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WELCOME HOME *CORNER BROOK!*

Sailor First Class (S1) Zachary Davidson disembarks from His Majesty's Canadian Submarine (HMCS) *Corner Brook* and shares a sweet homecoming moment with partner Lauren Tarr on Oct 5, 2025. Read more about the homecoming on Page 7.

Photo: S3 Jacob Saunders, Canadian Armed Forces Imagery Technician



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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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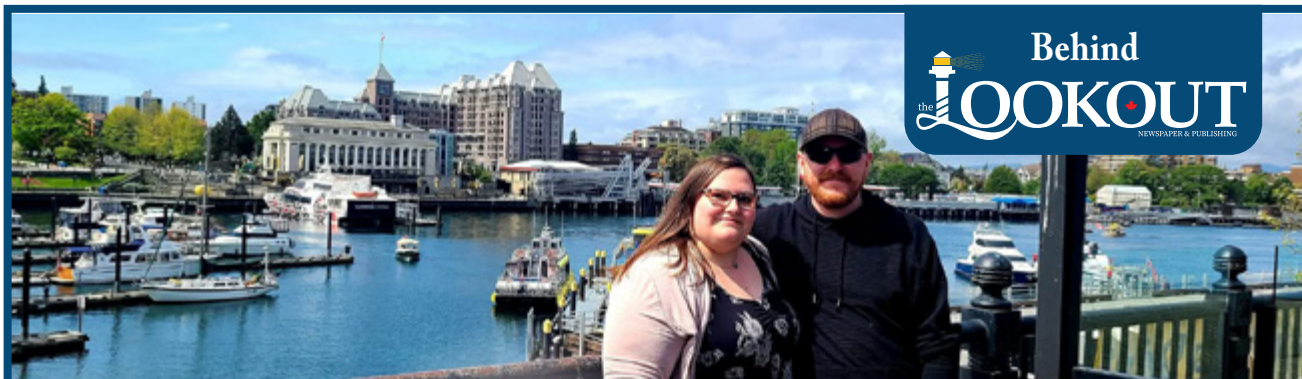
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Behind
the LOOKOUT
NEWSPAPER & PUBLISHING

Meet Andrea

Andrea Modesto

Lookout Newspaper

General Rick Hillier, Canada's Chief of Defence Staff from 2005-2008, once said, "When a soldier steps on foreign soil in a high-risk environment, every single Canadian should be walking with him or her."

These words have always resonated deeply with me.

I'm Andrea Modesto, Administrative Assistant and Accounts for the *Lookout Newspaper* team and part of Personnel Support Programs (PSP), a division of the Canadian Forces Morale and Welfare Services (CFMWS).

I grew up in a small outpost village in Newfoundland and Labrador watching family members ship off to serve our country. They included: my sister, Master Corporal (Ret'd) Victoria McDonald; my brother, Petty Officer First Class (PO1) Herbert McDonald; my brother-in-law, Sergeant (Ret'd) Christopher deBeaupre; my husband, Master Sailor (MS) Marc Modesto; and most recently, my nephew, Aviator Brock deBeaupre.

Over the years, they have each shown me firsthand, the dedication and sacrifices made by members of our Canadian Armed Forces (CAF).

I have always wanted to serve Canada and

walk alongside my family. As such, I enlisted in the Royal Canadian Navy (RCN) and met my husband Marc at Canadian Forces Leadership and Recruit School (CFLRS) Saint Jean. Though I was unable to complete basic training, Marc encouraged me to continue seeking a way to contribute to our nation. That journey brought us to Canadian Forces Base (CFB) Esquimalt, where I found a new way to serve — through CFMWS.

In my role, I am so proud to support our writers, editors, and designers as they share the stories of those in uniform; highlight the many PSP programs available to members and their families; and assist with CAF events that strengthen our Defence community.

Though my path looks different than I once imagined, I am grateful to contribute in a way that allows me to give back to the people who dedicate their lives to guarding our freedoms.

I have a quote tattooed on my forearm that says, 'Sometimes you've got to fall before you fly.' Failure or hardship is not an end — it's a chance to learn from experience and grow.

Thank you for allowing me the honour of walking alongside you as you march forward for us all.

*"Sometimes
you've got to fall
before you fly."*

FUN FACTS:

What's a surprising skill you have?

I'm not an expert by far, but I have entirely self-taught myself on how to read and write code! I've worked on everything from making tiny discord bots that teach you how to bake sourdough bread to helping friends with their business pages online.

What's your favourite CFB Esquimalt memory?

When my husband MS Modesto first got posted to Esquimalt from Halifax, it enabled me to reconnect with my older brother, PO1 McDonald, who had left in 2001 to join the RCN. He had proudly called CFB Esquimalt home ever since.

Instead of living across the country from him, he now lives a street away.



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Defence on the Dock Brings Canada's Navy Closer to Home

Archana Cini
Lookout Newspaper

The bustling piers of Ogden Point came alive on Oct 5 as Defence on the Dock returned to Victoria for its fourth iteration.

