

ASK ME ANYTHING



Military and Veterans - Celebrating Service Past and Present



Wednesday, November 13, 2024 | 1 pm ET
Featuring: Maj Ryan Carter, LCol Adam Edmond,
and Maj Jangmi Mboumba-Hervé

ASK ME ANYTHING (AMA) RESOURCE GUIDE



NOTE FROM OUR TEAM

We are excited that you joined us for this event! A list of resources has been collected and curated, that we believe will be helpful for our colleagues however, it is not an exhaustive list. We recognize that not every resource will be valuable to every reader, however, we hope that helpful and interesting resources can be found within our guide.

Visit our Wiki page for more resources and a calendar of Ask Me Anything events:

https://wiki.gccollab.ca/Ask_Me_Anything:_Courageous_Conversation_on_Diversity,_Equity_and_Inclusion

In collaboration, The AMA Team

DiversityandInclusion-Diversiteetinclusion@forces.gc.ca

Event Description

Join us for Ask Me Anything - Military and Veterans: Celebrating Service Past and Present, a unique event that honours the dedication, resilience, and achievements of service members and veterans. The panellist will offer insights into the experiences and perspectives of those who have served—whether on active duty or through their transition back to civilian life. It's a chance to celebrate, learn from, and show appreciation to those who have contributed to Canada's defence and well-being. All welcome to connect and engage in this meaningful discussion.

Join us as our speakers share their sincere stories and candid reflections on the Ask Me Anything stage!

#AMA CHALLENGE



#AMACHallenge

We encourage others to have courageous conversations with their peers. Use the monthly Ask Me Anything sessions as an opportunity to have brave conversations in your workplaces with your teams.

Here's what to do:

- Invite your leaders and colleagues in your organisation to an Ask Me Anything watch party, tune in live and watch the session together. Make sure it's in their calendars.
- Before the watch party, book an "After the AMA – Team Session" with your immediate team for the day after the event for 30-60 minutes. Share the resource guide and have these questions for discussion.

After the AMA – Team Session Discussion Questions

1. What was my main takeaway – expand and share an amazing quote, story or moment
2. What made me uncomfortable/ what was one of my blindspots?
3. What is an example of a systemic discrimination that I am aware of in my life?
4. What am I not going to do anymore?
5. How can I use my voice/ influence – both overtly/covertly
6. Where am I going to dig in and learn more?
7. How will I continue this conversation?

It is important that we find value in the experiences, the unique characteristics of each other. When we develop our cultural competence, we are able to work better together within our teams and respond to each other with relevant empathy and compassion. By celebrating and sharing our authentic selves, we gain a greater appreciation for each other and the diversity that surrounds us.

Support

Remember, **support is available for you and your family when you need it.** Some of the discussions, at the AMA, or the content shared may bring forward past trauma or uncomfortable feelings; please seek professional help if this is the case.

Employee Assistance Program (for Federal Government employees) - Canada.ca
Toll-free: 1-800-268-7708 TTY (for people with hearing impairments): 1-800-567-5803

The Canada Suicide Prevention Service - Connect with a responder now by calling our toll-free number 1-833-456-4566.

RESOURCES



If in crisis visit your local emergency department, general hospitals or call 911

- <https://www.dcottawa.on.ca/24-7-crisis-line/>
- Ottawa and region distress center: Distress: 613-238-3311 | Crisis: 613-722-6914 or 1-866-996-0991 | TEXT 343-306-5550 | Chat & Text 10am-11pm

Wellness Together Canada

Mental Health and Substance Abuse Support.

<https://wellnesstogether.ca> and toll free 1-866-585-0445.

Government of Canada Resources

- People and Stories
 - <https://www.veterans.gc.ca/en/remembrance/people-and-stories>
- Statement by the Prime Minister on Veterans' Week
 - <https://www.pm.gc.ca/en/news/statements/2024/11/05/statement-prime-minister-veterans-week#:~:text=The%20Prime%20Minister%2C%20Justin%20Trudeau,peace%2C%20through%20struggle%20and%20strife.>
- Veterans' Week
 - <https://www.canada.ca/en/navy/campaigns/veterans-week.html>



Online Resources

- 2024 Remembrance education materials
 - <https://www.veterans.gc.ca/en/remembrance/get-involved/veterans-week/learning-resources/remembrance-education-materials>
- Meet the Remembrance Club!
 - <https://www.veterans.gc.ca/en/remembrance/get-involved/veterans-week/learning-resources/meet-remembrance-club>
- Indigenous Veterans
 - <https://www.veterans.gc.ca/en/remembrance/people-and-stories/indigenous-veterans>

