

VOLUME 70 NUMBER 10 | MAY 20, 2025

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

the **LOOKOUT**
NEWSPAPER & PUBLISHING



The BATTLE – of the – ATLANTIC

1939 – 1945

We will remember them



Active members of the Royal Canadian Navy stand in remembrance on May 4 around War Memorial to the Unknown Soldier, the British Columbia Legislature Cenotaph at the Legislative Assembly of British Columbia. See pages 8-9 for more photos and a detailed account of the remembrance ceremony. Photo supplied.

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

250-474-4800
SouthIslandHomeTeam.com

VIEW COUNTRY GROCER'S LATEST FLYER SAVINGS IN THIS PAPER!

Buying or Selling?
I can help!

CHRIS ESBATI
Knowledgeable Trustworthy Dedicated

RE/MAX CAMOSUN

250.744.3301
chris@victoriaforsale.ca
victoriaforsale.ca



SMELLS LIKE ADVENTURE

2025 MITSUBISHI OUTLANDER PHEV GT PREMIUM

LEASE FOR _____

\$135 | AT **1.49%*** FOR **48** MONTHS
WEEKLY* | WITH A \$1,699 DOWN PAYMENT*

ASK US ABOUT _____

\$500 MILITARY REBATE¹

LEASE RATES AS LOW AS **0.49%²**

MSRP:	\$61,947
SAVINGS:	\$3,250
NOW PRICE:	\$58,697

- / 61+km of Electric Range³
- / 7 Passenger Seating
- / Front Seat Massage Function
- / 10.8" Head-Up Display
- / BOSE Premium Sound System

SCAN HERE
FOR DETAILS



TEST DRIVE TODAY



**VICTORIA
MITSUBISHI**

3342 Oak Street, Victoria, BC, V8X 1R1
victoriamitsubishi.ca
(250) 220-8100

* \$135 weekly is equal to \$270 bi-weekly. Offer based on Stock No. 302165. \$270 bi-weekly payment for 48 months, with \$1,699 down, or equivalent trade, at 1.49% A.P.R. on approved credit, is based on selling price of \$58,697 and 16,000km per year. Lease end residual is \$31,593. MSRP is \$61,947. Payment and selling price are net of all available manufacturer and dealer incentives and provincial & federal rebates. Payment and selling price includes freight & air tax but do not include taxes, \$995 documentation, PPSA fees and \$595 finance placement fee (if financing or leasing), and licensing. Exact vehicle not shown. Some models excluded. Terms and conditions apply. Offer expires May 31, 2025. See dealer for details.
1.49% APR includes a 1.0% loyalty rate reduction. The 1.0% loyalty rate reduction is available on the purchase of selected new, unregistered Mitsubishi 2025 Outlander PHEV models to current owners and eligible others. The loyalty rebate applies to vehicles purchased and delivered between May 1, 2025, and May 31, 2025. Other conditions apply. See dealer for details.
1 All rebates will be deducted from the negotiated price after taxes for cash and finance purchases and before taxes for lease purchases. Conditions additional to the requirements listed below may apply. See your dealer for complete details. The Military Rebate is not stackable with the Mitsubishi Motors First Responder Rebate Program. Rebate available with the purchase of most new Mitsubishi vehicles for current members (including reservists) of the Canadian Armed Forces and veterans. Proof of status will be required.
2 Subject to approved credit and eligibility. Terms and conditions apply. Offer expires May 31, 2025. See dealer for details.
3 EV range varies by model. Model shown has an estimated battery range of 61km and is calculated via peak performance of the electric motor(s) at peak battery power. Actual range varies with conditions such as external environment, vehicle use, driving behaviours, vehicle maintenance and lithium-ion battery age and state of health.



All attendees of the May 8 Base Administration Town Hall in the Nelles Block pose for a group picture. Photo: Archana Cini, Lookout Newspaper

Marks Change of Appointment, Recognizes Service, and Honours What's Worth Fighting For

Archana Cini
Lookout Newspaper

From shrimp fried rice to Canadian rights, CFB Esquimalt's Base Administration Branch town hall was one to remember.

On May 8, members of Base Administration gathered in Nelles Block for a town hall that meaningfully blended themes of change, gratitude, and reflection. The event featured a change of appointment for the Unit Chief, an Honours & Awards ceremony, and a powerful ethics briefing from CFB Esquimalt Base Administration Commanding Officer, Commander (Cdr) Nicolas Bruzzone.

The event opened with the official change of appointment for Base Administration's Unit Chief, as Chief Petty Officer First Class (CPO1) Francine Griffin succeeded the retiring CPO1 Steve Sheffar. CPO1 Sheffar reflected on an incredible career with the Royal Canadian Navy (RCN) that spanned over 1,700 days at sea and countless leadership milestones.

"I couldn't have asked for a better team, or a better way to finish this chapter," CPO1 Sheffar said. "It's been an absolute honour." CPO1 Sheffar, who joined the RCN straight out of high school in 1991, expressed excitement to return home to New Brunswick and reconnect with friends and family after 33 exceptional years of service. His successor, CPO1 Griffin, brings an impressive wealth of operational and logistical experience,

serving as the Chief Head of Department for Logistics in HMCS *Regina* and as the Regional Financial Services Administrator Services Occupational Advisor.

The change of command was followed by an Honours & Awards ceremony, where Cdr Bruzzone issued promotions, presented Bravo Zulus, and expressed deep gratitude and awe to all those who sustain CFB Esquimalt and support its members 365 days per year.

