

# MARPAC Vaccination

## ROLL OUT



• CANADIAN MILITARY'S TRUSTED NEWS SOURCE •

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# LOOKOUT

MARPAC NEWS CFB Esquimalt, Victoria, B.C.



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## MARPAC VACCINATION ROLL OUT

S1(R) Carter Stone, a recruit in the Basic Military Qualification (BMQ) course, receives a COVID-19 vaccination from S1 Bertrand-Bigras at Canadian Forces Health Services Centre (Pacific) on April 14. Maritime Forces Pacific is now rolling out shots to military members through a prioritization matrix.

Photo by S1 Kendric Grasby, Imaging Services

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# Navy Milestone

## First female hard sea West Coast Coxswain

**Peter Mallett**  
Staff Writer

HMCS *Winnipeg* made Royal Canadian Navy history when CPO1 Line Laurendeau was appointed senior non-commissioned officer on the ship.

She replaces CPO1 Pascal Harel as the ship's Coxswain, and in doing so is the first female Coxswain, hard sea trade, on the West Coast.

"Becoming a navy Coxswain was a dream of mine and becoming the Coxswain of *Winnipeg* today is a moment I will remember for years to come," said CPO1 Laurendeau, during the change of appointment on April 20. "To the crew of HMCS *Winnipeg*, my goal is to become the best leader I can be."

The event was presided over by Cdr Doug Layton, *Winnipeg* Commanding Officer, with Cmdr Angus Topshee, Commander Canadian Fleet Pacific, Deputy Commander Capt(N) Scott Robinson, and Fleet Chief, CPO1 Sylvain Jaquemot as guests. The proceedings were streamed on Facebook Live.

It is the third time CPO1 Laurendeau has assumed a position occupied by CPO1 Harel.

In 2014 she replaced him as Coxswain in HMCS *Edmonton*. Then in January 2020 she succeeded him in her last post as Unit Chief Petty Officer for Base Administration.

In his address he expressed no doubt in her ability to do the job.

"She is going to do well. She already has a good idea of what she is getting in to and it should be a seamless transition for her."

Naval Fleet School (Pacific) is his next post as their Chief Petty Officer.

Twenty-eight years of service to Canada in the Canadian Armed Forces has prepared

CPO1 Laurendeau for the job to lead and manage all personnel on board *Winnipeg*.

She joined the military in March 1993 as a Naval Acoustic Operator. CPO1 Laurendeau served from the rank of Ordinary Seaman (Sailor Third Class) up to CPO2 in HMC Ships *Ottawa*, *Calgary*, *Vancouver*, *Algonquin*, *Winnipeg*, *Edmonton* and *Saskatoon*. She has also served as a naval boarding party member, recruit instructor, area cadet advisor, training coordinator, and Chief Sonar Operator at Canadian Fleet Pacific.

The historic importance of her appointment was amplified by Cdr Layton, who described her as someone who has enjoyed a ground-breaking career.

CPO1 Laurendeau is the fifth woman in Canada to hold the position of Coxswain on a major warship.

In 2004, CPO1 Jan Davis (West Coast) became the first woman Coxswain of a major warship. In 2010, CPO1 Dana McLellan (East Coast) became the first woman in a hard sea trade on the East Coast.

CPO1 Janet Graham-Smith (West Coast) became the third Coxswain in 2019 and CPO1 Alena Mondelli (East Coast) became the first woman to sail at every rank as a hard sea trade on a major warship throughout her career.

CPO1 Laurendeau (West Coast) followed suit as the second hard sea trade to have sailed at every rank.



Chief Petty Officer First Class Line Laurendeau, incoming Coxswain of HMCS *Winnipeg*, addresses those in attendance at the Change of Appointment ceremony.



Outgoing Coxswain, Chief Petty Officer First Class Pascal Harel addresses those in attendance at the change of appointment ceremony.



Photos by S1 Kendric Grasby, Imaging Services

Commander Douglas Layton, Chief Petty Officer First Class (CPO1) Pascal Harel, and CPO1 Line Laurendeau sign the certificates to mark the hand over of the Coxswain position in HMCS *Winnipeg*.



# CFB ESQUIMALT WELCOMES A NEW BASE SURGEON

Major Lili Zhang is the new Base Surgeon taking over from Lieutenant Commander Ian Kirby.

