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the LOOKOUT

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OPERATION

HORIZON 2025



Sailor 1st Class (S1) Quinn Buelow and S1 Nicholas Mawson operate a Rigid Hull Inflatable Boat (RHIB) during boat drills while participating in Operation (Op) HORIZON on the Pacific Ocean.
Photo: S1 Kyle Maguire, MARPAC Imaging

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24 NOV
- 12 DEC

Rounders Route Map



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RAdm Patchell Addresses Questions from Sailors in TOWN HALL

Rear-Admiral David Patchell (front) and Chief Petty Officer 1st Class (CPO1) Jonathon Sorensen (back), listen to a sailor's question during a Nov 19 town hall at Canadian Forces Base (CFB) Esquimalt. Photo: Master Sailor (MS) Bryan Underwood, MARPAC Imaging

Archana Cini
Lookout Newspaper

With the Royal Canadian Navy (RCN) currently short over a thousand sailors, Rear-Admiral (RAdm) David Patchell, Commander of Maritime Forces Pacific (MARPAC) and Joint Task Force Pacific (JTFP), walked into a Nov 19 town hall prepared to speak openly.

Hundreds of sailors packed the Rainbow Room at the Canadian Forces Base (CFB) Esquimalt's Chief and Petty Officers' Mess for the candid exchange. Split into two open question and answer periods (one for Junior Officers and another for Chief and Petty Officers), the town hall addressed topics ranging from new service vessels and infrastructure plans to personnel shortages, training bottlenecks, and daily quality-of-life concerns.

RAdm Patchell opened the event by thanking sailors for their service during a period of operational demand and transformation, noting that the Navy "must grow two-and-a-half to three times our current size" to meet future requirements. RAdm Patchell also framed the town hall as an open forum, with a 'no-holds-barred' approach, and

he emphasized three key future priorities for the Formation: defending Canada; regrowing and training the Navy; and inspiring professional warfighters.

RAdm Patchell then outlined major Defence investments, calling the progress of the National Shipbuilding Strategy "the most significant recapitalization in generations." This includes the River-class destroyers, up to 12 new submarines, a future coastal corvette, additional Joint Support Ships, and up to 30 new training vessels. Locally, CFB Esquimalt is also preparing for extensive infrastructure renewal, including new housing, a new Nelles Block, an upcoming Alpha Jetty Recapitalization Project, a new submarine maintenance facility, and expanded warehouse.

"In 15 years, this base will not look the same," said RAdm Patchell.

But readiness, he stressed, demands more than equipment. RAdm Patchell and Formation Chief Petty Officer, Chief Petty Officer 1st Class (CPO1) Jonathon Sorensen returned to the importance of collective professionalism, emphasizing how dress,

deportment, and personal readiness as inseparable from operational credibility.

"We're not going back to yelling," said CPO1 Sorensen. "But we are going back to standards."

Questions from the floor reflected the daily pressures sailors face: difficulties prioritizing physical training (PT) time; administrative bottlenecks; innovation and fleet expansion; and rumours associated with the updated sea duty pay. RAdm Patchell reiterated the Navy's intent, pending official policy approval, of \$100 per sea day, whether at sea for a single day of training or on international deployment. Leadership also spoke to clear intent to increase frigate sea days, prioritise MARTECH sea experience, and avoid future skill/position gaps. He also addressed the recently announced military service pay backdated to April 2025, which is expected to reach members by the end of the fiscal year.

Sailors pressed for clarity on deployment expectations and concerns that training pipelines were slowing due to staffing shortages, no-show rates,

and security clearance delays. Leadership acknowledged these issues. CPO1 Sorensen noted that refresher training sees a 25 per cent no-show rate, impacting the ability to request expanded capacity. Meanwhile, RAdm Patchell highlighted progress at the security screening level, including the hiring of additional staff in Ottawa to improve security clearance wait times. However, it was cautioned that clearances will continue to take time, as the need for careful security is a top priority.

Quality-of-life concerns were equally prominent at the town hall, with sailors raising questions regarding the scarcity of childcare in the Greater Victoria area, prompting an update on the upcoming 2026 Pacific Activity Centre at the Work Point Military Family Resource Centre.

