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

# the LOOKOUT

NEWSPAPER & PUBLISHING



Captain(Navy) Kevin Whiteside, Commander of Canadian Forces Base (CFB) Esquimalt (on right), prepares for an early morning tee-off alongside participants, Gordon Szczepski and Richard Summers of the 13th annual Base Commander's Golf Tournament hosted at Olympic View Golf Club on Sept 25. Read more on page 15. Photo: Lookout staff

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**CFB ESQUIMALT, VICTORIA, B.C.**  
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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# Meet Teresa

*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

My love of art and design started when I was very young. My brother and I would stay up late, hiding under the covers with a flashlight, sketching faces from old record album covers: Johnny Cash, Elvis Presley — you name it.

I'm Teresa Laird, graphic designer and creative with the *Lookout Newspaper*. I've been here for nine wonderful years.

My parents encouraged me to pursue a creative path when I was young, and my dad, who had a talent for illustrating engines, motorcycles, and airplanes, hoped I might follow a similar path. That foundation set me on the journey that has carried me through 45 years in the print industry.

I got my start as a proofreader in Vancouver, working on projects like the British Columbia (B.C.) Medical Journal. For eight years, I honed my skills in type houses before transitioning to newspapers. Along the way, I've learned to appreciate every stage of the creative process, from small details to the bigger picture.

The best part of my job now is knowing that the work I do has a direct impact — it supports Defence Team mem-

bers in their efforts. I love that my work is about people first. Although I'm not a sailor, I feel honoured to be part of the Canadian Armed Forces (CAF) environment. I love what the CAF stands for, and the pride its members take in serving Canada. Watching sailors and members grow as they move through the ranks inspires me.

When I think about service, I remember something my first manager once told me: "We're here to serve those who serve." That phrase has stuck with me, and really defines what I do.

Outside of work, I'm blessed with a rich family life. I have a wonderfully patient husband, four fantastic children (and their partners) who bring so much colour to life, and four grandchildren who keep us young. And then there is our dog, who joined the family during COVID-19 against my wishes. Now, I can't imagine life without him — his love is tremendous.

Family and creativity shape my life, but I also live by a simple motto: 'Just do it.' It's a phrase that carried me through marathon training and continues to guide me through big and small challenges. It quells anxiety, builds stamina, and reminds me to keep moving forward, one step at a time.

Working at the *Lookout* is a gift. As the days go by, I look forward to continuing to serve those who serve, a part of the great fabric that protects Canada.

## "Just do it."

### FUN FACTS:

#### What's your favourite book?

My favourite book is *Vancouver: A Novel* by David Cruise and Alison Griffiths. It's a historical novel of British Columbia from the last Ice Age onwards, starting with the last survivor of a Siberian people. I love history, especially when it connects to family.

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

I've always had a built-in 'finish what you start' button that doesn't switch off easily. Some call it stubborn (and it can get me into trouble), but I like to think of it as focused, dedicated, and thorough.

#### What's your favorite CFB Esquimalt memory?

Shortly after I began working with the Lookout in 2016, I visited Canada Place in Vancouver on Canada Day to see our Armed Forces displays. The CAF members demonstrated to the world what service and dedication truly meant. They carried themselves with confidence and strength. I saw their commitment and dedication, and I thought of their sacrifices. It was truly moving and inspired my own dedication to serving those who serve.



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# RCN Decommissions HMC Ships *Brandon, Whitehorse, and Saskatoon*

Archana Cini, Lookout Newspaper  
with contributions from  
A/SLt(Navy) Kim Wachockier

After decades of carrying sailors through storm, sea, and service, three Royal Canadian Navy (RCN) vessels are His Majesty's Canadian (HMC) Ships no more.

On Monday, Sept 29, the Royal Canadian Navy (RCN) formally paid off His Majesty's Canadian Ships (HMCS) *Saskatoon*, *Whitehorse*, and *Brandon* in a ceremony at Canadian Forces Base (CFB) Esquimalt. Hundreds of serving and former sailors, families, and Defence community members gathered at CFB Esquimalt's Bravo 'B' Jetty to honour the vessels

and the thousands of Canadians who served in them. The ceremony was presided over by Vice-Admiral (VAdm) Angus Topshee, Commander of the RCN.