Photo by: A/SLt Pellerin/PAO

**A/SLt Ty Pellerin**  
Base PA Office

CFB Esquimalt's new Base Surgeon didn't have far to go to take on the new role.

Major Lili Zhang has been the deputy Base Surgeon for the past few years, and took over from LCdr Ian Kirby, the outgoing Base Surgeon, on April 19.

"Lili is an exceptionally professional and compassionate clinician," says LCdr Kirby. "She is well supported by experienced managers, staff, and an amazing group of primary care and mental health clinicians. I have no doubt she will succeed as Base Surgeon and raise the quality of health care delivered."

Maj Zhang spent five years at CFB Petawawa as a General Duties Medical Officer before being posted to CFB Esquimalt. In all, she has 17 years' experience in the Canadian Armed Forces (CAF) - she transferred to the Regular Force from the Reserves in 2009.

Maj Zhang says she is looking forward to the challenge and new leadership role.

"There will be a period of adjustment, but I feel like I have already established good working relationships with the base during my time here; so I'm looking forward to strengthening those," she says.

Her role as Base Surgeon is to provide senior medical oversight for the base

while striving to ensure the overall functioning of the medical clinic. She also provides medical advice to base units and works closely with the public health sector.

She is now the lead on the base for the MARPAC vaccine rollout, which has begun.

"It's been said many times throughout the pandemic that 'we are in this together,' which rings true for the vaccine campaign," she says. "I think it's going to be an exciting time for the base and an important step in the right direction. I encourage everyone to receive the vaccine if they are eligible."

The Base Clinic and the Chiefs' and Petty Officers' Mess are set up as vac-



cination sites. Units will be provided vaccination dates and times based on a prioritization matrix that will determine the order in which doses will be given.

For more information visit on the MARPAC vaccine rollout: [www.lookoutnewspaper.com/covid-19/marpac-vaccination-roll-out](http://www.lookoutnewspaper.com/covid-19/marpac-vaccination-roll-out)

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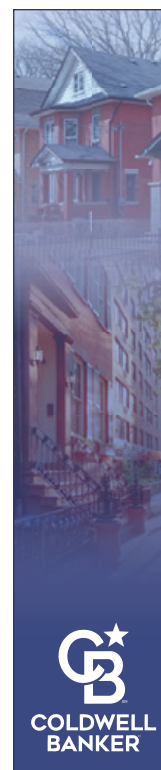
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## WHAT SAY YOU



## Connection at the Heart (and Name) of Former Family Sponsor Program

**Holly Bridges**  
RCAF Family Advocate

Supporting Royal Canadian Air Force (RCAF) families has never been more important than it is now, especially in light of the latest retention survey results. They show the impact of the military lifestyle on spouses and partners as a leading factor in many members' decision to release early.

In an effort to encourage greater participation, and more accurately portray the support available to our people and their families, the RCAF Family Sponsor Program has been renamed the RCAF Family Connection Program.

This will alleviate the confusion with unit (military) sponsors, who are focused on the military member posted in. The Family Connection Program puts the member's family front and centre, and better reflects the purpose of the program. The program aim is to build community and improve communication and connection at the wing and unit level. It's designed to ease the stress of relocation and service-related separation by connecting families to each other and to local leadership.

RCAF units work with local Military Family Resource Centres (MFRCs) to provide the Family Connection Program to any family who desires it when posted into an RCAF unit. Together they engage, build, and maintain a team of volunteer connectors at each Wing. The volunteer connectors pro-actively reach out to families that are newly posted in or affected by duty-related separations.

A proactive publicity campaign is underway to re-brand the program and disseminate an updated suite of products to support it.

The first-ever RCAF families website is also under construction with the aim of providing families, by the summer, with a one-stop-shop source of information on programs and services relating to priorities including health care, spousal employment, child care, and housing.

Posted RCAF personnel and families are encouraged to participate in the RCAF Family Connection Program through their gaining unit or their local MFRC. Every effort will be made to match a newly posted family with a volunteer connector that shares similar family circumstances (children's ages, special needs, etcetera.).

For RCAF families who are staying put



this year – and who would like to welcome another family into their community and share their valuable experience to ease military transitions – please consider volunteering.

Families truly are the strength behind the uniform, and we appreciate the contributions of these invisible crewmembers to overall quality of life, force readiness, and the long-term retention of our people.

Together, through the RCAF Family Connection Program, we can help build stronger families, stronger communities and a stronger fighting force today, tomorrow and into the future.

