a donation to Cockrell House.

Photos by Peter Mallett, Lookout

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March 19-23 (5 day camp) Theme: World of Marvel

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After care - 4:00-5:30pm	\$25 Reg. / \$27 Ordinary / \$29 Assoc.

Week 2

Shoot out in to space with this atmospheric week of aliens, rocket ships, and space food. There will be surprise out trips, outdoor games and swimming! Bring your friends and have a blast!

When registering your child will have a choice between a dance class or Art Attack block. These will run in the afternoon for 1.5 hours each day excluding Wednesdays.

Location: CPAC W18REC230
Dates: March 26-29 Theme: Space is the Place

MARCH 26-29 - 4 DAY CAMP	
Before care - 7:00-9:00am	\$28 Reg. / \$30 Ordinary / \$32 Assoc.
Regular - 9:00-4:00pm	\$128 Reg. / \$133 Ordinary / \$138 Assoc.
After care - 4-5:30pm	\$20 Reg. / \$22 Ordinary / \$24 Assoc.

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CHARGES LAID AGAINST MILITARY MEMBER IN OTTAWA

DND

The Canadian Forces National Investigation Service have charged a member of the Canadian Armed Forces with an act of a fraudulent nature and conduct prejudicial to good order and discipline under the National Defence Act.

The charges relate to offences committed between November 2014 and October 2015.

Colonel Mario Dutil, Chief Military Judge, faces the following charges:

- one count of an act of a fraudulent nature, under section 117(f) of the National Defence Act;
- one count for willfully making a false entry in a document signed by him that was required for an official purpose, under section 125 of the National Defence Act;
- one count of Conduct to the Prejudice of Good Order and Discipline, under section 129 of the National Defence Act.

"Independent of the chain of command in policing matters, the Canadian Forces National Investigation Service contributes to the maintenance of operational readiness of the Canadian Armed Forces and Department of National Defence by impartially investigating reported instances brought to our attention," said Lieutenant-Colonel Kevin Cadman, Commanding Officer, Canadian Forces National Investigation Service. "Rank or appointment plays no factor in investigating the facts of the matter. We respect the judicial process and thoroughly investigate through gathering the facts, analyzing the evidence, and when appropriate, laying applicable charges."

The matter is now proceeding in accordance with the military justice system for possible court martial at a date and location still to be determined.

The Canadian Forces National Investigation Service is a unit within the independent Canadian Forces Military Police Group whose mandate is to investigate serious and sensitive matters in relation to Department of National Defence property, Department of National Defence employees, and Canadian Armed Forces personnel serving in Canada and around the world.



Photo by Capt Jeff Manney, 39 Signal Regiment.

MCpl Kathryn Holmberg greets her mother, Linda, in the Nanaimo airport following her flight from Latvia. Holmberg spent seven months in the Baltic Nation with the Canadian-led enhanced Forward Presence Battlegroup Latvia.

BALTIC ASSIGNMENT COMPLETE ARMY RESERVIST RETURNS HOME

Capt Jeff Manney
39 Signal Regiment PAO

An international effort to demonstrate collective resolve in Eastern Europe took on a very personal, local flavour with the return of an Army Reservist to Nanaimo two weeks ago.

Victoria-based Master Cpl Kathryn Holmberg, a member of 39 Signal Regiment, ended a seven-month deployment to Latvia in the arms of her mother.

"She was sobbing, kissing me, telling me loves me, that she missed me. Having me far away was very hard for her. She thinks Victoria is too far," said the soldier.

MCpl Holmberg, a Reservist since 2011, was in the first rotation of Canadian Armed Forces members deployed to the Canadian-led NATO enhanced Forward Presence Battlegroup Latvia. She was one of many Reservists supporting the bulk of the Canadian contingent, comprised primarily of Regular Force troops from the Edmonton-based 1st Battalion, Princess Patricia's Canadian Light Infantry

The Battlegroup, along with similar formations in Estonia, Lithuania and Poland, set itself up in a hurry near Riga, Latvia's capital, last summer. The deployments came amid NATO concerns about Russia's annexation of Crimea and its support to

rebels in eastern Ukraine. For MCpl Holmberg, a clerk managing soldiers' pay in the Battlegroup's orderly room, that urgency translated into 12-hour working days, six, sometimes seven days per week.

"There was just so much work to be done," she recalls. "I'd tell myself, if I go home at the end of the day having done the best I could, then I'd be happy."

An abundance of caution, which eased over time, limited soldiers' movements off base. That meant MCpl Holmberg saw as many Spaniards, Albanians, Italians, Poles, Slovaks and Slovenians – NATO colleagues working under Canada's leadership – as she did Latvians.

