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# LOOKOUT

MORALE & WELFARE NEWS | CFB ESQUIMALT, VICTORIA, B.C.

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## OPERATION REASSURANCE

Sailors aboard HMCS Montreal prepare for a tow exercise while sailing through the Mediterranean Sea during Operation Reassurance on Feb. 11.

Photo by Corporal Braden Trudeau, Canadian Armed Forces

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# MAINTAINING A WARSHIP'S BIG GUN NO SMALL FEAT



A worker from FMF Cape Breton helps lower the Bofors 57mm gun into place on HMCS Ottawa's fo'c'sle with the assistance of a mobile crane. The ship repair facility had just completed maintenance work on the weaponry as part of the Ottawa's Intermediate Work Period.

Photo credit HMCS Ottawa

## Peter Mallett Staff Writer

A few weeks ago, B jetty in HMC Dockyard was a hub of activity as Fleet Maintenance Facility Cape Breton (FMFCB) staff and HMCS Ottawa sailors returned the ship's Bofors 57mm rapid-fire gun to its place on the fo'c'sle.

The gun was removed 14 months earlier as part of the ship's routine five-year Tiered Readiness Program. This routine maintenance is done on the frigates to check them over, from bow to stern, and make required corrective and preventative repairs.

"Although Ottawa still has a lot of work to complete for its Intermediate Docking Period, the installation of the gun is seen as a major milestone in any extended work period," says MS Erik Sukstorf, Ottawa's Weapons Engineering Armament. "A lot would consider it the point in which we become a warship again."

He is the point person responsible for coordinating and overseeing the work on the weapon systems.

Fourteen FMFCB shops and a team of sailors worked together to remove the gun, transport it to the Surface Weapons Shop, and then return it to the ship once the work was complete.

The weapons shop unbolted the gun from the deck with help from Fire Control in preparation for the crane operator and riggers to hoist it up and place it on a truck bed.

Tim Christy, FMFCB Work Centre Supervisor for Surface Weapons Shop (162A), says his shop normally performs one install and removal of a 57mm gun every 12 to 14 months for each of the Esquimalt-based frigates. The process involves a complete disassembly of the gun from top to bottom.

"Everything is stripped and repainted, with the expertise of several other shops, including welding when needed," he says

"Once the gun is assembled, it is rigorously tested to confirm the smooth operation of its hydraulics, mechanical, and electrical components."

The refurbished gun was then trucked back to the jetty and hoisted on board, bolted into place, and re-wired.

After the Intermediate Docking Period is complete, the gun will be tested during sea trials.

Following successful testing, FMF Engineering will sign off on the job, says Christy.

Routine inspections are still required by FMF Weapons Technician staff every six months or once a threshold of specific rounds fired has been reached. Inspections are necessary to monitor barrel and breech condition and wear, as with associated moving parts for any unusual wear, including any cracks in the gun components that are not visible

to the naked eye. This will continue for five years until the overhaul process is completed again.

"There is a sense of pride with what our team has accomplished and something everyone at FMF can be proud of," says Christy. "We don't get out very often to assist in the firing of the guns, so after a big job like this it has become the norm that no news is good news after they trial the gun."

Another finishing touch yet to be completed for the 57mm gun is affixing new art work, which will be performed at a later date by FMF's Paint and Graphics Shop.

The 14 FMFCB shops involved in getting Ottawa's 57mm gun into shape were: 162A Mechanical, 163 Fire Control, 142 Quality Control, 234B and 211 Engineering, 125 Chemical Cleaners, 143 NDT, 164 Machine Shop, 111 Labourers, 122 Shipwrights, 113 Welding, 112 Boiler Shop, 124 Riggers and Crane, plus 123 Paint and Graphics.

The docking period for Ottawa is expected to conclude in April.

## About the Bofors 57mm Gun

The Bofors 57mm rapid-fire gun is primarily used for defence of the ship, but can also be used to fire upon surface targets and shore targets. It fires various types of ammunition including, but not limited to, High Capacity Extended Range used for surface and Pre-fragmented High Explosive for anti-aircraft purposes.

