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the LOOKOUT

NEWSPAPER & PUBLISHING



Formation FUN Day

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YOU MATTER
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and so much more!

Children run through an outdoor bubble show by local performer That Bubble Guy during Formation Fun Day on Sept 6. See page 3 for more.

Photo: Aviator Rebecca Mainardi, MARPAC Imaging

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A Division of Personnel Support Programs

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

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THE LOOKOUT TEAM

CORPORATE SERVICES MANAGER

Lindsay Groves
lindsay.groves@forces.gc.ca

PRODUCTION

Teresa Laird
creativeservices@lookoutnewspaper.com

Leslie Eaton
creativeservices@lookoutnewspaper.com or
eaton.leslie@cfmws.com

WRITER/DIGITAL MEDIA COORDINATOR

Archana Cini
archana.cini@forces.gc.ca

ADMINISTRATION AND ACCOUNTS

Andrea Modesto
250-363-3127
andrea.modesto@forces.gc.ca

ADVERTISING

Joshua Buck
778-977-5433
military.base.advertising@gmail.com

Danielle Thompson
forces.ads@westcoastmarketing.net

EDITORIAL ADVISORS

Lt(Navy) Wilson Ho
250-363-4006

Rodney Venis
250-363-7060

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Meet Leslie

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.

Archana Cini

Lookout Newspaper

The *Lookout* is more than its stories. It's about connecting people, sometimes across the world, sometimes right next door. Being a part of that means a lot.

I'm Leslie Eaton, graphic designer and creative at the *Lookout Newspaper*. Among many other projects, I design our newspaper.

Design can tug at your heartstrings just as much as the words do. That's one of my favourite parts of my job — shaping how stories are felt, not just read. I'd like to believe I bridge a gap between emotions and words. Not everyone communicates the same way, and I love to learn how people express their ideas, then translate that into something visual.

Designing the paper isn't just the layout itself, it's the teamwork. It's about working with everyone to create a product that feels polished, engaging, and alive. It's never just one person's work. Every edition reflects a collaboration, and I find that deeply rewarding.

I've been designing the *Lookout* for over three years, but my story as an artist stretches back much farther — back to the early '90s, when I first started working in the print industry. Over the years,



I've seen design styles shift and the production evolve with technology, but, at its core, what I love hasn't changed: that is, taking an idea and making it come alive.

I've always been artsy and had that drive to put something onto a page that evokes the emotion attached to the words. For me, creativity doesn't stop when I leave the office — it follows me home, in the form of silk and wool, paint, and parchment. Right now, I'm making a silk banner with my motto 'Kindness Above All' across it. To me, that phrase captures the value I want to live by. I also paint medieval illuminated pages with modern twists, in a nod to the one constant in life — change.

My life is closely tied to the Defence community. I grew up in a military town, and my partner Troy has been in the Navy for more than three decades. My family also has deep naval roots on my father's side, stretching back many generations — I literally have a great-grandfather named Marinus, and my father was on a crew that brought the *Star of India* back to sailing condition and out to sea in 1976. It feels full-circle now to contribute to telling the stories of this community.

I see design as storytelling and as a way of evoking emotion in others. At the end of the day, what I strive for in every part of my life is to create, to connect, and to carry kindness, above all.

"Kindness above all."

FUN FACTS:

Q: What's your favourite book?

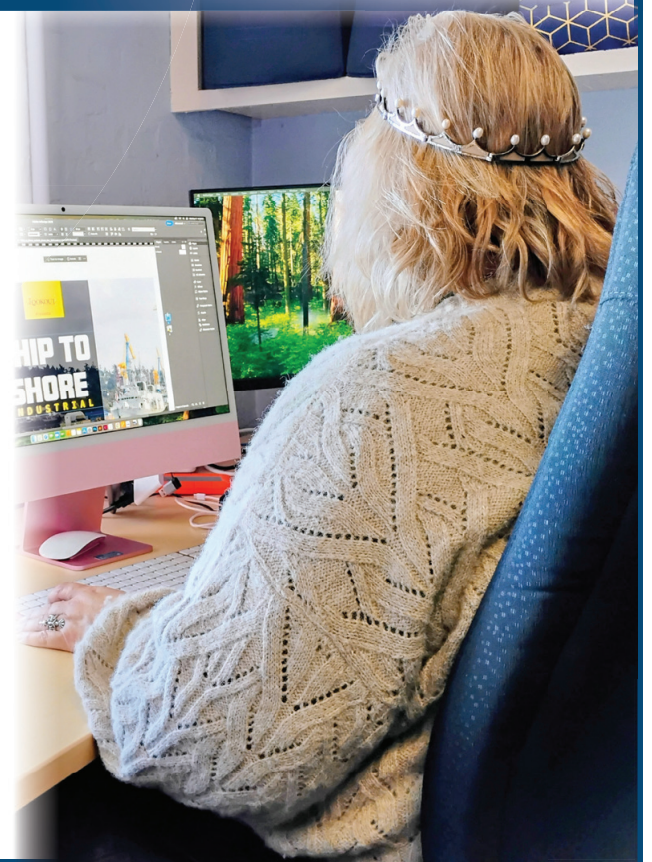
My favourite book changes quite frequently, but right now it's *Circe* by Madeline Miller. There's deep magic in the retelling of Grecian mythologies, especially when characters are empowered and deeply motivated.

Q: What inspired you to join the *Lookout* creative team?

After working in print media for many (many [many]) years, I began searching for a place where I could make some lives brighter. Working for Canadian Forces Morale and Welfare Services (CFMWS) fit the bill for me, and I hope that with each issue we engage with each other, connect, and that although in this digital age we can be individually isolated, we can also be joined as a community. In 2023, I was awarded the Client Services Excellence Award, which was a huge honour and it was a pretty cool way to get feedback on whether I was achieving my goal.

Q: What is your favorite part about working with the Royal Canadian Navy (RCN)?

I love the history, the superstitions, the traditions that carry forward to this day, the words and phrases created over naval history and most of all, I have to admit, the uniforms are the best looking in the Canadian Armed Forces. I appreciate where the RCN is going in terms of inclusivity and equity and I have massive respect for all those behind these positive changes. As in all aspects of life, I believe that diversity makes us all stronger.



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Hundreds Gather at CFB Esquimalt for Formation FUN Day

Archana Cini
Lookout Newspaper

Laughter, music, and the buzz of family fun filled Canadian Forces Base (CFB) Esquimalt on Sept. 6 as the local Defence community gathered to celebrate Formation Fun Day 2025.

An annual event held at the Naden Athletic Centre and surrounding grounds, Formation Fun Day drew hundreds of Defence Team members, families, and community partners for a day of carnival-style games, food, and entertainment.

