

Volume 61 Number 6 | February 8, 2016

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Cpl Brent Kenny, MARPAC Imaging Services Fleet School Commandant, Cdr Ed Hooper inspects his sailors during a parade at the School's ceremonial divisions and awards presentation in the Naden Drill Hall Jan. 26. See more photos on pages 12-13.



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# Military family doctor network launches nationally

**Rachel Lallouz**  
Staff Writer

Calian Health, a national healthcare services company and Canadian military healthcare provider for over 10 years under the HSSC contract, announced the launch of its Military Family Doctor Network Jan. 20.

The company collaborated with Military Family Services to develop the program, which aims to improve access to family physicians for families of serving Canadian Armed Forces members.

"A healthy family means a healthy serving member, which means a healthy and strong

Canadian Armed Forces," says Scott Murray, Vice President of Health Services at Calian.

While military members are provided health services in the military healthcare system, military family members must rely on provincial healthcare systems. As a result, military family members have difficulty finding family physicians following postings.

"An estimated four million Canadians still do not have a family doctor, so it's not an entirely unique problem for the military, but it is compounded by the fact that military families move around so much," says Murray.

Murray says Calian considered how they could improve this situation for military family members.

"We have a network of 145 clinics that we manage on behalf of Loblaw at store locations across Canada, including No Frills and Real Canadian Superstores. As a result, we have pre-existing relationships with the roughly 400 family physicians practicing at these clinics; so we asked our network of physicians to consider opening spots at their practice to military families."

To make use of the program, military family members need only visit their local Military Family Resource Centre (MFRC), where they fill out a form requesting information



Photos by MC Precious Carandang, Public Affairs

**Brigadier-General Nicolas Eldaoud and Colonel Dan Harris present the Military Family Coin to Scott Murray during the launch of the Calian Military Family Doctor Network at Toronto's Military Family Resource Centre Jan. 20.**

about their healthcare needs. Calian then reaches into its network of participating physicians and attempts to match the family members to local doctors.

Calian is not about to resolve the fundamental shortage of family physicians in Canada, says Murray, but is leveraging the relationships they have. They are also absorbing the administrative expenses of the program to help

ensure military families have better access to family physicians despite the obstacle of frequent uprooting.

The company first piloted the program in July 2015 in CFB Winnipeg, where Murray says they had great success matching military family members to family physicians at the seven participating clinics in the city. From there, the pilot program

expanded to Toronto and Halifax.

"As of Jan. 20, the Military Family Doctor Network has gone national, and we're now looking at bringing the program to British Columbia, New Brunswick, and other parts of Canada as quickly as we can," says Murray.

He says CFB Esquimalt is currently on the company's shortlist, and is in active discussion for consideration.



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# Two Winnipeg crew members charged

DND

Three members of HMCS Winnipeg's ship's company were detained by Japanese authorities Feb. 1 while the ship was conducting a port visit in Tokyo, Japan.

These crew members, two military members and one civilian employee, were detained for the alleged use of a controlled substance. One military member has since been released by police, while the other two members were charged with use of a

controlled substance by the Tokyo Police.

The navy will continue to work with Canadian Consular officials and Japanese authorities as required throughout this process.

The Royal Canadian Navy (RCN), and the Canadian Armed Forces (CAF) as a whole, has a zero-tolerance policy for illicit drug use and possession.

"All of our personnel, military and civilian, are expected to conduct themselves in a manner

that brings credit to the navy, the Canadian Armed Forces, and our country as a whole," said Rear-Admiral Gilles Couturier, Commander Maritime Forces (Pacific).

"Our personnel are held to the highest standards of professionalism and conduct, and are subject to all Canadian laws, the Criminal Code, and the Code of Service Discipline, which is part of the National Defence Act.

These allegations are obviously troubling, and

while it is too early to speak to the specifics of any actions or investigations at this point, I can state definitively that our response will be based on facts, and will serve to remind and reassure all who serve in the RCN that unacceptable behaviour, whatever its nature, has no place within our ranks."

