

Lookout

Volume 70 Number 22
November 3, 2025

MORALE & WELFARE NEWS | CFB ESQUIMALT, VICTORIA, BC

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This edition's masthead is based on a 1943 edition of our newspaper

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Remembrance Day ceremony on the flight deck of His Majesty's Canadian Ship (HMCS) Ottawa. Photo (Colour modified by the Lookout): Aviator Gregory Cole, Canadian Armed Forces

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Top: The Peter Godwin Chance Gallery at the Canadian Forces Base (CFB) Esquimalt Naval and Military Museum. Photo: Paul Seguna
 Bottom: The late Commandfer (retired) Peter Godwin Chance sitting beside Captain(Navy) Kevin Whiteside, Commander of Canadian Forces Base (CFB) Esquimalt, at a hockey game in 2023. Photo supplied.

NEW DISPLAY AT CFB ESQUIMALT MUSEUM HONOURS LATE NAVAL COMMANDER PETER GODWIN CHANCE

Archana Cini
 Lookout Newspaper

We remember Commander (Cdr) (retired) Peter Godwin Chance. The life, legacy, and service of the late Cdr Chance now have a permanent home at the Canadian Forces Base (CFB) Esquimalt Naval and Military Museum.

On Oct 15, family members, friends, Defence team members and representative of the Royal Canadian Navy (RCN) and Naval Association of Vancouver Island (NAVI) gathered at the museum for the unveiling of a new, permanent display dedicated to the celebrated naval officer that includes Cdr Chance's medals, uniform, and other personal effects. The artifacts have now been added to the Peter Godwin Chance Gallery, first named in his honour on his 101st birthday in 2021.

Cdr Chance, who passed away at the age of 103 on April 9, 2024, was one of the last surviving Canadian

officers to have served in the Battle of the Atlantic, the longest campaign of the Second World War. He took part in the Dunkirk evacuations, D-Day landings, and the evacuation of Singapore, serving aboard 13 ships over the course of his naval military career. Cdr Chance also survived the 1944 sinking of His Majesty's Canadian Ship (HMCS) *Skeena* in the North Atlantic and combat during the Korean War aboard HMCS *Cayuga*. Born in Ottawa, he served from 1938 to his retirement in 1969, when his sense of duty shifted into public life. After his retirement, Cdr Chance volunteered with the Amyotrophic Lateral Sclerosis (ALS) Society, Saanich Peninsula Hospital, the British Columbia (B.C.) Maritime Museum, Naval Association of Canada, Royal Canadian Legion (RCL), Air Force Veterans, and more. He also co-founded the Maritime Awards Society of Canada, which provides maritime students with post-graduate scholarships.

The display was formally opened with a ribbon-cutting led by Damon Chance, Cdr Chance's grandson. The event also included audience addresses from Captain(Navy) Kevin Whiteside, Commander of CFB Esquimalt, and Cdr Chance's sons, Tim and Simon Chance.

Among the medals and artifacts gleaming in their cases also stood one valuable moment: the presentation of the late Cdr Chance's ceremonial paddle from Simon Chance to Damon Chance. First presented to Cdr Chance on his 100th birthday, Damon's acceptance of the paddle on Oct 15 represented the passing of history and honour from grandfather to son to grandson. Alongside November's season of remembrance, the paddle served as a reminder that courage and memory are carried not only through uniform, but also through family stories shared and retold through generations.

The Peter Godwin Chance Gallery can be viewed seven days a week from 1000 hrs to 1500 hrs at the CFB Esquimalt Naval and Military Museum.

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MORALE & WELFARE NEWS
CFB ESQUIMALT, VICTORIA, B.C.
 A Division of Personnel Support Programs

The Lookout Newspaper and Publishing provides morale and welfare news to CFB Esquimalt, Maritime Forces Pacific, and is nationally distributed bi-weekly in print and online at lookoutnewspaper.com with social media updates on Facebook, Instagram, and LinkedIn.

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

Published every other Monday, under the authority of Capt(Navy) K. Whiteside, Base Commander, CFB Esquimalt.

The editor reserves the right to edit, abridge or reject copy or advertising to adhere to policy as outlined in PSP Policy Manual. Views and opinions expressed are not necessarily those of the Department of National Defence.

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 Sutton

forces.ads@westcoastmarketing.net

EDITORIAL ADVISORS

Lt(Navy) Wilson Ho
 250-363-4006

Rodney Venis
 250-363-7060

Circulation bi-weekly print: 2,100

Social media reach: 10,000+ Defence community members

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The cenotaph in Downtown Victoria. Lookout Archives

THIS IS Remembrance Month

Re·mem·brance

noun; the action of remembering something or

someone

Every November, Canadians both in and out of uniform take the time to remember and honour the courage, sacrifice, and service of those who came before us.