For more information about the RCAF Family Connection Program, go to: [www.rcf-arc.forces.gc.ca/en/family-support-team/family-sponsor-program.page](http://www.rcf-arc.forces.gc.ca/en/family-support-team/family-sponsor-program.page) or send an email to: [RCAFFamily\\_ARCfamille@forces.gc.ca](mailto:RCAFFamily_ARCfamille@forces.gc.ca)

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# THE FIRST PERFECT SCORE OF THE YEAR

## Royal Canadian Air Force Public Affairs

Major Heather Smith, with 418 Search and Rescue Operational Training Squadron, based at 19 Wing Comox, British Columbia, was the first person to register a perfect score of 400 on the FORCE test this year. She achieved this extraordinary feat on Feb. 24, early in the FORCE test rewards calendar year.

It is worth noting that, among the 21 recipients of a platinum award in 2019, only one person achieved a perfect score. In 2020,

with the rewards program on hold for most of the year due to COVID-19, only one person posted a perfect score.

It's safe to say that Maj Smith stands apart when it comes to fitness, workplace health, and wellness. She plays hockey and is a member of the International Military Sports Council women's basketball team, serving as the co-captain for the team at the last World Military Games. She is actively engaged in promoting physical fitness at all levels, embracing the physical and mental benefits of physical activity.

## About the FORCE evaluation

In English, the FORCE acronym stands for: "Fitness for Operational Requirements of Canadian Armed Forces Employment". The FORCE Program has three components: the evaluation, support programs, and fitness and wellness participation.

The FORCE test is a fitness evaluation made up of four components, or challenges, which are the 20 metre rushes, the sandbag lift, the intermittent loaded shuttles

and the sandbag drag. These components are linked to the Common Military Tasks Fitness Evaluation and used to predict one's ability to meet or exceed the minimal physical demands of military service.

Individual Canadian Armed Forces (CAF) or aggregate results are plotted on the FORCE Fitness profile and allow for a quick way to visualize general health and fitness using the various

coloured zones: red, orange, yellow, green, bronze, silver, gold and platinum.

The FORCE evaluation also includes physical fitness programs created by qualified PSP Fitness Staff, or physical fitness programs generated from DFit.ca that are designed to prepare CAF personnel for the physical rigours of operations, as well as unit physical training and programs provided by Health Promotion.



Major Heather Smith is the first person to register a perfect score of 400 on the FORCE test this year.

Photo by: Corporal Jeffrey Clement

# Let us be your wingman!

Petals n Buds staff understand when someone is in a panic because they had previously forgotten someone's birthday or anniversary. Asking for an on-the-spot gift is not uncommon. Being familiar with military family life this commonality was something that inspired our Forget-Me-Not programs. Where on one hand you could have a bouquet brought to your loved one regularly, on the same day of the week or month, or on the other you could choose specific dates to have a little more significant gift delivered to a loved one.

The Forget-Me-Not Floral Gift Subscription was inspired especially for Military Personnel and their families. Due to Deployment and the nature of the work, families are less often able to communicate, and significant dates are challenging to remember.

Owner Erin Townsend and Creative Director Tara Koshman work hard to deliver exceptional floral services that are perfect for any occasion.

Loved ones miss their deployed partners, especially on these significant dates. It is essential to remember how this separation and missed contact affects everyone involved. The Forget-Me-Not programs are a small

way of touching the lives of your loved ones when you are not able to be there yourself.

Prescript messages say what you would do, if you were right there yourself with them. Your messages will be right there along with the flowers, or gifts, you schedule to have delivered. If you wish to write them yourself, we encourage this; they will be set apart confidentially for delivery the day of your order.

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# Artist depicts Cyclone's brush with Russian Sub

Peter Mallett, Staff Writer



Peter J. Robichaud in his studio.

A Halifax-based artist has captured the high-tension moment when a Cyclone helicopter encountered a Russian submarine.

It was early 2019 during Operation Reassurance when *HMCS Toronto* and its embarked helicopter escorted a Russian submarine in the Mediterranean.

The acrylic-on-canvas painting, entitled *Raptor Meets Russians*, is the work of acclaimed artist and military veteran Peter J. Robichaud.

Robichaud says it is the first painting of a Cyclone in action.

It was commissioned by Major Matthew Dukowski, a member of the 12 Wing Shearwater helicopter detachment on the deployment.

