



ISLAND OWNED AND OPERATED SINCE 1984

VIEW OUR FLYER IN THIS PAPER!

the LOOKOUT

the



NEWSPAPER & PUBLISHING

VOLUME 70 NUMBER 5 | MARCH 10, 2025
MORALE & WELFARE NEWS | CFB ESQUIMALT, VICTORIA, B.C.

Buying or Selling?
I can help!

CHRIS ESBATI
Knowledgeable Trustworthy
Dedicated

RE/MAX
CAMOSUN

250.744.3301
chris@victoriaforsale.ca
victoriaforsale.ca




THERE IS NO BETTER FUEL THAN PURPOSE

The Wounded Warrior Run 2025 BC team set off from CFB Esquimalt on Sunday, Mar. 2 during the penultimate leg of its eight-day, 800-kilometre journey through Vancouver Island.
Photo: CFB Esquimalt Public Affairs - photo edited.

CAF VETERAN REALTOR®




ENGEL & VÖLKERS
KARL RUSSELL

250-812-2042
karl.russell@evrealestate.com
735 Humboldt St, Victoria, BC V8W 1B1

*We proudly serve the
Canadian Forces Community*

As a military family we understand your cleaning needs during ongoing service, deployment and relocation.

MOLLY MAID
www.mollymaid.ca

(250) 744-3427
paula.whitehorn@mollymaid.ca

Your Relocation Specialists



Mike Hartshorne Personal Real Estate Corporation, Jenn Raappana Personal Real Estate Corporation, Sarah Williamson, Rhys Duch & Kerry Marshall of Royal LePage Coast Capital Realty

south island HOME TEAM
ROYAL LEPAGE
Helping you to what we do

250-474-4800
SouthIslandHomeTeam.com

Are you a former member of the Canadian Armed Forces (Rangers or Reservists) or RCMP who is currently homeless or at-risk of becoming unhoused?

(Includes staying with friends, in a shelter or in a hotel or at-risk of becoming homeless with your housing situation ending within 1 month).

We Can Help.

Contact us

604-312-5483

vhp@legionbcyukonfoundation.ca

Download an application:
www.legionbcyukonfoundation.ca/vhp



★ MILITARY DISCOUNT 15% OFF ★
(Excludes alcohol and happy hour).



BROWNS CRAFTHOUSE
KITCHEN & BAR

Browns Craffhouse Vic West
100-184 Wilson Street • Victoria, BC

OPEN 11AM DAILY

Truth.

We Support The Navy

Flexible Memberships + Discounts

(250) 880-4492
1035 ALSTON ST, VICTORIA



Helping CFB Esquimalt and the CAF



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!

Defence Community Unites to Boost BC Blood Supply



Archana Cini
Lookout Newspaper

Blood: one of the only medical resources that cannot be manufactured—only donated.

On Mar. 3, the CFB Esquimalt Chief and Petty Officers' Mess transformed into a bustling mobile blood donation site in partnership with Canadian Blood Services. The drive brought together military members, civilian employees, and volunteers in a collective effort to boost B.C.'s blood supply, which has dropped over 40 per cent in the past two decades.

The event saw strong turnout with returning and first-time donors alike rolling up their sleeves throughout the day to contribute to the needs of the local healthcare system. Several donors expressed their motivation for giving to be quite

simple: the pure satisfaction of showing up for their community in the spaces it mattered. "It only takes about fifteen minutes, and the cookies and juice don't hurt, either," noted one returning military donor amongst shared smiles.

Kirk Stringer, supervisor at Canadian Blood Services, highlighted how B.C.'s constant need for blood can often be difficult to comprehend to those outside of the healthcare industry.

"One person could need ten units of blood from ten different donors in just twenty minutes," he said. "That's how fast units get utilized and why a consistent stream of dona-

tions like this is so vital." Stringer also shared his appreciation towards the Defence community for showing up amidst a busy workday, "After overcoming the challenges of organizing a mobile blood drive, it's so heartwarming to see people step up and donate their healthy bodies with nothing to gain. It's such a Canadian thing to do."

The event's conclusion saw donations surpassing the day's target, with over 100 units collected. Book now to donate at www.blood.ca.



Public Service Announcement Bentinck Island Range

Department of National Defence/ Royal Canadian Navy

The land-based demolition range at Bentinck Island will be in use 8 a.m. to 4 p.m. daily from Tuesday, Mar. 11, to Friday, Mar. 14.

Bentinck Island is located near Rocky Point off the southern tip of Vancouver Island in the Strait of Juan de Fuca. The site is used as an above-water terrestrial demolition range by the Canadian Armed Forces. Training events are critical to ensure military members gain core skills and maintain operational readiness. Local residents will likely be unaware of the activities except on days when atmospheric conditions affect how far sound may travel.

Training events at Bentinck Island are guided by strict mitigation measures and procedures to limit acoustic impacts to marine mammals. Operations at Bentinck Island utilize an expert third party Marine Mammal Observer to advise military staff when the range is clear of whales prior to demolitions. Events are delayed if whales are observed in or transiting towards the range, and activities do not re-commence until the Marine Mammal Observer provides the all-clear.

The public is reminded that no unauthorized person may enter this area and trespassing is prohibited.

