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

the LOOKOUT

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Bravo Zulu HMCS HARRY DeWOLF



Members of the Royal Canadian Navy (RCN) and United States Coast Guard Law Enforcement Detachment (LEDET) pose with 750kg of seized narcotics on HMCS Harry DeWolf after a successful illegal narcotics interdiction. Read more on Page 5. Photo: Canadian Armed Forces



HMCS Harry de Wolf. Photo: U.S. Coast Guard - Public Domain

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More Than a Mission:

Collaboration with Toquaht Nation Powers CAF for **EXERCISE TRIDENT FURY 25**

A/SLt Christopher Hofing

Canadian Armed Forces (CAF) personnel were met by more than the beauty of the West Coast while establishing a Forward Operating Base (FOB) for Exercise TRIDENT FURY 2025 (Ex TF25).

They were also greeted by the generosity and support of Secret Beach's local British Columbia Indigenous community—the Toquaht Nation.

Months before boots hit the ground, the Ex TF25 planning team, which included representatives from Base Safety, Environment & Indigenous Relations, proactively engaged 21 Coast Salish and Nuu-chah-nulth Indigenous communities regarding the upcoming multinational maritime exercise.

This early engagement also helped

enable a strong working relationship between the CAF and Toquaht Nation leadership, with Lieutenant (Navy) (Lt (N)) Dakota Nelson, FOB Officer-in-Charge, and Lieutenant-Commander (LCdr) Justin Lam, Mine Countermeasures Lead Planner, coordinating with Noah Plonka, Business Manager and elected member of the Toquaht Nation Executive Council. This collaboration helped ensure military operations were both effective and respectful of local land and culture.

"Noah was incredibly accommodating," said Lt(N) Nelson. "He offered us access to whatever land was needed, and even advanced construction projects to support our camp setup. His willingness to work with us was instrumental."

To LCdr Lam, the collaboration meant everything. "The Nation helped us train where it counts, and build the relationships needed to safeguard the Pacific approaches together," he said.

The Toquaht Nation provided the CAF with key infrastructure like potable water, portable toilets, moorage, and an on-site cookhouse. This gave members of the FOB a warm and dry place to gather, eat, and conduct briefings. The Nation also granted permission to conduct training on both Toquaht land and in Barkley Sound.

Local businesses also helped meet logistical needs, with the *Ucluelet Rent-It Center* supplying washroom and garbage facilities, *Wet Again Water* delivering fresh water, and

Cedar and Salt Restaurant providing catering. These contributions all played a vital role in operational success.

To Noah Plonka, the collaboration was a sign of strength and shared purpose.

"It's good P.R. for Toquaht, but most importantly, it makes people here feel safe and connected. It shows we can work with others and build trust."

With Canadian Rangers and local youth also participating, the partnership is already inspiring future possibilities.

"It opens doors," said Plonka. "These are the opportunities that make us stronger, together."

As a self-governing treaty First Nation approaching 14 years since

signing, Toquaht Nation is honoured to see their land meaningfully utilized. "It really makes us proud that we're now supporting growth and connection with our land," said Plonka.

Kirsten Johnsen, Toquaht Executive Council member, also emphasized the mutual value of the experience. "It's a learning opportunity for both the CAF and Toquaht Nation citizens," she said. "We see what you do, and you get to understand what it's like to live here."

As such, Ex TF25 proved to be much more than a test of operational readiness—it was proof of what respectful collaboration can accomplish.

Toquaht Nation executives and youth standing alongside Royal Canadian Navy (RCN) sailors during a tour at Secret Beach on June 26. Photo: Sailor 3rd Class Veni Colico, MARPAC Imaging Services

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

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Photo: Getty Images

Jackie Carlé
Esquimalt Military Family Resource Centre

Passionate about supporting military families and giving back to the community?

The Esquimalt Military Family Resource Centre (EMFRC) is currently seeking military family members to join our official Board of Directors.

The Military Family Resource Centre (MFRC) is an independent, non-profit charitable organization that addresses the needs of Canada's Defence Community. With a mission to build resilient, empowered military families, the MFRC offers a wide range of programs and services that support and advocate for them at every stage of life.

The Board of Directors continues to eagerly work towards this mission, in addition to actively improving both its Finance and Governance and Risk Management areas of expertise.

Official EMFRC Board member duties will include attending monthly meetings, supporting community events, driving EMFRC strategy, and more.

The Board of Directors is also advancing plans for a new 5,000-square-foot modular MFRC facility at Work Point—an important project that reflects both the MFRC's ongoing growth and opportunity for someone new to contribute to this upcoming milestone. The new location will come to fruition in the upcoming year of operations.

