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

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Members from 450 Tactical Helicopter Squadron deployed to The Pas, Manitoba to assist with the evacuation of the residents from Northern Manitoba, due to forest fires during Operation Lentus.



Photo: Aviator Nicholas Zahari, 17 Operations Support Squadron Imaging, Winnipeg.

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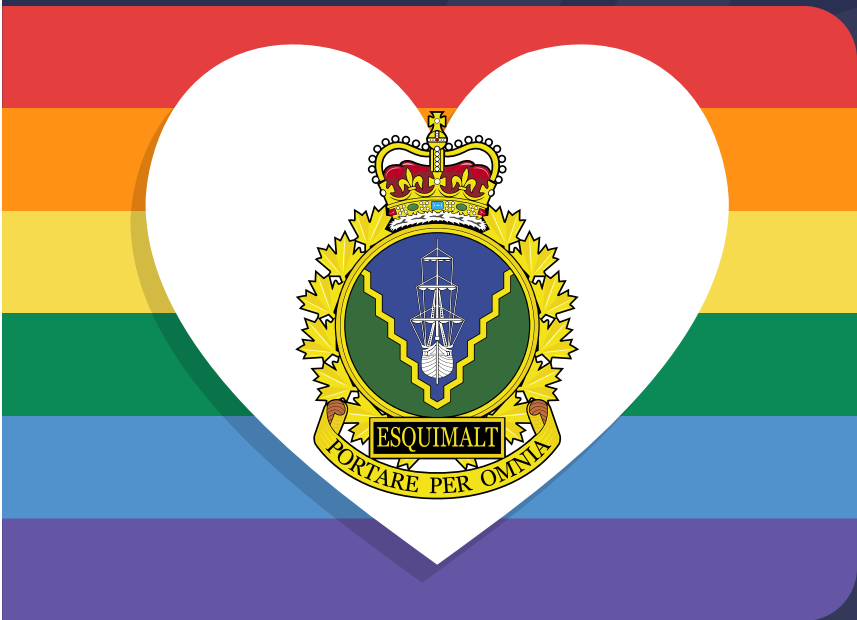
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CFB Esquimalt CELEBRATES Pride with Purpose

Archana Cini
Lookout Newspaper

Every June, Pride Month invites Canadians to reflect, celebrate, and stand in solidarity with the 2SLGBTQI+ community. This year, CFB Esquimalt continues to support both local and Defence 2SLGBTQI+ communities through an assortment of learning events, visibility efforts, and community engagements.

2025's Pride Month calendar is packed with opportunities for the Defence Team to participate in, including the June 25 "Pride and Pints" social hosted by the Public Service Pride Network (PSPN), and June 27 Formation 5K Rainbow Run, organized by Esquimalt's Personnel Support Program (PSP). For those looking to create further impact and build inclusivity all year long, Positive Space Ambassador Training is also available throughout the month. Members are also invited to join the vibrant celebrations of Victoria Pride Week (July 1–6), with the city's annual Pride Parade scheduled for Sunday, July 6.

To Commander (Cdr) Adriano Lozer, Champion of the Maritime Forces Pacific (MARPAAC) Defence Team Pride Advisory Organization (DTPAO), "Pride month presents an important opportunity to honour colleagues, engage with new individuals, and demonstrate support."

MARPAAC DTPAO members brought this message to life, volunteering in uniform at the Sidney Pride Festival on June 14. Defence Team members can also expect to see both the intersex progress pride flag and Indigenous Survivor's flag, recognizing Indigenous History Month, at CFB Esquimalt

across Workpoint, Dockyard, and Naden.

Though Pride season is a time to celebrate the strength and joy of Canada's 2SLGBTQI+ communities, it is also a time to learn from the past and act for an equitable future.

June 12 saw Defence Team members gathered in CFB Esquimalt's Chief and Petty Officers' Mess for the Pride-Purge Coterie, a poignant symposium. The event, sponsored by the Rainbow Veterans of Canada and the LGBT Purge Fund, included a screening of *The Fruit Machine*, a documentary on the surveillance and interrogation of 2SLGBTQI+ individuals during Canada's military purge. Attendees also had the opportunity to engage with an esteemed panel of Purge survivors on both the film and 2SLGBTQI+ advocacy within the Canadian public service.