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# Exercise and Your Brain

## THE SELF-CARE SERIES

### Lucie Laferrière CFMWS

Are you finding it challenging to stay engaged and on top of all your tasks at work or at home?

Are you searching for ways to be more engaged in what you do, and how to stay motivated to increase your physical activity level during the winter months?

The following information is inspired by "On the Link between Great Thinking and Obsessive Walking" by Mike Zonta. Read on to learn what three studies said about the self-care benefits of exercise on brain creativity and productivity to encourage your ongoing commitment to starting and/or maintaining regular physical activity.

### Marylyn Oppezzo

Marylyn Oppezzo, a psychologist, noticed her creativity and ability to brainstorm increased when she walked. This inspired her to conduct

research on the impact of walking on creativity.

In one study, results showed walking participants generated 50 per cent more ideas compared to participants who just sat. In another study, Oppezzo compared walking indoors to walking outdoors. Based on the areas she measured, the results demonstrated that walking outdoors improved creativity by 60 to 200 per cent.

### Lina Zhu

Similarly, another study by Lina Zhu examined the effects of exercise on the brain structure and its performance. She compared a group of young adults participating in moderate aerobic exercise through sports over a nine-week period against a group of individuals who did not engage in fitness activities.

The active group scored higher in brain performance and strengthened regions in the brain linked to creativity, while those who were inactive had significant reductions in both areas.

### Christian Rominger

When the link between everyday life physical activity and creativity was examined by Christian Rominger, he discovered that moderate exercise (such as walking) had the strongest association with increasing creativity. Inactivity had a negative impact on creativity. Interestingly, in his research, vigorous activity was associated with feeling energized and enthusiastic but didn't influence creativity significantly.

If you are struggling with a problem at work or at home and you can't figure out what to do, try taking a walk. The odds of finding a solution are much higher when you are moving compared to sitting. Moving is free and can be done almost anywhere, any time.

Lucie Laferrière is the injury prevention specialist at the Directorate Forces Health Protection and she works with scientific evidence to provide advice. As part of the Strengthening the Forces team, she works on injury prevention and promoting active living.

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## Real estate reward for military members

**Peter Mallett**  
Staff Writer

The incentive for military members to buy into the luxury suburban housing market on Victoria's West Shore just got a big boost.

B.C. real estate developer Aquila Pacific recently announced special discounts for military members who purchase a condo or townhome in their new development in Langford.

"Aquila Pacific recognizes the challenges and sacrifice of serving our country and wanted to give military members and their families a break," says Simer Rattan, President of Aquila Pacific. "Beyond just housing, we are working collaboratively with CFB Esquimalt to help solve some of the most difficult social challenges military members face in everyday life outside of their work, such as access to child care at one of our future buildings near by the base."

The Lookout is a 130 condominium and townhome project currently under construction on the Bear Mountain Parkway overlooking Florence Lake. The builders boast a development loaded with amenities, large square-footage floor plans, and inspiring vistas.

Rattan says the amenity package for The Lookout is one of the most comprehensive in the region with

high-tech working pods to support individuals working from home, pet care, cycling infrastructure, and a two-story gymnasium with cardio and studio room, plus spacious outdoor patios with views of Florence Lake.

Groundbreaking has begun with 50 per cent of the units already sold. The developer is offering up to 10 specially-priced units for military members, offering special discounts for one and two-bedroom units, and higher discounts off 2.5 and 3 bedroom units.

The second phase of The Lookout development includes condominiums and two and three-bedroom multi-level townhomes priced from \$469,000 to \$570,000. Floor plans range from just under 650 square feet to 1,100 square feet and feature expansive outdoor patios. Townhomes range from 1,450 to 1,600 square feet.

### West Shore Real Estate

Lewis Ratcliffe, a Langford-based real estate agent selling The Lookout says demand for new homes in Langford has outpaced supply, with new residential inventory currently at an all-time high.

"Over the last two years, the West Shore real estate market has surged in popularity given the size and quality of its new generation of

housing and the areas confluence of urban amenities, access to outdoor parks and recreation, and infrastructure networks connecting all points of the south island via roads, cycling trails, and transit," he says.

