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INVICTUS GAMES

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That's a wrap! The 2025 Invictus Games are over – see Pages 10-11 for a recap of Naden Band's experience.

Team Canada walks out during the Invictus Games opening ceremony at BC Place, Vancouver on Feb. 8.
Photo: Sailor 2nd Class Jordan Schilstra, MARPAC Imaging Services

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Join the MARPAC Health and Wellness Strategy and the Defence Women's Advisory Group (DWA0) for a presentation by Dr. Taslin Alanni-Verjee for International Women's Day. Join them in the upper gym for a live viewing of the presentation at 10am.

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Reach out to us, we'd love to hear your feedback and story ideas!

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Chaplain's Corner

CHAPLAIN SUPPORT: Ways to BOOST Your Spiritual Health

Captain Charles Offor, Padre
MARPAAC Chaplain

Military service in the Canadian Armed Forces can be highly rewarding. The demands of military service can be challenging and there are steps to boost your spiritual health as a Canadian Armed Forces (CAF) member.

WHAT IS SPIRITUAL HEALTH? Spiritual health relates to the health and well-being of a person's spirituality. Spiritual health recognizes our quest for deeper meaning and purpose in life. When we are spiritually healthy, we can feel more connected to a higher power and to those around us. This can help make our actions more consistent in our everyday choices. According to the spiritual health and well-being continuum, the benefits of having a spiritual life and being spiritually healthy are endless.

THE FOLLOWING ARE SOME WAYS WE CAN IMPROVE OUR SPIRITUAL HEALTH:

MEDITATION

Meditation is a practice many use to deepen their spiritual health connection, whether through a secular- or faith-based approach, meditating can give us a sense of greater self, which is a way of calming the mind and assisting us to disengage from the distractions of the external world. Meditation can enhance our ability to connect with our inner selves by creating space for reflection, and self-awareness. Meditating for 15-20 minutes a day can be a greater source of spiritual rejuvenation.

CONNECTION TO A HIGHER POWER AND OTHER PEOPLE

Practices like yoga or mindfulness can help enhance spiritual well-being by promoting mind/body harmony, flexibility, self-awareness, inner peace and a deeper connection to the universe.

Connecting with family and friends can be ideal for improving spiritual health and well-being. It can help to build a sense of belonging and self-worth, and give you an opportunity to share experiences. Isolation can make it difficult to maintain spiritual connections in a meaningful way. Strong interpersonal relationships can boost our spiritual health by feeling supported.

INNER PEACE

We want to keep up with the demands of work at the workplace that we end up overworking, anxious, or burning out. Days filled with deadlines and too many activities leave little room for downtime and reflection. Spending time in nature or connecting with outdoors can provide a sense of peace and calmness. Disconnecting from your busy schedule and taking a walk for a few minutes outdoors can be therapeutic and provide a sense of peace and spiritual renewal.

AVOID NEGATIVE SELF-TALK

Do not be hard on yourself. Learn from your mistakes and let go of them. Negative self-talk kills spiritual health. Focusing on things you are doing well and on your sense of direction. Reflect, re-energize and cultivate a sense of purpose or meaning. Recognizing small things you are doing well can boost your spiritual energy and help prioritize practices that keep you on track and reduce negativity.

PRACTISE GRATITUDE

Cultivating a thankful attitude can improve your perspective and spiritual health. Practising gratitude and compassion by regularly checking the spiritual health and well-being continuum can direct our thoughts from negative to positive, increasing our self-esteem, helping us to relax and find meaning and purpose in life.

KEEPING A JOURNAL

Reflecting on your thoughts and experiences through writing can deepen your spiritual well-being. Past frustrations and future anxieties lose their hold on us in the present moment. Journaling can help us recognize habits and feelings we may be holding onto. Through journaling we can develop a sense of purpose which helps us to navigate challenging times and prepare ways to process emotions, increase of awareness, and release feelings.

CONNECT WITH A CHAPLAIN OR SOMEONE YOU TRUST

Replace with: Physical, mental, social and spiritual well-being are inter-connected. The health of one can affect the health of another. This is why connecting with a Chaplain or someone you trust, is encouraged and can be spiritually rewarding. If you are struggling, reach out to a Chaplain. Chaplains are trained specialists in areas of spirituality. They can help with your feelings and guide you on your spiritual journey.

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S1 Schriemer Sets the Standard at ANCU

Simon Gonsalves
MARPAAC Public Affairs

Sailor First Class (S1) Chloe Schriemer is shining bright at the Royal Canadian Navy's new Advanced Naval Capabilities Unit (ANCU). Due to her outstanding efforts, she has been awarded Sailor of the Quarter (SOQ) for the months of October to December.

"I was honoured to receive the Sailor of the Quarter," says S1 Schriemer. "I am very fortunate to work at a unit like ANCU. Since my first day on the Maritime Tactical Coxswain (MTC) Course until now, I've had the privilege of strong mentorship and great coworkers. The other MTCs and the [Maritime Technical Operators] are incredible people to work with. It's easy to show up and put in your best effort when you're working alongside people who are great at what they do."

Known for her reliability, professionalism, and commitment, S1 Schriemer has proven herself to be an invaluable asset to her



Commodore David Mazur (Left), Commander Canadian Fleet Pacific and Chief Petty Officer 1st Class David Bisal, Fleet Chief, congratulate Sailor 1st Class Chloe Schriemer on becoming the Sailor of the Quarter. Photo provided.

unit as the MTC. Her leadership extends beyond training, as she supports ANCU and the fleet with small boat operations and taskings, ensuring seamless execution under tight timelines and adverse conditions.

"It's no surprise to the team and myself that S1 Schriemer received SOQ as she always exemplifies the highest standards of leadership and professionalism required of a sailor within the Royal Canadian Navy," says Petty Officer First Class (PO1) Andrew Astles, her supervisor. "Her outstanding ability to lead the Maritime Tactical Coxswains with confidence and precision is a testament to her exceptional skill set, unwavering commitment, and dedication to duty."

