

the LOOKOUT

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

NEWSPAPER & PUBLISHING

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It's not just about pace—it's about people. Hand in hand and full of heart, this trio of CFB Esquimalt Navy Run participants crossed the finish line together on June 21, reminding us that every step is better when shared with those you love.

Read more on pages 2 and 3.

Photo: Joseph Camilleri

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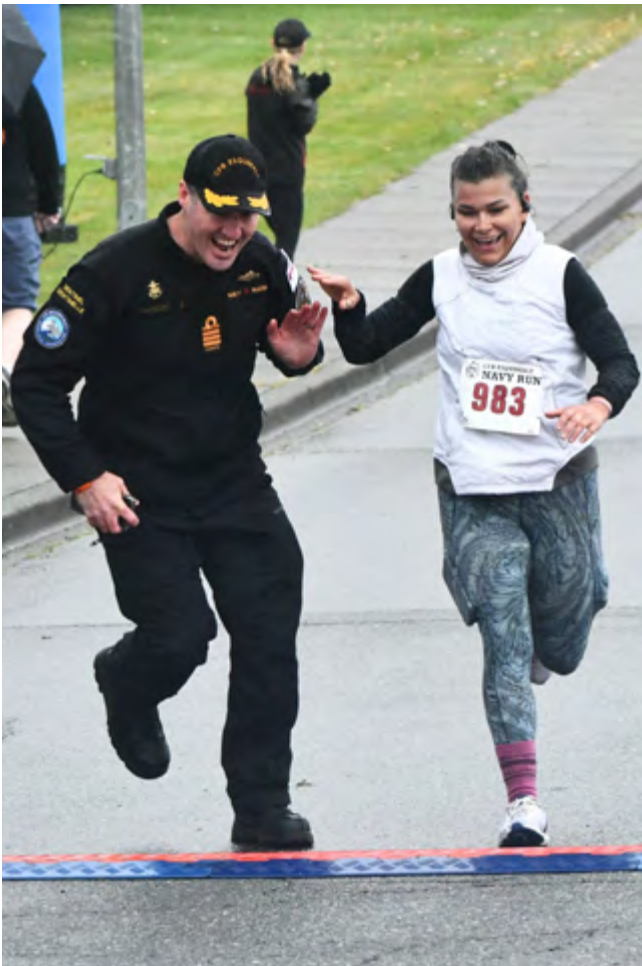
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19th Annual Navy Run Unites Hundreds at CFB Esquimalt

Archana Cini
Lookout Newspaper

There's nothing like a much-anticipated 8:45 a.m. blast from an army howitzer cannon on a rainy Saturday morning.

On June 21, CFB Esquimalt saw hundreds of Defence Community members, and locals supporting each other for the 19th annual Navy Run.

The 2025 Esquimalt Navy Run took place at the Naden Athletic Centre, offering participants a well-organized morning of movement and community connection. With a scenic route that wound through the harbour and select sections of CFB Esquimalt, this year's run included in-person five kilometre and 10km races in addition to an inclusive virtual race option. This hybrid format, first introduced in 2020, has remained a key part of the event's success – particularly for deployed or remotely working Defence Community members.

According to Race Director Gillian Larsen, the 2025 run saw the highest registration rate in several years with over 590 registered participants across Canada, nearly 400 of whom ran locally this year.

One of the Navy Run's celebrated com-

munity elements continues to remain its fundraising arm. The 2025 run raised over \$3,800 in funds for Soldier On, a 2007-founded non-profit organization providing support for injured and ill Canadian Armed Forces (CAF) members.

Another of the day's highlights was the beloved Kids' Fun Run, which saw young runners with beaming smiles racing their way through rain puddles on a kid-friendly track. A variety of military family resources and locally handmade merchandise to refreshments and nutrient-rich snacks. In addition to cheer and water stations scattered across the race route to support participants, the Naden Band of the Royal Canadian Navy (RCN) kept racers' spirits high through the rain with an upbeat selection of music.

With high turnout, an ever-growing reputation, and over 50 event volunteers, the 2025 Navy Run continues to reinforce its status as a flagship summer event for the Esquimalt community.

A huge thank you to our incredible 2025 Navy Run sponsors: SEASPAN, Babcock, BMO, Bell Media, Running Room, Outway, Saje Natural Wellness, Tim Hortons, and Domino's Pizza!

