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Volume 67 Number 47 | November 28, 2022

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

Victoria Royals & CFB Esquimalt



BLUEJACKETS' TRIBUTE

Prince George Cougars' Ethan Samson; Captain (Navy) J. Jeffrey Hutchinson, CFB Esquimalt Base Commander; Matthew Crawley, Babcock representative; Gordie Strongman, son of Esquimalt Navy player Bernie Strongman; and Victoria Royals' Riley Gannon face off at the puck drop for the Bluejackets tribute game held Nov. 19, where Victoria Royals team members wore uniforms designed after a local wartime hockey team.



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HMCS Nanaimo sailors represent at namesake ceremonies



Left to right: Ian Thorpe, Nanaimo Councillor; Leonard Krog, Nanaimo Mayor; Lisa-Marie Barron, Nanaimo MP; Lieutenant-Commander Vanderveer, Commanding Officer of HMCS Nanaimo.



Front to back: Sailor First Class Nicholas Couckuyt, Acing Sub-Lieutenant Patrick Cusack, Lieutenant (Navy) Robertson, Petty Officer First Class Samantha Szeto, Lieutenant-Commander Michael Vanderveer receiving the bell and puck drop at the Nanaimo Clippers game against Port Alberni Bulldogs.

S1 Nicholas Couckuyt HMCS Saskatoon NCIO

On Nov. 11, a group of sailors, including myself, represented HMCS *Nanaimo* and visited our namesake city to participate in the local activities for Remembrance Day.

Our first stop was Royal Canadian Legion Branch 256 to participate in the Remembrance Day ceremony. Our crew paid respects by laying a wreath and visiting with veterans and Legion members. The ceremony included a local boy singing a stirring

version of Garth Brooks' 'Belleau Wood', a song about the Christmas Truce of 1914.

The Legion members were proud to show off the murals which adorn almost the entire outside of their building, including an image of our ship, HMCS *Nanaimo*.

Legion Branch 256 treated us to lunch while sharing stories from their careers.

The crew also attended a ceremony at the Nanaimo Dallas Square Cenotaph. While meaningful and dignified, the ceremony showed a great sense of community in

the City of Nanaimo. The Air and Sea Cadets enthusiastically escorted each dignitary to lay their wreaths. Others distributed poppies and brochures to attendees.

The ceremony was capped by a gun salute courtesy of the 5th Field Regiment of the Royal Canadian Artillery. Lieutenant Commander Mike Vanderveer, our Commanding Officer, presided as the Reviewing Officer of the parade. The ceremony was made extra special with the presence of Victor Osbourne, a Second World War Navy veteran, who was celebrating his 104th birthday. The crowd at the Cenotaph sang a cheerful 'Happy Birthday' to Mr. Osbourne and thanked him for his service.

Following the ceremony at the Nanaimo Cenotaph, the crew gathered at Royal Canadian Legion Branch 10 to socialize with more community members, including Mayor Leonard Krog, and Lisa Marie Barron, Nanaimo-Ladysmith Member of

Parliament. All appreciated the warmth and hospitality received by both Legions.

In the evening, the crew was invited to attend a Nanaimo Clippers hockey game, where the home team defeated the Alberni Valley Bulldogs. The Clippers were sporting a specially designed jersey featuring the original HMCS *Nanaimo* K101, a flower-class corvette which served in the Second World War. Before the puck drop, Mayor Krog gifted *Nanaimo* the ship's bell back to the crew. It was held at Nanaimo City Hall while the ship was refit. We are pleased to report it is now back on the ship, where it will be put back in service to be rung for Colours again.

The warm welcome offered by the people of Nanaimo was a wonderful beginning to what we hope will be a close relationship with our namesake city. We look forward to visiting again and establishing a lasting presence in the community. Not every ship is lucky enough to have its namesake city so close.



Left to right: Acting Sub-Lieutenant Cusack, Petty Officer Second Class (PO2) Tremblett, Petty Officer First Class Szeto, PO2 Smith, Lieutenant-Commander Vanderveer, Lieutenant (Navy) Lingard, Sailor First Class Couckuyt. Back left to right: Sailor Second Class (S2) Chaudhry, Sailor First Class (S1) Peters, S2 Champagne-Rochard, S2 Ladouceur-Lauermeier.