The coterie was hosted by the MARPAAC Formation Gender Advisor (GENAD) and DTPAO, who expressed immense honour in coordinating the symposium. Sailor Second Class (S2) Chelsey Stickney, DTPAO Military Co-Chair, highlighted the value of hearing from a panel of Purge survivors.

"We were able to give voice to stories that, too often, are forgotten or silenced," said S2 Stickney. "I hope our attendees left with gratitude for those who came before and courageously paved the way toward a more inclusive future for all of us."

As Pride season begins and reflections are made on both progress and work to be done, CFB Esquimalt remains focused on fostering an inclusive and resilient Defence Team.



Photo: Chinnapong / Getty Images Plus via Getty Images

For more information regarding the DTPAO or to join the DTPAO, contact MARPAAC DTPAO at MARPAAC.DTPN@forces.gc.ca



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

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

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SAILOR OF THE QUARTER

Sailor 2nd Class Jackson Langley



Sailor of the Quarter Sailor 2nd Class Jackson Langley.
Photo: Corporal Conor R.G. Munn, Canadian Armed Forces Imagery Technician

Consolidated by Archana Cini
Lookout Newspaper
with contributions by
Petty Officer 1st Class Micheal Stone,
Magazine Custodian WENG TECH Manager, HMCS Ottawa

Bravo Zulu to Sailor Second Class (S2) Jackson Langley of HMCS *Ottawa*, 2025's first Sailor of the Quarter.

Widely recognized for their strong work ethic, outstanding leadership potential, and commitment to the Royal Canadian Navy (RCN), S2 Langley was formally honored on May 12 at Canadian Fleet Pacific Headquarters (CFP HQ), CFB Esquimalt.

Currently serving aboard the *Ottawa* as a Junior Weapons Engineering Technician, S2 Langley consistently performed above expectations throughout

the quarter. Some of their key achievements included completing mandatory training ahead of schedule, being selected for the Fire Control sub-occupation, and assuming the duties of Magazine Yeoman.

Beyond their technical acumen, S2 Langley is also recognized for their ability to connect with peers and superiors alike. S2 Langley demonstrated exceptional leadership skills aboard the *Ottawa*, providing valuable procedural guidance to apprentice technicians—even in high-pressure situations. Bravo Zulu to Sailor of the Quarter S2 Jackson Langley on this well-deserved honor!

Congratulations to all Jan-March 2025 nominees, whose commitment to excellence continues to make the RCN a more resilient fleet every day.

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Candles of Remembrance Light Veterans' Cemetery in Esquimalt

Consolidated by Archana Cini
Lookout Newspaper

A powerful event of reflection and respect, the 25th annual God's Acre Candlelight Tribute Ceremony recently honoured Canadian veterans and active Defence team members at Veterans' Cemetery, Esquimalt. Also commonly known as God's Acre, the cemetery is a National Historic Site and contains the graves of over 2,500 military personnel and their family members.

The ceremony itself was held on May 29 and attended by veterans, members of the Canadian Armed Force (CAF), Royal Canadian Navy (RCN), Scouts

Canada, 89 Pacific Royal Canadian Air Cadet Squadron (RCACS) and the public. The event included a poignant speech shared by Master of Ceremonies Mr. Cliff Lequesne and a ceremonial parade led by Lieutenant(Navy) Kenneth White. The presence of Scouts Canada and 89 Pacific RCACS also emphasized the importance of generational remembrance, with youth volunteers placing flags and candles upon the gravesites.

The ceremony succeeded in not only honouring Canada's past, but strengthening bonds between serving members, veterans, and future generations.