Brazo Zulu to our incredible gold, silver, and bronze-place finishers:

5 km Race

Gold: Cian Griffin, 17:25
Silver: Bailey Toupin, 18:42
Bronze: Liam Ramstead, 19:43

10 km Race

Gold: Joshua Koromei, 34:40
Silver: Landon Leslie-Marseille, 36:18
Bronze: Daniel Sellers, 36:38

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Group photo of members of 4th Canadian Ranger Patrol Group (4CRPG) and members of the Royal Canadian Navy (RCN) at Cow Bay Marina, Prince Rupert on May 28.

Exercise SEA RANGER 2025

Strengthens RCN & Ranger Readiness While Building Community

A/Slt Kim Wachockier
MARPAAC Public Affairs

Royal Canadian Navy (RCN) sailors from HMCS *Nanaimo* and members of the 4th Canadian Ranger Patrol Group (4CRPG) recently collaborated on a humanitarian training exercise.

Exercise (Ex) SEA RANGER 2025 successfully took place last month with both groups sailing, training, and engaging with communities in and around Haida Gwaii. With stops in Masset, Skidegate, and Prince Rupert, the seven-day-long exercise aimed to improve the Defence team's capacity to support remote Canadian communities in times of natural disaster.

While in Masset, the *Nanaimo* was opened for public ship tours.

A reminder of what the Navy uniform and the military means to Canadians, the afternoon saw families, teenagers, and service workers forming a steady stream of locals eager to explore the inside of a RCN vessel. 4CRPG Rangers and select *Nanaimo* crew members also leveraged the opportunity to practice marksmanship, weapons handling, and compass navigation while in Masset.



The two groups also participated in a successful training exercise at Taaw Tildaawee National Park that saw teams practising unfamiliar terrain movement, casualty evacuations, and a variety of response procedures. The exercise provided *Nanaimo* sailors and 4CRPG Rangers alike with the opportunity to practise adaptability in the context of real exercises shaped by the region's geography.

Following three days spent in Masset, HMCS *Nanaimo* departed toward Skidegate, where the vessel's crew, 4CRPG Rangers, and Canadian Coast Guard visited a local heritage centre for a cultural presentation on traditional Haida canoe-building, history, art, and ceremony. A Skidegate community barbeque also united Ex SEA RANGER participants before the *Nanaimo* transported over thirty Rangers back to Prince Rupert.

Importantly, Ex SEA RANGER continues to show that Canada's northern and coastal communities are more than training grounds. Rather, they are real communities full of life, culture, and history.



Private Jordan Underwood assesses individual during Exercise Sea Ranger at Tow Hill Trail on May 26. Photos: Sailor 2nd Class Jordan Schilstra, MARPAAC Imaging Services

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CFB ESQUIMALT, VICTORIA, B.C.
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Reach out to us, we'd love to hear your feedback and story ideas!

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Vacation Without Debt: Travel Tips for Military Families

Photo: cyano66 via Getty Images

SISIP Financial
Esquimalt Team

Though vacations are often the perfect way to recharge after a hectic posting, the unavoidable post-trip credit card bill can often hold us back. However, some extra financial planning could be all it takes to enjoy a well-deserved vacation without breaking the bank. Here's how:

- **Budget before you book:** Sketch out an initial trip budget *before* booking a flight—include accommodation, food, activities, travel insurance, souvenirs, and a buffer of 10% for unexpected expenses. This helps set expectations well before you've arrived.
- **Set up a vacation account:** Open a separate bank account to make purchases from when you're on vacation. This not only makes over-
- **Goal, not gamble:** Like saving for a house, a vacation is a goal rather than an expense. Involve partners and kids in planning a trip, determining costs, building a countdown calendar, and setting expectations—it can be a great opportunity to teach young children about saving money.
- **Fun doesn't mean the most expensive:** Core memories aren't always associated with cost. Save money by road tripping to a park or campground; hosting a staycation; utilizing military discounts for hotels and attractions; travelling off-season; and leveraging credit points on flights.
- **Dodge the vacation debt:** While it can be tempting to put expenses on a credit card for the short term,

spending less likely but also allows you to save for trips automatically over time.

interest charges can turn a trip into a long-term financial issue. Instead, save up now and relax later. If you do use your card, plan to include extra expenses within your next travel budget.

- **Stretch your dollar:** Boost trip affordability by saving money *during* vacation. To do this, spend more time on free activities (hikes, beaches, festivals, etc.); pack snacks and drinks; set daily spending limits; and be wary of currency exchange rates to avoid overspending.