"They didn't want anybody getting hurt so they kept a pretty tight lid on us," she says. "I think it will be different in the future, though. Latvia is a mod-

ern European country. They need our help, so the people were friendly and interested in what we were doing."

The grueling work schedule and constant time on base meant privacy was at a premium for MCpl Holmberg and her fellow soldiers. Living with eight to 10 co-workers, she says bathroom and shower stalls were the only place to get a little alone time.

But that lack of privacy provided the most unexpected benefit of the deployment.

"Now I've got so many connections all over Edmonton," she says. "Even though sometimes we may have wanted to strangle each other, living with each other day in, day out, we all became great friends."

"I knew it would be a long, hard road," she adds, "but there's a lot to be learned along the way. And you always come back home."

The badge for the enhanced Forward Presence Battlegroup Latvia, headquartered in Riga, the nation's capital. Canada leads the battlegroup, which includes contingents from Spain, Italy, Albania, Slovakia, Slovenia, the Czech Republic and Poland.



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Important IT Security Reminder

TAX PHISHING

As we head into income tax period, email users need to exercise caution regarding spam/phishing emails. Some users have received spam/phishing emails pretending to come from the Canada Revenue Agency informing them of a tax refund and requesting they complete a form. These malicious emails are replicas of existing legitimate sites and businesses used to trick users into submitting personal, financial, or password data. Other recent malicious email examples include deceitful messages from UPS, financial institutions, etcetera. These are phishing exploits. Do not click on any links or open any attachment included in the email. If opened, it could compromise your computer system and permit the installation of harmful software. Remember to be diligent in protecting sensitive corporate and personal information against unauthorized disclosure. Exercise caution as spam/phishing emails are on the rise and tactics to trick you into clicking and/or providing sensitive information have greatly improved. When checking your inbox, remember to ask yourself the following questions:

- Why am I receiving this email?
- Do I know the sender and email address?
- Is there anything about the subject line, attachment name or message body that seems odd? Think before you click!

Keeping your child safe online

It's a different world for children growing up today. From the minute they're born, they're exposed to a digital world that will inevitably be their way of life – where plans are made via social networking sites, conversations are had over chat and text, and movies, games, music and TV shows are streamed at any time over the Internet.

And while it's also a wonderful educational tool, it can be a place where tough lessons are learned if children have unlimited, unsupervised access to things they may not fully understand.

The following list can help you keep your children safe when they use social networking sites such as Facebook and Twitter, as well as mobile devices:

- Make sure the protection features of websites and software your children use are activated. There are tools available through your Internet Service Provider (ISP) to help you manage your children's online experience (i.e. appropriate Websites, amount of time spent online, who can and cannot contact them). It might also include other security features, such as pop-up ad blockers.
- Get to know the online environments your children use and teach them how to deal with inappropriate material.
- Talk to them about the implications of posting inappropriate pictures, saying disparaging things about other people and anything else that could damage a reputation or ruin a friendship.
- Remind them that the Internet is a public space. Things they do and say now on social networking sites could have implications down the road when they're looking for summer employment (employers often search personal profiles for information about candidates).
- Stay in the know about the latest ways children are communicating and what they're up to when they're at friends' houses.
- Keep an eye on the sites they're visiting by keeping the computer in a common area such as the kitchen.
- Talk to other parents about their children's online privileges and what works for them.
- Educate them about the risks of webcam use with people you or your children don't know. Video that's broadcast over the Internet is permanently out there and can be saved by anyone for later viewing or distribution. If your computer has been hacked, another user could remotely control your webcam, so if you have an external camera, unplug it or cover your camera when it's not in use.
- If your child is using live text and voice chats for online games, warn them not to give personal information to a stranger.
- Be careful about what you post about your children or activities related to them such as the location of their school, or where you or they are volunteering.

Check your IT Security Knowledge

- Which one of the following could lead to the spread of a malicious program or virus?
 - Using departmental software that has been checked for viruses.
 - Maintaining regularly updated anti-virus software.
 - Opening only virus-checked file attachments from known sources.
 - Using a USB Flash Drive from an unknown source to exchange data.
- Which of the following is an example of phishing?
 - An email from your network administrator warning of a computer threat.
 - An email regarding policies on the forwarding of emails to friends.
 - An email directing the recipient to enter personal details on a fake website.
 - An email from a co-worker containing an attachment.
- Which one of the following describes why users should lock their computer when leaving their desk?
 - To prevent unauthorized access to your data.
 - To prevent a waste of electricity.
 - To prevent data from getting corrupted.
 - To prevent the computer from malfunctioning.
- Which one of the following statements about wireless networks is TRUE?
 - They cannot be intercepted by unknown users.
 - They limit accessibility to other users.
 - They limit visibility to other users.
 - They can be accessible to other users.
- Which one of the following is MOST likely to be a hoax?
 - An email from a friend you have not seen recently.
 - An email with an attachment sent by a colleague using their personal email address.
 - An email asking you to go to a website for a free computer scan.
 - An email advertisement from a local shop.