Though the concept of remembrance is universal, it is equally personal.

Remembrance lives in stories, moments, and quiet reflections unique to each of us. It can take the form of a photograph tucked in a wallet; a medal handed down from previous generations; a flower carefully planted in memory of a loved one; the name of a relative never met.

This year, with three November editions of the *Lookout*, we turn a page over to you — the voices of our Defence Team — to share what remembrance means to them.

"Remembrance Day is a solemn call to honour the sacrifices of Canadians who served before us. In remembering them, we reaffirm our commitment to the values they defended and the purpose that guides our lives today, which remains worth fighting for."

Cdr Nicolas Bruzzone
 CO MARPAC HQ

"Remembrance means honouring the courage and sacrifice of those who gave their lives in war, ensuring their deeds are never forgotten. It is our solemn duty to carry their memory forward."

Lt(Navy) Michael Cormie
 Head of School of Diving
 FDU(Pacific)

"To me, remembrance is about shedding a gracious light on the people who endured unimaginable hardship in the pursuit of freedom. Words can't thank you enough. We will remember."

P01 Jeff Cooper, Musician
 Naden Band of the Royal Canadian Navy

"Remembrance is found in those moments of painful reflection, for my friends who are no longer here, and the friends I never had the chance to meet. Even as I can no longer hear them, no longer see them, I choose to remember them, and feel them standing at my side."

SLt Lia MacDonald
 MSEO

We remember. Thank you for your service.



Photo from Getty Images/iStock Photo: SHAWSHANK61. Poppy Image: Sviatlana Barchan

LOOKOUT
newspaper.com



SOUTH ISLAND CENOTAPH LOCATIONS

Most Remembrance Day ceremonies and observances take place at 11:11am. Please check with your local Legion or municipal hall to confirm times.

COBBLE HILL Garden of Remembrance 1475 Fisher Rd.	ESQUIMALT Veterans Cemetery Service 1190 Colville Rd.	OAK BAY Uplands Park 2800 Beach Dr.	SIDNEY Sidney Town Hall 2440 Sidney Ave.	VICTORIA Legislative Building 501 Belleville St.
COLWOOD Juan de Fuca Recreation Centre 1767 Island Hwy	Memorial Park 1220 Esquimalt Rd.	PENDER ISLAND Legion Branch 239 1344 Mackinnon Rd.	SOOKE Sooke Legion 6726 Eustace Rd.	Ross Bay Cemetery 1495 Fairfield Rd.
Royal Roads University 2005 Sooke Rd.	LADYSMITH 1010 Esplanade Avenue	SAANICH Municipal Hall 770 Vernon Ave.		Canadian Scottish Regiment Cenotaph 975 Quadra Street
COWICHAN DISTRICT/CHEMANIUS 9799 Willow St.	LANGFORD Veterans Memorial Park. 2815 Aldwynd Rd.	Pioneer Park 1209 Clarke Rd.		Goldstream Provincial Park Finlayson Arm Rd. off Hwy 1
LAKE COWICHAN Central Park 105 Stanley Rd.	LANTZVILLE Legion Branch 257 7227 Lantzville Rd.	SALT SPRING ISLAND Centennial Park 138 Fulford-Ganges		
DUNCAN Charles Hoey Park 130 Canada Ave.	METCHOSIN The Church of St. Mary the Virgin 4354 Metchosin Rd.			



Cenotaph image from the Lookout photo archive. Background texture image from Getty Images/iStock Photo: jessicahyde. Poppy clipart from Getty Images / iStock Photo. Poppy border image from Getty Images/iStock Photo: SHAWSHANK61. Poppy Image: Sviatlana Barchan

HONOUR

On my honour,
We will stand at the place where you rest
And remember you.

On my honour,
We will pick up the torch of freedom and
Carry it for you.

On my honour,
You will not be a silent memory; we will
Speak of you often so the world will know
What you have done.

On my honour,
As you reach the gates of heaven you will
Hear the voices of a grateful nation rise up
And we will honour you.

Poem by Kathleen Mills, Veteran Family member



atlasveterans.ca

FDU(P) SUPPORTS OFFICER DEVELOPMENT AT SEA



Junior Naval Warfare Officers (NWOs) and members of Fleet Diving Unit(Pacific) at sea aboard Yard Dive Tender (YTD) Sooke from Sept 22 to Oct 3. Photos supplied.