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Graduates of HMCS Venture's General Military Training Instruction (GMTI) course gather for a graduation photo at the Collier Building, Nov. 10. Photo: Corporal Tristan Walach / MARPAC Imaging

'Ad-Venture' in Training



Peter Mallett
Staff Writer

The new training facility at CFB Esquimalt is already proving itself as a critical benefit to the Canadian Armed Forces (CAF).

As a result of HMCS *Venture's* new mandate, 18 successful candidates graduated from the General Military Trainer Instruction (GMTI) course on Nov. 10. The course is typically delivered at Canadian Forces Leadership and Recruitment School (CFLRS) in Saint-Jean-sur-Richelieu, Que.

"The General Military Trainer Instruction (GMTI) course is instruction and training for our people on how to deliver one of our assigned courses, the Basic Military Qualification," said Lieutenant-Commander (LCdr) Angus Fedoruk, HMCS *Venture* Division Commander. "This is one of the first ways the new *Venture* is proving what it can do under its new mandate."

GMTI was championed and organized by Chief Petty Officer Second Class (CPO2) Luc Poirer-Potvin, key member of leadership instruction at HMCS *Venture* and former instructor at CFLRS. It prepares NCMs and Junior Officers to instruct Basic Military Qualification (BMQ) and Primary Leadership Qualification (PLQ) courses. The new training course will help address CAF personnel shortages, which aligns with CAF Reconstitution efforts currently underway at the instruction of General Wayne Eyre, Chief of Defence Staff.

HMCS *Venture's* training mandate expanded and now includes Naval Warfare Officer, Naval Technical Officer, Second Language Training, and RCN leadership training that includes Officer and NCM courses. A reorganization

in the Naval training system created HMCS *Venture* out of the Naval Training Development Centre (Pacific) and elements of the Naval Fleet School (Pacific).

The fresh cohort of graduates learned skills such as instructing drill lessons, including demonstrating the ideal sequence, inspecting personal kits, preparing interviews with candidates, providing feedback on their progression, managing recruits, initiating performance reviews, resolving deficiencies, and completing course administration duties.

"Instructor candidates must display good character, maturity and sound judgement required to fulfill their mentoring and leadership duties," LCdr Fedoruk said. "These are important attributes because the instructors model the qualities and values we wish to transmit to trainees as well as to their peers once they return to their units and resume their day-to-day roles."

LCdr Fedoruk stated that no additional *Venture* staff are slated to undertake GMTI training. "Qualifying local staff in GMTI aimed primarily at increasing our capacity to conduct DBMQ courses. That requirement no longer exists, a consequence of the lifting of restrictions associated with the COVID-19 pandemic and an increased capacity by CFLRS St Jean. If we anticipate resuming DBMQ in future then additional participation in GMTI coursing would make sense," he said.

"Participation in the GMTI training is another example of how HMCS *Venture* differs from its namesake (NOTC *Venture*). We have a new mindset and mandate to train not only officers but leadership and culture across all RCN ranks," LCdr Fedoruk said.

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BUOYS AND LIGHTS

"Every left-coast sailor knows the sight of Race Rocks Light."

~ Mark Nelson, Chief Petty Officer Second Class (Retired)

An entire category of nautical vocabulary is dedicated to keeping a ship in safe waters, not *aground* or on the rocks. Resting upon or touching the sea bottom is referred to as a *grounding*, which is one of the worst outcomes for a ship, sometimes leaving a vessel high and dry until the tide comes in or unable to continue. *Touch and go* describes a minor grounding, where the ship can continue its progress. Intentional grounding may be referred to as *beaching*, so a vessel may load and unload (as with a landing craft) or possibly prevent a badly damaged vessel from sinking.

When a ship enters coastal waters, the *Officer of the Watch* needs to pay attention to the *aids to navigation* that is specifically intended to assist in determining a vessel's position or safe course or to warn of dangers. *Buoys* are used to mark navigable channels, hazards to shipping, and anchorages. In Canada, we pronounce 'boy' and not the American 'boo-ee'.

When travelling up a channel, *Port hand buoys* are coloured green, marked with odd numbers, and should be kept on the port side. *Starboard hand buoys* are coloured red, marked with even numbers, and should be kept on the starboard side. A *bifurcation buoy* marks the division of a channel. *Fairway buoys* indicate safe water. *Cardinal buoys* indicate the safest water using the cardinal points of a compass (north, south, east and west). Some buoys are distinctly shaped for visual identification, such as a square-

shaped *can buoy* or a cone-shaped *nun buoy*, resembling a nun's habit.

