

Volume 67 Number 14 | April 11, 2022

LOOKOUT

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

newspaper.com

Base-Wide
Spring Cleanup
April 21

See back page for details



Sailors from HMCS Yellowknife conduct pre-flight checks on the PUMA, a Maritime Miniature Unmanned Aircraft System, during Operation Caribbe. Due to operational security, military members on this operation cannot be named.

Photo: MARPAC Imaging Services, Canadian Armed Forces

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Veteran's home destroyed



To assist the couple in rebuilding their lives:
<https://www.gofundme.com/f/help-kristyn-and-jon-after-house-burned-down>

Peter Mallett Staff Writer

A fundraising campaign is underway for a former Port Inspection Diver whose Cowichan Valley home was destroyed by a fire on February 6.

The blaze completely gutted the newly-built container home of Cpl (Retired) Jonathan Lafleur, which was located in a remote section of Cowichan Valley.

Lafleur says the fire started when an article of clothing ignited from the hot exhaust of a propane-fuelled on-demand water heater. He does not have fire insurance. He had attempted to buy insurance for his home but had difficulty finding the proper policy for a container home.

He is a former member of Fleet Diving Unit Pacific and Atlantic, CFB Comox Fire and Rescue, and previously served with NATO security forces in Afghanistan. Following his service in Afghanistan, Lafleur was clinically diagnosed with PTSD.

He built his off-the-grid metal container home himself and had been living there for almost a year before the

fire. It was meant to be a sanctuary and escape from the stresses of urban living, says Lafleur. Due to the nature of his mental health condition, he cannot tolerate loud noises, be in big crowds, or heavily populated areas.

Fundraiser launched

His fiancé Kristyn Moore recently launched a GoFundMe campaign to pay for personal items lost in the fire and to rebuild. Lafleur says reaching out for help has been extremely difficult.

"I am a proud veteran and I used to be the person who helped other people. Today, I am admitting very candidly that I have problems in my life and that it is hard for me. But in a situation like this you need to throw all of that out the window, ask for help, and take it."

Lafleur and his fiancé managed to escape the blaze with only the clothes on their backs and their cell phones. Everything else the couple owned including their identification, car keys, furniture, clothing, jewellery, art work, and electronics was destroyed. Lafleur pegs the cost of personal contents at approximately \$80,000. The cost of

rebuilding will also be a steep financial hill to climb.

"We lost everything we own but the important thing is we got out safely," says Lafleur. "Because the fire started with the water heater there was no water pressure for me to put out the fire and all we could do was watch it burn."

As the fire raced through his home, his service dog Duke was at his side to ease his anxiety. Duke, a two-year-old Pomeranian Husky, is trained to calm Lafleur's PTSD symptoms when they are triggered by instantly sensing when he is panicked. Duke alerted his fiancé to the fire.

Lafleur also lost three of his military medals in the blaze: a Campaign Star, NATO Medal, and his 12-year Canadian Forces' Decoration. Thankfully, a contact with his local branch of the Royal Canadian Legion has started the process of getting new medals.

The couple now reside in Nanaimo but have plans to return to their property and begin rebuilding their dream home.

Above: Cpl (Retired) Jonathan Lafleur and his fiancé Kristyn Moore in happier times. Top left: Lafleur and Moore watch as a fire consumes their home. Left: They lost all of their personal possessions in the Feb. 6 fire. Inset: Some of Lafleur's medals damaged in the blaze.

Photos courtesy Kristyn Moore

HMCS Yellowknife interdicts go-fast

Seizes and destroys 800kgs of illicit drugs



Members of *HMCS Yellowknife* worked alongside members of the United States Coast Guard Law Enforcement Detachment (LEDET) during a search of a seized go-fast while on Operation Caribe, March 6. Photo PO1 Richard, U.S. Coast Guard District 11 PAD

Right: A Royal Canadian Navy member stands as bridge lookout aboard *Yellowknife*. Photo: Canadian Armed Forces



HMCS Yellowknife

Just two weeks into their deployment on Operation Caribe, *HMCS Yellowknife* and crew, with its embarked United States Coast Guard Law Enforcement Detachment (LEDET), interdicted a go-fast vessel carrying approximately 800 kilograms of cocaine.

The operation is Canada's contribution to the U.S. led enhanced counter-narcotics mission Operation Martillo in the Eastern Pacific Ocean. It involves the Royal Canadian Navy working in coordination with international partners, including the United States, Mexico, and other Central American nations, to search, seize, and destroy illicit narcotics.