A highly anticipated biennial showcase, Defence on the Dock offered members of the public with a rare opportunity to experience the operations and equipment that make up the Canadian Armed Forces (CAF) and Royal Canadian Navy (RCN). This year's event featured interactive exhibits, large-scale displays, tours, and hands-on demon-

strations spread across themed zones throughout the pier.

Approximately 8,000 attendees explored the heart of Canada's maritime Defence community at the event. Docked at the centre of the excitement was His Majesty's Canadian Ship (HMCS) *Vancouver* and His Majesty's Canadian Submarine *Corner Brook*, both offering guided tours to attendees. *Vancouver* welcomed approximately 2,000 visitors aboard its decks, while *Corner Brook* provided an inside look at life under the sea with tours of its tight quarters and the specialized equipment of the Canadian Submarine Force (CANSUBFOR).

For those who preferred action on the waves, rigid-hulled inflatable boat (RHIB) rides gave over 200 attendees the thrill of speeding across the Victoria harbour.

To Matt Carlson, Base Public Affairs Projects Officer, the event was incredibly fulfilling.

"I'm incredibly proud of our team and stakeholders as it truly was such a special event," said Carlson. "We learned a lot, and we're already looking forward to making 2027 even bigger and better."

The day's programming extended well beyond the fleet, with different zones scattered across the pier highlighting CAF talent, roles, and

partnerships. A new Sports Zone featured 10 organizations promoting active living and community engagement, including popular SPINCO bike ride classes that drew approximately 100 participants. Other zones included an Entertainment Zone with live performances by the Naden Band of the RCN, a Big Vehicle Zone featuring heavy logistics equipment, and more. The Marine Career Expo also shared insight into a wide range of CAF and RCN trades, careers, and training opportunities.

The event was also attended by Canadian provincial ministers and MLAs who met with CAF leader-

ship, in addition to a media tour. The Esquimalt Military and Family Resource Centre (EMFRC) also provided attendees with a variety of delicious food options.

As such, Defence on the Dock continues to grow in popularity as it offers Canadians fresh perspectives from which to explore our nation's Defence community. With strong attendance and smiles throughout the day, the event once again proved that the connection between Vancouver Island, the RCN, and CAF is as strong as ever.

"I'm incredibly proud of our team and stakeholders as it truly was such a special event."

~Matt Carlson, Base Public Affairs Projects Officer



Top: The public engages with interactive outdoor displays hosted by members of the Defence team during Defence on the Dock 2025. Photo: MS Bryan Underwood, MARPAC Imaging Services

Bottom: Members of the public line up for tours of His Majesty's Canadian Submarine *Corner Brook* and His Majesty's Canadian Ship *Vancouver*, both alongside at Ogden Point during Defence on the Dock 2025. Photo: Corporal Conor R.G. Munn, Canadian Armed Forces Imagery Technician

Inset: A Canadian Forces Base (CFB) Esquimalt Firefighter teaches a young boy how to aim and operate a hose during Defence on the Dock 2025. Photo: S3 Lucas Augustyn, MARPAC Imaging Services

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Members of Fleet Maintenance Facility (FMF) enjoy food and conversation during the annual Ship to Shore Industrial Tradeshow on Sept 7, 2025. Photo: Lindsay Groves, Lookout Newspaper

SHIP TO SHORE INDUSTRIAL TRADESHOW RETURNS

Archana Cini
Lookout Newspaper

From cutting-edge equipment to community connection, the annual Ship to Shore Industrial Tradeshow celebrated more than industry — it celebrated partnerships.

Presented by the *Lookout Newspaper*, the one-day event brought together over 50 vendors from across industrial, marine, and defence industries to Canadian Forces Base (CFB) Esquimalt's Naden Athletic Centre on Oct 7 for a showcase of the latest products and services supporting Canada's defence operations.

With free admission extended to regular and reserve Canadian Armed Forces (CAF) members along with civilian employees, Ship to Shore has brought industrial knowledge, food, and excitement to the local military and civilian community for over a decade.

For those travelling from other units, rounders provided complimentary, accessible trans-

portation from Signal Hill, Colwood, and Work Point, allowing the entire Esquimalt Defence team to participate.

With a lively atmosphere, Ship to Shore featured rows of booths showcasing everything from advanced safety equipment and marine components to digital tools and industrial innovations designed to improve efficiency and readiness. As such, the event featured exciting innovations like Commander Warehouse Equipment's award-winning modular workstation; Fluid Film's ready-to-use rust and corrosion prevention products; and Canadian Safety Equipment's new AVON-Protection MITR-M1 half-face safety mask.

To FASTENAL's Andrew Compton, participating in Ship to Shore felt like home.

"I actually served in the military for over 10 years, and being here is a different sort of service and support to me," said Compton. "We also hire a lot of military spouses, so

the Defence community is ingrained in our business year-round — not just at military tradeshow."

To Julie Shepard, Westshore Bank of Montreal (BMO) Branch Manager, Ship to Shore meant fulfilment.