The town hall concluded with Cdr Bruzzone's final ethics briefing before his upcoming posting to Maritime Pacific Head Quarters (MARPAQ HQ) in July. Titled "Worth Fighting For", the poignant talk focused on the democratic rights enshrined in a document Cdr Bruzzone keeps tucked in his pocket every day—the Canadian Charter of Rights and Freedoms. Drawing on his own family's personal experiences in Chile, Cdr Bruzzone reflected on the honour it is to both serve in the RCN and be Canadian.

The event concluded with a moving reminder to cherish what's worth fighting for—each other.



(Cdr) Nicolas Bruzzone, CFB Esquimalt Base Commander, Chief Petty Officer First Class (CPO1) Steve Sheffar, retiring Unit Chief, and CPO1 Francine Griffin, incoming Unit Chief marking the official change of command on May 8, 2025. Photo: Archana Cini, Lookout Newspaper



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

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

PRODUCTION

Teresa Laird
laird.teresa@cfmws.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

Danielle Thompson
forces.ads@westcoastmarketing.net

EDITORIAL ADVISORS

Lt(N) Wilson Ho
250-363-4006

Rodney Venis
250-363-7060

Circulation bi-weekly print and online:
2,100 per issue plus social media engagement.

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



Insurance: What You Need to Know

SISIP Financial Esquimalt Team

We understand—insurance isn't very exciting. However, it's worth knowing the basics so that insurance can provide the money your family needs if something goes wrong. Canadian Armed Forces (CAF) members, veterans, and military spouses, here's exactly what you need to know.

IS INSURANCE WORTH IT?

Yes! If a house fire, accident, or passing occurs, the cost of insurance will be relatively tiny compared to the benefit your family receives. Additionally, you experience the confidence of an additional layer of financial protection.

HOW DOES INSURANCE WORK?

Imagine a community where families rally to help others in need—insurance works in a similar way. For example, you might pay a "premium" for a homeowner's policy. This means the insurance company will take money from a pooled premium of all participating homeowners to pay your benefit in the case of a home flood. You would then use this benefit to fund the repairs.

WHAT TYPES OF INSURANCE ARE THERE?

There are three broad types of insurance to consider:

1. **Property insurance** is designed to protect physical property, like your home or vehicle. This type is usually mandatory since your landlord or mortgage lender will require you to have home insurance, and provincial laws will require you to have auto insurance.
2. **Life insurance** is intended to cushion the financial impact on loved ones if you were to pass away. This could mean

funeral expenses, paying off mortgages, other debts, and/or creating a continuous stream of income for your family. A SISIP advisor is your guide to simplifying life insurance choices; we are experts on CAF survivor benefits and consider all factors to determine the protection you need, alongside insurance affordability.

3. **Health insurance** is designed to offset the financial impact of health crises. For example, critical illness/injury policies could provide lump sum benefits in the case of sudden diagnoses like heart attacks or cancer. As a CAF member, you are automatically enrolled in long-term disability insurance. This can provide you with ongoing monthly income if an accident or illness makes it impossible for you to work.

HOW MUCH INSURANCE IS ENOUGH?

The concept behind insurance is to replace what has been lost—whether that is a tangible asset or your ability to provide for family. With a home or car, insurance companies usually dictate policy terms. In terms of life insurance, changing family needs, responsibilities, and time means that policies also often change over time. A SISIP advisor's recommendations, and our Insurance Needs Assessment (created specifically for the CAF community) can help ensure that coverage is tailored to you.

WHERE SHOULD I BUY INSURANCE?

An insurance broker represents you by identifying policy deals from across multiple companies, making brokers a good source for car and home insurance policies. On the other hand, an insurance agent only sells the policies of one company. This may require caution as agents have less pricing flexibility and choice than brokers.

However, agents like SISIP advisors are extremely valuable as salaried professionals who deliver honest, unbiased, and personalized financial advice tailored to the CAF community.

Banks may also offer life, disability, or critical illness insurance policies to cover outstanding balances. Be wary, as these can be expensive and benefit the bank rather than your family. Finally, know that legitimate insurance providers will never ask for upfront fees or direct payments to agents or brokers.

WHEN SHOULD I REVIEW MY INSURANCE?

It's best practice to review your financial plan (including insurance) every year—especially if there have been recent changes in your life. Changes that impact insurance include welcoming a new child, buying or selling property, marriage, divorce, a promotion or new job, retirement, and large purchases. These changes can result in needing more/less insurance or needing to update existing coverage to remove an ex-spouse beneficiary or modify an address.

WHAT'S THE TRUTH ABOUT INSURANCE?

If you wait until a home floods or a doctor shares bad news, it may be too late for the insurance you need. Generally, buying insurance early is best. Work with an SISIP advisor to secure coverage now, because owning insurance will place you in charge of your financial security without needing to ever rely on digital fundraising platforms or the kindness of others.



Contact your local SISIP office now at 250-363-3301 to book a meeting with our insurance representatives to ensure you have the protection you need affordably in place.

E-FILE FROM \$90+GST

Top Shelf Bookkeeping Ltd.
Locally Owned & Operated Since 1994

BOOKKEEPING & PAYROLL SERVICES AVAILABLE

2 CONVENIENT YEAR ROUND LOCATIONS

101-76 Gorge Road West Victoria, BC V9A 1M1 250-388-9423	1253B Esquimalt Road Victoria BC V9A 3P4 250-590-4050
--	---

CANEX
A division of CFMWS
Une division des SBMEC

CANADA'S MILITARY STORE

CANEX

CANEX.CA

1343 Woodway Rd., Esquimalt 250.388.6428



CFB Esquimalt Brings Naval Spirit to Buccaneer Days Parade

Consolidated by Archana Cini
Lookout Newspaper

On 10 May, Victorians came together in Esquimalt for the Buccaneer Days Parade, an anticipated part of Esquimalt's annual Buccaneer Days festival. Full of families and other local community members dressed in naval and pirate attire, 2025's Buccaneer Days festival included over 20 local organizations and hundreds of attendees over the weekend. CFB Esquimalt proudly participated in the May 10 parade, with CFB Esquimalt Base Commander Captain (N) Kevin Whiteside and the Naden Band of the Royal Canadian Navy (RCN) marching through local community streets with Canadian pride as whoops and cheers connected the community.



