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

# the LOOKOUT

PER & PUBLIS



## THE RAVEN PROGRAM



Candidates from the 2025 iteration of the Raven Program prepare for a course held at Camp Albert Head, CFB Esquimalt on July 31. See Page 3 for more.

Photo: S1 Alexander Koller, MARPAC Imaging Services Raven Photo: Getty Images/iStockphoto serkanmutan

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

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# Meet Lindsay

*Note from the Lookout: In this 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 drives our work at the Lookout.*

## Lindsay Groves

Lookout Newspaper

Here I am again: sitting behind a key-board with a blank page on my screen. It always feels good to be here — at the beginning of something new. My career has taken me from local reporting to writing for global brands, and now I'm back in community news. Because I believe storytelling matters, it feels like the right time to introduce myself and tell a chapter of my story.

I'm Lindsay Groves, the Corporate Services Manager for the *Lookout Newspaper*, part of the Personnel Support Programs (PSP) team. I joined the team in July 2025.

My brother, Sub-Lieutenant (SLt) Nicholas (Nick) Groves, enlisted in the Royal Canadian Navy (RCN) in 2012. He was proud and ready. As a family, we celebrated his professional milestones throughout the years of service with memories of his graduation at

His Majesty's Canadian Ship (HMCS) *Venture*. We also celebrated his life with a ceremony at *Venture* as Nick proudly served on HMCS *Ottawa* until his death in 2017 after his battle with cancer.

There is a saying on the wall at Work Point's Nixon Gym that reads, "A new undertaking to dare & not be afraid." While I did not witness my brother in his naval environment, I knew him, and I was with him from his diagnosis to his death. To witness his strength, courage, and humour in the face of this impossible challenge remains a guiding light in my life.

During his battle, Nick experienced an outpouring of care and support from this base. I can confirm that his experience, along with my family's experience in caring for him, would have been extremely different with additional layers of difficulty if it were not for the morale, benefits, and support offered by this community. He would often tell me how grateful he was to be a part of this

world. (His in memoriam announcement is featured in the *Lookout's* Volume 62 Number 6.)

For me, joining the *Lookout* team is not about stepping into the past. It's about carrying forward the values I saw in my brother and in this community: courage, connection, and resilience. Lieutenant Commander (LCdr) Jenna Lawson (previously our Family Liaison Officer) emailed me on my first work-day with a note, "Oh the JOY of seeing a Groves in the address book again." It feels good to be here.

I look forward to the journey ahead, to dare and not be afraid on this next adventure. I want to thank the incredible *Lookout* team and PSP team for the warm welcome. I look forward to bringing more stories that celebrate and strengthen the Defence community. And thank you, reader, for being here.

*"I believe storytelling matters."*

## FUN FACTS

### Q: What's your favourite book?

Too many to pick one ... but it might be Nick Cave's *Faith, Hope, and Carnage*. My favourite book from 2024 was Ian Williams' *What I Mean to Say*, while this year's favourite book (so far) is Chloe Dalton's *Raising Hare*.

### Q: What's a surprising skill you have?

Since moving to Victoria, I've read 306 books from the Greater Victoria Public Library — about 30 a year, saving me roughly \$6,000. I'm happily (and fiercely) loyal to the library.

### Q: What's your favourite CFB Esquimalt memory?

My brother's graduation at *Venture*. Flash forward eight years, I'm in the same building with the *Lookout* team at a Change of Command ceremony (CoC) for Base Administration (Base Admin). A poem from Commander (Cdr) Bruzzone is read during the ceremony with this verse: 'We hold in hearts those gone before, their names still echo on the shore. Through sacrifice our freedoms grew; Their history now sails with you.' It felt special for many reasons.

**Connect with Lindsay at [lindsay.groves@forces.gc.ca](mailto:lindsay.groves@forces.gc.ca)**



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# RAVEN Program Returns to CFB Esquimalt

Archana Cini  
Lookout Newspaper

The Raven Program is one of five Indigenous summer programs offered annually by the Canadian Armed Forces (CAF). A six-week summer Basic Military Qualification (BMQ) course designed specifically for Indigenous participants from across Canada, Raven blends Indigenous cultural teachings with naval-focused military training.

