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LOOKOUT

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

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OPERATION CARIBBE



HMC Ships Saskatoon and Yellowknife sail out of Esquimalt harbour Feb. 21 en route for Operation Caribbe in the Caribbean Sea and the eastern Pacific Ocean. Operation Caribbe is Canada's participation in U.S.-led enhanced counter-narcotics operations. Under this operation, HMC ships and Royal Canadian Air Force aircraft deploy to the region and conduct operations to support the U.S. mission to suppress trafficking in international waters.

Photo courtesy LCdr Colin Dudeck

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IT TRAINING FOR VETERANS

Unique program aids transition

Attention veterans and currently transitioning military personnel. There's a free training program designed to prepare you for a career in information technology.

Peter Mallett
Staff Writer

Australian-based company With You With Me (WYWM) works with government agencies to combat the shortage of digital skills through their unique coaching and instruction.

"We want CAF transitioning members to understand they have numerous opportunities outside the military in the tech field," says Travis Rivard, WYWM Engagement Officer.

Rivard speaks from experience, as he is a retired Major in the Canadian military who found a place in the IT domain. Plus, the company's founder Tom Moore is also a veteran who experienced the struggle of leaving the military and moving into the civilian workforce.

WYWM began its involvement with the Government of Canada as a partner in their Cyber Workforce Enablement Program in 2020. It is a supply arrangement where the

government can call up cyber- and technology-trained Canadian Armed Forces veterans to fill the overwhelming cyber resource demand in the Public Service.

The process

With You With Me provides aptitude, psychometric, cultural fit, and learning style assessments to match candidates to an IT job best suited for them, such as Cyber Analyst, Data Analytics, and Software Developer.

Following the assessment, virtual training begins, anywhere from six to 12 weeks depending on the program. Trainees use the WYWM Potential Software Platform to learn their tech-industry skills.

In a 12-month period, WYWM helped hire more than 100 veterans in the Government of Canada and the private sector.

"Veterans have exceptional aptitudes and skills," says Rivard.

WYWM tested more than 30,000 veterans and found that 67 per cent of respondents had the same aptitude traits as software engineers and other skilled occupations.

What's with the name?

The company name is derived from Australian military speak.

"With You With Me is a catch phrase used by Australian soldiers during urban entry drills.

"Essentially, it means I have your back, but it has also become a rallying cry for veterans to band together, solve their own problems, and change the system," explains Rivard.

WYWM has forged strong relationships with the Australian Defence Force, various departments within Australia's federal

government, and large financial insurance partners such as Suncorp and Westpac.

The company's mission has also transformed. While WYWM initially focussed on helping veterans transition successfully into the tech industry, its reach has expanded. It now supports military spouses, Indigenous refugees in four countries, and the neurodiverse (learning disorders) with similar training and employment opportunities.

For more information about WYWM visit their website:

www.withyouwithme.com/caf-veterans

"With You With Me is a catch phrase used by Australian soldiers during urban entry drills. Essentially, it means I have your back, but it has also become a rallying cry for veterans to band together, solve their own problems, and change the system."

– Captain Travis Rivard, WYWM Engagement Officer



Captain Travis Rivard on Operation Nanook-Nunavut March 2019, Resolute Bay, NU. After retirement, he found work in the IT field with help from With You With Me.

CANADIAN PACIFIC FLEET

2021 Sailor OF THE Year



Peter Mallett
Staff Writer

A sailor from *HMCS Vancouver* didn't know what to make of a surprise phone call informing her she had been selected Canadian Pacific Fleet Sailor of the Year.

S2 Jesse Roberts, a 21-year-old boatswain who hails from Yellowknife, NT, was completing a demolition course on Bentinck Island when she received the unexpected phone call from CPO1 Arvid Lee, Fleet Chief, and Capt(N) Jeffrey Hutchinson, Base Commander.

"I didn't know how to react and I was almost certain they had called the wrong person," she says. "Once the shock wore off, I was excited to call my family in Yellowknife and inform them of the good news."

S2 Roberts joined the Canadian Armed Forces in 2018 and enrolled in the navy later that year. She says it's not too often people from the far

north join the navy, and even more unheard of for one of them to be named Sailor of the Year.

She has primarily worked in *Vancouver*, with a brief attachment to *HMCS Winnipeg* in November 2019, and *HMCS Nanaimo* for Operation Caribbe in February 2020.