Light buoys display light to be visible at night. *Bell buoys* are designed to be heard when visibility is diminished and include a bell with hammers that clang with wave action. Most buoys have a *radar reflector*, a diamond-shaped metal accessory meant to boost the amount of energy returned when *painted* by radar.

A *beacon* is a fixed aid to navigation. Maybe the best-known type of beacon is a *lighthouse*. Some are picturesque structures familiar to Royal Canadian Navy

sailors, such as *Fisgard Light* at the entrance to Esquimalt Harbour or lighthouses on *Georges Island* and *Maughers Beach* at the entrance to Halifax Harbour.

Every *left-coast* sailor knows the sight of *Race Rocks Light*, located on Race Rocks just off the southern tip of Vancouver Island. Built in 1860 and constructed of granite quarried in Scotland, it was one of the first lighthouses built on the west coast of Canada. Soon after the light went into service, the first lightkeeper, George Davies, painted the tower's distinctive black and white stripes. The stripes, meant to improve its daytime visibility, remain to this day. *Race Rocks* refers to the tidal race that swirls past the collection of islets at speeds of up to eight knots. Due to the treacherous waters, vessels steer clear, making it a quiet respite for sea birds and seals.

You will find over 4,000 examples of Jackspeak in my book *Jackspeak of the Royal Canadian Navy* (2nd ed.).



The author of 'Jackspeak of the Royal Canadian Navy' and 'Whiskey 601', Mark Nelson developed a love of the Navy's language and lifestyle over his 26-year career in the service. After retiring as a Chief Petty Officer Second Class, he now works as a Library Systems Specialist at Red River College Polytechnic in Winnipeg, Man.

Follow Mark on Twitter @4marknelson



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FIVE QUESTIONS WITH

the new Chief Petty Officer at Naval Fleet School (Pacific)

Kateryna Bandura
Lookout Editor

Chief Petty Officer First Class (CPO1) Stan Budden, Chief Warrant Officers Corp, joined the primary reserves in 1993 as an infantryman with the 1st Battalion of the Royal Newfoundland Regiment. In 1996, he joined the Royal Canadian Navy (RCN) as a Marine Engineer, which morphed into a Marine Technician in 2017.

CPO1 Budden said he feels privileged and honoured to be given this role.

"Culture change needs to remain the top priority as we build on the needs of the RCN, and I am in a unique position to influence this," he said. "Naval Fleet School (Pacific) (NFS(P)) is an institution where the best and brightest shape the fleet, and I look forward to facing this challenge."

1. What does this new role mean to you?

Serving as the (NFS(P)) Chief Petty Officer (CPO) is an excellent opportunity to contribute to the RCN and Canadian Armed Forces (CAF) in a meaningful way. I am directly helping to promote the goals of Strong, Secured and Engaged in the RCN.

Training plays a crucial role in reconstituting the current fleet. The training imparts the knowledge and skills that allow the next generation of sailors to serve professionally, safely, and confidently. With work, we can become the RCN Canadians want and deserve, facing challenges head-on.

2. Do you have a specific goal you wish to attain in your new position?

I want to ensure everyone at the Fleet School, staff and students, feels supported. This can be explained with a word I learned from *Lilo and Stitch*, 'Ohana', which

means 'family', but in a broader sense than most of us think. We are all family as RCN and CAF members. We need to look after each other and treat everyone with dignity and respect, regardless of background, experiences, or age, like we would with members of our primary families.

My secondary goal is to promote a physically fit team. When I left HMCS *Ottawa* in 2018, I was overweight. Since then, I have worked on my fitness and health to such an extent that I have just completed running a full marathon in Victoria on Oct. 9 – a challenge I never thought I would be able to do. I learned personally that being physically fit not only helps with one's overall health but mental resilience as well.

3. How do you think your previous experience contributed to your current role?

Serving as the Chief Engineer of HMCS *Ottawa* required that I understand command integration and how to examine things holistically at a unit level.

As the Unit Sergeant Major for Canadian Forces Recruiting Centre (Pacific) in Vancouver, I learned how to be a command team member and the critical role recruiting plays in the health of the CAF.

Now, as the Fleet School CPO, I continue to help the CAF reconstitution effort by ensuring our personnel is highly trained with the skills and knowledge they need to perform their roles professionally and confidently.