The Royal Canadian Navy (RCN) will continue to provide support to those being held in custody, as well as to their families here in Canada.

# Sea Duty Allowance may be back paid

DND

In 2001, Compensation and Benefits Instructions 205 was promulgated, thereby cancelling the Queens Regulations and Orders 205.35.

Canadian Forces Administrative Orders 205-25, however, was not adjusted. At Reference B, a Chief of the Defence Staff decision determined that in matters of compensation and benefits Canadian Forces Administrative Orders cannot limit or expand the payment of allowances as set out in the Compensation and Benefits Instructions.

As a result, personnel in ships undergoing refits over 180 days since 2001 have been affected in that Sea Duty Allowance was incorrectly ceased under the provisions of the Canadian Forces Administrative Orders.

To assist the functional authority for Canadian Armed Forces allowances in rectifying the issue, a list of Her Majesty's Canadian ships that were in

refit periods over 180 days was submitted to Chief Military Personnel. Where payment of Sea Duty Allowance was ceased under the Canadian Forces Administrative Orders, payment will be back-dated through the work of verification teams to the date the allowance was ceased.

The effective date of Compensation and Benefits Instructions 205 (Sept. 1, 2001) will be used as the cut-off date for this verification, as proper policy governance was in effect before that date.

Director Military Pay and Allowances Processing and the Royal Canadian Navy are standing up teams early in 2016 to commence this verification process.

Any member whose entitlement to Sea Duty Allowance ceased on the earliest day they were assigned, a PCAT with MELS indicating unfit sea environment, or who had been on sick leave in excess of 180 continuous days, while posted to a ship on refit,

must make this information known to their designated pay office no later than Feb. 19, 2016.

Based on the complexity of this undertaking, and the number of files to be verified throughout the RCN and the CAF, this process is anticipated to take up to nine months to complete.

As individual accounts are verified and processed, affected members should expect to see an adjustment to their pay accounts at any point during this timeframe.

Additionally, this verification will encompass all those personnel who have released from the CAF over this period.

Questions concerning this process shall be directed, through the chain of command, to the RCN point of contact, LCdr Kathy Macleod, Director Naval Personnel and Training, 613-971-7605 or the alternate point of contact, CPO1 Kent Gregory, 613-971-7101.

# Security Awareness Week - test your security knowledge

**Rachel Lallouz**  
Staff Writer

In support of Security Awareness Week, Robert Whitwall, N61-2 Headquarters Security Officer, has set up a fake single person cubicle on the third floor of D100 with an array of physical and IT security infractions for D100 personnel and visitors to discover.

Physical security infractions can include leaving protected documents on an unattended desk, or not properly securing sensitive documents and passwords. IT security infractions include using unauthorized drives in workplace computers and leaving computers logged on while unattended.

"Security is everybody's business, not just people in the security world," says Whitwall. "We should all be aware of our surroundings and if we see something that is out of

place or looks wrong, it should be mentioned. The more people are aware of their security environments, the safer our work environments will be."

Whoever spots the highest number of infractions will receive a prize.

The contest runs the duration of Security Awareness Week, from Feb. 8 to 12. Anyone interested in participating can stop by the cubicle and fill out a form provided citing the infractions they notice.

On the Naden side, Base Administration Branch personnel can review a mock workstation in N30 Base Orderly Room, and list all security infractions. There is also a security quiz located in the lobbies of the Wardroom, Nelles, and the Naden gym. Please note restricted areas require you to ensure all personnel are escorted accordingly. If successful in any of the above exercises, you could be the winner of some cool prizes.

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## WHAT SAY YOU

# Progress report on inappropriate behaviour released

The Canadian Armed Forces has released the initial progress report [www.forces.gc.ca/sites/FORCES\\_Internet/caf-community-support-services/sexual-misconduct-progress-report.page](http://www.forces.gc.ca/sites/FORCES_Internet/caf-community-support-services/sexual-misconduct-progress-report.page) addressing harmful and inappropriate sexual behaviour. Regular reporting was one of the first commitments leadership made in responding to this problem.