"The weather today reflects much of what a paying off ceremony is — bittersweet in nature," said VAdm Topshee. "But there is light, and we wait for it to show itself through the clouds." Named after the Canadian cities of Whitehorse in Yukon, Saskatoon in Saskatchewan, and Brandon in Manitoba, the ships are part of a fleet of 12 *Kingston*-class Maritime Coastal Defence Vessels (MCDVs) commissioned into the RCN in the late 1990s. All *Kingston*-class vessels are scheduled to be retired by 2028

as part of the RCN's modernization plan to shift resources toward the future fleet.

Now, *Brandon*, *Whitehorse*, and *Saskatoon* have been formally decommissioned at the very place they once joined Canada's naval fleet — their home, Esquimalt, British Columbia (B.C.).

The ceremony was both a proud and emotional moment for the RCN. While it signified the end of active service, it also preserved the legacy of the vessel's name, crest, and countless sailors whose careers were shaped aboard.

The ceremony centered around the traditional lowering of the vessels' naval jack, ensign, and commissioning pennants, as well as

the final departure of the ships' company. The event also included formal addresses by VAdm Angus Topshee, Commander of the RCN, Captain(Navy) Samuel Patchell, Commander of Canadian Fleet Pacific, Commodore (Cmdre) Patrick Montgomery, and the Formation Chaplain. A traditional Naval Prayer was also recited by ceremony attendees and participants in a united moment of pride and remembrance.

For many sailors, the farewell was personal. *Brandon*, *Whitehorse*, and *Saskatoon* were more than steel hulls and engines; they were workplaces, classrooms, and homes. As time moves forward, their decommissioning also reflects the Navy's

continued modernization and transition to meet Canada's future maritime needs.

"These ships have contributed important mine countermeasure roles on international operations and have regularly participated in exercises with partner navies abroad," said VAdm Topshee. "As we move towards the future of the RCN, I want to recognize the service of these ships and extend my tremendous gratitude to all who have sailed within them."

Though *Brandon*, *Whitehorse*, and *Saskatoon*'s final chapters at sea are now written, their histories will forever remain woven into the broader fabric of our navy.

*"The weather today reflects much of what a paying off ceremony is — bittersweet in nature, but there is light, and we wait for it to show itself through the clouds."*

~Vice-Admiral (VAdm) Angus Topshee, Commander of the RCN

## Naval Prayer

O Eternal Lord God, who alone spreadest out the heavens, and rulest the raging of the sea, who hast compassed the waters with bounds until day and night come to an end:

Be pleased to receive into thy Almighty and most gracious protection the persons of us thy servants, and the Fleet in which we serve.

Preserve us from the dangers of the sea, and the violence of our enemy; that we may be a safeguard unto our most gracious Sovereign Lord, King Charles and a security for such as pass on the seas upon their lawful occasions; that the inhabitants of our Commonwealth may in peace and quietness serve thee our God; and that we may return to safety to enjoy the blessing of our land, with the fruits of our labours, and with a thankful remembrance of thy mercies to praise and glorify thy holy Name.

Amen.

Members of the Royal Canadian Navy (RCN), dignitaries, and Defence community members stand in a moment of remembrance and respect during the Sept 29 decommissioning ceremony at Canadian Forces Base (CFB) Esquimalt's Bravo (B) Jetty. Photo: Aviator Rebecca Mainardi, MARPAC Imaging

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# Hard Work and Heavy Seas: RCN Welcomes New Clearance Divers



Twelve graduates from the 2025 Clearance Divers RQS1 course (back row) pose with course instructors, faculty, and staff (front row). Photo supplied.

## Lt(Navy) Michael Cormie

Fleet Diving Unit (Pacific)

**After 13 months of training above and beneath ocean waves, 12 new clearance divers are surfacing with pride.**

On Oct 10 at Fleet Diving Unit (Pacific) (FDU(P)), students from the 2025 Clearance Diver Rank Qualification Sailor First Class (RQS1) course will officially graduate. These graduates are set to receive official clearance diver dolphin pins as a symbol of their accomplishment.