"With my career in the RCN [Royal Canadian Navy] I have had the opportunity to be a part of a professional work environment, where both individuals and the team are faced with high-stake, high-stress situations. This has given me the opportunity to cope and strive under unprecedented circumstances, always adapting and overcoming the unique conditions."

While the basic job description of boatswain is akin to a modern day deckhand, she says it is much more complicated than that in the navy.

"When it comes to the operation of small boats, maintaining small arms, rigging, and rope work, boatswains are the experts on board. But we

are also required to perform many diverse tasks, each one unique and crucial to the performance of an HMC ship."

Sailor of the Year is chosen by Canadian Pacific Fleet leadership based on job performance, community service, dress, and deportment.

S2 Roberts volunteers for the Sooke Sea Cadet Corps, is dedicated to the boatswain trade, and exceeds as a storesperson for the department, all top qualities that made her a good candidate.

"However, these are skills any sailor might acquire and achieve," she says. "More so, I believe my positive attitude, dedication, and professionalism have aided my recognition as sailor of the year."

She also credits support from her chain of command as key to her success. She wouldn't have acquired the skills and attributes that have led to a successful naval career without them, she notes.

Vancouver is currently completing

its Intermediate Multi-ship Readiness Training in anticipation for deployment this summer. However, S2 Roberts will not be sailing with them. Instead, she will be transferring to Naval Reserve unit *HMCS Malahat*.

That's because her next big career goal lies outside of the military. Later in 2022 she will be enrolled in the full-time Practical Nursing Program at Sprott Shaw College in Victoria. Her mother and grandmother were both nurses and this is a chance to follow in their footsteps.

"Although I am unsure of my future ambitions in the navy at the moment, I hope to have the opportunity to serve on board HMC Ships in the future," she says.

She will be presented the award in a ceremony later this year.

Winners of past Sailor of the Year awards have received a promotion, a certificate, a commendation pin, \$200 cash, a clock with a Sailor of the Year engraved plaque, and a parking space in Dockyard.



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Message from the Chief of the Defence Staff



For many Canadians, Russia's unprovoked invasion of Ukraine represents the return of history. The return of a time of struggle and great power competition: when larger nations employed force to conquer their neighbours, redrawing borders in the hopes of regaining a past glory that was never truly theirs. This attack is an attack against the international rules based order, with changes to the geopolitical situation that will reverberate for years to come.

While the future is uncertain, the events in Ukraine have underscored the primacy of our core mission as a fighting force: the defence of Canada and Canadian interests.

These events have also given me cause to reflect upon the paradox that lies at the heart of a professional military. We train our entire lives – spending blood, tears, toil, and sweat – to prepare ourselves to fight in defence of our homeland, against threats we dearly hope will never come. For our brothers and sisters in Ukraine, that fight is upon them now.

For the close to 3,000 members of the Canadian Armed Forces who have served on Operation Unifier since 2015, this may be an especially difficult time. Your thoughts, like mine, will no doubt be with your friends and comrades as they face the ultimate test. This is only natural.

Know that we, and our allies, have done everything our Governments have asked of us to help prepare Ukraine for these challenging times. No matter the outcome of this invasion, the training you provided, to more than 33,000 members of the Ukrainian Security Forces, will be invaluable in the days to come. You have helped save lives that would otherwise have been lost, and you have helped prepare the Ukrainian Forces to fight tyranny and unbridled aggression.

As these events unfold, know that our work with our allies will become ever more important. Since 2014, almost 13,000 of us have supported NATO Assurance Measures throughout Central and Eastern Europe on Operation Reassurance, either through support to our initial Land Task Force in Poland; or our current enhanced Forward Presence in Latvia; through our near-persistent presence in Euro-Atlantic waters as part of NATO Standing Naval Forces; or through our support to NATO air policing efforts in Romania, Iceland, and Lithuania over the years.

To those currently deployed to the region, and to all those who will, or may join them in the coming weeks and months, know that your work, which has contributed greatly to our Alliance's deterrence and defence efforts, is now more vital than ever.

The rest of us will continue to be prepared to do what our government asks of us, in support of our country and our fellow Canadians.

The world has just become a much more dangerous place, and we must do all that we can to stand as one and be ready.

General Wayne Eyre
Chief of the Defence Staff



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Margaret Brooke crew praise new platform ahead of ice trials

Joanie Veitch
Trident Newspaper

As the future HMCS Margaret Brooke, Canada's second Arctic and Offshore Patrol Ship (AOPS), left Halifax on Feb. 17, the crew was full of anticipation. Not only were they heading off to do cold weather and ice trials, this marked the first time they would spend an extended period out at sea with their new ship.

