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Volume 58 Number 16 | April 22, 2013

# LOOKOUT

**MARPAC NEWS** CFB Esquimalt, Victoria, B.C.

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CFB Esquimalt Base Commander, Capt(N) Bob Auchterlonie (right), and Base Chief Petty Officer, CPO1 Shawn Taylor, salute after placing a wreath during the HMCS Esquimalt Memorial held April 16 at the ship's memorial Cairn. HMCS Esquimalt was torpedoed and sunk off Chebucto Head, Nova Scotia, by U-190 on April 16, 1945, becoming the last warship to be lost to enemy action in the Second World War.

Cpl Charles A. Stephen, MARPAC Imaging Services

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# HMCS Esquimalt *Remembered*

**Shelley Lipke**  
Staff Writer

Veterans, serving military members, dignitaries and family of the crew of HMCS Esquimalt gathered outside Esquimalt City Hall April 16 to commemorate the sinking of the last Canadian warship lost to enemy action during the Second World War, and to honour the lives of the men who died.

"On April 16, 1945, HMCS Esquimalt was torpedoed at Chebucto Head, Nova Scotia. From where we are in Esquimalt this would be about the distance of Race Rocks. She was sunk within sight of home," said Base Commander, Capt(N) Bob Auchterlonie to the crowd. "For those individuals who were there, the sinking was an experience they will never forget, and neither should we forget their sacrifice."

The Bangor-class minesweeper operated on the Atlantic coast conducting anti-submarine patrols in the approaches to Halifax Harbour. In the early morning of April 16 it was torpedoed and sunk by U-190. The explosion knocked the power out making it impossible for the crew to send

**Today we remember  
the 44 sailors who  
perished and  
celebrate the peace  
their sacrifice has  
brought us over the  
last 70 years.**

-Capt (N) Bob Auchterlonie

out a distress signal. It listed heavily to the starboard pushing the lifeboat underwater, but the crew managed to get four Carley floats away from the sinking ship. Within five minutes it was gone, sinking into the harbour and taking with it 28 sailors. With no distress signal to alert the mainland of their situation, the survivors spent six hours adrift in the frigid waters. Sixteen more died from exposure leaving only 27 men when help arrived.

"The last of the 27 surviving members passed away last year. Today we remember the 44 sailors who perished and celebrate the peace their sacrifice has brought us over the last 70 years," said Capt (N) Auchterlonie.

Esquimalt Mayor Barb Desjardins spoke to the crowd saying, "The bond between the ship Esquimalt, the community and township of Esquimalt stretches across our country and through the generations. Today we offer our sympathy to the friends and the relatives of the crew, and we will continue to commemorate the lives of these young men."

Widow Cathey Meyer was the wife of stoker Monty Meyer, who survived the sinking and died in 1998.

"Over the years he told me lots of stories about the ship and the crew," said Meyer. "When the ship sank his mom phoned me and told me that she received a telegram saying that he was safe. Being here today allows me to remember him and the other men who died."

Ralph Zbarsky brought a photo of his uncle Ralph Zbarsky whom he was named after.

"My uncle was one of the last remaining alive, but because of the disastrous amount of time between the ship sinking and the rescue, he succumbed to hypothermia. He was 21 years old. Every year I come over from Vancouver to pay tribute to him."



Shelley Lipke, Lookout

Ralph Zbarsky brought a picture of his uncle Ralph Zbarsky to the memorial ceremony. Zbarsky was one of the survivors awaiting rescue on a Carley float, but because help took so long to arrive, like many sailors, he died from hypothermia.

## Naden Band of the Royal Canadian Navy & Friends

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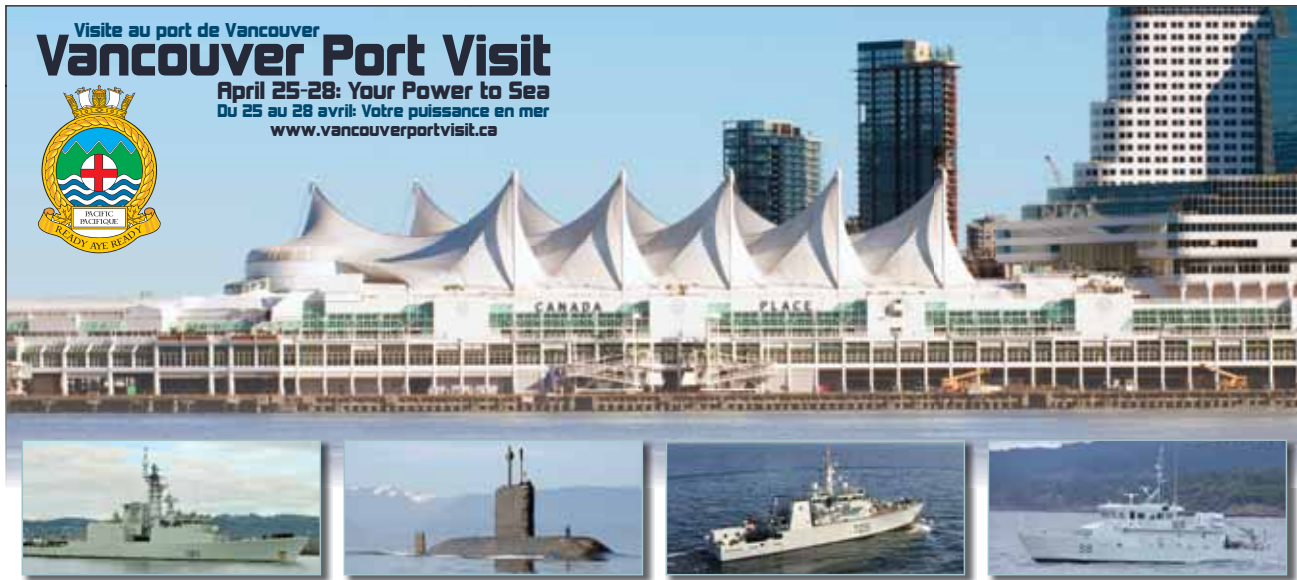
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Canadian and American vessels will be on display for the public at Canada Place and Burrard Pier from April 25-28.

## Ships and sailors put on a show for Vancouver

A fleet of Canadian Forces vessels from CFB Esquimalt, including the submarine *HMCS Victoria* will be making a trip to Canada Place in Vancouver and Burrard Pier in North Vancouver April 25-28 for the Vancouver Port Visit.

The Royal Canadian Navy ships will be joined

by ships and personnel from the United States Navy.

"We're very excited to have this opportunity to put Canada's navy on display for the people of Vancouver," says RAdm Bill Truelove. "It gives us the opportunity to interact with the citizens we pro-

tect, as well as maintain our relationship with our most important ally, the United States."

Approximately 1,000 Canadian and American sailors will be in Vancouver to meet members of the public and media, as well as take part in volunteer events throughout the city.