While the price of an expensive holiday dinner might fade over time, the memory of a sunset hike spent cracking inside jokes likely won't. As such, don't hesitate to plan an abundance of moments that don't include price tags—they're just as memorable.

For aid building savings plans for vacations, deployments, and more, connect with an SISIP advisor today. To further build financial fitness, join the SISIP Money Mastery Portal for tools, tips, and resources tailored to military families.

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Members of HMCS Calgary in formation during the Calgary's 30th Anniversary Parade at Ogden Point on May 15. Photo: Sailor 2nd Class Jordan Schilstra

Archana Cini
Lookout Newspaper

On May 15, 2025, HMCS *Calgary* commemorated its 30th anniversary with a formal parade and ceremony at Ogden Point, Victoria B.C. The event brought together member of the Canadian Armed Forces (CAF), their families, municipal leaders, veterans, and local community members to honour the Halifax-class frigate's three decades of service alongside its sailors.

Commander (Cdr) Matthew Woodburn, Commanding Officer (CO) of HMCS *Calgary*, addressed attendees during the ceremony, reflecting on the operational history and its bond with its namesake city. The event also featured remarks from dignitaries



including Marianne Alto, Mayor of Victoria; Barbara Desjardins, Mayor of Esquimalt; and Gian-Carlo Carra, Calgary City Councillor.

Notably, the event included musical accompaniment by the Naden Band of the RCN and a poetry performance from Calgary's seventh Poet Laureate, Shone Thistle. Captain (Navy) Kevin Whiteside, CFB Esquimalt Base Commander, also participated in the day's celebrations and joined the salute from the reviewing podium. By

honoring the HMCS *Calgary's* continued legacy, service, and contributions, the event brought meaning for not only the RCN community, but also the cities of Esquimalt, Victoria, and Calgary.

Former RCN Commander Honoured by Camosun College



Archana Cini
Lookout Newspaper

Bravo Zulu to Commander (Retired) Angus Fedoruk, 2025 recipient of Camosun College's Distinguished Alumni Award.

Recognized for his outstanding leadership, commitment to lifelong learning, and decades of service, Fedoruk brings over 30 years of experience across naval operations, policy development, and leadership education. After graduating from Camosun's Business Administration program in 1996, Fedoruk has held various command roles at sea, including serving as Commanding Officer (CO) aboard HMCS *Yellowknife* and HMCS *Whitehorse*.

Now retired from active service, Fedoruk continues to shape the future of naval leadership in his current civilian role as Manager of Program Support at HMCS *Venture's* Centre for Leadership Excellence. Here, Fedoruk recently played a key role in developing 'Leadership, Respect, and Honour'—a program that has already reached over 1,800 members of the RCN..

A portrait of Angus Fedoruk, former Royal Canadian Navy (RCN) Commanding Officer (CO) and 2025 recipient of Camosun College's Distinguished Alumni Award. Photo supplied