Bound first for Newfoundland before heading north to the Labrador Sea, Margaret Brooke will move through the Davis Strait into Baffin Bay, looking for temperatures of 30-below Celsius or colder and metre-thick ice to run through a series of trials mean to test the ship's capabilities.

It's expected to be about a four-week trip, although flexibility with the schedule is key, says Lt(N) Graham Austin, Navigating Officer. "You can have a set schedule but because we need specific conditions we need to have maximum flexibility built in."

Like others in the Harry DeWolf-class of vessels, Margaret Brooke is a different ship from most in the Royal Canadian Navy, not only from an operational perspective, but also in terms of the quality of life for the crew, as their home-away-from-home for long periods of time.

"I've sailed on frigates, MCDVs (Maritime Coastal Defence Vessels) and now on

the AOPV (Arctic Offshore Patrol Vessels). I've had lots of at-sea time, just a little over 1,300 days, so I can speak to the creature comforts of the AOPV platform," says PO1 Ron Kennedy, Naval Communicator. "The AOPV, the best way to explain it is that it's like being on a cruise ship as compared to a frigate or MCDV."

So what is it about these ships that make them so different from the rest of the fleet?

"It's spacious," says Lt(N) Austin. "The ship is a patrol ship, not at all a combatant like the frigates. It's built to navigate in ice so it needs to be of a sufficient size to be able to break the ice and sail in those kinds of conditions. Everything on board is just a little bit bigger and because we're a smaller crew, comparatively speaking, there's just a lot more room for everyone."

At present, Margaret Brooke has a crew of 68. By comparison, the Halifax-class frigates operate with a crew of 230-plus, and the MCDVs - a much smaller ship than the AOPV - has a crew of about 48.

The new ships offer more space in the crew accommodations, more toilets or "heads" and wash spaces, an all-ranks cafeteria, better digital connectivity, and a dedicated fitness space with gym equipment.

The ship's traditional messes are socialization areas only, and the main eating area is an all-ranks cafeteria, explains Lt(N) Jennifer Grant, Bridge

Watchkeeper and the ship's Information Management Officer.

The cafeteria is well laid out, featuring a serving buffet and salad bar, and even a cappuccino machine. The addition of portholes adds natural light, a huge plus when spending a long time at sea.

"It's much more inclusive as everyone is together," says Lt(N) Grant.

The addition of a dedicated workout space is another plus with the new ships. In Margaret Brooke, space allows for up to eight members using the gym area at a time, and more in the hangar when there's no embarked helicopter on board.

"We've outfitted the gym space with extra equipment and turned the hangar into a crossfit area," says PO1 Kennedy, who also acts as the sports coordinator on board. "Having that space makes a huge difference to quality of life. For me, quality of life starts with fitness."

Advanced technology and the ability to use more automation are other improvements that bring big benefits as well, says Lt(N) Matthew Parnell, Assistant Naval Technical Officer.

"We have personnel monitoring and responding to do regular maintenance accordingly, but we're a smaller crew and having that automation frees us up a lot," he says. "Everything on these ships is just a lot more comfortable."

HMCS Margaret Brooke facilitates a boat transfer in Conception Bay Harbour during their transit to the Arctic for ice trials on Feb. 20.

Photo by S2 Taylor Congdon, Canadian Armed Forces Photo



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AJAG Pacific Monthly Discipline Results

Below is a list of all Summary Trials and Court Martials held in the month of December 2021 to January 2022 within the Assistant Judge Advocate General (Pacific) region. A description of the charges is included. Any queries can be directed to the AJAG(P) Chief Petty Officer, CPO1 R. DeProy, Robert.deproy@forces.gc.ca

MS Silver from NFS(P), charged with the following offences:

Section 90: In that he, at 0800 on 10 Sep 2021, without authority, was absent from building N50 at CFB Esquimalt and remained absent until approximately 1153 on 10 Sep 2021. **Guilty, fined \$200.**

S1 Fontaine from HMCS Calgary, charged with the following offence:

Section 97: In that he, on 24 August 2021, at or near Pearl Harbor, Hawaii, United States of America, was drunk. **Not Guilty.**

S1 Ellis from HMCS Calgary, charged with the following offence:

Section 129: In that he, on or about the evening of 4 August 2021, onboard HMCS Calgary at or near Auckland, New Zealand, did behave in a disorderly manner. **Guilty, fined \$200.**

S2 Pilon from HMCS Calgary, charged with the following offence:

Section 97: In that he, on 24 August, at or near Pearl Harbor, Hawaii, United States of America, was drunk. **Guilty, fined \$250.**

S1 Mason from HMCS Calgary, charged with the following offences:

Section 90: In that she, at 0630 hours on 5 August 2021, without authority was absent from Machinery Control Room onboard HMCS Calgary, at or near Auckland, New Zealand, and remained absent until approximately 0905 hours 6 August 2021.