"It's a real privilege for our sailors to have the opportunity to work with the public and interact," says RAdm Truelove. "A lot of people from Victoria, Vancouver, and the U.S. have put a lot of work into this event and I think it's going to be a great weekend."

## Notice of Town Hall Defence Renewal Team visits MARPAC

The Department of National Defence and the Canadian Armed Forces is undergoing a Defence Renewal program to transform major business processes to be more lean and efficient.

To lead this effort, the Chief of the Defence Staff and the Deputy Minister have established a Defence Renewal Team (DRT), co-led by Kevin Lindsey and Rear-Admiral Andrew Smith.

On April 23, they will visit the base and hold a Renewal Town Hall. The Town Hall is an

opportunity for military and civilian personnel to learn more about the Defence Renewal initiative, including how they can be involved and contribute. It is intended to be an opportunity for an open and free-flowing exchange of ideas.

The attendance list for the Town Hall is being put together by leadership, but if you want to participate, discuss with your chain of command.

**Defence Renewal Team Town Hall:**

April 23  
9:30 a.m. to 11 a.m.  
Pacific Fleet Club

## Dedicate a Brick



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# matters of OPINION

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## Blast from the past

Explosive Ordnance Team members LS Andy O'Brien and LS Jonathan Gendron display two spent Mark 4 shells found during excavation of the Utilities Corridor in Dockyard.

They were called in after a Scansa construction employee spied what appeared to be live ordnance last Thursday. The shells were determined to be from 1939 and 1942.

Shelley Lipke, Lookout

## WHAT SAY WE

# Crime Awareness: We all have a role to play

Military Police Unit

### We All Have a Role

April 21 to 27 is the 8th Annual National Victims of Crime Awareness week, and the theme for this year is "We All Have a Role."

Victims of crime do not have to feel they are alone; there are many places to go for help in our community.

### Criminal Justice Providers

Provide information and support to victims of crime and their families at the community, provincial, territorial, and federal levels. There are dedicated professionals and volunteers devoted to working with victims of crime to maintain hope for the future and rebuild their lives.

### All levels of Government

Over the past 30 years, we as Canadians have made significant advances regarding issues important to victims of crime. The federal government, working in partnership with the provinces and territories, as well as service providers have ensured victims of crime have a more effective voice in the criminal justice system. The

federal government plans to maintain this momentum and continue ahead making further meaningful changes to benefit those affected by crime.

### All Canadians

Everyone can help victims of crime access the services available to them. The first level of support for many victims of crime comes from friends and family members.

The National Victims of Crime Awareness Week provides a forum with discussions at the national level about laws, services and programs available for victims of crime. Being knowledgeable about the services available gives each Canadian the opportunity to pass along that information to someone else whose life has been touched by crime.

If you have been the victim of crime, you can get assistance by calling VictimLink BC at 1-800-563-0808. They offer confidential and anonymous assistance 24 hours a day, 7 days a week.

For military members and their families, contact the CF Members Assistance program at 1-800-268-7708.

## SPORTS trivia

by PO1 Bill Sheridan,  
Contributor

- Who was the only eighth seeded team in the NHL playoffs to win the Cup?
- What is the national midget hockey championship called?
- Which championship team recently visited the White House as their original visit was cancelled due to the challenger accident?
- Who defected into a Calgary police station during the annual Macs Midget tournament in 1989?
- Who is the winningest NCAA Division 1 basketball coach?
- What is the final leg of the Triple Crown of American horse racing?
- The 'Brickyard' is a nickname for what American raceway?
- Who bought the Ottawa Rough Riders in 1991 and subsequently became the laughing stock of the sports world?
- When is the only time a DH is used in national league parks?
- Who holds the NHL single season record for most goals?
- The name which became applied to the descendants of the original Dutch settlers of New York became the nickname for which city's sports team?
- The NBA's Syracuse Nationals moved and became which team in 1963?
- Which networks signature telecast, Sportscenter, debuted with the network and aired its 50,000th episode on September 13, 2012?
- According to Forbes magazine; which sports team is the first to surpass \$3 billion in value?



- ANSWERS
1. LA Kings
  2. Telus Cup
  3. The Bears Superbowl
  4. Peter Nedved
  5. Mike Krzyzewski
  6. Belmont Stakes
  7. Indianapolis Speedway
  8. The Clibermans
  9. Major league All-star
  10. Wayne Gretzky
  11. Knickerbockers
  12. Philadelphia 76ers
  13. ESPN
  14. Manchester United

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# Night set to honour base volunteers

Volunteers of all ages will gather at the Chief and Petty Officer's mess April 25 for a night of back pats and honours.

More than 150 volunteers from the base museum, Personnel Support Programs (PSP) and the Military Family Resource Centre will come together as part of the 11th annual SISIP Volunteer Recognition Dinner.

SISIP Financial Services once again played a large role in the event, contributing \$5,000 as the official event sponsor. The night includes a buffet dinner for the volunteers and their guests, speeches and a "mystery appreciation auction." More than 20 prizes have been donated by local businesses with "SISIP Bucks" being used in the auction. Auctioneer Pat Thomas from 103.1 Jack FM should make it an



entertaining evening.

The MFRRC, PSP and the museum all engage volunteers in every level of service delivery in an effort to meet and serve

the needs of the DND community.

More than 400 active volunteers currently provide a variety of services for these morale and wel-

fare entities. In total, those volunteers have contributed 20,000 hours of their time for a combined dollar value of over \$440,000 for the military community.

# Have you signed up for Compensation Web Applications (CWA)? Don't delay!

The CWA provides civilian employees with a suite of on-line applications including instant access to pay, benefits, insurance and pension information.

Civilian employees will need to obtain a myKEY credential code to access the CWA and enrol in this innovative tool.

MyKEY is a secure Electronic Credential system based on technology which provides strong authentication and encryption. It is used to ensure that only authorized users are allowed access, protects data from being compromised, assures the reliability of electronic communications, and verifies the identity of the parties involved.

Individual myKEY codes are set up using information such as name, gov-

ernment email, PRI and Date of Birth and are protected by security rules along with a strong password. It is imperative that those who are sharing computer work stations ensure they are logged off their CWA profiles and closed out of the applications to protect personal information.

Only myKEY will be accepted to access the CWA and attaining myKEY is done through the PWGSC Online Registration and Credential Administration (ORCA). This system enables users to securely create and manage their identity based credentials. Once myKEY is obtained through ORCA, employees can then enrol to the CWA, which will enable access to:

- View and print your pay stubs and tax slips

- View and access your pay, insurance and pension information
  - Conduct pension projections and obtain an estimate of your net pension amount
  - Perform calculations using the Service BuyBack Estimator
  - Manage your insurance coverage under the Public Service Health Care Plan (PSHCP) applications
  - Manage voluntary deductions, such as federal tax changes within allowable limits and Alternat deductions
  - Estimate your regular net pay based on various career options
- Access to civilian pay, benefits, insurance and pension information is a two part process. Sign up for the myKEY, then enrol in the Compensation Web Applications (CWA).