Videos and Podcasts

- Unforgettable Day
 - <https://www.veterans.gc.ca/en/remembrance/commemorative-events/veterans-week/remembrance-video>



Prerequisite: [Watch AMA](#)

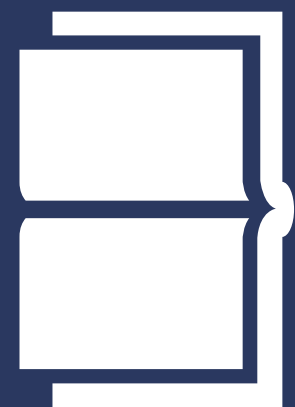
Objective: to facilitate a discussion with my work team about Co-Conspirators for Positive Change

Time: 60 minutes

What was my main takeaway – expand and share an amazing quote, story or moment:

What made me uncomfortable?

What am I not going to do anymore?



Prerequisite: [Watch AMA](#)

Objective: to facilitate a discussion with my work team about Co-Conspirators for Positive Change

Time: 60 minutes

How can I use my voice/ influence – both overtly/covertly

Where am I going to dig in and learn more?

How will I continue this conversation?

What are some of the challenges unique to your identity that you face in the workplace?

PANELLISTS



Major Ryan Carter, Chaplain, Office of the Chaplain General, Department of National Defence

Major Ryan Carter is a military Chaplain, serving the CAF for over 13 years. He is currently posted to Ottawa at the Office of the Chaplain General, where he leads chaplain recruitment. He holds a BA with Honours in Criminology and Social Policy from Ontario Tech University, an MA in International Relations from Durham University in the UK, and an MA in Religious Studies from Hartford Seminary in the USA.

Throughout his career, Major Carter has deployed on various operations both domestically and internationally. He serves as the military co-chair for the Defense Team's Black Employees Network and is a nationally recognized leader in anti-racism education and training. In addition, he is a part-time instructor at the Canada School of Public Service.

As the founder of the Talking About Race initiative, which is a grassroots platform that encourages Defense Team members to engage in meaningful discussions about race and racism in the workplace. Beyond his professional commitments, he is an enthusiastic volunteer with a strong passion for mentorship and youth development within his local community.

PANELLISTS



Lieutenant-Colonel Adam Emond, Weapons System Manager, Aerospace Equipment Program Management, Department of National Defence

Lieutenant-Colonel Adam Emond currently serves as the Weapons System Manager for the CC130J, CC150, CC144 fleets, as well as for Common Electronic Warfare Equipment within the Aerospace Equipment Program Management Division.

Commissioned in 2004, Lieutenant-Colonel Emond previously held maintenance line positions at 8 Air Maintenance Squadron (8 AMS), as the Experimental Aircraft Maintenance Engineering Officer at the Aerospace Engineering and Test Establishment (AETE) and commanded 8 AMS from 2020 to 2022 at the height of the COVID-19 pandemic.

Lieutenant-Colonel Emond served as a line flight test engineer, a flight commander, flying supervisor, and the Senior Test Engineer at AETE, working with partners across DND and with industry. He held staff positions at 1 Canadian Air Division Headquarters / Canadian NORAD Region Headquarters, and at the Royal Canadian Air Force Aerospace Warfare Centre.

He deployed on Op ATHENA in 2009 with the Tactical Airlift Unit.

Lieutenant-Colonel Emond holds a Bachelor and two master's degrees. He is a graduate of the Canadian Armed Forces Joint Command and Staff Program, as well as an alumnus of the Governor General's Canadian Leadership Conference. He holds a Project Management Professional (PMP) designation.

Lieutenant-Colonel Emond was born and raised in Mississauga, Ontario. He is in awe of the compassion and accomplishment of two step-sons and is excited by the challenges of raising two fiercely independent daughters.

PANELLISTS



Major Jangmi Mboumba-Hervé, C Army Personnel Selection Officer, Department of National Defence

Maj Mboumba-Hervé joined the Canadian Armed Forces in 2007 in the Primary Reserve as an NCM with the Regiment de Hull, as a Supply Technician. She participated in multiple Division and Brigade exercises including in Fort Pickett (Virginia) and Camp Lejeune (North Carolina). While being a reservist she began her university studies in Psychology at the University of Ottawa where she obtained her bachelor's degree in 2013. In 2016, she was commissioned as a Personnel Selection Officer and joined the Regular Force at the same time.