Brand New, Pet-Friendly,
1, 2 & 3 Bedroom Rentals
Your Gateway to a
New Way of Living

the
gateway
ESQUIMALT, BC



REGISTER NOW

778.401.3407
TheGateway@devonproperties.com
852, 854 Esquimalt Road, Victoria, BC
TheGatewayEsquimalt.ca



Please note that the virtual tours, floor plans, and photos are indicative only and may not represent the exact layout, size, design or inclusions of your chosen suite. Prices, incentives, availability and specifications are subject to change. Images may not reflect actual suite finishes. Pet restrictions may apply. E. & O.E



MORALE & WELFARE NEWS
CFB ESQUIMALT, VICTORIA, B.C.
A Division of Personnel Support Programs

The Lookout Newspaper and Publishing provides morale and welfare news to CFB Esquimalt, Maritime Forces Pacific, and is nationally distributed bi-weekly in print and online at lookoutnewspaper.com with social media updates on Facebook, Instagram, and LinkedIn.

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

Published every other Monday, under the authority of Capt(N) K. Whiteside, Base Commander, CFB Esquimalt.

The editor reserves the right to edit, abridge or reject copy or advertising to adhere to policy as outlined in PSP Policy Manual. Views and opinions expressed are not necessarily those of the Department of National Defence.

THE LOOKOUT TEAM

MANAGING EDITOR

Jazmin Holdway
jazmin.holdway@forces.gc.ca

PRODUCTION

Teresa Laird
production@lookoutnewspaper.com

Leslie Eaton
eaton.leslie@cfmws.com

WRITER/DIGITAL MEDIA COORDINATOR

Archana Cini
Archana.Cini@forces.gc.ca

ADMINISTRATION AND ACCOUNTS

Andrea Modesto
250-363-3127
Andrea.Modesto@forces.gc.ca

ADVERTISING

Joshua Buck
778-977-5433
military.base.advertising@gmail.com

EDITORIAL ADVISORS

Lt(N) Wilson Ho
250-363-4006

Rodney Venis
250-363-7060

Circulation bi-weekly print and online:
4,000 per issue plus social media engagement.

Follow us to join our online community:
Facebook #LookoutNewspaperNavyNews
Instagram @LookoutNavyNews
LinkedIn Lookout-Newspaper
www.LookoutNewspaper.com



Spousal RRSPs: A Smart Move for Military Families

SISIP Financial
Esquimalt Team

Military life often means sacrifices - frequent relocations, time apart, and sometimes, one spouse stepping back from a career to support the family. For many Canadian Armed Forces families, this can lead to uneven incomes and, eventually, uneven retirement savings. That's where a **spousal Registered Retirement Savings Plan (RRSP)** can make a world of difference.

WHAT IS A SPOUSAL RRSP?

A spousal RRSP is set up in one partner's name but funded by contributions from the other partner. This arrangement is especially useful when one spouse earns significantly more than the other.

Here's the key: The contributing spouse gets the immediate tax deduction, while the funds grow in the account of the lower-income spouse. When it's time to withdraw the money in retirement, it's taxed at the lower-income spouse's rate, often saving the couple money on taxes overall.

WHY SPOUSAL RRSPS WORK FOR MILITARY FAMILIES

In military families, one spouse is often the primary breadwinner due to the demands of service. The other spouse may

have a reduced or inconsistent income due to frequent relocations or childcare responsibilities. This income imbalance can create challenges in retirement, as the higher earner's income from a CAF pension plus their RRSP could push them into a steep tax bracket.

A spousal RRSP helps balance this disparity by allowing the lower-income spouse to build retirement savings in their own name. Here's why this matters:

- **Lower Overall Tax Burden:** Income splitting in retirement means less tax paid as a couple.
- **Greater Financial Independence:** The lower-income spouse has their own source of retirement income.
- **Flexibility for Life's Changes:** If the lower-income spouse re-enters the workforce later, they can still decide to open an individual RRSP.

HOW SPOUSAL RRSPS WORK

- **Contributions:** The higher-income spouse contributes to the spousal RRSP.
- **Tax Deduction:** The contributor gets a tax deduction for the amount contributed, the same as they would with their own RRSP.
- **Investment Growth:** The investments grow tax-deferred, just like in a regular RRSP.
- **Withdrawals:** When funds are with-

drawn in retirement, they're taxed at the lower-income spouse's rate.

Keep in mind that the contributions count against the higher-income spouse's RRSP contribution room, and if funds are withdrawn within three calendar years of a contribution, the contributor may face taxes on the withdrawal.


It's also good to know that contributions can continue until the recipient spouse turns 71. This means that, if the contributing spouse is older, they can keep saving taxes even when they are past the age limit.


Every family's situation is unique. A SISIP advisor can help you understand how a spousal RRSP fits into your overall financial plan. Together, you can crunch the numbers, consider the options, and find the best strategy for your family.

Whether it's reducing your tax bill now or setting up a smoother financial future, a spousal RRSP could be the missing piece of your retirement plan.



Contact our local SISIP office at 250-363-3301



Your Rewards 

SAVE 10%*

on Military Day, the last Thursday of every month


*Must be a valid Your Rewards™ member to qualify for the discount. Regular priced merchandise only.


Plus, everyone can

SAVE 15%**



Simply hand this coupon in to one of the stores below to get your discount

 **Bosley's Admiral**
1497 Admirals Rd.
Victoria, BC V9A 7K2

 **Bosley's Esquimalt**
1153 Esquimalt Rd.
Victoria, BC V9A 3N7

**Valid at participating locations only. Only original, unaltered coupons will be accepted. Tampered or reproduced coupons are invalid. Valid on regular priced merchandise. Must surrender coupon to receive discount. One coupon per customer. Not valid on donations, grooming services or purchase of giftcards. Not combinable with any other coupons or offers. Cannot be redeemed on buy online, pick up in-store orders. Expires: April 30, 2025



Congratulations to the Tritons Men's and Women's Volleyball team for an incredible fight at the 2025 Canada West Volleyball Championship in Edmonton.