Lt(Navy) Michael Cormie Fleet Diving Unit(Pacific)

Fleet Diving Unit(Pacific) (FDU(P)) is dedicated to supporting the Canadian fleet, but from Sept 22 to Oct 3, the team took that mission to a new level.

Sailing aboard Yard Dive Tender (YTD) Sooke, members of FDU(P) provided junior Naval Warfare Officers (NWOs) currently working towards completing their 600 bridge watch hours with hands-on experience with atypical fleet platforms. While on watch, the junior NWOs strengthened their bridge watchkeeping abilities, gaining confidence as professional mariners at sea.

First built in 1990 to support range operations in Nanoose, Sooke was modified in the late 1990s to better support diving missions. Typically used by clearance divers, the Canadian Armed Forces' (CAF) experts in route clearing and mine countermeasures, Sooke usually carries a crew of 12. For this sail, capacity increased to 18 with aid from FDU(P)'s engineering department and Fleet Maintenance Facility (FMF) Cape Breton members. To achieve this, a repurposed sea container, or an 'accommodation pod,' was installed on the deck space normally utilized for the Containerized Diving System recompression chamber.

Six newly promoted Sub-Lieutenants (SLTs) joined Sooke for

the two-week sail, developing navigation, seamanship, and ship-handling skills. This included a rare chance for the SLTs to manually steer the vessel during both departures and drills.

"This was a great event, with fantastic training quality. It allowed us to build skills and work towards our NWO 600 hours," said SLT Conal Evans, originally from Vernon, British Columbia (B.C.). "It was an excellent opportunity to consolidate the skills I've learned and to develop myself as a bridge watchkeeper."

The sail also provided an opportunity to work with the Canadian Coast Guard (CCG), recently welcomed into the Department of National Defence (DND). As such, CCG member Tory Martin joined

the Sooke crew for a day.

"This was also a small way to break the ice with our new DND colleagues," said Lieutenant Commander (LCdr) Erik Poirier, Commanding Officer (CO) of FDU(P). "FDU(P) has capabilities that could be of use to the Coast Guard, particularly in the Arctic, and they have capabilities and platforms that could help FDU(P) and the RCN for domestic operations."

The voyage was also supported by members of the Naval Experience Program (NEP) and fleet augmentees who filled important roles on deck, in the engineering department, and in the galley. These sailors took part in ship-handling exercises and learned basic naval skills across dif-

ferent trades as they continue to explore future career paths within the navy.

"A secondary benefit to us at FDU(P) is that we got to sell Clearance Diving as an exciting career path to prospective officers and sailors," said LCdr Poirier. "We have particularly stepped up our efforts to find fit, motivated intelligent officers, now from any occupation in the CAF."

As mentioned by LCdr Poirier, The Clearance Diver Officer occupation is now open to officers from any trade.



To learn more about becoming a Clearance Diver or Clearance Diving Officer, see CANFORGEN 152/25, visit the FDU(P) SharePoint site at collaborationnavy.forces.mil.ca/sites/FDU_pacific, or contact your Base Personnel Selection Officer.

Students from Camosun College SET SAIL FOR LEARNING Aboard HMCS Vancouver

A/SLt Kim Wachockier
MARPA Public Affairs

Twelve students from Camosun College's Enhanced Bridge Watch Rating Program stepped aboard His Majesty's Canadian Ship (HMCS) *Vancouver* on Sept 17 for a guided tour of life on a Halifax-class vessel.

Intended to prepare participants for a career in the marine sector, the Camosun Enhanced Bridge Watch Rating Program is a fully funded training opportunity for women and Indigenous Peoples that teaches seamanship and navigation skills. It also allows them to earn Transport Canada recognized certifications throughout the program. By opening *Vancouver's* doors and hatches to students, the Royal Canadian Navy (RCN) fostered awareness, interest, and respect for naval service while simultaneously building relationships with the next generation of marine professionals.

Once onboard for the guided tour, students were eager to experience the naval environment studied in the classroom, explore living quarters, and learn how an RCN frigate operates. The visit began inside the ship's hangar, where Lieutenant(Navy) Joey Dooley welcomed the group of students, explaining the use of embarked helicopters during deployments. Lt(Navy) Dooley then brought students onto the deck to showcase equipment specific to Halifax-class frigates. These

included *Vancouver's* missile systems, Bofors 57mm rapid-fire gun, and its ammunition. Here, students also received the opportunity to handle a non-live round.