### Upcoming Esquimalt properties

Aquila Pacific is also poised to build two new developments in close proximity to CFB Esquimalt. Constance House will be an 83-unit rental building located at 669 Constance Avenue located near the main entrance to Naden. The Light House will be a 120-unit rental building development located at 616 Constance Ave. Construction on both projects is slated to begin in spring 2022.

One key feature of The Lighthouse, says Rattan, is the multi-story building will include a 3,800 square-foot childcare facility.

"The inaccessibility of childcare in the area was a key concern that we heard from leadership at the base and within the community when asking them how can we make things better."

Aquila Pacific is also working a special offer for their rental buildings being built near the base for military personnel says Rattan.

For more information on The Lookout go to <https://liveatthelookout.ca>



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There is no love sincerer than the love of food. — George Bernard Shaw

(Top Left) Tactical74 owners Aviator Isabelle Fortin and her husband Master Sailor Pierre Lacombe (bottom left) work on a sportsweat design.

Working from their home in Sooke, B.C., the couple sell ready-made items such as tank tops (middle right) sold on their website and small-run custom-designed screen-printed apparel for units of the Canadian Armed Forces such as this HMCS Whitehorse design (bottom right).

Photo credit MS Pierre Lacombe

HOME-BASED BUSINESS PUTS THE ‘TEE’ IN

TACTICAL

RETIREMENT PLAN

Peter Mallett  
Staff Writer

A military husband-and-wife team are charting a path to small business success, which, they say, fits their retirement plans to a “tee.”

MS Pierre Lacombe, an instructor at Naval Fleet School Pacific, and his wife Aviator Isabelle Fortin, an Aviation Technician at 443 Maritime Helicopter Squadron, are the sole proprietors of Tactical74. It is a screen printing and custom-design sportswear apparel business they run from their home in Sooke, which they started in 2015.

Their small business began as a way to provide custom-made jersey’s for their son Antoine’s Motocross racing team and his competitors, says MS Lacombe.

Today, it focuses on making spirit wear, workout gear, and custom-designed products for military personnel and units of the Canadian Armed Forces. Items sold include t-shirts, shorts, hoodies, ‘civie-Friday’ polo shirts, stickers, and morale patches. They also sell their spirit products to sports clubs and school teams, but MS Lacombe has designs to grow this market going forward.

“We are hoping Tactical74 gives us a plan for the future and a source of income during our retirement,” says MS Lacombe.

“We are definitely not to that point yet, still going strong with our careers, and still trying to figure out and learn about the world of small business ownership.”

**Inside Track**

Military members looking for something notable, unique, and comfortable are their main customer. Their spirit t-shirts and hoodies feature military-specific slogans, barbs, and jokes. A quick glance at some of the more popular items on their website shows sportswear with naval specific phrases such as ‘Dammit Bloggins’ and ‘Military Brat’ or ‘I got 99 problems but Sea Days ain’t one’. Other designs are geared towards veterans, other branches of the military, or are trade-specific.

In the sportswear department, one of their hottest selling items is their Ranger panties, short-fitting shorts for men and women that are trendy and hard to find online.

Small custom design runs and jobs that other shops won’t do are an impor-

tant part of their operation.

Recipients of past custom-designed products include the Naval Tactical Operations Group (NTOG) that Tactical74 supplies with their own branded apparel. The couple has also worked on deployment shirts for HMCS Winnipeg and HMCS Ottawa, and they recently made a morale patch and t-shirt for HMCS Whitehorse. Last year, they did a fund raiser and provided the crew of HMCS Fredericton with a shirt and morale patch to commemorate the Cyclone Helicopter Stalker 22 tragedy.

They also support veteran’s charities whenever possible. Ten percent of sales goes to support Veteran Voices of Canada, a group that tells veteran’s stories through video.

MS Lacombe says his knowledge of the military and its many organizations has been a definite asset when fielding queries or specific requests for specialized designs.

“These would all be very hard details to express to a civilian supplier, but because we know the teams, their traditions, and what they want to achieve we are able to get them what they want with only a few text messages and emails.”

Almost 100 per cent of their sales are made online at <https://tactical74.com>.