"We love this tradeshow because giving back to the local Defence community and helping service members understand their financial opportunities has always been important to BMO," she said. BMO has been a Ship to Shore vendor for over five years.

In addition to meeting with suppliers, community partners, and military leadership, the annual event also provided vendors with an opportunity to showcase their newest innovations — something Pelican's Aaron Collett found particularly valuable.

"This year, we're really focused on our safety approved flashlights that not only meet regulations but are very exciting for those on front lines. They're shatter-proof, can be used

for self-defence, hands-free, and are some of the most high-performance on the market," said Collette.

The tradeshow also featured new vendors.

"It's our first year," said Ashley McDowall from Langford-based Adam's Tarp and Tool. "The energy is positive and we're glad to be here."

Beyond its exhibits, Ship to Shore was a celebration of the local Defence community. Complimentary hot dogs, chips, and coffee were provided to all attendees, while door prizes collectively valued at over \$2,500, along with WestJet flight vouchers and other independent vendor giveaways, kept energy high throughout the event.

Thank you to event sponsor Seaspan, base cook Master Sailor (MS) Yu Benjamin, and all Royal Canadian Navy (RCN) volunteers for supporting the 2025 Ship to Shore Industrial Tradeshow.





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HMCS *Corner Brook* Returns Home

A/SLt Emily Shea
MARPAC Public Affairs

On Oct 5, the crew of His Majesty's Canadian Submarine (HMCS) *Corner Brook* reunited with loved ones at Ogden Point Terminal in Victoria, following a successful two-month deployment on Operation (Op) LATITUDE.

The homecoming was marked by both emotional reunions and pride in a mission accomplished. Sailor First Class (S1) Zachary Davidson was the first to disembark from the submarine, honoured with the First Kiss tradition which he shared with partner Lauren Tarr.

The deployment was especially significant for Lieutenant-Commander (LCdr) Clark Hubbard as it was his first as a Commanding Officer (CO).

"It was a great opportunity for me as my first command. We operated with the United States (U.S.)," said LCdr Hubbard. "It was fantastic to work with them in that capacity, especially as I recently worked and sailed with our U.S. allies, which was an excellent opportunity for my development as a submariner."

Throughout the deployment, HMCS *Corner Brook* participated in joint operations with the Royal Canadian Air Force (RCAF), the U.S. Navy, and the U.S. Coast Guard, reinforcing Canada's commitment to detecting, deterring, and defending against regional threats.

The mission also served as a vital training opportunity.

"We brought a lot of new sailors on board," said LCdr Hubbard. "The vast majority got qualified, and we're set up for success for the next couple of years because of the training we were able to do."

Captain(Navy) Alex Kooiman, Commander of the Canadian Submarine Force (CANSUBFOR), emphasized the teamwork behind the deployment's success.

"It takes the entire team," said Captain(Navy) Kooiman. "From Sea Training to weapons certification to port support, the entire Canadian Submarine Force got together to make this deployment a success."

Looking ahead, *Corner Brook* will enter a short work period for maintenance and modernization before returning to sea to continue training future submariners.

"That's what the program is for," said Capt(Navy) Kooiman. "Go to sea, dive, and operate. We are training a new generation of submariners for Canada's new submarines."

The submarine's homecoming also coincided with Defence on the Dock, Canadian Forces Base (CFB) Esquimalt's initiative to connect the Royal Canadian Navy (RCN) with the broader civilian community and discover employment opportunities in the marine sector. During the event, visitors enjoyed the experience of touring the newly returned HMCS *Corner Brook* in addition to His Majesty's Canadian Ship *Vancouver*.

Members of the Royal Canadian Navy (RCN) waiting to welcome His Majesty's Canadian Submarine (HMCS) *Corner Brook* as it returns home on Oct 5.

Photo: S3 Jacob Saunders, MARPAC Imaging Services

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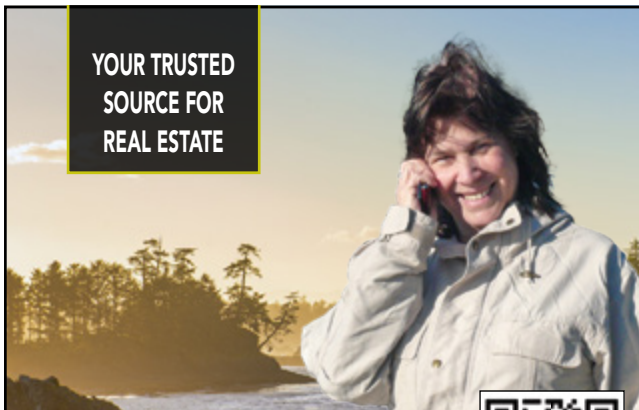
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Tour de Rock riders embrace at the Canadian Forces Base (CFB) Esquimalt Fire Hall on Oct 3. Photo: Lindsay Groves, Lookout Newspaper

CFB Esquimalt Fire Hall Welcomes Tour de Rock Riders

Lindsay Groves
Lookout Newspaper

On Oct 3, the 2025 Tour de Rock team made a stop at the Canadian Forces Base (CFB) Esquimalt Fire Hall as part of their two-week journey across Vancouver Island to raise money for childhood cancer research and support services at the Canadian Cancer Society.