The 2025 iteration of the Raven Indigenous Summer Program included a Confidence Course. Held at Camp Albert Head, Canadian Forces Base (CFB) Esquimalt on July 31, the outdoor course challenged program participants to successfully scale walls, navigate rope bridges, complete net climbs, and more.

Notably, Raven is not designated as a youth program — rather, it is open to Indigenous people of all ages eligible to join the CAF (16–57). This year, Raven saw participants learning and connecting with traditional Indigenous values and teachings; learning defence skills during the BMQ course; and spending a day aboard a Royal Canadian Navy (RCN) vessel to boost military knowledge and experience life at sea. Students were also taught weapons handling, navigation, first-aid, flood containment, firefighting, and more.

To Master Sailor (MS) Henry McDavid, Naval Combat Information Operator and Raven instructor, the program also provides participants with a wealth of valuable insights beyond military skills.

“Everyone has that little voice in the back of their head filled with fears of ‘what if,’” said McDavid. “But you will learn on this course that your fear of failure is stopping you before you even begin, and that you are capable of more than you ever thought you would be.”

Just days after the Confidence Course, on Aug 6, the group travelled to the Nanaimo Range for a live-fire range day.

The Raven Program officially concluded on Aug 18 following a formal graduation ceremony held at CFB Esquimalt.

Reflecting on the 2025 iteration of the course, MS McDavid shared, “I am confident that each of the graduates walked away with a sense of accomplishment, confidence, and a deeper understanding of the nuances of teamwork and leadership. Even more importantly, they walked away with knowledge on how that can apply those skills not just to the military, but also everyday life.”

Over the years, Raven has become a cornerstone of the CAF’s Indigenous programs by offering people from First Nations, Inuit, and Métis communities a unique introduction to military life while honouring their cultural identities. As such, the graduation ceremony also included the receipt of sashes for Métis program graduates from members of the Métis Nation, songs sung by Indigenous community members, and the presence of an Indigenous carving standing watch over the ceremony.

Following graduation, Raven also provides program graduates with high school credit and the opportunity for a future career with the CAF. As participants return home, the Raven program remains a testament to the strength that blooms when tradition and service walk side by side.

To Master Sailor (MS) Carmen Pham, Material Management Technician and Raven instructor, the program’s significance lasts well beyond graduation.

“The true impact of Raven is clear when previous candidates reach back out. Sometimes for operational support, career guidance, or even help navigating civilian life,” she said. “These are the connections that prove Raven is more than a course. Rather, it’s a network of lasting change.”



A Métis graduate from the Raven Indigenous Summer Program Basic Military Qualification (BMQ) course receives a sash from a member of the Métis Nation British Columbia as part of the graduation ceremony for the Raven Program at HMCS Venture on Aug 18. Photo: Sailor Third Class Lucas Augustyn, MARPAC Imaging Services



Bottom image: A group photo of the 2025 Raven Indigenous Summer Program Basic Military Qualification course taken at HMCS Venture on Aug 18. Photo: Sailor Third Class Lucas Augustyn, MARPAC Imaging Services  
Background image: A Raven Program candidate takes on obstacles on the Confidence Course at Camp Albert Head, CFB Esquimalt on July 31. Photo: S1 Alexander Koller, MARPAC Imaging Services



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# Remembrance in Victoria, Honour in Halifax: RCN Accepts HMCS *Robert Hampton Gray*



(Left to right) Chief Petty Officer 1st Class Armand Reelick, Captain(Navy) Sam Patchell, Commander, Canadian Fleet Pacific, and Commander Malcolm Girard-Leblanc place wreaths and read the inscriptions on the Robert Hampton Gray Memorial at the BC Aviation Museum at Victoria International Airport on Aug 9. Photo: Gerald Pash

**Archana Cini**  
Lookout Newspaper  
Contributions by Gerald Pash and the Naval Association of Canada, Vancouver Island Branch

