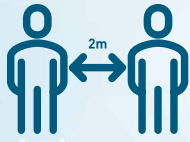


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Volume 65 Number 12 | March 30, 2020

# LOOKOUT

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## OPERATION CARIBBE EMERGENCY EVOLUTION

Crewmembers from HMCS Nanaimo conducted an emergency evolution to save a sea turtle tangled in a floating line. Pictured here is the turtle, free from the floating debris. HMCS Nanaimo and HMCS Whitehorse are now homeward bound with an expected arrival mid-April.

Photo by Canadian Armed Forces



## COVID-19 UPDATES FOR CFB ESQUIMALT

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# Message from the Chief of the Defence Staff

## TO OUR CANADIAN ARMED FORCES COMMUNITY

First, my thanks to all of you for responding so well to these unprecedented times. From the superb reaction to repatriate and assist in quarantine of returning passengers at Trenton, to significant changes to our training routine and our continued mission to defend Canada and conduct overseas operations, you have done extremely well and I thank you.

We are part of a national response to prevent the unmitigated spread of COVID-19 by adopting a dispersed posture where we can, and taking protective measures such as social distancing while at work, and staying home when sick. This will help Canada stay resilient and prevent overloading of our medical systems.

I know this situation has many of you and your families worried. As you adopt a dispersed posture at home, or are working on critical tasks with others, don't let the physical isolation get to you. Reach out, stay connected and

remember to be mindful that our obligation to conduct operations means we must preserve our force so we are healthy and ready to deploy wherever and whenever our country needs us — this includes here at home and abroad. This is your mission.

As we complete the first weeks of dispersion, and while it is too soon to know how effective it will be, we must remain focused on our purpose, and that is to be ready. This means that every single military member and our families are very much a part of an effort to maintain our readiness. The actions of you and your family will have a direct impact on our ability to be ready for the unknown, and be ready for our continuing missions. Should we be required, and while we monitor the situation, our contingency planning has, at its core, a reliance on well-trained and healthy troops to be there for Canadians.

I have directed planning for a wide

range of contingencies, and that is ongoing. It does not mean we will be required to conduct contingency operations, but we must be ready with people, plans and equipment.

We must also face the reality that the three-week operational pause we are experiencing now may continue, if needed, to prevent the spread of the virus. This will have, and has had, an impact on our training and many institutional activities.

While we study and make the best decisions we can based on medical advice, we know that we will experience significant disruption to postings, courses, collective training and strategic work in procurement and force development. We will do all we can to mitigate, but the bottom line is that we must accept such disruptions as a price to pay to preserve the force and help keep Canadians safe.

As we manage risk while staying ready, or maintaining critical services

and conducting operations, there will be differences in the varying measures taken across the CAF. This is to be expected given the different operational demands across the country and around the world. My commanders are following my intent — preserve the force, continue necessary critical tasks and missions, and plan for contingency operations. Those activities that can be delayed or abbreviated will be. Those that cannot will be conducted as safely as possible.

Finally, although we face unprecedented circumstances, we must take all in stride. We are the Canadian Armed Forces after all. We will plan confidently and respond professionally as long as we all do our part. Stay focused on the mission, and your mission is to be ready by following the direction of your Commanding Officer, and keeping yourself and your family healthy.

Sincerely  
General J.H. Vance

## A letter of appreciation for the CFB Esquimalt Defence Team

Team, I could not be more proud of the way the CFB Esquimalt Defence Team (military, civilians and contractors) has responded to the CDS's intent of preserving our capabilities while still ensuring critical core activities are being maintained.

Your dedication and creative thinking have allowed the Base to keep supporting Fleet operations over the last week, while also safely maintaining service continuity across the Formation.

As we adapt to the new way of delivering these services, we also have to think about sustaining our support capabilities. This means we will continue to have minimum personnel on-site in order to keep the Base safe and operational.

Remember that while you are at home strict social distancing measures are to be followed according to guidelines set by provincial health authorities and the Public Health Agency of Canada: [www.canada.ca/en/public-health/services/publications/diseases-conditions/social-distancing.html](http://www.canada.ca/en/public-health/services/publications/diseases-conditions/social-distancing.html)

If you are experiencing any symptoms, or have been exposed to someone who is showing symptoms, or has been diagnosed with COVID-19, you

should complete the BC COVID-19 Self-Assessment Tool at <https://covid19.thrive.health>. Please follow the Tool's guidance and inform your supervisor of your exposure, or symptoms, and of any fellow employees that may have been exposed to you.

In these uncertain times, please don't hesitate to reach out for support if you need it. There are a number of resources available to you, including:

### For Military Members

- Chaplains: To speak to a Chaplain during the day (0800 to 1600), contact the Naden Chapel Offices at 250-363-4030. Outside of regular hours, you can speak to a Duty Chaplain 24/7 at 250-818-2794; and
- The MFRC: The Military Family Resource Centre can be reached at 250-363-2640. If you require immediate assistance, you will receive a prompt to connect with the Family Information Line (1-800-353-3329) where you can receive confidential, bilingual counselling. For more information visit <https://esquimaltmfrc.com/temporary-closure-of-all-locations>.

