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OPERATION LATITUDE BEGINS

Royal Canadian Navy sailors wave as HMCS Max Bernays departs from Duntze Head, Canadian Forces Base (CFB) Esquimalt, on Aug 13, 2025.
Read more on page 5

Photo: S1 Kyle Maguire, Canadian Armed Forces Imagery Technician

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Step Right Up:

Formation Fun Day Returns with New Attractions

Archana Cini

Lookout Newspaper

The countdown is officially on for one of the most anticipated Defence community events of the year: Formation Fun Day.

On Saturday, Sept 6 from 12 p.m. to 4 p.m., Formation Fun Day will take over the Naden Athletic Centre at Canadian Forces Base (CFB) Esquimalt. The event will unite military members, veterans, base employees, and their families for a free fair-style afternoon of food, entertainment, games, activities, and more.

This year's event promises to be a little different — in the best way.

For Leah Pokocky, Personnel Support Programs (PSP) Special Event Coordinator, creating the 2025 Formation Fun Day experience meant listening first.

"When in the initial planning stages, it was really important to me to reach out to our local Defence community to see what was enjoyed in the past, what might have been missing, and what they would be sad to not see again," she says.

As a result, the 2025 event is set to include new activities for the youngest children, along with more opportunities for older attendees to build meaningful community memories.

Families with toddlers will find plenty to love this year, with Tiny Toes Soft Play

Rentals introducing a fenced, concierge-supervised play space designed for children five and under.

As Pokocky, a mother of an active two-year-old herself, puts it: "To find someone that safely engages your young child so you can actually finish your still-hot coffee... pure magic."

Entertainment will include That Bubble Guy's smoke-filled rainbow bubbles; Vancouver Island's largest 100-foot inflatable obstacle course; along with photo opportunities with Ponies & Pipsqueaks Pony Sanctuary. Formation Fun Day 2025 will also include stories and sing-alongs from Enchanted Fables' princess party professionals; performances by STAGES Dance and The Rising Circus; and live music by locals Mister Mojo and Stephanie Greaves.

Vendors will also add to the fun, with the community's Esquimalt Bake Shop, Saje Natural Wellness, Absolute Therapy, and more.

At its heart, Formation Fun Day is about people — it's a reminder of the strength and resilience of the Defence community. For many, the annual event has become a chance to pause from the demands of service life and reconnect with neighbors, friends, veterans, and colleagues in a relaxed setting. For newcomers recently posted to Esquimalt, Formation Fun Day

offers a doorway into the community, while for those who have been here for years, it's an opportunity to celebrate their home.

"It can be challenging to find that sense of community or belonging when you move to a new place," says Pokocky. "Formation Fun Day is about connection, whether that's reconnecting with a shipmate, meeting someone new, or discovering what's at the base and in Esquimalt."

To Sarah Taylor, a local living in Esquimalt, Formation Fun Day means even more than a chance to reconnect.

"My little one is turning two that weekend, and I'm so excited to start making memories with her at the event as she's able to experience and remember more things," she says.

Nikki Berti is also a Formation Fun Day regular, along with her 10- and 12-year-old children.

"We love all the activities, especially the bouncy trampoline," she says. "In general, it's a great day out, and the fact that it's free for the community is a big plus. We also like how we often bump into people we haven't seen in a while!"

With food, fun, and community at heart, step right up on Sept. 6 for a day of Defence community fun — on us.



Captain(Navy) Kevin Whiteside, Commander of Canadian Forces Base Esquimalt, at Formation Fun Day 2024. Photo: Sergeant Malcolm Byers, MARPAC Imaging Services



That Bubble Guy and Ponies & Pipsqueaks Pony Sanctuary are key attractions to discover at Formation Fun Day on Sept 6.



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MARPAC/JTFP HQ Welcomes New Commanding Officer



(Left to right) Commander Nicolas Bruzzone, Captain(Navy) Jeffrey Hopkins, and Commander Dan Saunders signing the CoC documentation. Photo credit: S3 Dramé, MARPAC Imaging Services.



On July 31, A Change of Command (CoC) ceremony was observed at Maritime Forces Pacific headquarters (MARPAQ HQ), Canadian Forces Base (CFB) Esquimalt. Presided over by Captain(Navy) Jeffrey Hopkins, MARPAQ Chief of Staff, the ceremony marked the official handover of leadership of MARPAQ N4/JTF(P) J4 Logistics Officer / Commanding Officer, MARPAQ Headquarters from Commander (Cdr) Dan Saunders to Cdr Nicolas Bruzzone.

Thank you Cdr Saunders for your service and welcome Cdr Bruzzone!