Riders — including police agencies and emergency service personnel — were welcomed with cheers and heartfelt support from the CFB Esquimalt Base Commander, Defence team members, and community members. This year's contingent featured four riders from CFB Esquimalt — Petty Officer 2nd Class (PO2) Jeff Hebert, Master



Sailor (MS) Steve Deschamps, Lieutenant (Lt) Jon MacDonald of Base Fire Rescue and Corporal (Cpl) Megan Jones of Military Police Unit(Esquimalt)

Since its start in 1994, Tour de Rock has become a symbol of unity, resilience, and community spirit. This year's tour raised over \$800,000.

As the wheels came to a stop at the

hall, Captain(Navy) Kevin Whiteside, Commander of CFB Esquimalt, had inspiring words to share with the team.

"This is very dear to my heart. I want to thank you, welcome you, and congratulate you on doing the entirety of Vancouver Island... Here we are on the unceded territories of the Lekwungen-speaking people, specifically Songhees and Esquimalt. We're very proud of the connection to these lands so please, before you take off for your next stop, understand where you are today, how much we appreciate what you do, and how much you're supported by us." The tour wrapped in Esquimalt, but its impact will carry on long after the final stop.

Seasonal Walk-In Immunization Returns to CFB Esquimalt

Major Kate Curtis

Base Surgeon, CF Health Services(Pacific)

With upper respiratory illness season underway, Influenza and COVID-19 continue to present a health risk to both the general population and Canadian Armed Forces (CAF) members.

To combat this, get vaccinated.

Vaccination is proven to reduce transmission, chance/length of hospitalization, and long-term effect of illnesses. Staying up to date on annual vaccines is vital as both Influenza and COVID-19 protection wanes over time. As such, the most up-to-date vaccines are targeted against the most prevalent virus strains.

Canadian Forces (CF) Health Services(Pacific) is hosting a combined Flu/Covid immunization clinic for all serving military members (Regular and Reserve force). Held at Canadian Forces Base (CFB) Esquimalt, the clinic will provide drop-in immunizations without appointment. Members can receive either one of both vaccines on the same day and will be monitored for 15 minutes prior to the vaccination.

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Nine Days in Nanisivik:

DND Team Successfully Reactivates Remote Arctic Facility

Archana Cini
Contributions by Scott Kimmett,
Master/Chief Engineer King's Harbour
Master (KHM)
Lookout Newspaper

A small but determined team from the Department of National Defence (DND) recently travelled to one of Canada's most remote Arctic outposts to reactivate a facility long asleep under the snow.

The mission began in July, when Barge Master Scott Kimmett of the Port Operations and Emergency Services Branch (POESB) joined DND colleagues from across the nation at the Nanisivik Naval Fueling Facility for a nine-day operation, the first of its kind. The mission continued into the fall with a second, two-week trip North to the facility in late September.

Their goal? To de-winterize, reactivate, and consolidate stored diesel at the site, preparing the recovered fuel for donation to the Government of Nunavut.

Located on the grounds of a former lead-zinc mine, the Nanisivik naval facility is found on the northern end of Baffin Island, Nunavut, both a remote and strategically significant part of Canada. Before the team could begin operations, nearly 8,000 pounds of equipment were airlifted from Iqaluit to Arctic Bay, where it was then trucked across the tundra to the isolated site.

"Upon arrival, we found the base fully winterized," said Kimmett. "With no team members having prior experience at the site and limited procedural documentation available, much of our efforts involved tracing systems, removing blanked piping, and reinstalling components."

Following the reinstallation, the team then

tackled an extensive troubleshooting phase to program the facility's systems and clear active faults. Working in a remote location without internet access or cellular connectivity, challenges were compounded without access to technical resources in real time.

"Many of our tasks demanded improvised solutions beyond the plant's original design," noted Kimmett.

Despite its challenges, the team successfully completed the operation by consolidating the facility's remaining diesel fuel at just a fraction of the cost originally quoted by civilian contractors. Furthermore, utilizing DND expertise for the operation proved both efficient and invaluable for the facility's future.

"The deployment provided hands-on experience to our team, who are now familiar with the processes required to winterize, reactivate, and operate the plant — knowledge that will streamline future operations," said Kimmett.

Daily life during the operation was equally demanding as technical work. With the base's accommodations shut down, the team stayed in a hotel at Arctic Bay and commuted to the site daily under the watchful eye of a bear monitor, an armed local hired to protect the crew from polar bears and other dangerous mammals. Realities were also underscored when weather delays and mechanical issues left the team stranded in Iqaluit for several days during their return trip.

During the trip in September the defueling process was completed with approximately 500,000 liters of fuel successfully defueled to the oil/chemical bulk carrier ship KITIKMEOT, which will then disperse the fuel to local Arctic communities."



Top: The view of the setting sun from the Nanisivik Naval Facility.
Bottom: The remote Nanisivik Naval Facility located on Baffin Island, Nunavut.

