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Welcome Admiral

Shelley Lipke, Lookout

Chilean Admiral Edmundo Gonzales was greeted by a Guard of Honour at Duntze Head upon his arrival at CFB Esquimalt. He visited for three days last week to foster relations with the Royal Canadian Navy and visit Dockyard, Fleet Maintenance Facility, sail in an Orca and tour HMC Ships Victoria and Calgary.

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MCpl Angela Abbey, MARPAC Imaging Services



MCpl Angela Abbey, MARPAC Imaging Services

Above left: Admiral Edmundo Gonzalez, Commander-in-Chief Chilean Navy, signs the guest book in the office of Rear-Admiral Bill Truelove, Commander of Maritime Forces Pacific, during his visit to Canadian Forces Base Esquimalt.

Above right: Admiral Gonzalez inspects the Guard of Honour commanded by Lt(N) Anthony Cartier.

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Payment in Lieu questions answered

The Payment in Lieu of Canadian Forces Severance Pay (PiL of CFSP) election period came to an end on March 28, 2013. By that time, any Canadian Armed Forces member with eligible service prior to March 1, 2012, had the opportunity to elect payout of his or her CFSP in one of three ways:

- 1) Full Payout of CFSP as PiL
- 2) Partial Payout of CFSP as PiL and remainder on release
- 3) Collect CFSP on release

Now that the PiL election period is over, many are asking, "When can I expect to receive my payment?" Lt(N) Cliff Burton, the CFB Esquimalt PiL Team Supervisor, provided explanation to some of the common questions being received.

When can someone who has elected PiL of CFSP expect to receive payment?

Everyone who elected PiL of CFSP will fall into one of two processing categories:

1. Regular Force mem-

bers with no former service who elected 50 per cent or less of CFSP as PiL should expect payment by April 30.

2. All remaining members, including Regular Force with no former service who elected more than 50 per cent of CFSP as PiL, Regular Force members with former service, and Reserve Force members who elected PiL will have a longer wait time. Elections falling into this processing category were sent to audit teams in Ottawa and only upon completion will payments be entered into the Pay System. Personnel who elected PiL, regardless of component or election amount, will receive payment before March 31, 2014.

How will I know when I am getting my PiL payment?

PiL payments will be recorded on each member's pay statement and will be processed by Direct Funds Transfer through the pay

system. As such, members who elected CFSP as PiL are encouraged to view their pay statements through their EMAA accounts and to ensure that their banking information remains current in the pay. Also, it is recommended that personnel not make financial obligations until their PiL election has been finalized and noted on their pay statement.

I'm a Reservist. Is there any difference in how my PiL payment will be processed?

Reservists who elected CFSP as PiL will be processed by the DMPAP (Reserve Pay Procedures) audit team in Ottawa. Once calculations are approved, DMPAP will authorize the payment and members will see this reflected in their pay statements.

I asked for taxes to be reduced at source, but I do not have enough room in my RRSP this calendar year – what will happen?

Any PiL received in excess of your available

RRSP contribution room amount will be taxed at your marginal tax rate in the year it is received. Everyone who is in this situation should consult with their tax specialist to appreciate the implications of their particular circumstance. **Will my PiL payment be put directly into my RRSP?**

No. PiL payments will be made to members directly and will reflect the tax reduction requested. It is the responsibility of each member to ensure payments are transferred to the appropriate accounts, plans, or funds. **If I have questions, who can I ask?**

The CFB Esquimalt PiL Team email is ESQBADMPILTEAM@intern.mil.ca. Members with questions regarding payment timelines will be referred to their EMAA account and encouraged to remain patient. More information will be sent out via the Notice board and Base Personnel Administration PiL website.

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Harbour Ferry service between dockyard and Colwood will cease on April 19th at 5 p.m.

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People Talk

Lookout asked this question:

If you could go on a one month trip anywhere in the world and money was not an issue where would you go and why?



I'd go to India. I'm going there pretty soon and I've always just wanted to see what it's like. It seems like such an interesting country.

LS Jesse Gisborne



Peru. It seems like a beautiful country. There is such a diverse culture and a lot of really ancient sites I'd love to experience.

OS Samantha Daly



Australia. There are beaches galore there, and they're all so beautiful.

Veronica Hackett



I spent five years in Japan when I was younger and would love to go back. Anywhere you go, and street that you walk down at any time of day there is always something to do.