### For Civilians

- The 24-7 Employee Assistance Program (EAP): For immediate assistance or direct access to a counsellor, please call 1-800-268-7708;
- The Public Service Healthcare Plan: [www.pshcp.ca](http://www.pshcp.ca);
- Specialized Organizational Services: [www.canada.ca/en/health-canada/services/environmental-workplace-health/occupational-health-safety/employee-assistance-services/specialized-organizational-services.html](http://www.canada.ca/en/health-canada/services/environmental-workplace-health/occupational-health-safety/employee-assistance-services/specialized-organizational-services.html); and
- For more information on resources available for the Public Service visit: [www.canada.ca/en/government/publicservice/covid-19/covid-19-mental-health-work.html](http://www.canada.ca/en/government/publicservice/covid-19/covid-19-mental-health-work.html).

All citizens can also access mental health support and resources at the following sites:

- Government of Canada - Mental Health Support: [www.canada.ca/en/public-health/services/mental-health-services/mental-health-get-help.html](http://www.canada.ca/en/public-health/services/mental-health-services/mental-health-get-help.html);
- Canadian Mental Health Association: <https://cmha.ca>;
- BC Mental Health Services: <https://www2.gov.bc.ca/gov/content/justice/criminal-justice/bcs-criminal-justice-system/services-and-resources/services-by-need/mental-health-services>; and

- HealthLink BC Mental Health Resources: [www.healthlinkbc.ca/mental-health-substance-use/resources](http://www.healthlinkbc.ca/mental-health-substance-use/resources).

For those looking for a fun way to stay fit from home, our PSP team is providing livestream workouts every Monday, Wednesday and Friday at 11a.m. You can join in on their Facebook page @pspesquimaltnaden.

Lastly, remember to follow our Base social media pages (Facebook: @EsquimaltBase; Twitter and Instagram: @MayorCFBESq) for the latest updates or visit <http://www.lookoutnewspaper.com/covid-19>

I can't thank you enough for your professionalism and dedication during this time. CFB Esquimalt has been here for over 150 years, always delivering on our mission of "support for all," and together we will continue to do so!

Yours Aye,  
Captain (Navy) Sam Sader  
Commander CFB Esquimalt

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1

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2

Apply soap



3

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4

Rinse well



5

Dry hands well with paper towel



6

Turn off tap using paper towel



palm and back of each hand



between fingers



under nails



thumbs



# Cadets SALTy sailing adventure



**Peter Mallett**  
Staff Writer

Cadets from across Canada embarked on a sailing adventure aboard two tall ships of the Sail and Life Training Society (SALTS) earlier this month.

Fifty-seven Royal Canadian Sea Cadets returned from their five-day voyage in and around the Southern Gulf Islands on March 13.

Each year the Victoria-based SALTS program reaches approximately 1,700 young people between the ages of 13 and 25 with the intention to develop both their sailing and teamwork skills.

Lt(N) Shawn Stewart, Information Management Officer with the Regional Cadet Support Unit (RCSU)

Pacific, was one of two escort officers for the sail. He says SALTS is exactly the type of programming many cadets are looking for because it engages them in real-life challenges.

Cadets and four adult team leaders became the working crew of tall ships Pacific Swift and Pacific Grace under the guidance of SALT's professional crewmembers. Each ship's crew was divided into three groups to perform around-the-clock duty watch, which included spotting water hazards and other vessels and anchor watch at night. Other responsibilities included navigation, radio monitoring, sail handling, galley duties, and small boat handling for trips ashore.

"This was an opportunity to be crew on a ship, run and

maintain the vessel, learn and study seamanship skills on board, go places and explore a coastline that the vast majority have never seen before," said Lt(N) Stewart.

SALTS booking manager Sherilyn Thomson says cadets have sailed with SALTS on a west coast tall ship deployment for the past four years and the reviews have been very favourable. The cadets are always eager to put the skills they've been learning with their Corps into practice, she says.

"The purpose of our program is to provide an opportunity for young people to be challenged personally and as a group, to take on responsibility, and stretch themselves in a supportive environment," said Thomson. "We are all about

teamwork and cooperation; encouraging them to build strong relational and listening skills. A tall ship provides an ideal environment for teaching both life skills and seamanship."

It's a perfect fit for the Cadet Program, which aims to produce self-sufficient young Canadians who are community leaders that make friends across the country.

Future sails for SALTS are currently suspended due to precautions surrounding the COVID-19 pandemic, but administrative staff continue their fundraising efforts, particularly through boat donations and boat sales to support their programs.

For more information visit their website [www.salts.ca](http://www.salts.ca)

For more information about the Cadet Program visit [www.cadets.ca](http://www.cadets.ca)



HMCS Regina conducts air operations as seen from the bridge of HMCS Calgary during a Task Group Exercise (TGEX). HMC Ships Regina, Calgary, and Brandon along with two Orca-class Patrol Craft Training (PCT) vessels, PCT Cougar and PCT Wolf, are currently participating in TGEX 20-1 off the coast of Vancouver Island. The exercise is designed to ensure HMC ships can maintain operational readiness to carry out core missions in support of the Government of Canada.

Photo by Cpl Jay Naples, MARPAC Imaging



# matters of OPINION

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## WHAT SAY YOU



# Eye Spy - break the self isolation boredom

**SLt M.X. Déry**  
MARPAC PA

So, you're working from home and adhering to social distancing guidelines, which means you are spending a lot of time in or around your home with extremely limited contact with other people.