Photos: Scott Kimmett, King's Harbour Master

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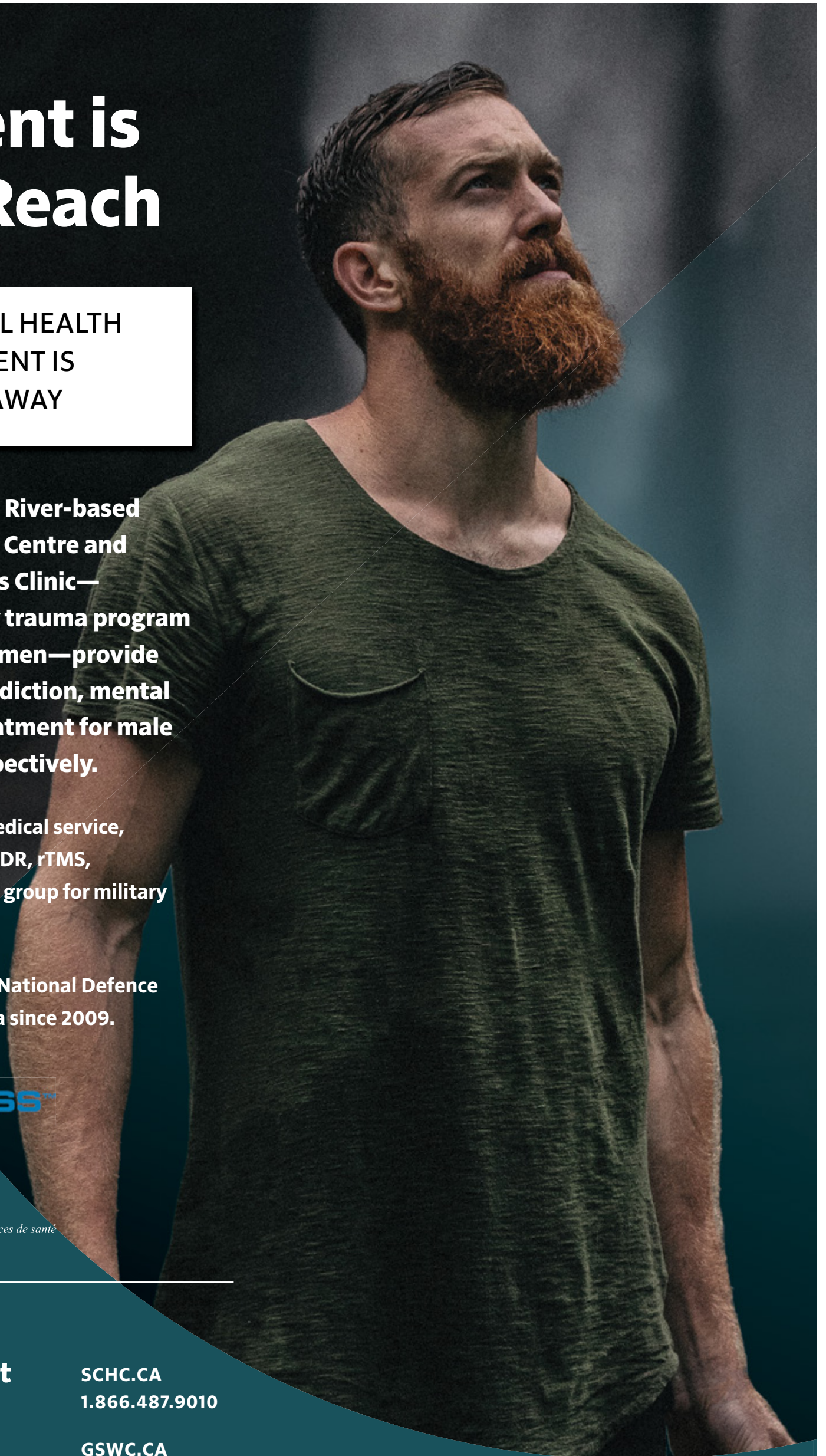
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Fair Winds and Following Seas to HMCS Nanaimo

Archana Cini
Lookout Newspaper

After nearly three decades of dedicated service on the West Coast, His Majesty's Canadian Ship (HMCS) *Nanaimo* officially departed Canadian Forces Base (CFB) Esquimalt on Oct 6 for reassignment to CFB Halifax.

First commissioned on May 10, 1997, HMCS *Nanaimo* was the first Kingston-class Maritime Coastal Defence Vessel (MCDV) to serve from the West Coast. In addition to participating in international deployments and operations, *Nanaimo* has also provided support to the



Royal Canadian Mounted Police (RCMP), the Canadian Coast Guard (CCG), and Fisheries and Oceans Canada (DFO). The vessel has also served as a training platform for junior officers and participated in environmental disaster response and search and rescue operations.

One of 12 Kingston class Maritime Coastal Defence Vessels (MCDVs), *Nanaimo* will continue to serve Canada under its motto of 'Faith and Labour.'