Patti Ryan



I'd go to Germany. I've got some family there and it's a very interesting place. Everything in Europe is so close together compared to Canada. You can basically go anywhere in Europe in very little time.

CPO2 Tony Specht

Injured sailor comes back to tackle Boston Marathon

Lt(N) Jordan Premo
HMCS Calgary

Today, Monday April 15, AB Sarah-Mae Pyndus, naval communicator for HMCS Calgary, is running the Boston Marathon for her third consecutive year.

AB Pyndus initially qualified for the Boston Marathon in 2010 with a race time of 3:25:34 at the Goodlife Fitness Victoria Marathon, running with a fractured hip. She nevertheless pulled off impressive results that qualified her for her first Boston Marathon. However, as a result of her injury, she spent six months working with a team of surgeons, running specialists and physiotherapists to come back stronger than ever. She competed in her first Boston Marathon in 2011.

Running was not always an important part of AB Pyndus' life; it wasn't until joining the Regular Force in 2009 that she pursued running as a hobby. Training while onboard a ship has been a challenge – the unexpected hills due to a ship's

motion at sea provide an added level of difficulty, while a busy ship's program, combined with the usual sleep deprivation experienced by a sailor at sea, have made it difficult to maintain a regular training program.

AB Pyndus is currently ranked third in the 2013 Vancouver Island Race Series having raced in six marathons, 13 half-marathons, and more than 25 shorter distance races since finding her competitive edge. She is slated to compete in the CAF Nationals half-marathon this May 16 in Ottawa.

Most recently, AB Pyndus competed at the 2013 Walt Disney World Marathon, placing fifth in her age group with a time of 3:28:05, giving her hope that this year will be her best Boston Marathon yet.

The crew of HMCS Calgary wish her well from at sea as the ship completes its initial sea acceptance trials program following the Halifax-class Modernization/Frigate Life Extension program.



Shelley Lipke, Lookout

Jenna Boon agreed to shave her hair in the name of the annual Sailors for a Cure campaign. PO2 Bruce Bevil and Floyd's Barber Scott Attril skillfully shaved Boon's head. Her hair was donated to help make wigs for cancer patients. This year approximately \$1,200 was raised to help fight cancer through Ronald MacDonald House.



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Get powerfully fit with Op Powerfit

Shawn O'Hara
Staff Writer

In the Canadian Forces maintaining fitness is part of the job, but for some it's hard to find fun, inclusive ways to work out.

For those wanting a full body workout, there's Operation Powerfit.

"I wanted to create a new fitness experience for people to get excited about," says Matt Carlson, Operation Powerfit instructor and certified personal trainer.

No two classes are the same in Operation Powerfit. What's important is to encourage your body to break out of its usual routine, says Carlson.

This variety is key to what makes Operation Powerfit so effective.

"Doing the same workouts all the time can cause your energy to level off and stagnate," he says. "With Powerfit I like to keep the workouts both enjoyable and challenging so my participants are constantly engaged and always look-

ing forward to the next session."

The gear used in Powerfit is as diverse as the workouts, and includes bodyweight resistance, free weights, kettle bells, and Bosu balls.

"Great things can be achieved in a workout so long as you have great technique," says Carlson. "Keeping your equipment varied as well as your workouts adds an extra layer of adaptation for your body that can produce very positive results."

This round of classes takes place from May 7-30. Classes are Tuesdays and Thursday from 4:15-5:15 p.m. in the NAC upper gym. Any one is welcome: Canadian Forces, DND employees, and civilian. Classes are \$80 for eight classes for CF and DND members, and \$90 for eight classes for civilians. For those who can't commit to the full month but would still like to participate, drop in sessions are an option at \$11 a class.