On Aug 21, the Royal Canadian Navy (RCN) officially accepted His Majesty's Canadian Ship (HMCS) *Robert Hampton Gray*. The vessel is the sixth and final in a new fleet of Harry DeWolf-class Arctic and Offshore Patrol Vessel (AOPV). Built under the National Shipbuilding Strategy, *Robert Hampton Gray* will safeguard Canadian waters, strengthen Arctic sovereignty, and deploy abroad. Notably, the AOPV is capable of operating in first-year ice of 120-centimetre thickness, allowing the RCN unescorted

access to previously inaccessible areas of the Arctic. However, *Robert Hampton Gray's* acceptance carries weight far beyond steel and ceremony — its name is an act of remembrance for Lieutenant (Lt) Robert Hampton Gray, the last Canadian to be awarded the Victoria Cross. On Aug 9, 1945, Lt Gray climbed into the cockpit of his Corsair fighter from the aircraft carrier His Majesty's Ship *Formidable*, leading an attack on Japanese ships in Onagawa Bay. Despite flying straight into concentrated anti-aircraft fire and taking a hit, he continued with his attack by releasing a bomb on the destroyer *Amakusa* while flying very low to ensure a successful hit. Struck by his bomb, the vessel capsized and sank. Lt Gray's

flaming aircraft then crashed into the sea. Only 27 years old when he passed, Lt Gray's body was never recovered. Exactly 80 years after his passing, on Aug 9, 2025, HMCS *Robert Hampton Gray* was named in an East Coast ceremony at Halifax Shipyard, Nova Scotia. At the same time, Canadians also gathered on the West Coast to honour Lt Gray in a Vancouver Island remembrance ceremony at the British Columbia (B.C.) Aviation Museum. Here, representatives of the RCN and the Royal Canadian Airforce (RCAF), members of the Vancouver Island Branch of the Naval Association of Canada, and museum supporters all gathered to remember the navy pilot.

Lt Gray was also honored on Aug 9 in Japan at a memorial raised in Onagawa — the only monument dedicated to a foreign service member on Japanese soil. With Canada's Harry DeWolf-class vessels being the first in RCN history to all be named after Canadian war heroes, it is fitting that the final vessel of the fleet bears the name *Robert Hampton Gray*. The vessel's commissioning ceremony will take place in 2026 after its arrival to Canadian Forces Base (CFB) Esquimalt, after which it will officially join the Pacific Fleet. Importantly, *Robert Hampton Gray* reminds us that our navy's strength rests not only in its ships, but in the courage and commitment of those who serve aboard them.



HMCS *Robert Hampton Gray* is delivered to the Royal Canadian Navy on Aug 21. Photo: Corporal Brian Levesque, Formation Imaging Services

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# Prime Minister Visits CFMETR Nanoose Bay

## Nicole Glutek

The Canadian Forces Maritime Experimental and Test Ranges (CFMETR)

On Aug 4, Canadian Prime Minister Mark Carney visited The Canadian Forces Maritime Experimental and Test Ranges (CFMETR) at Nanoose Bay, Victoria, British Columbia (B.C.).

The prime minister was also joined by Vice-Admiral (VAdm) Angus Topshee, Commander of the Royal Canadian Navy (RCN), and Commander (Cdr) Craig Piccolo, Commanding Officer of the Nanoose Bay facility.

During the visit, the prime minister, VAdm Topshee, and Cdr Piccolo toured several King's Harbour Master vessels and range facilities that play critical roles in underwater acoustic

testing and maritime defence research. The prime minister also visited the Range Operation Centre, where advanced monitoring and naval systems testing are conducted.

According to a statement from the office of the Prime Minister, the visit was intended to underscore Canada's strategic plan to rebuild, rearm, and reinvent

the Canadian Armed Forces (CAF). The statement also noted that the prime minister utilized the visit to personally thank members of the RCN for their service and dedication to our nation.

The visit concluded with the prime minister meeting CFMETR personnel and their families, a moment that was both memorable and meaningful to those involved.