Both teams succeeded in the round robin and semi-final to just fall short in the final match to 19 Wing (Comox) in both instances.

Bravo Zulu to all who won Player of the Match throughout the tournament.

TRACKSIDE AUTO SERVICE LTD.
A FULL SERVICE AUTO REPAIR FACILITY

- ✔ Induction & Fuel Injection Service
- ✔ Out of Province Inspection
- ✔ Diesel Fuel Service
- ✔ Brake service
- ✔ Oil service
- ✔ Electrical
- ✔ Exhaust
- ✔ Tires

Winner "2014 2nd PLACE" BEST OF THE CITY AWARDS Black Press

BBB, U.S. GOVERNMENT INSPECTION FACILITY, Castrol, WALKER, HANKOOK

Ask about BG Protection Plan*
Where Dependability and Trust are a Priority... * under 80,000 km

784 Fairview Rd. • 250-383-5509 • tracksideautoservice.ca

In loving memory of
SILVESTER, James "Jim" Clark
April 7, 1923 - February 13, 2025

Dad quietly crossed the bar at home to be with the Lord Jesus in the early hours of February 13, with his daughter, son-in-law, and trusted dog companion Rocky, closely by him. Just about making his goal of 102.

Dad was born in a suite on the top of King Edward School in Winnipeg. He was the second son for Henry and Ellen Silvester. Later on, he was graced with another brother and a sister. Dad joined the RCN at the age of 16, and served in WW11 in the Pacific and on convoy duty in the North Atlantic. He moved up in ranks from Seaman to Petty Officer 1st Class. The war ended, and he was honorably released from service in 1946. That is when he married the love of his life, Gwen, on June 29, 1946. They were married for 62 years till Mom's passing in 2008. They had two sons, Brian and Dale, born in Montreal, and one daughter, Brenda, born in Winnipeg. Dad had rejoined the RCN Reserves in 1955, and served as an instructor to young cadets at HMCS Chippawa in Winnipeg. He was released from that duty in 1965.

Dad had many hats with jobs, but settled as an Office Machine Technician at Great West Life in Winnipeg. Retirement came after 28 years with the company, and then Dad and Mom became snowbirds. They would travel to Texas from October to April each year, and enjoyed that for many years until they moved to BC to be with their daughter and family. After losing Mom, Dad stayed for a bit on his own, before moving into a suite below his daughter and son-in-law. That was his final destination.

A sport enthusiast and loving the Blue Jays, he was also very proud to complete quite a few 5k walks and being awarded many medals for his efforts. Dad enjoyed fishing, golfing, bowling, and was a handy man in many crafts. A life-time member of Chief and Petty Officers Association in the HMCS Chippawa as well as in Esquimalt. Dad was always full of laughter and jokes to anyone who would listen. He was caring, loving, and a superhero to his daughter.


Dad is predeceased by his parents Henry (1968) and Ellen (1976) Silvester; brothers Harry (2013) and Thomas (2013); sister Mary (2011); the love of his life, Gwendoline (2008); and by his son, Brian (2010). He is survived by son Dale (Val) of Lawrencetown, Nova Scotia; his daughter Brenda (Joey) of Shawnigan Lake, BC; as well as 7 grandchildren and 17 great-grandchildren.

We want to thank the Cowichan Palliative Hospice team for their support and having him enjoy his days at home. Thank you also to Dr. Jody Anzarut for her care over the many years.

Dad is now at peace. A memorial service will be held at the Shawnigan Alliance Church (1603 Wilmot Ave) on March 22, 2025, at 1400hrs (2pm). Donations can be made to Chief and Petty Officers Veterans Assistance Society, or to a charity of your choice in Dad's honour.

Dad has requested a burial at sea, which will be done at a later date.

Remember to love and hug your family and friends. Treasure all moments you have with them, for time goes by way too fast, and then they are gone.



We Salute Our Fleet

98.5 OCEAN

TM



MARPAC Health and Wellness Expo Empowers the Community



Laurel Koslowski and Gillian Larsen from PSP Community Recreation promoting the upcoming Navy Run at the MARPAC Health and Wellness Expo on Mar. 6.

Archana Cini
Lookout Newspaper

The Naden Athletic Centre came alive on Mar. 6 as the annual MARPAC Health & Wellness Expo returned to CFB Esquimalt. With a lively crowd, engaging demonstrations, and a BBQ lunch fueling the fun, the event brought the Defence community and vendors together to celebrate the power of well-being. Visitors walked away with an array of prizes, valuable products, and meaningful insights to enhance their holistic health.

Among the businesses in attendance was Saje Natural Wellness who displayed immersive healing and self-care products. "Ultimately, we're here to spread well-being to a community that deserves to be healthy and happy," said Kristina Thiele, Victoria store manager. "It's rewarding to connect with people who are as excited about wellness as we are."

Throughout the event, Saje fostered conversations around self-care, encouraging military members and civilian employees to unapologetically prioritize themselves and their healing.

MĀ Wellness & Yoga also inspired attendees with their mind-body approach to health. Captivating attendees with a soothing booth design, the local holistic wellness studio highlighted the value of preventative measures to the community.

Stacy Picard, manager, shared how the MARPAC Expo provided the studio with an opportunity to show up for "those around us."