Photo: krblokhin / Getty Images Plus via Getty Images

Top: Lieutenant (N) Kenneth White leads fellow Royal Canadian Navy members on parade during the God's Acre Candlelight Tribute Ceremony. Photo: Corporal Conor R.G. Munn, Canadian Armed Forces Imagery Technician
Member of the 89 Pacific Royal Canadian Air Cadets places a candle during the God's Acre Candlelight Tribute Ceremony at the Esquimalt Veterans' Cemetery. Photo: Sailor 3rd Class Owen Davis

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Sailor 1st Class Victor Petrusевич of HMCS Vancouver (second from left) receiving an engraved Yeti Mug in recognition of his outstanding result as top performer of the Signal Flags and Pennants recognition challenge. Photo: Chief Petty Officer 2nd Class Joel Laurin, SONAR Training manager

APPS AHoy!

New Naval Training Drives Learning & Competition

Archana Cini
Lookout Newspaper

Members of the Royal Canadian Navy can now a suite of of eight professional development apps. They are an optional supplement intended to support perishable training and sharpen key skills across the fleet.

Launched in January 2025 by developers within the Naval Training Group Headquarters (NTG HQ) Quality Control with collaboration from the Learning Support Centre (LSC), the apps mark a significant shift in how learning may be approached across the fleet.

Current offerings include: CAF Ranks; Collision Regulations; Night Lights Recognition; Damage Control; Ship Fire Systems; Ship Silhouette Recognition; Signal Flags and Pennants; and Signal Flags Canvas. The apps interactively reinforce key RCN knowledge areas through repetition, randomized scenarios, and recognizable visuals—all in a format easy for sailors to navigate.

According to Chief Petty Officer Second Class (CPO2) Michael Schultz, Naval Communicator & Steward Training Manager, the tools have been extremely well-received by sailors.

“The response has been incredibly positive so

far,” he said. “Learners are often able to access and take advantage of app-based learning easier than traditional methods.” Other notable benefits of the digital training include: improved accessibility; ability to learn on-the-go; and the opportunity to engage in some friendly competition.

To test app and sailor engagement, NTG HQ launched a recognition challenge in February centered on the Signal Flags and Pennants app. With over 150 entries submitted by RCN sailors across both Canadian coasts and Naval Reserve Divisions, the challenge greatly exceeded expectations. S1 Victor Petrusевич of HMCS Vancouver was the top performer, completing the challenge with a flawless score in only 56 seconds.

“Our sailors are motivated and competitive, and these apps have the innate ability to tap into that,” noted CPO2 Schultz. While only eight apps currently exist within the digital training suite, plans are confirmed to develop more in the future. Though upcoming offerings are likely to focus on Sonar Operations training, RCN sailors are also encouraged to submit Learning Support Requests for other app ideas through <https://ntglsc.pages.dev>.



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(Left to Right) Captain(Navy) Jeremy Samson, Outgoing Commanding Officer, HMCS Regina; Commodore David Mazur, Commander, Canadian Fleet Pacific (CANFLTPAC); Commander Dareen Sleen, Incoming Commanding Officer, HMCS Regina while at sea on May 24.



HMCS Regina Observes Change of Command at Sea with Sailors and Families Aboard

A/Slt DoHyun Kim
HMCS Regina

On May 23, HMCS Regina marked a leadership milestone with a Change of Command (CoC) ceremony held at sea.

Presided over by Commodore David Mazur, Commander, Canadian Fleet Pacific (CANFLTPAC), the ceremony saw command pass from outgoing Commanding Officer (CO) Captain (Navy) Jeremy Samson to the incoming CO Commander (Cdr) Darren Sleen. Notably, the CoC also took place during a Family Day sail that united Regina's command and crew with their loved ones.

Promoted to his current rank during the ceremony, Capt (Navy) Samson honoured the expertise and courage of the ship's company, expressing emotion over his departure. That sentiment resonated throughout members of the crew, many of whom described Capt (Navy) Samson as a sailor who understood the nuances of both commanding a warship and strong leadership.

Prior to his appointment aboard HMCS Regina, incoming CO Cdr Sleen served as CO of HMCS Venture, the Naval Officers Training Centre. Well

reputed for his ability to foster community Cdr Sleen arrives aboard Regina with a strong track record of camaraderie-building and leadership.