I fully endorse this report. It reflects the work that has been initiated and, in some cases, completed in the six months since I launched Operation Honour. It also reflects the challenge that still lies ahead of the Canadian Armed Forces in instituting the change required to solve this.

Last July, I lamented the fact that there were within our ranks members who bullied, degraded and even assaulted fellow brothers and sisters in arms.

I made clear that this could not—and would not—persist for two reasons: because it was unfair to you, the dedicated men and women who sacrifice so much to serve Canada and Canadians, and because of its corrosive effect on the CAF's operational capability—our raison d'être.

The progress outlined in this report rep-

resents a solid start—though it is still just a start.

We have begun to alter some of the behaviours contributing to the problem through increased awareness, stronger understanding and enhanced diligence. While this is imperative, it will only be through shaping and reinforcing new attitudes that the Canadian Armed Forces' culture will change positively and permanently. This will take time.

My resolve in solving the problem of harmful and inappropriate sexual behaviour has not waned, nor will it. The consequences of not succeeding are simply too dire.

In terms of achievements, the establishment of the Sexual Misconduct Response Centre is very significant. It offers Canadian Armed Forces members affected by harmful and inappropriate behaviour an additional option where he or she can be heard and supported.

The upcoming Statistics Canada survey, designed to provide the Canadian Armed Forces with a fuller understanding of the problem, will also be vital in systemically measuring our progress. You will tell us what is changing in response to Operation Honour

and what is not. In order to do this, I encourage all serving members to take the time to respond to the survey in April. Your voice is essential for us to fix this properly and permanently.

The progress report is not simply about outlining what has been done, but also identifying next steps. In addition to the survey, a focal point of the effort over the next six months will be on improving both training curriculum and developing more effective training tools. We will also be able to track trends related to harmful and inappropriate sexual behaviour more quickly and accurately.

The Canadian Armed Forces has only just begun this mission. Last year we acknowledged harmful and inappropriate sexual behaviour is a significant problem in our organization. This report shows we are moving in the right direction to ensure a professional environment of respect and dignity for every one of you. You deserve nothing less.

**General Jonathan Vance**  
Chief of the Defence Staff

## People Talk

Lookout asked this question:

*What is your most memorable Valentine's Day memory?*



This guy that I knew asked me out to Starbucks on Valentine's Day in Ottawa. I mistakenly thought it was a Valentine's Day date, but found out it wasn't when he told me to pay for my own coffee – needless to say it was very unromantic.

**Anna Paul, Nelles Block,**  
**Serious Coffee employee**



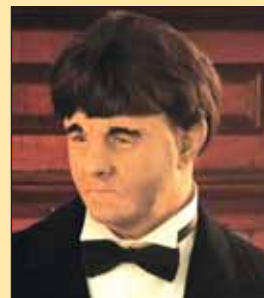
I went out on a second date with a guy I had just met and we planned to go for a walk on the beach. While we were on that walk we both realized it was Valentine's Day which made it spontaneously romantic because of the setting.

**Hannah Badger, Naden**  
**Athletic Centre Kiosk, PSP**



I was deployed and stationed in Hawaii back in 2013, and my wife-to-be Taylor sent me a Valentine's Day care package complete with chocolates and a cute little teddy bear. It just melted my heart to open the package and get this long-distance message of love.

**LS Jason Chambers,**  
**HMCS Ottawa**



I had a romantic evening setup for my fiancé Hayley with a candlelit dinner, a bottle of Beaujolais, a fire, chocolates, and Moonlight Serenade playing. When I presented her with some flowers, a bee flew out of the arrangement and stung her on the nose. She shrieked, it startled me so much I knocked over the wine and spilled it all over her dress.