This is the perfect time to brush up on your photography skills.

Despite the limited space and lack of gorgeous landscapes or scenic tourist sites, your home is full of photography potential. Let's start with my favorite.

### Natural light portrait

All you need for this is a subject and a window that receives some light. If there is direct sunlight, a sheer curtain is best to cut down the brightness. An overcast day or indirect light will give you enough light to take your photo.

Clear the background of clutter, place your subject near the window facing you and perpendicular to the window, and then have them look outside. Their face should be well-lit with natural light. Make sure their hands have something to do, such as adjusting their hair, or holding a shirt collar or a prop.

### Macro

If you don't have a family member present to be your subject, there is always macro photography. It helps to have a camera and lens

for this, but they do sell inexpensive, around \$20, macro lenses for phones. This allows you to take photos of objects very close up.

Like all photography, it does require light, so be sure to use a window or other bright light source. Don't use both together or the competing colour temperatures will make your shot look blue and orange simultaneously.

Get closer and further from the object and try to find the closest distance you can get to it before you lose focus. Then play with the angle and the light to create some nice shots. Plants, flowers, vegetables, coins, watches, and more can make great subjects for macro photography.

If you have access to a backyard, butterflies, bees, and ants become an option too. Be patient and try to anticipate where animals will go to next; chasing a butterfly with a camera can be infuriating, but rewarding.

### Lifestyle

Parents often accidentally dabble in lifestyle photography. A child's first steps, a little one getting ready for the first day of school standing at the door with their backpack on or a child proudly holding up their latest artistic endeavour; these are all lifestyle shots.

For couples it might be the first cup of coffee in a new home, the beginning of a long weekend with a dog snuggled in the sheets, or a piggy back ride in the backyard.

Basically, these are candid shots, but if you plan them a little you can make them

look great. Same as before, ensure you have enough light, unclutter the background and have a willing subject, or you'll end up with photos of a child rolling their eyes or a partner hitting you with a pillow.

### Abstract

I often see this kind of photography under the headline "10 easy camera hacks" but really it is about creating nice visual effects with simple household items. Light shining through glass, like a prism or a wine glass, or perhaps using a mirror directly under the camera; the shadows created by venetian blinds or perhaps from the grid pattern of a patio chair are all examples.

Google is your friend on this one. Get creative with light and perspective and I'm sure you'll have fun. Just don't put Vaseline on your lens, it is a pain to clean off.

### Memes

We all have our favourite memes, and many of them are just a few frames and easy to replicate. Mine is the little potato that believes in you, "you can do the thing." People have recreated it with dogs, hamsters, plants, ships, cats, etc.

Having a good laugh while making a silly meme is a great way to keep that stress down even when you are trapped inside your house. The kind of jokes B.C. CDC recommends right now - inside jokes.

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# Reservist wins RIMPAC logo contest

**Peter Mallett**  
Staff Writer

A full-time reservist from Victoria is the winner of this year's Rim of the Pacific (RIMPAC) logo design contest.

Corporal Elizabeth Sleen, who works as a detachment clerk for the Canadian Armed Forces Recruiting Centre in Victoria, created the winning design for the world's largest maritime exercise. She entered the contest after seeing a *Lookout* story calling for designs last August.

Cpl Sleen has no professional training in graphic design, and said it was her first-ever attempt at creating a logo. She was not expecting to win.

"Winning, it was the furthest from my mind. When I checked my phone and saw the message informing me I had won, I was thrilled with the news but also a lit-

tle bit shocked and surprised."

She is the wife of LCdr Darren Sleen, *HMCS Regina* Executive Officer, whose ship will potentially participate in the multinational exercises to be held off the Hawaiian Islands in June and July. RIMPAC is held every two years with the last exercise involving 25,000 personnel from 25 countries, 46 ships, five submarines, 17 land forces, and more than 200 aircraft.

LCdr Sleen said his wife's winning entry was "an incredibly proud moment" for his entire family.

Her logo will appear on RIMPAC's official branding including stationary, press releases, websites, social media, coins, shirts, hats and more.

She beat out more than a dozen entrants to claim top honours.

Central in her design is an aircraft carrier and warships sailing in formation, with a backdrop of the world and a trident, and the RIMPAC motto Capable, Adaptive, Partners in a ring around the outside.

The third ring is home to Hawaiian flowers, a motif inspired by Hawaiian design, Polynesian art, and tattoo work.

"I wanted it to look very classic and vintage, so I went with a stylized symmetrical look," says Cpl Sleen.

The Commander of the United States Navy's (USN) Third Fleet, Vice-Admiral Scott D. Conn informed Cpl Sleen she had won the contest in January with a hand-signed letter of appreciation.

"You can be genuinely proud your design will represent the world's largest maritime exercise," wrote VAdm Conn.

After learning she wanted to enter the contest, her husband bought her a computer and the necessary software; she took on-line tutorials to learn basic design techniques.

"That was a big part of my effort, spending several hours on the couch at home in my spare time, learning how to use this software which was all completely new to me, but I'm glad I did it," said Cpl Sleen.



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# 100-year-old veteran gets more than a birthday card



LCpl Barry Pitcher (left), Commanding Officer of the Princess Louise Fusiliers, shows a Bren gun to veteran Fred Arsenault. The gun is the same kind that Arsenault, who just turned 100 years old, used during his army service during the Second World War.