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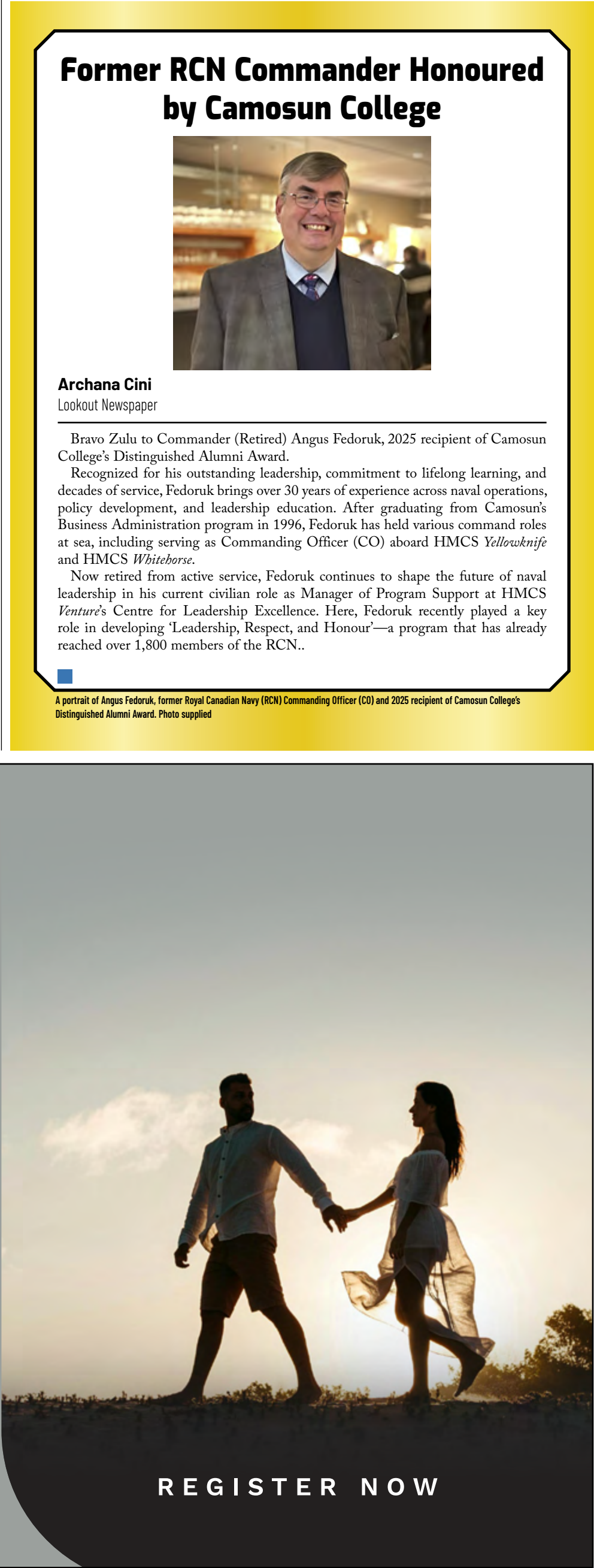
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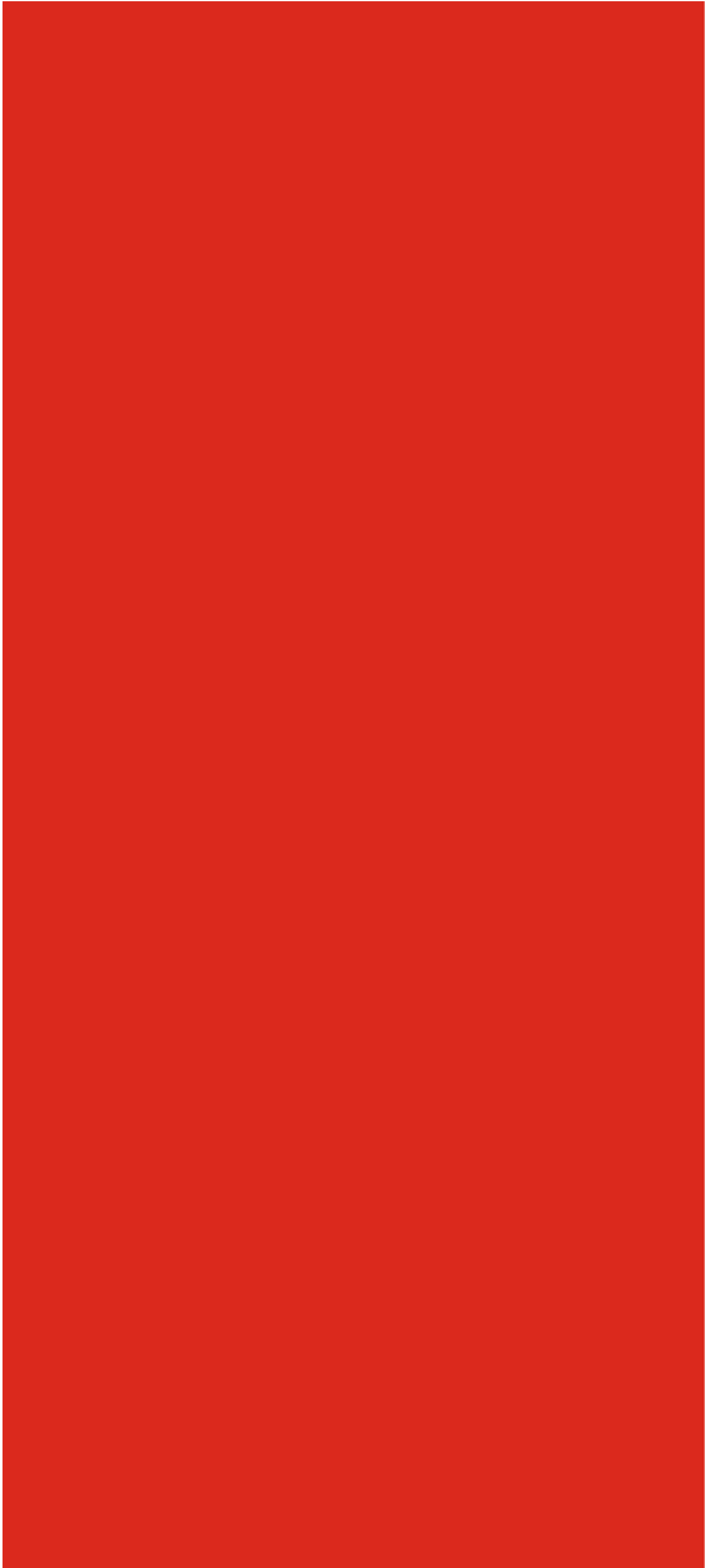
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New DRDC Innovations Push Canadian Military into the Future