Reflecting the Royal Canadian Naval ethos both on and off duty, S1 Schriemer leads by example, consistently working alongside her subordinates during challenging tasks. Her dedication has cultivated a collaborative team environment where ideas are welcome and incorporated, fostering a culture of positivity and excellence.

In addition to leadership abilities, S1 Schriemer recently completed the Rigid Hull Inflatable Operation Training course delivered by the Canadian Coast Guard, along with her QL training packages. She also seeks ongoing professional development by completing numerous training courses to enhance her skills as an MTC and leader.

S1 Schriemer has taken on multiple secondary duties, including MTO boat liaison, small boat training coordinator, and acting small boat supervisor in the absence of her PO1. Beyond work, she promotes fitness within her team and is deeply involved in her local Judo community, mentoring new members and children to develop a passion for the sport.

Her unwavering dedication, leadership, and drive continue to set a high standard within ANCU, making her an inspiring role model for her peers and subordinates alike.



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The Advanced Naval Capabilities Unit: A Force for Innovation and Collaboration

Kelley Stark

Communications Officer, MARPAC

The Royal Canadian Navy (RCN) is enhancing its capabilities through the newly established Advanced Naval Capabilities Unit (ANCU), which aims to address emerging maritime threats and push the boundaries of naval technology and tactics. This innovative unit focuses on Maritime Interdiction Operations (MIO), (need comma?) Force Protection Deployed Harbour Defence -- including Counter-Uncrewed Systems (Counter UXS) deployed Harbour Defence, and the integration of Uncrewed Air/Surface/Subsurface Systems (UXS).

Formed January 2024, ANCU brought together the Naval Tactical Operations Group, Naval Security Team, and a newer uncrewed systems team into a single, unified entity. Commander (Cdr) Matthew Arthur, who oversees the unit, emphasized the importance of the people behind the transformation. By merging specialized teams, ANCU has been able to expand its existing capabilities and create a unified force to enhance RCN's UXS capacity. "This would not have been possible without the vision and collaboration of these teams. Their ability to see beyond their individual roles and work together across specializations was key to forming this new unit," says Cdr Arthur.

The integration allows ANCU to leverage complementary specialties—such as using UXS for Harbour Defence—that were previously unavailable. This supports the RCN's strategic and operational goals in a rapidly changing maritime environment. The unit's flexible, deployable tactical teams can be tailored to meet specific mission requirements anywhere in the world.

ANCU's mission is to provide tactical effects for the Canadian Armed Forces (CAF) and RCN, enhancing maritime security through a combination of innovative equipment, cutting-edge tactics, and specialized training. The unit not only works closely with other Canadian government departments and CAF units,

but also partners with international allies to build and strengthen global maritime capabilities.

The unit's key roles include: delivering tactically excellent teams with specialized skill sets; testing and deploying new technologies; and leading the development of new tactics. Furthermore, ANCU plays a crucial role in training, offering specialized courses to RCN personnel and advancing the Naval Training System.

"Our personnel have been deployed on operations, capacity-building missions, and training exercises in RCN priority regions," Cdr Arthur said. "I'm particularly proud of our Maritime Tactical Operators who helped partners in the Indo-Asia Pacific region enhance their boarding skills, as well as our mixed teams who demonstrated exceptional performance during Exercise Bold Quest where they successfully streamed uncrewed air vehicle (UAV) data through a Canadian system for processing and analysis."

In the past year, ANCU has also trained over 75 UAV operators, led UXS working groups, trialed new equipment, and prepared for upcoming Arctic deployments and the development of a counter-UXS force protection model for the fleets.

Looking ahead, the RCN is set to receive several advanced air, surface, and subsurface systems over the next few years that ANCU will test, trial and deploy. Moreover, ANCU is

playing a leading role in advancing naval boarding tactics and evolving harbour defence strategies to better meet the RCN's force protection needs.

The focus isn't solely on the technology; it's about developing teams and systems that are flexible, resilient, and capable of adapting to new challenges and facing strong adversaries.

ANCU's ongoing work is crucial in ensuring the RCN is equipped to safeguard maritime security, both in Canada and internationally.

"The landscape is constantly evolving, and what is cutting-edge today may be outdated tomorrow," says Cdr Arthur. "ANCU is developing a team that excels at quickly adapting to new equipment, developing the necessary training, and integrating these innovations into operational use."

As ANCU and its teams look to the future, its readiness to meet unexpected challenges will be key to its continued success. It's clear that this unit will play a vital role in meeting the RCN's future challenges, and it will be fascinating to see what comes next.



Members of the Advanced Naval Capabilities Unit showcase collaboration and innovation with the use of an uncrewed air vehicles.



The Advanced Naval Capabilities Unit provides maritime security through innovative equipment, cutting-edge tactics, and specialized training. Photos provided.

We Salute Our Fleet

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Presentation of the King Charles III Coronation Medals AT CFB ESQUIMALT



Members of the Canadian Armed Forces stand with Captain (N) Kevin Whiteside, CFB Esquimalt Base Commander, after a medal presentation ceremony at the Wardroom on Feb. 12.