1 Answer D, 2 Answer C, 3 Answer A, 4 Answer D, 5 Answer C



Cyber Security

AWARENESS MONTH

IT Common Sense

Using common sense will allow you to identify potential threats and to think twice before providing confidential information.

Below are some IT common sense tips to help protect you in the workplace and at home.

- Lock your computer when you're away from it
- Even if you only step away from your computer for a few minutes, it's enough time for someone to steal or corrupt your information. Locking your computer by pressing CTRL+ALT+DEL prevents another person from being able to sit down at your computer and access all of your information.
- Protect your e-identity
- Use different user ID / password combinations for different accounts and avoid writing them down. Passwords are often the only barrier between your personal information and the outside world. There are several programs attackers can use to help guess or "crack" passwords; however, by choosing good passwords and keeping them safe, you can make it more difficult for an unauthorized person to access your information. Make your passwords more complicated by combining letters and numbers.
- Delete emails from unknown

senders and don't download attachments from people you don't know

- If you see emails from an address you don't recognize, delete them immediately. Don't open them! Never download attachments from people you don't know or follow links to websites listed in the emails, as they could infect your computer with a virus or spyware.
- Browse the Internet safely
- Remember that the Internet is a public resource. Before entering personal information such as your name, address, phone number or financial information, check that it is a secure site identified with https:// in the URL, and that a small lock icon is displayed in your web browser.

Your information online

- Make sure you're comfortable with anyone seeing the information you put online. Expect that

people you have never met will find

your page. If you are keeping an online journal or blog, write it with the expectation that it is available for public consumption. Avoid putting anything online that you don't want the public to see or that you may want to retract. Once you publish something online, it is available to other people and to search engines. Realize that you can't take information back. You can change or remove information after something has been published, but it's possible that someone has already seen the original version.

- Call the right person for help
- Call your work IT support if you encounter questionable Internet content (e.g., child exploitation) or if you suspect a computer crime, identity theft or commercial scam; report it as a security incident.

Identity Theft

Identity theft is one of the fastest growing crimes in Canada and stories of computer hacking, viruses and scams appear in the news daily. And while it may seem like this could never happen to you, identity theft can affect anyone. Being aware of the risk of identity theft is not enough. You must take precautions to avoid being targeted.

Identity theft happens when someone uses your personal information without you knowing about it. Anytime you log on to a website, sign up for a social network or pay bills online,

you're providing a wealth of information that can be stolen. This doesn't mean you shouldn't do these things, you just need to be aware and protect yourself.

An identity thief is looking to steal anything that could identify you. Some examples include name, date of birth, passport information, Social Insurance Number, and bank account numbers. It's clear that we all have a lot to lose, which makes it all the more important that you know how to protect your identity.

Here are some of the ways that they can steal your information:

Electronically

- Phishing or spoofing
- Spyware
- Shoulder surfing
- Scanning old computers, cellphones, USB drives
- Browse social networking sites for personal details
- Use a brute-force attack to guess common passwords

Physically

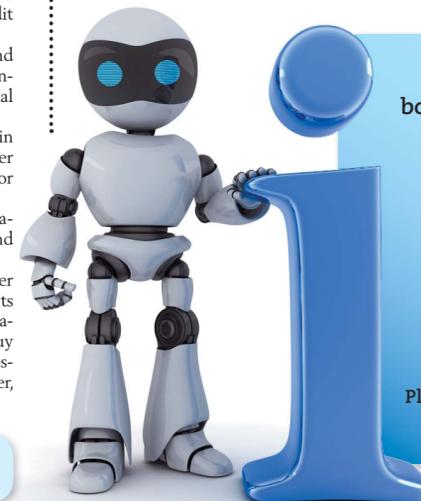
- Going through mailboxes and recycling boxes outside your home

- Stealing your wallet, purse, computer, or cellphone
- Making telephone calls posing as a trusted official or law enforcement
- Tampering with ATMs and point of sale terminals to record your PIN
- Shoulder surfing

The easiest way to avoid identity theft is to not let it happen. These tips will help keep you safe:

- Keep personal and family information safe and secure – both physically and electronically.
- Do not provide more information than is required.
- Do not validate personal information online.
- Use strong passwords and change them periodically.
- Use shredder for documents containing personal information.
- Check your credit report at least once a year. Equifax and TransCanada Credit can be used for free credit checks.
- Review monthly bank statements and credit card statements for inconsistencies that could indicate your personal information has been compromised.
- Do not reply to or click on links in any email that looks suspicious. Never open an attachment from spam or sender not known to you.
- Never use automatic login features that save your username and password.
- Before you dispose of your computer or mobile device, completely wipe its hard drive to remove all the information you have stored on. You can buy overwrite software or have a professional do this for you. Even better, have the hard drive destroyed.