Archana Cini

Lookout Newspaper

The future of military tech is here, with two major Defence Research and Development Canada (DRDC) innovations ready to optimise Canadian Armed Forces (CAF) operations.

As the research and innovation arm of the Department of National Defence (DND), the DRDC develops and delivers mission-critical innovations, tools, and more for Canadian defence and security communities.

Among DRDC's current projects are two innovations generating heightened interest within the Defence Community.

Meet the Royal Canadian Navy's (RCN) *remote-controlled multi-role boat*.

A joint DRDC and QinetiQ Target Systems Canada collaboration, this project is demonstrating how unmanned vessels could support future naval missions. This is being achieved by reconfiguring the RCN's multi-role boat (originally designed for search and rescue, transport, and marine security operations) into a remotely operated asset. Notably, the test vessel was recently piloted at speeds of up

to 45 knots from a shore-based command centre.

DRDC is also validating the boat's data transmission capabilities, which can now provide shore-based operators with real-time radar and camera feeds that enhance situational awareness. As such, this capability will unlock personnel-free deployments for high-risk zones and missions.

Looking ahead, the next phase of project development aim to increase mission range and reduce risk through autonomous operation and expanded payload capacity.

DRDC is also reshaping the future of military technology with a cutting-edge *conductive molecular ink* developed in partnership with the National Research Council (NRC).

An exploration into the field, this electronic ink conducts electricity and can be applied onto flexible surfaces like naval combat uniforms. The conductivity-activating technology was recently leveraged to create a bendable, wearable antenna—proof of concept for how ink-based electronics could support upcoming RCN operations.

Beyond radio communication, researchers hope to utilize the ink in both electromagnetic shielding and wearable health monitoring applications. The future of the project will explore printing on naval uniforms to develop sensors and heating panels for operations in the Arctic.

Backed by partnerships across sectors and nations, DRDC's innovations continue to reflect Canada's growing role in the global defence tech space. Importantly, they also signal a promising horizon for how our DND will rise to meet tomorrow's challenges.

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Yoga Nidra at CFB Esquimalt

Archana Cini
Lookout Newspaper

On June 24, Defence Team members gathered in CFB Esquimalt's Chief and Petty Officers' Mess for a special Yoga Nidra event hosted by the MARPAC Mental and Social Wellness Working Group (MSWWG).
Led by Petty Officer 1st Class (PO1) Sam Szeto, the midday session introduced participants to the calming prac-

tice of Yoga Nidra—a guided form of deep relaxation and consciousness. The tranquil atmosphere was also enhanced by the presence of singing bowls and chimes that guided attendees through a restorative meditative state.
According to the *Cleveland Clinic of Health and Wellness*, key benefits of practicing Yoga Nidra include improved sleep, reduced anxiety, nervous system regulation, and enhanced creativity. These benefits directly sup-

port the unique mental and physical demands of military life, where long hours and high-pressure environments are often daily realities. As a result, incorporating practices like Yoga Nidra into regular wellness routines can empower Defence Team members to protect their health, improve focus, and build lasting resilience in service.



Captain(Navy) Mike Stefanson, Commander of Naval Training Group (middle) officiates during the the Change of Command Ceremony for the outgoing Commanding Officer (CO) of HMCS Venture, Commander Darren Sleen (right), and incoming CO, Commander Tyler Smith (left)
Photo Credit: Sailor 1st Class Brendan McLoughlin, MARPAC Imaging Services

HMCS Venture Observes Change of Command Ceremony

Archana Cini
Lookout Newspaper

A formal Change of Command (CoC) ceremony for HMCS *Venture* recently took place on June 6 at Work Point Parade Square, CFB Esquimalt. Reviewing officer Captain(Navy) Mike Stefanson, Commander, Naval Training Group, presided over the ceremony as outgoing Commanding Officer (CO) Commander (Cdr) Darren Sleen handed over leadership to, Cdr Tyler Smith.
During the event, both incoming and outgoing COs addressed members of the *Venture*, reflecting on their service and sharing visions for the future. Thank you for your incredible service, Cdr Sleen, and welcome aboard, Cdr Smith!