Canadian Armed Forces Members attend a medal presentation ceremony.
Photos: Sailor 3rd Class Lucas Augustyn, MARPAC Imaging Services



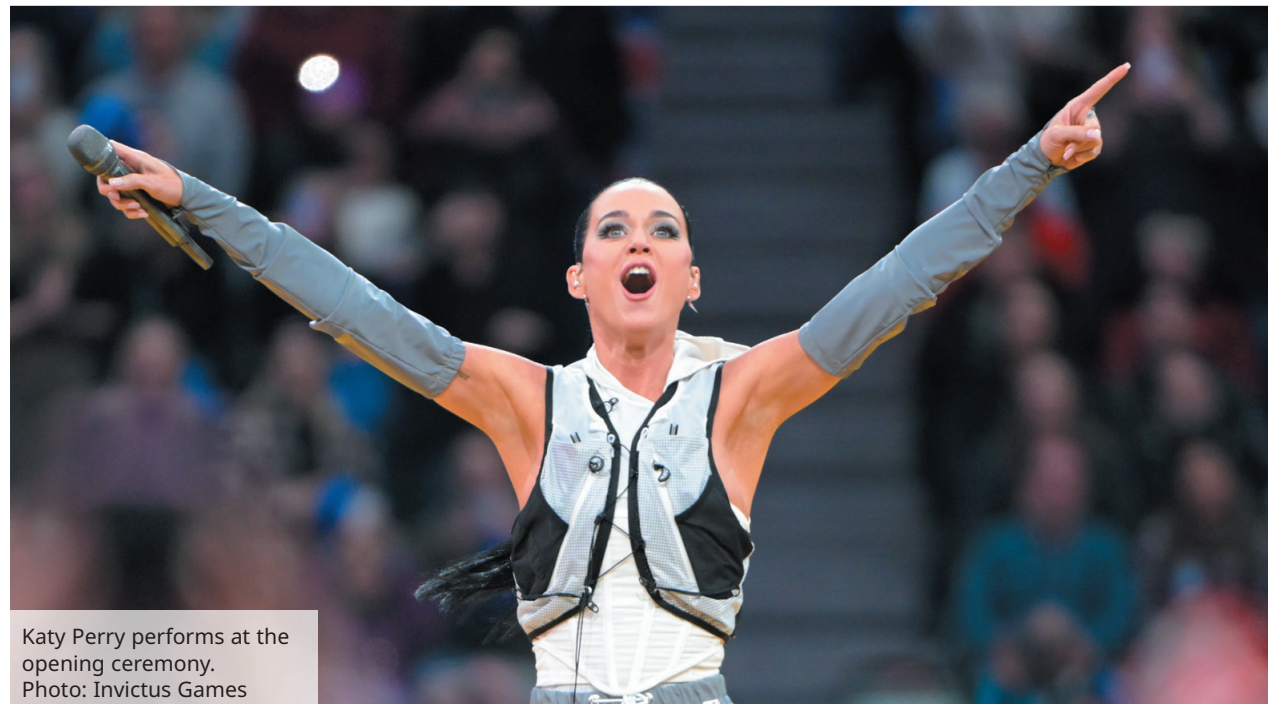
Petty Officer 2nd Class Meghan Heal showing her King's Coronation medal.



Spectators cheer on Team Canada at the wheelchair rugby competition of the Invictus Games. Photo: Invictus Games.



Jelly Roll performs at the closing ceremony of the Invictus Games. Photo: Invictus Games.



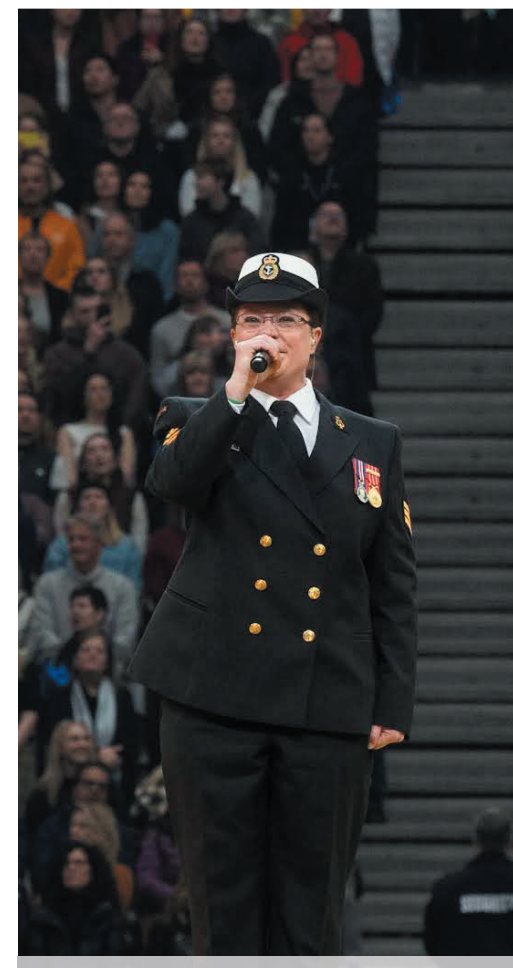
Katy Perry performs at the opening ceremony. Photo: Invictus Games



Michael Bublé, Canadian singer and songwriter, at the Invictus Games. Photo: Invictus Games.



Team Canada dances while during the Invictus Games opening ceremony at BC Place, Vancouver. Photo: Sailor 2nd Class Jordan Schilstra, MARPAC Imaging Services



Petty Officer 2nd Class Cindy Hawchuk sings O Canada during the Invictus Games opening ceremony. Photo: Sailor 2nd Class Jordan Schilstra, MARPAC Imaging Services.



The Naden Band of the Royal Canadian Navy perform alongside Katy Perry during the opening ceremony of the Invictus Games 2025 at BC Place, Vancouver, B.C. on Feb. 8. Photo: Corporal Conor R.G. Munn, Canadian Armed Forces Imagery Technician

Rocking the Invictus Games



The Naden Band performs with Katy Perry at the 2025 Invictus Games

Master Sailor Zack Everett
The Naden Band of the Royal Canadian Navy

The Naden Band experienced some pop stardom last month at the Invictus Games 2025. While performing throughout the week-long event in Vancouver, the opening ceremony on Feb. 8 is something they will not soon forget.

“Our band is no stranger to being involved in large ceremonies, but this was on another level,” says Chief Petty Officer 2nd Class (CPO2) Brayden Wise, Unit Chief and Drum Major. “The size of the crowd, the level of talent involved, and the purpose behind it being so important.”

