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Hema Paupiah and Karen Flavelle learn to drive the ship from the Officer of the Watch, SLt Juliana Currie.

Photo by LS Sisi Xu, MARPAC Imaging Services

# Canadian Leaders at Sea

A PROGRAM OF THE ROYAL CANADIAN NAVY

Participants in the Canadian Leaders at Sea (CLaS) program sailed out of Esquimalt Harbour March 12 into the Strait of Juan de Fuca aboard HMCS Calgary for a once-in-a-lifetime experience. The Royal Canadian Navy (RCN) CLaS Program is aimed at proactively engaging Canadian stakeholders to tell the navy story, invigorate the navy brand, and showcase the navy to Canadians. While onboard for three days, each CLaS participant engaged in all aspects of life in a warship - where they lived and interacted with the navy's greatest ambassadors, its sailors, to gain a deeper understanding of their mission in service to Canada. In turn, they gained an appreciation of what life is like at sea and how much training each sailor receives to perform their job, the importance of individual roles, and as a whole ship's company to produce an operational warship. See more photos on page 9.

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USS Zumwalt arrives in CFB Esquimalt.  
Inset: Commanding Officer, Captain Andrew Carlson.

Photos by Peter Mallett, Lookout

## FUTURISTIC USN VESSEL VISITS VICTORIA

**Peter Mallett**  
Staff Writer

**T**he United States Navy's newest, largest, and most expensive destroyer ever built pulled into Esquimalt Harbour last week as part of its first voyage to a foreign country.

It was hard not to notice the massive 16,000 tonne, futuristic 610-foot-long guided-missile destroyer as it pulled alongside A-Jetty guided by a Queen's Harbour Master tug on March 11. Despite its stealth-like design intended to thwart enemy detection while at sea, USS Zumwalt was an eye-popping attention grabber.

Commissioned in 2016, it is the lead ship of the Zumwalt-class. It is designed as a multi-mission stealth ship with a focus on land attack.

"The ship you see behind me is one of the newest platforms in the United States Navy and assists in our mission to ensure free and open flow of trade through international waters," said Commanding Officer, Captain Andrew Carlson. "It is equipped with cutting edge technology in its combat systems, weapons systems and engineering control systems."

Members of the media were welcomed onboard Zumwalt for a brief tour conducted by Surface Warfare Officer, Lieutenant Briana Wildemann.

The tour began on the massive flight deck capable of landing two medium-sized helicopters and proceeded through the ship's hangar.

The group then moved down a massive service corridor measuring approximately 15 feet wide dubbed "Broadway", which included a pictorial tribute to the

ship's namesake, Admiral Elmo R. Zumwalt, Jr., Chief of U.S. Naval Operations during the Vietnam war, and renowned champion of equal rights and inclusion in the USN.

Lt Wildemann noted to the visitors it was a pleasure to serve on board a ship named after a man who championed the cause of racial and gender equity in the U.S. military.

"For me being able to come aboard this vessel every day is an honour because of what Admiral Zumwalt stood for."

### The Bridge and Big Guns

At the bow of the ship visitors got a quick glimpse of the ship's Advanced Gun Systems (AGS) and its two 30 mm MK 46 guns capable of shooting down long-range missiles; they can reach up to 63-nautical miles. Weaponry on the ship's fo'c'sle also includes 80 launch cells capable of

firing Tactical Tomahawk and Sea Sparrow missiles, and two 155-mm guns equipped with 920-round magazines.

The tour concluded on the bridge where Lt Wildemann showed off the ship's high-tech control centre with its wheel-less helm. The ship's steering is guided by four computer touch screens and a device similar to a computer mouse and a system of small nobs. Eight giant television screens above the vessel's narrow front windows allow the four-person navigation crew an enhanced panoramic 360-degree view of the ship.

"This ship is the new model that is taking the navy into the future and it's important to note there are approximately 12 new systems working on one platform," said Lt Wildemann. "We are looking at what works and also what doesn't work on board Zumwalt all

in an effort to shape ships of the future in the U.S. Navy."