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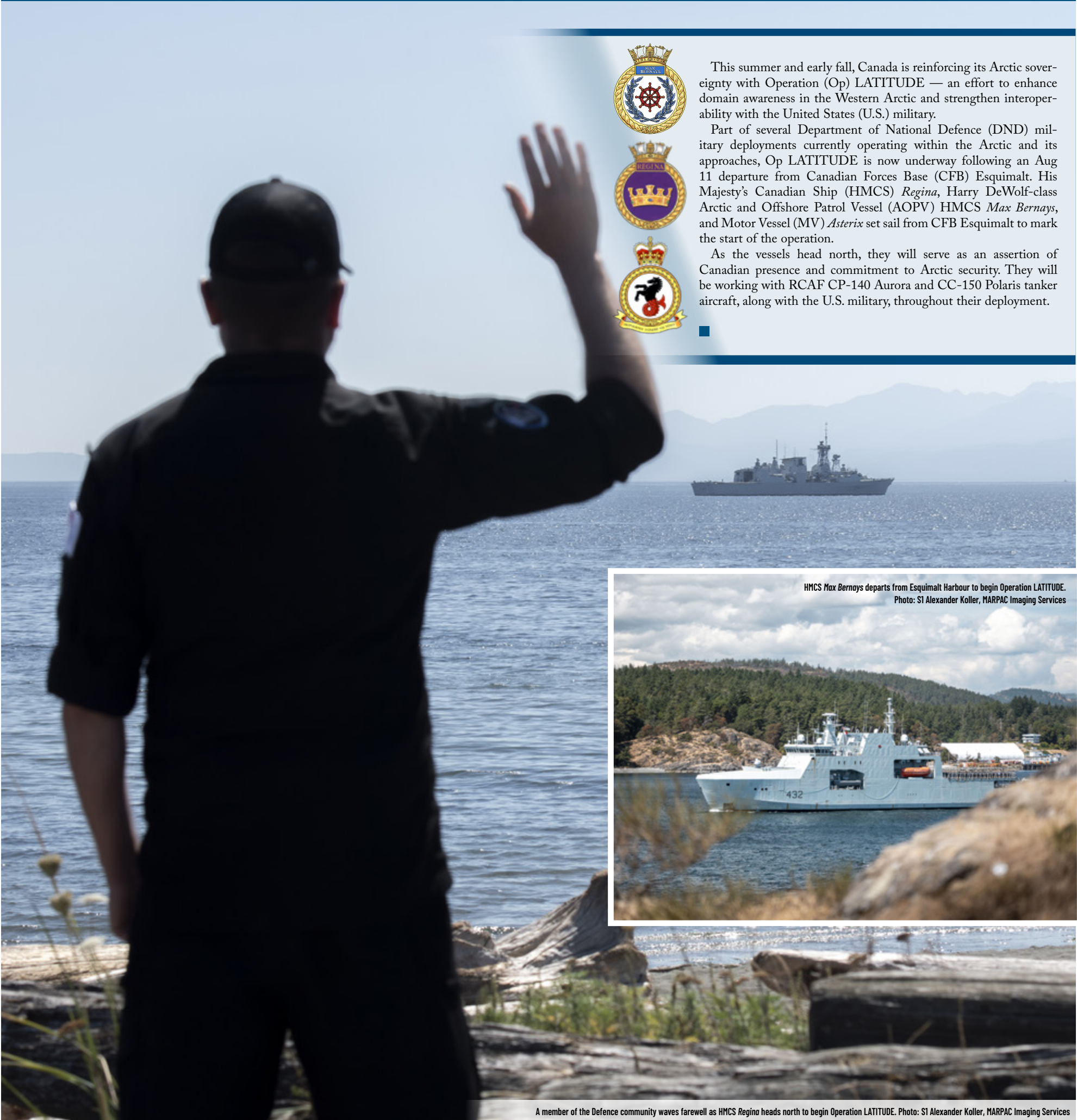
HMC Ships *Max Bernays*, *Regina* and MV *Asterix* Depart Esquimalt on Arctic Mission



This summer and early fall, Canada is reinforcing its Arctic sovereignty with Operation (Op) LATITUDE — an effort to enhance domain awareness in the Western Arctic and strengthen interoperability with the United States (U.S.) military.

Part of several Department of National Defence (DND) military deployments currently operating within the Arctic and its approaches, Op LATITUDE is now underway following an Aug 11 departure from Canadian Forces Base (CFB) Esquimalt. His Majesty's Canadian Ship (HMCS) *Regina*, Harry DeWolf-class Arctic and Offshore Patrol Vessel (AOPV) HMCS *Max Bernays*, and Motor Vessel (MV) *Asterix* set sail from CFB Esquimalt to mark the start of the operation.