The Invictus Games, founded by the Duke of Sussex, are an international sporting competition for ill and injured military members or veterans. The mission of the Games is to honour the people who have come face-to-face with the reality of sacrificing for their country, using the power of sports to help them on their journey of recovery.

The Naden Band joined forces with the Royal Canadian Artillery Band from Edmonton and the local reserve band from 15th Field Regiment, an opportunity to join forces with more than the usual 35 band members. The true highlight for every musician this time was working with pop icon Katy Perry.

The grand finale of the opening ceremony involved Katy Perry emerging from within the band, marching right along with them to her hit song, *Roar*. Breaking into a jog as the bands split in two, her outfit changed colour like a chameleon. Dancers joined her on a stage which the band surrounded before the song eventually morphed into *Dark Horse*.

“Working with her was incredible,” said CPO2 Wise. “She was very professional and integrated into the group easily. Despite the long rehearsals in cold temperatures, everyone stayed excited and worked hard.”

Katy even posed holding the mace, which the drum major uses to control the marching band during a performance.

Some members also worked with Coldplay frontman Chris Martin who

composed the Invictus Anthem for the first games in 2014. This was the first time he performed it live. The text is based on the William Ernest Henly poem from which the Invictus Games take their name and is famous for its final lines: *I am the master of my fate: I am the captain of my soul.*

“Chris Martin made sure to shake all our hands just before heading out into the stadium,” said Sailor 1st Class Andrew George, who helped to rearrange the music for the combined band to perform along with choir and strings. “He always seemed most interested in the music and the people making it.”

Other acts at the ceremony included Grammy-nominated Noah Kahan, Nelly Furtado, and Quebec sensation Roxane Bruneau. There was also one of the largest gatherings of Pipes and Drums ever in Canadian history.

During the Games, the bands performed feature concerts at the Vancouver Convention Centre next to numerous military exhibits. For another celebrity meeting, one of the performances happened to follow Canadian legend Fred Penner.

The first shows by two new ensembles within the band also took place on the Invictus stage. Petty Officer 2nd Class (PO2) Cindy Hawchuk, the Naden Band’s new vocalist, led multiple performances of a pop/rock band and I led a funk brass band. These groups energised the crowd and got them to their feet dancing along to hits like *‘Paralyser,’ ‘Flowers,’ ‘Tom Sawyer,’* and *‘Man! I Feel Like A Woman!’*

Overall, CPO2 Wise felt this was an important moment for the Naden Band. “We are very proud to have been able to support those current and former serving members who volunteered to help raise awareness of rehabilitative sports,” he said. “Military bands are usually one of the few chances for the public to encounter the Canadian Armed Forces, so watching these extraordinary athletes doing an incredible job at reaching people and showing what it means to sacrifice for your country and persevere, it is inspiring.”