Section 90: In that she, at 0900 hours on 6 August, without authority was absent from Personnel Under Punishment muster onboard HMCS Calgary, at or near Auckland New Zealand, and remained absent until approximately 0905 on 6 August 2021. **Guilty of both charges, fined \$300.**

S3 Mordy from HMCS Ottawa, charged with the following offence:

Section 97: In that he, on or about 14 March 2021, at or near Victoria, British Columbia, was drunk. **Guilty, four days confined to ship.**

EXPLANATION OF CHARGES

Section 90 – Absent Without Leave

Section 97 - Drunkenness

Section 129 –

Conduct to the Prejudice of Good Order and Discipline



Cmdre Dave Mazur (left), Commander Canadian Fleet Pacific, and Cdr Mark O'Donohue, ship's commanding officer, congratulate SLt Travis Verbeek on his Command Commendation aboard HMCS Calgary during a port visit in Hawaii.

Photo Courtesy HMCS Calgary

SHIP'S DIVER HAILED FOR LIFE-SAVING HEROICS

Peter Mallett
Staff Writer

A ship's diving officer has been recognized with a prestigious Command Commendation for saving the life of a shipmate.

SLt Travis Verbeek, a Naval Warfare Officer in *HMCS Calgary*, was conducting underwater salvage operations on Oct. 2, 2019, in Esquimalt harbour when he noticed his dive partner lying motionless on the seabed. His diver training immediately kicked in. He initiated the Unconscious Diver Emergency Drill and was able to return the stricken diver safely to the surface without risking further injury.

His life-saving efforts were recognized in an official certificate signed by Gen Wayne Eyre, Chief of the Defence Staff.

"Acting Sub-Lieutenant Verbeek's professionalism and decisive actions saved the life of his partner," wrote Gen Eyre.

He received the commendation while *Calgary* was alongside in Pearl Harbor, Hawaii, on its current deployment. The commendation was presented to him by Commodore Dave Mazur, Commander of Canadian Fleet Pacific, during a medal presen-

tation the for ship's company for their previous deployment during which they set many records for drug busts.

The incident

At the time of the incident, SLt Verbeek was posted to Fleet Diving Unit Pacific to undergo ship's diver on-the-job training. He and his dive partner were diving to depths of 15 metres to move underwater welding tables to a new location.

The two divers were making a series of individual ascents and descents to bring their tools and equipment back to the surface. While performing these tasks the divers were separated for approximately 30 seconds. That's when SLt Verbeek found his dive partner face down on the sea floor and motionless.

"At that moment my initial reaction was to take positive control of him, assess if he was okay and why he wasn't moving, and then bring him to the surface safely."

Also crucial in the rescue was making sure his dive partner's mask



was in place. This was important to avoid risk of drowning and to ensure that any air in his lungs was expelled to avoid further dive-related injury. He then fully inflated his partner's buoyancy vest to enable his safe ascent to the surface.

Thankfully, the pair were doing their dive close to Fleet Diving Unit's jetty and their training team were able to respond quickly. The instructors and trainees moved a ladder into place so the injured diver could be quickly extricated. He was then loaded onto a stretcher, put on oxygen, placed in a recompression chamber, and put in the care of on-site medical personnel. SLt Verbeek was also given a medical examination, but was determined to be uninjured.

The injured diver made a full recovery.

"He was very thankful to me and we talked afterwards and discussed how quick actions and our training were why he was alive and also avoided any major prolonged injuries," says SLt Verbeek.

A Humble Hero

SLt Verbeek received gratitude for his deed from his dive partner, his co-workers, and Fleet Diving Unit Pacific's Commanding Officer and thought that was the end of the congratulations.

But then last October he received a phone call from Rear-Admiral Angus Topshee, Commander Maritime Forces Pacific, to inform him of the official recognition.

"I did not know I was nominated for any kind of commendation and I certainly don't view myself as a hero," says SLt Verbeek. "This is not only what is expected of a diver, to look out for their partner, but is what anyone would have done in the same situation."