"We were looking at them and they [the Russians] were looking at us, and the painting is a likeness of how I described the situation to Peter," says Maj Dukowski. "The painting shows the chopper and the submarine in great detail, including our detachment's Raptor decal on the side of the aircraft, which to me symbolizes the whole team I had on the detachment."

*Raptor Meets Russians* is currently on display as part of an ongoing art gallery exhibit at the Shearwater Aviation Museum. Limited edition prints of the painting are available at

the museum gift shop.

Robichaud and Maj Dukowski have been friends since they worked together at 12 Wing when Robichaud was still in the military. They were deployed together in 2012 aboard *HMCS Saint John's*.

Maj Dukowski is amazed by Robichaud's art skills and has a number of his prints at his home.

"Peter is unique in Canada, if not the world. Nobody else is creating military artwork to the quality and accuracy and meticulous attention to detail as Peter; he is truly gifted."

Robichaud's passion for both aviation and art developed in childhood. As a youth, he joined the Air Cadets in his hometown of Chatham, N.B., with a dream to become a Royal Canadian Air Force pilot. However, less than perfect vision kiboshed that aspiration.

Instead, he embarked on a career in the Canadian Army in 1987, working in tanks instead of airplanes. In 2004, he transferred to the Canadian Forces Intelligence Branch before his retirement in 2015.

At age 12, he put brush to canvas, and over those formative years developed his style and skill.

"I paint because I love to put a smile on someone's face, and also to leave a legacy since I have no



*Raptor Meets Russians* by Peter Robichaud is currently on display at the Shearwater Aviation Museum.

children," says Robichaud. "I suppose I also paint to make the long-gone subjects of fascination from my own childhood fly again."

Detail is at the heart of his work. Each painting requires hours of research, reviewing imagery until he fully understands the subject - as he puts it "rivet counting."

"Most military folks demand accuracy of the subject. I fully understand it and include myself in that category. You can be an artist in the design of the painting

but the subject matter must be correct."

Once the Shearwater Museum is finished with *Raptor Meets Russians* it will be returned to Major Dukowski, who says he has no plans to sell the artwork.

"I will ask for it back from the museum when I can't stand being without it any longer. It will be displayed prominently in my home for the rest of my life."

To see more of Robichaud's work go to Peter J Robichaud Studios on Facebook or the Canadian Aerospace Artist Association website: [www.aviationartists.ca](http://www.aviationartists.ca)





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# HER MAJESTY'S CANADIAN SHIP 'GOES VIRAL' ON SOCIAL MEDIA IN VIETNAM

**Captain Jeff Klassen**  
HMCS Calgary

An HMCS Calgary story went viral on Vietnamese social media recently.

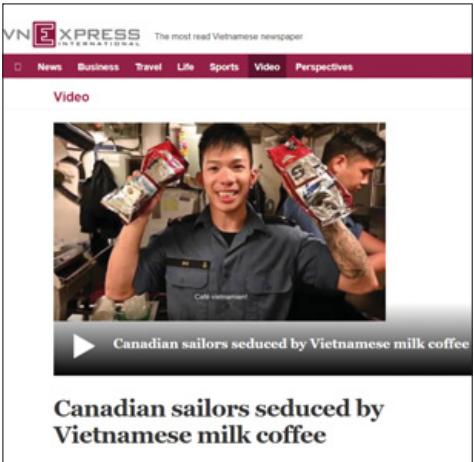
While on Operation Projection, Calgary conducted a technical port visit in Cam Ranh Bay, Vietnam, from March 30 to April 1. Because of strict COVID-19 health measures, the ship's company maintained their COVID-free safety bubble and did not leave the jetty. This meant they could not experience Vietnamese culture as would normally be the case during a port visit.

In order to bring the culture to the ship, two Calgary marine technicians, both with Vietnamese heritage, made traditional Vietnamese coffee for the ship's company. A video was posted on the ship's official Facebook and Twitter pages, capturing everyone's reactions to the coffee.

Vietnamese coffee is both thicker and sweeter than typical North American-style coffee as it is made with sweetened condensed milk; it can be served hot or cold.

The crew was surprised when the coffee-tasting reaction video was picked up by the largest news site in Vietnam, VNExpress, who translated and posted it on their website with Vietnamese subtitles.

Based on social media comments,



Vietnamese people got a real kick seeing Canadian sailors reactions to a beverage that is common to them and a source of pride.