Zumwalt has a sister ship in operation, USS Michael Monsoor, which was commissioned on Jan. 26 at North Island Naval Station California. The final Zumwalt-class vessel still waiting in the wings is the USS Lyndon B. Johnson which is expected to be commissioned at some point later this year.

### High Tech Ship

Some of the vessel's key features include a state-of-the-art electronic propulsion system, a wave-piercing tumblehome hull, and the latest war-fighting technology and weaponry.

Perhaps the most intriguing feature is its stealth design that includes its composite superstructure hull that reduces acoustic output and radar detection by opposing forces.

While at sea, it uses a

multi-function radar capable of conducting air surveillance on the ocean and over land.

Another big advantage comes its two energy-saving gas turbine Rolls Royce engines that can drive the ship to a maximum speed of 30 knots. Called the Integrated Power System (IPS), the engine provides power to propulsion, ship's service and combat system loads. The IPS can generate approximately 78 megawatts of power, which is almost as much as a nuclear-powered aircraft carrier.

HMCS *Ottawa* was Zumwalt's host ship for the week, and tours for military members of both ships and cultural exchanges were conducted during the visit.

When asked where the ship is headed next, the Captain said he "wouldn't be a very good stealth ship captain if he divulged details about our comings and goings."

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# Network group connects Indigenous students

**Peter Mallett**  
Staff Writer

A support group that connects Indigenous students currently working for Canada's public service with future job opportunities has been launched by two employees at CFB Esquimalt.

The Western Indigenous Student Network (WISEN) is the brain child of Natallia Gagné, a 21-year-old human resources assistant who works for Base Administration's National Student Hiring Team, following the launch of the federal government's Indigenous Student Employment Opportunity (ISEO).

The mandate of ISEO is to address the low representation levels of Indigenous students hired across the Public Service, but Gagné decided to go one step further with WISEN.

WISEN keeps students currently working for the Federal Government networked with their peers after their short-term contract ends. Gagné believes building up those low representation levels will be achieved by letting Indigenous student employees know about other job opportunities within the Public Service.



Photo by Peter Mallett, Lookout  
WISEN member (left) Asheley MacLellan of CFB Esquimalt's Outreach Team and WISEN founder Natallia Gagné, a human resources assistant with Base Administration's National Student Hiring team are joined by National Student Hiring Team Lead Roxana Kendall at the Base Commander's Office on Feb. 21.

Gagné, who is Metis, is in her fourth year of Sociology and Indigenous Studies at University of Victoria. She came up with the idea for WISEN last summer while on a work-study term as a junior human resources officer for the Public Service Commission in Vancouver.

In September, she found work at the base. Shortly afterwards she

met 22-year-old Ashley MacLellan, who currently works for the Base Executive branch on Project Outreach, and the two teamed up to operate WISEN in their spare time.

MacLellan, 22, grew up in Yellowknife, NWT, and is a member of the North Slave Métis Alliance. She also attends the University of Victoria and is the final year

of studies for her English and Communications degree.

WISEN has 18 members but continued growth is anticipated as word spreads. Most of the group's members are in B.C., predominantly on the lower mainland and Vancouver Island. They stay connected via social media and a closed Facebook page, video conferencing, holding smudging ceremonies, and informal gatherings.

WISEN's main task is to provide members with information sessions on government recruitment, such as finding job opportunities and how to apply to student programs through ISEO.

The interaction, says Gagné, is helping the group grow and establish stronger roots.

"The big thing coming out of this is that students in WISEN are also able to act as ambassadors," said Gagné. "They can return to their schools with positive experiences and stories of working in the Public Service and help spread the word about the job opportunities available."

To join WISEN, students should email Natallia. Gagne@forces.gc.ca or Ashley.MacLellan@forces.gc.ca



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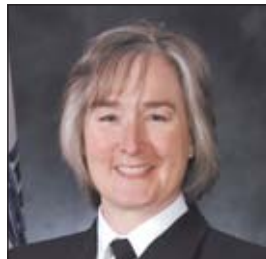


## WHAT SAY YOU

### People Talk

Lookout asked this question:

*If you knew everything that you know now, what advice would you give to your younger self?*



Stop, breathe, then think. Trust yourself, your training and your people/peers. Communicate, communicate, communicate.