"People have the power to look after themselves, and we're here to help them unlock that," she said.

The studio not only engaged visitors in conversations about movement and mindfulness, but also offered acupuncture demonstrations.

Wellness vendors extended to include

financial services with the attendance of BMO and SISIP, base clubs encouraging new registrations with CFB Esquimalt's Garden Club, Golf Association, and Model Railroad Club, and base resources including Base Fire Prevention, the Dental Unit, Formation Safety and Environment, Complaint and Conflict Management Services, Defence Advisory Groups, and the Employee Assistance Program.

Other notable attractions included an exciting technical shirt debut for the upcoming Navy Run on June 21, the Navy Bike Ride, and a blended keynote and watch-party on the power of radical self-care with Dr. Taslim Alani-Verjee for International Women's Day.



Local realtor, Elysia Allen, connects with MARPAC Expo attendees on Mar. 2 at the Naden Athletic Centre.



The Lookout's table was busy with members reading archive copies of their publication while others were filling out ballots for door prizes.



Captain(N) Kevin Whiteside, CFB Esquimalt Base Commander, gives PSP staff a thumbs up at the MARPAC Expo on Mar. 2.

The Lookout would like to thank Costco Langford and Tim Hortons Esquimalt for the generous donations to the event, all vendors who contributed to door prizes, giveaways, and resources for attendees, and to all the base support who made this event a success.

See you in the Fall for the Ship-to-Shore Industrial Trade Show on Oct. 7!



Lookout Photo of the Issue

The Wounded Warrior B.C. Run concluded with a performance by the Naden Band at the finish line where children were encouraged to participate in the fun on Mar. 2. Photo: Derek Switzer, Lookout Contributor



**800 km,
8 days,
and
\$235,000**



The 2025 Wounded Warriors B.C. Run Concludes

Archana Cini
Lookout Newspaper

There is no better fuel than purpose when running 800 kilometres in just 8 days.

An unforgettable adventure across Vancouver Island, the Wounded Warrior Run BC 2025 brought together a team of 18 Canadians (eight runners and ten support staff) to raise funds for trauma-exposed professionals in the community. The team's efforts began in Port Hardy on Feb. 23 and culminated in a spectacular finish in Victoria's Market Square on Mar. 2.

More than \$235,313 was raised for Wounded Warriors Canada, funds that will stay local to the island and support recovery, counselling, training, and education efforts for trauma-exposed professionals, including Canadian Armed Forces (CAF) members, veterans, first responders, and their families.

Among this year's runners was Kevin Whiteside. Many would know him as Captain(N) Kevin Whiteside, Base

Commander of CFB Esquimalt, but he chose to run as himself, of his own volition, because he believed in supporting Wounded Warriors Canada and the programs they and other such organizations offer to trauma-exposed professionals. Surrounded by the community, his daughters, and a D.I.Y. *Go Dad!* poster after the journey, Kevin stressed that it was ultimately family that fuelled him through the eight strenuous days of running.

"The toughest moment of the past week was leaving my family on Saturday, and the best moment was getting to see them again now, along with the incredible support from our community," he said. "It's beyond special to support Wounded Warriors Canada—an organization that doesn't just help trauma-affected individuals, but also their families and their communities. As a leader, to support that and become a runner this year, assisting to raise awareness across the island of programs available to those in need gave me a real sense of purpose." Kevin also stressed the incredible efforts

of the run director, a fellow CAF member, Capt Jacqueline Zweng in enabling this run to happen.

Matthew Carlson, Projects Officer at CFB Esquimalt, was also among the team as the 2025 backup head runner.

"It was just so rewarding to be a part of," he said. "As tough as it was to feel the running add up, visiting each community as we made our way through the island was even more uplifting. It made the challenge worthwhile to see the people and purpose behind our efforts."

Action Stations!, a pop sub-group of the Naden Band of the Royal Canadian Navy, also made an appearance at the finale with a set of pop-funk tunes charged with energy. Following a chorus of cheers, Master Sailor Zack Everett said, "Music has a way of making moments feel more special, and we in the Naden Band recognize how important it is to celebrate when achievements have been made."

Matt Carlson, Projects Officer at CFB Esquimalt, celebrates as the Wounded Warrior Run BC 2025 concludes at Market Square on Mar. 2. Photo: Archana Cini



Family members displayed homemade signs to cheer on their loved ones returning from the 8-day Wounded Warrior Run BC. Photo: Archana Cini, Lookout Newspaper



Flags were raised at the finish line as runners concluded the Wounded Warrior Run BC 2025, run at Market Square in downtown Victoria. Photo: Derek Switzer, Lookout Contributor

Joint Task Force Pacific supports the 2025 Invictus Games

The Invictus Games Vancouver Whistler 2025 (IG25), held from February 8-16, celebrated resilience and recovery, uniting injured and ill service members and veterans through the power of sport.

Joint Task Force Pacific (JTFP) played a crucial role in the event's success, contributing roughly 450 Canadian Armed Forces (CAF) members from 46 units across Western Canada, with a few augmentees joining from as far east as Quebec City.

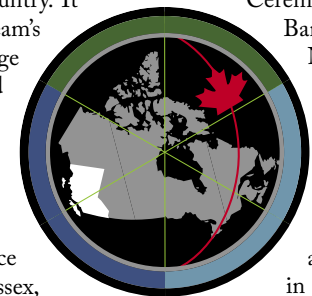
"The Invictus Games 2025 afforded the CAF the opportunity to provide support to serving members and veterans from 23 nations who were injured

Place for the Opening Ceremony. The team snowshoed, skied, camped, and learned about the traditions of the host First Nations as they participated in community events along the way. The expedition brought together veterans from militaries across the world, current serving military members, and First Nations communities in a shared journey of healing meant to complement the spirit of the Invictus Games.