On the afternoon of March 6, *Yellowknife* was vectored toward a target go-fast vessel that was stopped and taking on water. As they approached the search area, a junior lookout on the Gun Deck spotted the target go-fast approximately 8.5 nautical miles away. *Yellowknife* immediately transitioned

from a normal at-sea routine to a sustained all-hands effort.

RHIB coxswains and the LEDET began dressing in their protective gear, and conducted communications checks with the bridge, as other sailors prepared to launch the RHIBs. The cooks jumped into action by preparing food and water for the boarding teams, as these operations often take multiple hours. At every level, the crew were engaged in tasks critical to mission success.

Once the initial boarding of the go-fast was completed, and under the control of the U.S. Coast Guard, the LEDET members began their intensive search of the interior to locate narcotics. A false deck was identified, filled with an estimated 800 kilograms of cocaine. By this time night was fast approaching, which added a layer of difficulty for those involved.

Once the LEDET was satisfied with the amount of evidence collected, the decision was made to sink the go-fast as it posed a hazard to navigation. In order to properly dispose of this haz-

ard, and the remaining narcotics that could not be seized, the decision was made to use plastic explosives to sink the vessel.

In almost complete darkness, members of the Deck Department surveyed the go-fast, taking measurements to ensure the accurate placement of the plastic explosive charges. Once the survey was completed, and the area cleared of marine life, the charges were carefully laid, and then set. The ensuing explosion decimated the go-fast, and turned night into day for a few seconds.

After detonation, the crew surveyed the area to verify no hazards to navigation remained. Once the all-clear was given by the surveyors, *Yellowknife* returned to patrolling the vast Eastern Pacific Ocean.

Alongside *HMCS Saskatoon* and partner nations, *HMCS Yellowknife* and crew remain in the Eastern Pacific, on the hunt to suppress the flow of illicit-narcotics into North and Central America.

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Badge unveiled for HMCS Max Bernays

Max Bernays' command team, from left: LCdr Jeff Horne, CPO1 Tari Lightwood, and Cdr Collin Forsberg show off the unit's new badge, unveiled at a ceremony at Irving Shipbuilding's Halifax Shipyard on March 30. The imagery takes inspiration from the 1942 U-boat attack on HMCS Assiniboine. Chief Petty Officer Max Bernays was awarded the Conspicuous Gallantry Medal for his actions during that battle. The future HMCS Max Bernays is the third Arctic and Offshore Patrol Vessel being built by Irving Shipbuilding for the Royal Canadian Navy. Photo by Cpl Cheryl Clark, CAF

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Bonded 9-month-old twin kitten rescue sisters looking for permanent home together. These playful black short-hair twin-sister kittens are super loving and affectionate, and would do best in a home with someone home all the time. They love snuggling, being held and playing. They would do well with children older than toddlers. Their adoption fee covers all their vet care - both are spayed, vaccinated, de-wormed and have had multiple vet exams and are healthy! Please call 250-881-1112 for adoption details.



AJAG Pacific Discipline Update



Below is an update from the Assistant Judge Advocate General (Pacific) region. A description of the charges and outcome is included.

S1 Kim from *HMCS Calgary*, was charged with the following offence: Section 124, Negligent Performance of a Military Duty. Section 124 of the NDA is an offence that can only be heard at Court Martial and as S1 Kim was tried at Summary Trial the findings of that trial will be quashed. No further discipline action will be taken towards S1 Kim

Any questions on this or any other discipline matter can be directed to the AJAG(P) Chief Petty Officer, CPO1 R. DeProy, Robert.deproy@forces.gc.ca

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Naden Band, students overcome the pandemic **BLUES**

Peter Mallett
Staff Writer

Classrooms across British Columbia came alive with the sound of the Naden Band of the Royal Canadian Navy's music last month.

Students of all ages watched a series of livestream concerts throughout the month of March. Concerts were produced and streamed live by MARPAC Imaging on YouTube.

Four separate performances by the band were delivered each week, two for Elementary School students and their teachers, and two for Middle School and High School.

The band traditionally performs live in-person, but due to COVID-19 health and safety restrictions in early 2022, the decision was made to deliver the programs via live-stream.

The idea came about after discussions between Lt(N) Ben Van Slyke, Naden Band Music Officer, and, Lt(N) Catherine Norris, Naden Band Commanding Officer, following a presentation by the directors of music of the six United States armed forces special bands at the Midwest Band and Orchestra Clinic in Chicago. The presentation included discussions on the virtual outreach they had accomplished during the pandemic.