Fair winds and following seas, HMCS *Nanaimo*.



HMCS *Nanaimo* departs Canadian Forces Base (CFB) Esquimalt on Oct 6 as it transits to its reassignment of CFB Halifax. Photo: S3 Lucas Augustyn, MARPAC Imaging Services

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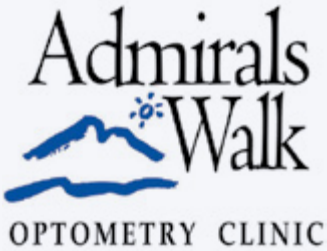
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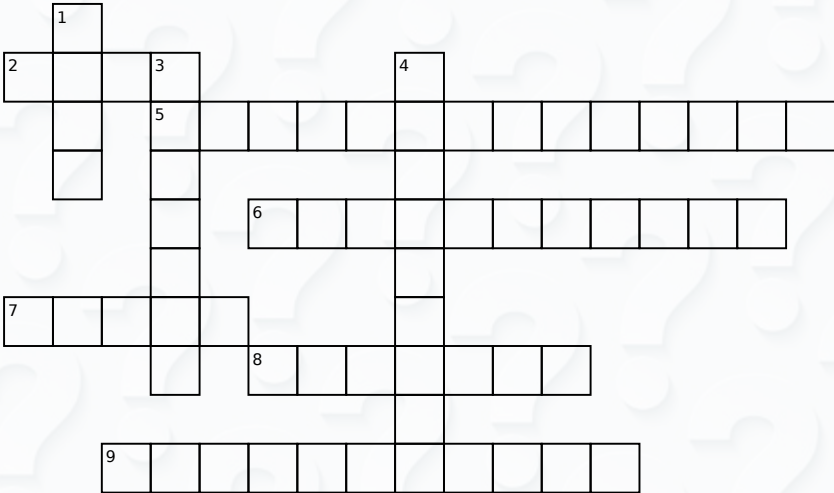


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Port & Puzzle Crossword

The Canadian Arctic and its approaches have long held strategic importance for the Royal Canadian Navy (RCN). As the northern lights begin to dance across Arctic skies this October, this month's Port and Puzzle takes you on an expedition through Canada's Far North with a themed mini crossword. Pack your parka and get puzzling!



Across:

- 2. Small arctic seabird known for its long migrations
- 5. Colourful natural phenomenon common in northern skies
- 6. Deep northern waterway connecting the Atlantic and Arctic Oceans
- 7. Type of bear that roams the Arctic sea ice
- 8. Territory created in 1999 and home to Iqaluit
- 9. RCN Arctic and Offshore Patrol Vessel (AOPV) ship-class

Down:

- 1. Marine mammal with whiskers often seen on Arctic ice floes
- 3. Type of whale known for its long spiral tusk
- 4. Flower that serves as Nunavut's official floral emblem

Across: 2. Small Arctic seabird known for its long migrations (JAUNTY); 5. Colourful natural phenomenon common in northern skies (AURORA BOREALIS); 6. Deep northern waterway connecting the Atlantic and Arctic oceans (DAVIS STRAIT); 7. Type of bear that roams the Arctic sea ice (POLAR); 8. Territory created in 1999 and home to Iqaluit (NUNAVUT); 9. RCN Arctic and Offshore Patrol Vessel (AOPV) ship-class (HARRY DEWOLF). Down: 1. Marine mammal with whiskers often seen on Arctic ice floes (SEAL); 3. Type of whale known for its long spiral tusk (NARWHAL); 4. Flower that serves as Nunavut's official floral emblem (SAXIFRAGE).

Background Graphic: iStock/Getty ImagesPlus: almagami

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IT'S TIME
FOR A
FIRE DRILL!



National Fire Prevention Week concluded with Rear-Admiral (RAdm) David Patchell eager to begin the fire drill at Dockyard 100, Canadian Forces Base (CFB) Esquimalt on Oct 10.

Photo supplied.

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BRAND NEW, NEVER BEEN LIVED IN SUITE in Saanich Ridge Estates in Saanichton. Separate entrance and power metre. Bedroom and living room are south facing, but suite has its own heat pump for air conditioning in summer and efficient heating in winter! In suite laundry, fridge, stove, microwave. Looking for mature, respectful tenant, and a one year lease. Renting for \$1500 per month. Available immediately. Contact Shannon: 250-217-6034

SPACIOUS ONE-BEDROOM BASEMENT SUITE IN SAXE POINT We really enjoyed our military tenants, so we hope to keep up the trend, hence the posting here. Seeking a reliable tenant with an initial lease of six months to start. Open to a longer term for that tenant who is a great fit. The suite is for single occupancy. No parties, smoking in designated areas. Rent is reduced to \$1,800 per month (normally \$1850) with proof of association with the military and or the MFRC. Move-in date of November 1st, 2025. Newly renovated, spacious, basement suite. Situated on a quiet street with street parking. Conveniently located a five-minute walk to Naden, shopping centers, parks, and various recreation facilities. Transit is 180 meters away. Garden setting with flowers in Spring and Summer with a sunny seating area near a horseshoe pit, all maintained by owners. Inclusions:** Electric heat supplemented by oil furnace, water, hydro, satellite TV, and shared laundry. Ground-level entrance. Brand new carpet, fresh paint, and renovated kitchen. Soaker tub. New blinds. No Pets. Please contact: 250 661 2255