**Capt(N) Manny**  
**Mannequin, CFB**  
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I'll never forget the romantic moment of marrying my husband Lt (N) William Boulet on Valentine's Day in Edmonton at the breathtaking McDonald Hotel. William ordered a stretch limo with Dom Pérignon on ice, and then whisked me off to the Cayman Islands for our honeymoon. It's been 23 blissful years since. Happy Valentine's Day darling!

**Suzann Boulet, Base**  
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## Protecteur set to leave Esquimalt

**Peter Mallett**  
Staff Writer

The former HMCS Protecteur is entering the final stages of the disposal process when it leaves Esquimalt Harbour in the next few weeks.

The disposal process, at large, involves removing all electronics, communications, weaponry and other equipment onboard the vessel in accordance with the Surplus Crown Assets Act and the Treasury Board Directive on Disposal of Surplus Material.

Plans are underway to have the ship leave in February to be towed to Nova Scotia for final disposal.

The 171.9-metre long vessel is undergoing preparations in Dockyard's C Jetty before it begins the 7,600 nautical mile

journey down the Pacific coast, through the Panama Canal and then onwards to Atlantic Canada.

"These preparations also include removing large quantities of liquids, ensuring the platform stability is correct, handling security concerns and reviewing contractual remits," said Lindsay Tessier, from ADM (PA).

Protecteur's final destination is R.J. MacIsaac Construction Limited's (RJMI) facilities in Port Mersey (Liverpool), Nova Scotia. RJMI won the \$39-million scrapping contract for Protecteur and Algonquin.

Algonquin, an Iroquois-class destroyer, was paid off June 11, 2015, and is currently undergoing a similar disposal process with an expected departure date targeted for April 2016.

*These preparations also include removing large quantities of liquids, ensuring the platform stability is correct, handling security concerns and reviewing contractual remits.*

Lindsay Tessier  
ADM (PA)



Photos by Peter Mallett, Lookout

In the final stages of its disposal process, the former HMCS Protecteur in Dockyard's C Jetty, Feb. 3.

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## Senior Tritons hockey team tackles regional playoffs

**Peter Mallett**  
Staff Writer

The Men's Senior Tritons hockey team are putting on hold any grandiose dreams of national home-ice hockey glory, at least for now.

In order to qualify for the Canadian Armed Forces Oldtimers Hockey Championship, to be held at CFB Esquimalt March 6

to 10, the Tritons will first need to defeat up-island rivals the Comox Flyers this week in a best-of-three regional championship series at the Wurtele Arena.

The official puck drop for game one on Tuesday, Feb. 9 is at 9 a.m., with game two at 7:30 p.m., and if necessary a game three tie-breaker Feb. 10 at 2:30 p.m. The players and coaching staff hope

hockey fans at the base lend their support at both games.

"It would be terrific to get some support and get the fans out to Naden and behind us for the regional championships," said MS Andrew Johnston, assistant coach.

"We know it's really tough for people to get away from work during the day, but the amount of fan support can really

make a big difference for us."

The winner of this week's series advances to represent the Pacific region in the Canadian Armed Forces Oldtimers Hockey Championship, competing against Quebec, Prairie, Ontario and Atlantic region teams.

CFB Valcartier won last year's five-team national finals held at CFB Borden in Angus, Ont. while the

Tritons placed fifth.

Top players on this year's Esquimalt squad include winger LCdr Bill Ansell, Capt(N) Jason Boyd who plays centre, and play-making winger RAdm Gilles Couturier.

"We have many senior officers on our team, but as far as hockey is concerned, as soon as a player enters our dressing room everyone's an equal member of the team," said MS

Johnston. "That's why being part of this team is all about the hockey experience, getting some good exercise, boosting morale, bonding and representing our base."

The younger men's Tritons team recently advanced to the CAF Men's National Hockey Championship at CFB Borden March 5 to 10 with a 2-0 series sweep over the Comox Flyers at Wurtele Arena on Jan. 13.



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# Founder of children's empathy building program visits MFRC Daycare

**Rachel Lallouz**  
Staff Writer

Founder of the Seeds and Roots of Empathy program, Mary Gordon, toured the Military Family Resource Centre (MFRC) daycare Jan. 25, where she viewed a literacy circle of three-to-five year olds.