Cdr Tanya Koester,  
NPTG



Take advantage of all the opportunities while you can, because you never know what the future holds. Don't assume anything. Nothing is guaranteed in life.

Amy Campbell,  
NPTG



Stop caring about what other people think. The only thing that matters is what you think about yourself. Push yourself and take risks and try new things and don't worry about the outcome. Just live in the moment and don't worry so much about the future.

Lucy Gudewill,  
NPTG



When you start basic training there is no me, myself and I. You will work with other Canadian brothers and sisters that you never met before. This is your new family. After basic, when you arrive at your new unit, cohesion is not always like in the good old war movies. You already know from basic that you can work with people from various backgrounds and cultures. Be open minded, you don't have to like everyone, but you do have to find a way to work with them as a team.

PO2 Michel LeBreton,  
NPTG

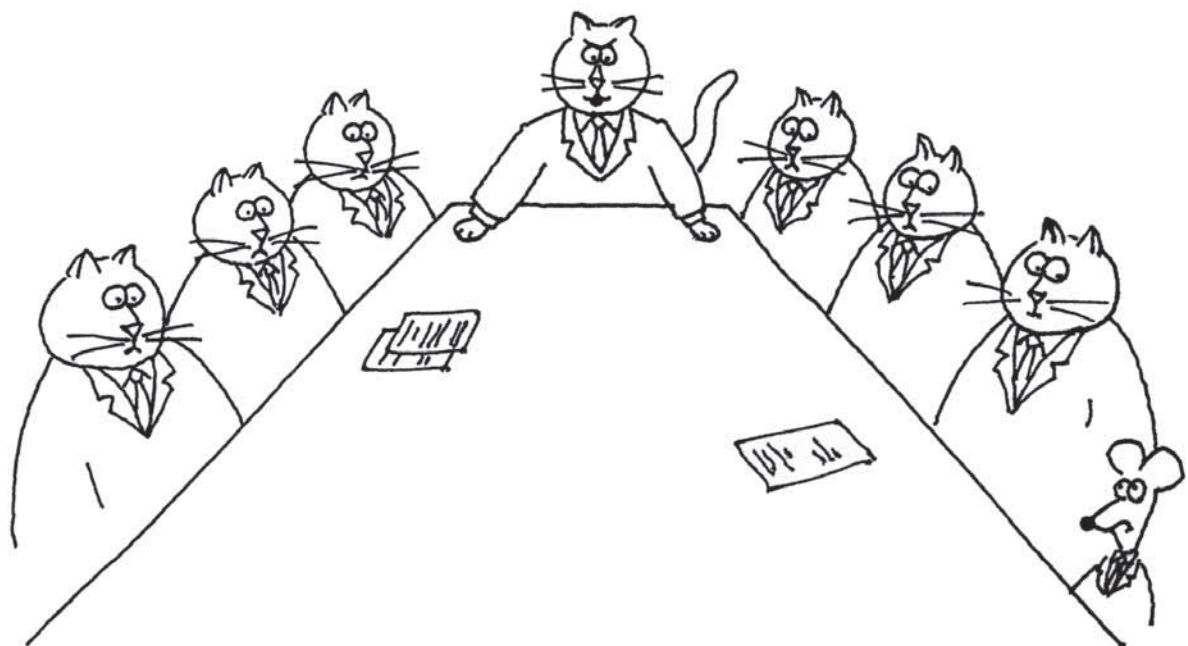


Enjoy your time in the CAF as before you know it, you will be reaching the end of your career. Time flies by in this organization. There will be good days and bad. When you're having a bad day or week remember that it will not last forever, and good days and opportunities will come to you if you keep your head up and your path forward.

PO1 Unika Attridge,  
NPTG

People Talk courtesy  
A/SLt Melinda Noble

## WHAT SAY WE



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Photo by LS Garipey

# NADEN DRILL SHED

## COMING TO AN END

**LCdr Mike Erwin**  
Contributor

After 78 event-filled years, the Naden Drill Shed (Building N75) is going out of service in May as the first of many steps in a far-reaching infrastructure renewal program.