"In the end, this was a very effective method for the Naden Band to reach out to schools across the entire province," says Lt(N) Van Slyke. "MARPAC Imaging was integral to the success of this project as their professionalism, flexibility, and the quality of the video were top notch."

Each week saw different instrumental group or style of music delivered. On March 2 and 3, it was brass instruments and

percussion performances; March 9 and 10 woodwind instruments and percussion; and March 16 and 17 the focus shifted to the sounds of jazz. Percussion was included every week due to the wide variety of percussion instruments played by band members.

On their playlist were many contemporary songs and arrangements including Jupiter from Gustav Holsts' *The Planets*, *On the Sunny Side of the Street*, *Oh When the Saints Go Marching In*, and the theme from *The Simpsons* among others.

Lt(N) Van Slyke estimates all of the concerts combined reached approximately 2,000 students. During the live-streams, band members shared with the student insights into the instruments played and the demands of performing.



S1 Simeon Weststeijn of the Naden Band speaks with students during a virtual concert for students while Image Technician S1 Sisi Xu manages MARPAC Base Imaging's YouTube livestream. Credit: Steve MacDonald, Naden Band



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Snowbirds, Capt Logan Reid prepped for takeoff



The Canadian Forces Snowbirds, an air demonstration team from 431 Squadron Moose Jaw, SK. Photo: MCpl Robert Bottrill

Peter Mallett
Staff Writer

A Victoria-born pilot will be at the controls of one of nine CT-114 Tutor jets, when the Canadian Forces Snowbirds aerobatic display squadron takes to the skies over Canadian cities this summer.

Tucked in the cockpit of Snowbird 8 will be Capt Logan Reid, donning the familiar red pilot flight suit.

However, before he and his fellow pilots can delight air show fans across Canada with their signature manoeuvres, which include the Canada Burst, formation heart, and solo head-on crosses, they must first complete training camp. From April 19 to May 11 the 24 member show team will relocate from 15 Wing Moose Jaw to CFB Comox. 19 Wing has been the site of the Snowbirds' annual spring training camp since the mid-1970s. "Getting to Comox is an exciting time for us because the flying tempo steps up considerably and

it's a significant milestone as we get our manoeuvres put together," says Capt Reid. "It's also the first time you get the feeling of really taking up the mantle for the new pilots and technicians who have joined the team."

After spending his Easter weekend with wife Nicole and their four-year-old son Mackenzie in Moose Jaw, Capt Reid and his teammates will hop in their jets and fly west.

Under normal circumstances, he and the team would head to Comox to refine their routine for airshows in May. But some exceptional issues including bad weather, COVID-19 restrictions on personnel, and maintenance factors have put them behind schedule. Their first airshow will be June 18 and 19 over Borden, ON. After that, they will zigzag across the country performing into September before crossing the border for a few shows in California.

During training, they plan to make two flights a day, six days a

week with their flight paths very close to the Courtenay-Comox region.

The practice is all for a good reason, says Capt Reid. When performing in formation the pilots have no room for error. They can reach speeds of up to 600 km/h with a separation of just 1.8 metres, the height of an average man.

Feeling the rumble

Logan, 33, grew up in Brentwood Bay. He first caught the aviation bug after attending numerous air shows with his father in Comox and Abbotsford, B.C.

"For as long as I can remember I wanted to be a fast jet pilot," he says. "At the air shows, I distinctly remember feeling the rumble of the fighter jets as they screamed by and then being wowed by the awesomeness of seeing the Snowbirds in the sky."

He also likes older planes that predate the Cold-War era flying the air show circuit. He calls them

"inspiration machines" while noting the advances in aviation technology of the last century are truly "mind boggling."

His interest in aviation led him to join Royal Canadian Air Cadets at 676 Kittyhawk Squadron based at Victoria International Airport.

He graduated from the University of Victoria in 2008 with a Diploma in Business Administration – Aviation. During this time, he also obtained his private pilot license through the Victoria Flying Club. Capt Reid then attended the Royal Military College of Canada and earned his Bachelor of Aeronautical Engineering in 2012. He was posted to Moose Jaw to earn his pilot wings where he flew the CT-156 Harvard II and the CT-155 Hawk. He continued to follow his dream and applied to join the Canadian Forces Snowbirds and was selected in 2018.