Both Seeds of Empathy and Roots of Empathy foster social and emotional competence and literacy skills in children, and reduce aggression in children while increasing empathy.

Both programs have been run by the MFRC for 10 years. Seeds of Empathy is done in the MFRC's three-to-five year old daycare. Roots of Empathy is facilitated by the MFRC in a kindergarten class at Crystal View Elementary School. Children between

three and five years of age begin to discover empathy, and the program accelerates this learning through creative exercises such as literacy circles, art and drama activities.

"To have a program that puts children in touch with how they feel, and how other people feel gives children personal power that enables them to build lasting relationships," says Gordon.

At the beginning of the Seeds of Empathy program, an infant is brought into the class to interact with the preschoolers. Gordon says the baby is the teacher and modeller of emotions, and the preschoolers learn to label feelings by watching the baby.

"Children learn their own emotional literacy by recognizing emotions on the baby's face, and then are able to recognize the feelings of others, such as in the faces of

characters found in books shared during literacy circles," explains Leanne Harel, MFRC Childcare Supervisor, who has been teaching the program for six years.

The program is especially crucial to children of military members who may be facing additional stress from a parent's deployment.

"Anytime in a community where there are levels of stress, such as sadness about family separation, it's important for little children to have emotional literacy so they can develop insight into how they feel, so they can talk to others about it," says Gordon.

During Gordon's visit, Harel read Llama Llama Red Pajama, a children's book by Anna Dewdney, to a group of eight children. The children were completely immersed in the world of Dewdney's book, as Gordon observed them.

After the literacy circle, the program's founder was presented with the Military Family Coin by Executive Director of the Esquimalt MFRC, Gaynor Jackson.

"The program is so important because if empathy is developed, aggression is reduced," says Gordon. "And we know that aggression is the gateway to poor mental health and other negative outcomes. The program helps build a healthier society where people are connected to one another."



**Leanne Harel, Childcare Supervisor at the Colwood Pacific Activity Centre.**

*To have a program that puts children in touch with how they feel, and how other people feel gives children personal power that enables them to build lasting relationships.*

Mary Gordon  
Founder Seeds and Roots of Empathy programs



**Above:** Leanne Harel, MFRC Childcare Supervisor, reads aloud a children's book to a group of five to eight year olds in accordance with Mary Gordon's Seeds and Roots of Empathy philosophy.

**Right:** A poster board of the Seeds and Roots of Empathy program hangs on a wall in the Colwood Pacific Activity Centre daycare.



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## HELP CONTINUES FOR HOMELESS VETERANS

**Peter Mallett**  
Staff writer

Front line volunteers working to get Victoria's homeless veterans off the streets are applauding a recent policy switch by the new federal government.

Along with plans by the Liberal government to reopen nine Veterans Affairs Canada (VAC) regional offices, hire 400 additional staff, and create two centres of excellence, including one specializing in mental health, PTSD, and related issues, there is also a pledge by the VAC's new minister Kent Hehr to tackle the "unacceptable" problem of homelessness amongst veterans.

"We are developing a homelessness strategy in collaboration with partners and stakeholders that will identify gaps in existing policies and programs, and will propose evidence-based mechanisms that will focus on the elimination of veteran homelessness," Hehr said in a statement. "Area offices are strengthening partnerships with community organizations across the country and coordinating efforts to identify homeless veterans, and use the community housing and

support services to help them."

Employment and Social Development Canada recently released a report that paints a picture of the state of homelessness among veterans. It states that 2,250 former CAF personnel account for 2.7 per cent of nation's homeless population of 150,000. The study surveyed occupants at 60 homeless shelters across Canada and found that 16 per cent of female veterans reported being homeless on more than one occasion, and the average age for homeless veterans staying at shelters is 52, compared with an overall average of age of 37.