As the vessels head north, they will serve as an assertion of Canadian presence and commitment to Arctic security. They will be working with RCAF CP-140 Aurora and CC-150 Polaris tanker aircraft, along with the U.S. military, throughout their deployment.



HMCS *Max Bernays* departs from Esquimalt Harbour to begin Operation LATITUDE.
Photo: S1 Alexander Koller, MARPAC Imaging Services

A member of the Defence community waves farewell as HMCS *Regina* heads north to begin Operation LATITUDE. Photo: S1 Alexander Koller, 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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Meet Archana

Note from the Lookout: In this new series, we're excited to introduce you to our team. It's a chance for us to say hello, step out from behind our desks, and share our connections to the Defence Team along with the personal passions that drive our work at the Lookout.

Archana Cini

Lookout Newspaper

I'm Archana Cini, and I've been the Lookout's writer, reporter, and digital marketing coordinator for the past six months.

People like to ask me why I'm here, and I always start with what I'm not here to do. I don't want to tell the same story for the hundredth time with a few words changed. I want to show the entirety of the West Coast that the Royal Canadian Navy isn't just an institution — it is its people, every single one.

That's why I'm here.

We've all heard Aristotle's, 'The whole is greater than the sum of its parts.' but I think we sometimes forget that the whole itself would cease to exist if not for the existence of, literally, each individual part. In this sense, I don't want to write about just the whole. I also want to

learn about every role, every person, their experiences both in and out of their uniform. The details are where my favorite stories are found.

At the seed of my soul, I want to share Defence Community stories as its humans are — brave, funny, and always *real*. I never want to write from a distance. I want to get close enough to understand why something matters.

If I got to sit down with my ten-year-old self and tell her what her proudest moment in life to date would be, it's this one — being seen as the woman behind the words. As a South Indian immigrant, English didn't always feel like mine. In my early years, I used it to survive. Now, it is my craft.

Writing in a military context comes with its difficulties. Not because I might make a mistake (we all will, it's inevitable), but because I never want to leave a good story untold, real meaning lost between fingers like water. There is

always so much to explore and understand. I think I will be learning how to balance this for the rest of my career.

The West Coast has been my home for most of my life. It has a way of working its way into your bones, slipping into your every breath. There's magic in the way the sun dips into the Pacific Ocean here; it doesn't look like that anywhere else. It's the West Coast that taught me to slow down and notice the details I've come to love so much. It really means something to get to spend my days staring at this special sea from my window. I'm also of the firm belief that SH522's got one of the most beautiful views of the coast there is.

If you see me out and about, come say hello. Tell me your stories — the ones closest to your heart, the ones that matter the most. Thank you for trusting me with them.

"I can't say I've been in this industry for four decades, but I can say I write a damn good story."

FUN FACTS

Q: What's your favorite book?

A: It's torture asking for just one! That being said, Kristin Hannah's *Firefly Lane* comes to mind. It's one of those books that change your perceptions on life.

Q: What's a surprising skill you have?

A: My serious answer is that I grew up with a classical piano background, so I love listening to and playing Chopin, Debussy, etc. My fun answer is that I'm my family's (free) hairdresser. I'd be a whole lot richer if they actually paid me for my cuts.

Q: What's your favourite CFB Esquimalt memory?

A: HMCS *Ottawa's* homecoming in March. It was the first homecoming I'd been to, one of my first outdoor assignments as a reporter, and it was also pouring rain — honestly, I wasn't much looking forward to it.

I remember feeling the energy shift the closer I got to the jetty, and thinking to myself, 'Oh,' when I finally saw children with big grins on their faces holding up dripping handmade posters in the cold. It wasn't about the rain to them. It really wasn't about the rain at all.

As *Ottawa* got closer to land, I understood the weight of what a homecoming really meant: it's not just about the sailors stepping off the ship, but also about the people who have been holding down life at home, waiting, hoping. I swear I could see every invisible thread between sailor and loved one, literally pulling the ship to shore. The idea of service became a lot bigger for me that day. There was so much love there, in that space. I'll never forget it.

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HMCS Winnipeg Welcomes New Commanding Officer

His Majesty's Canadian Ship (HMCS) *Winnipeg* is now under new leadership following a Change of Command (CoC) ceremony for the vessel's Commanding Officer (CO) role. Held at Canadian Forces Base (CFB) Esquimalt's Wardroom on Aug 7, the ceremony saw command pass from Lieutenant Commander (LCdr) Benjamin Roberts to Commander (Cdr) Michael Edmonds. The ceremony also included a Command Plaque presentation from reviewing officer Captain(Navy) Samuel Patchell to Cdr Edmonds. Thank you for your service, LCdr Roberts, and welcome to HMCS *Winnipeg*, Cdr Edmonds.