The Drill Shed, being centrally located and of a distinctive design, has long been an iconic landmark at the base. It was built in 1941 as a wooden frame on a concrete foundation along the east side of what was then the parade square, and is now the parking lot between N50 and N75, at a cost of \$130,000.

The Drill Shed was intended to augment the Drill Hall (building N33, now home to Naval Fleet School (Pacific) Small Arms and the Naden Band of the Royal Canadian Navy) and to provide space for training the burgeoning recruits entering the wartime Royal Canadian Navy, Royal Canadian Naval Reserve, and Royal Canadian Naval Volunteer Reserve.

The initial structure consisted of just the mansard-style roof, with its steep sides and flat top, and supporting pillars, without the glassed-in bulkheads that have made it so recognizable since their installation prior to 1943.

Although Naden saw a spate of rapid expansion during the period 1940 through 1943, most naval training activities were transferred to HMCS Cornwallis in Nova Scotia partway through the war. This shift left Naden in the unusual situation, particularly during wartime, of having a surplus of facilities. In 1944, the Drill Shed was repurposed and taken over by the Mechanical Training Establishment for use as a vehicle maintenance

and training facility. It fulfilled this role until the Mechanical Training Establishment relocated in 1959 when the Drill Shed reverted to its original function.

Over the years, the Drill Shed has been the site of innumerable ceremonial divisions, graduation parades, change of command parades, Guard of Honour practices, sea cadet training weekends, fund raising efforts, trade shows, expos, athletic and sporting meets, Family Fun Days, Canadian Armed Forces Days, and all manner of other activities, all of which have been fundamental to the naval and military community.

It is inspiring to consider the number of promotions, qualifications, and awards that have been celebrated within those windowed walls, or to ponder on the number of times its rafters have resonated to the stirring strains of Heart of Oak, O Canada, God Save the King, and God Save the Queen.

Options for the future of the drill shed site are currently being explored to determine the best use of the area to support the Defence Team at CFB Esquimalt.



Image by MCpl Michael Bastien, MARPAC Imaging Services  
Cadets Band conducts a marchpast during the Cadets Parade Ceremony at the Canadian Forces Base Esquimalt in 2016.



**Robin&AJ**  
Good morning. Good times.





# HMCS Edmonton gives back to community



Photo by LS Patrice Harvey, HMCS Edmonton

## SLt Nathaniel Sukhdeo HMCS Edmonton

Giving back to the community and supporting the less fortunate are values held close to the heart of many sailors.

HMCS Edmonton's Charity Bake Sale in support of SPCA Treat Week was just another example of how sailors are driven to find ways

to give back at home, and abroad.

On Friday March 1, the crew of *Edmonton* came together to sell baked goods, donating 100 per cent of the revenue to the local SPCA.

"Helping our local B.C. SPCA is helping to protect and give a better quality of life to our furry friends," said AB Myriam Dhaisne, who took leadership in coordinating the charity event.

A few days later, AB Dhaisne, along with LS Pascale Masse-Lefebvre and SLt Anne Desgagne, presented \$611.85 donation.

"I was really surprised and grateful how this fundraiser brought together the crew into baking some treats, and how much participation from the base and donations we received," said AB Dhaisne after presenting the cheque to the SPCA with SLt Desgagne.



Photo by LS Pascale Masse-Lefebvre, HMCS Edmonton

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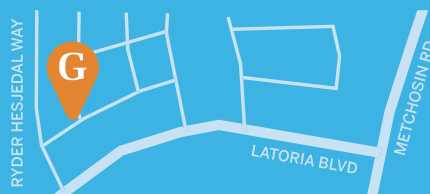
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Michael Cain

# Former sailor rises above addiction

**Peter Mallett**  
Staff Writer

A former sailor of the Royal Canadian Navy who beat his drug and alcohol addiction says he will never forget the fateful life-saving call he received from Veterans Affairs Canada.

Former Ordinary Seaman Michael Cain was sitting in his mom's View Royal home on Oct. 29, 2014, during an alcohol and cocaine-induced 18-day bender. His three years in the military were ending; he had no vision of a future.

"I was close to running out of drugs, depressed and planning to kill myself," says Cain. Then the telephone rang.