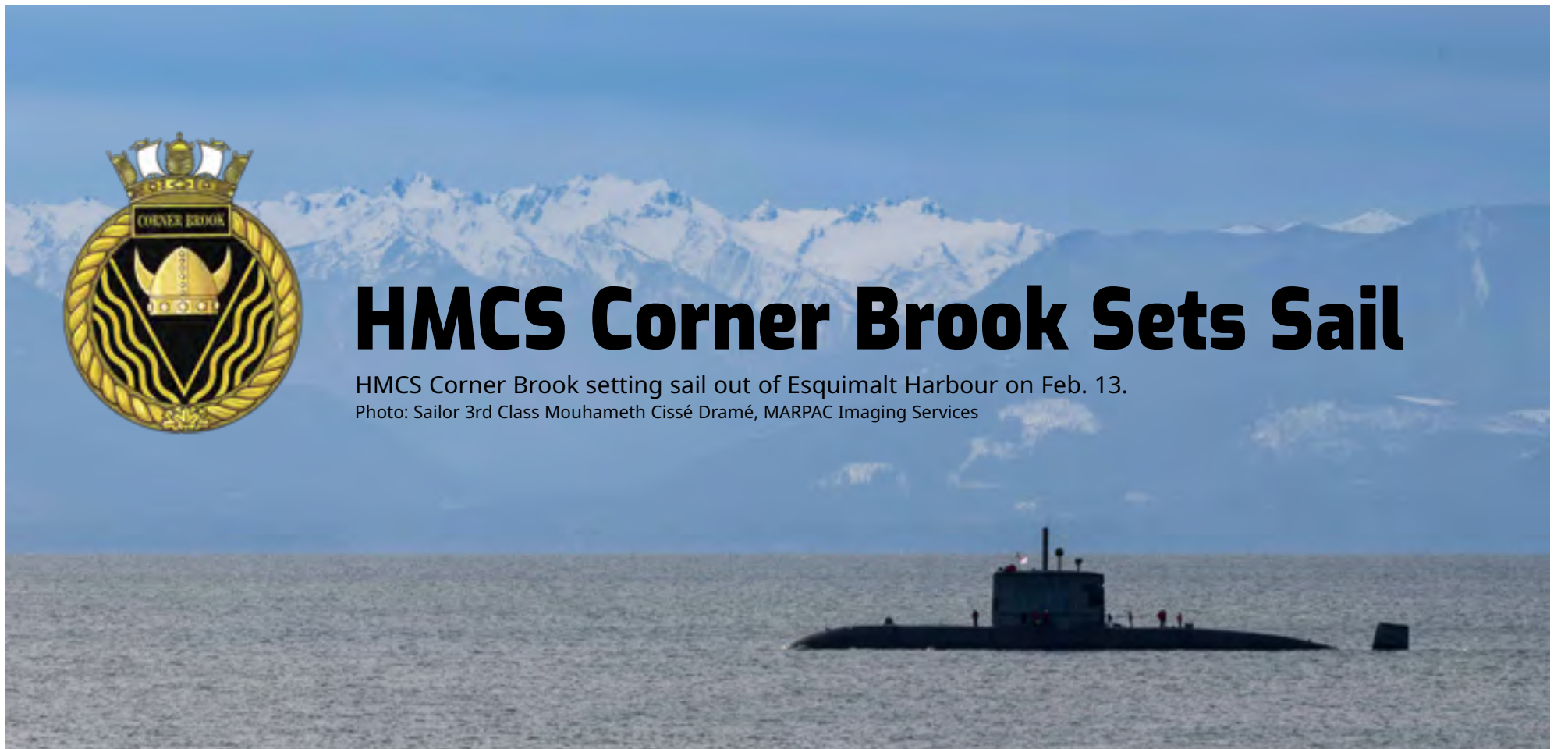


Assunta Aquino won alpine skiing gold for Canada at the Invictus Games on Feb. 12 in Whistler, BC on Feb. 12. Photo: Invictus Games.



HMCS Corner Brook Sets Sail

HMCS Corner Brook setting sail out of Esquimalt Harbour on Feb. 13.
Photo: Sailor 3rd Class Mouhameth Cissé Dramé, MARPAC Imaging Services



HMCS Corner Brook prepares to depart Esquimalt Harbour from C-Jetty.
Photos: Sailor 2nd Class Jordan Schilstra, MARPAC Imaging Services



Rear-Admiral Christopher Robin, Commander MARPAC/JTF(P), (Centre), Commodore David Mazur, Commander Canadian Fleet Pacific, (Left), and Chief Petty Officer 1st Class Arvid Lee, MARPAC/JTF(P) Chief Petty Officer (Right), wave to HMCS Corner Brook as it sets sail out of Esquimalt Harbour.

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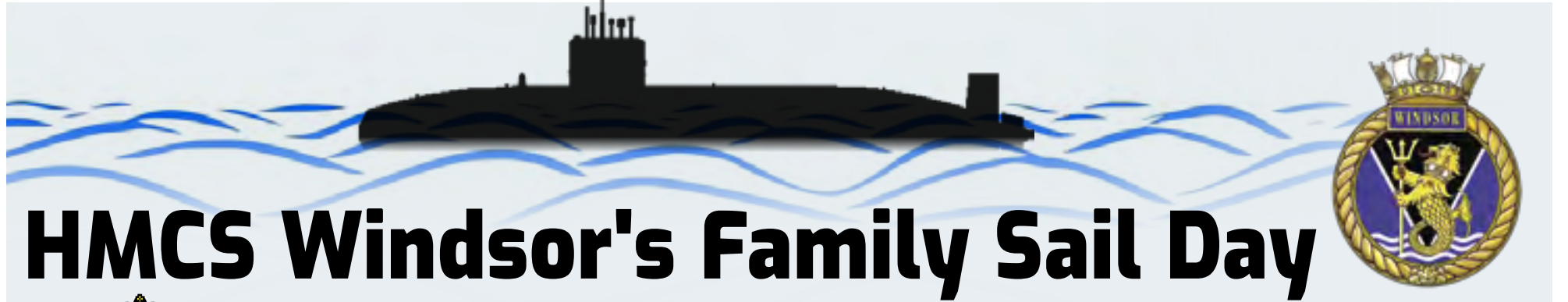
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HMCS Windsor's Family Sail Day



Brittany Wiseman
Communications Advisor, MARPAC

On Feb. 1, family and friends of the crew were welcomed on board His Majesty's Canadian Submarine (HMCS) *Windsor* for a unique experience that only a few Canadians have – a voyage under the sea. HMCS *Windsor* is one of four Victoria-Class Submarines employed by the Royal Canadian Navy (RCN).

Commissioned in the early 2000s, it is the second submarine of its class and has since become a familiar sight in Halifax, home of Canada's Atlantic Fleet.

Preparations for the day's sailing program began before the break of dawn, and the ship's crew braved the bitter cold to prepare for their guests' arrival. Having snowed heavily the night before, de-icing the submarine's exterior was no easy task but that did not seem to dampen the sailors' spirits, however. A strong sense of comradery can be felt amongst the crew as they cleared the path for the arrival of the day sail participants.

Almost immediately upon embarkation, the guests found themselves in awe of how limited the spaces were onboard. For a crew of approximately 50 submariners, the submarine offers barely enough room for everyone to get around. Indeed, every available space onboard has been utilized to their full potential. From hidden storage compartments scattered throughout the submarine; to bunk spaces tailored to accommodate exactly one human laying down, one can only imagine the difficulties that the crew face on long voyages.

Normal things onboard the surface fleet ships, such as Wi-Fi, and even the ability to look upon the stars are luxuries beyond reach for the members serving beneath the waves.

For the friends and families, the stories that their loved ones told could finally materialize in front of their eyes. The long absence away from home, the lack of communications, and the distinct smell of diesel fuel have finally explained themselves. Aside from the excitement of seeing the outside world out of the periscope for the first time, family members have also had a unique chance to see their loved one at work.

Once fully submerged, the crew began taking the time to explain the functions of their workstations, and shared tricks they've learned on life at sea throughout the years. Guests were also pleasantly surprised at how well the crew functions in unison, and the cramped control room did not seem to interfere at all with the team in charge of underwater navigation. Calm, collected, and efficient, the submariners maneuvered their vessel masterfully in relative silence, reporting to each other only when necessary. Such degree of professionalism is required of anyone who joins the submarine service, and paramount to their success at sea. From the lowest ranking sailor all the way to the captain, all must possess a mastery of all knowledge pertaining to the proper function of a Victoria-Class submarine and respond effectively to any threats or emergencies. The restricted crew size also means that each sailor must be trained in multiple disciplines before obtaining their submariner qualification, as there are never extra hands to spare once the work begins at sea.