## 10k, 5k & Kids Fun Run

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## NEWS Nuggets

### Commander Canadian Joint Operations Command visits troops in Afghanistan

LGen Stuart Beare, Commander Canadian Joint Operations Command (CJOC), visited the troops deployed on Operation Attention in Kabul, Afghanistan April 7.

The visit marked an important occasion for the 900 members who make up the second rotation of Operation Attention as LGen Beare is responsible for expeditionary operations.

Of all the currently active missions, Operation Attention has the largest number of Canadian Armed Forces members deployed.

### Operation Ignition comes to an end

A Task Force of 160 Canadian Armed Forces (CAF) personnel from across Canada, including six CF-18 Hornets from 3 Wing Bagotville, Quebec, supported by a CC-150 Polaris tanker from 8 Wing Trenton, ON, completed their mission in Keflavik, Iceland last week.

The deployment to patrol Iceland's airspace was the second under a CAF periodic initiative named Operation Ignition.

The operation supports the NATO mission to contribute to the airborne surveillance and interception capabilities of Iceland.

The first deployment of NATO aircraft in support of NATO's Iceland mission took place in May 2008.

### Commemorative Bricks deadline

If you want a commemorative brick on display at "The Homecoming" statue by May, please place your order with the MFRC by Tuesday April 23. After May, the next scheduled "brick laying" will take place in October 2013.

The Homecoming Statue depicts a sailor returning home to family. Commemorative bricks surround the statue and pay tribute to military service.

Funds raised from brick sales will help fund programs and services at the Esquimalt Military Family

Resource Centre. The Esquimalt MFRC is the only local non-profit organization that provides services specifically for military members and their families. To order your brick, go to [www.esquimaltmfrc.com](http://www.esquimaltmfrc.com) and click on Fundraising.

### Deployment Coffee Nights

Will you be deploying in 2013 or are you anticipating another type of work-related separation this year? Are you new to the area or the military lifestyle? Lifestyle challenges can be difficult during all stages of a deployment: preparing, during and even after the homecoming.

There are weekly opportunities to connect with those who also have a member away - the deployment coffee nights.

- Colwood Pacific Activity Centre (CPAC)
- Wed May 1, 15 and 29
- 6:30-8:30 p.m.
- Free

Call the MFRC at 250-363-2640 to register.

### Multi-Family Garage Sale - tables for sale

Make some extra money from your unwanted items at a huge multi-family garage sale.

Last year, there were more than 50 vendors at the Colwood Pacific Activity Centre on 2610 Rosebank Road, and a huge number of buyers descended on the location.

Tables cost \$10 by May 4 or \$15 after May 4, and are available for sale at Signal Hill MFRC and CPAC MFRC.

If you don't want a table, be sure to drop by the for some great deals! Call 250-363-2640 for more details.

- Colwood Pacific Activity Centre, 2610 Rosebank Rd
- Sunday May 26
- 8:30am-2pm

### Naden Band concert

Naden Band of the Royal Canadian Navy and Friends Concert, will be held May 16 at 8 p.m. at the Royal Theatre. Joining the Band are special guests Peter Butterfield and the Victoria Philharmonic Choir.

Tickets are \$19, available at the McPherson Box Office, [www.rmts.bc.ca](http://www.rmts.bc.ca).

### Women in Need Society events

Women in Need Society is launching on April 15 the Transformations Program, which is an eight day educational program in collaboration with The Haven. In a supportive group environment led by trained facilitators, women will learn effective communication skills, personal boundaries and new approaches to relationships and wellness in their lives.

Women in Need Society's annual Fashion with Passion event, now in its 5th year, is set for May 11. Buy tickets at [www.winfashionwithpassion.com](http://www.winfashionwithpassion.com) or donate to the 100 Women Campaign [www.100women.ca](http://www.100women.ca).

### Shred your Paperwork

Identity theft is an enormous problem, but there are steps you can take to secure your personal information. Over half of identity theft victims can trace the theft to something stolen from their possession.

Protect Yourself: If you don't need it, shred it - responsibly. BBB serving Vancouver Island, in partnership with Access Records & Media Management, is hosting a FREE community shredding event.

Everyone is welcome to come shred their documents on Friday, April 26 at Millstream Village (in the parking lot) from 10 a.m. to 2 p.m. Individuals and small businesses can bring confidential or private paper documents (a maximum of five boxes or bags) to be safely and securely shredded on-site. Not sure what to shred and what to keep?

- Keep for three years: bank statements, expired insurance policies, employment applications, etc.

- Keep for seven years: invoices, cancelled stock certificates, payroll records, withholding statements, etc;

- Keep permanently: deeds, mortgages, tax returns, audit reports, insurance records, legal correspondence, property records, and more

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Shelley Lipke, Lookout

A cheque for \$11,625 was presented to the Military Family Resource Centre (MFRC), Cadets and Mustard Seed Food Bank by the Victoria Royals hockey team. The money was generated from the CF Appreciation Night in which the Victoria Royals wore jerseys with the CAF crest on them and then auctioned them off after the game. Seen here from left to right: Rick Dwyer, Operations Manager of MFRC; Capt Cheryl Fearn, Commanding Officer of 2136 Army Cadets; Jackie Cox-Ziegler, Director of Administration, Mustard Seed Food Bank; Marty the Marmot; and Cameron Hope, Victoria Royals General Manager.



MAY 2013

# GENERAL ELECTION

## The 40<sup>th</sup> Provincial General Election is Underway.

### Who Can Vote?

You can vote if you are:

- 18 years of age or older, or will be 18 on General Voting Day (May 14, 2013)
- a Canadian citizen, and
- a resident of British Columbia for the past six months

### Voter Registration is Easy

Register online at [elections.bc.ca/ovr](http://elections.bc.ca/ovr) or call toll-free 1-800-661-8683 until April 23, 2013.

If you aren't registered by April 23, you can register when you vote. You'll need identification that proves both your identity and residential address. A complete list of acceptable identification is available from Elections BC.

### How to Nominate a Candidate

A candidate must be nominated in writing by 75 eligible voters of the electoral district. Nomination kits are available from your District Electoral Officer or online at [elections.bc.ca](http://elections.bc.ca)

### Deadline for Nominations


Nominations must be delivered to your District Electoral Officer by 1 p.m. (Pacific time) on Friday, April 26, 2013.

### BC Has More Ways to Vote

All voters can:

**Vote in any district electoral office** from now until 4 p.m. (Pacific time) on General Voting Day, Tuesday, May 14, 2013.

**Vote by Mail** You can ask for a Vote by Mail package from your district electoral office or through the Elections BC website at [elections.bc.ca](http://elections.bc.ca)

**Vote at advance voting** Voters can attend any advance voting location in the province from 8 a.m. to 8 p.m. (local time), Wednesday, May 8 through Saturday, May 11. All advance voting locations are wheelchair accessible. 

**Vote on General Voting Day** Voters can attend any general voting location in the province from 8 a.m. to 8 p.m. (Pacific time), Tuesday, May 14, 2013.