Photos: Sailor 3rd Class Lucas Augustyn, MARPAC Imaging Services

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.

Over 34 years in Business
Family Owned & Operated

www.galaxymotors.net
www.galaxyrv.net

LANGFORD
AUTO Sales 250-478-7603
4391 Westshore Parkway

RV Sales
250-590-7425
4377 Westshore Parkway

COLWOOD
AUTO Sales 778-440-4115
1772 Island Highway

Tips for Road Sharing with CFB Esquimalt Road and Vehicle Safety

Corporal (Cpl) Adam Hardy
TEME

This May 5-9, Defence community members at CFB Esquimalt participated in a variety of initiatives in observation of Road and Vehicle Safety Week 2025.

To Corporal (Cpl) Adam Hardy, Road and Vehicle Safety Week offers an opportune moment to reflect on the importance of care on the road. "Every life is important," he shared. "Take that extra second to shoulder check. For pedestrians, that age-old adage of looking both ways before crossing the street? It really is just as important now as it was decades ago."

With more electric vehicles, scooters, and bikes sharing the road than ever before, here are some essential tips and habits to promote road safety and awareness.

Do you drive an electric vehicle (EV)? Continually watch for pedestrians that may not hear you due to noise-blocking technology. Remain alert, and do not assume that every-

one (including bikers and other motor vehicles) is aware of your presence while driving.

Are you a biker or electric scooter rider? Wear helmets and reflective clothing and follow all traffic laws motor vehicles follow. Additionally, be mindful of the weather, potentially hazardous conditions, and how they affect vehicle stopping distance. Never assume that you are seen by others and remember to both shoulder check and signal before merging or changing lanes.

Going somewhere as a pedestrian? Be mindful of your surroundings, always look both ways before stepping on the road, and use designated crosswalks. If listening to music or using a device, prioritize listening to the space around you—particularly around blind corners.

Trying to recognize an EV on the road? Identification often starts by noticing their quieter operation at low speeds, as well as distinctive badges and marks like leaf or plug silhouettes.



Stack photo

It's your
move.

Get up to
\$4,591*
in value.



BMO

Official bank of the
Canadian Defence
Community

* Terms and conditions apply.

Relocation made simple – tailored mortgage solutions for military families.

- **Save up to \$491*** a year in banking fees with a Performance Plan Chequing Account
- **Get up to \$4,100 cash back*** with a new BMO mortgage
- **Enjoy the flexibility** to break your mortgage without penalty when you're posted through the Canadian Armed Forces or RCMP Relocation Directive
- **Get BMO employee discounts** on a range of mortgage options

Visit bmo.com/cdcbpostingseason

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!

**Admirals
Walk**
OPTOMETRY CLINIC

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

Architect Behind New RCN Tugs Awarded Prestigious Admirals' Medal

Archana Cini

Lookout Newspaper

Not every hero sails a ship, some design the ship instead.

The Royal Victoria Yacht Club was the scene of both official recognition and naval tradition on April 24, when Mr. Robert Allan, President of Robert Allan Ltd., was presented with the 2024 Admirals' Medal for exceptional contributions to Canada's maritime legacy.

The ceremony, hosted by Vice-Admiral (Retired) Nigel Brodeur and Commodore David Mazur, Commander of Canadian Fleet Pacific, brought together Royal Canadian Navy (RCN) representatives, veterans, and local Defence community leaders to honour a man whose work will power our national fleet for decades to come.

Through the exclusive design of four new Naval Large Tugs (NLTs)

developed for the RCN, medal recipient Robert Allan played a direct role in strengthening Canadian maritime operations and morale.

Built under Canada's National Shipbuilding Strategy, these vessels are designed to handle everything from critical emergency response and coastal towing to firefighting. The NLTs represent a leap forward in power, maneuverability, and mission support. The tugs will replace aging equipment and expand operational readiness for the Navy's growing fleet, boasting the ability to maneuver challenging weather conditions alongside a staggering 60-tonne bollard pull.

Allan's commitment to innovation and technical excellence exemplifies the spirit of the Admirals' Medal itself, which recognizes key innovative contributions made to Canadian maritime affairs. First created in 1985 by Vice-Admirals Bob Stephens, Dan Mainguy, and Nigel

Brodeur, the medal was named in tribute to their fathers, men whose naval service helped shape the RCN's identity, alongside its values of courage and technical excellence. As a civilian Admirals' Medal recipient, Allan joins a very small group of contributors, including Arctic researcher Moira Dunbar and last year's honouree, Captain David (Duke) Snider.

To Allan, the medal ceremony was a humbling experience—an acknowledgement of years of work and care poured into supporting those who serve at sea.

He shared, "I just draw the boats, that's as close to being in the Navy as I'll ever get!"

In recognizing Allan, the Admirals' Medal reminds us that maritime excellence is developed not only at sea, but also in the minds and hands of those who build the future of our Canadian fleet.