For more information on all aspects of cyber safety, please visit Get Cyber Safe, the Government of Canada's national cyber security public awareness campaign: www.getcybersafe.gc.ca



Military Police Security Section will have booths promoting Security Awareness Week at the following locations:

Monday Feb. 5 from 11 a.m. -1 p.m. at **NADEN ATHLETIC CENTER**

Wednesday Feb. 7 from 10 a.m. – noon at **CANEX NADEN**

Friday Feb. 9 from 11 a.m. -1 p.m at **NELLES BLOCK LOBBY**

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

Sailing regatta hooks young officer

Peter Mallett
Staff Writer

It was an initiation to remember for Acting Sub-Lieutenant Ian Marcoux, 22, as he tackled his first international regatta in the Land of Spices.

The Naval Warfare Officer trainee travelled to southern India's Kerala State Dec. 2 to 8, 2017, representing the Royal Canadian Navy in the sailing competition held at Indian Naval Academy in Ezhimala.

He finished 50th in a field of 55 sailors representing 27 navies from around the world.

"It was a fantastic initiation for me into the whole concept of regattas," said A/SLt Marcoux. "I learned so much in a short time,

not only what a real race was like, but I also picked up on so many areas to improve technically as a competitor."

In the opening phase of the regatta, he and the other novice sailors competed in single-person laser-class dinghies against elite-level sailors, some of whom had Olympic experience.

"This was my first-ever race. I had learned some basic sailing skills, but now it was all about shifting gears quickly and learning all of the rules and the technical side of the sport that comes with practice and experience," said A/SLt Marcoux. "As a sportsman I also wanted to live up to all those good Canadian stereotypes [during the competition], and the nature of sailing and right-of-way rules

led me to apologizing frequently."

The novice level sailors were eventually demoted to the competition's lower division for the final two days of the competition.

The Russian team looked poised to win the Admiral's Cup, but organizers ruled they fielded ineligible sailors, leaving the United States the regatta's overall winners.

Members of the Canadian Forces Sailing Association and Naval Fleet School (Pacific) Commanding Officer, Lieutenant Commander Chris Maier helped prepare A/SLt Marcoux, teaching him basic sailing and seamanship skills needed to safely compete and finish the regatta.

During the regatta, he was coached by his Officer In Charge, Lieutenant-Commander Charles

Edgeworth, a competitive sailor with years of experience who works as a Senior Staff Retention Officer at the RCN's Naval Reserve Headquarters in Toronto.

He watched the first of A/SLt Marcoux' races from a nearby observer boat and said the young sailor showed great promise. He worked closely with A/SLt Marcoux on getting a better starting position and adjusting to the race course, which changed from a windward to leeward course as the competition wore on.

"The credit I give him is that he always maintained good seamanship, a positive attitude and safety in the sailing of his boat, and followed the guidelines and rules of the competition," said LCdr Edgeworth.

With his first competition under his belt, A/SLt Marcoux says wants to become a member of the CFSA and continue recreational sailing and racing in his spare time. Since his first experience sailing on fleet school's 36-foot training vessel *HMCS Goldcrest* in 2015 he not only realized it was something he liked doing, but that mastering the age-old skill would also be beneficial for his naval career.

"I'd say sailing in general is something intrinsic to the navy and the more comfortable you are on the water, and the more familiar you become with the elements at sea, the more comfortable you are in your job at sea," said A/SLt Maroux. "It's one of those recreational activities that translates into a practical skill to have."