### Election Workers Required

Over 37,000 election officials are required to work at voting places in the province. View the job descriptions at [elections.bc.ca/jobs](http://elections.bc.ca/jobs). Please apply in person at your district electoral office.

**Any Questions?** For further information visit Elections BC's website at [elections.bc.ca](http://elections.bc.ca) or call toll-free 1-800-661-8683.

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## Mental health survey to help CAF members

To get a better understanding of how the Canadian Armed Forces (CAF) can improve the well-being and mental health of CAF members, Statistics Canada will be conducting the 2013 Canadian Armed Forces Mental Health Survey over the next several months.

This survey is essential for understanding and improving mental health in the CAF. In particular, the survey will help measure the impact of the mission in Afghanistan and how well the CAF's mental health system is meeting the needs of personnel.

Beginning at the end of March, Statistics Canada representatives are contacting randomly selected Regular and Reserve Force personnel and inviting them to participate in an hour-long interview.

Participation in the survey is voluntary, and responses are confidential. The interview will take place either in the workplace or at home. Reservists will be paid through the project budget for half a day's pay for the time taken to complete the survey.

To support the survey, randomly selected CAF personnel will be asked to respond to the request to

participate, and to participate in the survey. As well, supervisors and commanders will be responsible for creating an environment that facilitates participation and for minimizing the impact of the survey on day-to-day operations.

"The 2013 Canadian Armed Forces Mental Health Survey is an essential step in continuing to protect the health and well-being of personnel," said Colonel Scott McLeod, Director of Mental Health.

"Maximum participation and cooperation is essential to the success of this survey. We all have a role to play in ensuring that mental health resources are targeted and allocated appropriately and that programs and services are meeting the unique needs of personnel."

While the CAF have done research on those who have sought care, this survey will provide insight about those who have not accessed care. Results are expected in 2014 and will be compared to the general Canadian population. The last survey of this nature was completed in 2002.

For more information, please visit the 2013 Canadian Armed Forces Mental Health Survey's Intranet or Internet sites.

[elections.bc.ca](http://elections.bc.ca) / 1-800-661-8683



# HMCS Winnipeg returns to home port after lengthy refit

**A/SLt Ron MacDougall  
and PO2 Thandi Pilkey**  
BPAO Trainees

"It's important being able to go into your own mess, have a cup of coffee out of an *HMCS Winnipeg* mug, eat food prepared by *Winnipeg* cooks, and work while rubbing shoulders with *Winnipeg* brethren. The crew finally have a place to call home again," said Cdr Geoff Everts after taking back his frigate two weeks ago.

The warship was moved to C3 Jetty April 10 after a full year undergoing the Halifax-class Modernization/Frigate Life Extension (HCM/FELEX) project at Victoria Shipyards.

HCM/FELEX focuses on revitalizing the Royal Canadian Navy's 12 "city-class" patrol frigates, giving them a new command and control system, new electronic warfare capabilities, a new radar capability system and upgraded communications and missiles. The process takes 12-18 months and to date *HMCS Calgary* is the only west coast ship that's been through the process and is now up and running.

"We have the luxury of not being the first ship to do this. Cdr Franceour, Commanding Officer of *Calgary*, and I are in constant communications as are all of my departments with their *Calgary*

counterparts," said Cdr Everts. "We can benefit from *Calgary's* lessons learned and best practices as we take the ship back – we are fortunate in that regard."

The challenges of having a ship in refit were numerous for Cdr Everts. Instead of his captain's chair looking out at the expanse of ocean from the bridge of the formidable warship, Cdr Everts "enjoyed" the view of the four walls of his shore office in Building D11.

Most of his 220 crew was loaned out to other ships or on career courses throughout the refit period. There was a core group of 40 personnel that continued to manage the administration of the crew and make preparations for the reconstitution of crew.

"One hundred and seventy of them were scattered to the four corners of the navy, attached posted to other ships or units, on career coursing, different kinds of leave, or posted," he says. "It's hard to identify with a ship when there is no physical piece of steel to identify with. Without having that 338 [*Winnipeg* hull number] to walk on board every morning creates detachment."

To keep in touch, ship's Coxswain, CPO1 Graham-Smith, had Christmas stockings, filled with *Winnipeg* swag, delivered to *Winnipeg* crew members deployed



Tugs manoeuvre HMCS Winnipeg from Victoria Shipyards back to the DND side of Esquimalt Harbour.

in *HMCS Regina* over the holidays.

Additionally, to combat the detachment faced by crew members working in a shore office, the *Winnipeg* team focused on developing morale and esprit de corps in other ways. Friday "Dog Days" were instituted, whereby members could bring their four-legged friends to work for a \$10 donation to the GCWCC; fitness days with

family participation were held, and multiple volunteer initiatives were coordinated, allowing the crew to work together as a team in support of the community.

At the moment, the crew is concentrating on re-acustoming themselves to their ship and being trained on the new systems.

"*Winnipeg* has commenced Harbour Readiness Training under the guidance of Sea Training

Pacific. The next six months will consist of setting to work the new combat system equipment and re-activating legacy systems. The ship will proceed to sea in the late fall to commence at sea trials. The ship's company is surely looking forward to that."

Cdr Everts says he will be pleased to turn over a modernized *Winnipeg* and a highly motivated crew to his successor in July 2013.

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# CFSA gearing up for sailing season

**Shelley Lipke**  
Staff Writer

For CPO2 John Haggis there is nothing better than feeling the wind gently push his sailboat through the water as he charts a course from the helm.

For the past 26 years he's been an active member of Canadian Forces Sailing Association (CFSA) and now, as the Commodore of the base specialty interest group, he would like to recruit and welcome new members.

"We live in a great place to enjoy the sport of sailing," he says. "It's not like a hockey game where you go play for an hour and you're done. Sailing really is a lifestyle. It's physical, tactical, social, and it's about how you take advantage of the elements. While it seems simple at first, there is so much to it."

CPO2 Haggis got the sailing bug on a sunny Sunday in 1987 when he was first posted to CFB Esquimalt.

He set his kit bag down at Nelles Block and glanced out the window to see sailboats racing on Esquimalt harbour.

Curiosity got the better of him, and he followed the train tracks behind the base, which led to the CFSA club house and jetties.

An avid sailor since age nine, he was keen to get involved in the club.

"Once I was in the clubhouse I heard they were looking for a sailor to join a two-man team to race in the Canadian Forces 420 Nationals in Trenton. I offered to sail and we ended up winning the race," he said. "My father started me in a junior sailing program when I was nine years old. This is the kind of program we run at CFSA in

the summer."

Since 1948, the CFSA has been the official sailing club of the Royal Canadian Navy on the west coast, and is now part of Personnel Support Programs (PSP) recreational club program. Throughout the summer the sailing association hosts a variety of sailing courses, summer camps for children and evening courses for adults.

CPO2 Haggis says it also offers a lot of perks to its 275 members in comparison to other local sailing clubs.

