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A veteran stands at attention during the Remembrance Day ceremony at Esquimalt Memorial Park. Photo: Master Sailor (MS) Bryan Underwood, MARPAC Imaging

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VIEW COUNTRY GROCER'S LATEST FLYER SAVINGS IN THIS PAPER!



THE POPPY PINNING CEREMONY

That Opened a Month of Remembrance at CFB Esquimalt

Archana Cini

Lookout Newspaper, with extractions from legion.ca/remembrance

On Oct 31, members of Canadian Forces Base (CFB) Esquimalt engaged in a vital act of respect and remembrance that will linger throughout the month of November: the pinning of the first poppy.

As such, Captain(Navy) Kevin Whiteside, Commander of CFB Esquimalt, accompanied by Chief Petty Officer First Class (CPO1) Sue Frisby and other base representatives, helped mark the beginning of the November month of Remembrance at the Esquimalt Legion with both a speech and pinning poppies on members of the Legion.

From the last Friday in October to Remembrance Day, millions of Canadians wore the poppy as a visual pledge to never forget those who served and sacrificed. The red flower is also the symbol of the Legion's Poppy Campaign, which raises funds to support veterans and their families in need.

The significance of the poppy can be traced back to the Napoleonic Wars in the 19th century, over 110 years before being adopted in Canada. Records from that time indicate that thick poppies grew over the graves of soldiers in Flanders, France. Fields that had been barren before battle exploded with the blood-red flowers after the fighting ended.

The poppy was first introduced to Canada and the Commonwealth through Lieutenant-Colonel (LCol) John McCrae of Guelph, Ontario, a Canadian Medical Officer during the First World War. John McCrae penned the well-known poem 'In Flanders Fields' on a scrap of paper in May 1915 in the days following the death of a fellow soldier.

Today, the poppy is worn each year during the Remembrance period to honour Canada's fallen. The Legion also encourages the wearing of a poppy for the funeral of a veteran and for any commemorative event honouring fallen veterans.

May the poppy always remind us of our duty to remember.



Sylvia Vink, poppy chair of the Esquimalt Legion Branch No. 172, pins a poppy on Chief Petty Officer 1st Class (CP01) Sue Frisby, CFB Esquimalt Base Chief, on Oct 31.
 Photo: Sailor 3rd Class (S3) Mouameth Drame, MARPAC Imaging

poppystore.ca/about-us

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Lindsay Groves
Lookout Newspaper

On Nov 8, members of the Canadian Forces Base (CFB) Esquimalt Defence team, including the Defence Indigenous Advisory Group (DIAG), and community members gathered at the Victoria Cenotaph to mark Indigenous Veterans Day.

“The stories, the lives of our Indigenous service members are woven into our history, our present, and our future and so we are incredibly grateful and honoured to be here today,” said Rear-Admiral

(RAdm) David Patchell, Commander, Maritime Forces Pacific (MARPAF) and Joint Task Force Pacific (JTFP), to Chek News.

Wreaths, branches tied with red ribbon, and beaded poppies were laid in tribute to those who made the ultimate sacrifice. The event also included a smudging ceremony and a moment of silence to honour the veterans.

As tears fell among participants and those in the crowd, the ceremony served as a powerful reminder of our collective responsibility to remember Indigenous veterans, pay tribute to their contributions, and recognize the injustices they endured.

Beyond Remembrance: The meaning of Indigenous Veterans Day

Raquel Loth
canada.ca

Every year on November 8, Indigenous Veterans Day is recognized across Canada. Established in 1994, it serves not only as a time to commemorate the service and sacrifice of Indigenous Veterans, but also as a moment to acknowledge the historical injustices many faced during and after their military service.

To understand why Indigenous Veterans Day is observed in addition to Remembrance Day, we must first understand the history of Indigenous military service within the Canadian Armed Forces (CAF).

For generations, Indigenous Peoples have played a vital role in Canada's military efforts, with involvement dating back to the War of 1812 and the South African War (1899–1902). Their commitment continued through the First and Second World Wars, the Korean War, and into modern-day operations. During the First World War, more than 4,000 Indigenous Peoples served, with some communities sending every eligible man between the ages of 20 and 35. In the Second World War, over 3,000 First Nations members served, alongside Inuit and Métis individuals, most within Canadian Army operations. It is estimated that more than 12,000 members served in the 20th century, with 500 making the ultimate sacrifice.