“Because there is no middle person between us and the customer, I can keep the price low,” he says.

“Since we do the design, printing, and marketing ourselves there are lots of costs that I can save on.”

They are both self-taught screen printers and learned to do all of the procedures online through YouTube videos, Facebook, social media groups, and trial and error.

Their son Antoine, who is now a private with 39 Service Battalion, helps maintain and clean the equipment and work-space in the garage. They also have three daughters ages 15, 21, and 23, and another son aged 10 who all help out with the family business.

For most of their lives, they have focussed their efforts on their service to the military and raising a family, with their business on the side.

“Our story isn’t unique and we are simple people really,” says MS Lacombe. “We are hard working and passionate about what we do. We have five children and it goes without saying we know how to handle stress and the demands of the business world.”

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# COMPETITION OPEN FOR YOUTH REPORTERS

## CFMWS

Canadian Forces newspapers have launched their youth reporters competition. Young people from military families between the ages of 13 and 18 who want to share a story about an issue that is important to their life or the community around them can apply.

The competition gives young people a unique chance to tell their story in print, online, or on social media with the help of Canadian Forces newspaper journalists, editors, and photographers. The winner of each category will receive a \$500 scholarship from Adobe and a one-year subscription to Creative Cloud.

Last year's winner, Karam Albatal wrote a story that was published in the Spring 2021 edition of "Play" magazine. He wrote about being born in Brazil and going to his parents' home of Syria to learn about his Syrian roots his parents' culture. While there, he learned French, a language that would come in handy when his family chose Canada as their home a few years later.

"Happiness is simple and anyone can experience it. However, happiness is not easy to achieve. It is found in the simple things in life. During my immigration journey to Brazil, Syria, and Canada, we did not lack for anything, but we did not live in luxury. And although the situation was not always easy, we were happy."

Finding happiness in simplicity is how Albatal lives his life. It is no surprise that the \$2,500 prize he won will be invested in his future medical studies.

This year, the selection committee will pick the top stories in a variety of formats to be featured during the final week of April, which is the Month of the Military Child.

Instead of one grand prize winners, selected recipients (winners) will receive a scholarship and the opportunity to be published on the CFMWS Channels (website, social media, email) and in Canadian Forces Newspapers.

The application can be found at CAFconnection.ca/YouthReporter. Application deadline is Feb. 28.

[CAFCONNECTION.CA/YOUTHREPORTER](https://CAFCONNECTION.CA/YOUTHREPORTER)



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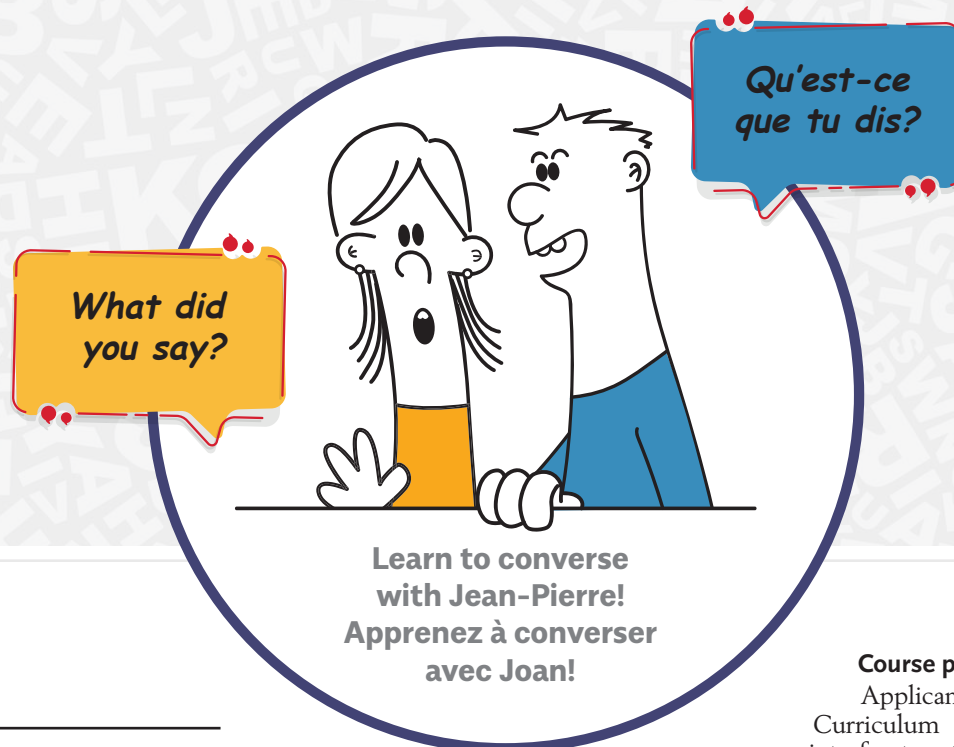
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# Second language training numbers skyrocket