"Our primary focus is to provide recreation for the serving members, reservists, DND civilians, veterans, and their families. We have moorage, and haul outs for boats and membership is lower than other clubs at \$95 per year for serving members," he said. "Our clubhouse has a great view; we offer great social programs and Sunday club racing. We are always looking for crew for our races, and this gets people exposed to the sport. It's free to come and join with a privately owned boat and go racing, and from there people

can decide if they wish to join the club." The message here is you don't need a boat to be a member.

For sailors in the navy, being a member also offers a great opportunity to sail when in foreign ports.

"My CFSA membership is recognized anywhere in the world. So I can walk into the Waikiki Yacht Club, which has a bar, pool, and restaurant and meet the local members who often need crew for racing and invite me to go sailing with them," says CPO2 Haggis.

The CFSA sailing season kicks off Sunday, April 28 with their Opening Day Sail Past event, with *HMCS Oriole* acting as the flagship. The Base Commander will be this year's guest of honour and along with the club commodore will take the salute for the fleet review.

To see all the courses and find out more about the CFSA, visit the CFSA Facebook training page, the website at [www.cfsa.wordpress.com](http://www.cfsa.wordpress.com) or see their ad in the April Maritime Forces Pacific Activity Guide.

**Sailing association members spend time preparing their vessels for the upcoming season.**

**Inset:** CPO2 John Haggis sails in his Aloha 28-foot boat "Defiance" with his brother Paul in the Esquimalt approaches.

Photos by Shelley Lipke, Lookout



Photo submitted



Shelley Lipke, Lookout



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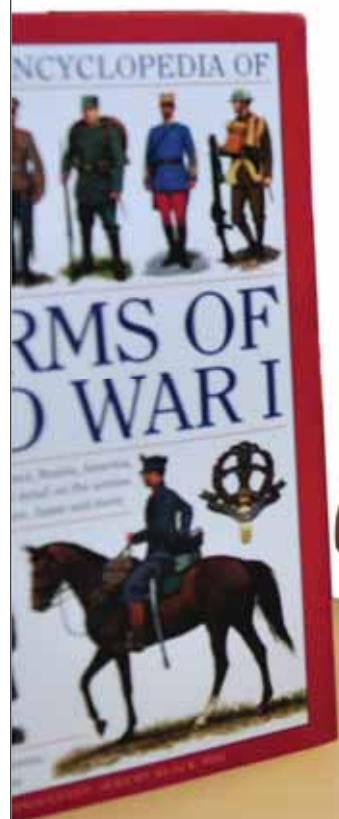
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# GAME ON



## French castle will set the stage for epic war game

**Shelley Lipke**  
Staff Writer

Most evenings, CPO1 Shawn Taylor is hunched over a desk in his home painting strips of beetle-like soldiers.

The tip of the brush is so small it can add the finest of details, like buttons on uniforms, something most people would need a magnifying glass to see on the six millimetre miniatures.

These details on the tiny replica soldiers are part of his preparations for war.

Once complete, Chief Taylor will pack them up and head to Dormans, France, in August 2014, where in a 14th century castle, he and more than two dozen other players will replicate the Battle of Marne on a table the size of ten rooms.

If you haven't guessed it by now, Chief Taylor, with his distinguished eye glasses and greying hair, is a gamer. Not just any game though. He's a First World War gamer. He's so involved in the historical world he wrote a "how to" book in 1998 outlining miniature war game rules called the *Great War Spearhead*.

In the war gaming community he's revered like an Admiral.

The game is similar to the board game Risk but on a much grander scale with three-dimensional landscape and figures.

"It is a game designed to allow people to refight battles, historical or hypothetical, from the World War One era," explains Chief Taylor. "To accomplish this, the player utilizes historical orders of battles, the actual armies, and rules governing movement and combat. Dice are used to resolve combat between the various combatants in a similar manner to Risk but much more involved."

Feedback for his rules has been nothing but positive:

"This is the best game for playing World War One you

will find. I get stomach cramps trying to make my plan - and I am sure that is just how Douglas Haig felt," said one gamer.

It has become the most popular rule set for large battle war gaming in the world, says Chief Taylor.

"People like that it flows well, takes considerable planning to be successful, and you get the feel of commanding armies during the conflicts from 1900 to 1920," he says.

There are rules governing movement and combat, and

players must consider factors such as weather and terrain as they manoeuvre their miniature armies to attack the opposition. As in any dice game, an element of chance helps determine the outcome.

The game is scaled to 1 inch being equal to 100 metres, and there are defined movement distances in inches which a player can move his or her groups of miniatures.

"When one side or the other achieves enough casualties, or takes enough land, then the game is over and that player

wins," says CPO1 Taylor.

At the table in France will be players from Germany, Canada, England and France.

"I wouldn't say I'm the best General out there, but I also enjoy playing the game. I like the social aspect of it, plus using my knowledge to get the best effect from my troops on the table. I also like reading and delving into why they did what they did, what they wore and how they operated. I like to see if I can produce a better outcome than what happened historically. Although during the Battle of Marne, we still must ensure we don't change history. The French must still win."

During the Battle of Marne game, an open gallery will allow people to watch the table-top war unfold.

"The game itself is really secondary. It's really about the spectacle and it's really about commemorating the battle," he says.

Aside from owning about 20 board games, CPO1 Taylor has a collection of 40,000 miniatures of various size and types.

"I keep them in my garage, which is also my gaming room. I regularly play with my sons and friends. It's a great hobby and keeps me out of trouble," he says dryly. His is, after all, the Base Chief.





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# HMCS Ottawa honoured with award

**Shawn O'Hara**  
Staff Writer

The crew of *HMCS Ottawa* received a prestigious commendation last week when the commanding officer, Cdr Scott Van Will and his crew were honoured with the J.J. Kinley Award.

Capt(N) Art MacDonald and RCN Command Chief CPO1 Tom Riefesel accepted the award from the National Board of Directors of the Navy League of Canada (NLC) on behalf of *Ottawa*.

"*Ottawa* was chosen largely due to the recent work off the coast of Costa Rica as part of Operation Carribe, and in seizing over \$26 million worth of cocaine," says Louise Mercer, Vice President of Maritime Affairs. "Cdr Van Will and his crew demonstrated their commitment to Canadian and North American security, and solidified the many opportunities Canada leverages to partner with other nations and organizations to suppress criminal activity at sea, and keep illegal drugs off our streets."

***Ottawa was chosen largely due to the recent work off the coast of Costa Rica as part of Operation Carribe.***

-Louise Mercer  
Vice President, Maritime Affairs



Capt(N) Art MacDonald and RCN Command Chief CPO1 Tom Riefesel accept the J.J. Kinley Award from VAdm Ron Buck (Ret'd), National President of the Navy League of Canada, on behalf of HMCS Ottawa.

The J.J. Kinley Award is presented each year by the NLC to members, employees or units of the Canadian Coast Guard, Department of Fisheries and Oceans or the Canadian Forces who have made contributions to support naval and maritime interests.