4. What are you looking forward to in your new role?

I look forward to working with an amazing command team and learning from them. The Naval Personnel and Training Group (NPTG) is an excellent organization comprised of professionals dedicated to improving training while preparing our sailors to meet the challenges of the future fleet.

I look forward to interacting with students and showing them that the RCN is not just a job but an adventure. I appreciate all the opportunities my military career has provided me.

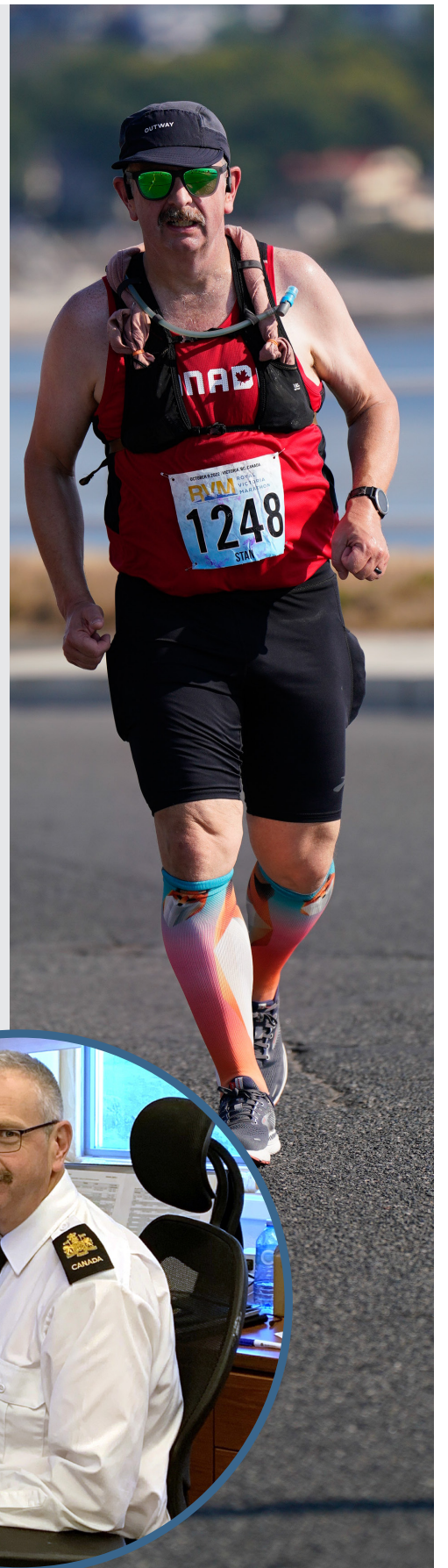
5. Do you have anyone you look up to?

I can think of three key people who I look up to because, to me, they symbolize the qualities of empathy, strategic awareness, and resilience.

The first one is CPO1 (Retired) Janet Graham-Smith. She was my coxswain in both *Regina* and *Winnipeg*. I learned how to become more empathetic from her. While in those units, she helped me personally when my mom became sick in Newfoundland. I have also looked at how she dealt with people – she was fair. She never gave everything to everyone, but she could help people and treated them justly and with respect.

The second one is Major Sam Perreault, who is now deployed to Jerusalem on Operation *Proteus*. He was my Commanding Officer at the Canadian Forces Recruiting Centre (Pacific), and I learned a lot about how different elements think and how a command team should work.

The final one is Sergeant (Retired) Jeff Yetman. He was an infantryman with Princess Patricia's Canadian Light Infantry who deployed to Afghanistan three times as well as Bosnia. Not only did I grow up with him, but I learned tenacity and how to deal with adversity as I watched and helped him overcome his challenges. He is a brother-in-arms to me.



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HMCS Ottawa holds ship tours in North Vancouver

Kateryna Bandura
Lookout Editor

Approximately 500 guests visited HMCS *Ottawa* while the Halifax-class frigate docked in North Vancouver at the end of October.

Lieutenant-Commander (LCdr) Justin Simmons, Executive Officer with HMCS *Ottawa*, said the ship was in North Vancouver as part of the Achieve Anything Foundation's 'This is You' program with The Honourable Janet Austin, Lieutenant Governor of British Columbia.

"The guests were very gracious for the opportunity to tour our ship, and they asked many inquisitive questions, which the ship's crew were more than happy to answer," LCdr Simmons said.