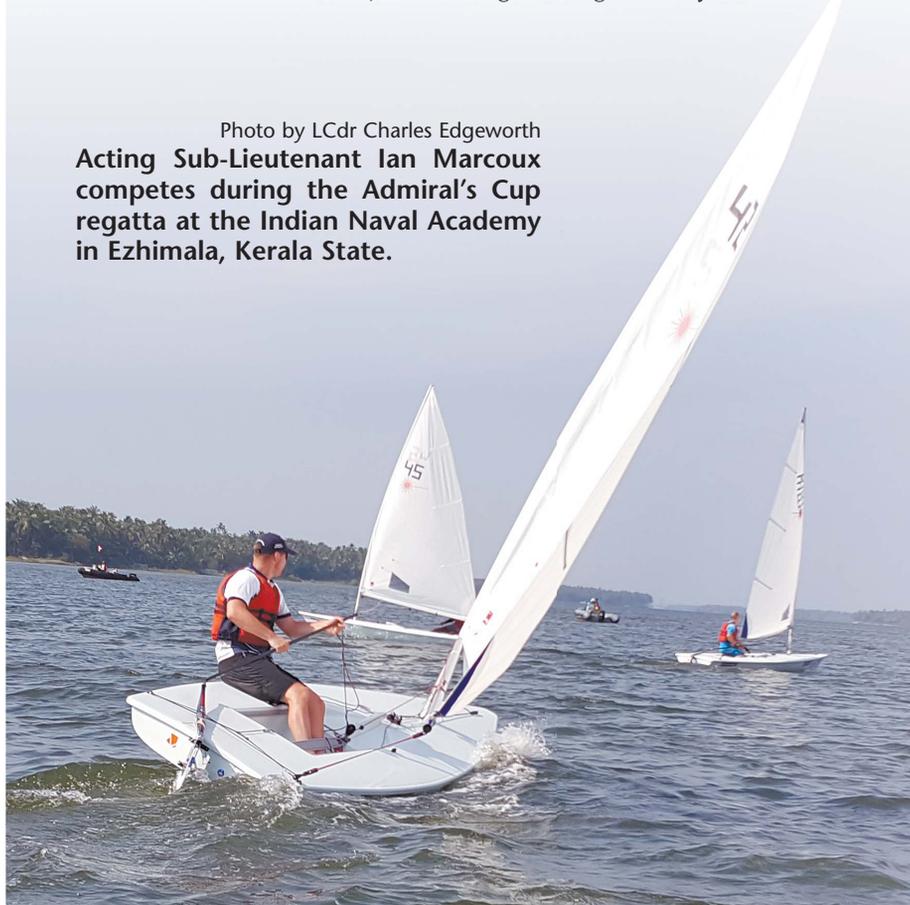


Photo by LCdr Charles Edgeworth
Acting Sub-Lieutenant Ian Marcoux competes during the Admiral's Cup regatta at the Indian Naval Academy in Ezhimala, Kerala State.



Photo courtesy: Indian Naval Academy
Members of the Indian Naval Academy welcome Acting Sub-Lieutenants Sarah Lemay, Ian Marcoux and Lieutenant-Commander Charles Edgeworth at Mangalore Airport before embarking on their journey to the naval academy.

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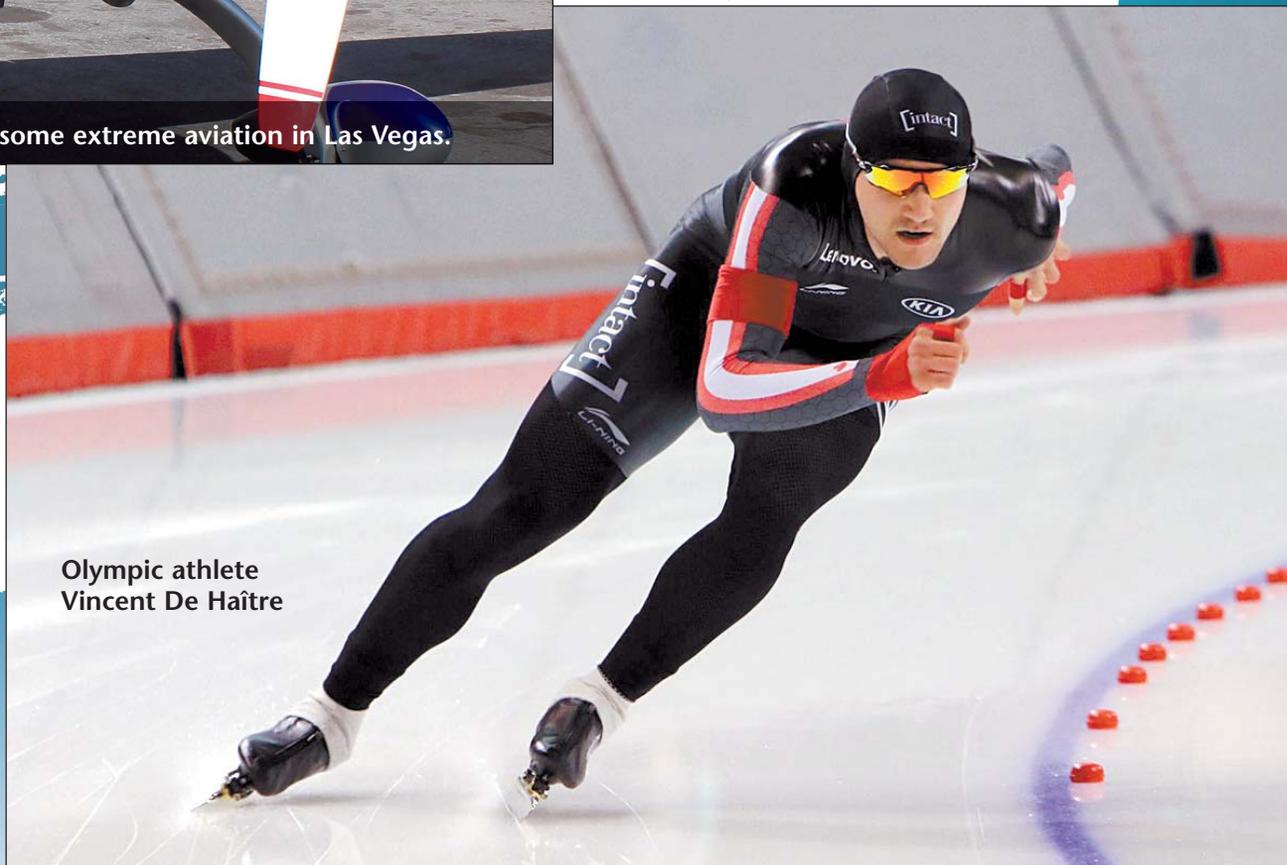