Beyond contributing to the CAF workforce, Indigenous soldiers brought skills passed down through generations in their communities. Abilities such as marksmanship, tracking, and terrain awareness were proved invaluable on the front lines. In the Second World War, their impact extended beyond combat: Indigenous languages, such as Cree, were used to encode military communications, helping protect vital information from enemy interception.

It goes without saying that Indigenous Veterans have made invaluable contributions to the CAF. They stood shoulder to shoulder with non-Indigenous members, demonstrating unwavering bravery and loyalty. Yet, despite their service, many returned to a country that failed to honour them equally. They were denied the same benefits, land grants, and reintegration support provided to non-Indigenous Veterans.

While the culture of the CAF has evolved over time, we must continue to recognize and acknowledge the inequities that our Indigenous Veterans endured. This day allows us to share stories of heroism and resilience, not only in the face of enemies on the battlefield, but also in confronting the systemic injustices they experienced upon returning home.

This is why Indigenous Veterans Day is such an important occasion. It honours the contributions of those who did not receive adequate recognition at the time. Indigenous Veterans Day is for them, but also for those who came after.



A tribute on Indigenous Veterans Day by a ceremony participant.
Photo: Lindsay Groves, Lookout Newspaper

MORALE & WELFARE NEWS
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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The cenotaph in Downtown Victoria. Lookout Archives

THIS IS
Remembrance Month

Re·mem·brance

noun; the action of remembering something or

someone

This November, Canadians both in and out of uniform remembered and honoured 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, we turned the page over to you — the voices of our Defence Team — to share what remembrance means to each of you. Thank you for sharing your words with us this Remembrance Month.

"Remembrance to me is reflecting on the sacrifices of those who have suffered in the line of duty — especially those who gave their lives or carry invisible wounds. It is about acknowledging the courage, resilience, and humanity of serving members, veterans, trauma-exposed professionals, and those who have passed to ensure that their stories, struggles, and sacrifices are never forgotten — it is a sombre and sober reminder to never take anything for granted, and to always Carpe Diem, Seize the Day."

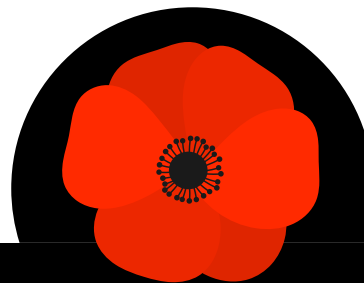
- Lt(Navy) Wilson Ho, Base Public Affairs Officer, CFB Esquimalt

"To me, remembrance means an acknowledgement of the sacrifices past, and present, members have made in service of making this country, and organization, a better place to serve within."

- Lt(Navy) Sean Ritchie, Base Food Services Officer

"Remembrance Day reminds me that wearing the uniform in public is a powerful way to encourage others to reflect on the sacrifices made for our nation. It's also a chance to connect with people, sharing stories of loved ones — past and present — who served and sacrificed."

- A/SLt Michael Samuels, CFB Esquimalt Base Public Affairs



Indigenous-crafted Poppies Approved for CAF Remembrance Day Observance

Information adapted from canada.ca

To embody Canada's commitment to reconciliation, the National Defence Clothing and Dress Committee (NDCDC) approved the wearing of Indigenous-crafted poppies on Canadian Armed Forces (CAF) uniforms during 2025 Remembrance Day observances. This marked the first year that such poppies could be worn.

The decision recognized and honoured the contributions of First Nations, Inuit, and Métis Peoples, while adhering to established guidelines.

This is a meaningful evolution of a tradition that has long united Canadians in remembrance. It acknowledges the diverse cultural identities within the CAF and broadens the way we honour those who have served, in a respectful and inclusive way.



Rear-Admiral (RAdm) David Patchell at Victoria Cenotaph for the Remembrance Day ceremony on Nov 11.
Photo: Sailor 3rd Class (S3) Jacob Saunders, MARPAC Imaging Services



On behalf of Maritime Forces Pacific and Joint Task Force Pacific, I want to extend my deepest gratitude to each of you who joined us in commemorating Remembrance Day. Your presence at ceremonies across Victoria and the surrounding communities reflects the enduring respect and gratitude we share for those who served and sacrificed for Canada. Standing together in remembrance reminds us that the freedoms we enjoy today were secured through courage, commitment, and, for many, the ultimate price.

This day is not only about honouring the fallen but also about recognizing the strength of our communities in keeping their memory alive. Seeing families, veterans, serving members, and residents gather in solemn reflection speaks to the values that unite us: respect, resilience, and remembrance. Your participation ensures that the stories of bravery and sacrifice continue to inspire future generations and remind us that our sovereignty should not be taken for granted.