It was a VAC case worker named Irena, and she threw him a lifeline.

She had managed to convince the operators of renowned Vancouver-based rehabilitation clinic Together We Can Addiction Recovery & Education Society to give Cain a bed, effectively saving his life.

Together We Can was founded in 1993 as a treatment centre for men battling alcohol and drug addiction. The non-profit society offers 60- to 90-day immersive recovery programs followed by transitional housing and other support. Their medicine, says Cain, is exactly what he needed.

"I call Irena every year on Oct. 31 and thank her because that's the anniversary of the first day I woke up sober."

## Addiction Gateway

He came from a loving family who educated him about the dangers of drugs.

It was age 15 when he "crossed the line" trying marijuana for the first time. Then at 18 years old he found the

substance that would eventually bring him to his knees, cocaine.

"In hindsight I can see the inevitability of my downward spiral, but at the time it was simply exciting."

Cocaine led to crack, a more effective means of getting high. He knew his addiction was taking over but by then he was helpless.

He turned to the military at age 34 in a last-ditch hope that the structure and discipline of the navy would be his cure. He served aboard HMCS St. John's as a Naval Communicator and after three years of service his career fell apart. He came to work high on cocaine and drunk after a lengthy bender.

It led to him being charged by his Chain of Command and eventual imprisonment.

## Road To Rehab

His breach of the military's Code of Conduct for coming onboard a warship while under the influence of alcohol and narcotics was also a criminal act. It landed him with a charge of two counts of Prejudice to Good Order and Discipline under the National Defence Act and Cain was sent to a Canadian Forces prison in Edmonton.

After his 20-day sentence he promptly failed a workplace drug test, leading to his immediate dismissal from the Forces four months later. He spent his \$30,000 pensionable earnings on drugs and alcohol.

His last cocaine experience could have easily been the end of his life, says Cain, but that's when the call from the VAC changed everything. After enrolling in Together We Can's immersive recovery-based primary addiction treatment program, he rapidly began to change. After completing the program,

he received residential and outpatient treatment, followed by transitioning housing and the opportunity to work for the organization as a volunteer.

With the assistance of Alcoholics Anonymous' 12 Step Fellowship Program, he has overcome his addiction to drugs and alcohol, and accomplished much more. Today Cain is a Together We Can group facilitator helping others find their road to recovery from addiction.

## A Leader Emerges

In any given month Together We Can is helping 140 clients in its immersive recovery programs and an additional 210 in transitional living.

Approximately 10 of those clients are veterans or first responders, some of which are affected by Post-Traumatic Stress Disorder.

Together We Can spokesperson, Tristan Elliott, also a former client, says Cain is known to co-workers and clients as "Military Mike" and his "no nonsense" efforts have

made an impact on many.

"He was a shell of a man who was hopeless, wanted to die and could barely look people in the eye when he first became a client," said Elliott. "Today it is the opposite. He is a leader, a guy who stands tall, truthful, selfless, and his word is his bond."

Since 2015, when he volunteered to answer the telephone in their main office, he has completed his Addiction Counselling Certification at Vancouver Community College with assistance from VAC and SISIP Financial Services. He is now studying for his Community Counselling certification with a goal to obtain a professional instructor's diploma.

"The greatest part of my job today is seeing the light come on in another man's eyes, and watching him have hope gives me purpose," said Cain.

For more information about Together We Can and its programs visit their website: <https://twcrecoverylife.org/>



Former Ordinary Seaman Michael Cain in earlier times.



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# NAVAL RESERVIST GARNERS INTERNATIONAL MILITARY SPORTS HONOUR

Courtesy  
Trident Newspaper

HMCS York sailor and three-time world taekwondo champion AB Yvette Yong has added to her already-long list of accomplishments and accolades in the sport, recently being named the 2018 International Military Female Athlete of the Year by the Conseil International du Sport Militaire (CISM).

This marks the first time a CAF member has been named Athlete of the Year by CISM, which is the world's largest multi-sport military organization, with 134 member countries.

The award is presented in recognition of significant sporting achievement, along with the promotion of CISM values such as fair play, personal empathy, and discipline.