This session will be the second for Operation



Shawn O'Hara, Lookout

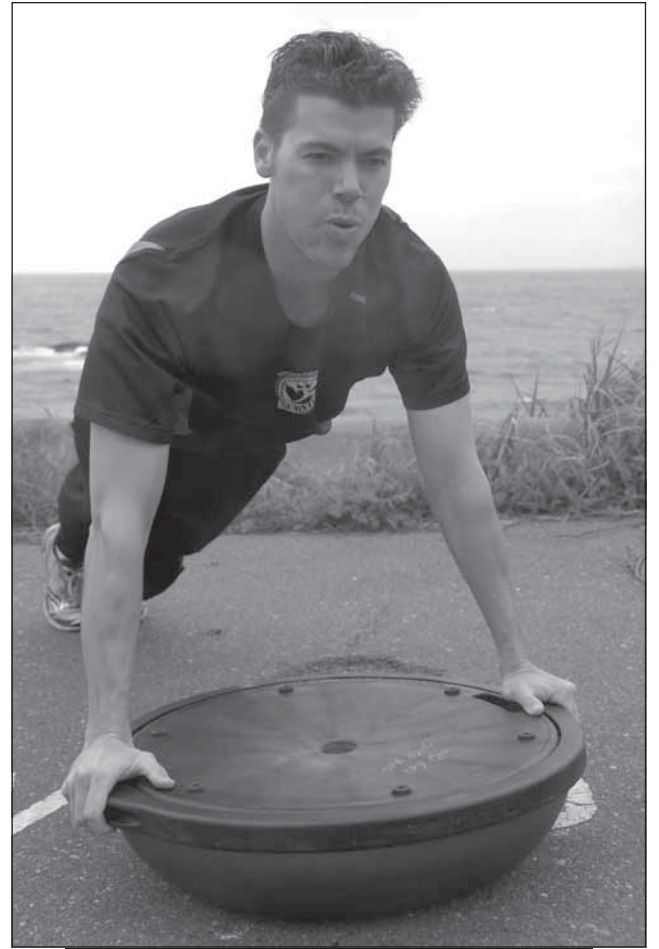
Personnel Support Programs fitness and sports coordinator Matt Carlson leads Operation Powerfit, an inclusive and extensive workout regimen. Here, he uses a Bosu ball to augment the traditional push-up.

Powerfit, the first having ended in March.

"It was a real success," says Carlson. "People joined for all kinds of reasons, whether it's preparing for the new CAF fitness evaluation, gaining strength from an injury, or just to get in shape for the beach months

ahead. I received some positive feedback and look forward to run these sessions all spring and summer."

For more information or to sign up head down to the NAC or Colwood Pacific Activity Centre (CPAC) kiosks or call 250-363-1009.



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5 Things you need to do BEFORE selling your home!

Advertorial



By Vanessa Roman

You're looking around your home, a mix of emotions about leaving your life there behind, fear of starting fresh and dread at all the cleaning you'll need to do.

Moving can be daunting. But the thoughts rushing through your head keeping you awake at 3am aren't necessarily what should be your priority.

The emotions will come and go, so when selling your home, it's time to be practical and determined.

I would suggest a five-step plan to make sure you sell

your property, and get the maximum return, even in a competitive market.

1. Call a real estate agent. "Duh Vanessa," I hear you saying. But often this is the last step taken by people moving. To me, that is like putting the cart before the horse. As a professional real estate agent, I know how important it is to keep my finger on the pulse of the local real estate market, design trends, technology developments and I want to pass all of that information on to you, my client. Be a better seller by being informed.

You need to do your homework when choosing a real estate agent, get recommendations from friends or colleagues, and check credentials. That little bit of effort will help ensure you get someone who you can trust in professionalism and expertise. Ask them what you need to do to your home to help it sell - it's the sometimes blunt honesty you need when you're competing for the attention of buyers. What timescale do you need to consider? What preparations do you need to

make for yourself and/or family before being on the market and moving? What are people looking for in the market currently? How much of a blank slate versus a "lived in" home do you present? And all those questions you haven't thought of yet - that's what real estate agents are for.

2. Pack everything away. Again, this might seem like a no brainer, but ideally you want to store "stuff" you don't use every day in an off site storage facility. Less is more in terms of clutter and knick-knacks. For buyers to appreciate the space they have to work with, they need to be able to FIND the space, and the less clutter you have in your home, the better their imagination will work. As I said, talk to your real estate agent about how to best balance a home that looks like a home, but one that can potentially be the buyer's new home.

3. Do all repairs, major and minor. Your budget for these repairs should be between 1-3 per cent of the value of your home. The list may be long, and potentially expensive in

some cases, but the more you do, the less a buyer has to, and the more likely your property will sell, and sell quickly. Be realistic about the "quirks" that are actually flaws needing an upgrade, and get professional help if you need it. A buyer's "to do" list should be limited to changing a colour scheme and deciding where the TV goes, ideally. Help them out, and they'll help you in getting to your new

home more smoothly.