Wondering what it's like to serve on the EMFRC Board of Directors? To help better understand the experience, here are some perspectives from some of the Board's current members:

"Being on the Board for the past nine years has been a true highlight. As a military spouse, the Board has allowed me to meet like-minded individuals, build community, and give back. I first joined without experience – now, I've held multiple executive positions and learned so much!"

- Board Co-Chair, Leta Martin

"Joining the Board was a step outside my comfort zone – and one of the best decisions I've ever made. I've grown both personally and professionally, and it feels incredibly fulfilling to contribute to a cause I care so deeply about."

- Board Co-Chair, Megan Chong

"The Board allowed me to learn from diverse professionals while also sharing my own skills. In the past eight years, I have witnessed real dedication from military officials, management, volunteers, and staff. Everyone shares the same mission, and it's beautiful."

- Board Member, Emily Zhong

For more information on serving with the EMFRC Board of Directors, please email Jackie.Carle@emfrc.com.

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HMCS Harry DeWolf Halts \$26.9M in Illegal Narcotics from Reaching North America



Archana Cini
Lookout Newspaper

On March 21, HMCS *Harry DeWolf* and the U.S. Coast Guard Law Enforcement Detachment (LEDET) conducted a successful narcotics interdiction as part of Operation (Op) CARIBBE.

Actioned under the cover of night, 750 kilograms of cocaine (an estimated \$26.9 million of illegal drugs) were seized and prevented from reaching North American communities.

Op CARIBBE is Canada's contribution to a long-standing, multi-national effort to intercept illicit drug shipments on the Pacific Ocean, Caribbean Sea, and Gulf of Mexico.

Since the operation's 2006 founding, the Canadian Armed Forces (CAF) have continued to deploy Royal Canadian Navy (RCN) ships, aircraft, and personnel in support of this mission. Canadian participation has helped gather intelligence, track, and seize over 120 metric tons of illegal narcotics over the past 19 years.

Op CARIBBE also highlights one of the RCN's most valuable and globally respected strengths—international collaboration.

Commander (Cdr) Jon Nicholson, Commanding Officer of *Harry DeWolf*, shared, "We are working hand in hand with U.S. Coast Guard personnel who are embarked on HMCS *Harry DeWolf* with us. As a combined team, we are making a fantastic task force that is really making a difference."



Above: Sailors of HMCS *Harry DeWolf* conduct person overboard training in a Multi-Role Rescue Boat (MRRB) during Operation CARIBBE. Photo: Corporal Denny Dubs

Sailors aboard His Majesty's Canadian Ship (HMCS) *Harry DeWolf* conduct engineering training to maintain operational readiness during Operation CARIBBE. Photo: Corporal Denny Dubs

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HMCS *Harry DeWolf*. Photo: Canada.ca



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Mental Fitness Practices for the Defence Community with Health Promotion

Military service often demands more than physical strength—it also requires the mental fitness needed to navigate pressure, trauma, and unpredictability

Archana Cini

Lookout Newspaper

This summer, Health Promotion (HP) *Mental Fitness and Suicide Awareness* (MFSA) course has been equipping Defence Team members with essential skills to boost resilience and support others in mental distress.

MFSA is one of several seasonal offerings open to Defence Team members at CFB Esquimalt, including Canadian Armed Forces (CAF) personnel, civilian employees, veterans, and more.

The course introduces powerful tools like grounding, mindfulness, and tactical breathing techniques that can be leveraged in all situations—from operational deployments to daily life. MFSA also explores ways to recognize and respond to distress in others, making it a critical resource in suicide prevention.

Designed with the realities of Defence Team life in mind, MFSA focuses on techniques participants can access in the moment, whether on ship, on base, or at home. Here are some of the strategies taught in MFSA, designed to be practiced regularly for lasting mental fitness.

Tactical/Abdominal Breathing: Also known as box breathing, this technique involves inhaling for four seconds, holding for four, exhaling for four, and pausing for another four. Practising this activates the parasympathetic nervous system, which helps calm stress responses. This is especially useful in high-pressure situations where Defence Team members need to quickly regain composure or sharpen focus.

Grounding Techniques: Grounding helps bring attention to the present during overwhelming moments. One common technique is the “5-4-3-2-1” method: identifying five things that can be seen, four that can be touched, and so forth with hearing, smell and taste. Another technique involves counting backwards in increments of seven or eight—anything that requires focus. These strategies can help regain clarity or manage panic.

Mindfulness Practice: To be mindful is to intentionally pay attention to the present. To practise this informally, try living in the moment by paying attention to details like breath and movement when performing simple tasks like eating or walking. Building a daily mindfulness habit improves a sense of calm and even helps prevent burnout over time.

Guided Meditation: A formal way to practice mindfulness, guided meditations use audio narration to lead the listener through calming visualizations, breathing exercises, or progressive muscle relaxation. Even short meditations are proven to reduce cortisol levels, improve sleep, and support long-term mental wellbeing. Meditation can also be used by Defence Team members after navigating difficult moments to regulate emotion.