Lieutenant Commander (LCdr) Benjamin Roberts, Captain(Navy) Samuel Patchell, and Commander (Cdr) Michael Edmonds, signing the CoC documentation. Photo: SI Alexander Koller, MARPAC Imaging Services

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Chief Petty Officer 1st Class (CPO1) André Normand received his gold anchor years ago, a recognition from the Royal Canadian Navy (RCN) for those who have spent considerable time at sea. The anchors awarded are in ascending colours: gun metal, bronze, silver and gold. The gold anchor represents more than 1,460 days at sea – four years of time.

CPO1 Normand has seen more sunsets than he can count while at sea. Not as many as his days sailed, but as many as he had time for in his 2,300 days.

Currently the Coxswain (Cox'n) of His Majesty's Canadian Ship (HMCS) *St. John's*, CPO1 Normand just achieved a massive milestone in his career and a rarity among sailors. On July 22, 2025, while deployed on Operation (Op) REASSURANCE, he spent his 2,300th day at sea – that's over six years of time.

A career that started in 1994, when he first enrolled as a Naval Combat Information Operator, almost ended after just four years.

However, his "retirement" only lasted 10 months when he decided to enroll once again.

The sea was calling his name, and he knew he couldn't leave it behind. He went on to serve aboard HMC Ships *Halifax*, *Montréal*, *Ville de Québec* and held various positions ashore in recruiting and Sea Training.

"I don't know if there is a way of explaining it. Being at sea is what I like to do. It's what I love. It makes me feel alive to be at sea," said the Cox'n when asked why he decided to return to the Navy.

It's also the crew he works with. For CPO1 Normand, one of the best parts of the job is the interactions he has with the crew, learning their background, experience, goals, ambitions and providing mentorship.

"When they are down, I bring them back up," the Cox'n affirms. "That's the aspect I like the most."

He is not entirely alone in this achievement, he admits. "There are a few, but we are a dying breed, the old guys are retiring now."

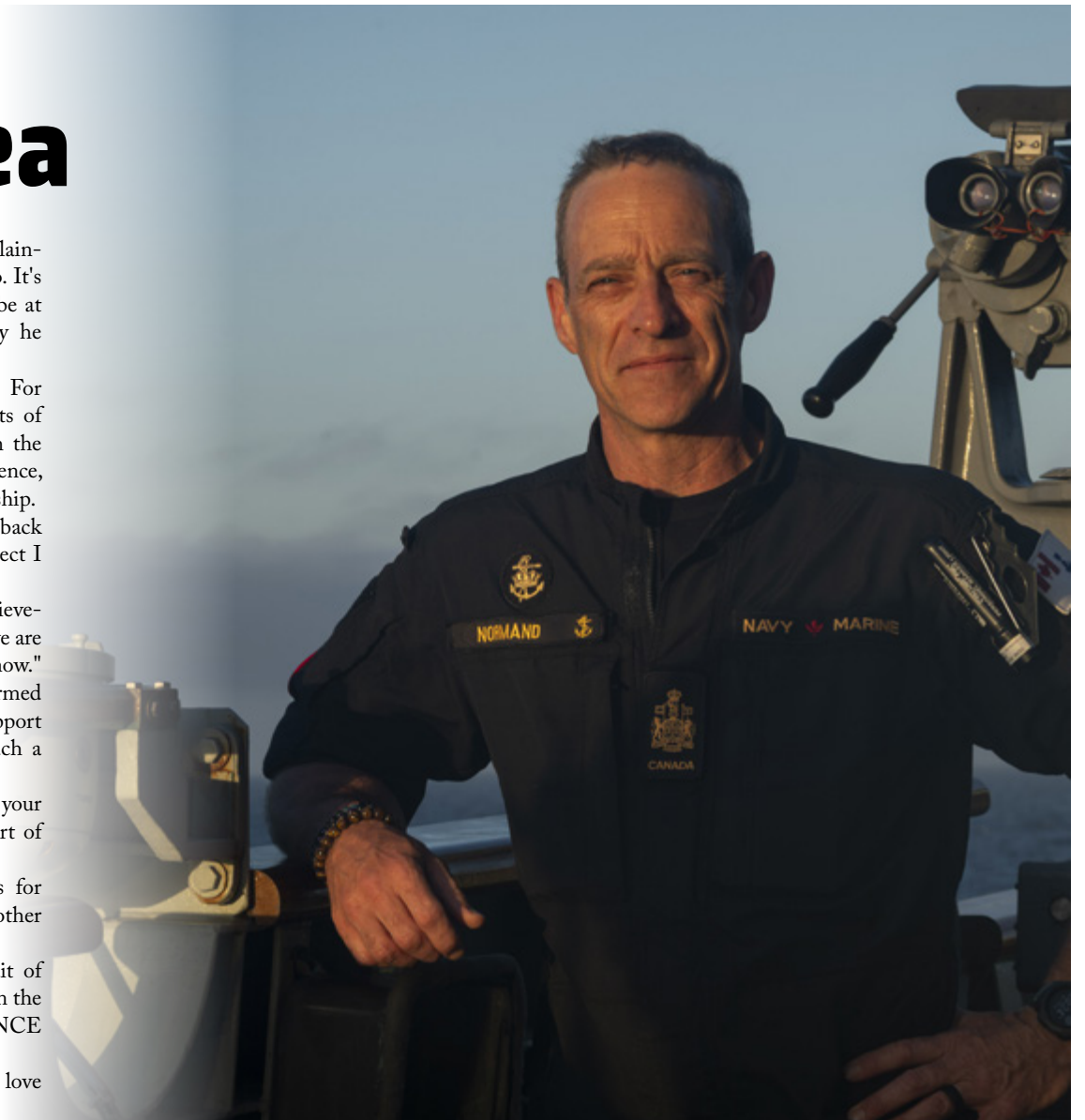
Like any member of the Canadian Armed Forces (CAF), the Cox'n credits support from family for being able to have such a long, storied career under his belt.