Following the ceremony, both incoming and outgoing COs and their families gathered at the captain's cabin to symbolically pass the torch. In addition to recognizing the responsibilities that come with command, both leaders acknowledged and paid tribute to the ongoing sacrifices made by their loved ones.

As part of the Family Day sail that coincided with the CoC ceremony, sailors also got the opportunity to give loved ones a rare, behind-the-scenes glimpse of naval life. The occasion saw crew members guiding loved ones through Regina, sharing both operational insight and stories of the extensive teamwork needed to maintain a mission ready vessel. The event not only strengthened

bonds between sailors and their families but highlighted the dedication and sacrifices that come with life at sea.

Both the day and ceremony concluded in classic naval tradition, with Capt(Navy) Samson transported ashore on a rigid-hulled inflatable boat (RHIB) as the ship's company and their loved ones cheered proudly over a naval chapter well led.



"Both the day and ceremony concluded in classic naval tradition"



HMCS Regina
Photo: Corporal Michael Bastien,
MARPA Imaging Services



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19TH ANNUAL CFB Esquimalt NAVY RUN

Consolidated by Archana Cini
Lookout Newspaper

There's something powerful about moving with the community.

The 2025 CFB Esquimalt Navy Run officially hits pavement on June 21, and everyone is invited.

Family-oriented and known to be full of fun, the Navy Run is much more than a race—it's a long-awaited celebration of health, Defence team camaraderie, and community spirit. In addition to offering 10km, 5km, and virtual run options, and a kids' fun run, the 2025 Navy Run also includes:

- Live music performed by the Naden Band of the Royal Canadian Navy (RCN)
- Free childminding services
- Exciting giveaways and vendor booths
- Cheer stations and DIY posters
- Refreshments
- Family-friendly photo booths

Whether you choose to run, walk, or cheer, the Navy Run is meant for you. The event is also open to all ages, abilities, fitness levels, and members of the public and Defence community.

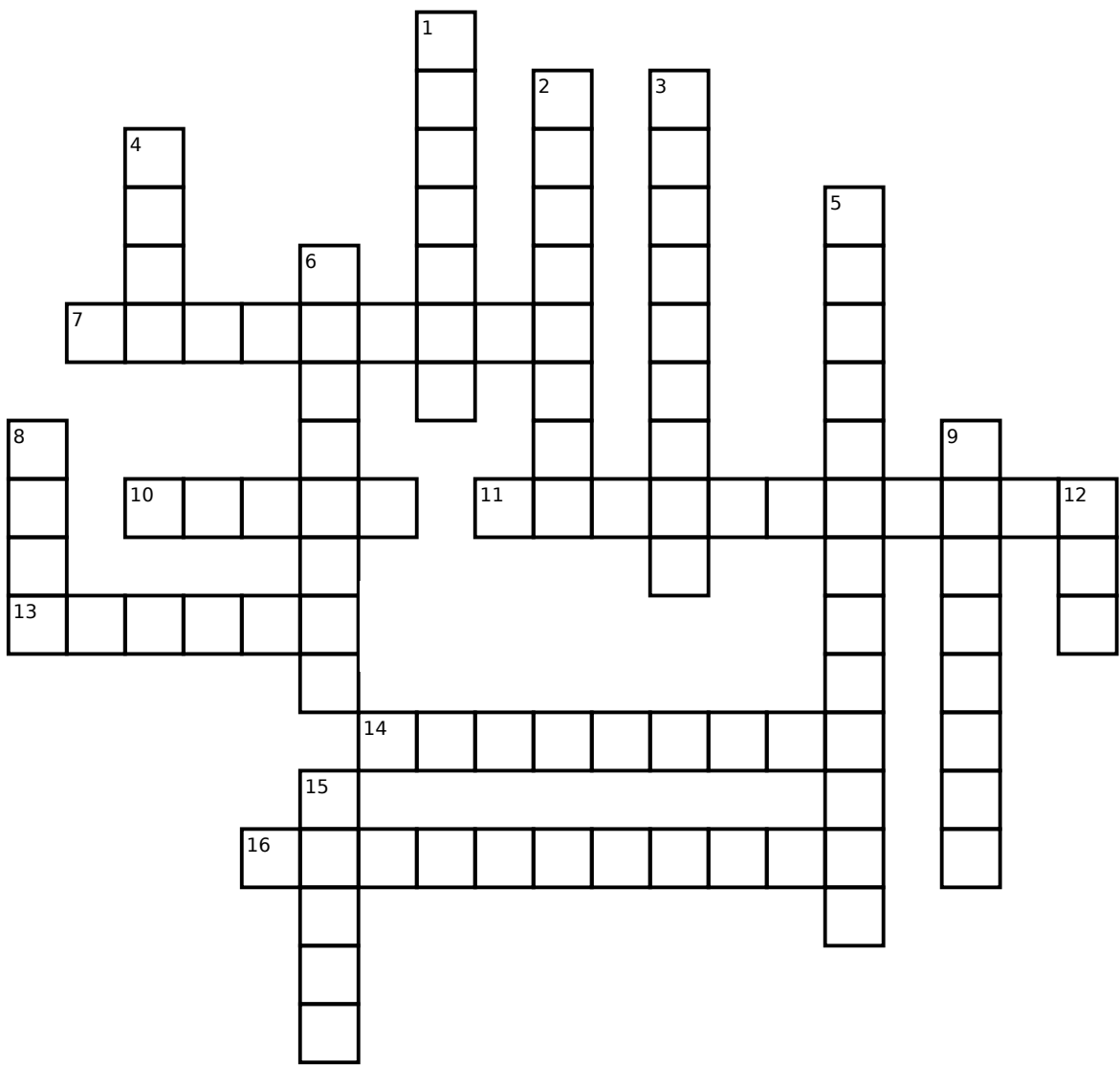
Online registration for the 2025 event is now closed, however, late registration is still available in person during our Race Package pick up times, which are listed on the website - navyrunesquimalt.com or contact recreationcpac@forces.gc.ca. We can't wait to see you there!