Her first posting was in St-Jean-Sur-Richelieu as a Career Counsellor where she guided members through their military career through interviews and counselling as well organized second career workshop for members preparing for a release. In 2017, she completed a post-graduate certificate in Mental Health at the Teluq. In 2018, Maj Mboumba-Hervé was then posted to the Canadian Forces Recruiting Center Pacific where she was the SME regarding selection matters. She was overseeing 2 Detachments (Det Vancouver and Det Victoria) where she was responsible of ensuring quality control in file processing, mentoring Military Career Counsellors, Recruiters and Recruiting File Administrators, advising the Commanding Officer, and working along side the Production Officer and the Attraction Officer. In 2019, she was promoted to Capt. in the same position. In 2021, Maj Mboumba-Hervé was posted to CANSOFCOM where she was the SME regarding recruiting and selection matters. She was responsible of ensuring a standard on the assessment centers, advising the Chief Instructor and Commanding Officer, supporting the Force Generation of supporters, specialist and assaulters joining the Command, as well as assuming In-Service-Selection duties in a high operational tempo.

Promoted to her current rank in 2024, Maj Mboumba-Hervé is now the PSO for the Command Army G1.

MEET OUR CO-HOSTS



Lieutenant-Colonel Jean-François (J-F) Moreau, Senior Operations Officer (J3) and the Head of Military Human Resources (J1), Materiel Group, Department of National Defence

LCol Moreau joined the Canadian Armed Forces in 2000 as a Regular Officer Training Program candidate. Upon graduation from the Royal Military College in 2005 with a major in history with honours and completing his trade training at the Canadian Forces Logistics Training Centre, he was posted to 2 Service Battalion in Petawawa as a troop commander and as the Administration Officer for both the Administration and Transport Company. After two years with the unit, he was posted to the Land Force Doctrine and Training System Headquarters in Kingston in 2007 as the Quartermaster. Subsequent postings in Kingston include logistics operations officer (J4 Ops) at the Canadian Forces Joint Headquarters and Adjutant at 1st Canadian Division Headquarters. Posted to Montreal in 2011, he was employed as the Deputy Commanding Officer of the Material Support Services (Tech Svcs) of 5 Area Support Group (ASG) and then was selected to become the Executive Assistant to the 5 ASG Commander in 2012. Following his completion of the Army Operations Course 30 in June 2014, he was posted to 2 Division Headquarters as the Logistics Planner (J4 Plans). LCol Moreau was promoted to major in 2015 and posted to the Canadian Joint Operations Command Headquarters in Ottawa as the Chief of Staff Support Operations Coordinator. He took command of the Support Squadron of the Canadian Joint Immediate Response Unit in Trenton in July of 2016 and after 3 years of command, he was selected to become the Senior Aide-de-Camp to the Governor General of Canada in 2019.

After his tour at Rideau Hall, he completed the Joint Command and Staff Program followed by a year at the Canadian Army Staff as the Logistics Operations Officer 2 (G4 Ops 2). LCol Moreau was promoted to his current rank in 2023 and has been employed in the Assistant Deputy Minister Materiel as both the Senior Operations Officer (J3) and the Head of Military Human Resources (J1). His operational deployments include the Disaster Assistance Response Team (DART) on Operation HESTIA in 2010 and a recent deployment once again to Haiti in support of Global Affairs' Interdepartmental Task Force in 2023. LCol Moreau also had the opportunity to represent Canada and the CAF 3 times at the World Military Taekwondo Championships. He is now a squash enthusiast having won the once the CAF Championships and represented the CAF at the Canadian Team National Championships. He is married to Vanessa Bergeron, with whom he has two kids, Logan, 15 and Mila, 12.

MEET OUR CO-HOSTS



Sailor 3rd Class Victor Wilson, Regional Senior Program Officer, Indigenous Services Canada, Reservist, Canadian Armed Forces

Victor Wilson is a dedicated Regional Senior Program Officer with Indigenous Services Canada (ISC), where he focuses on enhancing the well-being of Indigenous communities in Alberta through effective programs and policies. Alongside his public service career, Victor is a Reservist with the Canadian Armed Forces, holding the rank of Sailor 3rd Class. His military experience brings valuable leadership, discipline, and teamwork skills to his professional life.

Originally from Nigeria, Victor holds a master's in public Ethics and a Bachelor's in Conflict Studies, both conferred jointly by the University of Ottawa and Saint Paul University. He is actively involved in volunteer work and currently serves as Chair of the ISC-Alberta Region Black Employee Network, advocating for diversity and inclusion in the workplace. In this role, he fosters professional development and cultural awareness for Black employees.

Victor is also a Peer Supporter with the ISC-Alberta Regional Wellness Committee, where he provides crucial support to colleagues, focusing on mental health and well-being. His commitment to public service, equity, and community building drives his work both within the Canadian Public Service and beyond.

In his free time, Victor enjoys outdoor activities, attending cultural and community events, and connecting with diverse communities across Canada.