Canada's Chief of Defence Staff, Gen Jonathan Vance, was equally concerned with the report's findings, stating, "It's shocking in Canada that we would have a veteran who is homeless, but it is a sad reality."

Angus Stanfield is the Royal Canadian Legion's Yukon/B.C. Command president and founding director of Cockrell House, a group that helps homeless veterans.

He says the problem of homeless veterans is not going away and seems to be getting worse.

"I'm glad there is more public awareness, interest and perhaps the political will to start addressing this. I'm looking forward to meeting with the new minister and government when they visit Victoria," he adds.

Founded in 2007, Cockrell House in Colwood was the first of its kind in Canada. It helps at-risk veterans stay off the street by offering them permanent housing and essentials such as furniture, bedding, food, bus passes and access to social programs. However, they only have room for 11.

The VAC's outreach program works with 200 community groups in 50 cities, such as Veterans Emergency Transition Services (VETS), a non-profit charity based in Halifax that assists homeless veterans across Canada.

"I'm excited about the new policy direction and think it's a good sign because we now have hope," said VETS president and founder Jim Lowther. "I think they [the government] will be able to carry out their goals if they utilize organizations like ours, and other service providers who deal with homelessness for

in-crisis veterans."

During a 15-year military career, Lowther completed deployments on Operation Palladium and Operation Apollo, and suffers from a traumatic brain injury. Lowther says he has first-hand experience of how the cycle of homelessness starts, and also how to stop it in its tracks.

"There are various reasons why the downward spiral starts and veterans end up in shelters," he says. "I was lost when I got out of the service, but thankfully I had a supportive and loving family who were there for me. Many others aren't so lucky when things start going bad."

Lowther says his group offers a "proven blueprint" for helping homeless veterans find permanent apartments, noting since they were founded in 2010 VETS has helped more than 800 former military members.

Stanfield and Lowther both say homelessness amongst veterans normally occurs within the first 10 years following the end of their military service, and that the latest wave of homeless Afghanistan war veterans has yet to crest. They added

that since the study was taken at homeless shelters, it doesn't account for the many veterans who often refuse to seek help and more typically "want to be left alone."

They both indicated the number of homeless veterans was closer to 20,000 or about eight to 10 per cent of the homeless population.

Stanfield says his group has encountered several veterans who prefer to camp in the bush rather than seek assistance at a shelter, including two men that Cockrell House is assisting that live in the bush on the north end of Vancouver Island.

Stanfield concluded that just getting a homeless veteran to agree they need help and getting them off the street are the first and most important steps to breaking the cycle of homelessness.

"When we get them together at Cockrell House they bond with each other and find out there is someone who can understand and listen to their concerns," he said. "To people that haven't served in the military, it's a bond they can't truly understand."



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# New CFOne Card available for veterans

DND

Understanding the need to fully and properly recognize serving and former members of the Canadian Armed Forces (CAF) and their families, the CAF will transition from the record of service card (NDI75) to the CFOne Card as the recognition card of choice. As part of this transition, the CAF will cease processing of the NDI 75 effective Feb. 1.

The CFOne Card will be available to all serving and former members of the CAF and their families. Veterans of the

CAF will receive a specially designed card that rightfully distinguishes them as a veteran of the CAF. Details for how to obtain a CFOne Card are available through CFMWS and at the website located at [www.cflfc.ca](http://www.cflfc.ca)

While the NDI 75 card will no longer be in production, the certificate of service documentation (DND 2279 or CF 707 and CF 54) will continue to be provided to all retiring and transitioning members of the CAF as they finalize their administrative requirements prior to departing the CAF.

Respective URS will continue to

provide the DND 2279 and CF 707 documents for members with less than 10 years of service and DMCA will continue to provide CF 54 for members with more than 10 years of service. For more details please refer to Commander MPC web page of the military human resources records procedures publication (MHRRP) <http://upkprod.desc.mil.ca/hrmsp/eng/data/toc.html>

Requests for information regarding the new CFOne Card will be redirected to CFMWS who will provide more details within the coming weeks.