Vincent, left, and Rene De Haître get ready to enjoy some extreme aviation in Las Vegas.



Military recruit
Rene
De Haître.

Whether it's the navy or the Olympics, the brothers see their career choices as an opportunity to reach beyond themselves and make Canada proud.



Olympic athlete
Vincent De Haître

Brothers proud to represent Canada on different stages

Darlene Blakeley
Navy Public Affairs Ottawa

One has dreams of a career as a naval officer, the other has dreams of Olympic gold.

Brothers Rene and Vincent De Haître represent Canada in their own unique ways, yet they also offer strong support to each other as they pursue their individual goals, even if they are a world apart.

Vincent, a world class long track speed skater, will compete in the PyeongChang Olympic Games next month in both the 1,500 and 1,000-metre races on Feb. 13 and 23 respectively, and Rene hopes to graduate from the Canadian Forces Leadership and Recruit School in St. Jean, Que, on Feb. 22.

Being 15 time zones apart means they won't be able to support each other in person.

Originally, the plan was for Rene to travel to South Korea to see his brother compete, but that was before he learned he would be preparing for a career as a Naval Combat System Engineering Officer in the Royal

Canadian Navy.

"The thought of joining the navy has always been on the table, but the real decision came in November 2016," Rene explains. "I have a passion for the naval world, especially shipbuilding. After a few years in the private sector, I felt as though I was in a rut just following the course without too much variation. I felt that it was the best time, being young and without too many responsibilities, to change paths and to serve in an environment that promotes cooperation and team work, as well as representing Canada and its interests at home and abroad."

Rene plans to watch his brother's second Olympic race live online.

"I will be wearing the Team Canada plaid shirt," he says. "Additionally, I believe a few of my platoon-mates will join me in supporting him. I will not be able to see his race on Feb. 13 since I will be out on exercise in the field, but I will ask if it is possible to get an update from my instructors."

In turn, Vincent, who participated in the 2014 Sochi Olympics and now holds 13 World Cup medals, is strongly supportive of

his brother's career choice.

"I'm happy my brother has found a place he can pursue naval architecture," he says. "For as long as I can remember, my brother has always been building or planning to build things. Although we've taken very different paths, what we both have in common is that we weren't meant to have a desk job."

Vincent started skating at age five. He joined the Gloucester, Ont., Concordes speed skating club and his on-ice success began when he won a silver medal in the 3,000-metre relay at the 2011 Canada Winter Games. He made his World Cup debut in 2013 and then qualified to compete for Canada at the 2014 Winter Olympics in Sochi, Russia, four years earlier than he had originally targeted. He went on to post a top 20 finish in the 1,000-metre in Sochi and was named Speed Skating Canada's Long Track Rising Star of the Year.

Vincent says that despite their hectic schedules, he and his brother have great respect for one another's goals and try to stay in touch when they can.

"We can go long periods of time

without talking, but that is the cost of chasing your passion," he says. "We've spent the last decade in different cities and provinces, but don't let that distance fool you. We will always be there for each other."

It is also a demanding schedule for the boys' parents, Lucille and Denis, who try to "divide and conquer" in an effort to support both their sons. Both will be at Vincent's first race in PyeongChang, but Denis will return to Canada in time for Rene's graduation.

They couldn't be prouder of both boys and their achievements.

"As they were growing up they set individual goals, which we encouraged along the way," Lucille says. "Some goals were achieved, while others were learning experiences. To see both of them now achieving these major goals evokes a wave of emotions that culminate in tears of pride."

She adds that as the boys were growing up they always stressed "family first" and to always be there for one another.

"We are proud they are pursuing these qualities and to know even if they are separated by distance, they are only a phone call

away if help is needed or they just need someone to talk to."

Whether it's the navy or the Olympics, the brothers see their career choices as an opportunity to reach beyond themselves and make Canada proud.