Top: (Left to right) Vice-Admiral Angus Topshee, Commander of the Royal Canadian Navy, Prime Minister Mark Carney, and Commander Craig Piccolo, Commanding officer of the Nanoose Bay CFMETR facility.

Bottom: A group photo of the prime minister and Defence community members taken at the Nanoose Bay CFMETR facility on Aug 4. Photos: Office of the Prime Minister



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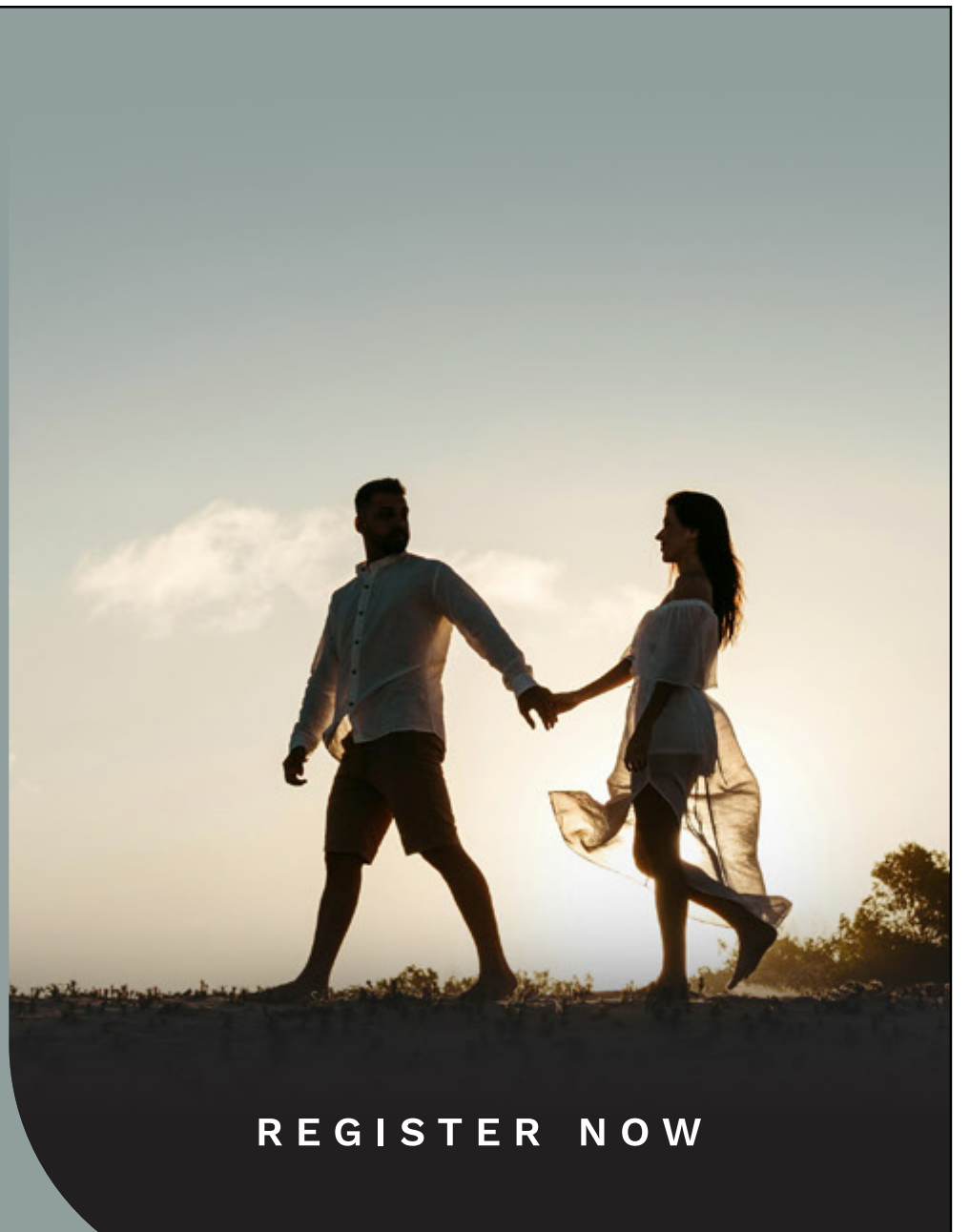
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# Rainbow Park:

## *A Quiet Link to Canada's Naval Past*



Bottom: The cairn found at the entrance of Rainbow Park.  
Top: The view from Victoria's Rainbow Park.  
Photos: Google Maps Images

### Lt(Navy) Mike Makow

Tucked away in a quiet residential corner along Victoria's Songhees walkway, Rainbow Park is a peaceful green space long enjoyed by islanders. However, few who pass through realize that the park likely carries the name of His Majesty's Canadian Ship (HMCS) *Rainbow*, a Royal Canadian Navy (RCN) vessel that once played a pivotal role in Canada's maritime history.

The ship was built in 1892 as His Majesty's Ship *Rainbow*, an Apollo-class protected cruiser for the British Royal Navy which eventually arrived at Esquimalt Harbor in November 1910, following a transfer to the RCN. Serving as a training vessel on Canada's West Coast, *Rainbow* conducted fishery patrols and was utilized for ceremonial purposes.

During the First World War, HMCS *Rainbow* played a valuable role in the Pacific, where the vessel was dispatched to cover the withdrawal of His Majesty's Ship (HMS) *Shearwater* and HMS *Algerine*, vessels that had been protecting British citizens during civil unrest in Mexico.

In July 1914, HMCS *Rainbow* was ordered to escort the *Komagata Maru*, a Japanese merchant ship with Sikh immigrants from India, from Vancouver back to India.

The ship's passengers had not been permitted to disembark for over two months from the Vancouver harbour because of Canada's immigration laws that prevented immigration from South Asia. Upon *Komagata Maru's* return to India, 20 passengers were killed, underscoring the consequence of their denied refuge in Canada.

At the edge of Victoria's Rainbow Park stands a weathered stone cairn, largely overlooked by passersby. Embedded in its surface is the imprint of a ship's crest — its details worn by time, but its presence unmistakable. Longtime residents and naval enthusiasts both believe this may once have been the crest of HMCS *Rainbow*, a tribute to the ship for which the park is named.

Though no plaque or crest remains, the cairn is thought to serve as a quiet reminder of Victoria's deep naval roots, a symbol of how history sometimes endures in subtlest of ways.

Rainbow Park offers more than a green space to enjoy. Rather, it provides visitors with a quiet invitation: to pause, wonder, and most importantly, remember.

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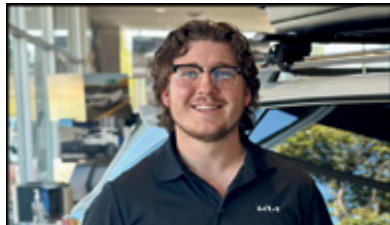


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OAKWOODS



# Naden Band Wraps Summer Season with Anniversary Concert

Archana Cini  
Lookout Newspaper

Following a series of exciting summer performances held throughout Vancouver Island, the Naden Band of the Royal Canadian Navy (RCN) will mark its 85th anniversary with a free concert in Victoria. The band recently closed the Summer Sounds Sidney Concert Series at Beacon Park, Sidney. They also concluded Esquimalt's Memorial Park Music Festival to mark the finale of the township's summer concert season. The last of the Naden Band's summer performances will be held at 1 p.m. on Sept 13 at Victoria's

Beacon Hill Park. Here, the public will be treated to a free concert in honour of the band's anniversary. The Naden Band carries a legacy stretching as far back as August 1940, when it was first formed. One of only two full-time regular force military bands in Canada, the band's 35 professional musicians have represented the West Coast, the RCN, and our nation for 85 years. The band has performed both nationwide and internationally in a variety of formats, from concert and parade band to smaller ensembles. Bravo Zulu to the Naden Band on this incredible milestone of service.