**Peter Mallett**  
Staff Writer

Participation numbers in the military's second language training program have seen a sharp increase following a shift to online learning.

A nearly three-fold up-tick in course participation, from just 18 students to more than 79, has transpired in recent months. That is encouraging news to Formation Official Languages Administration Assistant, Vincent Joyeux, and the educational team who hope the trend will keep going.

The increase is a result of the requirement to work at home during the pandemic, making online coursing more desirable, as well as improved marketing. An unexpected silver lining, says Joyeux.

The Decentralized Military Second Language Training Program is a series of five- to seven-week courses originally designed for military personnel seeking to maintain or improve their language profile regardless of their current level of language enrolment. Civilian personnel can also attend on a case-by-case basis. Those who enrol are tested to determine their level of proficiency and then placed with others at a similar level. Personnel can apply for more than one session.

"Even though students and instructors both need to be more technically adept, we have discovered online learning is working very well" says Joyeux.

French language training is not mandatory for military personnel, but greatly encouraged. Joyeux says being able to effectively communicate in the workplace in both of Canada's official languages is highly beneficial for members seeking promotion and looking to advance their careers.

*"Even though students and instructors both need to be more technically adept, we have discovered online learning is working very well."*

– Vincent Joyeux

## Course placement

Applicants must first take a French/English Curriculum placement test that determines the point of entry at one of seven progress levels. Courses are intensive but can lead to a Public Service Commission language profile such as AAA, BBB, or CBC depending on the student's proficiency.

While there is normally in-class learning at Nelles Block for one class, most students will study online through the software application MS Teams.

## Instructors Needed

A three-fold increase in students has fuelled a demand for more instructors to teach the beginner and intermediate level coursing. It has also led to more work for Local Pedagogical Advisor Annie Pomerleau.

She is a former DND language instructor with 20 years of French-language teaching experience. She now works with École de langues La Cité inc (École de langues La Cité inc. is the main provider of language training for DND in Canada). Pomerleau's role is to oversee the team of instructors in charge of delivering the Military Second Language Training Program, do the aptitude assessments, and recruit and train new instructors.

"We've always been able to find teachers but it's still challenging finding those who have the proper qualifications here on the West Coast," she says. "We have a small but vibrant French community in Victoria, but the talent pool really isn't that sizable, meaning we are required to look to other provinces to fill the void."

For more information and how to enrol in second language training visit the Intranet SharePoint webpage: <https://collaboration-navy.forces.mil.ca/sites/ESQBAAdmin/SitePages/BADM-FCOL.aspx>

To apply for a teaching contract in Esquimalt, email Annie at [annie.lacite@gmail.com](mailto:annie.lacite@gmail.com)

For more information about online teaching opportunities in Canada visit: <https://ecolelacite.com/>



To enrol visit the Intranet SharePoint webpage:

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Case, Notepad	1	Necklace Ladies	4
Case, Phone, Belt	1	Phone, Cell	3
Chain, Medic Alert	1	Pouch, Ironman	1
Chain, Unisex	2	Power supply	1
Chair, Office	1	Reel Fishing	1
Charger, Phone	1	Ribbon, Dress	1
Cord, Patch Aux	2	Ring, Ladies	4
Earphones	7	Ring, Men's	4
Earrings, Ladies	17	Ring, Unisex	5
Fishing Rod	1	Roller Blades	1
Flasher, Fishing	1	Stopwatch	1
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