Photo by Trevor Godhino

## LCpl Barry Pitcher

Commanding Officer Princess Louise Fusiliers

FRED Arsenault's request for 100 birthday cards by March 6 to celebrate his turning 100 years old went viral.

The world responded with numerous visits, gifts, phone calls and thousands of cards.

The Halifax-based Princess Louise Fusiliers Army Reserve infantry unit decided to do something different.

As Commanding Officer of the Princess Louise Fusiliers, I intended to hand deliver a birthday card to Fred on behalf of the unit. He served in the Cape Breton Highlanders during the Second World War and has a special connection to the Maritimes.

I changed plans when our unit discovered that Fred had carried a Bren gun during his time in Europe between 1940 and 1945. He has not touched this type of machine gun since the end of the war.

So, the Princess Louise Fusiliers set about finding an inert Bren Gun, and lo and behold a Petty Officer in the unit - also a military collector - had one.

The plan was for me to pop in with a birthday card and bring the Bren Gun. The gun was shipped to the CF Recruiting Station in Toronto, where I picked it up. Ron Arsenault, Fred's son, then kindly arranged for me and professional photographer Trevor Godhino to visit and do a special black and white portrait of Fred with the gun he carried in battle some 75 years ago. The moment was amazing. Fred cried when he saw the gun and kissed it gently.

When asked if he remembered it, he said: "I sure do!"

The Canadian Armed Forces celebrates its history and heritage in many forms; this was a small gesture in remembering and promoting our military family. Fred is a living testament to all those who served.

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# Meet the man behind HMCS Regina's new paint scheme

**Ashley Evans**  
FMF CB PAO

IT'S been a couple months now since *HMCS Regina* was decorated with a new paint scheme, and the excitement and acknowledgement of this impressive work has continued to be a near-constant conversation at Fleet Maintenance Facility Cape Breton (FMF CB).

Who is the creative mind who designed the stunning commemorative admiralty paint scheme? Naval Architecture Senior Engineering Technician John Crocker.

Crocker began his career in private industry until 1998 when he started working for FMF CB.

Like most projects, *HMCS Regina's* paint scheme began as a tasking request. Crocker gladly took it on, first connect-

ing with a naval historian at Director History and Heritage in Ottawa, ON, who provided briefing notes and details regarding different schemes from the past.

After careful deliberation with other members of the FMF workforce, Crocker decided on a Second World War version of *HMCS Ottawa*. He used a 3D Cad program called Bentley Microstation that allowed him to see most

of the ship in a 3D model. He was able to take a profile image of the ship and project the patterns of paint on the hull. He changed the patterns a little to accommodate the different hull shape, while adding modernization to the paint scheme.

After a couple of weeks of design, Crocker presented three versions to the Naval Architect Officer who then sought a decision from the

Admiral regarding which scheme would be used.

The paint scheme was then applied to *HMCS Regina* by the Paint Shop and military members on board the ship.

"It has given me great satisfaction seeing the ship finished and that most everyone likes it," said Crocker. "There was a lot of excitement and encouragement from my colleagues in engineering as I was working on it."

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# ! Be Cyber Aware during COVID-19

## Government of Canada

The Cyber Centre has seen an increase in reports of malicious actors using the COVID-19 in phishing campaigns and malware scams.

### ! Beware of Fakes

With public concern around COVID-19 growing, there is an increasing number of phishing attempts referencing the virus. Phishing is the act of sending mass emails that appear to be from a legitimate source, but contain malicious attachments or links. The emails are written to trick receivers into opening attachments or clicking on links that permit threat actors to obtain personal credentials, or gain unauthorized access to a computer system.

There have been recent instances where phishing has been used in attempt to impersonate various health agencies.

Malicious cyber actors are quick to take advantage of high profile events, particularly those that cause worry and concern.

### ! Ways to protect yourself against malicious emails:

- Make sure the address or attachment is relevant to the content of the email.
- Make sure you know the sender of an email.
- Look for typos.
- Use anti-virus or anti-malware software on computers.

### ! Against malicious attachments:

- Make sure the sender's email address has a valid username and domain name.
- Be extra cautious if the email tone is urgent.
- If you were not expecting an attachment, verify with the sender.

### ! Against malicious websites:

- Make sure URLs are spelled correctly.
- Directly type the URL in the search bar instead of clicking a provided link.
- If you must click on a hyperlink, hover your mouse over the link to check if it directs to the right website.

### ! 4 Practical Ways to Make Yourself Cybersafe

- Use unique passphrases and complex passwords.
- Apply updates to your mobile devices, computers, and applications.
- Store your data securely and know your backup procedures.
- Secure your social media and email accounts.

### ! Protect your organization from malware

Threat actors can use malware, or malicious software, to infiltrate or damage networks, systems, and devices. Once malware is installed on your organization's systems and devices, threat actors can gain access to sensitive information. This document introduces some common types of malware, tips for detecting whether your devices have been infected, and steps to protect your organization from being compromised by malware.

### ! Common types of malware

**Virus:** A computer program that spreads, usually without you knowing, by making copies of itself.

**Worm:** A malicious program that executes independently and self-replicates, usually through network connections, to cause damage (e.g. deleting files, sending documents via email, or taking up bandwidth).