As the sail came to an end, one can't help but admire the dedication and sacrifices of this small but highly professional contingent of sailors. For they represent the cutting edge of Canada's covert underwater warfare capabilities, and some of the finest people the RCN has to offer.



SLt Hagen, HMCS Windsor, explains the functions of the submarine's periscope to one of the family members.



While submerged, HMCS Windsor's crew works meticulously inside the control room to ensure navigational safety. Photos supplied

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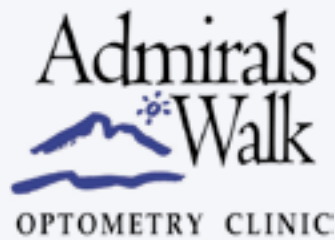
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MARCH 5 & 19
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MOIS DE LA NUTRITION 2025:
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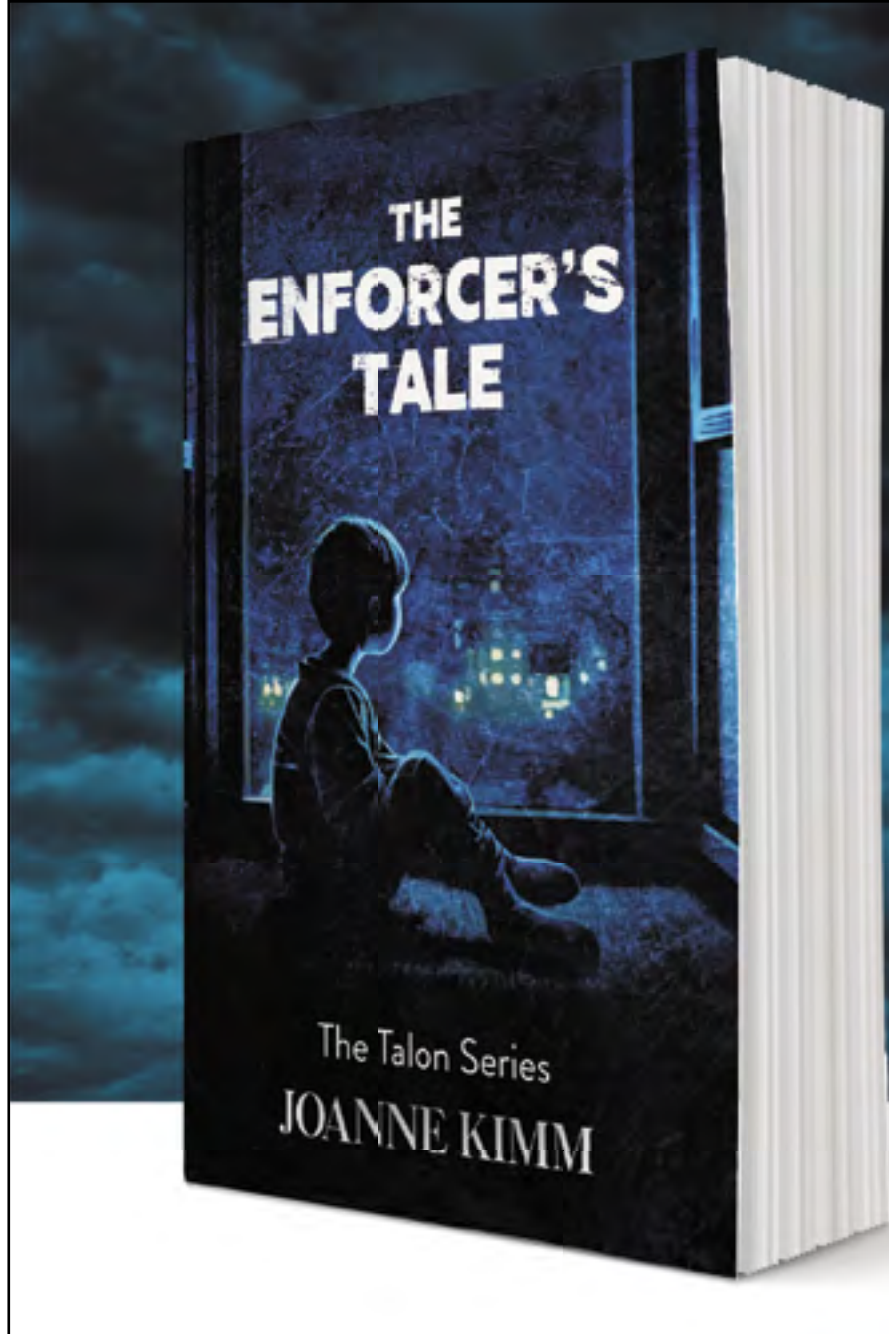
STEP UP. MAKE THE CALL. BE PART OF THE GAME!



The CFB Esquimalt senior hockey team ended their 2025 season with a tough 0-1 loss to 17 Wing Winnipeg in the final of the Canada West Regional Senior Hockey Championship. With a 3-2 tournament record, our Tritons showed dedication, heart and hustle.

Bravo Zulu to all, including R. Collens who was awarded Player of the Game.

Photo supplied.



THE ENFORCER'S TALE

Canadian author Joanne Kimm's award-winning YA Dystopian novel, *The Enforcer's Tale*, embodies a coming-of-age story that deals with loss and betrayal.

Joanne is an award winning, Canadian author who has published books in varying genres. Her love of writing was sparked when she was young. Growing up in a military family inspired her love of travel and culture, which is infused in much of her writing. She feels at home when creating new worlds for readers to enjoy.

Her children's book, *George: A Memoir* has helped many grieve pet loss. She supports several causes, notably animal rescue and child sponsorship in impoverished countries. Joanne lives outside Halifax, Nova Scotia with her family and two cats.

Purchase on Amazon at <https://a.co/d/3SXjQch>



★★★★★ page-turner

Reviewed in Canada on February 10, 2024

A fast-paced, suspense-filled page-turner with lots of twists and turns that will keep the reader guessing until the very end!