Once within the vessel, Lt(Navy) Dooley gave students a look into *Vancouver's* living quarters, showcasing bunks and other spaces where RCN sailors spend months at sea. The tour then shifted to the Marine Systems Engineering (MSE) department for a briefing on the technical systems that keep *Vancouver* running. Students then ascended to the bridge, where Lieutenant(Navy) Stefan Burlakow described navigation equipment and procedures. The visit concluded with a shared meal in the officer's mess following a brief presentation on some of the many different career paths within the RCN.

"We are grateful to the Royal Canadian Navy for welcoming students aboard HMCS *Vancouver* so they could explore the wide range of opportunities available to them in the marine and defence sector," said Dr. Lane Trotter, President of Camosun College. "These experiences strengthen our growing relationship with the navy and help students envision their own future on the water."

One of many past and future RCN engagements with post-secondary students in the marine sector, such tours continue to demystify life at sea, highlight the RCN's role in national security, and inspire future Defence team members.



Top: Camosun College Bridge Watch Rating Program students during a tour of His Majesty's Canadian Ship (HMCS) *Vancouver*.
Bottom: Camosun College Bridge Watch Rating Program students pose with two Royal Canadian Navy (RCN) sailors aboard His Majesty's Canadian Ship (HMCS) *Vancouver*.
Photos: S3 Mouhameth Drame, MARPAC Imaging Services



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Captain(Navy) Kevin Whiteside, Commander of Canadian Forces Base (CFB) Esquimalt places a medal on a winner during the Canada West University Cross Country Championship Award Ceremony hosted by the University of Victoria at Royal Roads University, Victoria. Photo: Corporal (Cpl) Conor Munn

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In Flanders Fields

*In Flanders fields, the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.*

*We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.*

*Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.*

Lieutenant Colonel John McCrae



CR Tristan Walls racing up to the end of his leg of the Canadian Death Race.
Photos: Corporal (Cpl) Megala Zorra

Cpl Megala Zorra
4CRPG

Corporal Callum MacBeth and Master Corporal Jamie Dueck getting ready for the Canadian Death Race.

The Albertan trails of Grande Cache bore witness to an extraordinary display of endurance, teamwork, and grit as the 25th anniversary of the Canadian Death Race unfolded in August. Among 2025's participants were two relay teams representing the 4th Canadian Ranger Patrol Group (4CRPG): one Staff team and one Canadian Ranger (CR) team.

A 118-kilometre ultramarathon with approximately 5,180 meters of elevation gain, the Canadian Death Race drew both elite athletes and daring adventurers from across the country. Notably, the race is known to pass through three mountain summits and a major river crossing at Hell's Gate Canyon. With five legs ranging from 14 km to 35.2 km, the course challenged its 2025 runners with slick trails, climbs, and unpredictable mountain weather. Ultimately, each leg demanded physical strength and incredible mental resilience — a challenge 4CRPG participants were more than ready for.

The CR team, composed of members from across British Columbia and Alberta — including Haida Gwaii, Powell River, the Interior, and Peace River — was selected through a rigorous process. Candidates completed detailed fitness questionnaires and committed to months of specialized training. Eventually, their performance on race day was a testament to the discipline, adaptability, and toughness that define the 4CRPG.

The 4CRPG Canadian Ranger Team consisted of CR Mike McKay, CR Tristan Walls, CR Wesley Hallman, CR Coleman Balaski, and CR Myriam

Rioux. The 4CRPG Staff team comprised of Master Corporal Charlis Lam, Corporal Callum MacBeth, Master Corporal Jamie Dueck, Corporal Emil Stolor, and Corporal Megala Zorra.

Finishing the Canadian Death Race is never guaranteed, and yet both 4CRPG teams completed the course injury-free and prior to the 24-hour cutoff. With the Staff team following close behind the CR team, both groups celebrated together at the finish line with cheers and hot soup. The camaraderie and mutual support forged over the weekend exemplified the spirit of the 4CRPG.

"Running the Death Race made me a better Canadian Ranger. It demanded everything we train for — discipline, flexibility, fitness, and mental toughness," said CR Wesley Hallman from Powell River Patrol.

Ultimately, the 2025 Canadian Death Race Ultramarathon was much more than a competition. It was a proving ground for its 4CRPG participants, a celebration of their strength, and a powerful reminder of what can be accomplished through teamwork and sheer will.