"Formation Fun Day was full of life," said Leah Pokocky, Personnel Support Programs (PSP) Special Event Coordinator. "It really highlighted the strong community spirit we have here at CFB Esquimalt — you could literally feel the energy and creativity of our volunteers, staff, and vendors fueling the day."

In addition to housing interactive exhibits and displays by local organizations, the event also included well-loved performances by STAGES dance, Mister Mojo, and a story time conducted by the Greater Victoria Public Library.

Children enjoyed the event scavenger hunt, as well as taking photos with stilt walkers from the Rising Circus, superheroes and Disney princesses from Enchanted Fables Princess Party Professionals, and the Royal Canadian Navy's

(RCN) mascot, SONAR. Some adult attendees also enjoyed challenging themselves with a hot sauce competition and testing their strength against a rock-climbing wall. At the heart of the fun, families refueled with hot dogs provided by the Esquimalt Military Family Resource Center (EMFRC) at an outdoor BBQ booth.

Other family-friendly highlights included guided rigid-hulled-inflatable-boat (RHIB) rides, a 100-foot obstacle course, and a bubble show by That Bubble Guy. Indoors, a market-place with over 40 local vendors brought excitement to the Defence community with jewellery, cards, pottery, clothing, and more.

For Esquimalt local Sarah Thompson, Formation Fun Day was more than just a day out — it was a reminder of the strength of the Defence community.

"It's events like this that make you feel connected to something bigger," she said. "While my kid loved the pizza and bug exhibits, to me it meant everything to meet other military families as a newer community member."

"It's just such a fun, relaxed environment," said Mark Jensen, Defence community member. "It felt like a real celebration of the military community."



Defence community families enjoying food, activities, and games during Formation Fun Day on Sept. 6.
Photos: Aviator Rebecca Mainardi, MARPAC Imaging

Thank you to sponsors Bank of Montreal (BMO), Seaspan, Babcock, the EMFRC, Saje Natural Wellness, Domino's Pizza, Esquimalt Bake Shop, and the Canadian Forces Base (CFB) Esquimalt Base Fund.



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Defence on the Dock Invites Public to Explore Naval Life

Archana Cini

Lookout Newspaper

On Sunday, Oct 5, the Victoria waterfront will once again draw crowds as Defence on the Dock (DotD) returns to Ogden Point from 10 a.m. to 3 p.m.

DotD is a biennial event that offers the public an up-close look at life in the Canadian Armed Forces (CAF), Royal Canadian Navy (RCN), and the Defence team of Canadian Forces Base (CFB) Esquimalt. By showcasing the Defence team's vessels, equipment, related organizations, and its people, DotD provides the public with free opportunities to explore and engage with naval life in a welcoming environment.

In addition to returning favourites such as ship tours and interactive displays, DotD is introducing several new engagements this year that showcase RCN talent and community. For the first time, the event will debut a Sports Zone with professional, semi-professional, and Canadian Armed Forces (CAF) athletes; sports activities; fitness demonstrations; and more. The Marine Careers Exposition will also be on site to showcase nationwide career opportunities and connect government organizations, industry employers, and institutions with local communities.

"To me, Defence on the Dock really solidifies CFB Esquimalt's 'Support for All' motto and showcases our community to the public," said Matt Carlson, Base Public Affairs Projects Officer. "The Marine Career Expo and Sports Zone are going to make this year's edition a really special day."

Attendees can also expect musical performances by the Naden Band of the RCN.



Food and drink options will be available for purchase, including food trucks and a BBQ hosted by the Esquimalt Military and Family Resource Centre (EMFRC).

Other event participants will include Team Rubicon Canada; the Victoria Royals Hockey Club; the Naval Training Group (NTG) Learning and Support Centre; the 5th BC Field Regiment Royal Canadian Artillery (RCA) Museum; the Victoria HarbourCats baseball team; the Ashton Armoury Museum; and Regional Cadet Support Unit (RCSU) Pacific.

For DotD organizers, pulling off an event of this scale is anything but simple.

"Even when you're putting on an event like this that's happened before, it's a lot more complex than you'd think," said Acting Sub-Lieutenant (A/SLt) Michael Samuels, second-in-command for the event.

"There's no cookie-cutter format to making it happen. There are so many nuances — which ship will be docked where? What will our community want to engage in this year? It's both challenging and incredibly rewarding."

For A/SLt Max McGraw, contributing to DotD is a responsibility that means a lot, both personally and professionally.

"Working Defence on the Dock is so dynamic. You quickly realize how many different organizations and people are connected through a single event, and how much effort it takes to make something happen," he said.

Most importantly, the purpose behind DotD has stayed steady through the years. Whether through a ship tour or a conversation with an athlete, every moment matters.

Photos page 5, right to left: Members of the public learn about the elements of a Royal Canadian Navy (RCN) vessel from a sailor during the 2023 Defence on the Dock event at Ogden Point. A child engages with a display. Local families engage with one of several interactive displays hosted by members of the RCN. Photos: Corporal Tristan Walach, Canadian Armed Forces



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HMCS Max Bernays Pushes the RCN's Northern Edge



S1 Maxime Vandal

On Aug 29, His Majesty's Canadian Ship (HMCS) *Max Bernays* set a new Royal Canadian Navy (RCN) record when the vessel and its crew reached 81°12.044' N, 155°38.512' W – farther north than any RCN ship in history.

Currently participating in Operation (Op) LATITUDE in the Western Arctic and its approaches, *Max Bernays* departed Esquimalt Harbour on Aug 13 for a multi-operational deployment. The vessel is set to return home on Dec 19, following later participation in both Op HORIZON in the Indo-Pacific region and NEON in support of United Nations sanctions enforcement.

For over a decade, HMCS *Shawinigan* held

the record for sailing to the highest northern point with its Aug 14, 2014 touch at 80°28' N. While other vessels have since operated in the Arctic, none have surpassed that mark — until now.

Reaching 81°12.044' N required every department pulling in the same direction. As such, bridge teams and lookouts had to adjust to the midnight sun and the visual illusions caused by drifting sea ice. Engineers also worked non-stop to prevent water and heating systems from cracking under the pressure of Arctic conditions, while the deck department kept upper deck equipment prepared for any rescue mission and minding lines that stiffened within minutes. Specialists analyzed imagery and weather, while an embarked Ice Service

Specialist from Environment Canada advised on ice composition and movement.

The crew encountered and overcame challenges that only revealed themselves at the furthest edges of navigational charts — allowing them to gather important insights and lay vital groundwork for future Arctic patrols to go even further and stay at sea longer.