"I couldn't believe it," said Sailor First Class Richard Vuong, who, along with Sailor Second Class Peter Bui, was in the video making coffee for the ship's company. "My girlfriend is Vietnamese and all her friends had seen it and were messaging her. It was unbelievable."

While in Vietnam, Calgary worked with the Embassy of Canada to Vietnam to make a \$5,000 donation on behalf of Boomer's Legacy to the Hope Shelter Orphanage.

The donation bought the shelter two swings, a slide, two storage cabinets, food, and other essentials. Shelter staff sent Calgary a heartwarming video of the children saying thanks, which the ship also posted to its social media.



A delegation from the Embassy of Canada to Vietnam donated \$5,000 on behalf of HMCS Calgary and Boomer's Legacy Fund when the ship made a port visit to Cam Ranh Bay.

Photo supplied by Embassy of Canada to Vietnam



Chief Petty Officer Second Class Paul Huffman serves doughnuts – more specifically RAS doughnuts – to the officers and crew of HMCS Calgary during a replenishment-at-sea (RAS) with Her Majesty's Australian Ship Sirius.

Photo by Captain Jeff Klassen, HMCS Calgary

## RAS DOUGHNUTS

**Captain Jeff Klassen**  
HMCS Calgary

Sweet treats were served while HMCS Calgary conducted a replenishment-at-sea, or RAS for non-navy readers, pronounced "razz", with Her Majesty's Australian Ship (HMAS) Sirius in the Indian Ocean on April 8.

A RAS is mostly about a ship getting fuel so it can extend its operational range before coming alongside a port. However, there is also a fun atmosphere throughout the event.

During the RAS, the two ships exchanged gifts, had a dance off, and Calgary had their mascot Bullseye out as Petty Officer Second Class Jason Boisvenue played air-guitar to a metal song.

Another fun thing during the RAS, and it's almost a tradition, is snacks were served to the crew – trays of colorful and tasty doughnuts. It was almost surreal, a warship getting refueled by a giant retractable hose, helicopters buzzing around, everyone focused and working hard, and then tasty treats were delivered to replenish the crew.

The RAS took place during a trilateral cooperative deployment that also included HMAS Anzac and Japanese Ship Akebono and helicopters from all three nations.

On April 15, Calgary began Operation Artemis where it will be in the Gulf of Oman combating maritime smuggling operations that fund terrorism.

# OPERATION PROJECTION INDO-PACIFIC



HMCS Calgary conducts a Replenishment at Sea, receiving fuel from HMAS Sirius in the Indian Ocean April 8.  
Corporal Lynette Ai Dang, HMCS Calgary Imagery Technician



Photo by Corporal Lynette Dang, HMCS Calgary

## CELESTIAL NAVIGATION ON HMCS CALGARY

**Captain Jeff Klassen**  
HMCS Calgary

Even in the age of GPS, navigation by stars via sextant is still done in the Royal Canadian Navy. While on Operation Projection in the Indo-Pacific this April, HMCS Calgary had some clear nights at sea, and the opportunity was taken to hone this skill with junior Naval Warfare Officers.

"It's very unlikely, but, in the rare-event the ship loses GPS, maintaining an ability to navigate using the stars is a valuable skill we need to keep in our back pocket," said Lieutenant (Navy) Evan Park, Navigating Officer. "I find it incredibly rewarding to be able to pass on this age-old skill to the junior officers working for me."

Celestial navigation training took place at what is called nautical twilight, a time where it is bright enough to see the horizon but dark enough to see the stars – usually about an hour after sunset. Practice sessions using this manual method happen regularly on ship and the skill is part of the training package Naval Warfare Officer Sub-Lieutenants must complete to get promoted to Lieutenant (Navy).





# FLEET MAINTENANCE FACILITIES CAPE BRETON AND CAPE SCOTT

**celebrate 25 years serving the Royal Canadian Navy's Pacific and Atlantic Fleets**

**Ashley Evans**  
FMFCB

April 2021 marks the 25th anniversary of the inception of the Fleet Maintenance Facilities Cape Breton and Cape Scott (FMFCB/FMFCS), the Royal Canadian Navy's dedicated engineering, repair, and maintenance facilities located on each of Canada's coastlines within HMC Dockyard Esquimalt, B.C., and HMC Dockyard Halifax, N.S.