"What you need is the support of your family back home. Without the support of my family it would be impossible."

There will be many more sea days for CPO1 Normand. Day 2,301 will be another day doing what he loves.

St. John's has just transited the Strait of Gibraltar to join up with NATO allies in the Mediterranean on Op REASSURANCE for the next five months.

Five more months of sunsets, and a love for the sea.



CPO1 André Normand on board HMCS *St. John's* while deployed on Operation REASSURANCE.
Photo: Corporal Annabelle Marcoux

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OAKWOODS

Exercise Goldrush 2025 Builds Skills and Partnerships in the Pacific Northwest

A/SLt Kim Wachockier
MARPAF Public Affairs

Three Royal Canadian Navy (RCN) Orca-class vessels (*Cougar* 61, *Raven* 56, and *Grizzly* 60) recently spent the past weeks engaged in Exercise *Goldrush 2025 (EXGR2025)*, a coastal training exercise conducted amidst the scenic and challenging waterways of B.C. and Alaska.

The exercise united junior officers, sailors, Naval Reservists, Royal Military College (RMC) students, and Naval Experience Program participants for a dynamic, hands-on experience. Effectively operating together, *EXGR2025* participants navigated narrow channels, conducted complex mariner deck

evolutions, and honed real-world maritime skills to boost operability.

In addition to providing opportunities for participants to engage in towing drills, tidal narrows navigation, person-overboard and search and rescue exercises, *Goldrush 2025* also supported the new Naval Warfare Officer Professional Qualification (NWOPQ). As a result, Junior Bridge Watchkeepers can log up to 150 hours towards the 600-hour qualification requirement, in addition to the practical experience gained in challenging waterways.

EXGR2025 was a voyage of many memorable encounters. In Ketchikan, Alaska, crews were welcomed by the United States (U.S.) Coast Guard with an invitation to the all-ranks mess, The Crow's Nest. Glacier Bay

saw each Canadian vessel joined by two U.S. National Park Rangers who shared their knowledge of the region's history, ecology, and wildlife alongside RCN crews. Finally, a humpback whale stole the spotlight in the waters of the Pacific Northwest when it lingered alongside *Cougar* 61 for nearly two hours. The crew stopped both engines and followed marine wildlife safety protocols as the whale surfaced repeatedly, even rubbing itself along the hull.

The vessels also anchored in remote, picturesque locations such as Anyox, B.C., Ocean Falls, B.C., and Baranof Hot Springs, Alaska, offering sailors a rare chance to experience the natural beauty and cultural richness of the Pacific Northwest.

A professional and personal milestone for many, the exercise provided RMC's Naval Cadets with their first practical sea time; Naval Reservists with opportunities to enhance operational readiness; and junior officers with scenarios to sharpen leadership and navigation.

Importantly, *EXGR2025* has underscored the RCN's commitment to training, modernization, and partnership-building. Following a final August port visit in Juneau, Alaska the three vessels will travel south to Canada, returning with newfound skills, experiences, and connections.