Among the graduating class is Sailor Third Class (S3) Thomas Fournier, who joined the Royal Canadian Navy (RCN) through the 2023 Naval Experience Program (NEP). S3 Fournier, originally from Muskoka, Ontario, then challenged the Clearance Diver Assessment Centre (CDAC) in Feb 2024. The CDAC manages the screening, evaluation, and selection for those looking to join the Clearance Diver RQS1 course.

"My experience on the clearance diver course was the best year of my life. I had an amazing time. There were lots of opportunities for self-development, professional-development, and team cohesion," said S3 Fournier. "Everyone I worked with was very helpful and supportive of working through challenges. Overall, my experience was very positive. I have developed as a person in many, many ways, and I am ready to add to wherever I go as a clearance diver."

Clearance divers are the Canadian Armed Forces' (CAF) deep-sea mine disposal specialists. As such, they dive with various equipment including the Compressed Air Breathing Apparatus (CABA), the Rebreather, and the Surface Supplied Breathing Apparatus (SSBA) to carry out duties. Clearance divers also operate recompression chambers to support diving operations and support Health Services with recompression treatments and submarine search and rescue (SUBSAR). Additional duties include maintaining diving equipment for all CAF diving teams, including Search and Rescue technicians and combat divers.

Following graduation, some graduates are set

to begin their careers at the School of Diving, where aspiring CAF divers are trained. Other graduates plan to provide underwater repairs and maintenance support to His Majesty's Canadian (HMC) ships and participate in salvage and mine countermeasure operations.

Notably, clearance divers are also trained for advanced conventional munitions disposal to meet the CAFs' domestic explosive ordnance disposal mandate. This often requires divers (frequently those with the rank of Sailor First Class) to deploy across B.C. to recover military ordnance and, when necessary, safely dispose of it using explosives.

S3 Fournier is prepared to deploy on various operations and exercises. These may include mine countermeasures executed on Operation (Op) REASSURANCE in the Baltic or Black Sea, the disposal of historical Second World War ordnances on Pacific islands during Op RENDER SAFE, or working alongside Canada's Indo-Pacific allies on Op HORIZON.

"We're always looking for fit, smart, and motivated people to become Clearance Divers," said Lt(Navy) Michael Cormie of FDU(P). "We're in a period of reconstitution, where we are focused on increasing the amount of clearance divers available to support CAF operations. I encourage people to apply for what's arguably one of the best jobs in the Navy."

Voluntary Occupation Transfer to the role of a clearance diver is open to all non-commissioned member (NCM) trades, with or without previous diving qualifications and experience. Changes are also being introduced for officers seeking to become Clearance Diving Officers (CLDO), with all officers (regular or reserve) now able to challenge the CDAC to become a CLDO, regardless of trade.

For those interested in challenging the CDAC:

- Deadline to submit a Component Transfer package is Oct 31 for Reservists.
- Deadline to submit a Voluntary Occupation Transfer package is Oct 17 for Regular Force members.

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## Updates to MARPAC Dress and Deportment Policy

### Information from the Base Standing Orders

As Maritime Forces Pacific (MARFAC) continues to sharpen its operational focus, how the Defence team presents itself must reflect the reality of who we are: a fighting force.

The uniform is more than fabric; it's a visible commitment to discipline, readiness, and unity. Operational Dress reinforces the mindset that every member is part

of something larger, and that shared identity directly contributes to mission effectiveness, cohesion, and public confidence in the Canadian Armed Forces (CAF).

Effective October 1, 2025, the Base Standing Orders (BSO) 5250-0 Dress and Deportment Policy will be updated. The dress of the day will be Operational Dress across MARFAC. Exceptions may apply depending on the nature of scheduled meetings or events. Unit supervisors are expected

to conduct monthly dress inspections, rotating orders of dress to ensure all uniforms are worn correctly and meet standards.

This change also affects Dress with a Difference (DWAD), which will now occur on the second Friday of each month at an increased cost of \$3 per DWAD day. The new standard of civilian attire will be modified Smart Casual — no longer allowing t-shirts, and favouring collared shirts, blouses, dress pants, slacks or clean jeans,

etc. Details on acceptable items are defined in the updated BSO 5250-0. This may impact National Defence Workplace Charity Campaign (NDWCC) fundraising, but the efforts from NDWCC volunteers will continue to help achieve collective goals.