Vice-Admiral (retired) Nigel Brodeur (left) and Commodore David Mazur, Commander Canadian Fleet Pacific (right) alongside Robert Allan, 2024 recipient of the Admirals' Medal at the Royal Victoria Yacht Club. Photo supplied

The Kia Sportage.

Get a \$500 Spring Bonus and
Loyalty Rates as low as 0.99%.*



Count on Kia
— Savings Event —

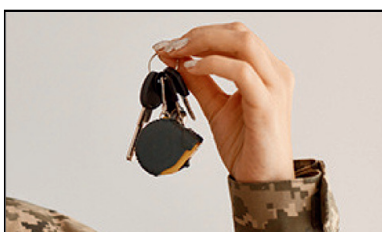
Starting from
\$30,695*

Sales Taxes, Freight, and Fees extra.
While programs last. Must Qualify.



Meet Tory

Tory McClintick is here to personally help with all your transportation needs:
tmccclintick@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.

Automotive News Canada
BEST DEALERSHIPS
TO WORK FOR 2023

Automotive News Canada
BEST DEALERSHIPS
TO WORK FOR 2024

Kia Victoria

(250) 360-1111

2620 Government Street

www.kiavictoria.ca

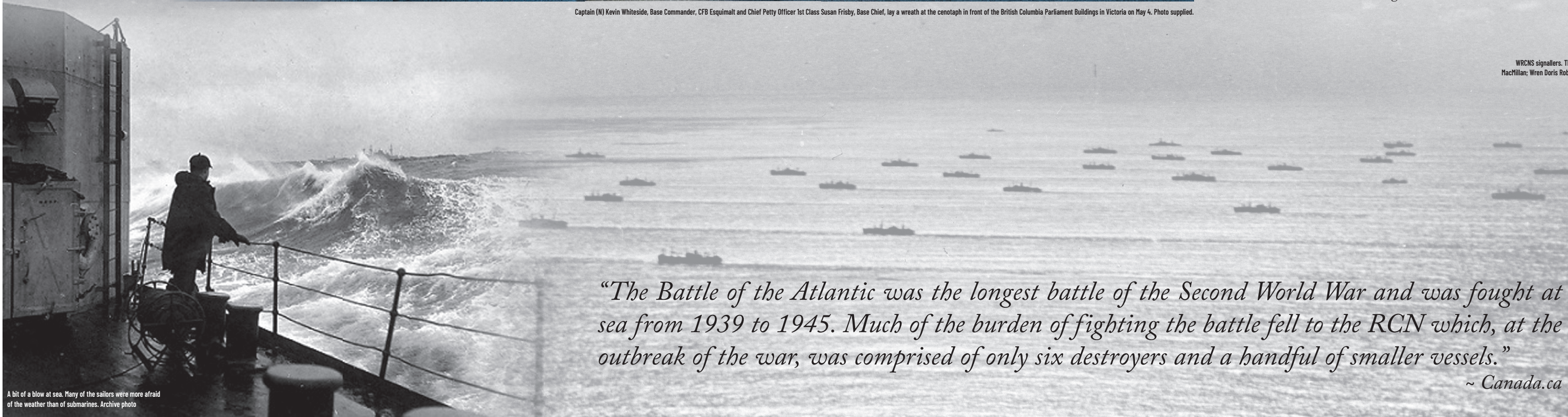
sales@kiavictoria.ca

@kiavictoriabc





Captain (N) Kevin Whiteside, Base Commander, CFB Esquimalt and Chief Petty Officer 1st Class Susan Frisby, Base Chief, lay a wreath at the cenotaph in front of the British Columbia Parliament Buildings in Victoria on May 4. Photo supplied.



A bit of a blow at sea. Many of the sailors were more afraid of the weather than of submarines. Archive photo

“The Battle of the Atlantic was the longest battle of the Second World War and was fought at sea from 1939 to 1945. Much of the burden of fighting the battle fell to the RCN which, at the outbreak of the war, was comprised of only six destroyers and a handful of smaller vessels.”

~ Canada.ca



Frigate HMCS Swansea, January 1944. Library and Archives Canada PA-107941

Legislature Ceremony Unites Victoria in Remembrance of the Battle of the Atlantic

Archana Cini
Lookout Newspaper

The sea remembers – and so do we.

On May 4, Victorians gathered at the lawns of the Legislative Assembly of British Columbia for Battle of the Atlantic Sunday, an annual day of remembrance of the Second World War's longest campaign.

The 1100hrs service drew representatives of the Naval Association of Canada, members and veterans of the Royal Canadian Navy (RCN) and Canadian Armed Forces (CAF), the media, and local community members in observance of those who served in the battle. Of the nearly 100,000 Canadians who served, over 4,600 hundred lost their lives.

The 2025 event marked eight decades since the tide turned in the Atlantic and coincided with the RCN's 115th anniversary, weaving remembrance, historical pride, and present-day service into a commemoration of unity. The sacrifices of Canada's Navy, Air Force, and Merchant Mariners were formally honoured at the cenotaph, where silence was observed, wreaths laid, and moving tributes shared.

The Battle of the Atlantic began for Canada even before war

was officially declared, when HMCS Fraser and St. Laurent departed the Pacific Coast in August 1939 to escort the first Allied convoys across the Atlantic. By the war's end in 1945, the RCN had escorted nearly half of all Allied convoys across the Atlantic, destroyed 33 German U-boats, and scuttled 42 enemy surface ships. The RCN also suffered heavy losses with over 2,000 naval fatalities and 30 vessels lost.