END OF SEASON CONCERT:  
**Sept 13 • 1 pm**  
**Beacon Hill Park**



Members of the Naden Band playing at the Sidney Concert Series in Sidney, August 24 Photo: Sailor 1st Class Brendan McLoughlin. Flautist and background (top inset) photos by Sailor 3rd Class Lucas Augustyn



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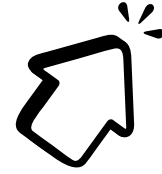
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**CFHA  
Launches  
Occupant Portal  
to Streamline Housing Services**

The Canadian Forces Housing Agency (CFHA) recently modernized its operations with the launch of *the Occupant Portal*, a comprehensive web page that efficiently presents all CFHA services in one location. From applying for military housing to submitting maintenance requests, the occupant portal is designed to intuitively direct Canadian Armed Forces (CAF) members and their families towards the housing information and support they need.

To Stephen Jubinville, CFHA Customer Service Program Manager, feedback has guided this digital transformation.

"We've listened to our occupants and

recognized the shift in how they want to access housing services. More than half of our occupants are eager to manage their housing needs digitally, from updating contact details to submitting service requests."

The Occupant portal is part of the CFHA's broader efforts to implement a fully digitized service model by 2030 and aligns with the agency's commitment toward elevating customer experience, modernizing business, and meeting the CAF's evolving needs.

Background credit: Wallace Garrison, Getty Images

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# CFMETR and DFO Collaborate to Rescue Whale in Distress

**Cdr Craig Piccolo**  
Commanding Officer of Nanoose Bay CFMETR

Quick action and strong coordination between the Canadian Forces Maritime Experimental and Test Ranges (CFMETR) and the Fisheries and Oceans Canada (DFO) recently led to the successful rescue of a distressed humpback whale in the Strait of Georgia.

At approximately 10:15 a.m. on Aug 27, Mickael El-Hachem, a King's Harbour Master (KHM) crew member aboard the Canadian Forces Auxiliary Vessel (CFAV) *Stikine*, spotted what appeared to be a buoy moving unnaturally in water two nautical miles away.

Upon closer inspection, by 10:30 a.m. the crew identified it to be a humpback whale entangled in a buoy and line system in the northeast portion of Area Whiskey Golf.

The whale appeared to be in distress, prompting Captain Bill Lawrenuk, Commanding Officer of CFAV *Stikine* to immediately notify Lieutenant(Navy) Donald MacDonald, Range Officer, and Melina Sorensen, Environmental Officer.

Sorensen then contacted the DFO, which dispatched Paul Cottrell, Marine Mammal Coordinator, and two fisheries officers to the scene. Cottrell noted that efforts to locate and free the whale had been underway for several days.

Supported by orders from Commander Craig Piccolo, CFMETR Commanding Officer, all operations were placed on standby to prioritize the whale's rescue. As such, *Stikine* remained at the scene, continuing to monitor the animal's speed, direction, and behaviour from a safe distance.

DFO arrived at 12:45 p.m. and, following a brief assessment, carefully devised a collaborative disentanglement plan with *Stikine*. Upon DFO's request, CFMETR's security vessel *Ranger 3* was tasked to provide rescue support as needed.

By 4 p.m., DFO reported that the buoy and lines had been successfully disentangled from the whale, which was in stable condition.

In addition to exhibiting the coordination and readiness of CFMETR and DFO personnel, the successful whale rescue highlighted the importance of ongoing environmental stewardship.



Personnel from DFO and CFMETR collaborating at sea to rescue the humpback whale in distress. (Inset) The freed humpback whale diving into the ocean before departing the waters at CFMETR on Aug 27. Photos: Paul Cottrell, DFO Marine Mammal Coordinator. Humpback whale artwork: Viktor Kashin, Getty Images

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# Base Commander's Golf Tournament Returns on **Sept 25** for a Day of Fun

Archana Cini  
Lookout Newspaper

The greens at Olympic View Golf Club will once again be filled with competition and community spirit as the annual Canadian Forces Base (CFB) Esquimalt Base Commander's Golf Tournament returns on Thursday, Sept 25.

With an early 8 a.m. tee-off, golfers of all levels are invited to enjoy a day of friendly play and rivalry. The tournament will follow a four-player scramble format, making it a welcoming event for both seasoned and new golfers alike.