4. Paint. A buyer may well want to change the look of your home, but they shouldn't have to paint simply because the walls were in such poor condition. Some designers suggest neutral colours are best for selling a home and your agent can give advice on what works best in the market currently, but the important thing is to freshen the property, whatever the colour. I haven't seen a house yet that couldn't use a new coat of paint somewhere. Unless you're an expert, consider hiring a professional so the job looks clean and neat.

5. Clean, clean, clean. Yes, the cleaning was rightly one

of your nightmares after all, but that's probably because it's so obvious. No matter how clean you keep your home, a potential buyer will spot the one dust bunny you missed. Declare war on all forms of dirt and grime, and victory in selling your property shall be yours.

You might be wondering if I've now made your sleepless nights worse - you'll go wandering the halls and rooms at 3am looking for dust and corners to paint, muttering my name under your breath. But treat this almost as a military operation, requiring the planning and precision to get the job done. With the help of professional advice regarding repairs and improvements, you will increase the likelihood of a quick sale, and also the best possible price. That will make the nights in your new home, even more restful.

Vanessa Roman is the host of HGTV's *Reno vs Relocate* and a licensed real estate agent in Halifax, NS. Vanessa has made a name for herself as a woman with incredible energy, saucy wit and Maritime charm.

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Headquarters change



Cpl Alex. W. Croskery, MARPAC Imaging Services

Incoming Maritime Forces Pacific Headquarters (MARPAC HQ) Commanding Officer, Cdr Patricia Roberts (left) signs for command from outgoing MARPAC HQ Commanding Officer, LCdr Duncan Green (right), while reviewing officer, Capt(N) Mike Knippell (centre) supervises the exchange.

NEWS Nuggets

Vimy Ridge Vigil in Abbotsford

A candlelight parade and vigil remembering the Battle of Vimy Ridge took place in Abbotsford last Tuesday.

The event, sponsored by the Royal Canadian Legion, was held at the Abbotsford cenotaph in Thunderbird Square.

The annual ceremony sees veterans, soldiers, cadets, police, firefighters and sheriffs comes together to remember those who served in the Battle at Vimy Ridge.

The band of the 861 Silverfox air cadet squadron provided music.

The Battle of Vimy Ridge took place in France from April 9-12, 1917.

It was the first battle that was carried out by

all Canadian units under Canadian command, which were victorious against three divisions of the German Sixth Army.

The battle is identified as the turning point that allowed Canada to have independence from British status.

The nation was recognized in its own right and given a voice in international affairs.

German Contractors Win Canadian Radar Contract

The Conservative government has awarded a \$75-million contract to provide Canada's air force with a new radar system for air traffic control to a German firm Cassidian/EADS Deutschland.

Cassidian is working with

Lockheed Martin Canada. Under the contract, the military will receive a new area surveillance radar/secondary surveillance radar system, which will replace existing radars at military bases at Cold Lake, Alberta, Bagotville, Quebec, Greenwood, Nova Scotia, and Comox, B.C., as well as at the base and training centre at Trenton.

The original radars, installed in the early 1980s were becoming too old to continue to operate.

Kabul Military Training Centre Graduates 200th Class

The Kabul Military Training Centre (KMTC) reached an important milestone Feb. 20 during the 200th parade of graduates from the course for recruits,

formally known as Basic Warrior Training (BWT).

At the parade 1,400 Afghan National Army (ANA) recruits received diplomas and have now been assigned to other military formations to fill positions in weapons or support trades, or even leadership roles based on their potential.

This milestone graduations symbolizes an important time for Afghans as well as the Canadian, Australian, British, Jordanian, Turkish and French military personnel involved in the training of the ANA at KMTC.

Since the modern creation of the ANA in the early 2000 approximately 175,000 personnel have joined the Afghan military, a great majority of which graduated from the BWT.

Ceremony to commemorate sinking of HMCS Esquimalt



Join a memorial service honouring the service and sacrifice of the crew of HMCS Esquimalt on April 16.

Tuesday, April 16 at 5:15 p.m.
Esquimalt Memorial Park, 1229 Esquimalt Rd

HMCS Esquimalt was the last Canadian warship lost to enemy action during the Second World War when it was torpedoed in the approaches to Halifax on the morning of April 16, 1945. The last of the twenty-seven crewmembers who survived the attack passed away in 2012.