Tight Bond

His role in the team's No. 8 plane, positioned two aircraft away from the lead plane's right wing, is a spot he has maintained since joining the team.

His other role with the team is the Lead Solo. This occurs when the planes fly away in groups of two and then proceed head-on against each other.

"It's a fast-paced game of chicken with closing speeds of 1,100 kilometres an hour, missing each other by 30 feet," he says. "My job as the lead is to command the head on crosses and make sure they are staged appropriately at show centre."

To perform at this level requires skill, professionalism, and teamwork and its paramount each individual brings that attitude to work every day, says Capt Reid. It's also these same requirements that make the Snowbirds such a close-knit family.

"We put our lives in each other's hands every mission, so the bond is

tight and the trust runs deep."

Being a Snowbird pilot is a "collection of surreal" experiences, he explains. "It's one that involves being so finely in tune with your jet that it makes the wings feel like an extension of your body and seeing the world rotate around your formation. It's almost indescribable. Every time I put on the red suit I still get a little giddy."

This will be Capt Reid's final year with the Snowbirds team, as most pilots serve in the demonstration squadron for a maximum of five years.

"I have had no greater honour of flying for this team. It's hard to imagine a better job and there have been so many special moments."

When the airshow season wraps up this October, Capt Reid hopes to begin Fighter Lead In Training. The goal is to eventually pilot Canada's CF-18 Hornet fighter aircraft.

Victoria local and Snowbird pilot Capt Logan Reid.



To learn more on the Snowbird's 2022 schedule go to www.rcf-arc.forces.gc.ca/en/snowbirds/schedule.page




Snowbird pilot Capt Reid with his wife Nicole and son Mackenzie.

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Anthropometry is a science that deals with the standardized measurement of the human body. It ensures appropriate fit of equipment and clothing.

Anthropometrics are used to answer questions about fit and form such as: “Where should we place pant pockets, and at what angle, so the most military members will be able to comfortably access them?”

Anthropometric data can also be released to industry in order to ensure their designs align with the needs of the Canadian Armed Forces (CAF) population.

That is why the CAF is introducing a fleet of 3D scanning technology to systematically capture the body morphology of military members and provide key measurements for sizing and fit.

Given the individuality and diversity of its members, the CAF will also modernize the collection methods and database. This will improve the procurement of individual clothing and equipment to ensure all body types and gender considerations are taken into account.

The process is being led by the Directorate Soldier System Program Management who also maintains the database of information for these updates.

This change comes as the CAF evolves to attract members of different genders and ethnic backgrounds. As the CAF membership changes, the way they outfit their

members must also evolve. The goal is to get as close to customized clothing and equipment for each individual as possible.

Updating the survey

Currently, the procurement of individual equipment and clothing is done using a database of measurements generated in 2012. As the demographics of CAF members have changed, the existing anthropometric data is becoming obsolete and less reliable for acquisition decision making.

The new portable scanners will be deployed across Canada to capture more inclusive and relevant data. This will also support targeted efforts for data gathering in specific under-represented populations such as the Canadian Rangers.

Scan implementation will take place via Personnel Support Programs, on a voluntary basis, in conjunction with Force Test evaluations. Due to the sensitive nature of the data being collected under this program, multiple privacy, security, and legal entities within DND are involved to approve and advise project documentation and decisions.

The full deployment of the scanners is expected in 2024 - 2025.

Once the new system is in place, it is expected there will be drop in the number of required special sizing requests, improvements in supply chain management forecasting and availability of correct sizes, and an increase in member satisfaction with respect to fit of issued clothing and equipment. These outcomes will support the Minister of National Defence’s goal to make the CAF a more diverse and inclusive organization.



What is Green Exercise?

Dr. Darrell Menard
 OMM MD, Dip Sport Med

Green exercise does not refer to doing operational training in a CADPAT uniform. It actually refers to exercising outdoors and it has become quite popular during the COVID-19 pandemic. Many people find green exercise a welcome change from training indoors. The good news is green exercise is not only enjoyable but also offers many benefits above those a person gets from exercising indoors.

These benefits include:

Sensory stimulation

Staring at a blank wall while walking on a treadmill gets old very quickly. On the other hand, doing the same walk in the forest offers an enormous amount of sensory stimulation including the smell of fresh air, the feel of ground underneath your feet, hearing the rustling of leaves, watching squirrels gather nuts and listening to the sound of birds.

Saving time and money

Walking out your door to exercise not only saves you time but it also saves you money on gas, wear and tear on your car, parking fees, gym memberships, etc.