As always, the day promises plenty of highlights. Teams will compete for several prizes including a WestJet flight voucher, as well as have access to power carts and opportunities to practice between rounds. The day will also include a well-anticipated

gourmet burger lunch with vegetarian and vegan options available on request..

This year marks the 11th annual Base Commander's Golf Tournament.

"I love getting to drive around the course and interact with all the golfers and sponsors who come out to make this event extra special for our community," said event organizer, Gillian Larsen. "This year, I really hope our participants will have fun, enjoy a beautiful day on the course, and understand that the hard work they do every day is greatly appreciated. Hopefully, they also come away with a prize or two!"

Proceeds from the tournament will fund programs that enhance the morale and welfare of our Defence community, ensuring that fun on the fairway also provides value beyond the course.

**To secure your spot at the tournament, register today by calling 250-363-1009 before Sept 17.**



Photos: The Lookout Newspaper Archive



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## In Loving Memory: WILLIAM MARTY ANSELL

We are deeply saddened to share the passing of William Marty (Bill) Ansell — beloved husband, father, grandfather, and friend; a dedicated officer of the Royal Canadian Navy (RCN); and a distinguished hockey player and coach.

Bill's athletic career included leadership roles with the WHL's Regina Pats, the University of Alberta Golden Bears, and the CFB Esquimalt Tritons. He was 63.

Bill's life was defined by leadership, service, and heart. After his time on the ice, he served 33 years in the RCN, including aboard His Majesty's Canadian Ship *Regina*, and retired as a Lieutenant-Commander.

A celebration of life will be held on Sept 20 at 12:30 p.m. at Army, Navy, and Airforce Unit 302 in Sidney. If you are interested in attending, please RSVP to dawn.ansell@shaw.ca. In lieu of flowers, donations in Bill's name are welcomed to support minor hockey and pancreatic cancer research.



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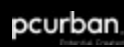
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# Port & Puzzle • Finish the Quote

We all know a good Navy quote when we hear one – but how well do you know them when words are missing?  
This month's *Port and Puzzle* challenges you to a fill-in-the-blank matching word game featuring some of North America's most iconic naval quotes. To play, simply fill in the blanks to complete the quote, and draw lines across the two columns to match each finished quote to its speaker. Answers can be found at the bottom, upside-down.

“Don’t give up the \_\_\_\_\_.”

“Damn the \_\_\_\_\_, full speed ahead!”

“What matters is action... Not to think about \_\_\_\_\_, but to \_\_\_\_\_.”

1940s “Loose \_\_\_\_\_ sink \_\_\_\_\_.”

“A good \_\_\_\_\_ is not a provocation to war. It is the surest guarantee of \_\_\_\_\_.”

“A ship in port is \_\_\_\_\_, but that’s not what ships are built for.”

“We have met the \_\_\_\_\_ and they are ours.”

“You may \_\_\_\_\_ when you are ready, Gridley.”

Admiral Grace Hopper

Admiral David Farragut, 1864

U.S. President  
Theodore Roosevelt, 1902

Commodore  
Oliver Hazard Perry, 1812

Captain James Lawrence, 1813

Webb Chiles, 2011

Commodore  
George Dewey, 1898

U.S. Navy Propoganda Slogan

Answer Key:  
“Don’t give up the ship,” Captain James Lawrence, 1813; “Damn the torpedoes, full speed ahead!” Admiral David Farragut, 1864; “What matters is action... Not to think about sailing, but to sail,” Webb Chiles, 2011; “Loose lips sink ships,” U.S. Navy Propaganda Slogan, 1940s; “A good Navy is not a provocation to war. It is the surest guarantee of peace,” U.S. President Theodore Roosevelt, 1902; “A ship in port is safe, but that’s not what ships are built for,” Captain James Lawrence, 1813; “We have met the enemy and they are ours,” Commodore Oliver Hazard Perry, 1812; “You may fire when you are ready, Gridley,” Commodore George Dewey, 1898



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