If you have any questions, please contact your direct supervisor.

# Canadian Rangers Train with NORFORCE in Australia



**Captain Keun Woo Kang**  
4CRPG Public Affairs Officer

From July 8-28, the 4th Canadian Ranger Patrol Group (4CRPG) and Australia's North-West Mobile Force (NORFORCE) conducted Exercise SOUTHERN CROSS 2025 (Ex SC25) in Australia.

This Small Unit Exchange (SUE), which began in 2011, alternates bi-annually between the two allied units. Since its founding, the exchange has offered opportunities for participants to enhance interoperability and camaraderie while also introducing them to unique traditions and cultures. This year, NORFORCE hosted three staff members and 12 Canadian Rangers from 4CRPG.

The exercise began in Darwin, Northern Territory, at NORFORCE's Darwin Squadron Headquarters. Here, Canadian Rangers received various forms of training to prepare for the Australian wilderness and learn skills essen-

tial to NORFORCE's operations. Rangers trained with the F89 Minimi and HK416 assault rifles and engaged in water safety training that included 100-meter uniformed swims, treading water exercises, and capsized vessel drills. Wildlife safety briefings also covered hazards such as crocodiles and jellyfish.

The group then moved to Shoal Bay for survival training, which included friction fire lighting, night navigation using the Southern Cross constellation, and plant identification.

Following the Darwin phase, the group flew to Broome, Western Australia, to train at Kimberley Squadron's Forward Operating Base, Robert Knox. Canadian Rangers were divided into two smaller groups for concurrent training. One group conducted amphibious operations at Ngamakoon in King Sound and Cone Bay, while the other trained at Neem Campground and Beagle Bay. Activities included shoreline surveillance and covert observation posts via capsized vessel and Regional Patrol Vessel, as well as medicinal plant identification. Rangers also engaged with mud crabbing, an activity guided by a Yaburara Elder who shared the history of the Beagle Bay Mission. Kimberley Squadron also delivered specialized coastal training.

Throughout Ex SC25, Canadian Rangers and staff explored the similarities and differences between 4CRPG and NORFORCE. While both units face common challenges operating in remote areas within their respective Areas of Responsibility (AOR), their techniques and procedures differ, with NORFORCE's covert border security tactics contrasting with

4CRPG's domestic assistance focus. Additionally, NORFORCE provides equipment, whereas Canadian Rangers rely on personal gear.

Despite these differences, both units depend heavily on local community input and support.

To Major (Maj) Jonathan Spiess, Officer Commanding of 4CRPG's "B" Company, NORFORCE's reliance on local communities mirrors 4CRPG's approach.

"Isolated communities in our AORs should be considered key terrain in mission analysis," said Maj Spiess.

Another key value of Ex SC25 was the opportunity to gain irreplaceable insights based on variables like environmental factors, which require firsthand experience to truly understand and adapt to.

As Master Corporal (MCpl) Joline Couture noted, NORFORCE's Australian environment posed challenges for those unaccustomed to water. Engagements with specific local communities also provided unique learning experiences, with 4CRPG personnel able to connect with Indigenous communities on the Dampier Peninsula and learn their traditions while strengthening ties.

Although this SUE has existed for over a decade, it continues to evolve, with Ex SC25 uniquely operational in nature. Ex SC25 also facilitated tactic sharing and fresh insights on remote operations.

Following the exercise, participants noted it as an undoubted highlight of their career. Next year, the SUE will return to Canada with Exercise NOTHERN LIGHTS, once more strengthening the Canada-Australia alliance.



Members of the 4th Canadian Ranger Patrol Group (4CRPG) and Australia's North-West Mobile Force (NORFORCE) during Exercise SOUTHERN CROSS 2025 (Ex SC25) in Australia. Photos supplied.





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## National Fire Prevention Association's Fire Prevention Week is Here: CHARGE INTO FIRE SAFETY

**Archana Cini**  
Lookout Newspaper

Every October, Fire Prevention Week reminds Canadians of the importance of protecting themselves and their communities from fire.