COUGAR (PCT 61), RAVEN (PCT 56) and GRIZZLY (PCT 60) while at sea on 14 August 2025 during Operation GOLDRUSH. Photo: Corporal Conor R.G. Munn, Canadian Armed Forces Imagery Technician



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Cadboro Bay's Jemmy Jones Island: The Mariner Behind the Name

Lt(Navy) Mike Makow

Just off the coast of Cadboro Bay, Victoria, lies an islet jutting out of the sea — Jemmy Jones Island, an often-overlooked place carrying the legacy of one of British Columbia's most audacious mariners.

James (Jemmy) Jones (1830–1882) was a Welsh-born sea captain whose life was filled with daring West Coast escapes and shipwrecks. The island is named not in honor of a great victory, but because Jones once ran his ship aground on it. And that, as history would have it, is what stuck.

The incident was minor, with no lives lost or shipwreck — but it did leave a mark. The islet was soon dubbed Jemmy Jones Island, a name that endures on nautical charts and local maps to this day.

After spending his youth searching for his father, adventuring, and mining, Jones first made his way to the coastlines of B.C. around 1854. Here, he quickly earned a reputation as a fearless and resourceful mariner, captaining schooners through treacherous waters and running freight between Puget Sound and Victoria for over a decade.

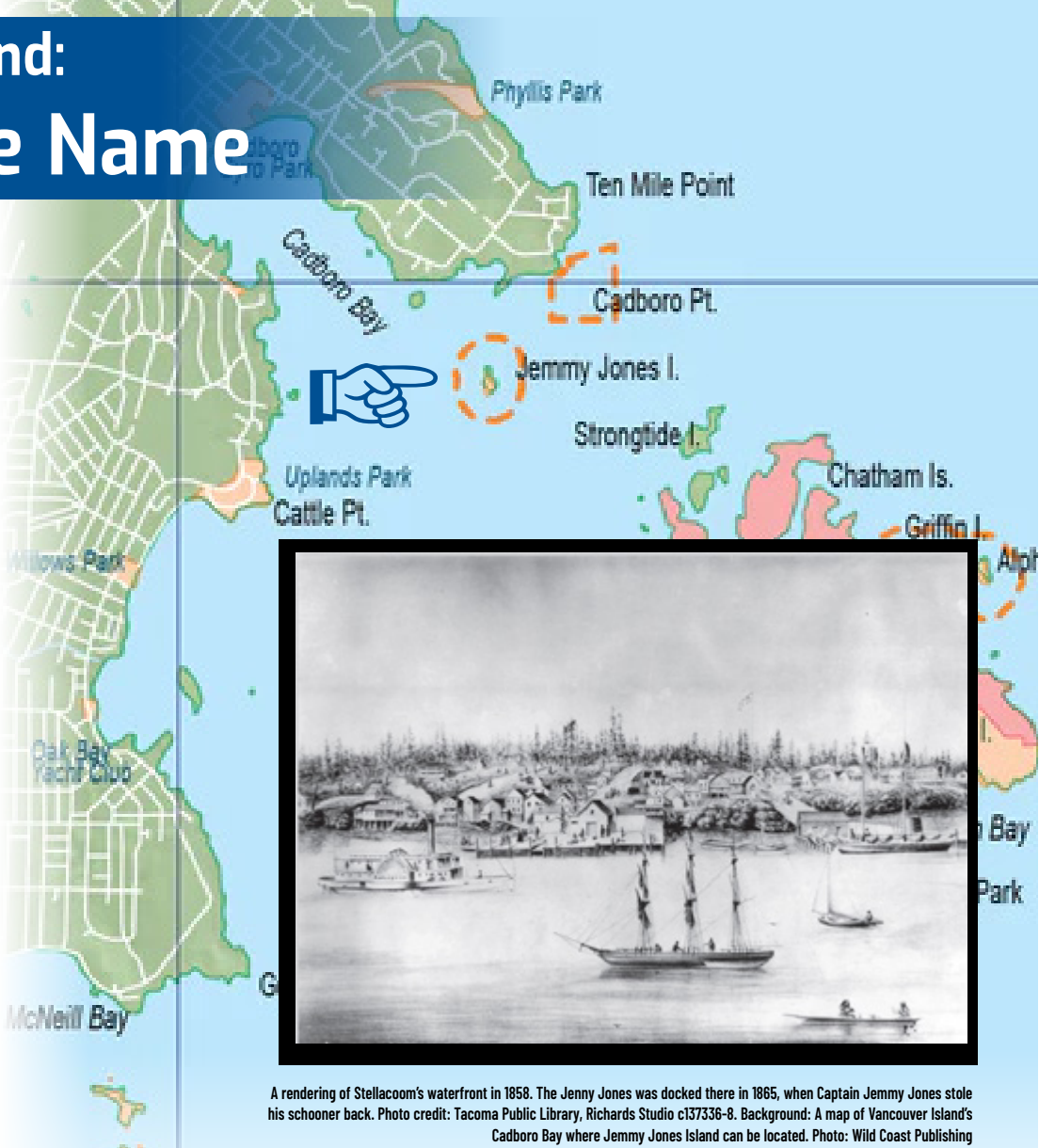
Though illiterate, Jones also possessed a photographic memory and an uncanny sense of navigation. A striking example of this came in 1864, when Jones daringly navigated a ship through the Columbia River Bar, a stretch of water so deadly it's known as 'the Graveyard of the Pacific.'