To Captain(N) Kevin Whiteside, Commander of CFB Esquimalt, the event was equally an occasion to commemorate the past as an opportunity to reflect on the challenges ahead. “The accomplishments of those who served before inform and inspire those of us in uniform today. It is right that we remember their service but equally important that the lessons of the past are never forgotten. As we mark the 115th year of the RCN we must continue to honour those historic sacrifices through our current and future commitment to defend Canada.”

Captain (N) Whiteside also acknowledged the City of Victoria, local municipalities, Indigenous communities, and other organizations that allowed the Defence community and public to conduct the moving event at the Legislative Assembly of British Columbia.

WRCS signallers. The Wren on the left of the photo, operating the signal light, is Margaret MacMillan; Wren Doris Robinson is on the right. Wrens MacMillan and Robinson were some of the first Canadian Wrens to be trained in signals. Archive photo



CFB / BFC ESQUIMALT • 31 MAY / MAI 2025



NAVY
BIKE
RIDE

Presented by

BMO

DÉFI
VÉLO
DE LA
MARINE

Présenté par

JOIN IN ON FREE FAMILY FUN!

FREE KIDS BIKE RODEO

Age: 12 years and under

Start: 10:00 a.m.

Location: Base Museum Parade Square

Facilitated by the Military Police Unit Team

JOIGNEZ-VOUS À NOUS POUR UN MOMENT DE PLAISIR EN FAMILLE GRATUIT!

RODÉO À VÉLO GRATUIT POUR LES ENFANTS

Âge : 12 ans et moins

Heure de départ : 10 h

Lieu : Terrain de parade de la base,
animé par l'équipe de l'unité de la police militaire

But you must register!

navybikeride.ca

Mais vous devez vous inscrire!

<https://navybikeride.ca/fr/>

ROYAL CANADIAN
NAVY  **MARINE**
ROYALE CANADIENNE



CFAX 1070



All kids
receive a
FINISHERS COIN!

Tous les enfants
reçoivent une
**PIÈCE DU
FINISSEUR!**



HMCS Calgary Celebrates 30 Years of Service

Join them in celebrating this milestone
throughout the month of June.

Sub-Lieutenant Isabelle Scatland Lebel

On May 12, 2025, HMCS Calgary proudly marked its 30th anniversary of service, dedication, and excellence to Canada.

Commissioned in 1995, the Royal Canadian Navy (RCN) Halifax-class frigate has participated in numerous international operations and continues to serve as part of the Maritime Forces Pacific (MARPAF). Notable past deployments include Op APOLLO, Canada's military commitment following 9/11, and Op ARTEMIS, a multinational effort to combat terrorism in the Middle East. During Op ARTEMIS in 2021, HMCS Calgary set a Canadian naval record by destroying record quantities of illicit narcotics, disrupting funding sources for criminal organizations. On a global scale, the vessel has engaged in numerous multinational exercises that have strengthened Canadian alliances and exemplified RCN professionalism.

Today, HMCS Calgary continues to serve as a symbol of resilience and commitment. The 30th anniversary celebration not only honours the vessel itself, but also recognizes its sailors, whose service and sacrifices continue to shape the frigate's legacy. To commemorate this milestone and celebrate the ship's upcoming return to service, a series of events open to both the Defence community and public will be held in June.



HMCS CALGARY conducts an exercise. Photo: Corporal Lynette Ai Dang, Imagery Technician

OPEN HOUSE & CELEBRATION

HMCS Vancouver will be alongside and open to visitors.

Sunday, June 15 • 9:00 am – 4:00 pm

Ogden Point

Cost: Free!

Opening ceremony with military parade starts at 9:00 a.m.

- Free Stampede-style pancake breakfast
- Live music
- RHIB rides
- Bouncy castles
- Face painting
- Navy displays
- Beer garden
- Road hockey exhibition game

Donations and sales from the beer garden will help raise funds for the ship's charity, the Calgary Firefighter's Burn Treatment Society.

SUNDAY

FRIDAY

GOLF DAY

Friday, June 13 • 8:00 am – 3:30 pm

Olympic View Golf Club, 643 Latoria Road

COST: \$120 per person for green fee,

shared power cart, and warm up ball

(limited club rentals available at additional cost)

Number of players: 52 – first come, first served via RSVP

RSVP jacquiline.abutin@forces.gc.ca

Online advance payment: <https://square.link/u/P5iuu2Mt>

SATURDAY

BARN BURNER

Saturday, June 14 • 4:30 pm – 11:00 pm

HMCS Venture Gunroom – everyone welcome!

COST: Adults \$20;

Children (12 & under) Free

RSVP: jacquiline.abutin@forces.gc.ca

Online advance payment: <https://square.link/u/1ypkL8hb>



Photo: Corporal Lynette Ai Dang

Mental Health Strategies for the Defence Community:

Self-Care and Service

Archana Cini

Lookout Newspaper

Mental health matters —especially in a life of service.

For the week starting May 5 2025, Defence community members across Canada came together to challenge stigma, encourage connection, and explore strategies for mental well-being.

2025's Mental Health Week carried the theme of 'Unmasking Mental Health', a concept that recognizes the toll hiding mental struggles can take, especially on military members, veterans, Defence employees, families, and communities. In a culture of service and resilience, honest conversations about psychological and emotional wellbeing can feel like risk to those known for strength. But as reinforced during the Self-Care Strategies: Helpful Now and Always webinar held on May 8, vulnerability is not weakness—it's a strength that builds healthy people and communities.

Led by Human Relations Specialist and Criminologist Alexandra Hidalgo, the session offered Defence community participants with evidence-based tips to care for their mental and emotional well-being.

"Stress and mental heaviness, when left unchecked, impacts our immune system, memory, mood, daily functioning, and more," she explained. "The goal of self-care is to build consistent habits that work to boost our mental health before long-term, negative effects build."