The nomination process

for the award is handled exclusively by Navy League Executives, past presidents and the Royal Canadian Navy.

According to Mercer the choice was not hard.

"*Ottawa* played a major role in suppressing trafficking in international waters and airspace," she says. "It's easy to reward and recognize heroism. It's only difficult because other ships are also engaged in equally valuable work with strong crews."

CPO1 Sid Tobias, Coxswain in *Ottawa*, says the award came as a surprise to the crew.

"The crew was more than happy to receive the award. I think they feel they aren't always recognized for the sheer variety of tasks they undertake, so it came as a welcome surprise."

*Ottawa* was away from its home port of CFB Esquimalt for 190 days last year, 170 of which were spent at sea.

"Other ships were deployed on major missions that focused on a singular task, while *Ottawa* was ready for anything at the drop of a hat," he says. "The crew is proud of that, and this award solidifies and justifies that pride."

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# Highs and lows from local Boston Marathon runner

**Shelley Like**  
Staff Writer

Before the turmoil and ensuing tragedy from the bombings overshadowed the Boston Marathon, AB Sarah-Mae Pyndus was enjoying a moment of triumph.

As she crossed the finish line on Boylston Street, she glanced at the clock: 3:22:32; it was a personal best. She had beat her previous record by more than 35 minutes. This was her third time tackling the long-distance running event.

She placed 6,428 out of 23,336 participants, and placed in the top 11 percentage for her division – female 18-40.

"I don't run for myself," said the 25-year-old who works as a naval communicator in HMCS Calgary. "When I run, I think about my family, my boyfriend and my ship. I'm really running for them. Every time I cross a mile marker I think of everyone who is watching me and I want to make them proud."

The marathon started 42.195 kilometres outside Boston at the town of Hopkinton. Runners were bussed to the start line.

AB Pyndus describes running as both a physical and mental battle.

"I knew my race was going well. Usually, by mile 20, I go through a point when I want to stop, walk, or give up and that is the mental wall you hit, but in this race I didn't have that wall. I was really enjoying myself. I was in pain, my body screamed at me, and my knees, shoulders, and ankles were so sore, but then it went away," she says.

Upon completing the run, she grabbed a tin foil race blanket to keep warm, ate some energy food and walked to the John Hancock tower several blocks away for a post race massage.

"About five minutes into the massage a man came into the building and said, 'We apologize for the interruption, but we have been asked to vacate the building. The streets have been cleared. We can't disclose anything at this time but please exit the tower.' My heart sank and my first thought was it was a shooting. We didn't hear anything as we were in the basement of the tower," she said.

She slipped on her flip flops and ran about eight blocks back to her hostel. She phoned her parents and learned of the horrific bombings that happened not long after she crossed the finish line.

"My dad Googled and saw photos of the blood and explosions. I started questioning if I was safe," she said.

She went on to the web and was surprised by the posts to her Facebook page.

"I was overwhelmed by people I hadn't spoken to in years, like high school friends, who instantly messaged me on Facebook. I posted a message that I was safe and within five minutes this had been liked 50 times. My ship was also trying to contact me to make sure I was safe."

The atmosphere that first evening was mixed emotions as runners shared both their victories and sadness over the bombings.

"One man in our hostel was not hurt but saw everything as the explosion happened within 20 metres of him. We were eating that night when he came back and shared his experience of the day," she said.

Now back home from the Boston Marathon, with a third gold and blue medal to her voluminous medal collection, the sailor says it's time to ease back her running. She's set herself a new goal, a life goal with partner MS Ryan Adam - to start a family.



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## Don't ignore depression, help is available on base

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Typically, a major depressive episode is marked by symptoms that are persistent – occurring every day for two consecutive weeks – symptoms that are new or different compared to before the episode, and cause significant distress or impaired functioning regarding daily tasks.

Some symptoms of depression include:

- Changes in appetite; weight gain or loss
- Sleeping too much or not getting enough sleep
- Lack of interest and energy for usually enjoyed activities
- Difficulty concentrating; difficulty making decisions
- Feelings of worthlessness, hopelessness, and excessive guilt
- Feelings of impending doom
- Persistent sadness or irritability
- Unexplained physical aches and pains
- Feelings of restlessness
- Noticeably slowed speech or movement
- Neglected personal hygiene, household duties, and other responsibilities
- Withdrawal from social, work, and recreational activities
- Preoccupation with perceived failures; harshly self-critical
- Thoughts of death or suicide

### Are you in crisis?

Call: 1-800-268-7708. (Health Canada's 24-hour crisis assistance and access to counselling)

If you think you may be suffering from depression,

make an appointment with your family doctor. You can also talk to a trusted friend or colleague, or contact the Employee Assistance Program at 250-363-7968, and visit the website <http://esquimalt.mil.ca/eap/index.htm>. Treatment is possible; the goals are to help you feel more like yourself again and to be able to enjoy the things you used to.

**More help for people in emotional crisis, including suicide and mental health issues:**

Vancouver Island Crisis Line:

1-888-494-3888

Suicide Hotline: 1-800-SUICIDE (784-2433)

Mood Disorders Society of Canada: 519-824-5565 [www.moooddisorderscanada.ca](http://www.moooddisorderscanada.ca)