To the friends and families of those currently serving, please know that your support and sacrifices are seen and deeply appreciated. The strength you provide behind the scenes enables our sailors, soldiers, and aviators to serve with confidence and dedication. Your commitment is a vital part of our mission, and we are incredibly grateful for the role you play in sustaining the spirit of service within our community.

Rear-Admiral David Patchell, Commander, MARPAC/JTFP



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Contest winner Lindsay Carr and her costume. Photo supplied.

CFB ESQUIMALT

Hocus Pocus Halloween Costume Winner Announced

Congratulations to Canadian Forces Base (CFB) Esquimalt's Lindsay Carr, Occupational Health and Safety Administration Officer, for winning the annual Hocus Pocus Halloween Costume Contest.

Carr, a member of the Fleet Maintenance Facility (FMF) Cape Breton, put together a harrowing costume of an FMF safety inspector who learnt (the hard way) what happens when one forgets to don safety glasses. Working in the Safety and Environment Department herself, Carr shared how vital proper PPE is — not only for compliance, but for protecting the lives and well-being of those who work at CFB Esquimalt.

When it came to her costume, Carr shared, "Let's just say I didn't wear my safety glasses, and now I really can't see the problem at work!"



CFB Esquimalt Fire Rescue's new RPPC, Howard Manderson. Photo supplied.

New RPPC Welcomed to CFB Esquimalt Fire Rescue

A warm welcome to Canadian Forces Base (CFB) Esquimalt Fire Rescue's new Respiratory Protection Program Coordinator (RPPC), Howard Manderson. With over 30 years of public service and Canadian Armed Forces (CAF) experience under his belt, Manderson is looking forward to continuing his career with CFB Esquimalt Fire Rescue and tackling new challenges within the Defence community.



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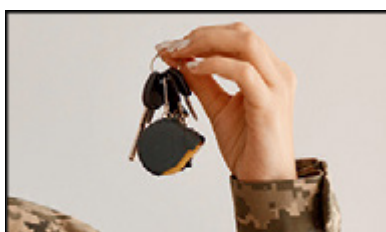
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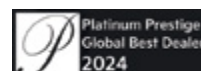
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Annual Concert of Remembrance Honouring Veterans *Receives Standing Ovation*

Archana Cini

Lookout Newspaper

Hundreds of Vancouver Island residents recently gathered at the Dave Dunnet Community Theatre to remember Canadian veterans through music and movement.

A night of respect and reflection, the annual Concert of Remembrance returned on Nov 8 to honour our Canadian veterans and service members. The concert was co-presented by the Canadian Heritage Arts Society (CHAS) and the District of Oak Bay, bringing together the Band of the 5th (British Columbia) Field Regiment, Royal Canadian Artillery, and the Canadian College of Performing Arts (CCPA). An annual tradition since the CCPA's founding in 1998, the Concert of Remembrance celebrated its 25th show this year.

The event opened with remarks from Kevin Murdoch, mayor of Oak Bay, and Lieutenant-Colonel (retired) Philip Sherwin. The night then took audience members through the realities and vulnerabilities of service with the Band of the 5th performing over ten compositions introduced by Master of Ceremonies Lieutenant-Commander (LCdr) (retired) Gerald Pash.

To Captain (Capt) Daniel

Moses, Director of Music Band for the 5th (British Columbia) Field Regiment, music has often played the role of an ultimate morale booster.

"Music and song are crucial to being human, and that is even more apparent during times of duress. Think about the military action in Ukraine and how music, dance and song bound the Ukrainian people together against their oppressors," said Capt Moses. "It was the same during the Second World War, when families torn apart sought solace and comfort through the music they listened to, danced to and performed. For the soldiers fighting for their country, music was a distraction, even a short one, from the terrible situation around them."

To Capt Moses, remembrance is also about family. "I think of my grandfathers and my dad who all served in the U.S. military. I remember the month I spent in France, visiting several battlefields whose scars of exploded shells are still visible and whose unexploded ordnance still poses a threat to humans today," he said. "I remember the awe I experienced when I visited the astonishing monument at Vimy Ridge, and how moving it was to contrast that peaceful summer day with the terror that filled the landscape 86 years before. Mostly, I think of the



young men who willingly volunteered to march into the unknown in support of their country, some of them never to return to continue with their lives. I wonder if the generation today would be as brave."