The Command Commendation was created in 1995 and recognizes deeds and activities above and beyond the demand of normal duty. The insignia for Command Commendation is a silver bar bearing three maple leaves. The Chief of the Defence Staff grants the authority to specific commanders to award the Command Commendation. It is accompanied by scrolls signed by an appropriate National Defence Head Quarters group principal or commander of a command.

ATTENTION DEFENCE TEAM HIRING MANAGERS:

Support the CAF and military families - hire a military spouse

DND

The Military Spouse Employment Initiative was launched by DND in 2018 to provide enhanced employment opportunities for military spouses.

Here's some of the progress made since the initial launch:

- The employment inventory was made accessible to hiring managers from all federal government departments and agencies to give spouses more exposure.
- New work streams were added to the employment inventory to meet the needs of hiring managers across the Public Service, such as programmers and developers, engineering technologists and communications and public relations specialist.
- DND introduced an organizational

need for all DND jobs open to the public, which allows the option for military spouses, who meet all of the essential qualifications for a job, to be considered ahead of others, with the exception of those with priority entitlements or preference.

Check out the new work streams on the Military Spouse Employment Initiative website, accessible only on the National Defence network: <http://hrciv-rhciv.mil.ca/en/m-staffing-military-spouse-employment-initiative>.

If you know a military spouse who could benefit from this initiative, encourage them to apply to the inventory: <https://www.canada.ca/en/department-national-defence/corporate/job-opportunities/civilian-jobs/civilian-job-opportunities/military-spouse-employment-initiative.html>



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WITH YOU WITH ME

Attn: Transitioning Military Members

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Lieutenant Governor of British Columbia, The Honourable Janet Austin, His Honour Ashely Chester and Vice-Regal Canine Consort, MacDuff (centre) pose with Honorary Aides de Camp of British Columbia during a dinner in their honour at Government House in January 2020.

Photo Courtesy Government House

Become an Honorary Aide de Camp to the Lieutenant Governor of British Columbia

Peter Mallett
Staff Writer

Maritime Forces Pacific (MARFAC) is seeking nominations for Honorary Aide de Camp (HADC) to the Lieutenant Governor of British Columbia.

Nominees should be serving officers at the rank of Lt(N), LCdr, or Cdr. Deadline for candidate nominations from all local units was recently extended to March 15.

An HADC is the uniformed officer who accompanies the Lieutenant Governor of British Columbia, The Honourable Janet Austin at official events and engagements. The HADC also performs other duties as directed by the Lieutenant Governor, her Private Secretary, or designate. These include assisting with details of the Lieutenant Governor's official engagements; representing her on specific occasions; and serving as a liaison between Government House and the area for which they are appointed.

Nominees should be prepared for a minimum commitment of two events per month and a minimum one year assignment.

LCdr Melissa Desjardins has been serving as HADC since August 2019. She currently works as the Senior Staff Officer Strategic Outreach (Western Canada) with the Royal Canadian Navy. She was nominated for the position by her colleague and supervisor.

"I would say the main qualities required for

the HADC nomination are for candidates to be: outgoing, have good interpersonal and communication skills, organizational and multi-tasking skills, and time management skills. Nominees should also have the ability to deal with situations with tact, be flexible, and have the adaptability to work with changes to an event or engagement."

Even though there is no financial compensation for their duties, LCdr Desjardins rates the position as highly rewarding and enjoyable. Perks of serving include meeting new people and communities, learning and exploring new things, and being part of activities and events not available in her typical duties in the navy.

"Serving as an HADC is also a great opportunity to represent the RCN and CAF in a positive and visible way," she says. "I've been at many events where I often get to interact with the public and answer questions about serving in the navy and how the CAF is a great career option."

Nominations for Honorary Aide de Camp are to be sent via email to Dorothy.Mildenberger@forces.gc.ca

There are approximately 30 Honorary Aide de Camps currently serving in B.C. These volunteers work for branches of the Canadian Armed Forces, Royal Canadian Mounted Police and local police services, St. John Ambulance, and departments of federal and provincial government Public Service.



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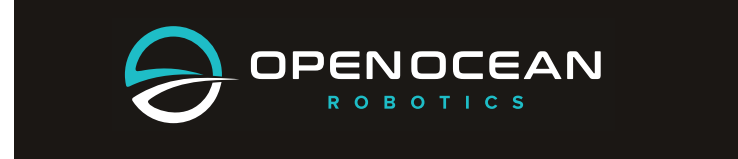
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