With life in the Defence community often defined by deployments, irregular schedules, separation, or stress, Hidalgo's tools were both informative and

actionable. Whether you're in uniform, supporting a loved one, or behind the scenes, here are some tips for mental wellbeing:

1. **Commit to caring for yourself.** Prioritize self-care like any other obligation. Plan ahead, forgive yourself, and understand you can't pour from an empty cup.
2. **Practice healthy thinking.** Stay curious about your thoughts, create space from negative self-talk when needed, and recognize unhealthy thoughts as they arise.
3. **Focus on what you can control.** Redirect energy away from worry and try shifting towards positive actions you can engage in instead.
4. **Move your body and nurture your health.** Adequate sleep, whole food, daily movement, and sunlight are foundational to a healthy mind. Give yourself care.
5. **Journal and practice gratitude.** These actions help the brain process difficult emotions and create perspective or distance after a tough moment.
6. **Limit media intake.** Don't be afraid to step back and protect your mental space by consuming news and social media in moderation, or not at all.
7. **Stay socially connected.** Support is strength, and asking for help is self-care. Resist withdrawing from loved ones, friends, and community members in times of difficulty.

Every Defence community member deserves to feel mentally seen, supported, and strong. For resources or support, visit helpstartshere.gov.bc.ca.

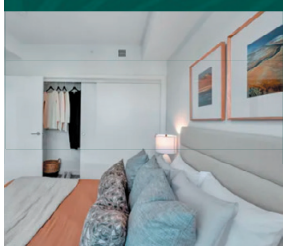


Stock photo



Discover the Art of Relaxation

Brand new Studio, 1, 2 & 3 Bedroom Rentals in Saanichton



NOW RENTING

FIND YOUR NEW HOME

BOOK A TOUR
(778) 720 - 6197

2515 Hackett Crescent, Saanichton, BC
RentAtBellaVista.com



Price & Specifications are subject to change without notice.
Lifestyle imagery is for illustrative purposes only. Terms & Conditions apply. E. & O.E



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.

Broadmead Care
Where Love, Life and Living Matter



Caption: Pacific Football Club (PFC) and Canadian Forces Base Esquimalt Command Team prior to kickoff during the PFC Canadian Armed Forces Appreciation Event at Starlight Stadium, Langford, on May 10. Photo Credit: Sailor 2nd Class Jordan Schilstra, MARPAC Imaging

Team Spirit Soars at CFB Esquimalt

Tritons and PFC Tridents Jersey Swap

Matt Carlson
Base Public Affairs

Kinship between the CFB Esquimalt Tritons and Pacific Football Club (PFC) Tridents soccer teams strengthened on May 8 as both teams swapped jerseys in anticipation of the May 10 CAF Appreciation game at Langford's Starlight Stadium. After observing a high-energy training session at the Tridents' Goudy Field training facility, the two teams came together to present each other with team jerseys, one of which was specially customized with a "CFB Esquimalt" fabric print.

The session fostered not only mutual respect, but authentic camaraderie between the Canadian Armed Forces members and the Canadian Premier League athletes.

Tritons' player-representative Captain Hannah Snetsinger and PFC team captain Josh Heard both participated in the event, with Heard sharing that seeing how hard the Tritons worked was incredibly inspiring. Snetsinger played a key role in organizing the event and agreed on the importance of the connection between teams. "They're learning about what we do, and we get to learn about what they do," said Snetsinger. "That's really valuable for us."

NALOXONE TRAINING

REGISTRATION REQUIRED TO SECURE NALOXONE KIT AND WORKSHOP MATERIALS (DROP-INS ARE ALSO WELCOME).

DATE:
TUESDAY MAY 27
1330-1530

LOCATION:
RAINBOW ROOM

REGISTER BY EMAILING
VICKY.DOUCETTE@FORCES.GC.CA

AVI Health and Community Services
where harm reduction works
où la réduction des méfaits fonctionne

MARPAC HEALTH & WELLNESS STRATEGY
ADDICTIONS-FREE LIVING
STRATÉGIE DE LA SANTÉ ET LE BIEN-ÊTRE DE FMAR(P)
VIE SANS DÉPENDANCES

WORLD NO TOBACCO DAY

MAY 31 2025

LEARN MORE
WWW.WHO.INT/NEWS/ITEM/11-11-2024-NO-TOBACCO-DAY-2025--UNMASKING-THE-APPEAL

RESOURCES
CAF HEALTH SERVICES:
250-363-4122
QUIT NOW BC:
[HTTPS://QUITNOW.CA/](https://quitnow.ca/)
GOVERNMENT OF CANADA:
[CANADA.CA/QUIT-SMOKING](https://canada.ca/quit-smoking)

JOURNÉE MONDIALE SANS TABAC

31 MAI 2025

APPRENEZ D'AVANTAGE
WWW.WHO.INT/FR/NEWS/ITEM/11-11-2024-NO-TOBACCO-DAY-2025--UNMASKING-THE-APPEAL

RESSOURCES
SERVICES DE LA SANTÉ DU FAC:
250-363-4122
ARRÊTEZ MAINTENANT BC:
[HTTPS://QUITNOW.CA/](https://quitnow.ca/)
GOUVERNEMENT DU CANADA:
[CANADA.CA/ARRETER-FUMER](https://canada.ca/arreter-fumer)

MARPAC Health & Wellness Strategy
Addictions-Free Living Working Group

Le groupe de travail de la vie sans dépendances de la Stratégie de la santé et bien-être du FMAR(P)