"This country has given me so much, I just want to make it proud," says Vincent. "Our passion and work ethic is what makes us Canadian, and I can't wait to show that on the world stage."

Rene sees joining the navy as an opportunity to show an image of professionalism, fairness, and knowledge.

"I also keep in mind that at the end of the day we are accountable to our fellow citizens," he says. "As such, when I represent Canada I want to make them proud and demonstrate the best of Canada through the navy. In short, it means when I am representing Canada, I am proud to have the responsibility, show strength and all the best attributes that make us who we are."

Even though they will be a world apart as they pursue their dreams in February, the brothers will always be rooting for each other.

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CANFLTPAC Sailor of the Quarter



Image by: Ed Dixon, MARPAC Imaging Services
OS Struthers, a Naval Communicator in HMCS Calgary is awarded the Canadian Fleet Pacific Sailor of the Quarter for the Fourth Quarter of 2017.



Photo submitted by Chris Edley
Left to right: Chris and Helen Edley, co-owners of Sharkzcoins, give Channing Knull from Wounded Warriors Canada a donation collected from the proceeds of Poppin Pins they sold last fall.

Bravo ZULU



Photo by LS David Gariepy, MARPAC Imaging Services
Commander Lucas Kenward, centre, is promoted by Commodore Jeff Zwick (left) and Captain (Navy) Christopher Robison (right).

Bravo ZULU

RAdm Art McDonald visited the George Wilkinson Lounge for a town hall and barbecue Jan. 19 with members of Military Police Unit Esquimalt. During his visit he handed out two Bravo Zulus.

Photos by Cpl D. Cumby, MPU Esquimalt



WO James Linehan receives a MARPAC Commander's Coin for his leadership while fulfilling the Police Operations Warrant Officer position as a Sergeant during manning shortages.



Commissionaire Barry McLachlan receives a MARPAC Commander's Coin for going above and beyond in his role as Senior Military Police Advisor to the Web Based Security Clearance Processing System at CFB Esquimalt.



Detention Barracks Custodian MS Nicholas Charlton receives his promotion to the rank of PO2 by Maj Lisa Clark and MWO Steven Card.



Shift I/C Sgt James Linehan is promoted to the rank of WO by Maj Lisa Clark and MWO Steven Card, while supported by his wife Fiona Linehan.

Bravo ZULU

HMCS Regina Promotions and Awards

Cdr Matthews, Commanding Officer HMCS Regina, promoted and awarded the following members of his ship's company.



AB Smallenbroek is promoted to his current rank.



AB Valade receives his Gun Metal Sea Service.



AB Mullen is promoted to his current rank.



OS Audet receives his CPF Auxiliary Machinery Operator Certificate.



OS Jorstad receives his CPF Auxiliary Machinery Operator Certificate.



SLt Deason receives a MARPAC Bravo Zulu.



SLt Monteleone receives his Gun Metal Sea Service Insignia.



Sgt Pankowski receives his Gun Metal Sea Service Insignia.



HALIFAX NEWS:
Images provided by Trident Newspaper

HMCS CHARLOTTETOWN RETURNS HOME

HMCS Charlottetown sailed into port Friday Jan. 19 following a six-month deployment overseas. The Halifax-based frigate returned home after taking part in exercises in the Baltic and Mediterranean seas as part of Operation Reassurance. Family members lined the dock as the ship pulled alongside, waving posters and calling out to crew as the ship approached. Hugs, kisses and joyful tears were next as the crew and families united.



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- May 28 Logistics Branch Marching Contingent – Victoria Day Parade
- Oct 1 Opening of the Logistics Branch 50th Anniversary exhibit at the CFB Esquimalt Base Museum
- Nov 11 Logistics Branch Vigil Party at Remembrance Day Ceremony
- Nov Logistics Branch 50th Anniversary closing event



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MISCELLANEOUS

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MISCELLANEOUS

HMCS TERRA NOVA WESTPLOY '73 REUNION Crew members of Terra Nova's Westploy '73 cruise, Operation Gallant, will be reuniting 01-03 May 2018 in Victoria for the 45th Anniversary of the mission. Terra Novans who made this cruise and wish to attend, or wish more information, are to contact John Appler at jeappler@gmail.com

MISCELLANEOUS

MESS KIT FOR SALE Naval mess dress uniform for sale. Fits 32/33W and 38R chest. Cdr rank; masterfully tailored by Andrei in 2000. Excellent condition - includes pants, vest and jacket. phil_menard@yahoo.com

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CATCH THE ROUNDERS BUS

Pickup starts
9:30 a.m. at
Dockyard Main Gate
with drop off to the
Naden Gym.
Last run is 3:30 p.m.
from Naden

**THURSDAY
FEBRUARY 15 2018
NADEN GYM 10AM - 3PM**

Health, Fitness, Wellness,
Education, Recreation & more!