Practicing these strategies can offer mental control when it matters most and provide Defence Team members with an operational edge. Importantly, HP courses like MFSA also remind us of the value in caring for the mind in addition to the body.

To learn more and register for a Health Promotion course, contact
lisa.jeffery@forces.gc.ca



Photo: Marcio Bino da Silva / Getty Images



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LIBYA 2011 BATTLE HONOUR

Awarded to HMCS Vancouver

Nearly 14 years after deployment in the Mediterranean, His Majesty's Canadian Ship (HMCS) *Vancouver* is being honoured for an exceptional chapter of its naval service

Archana Cini
Lookout Newspaper

HMCS *Vancouver* was recently awarded the LIBYA 2011 Battle Honour in a July 2 ceremony at Burrard Dry Dock Pier, North Vancouver. The event brought together past and present crew members, the Royal Canadian Navy (RCN) community, and civic dignitaries for a morning of reflection and celebration.

A rare military recognition, Battle Honours are only awarded to those that have demonstrated immense courage, effectiveness and participation in notable combat operations. Unlike medals or commendations given to individuals, Battle Honours are collective distinctions earned by an entire ship or unit. They are one of the highest collective awards that a Canadian military unit can receive.

The LIBYA 2011 Battle Honour acknowledges HMCS *Vancouver's* critical service under Operation (Op) MOBILE, a mission intended to protect civilians and enforce a

United Nations (UN) arms embargo during the Libyan conflict. From March to October 2011, the Canadian Armed Forces (CAF) supported the NATO-led operation with a variety of maritime, air, and special operations capabilities. Over six hundred CAF members were deployed on Op MOBILE.

During this operation, HMCS *Vancouver* played a critical role in maritime security and air defense by escorting replenishment vessels, patrolling the embargo zone for illicit shipments, intercepting contraband, and gathering intelligence. Its crew's efforts were instrumental in both the enforcement of the arms embargo and maintaining operational safety for NATO's naval assets.

In receiving the LIBYA 2011 Battle Honour, HMCS *Vancouver* joins a select group of Canadian ships recognized for valour and dedication on the world stage. This is the vessel's third Battle Honour to date.

Vice-Admiral Angus Topshee, Commander, Royal Canadian Navy, gives his address at the Battle Honour ceremony. Photo: Royal Canadian Navy social media



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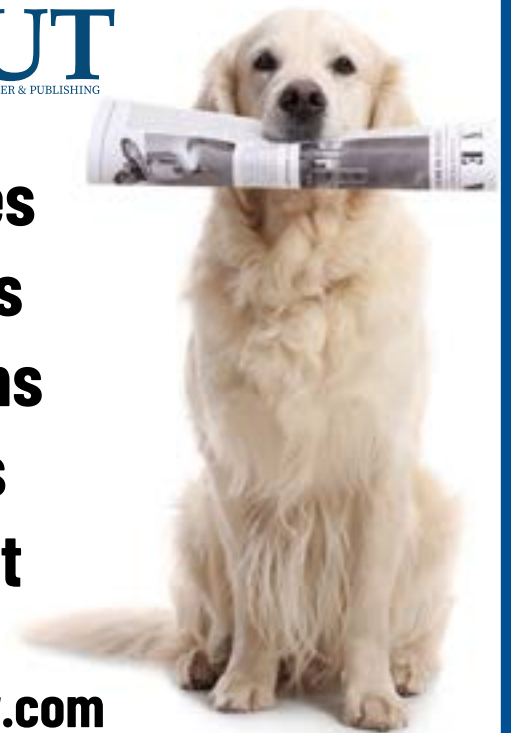
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Port & Puzzle

Word Search

Flora & Fauna

For this month's episode of Port and Puzzle, we're venturing beyond the dock to explore the natural riches of West Coast life. From local sea creatures and shoreline flora to marine landforms, these 20 hidden words capture the beauty of life along B.C.'s rugged coastline.

How to Play: Find the words listed below from the jumbled letters found within the frame. Words may be hidden horizontally, vertically, diagonally, forwards, or backwards and can cross over each other. Search carefully—some words tend to slip past like salmon in a stream.