Sponsored and hosted by the National Fire Prevention Association (NFPA) since 1922, Fire Prevention Week is observed each year during the week of Oct 9 in commemoration of the Great Chicago Fire, which began on Oct 8, 1871, and caused devastating damage to over 100,000 people and their communities.

Under the theme 'Charge into Fire Safety: Lithium-Ion Batteries in Your Home', this year's annual campaign runs from Oct 5-11. Lithium-ion batteries power many of the devices we use, but they can also pose fire risks if handled improperly. As such, the NFPA stresses three steps:

- **Buy safely:** Look for certification marks such as UL, ETL, or CSA when purchasing products that use lithium-ion batteries.
- **Charge safely:** Always use the cords that come with a product, follow manufacturer instructions, and charge on a hard surface. Avoid overcharging, and unplug devices once fully charged.

- **Recycle safely:** Never throw lithium-ion batteries in the trash or regular recycling bins. Visit [call2recycle.org](https://call2recycle.org) to find a safe drop-off location.

For Mike McLean, Chief Fire Prevention Officer at Canadian Forces Base (CFB) Esquimalt, fire safety education is vital.

"To me, there is nothing more important than keeping your family and friends safe, and that includes fire safety," said McLean. "I care about the people I work with, where I work, and my country, so it's essential we continue to educate ourselves about fire safety to protect each other."

Practicing good charging habits affects not only ourselves, but the communities we are a part of.

"If we are not using good charging habits, things like overheating batteries, not using charger that came with your device, using unlisted (not Canadian Safety Approved) products, we risk a potential fire," said McLean. "Not only might you put yourself in harm's way, but your friends and family might also unfortunately be put in a position of injury and/or death."

Fire safety saves lives: practice careful charging habits.



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# CAF Food Menu Revitalization: Serving Up Change

**Lt(Navy) Sean Ritchie**  
Base Food Services Officer

After thoroughly reviewing Food Service Standards across Canadian Armed Forces (CAF) kitchens, changes are cooking for Department of National Defence (DND) diners.

National direction has been given for galleys to localize offerings in 2026, with a menu standardization approach that has been simmering for the past decade.

CFB Esquimalt galleys are taking a staggered approach to implementing these adjustments, with several already served up. The most noticeable change thus far lies in the salad bar, which has shifted towards a 'Build-a-Salad/Bowl' concept. There will be continued reduction in prepared salad offerings alongside an increase in cooked grains, cheese, and plant-based protein options. These additions are designed to give diners flexibility while still meeting mandated nutritional standards.

Sandwich bar offerings have also been beefed up to allow diners with more choice. Kitchen Managers have also cooked up a rotating menu selection to lower stress when choosing between the daily sandwich, wrap, and hot offering — no need to scramble at the last minute after discovering the day's options. Diners will also begin to find more plant-based meat, cheese, and sauce alternatives throughout the day.

As CFB Esquimalt Food Services moves towards full implementation in January 2026, feedback is welcomed from DND-funded diners on past and upcoming changes. If you have meal ideas you'd love to see in your galley, inform your food services team so we can help it make the cut and land on your plate.



Cooks onboard HMCS William Hall prepare food for the ship's company while in the Caribbean Sea during Operation (Op) CARIBBE. Photo: Canadian Armed Forces Imagery

## Strengthening Morale and Wellness: MHWS Culture Evaluation Tool Launches Across MARPAC

**Archana Cini**  
Lookout Newspaper

This fall, units across Maritime Forces Pacific (MARPAC) will have the opportunity to take a closer look at health and wellness within their ranks with the official launch of the MARPAC Health and Wellness Strategy's (MHWS) Culture Evaluation Tool & Process (CET&P).

Developed and tested over the last two years especially for MARPAC, the CET&P is designed to give units a structured way to assess and improve their organizational health culture. To do this, the CET&P examines the physical environment, governance, and subjective unit member experiences of health and wellness across MARPAC units through five key health and wellness categories: Active Living and Injury Prevention, Addictions-Free Living, Healthy Nutrition, Mental and Social Wellness, and Organizational Wellness.