JTFP personnel further contributed to the Games by providing medical care, logistics support, and ceremonial duties, showcasing the CAF's professionalism on an international stage. A standout moment was the Opening Ceremony, where The Naden Band of the Royal Canadian Navy and The Royal Canadian Artillery Band performed alongside musical artists Katy Perry and Chris Martin.

Public engagement efforts included interactive military displays in Vancouver and Whistler, equipment demonstrations, CF18 flypast and ship tours, highlighting the CAF's diverse roles.

"The IG25 team performed brilliantly throughout—from planning in July 2024 to executing tasks in February. The team maintained a high tempo while staying flexible to changes," said LCol Proctor. "I was immensely proud of their efforts, which contributed directly to the success of the Games."



Founded by Prince Harry, Duke of Sussex, the Invictus Games use sport to aid the recovery of wounded service members and veterans.

Ahead of the Games, Corporal Dalip Shekhawat, a Medical Technician from 17 Field Ambulance (Winnipeg) and adventurer, was selected to represent the CAF as part of the IG25 Expedition team. Beginning on February 4, the expedition carried the Invictus Flag through the Four Host First Nations—Tsleil-Waututh, Squamish, Musqueam, and Lil'wat—before delivering it to BC

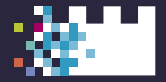


Photo: Invictus Games

BRING YOUR PAST TO YOUR FUTURE.



Looking to rise above a career plateau? With our flexible approach to education, taking the next step doesn't mean having to start over. Here, we don't just see potential in your future, we also see it in your past. Experience an education like no other.
Royalroads.ca



Royal Roads
UNIVERSITY

The Kia Sorento.

2.99% for up to 60 months*



Starting from
\$ 41,095*

Taxes, levies and fees extra.
Applicable March 1, - March 31, 2025

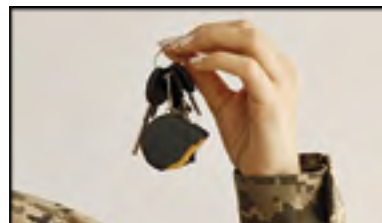
Kia Victoria

(250) 360-1111
2620 Government Street
www.kiavictoria.ca
sales@kiavictoria.ca

@kiavictoriabc   



Meet Tory
Tory McClintick is here to personally help with all your transportation needs:
tmclintick@kiavictoria.ca



Military Rebate
As a tribute to Canadian Forces members, we are proud to offer \$500 towards the purchase or lease of a new Kia.



Locally Owned
We're locals too! We strive to make an impact in our community through charitable events, fundraisers, and sponsorships.

Our family's story

A devastating loss from colon cancer

LCdr Linda Coleman
MARPAAC Public Affairs

On Sept. 20, 2024, Colonel Commandant, Colonel (Retired) Ralph Coleman died of colon cancer just five weeks after he received his devastating diagnosis. His death left his Canadian Armed Forces (CAF) community in shock and his family reeling. His daughter Lieutenant-Commander (LCdr) Linda Coleman shares this story in his memory in hopes of encouraging CAF members and their families to get early screening for this preventable disease. March is Colorectal Cancer Awareness Month in Canada.

SOMETHING FELT OFF

In July 2024, my posting to Ottawa came to an end and my family was moving to Victoria. I didn't want to leave but being an Army brat and CAF member myself, I was used to moving. This move felt different though - I was anxious.

I was sad to leave Ottawa, my hometown. I had a strong support network there - my parents lived ten minutes away, my son was born there, and I was close by to help when my Dad developed and beat lymphoma in 2023.

My parents planned to spend time with us after the move, help with childcare, then return for Christmas. But the day our moving truck arrived, Dad called to say he had to cancel their flight due to stomach pain. A few days later he was hospitalized, and early blood test results were showing cancer. We all thought the lymphoma was back.

A DEVASTATING DIAGNOSIS

The stress and guilt were overwhelming as we waited for news in Victoria. Next thing we know, my Dad is on morphine. Having witnessed my best friend die of cancer just nine months prior, I knew this wasn't a good sign. I flew home immediately and received the devastating news that Dad had Stage 4 colon cancer. We were in complete shock. How was this missed? What could he have done to avoid this? (It had been several years since his last colonoscopy.)

The cancer spread fast - Dad was going into liver failure and withering away. He opted for the Medical Assistance in Dying (MAID) program, and left this world on Sept. 20 with his family by his side. It was the most difficult day of my life losing my father, best friend, mentor, voice of reason, and my rock. He was the reason I joined the CAF and a very huge part of who I am today. The grief is overwhelming. I remember how badly I wanted to get a photo of us in our uniforms before I left - our last photo together. I'm so glad I pushed for that. It was a reminder to always follow your instincts and to never stall on doing things that are important to you.

EARLY DETECTION CAN SAVE LIVES

It had been only five weeks from the moment of diagnosis to his passing. If that's not a wake-up call to get a colonoscopy, then I don't know what is. I will be getting my first colonoscopy early, as there is a genetic factor to cancer. Any person 50 years and older should be screened for colorectal cancer. Start talking to your healthcare provider before you reach 50 to determine your risk factors and to see if you need earlier screening. Learn the symptoms and advocate for yourself. It can truly save your life.