AB Yong has been practicing Taekwondo for nearly 20 years, and has been competing internationally since 2004. She joined the Royal Canadian Navy in 2010 and is currently a Naval Communicator, along with performing other regular duties at York, which is

the Naval Reserve Division in Toronto.

"I am truly honoured to be announced CISM Female Athlete of the Year. This is a win for all of us [CAF Taekwondo Team and CFMWS] because of all of the support and organization, we made it all happen as a team. I'm so proud for us," AB Yong said after receiving the award.

To achieve her current ranking as the world's best in her weight class, AB Yong's past year included gold medal wins at the CISM Taekwondo Championships, Pan American Championships, Belgium Open and German Open, silver medal wins at the Pan American Open and WT President's Cup, as well as a bronze medal win at the U.S. Open.

"While upholding her commitment to serving her country, Able Seaman Yong embodies the spirit of our military in her sport: discipline, determination, perseverance, and strength. Through her accomplishments, she leads by example and is an inspiration to all members of the Canadian Armed Forces. We congrat-



ulate her on her award and thank her for her contribution to Canada's defence and security," said BGen Derek Macaulay, who is Patron for the CAF Taekwondo Program, and Commander of 5th Canadian Division.

After reaching new heights in Taekwondo last year, AB Yong isn't taking a break. She recently competed the Dominican Republic to qualify for a spot at the 2019 Pan American Games in Peru this summer, and also has her sights set on qualifying for the 2020 Olympic Games in Tokyo.



*Able Seaman Yong embodies the spirit of our military in her sport: discipline, determination, perseverance, and strength.*

BGen Derek Macaulay

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# COMMUNITY LEADERS DISCOVER LIFE AT SEA



Marc Strongman, Dr. Thomas Keenan, and George Brookman don their life vest in a simulated abandon ship exercise.

Canadian Leaders at Sea are ready to embark HMCS Calgary for three days, two nights at F Jetty in Colwood. Left to right: Jack Hole, Dan Barnholden, Dale Turner, Karen Flavelle, Dr. Thomas Keenan, George Brookman, Hema Paupiah, and Marc Strongman.

Photos by Leading Seaman Sisi Xu, MARPAC Imaging Services



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## Support Our Troops accepting national scholarship applications

CFMWS

The Scholarship Program is entering its fifth year; it was launched to address the increasing need for scholarship opportunities for military family members.

The goal is to assist more youth in military families to pursue their continuing post-secondary education.

In 2018, more than \$75,000 was awarded to military family members through 45 scholarships with winners selected from 388 competitive applications.

This year, 41 scholarships are available and range from \$500 to \$2,000. Both full-time and part-time post-sec-

ondary students of accredited academic institutions, career and vocational colleges are eligible.

Eligible candidates are: a dependent (includes spouse) of a serving or former member of the Canadian Armed Forces; a Canadian citizen or permanent resident of Canada; and enrolled in an undergraduate program leading to a degree, diploma or certificate at an accredited Canadian college or university.

Post-graduate and career college students are also eligible to apply.

This year there is a new application process in place. The 2019 application process consists of the

following components:

- A three-part essay
- A letter of reference
- Most recent academic transcript
- Proof of enrollment from academic institution
- A point form list of volunteer/civic engagement activities

Applications will be accepted until May 1 at 4 p.m. EST.

For more information on application requirements, eligibility and restrictions visit [www.supportourtroops.ca/get-support/scholarships](http://www.supportourtroops.ca/get-support/scholarships). For any application questions please email [scholarshipsand-camps@cfmws.com](mailto:scholarshipsand-camps@cfmws.com)



### Dollar salad days every Wednesday in March

CPO1 Mike Miller (left) and CPO1 David Steeves (right) fill up their plate at the Nelles Block galley salad bar. All messes are participating in March is Nutrition month by offering a plate of greens for only a buck during lunch hour.



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## Naval Fleet School (Pacific) PLQ Course Graduation Ceremony

Commodore Angus Topshee, Commander of Canadian Fleet Pacific, handed out Certificates of Achievement to the graduating students of the Naval Fleet School (Pacific) Primary Leadership Qualification Course 0207.