## Take a moment, reflect, Black History Month

For more than 20 years, Canada has celebrated the legacy and contribution of black Canadians, past and present, each February during Black History Month.

Across the country, we honour the many achievements and contributions of black Canadians who, throughout history, have done so much to make Canada the culturally diverse, compassionate and prosperous nation it is today.

Some of these historic contributions include:

- In 1604, some 400 years ago, the first recorded person of African heritage set foot in what would become Canada. Mathieu Da Costa arrived with the French explorers Pierre Du Gua De Monts and Samuel de Champlain. Da Costa, a free man who worked as an interpreter, provided an invaluable link with the Mik'maq people encountered by the Europeans.

- Black Canadians contributed to the wartime efforts during the War of 1812, where the Coloured Corps fought in the Battle of Queenston Heights, a decisive engagement with the Americans. The Corps had been established thanks to Richard Pierpoint, a black Loyalist and Canadian hero.

- While serving onboard of HMS Shannon, William Hall, the son of a former slave, won the Victoria Cross during the relief of Lucknow, India. On November 16, 1857, the gun crews being injured and unable to effectively fire their guns, Hall and his wounded gunnery officer moved and fired the guns by themselves, until breaches were created in the fortress walls, permitting the infantry to move in, remove their besieged compatriots, and fight their way out of the city to safety.

- In 1916, the military command authorized the creation of No. 2 Construction Battalion, a unit primarily composed of black Canadian enlisted men. This move allowed for the conscription of black Canadian men in other units for

the remainder of the First World War. During the Second World War, black Canadians were included in Regular Army and Officer Corps.

For more information on Black History Month, visit [www.blackhistorycanada.ca](http://www.blackhistorycanada.ca)

## Military appreciation basketball coming up at University of Victoria

**Rachel Lallouz**  
Staff Writer

As a show of appreciation to the local military community, the University of Victoria (UVic) Vikes men's and women's basketball teams are offering free tickets to their Feb. 20 games.

On the roster is Manitoba's University of Brandon Bobcats.

The home game will be held in UVic's new Centre

for Athletics, Recreation, and Special Abilities (CARSA) building, with the women's game starting at five p.m. and the men's game starting at seven p.m.

Free tickets to the game for serving members and their families will be passed out at the MARPAC Expo on Feb. 11 at the Vikes booth on the lower gym floor, and distributed within base units. Tickets are for both games.

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# Four decades of teeth cleaning comes to a close

**Peter Mallett**  
Staff Writer

Dockyard dental hygienist Reine Richer Lafleche, 61, estimates she has uttered that familiar phrase “open wide” more than 50,000 times in her 42-year military and civilian career.

But at the end of her last shift on Jan. 28 Reine said the catch phrase for the last time, officially putting down her scalers, polishers and hand mouth mirror.

She says it was time to let go of the physically demanding task of providing oral hygiene services to military members and head into retirement.

The difficult part was saying that last goodbye to her patients.

“I love working with people on a one-to-one basis and helping them, so I will definitely miss this,” said Lafleche “I mentioned to my patients that this will be their last teeth cleaning done by me and they were disappointed, but I know it’s time for me to move on.”

A trip to the dentist can often make the bravest of sailors, soldiers and air men and air women cringe in fear. But her co-worker



WO Marla Buchanan, senior dental hygienist, says Lafleche was a “steady” figure for her patients.

“I don’t know how she was able to continue working as a hygienist for so many years,” she says. “It’s a very demanding job, physically taxing on the back, arms, hands and wrists.”

It’s a trade that can easily lead to over-usage injuries such as Carpal Tunnel Syndrome, and back and neck problems, but Lafleche says she owes her longevity in her trade to a healthy lifestyle and the satisfaction she got from patients.

During her career, she estimates she has inspected and maintained somewhere in the neighborhood of 1.6-million teeth.

Some of the greatest technical advancements during her career were the ergonomic instruments, ultrasonic scaler and digital x-rays, which greatly eased the workload and improved efficiency for dental workers.