The CCPA then took the stage for the second half of the night, leading viewers on a musical journey of wartime through song, poetry, and dance. Guided by R.J. Peters, Production and Design Manager, CCPA students gave voice to both the pain of wartime separation and the resilience of those

left behind. Peters, who has written and directed the Concert of Remembrance for several years, emphasized the importance of this annual collaboration.

"It's an evening that promises to stir the heart and ensures the legacy of those who served is never forgotten," said Peters. "It's been a tradition at the College for 27 years, and I actually first experienced it as a student myself back in 2001. It was through this very performance that I truly learned the importance of Remembrance Day, not just as a ceremony, but

as a living act of gratitude and reflection."

The CCPA usually prepares for the concert beginning August, selecting pieces that carry emotional weight, historical context, and a sense of reflection.

"I write the script for the concert, and each year I try to anchor it around a central thesis: that if we fail to remember our history, we are doomed to repeat it. That idea guides every artistic choice we make. The emotions we channel during the process range from gratitude and reverence to hope and responsibility," said Peters. "It's deeply moving to watch the students, the next generation, engage with these stories and recognize the importance of remembrance in keeping our shared history alive."

As the night drew to a close, an overwhelming standing ovation concluded the performance as veterans, active members of the CAF, families, and civilians all stood together, bound by music and memory.

Proceeds from the concert were divided equally between the Esquimalt Military Family Resource Centre (EMFRC), which provides essential services and support to military families across Vancouver Island, and the CHAS, which works to preserve and promote appreciation for local arts and culture.

To Jackie Carlé, Executive Director of the EMFRC, receiving support from the community is an honour. "As we remember the past trials and triumphs of those on the homefront who endured through global conflicts, so much has changed....and so much remains the same. In our

fast-paced world of 24-hour news and hyper-connectivity, things are very different providing extra challenges and acute awareness for those at home. News travels quickly and worries can come rushing in," said Carlé. "However, what remains the same is that sending our loved ones into the uncertainty of our world can test us to our limits. With the generous donations from this concert of remembrance, we can walk alongside families through all the highs and lows on the home front and our military members can stay focused on the mission for Canada."

To Carlé, the concept of remembrance lies not only in the past, but also in the present. "It is so important for all Canadians to realize that while we remember, we also currently serve," she said. "I personally engage with remembrance because my grandfather served in the First World War. My husband is also a veteran following 30 years of service, and my son currently serves in the CAF. So, to me, the act of remembrance is about honouring the huge sacrifices of the past and taking note of how these sacrifices impact our world today."

Following Saturday's concert, the CCPA will tour their part of the show to spaces across the CRD including community venues, Legions, and long-term care homes. Funded in part by Veterans Affairs Canada and the Province of British Columbia, the touring initiative ensures that remembrance also reaches those who may not otherwise be able to attend.



Top: Students from the Canadian College of Performing Arts (CCPA) performing 'Kiss Me Goodnight Sgt Major' by Art Noel and Don Pelosi, arranged by Brian Tate on Nov 8 at the Dave Dunnet Community Theatre.

Bottom: Students from the Canadian College of Performing Arts (CCPA) and members of the Band of the 5th (British Columbia) Field Regiment performing the Canadian National Anthem, O Canada, together on Nov 8 at the Dave Dunnet Community Theatre.

Photos: Peter Pokorny



Remembrance Day Ceremonies across Greater Victoria

Lindsay Groves
Lookout Newspaper

On Nov 11, members of the Defence team at Canadian Forces Base (CFB) Esquimalt joined communities across Greater Victoria to remember and honour our veterans. From thousands who gathered at the Victoria Cenotaph in downtown Victoria to ceremonies held at Esquimalt Memorial Park and beyond — including in the nation's capital, Ottawa, with nearly 30,000 in attendance — Canadians came together to pay tribute to those who made the ultimate sacrifice.

The downtown Victoria parade started at 10:30 a.m. along Government Street, leading the crowd to the cenotaph where attendees joined together in singing the national anthem. The ceremony continued with flag-lowering and raising ceremonies; tribute songs; two minutes of silence at 11 a.m.; a prayer; a 21-gun salute; and a wreath-laying ceremony.

In a moving moment, Reverend (Rev) Andrew Gates offered a prayer for the fallen. He began by giving voice to those who didn't come home, saying, "Why? Who would have thought it would go this far?" He then continued, "Let you and I release them and let them have their rest. And let us be about fixing the mess we find ourselves in; and then get on with our lives. If that is a prayer, so be it."