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

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@vypp.ca or (250) 744-8543

VOLUNTEER

BIG BROTHERS BIG SISTERS OF VICTORIA Free clothing

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

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



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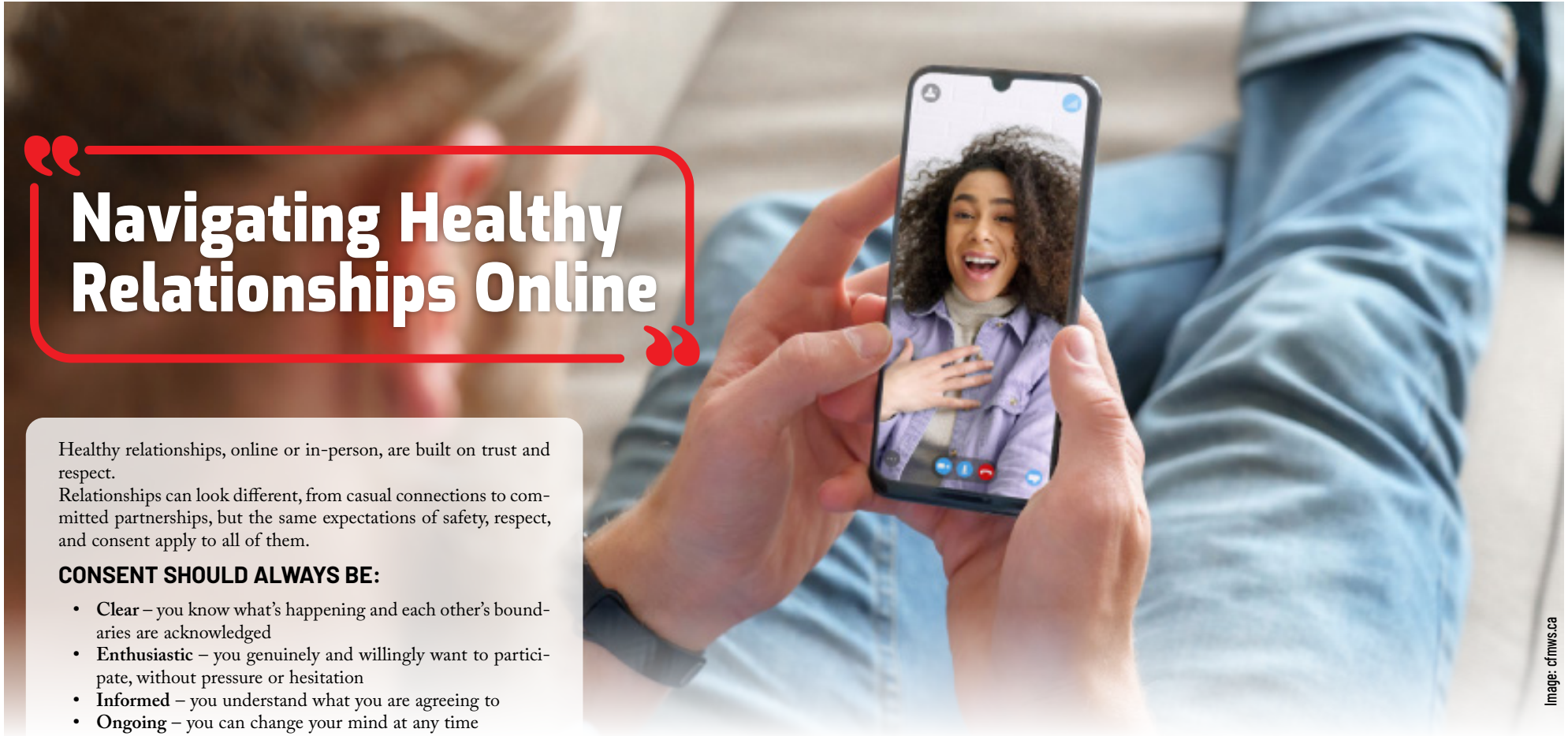


Image: cfmws.ca

Navigating Healthy Relationships Online

Healthy relationships, online or in-person, are built on trust and respect. Relationships can look different, from casual connections to committed partnerships, but the same expectations of safety, respect, and consent apply to all of them.

CONSENT SHOULD ALWAYS BE:

- **Clear** – you know what’s happening and each other’s boundaries are acknowledged
- **Enthusiastic** – you genuinely and willingly want to participate, without pressure or hesitation
- **Informed** – you understand what you are agreeing to
- **Ongoing** – you can change your mind at any time

Women, 2SLGBTQ+ people, and people with disabilities often face higher rates of sexual harassment and disregard for boundaries online, not because of personal behaviours, but because of harmful stereotypes and unequal power dynamics.