Despite the scope of challenges raised, RAdm Patchell ended on a simple and optimistic note. "This is a moment in time for our Navy," he said, referring to the ongoing national surge of interest in the CAF and renewed federal investment in defence. "We need to train, retain, and inspire — and that starts with every single one of us."



Chief Petty Officer First Class (CPO1) Jonathon Sorensen, responds to a sailor's question during a Nov 19 town hall at Canadian Forces Base (CFB) Esquimalt. Photo: Master Sailor (MS) Bryan Underwood, MARPAC Imaging

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CFB ESQUIMALT, VICTORIA, B.C.
A Division of Personnel Support Programs

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

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THE LOOKOUT TEAM

CORPORATE SERVICES MANAGER
Lindsay Groves
lindsay.groves@forces.gc.ca

PRODUCTION
Leslie Eaton
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

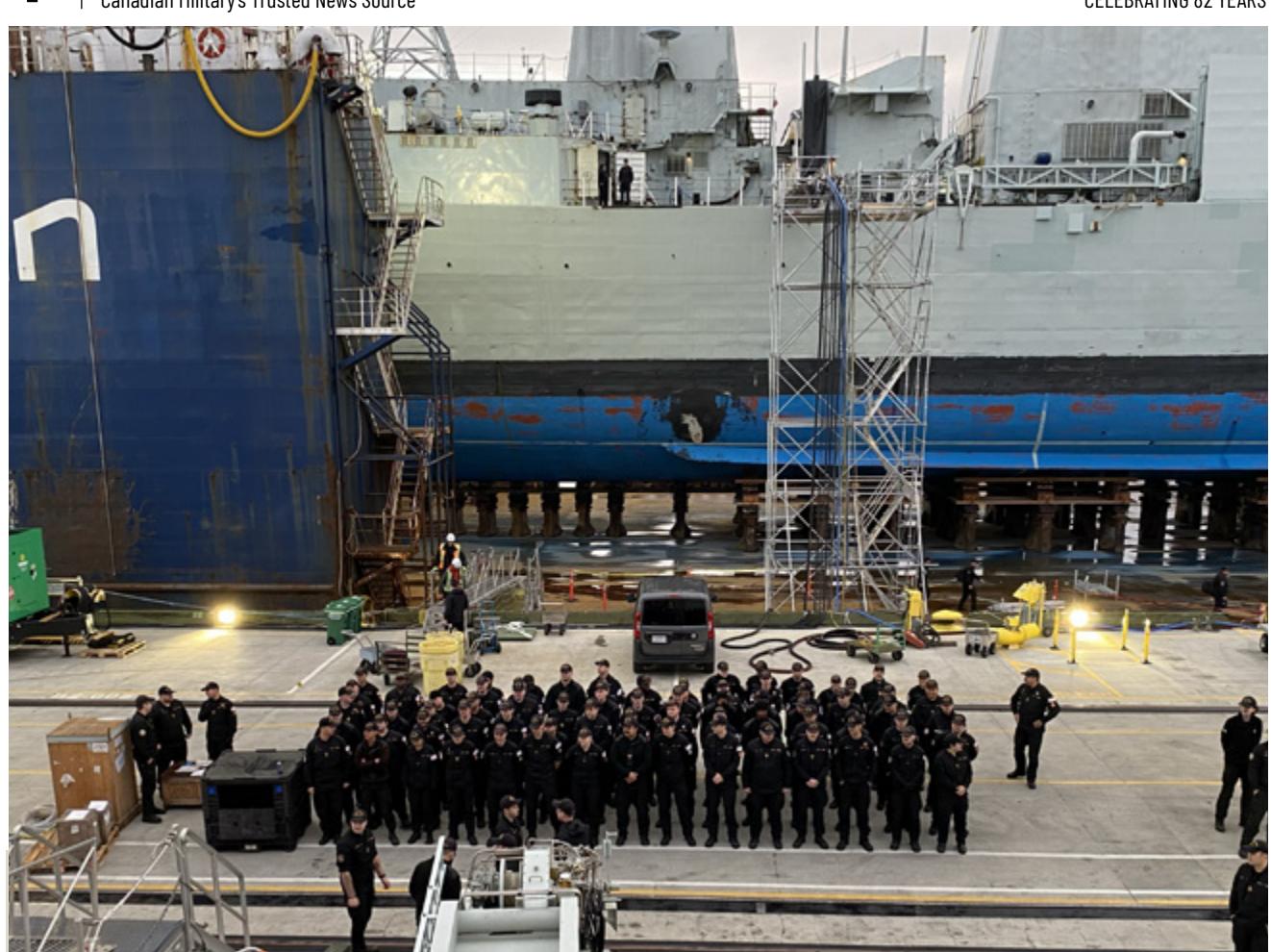
Danielle Sutton
778-400-1866
forces.ads@westcoastmarketing.net