Colorectal cancer is one of the most common causes of cancer death in Canada. However, if caught early, it is usually treatable, which is why screening is so important.

I'm sharing my story not only to raise awareness for colon cancer screening, but to reassure CAF members who may have gone through a similar experience that they are not alone. I went to CAF Mental Health Services during this extremely difficult time and continue to benefit from their services today. I'm so thankful for the Mental Health services provided by the CAF and to my Branch for their support.



Father-daughter photo of Colonel Commandant, Colonel (Retired) Ralph Coleman, OMM, CD, and LCdr Linda Coleman, CD on July 14, 2024. This was their last photo together before Colonel Commandant Coleman passed away on Sept. 20, 2024. Photo: Master Corporal Mark Wanzel



ElysiaAllenHomes.com

Military Relocation Specialist and Veteran

As a retired Canadian Armed Forces member,
I'm experienced in networking and collaborating
with BGRS and maximizing your HHT,
making your move as seamless as possible.




ELYSIA ALLEN
REAL ESTATE

250-882-8938

3194 Douglas St. Victoria, BC

Elysia@ElysiaAllenHomes.com

**NUTRITION MONTH 2025
SPEAKERS BUREAU**



ANDREA HOLWEGNER, RD

The “chocolate loving nutritionist”, Andrea Holwegner, RD, is back for another interactive, action-packed speakers bureau focused on a lighthearted discussion to make **food your friend.**

Andrea Holwegner is the founder and CEO of Health Stand Nutrition Consulting Inc. established in 2000. Her mission is to empower people to create a healthy and joyous relationship with food and their body.

She leads a team of experienced dietitians that help busy families with meal planning success, weight concerns, eating disorders, digestive issues, sports nutrition, heart health, diabetes and more. She is an online nutrition course creator, professional speaker and regular guest in the media. Andrea is the recipient of an award by the Dietitians of Canada: The Speaking of Food & Healthy Living Award for Excellence in Consumer Education.


In her spare time, she enjoys skiing, mountain biking and sipping wine with her husband over a delicious meal. Most of all, she loves being a mom and playing in the dirt in the vegetable garden she grows with her son.

Thursday, March 20
10:00-11:30 am PST

Meeting ID:
262 804 536 610

Passcode:
Gr6Ek3y8

*This session will be recorded and available on the CFB Esquimalt DWAN.
For more information, please contact Vicky Doucette:
Vicky.Doucette@forces.gc.ca / (250) 363 -5567



**Invitation to Participate:
ASD Inclusive Research into Disaster Risk Reduction**

*William Sparling
Royal Roads University*

START

Focus Groups
Discuss with your peers what inclusion means to you

Contribute
Discuss what *you* can offer your community

Inclusion
It's a balance between people and the community

The Ultimate Question
How to ensure and facilitate inclusion in BC's public policy and planning, including Disaster Risk Reduction Planning and Preparedness, for the Neurodiverse?

Volunteer
Be part of the research and make your voice heard

The Findings
Create recommendation for community level inclusion in planning & preparedness

FINISH

More information

This research into inclusion at the community level for public policy & planning is focused on disaster risk reduction for persons on the autism spectrum.

** Participation in focus groups and interviews to develop ways to foster inclusion in public policy planning and disaster preparedness. ** Your contribution to the community is important.

Seeking English speaking adults who self-identify as being on the autism spectrum, including Asperger's Syndrome.

Your voice and experience matters!

For more information, please review the detailed information outlined in the Research Consent Form
Email: bill.sparling@royalroads.ca





Here to provide the assistance you need.

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
250-363-3600

[f](#) /CollinsLaurel
[t](#) @Laurel_BC
[i](#) @laurelndp



\$3 SALAD DAY
JOURNÉE SALADE À 3\$

MARCH 5 & 19
5 et 19 MARS

NELLES & VENTURE
GALLEYS / CUISINE

NUTRITION MONTH 2025:
NOURISH TO FLOURISH

MOIS DE LA NUTRITION 2025:
BIEN SE NOURRIR POUR S'EPANOUIR





BEHIND THE DESIGN

2025's Navy Run Shirt

Archana Cini
Lookout Newspaper

Ready to race? The eagerly awaited technical shirt design for the upcoming Navy Run has just been revealed.

This year's shirt carries meaning well beyond the event, capturing the spirit of the Canadian West Coast, strength of the Royal Canadian Navy (RCN), and energy of the Defence community all in one form. At the heart of the design is Leslie Eaton, a talented graphic designer with the Lookout Newspaper whose work reflects both artistic vision and deep personal connection to the RCN.

In this exclusive interview, Eaton details her creative process, discusses hidden symbols found within the shirt's details, and reveals what it means to design something that will resonate with the local community for years to come.

Q: As an experienced designer, what was the process to creating a Navy-centered event design that is so appealing for participants?

A: We worked as a team and started by coming up with many ideas that celebrated the presence of the RCN here on the island. It then became a process of trying an idea and adding to that concept. We decided to focus on the idea of celebrating our country very early on, hence the design's iconic red maple leaves. Then, the softly focused trees and HMCS *Ottawa* coming through the mist began to bring together a beautiful vision of the Pacific Coast and fleet into the design.

Q: Are there any design elements on the shirt that have special meaning?

A: The shirt shows HMCS *Ottawa* in the mist. I chose this ship because it's named after our nation's capital city—but I admit it was also a personal touch. My partner is an active service member and was deployed on *Ottawa* a few years ago. Since then, I have a soft spot for that specific ship since he travelled thousands of miles in it and still came safely back home to me.