**Spyware:** Infected software that threat actors use to access your devices and steal sensitive information.

**Trojan Horse:** A type of spyware disguised as harmless software to fool you into downloading the program.

**Adware:** A type of spyware that tracks your Internet history and downloads to display pop-up advertisements related to products and services that might interest you.

**Keystroke logger (Keylogger):** Software or hardware designed to capture your keystrokes. The keystrokes are stored or transmitted so that threat actors can use them to collect valued information.

**Rootkit:** Programs that provide threat actors with access to your networks, systems, and devices. A rootkit disguises itself as an operating system component on your device.

**Ransomware:** A type of malware that denies your access to data or a system until you pay a sum of money to the threat actor.

**VPNFilter Malware:** Malware designed to infect routers so that threat actors can collect information, exploit devices, and block network traffic.

### ! Ways that malware can infect your networks, systems, and devices

- Accepting pop-up advertisements
- Downloading unreliable software (e.g. disguised as a Flash Player update).
- Opening malicious email attachments
- Downloading media and software through untrusted vendors or means
- Sharing files (e.g. peer-to-peer file sharing services).
- Using removable media (e.g. USB, hard drives, CD, DVD) before scanning and verifying it.

### ! Signs of an Infected Device

It can be difficult to detect whether your devices have been infected with malware. Some symptoms to look out for include:

- Pop-up windows appearing on your device;
- Homepage changes;
- Spam emails sent from your account;
- Page or system crashes;
- Slow computer performance;
- Unknown programs running on your device; and
- Unauthorized password changes.

### ! Tips to Protect Against Malware

Some ways that you can protect your device from malware include:

- Back up your devices and information.
- Install software updates and patches regularly and as soon as they are made available.
- Use anti-virus software and keep it updated.
- Use anti-phishing software.
- Align software with the Domain-based Message Authentication, Reporting, and Conformance (DMARC) policy (e.g. email authentication and reporting protocol [domain-name visibility, notification of intrusion]).
- Use a host intrusion detection system (HIDS).
- Use a firewall.
- Install and execute only authorized applications through using application whitelisting.
- Verify that files and attachments are legitimate before downloading them.
- Use an ad blocker.
- Use a data consumption application (e.g. track data usage on apps, when not in use, for suspicious activity).
- Avoid using public Wi-Fi.
- Turn off Wi-Fi, GPS, and Bluetooth when not in use.
- Do not share personal information on social media that could help threat actors hack into your other accounts (e.g. home address used as a security question to access banking information).
- Do not jailbreak (e.g. disable security measures imposed by device manufacturer) your device.

### ! Steps to Address Infected Devices

If your device has been infected with malware, take the following steps to address the issue:

- Contact your IT security service desk immediately.
- Disconnect the infected device from the network.
- Turn off Wi-Fi and unplug network-carrying cables (e.g. Ethernet).
- Connect the device to a clean network and reinstall the operating system.
- Run anti-virus software and scan all back-ups before restoring the device.
- Reconnect the device to your network.
- Monitor traffic and run anti-virus scans to ensure no malware remains.

### ! Anti-virus Software

Anti-virus software defends devices against viruses, Trojans, worms, and spyware. Anti-virus software can identify known malware by scanning start-up files, boot records, and all files that go through the system. It can also monitor common applications.

### ! HIDS

Host intrusion detection systems monitor your system to detect intrusions and unauthorized access. HIDS allow you to see who is accessing and changing files in your system and what they are trying to do.

### ! Firewalls

A firewall is a security barrier that protects the local system's resources from being accessed from the outside. A network firewall restricts traffic from passing from one network to another. A host-based firewall restricts incoming and outgoing network activity for a single host or end points.





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A crewmember aboard HMCS Whitehorse tracks the bearing of a target.

A crewmember aboard HMCS Whitehorse conducts preventive maintenance on the CU-175 PUMA.