The impact of this milestone is as far-reaching as its accomplishment. The record now expands where and how the RCN can safely work, with a successful 81° degrees North mission increasing planning, logistics, and risk-management confidence during an Arctic sail. It also strengthens relationships with Northern and Indigenous partners through repeatable presence, community links, and practical

support. A Harry DeWolf class Arctic and Offshore Patrol Vessel, *Max Bernays's* achievement also reinforces the efficiency of the RCN's modern Arctic toolkit, purpose-built to operate in such harsh environments.

Finally, the new record contributes directly to continental defence — the more consistently Canada can see, understand, and operate in the Arctic approaches, the stronger our ability to detect, deter, and defend.

For now, the story is simple: a ship's company, every department, one team, taking Canada's Navy farther north than it has ever been, and setting conditions for the next crew to go farther still.

His Majesty's Canadian Ship (HMCS) *Max Bernays* breaks through large sheets of ice during its transit through the Arctic circle on Aug 27. Background image: HMCS *Max Bernays* celebrate reaching the highest northern point of any Royal Canadian Navy (RCN) ship on Aug 29, 2025. Photos: Sailor 1st Class Jordan Schilstra, Canadian Armed Forces

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The Maritime Forces Defence Advisory GroupDe la Défense des Forces maritimes du Pacifique

PULL OUT SECTION
SECTION À RETIRER

Quote:


Equality is more than a word. It is living without fear, without shame, without silence.

— Michaëlle Jean, former Governor General of Canada

Citation :

« L'égalité est plus qu'un simple mot. C'est vivre sans peur, sans honte, sans silence. »

— Michaëlle Jean, ancienne gouverneure générale du Canada



Word of the Month:

Equigenic

noun Describing conditions, environments, or policies that actively promote equality in health, opportunity, and outcomes across different groups, particularly those who are marginalized or disadvantaged.

Mot du mois :

Equigénique

Adjectif Décrit les conditions, les environnements ou les politiques qui favorisent activement l'égalité en matière de santé, d'opportunités et de résultats entre différents groupes, en particulier ceux qui sont marginalisés ou défavorisés.

The more you know:

GBA+: Making Policies Work for Everyone

Gender-Based Analysis Plus (GBA+) is a way to make sure government policies and programs work for all people. While gender is a key part of the analysis, the “Plus” reminds us to think about things like culture, ability, age, income, and family status.

To see how GBA+ can make a difference, imagine we're updating deployment guidelines. The goal is to boost readiness while supporting the well-being of personnel.

Without GBA+, the policy will state standard deployment lengths, fixed locations, and no room for flexibility. A GBA+ lens helps us see the bigger picture.

For example:

- Women may be primary caregivers and need more flexible options.
- Indigenous members might have cultural responsibilities to consider.
- 2SLGBTQIA+ personnel could face safety concerns in certain regions.
- People with chronic health conditions may need extra support.
- Young recruits and single parents might benefit from mental health and family services.

With these insights, the policy could offer shorter rotations, remote roles, cultural safety assessments, family support programs, and career planning tools.

GBA+ helps us ask better questions, listen to more voices, and build policies that reflect the real lives of the people they're meant to serve.

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Maintenant vous le savez :

ACS+, des politiques qui marchent pour tous

L'Analyse comparative entre les sexes Plus (ACS+) est un moyen de s'assurer que les politiques et les programmes gouvernementaux marchent pour tous. Si le genre est un élément clé de l'analyse, le « plus » nous rappelle de prendre en compte d'autres facteurs tels que la culture, l'habileté, l'âge, le revenu et la situation familiale.

Pour comprendre comment l'ACS+ peut faire la différence, imaginons que nous mettions à jour les directives de déploiement. L'objectif est d'améliorer la préparation tout en favorisant le mieux-être du personnel.

Sans l'ACS+, la politique stipulerait des durées de déploiement standard, des positions fixes et aucune marge de manœuvre. L'ACS+ nous aide à avoir une vue d'ensemble.

Par exemple :

- Les femmes peuvent être les principales responsables des soins et avoir besoin d'options plus souples.
- Les membres autochtones peuvent avoir des responsabilités culturelles à prendre en compte.
- Le personnel 2SLGBTQIA+ peut être confronté à des problèmes de sécurité dans certaines régions.
- Les personnes souffrant de maladies chroniques peuvent avoir besoin d'un soutien supplémentaire.
- Les jeunes recrues et les parents célibataires pourraient bénéficier de services de santé mentale et de services à la famille.

Grâce à ces informations, la politique pourrait proposer des rotations plus courtes, des postes à distance, des évaluations de la sécurité culturelle, des programmes de soutien aux familles et des outils de planification de carrière.

L'ACS+ nous aide à poser de meilleures questions, à écouter davantage de voix et à élaborer des politiques qui reflètent la vie réelle des personnes qu'elles sont censées servir.

Employés du MDN : Suivez le cours sur l'Analyse comparative entre les sexes plus - Canada.ca

The DAG Connexion GCD Connection

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Members of the Defence Team Pride Advisory Organization (DTPAO) in Esquimalt proudly participated in the Sidney Pride Festival. Photo supplied

Une histoire compliquée

Mat 1 Chelsey Stickney

Les événements liés à la fierté et l'armée ont une histoire mouvementée. Les politiques et les barrières culturelles ont autrefois rendu difficile pour les membres de servir ouvertement et authentiquement. Ces dernières années, des progrès significatifs ont été réalisés en matière d'inclusion, de respect et de visibilité. Pour la première fois dans la région métropolitaine de Victoria, l'armée a été invitée à assister à un événement lié à la fierté en uniforme. Les membres de l'Organisation consultative de la fierté de l'Équipe de la Défense (OCFED) à Esquimalt ont fièrement participé au festival de la fierté de Sidney.

Le festival de Sidney, organisé à Beacon Park, ne comprend pas de défilé, mais invite plutôt un rassemblement communautaire animé avec des stands et des spectacles. Notre équipe a eu l'honneur de soutenir l'événement en aidant les organisateurs de la fierté de Sidney et d'autres vendeurs communautaires à installer et à désinstaller les stands.

Cette journée a marqué un pas

en avant dans l'établissement d'une relation de confiance et de visibilité entre l'armée et la communauté 2SLGBTQIA+. La chaleur et la reconnaissance du public ont été profondément ressenties, et nous sommes extrêmement fiers de nos membres qui se sont présentés et ont donné de leur temps avec un cœur ouvert.

Un organisateur du festival a déclaré que le fait d'établir un contact personnel avec notre équipe avait contribué à briser un malaise et une distance de longue date : « C'était particulièrement agréable de faire personnellement connaissance avec votre équipe et de nouer des liens avec l'armée, que je trouvais généralement assez distante et, honnêtement, un peu inconfortable à côtoyer. Cela m'a appris une leçon précieuse : à quel point il est important d'apprendre à connaître une personne. »

Il est important que nous puissions être fiers de ce que nous sommes, à la fois membres de la communauté 2SLGBTQIA+ et fiers membres des FAC.