Utilization of the CET&P includes a physical walk-through of the participating unit, an assessment of its poli-

cies around the five priority categories, and individual questionnaires intended to incorporate a qualitative element to the data. Results then identify both strengths and challenges within the participating unit, therefore guiding targeted actions intended to boost health and wellness.

"On a broader scale, the CET&P also promotes shared responsibility for health and wellness by highlighting opportunities to improve environments, policies, and leadership approaches to better support members," said Vicky Doucette, Health Promotion Specialist. "Health and wellness will no longer be seen solely as an individual responsibility, but also as an organizational outcome."

The benefits of a tool like MHWS's CET&P are clear. According to the most recent Health and Lifestyle Information Survey, roughly 20 per cent of Canadian Armed Forces (CAF) members were unable to deploy due to health-related barriers. When one in five CAF members cannot deploy,

remaining personnel take on additional responsibilities if replacements are not found. This creates a cycle of heavier workloads that lead to burnout, which in turn further reduces operational readiness and undermines both personal and organizational outcomes.

Five pilot units, His Majesty's Canadian Ship (HMCS) Winnipeg, HMCS Corner Brook, the Canadian Submarine Force (CANSUBFOR), Naval Fleet School (Pacific), and Base Information Services have already utilized the CET&P, providing insight into its effectiveness. Tangible actions were also implemented across pilot units as a response to CET&P findings, including improving hydration accessibility in challenging environments, lowering temperatures to improve rest quality, and planning initiatives to boost morale by welcoming family into the workspace.

To Captain(Navy) Alex Kooiman, the CET&P is a valuable pulse check for leaders.

"Participating in the pilot focused my attention on

morale and welfare," he said. "It gave me a sense of how well the unit is functioning with regards to the mental and physical wellbeing of its members. This is where meaningful change can happen."

For leaders, the process is intentionally low disruption.

"The surveys and interviews were minimally invasive, and did not disrupt my unit at all," said Capt(Navy) Kooiman. "Beyond a short questionnaire and some minimal investment of time, there is no downside. I would encourage all commanding officers to participate."

Looking ahead, both Doucette and Capt(Navy) Kooiman see the CET&P as a way to shape the long-term culture of MARPAC.

Units interested in participating are encouraged to contact Health Promotion (HP) Manager Maryse Neilson at maryse.neilson@forces.gc.ca. In doing so, MARPAC continues to contribute to a broader effort — building a Defence community where health and wellness is woven into the very fabric of daily life.

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# RCN Prepares Moorings for Arrival of New HMCS *Protecteur*

**Archana Cini**

Lookout Newspaper with contributions by Jason Bergen, Marine Superintendent

From Sept 22-26, the King's Harbour Master (KHM) led a vital mooring trip to Nanoose Bay to conduct vital repairs, maintenance, and upgrades to Royal Canadian Navy (RCN) mooring buoys.

These buoys are essential for naval operations at the Canadian Forces Maritime Experimental and Test Ranges (CFMETR). Additionally, one of the buoys will be upgraded to support the RCN's soon-to-arrive Auxiliary Oiler Replenishment (AOR) ship, the new *HMCS Protecteur*.

The journey also marked the final mooring trip of the tug *Glendale*, which has supported mooring trips for nearly 50 years since entering service in 1975. *Glendale* was also joined by the *Lawrenceville* tug and the YDG 250, a 50-ton floating steam-powered crane barge.



To Mooring Officer Brian Whittaker, one of the most challenging moments of the mooring trip is the task of finding the pick-up chain.

"The first step is to find and drag a hook (attached to a 1.5inch chain that is 200ft long.) There is a pick-up chain along the bottom that we need to correctly snag to bring the anchor to the surface. Once we have both anchors on deck (2 separate mooring legs), then we can start to lift the gear on the deck of the crane barge."

Finally, there is a moment of fulfillment for involved personnel when all gear has been inspected, repaired, and replaced as necessary. To complete the process, all mooring chains are carefully returned back into the water, not to be seen for years.

KHM personnel, along with Fleet Maintenance Facility (FMF) members from Canadian Forces Base (CFB) Esquimalt, ensured the safe and successful completion of the week-long mission.