(Left-Right) Chief Petty Officer 1st Class Sue Frisby, Base Chief Petty Officer, Captain (Navy) Kevin Whiteside, CFB Esquimalt Base Commander, Matt Carlson, NDWCC Team Leader, Mark Crocker, United Way of Southern Vancouver Island, British Columbia, Barbara Toller, HealthPartners, and Ivan Freire, Senior Donor Relations Officer, stand with a cheque representing the \$137,165.53 raised during the 2024 National Defence Workplace Charitable Campaign, on Feb. 18. Photo: Master Sailor Bryan Underwood, MARPAC Imaging Services

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Archana Cini
Lookout Newspaper

The Defence Team of Canadian Forces Base (CFB) Esquimalt presented a cheque for \$137,165.53 to members of the United Way of B.C. and HealthPartners last Tuesday to conclude the 2024 National Defence Workplace Charitable Campaign.

A heartwarming occasion of community spirit, the cheque presentation demonstrated the Base's continued dedication to prioritising community

wellbeing.

Captain (Navy) Kevin Whiteside, CFB Esquimalt Base Commander, conveyed immense pride in how "It's our absolute honour to help in any way we can and keep this charitable contribution local. Raised by the 6,500 people who work, live, learn, and play on the Base, these funds will stay here and serve our community for years to come."

The Base's donation will help fund a wide range of charitable efforts across southern Vancouver Island, including initiatives ranging from mental

health and addiction support to food and education plans. One of the integral leading forces behind the fundraising campaign, Matthew Carlson, CFB Esquimalt NDWCC Team Leader, shared, "To not only work on this campaign, but to get people so fired up about the community was such a privilege." This was met by a chorus of cheers, as the Base far exceeded its original fundraising target.

This charitable contribution is additionally a clear reflection of the Base's long-standing dedication to the com-

munity, which follows CFB Esquimalt winning the national NDWCC's 'Most Enthusiastic Base' award. When prompted about the impact the funds will carry, Mark Crocker, Director of Fundraising and Partnerships for the United Way of B.C. said that they "will help us continue to power our 87-year-old legacy of supporting local needs, and make a genuine, lasting difference well into the future."

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the **LOOKOUT**
NEWSPAPER & PUBLISHING



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I will be representing CFB Esquimalt Fire Department to participating in this years Climb the Wall Fundraiser, raising funds for the BC Lung Association. I will be Climbing the Sheraton Vancouver Wall Centre, March 2nd, to the 48th floor, in our full turnout gear and SCBA to raise funds for this very important cause.



March 8 is International Women's Day (IWD)

Strength in Every Story

Canada.ca

International Women's Day is a global day to recognize and celebrate women's and girls' social, economic, cultural, and political achievements. It's also a time to highlight the progress made in advancing women's rights and the ongoing efforts needed to ensure their full participation

in all aspects of society.

The Government of Canada's theme for International Women's Day 2025 is Strength in every story.

This year's theme highlights the importance of amplifying the voices of all women, particularly those who continue to face barriers to success. Creating opportunities for women and girls unlocks their potential and drives innov-

ation, supports Canada's economy, and helps ensure a sustainable future for all.

Every woman's story is a testament to resilience, determination, and the power of opportunity. This International Women's Day, celebrate the women and girls in your life and share their stories.





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Contact my office with your questions about:

- Phoenix payment issues
- Veterans Affairs Canada
- Service Canada and CRA
- Local and provincial contacts
- Immigration-related issues
- Federal COVID-19 benefits for individuals, businesses, non-profits.



Laurel Collins
MP for Victoria

Laurel.Collins@parl.gc.ca
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with hardwood floors. Quiet and well maintained apartment building. Heat, hot water and parking included. No pets. No smoking. One year lease. \$1,700 per month. Available Mar 1, 2025. Call 250 588 5457.

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in-suite laundry. Furnished patio and floor to ceiling windows. Electric fireplace. Hot water on demand is paid by homeowner. Separate meter. \$2000/month. Cats onsite. Contact Gina at 250-744-4781.

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FOSTER HOMES ARE NEEDED - Visit www.fosterhope.ca

THE FRIENDS of the Ashton Armoury Museum is a non-profit society made up of volunteers with a passion for military history. We are seeking volunteers. If you are interested in helping out please contact Chris Preston, at (250) 479-7634, or prestoncm@shaw.ca.



The WITS Programs Foundation is looking for a volunteer who is fluent in French with a background in elementary education to edit and review French translations of materials. Please contact us at info@witsprogram.ca for more information!

HABITAT FOR HUMANITY AND THE RESTORE are seeking volunteers to help out with customer service, warehouse and driver assistants. We are also looking for ambassadors for special events. Please contact Nancy at volunteer@habitatvictoria.com or 250-480-7688 ext. 105

CFB ESQUIMALT LOST & FOUND

Number	Item
1.....	Bicycle / 18 -speed / Men's
2.....	Bicycle / 27 -speed / Woman's
3.....	Bicycle / 21 -speed / Men's
4.....	Bicycle / 21 -speed / Men's
5.....	Bicycle / 18 -speed / Men's
6.....	Bicycle / 21 -speed / Men's
7.....	Bicycle / 21 -speed / Men's
8.....	Bicycle / Hybrid Electric / 20-speed / Unisex
9.....	Bicycle / 21 -speed / Men's

Claimants can contact Stephen Joseph Galipeau, Disposal Team / Materiel Service Account (MSA) @ Base Logistics at 250-363-5204 from 0800-1200 and 1300-1530 with a detailed description of the object to claim.

Need to rent, buy, sell, or announce something?
Contact Jazmin.holdway@forces.gc.ca

Obituaries

"Everything comes to he who waits"



ALBERT STANLEY MIDDLETON
MARCH 11, 1915 – FEBRUARY 12, 2025

Sadly, we announce the passing of an incredible man who lived a remarkable long life. Albert passed away peacefully at Veterans Memorial Lodge in Victoria, BC.