HIGHLIGHTS FROM THE ULTRAMARATHON

- Canadian Ranger (CR) Mike McKay, the sole Albertan on the team, set the pace through wet trails and bushy terrain during Leg 1
- CR Tristan Walls battled through physical pain and relentless mud, pushing through to complete a challenging climb during Leg 2
- CR Wesley Hallman surged past the Staff team runner by navigating rocky descents and single tracks with precision during Leg 3
- CR Coleman Balaski tackled the Mount Hamell assault in near darkness and extended the team's lead during Leg 4
- CR Myriam Rioux tackled an overgrown trail, ferry crossing, and Grande Cache climb in the glow of a headlamp during Leg 5



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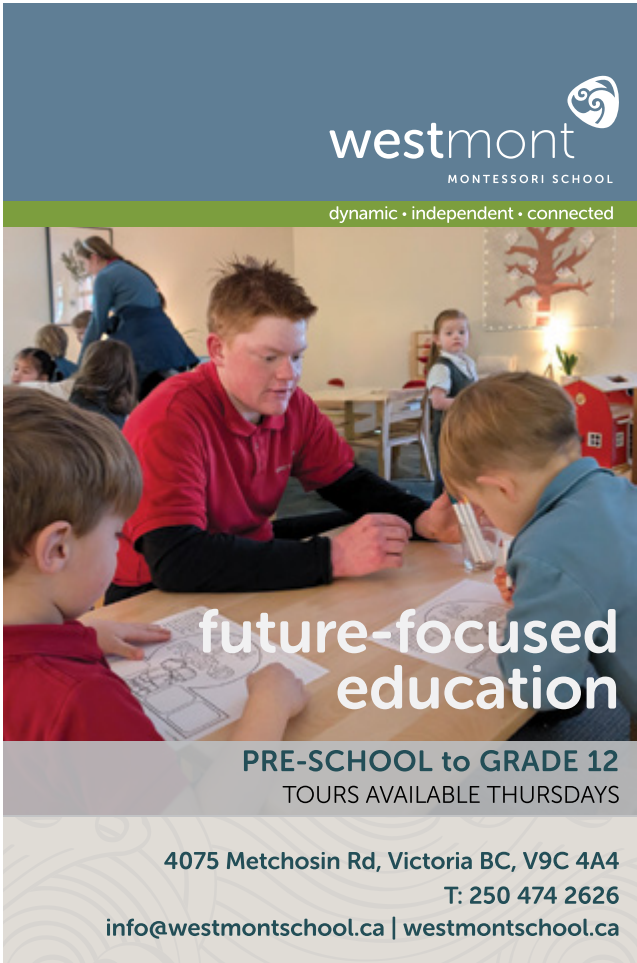
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coat Waist on the pants looks to be 34" 41" long outer seam 29.5 for the inseam of the pants. Asking \$500. Contact: 250-415-5812

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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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DND Apartment Complex Acquisition to House Members Near CFB Esquimalt

Archana Cini
Lookout Newspaper

To help meet the housing needs of local Royal Canadian Navy (RCN) sailors, Canadian Armed Forces (CAF) members, and their families, the Department of National Defence (DND) has acquired a newly built apartment complex located minutes from Canadian Forces Base (CFB) Esquimalt.

Announced Oct 16 alongside Captain(Navy) Kevin Whiteside, Commander of CFB Esquimalt, the four-storey, \$23.3-million complex features 37 move-in ready apartments and 47 parking spaces. The building will house CAF members working at or near the base beginning in January 2026.

The acquisition, completed in just five weeks, marks a milestone in DND's ongoing efforts to address the housing shortage affecting military members and their families across Canada. The government will continue to expand its housing portfolio through both new construction and strategic acquisitions, ensuring that CAF members can live close to their place of work and maintain readiness for operational requirements.

"We don't have anyone without housing, but the desire to live closer to the base, to be on the base, and to be readily accessible for our operational needs is paramount," said Capt(Navy) Whiteside. "This being very close to the base is an example of how we're working toward that."

Moving forward, the Canadian Forces Housing Agency (CFHA) will oversee property management and tenant coordination.



Image: Project rendering of the newly acquired complex. Credit: TLA Developments.
Key Graphic: Getty Images / iStock Photo by Janista

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Royal Canadian Navy (RCN) sailor Kyle Edwards donating blood at one of many Canadian Blood Services locations across the province of British Columbia (B.C.). Photo supplied.

Archana Cini
Lookout Newspaper

When Leah Edwards’ youngest son Blair was admitted to hospital with a life-threatening infection, her family’s understanding of service and sacrifice took on a new meaning.