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Base museum shines spotlight on pivotal sea battle

Shawn O'Hara
Staff Writer

Visitors to the CFB Esquimalt Naval and Military Museum can now learn about the Battle of the Atlantic and life on board a Corvette class warship.

A section of the museum has been re-designed with new exhibits and artefacts from the museum's own collection that reflect many aspects of nautical life during the Second World War.

"The museum's new gallery provides visual and documentary insight in the long-running sea battle that definitively shaped Canada's navy," says Claire Sharpe, exhibit designer.

She researched and wrote the gallery's text panels, selected the images, and worked with graphic designers and local signage companies to bring her vision to life.

A realistic cutaway of a warship deck is the most visually compelling exhibit, complete with crew mannequins, rust and railings. Plus people can see a restored depth charge thrower used to thwart German

submarines, Carley float, life raft, rations and authentic uniforms. An important component of the gallery is the award-winning film series "Convoy" that tells the epic story of the Battle of the Atlantic within an international context.

"It's an important part of the Canada's naval history and we wanted to show it the proper respect," says Sharpe.

The gallery was a two-year project with many hands bringing it to fruition, including hull technicians from Fleet School, Integrated Personnel Support Services Centre personnel, Construction Engineering, and Sharpe's husband Greg.

A local engineering company manufactured fake depth charges and a davit for the life-scale corvette display that anchors the gallery.

It's the details that have made all difference, such as painting the room in the disruption pattern colours – western approaches blue, green and white - used to mislead wartime enemies by HMCS Sackville, the last survivor of Canada's 123 corvettes.



Shawn O'Hara, Lookout

Above: A restored depth charge thrower is just one of many artefacts on display at the museum's Battle of the Atlantic Gallery.

It's an important part of the Canada's naval history and we wanted to show it the proper respect.

-Claire Sharpe,
Exhibit designer

Sharpe is delighted with the end result.

"It was a matter of trying to build a full experience around what we had that was authentic, and I think it worked out very well," she says.

The official gallery opening by RAdm Bill Truelove is planned for May 1 at 10 a.m. in Naden 37.

"It's been such a long process and we're excited to finally show it off to people."



Left: Clare Sharpe of the CFB Esquimalt Naval and Military Museum shows off rations and food containers from the Second World War period as part of the museum's new gallery.

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The Commander-in-Chief

Sgt Serge Gouin, Rideau Hall, OSGG

Cheryl MacLeod CIC

He has more uniforms in his closet to choose from than any soldier. With a smile, David Johnston, Governor General and Commander-in-Chief of Canada says, "You have to cover all bases... summer and winter gear. It's impressive, and I wear them all with pride."

As Commander-in-Chief, the Governor General is responsible for such things as formally appointing the Chief of the Defence Staff (CDS), approving new military badges and insignia, visiting Canadian Armed Forces (CAF) personnel around the

world, awarding various military honours, and signing commission scrolls.

"Also, I reinforce that very important phrase duty, honour and service," Governor General Johnston said. "Secondly, to celebrate how well our men and women serve Canada; we're very blessed."

His first trip to Afghanistan heightened his pride for the CAF. While he was visiting troops there, a senior U.S. officer told him this about Canadian soldiers: "Your people are second to none in the world, and I've never seen soldiers in a theatre of war able to convert and become civilian builders restor-

ing order out of chaos, and helping a simple society come back from the ashes of war like your soldiers do... I don't think it's just special training. It goes deeper than that."

"I'm very proud of our Canadian Armed Forces," Governor General Johnston said, "and I hope I reflect that in my role as Commander-in-Chief." When asked why it's important to be engaged in that role, he says, "Pride in what our men and women in uniform do, and it's what they should expect from me." The Commander-in-Chief also works closely with the CDS, providing support or being a sounding board when needed.

He has already established a close working relationship with CDS General Tom Lawson. "I have a fair amount of interaction with the CDS. I respect and admire these people and I'm persuaded that I'm helpful to them," he says with a smile. "And the help largely comes from being able to discuss the opportunities and challenges they are facing, and for me to enforce and celebrate their leadership."

The Governor General speaks with great admiration and respect for former CDS Gen (Ret) Walt Natynczyk, and how he would send the CDS notes of encouragement when warranted.