Nous avons déjà été invités à revenir l'année prochaine !

A Complicated History

S1 Chelsey Stickney

Pride events and the military have a turbulent history. Policies and cultural barriers once made it difficult for members to serve openly and authentically. In recent years, meaningful strides have been made toward inclusion, respect, and visibility. For the first time in the Greater Victoria area, the military has been invited to attend a Pride event in uniform. Members of the Defence Team Pride Advisory Organization (DTPAO) in Esquimalt proudly participated in the Sidney Pride Festival

Sidney's festival, held in Beacon Park, doesn't include a parade but instead hosts a vibrant community gathering with booths and live performances. Our team was honoured to support the event by assisting with setup and takedown for Sidney Pride organizers and other community vendors.

This day was a step forward

in building trust and visibility between the military and the 2SLGBTQIA+ community. The warmth and appreciation from the public were deeply felt, and we are incredibly proud of our members who showed up and gave their time with open hearts.

One festival organizer shared, connecting personally with our team helped break down long-standing discomfort and distance: "It was especially nice to personally get to know your team a bit and connect to a military that I generally have felt pretty distant and honestly a little uncomfortable around. It was such a good lesson in how important getting to know a person really is."

It is important when we can be proud of all that we are, members of the 2SLGBTQIA+ community as well as proud serving members of the CAF.

We've already been invited back next year!

Understanding Invisible Disabilities in the Workplace

Invisible disabilities are physical, mental, or neurological conditions that are not immediately apparent but can significantly impact daily functioning. These include chronic pain, PTSD, ADHD, anxiety disorders, and hearing loss, among others. In a military environment such conditions can affect sailors, soldiers, aviators and civilian personnel alike, often without visible signs.

Working with an invisible disability can be challenging, particularly in high-performance settings. Individuals may struggle with

concentration, fatigue, or sensory sensitivities, yet feel pressure to "push through" to meet demands and deadlines. It's important to recognize that seeking support is a sign of strength, not weakness. Resources such as medical services, peer support networks, and accommodations (like flexible schedules or quiet workspaces) can make a meaningful difference.

If a coworker has an invisible disability, empathy and discretion are key. Avoid assumptions, respect privacy, and foster open

communication. For example, a sailor with tinnitus may need a quieter environment or noise-cancelling equipment. A colleague managing PTSD might benefit from predictable routines and clear expectations.

By cultivating awareness and understanding, we strengthen our teams and uphold the Navy's core values of respect and integrity. Invisible disabilities may be unseen, but their impact—and the resilience of those who live with them—is very real.

Comprendre les handicaps invisibles dans le milieu de travail

Les handicaps invisibles sont des troubles physiques, mentaux ou neurologiques qui ne sont pas immédiatement apparents, mais qui peuvent avoir un impact significatif sur le fonctionnement quotidien. Il s'agit notamment des douleurs chroniques, du syndrome de stress post-traumatique, du TDAH, des troubles anxieux et de la perte auditive, entre autres. Dans un environnement militaire, ces troubles peuvent toucher aussi bien les marins, les soldats, les aviateurs que le personnel civil, souvent sans signes visibles.

Travailler avec un handicap invisible peut être difficile, en particulier dans des environnements très performants. Les

personnes concernées peuvent avoir des difficultés à se concentrer, souffrir de fatigue ou de sensibilité sensorielle, tout en ressentant la pression de « tenir bon » pour répondre aux exigences et respecter les délais. Il est important de reconnaître que demander de l'aide est un signe de force, et non de faiblesse. Des ressources telles que les services médicaux, les réseaux de soutien par les pairs et les aménagements (comme des horaires souples ou des espaces de travail calmes) peuvent faire une différence significative.

Si un collègue souffre d'un handicap invisible, l'empathie et la discrétion sont essentielles. Évitez les suppositions, respectez la vie privée

et favorisez une communication ouverte. Par exemple, un marin souffrant d'acouphènes peut avoir besoin d'un environnement plus calme ou d'un équipement antibruit. Un collègue vivant du stress post-traumatique peut tirer profit de routines prévisibles et d'attentes claires.

En cultivant la sensibilisation et la compréhension, nous renforçons nos équipes et défendons les valeurs fondamentales de la Marine, à savoir le respect et l'intégrité. Les handicaps invisibles peuvent passer inaperçus, mais leur impact, ainsi que la résilience de ceux qui en sont atteints, sont bien réels.

How to Join a DAG

Initially established in 1994 to support the new Employment Equity Act, the DAGs growth and expansion over the years has contributed to helping the Defence Team foster a more diverse and inclusive work environment. At the policy and program level, DAGs assist with identifying systemic employment barriers, provide unique perspectives to affect change, and directly advise both local and national leadership on issues that adversely affect their communities.

The importance of the DAGs is that they raise concerns through the organization for senior leadership to consider and act upon. These concerns can range from unique issues affecting our base, to national level issues, including policies or programs that are not advantageous to their represented communities.

All CAF members and DND public service employees, regardless of their ethnicity, gender, orientation, disability, age or background, are welcome to join any DAG. DAGs are looking for people committed to the principles of employment equity, diversity and inclusion. If you are interested in joining a DAG, please contact:

Comment se joindre à un GCD

Créés initialement en 1994 pour appuyer la nouvelle Loi sur l'équité en matière d'emploi, les GCD ont connu une croissance et une expansion au fil des ans et ont aidé l'Équipe de la Défense à favoriser un milieu de travail plus diversifié et plus inclusif. Au niveau des politiques et des programmes, les GCD aident à identifier les barrières systémiques à l'emploi, offrent des perspectives uniques pour apporter des changements et conseillent directement les dirigeants locaux et nationaux sur les points qui ont des répercussions négatives sur leurs communautés.

L'importance des GCD réside dans le fait qu'ils soulèvent des préoccupations au sein de l'organisation afin que les hauts dirigeants les examinent et prennent des mesures. Ces préoccupations peuvent aller de points particuliers touchant notre base à des points d'ordre national, notamment des politiques ou des programmes qui ne sont pas avantageux pour les communautés qu'ils représentent.