Blair Edwards, a member of the Royal Canadian Dragoons (RCD) based in Petawawa, has served in the Canadian Armed Forces (CAF) since 2018. His older brother, Kyle, joined the Royal Canadian Navy (RCN) in 2017 and is currently standing sentry for the Tomb of the Unknown Soldier following a deployment aboard His Majesty’s Canadian Ship (HMCS) *Ottawa*. Their grandfather, a retired Chief Warrant Officer, also served in the Air Force. For the Edwards family, service has always run deep — but nothing could prepare them for Blair’s medical battle.

In 2018, just three days into his military journey, Blair was hospitalized with the first of many Staphylococci infections. He successfully completed his soldier qualifications (SQ) while battling both pneumonia and an active infection. After undergoing an incredibly difficult 2023 surgery to remove two spleens (only one of which was natural) and narrowly surviving post-surgery septic shock, the only potential path to cure Blair was a complete stem cell replacement.

“It felt like he was just a sliver of who he had been and was all but disappearing into the bed. The barest spark of who he was remained,” said Leah. On April 30, 2024, Blair received a life-saving stem cell transplant thanks to an anonymous donor. “Slowly, hour by hour, day by day, he came back to us.”

To the Edwards family, blood and stem cell donors didn’t save just one person. In saving Blair, the anonymous donor saved a husband,

father, son, and a Canadian soldier.

Medically, stem cell replacement therapy completely erases one’s immune system. During this time, even a simple cold can turn deadly. Following his transplant, Blair spent months in isolation, regaining his strength and rebuilding his immune system. Today, he is healthy and happy with his wife and new baby, living proof of the power of donation.

“I love that our health care system has come so far that we are able to give this gift to those that are in need. Especially to those that quite literally put their life on the line for us every day,” said Leah.

The Edwards family’s story is a vivid reminder of how critical blood and stem cell donations are, especially to Canada’s military community. The CAF is one of the largest group partners with Canadian Blood Services (CBS), helping ensure that blood, plasma, platelets, and stem cells are available to Canadians in need, from

cancer patients and trauma survivors to military families like the Edwards.

RCN sailor and older brother Kyle Edwards continues to donate through life, sharing that he donates “because it’s in us to give.”

Through this exchange of sacrifice, the line between uniform and civilian begins to blur. A soldier’s life may be saved by a stranger’s gift, just as a civilian’s life tomorrow may depend on a service member’s donation. As Remembrance Day nears, the concept of service is also larger than ever before. The story of the Edwards is a poignant reminder of how duty, compassion, and gratitude can flow in both directions — and always will.

To donate blood, platelets, and stem cells in Canada, register online with the Canadian Blood Services today.



The Army Cadet League of Canada (ACLC) British Columbia (B.C.) Branch Major Sam Meckbach Award, for outstanding Para achievement in the Pacific region, was presented to Cadet Warrant Officer (CWO) Sison from the 2483 Royal Canadian Army Cadet Corps (RCACC) on Oct 21.

The award was presented to CWO Sison by Major Sam Meckbach’s son, John.

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MARPAC Health and Wellness Engages Defence Team at

Faith on the Base

Archana Cini
Lookout Newspaper

On Oct 14, members of the Defence Team gathered at Canadian Forces Base (CFB) Esquimalt's Naden Chapel for the event, Faith on the Base: Living Library. One of many free events hosted during Healthy Workplace Month, Faith on the Base sparked open, respectful dialogue about faith, belief, and shared humanity.

Hosted by the MARPAC Health and Wellness Strategy's (MHWS) Organizational Wellness Working Group, the hour-long session invited attendees to engage in round-table style discussions about a variety of spiritual and faith traditions and worldviews.

Throughout the event, Royal Canadian Navy (RCN) members, Canadian Armed Forces (CAF) personnel, and civilian employees shared their

lived experiences and insights into Sikhism, Humanism, Buddhism, Christianity, and other beliefs. The event aimed to encourage understanding and acceptance across belief systems, while also promoting mental and spiritual wellness support within the Defence community.

To Chief Petty Officer Second Class (CPO2) Kanwar Nijjer, his faith continues to impact how he shows up to serve every day. "To me, my faith holds me to a higher standard. It reminds me where my service is," said CPO2 Nijjer.

Events like Faith on the Base reflect the broader, ongoing effort of CFB Esquimalt to strengthen inclusion, compassion, and resilience among Defence team members. By creating opportunities for discussions, the base continues to foster a culture of holistic well-being that extends even beyond the workplace.