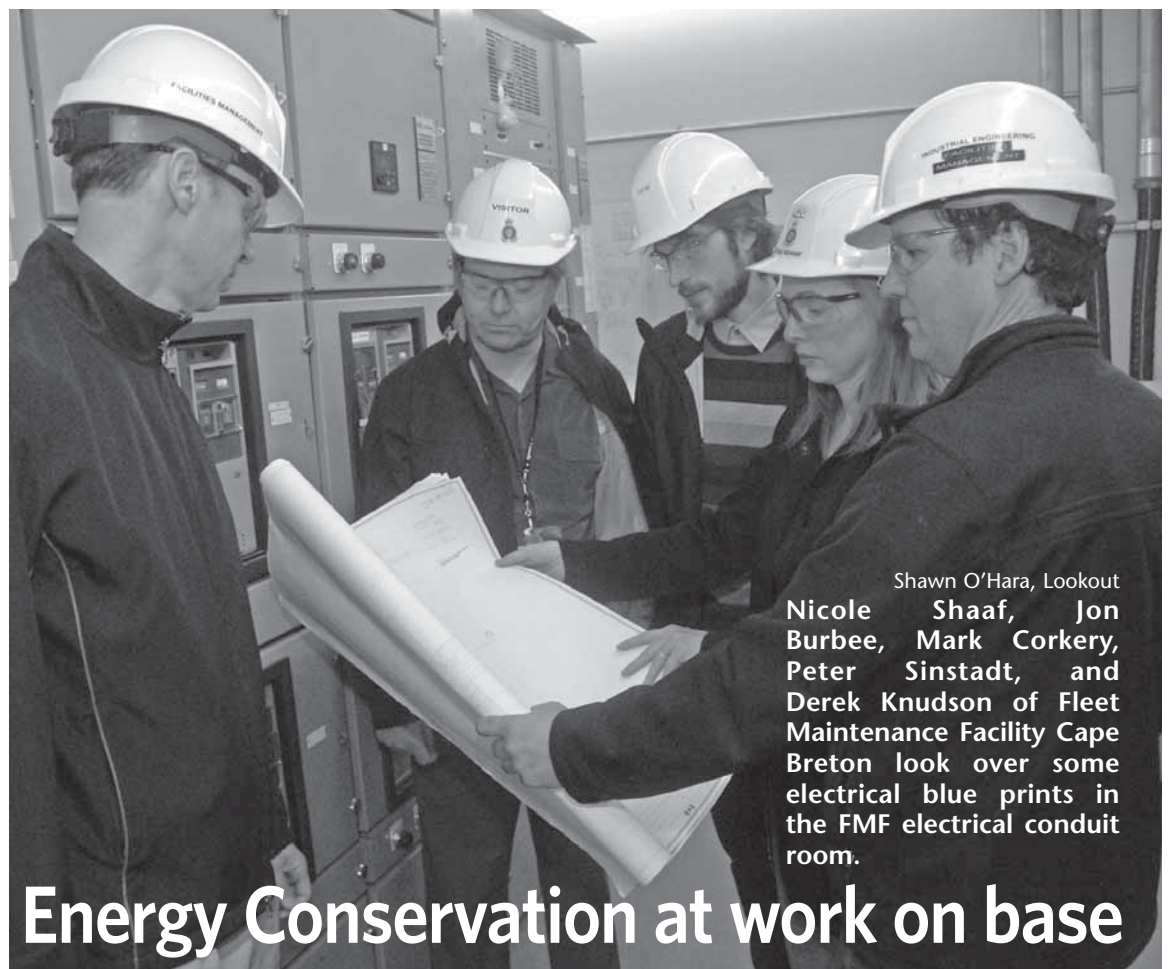
Living life to the full: [www.llttf.ca](http://www.llttf.ca)

Sometimes depression exists along side another disorder, illness, or challenge such as addiction. If you think this may be you, there are more resources that can help:

[www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)

For a full resource list of Base and Greater Victoria numbers that can help, call the MFRC at 250-363-3050.

Keep your eyes and ears open for information coming soon about Mental Health Week May 6-10 at CFB Esquimalt. The week will be full of activities and events, as well as free treats, and mental health support and resources. Appointments will be available on May 6 and 9 for depression screening through the MFRC to anyone in the DND community – including family members and children and youth. Please contact Tracy Osborne at 250-363-3050 to make an appointment.



Shawn O'Hara, Lookout  
Nicole Shaaf, Jon Burbee, Mark Corkery, Peter Sinstadt, and Derek Knudson of Fleet Maintenance Facility Cape Breton look over some electrical blue prints in the FMF electrical conduit room.

## Energy Conservation at work on base

Under the auspices of the MARPAC Energy Management Program, Fleet Maintenance Facility Cape Breton (FMF CB) is marking Earth Day 2013 by embarking on an energy conservation program.

Capt(N) Don Smith, Commanding Officer of FMF BC, offers that, "As stewards of departmental resources, it's incumbent upon all of us to do our part to ensure we are reducing waste and generating operational capability for the navy and the Canadian Armed Forces."

The two previous conservation programs have focused on encouraging sustainable behaviour in the office and workshop environment. Although energy savings were achieved at the time, they also garnered valuable lessons for the campaign at FMF (CB).

Jon Burbee, Manager of Real Estate Services, with responsibilities for the energy management program, highlights that with the current funding constraints on Formation operating budgets, the challenge is clear.

"As one of the largest energy consumers in the Formation, simply by the scale of the organization and the industrial nature of naval maintenance operations,

the potential energy savings can have a big impact on cost and carbon savings for the Formation," he says.

In the complex facilities of FMF CB, replete with large equipment assemblies, metal working and refinishing processes, compressed air systems, not to mention large spaces to light, cool, and heat, one almost wonders where to start.

Derek Knudsen, a Technical Advisor on Energy Management from Defence Construction Canada, identifies that one of the first steps will be to determine where to deploy meters to assess how the unit currently uses energy.

Peter Sinstadt, a mechanical engineer with Base Construction Engineering, has been mapping out the processes and schematics within FMF CB in order to get the most benefit from the data that is gathered. These data will serve to identify energy conservation measures, such as retrofits, changes in operating procedures, or other measures.

One thing is clear: FMF (CB) is committed to making a difference, for Earth Day, and for the future.

# EPIC

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# Bravo ZULU



Base Logistics Commanding Officer, Cdr Lori McAllister (left), and Rob Senkpiel (right), present Fred Evans, Doug Francis and Yves Arseneault (centre, left to right) of the Technical Services Section with their certificates as Quality Inspectors from the internationally recognized American Society for Quality.



CPO1 Shawn Taylor, center, presents Cpl Michael Robertsen of Base Foods, left, and MS Jean-Sebastien Giroux, right, with the Base Chief Petty Officer's Coin in recognition of their exemplary dress on Base Divisions held April 15. Such coins are rarely presented to members and thus this was a particularly noteworthy occasion.



SLT Mireille Roman received a Base Commander's Commendation from Capt(N) Bob Auchterlonie for her versatility and leadership in the planning of the 2013 Victoria Royals Canadian Forces Appreciation night.



**Left:** Cdr Andrew Muir presents Lavina Galbraith with a Retirement Certificate for 22 years of hard work and dedication. Galbraith has spent the last 15 years of her career as the Imaging Archivist for MARPAC Imaging Services (formerly Base Photo) and has helped the imaging trade transition from film to digital by acting as the unit's Information Technology (IT) specialist.



**Right:** Capt Tina Verbenkov was promoted to the rank of Major by Capt(N) Bob Auchterlonie, Base Commander (right). LCdr Ryan Verbenkov assisted in the promotion.

RAdm Bill Truelove presents several Bravo Zulu awards at the Formation Quarterly Awards and Recognition Ceremony hosted in the Chief and Petty Officers' Mess.

Photos by Cpl Blaine Sewell, MARPAC Imaging Services



PO2 Tim Hobson receives a Maritime Forces Pacific Bravo Zulu for outstanding professionalism and effectiveness he demonstrated Aug. 25, 2011, when, during flash-up aboard HMCS Regina, a sheared fuel line in a diesel generator enclosure caused a fire.



Petty Officers Second Class Christopher Gervais and Francine Guitare receive a Maritime Forces Pacific Bravo Zulu for their determination, leadership and vision in issuing a challenge to the entire Formation and far exceeding their fundraising goals.



PO2 Michael Wellington (Ret'd) receives a Maritime Forces Pacific Bravo Zulu. His quick action at the Wurtele Arena on Nov. 9, 2011, helped save an individual's life during a heart attack.



MCpl Kyle Mitchell receives a Maritime Forces Pacific Bravo Zulu for his vision, initiative and leadership in organizing the MARPAC Headquarters anti-bullying campaign.