Elevated Living on Bear Mountain

Westview Apartments

Heat pumps with AC
EV charging stations
Many different floor plans
1 bedroom
1 bedroom + den
2 bedroom + 1 bath
2 bedroom + 2 bath

westviewbc.ca/rentals Summer 2025

1488 Flint Ave 250.668.3220 rentatwestview@gmail.com



CFB ESQUIMALT Lost and Found



Item #	Description	Quantity	Item #	Description	Quantity	Item #	Description	Quantity
23-001	Bike, Men's	1	24-060	Knife	1	24-119	T-Shirt	1
23-004	Earphones, Black	1	24-061	Knife	1	24-120	Liquid Chalk	1
23-005	Mask, Gas	1	24-062	Syrim Bundle	1	24-121	Weight Wraps	1
23-006	Cutters, Bolt	1	24-063	Gaming System	1	24-122	Weight Wraps	1
23-007	Bike, Men's	1	24-064	Gaming System Gun	1	24-123	SD Card	1
23-008	Bike, Men's	1	24-065	Backpack	1	24-124	Backpack	1
23-009	Bike, Men's	1	24-066	Jacket	1	24-125	Cellular Phone	1
24-001	Knife	1	24-067	Leggings	1	24-126	Credit/Debit Card	1
24-002	Multitool	1	24-068	Pants	1	24-127	Earbud	1
24-003	Lighter	1	24-069	Hoodie	1	24-128	Cellphone	1
24-004	Can, Aerosol	1	24-070	Fleece Top	1	24-129	E-Goggle	1
24-005	Can, Aerosol	1	24-071	Purse	1	24-130	Duct Tape	1
24-006	Plant Grinder	1	24-072	Pants, Track	1	24-131	Ratchet Wrench	1
24-007	Rolling Papers	1	24-073	Jacket, Track	1	24-132	Tablet	1
24-008	Case, Plastic	1	24-074	T-shirt, Cropped	1	24-133	Knife	1
24-009	Knife	1	24-075	Ring, Gold	1	24-134	Call Box	1
24-011	Cable, Black	1	24-076	Pants	1	24-135	Beard/Hair Trimmer	1
24-017	Plant Grinder	1	24-077	Vapourizer	1	24-136	Knife	1
24-018	Radio, Portable	1	24-078	Various Clothing	1	24-137	Virtual Reality Headset	1
24-019	Backpack	1	24-079	Knife	1	24-138	Headset	1
24-021	Hammer	1	24-080	Bicycle, Men's	1	24-139	Drone	1
24-022	Magnifying Glass	1	24-081	Bicycle, Men's	1	24-140	Purse	1
24-023	Screwdriver	1	24-082	Tools	1	24-141	Controller	1
24-024	Hatchet	1	24-083	Connectors	1	24-144	Lighters, Assorted	1
24-025	Tape measure	1	24-084	Ratchet Strap	1	24-145	Lockbox	1
24-026	Pliers	1	24-085	Gloves	1	24-146	Knives	1
24-027	Ashtray	1	24-086	Tow Lights	1	24-147	Breadknife	1
24-028	Tape	1	24-087	Para Cord	1	24-148	Cleaver	1
24-029	Metal Bar	1	24-088	Tire Repair Kit	1	24-149	Flashlight / Glove	1
24-030	Chalkline	1	24-089	Shrink Tubing	1	24-150	Knife	1
24-031	Tire Fix Kit	1	24-090	Carrying Case	1	24-151	Knife	1
24-032	Knife	1	24-091	Cables	1	24-152	Gate Latch	1
24-033	Knife	1	24-092	Bike Lock	1	24-153	Jeans	1
24-034	Glove	1	24-093	Bike Lock	1	24-154	E-Lock	1
24-035	Spatula	1	24-094	Bike Lock	1	24-155	Boots	1
24-036	Knife	1	24-095	Bike Lock	1	24-156	Rifle Mount	1
24-037	Box of Painter Supplies	1	24-096	Bike Lock	1	24-157	Camera	1
24-038	Steering Wheel Airbag	1	24-097	Bike Lock	1	24-158	Veh Winch	1
24-039	Sweater, Hooded	1	24-098	Bike Lock	1	24-159	Screwdriver Bits	1
24-040	Shorts / Running Shoes	1	24-099	Gym Bag	1	24-160	Blu-ray Player	1
24-041	Nails for Nailgun	1	24-100	Shoes	1	24-161	Crowbar	1
24-042	Knife	1	24-101	Headphones	1	24-162	Wire Cutter	1
24-043	Knife, Plastic	9	24-102	Flannel Top	1	24-163	Bicycle Pump	1
24-044	Gloves	1	24-103	Power Bank	1	24-164	Items, Assorted (scissors, rope, headlamps, etc)	1
24-045	Pliers	1	24-104	Receiver	1	24-165	Duffle Bag	1
24-046	Sharpie Marker	1	24-105	E-Device Wire	1	24-166	Boat Hook	1
24-047	Flashlight	1	24-106	Purse	1	24-167	Padlock	1
24-048	USB Cords	2	24-107	Laptop Computer	1	24-168	Screwdriver	1
24-049	Designer Bag	1	24-108	Ring, Men's	1	24-169	Trailer Hitch	1
24-050	Hand Bag	1	24-109	Trail Camera	1	24-170	Utility Blade	1
24-051	Sunglasses, Various	5	24-110	SD Card	1	24-171	Knives	4
24-052	Flashlight/Utility Tool	1	24-111	Wallet with Contents	1	24-172	Steel Snake Cord	1
24-053	Bicycle Screwdriver	1	24-112	Ring, Woman's	1	24-173	Backpack and Contents	1
24-054	GPS	1	24-113	Earbuds	1	24-175	E-Scooter	1
24-055	Charger/Speaker	1	24-114	Keys	1	24-176	Ballcap	1
24-056	Glasses, Kit	1	24-115	Wallet	1	24-177	Helmet	1
24-057	Emergency Kit	1	24-116	Barbell Strap	1			
24-058	Plastic from Vehicle	1	24-117	Body Spray	1			
24-059	Multitool Case	1	24-118	Stapler	1			