But, she adds, regular brushing, flossing and maintaining good oral health never go out of style.

Prior to her arrival in Esquimalt over 20 years ago, Lafleche was a member of the military Dental Corps, progressing in rank to Master Warrant Officer, and served at St-Jean, Borden, Halifax, Greenwood, Valcartier, Moose Jaw, and Winnipeg, ending her military career in 2002. She then accepted civilian employment at the CFB Esquimalt dental clinic.

Lafleche officially retires April 6, and her co-workers are already planning a spring retirement party, a celebration of her professionalism and dedication to the trade.

What’s next for her? Golf, gardening, traveling, spending time with the grandchildren and some volunteer work, she says.



Photos by Peter Mallett, Lookout  
**Dental Hygienist Reine Richer Lafleche prepares for a patient at the Dockyard Dental Clinic, a few weeks before she retired.**

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Canadian Forces Fleet School Esquimalt Commandant, Commander Ed Hooper presented several awards during Ceremonial Divisions and Awards Presentations Parade at the Naden Drill Deck on Jan. 26.

Photos by Cpl Brent Kenny, MARPAC Imaging Services



**Left:** The Reviewing Officer, Canadian Forces Fleet School (Esquimalt) Commandant, Commander Ed Hooper takes a moment to inspect the sailors on parade.

**Above:** Newly minted Canadian Armed Forces military medals glisten in the light prior to being handed out.



Leading Seaman Dunlop receives the General Campaign Star – South West Asia.



Leading Seaman Miskow receives the General Campaign Star – South West Asia.



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Leading Seaman Yance receives the General Campaign Star – South West Asia.



Leading Seaman Zhang receives the General Campaign Star – South West Asia.



Petty Officer Second Class Rownd receives the General Campaign Star – South West Asia.



Master Seaman Dykstra receives the General Campaign Star – South West Asia.



Leading Seaman Nekhoda receives the Operational Service Medal Expedition 1st Rotation Bar for Operation Caribbe.



Petty Officer First Class Spears receives the Canadian Forces Decoration First Clasp.



Lieutenant (Navy) Gunderson receives the Canadian Forces Decoration.



Petty Officer Second Class Piel receives the Canadian Forces Decoration.



# Fleet School Awards Ceremony



Petty Officer First Class Stevens receives the Canadian Forces Decoration.



Petty Officer Second Class Purvis receives the Canadian Forces Decoration.



Master Seaman Chapman receives the Canadian Forces Decoration.



Master Seaman Pelchat receives the Canadian Forces Decoration.



Master Seaman Acland receives the Canadian Forces Decoration.



Leading Seaman Achneepineskum receives the Canadian Forces Decoration.



Leading Seaman Beaini receives the Canadian Forces Decoration.



Leading Seaman Degrosseilliers receives the Canadian Forces Decoration.



Leading Seaman White receives the Canadian Forces Decoration.



Leading Seaman Zhang receives the Gun Metal Sea Service Insignia, which is awarded for 180 days at sea.



Leading Seaman McGinn receives the Gun Metal Sea Service Insignia, which is awarded for 180 days at sea.



Leading Seaman Mclsaac receives the Gun Metal Sea Service Insignia, which is awarded for 180 days at sea.



Leading Seaman Pooley receives the Gun Metal Sea Service Insignia, which is awarded for 180 days at sea.



Petty Officer Second Class Trottier receives his promotion to his current rank.



Master Seaman Bouchard receives his promotion to his current rank.



Master Seaman Hall receives his promotion to his current rank.



Leading Seaman Loughead receives the Joint Task Force Nijmegen 2015 Certificate of Achievement.



Master Seaman Lovejoy receives the Joint Task Force Nijmegen 2015 Certificate of Achievement.



Corporal Tessier receives the Joint Task Force Nijmegen 2015 Certificate of Achievement.



Valentina Burtini (center) receives a Ladies Treasury Signature Ring, awarded for 15 Years of Service to the Government of Canada, as her daughter looks on.



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