King's Harbour Master (KHM) and Fleet Maintenance Facility (FMF) members from Canadian Forces Base (CFB) Esquimalt hard at work in Nanoose Bay during the Sept 22-26 mooring trip.  
Photo: Jason Bergen, Marine Superintendent

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OAKWOODS



# Base Commander's Golf Tournament Brings Defence Community Together

Lindsay Groves  
Lookout Newspaper

The 13<sup>th</sup> annual Base Commander's Golf Tournament teed off at Olympic View Golf Club on Sept 25, bringing together Defence Team members and community partners for a day of friendly competition.

Under mostly sunny skies, golfers made their way to the course for the 8 a.m. tee-off. The event also carried a purpose beyond the game, as all proceeds from this event go towards the morale and welfare of the Canadian Armed Forces and their families.

The day wrapped up with a banquet and prize ceremony. Top teams were announced, with Roy Elson, Steve West, Steve Melnick, and Mo Gudal claiming first spot in the winners' circle — for the fourth year in a row. Tania Pelletier went home with the coveted WestJet vouchers.

Thank you to all sponsors and prize donors, and special thanks to Babcock and Seaspans for event sponsorship.

See you on the course next year.

*"It was an honour to see the Olympic View Golf Club come alive at sunrise, filled with golfers from the local community, the marine sector, and proud members and supporters of the Canadian Armed Forces. The overwhelming support for our Morale and Welfare Services was truly humbling. While many enjoyed a day of physical and mental wellness on the links, it was clear that everyone was united by a common purpose: to give back to our members and their families through this meaningful morale-raising effort. Heartfelt thanks to PSP, Olympic View, all participants, and especially our incredible community sponsors for making the 13th Annual Base Commander's Golf Tournament a resounding success!"*

- Captain(Navy) Kevin Whiteside,  
Canadian Forces Base (CFB) Esquimalt Base Commander



A tournament participant crouches on the field to determine the best course of action for their next swing during the 2025 Base Commander's Golf Tournament on Sept 25. Photo: Lindsay Groves

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# HAPPY HALLOWEEN: Family-Friendly Silent Disco Dance Party

Photo: Getty Images/iStockphoto: RomoloTavani

**Archana Cini**  
Lookout Newspaper

This Halloween, the ghosts aren't the only ones making an appearance — community spirit is too. Get ready to dance the night away at the Silent Disco Dance Party, hosted at the Colwood Pacific Activity Centre (CPAC) on Oct 23 from 6 p.m. to 8 p.m.

At a silent disco, each attendee receives a pair of wireless headphones connected to three different music channels, each offering a unique genre of music. Each pair of headphones indicate which channel is being listened to, allowing attendees to find those

listening to the same music. Participants can switch channels at any time.

Without external speakers, the room stays quiet for bystanders — but inside your headphones, the party stays spooky and fun.

Attendees are encouraged to dress up, wear neon, and fun makeup in celebration of the spooky season. Guests can light up the dance floor or relax in the lounge, which will feature cozy seating and mood lighting.

Registration costs \$5 per person, and all children must be accompanied by a parent or guardian. To register, please call CPAC at 250-363-1009 or the Naden Athletic Centre (NAC) at 250-363-5677. Space is limited, and registration closes Oct 16 at 3 p.m.

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# A Surprise Sighting for a Dedicated Commissionaire

**Lt(Navy) Wilson Ho**  
CFB Esquimalt Public Affairs Officer

For those passing through Y-Jetty at Canadian Forces Base (CFB) Esquimalt during the week, Commissionaire Robert (Bob) Crosman can be seen sitting in the Guard House with his trusty sidekick, his dog Teddy, resting close by.

Last month, a special visitor was spotted by 'eagle-eyed' Bob. It was a Cooper's Hawk. The winged visitor had landed on the fence line by the Guard House, eyeing Defence Team members intently as they left work for the day.

Cooper's Hawks are summertime visitors to southern Vancouver Island, breeding in the area during the warmer months before migrating south for the winter. To understand general guidelines of safely spotting hawks and other birds of prey around CFB Esquimalt without disrupting their natural environment, Robyn Pirie, Base Safety, Environment, and Indigenous Relations Environment Officer, shares that they

should be viewed from a distance. Keep an eye out during birding season, as fledglings will be learning to survive outside of the nest for the first time.