When the bar pilot refused to guide the ship through dangerous conditions, Jones took the helm of his schooner and made the crossing himself — from memory alone.

Eventually imprisoned for debt in Victoria, Jones watched as his beloved schooner, Jenny Jones, was seized by creditors in 1865. The vessel was then taken to Olympia, Washington. Determined to reclaim his ship, he orchestrated one of the most audacious escapes in Pacific Northwest history by disguising himself as a woman and slipping out of the Victoria jail. Jones then made the 75-nautical-mile journey to Olympia, likely by canoe and small boat. After discovering that Jenny Jones was being taken to Seattle for auction by a United States marshal, Jones boarded the ship as a passenger, stealing it under cover of darkness when the marshal went ashore for the night. When eventually tried for theft, Jones was acquitted on the grounds that the marshal had abandoned the vessel.

As the court reportedly reasoned: "The marshal left the ship — the ship did not leave the marshal."

This article draws on historical information from the Index of Historical Victoria Newspapers.



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SLt David Gilmore Awarded 2025 Merritt Chisholm Sword



BRAVO ZULU

Sub-Lieutenant David Gilmore

(Left to right) Retired Commander Steve White, National President of the Naval Association of Canada and the Vancouver Island Branch, Sub-Lieutenant David Gilmore, award-winner, and Commander Justin Simmons, HMCS *Ottawa*, pose for a photo during the presentation of the Merritt Chisholm Sword for Esprit de Corps and Perseverance.
Photo: Gerald Pash, Naval Officers Association

**Consolidated by Archana Cini
with Contributions by Gerald Pash**
Lookout Newspaper

Bravo Zulu to Sub-Lieutenant (SLt) David Gilmore, recipient of the 2025 Merritt Chisholm Sword for Esprit de Corps and Perseverance. Presented by retired Commander (Cdr) Steve White, National President of the Naval Association of Canada, and Cdr Justin Simmons, Commanding Officer of HMCS *Ottawa*, the award is a recognition announced annually at the Naval Warfare Officer Basic Course graduation ceremony.

Chosen by reviewing officer Cdr Simmons following a peer nomination, the recipient of the sword is acknowledged for exhibiting the following qualities: morale and support; camaraderie; inclusion; conflict resolution; perseverance; adaptability; and resilience.

SLt Gilmore joined the Royal Canadian Navy after graduating with a Bachelor of Science degree in Kinesiology from the University of Victoria. Congratulations on this significant achievement and recognition SLt Gilmore!



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SISIP Financial Esquimalt Team

Why should Defence community members and families turn to SISIP Financial for money management when financial information is already available online?

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Meet Magdalena Serwin, Senior Manager of Financial Education at SISIP, here to help families in the Canadian Armed Forces (CAF).

"Many financial principles are universal, like spending less than you make, avoiding debt, investing, having the right insurance, and being smart about taxes," says Serwin. "But CAF families face unique financial pressures. That's why we're designing financial literacy resources that help with both the basics and the extra challenges that come with military life."

With frequent relocations, deployments, and a variety of pen-

sion, benefits, and entitlements to navigate, financial literacy is extremely vital for CAF members and their families.

"Financial literacy helps manage transitions, make better decisions, maximize your benefits, and plan for a secure future," says Serwin. "It's a way to reduce stress and improve quality of life."

So how can CAF families boost financial literacy?

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Meet the SISIP Money Mastery Portal, a free online educational platform available to all CAF members and their families. Developed under the CFMWS-SISIP Financial Education Program and funded by the Director of General Compensation and Benefits, the portal provides access to:

- eLearning courses on financial myths, credit management, determining current financial standing, and the differences

between account types (i.e. TFSAs, RRSPs)

- Articles that discuss budgeting, investing, effectively paying off debt, and insurance
- Webinars on various timely financial topics
- Easy-to-use tools including a credit card calculator and budget simulator
- Bonus content on stock markets and retirement planning

With Serwin and her team working to launch both advanced content and online activities to boost retention, CAF members and their families can expect even more tailored financial resources in the future. Sign up for the free SISIP Money Mastery Portal today to boost your financial confidence — and remember to connect with an SISIP advisor on all things finance, from pensions and investments to spending and insurance.