Tous les membres des FAC et les employés de la fonction publique du MDN, quels que soient leur origine ethnique, leur sexe, leur orientation, leur handicap, leur âge ou leurs antécédents, sont invités à se joindre à un GCD. Les GCD recherchent des personnes engagées envers les principes d'équité en matière d'emploi, de diversité et d'inclusion. Si vous souhaitez vous joindre à un GCD, veuillez contacter :

Defence Women's Advisory Group (DWAOG)
Organisation consultative des femmes de la Défense (OCFD)
+DWAOG-MARPAC@MARPA HQ@Esquimalt

Defence Racialized Persons Advisory Group (DRPAG)
Groupe consultatif des minorités visibles de la Défense (GCMVD)
+Defense Visible Minorities Advisory Group Esquimalt@MARPA HQ@Esquimalt

Defence Indigenous Advisory Group (DIAG)
Groupe consultatif des Autochtones de la Défense (GCAD)
+ESQ DAAG@MARPA HQ@Esquimalt

Defence Advisory Group for Persons with Disabilities (DAGPWD)
Groupe consultatif de la Défense pour les personnes handicapées (GCDPH)
+MARPA HQ DAGPWD@MARPA HQ@Esquimalt

Defence Team Pride Advisory Organization (DTPAO)
Organisation consultative de la Fierté de l'Équipe de la Défense (OCFED)
+ESQ MARPA DTPAO@MARPA HQ@Esquimalt

"Working with an invisible disability can be challenging, particularly in high-performance settings."



Photo: Getty Images, Nithawit Sansuk

« Travailler avec un handicap invisible peut être difficile, en particulier dans des environnements très performants. »

CALENDAR:	
Rosh Hashanah begins <i>Jewish New Year, an important time of spiritual reflection.</i>	Sept 22 – 23
Bisexuality Day & International Day of Sign Languages	Sept 23
National Day for Truth and Reconciliation <i>Canadian day of remembrance honoring Indigenous history and healing.</i>	Sept 30
ADHD Awareness Month	Oct
Women's History Month	Oct
Yom Kippur begins <i>The holiest day in Judaism, focused on repentance and reconciliation.</i>	Oct 1
Sukkot <i>Jewish holiday celebrating shelter-sharing and generosity.</i>	Oct 6 - 13
National Coming Out Day <i>Supports LGBTQ+ visibility, diversity, and inclusion.</i>	Oct 11
Thanksgiving Day (Canada) <i>A national holiday rooted also in Indigenous and settler traditions; encourages gratitude and community</i>	Oct 13
Shemini Atzeret	Oct 13 - 15
Diwali & Bandi Chhor Divas & Sikh Holy Day <i>Celebrated by Hindu and Sikh communities, marking light-over-darkness, freedom, and unity.</i>	Oct 20
United Nations Day	Oct 24
Indigenous Disability Awareness Month	Nov
National Aboriginal Veterans Day	Nov 8
Remembrance Day	Nov 11
International Day for Tolerance <i>Promotes acceptance, understanding, and diversity of cultures.</i>	Nov 16
National Bullying Prevention Week	Nov 17
National Child Day & Transgender Day of Remembrance <i>Fosters children's rights and honours trans people lost to hate.</i>	Nov 20
16 Days of Activism Against Gender-Based Violence <i>Global campaign tackling violence and inequality.</i>	Nov 25 - Dec 10
Day of Remembrance for All	Nov 30

CALENDRIER	
Début du Rosh Hashanah : <i>Nouvel An juif, période importante de réflexion spirituelle.</i>	22 – 23 sept
Journée de la bisexualité, Journée internationale des langues des signes	23 sept
Journée nationale de la vérité et de la réconciliation : <i>Journée de commémoration canadienne en l'honneur de l'histoire des peuples autochtones</i>	30 sept
Mois de la sensibilisation au TDAH	Oct
Mois de l'histoire des femmes	Oct
Début du Yom Kippour : <i>Jour le plus sacré du judaïsme, axé sur le repentir et la réconciliation.</i>	1 Oct
Souccot : <i>Fête juive célébrant le partage d'un abri et la générosité.</i>	6 - 13 Oct
Journée nationale du « coming out » : <i>Soutient la visibilité, la diversité et l'inclusion des personnes LGBTQ+</i>	11 Oct
Jour de l'Action de grâce (Canada) : <i>Fête nationale également ancrée dans les traditions autochtones et coloniales ; encourage la gratitude et l'esprit communautaire.</i>	13 Oct
Shemini Atzeret	13 - 15 Oct
Diwali et Bandi Chhor Divas et Jour saint sikh : <i>Célébrés par les communautés hindoues et sikhes, marquant la victoire de la lumière sur les ténèbres, la liberté et l'unité.</i>	20 Oct
Journée des Nations Unies	24 Oct
Mois de la sensibilisation au handicap chez les Autochtones	Nov
Journée nationale des anciens combattants autochtones	8 Nov
Jour du Souvenir	11 Nov
Journée internationale de la tolérance : <i>Promouvoir l'acceptation, la compréhension et la diversité des cultures.</i>	16 Nov
Semaine nationale de la prévention de l'intimidation	17 Nov
Journée nationale de l'enfance et Journée du souvenir transgenre : <i>Promouvoir les droits des enfants et honorer les personnes transgenres victimes de haine.</i>	20 Nov
16 jours d'activisme contre la violence sexiste : <i>Campagne mondiale contre la violence et les inégalités</i>	25 Nov - 10 Dec
Journée du souvenir pour tous	30 Nov



Mothers in the Military – Balancing Family and Duty

When women in uniform deploy, they leave behind more than their homes—they leave part of themselves. For mothers in the Canadian Armed Forces (CAF), this sacrifice is profound.

Once seen as incompatible, motherhood and military service now stand side by side. Women serve in every military occupation. They carry CAF values into operations abroad and return to the often-unseen responsibilities of motherhood. Their resilience proves that strength lies not in choosing between duty and family, but in carrying both.

The culture within defence continues to evolve. The CAF offers up to 18 months of parental leave, flexible reintegration programs, and compassionate postings. Family resource centres, including tailored support for single parents, exist on most bases. These measures help mothers manage the demands of service while raising children, breaking down barriers that once made the profession inaccessible to many women.

Progress is clear. In 2005, women made up just 12.8 per cent of the Regular Force. Today, they represent 16.3 per cent, with

20.8 per cent of officers and 14.5 per cent of non-commissioned members identifying as women. Within the Primary Reserve, the number has risen from 14.2 per cent in the early 2000s to 17.4 per cent. Programs such as the Women in Force Program (WFP) are encouraging this steady growth.¹

What's equally inspiring is the diversity among women in defence. Indigenous women, women of colour, 2SLGBTQIA+ members, and women from all backgrounds are shaping Canada's military future. They are not only participating, but also leading—with strength, skill, and compassion.

Looking ahead, opportunities will expand, leadership will grow, and inclusion will deepen. Mothers in uniform show that service and family can coexist. And in their footsteps, others will follow. Perhaps their daughters will grow up knowing they can be anything—even a mother in uniform.