The guests toured the upper decks and the bridge, and interacted with several static displays of various sailors and their trades. Subject matter experts of various trades on board the ship showcased what they do best.

"Our subject matter experts comprised of divers, boarding party members, helicopter crash rescue firefighters, machinery control room watch keepers,

medical technicians, naval weapons engineers and bridge watch keepers – so, essentially, all trades on board," LCdr Simmons said.

LCdr Simmons said HMCS *Ottawa* had 20 students embarked as part of their at-sea Naval Engineering Indoctrination (NEI) course, where they learn all aspects of the ship. *Ottawa's* NEI students were responsible for acting as tour guides, ensuring guests were taken to the areas where demonstrations were taking place.

The guided tours took the guests through several working and living spaces throughout the ship, including Sickbay, the operations room, the machinery control room, and the messes.

"The guests seemed especially interested in seeing some of the more interactive displays," LCdr Simmons said, "such as the one with the boarding party where they got to hold the guns, or the rescue firefighters who cut a steel pipe in half with a tool."

Ottawa is nearing the end of its trial's sail in which the crew is testing the proficiency of their equipment. Once the technical and mechanical readiness is proven correct, the crew will sail for work-ups where the personnel will be tested in their ability to defend the ship.




Guests interact with HMCS *Ottawa* sailors and subject matter experts while the ship docked in North Vancouver at the end of October. Photo supplied.



Marie Eve, Juno Beach Centre Exhibitions Director.
Photo: Haley Sharpe Design

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NEW EXHIBIT BRIDGES GENERATION GAP AT Juno Beach Centre

Peter Mallett
Staff Writer

An update to a permanent exhibit at the Juno Beach Centre will shine a brighter spotlight on today's Canadian war veterans.

Located in Normandy, France, the Juno Beach Centre is a popular tourist destination that pays tribute to the 14,000 Canadian Troops that landed there on June 6, 1944, a decisive moment of the Second World War.

"This is more than just a D-Day museum," said Marie Eve Vaillancourt, Juno Beach Centre Exhibitions Director. "It was the wish of the veterans who helped found the Juno Beach Centre that the museum focus on Canada's history following the Second World War."

Vaillancourt said the Centre's new *Faces of Canada Today* project is one way the museum is continuing to grow and why it remains a beacon of Canada's presence on the beaches of Normandy.

The *Faces of Canada Today*

exhibit will re-open in spring 2024, and will provide an important update of those who have served in conflicts following the Second World War, including the Korean War, Afghanistan and United Nations Peace Keeping Missions, and NATO missions throughout the Cold War.

This is the first major



Juno Beach

update for the exhibit in over 20 years, and will contain the first references to Canada's role in Afghanistan, Vaillancourt noted.

Vaillancourt said the centrepiece of the new *Faces of Canada Today* will feature personal stories and reflections of diverse Canadians and details the numerous peacekeeping missions in which the Canadian Armed

Forces participated.

The exhibit will include military families and their importance in mission success. It will also include a celebration of Canada's historic relationship with France, particularly the strength of its friendship and alliance which remains strong today.

Like the rest of the Juno Beach Centre, *Faces of Canada Today* will have a strong link to the Second World War, Vaillancourt said. The Juno Beach Centre's *Legacy of Honour* film project will also be included in the new exhibit which interviews 12 Second World War veterans including Victoria's 102-year-old Cdr (ret'd) Peter Chance.

The Juno Beach Centre Association has launched a fundraising campaign to help pay for the costs of the exhibit which will conclude on June 6, 2024 to coincide with the 80th anniversary of D-Day. For more information on the project, including how to donate, visit www.junobeach.org

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How morale mail helps sailors keep connected to home

Kateryna Bandura
Lookout Editor

From a child’s drawing to a bag of candy, morale mail brings a part of home to all the deployed sailors.

As HMCS *Vancouver* and *Winnipeg* navigate the Pacific on their six-month deployment, the blue mail bags always ignite smiles around the ship.

“We don’t always realize the power of receiving a note, card, or package that someone took the time to put together for you specifically,” said Lieutenant (Navy) Michelle Scott, *Vancouver’s* Public Affairs Officer. “It can really turn around someone’s day or even week on ship.”

Fleet Mail Office Victoria is one of two Canadian Forces Postal Unit offices dedicated to supporting deployed Royal Canadian Navy ships. To date, the office has sent 238 bags of mail weighing 2.5 tons (2,577 kilograms) to both ships.