Q: What is your favorite part of the design or design process, and why?

A: It's seeing people wear the shirts! It

feels like so many designs we create seem to go out into the ether (i.e. social media), serve their purpose, then unfortunately kind of disappear. Event shirts stay around for a long time and when I see them around town, my hope is that what I have helped create is something people will genuinely love to use for years to come.

Q: What does it mean to you personally to design something that represents the Navy Run and brings excitement to the Defence community and public?

A: Now, more than ever, I am deeply happy it features our Canadian red maple leaves. Our nation has widely come together in the last couple of months, and my hope is that we can all wear the maple leaves, and this shirt, with pride at the Navy Run.

Q: Finally, what do you hope people will really see when they look at the official 2025 Navy Run shirt?

A: I hope they can see a beautiful West Coast morning on Vancouver Island!

NAVY RUN RETURNS for the 19th Year this June

Archana Cini
Lookout Newspaper

Excitement is building for the 2025 Navy Run scheduled for Saturday, June 21. Hosted at CFB Esquimalt, this annual community event welcomes all with a 5km and 10km walk or run, virtual race, and kids event options.

While the Navy Run is traditionally rooted in the Defence community, it continues to welcome all families, civilians, and fitness enthusiasts looking to join in on the fun. Even more than a race, this inclusive summer event will provide everyone with the opportunity connect with the Defence community.

Family will be at the heart of the Navy

Run experience with the event once again offering free childminding services, a children's event, post-race celebrations, and refreshments. Other highlights will include a family-friendly photo booth, expo giveaways, and live music performed by the acclaimed Action Station Brass Pop Group from the Naden Band of the Royal Canadian Navy (RCN) and cheer stations positioned along the route to support run participants.

"The Navy Run is always such a fun June morning," said Gillian Larsen, Navy Run Race Director and Manager of Community Recreation with Personnel Support Programs at CFB Esquimalt. "We look forward to focusing on enhancing the experience for all participants with a focus on supporting local companies and taking

pride in our country."

With early bird pricing available only until March 31, Larsen is encouraging all interested participants to secure a spot now and claim one of 2025's exclusive, limited-quantity technical race shirts. Whether you plan to run for fun, set a record, support the Defence community, or simply enjoy the sun with loved ones, CFB Esquimalt is ready to welcome all participants to one of the year's most anticipated local events.

Registration is available now via navyrun-esquimalt.com. The Navy Run is also welcoming teams interested in setting up a cheer station. Contact recreationCPAC@forces.gc.ca if interested.

the LOOKOUT
NEWSPAPER & PUBLISHING

CANEX
A division of CFMWS
Une division des SBMFC

CANADA'S MILITARY STORE

CANEX

CANEX.CA

1343 Woodway Rd., Esquimalt 250.388.6428

Maggie Claydon, PsyD
Registered Clinical Counsellor & EMDR Therapist
Independent Online Trauma Counselling Services

Counselling inspired by
mindful, balanced living

10% off the first session for Military.
Free 15 min Consultations for new clients.

maggielclaydon@gmail.com maggielclaydoncounselling.com

SPREAD THE WORD:
We're accepting new clients!

A Clinic Just for Cats!

Pacific Cat Clinic

3555 Ravine Way, Victoria, BC V8X 4Z1
250.475.2287 | pacificcatclinic.com

\$629,000 • 401-2710 Jacklin Rd.
MLS#982979

Top Floor
Corner Condo

2 beds, 2 baths, vaulted ceilings on the NE top corner of the building.

Call Shelly Reed, Associate Broker
Direct at 250-213-7444

Sutton
West Coast Realty
Sutton Group West Coast Realty
103-4400 Chatterton Way
Victoria, BC V8Z 5J2

Check Our Open House Listings on
www.shellyreed.com

THE LOOKOUT CLASSIFIEDS

FOR RENT

2 BED 1 BATH APARTMENTS

available now - \$2200/month, 2 apartments available in 4-plex on second floor. 700+ sq ft. with storage, shared coin laundry, includes gas, heat, water, parking, no smoking, no dogs, no aquariums, cat negotiable. Walking distance to CFB Esquimalt, on base route. Call Donna - 250-812-6753.

SAXE POINT 1 BEDROOM FULLY FURNISHED BASEMENT SUITE

suitable for single person. Separate entrance, washer/dryer, hydro, cable, Netflix, Wi-Fi included. Quiet, no pets: smoking, vaping, drugs or partying. Refs required. \$1,750 per month, available May 1st - Call 250 818-1399.

1 BEDROOM SUITE IN ESQUIMALT

\$1700 + utilities (Hydro and Internet), Full kitchen, dw, in-suite laundry. Close to Esquimalt town square and high rock park. Contact Peter at 250-580-6252 or email Petevanb@gmail.com

**1 BED, 1 BATH CONDO
826 ESQUIMALT ROAD**

\$2,100 per month, utils not inc. Built in 2019, new appliances.

Amenity room, bike lock up. In suite laundry, Walk-in closet, 1 dog or cat friendly. 680 ft.², east-facing patio. Please message with your name and a brief description of yourself and intended length of stay, include your phone number with a good time to contact. Must be willing to provide: Proof income, ex: last pay stub, previous landlord reference and character reference, six month lease agreement, must read and agree to building's strata regulations, first month's rent, damage deposit of \$1,000 and \$200 move-in fee. Any interest can be directed to whitloforde@gmail.com

2 BED 1 BATH IN SAXE POINT

Available now. 1,200 sqft lower-level suite with den, kitchen area, large entrance way, 9ft ceilings. No pets, no smoking. Contact bathfam1@gmail.com.