<https://www.canada.ca/en/department-national-defence/services/women-in-the-forces/statistics.html>

Les mères dans l'armée – Concilier famille et fonction

Lorsque les femmes en uniforme partent en déploiement, elles laissent plus que leur foyer derrière elles : elles laissent une partie d'elles-mêmes. Pour les mères qui servent dans les Forces armées canadiennes (des FAC), ce sacrifice est profond.

Autrefois considérées comme incompatibles, la maternité et le service militaire vont désormais ensemble. Les femmes servent dans tous les groupes professionnels militaires. Elles incarnent les valeurs des FAC lors des opérations à l'étranger et reprennent ensuite leurs responsabilités de mères, souvent méconnues. Leur résilience prouve que la force ne réside pas dans le choix entre le devoir et la famille, mais dans la capacité à assumer les deux.

La culture au sein de la défense continue d'évoluer. Les FAC offrent jusqu'à 18 mois de congé parental, des programmes de réintégration souples et des affectations pour motif personnel. Des centres de ressources familiales, proposant notamment un soutien adapté aux parents célibataires, existent dans la plupart des bases. Ces mesures aident les mères à gérer les exigences du service tout en élevant leurs enfants, éliminant ainsi les barrières qui rendaient autrefois cette profession inaccessible à de nombreuses femmes.

Les progrès sont évidents. En 2005,

les femmes ne représentaient que 12,8 % de la Force régulière. Aujourd'hui, elles représentent 16,3 %, avec 20,8 % des officiers et 14,5 % des militaires du rang s'identifiant comme des femmes. Au sein de la Première réserve, leur nombre est passé de 14,2 % au début des années 2000 à 17,4 %. Des programmes tels que le programme Les femmes font la force¹ encouragent cette croissance stable.

La diversité des femmes dans le domaine de la défense est tout aussi inspirante. Les femmes autochtones, les femmes de couleur, les membres 2SLGBTQIA+ et les femmes de tous les horizons marquent l'avenir militaire du Canada. Elles ne se contentent pas de participer, elles dirigent aussi, avec force, compétence et compassion.

À l'avenir, les possibilités se multiplieront, le leadership se renforcera et l'inclusion s'approfondira. Les mères en uniforme montrent que le service et la famille peuvent coexister. Et d'autres suivront leurs traces. Peut-être que leurs filles grandiront en sachant qu'elles peuvent devenir tout ce qu'elles veulent, même une mère en uniforme.


<https://www.canada.ca/fr/ministere-defense-nationale/services/femmes-dans-les-forces/statistiques.html>


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WESTVIEW





Captain(Navy) Kevin Whiteside, Canadian Forces Base (CFB) Esquimalt Commander enjoys a rib during the 2025 Esquimalt Ribfest.
Photo: Aviator Rebecca Mainardi, MARPAC Imaging

CFB Esquimalt Base Commander Joins Judges' Table at Ribfest

Archana Cini
Lookout Newspaper

The late summer air was filled with smoke, spices, and the sound of live music as hundreds of island residents spent time at Bullen Park for the annual Esquimalt Ribfest.

A three-day community celebration held from Sept 5 to 7, Ribfest brought together six champion rib teams, 24 local bands, 19 food and drink vendors, and local families for the “smokiest, sauciest, and ribbiest” weekend of the year.

This year, Canadian Forces Base (CFB) Esquimalt played a special role in the festivities with Captain(Navy) Kevin Whiteside, CFB Esquimalt Base Commander, invited to serve as



an honorary judge during the rib cook-off competition. As such, Capt(Navy) Whiteside joined Esquimalt Mayor Barbara Desjardins and other local leaders at the judging table, sampling ribs and helping select the best of the ribbers.

Following 13 years of celebration, Esquimalt Ribfest has now raised over \$1.6 million for charities and school programs in Esquimalt.

Importantly, the base's presence at Ribfest 2025 provided a valuable reminder that ties between CFB Esquimalt and the local community run much deeper than service — they're also rooted in friendship, shared purpose, and good food.

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How RESPs Benefit Military Families

**SISIP Financial**
Esquimalt Team

Raising children in a Canadian Armed Forces (CAF) household comes with unique challenges, including planning for their future.

Whether your child aspires to be a chef, landscaper, or surgeon, nearly all potential career paths require some form of training or education beyond high school. This is where a Registered Education Savings Plan (RESP) matters. Yet for many families, RESPs can feel overwhelming, with outdated assumptions and misconceptions often adding to the confusion.

Here's a closer look at RESPs — from how they work to what matters most for CAF households.

What is an RESP?

An RESP is a tax-advantaged savings account that helps Canadian families save money for a child's post-secondary education. Here's how it works:

- The Government of Canada will match 20 per cent of what you put into an RESP, with a maximum of \$500 per year and \$7,200 total per child.
- Money grows tax-free when inside the RESP.
- When withdrawn, grants and growth are taxed in the child's hands. Since

most students have little or no other income and access to tuition credits, the tax bill is often zero.

RESPs are much simpler than you might think. Let's tackle some common myths next.

Myth: Only parents can open an RESP for their children.

Answer: Not true! While most RESPs are opened by parents, any adult can open one for a child, including grandparents, godparents, and family friends. This matters for your CAF household because it means your child's community (which might span provinces or countries) can contribute, including partners and relatives while you're on deployment. However, ensure that contributions are coordinated across accounts to avoid triggering over-contribution penalties.

Myth: RESPs are only meant for children going to university.

Answer: Not true — RESPs aren't just for university degrees. Your child can also use the money for college programs (including military college); trade and technical schools; registered apprenticeships; part-time and online studies; *Collège d'enseignement général et professionnel* (CEGEP) in Quebec; and more. If you're uncertain about losing funds, rest assured that an RESP also remains open for up to 35 years, allowing your children time

to choose their future. With an RESP family plan, you can also use the money for another child. In the case of closing, all original RESP contributions and most investment growth also remain yours.

Myth: There's no need for an RESP if a child receives a scholarship.

Answer: Not true! Even with a scholarship, textbooks, rent, food, and travel add up. Scholarships also only remain when a child remains above a required academic threshold, and don't always carry through the entirety of education.

Myth: RESP withdrawals are taxed, so I don't want to lose money.

Answer: While withdrawals are taxed, this is only in your child's hands — an advantage because students often have little to no taxable income and qualify for tuition tax credits. If plans change and you need to access RESP savings, you can always withdraw original contributions tax-free.

RESPs are incredibly powerful for military families for several reasons. While Defence community families move, an RESP travels with you. Family members across the country can also contribute. Most importantly, an RESP offers a simple savings strategy that's reliable when juggling multiple postings, children, and more.

Not sure if an RESP fits in your budget? Speak to a SISIP investment fund advisor today for CAF-specific, jargon-free RESP support. To book an appointment, call 1-800-267-6681 today.