Albert was born in London, England to a dockworker, James Middleton and Florence Middleton (nee Probert). On March 29, 1929, at the age of 14, Albert immigrated to Canada as part of the National Children's Orphanage travelling on the "Cedric", landing in Halifax, Nova Scotia. He worked as a child labourer for three years on farms to repay his passage from England. This led to a long, prosperous, adventurous life through hard work, intestinal fortitude and determination.

Albert served in WWII September 21, 1943 – July 12, 1946 with honourable discharge from the Royal Canadian Air Force (war Service Badge #391915) at 31 years of age. Returning on the "Aquitania" proceeding to Lachine. In 1952, with the Veteran's Land Act, he purchased a 65-acre farm in Brantford, ON. While farming pigs and beef cattle and also working in many factories, he studiously attended night school and retired from Massey Ferguson in 1980.



In his retirement years he returned to London, England for 20 years, enjoying travelling with Constance Middleton (deceased 1996).

At the tender age of 90, Albert returned to Canada to Victoria, BC in the James Bay neighborhood. At age 101 years, he moved into Veterans Memorial Lodge, where he was loved by staff and residents. His singing and kisses for the nurses will be greatly missed with the infamous "Shweetheart".

Special thank you to all the staff at the Lodge for their care and compassion with Dad throughout his final years. Also, a special thank you to Yvan for the many Facetimes and humorous stories shared.

Missed by special friends Bob and Loureen Tuomi, Bernice and Pat and Graham Masters (England). Thank you for welcoming Albert

into your family; for the many outings, coffee and more importantly, the many happy hours shared.

Predeceased by Jacqueline Middleton (2001); his son, Blair Middleton (2018); Patricia Middleton (2024) and special friend, Bernice. Survived by his son, Wayne Middleton; daughter, Darlene Van Raay (Don); granddaughters, Charlene Middleton (Jeff), Denise Lockey (Gary), Tracy Bancroft (Dave), Rhea Van Raay and grandsons, Colin and Denver Van Raay; great-grandchildren, Andrew Lockey, Katie (fiancé, Lucas), Jason Ellenburger (Ashley), Eric Ellenburger, Nicholas Ellenburger; great-great-grandchildren Logan and Falon Ellenburger. Albert narrowly missed his landmark of 110 years.

At the time of his passing, he proudly held the titles of: Oldest Canadian man, oldest Canadian WWII Vet, oldest British Home Child and oldest surviving British Home Child who served in WWII.

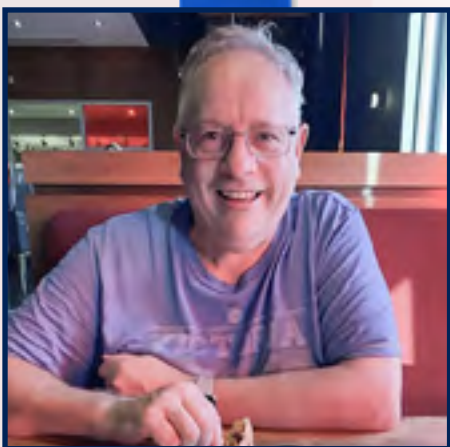
As per his wishes, cremation has taken place with a Celebration of Life to be held on Tuesday, March 11, 2025 at 2:00 pm in the Oak Room at Broadmead Lodge for Veterans for friends and family.

"Don't take any wooden nickels"

"See you later alligator"

Donations gratefully accepted by Veterans Memorial Lodge www.broadmeadcare.com/care-homes/veterans-memorial-lodge-saanich/ and/or Veterans Affairs Canada.

It is with deepest sadness that we announce the passing of **John (Jack) Kimm**



Jack joined the Royal Canadian Navy in February 1989. Coming from the small town of Chilliwack, British Columbia, Jack wanted to see the world and serve his country, and the navy was his choice of service. He did his basic training at CFB Cornwallis, then was posted to Esquimalt, B.C.

Over the years, Jack served on many ships, including:

October 1989	HMCS MacKenzie
March 1993	HMCS Vancouver (Commissioning Crew)
December 1996	HMCS Regina
October 2005	HMCS Vancouver
November 2007	HMCS Winnipeg
April 2009	HMCS Ottawa
October 2010	HMCS Calgary

He participated in many deployments and achieved recognition and awards for his service, including:

Special Service Medal – Peacekeeping
Canadian Forces Decoration
Canadian Peacekeeping Service Medal
South-West Asia Service Medal – Afghanistan

Jack also achieved national qualifications in his Marine Engineer trade and was also a participant in many Canadian patrol frigate exercises. He was proud to serve his country and excelled in his trade.

While his service took him away from his family often, he was the proud father to his oldest son, Douglas (Doug) and youngest son, David. His wife, Joanne, kept up the family home in his absence. Jack was quiet in nature but adventurous. Growing up, he excelled in many sports, including football, skiing and soccer. Family was important to him, which was reflected in the many letters home.

Jack was diagnosed with colorectal cancer in 2022 from exposure to toxins while serving his country. His last days were spent in Halifax Hospice, with his wife, son, and grandson by his side.

Jack is survived by his loving wife of 34 years, Joanne, sons Douglas (Kyla) and David, and four grandchildren (Elodie, Violet, Charlie and Ryker). Jack is also survived by his sister Cheryl (Anu) Khanna, brother Scott Kimm, and nieces Jasmine and Michelle. He is predeceased by his father, Doug, and mother, Earlene.

A celebration of life will be held at St. Peter and St. Paul's Anglican Church, 1379 Esquimalt Road, on March 7, at 1:00 pm. In lieu of flowers, donations may be made to Halifax Hospice.

The grief we feel, while enormous, only shows how much we love you. No matter where you are, your spirit will be beside me.

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