Across the country, veterans, serving members, families, and citizens stood shoulder to shoulder in gratitude and remembrance. The ceremonies stirred feelings of renewed commitment — not only to honour the memory of those who gave their lives, but also to continue striving for the peace and freedom they fought to protect.

"In an increasingly dangerous and divided world, remembrance is also vigilance," said Prime Minister Mark Carney in an Instagram post.

We remember.



Remembrance Day at Victoria Cenotaph on Nov 11.
Photo: Sailor 3rd Class (S3) Jacob Saunders, MARPAC Imaging Services



Remembrance Day ceremony in Esquimalt. Photos: Master Sailor (MS) Bryan Underwood, MARPAC Imaging



Remembering Women in War: WORLD WAR TWO

Information from canada.ca

- In 1941-42, the military was forever changed as it created its own women's forces. Women were now able, for the first time in our history, to serve Canada in uniform. More than 50,000 women served in the armed forces during the Second World War.
- 4,480 Nursing Sisters (as Canadian military nurses were known) served in the war – 3,656 with the Royal Canadian Army Medical Corps, 481 with the Royal Canadian Air Force Medical Branch and 343 with the Royal Canadian Naval Medical Service. Many of these women found themselves within range of enemy guns and some lost their lives.
- Out of a total Canadian population of 11 million people, only about 600,000 Canadian women held permanent jobs when the war started. During the war, their numbers doubled to 1,200,000.
- Canada's Elsie Gregory MacGill, also known as "Queen of the Hurricanes," was the first woman in Canada to earn a bachelor's degree in electrical engineering and the first woman in the world to earn a master's degree in aeronautical engineering. She worked for Fairchild Aircraft Limited during the second World War. In 1940, her team's design and production methods were turning out more than 100 Hurricane combat aircraft per month.



Women's Royal Canadian Naval Service (WRCNS), commonly known as WRENS, and signal flags before the mast. Photo: canada.ca

10 Tips to Effectively Invest your CAF Raise with SISIP

SISIP Financial
Esquimalt Team

With the recent announcement of Canadian Armed Forces (CAF) raises and allowances, Defence team members will have the opportunity to boost their finances responsibly. Investing is one such powerful way to do so. Whether you're brand new to investing or already watching the markets, here are 10 smart ways to invest your CAF raise with purpose.

1. **Start with the why.** Before putting money elsewhere, determine the reason behind investing. Is there a down payment, early release, car, or vacation in the future? This will help guide decisions and help avoid distraction when the market gets noisy.
2. **Understand the meaning of risk.** Risk is not just losing money — it's also not having money at hand when it's needed. Short-term market risk occurs when funds aren't available at hand for an important moment in life. Long-term shortfall risk is when an investment doesn't grow as quickly as expected or fails to beat inflation. As such, it's helpful to match the investment with a timeline: invest in lower-risk options for short-term goals and try to be more growth-oriented for long-term goals.
3. **Make a plan.** CAF pay increases and retention bonuses are a powerful opportunity to make real progress toward financial goals. Take time to plan, save, and invest in a strong financial future and engage a SISIP financial advisor to build a goal-oriented plan that puts new income and funds to work.
4. **Invest automatically.** One of the simplest methods of investing is to try setting up automatic monthly contributions as a consistent way to build wealth. Whether contributing \$50 or \$500 a month, automatic investing can remove decision fatigue and compound quickly. SISIP mutual funds can also be configured for automatic contributions from a bank account.
5. **Own stock early.** Investing \$5,000 early in life with a 6.87% annual return could grow to over \$76,000 in 40 years. However, investing that same \$5,000 later in life could only

lead to a growth of \$19,000 in 20 years. As such, time often matters more in investing than timing. As such, try pursuing long-term growth and start investing soon.

6. **Diversify.** Instead of picking stocks or chasing headlines, opt for a professionally managed portfolio that often means lower risk and higher access to different investment sectors, asset classes, and countries. If dabbling in the stock market, avoid betting too heavily on one sector or stock.
7. **Understand available tools.** CAF members can access stocks and bonds through a wide array of fully diversified mutual funds, including:
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 - Locked-In Retirement Savings Plans (LRSPs)
 - Non-registered (taxable accounts)
 - Leverage the advice of an SISIP financial advisor to identify the best account to match personal investing goals.
8. **Watch the real cost of large purchases.** Debate between increasing a car payment by \$700 a month or investing that \$700 every month instead. Pause long enough to weigh financial choices and make decisions that serve both today and tomorrow.
9. **Own the timeline.** An investment plan should also match any upcoming cash flow needs, like a plan to buy a home or early release. Long-term money can easily be invested for growth, whereas short-term money should be accessible and stable. Invest when it makes sense, with amounts that make sense.
10. **Ask before acting.** SISIP advisors work with CAF members all day, every day. Engage with a financial advisor today to match available funds and goals to the right investments and accounts. Take confident steps, avoid common missteps and risks, and experience expert, unbiased advice.