# Faces of Operation Caribe

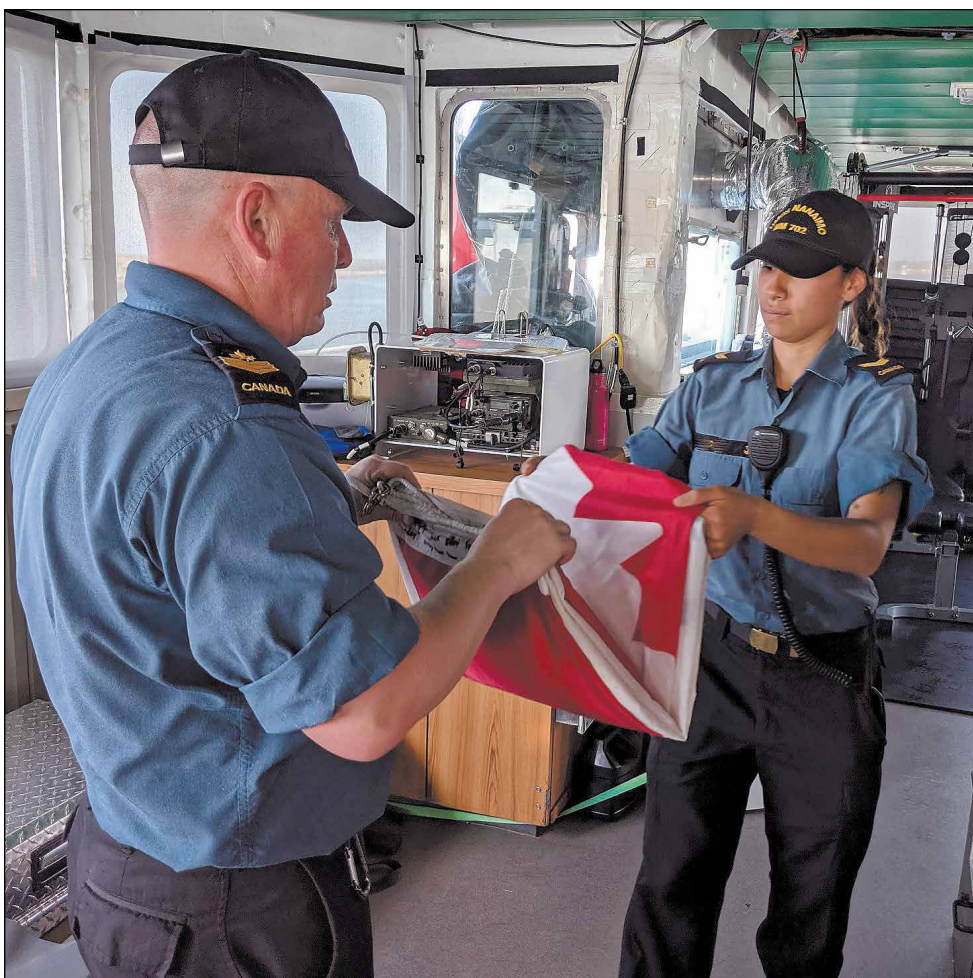
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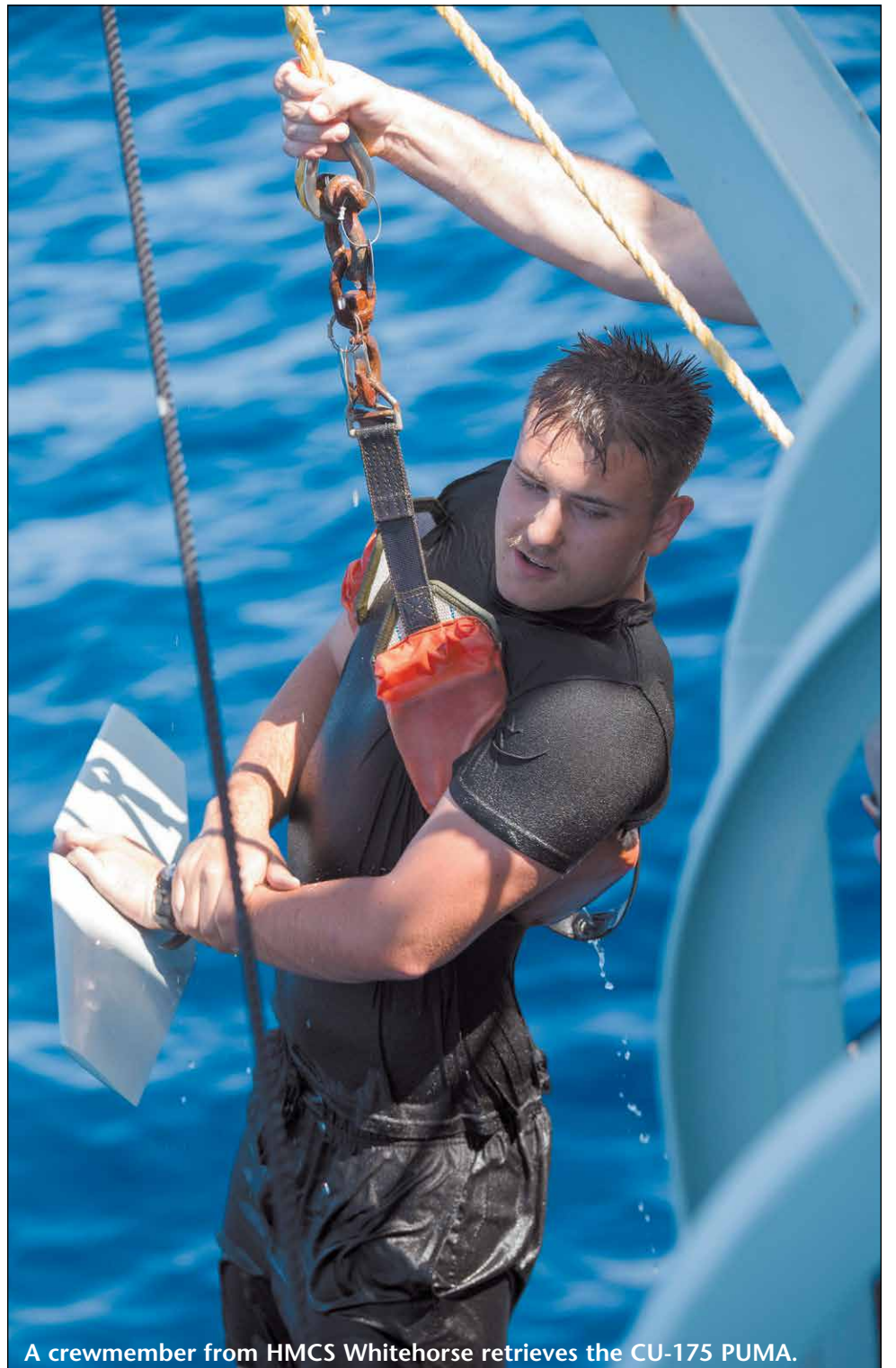
A crewmember on board HMCS Whitehorse refills compressed air breathing cylinders after a fire fighting exercise.