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HMCS Max Bernays Sailors Lend a Hand at Easter Seals Camp Shawnigan

A/SlT Kim Wachockier
MARPAF Public Affairs

A select group of Royal Canadian Navy (RCN) sailors recently swapped uniformed drills at sea for a day of paint cans and yard tools among the trees.

On May 1, 28 members of HMCS Max Bernays' crew spent the day volunteering at Easter Seals Camp Shawnigan as a part of the vessel's community outreach.

Founded in 1947, Easter Seals offers accessible summer programs for B.C. and Yukon children, youth, and adults living with disabilities. While Camp Shawnigan is located on Vancouver, it is one of several locations operating under the Easter Seals organization.

On site, sailors engaged in a variety of activities from power-washing sidewalks and painting rooms to sanding wood and cleaning roofing.

Coordination for the crew's day of community involvement was also spearheaded by Robbie Levin, Easter Seals Camp Shawnigan's maintenance

supervisor. With both Max Bernays' namesake sponsor Shannon Bernays and coxswain Chief Petty Officer 1st Class (CPO1) Mike Umbach involved with Easter Seals across generations, the crew's decision to support Camp Shawnigan was deeply purposeful.

"Camp Shawnigan was described as a magical place," shared CPO1 Umbach, "...and honestly, after spending time there, I really get what that means."

To many of Max Bernays' crew, the day spent among the trees engaged in community service was a reminder of why they joined the Royal Canadian Navy (RCN).

Though the vessel will be unable to return this summer to engage with the camp once again, there are plans to greatly increase the charitable outreach efforts its company continues to engage in. The Nunavut Kitikmeot Food Bank also continues to stand as HMCS Max Bernays' second official ship's charity.



Members of HMCS Max Bernays pose for a photo alongside volunteers and children at Easter Seals Camp Shawnigan on May 1.

Photo supplied

The Kia Seltos.


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**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	Blueray 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,
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Stephen.Galipeau3@forces.gc.ca Tel: 250-363-5204 / CSN: 333-5204
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A message from the
Active Living Working Group

»»»»



Un message du Groupe
de travail sur la vie active

Space-Saving Moving Strategies for Military Families

Amy Mistal

SOUL EASE Professional Organizing

For members of the Defence Community, a move is rarely just an address change. Instead, it's often a necessary action that accompanies a new posting, deployment cycle, or relocation.

With each new assignment and move comes the opportunity to reassess what you carry—physically and mentally.

Here are seven practical strategies intended to support a simple, stress-free military move.

- **Be Selective:** Frequent moves can lead to accumulating unnecessary items over time. Since space on deployments, apartments, or base housing can be limited, choose items that serve clear purposes. To determine this, ask yourself if the item routinely supports your current or future life.
- **Pause before Parting:** It's normal to feel attached to nonessential items sometimes. Before letting go, take a moment to acknowledge what each represents—this act of pausing can ease the emotional burden that can come with leaving objects behind.
- **Pack a Personal Box:** Designate a small box to hold your morale boosters, filling it with senti-

mental comfort items like your favorite mug, book, and photographs. Keep it accessible and open it first when you arrive to instantly make a new space radiate 'home.'

- **Digitize Photos and Documents:** You don't need to physically carry every physical memento with you. Scan, photograph, and transfer keepsakes like children's art, deployment letters, and old cards into a digital memory log that's both more compact and always accessible.
- **Practise the 48-Hour Rule:** If you're unsure whether to keep or let go of an item, place it in a temporary 'hold' box and revisit after 48 hours. If you haven't packed it away or reached for it during this period, it may be time to let it go.
- **Create Closure:** Before leaving your space for the final time, take a moment to reflect, say goodbye, or write a short note about what the space has meant to you. Small rituals of thankfulness can help celebrate what was and move forward with clarity.
- **Set Intentions for the Future:** Your home can often reflect your mental state. If your previous space felt cluttered, a move can offer a reset. Spend time deciding how you'd like your new space to support your routines, health, and mind—and arrange accordingly.



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