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Steward Commemorative Event Bids Farewell to RCN Trade

A/SLt Emily Shea
MARPAF Public Affairs

Members of the Royal Canadian Navy (RCN), veterans, Defence families, and supporters recently gathered at the Chief and Petty Officers' Mess for the Stewards Commemorative Event.

Held on Nov 6 at Canadian Forces Base (CFB) Esquimalt, the event honoured the legacy of the Steward occupation, which is now retired. The event marked a turning point in the history of the RCN at CFB Esquimalt, with each Steward being recognized, appreciated for their service, and presented with an 'End of an Era' commemorative coin.

Rear-Admiral (RADm) David Patchell spoke to the significance of the role during the event, describing Stewards as "a quiet strength behind absolutely everything we have done and continue to do." RADm Patchell also highlighted their steady presence in every galley, wardroom, and mess to date.

RADm Patchell also acknowledged the weight of this transition, stating, "The retiring of the Steward occupation is not a retirement or dismissal of you, our Stewards." He emphasized that the values Stewards brought to the Navy remain vital. "Even as we change and evolve, your legacy will be felt for generations."

In June 2022, Vice-Admiral (VAdm) Angus Topshee first announced the decision to retire the Steward occupation following a multi-year review of naval trades and changing expectations. As the RCN modernizes its fleet and adapts to new operational demands, recruitment for the trade has ended and current Stewards are being supported through personalized options for retraining, reassignment, or voluntary release.

Importantly, the ceremony was a reflection of the human side of naval service. Each Steward was acknowledged, appreciated, and will continue to be supported.

RADm Patchell reminded attendees that "excellence is found not only in command decisions or technical expertise, but in how we care for each other." That message resonated with all those at the event, beautifully capturing the essence of what Stewards and their work have meant to the RCN.

As the RCN moves forward, Stewards are choosing new paths. As many continue to serve in other trades, some prepare to serve their communities in civilian life. While the trade may be coming to a close, the influence of Stewards will remain part of the Navy's everyday life.

Fair winds and following seas, Stewards of the RCN. Thank you for your service.



Top: Rear-Admiral (RADm) David Patchell, Commander, Maritime Forces Pacific (MARPAF) and Joint Task Force Pacific (JTFP) speaks at the Steward Commemorative Event.

Inset: The 'End of an Era' commemorative coin presented to Stewards of the Royal Canadian Navy (RCN) at the Steward Commemorative Event.

Bottom: Stewards of the Royal Canadian Navy (RCN) pose for a photo during the Steward Commemorative Event held on Nov 6.

Photos: Corporal (Cpl) Conor R.G. Munn, Canadian Armed Forces Imagery



Fair winds and following seas, Stewards of the RCN. Thank you for your service.



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National Addictions Awareness Week

November 16-22

This year, the Canadian Centre on Substance Use and Addiction (CCSA) National Addictions Awareness Week is from November 16–22, supported by the MARPAC Health & Wellness Strategy Addictions-Free Living Working Group. The 2025 campaign is “Anchoring Hope” – the belief that through honest conversation, teamwork, and evidence-based approaches we can make a positive impact for those affected by substance use.

At CFB Esquimalt, National Addictions Awareness

Week is an opportunity to reflect on how we can support one another by reducing addictions stigma, creating connections and understanding that the effects of harmful dependencies doesn't stop at the individual, but also affects families, friends, and beyond. The path forward requires more than awareness – it calls for collective effort grounded in compassion. So, let's work together, across disciplines and communities, to strengthen prevention and better support all individuals, directly and indirectly, affected by addiction.

The MHWS Addictions-Free Living Working Group continues to work towards creating a culture of health and wellness at MARPAC and encourages members of the Defence Team to visit the CCSA National Addictions Awareness Week website (www.ccsa.ca/en/guidance-tools-resources/communities/national-addictions-awareness-week) for more information, and to seek help and support if you or someone you know is struggling with an addiction or substance abuse.

Myths & Facts

from Base Mental Health Services Addictions clinicians

Myth #1:

“Alcohol and cannabis are legal, so they are safe.”