The *Posties*, as they are affectionately called, have proudly served deployed Canadian Armed Forces members by ensuring packages are sent and received properly by deployed units. On ship, this task is handled by the meteorological technicians (met tech) on board, who receive and send mail back to the postal units ashore for further processing.

Sergeant (Sgt) Victoria Rogers, a met tech in HMCS *Winnipeg*, said delivering mail is a lot of work but one she absolutely enjoys.

“I’ve seen sailors laugh and cry as they opened their packages,” she said. “Some packages are decorated by little kids with stickers and drawings and some are decorated with themes for each one.”

While everyone’s mail is different, some things generally stay consistent.

“There are always candy and treats getting pulled out and passed around, little toys or stuffies the little ones pop in the box before it’s secured with tape, and notes and pictures from loved ones back home,” Sgt Rogers said.

But some sailors truly make the most of morale mail.

“Snacks and food items are one thing,” Lt(N) Scott said, “but hot sauce collections, clothes for the changing of the seasons, blankets, coffee, and other creature comforts – you can also order items off Amazon to send to the ship now.”

Sgt Dan Jacklin, *Vancouver’s* met tech, said he always ensures the mail is properly taken care of.

“Despite all the announcements, briefs, and word-of-mouth, there are still people who are surprised that we can send and receive mail while deployed,” Sgt Jacklin said.

Lt(N) Scott said morale mail keeps people on ships connected to home.

“If you are looking to send someone a package, but don’t know what to send – you really can’t go wrong with snacks,” she said.



Sailor First Class Alexandra Madsen opens a care package she received from home for her birthday.



Petty Officer Second Class Scott Weatherell shows off his morale mail package.



Sergeant Dan Jacklin processes bags of mail HMCS Vancouver received while alongside in Guam.

Photos by Sergeant Ghislain Cotton, HMCS Vancouver

HMCS Malahat commandeers Esquimalt facility for VIRTUAL SIMULATION TRAINING



Lieutenant-Commander Anne Gardam, HMCS Malahat’s Executive Officer, keeps a watchful eye on junior members of HMCS Malahat taking part in NABs simulation training at CFB Esquimalt on Nov. 10.

Lt(N) Donald Den
HMCS Malahat PAO

During the evening of Nov. 10, members of Victoria’s Naval Reserve Division (NRD) HMCS *Malahat*, including several Naval Warfare Officers (NWOs), Naval Communicators (NavComms), and Naval Combat Information Operators (NCIOps), took part in virtual ship training at CFB Esquimalt.

The Naval Officer Training Centre’s Navigation and Bridge Simulator, or ‘NABS’ for short, is a series of virtual training platforms at the Base that accurately replicate the displays and visuals of a bridge on a Royal Canadian Navy ship at sea. Linked to a separate control room running the simulation, ‘bridges’ can conduct navigation, contact avoidance, communications, and other tasks as if they were at sea.

Along with all the proper equipment on the bridge with the appropriate scaled space and seating, the NABS offers a 360-degree realistic field of view, using multiple monitors to simulate an ‘at-sea’ environment. NABS also uses a high-accuracy virtual environment, simulating real-world locations, including realistic land masses, sea depths, and even the type and class of vessel a sailor would likely encounter in that location.

Using this customized programming, *Malahat* members can work on skills in a controlled environment so they are better positioned when out at sea.

“Having the simulator is invaluable to maintaining skills that quickly fade while ashore,” notes Lt(N) David Marrack, Deputy Operations Officer. “It is a huge



resource for *Malahat* as an NRD with personnel who may not have the time to dedicate to prolonged refresher sails.”

Beginning with basic refresher training on contact avoidance and navigation, the two *Malahat* bridge teams worked on conducting Officer of the Watch Maneuvers in simulated Orca-class vessels. While NavComms trained to transmit, decode and record messages, trainee NWOs maneuvered the ‘ship’ and provided reports to the senior officer on the bridge.

This NABs training session was set up to provide some of *Malahat’s* junior members with valuable first-hand experience in a simulated-bridge environment.

“The simulator is an excellent opportunity to work with mentors and bridge team members of varying skills,” said Acting Sub-Lieutenant Ryan Delaney, a NWO trainee. “I personally gain a lot of different perspectives from other NWOs with a range of operational experience to help build my critical decision-making skills while driving ships.”