Nora Johnson receives a Maritime Forces Pacific Bravo Zulu for her vision, initiative and leadership in organizing the MARPAC Headquarters anti-bullying campaign.



Everett LaRoy receives a Maritime Forces Pacific Bravo Zulu. His quick action at the Wurtele Arena on Nov. 9, 2011, helped save an individual's life during a heart attack.



# Bravo ZULU

Capt(N) Bob Aucherlonie presented several awards, medals and promotions during ceremonial divisions at the Naden Drill Shed.

Photos by Cpl Michael Bastien, MARPAC Imaging Services



Sgt Michel Duguay receives the General Campaign Star South West Asia 1 Bar.



MS Benjamin Piercy receives the General Campaign Star South West Asia 1 Bar.



LS Jeremy Howick receives the Operational Service Medal – Expedition for Operation Carribe.



LS Ron Humphrey receives the Operational Service Medal – Expedition for Operation Carribe.



LS Daniel Vaughan receives the NATO Medal for Article 5 Active Endeavour.



Sgt Theresa Nevills receives the Queen's Diamond Jubilee Medal.



Cpl Benjamin Dvoracek receives the Queen's Diamond Jubilee Medal.



PO2 Paul Baillargeon receives the Second Clasp to his Canadian Forces Decoration for 32 years of dedicated service.



Maj Yvonne Pratt receives the First Clasp to her Canadian Forces Decoration for 22 years of dedicated service.



Linda Scott receives the Base Commander's Commendation award in recognition of more than 10 years of service with the MFRC.



Dawn-Marie Charpentier receives the Base Commander's Commendation awards in recognition of more than 10 years of services with the MFRC.



LS Steven Laidlaw receives the Special Service Medal for CFB Alert and his Canadian Forces Decoration for 12 years of dedicated service.



CWO Alain Marcil receives the Expeditionary Force Command Commander's Commendation.



PO2 Patricia King is promoted to Petty Officer First Class.



Pte Julie Fougères is promoted to Acting Corporal.



**Left:** MS Raymond Sweeney receives the Base Commander's Recognition Award in recognition of his exceptional efforts and dedication during employment at the CFB Esquimalt Base Manpower Control desk.

**Right:** Frank Kolh receives a certificate, lapel pin and a ring in recognition of 25 years of service to the government of Canada.



## Want to recognize someone?

Add them to Lookout's Bravo Zulu section.

Email your photos with the full names of those in the photo and the award being given to [melissa.atkinson@forces.gc.ca](mailto:melissa.atkinson@forces.gc.ca)



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## Call 363-3014 to book your display or word ad

### ANNOUNCEMENTS

**CAREGIVING FOR SOMEONE** with dementia? The Alzheimer Society of B.C. has support groups for caregivers. Contact the Alzheimer Resource Centre at 250-382-2052 for info and to register.

**STV TUNA IS LOOKING** for CF/Ex-CF/DND civilian members to join the forces offered sailing program. Any one interested in sailing or learning to sail is encouraged to join us. All skill levels are welcome. For more information about the program please contact Sgt Steve Wright 902-427-4417 or steven.wright@forces.gc.ca or check us out on facebook (STV Tuna) for more information.

**VIEW ROYAL READING CENTRE.** Conveniently located at Admirals Walk Shopping Centre. We have books, audios, videos, & DVD's for all ages. Internet is also available. For hours of operation and other information please call 250-479-2723.

**CALLING UNDEREMPLOYED WOMEN!** Do you want to kick-start your career? Are you unsure of who you are and what you want to do with your life? Our free career mentoring program will connect you with a supportive mentor to explore career & education options, develop life skills, and cultivate valuable relationships. Contact Bridges for Women 250-385-7410 or www.bridgesforwomen.ca

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**SHARE YOUR RECREATIONAL INTERESTS** this fall by supporting a person with a disability to become more active! By donating only 1-2 hrs a week you have the opportunity to change someone's life while having a great time doing it. To get involved or for more info, please call Kim at 250-477-6314 ext. 15 or email volunteers@risonline.org or visit <http://www.risonline.org/Volunteering.htm>

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**Father & Son** need work, we'll do the job the others won't. Trash hauled from \$5. Plus dump fee. No job too small. OAP rates  
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NEW BALCONIES • EXERCISE ROOM  
14TH FLOOR LOUNGE

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**Now Renting:**  
Bachelor • 1 BDR Suite

**AVAIL 1st MAY 2013, 3 BDRM, 2 1/2 bths, garage, mezzanine, walk-in closet, constr. 2007, very bright, meticulously clean, all bdrms are carpeted & upstairs. Living room & kitchen are hw flrs, f/s/w/d/ dw/microwave & cent. vac. Incl. utils not incl. ref needed. Pets to be discussed (cats are okay - purrr) pls. call: 613-883-7222**

**PERFECT RENTAL FOR Military Family:** Esquimalt 5 bedroom family home with Shop/Greenhouse/RV Parking half block from Saxe Point Park. \$2000 per month plus utilities to enquire email maryrees@shaw.ca

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**1239 PARK TERRACE**  
2 bdrm, \$895, heat, hot water  
+ parking included, quiet adult building, 1/2 month free with one year lease, call resident manager  
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**TOWNHOME, VIEW ROYAL, \$372,900, # 18-300 Six Mile Road.** 3 bdrm, 2-4pc bths, views of bay and mountains, more info call: 250-900-7311 or [www.townhomesvictoria.com](http://www.townhomesvictoria.com)

**TOP FLOOR CONDO AVAILABLE** to rent from May 2013. Gorge Area 2 bedroom 2 bathroom w/ 5 modern appliances. Fireplace/pool/ parking/ extra indoor storage incl. \$1150 + utilities Sorry no pets. Interested parties may contact Mr. Mark Dankwerth at 778-679-8775

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Contemporary 2 Bdrm 2 Bthrm unit with walnut wood flooring in main living areas, quartz countertops and soft close cabinets in the kitchen and bathrooms. Kitchen includes floor to ceiling under lit cabinets, glass tile back splash and Whirlpool appliances. Located close to Gorge Vale Golf Course, Kinsmen Park, Naden Base and all shopping malls, including downtown Victoria. NET HST INCLUDED

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Call today to view 19-486 Royal Bay

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**DFH**  
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The moment you enter this level entry, end unit townhouse you will feel at home. From the vaulted ceiling in the livingroom with gas fireplace, through to the spacious kitchen with kitchen island, eating area and adjoining family room will be the centre of family gatherings. The Masterbedroom on the MAIN features ensuite with heated floors and walk in closet. Laundry room and 2 piece powder room also on the main.. Two more good size bedrooms (14x11)(13x13) and four piece bath up. Gleaming bamboo flooring throughout the main floor. Westridge Townhomes in Royal Bay is a natural setting with many walking trails nearby.

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**LEAH VICTORIA WERNER**  
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**DFH**  
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