FACT: Recent guidelines highlight the risks associated with alcohol use and cannabis use. These guidelines and research studies can be viewed at:

www.ccsa.ca/en/guidance-tools-resources/substances (alcohol)

www.canada.ca/en/health-canada/services/drugs-medication/cannabis/resources/lower-risk-cannabis-use-guidelines.html (cannabis).

Myth #2:

“If I see a Base Addictions clinician for help with substance use / an addiction I will need inpatient treatment.”

FACT: Base Addictions clinicians complete an initial full assessment and treatment recommendations vary between inpatient and outpatient care depending on prevalence and severity of a substance use disorder or addiction.

Myth #3:

“If I seek support for my substance use, I will be required to be 100% abstinent.”

FACT: Base Addictions clinicians work with clients on their personal goals around substance use and communicate regularly with primary care to ensure medical employment limitations are put in place as needed.

Myth #4:

“Cannabis is found in nature so I cannot be addicted to it.”

FACT: Addiction to cannabis is possible and cannabis use can cause numerous risks associated with mental health. Learn more at:

www.canada.ca/en/health-canada/services/drugs-medication/cannabis/resources/lower-risk-cannabis-use-guidelines.html

Myth #5:

“If I disclose to a Base Addictions clinician that I use illicit substances, it will end my military career.”

FACT: Base Addictions clinicians communicate with primary care clinicians to make recommendations for future employment. Treatment recommendations for help with a substance use disorder focus on recovery and gainful employment when possible.

CAF members should speak to their primary care clinician to determine if a referral to a Base Addictions clinician is appropriate.

RESOURCES

CFB ESQUIMALT

Health Services/Base Addictions
250-363-4122

Members Assistance Program (CFMAP)
1-800-268-7708

Military Family Resource Centre (MFRC)
1-800-353-3329

The Chaplains Service
250-363-4106 (office)
250-363-4032 (after hours)

GREATER VICTORIA

CARE (Centralized Access and Rapid engagement Services) Addictions Outpatient Treatment

Support and education groups, counseling, day treatment, assessment, referrals and consultations with physicians.
250-519-3485

Alcoholics Anon: Support Line
250-383-7744

BC Alcohol and Drug Information Referral Service Line
Info and referrals for alcohol and drug use and misuse.
1-800-663-1441 (24hr)

Foundry:
foundrybc.ca
250-383-3552

Narcotics Anon. Support Line
250-383-3553

Problem Gambling Help Line
1-888-795-6111

Gambling Support BC
gamblingsupportbc.ca

Umbrella Society
250-380-0595

Homewood Health – Ravensview
Addiction treatment for military members and veterans.
1-866-203-1793

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1330 – 1530
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Chief and POs'

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vicky.doucette@forces.gc.ca

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November 17
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Chief & POs'

Everyone Welcome
For Info, Contact vicky.doucette@forces.gc.ca

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2 BDR, 1 BATH, NEAR CFB ENTRANCE on Grenville Ave. 1,000 sq ft. garden suite in the lower level of a house. Available December 1st, \$2,300/month. Lease term: month-to-month or yearly. No smoking, no pets. Unfurnished. Utilities included: Hydro and hot water. Washer and dryer, one street parking space. Features: lots of windows with garden views. Large living room, lots of storage. Private entrance and outside sitting area overlooking garden and deck for barbecuing. Easy walk to amenities. Transit nearby. Please message to set up a viewing 250 888 3383.

SPACIOUS ONE-BEDROOM BASEMENT SUITE IN SAXE POINT Seeking a reliable tenant with an initial lease of six months; pen to longer term for a tenant who is a great fit. Single occupancy, ground-level suite. New carpet, paint, and reno'd kitchen. Soaker tub. 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 1, 2025. Newly reno'd, on a quiet street with street parking. Walk to Naden, Transit and amenities. Back yard with garden and 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. 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:

MOBILE HOME FOR SALE in Twin Oaks Mobile Home Park, 32-1498 Admirals Road. 2 bed/1 bath home with an addition that could be a 3rd bed or office/den. New paint, new windows, Lennox heat pump, and appliances. Kitchen & bathroom remodeled. Landscaped w/irrigation, fully fenced back yard with deck & hot tub. 20x16 wired a shop/studio. Close to NADEN, across from Admirals Walk Shopping Centre. Robynalev@gmail.com \$299,999

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" 4" 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@vyipc.ca or (250) 744-8543

VOLUNTEER

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

MAKE A DIFFERENCE Become a Network Friend. You would be matched according to shared interests to build a long term friendship with an individual who experiences a disability or mental health issue. Contact: volunteer@lnv.ca Learn more at www.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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20 YEARS RUNNING:

Registration Now Open for 2026 Navy Run

Archana Cini

Lookout Newspaper

The Canadian Forces Base (CFB) Esquimalt Navy Run is back, and this year marks an incredible milestone.