"I had sent Walt a note one day telling him, if I had one wish, it would be to end up on the farm next to him, so I could send the grandchildren over to help Uncle Walt cut the grass," he said, "so some of that great character would rub off on them." The Governor General is very engaged with the military awards he presents, and takes the time to read the citations. "I get a bit of what's behind these great stories of duty, honour and service," he said humbly. He is pleased by something else at award ceremonies. "The beauty of these ceremonies is, we get to see the families," he said. "Behind any great story of military achieve-

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Cpl Roxanne Shewchuk, Rideau Hall, OSGG



Sgt Ronald Duchesne, Rideau Hall, OSGG

David Johnston, Governor General of Canada, met with Cheryl MacLeod for an interview for the Military Newspaper, the Maple Leaf at Rideau Hall on March 5, 2013.

Opposite page: Following the installation ceremony of Their Excellencies the Right Honourable David Johnston, Governor General and Commander-in-Chief of Canada, and Sharon Johnston, His Excellency received full military honours including a 21-gun salute, a fly past of four F-18s and an inspection of the guard at Parliament Hill on Oct. 1, 2010.

ment is a family story.”

Something else he draws from the award ceremonies is how intergenerational many of the award honourees’ families are and the good values that are passed along.

“I’m so struck by the number of second-, third-, fourth- and fifth-generation families that are involved. It really is a higher calling.” In his term as Commander-in-Chief, Governor General Johnston has seen many changes within the CAF, but he says what lies ahead is unpredictable.

“Firstly, who knows where the next external outbreak will occur, or when the next domestic challenge is going to occur? What we do know is that it’s going to occur, and there will be situations that will require the readiness, training and professionalism of our men and women in uniform.

“Secondly, the CAF, like many government departments, is deal-

ing with budget restraints. I think we are well led by thoughtful people, and they’ll manage this challenge wisely.”

The Commander-in-Chief has observed CAF participation in many exercises and operations, but none have had more of an impact on him than a trip to the North in 2012. Operation NANOOK is Canada’s premiere annual northern sovereignty operation in support of Canada’s Northern Strategy. Nanook showed him the versatility of CAF personnel, and reminded everyone that not everything goes as planned. During the operation, one of the scenarios was a simulated airplane disaster. As the Governor General and others gathered in a mess tent, waiting to be briefed on the operation, things around them became very busy and the Governor General believed the exercise had started, but something wasn’t right.

“We realized that the thump we



had heard a minute before was an actual airplane that had crashed about a kilometre and a half from where we were,” he said. “So, for the next eight to 12 hours, it was an intense military exercise dealing with that disaster, and it was done very professionally.”

Sadly, that crash took 12 lives of the 15 people on board, many from the small village where the operation was taking place. The Governor General recalls that, later that night, the commander called everyone together and told them they had done everything they could for the survivors, secured the site, and now it was time to move to the compassion mode for the people of this village. “There was the very phe-

nomenon that my American friend had commented on in Afghanistan.”

Governor General Johnston

has many memorable and proud moments as Commander-in-Chief. “There have been many. But the one I will remember for a very long time is the CDS change of command. I had a chance to see in a crystallized fashion the great leadership of Walt Natynczyk, and the great leadership he represents, and how well he and others have done in bringing other leaders along in a seamless transition of leadership. I think we have a wonderful new CDS. Gen Lawson comes from the great bench strength of leadership.”

Another side to the Governor General is that he’s an avid skater, which connects him to a military hockey game that pits Canadian generals and admirals against

the defence attachés from other nations.

“I’ve got to tell you, those old guys aren’t bad,” said Governor General Johnston as their totally professional and unbiased referee for the second year now. “The guys in red [generals and admirals], though they’re not 21 anymore, can really skate, but many of the attachés are on skates for the first time. So what does a good referee do? He tries to even things out,” he said with a chuckle. “The guys in red were always offside, the guys in black were never offside.”

This prompted a written response from Gen Natynczyk, thanking the Governor General for participating and indicating that questions were raised about the impartial officiating — it was all in good fun and shows just a hint of the great rapport Governor General Johnston has with the Canadian Armed Forces.

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Shawn O'Hara, Lookout

LCol Steven Richards, Deputy Director of Military Prosecutions (West), is hard at work in his brand new office in Naden Building N30.