Easy access and convenience

You can exercise outdoors pretty much anytime and anywhere you want, as long as you pay attention to extreme weather conditions and take the necessary safety precautions.

Safety

While we continue to navigate through the COVID-19 pandemic, exercising outside remains the safest option, when compared to working out inside a gym.

Mental health benefits

Exercising outside has been shown to help with things such as self-esteem, mood, anxiety, tension, and anger. The

remarkable thing is these benefits are most pronounced in the first five minutes of green exercise.

Vitamin D

Vitamin D is important to your health, especially your bone health. Your body produces more Vitamin D when it is regularly exposed to sunshine.

Greater caloric burn

You burn more calories when you exercise outside. Wind resistance, hills, uneven surfaces and thermoregulation (hot or cold) all place extra demands on the body.

Staying connected

Exercising outside can improve your social life – especially during the pandemic. Meeting other people and keeping up on what is going on in your community will help you feel more connected and still allow you to maintain public health measures.

Providing inspiration

Some people will be inspired to become more active, seeing you exercising outside.

Better workout

Research has shown that when people walk outside they tend to walk further and faster and feel they are working less intensely than those who exercise inside.

The bottom line: exercising outside allows you to double down on your benefits. Not only do you get the multitude of health and wellness benefits that come from exercising but you also reap the many rewards that come from enjoying Mother Nature. So the next time you think about going for a treadmill run in your basement, why not jog around the neighbourhood instead? You just might have a lot more fun.

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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DND

The Department of National Defence and the Canadian Armed Forces have identified the remains recovered during a munitions clearing process north of Lens, France.

Skeletal human remains were recovered on July 11, 2017. Commonwealth War Graves Commission staff recovered the remains and several artifacts, including a military medal ribbon and a whistle.

Through historical, genealogical, anthropological, archaeological, and DNA analysis, with the assistance of the Canadian Forces Forensic Odontology Response Team, and the Canadian Museum of History, the Casualty Identification Review Board was able to confirm the identity of the remains as those of Sergeant Richard Musgrave in October 2021.

Richard Musgrave was born in Blackrigg, Scotland,

in 1884. He worked as a teamster in Calgary before enlisting at the age of 30 with the 56th Overseas Battalion of the Canadian Expeditionary Force (CEF) on April 30, 1915.

After sailing from Montreal and training in England, Private Musgrave travelled to France in February 1916, now as a member of the 7th Infantry Battalion (British Columbia), CEF. He achieved the rank of sergeant in March 1917, was wounded in April but remained on duty, and was awarded the Military Medal for bravery in July of that year.

On August 15, 1917, Sergeant Musgrave fought with the 7th Battalion during the first day of the Battle of Hill 70 near Lens, France. He was reported missing that day and was presumed to have died as part of the battle. He was 32 years old. The Battle of Hill 70 continued until Aug. 25, 1917, with a

heavy toll of more than 10,000 Canadians killed, wounded, or missing. More than 140 men of the 7th Battalion were killed, 118 of them missing and never found.

The Canadian Armed Forces has notified the family of Sergeant Richard Musgrave's identification and is providing them with ongoing support. Sergeant Musgrave will be buried at the earliest opportunity in the Commonwealth War Graves Commission's Loos British Cemetery in Loosen-Gohelle, France.

The Canadian Armed Forces Casualty Identification Program, within the Directorate of History and Heritage, identifies unknown Canadian service members when their remains are recovered. The program also identifies service members previously buried as unknown soldiers when there is sufficient evidence to confirm the identification.

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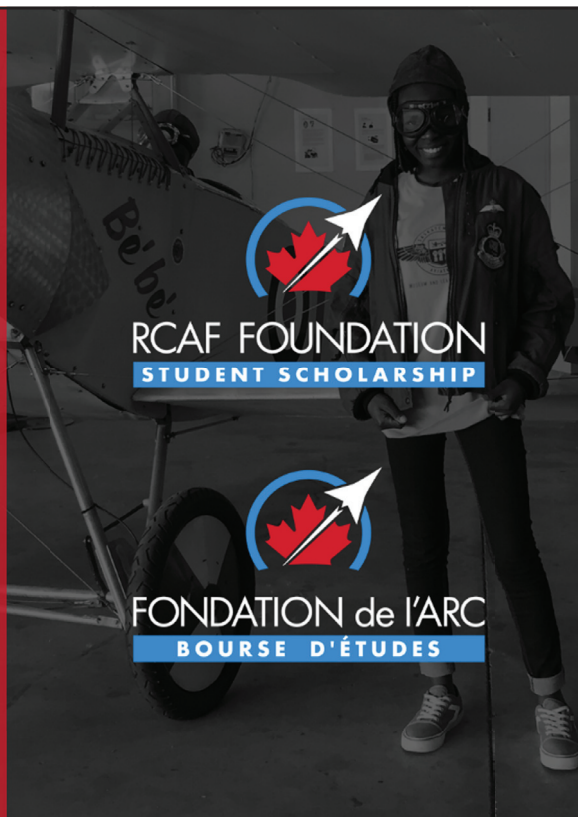
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BZ **MARPAC**
 Presented by Capt(N) Alex Kooiman
 Chief of Staff Plans & Operations Maritime Forces (Pacific)
 Photos by S1 Mike Goluboff, MARPAC Imaging Services, Esquimalt