On Saturday, June 20, 2026, CFB Esquimalt will host the 20th annual Navy Run in celebration of Victoria, the Defence community, and 20 years of running.

Since its debut in 2006, the CFB Esquimalt Navy Run has grown into a beloved tradition for military families and civilians alike. This year, participants can

once again choose from 5K or 10K run options, with each route offering scenic views through the Esquimalt community.

More than just a race, the CFB Esquimalt Navy Run has long embodied the Royal Canadian Navy's (RCN) spirit of perseverance and camaraderie — bringing together people of all ages and abilities to move with purpose.

"2026 is going to be an exhilarating year for the CFB Esquimalt Navy Run," said Gillian Larsen, Co-Race Director and Community Recreation Manager for Personnel Support Programs (PSP). "I have been part of the planning committee

for the past 16 years of this race through heat waves and rainstorms — we are ready for anything. I am so excited to be celebrating with all the runners, the community, and the navy. Twenty years is a huge accomplishment, and we have some exciting new things we are working on to make this year an event you don't want to miss."

Register for the 20th annual CFB Esquimalt Navy Run now at cfmws.ca/esquimalt/esquimalt-navy-run

Follow @navyrunesquimalt on Instagram and @Navy Run on Facebook for the latest news and updates regarding the 2026 run!



Sub-Lieutenant (SLt) Kayvan Aflaki (centre) poses with the Merritt Chisholm Sword for Espirit de Corps and Perseverance and the Captain David W. Groos Royal Canadian Navy (RCN) Memorial Shield alongside presenters retired Commander (Cdr) Rod Huges (left) and Hilary Gross (right). Photo: Gerald Pash

SLt Kayvan Aflaki Awarded Merritt Chisholm Sword and Captain Groos Memorial Shield

Archana Cini

Lookout Newspaper with contributions by the Naval Association of Canada (Vancouver Island Branch) and Gerald Pash

Bravo Zulu to Sub-Lieutenant (SLt) Kayvan Aflaki, recipient of both the Merritt Chisholm Sword for Espirit de Corps and Perseverance and the Captain David W. Groos Royal Canadian Navy (RCN) Memorial Shield.

Awarded to SLt Aflaki on Nov 4 at HMCS *Venture*, the sword was presented by retired Commander (Cdr) Rod Huges of the Naval Association of Canada (Vancouver Island Branch) and the shield by community member Hilary Gross.

The sword, presented alongside a Naval Association of Canada book prize, is traditionally awarded at Naval Warfare Officer (NWO) course graduation. Its recipient is one who has generated morale, camaraderie, inclusion, resilience, and more among course participants. The shield is presented to one who has displayed excellence and leadership at sea.

A graduate of the University of Toronto with a master's degree in epidemiology, SLt Aflaki first enrolled into the RCN in March 2023. After completing Basic Training at St. Jean, Quebec, SLt Aflaki began NWO training at HMCS *Venture*. Between training phases, he also volunteered with the Royal Canadian Marine Search and Rescue Station 35. SLt Aflaki is assigned to serve aboard His Majesty's Canadian Ship (HMCS) *Calgary*.

Chief and Petty Officers' Band to Give Concert for Wounded Warriors Canada

Archana Cini

Lookout Newspaper
with contributions by Marc Eagle



Music will once again fill St. Peter and St. Paul's Church in Esquimalt as the Chief and Petty Officers' Association Band takes the stage for a special benefit concert in support of Wounded Warriors Canada.

The concert will be held on Saturday Nov 22, with doors opening at 1330. All proceeds from the event will go toward programs that support veterans, first responders, and their families.

First formed in the fall 1987 as an 'alumni' band for retired members of the Canadian Forces Band, the Chief and Petty Officers' Band today is a non-profit organization based out of Canadian Forces Base (CFB) Esquimalt and comprised of over 30 retired military musicians and local musicians. Notably, the band's first concert, 'A Salute to Seniors,' was staged in 1988 in what is now the Archie Browning Sports Centre. Following over three decades of community engagement, the Chief and Petty Officers' Band continues to present high-quality concerts and support the military community in Esquimalt and Greater Victoria.

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