Thank you to all of our sponsors for making our 19th annual Navy Run event possible and specifically our Gold level sponsors, Bank of Montreal (BMO), Seaspan Victoria Shipyards, Babcock, and Bell Media.

Upcoming Event!
June 21



Port & Puzzle



Ready to test your naval knowledge and sharpen your BC trivia skills with the Lookout?

Welcome aboard to Port & Puzzle, our new interactive column for crosswords, brain teasers, and more mind-bending fun.

Every month, we'll serve up a new word game (or two) inspired by the West Coast, military life, and more. Anchors aweigh—and let the puzzling begin!

Clues

- Across:**
- 7. Common naval phrase meaning well done
 - 10. Totem pole material
 - 11. First Arctic and Offshore Patrol Ship
 - 13. Member of a ship's crew
 - 14. Person responsible for ship's cargo
 - 16. Term for retiring a ship
- Down:**
- 1. Native tree of BC's coast
 - 2. Popular BC beverage (non-coffee)
 - 3. BC artist famous for nature paintings
 - 4. Animal often seen on base at CFB Esquimalt
 - 5. Military rank below Lieutenant(Navy)
 - 6. Historic navy cemetery in Esquimalt's common name
 - 8. Royal Canadian Navy ship prefix
 - 9. Senior NCO on board
 - 12. Coastal weather condition
 - 15. Shore-based naval structure

Answers on page 12

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Over 140 Locals Ride through Rain in Annual Navy Bike Ride

Archana Cini
Lookout Newspaper

No sun? No problem. Rain couldn't slow the momentum as over 140 cyclists hit the trail for the 2025 CFB Esquimalt Navy Bike Ride (NBR) on May 21.

A blur of navy against grey sky, riders pedaled through either an 18- or 36-kilometre route that linked five local communities (Esquimalt, Victoria, Saanich, View Royal, and Songhees Nation) together via the Galloping Goose Trail and Esquimalt & Nanaimo (E&N) Rail Trail. The event began with a much-anticipated Kids' Rodeo that set the tone for an inspiring day on wheels.