Malahat’s Commanding Officer and Executive Officer, both NWOs, accompanied the team for training, acting as the senior officer for each team. “By being in close proximity to Esquimalt, our sailors are able to take advantage of this facility to sharpen their sea skills,” said Commander Cameron Miller, *Malahat’s* Commanding Officer. “Being in NABs provides an excellent opportunity for some of our junior members to gain experience.”

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A surprising yet perfect fit WITH THE NAVY

Lt(N) Michelle Scott
HMCS Vancouver PAO

A career in the Royal Canadian Navy (RCN) was never on his radar, yet Lieutenant (Navy) Tyson Babcock now finds himself with 17 years of service under his belt.

Lt(N) Babcock currently serves as an Operations Room Officer deployed aboard His Majesty's Canadian Ship (HMCS) *Vancouver*.

"It is hard to define a most memorable moment of my career because each step has been unique. Perhaps, the best part is seizing all the opportunities I never knew I would have," Lt(N) Babcock said.

With both grandfathers in the Army and the Air Force, he was intrigued by the notion of serving his country, but he never considered the Navy.

Growing up in Kamloops, he decided to try out cadets and joined 204 Black Maria Air Cadet Squadron at 15 to see how he liked it.

That led him to discover the Royal Military College (RMC) and the Regular Officer Training Plan (ROTP), which pays participants to earn their degree while obtaining an officer's commission. He applied for ROTP for all Air Force trades in Grade 11 and was offered a position as a Naval Warfare Officer a few months before graduation.

"I had no idea what they did, but after some research and great advice from my dad, I decided it fit what I was looking for," he said.

Throughout his career, Lt(N) Babcock has served in a variety of roles – from being a member of the RMC marching contingent sent to participate in the Nijmegen Marches commemorating the liberation of Holland

during the Second World War, to a Junior Officer deploying for the first time with HMCS *Regina*, to the prestigious role of Executive Officer in HMCS *Edmonton*.

"I got to share trips with some pretty great friends and shipmates," he said. "My current position has been memorable so far for the great team I get to be a part of and the incredible achievements we've had over the past year-and-a-half."

Vancouver is currently deployed on a six-month mission supporting Operations *Projection* and *Neon*. While *Vancouver's* work is important, it doesn't make being away from home any easier.

Lt(N) Babcock, who is married and has four young children at home, said that balancing the demands of his career and his family's needs has been his biggest challenge during his deployment.

"An RCN career means going to sea for sometimes months on end, and this can be very difficult for children to understand. Our current six-month deployment is the longest I have ever been away from our youngest three," he said, adding that when he's home, he dedicates one-on-one time to connecting with each of them.

The connection to family and home also extends to his parents – who are still living in Kamloops. Despite leaving home years ago to pursue his military career, Kamloops hasn't left him.

"The community I grew up in is still extremely supportive of my career; my parents regularly get asked how I am doing, where I am now, and what I have been up to," he said. "It is amazing because I've lived away from Kamloops as long as I lived there growing up," he said.



Lieutenant (Navy) Tyson Babcock

The Canadian Armed Forces are modernizing:

what this means for members and families



Military Personnel Command

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provide talented and capable members with the best possible opportunity to stay in uniform.

In coming months and years, military members can expect modern initiatives focused on wellbeing, workplace culture, and work-life balance. Members can also expect to see enhanced programs and policies, to allow for more career flexibility and increase workplace satisfaction.

If you're thinking of joining Canada's military, it's a great time to join. Existing members – stay tuned for exciting changes and opportunities ahead.



Participants of the Maritime Security Challenges 2022 conference. Front to back: Captain (Navy) (Retired) Kevin Carlé (NAC VI); Rear-Admiral (Retired) Jennifer Bennett (NLC); Major (Retired) Scott Usborne (RUSI VI President); and Lieutenant-Commander (Retired) Paul Seguna (RUSI VI Vice President).

NAVY SUPPORTERS ATTEND MSC 22

Paul Seguna
VI Vice President
Royal United
Services Institute

Representatives from the Navy League of Canada (NLC), Naval Association of Canada (NAC) and Royal United Services Institute (RUSI) Vancouver Island (VI) branches attended the recent Maritime Security Challenges 2022 (MSC 22) – Pacific Seapower: Strategic Competition in the Indo-Pacific conference held in Victoria, B.C., Nov. 14-16.