IDENTIFYING HEALTHY VS. UNHEALTHY ONLINE RELATIONSHIP BEHAVIOURS

The table below highlights healthy and unhealthy behaviours in online relationships. It’s essential to feel safe saying ‘no’ and to communicate openly about boundaries. Remember: once something is sent online, you may not be able to control where it ends up.

HEALTHY BEHAVIOURS	UNHEALTHY BEHAVIOURS
Setting expectations for when you’ll be in touch and allowing time to disconnect.	Pressuring someone to always be available online, repeatedly messaging or calling.
Sharing messages or images only with permission.	Posting online or sharing without consent.
Openly discussing when something online makes you uncomfortable.	Belittling or refusing to hear your concerns.
Acknowledging power dynamics and respecting boundaries.	Using military rank or status to pressure someone into doing something they’re uncomfortable with.
Encouraging each other’s independence and self-care.	Constantly asking for explanations about your whereabouts.
Discussing expectations around intimate messages or images.	Pressuring someone into intimate conversations or sending images without consent.
Taking steps to protect your privacy, such as avoiding photos with identifiable features (face, tattoos, name, location, military unit).	Sharing or threatening to share intimate images or messages.
Recognizing when it’s appropriate to discuss and share financial information as trust develops.	Asking for your banking details or personal financial information when it doesn’t make sense.

An illustration featuring a large, light gray circle. Inside the circle is a red heart shape. A white speech bubble is positioned over the heart, and a black key is shown with its head inside the heart. A white line extends from the top of the key, looping around the top of the circle.

ACCESSING SUPPORT AND RESOURCES

Assistance is available to you 24/7 through the Family Information Line (FIL). This support is bilingual, free, and confidential:

North America: 1-800-866-4546
International: 00-800-771-17722
Email: FIL-LIF@cfmws.com

If you’re in immediate danger or fear for your safety or that of others around you, please contact local authorities. For support in your area, you can look for crisis lines and local services via the Family Information Line, your local Military Family Resource Center (MFRC), or Military Family Services (MFS) service provider.

LEARN MORE.

DND Employee Saves Rare Yellow-Billed Loon in B.C.

Archana Cini
Lookout Newspaper

While travelling through smoky conditions in Manning Park, British Columbia (B.C.) on Sept 9, Department of National Defence (DND) employee Lorraine Crinkley encountered a rare sight on the highway — a yellow-billed loon.

Believing the bird to be dead at first glance, Crinkley turned back after spotting movement as her vehicle passed. Scooping it up off the highway, Crinkley then wrapped the loon in a towel and held the bird in her own lap until they reached phone service, where it was arranged to take the bird to the nearest wildlife hospital.

Yellow-billed loons (*gavia adamsii*) are among Canada's rarest breeding birds. With a global population of only 16,000 that has declined by over 50 per cent over the past 50 years, the yellow-billed loon is both the rarest species of loon and endangered.

Exhausted, dehydrated, and disoriented upon its arrival (likely from the smoke of wildfires in the region), the loon was safely released from the hospital the next morning into a large body of water near Manning Park.

Because loons' legs are positioned far back on their bodies, they are unable to walk or take flight from land, requiring water to propel themselves into the air. Confused by reflective surfaces, they sometimes mistake roads for lakes, which is likely how Crinkley's loon made its way to the middle of a B.C. highway.

Crinkley, who has worked for DND for over seven years and assisted with over 20 wildlife rescues, said this was the first bird she had ever seen survive.

"At first I was surprised, and then happy. It was a little emotional because I get invested and really take these moments to heart," said Crinkley. "It was the best part of my time off."



A DND employee rescued this injured looking, rare yellow-billed loon last month off the highway in Manning Park, B.C. Photo: Lorraine Crinkley



Defence team members enjoy morning coffee with Rear-Admiral (RAdm) David Patchell at Canadian Forces Base (CFB) Esquimalt on Oct 3. Photo: Lindsay Groves, Lookout Newspaper

Wellness, Community, and Coffee at Admiral's Residence

Archana Cini
Lookout Newspaper

On Oct 3, over 160 Defence Team members gathered at Canadian Forces Base (CFB) Esquimalt for Morning Coffee at the Admiral's Residence, an event marking the launch of Healthy Workplace Month across Maritime Forces Pacific (MARPAAC).

Hosted by the Organizational Wellness Working Group under the MARPAAC Health and Wellness Strategy, the Friday morning gathering encouraged open dialogue, connection, and community with those working at

CFB Esquimalt. As such, attendees enjoyed complimentary coffee, pastries, and conversation with Rear-Admiral (RAdm) David Patchell.

An annual October initiative at CFB Esquimalt, Healthy Workplace Month features five weeks of free activities and events designed to support physical, mental, and social wellbeing for Defence team members. As the first event in a full calendar of wellness programming, the event set a positive tone for the weeks of mindfulness, fitness, and seminars ahead.



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CONTACT PSP SPORTS COORDINATOR: SABASTIAN.ROBINSON@FORCES.GC.CA