Founded in 2016, the NBR primarily began as a means to unite Canadian Armed Forces' (CAF) members, veterans, and civilians across the country in support of health, fitness, and community. As participation grew, so did the annual event's ability to generate meaningful impact.

The NBR functions as a national movement, with regional cycling events hosted across the country. 2025's ride represents more than cycling and community-building—it's about making a real difference. All funds raised by cyclists this year will support the Navalis Foundation, Support Our Troops, and Soldier On, organizations dedicated to the holistic well-being of Royal Canadian Navy (RCN) sailors and their families.

Behind the scenes, organizing the CFB Esquimalt in-person NBR event took months of commitment. Matt Carlson, CFB Esquimalt Projects Officer and local NBR Director, was struck by the dedication of the volunteers involved.

"My favourite part was working extensively with our CFB Esquimalt NBR Committee, which grew considerably this year," he said. "Our members contributed greatly to the overall success of the event." The growing team brought fresh ideas to life for 2025's ride, including rider supports like free coffee and snacks, a secure bike valet, and local vendor booths all contributing to the event's success.

"While the rain did pour down on all of us for the entire event, 87 per cent of our registrants were out riding. It spoke volumes," said Carlson. "I observed so many smiling faces."

Though 2025's Ottawa and Halifax NBR events are still on the horizon, Esquimalt's ride stood as proof that passion and purpose shines through—even in the rain.



Photo: Sailor 3rd Class Owen Davis, MARPAC Imaging Services.



Photo: Sailor 3rd Class Jacob Saunders



Photo: Sailor 3rd Class Jacob Saunders



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3 BEDROOM 2 BATH TOWNHOME - 14 2190 Drennan St, Sooke. This move-in-ready townhome offers 3BD & 3BTH over 1,500 sq/ft of living space. Private, fenced, & SE facing patio. Tiled entry-way, garage, laundry & pantry. Kitchen w/fresh white cabinets, sit-at bar, & eating area. Vaulted ceilings, large windows & gas FP. Formal dining area opens to deck. 2-piece bath adds convenience to main floor layout. Downstairs: main BD w/4-piece ensuite, soaker tub & separate shower, and 2 BDRs & 4-piece bath. 2 parking spaces: 1 in garage & 1 outside. Ample storage, full-size crawl space. Beautifully landscaped. Conveniently located moments from transit, schools, rec center & town core.

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@vyppc.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 bbbstvictoria.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



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CROSSWORD ANSWERS

Native tree of BC's coast, Arbutus; Royal Canadian Navy ship prefix, HMCS; Coastal weather condition, Fog; Animal often seen on base at CFB Esquimalt, Deer; Shore-based naval structure, Jetty; Senior NCO on board, Coxswain; Person responsible for ship's cargo, Boatswain; Popular BC beverage (non-coffee), Kombucha; Totem pole material, Cedar; First Arctic and Offshore Patrol Ship, HarryDeWolf; BC artist famous for nature paintings, Emily Carr; Term for retiring a ship, Decommission; Common naval phrase meaning well done, BravoZulu; Military rank below Lieutenant(Navy), SubLieutenant; historic navy cemetery in Esquimalt's common name, GodsAcre; Member of a ship's crew, Sailor.

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A message from the
Active Living Working Group

Un message du Groupe
de travail sur la vie active


2025 Canadian Forces Housing Differential Rate Updates Now Live



Consolidated by Archana Cini
Lookout Newspaper

Updated Canadian Forces Housing Differential (CFHD) rates for 2025 are now approved and will come into effect on July 1. Eligible members not currently receiving CFHD are encouraged to apply via DWAN, while those already receiving CHFD do not need to reapply unless relocated. The Provisional Post-Living

Differential (PPLD) is also being adjusted and will phase out by July 2026. All CAF members are highly encouraged to refer to both their CHFD and PPLD to verify individual calculations and payments, as well as note if recent circumstance changes should affect their monthly amounts. For more information on 2025 CFHD rates, please contact your Orderly Room or visit your Defence Team intranet.