**HMCS NANAIMO DRUG BUST**

On Feb. 26, during Operating Caribe, *HMCS Nanaimo* and U.S. Coast Guard personnel were tasked to investigate a panga fishing boat in the eastern Pacific Ocean. The crew intercepted the panga south of Mexico in international waters on Feb. 27 and the U.S. Law Enforcement Detachment conducted a boarding. During the interception, they seized 1,104 kilograms of cocaine, with an estimated value of \$42 million USD from the hands of drug traffickers.



Naval Communicators aboard HMCS Nanaimo secure the ensign upon exiting a harbour.



A crewmember from HMCS Whitehorse retrieves the CU-175 PUMA.



# Family themed photo contest launched on social media

**Peter Mallett**  
Staff Writer

Personnel Support Programs (PSP) staff continue to get creative in supporting the defence community during this tough time.

The recreation department has launched an interactive Facebook photo contest with the winner receiving a free children's birthday party once the Colwood Activity Centre re-opens. The prize is valued at \$185; the contest runs until April 6.

Participation in the contest is through the PSP Esquimalt CPAC Facebook page. The intention is to provide something fun and challenging for people to do during their time at home, says Gillian Larsen, Manager of PSP's Community Recreation.

"This is a way to engage people and families during this time of self-isolation," said Larsen. "This contest is geared towards families who were supposed to be having

fun doing the activities they love for spring break, but sadly can't."

Each day the recreation staff will offer a daily post encouraging participants to take part in three themed activities: art, cooking and outdoor activity. Contestants are asked to take pictures of their participation in the activities and then post them to the PSP Esquimalt CPAC Facebook page.

Participants can take part in all three activities for each day and make their submissions at any time until the final day of the contest. Each time they participate and submit a photo their name is entered into a random draw. There is also a fourth way to earn an entry into the draw: by sharing your Facebook post with friends or family.

The winner of the birthday party will be notified via Facebook Messenger. The winner of the contest can choose from any of the six themed birthday parties offered by recreation.



## How to improve your immune system

**Samantha Noseworthy**  
PSP Halifax Health Promotion Specialist

Your body's immune system is constantly working to identify and eliminate bacteria, viruses or other microorganisms that can make you sick.

You can help promote good immune system function by maintaining a healthy lifestyle.

Follow the tips below to help ensure you are able to fight off illnesses that come your way.

**1. Quit smoking or reduce the amount you do smoke.**

Smoking harms the immune system and reduces your chance to successfully fight off disease.

**2. Eat a diet high in fruits and vegetables.**

Fruits and vegetables provide high amounts of important nutrients such as vitamin C, vitamin E, and beta-carotene. All of these nutrients help to promote good immune function.

**3. Exercise regularly.**

Staying active and maintaining a regular exercise routine has been shown to improve immune system regulation and reduce your risk of illness.

**4. Reduce stress.**

When we are stressed we release hormones that suppress the immune system and reduce our ability to fight off illness. Properly managing or reducing stress will help ensure our immune system continues to function effectively.

**5. Get adequate sleep.**

The average adult requires seven to eight hours of solid sleep every night. If you are sleep deprived, your immune system function becomes compromised. Getting a full night of sleep will help improve your body's ability to react to infection and inflammation.



## Remembering Cree Elder Dolly Pratt

### Defence Aboriginal Advisory Group

Flora Pratt, lovingly known to her family and friends as Dolly, was born on the Gordon Reserve in the Qu'Appelle Valley in Saskatchewan. Her parents, Colin and Clara Pratt, raised their children in their traditional ways and ensured Dolly was well educated, but not in residential school.

The education imparted by Dolly's parents included standing up for Indigenous rights. Dolly spoke of her teachings as a fire being lit as early as four years old and it sustained her through her long life. She dedicated her time to raising three children, bringing awareness for change and improvement to the rights of Indigenous peoples across Canada, and being an active Elder in her community.

The Defence Aboriginal Advisory Group (DAAG) got to know Dolly through her participation in gatherings at the base, starting in 1999.

With the second celebration of National Aboriginal Day taking place at CFB Esquimalt, Dolly, in honour of her 22 relatives who voluntarily joined the Canadian military to fight in both world wars, attended the event and was proud to share the history of her family's service.

Dolly was also a founding member of the Victoria Chapter of the National Aboriginal Veterans' Association (NAVA), created in 1999, and maintained her close relationship with CFB Esquimalt's DAAG as a member of NAVA.

Over the last few years, Dolly was invited to serve as the Elder and Knowledge Keeper at DAAG meetings and shared traditional knowledge and teachings with members. In addition to attending DAAG meetings, Dolly always looked forward to invitations to attend Raven Graduation Parades, Elder/Veteran Christmas Lunches, and other DAAG events.

On Feb. 22, Dolly continued on her journey into the Spirit world, joining her ancestors. We have been blessed by her friendship.