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Naden Band Marks 85 Years of Music and Morale



Archana Cini
Lookout Newspaper

Music has long been a cornerstone of morale in the Canadian Armed Forces (CAF), offering comfort, inspiration, and a sense of shared purpose. At Canadian Forces Base (CFB) Esquimalt, this role sits in the hands of 35 professional full-time musicians — the Naden Band.

This year, the Naden Band celebrates an incredible 85 years of service to the nation.

For Petty Officer 1st Class (PO1) Steve Donagan, Operations Manager and Trumpet player, the band's impact runs deep.

"Music has a way of cutting through the noise and reminding us of what connects us," said PO1 Donagan. "Every note is a potential reminder that even in the face of all the hardship in today's world, there can still be hope, pride, and harmony. The Naden Band may not be able to change the world, but it can impact how our audiences move through it." Through free community concerts, musical collaborations with educational institutions, ceremonial event

support, and more, the Naden Band has done just that.

"Locally, it's about community concerts, parades, and ceremonies. Internationally, music crosses language barriers, creating goodwill that words alone can't," said PO1 Donagan.

"Nationally, bands and the music they play are an outward manifestation of our shared traditions and history — it's a reminder of who we are and what we stand for, both as members of the RCN and as Canadians. In every setting, it's about using music to bring people closer together."

Today, these connections reach beyond Canada as international musicians join the Naden Band seasonally, like Petty Officer Musician (POMUS) Fraser Robertson from the Royal New Zealand Navy Band. Naden Band members Master Sailor (MS) Leslie Perrin and Sailor 1st Class (S1) Andrew George are also currently deployed and performing music in Palau as part of Pacific Partnership 2025, a multi-national humanitarian mission.

To Petty Officer Second Class (PO2) Cindy Hawchuk, Production Supervisor/Vocals, the band's community impact is one such way it continues to bridge the gap between the military and the public.

"The Naden Band is so entrenched in Vancouver Island life," she said. "Last year, we worked in partnership with a Toy Drive for a holiday show in December. It was my privilege to come up with a plan for the show, including selecting tunes. I really wanted to make a distinction between a concert, which is what the Naden Band usually performs, and a show, which is much more dynamic, and has continuous flow from beginning to end." The show was met with overwhelmingly positive responses from the community. Notably, the band has performed in over 40 Salvation Army holiday shows to date.

"I feel blessed that we were able

to capture our audience's hearts," shared PO2 Hawchuk. "It's genuinely amazing that the Naden Band is still doing the job that it started 85 years ago."

As dynamic as the Naden Band has become over the decades, tradition still anchors its presence. Each year, the band hosts a Heritage Day, inviting alumni back to perform alongside current members. Here, food is shared, stories told, old photos and artifacts shared—memories remembered, memories made. This perhaps speaks to one of the band's favourite sayings: 'Once in the Naden Band, always in the Naden Band.'

As the Naden Band of the RCN celebrates 85 years of service, its legacy is clear: it is more than a group of musicians in uniform. It is also a family; a cultural ambassador; a community anchor; source of Canadian pride; and a vessel for hope.



"It's a reminder of who we are and what we stand for, both as members of the RCN and as Canadians. In every setting, it's about using music to bring people closer together."

Petty Officer 1st Class Steve Donagan



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EVENT SCHEDULE



OCTOBER 2025

➔ WEEK 1 - SOCIAL WELL-BEING

OCT 3 Morning Coffee Social with the Admiral
Time: 0900-1100 **Location:** Admiral's Residence

➔ WEEK 2 - COMMUNITY WELL-BEING

OCT 8 Harbour Clean Up
Time: 0900-1200 **Contact:** jessica.wyllie@forces.gc.ca

OCT 9 Harbour Clean Up
Time: 0900-1200 **Contact:** jessica.wyllie@forces.gc.ca

➔ WEEK 3 - SPIRITUAL WELL-BEING

OCT 14-17 Faith on the Base - Living Library, Smudging Ceremony Educational Session, Mindful Meditation

➔ WEEK 4 - MENTAL WELL-BEING

OCT 20-24 Terrarium Building Workshop, Journaling Workshop, Tai Chi and Yoga Classes

➔ WEEK 5 - PHYSICAL WELL-BEING

OCT 27-31 PSP Fitness Classes at Naden and Dockyard Gym

MORE DETAILS ABOUT EVENTS IN WEEK 3-5 TO FOLLOW IN NEXT EDITION OF THE LOOKOUT. ADDITIONALLY, CHECK OUT THE MARPAC NOTICE BOARD FOR UP TO DATE EVENT SCHEDULES.

Back-to-School ROAD SAFETY at CFB Esquimalt

With September in full swing and students back in classrooms, Canadian Forces Base (CFB) Esquimalt and Military Police Unit Esquimalt (MPU(E)) are reminding Defence Team members and the wider community that road safety must remain top of mind. Increased traffic, school drop-offs, and children walking or cycling to school all mean drivers need to exercise extra caution on and off base.


"Road safety is everyone's responsibility at CFB Esquimalt, and practicing road safety is key to preventing accident and injury from occurring, both on and off base," said Warrant Officer (WO) Demetrios (Jim) Tsialafos, Police Operations Warrant Officer with MPU(E).

Practicing road safety includes following the rules of the road: coming to complete stops, respecting speed limits, using turn signals, and staying away from phones and other distractions. Speeding is especially dangerous, with traveling just 10 km/h over the speed limit increasing the likelihood of a collision by 60 per cent according to the Traffic Injury Research Foundation.

As the seasons change, inclement weather also adds further risk, with rain, fog, or snow reducing visibility and increasing stopping distances. WO Tsialafos also reminds drivers to adjust to conditions, ensure vehicles are properly maintained, and avoid impaired driving at all costs.

Importantly, prevention is key. "Prioritizing road safety not only saves lives," said WO Tsialafos. "It also stops you from potentially needing to pay a traffic ticket or getting your vehicle towed."

Protecting our community begins with one simple act — slow down this September.




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You Matter.

Lookout Newspaper

Every year on Sept 10, Canadians observe World Suicide Prevention Day, a time to raise awareness, reduce stigma, and remind one another that help and hope are always within reach.

Every day, members of the Canadian Armed Forces (CAF) and Royal Canadian Navy (RCN) are working to break stigma. Reaching out, asking for help, and recognizing when you need support is one of the bravest, most powerful choices a person can make. You do not have to suffer.

Supporting mental well-being in the Defence community isn't just about protecting those in uniform — it's also

about safeguarding our families and many communities that stand behind and with each uniformed service member.

In the CAF and RCN, every member is a vital part of the team. Your struggle matters, because *you* matter — to your shipmates, to your family, to your community, to those you haven't yet met.