Royal Canadian Navy Social Media

The Royal Canadian Navy is proud to announce the transfer of appointment of the MARPAC Formation Chief from Chief Petty Officer 1st Class Arvid Lee to Chief Petty Officer 1st Class Jonathon Sorensen. We extend our deepest gratitude to Chief Lee for his outstanding leadership and dedication to the formation. His commitment to excellence has left a lasting impact on the Royal Canadian Navy. As we welcome Chief Sorensen, we look forward to his leadership and vision in guiding MARPAC into the future.

Congratulations Chief Sorensen!






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


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CFB ESQUIMALT

Lost and Found



Item #	Description	Quantity
23-001	Bike, Men's	1
23-004	Earphones, Black.....	1
23-005	Mask, Gas	1
23-006	Cutters, Bolt	1
23-007	Bike, Men's	1
23-008	Bike, Men's	1
23-009	Bike, Men's	1
24-001	Knife	1
24-002	Multitool	1
24-003	Lighter	1
24-004	Can, Aerosol.....	1
24-005	Can, Aerosol.....	1
24-006	Plant Grinder	1
24-007	Rolling Papers.....	1
24-008	Case, Plastic.....	1
24-009	Knife	1
24-011	Cable, Black.....	1
24-017	Plant Grinder	1
24-018	Radio, Portable	1
24-019	Backpack	1
24-021	Hammer	1
24-022	Magnifying Glass.....	1
24-023	Screwdriver	1
24-024	Hatchet.....	1
24-025	Tape measure	1
24-026	Pliers	1
24-027	Ashtray	1
24-028	Tape.....	1
24-029	Metal Bar.....	1
24-030	Chalkline	1
24-031	Tire Fix Kit.....	1
24-032	Knife	1
24-033	Knife	1
24-034	Glove.....	1
24-035	Spatula	1
24-036	Knife	1
24-037	Box of Painter Supplies.....	1
24-038	Steering Wheel Airbag	1
24-039	Sweater, Hooded.....	1
24-040	Shorts / Running Shoes.....	1
24-041	Nails for Nailgun.....	1
24-042	Knife	1
24-043	Knife, Plastic.....	9
24-044	Gloves	1
24-045	Pliers	1
24-046	Sharpie Marker.....	1
24-047	Flashlight	1
24-048	USB Cords	2
24-049	Designer Bag.....	1
24-050	Hand Bag.....	1
24-051	Sunglasses, Various	5
24-052	Flashlight/Utility Tool.....	1
24-053	Bicycle Screwdriver	1
24-054	GPS.....	1
24-055	Charger/Speaker	1
24-056	Glasses, Kit.....	1
24-057	Emergency Kit.....	1
24-058	Plastic from Vehicle.....	1
24-059	Multitool Case.....	1

Item #	Description	Quantity
24-060	Knife	1
24-061	Knife	1
24-062	Syrim Bundle	1
24-063	Gaming System.....	1
24-064	Gaming System Gun.....	1
24-065	Backpack	1
24-066	Jacket	1
24-067	Leggings	1
24-068	Pants	1
24-069	Hoodie	1
24-070	Fleece Top	1
24-071	Purse	1
24-072	Pants, Track	1
24-073	Jacket, Track	1
24-074	T-shirt, Cropped.....	1
24-075	Ring, Gold.....	1
24-076	Pants	1
24-077	Vapourizer	1
24-078	Various Clothing	1
24-079	Knife	1
24-080	Bicycle, Men's	1
24-081	Bicycle, Men's	1
24-082	Tools	1
24-083	Connectors	1
24-084	Ratchet Strap	1
24-085	Gloves.....	1
24-086	Tow Lights	1
24-087	Para Cord.....	1
24-088	Tire Repair Kit.....	1
24-089	Shrink Tubing.....	1
24-090	Carrying Case.....	1
24-091	Cables.....	1
24-092	Bike Lock	1
24-093	Bike Lock	1
24-094	Bike Lock	1
24-095	Bike Lock	1
24-096	Bike Lock	1
24-097	Bike Lock	1
24-098	Bike Lock	1
24-099	Gym Bag.....	1
24-100	Shoes.....	1
24-101	Headphones	1
24-102	Flannel Top	1
24-103	Power Bank	1
24-104	Receiver	1
24-105	E-Device Wire.....	1
24-106	Purse	1
24-107	Laptop Computer.....	1
24-108	Ring, Men's.....	1
24-109	Trail Camera.....	1
24-110	SD Card	1
24-111	Wallet with Contents.....	1
24-112	Ring, Woman's	1
24-113	Earbuds.....	1
24-114	Keys	1
24-115	Wallet.....	1
24-116	Barbell Strap	1
24-117	Body Spray.....	1
24-118	Stapler.....	1