Participants of the Faith on the Base event at the Naden Chapel at Canadian Forces Base (CFB) Esquimalt. Photo: Lindsay Groves, Lookout Newspaper

National Addictions Awareness Week

Events at CFB Esquimalt



As part of National Addictions Awareness Week from Nov 16 to 22, the MARPAC Health & Wellness Strategy (MHWS) Addictions-Free Living Working Group is presenting the following events at Canadian Forces Base (CFB) Esquimalt:

CANNABIS INFORMATION SESSION:

An event hosted for military members, families, and Department of National Defence (DND) employees to learn about cannabis and its effects. The session will cover available products, current regulations, and important information on recognizing withdrawal and misuse warning signs.

- Date: Nov 17, 2025
- Location: Chief & Petty Officers' Mess / Rainbow Room
- Time: 0930-1100 hrs

Registration required, please email vicky.doucette@forces.gc.ca to register

NALOXONE TRAINING WORKSHOP:

An event hosted for military members, families, and DND employees to learn about the overdose crisis and the use of naloxone. This workshop is also available for previous attendees that would gain value from a refresher on signs and techniques.

- Date: Nov 18, 2025
- Location: Chief & Petty Officers' Mess / Rainbow Room
- Time: 1330-1530 hrs

Registration required, please email vicky.doucette@forces.gc.ca to register



THE VALUE OF TRAVEL INSURANCE FOR MILITARY FAMILIES

SISIP Financial
Esquimalt Team

Though the autumn leaves are only beginning to fall, March and spring break is already on the radar for many Canadian Armed Forces (CAF) members and their families. With flights and hotels often booked early and children in school, coordinating time off can feel like a mission itself. One thing you shouldn't forget to pack? Travel insurance.

Regardless of the time, money, or anticipation invested into your upcoming break, the unexpected can still strike — this is where travel insurance matters.

Simply put, travel insurance functions as a backup plan. If a trip is cancelled, delayed, or cut short for reasons beyond your control, travel insurance allows for the potential recovery of some of the money put into flights, accommodation, and activities. SISIP offers travel insurance through one of Canada's most trusted providers, Manulife. Through Manulife, plans are available to all Canadian Forces One (CFOne) card holders that currently reside in Canada, with members receiving an additional 10% discount on already affordable rates. Most importantly, your choice of coverage will be clear, comprehensive, and supported by the SISIP team.

Though Public Service Health Care Plan travel and emergency assistance cover CAF members and their families through certain emergency medical expenses within Canada, it's vital to consider full coverage when travelling internationally — something Manulife also offers. On the other hand, if you're expecting visitors coming to your household in March, Visitors to Canada Insurance is an option designed to protect guests uncovered under Canadian health plans. Manulife also offers student plans intended to cover routine medical services, emergencies, and can even reimburse tuition fees in certain circumstances.

If you're thinking about future travel now, don't leave insurance for later. Plans are simpler than you think and easy to apply online.

SOME OPTIONS INCLUDE:

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Visit www.cfmws.ca/insurance-finance for more Defence team specific financial support.

Image: Getty Images / iStock Photo: kate3155



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NAVAL FLEET SCHOOL(PACIFIC) Honours Excellence at Divisional Parade

Archana Cini
Lookout Newspaper

On Oct 9, members of the Naval Fleet School(Pacific) (NFS[P]) participated in a Divisional Parade for honours and awards at Canadian Forces Base (CFB) Esquimalt. During the event, Commander (Cdr) Meryl Sponder, Commanding Officer (CO) of NFS(P) stood as a reviewing officer during a presentation of awards. Bravo Zulu to all those recognized during the ceremony!

- Master Sailor (MS) Jonathan Lafleur-Blais was presented with a Bravo Zulu award.
- Petty Officer Second Class (PO2) Morgan Miller was presented with a Bravo Zulu award.
- Sailor First Class (S1) Wiggins was presented with the Canadian Forces Decoration.
- Lieutenant(Navy) Andrew Pink was presented with the Canadian Forces Decoration.
- S1 Richard Vuong was presented with the Canadian Forces Decoration.
- S1 Jeremy Pope was presented with the Operational Service Medal.
- Sailor Second Class (S2) Eliseo Ramirez was promoted to their current rank.
- S1 Haile was promoted to their current rank.