EDITORIAL ADVISORS
Lt(Navy) Wilson Ho
250-363-4006

Rodney Venis
250-363-7060

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Sailors of the Royal Canadian Navy (RCN) stand in front of His Majesty's Canadian Ship (HMCS) Vancouver.
Photo: Sub-Lieutenant (SLt) Dylan Ross

RCN REACHES NEW MILESTONES

Preparation for 2026 Operations



Defence staff from a variety of different units at Canadian Forces Base (CFB) Esquimalt provide support as vessels are readied for 2026. Photo: Sub-Lieutenant (SLt) Jack Murphy

Archana Cini
Lookout Newspaper

November has been a busy and impressive month at Canadian Forces Base (CFB) Esquimalt as the Canadian Pacific Fleet continues to demonstrate technical excellence, coordination, and operation readiness.

As the Royal Canadian Navy (RCN) prepares for 2026 operations, His Majesty's Canadian (HMC) Ships *Vancouver* and *Ottawa* are both undergoing work to boost future performance. *Vancouver* is currently hoisted in a Seaspan Careen barge for maintenance; work that highlights the skill of both CFB Esquimalt's Fleet Maintenance Facility (FMF) and trusted industry partners. Just steps away, *Ottawa* has successfully completed a major multiple-stage ammunitioning — the first ever conducted on the newly commissioned Bravo (B) Jetty. This achievement represented a significant capability milestone for the base, and demonstrated effective collaboration between RCN sailors, Department of National Defence (DND) Fire, King's Harbour Master (KHM), and Real Property Operations (RP Ops) units.

Together, the parallel operations on both *Vancouver* and *Ottawa* shows the rare and striking picture of a major ammunitioning conducted alongside a frigate elevated on a Careen — only a preview of the capabilities that Canada will carry into 2026.

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Naden Band Readies for 47th Annual Holiday Show and Toy Drive

Archana Cini
Lookout Newspaper

The Victoria holiday season wouldn't be complete without the return of one of the region's longest-running musical traditions: The Naden Band of the Royal Canadian Navy's (RCN) annual Holiday Show. Now in its 47th iteration, the beloved community event returns to the Royal Theatre this Dec 8 and 9, transforming the stage into a festive showcase of music.

More than an incredible showcase of some of the RCN's finest musicians, the show is also a major part of the Salvation Army's annual toy drive. As such, ticket prices range from \$10 to \$15 per person with an unwrapped toy. Military members are also able to access balcony seating for

\$7.50 alongside a toy donation.

The toy drive collaboration has been a partnership between the Salvation Army and Naden Band since the first Holiday Show in 1978 — nearly half a century worth of toys for children.

"Our relationship with the organization is now 47 years, and we know how much they appreciate what we can bring to the table," said Petty Officer Second Class (PO2) Cindy Hawchuk, Production Supervisor (Vocals). "I love that the community is also aware of this partnership and show, and that they come back year after year to support."

This year's production will feature a lively and heartwarming program of holiday favourites arranged to feature the ensemble's musicians, including vocalist PO2 Hawchuk. "We don't want to give too many secrets away

though — you must come to one of our two shows and find out!" said PO2 Hawchuk.

Behind the scenes, the holiday show is the Naden Band's most ambitious annual undertaking. Planning begins almost a year in advance, with the Production Department reviewing existing music, searching for new material, and assembling ideas as early as January. By September, the band begins playing through their repertoire and finalizing both the show's program and script.