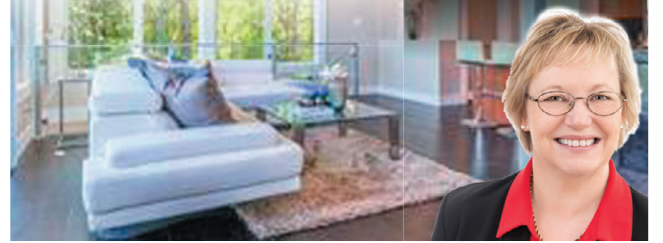
Claimants can contact Stephen Galipeau at Base Logistics, CFB Esquimalt
Monday to Friday during the hours of 0800-1200 and 1300-1530,
with a detailed description of the object to claim.

Stephen.Galipeau3@forces.gc.ca Tel: 250-363-5204 / CSN: 333-5204

or <https://collaboration-navy.forces.mil.ca/sites/blog/web/SitePages/Disposal-Warehouses.aspx>

**Vacant Home Staging
from \$2,000**

Call Shelly Direct
250-213-7444
Shelly Reed Property Stager
Fluff it UP! Home Staging Solutions
www.fluffitup.ca



the **LOOKOUT**
NEWSPAPER & PUBLISHING

SPREAD THE WORD:

We're accepting new clients!

A Clinic Just for Cats!

Pacific Cat Clinic

AAHA ACCREDITED
The Standard of Veterinary Excellence
FearFree CERTIFIED
VETERINARY PRACTICE

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



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

BROWNS CRAFTHOUSE®
KITCHEN & BAR

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

OPEN 11AM DAILY

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

Ask about BG Protection Plan*

Where Dependability and Trust are a Priority...

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

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



WALKER

HANKOOK



B.C. GOVERNMENT
DESIGNATED
INSPECTION
FACILITY

Castrol

the **LOOKOUT**
NEWSPAPER & PUBLISHING

**News Stories
Full Editions
Back Editions
Classifieds
and more at**

lookoutnewspaper.com



NAVY
BIKE
RIDE

DÉFI
VÉLO
DE LA
MARINE

May 31 / 31 mai 2025

Register
online
navybikeride.ca




S'inscrire
en ligne
navybikeride.ca/fr/



ROYAL CANADIAN NAVY MARINE ROYALE CANADIENNE





Wait...
What?

Is your unit, club or CAF related
group doing something?

We want to know!
Contact Archana.Cini@forces.gc.ca

YOUR TRUSTED
SOURCE FOR
REAL ESTATE



SCAN ME!



NANCY VIEIRA
Personal Real Estate Corporation
250-514-4750
info@nancyvieira.com
WWW.NANCYVIEIRA.COM



THE LOOKOUT
CLASSIFIEDS

FOR RENT

HOUSE FOR RENT – 3 bed, 1 bath located in Esquimalt, B.C \$3950 + utilities. Available July 1, 2025. Great location, large backyard. Close to CFB Esquimalt. Contact Peter 250 580 6252, Petevanb@gmail.com. for more information and photos.

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.

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. Any interest can be directed to whitlo.forde@gmail.com

1 BEDROOM GROUND LEVEL SUITE Fully renovated 1 year ago. Great layout. Private entrance, nice kitchen with stone counter-tops, tons of storage, no dishwasher. Small bathroom with stand up shower. Bedroom with ceiling fan, large closet. In-suite laundry, large windows, outdoor space/patio area with covered awning, quiet neighbourhood. Off-street parking. Ideal for a single person or couple. No pets unfortunately. No smoking in suite or on property. Available May 15th. Asking 1700 per month. Utilities not included. Application available and other questions answered upon request. Contact Jeremy at 250 516 4861.

FOR SALE

14 2190 DRENNAN ST, SOOKE.
British Columbia V9Z1J4 – 989163
<https://bit.ly/3SsmvhC>

LOCAL CLUBS

VICTORIA YOUTH PADDLING CLUB (VYPC)
We have programs as well as summer camps for youth to learn paddling techniques, try different types of water craft and generally have some fun with a good sweat. Contact Marianne at commodore@vypp.ca or (250) 744-8543

VOLUNTEER
BIG BROTHERS BIG SISTERS OF VICTORIA
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 bbbsvictoria.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

FRIENDS OF 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

OPPORTUNITIES
MARPAC & LOOKOUT SHIP-TO-SHORE INDUSTRIAL TRADE SHOW – October 7, Naden Athletic Centre. Military and Private Sector Vendors, thousands of dollars worth of door prizes plus free food! Contact Leah.Pokocky@forces.gc.ca

BASE NEWSPAPER ADVERTISING. Local or National. Canadian Armed Forces Base Newspapers. 16 Bases – One contact. Call 250-363-8602 ext 2 or email Joshua. buck@forces.gc.ca

Need to rent, buy, sell, or announce something?
Submit it online and you're in paper and our website!
lookoutnewspaper.com/classifieds

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.



SCHC.CA
1.866.487.9010

Georgia Strait | WOMEN'S CLINIC

GSWC.CA
1.866.487.9040