Top: Commander (Cdr) Meryl Sponder, Commanding Officer of Naval Fleet School(Pacific) stands as reviewing officer during a Divisional Parade at Canadian Forces Base (CFB) Esquimalt on Oct 9.
Bottom: Members stand at attention during the Divisional Parade of Naval Fleet School(Pacific).
Photos: Master Corporal (MCpl) William Gosse, Canadian Armed Forces



From left to right: Geoffrey Davidson, MCpl Jordan Bennett, S1 Emily Thomas, MS Renato Zeula Heuzo, A/SLt Alyson Barnes, Cdr Donna Crosman, Capt Justin Peters, CP01 Francine Griffin, and S1 Nathan Radmore at the Base Administration Medal Presentation on Sept 18. Photo supplied

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CFB ESQUIMALT BADM
 Honours Service at
 Recognition Ceremony

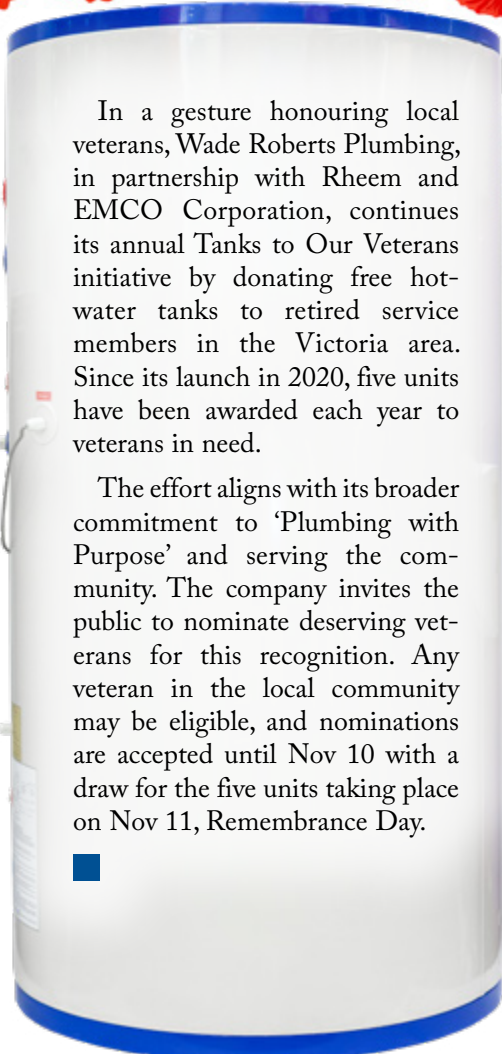
Archana Cini
 Lookout Newspaper

On Sept 18, Base Administration (BAdm) at Canadian Forces Base (CFB) Esquimalt celebrated the achievements and service of its members during a special recognition ceremony led by Commander (Cdr) Donna Crosman, Commanding Officer (CO) of BAdm. The event brought together Defence team members to celebrate the dedication and contributions of their peers. Bravo Zulu to all those recognized during the ceremony!

- Captain Justin Peters received the Operational Service Medal – Expedition for dedication and service during a deployment aboard His Majesty's Canadian Ship (HMCS) *Ottawa*.
- Sailor First Class (S1) Nathan Radmore was awarded the King's Coronation Medal, recognizing his commitment and exemplary service.
- Master Corporal (MCpl) Jordan Bennett the Canadian Forces Decoration.
- S1 Emily Thomas the Canadian Forces Decoration.
- Master Sailor (MS) Renato Zeula Heuzo received the Canadian Forces Decoration.
- Geoffrey Davidson, Release Clerk, was presented with the Commanding Officer's Bravo Zulu Award in recognition of outstanding performance and support.
- Acting Sub-Lieutenant (A/SLt) Alyson Barnes was awarded the Commissioning Scroll.



Tanks for Veterans
 Gives Back to Those Who Serve



In a gesture honouring local veterans, Wade Roberts Plumbing, in partnership with Rheem and EMCO Corporation, continues its annual Tanks to Our Veterans initiative by donating free hot-water tanks to retired service members in the Victoria area. Since its launch in 2020, five units have been awarded each year to veterans in need.

The effort aligns with its broader commitment to 'Plumbing with Purpose' and serving the community. The company invites the public to nominate deserving veterans for this recognition. Any veteran in the local community may be eligible, and nominations are accepted until Nov 10 with a draw for the five units taking place on Nov 11, Remembrance Day.

To nominate a veteran, please visit
www.waderobertsplumbing/giving-back.



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CORRECTION NOTICE:

In edition 21 of the *Lookout*, we incorrectly captioned our cover photo.
 The correct photo credit goes to
 Sailor 3rd Class (S3) Jacob Saunders,
 MARPAC Imaging Services.

We apologize for this error.





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