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Naval Reserve supports training delivery for RMC Cadets

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Over the summer, 24 naval cadets (NCdts) from the Royal Military College of Canada (RMC) have been busy taking part in the Naval Environmental Training Program for Officers (NETPO) between Kingston and the West Coast.

This year's program marked an interesting departure from tradition. For the first time in recent history, NETPO was delivered in partnership with the Naval Reserve, leveraging its expertise, facilities, and coordination efforts to provide a more flexible, modular program closer to home. As a result, portions of the course were delivered at HMCS *Cataraqui*, the local Naval Reserve Division of Kingston, Ont.

NETPO is the first step most sailors take as they embark on life at sea. The course focuses on core seamanship skills. Over the past five weeks, these NCdts received training in flood response and force protection, weapons handling, and sea survival. They handled lines, learned to identify flags and pennants, and participated in ceremonial drills. As naval officers, they also examined foundational leadership principles.

Upon completing the course, these 24 NCdts got to put their training into practice aboard an ORCA-Class training vessel. During this final phase, they worked through their qualification packages, taking on key roles on the bridge like helmsperson and lookout. They also stood duty watches and learned more from the various subject matter experts aboard about the ship's systems and how it all operates.

Reflecting on the summer's success, Lieutenant Commander (LCdr) Kevin Ng, Senior Staff Officer, Readiness and Training for the Naval Reserve's Central Region, said, "This is a proud moment for the Naval Reserve. We've shown that our reservists bring valuable capabilities to the table and can play an important role in helping the Navy meet its training goals."

These NCdts are now heading back to RMC NETPO-qualified, but the real success of this summer's training may lie in how the course was delivered — through collaboration, teamwork, and innovative approaches to training the Navy's future leaders.



Naval Cadets receive an orientation aboard an ORCA-class vessel from the Patrol Craft Training Unit in Esquimalt, British Columbia, on July 25, 2025. They will apply what they have learned on course during their sail on Exercise Gold Rush 2025. Photo: Sub-Lieutenant Rosa Gutierrez.

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Petty Officers 1st class Brendan, Matthias, and Patrick Huber. Photo credit: Kathryn Huber

Meet the Huber PO1s: *Service Runs in the Family*

**Archana Cini,
Contributions from
Lt(Navy) Jonathan Lacasse
and PO1 Brendan Huber**

Lookout Newspaper

What started as a father's way of helping his children through the separations of service has since turned into a family of Petty Officers, 1st Class (PO1) at the youth and Royal Canadian Navy level.

Meet the Huber family, united by both blood and a shared love of the navy. Among the Hubers are three PO1s: Brendan (52), his son Patrick (15), and son Matthias (10), serving in the Royal Canadian Navy (RCN), Lanark Royal Canadian Sea Cadet Corps Program (RCSCC LANARK), and the Carlplace Navy League Cadet Corps Program (NLCC Carlplace) respectively. At the helm of the Huber family stands Patrick and Matthias's mother Kathryn Huber, an active member of the Navy League board.

The Sea Cadets are a Canadian Armed Forces (CAF) supported program focused on leadership, fitness, and citizenship for children aged 12-19. The Navy Cadet Corps, delivered by the Navy League of Canada, teaches children aged 9-12 seamanship, leadership, and RCN traditions.

To PO1 Brendan Huber, having his children join these organizations was not only a way to help them understand what he was doing away from home, but also a way to cope with his deployments. Now, his son Patrick has taken to his role of PO1 with enthusiasm and pride, with highlights including taking a Fitness and Sports Instructor Course and winning a RCSCC LANARK sportsman award. His son Matthias also won the Navy League Seamanship Award from NLCC Carlplace.

When asked if his children might consider pursuing military careers, PO1 Huber shared that Patrick has already applied to a co-op program with the 33 Canadian Brigade Group. Matthias is still unsure of what he'd like to pursue

in the future — understandably so at ten years old.

"I will say he [Matthias] has given me a good shoulder shrug in the past while saying 'Maybe,' regarding the CAF," PO1 Huber shares. "I will say Patrick seems to look forward to outranking me, and Matthias sure would love to boss me around a bit."

Importantly, sharing a naval link with his sons has brought the Hubers even closer, with the family looking forward to participating in Defence Community events next year as 'the PO1s.'

When home with his children, PO1 Huber often spends time teaching seamanship with the Navy League and Sea Cadets. "I'll teach knots and other rope work. I show the kids how to use the bos'n call. I also talk about my times at sea, what we do on trips, and how life is onboard."

Thank you to PO1 Huber and family for sharing your close history with the RCN.

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