New prosecution office opens

Shawn O'Hara
Staff Writer

The opening of the Regional Military Prosecutor (RMP) office at CFB Esquimalt last summer was a clear sign this resource was much-needed locally.

But finding a place to house the RMP (Pacific) office and the Deputy Director of Military Prosecutions for Western Canada, LCol Steven Richards, has taken a little time.

Good news, he'll no longer be rooming with the Assistant Judge Advocate General (AJAG) staff. The finishing touches are complete in his new three office space in building N30, and with it will come more staff to help him prosecute cases.

"I'm the only one here right now, so it's been a busy year," says LCol Richards. "We've prosecuted around a dozen cases in the Pacific Region so far and advised on many more, and that's just this year. So I'm excited for the new staff to arrive."

He's expecting a Regional Military Prosecutor in July, and a civilian legal assistant to complement his roster.

The RMP is a branch of the Judge Advocate

General (JAG) that, much like AJAG, provides legal counsel and services to the Formation. While AJAG deals with a wide range of legal subject areas, including laws pertaining to the conduct of military operations, the RMP is focussed specifically on military justice, including prosecution of court martial cases.

"When the Commander MARPAC reviews a case and thinks it may require a court martial, he sends it to our office," explains LCol Richards. "Once we take a look at the evidence and the circumstances of the offense, we decide whether or not charges should be laid to be tried by court martial, and if so what those charges should be."

The branch works intimately with the National Investigative Service (NIS), a branch of the Military Police that carries out serious or sensitive investigations in relation to cases involving military members, such as drug related crimes.

The Military Prosecutions Office offers legal advice to the NIS during their investigations. While the specifics vary from case to case, the RMP may advise the NIS on laws that need to be fol-

lowed while conducting an investigation, such as ensuring evidence is collected in a way that lawfully maintains a defendant's rights.

"For example, there may be situations in which evidence is collected but can't be admitted at trial because investigators found it in a place they weren't authorized to search," says LCol Richards.

The RMP (Pacific) was created after the Formation and the National Investigative Service (NIS) saw an increased need for coverage and resources on a regional level. There are four other RMP offices across Canada: one at CFB Halifax, CFB Valcartier, CFB Ottawa, and CFB Edmonton.

"All the cases for Western Canada previously had to go through the Edmonton office so resources were stretched thin," says LCol Richards. "With the RMP office at CFB Esquimalt, the process of pre-charge screening, prosecution and court martial can go much faster. Not having to send everything to Edmonton will result in more convenience, greater efficiency, and more responsive prosecution services that will benefit the NIS and the Formation."

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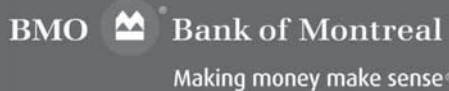
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PSP mystery answered, who are they and what do they do for you?

Shelley Lipke
 Staff Writer

Brand awareness is a major component to business success.

When you see a logo and immediately know the company and its product, and have a positive reaction, then the marketing team has done their job.

Here at CFB Esquimalt, Personnel Support Programs (PSP) is taking an important step to improve its brand by holding an Open House on May 1.

The entire defence team is invited to the Naden Athletic Centre from 11 a.m. to 1 p.m. to learn about the six departments under the PSP umbrella, and the myriad of products, programs and services available to you – the PSP customer.

The mini expo will showcase recreation, health promotion, sports, fitness, sponsorship and the Lookout newspaper – and the PSP mission to improve the health and morale of both those in uniform and those in civilian dress.

"Few workplaces have dedicated programs like those offered by PSP that promote morale and well-being to such an extent," says Health Promotion director, Maryse Neilson.

A number of esprit de corps events are in the works by the PSP team, including the May Health and Wellness Challenge, Base Commander's Golf Tournament and The Navy Run. Registration and information for all of these events will be available at the open house.

"We are providing an opportunity for our clients

to 'one-stop' shop," says Neilson.

With the roll out of the new FORCE fitness evaluation April 1, PSP fitness staff are holding demonstrations and fielding questions during the two hours so military members know what's expected of them. Gym staff is also presenting their fitness classes such as yoga, spin, boot camp, and tactical athletic training.

If you are interested in recreational activities, the Recreation Department will be promoting their programs including summer camps for children.

"I hope people take away an increased appreciation for the number of resources and opportunities available to them through PSP, as well as increased motivation to take advantage of what we offer," says Neilson.