1 BD + DEN SUITE, available Mar.

1, single occupancy, no smoking, no pets. Parking and 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.

FOR SALE

Canadian Sailcraft 22 for sale, has all sails and equipment for sailing. Needs an outboard motor or carburetor repair to existing motor. To be gifted to a serving military member with membership to CFSA. Otherwise, price is negotiable or trade. Contact at 250-208-4845 .

VOLUNTEER

BIG BROTHERS BIG SISTERS of Victoria and area. Free clothing collections services. Protecting the environment and supporting local kids for over 20 years! Reduce, repurpose, do good. Drive thru donation station open 7 days a week, 10am-6pm at 230 Bay St. Visit bbsvictoria.com

MAKE A DIFFERENCE Become a Network Friend. You would be matched according to shared interests to build a long term friendship with an individual who experiences a disability or mental health issue. Contact: volunteer@Lnv.ca Learn more at www.lifetimenetworks.org

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

Visit www.broadmeadcare.com/veterans-legacy to make your donation today.



It's a great way to say Thanks.

When you donate to the Veterans Legacy Fund, you ensure the best in comfort and care for Canada's veterans today, and in the future.

To find out more through a confidential conversation, contact Mandy at Mandy.Parker@broadmeadcare.com, or visit www.broadmeadcare.com.



Eye care for your family!

- Eye Health Examinations
- Contact Lens Specialists, Dry Eyes, Allergies, Eye Injuries
- Designer Eyewear Boutique
- Aircrew cyclo exams
- Sunglasses: Prescription & Non-Prescription



MILITARY DISCOUNT AND DIRECT BILLING FOR MILITARY FAMILIES

OAKLEY, ARMANI, KATE SPADE, RAYBAN, AND MORE!

ACCEPTING NEW PATIENTS - BOOK AN APPOINTMENT TODAY!



Dr. Darcy Dennis and Dr. Rachel Rushforth
NEAR BASE
106-1505 ADMIRALS ROAD
(250) 995-0449



Naval Fleet School Pacific MARTECH Graduation

Presented by Commodore David Mazur, Commander,
Canadian Fleet Pacific on Mar. 4.

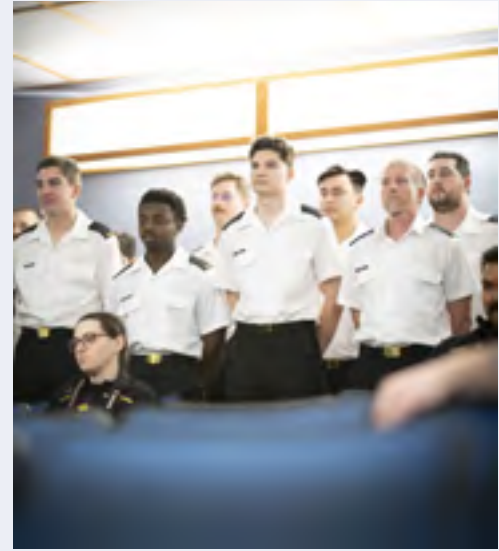
Photos: Sailor 1st Class Alexander Koller, MARPAC Imaging Services



Chief Petty Officer 1st Class Aubry speaks to graduates at Naval Fleet School (Pacific).



Commodore David Mazur, Commander Canadian Fleet Pacific and Master Sailor Sayers hold up a commemorative plaque honouring the first serial of CSQ-S2 MARTECH Roundsperson.



Graduates wait to receive certificates at the graduation ceremony.



The CSQ-S2 MARTECH qualification class at Naval Fleet School (Pacific).

GALAXY MOTORS

THE BEST PLACE TO BUY YOUR NEW CAR!

DLR# 30897 30897 & 40982

Over 34 years in Business
Family Owned & Operated

www.galaxymotors.net
www.galaxyrv.net

**WHEN YOU NEED
A VEHICLE OR RV,
VISIT GALAXY MOTORS!**

- THE **LARGEST** INVENTORY ON VANCOUVER ISLAND
- 5 DEALERSHIPS **PLUS 2 RV** LOCATIONS TO SERVE YOU

10% OFF
for all active
military members.



	AUTO Sales	RV Sales
LANGFORD	250-478-7603 4391 Westshore Parkway	250-590-7425 4377 Westshore Parkway

COLWOOD	AUTO Sales 778-440-4115 1772 Island Highway
----------------	--



Treatment is Within Reach

ADDICTION, MENTAL HEALTH & TRAUMA TREATMENT IS JUST A FERRY RIDE AWAY

Help is at hand: Powell River-based Sunshine Coast Health Centre and Georgia Strait Women's Clinic—Western Canada's only trauma program exclusively serving women—provide highly personalized addiction, mental health and trauma treatment for male and female clients respectively.

Services include 24-hour medical service, psychiatric assessment, EMDR, rTMS, psychotherapy, a dedicated group for military clients and much more.

Serving the Department of National Defence and Veterans Affairs Canada since 2009.



ACCREDITATION CANADA
AGRÉMENT CANADA

*Driving Quality Health Services
Force motrice de la qualité des services de santé*



**Sunshine Coast
Health Centre**

SCHC.CA
1.866.487.9010

Georgia Strait | WOMENS
CLINIC

GSWC.CA
1.866.487.9040