Item #	Description	Quantity
24-119	T-Shirt	1
24-120	Liquid Chalk.....	1
24-121	Weight Wraps	1
24-122	Weight Wraps	1
24-123	SD Card	1
24-124	Backpack	1
24-125	Cellular Phone.....	1
24-126	Credit/Debit Card	1
24-127	Earbud.....	1
24-128	Cellphone	1
24-129	E-Goggle.....	1
24-130	Duct Tape	1
24-131	Ratchet Wrench	1
24-132	Tablet.....	1
24-133	Knife	1
24-134	Call Box	1
24-135	Beard/Hair Trimmer.....	1
24-136	Knife	1
24-137	Virtual Reality Headset.....	1
24-138	Headset	1
24-139	Drone	1
24-140	Purse	1
24-141	Controller	1
24-144	Lighters, Assorted	1
24-145	Lockbox.....	1
24-146	Knives.....	1
24-147	Breadknife.....	1
24-148	Cleaver	1
24-149	Flashlight / Glove.....	1
24-150	Knife	1
24-151	Knife	1
24-152	Gate Latch	1
24-153	Jeans.....	1
24-154	E-Lock.....	1
24-155	Boots	1
24-156	Rifle Mount.....	1
24-157	Camera.....	1
24-158	Veh Winch.....	1
24-159	Screwdriver Bits	1
24-160	Blueray Player	1
24-161	Crowbar.....	1
24-162	Wire Cutter	1
24-163	Bicycle Pump	1
24-164	Items, Assorted (scissors, rope, headlamps, etc).....	1
24-165	Duffle Bag.....	1
24-166	Boat Hook	1
24-167	Padlock	1
24-168	Screwdriver	1
24-169	Trailer Hitch	1
24-170	Utility Blade	1
24-171	Knives.....	4
24-172	Steel Snake Cord	1
24-173	Backpack and Contents	1
24-175	E-Scooter	1
24-176	Ballcap.....	1
24-177	Helmet.....	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>

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Summer Spotlight

Yoga on the Lawn Returns
for DND Employees

Consolidated by Archana Cini
Lookout Newspaper

Looking for an easy midweek reset that supports your health and well-being? *Yoga on the Lawn* is officially back for its fourth season at CFB Esquimalt, offering all Dockyard-cleared Defence Team members with the opportunity to recharge under the sky.

Hosted by Personnel Support Programs (PSP) Fitness and the Maritime Forces Pacific (MARPA) Health and Wellness Strategy, *Yoga on the Lawn* is available until the end of August. The class is free, requires no registration, and is held every Wednesday on the Admiral's Lawn from 1205 to 1250 hrs. With experienced and certified instruction and yoga mats available for use, all participants are required to bring is water, sun protection, and weather-appropriate clothing.

Yoga on the Lawn welcomes all levels of experience, with both flexible instruction and optional progressions available for those seeking more challenge. Each session is also dynamic, and blends a variety of postures from Hatha, Vinyasa, Flow, and Yin forms of yoga.

To Alli Jones, Health Promotion Specialist, *Yoga on the Lawn* also fosters meaningful connection among DND members.

"Old co-workers have reconnected, and many bring a friend," Jones said. "People often say it's the best part of their week. It is such a privilege to guide others in movement and breath."

Yoga on the Lawn sessions provides an opportunity for all to prioritize their health and wellness each Wednesday this summer.



Members of the local Defence community enjoying the sun and participating in Yoga on the Lawn on June 4 at Admiral's Lawn, CFB Esquimalt. Photo: Alli Jones



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