Photos by LS David Garipey, MARPAC Imaging Services



LS Jordan Barkauskas receives his Certificate of Achievement.



MS Jeff Bouchard receives his Certificate of Achievement.



MCpl Jonathan Bouchard receives his Certificate of Achievement.



MS Jimmy Chou receives his Certificate of Achievement.



MS Ryan Decaire receives his Certificate of Achievement.



MS Jonathan Ferrari receives his Certificate of Achievement.



MS Lucas Gallant receives his Certificate of Achievement.



MS Jamie Healy receives his Certificate of Achievement.



MS Ashlyn Homorodean receives his Certificate of Achievement.



MS Aubrey Hutchins receives his Certificate of Achievement.



MS Joshua Krohn receives his Certificate of Achievement.



MS Madeline Kuiper receives her Certificate of Achievement.



MS Andrea Lafeber receives her Certificate of Achievement.



MS Benoit Leonard receives his Certificate of Achievement.



MS Michael Masse receives his Certificate of Achievement.



MS Saidy Mayer receives her Certificate of Achievement.



LS Natalie Meens receives her Certificate of Achievement.



MS Frank Morin receives his Certificate of Achievement.



MCpl Nicole Nicholls receives her Certificate of Achievement.



MS Karl Porter receives his Certificate of Achievement.





## Naval Fleet School (Pacific) PLQ Course Graduation Ceremony

Photos by LS David Gariepy  
MARPA Imaging Services



LS Ivan Prikhodko receives his Certificate of Achievement.



MS Philippe Prudhomme receives his Certificate of Achievement.



MS Murray Rankin receives his Certificate of Achievement.



MS Maxwell Tulloch receives his Certificate of Achievement.



MS Aaron Vermeer receives his Certificate of Achievement.



LS Guillaume Rivard receives his Certificate of Achievement.



CPO1 Sylvain Jaquemot, Canadian Fleet Pacific Chief, presents MS Ryan Decaire, the Chiefs and Petty Officers' Association Award for being the top graduated student.



CPO1 Steeves presents MS Ryan Decaire with the Formation Chief and Petty Officer Award.



CPO1 Malcom Conlon, Coxswain of Naval Fleet School (Pacific), presents MS Jeff Bouchard with the Primary Leadership Esprit De Corps Award.



CPO2 Carl Dixon, Leadership CPO of the Naval Fleet School (Pacific), presents MS Lucas Gallant with the Drill Competition Award.

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## Naval Pacific Training Group

LCdr Daniel O'Regan and Lt(N) Lee Henschke presented awards, medals and promotions to members of the Naval Pacific Training Group.



Lt(N) Ravnsgaard is awarded the Operational Service Medal for Operation Artemis.



PO1 Glenn is awarded his Canadian Forces' Decoration second clasp for 32 years of service.



SLt Moczulski receives his Commissioning Scroll.



LS Organ receives a BZ for his work while on board HMCS Calgary.



LS Southby receives a BZ for his work on board HMCS Calgary.



SLt Alonzo-Rodrigues is promoted to his current rank.



NCdt Lemieux is promoted to A/SLt.



MS Ronaldson is awarded her Canadian Forces' Decoration for 12 years of service.



MS Ronaldson is promoted to Petty Officer Second Class; she is joined by her husband.



LS Oliver is awarded the Special Service Medal NATO Bar for Operation Reassurance.



LS Cinco is awarded the Operational Service Medal for Operation Caribe.



SLt Williams is promoted to her current rank.

### HMCS Calgary

Cdr Blair Saltel, Commanding Officer HMCS Calgary, is presented with the Chief of the Defence Staff Commendation by Cmdre Angus Topshee, Commander Canadian Fleet Pacific, for his work in organizing the 2017 United Nations Peacekeeping Defence Ministerial Conference.



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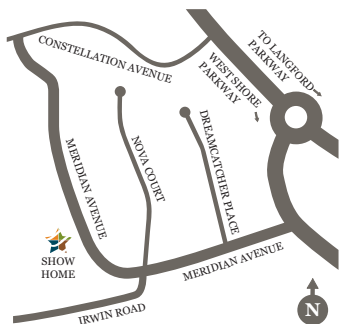




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