The past quarter century has seen teams of military and civilian engineers, tradespersons, project planners, and other workers deliver on their mandate to serve the technical needs of the Royal Canadian Navy fleet by operating these world-class ship repair facilities.

The FMFs were formed through the amalgamation of three separate engineering, maintenance, and repair units in 1996: Ship Repair Unit Atlantic/Pacific, Naval Engineering Unit Atlantic/Pacific, and Fleet Maintenance Group Atlantic/Pacific.

The Fleet Maintenance Facilities took their current names from Fleet Maintenance Group Atlantic/Pacific, which were former Cape-class maintenance ships: HMCS Cape Scott and HMCS Cape Breton. The ships were permanently berthed alongside the coast of their namesakes as floating dockyard maintenance and repair facilities in

the 1970s; however, were later moved into shore facilities.

FMFCS boasts a total building count of 13, with an overall footprint of more than 81,000 square metres.

On the West Coast, a consolidated Ship Repair Zone has been created through the FMFCB modernization project (C4360), which includes the construction of D250 at 48,000 square metres. C4360 brought with it the construction of the 2,300 square metre Central Storage Facility and has made FMFCB one of the largest buildings by volume on the West Coast of North America.

The FMFs are comprised of seven departments: Operations, Engineering, Production, Unit Support, Finance, Strategy, and Process Integration, with the Production department carrying out the following capabilities:

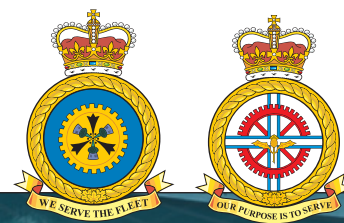
- Command and Control Systems;
- Communication Systems;
- Above Water and Under Water Weapons Systems such as guns, missiles, fire-control and torpedo systems;
- Hydraulic Systems;
- Marine Diesel, Gas Turbine, Electrical Propulsion, and Auxiliary Systems;
- Electrical Generation and Distribution;
- Hull Maintenance and Fabrication resources;
- Machining; and
- Submarine Systems, such as periscope maintenance and weapons certification, among others.

As industrial, technological, engineering, and production hubs, the Fleet Maintenance Facilities are strategic assets for the navy; as they provide a full range of naval engineering, maintenance, and repair services to support the operational availability of the navy's warships and submarines, auxiliary vessels, and other Formation units.

The majority of work is completed onsite in the HMC dockyards; however, mobile repair parties further extend their capabilities by providing the ability for specialized technicians to meet up with deployed warships worldwide.

Many employee faces have changed (or aged) over the years, but delivering first-class support to the Royal Canadian Navy has remained. With every turn of a wrench and engineering change designed and implemented, the Fleet Maintenance Facilities continue to provide unwavering service to the Admiral and the sailors who take the vessels to sea.

A special 25th Anniversary Fleet Maintenance Facility Cape Breton Commemorative book has been created. If you are interested in a copy contact Ashley. Evans@forces.gc.ca



## CELEBRATING 25 YEARS

SERVING THE PACIFIC FLEET OF THE ROYAL CANADIAN NAVY



“Those that made the ultimate sacrifice before us we reflect on in our history, and often we seek those examples when we are facing some of the challenges today. We source our courage, our dedication, our energy in those examples from the past.”

Major-General Michel Lalumiere,  
Chief of Fighter Capability



## The future of the Air Force is built upon the service and sacrifices of the past

**Captain Sarah Harasymchuk and Lieutenant (Navy) Melanie Aqiqi**

It was a grim day nearly eight decades ago when 426 Bomber Squadron, known as the Thunderbirds, received a new mission order.

They were tasked with bombing the railyards at Louvain, Belgium, as part of a 120 aircraft raid on May 13, 1944, during the Second World War. There were 14 Thunderbirds on the battle order, carrying nine 1,000-pound bombs and four 500-pound bombs.

The eight-person crew on board Halifax LW682/OW-M never reached their objective.

Instead, they were shot down by a Luftwaffe night-fighter ace, Hauptmann Martin Drewes of III / NJG1. They crashed into a bog near the River Dender at Schendelbeke and all eight crew members were killed. The muddy terrain quickly engulfed the aircraft with three crew members still inside.

When the Halifax Bomber was finally recovered in 1997 by a Canadian-led excavation team, the recovered aluminum took on new meaning for the Royal Canadian Air Force (RCAF) and its members. Metal recovered from the crash site was melted down into ingots. Fragments of that metal are being incorporated into the enamels of new metal flying badges and serve as a visible reminder of past sacrifices.