Coincidentally, the sighting of the Cooper's Hawk was not the only special thing to occur on that day — it was also Bob's 80<sup>th</sup> birthday. Now in his 25<sup>th</sup> year as a Commissionaire, Bob is one of the many dedicated Defence Team members that keep CFB Esquimalt safe and smoothly running. With no plans to retire soon, Bob intends to continue working to help guard and control security at CFB Esquimalt.

"Being a commissionaire is the best job I've ever had," said Bob. When asked about any life lessons he had learned along the way, Bob offered, "In every moment in your life, look for joy, look for the positive, and look for the little things."



Commissionaire Robert (Bob) Crosman and dog Teddy pose outside the Guard House near Y-Jetty at Canadian Forces Base (CFB) Esquimalt.



Commissionaire Robert (Bob) Crosman posing beneath the Cooper's Hawk during his 80th birthday. Photos: Lt(Navy) Wilson Ho

## Step into Wellness This October with Free Healthy Workplace Month Events

**Archana Cini**  
Lookout Newspaper

One month, five weeks, and countless opportunities to boost wellness.

October is Healthy Workplace Month at Canadian Forces Base (CFB) Esquimalt, and this year's lineup of activities centers around boosting well-being across every part of life, from physical and mental

health to spiritual and social connection.

Hosted by the MARPAC Health and Wellness Strategy (MHWS) Organizational Wellness Working Group, the month-long initiative at CFB Esquimalt invites Canadian Armed Forces (CAF) members and Department of National Defence (DND) employees to enjoy a series of free events designed to improve well-being. Notably, every event attended also enters the attendee into a prize draw conducted at the

end of the month.

Importantly, health is more than staying active and eating well — it also involves balance across several areas of life. Holistic wellness recognizes that physical, mental, spiritual, community, and environmental well-being all influence each other. By offering a range of activities under these categories, Healthy Workplace Month at CFB Esquimalt highlights how every part of our health matters. Here's what CAF members and DND employees

can engage in this month:

**Community and Environmental Well-Being:** Join harbour clean-up events from 0900–1200 on Oct 8 and 9. Register for free by emailing [jessica.wyllie@forces.gc.ca](mailto:jessica.wyllie@forces.gc.ca) with preferred date as space is limited.

**Spiritual Well-Being:** Explore diverse practices, practitioners, and spiritual traditions at the 'Faith on the Base: Living Library' event on Oct 14 at the Naden Chapel, an Indigenous smudging cere-

mony on Oct 15 at the Naden Athletic Centre, and a sound bath meditation on Oct 17 at the Wardroom.

**Mental Well-Being:** Take part in terrarium building workshops on Oct 20 and 22 (registration required by emailing [jessica.wyllie@forces.gc.ca](mailto:jessica.wyllie@forces.gc.ca)), a journalling workshop on Oct 21 at the Naden Athletic Centre, a tai chi class on Oct 23 at the Naden Athletic Centre, and a blended yoga/mobility class on Oct 24. All sessions run 1205–1250.

**Physical Well-Being:** Try PSP fitness classes at Naden Athletic Centre and Dockyard Gym from Oct 27 to 31. For class and schedule information, contact the Fitness Cell at 333-4485 or visit the Naden Athletic Centre front desk.







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**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](mailto:zachmallett@gmail.com)

**FOR SALE:**

**NAVY OFFICER MESS KIT SIZE 40 WITH GOLD BRAID** Men's Jacket, pants with waist coat. Gold braid in good condition per Mia the base tailor. For the mess kit jacket it's about 17" for shoulder width. Shoulder to cuff is 25". 18.5" from armpit to end of sleeve. 22.5" from back of neck to bottom of the waist coat. Waist on the pants looks to be 34" 41" long outer seam 29.5 for the inseam of the pants. Asking \$500. Contact: 250-415-5812

**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](mailto: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 [bbbsvictoria.com](http://bbbsvictoria.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](mailto:volunteer@lnv.ca) Learn more at [www.lifetimenetworks.org](http://www.lifetimenetworks.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](http://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](mailto: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](mailto: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](mailto:volunteer@habitatvictoria.com) or 250-480-7688 ext. 105

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