With love and respect.



# PETAWAWA SOLDIER FEATURED AT VIMY EXHIBIT

**Steven Fouchard**  
Army Public Affairs

When Corporal (Cpl) Genevieve Lapointe, a Canadian Army Image Technician, was asked to photograph 40 graduates from an artillery course in July 2019, the only expectation was that she take a group shot.

However, she took the opportunity to also capture individual portraits and that extra effort produced a stunning result now on display in an exhibit entitled Faces of Freedom at the Canadian National Vimy Memorial in France.

The exhibit, which features portraits of 25 Canadians who have served in uniform from the First World War to today, will be featured at the Memorial's visitor education centre through May 2020.

Cpl Lapointe is currently posted to the Combat Training Centre (CTC), a unit of the Canadian Army Doctrine and Training Centre at 5 Canadian Division Support Base in Oromocto, New Brunswick.

"It was the day of their graduation and they were doing the last portion of the course. We wanted to get their faces at the end because they were tired. On some faces you can tell that. They

look dirty, they look like they've been working hard. These were not staged at all."

She worked with her husband, Master Warrant Officer Stephane Gauvreau, who is Battery Sergeant Major of CTC's Artillery School, to organize the shoot, which involved 40 subjects.

"People are usually in a rush at the end of a course," said Cpl Lapointe. "They want to be finished but he said, 'No, we are doing it.'"

Portraits never fail to stimulate her creativity, she says.

"I like to see faces. The eyes say something. Especially with military people. When I go into the field I like to see them when they're working hard, when they're tired. They have a story to tell just with their faces. So I always try to get that."

Cpl Lapointe's work came to the attention of officials from Veterans Affairs Canada (VAC), the agency responsible for the Vimy Memorial, via her Facebook page.

"Cpl Lapointe put this series of photos out into the world and it came to me on the same morning from three different people," said VAC Program Manager Amanda Kelly.

Four images from the series were under consideration. The one chosen

depicts Bombardier Jen Wildman of 2nd Regiment, Royal Canadian Horse Artillery, based in Petawawa, Ontario.

"We really wanted to have a woman in a combat role," said Kelly. "We have several women represented in the exhibit and they are predominantly nurses and signallers. This is a very different role and it's very representative, I think, of the diversity of the Canadian Armed Forces today."

Canada's military past is a large part of both the Vimy Memorial and the Faces of Freedom exhibit, but both Cpl Lapointe and Kelly noted the importance of drawing links between historical military figures and those serving today.

"Bringing the stories of the men and women who are commemorated on the Vimy Memorial to life is a challenge that we embrace fully," said Kelly. "And being able to relate them to the story of someone such as Bdr Wildman is an incredible opportunity to help people understand that, whether it's the people you see in uniform today, or people that served 75 or 100 years ago, they're all individuals and we have to respect the sacrifices they made."



Corporal Genevieve Lapointe, a Canadian Army Imagery Technician, shot a series soldier portraits last summer, one of which has been chosen for the Canadian National Vimy Memorial in France exhibit. Inset: The chosen portrait of Bombardier Jenny Wildman.

Above photo by Corporal Nicolas Alonso, Tactics School, 5th Canadian Division Support Base Gagetown



**Robin&AJ**  
Good morning. Good times.







# MARTECH RQ-PO1 Graduation

Lt(N) Derek Cousins, Deputy Division Commander, Marine System Engineering Division of Naval Fleet School Pacific, presented certificate during the Marine Technician RQ-PO1 ceremony on March 13.



PO1 Ferguson receives a Certificate of Completion.



PO2 Fors receives a Certificate of Completion.



PO2 Fortin receives a Certificate of Completion.



PO2 MacMurchy receives a Certificate of Completion.



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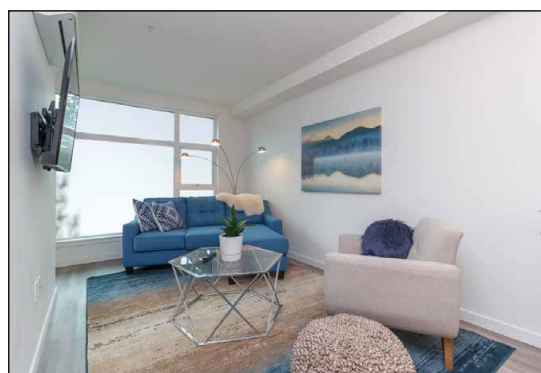
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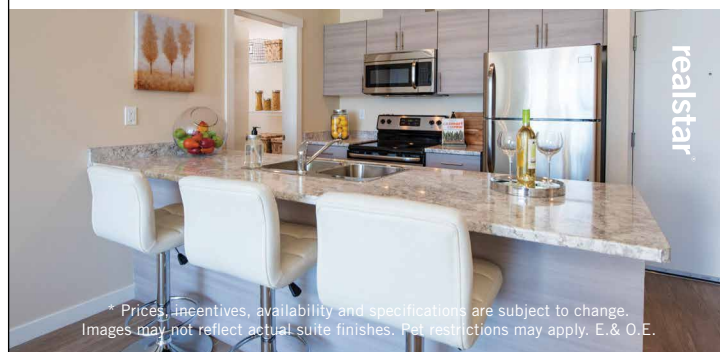
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