The conference was

attended by senior representatives from the Royal Canadian Navy (RCN) and allied navies, government and academic maritime security, marine industrial and environmental experts, along with a wide range of Indo-Pacific based interested parties.

The conference addressed the full scope of maritime security issues in the Indo-Pacific region, including challenges to freedom of navigation, the importance of regional maritime trade to the global economy, and impacts of climate change. The MSC series of biennial conferences

have been held since 2005 with the aim of providing a venue for discussion on issues of common concern, the exchange of shared experiences, and potential solutions to the challenges presented to participating nations in the region.

MSC 22 hosts included the RCN, Navy League of Canada, and the Daniel K. Inouye Asia-Pacific Center for Security Studies. Commander RCN Vice-Admiral Angus Toppshie and Commander MARPAC Rear-Admiral Christopher Robinson were amongst several RCN keynote participants.

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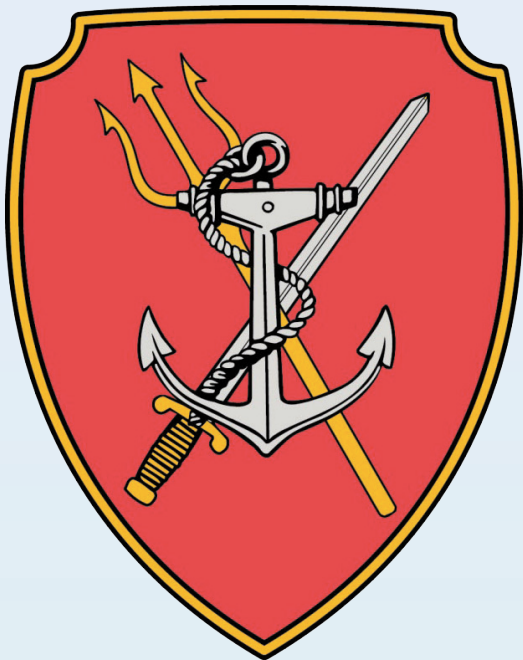
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SAMUEL COMEAU

Not Pictured

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Sailor Third Class Dominic Lessard
Sailor First Class Kyle Blums
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SAILOR FIRST CLASS
NICHOLAS BOUVIER



Photos: Trina Winters, Lookout Staff

BRAVO ZULU

HMCS SASKATOON

LIEUTENANT (NAVY) MCGILL



Lieutenant (Navy) McGill is awarded an Operational Services Medal by Lieutenant-Commander Michael Vanderveer.

SAILOR FIRST CLASS PENNEY OSM



Sailor First Class Penney is awarded an Operational Services Medal by Lieutenant-Commander Michael Vanderveer.

SAILOR SECOND CLASS COUCKUYT



Sailor Second Class Couckuyt promoted to Sailor First Class by Lieutenant-Commander Michael Vanderveer.

PETTY OFFICER SECOND CLASS TREMBLETT



Petty Officer Second Class Tremblett is awarded Canadian Forces' Decoration by Lieutenant-Commander Michael Vanderveer

SAILOR THIRD CLASS DEMCHENKO
SAILOR SECOND CLASS DZENEKJ



Sailor Third Class Demchenko (right) and (left) Sailor Second Class Dzenekj are awarded Ship's Coins by (centre) Lieutenant-Commander Michael Vanderveer.

LIEUTENANT(NAVY) ZENS OSM



Lieutenant (Navy) Zens is awarded an Operational Services Medal by Lieutenant-Commander Michael Vanderveer.

PETTY OFFICER SECOND CLASS MOORE-COSBY



Petty Officer Second Class Moore-Cosby is awarded an Operational Services Medal by Lieutenant-Commander Michael Vanderveer



BRAVO ZULU

HMCS SASKATOON

LIEUTENANT(NAVY) LINGARD



Lieutenant (Navy) Lingard is awarded an Operational Services Medal by Lieutenant-Commander Michael Vanderveer.

SAILOR THIRD CLASS FERNANDEZ



Sailor Third Class Fernandez is awarded an Operational Services Medal by Lieutenant-Commander Michael Vanderveer.

SAILOR SECOND CLASS CARDIN



Sailor Second Class Cardin is awarded an Operational Services Medal by Lieutenant-Commander Michael Vanderveer.

SAILOR FIRST CLASS PRIDIE



Sailor First Class Pridie is awarded an Operational Services Medal by Lieutenant-Commander Michael Vanderveer.

SAILOR FIRST CLASS CELIZ



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