"It's a process, that's for sure," said PO2 Hawchuk. "Ideas for the music can come from anyone in the Naden Band, but is mainly generated from Production. Our Commanding Officer also usually finds several pieces for the show."

While the Naden Band performs over 100 engagements annually, this

show remains unique, with its format setting it apart from a traditional concert format. "Holding the show at the Royal Theatre lets us work with the professional techs on site, and that alone allows us to step up our game. More than a concert, it's the one show that is truly a full production — creating the script itself involves discussing stage movement, lighting cues, and more," said PO2 Hawchuk.

When asked what might be his favourite part of performing in the band's annual Holiday Show this year, Master Sailor (MS) Zachary Everett, Senior Musician — Production (Bass Trombone), returned to the magic of the toy drive collaboration.

"Seeing the mountain of donated toys grow larger as the nights go on is always so wonderful," said MS Everett. "Hearing the cheers, laugh-

ter, and singing from the crowds was also such a highlight. We try to surprise audiences every year and exceed their expectations. It's a challenge, but one we are excited to tackle before we get to return to our families over the holidays." MS Everett also noted that a choir will join the band this year, made up of Army, Air, and Sea cadets from across both Vancouver Island and the lower mainland.



Members of the Naden Band during a previous Holiday Show at the Royal Theatre in Victoria, British Columbia. Photo: Corporal William Gosse, MARPAC Imaging.

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New Offshore Oceanographic Science Vessel to Serve in 2026

Archana Cini

 Lookout Newspaper
 with extractions by Lisa Gregoire
 and the Government of Canada

A major milestone in Canada's shipbuilding program was reached this November when Seaspan Shipyards officially handed over the new Offshore Oceanographic Science Vessel (OOSV) *Naalak Nappaaluk* to the Canadian Coast Guard (CCG). The delivery was celebrated on Nov 13 at Seaspan's North Vancouver Shipyard and marked the fourth large vessel completed under the Canadian National Shipbuilding Strategy (NSS).

Constructed entirely in Vancouver by Seaspan ULC, Canadian Coast Guard Ship (CCGS) *Naalak Nappaaluk* is set to become the CCG's largest purpose-built science vessel. Designed to support long-term oceanographic research on both the Atlantic and Arctic coasts, the ship brings a suite of specialized tools and technology to answer Canada's most pressing marine questions. Onboard features include: dedicated laboratories; an ocean sampling room; a marine mammal observation station; and advanced monitoring systems that will allow scientists to gather data on ecosystems ranging from coastal shallows to deep-ocean environments. Beyond marine research, *Naalak Nappaaluk* is also equipped to assist with search and rescue, environmental response,

and other urgent operations.

Notably, the vessel carries the name of Naalak Nappaaluk, an Inuit Elder from Kangiqsujuaq, Nunavik whose work helped preserve Inuit language and culture. Before his passing in 2010, the Elder loved being on a boat at sea to hunt beluga with his unsay (harpoon). He was a leader, hunter, fisherman, midwife, storyteller, teacher, and harvesting advocate. He was also a consultant, astronomer, newsmen, navigator, and meteorologist.

"He was just my father," says Qiallak Nappaaluk, mayor of Kangiqsujuaq and son of Naalak Nappaaluk. "Everybody has a father. But when he was gone, I realized my father was really knowledgeable because he had been teaching us many things. But the most important was home and family. Sometimes we face good things, happiness, sadness, but we have to work together."

Naalak Nappaaluk's legacy will now sail forward in a vessel built to deepen Canadian understanding of the waters around us.

As part of its reconciliation mandate, the CCG is also updating its vessel naming policy to incorporate more guidance from Inuit, First Nations, and Métis peoples. "The CCG is deeply committed to its reconciliation journey," said Nicole Elmy, CCG's Executive Director of Indigenous Relations. "Of equal importance is the process by which names are selected and the opportunity for our staff and the public to learn about their signifi-

cance," she said. "We understand the power that names hold, that they can celebrate or be hurtful, and so we are approaching the naming of some of the new ships as an important, collaborative opportunity to work together with Indigenous Peoples." The name was selected in collaboration with Inuit Tapiriit Kanatami (ITK), reflecting the Government of Canada's ongoing commitment to reconciliation and partnership with Indigenous Peoples.