Your voice, your laugh, and your presence cannot be replaced.

On Sept 10, and every day, remember that there is always hope, there is always help, and there is always someone ready to listen.



Suicide Prevention and Mental Health Resources for the Defence Community

Thank you to the MARPAC Health and Wellness Strategy (MHWS) for providing the comprehensive list of support resources below.

EMPLOYEE ASSISTANCE PROGRAM: Provides confidential, voluntary, and neutral support to civilian employees and eligible family members who are experiencing personal or professional difficulties.
1-800-663-1142 (24hr)

CF MEMBER ASSISTANCE PROGRAM: Offers confidential, voluntary, short-term counselling. Available for CAF members and their family members who have concerns that affect their personal well-being and/or work performance such as marital, family, interpersonal, personal and emotional relations, stress, burn-out, harassment, sexual assault, alcohol, drugs and prescription drugs.
1-800-268-7708 (bilingual, 24hr)

CF HEALTH SERVICES: Assessment, support, and treatment to regular force service members as well as reserve force personnel within the Pacific Region. To access, the member must contact local CAF Medical Clinic Reception at 250-363-4122

BASE MENTAL HEALTH SERVICES: Members are encouraged to go to sick parade or their integrated health teams for mental

health care. To access, contact local CAF Medical Clinic Reception at 250-363-4122

ESQUIMALT MFRC: Family Wellness and Counselling Team Programs and services that serve, involve, and advocate for the military community and their families and address the unique challenges of the military family lifestyle.
778-533-7736

FAMILY INFORMATION LINE: Confidential, bilingual, and free service offering information, support, referrals, reassurance, and crisis management to the military community. Serving Canadian Armed Forces members, Veterans and their families— immediate and extended.
1-800-866-4546 (24hr in Canada) Email: FIL-LIF@cfmws.com


THE CANADIAN ARMED FORCES TRANSITION CENTRE (ESQUIMALT): One-stop service for ill and injured CAF personnel, veterans, and their families. Available services: Return to Work; SPHL; casualty administration; support; advocacy and transition services. 250-363-4483

OPERATIONAL STRESS INJURY SOCIAL SUPPORT: A national peer support network for CAF members, veterans, and their families experiencing an operational stress injury.
Toll Free: 1-800-883-6094
Email: OSISS-SSBSO@forces.gc.ca

CHAPLAINS: CAF Chaplains are available to all members, regardless of spiritual background, race, gender, or marital status. Services: Spiritual care, counselling, religious ceremonies, educational opportunities, crisis situations and exploring life's big questions.
Main office: 250-363-4106
After Hours : 250-363-4032 (24hr)

SUICIDE CRISIS HELPLINE: (bilingual)
9-8-8

VANCOUVER ISLAND CRISIS LINE:
1-888-494-3888 (24hr) or 250-800-3806 (text)



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For more information contact : jessica.wyllie@forces.gc.ca

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ONE BEDROOM GARDEN SUITE with own entrance in the View Royal. Available now, rent \$1500/per month. 6 or 12 months lease required. Single occupancy. Included: cooktop stove, new fridge, microwave, kitchen cabinets, range fan, bathroom w/ shower, bedroom and storage room and a shared bike storage room. 320 Sq feet. Rent includes hot water, heating, electricity and one small car parking. No parties, limited guests, no pets, no subletting or short-term. Strictly no smoking/vaping. References, employment/proof of income and previous landlord references required. Viewings by appointment; please include a brief introduction about yourself (name, age, occupation, reason for moving). dcsmeng65@gmail.com or 250 858 6365

BEAUTIFUL 2 BEDROOM, 1 BATH ground level suite available Aug 1st, 2025 in Langford, BC. Recently painted with newer appliances, including laundry. Utilities and parking included. Large patio overlooking Millstream creek and walking trails. Unfurnished 2350.00 per month. References required from your current Landlord and confirmation of monthly income. No Pets No Smoking & No Partying. 250-661-5474

HOUSE WANTED:

We're a young family looking to put down roots and become part of the Esquimalt or Vic West community. We're hoping to find a 4+ bedroom home where our kids can grow up and make memories.

If you're planning to sell soon - or know someone who might be - we'd love to connect with you. We can be flexible with timing and would care for your home with the same love that you have. Contact: Zach Mallett 788-402-4227 zachmallett@gmail.com

LOCAL CLUBS

VICTORIA YOUTH PADDLING CLUB (VYPC) We have programs as well as summer camps for youth to learn paddling techniques, try different types of water craft and generally have some fun with a good sweat. Contact Marianne at commodore@vyppc.ca or (250) 744-8543

VOLUNTEER

BIG BROTHERS BIG SISTERS OF VICTORIA Free clothing collections services. Protecting the environment and supporting local kids for over 20 years! Reduce, repurpose, do good. Drive thru donation station open 7 days a week, 10am-6pm at 230 Bay St. Visit bbsvictoria.com

MAKE A DIFFERENCE Become a Network Friend. You would be matched according to shared interests to build a long term friendship with an individual who experiences a disability or mental health issue. Contact: volunteer@Lnv.ca Learn more at www.life-timenetworks.org

FOSTER HOMES ARE NEEDED - People choose to become foster caregivers for many reasons, but all share a love for children and the desire to help those in need without an expectation of receiving something in return. 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

LOOKOUT SHIP-TO-SHORE INDUSTRIAL TRADE SHOW - October 7, 2025 at 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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SHIP TO SHORE
INDUSTRIAL TRADESHOW

Returns
on Oct 7



Archana Cini
Lookout Newspaper

All hands on deck!
This month marks the return of the Ship to Shore Industrial Tradeshow. Presented annually by the *Lookout*, Ship to Shore will take over Canadian Forces Base (CFB) Esquimalt's Naden

Athletic Centre on Tuesday, Oct 7, for a day of innovation and industry connection. The tradeshow will feature a showcase of cutting-edge technologies, products, services, and solutions designed to support Canada's naval and military operations. This year, attendees can expect to explore interactive vendor displays, watch live demonstrations, and connect

with military decision makers, industry leaders, representatives, and suppliers. Beyond its exhibits, Ship to Shore will also offer prizes, giveaways, and complimentary food for attendees. Admission will be free for regular and reserve Canadian Armed Forces members, civilian employees, and local industry professionals. Rounders

will also be available to provide complimentary transport for Defence Team members working at Signal Hill, Colwood, and Work Point. Importantly, Ship to Shore has long since served as a vital link between the Defence community and the industries that support it. Mark your calendars and join colleagues, industry partners, and community members

this Oct 7 for this year's showcase. The Ship to Shore Industrial Tradeshow is proudly sponsored by Seaspan, a longtime partner of the local Defence community. For more information visit lookoutnewspaper.com.



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