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Shipmates meet at Legion for reunion

Staff Writer
Shelley Lipke

The deployment of destroyer HMCS Terra Nova in 1973 was a bonding event for many of its crew.

So much so, they hold reunions.

The latest reunion on April 6 – 40 years after the deployment – brought together 50 retired sailors to the Royal Canadian Legion on Gorge Road.

“I know of no other ship’s company that has had a 40 year reunion to celebrate a specific deployment, and that made this reunion especially significant,” said LS (Ret’d) Larry Zilinsky, former sonar operator in Terra Nova.

This was the third reunion celebrated by the crew in the past five years.

“It was incredible to see everyone and hear what they are doing,” he said after the reunion. “It brought people from as far away as Nova Scotia.”

What made this deployment unique was the secrecy in which it deployed. The crew had only two days notice and were not told

where were going until 10 days after leaving Esquimalt. The six-month deployment was in support of the Canadian Army component of the International Commission for Control and Supervision team tasked with overseeing the withdrawal of Canadian troops and equipment on the ground in Vietnam at the end of the war.

“It was a pretty strange feeling not knowing where we were going or what exactly we’d be doing. The Admiral told us we would be leaving Monday morning for an undisclosed destination. It wasn’t until we were in the Philippines that they told us where we were going. Our destination was the South China Sea for an indefinite period,” he said.

It was the beginning of peace talks in France in 1973 and the ship was deployed to assist in the evacuation of people from Vietnam, should this be needed.

“We never knew when we would come home and this really brought us closer together, as we were all dealing with it. I think the captain was an incredible



Paul Legacy and Jo Dzioba, the Commanding Officer’s widow, hold commemorative plaques donated by Aecon-Fabco.

commanding officer and he kept the crew together really well.”

During the sail they lost one crew member who died in Hong Kong from an illness.

While in the South China Sea off Cambodia they’d watched air strikes and that brought home the gravity of the mission.

The Commanding Officer of the ship, Larry Dzioba died five years ago, but his wife Jo Dzioba and son Richard attended the reunion.

The company that scrapped Terra Nova, Aecon-Fabco of Pictou, Nova Scotia, made silhouettes of the ship using metal from the destroyer for each of the crew members.

“They went the extra mile, to say the least, making up silhouettes, as well as a larger one for Mrs. Dzioba and the Legion. It was an incredible show of support for the crew and what we were doing,” he said.

Plans are already in the works for the 45th reunion in five years.



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HMCS Terra Nova at Pearl Harbor in 1986.



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Corporal Blaine Sewell, MARPAC Imaging Services



Cdr J. Climenhaga accepts the South West Asia Campaign Star for service in the presence of an armed enemy.



CWO R. Mainville accepts the South West Asia Campaign Star for service in the presence of an armed enemy.



Lt(N) A. Dunn accepts the Operational Service Medal for service in a theatre of operations.



Lt(N) E. Pout receives the Non-Article 5 Medal for service in Operation Unified Protector.



LS D. Foster receives the Non-Article 5 Medal for service in Operation Unified Protector.



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PO1 C. Macintosh receives a Maritime Forces Pacific Bravo Zulu.



PO2 Chris Johnson receives the Commander of the Royal Canadian Navy Commendation.



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For further information on the current service delivery model being implemented in Esquimalt, contact Kathy Elm, Regional Manager, Western and Northern area.

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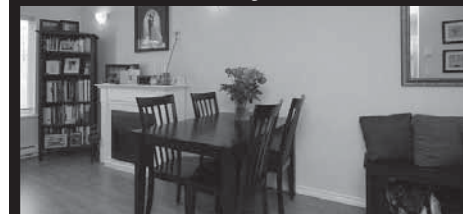
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TEACHER WITH OVER 30 YEARS EXPR. Lessons are offered to all ages and levels. In home teaching is available. Celebrate your time! Or give a gift that lasts a lifetime! One month free to beginners. References are available. Phone 250-881-5549, and find me at musiciswaycool.com

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WOMAN MENTORS WANTED! Are you a working woman in the community and would like to share your knowledge, skills, & experience with another woman. By being a career mentor you will support women in building self esteem and working towards achieving economic self sufficiency. Contact Bridges for Women 250-385-7410 or www.bridgesforwomen.ca

SELL your home in the Lookout
 Call 363-3014 to advertise

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