Captain Stephen Galipeau (right) is awarded the Second Clasp to the Canadian Forces' Decoration.



Lieutenant-Commander Clayton Cochrane (right) is awarded the Second Clasp to the Canadian Forces' Decoration.



S1 Kaelin Polkinghorne (right) is awarded the Operational Service Medal - Expedition.

BZ **HMCS VICTORIA**
 Presented by Capt(N) Stéphane Ouellet



Cdr Eric Isabelle, Commanding Officer HMCS Victoria, is promoted to his current rank by Capt(N) Stéphane Ouellet, Commander Canadian Submarine Force, and his wife Erica Isabelle.

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CFB Esquimalt Base-Wide Spring Clean Up

April 21, 2022

Time to tidy up the outside of your building, work areas, smoking areas, lay-down areas and thoroughfares. Sweep, weed, and remove litter as well!

Units are to:

- remove litter/discarded items/objects
- sweep and remove weeds, and loose sand and gravel on hard surfaces around their buildings.



Ships will place the same emphasis on cleaning the jetties.

Units that do not have access to the appropriate disposal receptacle, but have items that are deteriorated beyond acceptable use may use the drop off points for disposal.

This includes:

- rusted-out outdoor chairs/benches,
- old BBQs,
- scattered pallets or packaging materials.

This clean-up does not include the disposal of accountable material or HAZMAT.

DROP OFF APRIL 21		DROP OFF APRIL 22	
REFUSE DROP OFF COLLECTION SITES	HOURS OF OPERATION	REFUSE DROP OFF COLLECTION SITES	HOURS OF OPERATION
Naden	0830-1500hrs	Naden	0830-1200hrs
Dockyard	0830-1500hrs	Dockyard	0830-1200hrs
Work Point	0830 - 1500hrs	Work Point	0830 - 1200hrs

ENJOY A BBQ LUNCH!
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Museum Square
1130-1300
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For more information contact
CPO2 Goodwin, CFB Esquimalt, Deputy Base Chief Petty Officer,
250-363-4020 or email Matthew.Goodwin@forces.gc.ca

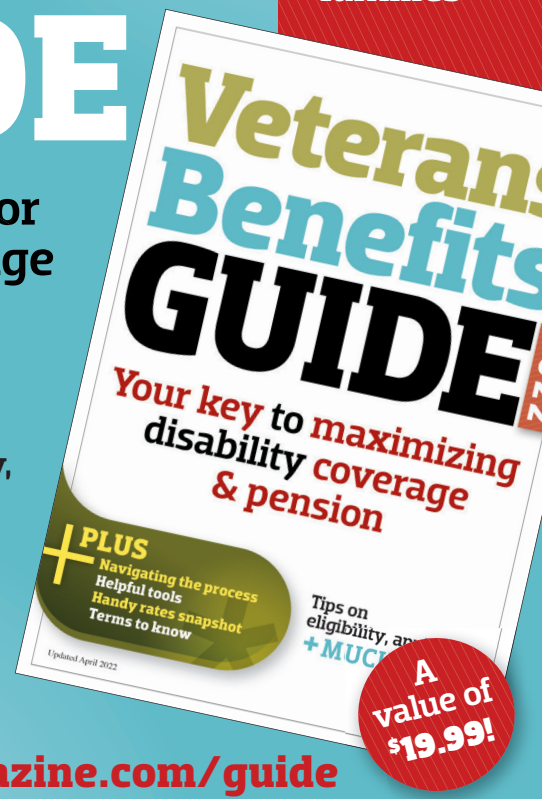
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