“The designs of the full-wing and upswept wing metal flying badges, worn on the summer dress uniforms of qualified aircrew, were modernized under the Flying and Occupation Badge Update Project. Aluminum grindings, obtained from the ingots of LW682 metal, are incorporated into the clear enamels used in some of the badges and in the red enamels used in the laurel wreaths of all of the badges,” says Major John Meurling, the Project Director.

Major-General Michel Lalumiere, Chief of Fighter Capability, says the new metal wings symbolize the crucial history of the sacrifices made by the pioneers of today's modern Air Force.

“What is being carried through in the new design is the 95 years of history the RCAF has from its birth in 1924, but also its roots in the Royal Flying Corps and Royal Air Force where some Canadians started flying in World War One.”

It took 53 years before the Halifax LW682/OW-M and the final three crew members were fully recovered. The crew members were Pilot Officer W.B. Bentz; Flying Officer T.W. Taylor; Flying Officer C.S. Phillips; Pilot Officer J.E. McIntyre; Sergeant R. Ellerslie (RAF); Pilot Officer J.E.J.G. Arbour; Pilot Officer F. Roach; and Pilot Officer J.W. Summerhayes. In July 1948, the crew posthumously received the Belgian Croix de Guerre with Palm.



The new RCAF full-wing metal badge - pilot.

The new full-wing metal badges, rendered in a silver finish, will replace the current gold-coloured wings. The badges produced so far include Astronaut; Pilot; Air Combat Systems Officer; Flight Engineer; Airborne Electronic Sensor Operator; Search and Rescue Technician; and Loadmaster.

Production of the remaining flying badges will be completed later this year.

MGen Lalumiere says members wear their badges above the heart as a source of courage and moral compass.

“Those that made the ultimate sacrifice before us we reflect on in our history, and often we seek those examples when we are facing some of the challenges today. We source our courage, our dedication, our energy in those examples from the past.”

The Halifax LW682 aluminum ingots were smelted from the wreckage of the aircraft and used to create several memorials: the roof of the Bomber Command Memorial in London's Green Park, a memorial wall with engraved aluminum ingots at the Wing Commander Sedley S. Blanchard Air Mobility Training Centre, and the base of the Thunderbirds' totem pole at the Air Mobility Training Centre in Trenton. Parts of the Halifax LW682/OW-M were also used in the restoration of a Halifax NA337 in Trenton.

The largest Canadian contribution and sacrifice during the Second World War was the RCAF's participation in the Royal Air Force Bomber Command. More than 10,000 RCAF aircrew were killed, and thousands were injured or taken prisoner of war while serving in Bomber Command, which was the most dangerous role for the Allied forces. Their legacy is honoured and cherished as part of these new metal flying badges.

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# Ask the Expert: Getting New Moms Moving



**Q**  
**A**

I'm pregnant and looking forward to having my first child. While it's been challenging, I have continued to be physically active. I know my new baby will significantly change my life and I would appreciate some advice on how to safely return to being physically active after my delivery.  
– Future Mom

Dear Future Mom: Recovering after pregnancy is highly individual. When you are ready, exercising in the postpartum period offers many benefits including enhanced energy, increased cardiovascular fitness, help with weight management, improved body and pelvic floor strength, and reducing the potential risk of anxiety and depression.

The Society of Obstetricians and Gynecologists of Canada feels that women who had a healthy pregnancy and a normal vaginal delivery can start exercising as soon as they feel comfortable. Women who had pregnancy complications, a caesarian section or a traumatic delivery should talk to their health care provider about when to resume physical activity.

Every woman experiences body changes during pregnancy. It can take several months to reconnect with your new body and resume your fitness program. Start off slowly, listen to your body and increase your physical activity as tolerated.

As soon as possible, begin to engage your core and pelvic floor muscles. Pregnancy and delivery subject your abdominal and pelvic floor muscles to great stress and you depend on these muscles to support your abdominal and pelvic organs, as well as to provide a solid base for all body motion. Reconditioning these muscles will reduce your risk of developing bladder leakage in the future.

Start with walking indoors or outdoors – it's a great form of "gentle" exercise, as it can be done soon after your delivery and it doesn't overly stress your pelvic floor muscles.