- Archipelago:** Haida Gwaii is a famous example of this landform.
- Barnacle:** Tiny crustaceans that cling to rocks, boats, and piers.
- Bight:** A shallow bay or curve in the shoreline.
- Canoe:** Traditional watercraft used by Indigenous communities and outdoor adventurers.
- Chiton:** Oval mollusks clinging to rocks in the intertidal zone.
- Driftwood:** Weathered wood that washes up on beaches and shores.
- Eelgrass:** Underwater grass that supports marine ecosystems.
- Fiddlehead:** Edible young fern common in coastal forests.
- Blackberry:** A dark berry used in jams and pies.
- Humpback:** A migratory whale sometimes spotted off the B.C. coast.
- Marina:** A dock or harbour for recreational boats and yachts.
- Murrelet:** A small, endangered seabird in B.C.
- Salish Sea:** The inland sea bordered by Vancouver Island and the mainland.
- Salmonberry:** A pinkish-orange berry native to BC.
- Sandbar:** Submerged or partially exposed ridges of sand in coastal waters.
- Seafoam:** The frothy water left behind by breaking waves.
- Sockeye:** A species of salmon important to coastal ecosystems and cultures.
- Spruce:** Common coastal conifer, like the Sitka spruce.
- Tidepool:** Small marine ecosystems that form along the shore during low tide.
- Trawler:** A type of fishing boat often seen along the coast.

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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

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.

FOR SALE

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 entryway, 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@vyipc.ca or (250) 744-8543

VOLUNTEER

BIG BROTHERS BIG SISTERS OF VICTORIA

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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.life-timenetworks.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. Contact Josh (military.base.advertising@gmail.com) or Danielle (forces.ads@westcoastmarketing.net)

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National Public Service Week



Military Family Resource Centre member serves Sailor 3rd Class Drame BBQ at the National Public Service Week BBQ. Photo: Sailor 1st Class Alexander Koller

Brings Gratitude and Grills to CFB Esquimalt

Archana Cini

Lookout Newspaper

In a job where service rarely stops, a meal of appreciation can mean everything.

Defence Team members gathered on June 19 for a summer barbeque in observance of National Public Service Week (NPSW).

Held at the Fleet Maintenance Facility Cape Breton, Canadian Forces Base (CFB) Esquimalt Dockyard, the event welcomed civilian employees as well as Canadian Armed Forces (CAF) members and other Department of National Defence staff for an outdoor lunch.

Observed from June 15-21 nationwide, NPSW gives Canadians the annual opportunity to acknowledge and celebrate the efforts of those who serve in government roles across the country. Within a military context, it's an opportunity

to recognize Defence Team contributions at every level and function, from the front lines and technical trades to strategic planning and operational support. CFB Esquimalt's barbeque exemplified this spirit with leaders, support staff, and coworkers gathering to share food and appreciate each other's service to our nation.

Among those serving burgers and refreshments were Chief Petty Officer First Class Susan Frisby, CFB Esquimalt's Base Chief, Major Hassan Choudhary, Officer Commanding Real Property Operations Unit (Pacific) / Section Esquimalt, and Esquimalt Military Family Resource Centre staff.

The occasion also brought joy to attendees with upbeat live music performed by members of the Naden Band.

Perhaps most importantly, the barbeque filled much more than plates—it also sparked conversation, laughter, and new connections across ranks and departments.



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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. Photo supplied

Victoria Cenotaph Marks 100 Years of Service and Sacrifice

Gerald W. Pash

This summer marks a century since the first unveiling of the Victoria Cenotaph on the grounds of the British Columbia Legislature.

On July 12, 1925, Lieutenant Governor Walter C. Nichol first revealed the enduring monument in a solemn ceremony organized by the Victoria War Memorial Committee and planned by Frederick Bernard Pemberton, whose own sons were lost in the First World War.

Funded in 1924 through community donations that exceeded \$15,000 at a time when a loaf of bread cost less than ten cents, the cenotaph quickly became a symbol of mourning and remembrance.

Sculpted in England by Sydney and Vernon March, the bronze statue, wreaths, and plaque were shipped to Vancouver Island in pieces across the Atlantic. Notably, the cenotaph's granite plinth was made by John Mortimer & Son using Nelson Island granite—the same stone used within the Legislature itself.

The Victoria Cenotaph was initially dedicated only to lives

lost in the First World War. Today, the memorial has evolved alongside Canada's own military story, with etchings updated to reflect lives lost following the Second World War and a plaque for Korea added after 1953. In 2000, a Peacekeepers Memorial plaque was unveiled by Defence Minister Arthur Eggleton, with a plaque for Afghanistan also mounted in 2016 by Prince William and Princess Catherine.

There are eight Books of Remembrance in Ottawa that contain the names of more than 120,000 individuals who have given their lives in the service of Canada from the War of 1812 to the present. Additionally, there is a ritual practiced each day wherein a page is turned, in each of the books, to reveal the names recorded. Similarly, the Victoria Cenotaph is an opportunity to remember.

This summer marks a century of the Victoria Cenotaph acting as a physical space for reflections on conflict and peace, service and sacrifice. As the number of living veterans from earlier wars dwindles, the memorial's 100th anniversary reminds us of the responsibility to remember.

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