Free
**COFFEE & PRIZES
MORE THAN 120 VENDORS**

Coffee
Serious Coffee

Food
Mai Mai's Bistro and
Deadbeetz Food Trucks

HERE'S A PEEK AT WHO'S COMING

SCHOOLS

- Athabasca University
- Academy of Learning
- BCIT Legion Military Skills Conversion Program
- Brookes Westshore Campus **NEW!**
- Cambria College **NEW!**
- Camosun College
- Q College
- Royal Roads University
- Royal Military College of Canada
- St Margaret's School **NEW!**
- UVic, Division of Continuing Studies
- Victoria College of Art
- Westshore Centre for Learning and Training
- West Coast College of Massage Therapy

HEALTH AND WELLNESS

- After Action Coaching **NEW!**
- Arthritis Society
- Amyotrophic Lateral Sclerosis Society
- Amica at the Gorge
- BC Schizophrenia Society of Victoria
- BC Responsible and Problem Gambling Program
- Big Brothers and Big Sisters
- Bridges for Women Society
- Canadian Cancer Society
- dōTERRA Essential Oils
- Edgewood Health Network
- Epicure by Penny **NEW!**
- DND Employee Assistance Program
- Foster Parent Support Services **NEW!**
- Health Promotion
- Healthpartners
- Horizon Holistic **NEW!**
- Jeuhesse **NEW!**

- 1UP Single Parent Resource Centre
- Island Hand Therapy Clinic
- Island Health Tobacco Prevention and Vapour Prevention & Control
- Indigenous Perspective Society
- Lifetime Networks – Support for People with Disabilities
- Mary Kay Cosmetics
- MARPAC Health and Wellness Strategy
- MedPro Respiratory Care **NEW!**
- Medi-Gas (Praxair) **NEW!**
- MFRC
- Miracle-Ear Canada **NEW!**
- MS Society
- Nature's Hair Care **NEW!**
- NexGen Hearing
- Orange Theory Fitness
- Pacific Centre Family Services **NEW!**
- Stillpoint Acupuncture
- Success by 6 BC **NEW!**
- Quit Now – BC Lung Association
- Sunshine Coast Health Centre
- Toastmaster West Coast
- Together We Can Addiction Recovery & Education
- Vancouver Island Men's Trauma Counselling Society
- VIK9 Consulting and Training
- VI Compassion Dog Society
- Victoria Animal Crusaders
- United Way

RECREATION

- Accent Inns and Hotel Zed
- BC Ferries **NEW!**
- Butchart Gardens **NEW!**
- The Spa at Delta Ocean Pointe
- Esquimalt Parks and Recreation

- Expedia Cruise Ship Centre
- Flight Centre
- Fort Street Cycle
- Hotel Grand Pacific
- IMAX Victoria
- Kgeez Cycle
- Pacific Coastal Airlines
- Ramada Vancouver
- Sandman Hotel Victoria
- Tigh-Na-Mara Seaside Spa, Resort & Conference Centre
- Olympic View Golf Course
- Union Club of BC **NEW!**
- WestJet
- The Westin Bear Mountain Golf and Resort Spa **NEW!**
- Wild Play

BASE CLUBS

- CF Golf Club
- CF Sailing Association
- CF Model Rail Club

FINANCIAL

- Balanced Bookkeeping **NEW!**
- Investors Group, Darlene Oudot
- Royal Bank of Canada
- Bank of Montreal
- Coast Capital Savings
- SISIP

MILITARY

- BPSO
- (DND) Employment Equity
- BC/Yukon Command of the Royal Canadian Legion
- Regional Cadet Support Unit (Pacific)

SPORTS AND FITNESS

- Navy Run
- TC 10K
- Victoria Goddess Run

LOCAL BUSINESSES

- CANEX
- COSTCO
- Diversity Auto Film **NEW!**
- Ergotron
- GableCraft Homes
- Grand and Toy
- Barnes Harley-Davidson
- Hatley Memorial Gardens
- Hazmasters
- Hertel Meats
- Home Sold Real Estate Shelly Reed **(SPONSOR)**
- Elite Sportswear
- Legal Shield **NEW!**
- Judy Marston Resume Counselling
- Mark's Commercial
- Melting Moments Catering
- Resumé Hut
- Select Mortgages Julie Charbonneau
- Sotheby's International Realty Canada, Haley Lopez **NEW!**
- Sharkzcoins
- Staples Canada
- Tupperware Sales
- Westshore U Lock Mini Storage
- Victoria Pet Hospital **NEW!**

OUTSIDE

- Triangle RV
- Jenner Chev Olds
- Pacific Mazda

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Shelly Reed 250-213-7444

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