Your body should feel good moving. Stop exercising if it

is painful – this is a clear message your body isn't ready for what you are doing. If the pain persists, see your health care professional.

Avoid heavy lifting and high impact activities such as running and jumping until your pelvic floor muscles are reconditioned.

Enjoy activities that are gentle on your joints. During pregnancy, and for up to 12 months after delivery, women produce a hormone that loosens their connective tissues and joints. These loose tissues and joints can leave your body less stable and increase your risk of injury.

Wear a supportive bra to reduce that amount of motion your breasts experience when you exercise.

Try breastfeeding or expressing your milk before you train – exercising with lighter breasts will be more comfortable. The quality and the amount of breast milk you produce is determined by your calorie and fluid intake, not how much you exercise.

Bottom line: Regular exercise has been shown to offer new moms many physical and mental health benefits. Following the nine tips above will help you safely return to being fit enough to keep up with the new addition to your family. Enjoy! Movement is Medicine!

## Dr. Darrell Menard OMM MD, Dip Sport Med

Dr. Menard is the Surgeon General's specialist advisor in sports medicine and has worked extensively with athletes from multiple sports. As part of the Strengthening the Forces team he works on injury prevention and promoting active living.

*Strengthening the Forces* is CAF/DND's healthy lifestyles promotion program providing expert information, skills and tools for promoting and improving CAF members' health and well-being.



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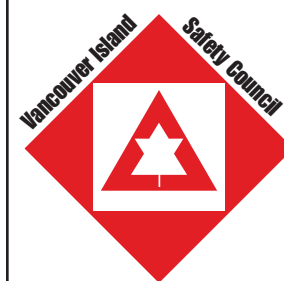
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- Service Canada and CRA
- Local and provincial contacts
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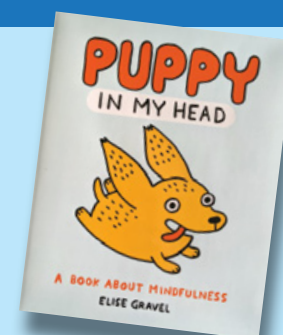
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The MARPAC Health and Wellness Strategy Active Living Working Group has another self-guided Story Book Walk in partnership with Personnel Support Programs Recreation.

## "Puppy in my Head" - May 3 to 9

Join and enjoy anytime in the day at these two locations: in Belmont Park starting at the park near the Chapel, and in Esquimalt Work Point starting at the top of the path across from 1012 Bewdley Ave.





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# Bravo Zulu

## Base Administration Awards and Presentations

Certificates and awards presented by  
Cmdre Angus Topshee, Commander Canadian Fleet Pacific,  
and Capt(N) Sam Sader, Base Commander.



Commissionaire Beaton receives a Bravo Zulu and Commander Canadian Fleet Pacific (CCFP) coin from Cmdre Topshee.



S1 Buckell receives a Bravo Zulu and CCFP coin from Cmdre Topshee.



S1 Janes receives a Bravo Zulu and CCFP coin from Cmdre Topshee.



PO2 Keneford receives a Bravo Zulu and CCFP coin from Cmdre Topshee.



CPO1 Laurendeau receives a Bravo Zulu and BComd coin from Capt(N) Sader.



PO2 Morrison receives a Bravo Zulu and CCFP coin from Cmdre Topshee.



MS Ryu receives a Bravo Zulu and CCFP coin from Cmdre Topshee.

## Weapons Engineering Technician Armament Maintainer Graduation Ceremony

LCdr Julien St-Aubin, Divisional Officer of Naval Fleet School (Pacific) Combat Systems Engineering Division, presents certificates and the Top Student award during the Armament Maintainer Graduation Ceremony on April 16.



S1 Derek Cheetham receives his certificate.



S1 Joop Koerten receives his certificate.

# Bravo Zulu



S1 Matthew Trybuch receives his certificate.



S1 Scott Morrison receives his certificate.



S1 Matthew Trybuch receives the Top Student Award.



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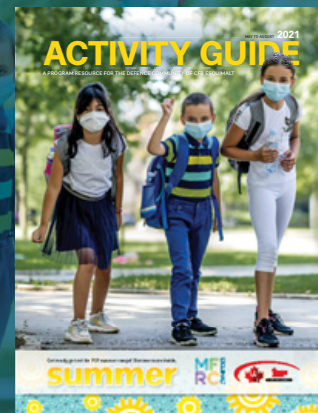
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