The Honourable Mélanie Joly, Minister of Industry, attended the acceptance ceremony on behalf of Minister of National Defence, The Honourable David J. McGuinty, formally accepting the vessel into federal service.

"The CCGS *Naalak Nappaaluk* is a powerful symbol of Canada's industrial ambition and strategic vision. Through our National Shipbuilding Strategy (NSS), we are not only revitalizing our marine sector but also driving innovation, creating high-quality jobs, and reinforcing our sovereign research capabilities," said Joly. "Built by Canadians, this vessel reflects our commitment to building a resilient industrial base, a competitive defence sector, and a future where Canadian expertise leads on the world stage."

CCGS *Naalak Nappaaluk* will officially serve Canada in 2026.



West Coast Fleet Corrosion Support Team Now Active at CFB Esquimalt

Rene Blais
DMEPM MSC 8-5

The Major Surface Combatant 8 section of the Director General Maritime Equipment Program Management (DMEPM(MSC)) is proud to introduce *Halifax*-class Fleet Corrosion Support (FCS) teams.

FCS teams provide practical, hands-on support to ship staff with corrosion-related maintenance activities. They are also available to support other coastal stakeholders upon request. This service is actively being delivered on both the East and West coasts via ICE Dragon Corrosion, an external provider through Fleetway, the Halifax Design Agent for Canadian Patrol Frigates.

Zoe Coull, Chief Executive Officer (CEO) at ICE Dragon Corrosion, recently presented at a Naval Technical Seminar hosted at Canadian Forces Base (CFB) Esquimalt to introduce the work of the FCS teams to ship staff and coastal stakeholders. During

the presentation, Coull defined the FCS teams' strategic direction as follows: "Corrosion is not linear so if we can intervene early, we can have the most impact: a stitch in time saves nine. Therefore, to support the End-of-Life (EOL) efforts with the *Halifax*-class, the strategic focus of the FCS is to support early-stage corrosion maintenance."

Coull also outlined the three key areas of effort for FCS teams determined from both ship staff and stakeholder feedback. They are:

1. Providing hands-on coaching for corrosion maintenance activities
2. Adding resources for existing corrosion-related processes
3. Improving access to materials/ tools/ equipment

At CFB Esquimalt, the West Coast FCS team will work alongside ship staff, Fleet Maintenance Facility (FMF) Cape Breton, life-cycle material managers (LCMMs), and other dockyard stakeholders to deliver support. This

includes hands-on coaching for corrosion-related preventive maintenance (PM) tasks; content development for a MARTECH corrosion course alongside Naval Fleet School (Pacific) (NFS(P)); providing additional resources and technical corrosion support; paint locker management; and more.

In October, the West Coast FCS Team conducted their first coaching session with His Majesty's Canadian Ship (HMCS) *Ottawa*'s ship staff, focusing on cathodic protection and protective coatings. During this session, ship staff engaged in hands-on coating repairs and assessed the operation of the impressed current cathodic protection system using over-the-side readings.

To learn more about West Coast FSC team initiatives, contact lead advisor Chidi Ekesiobi, P. Eng, at chidi.ekesiobi@forces.gc.ca or the general support team at navy-support@icedragoncorrosion.com.



Top: Lead advisor Chidi Ekesiobi, P. Eng (in light blue) with His Majesty's Canadian Ship (HMCS) *Ottawa*'s ship staff during the Cathodic Protection coaching session.

Bottom: Dr. Zoe Coull, ICE Dragon Corrosion CEO, gives a talk on the Corrosion Management Program (CMP) at the 2025 Naval Technical Seminar hosted at Canadian Forces Base (CFB) Esquimalt. Photos supplied.



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Defence team members gather for a bowl of chili at the National Defence Workplace Charitable Campaign's (NDWCC) Chili Cook-Off on Nov 18. Photo: Lindsay Groves, Lookout Newspaper

NDWCC Chili Cook-Off Makes a Difference

Archana Cini
Lookout Newspaper

The scent of chili and the sound of laughter filled the Naden Wardroom of Canadian Forces Base (CFB) Esquimalt on Nov 18 as Defence team members gathered for another iteration of the National Defence Workplace Charitable Campaign (NDWCC) Chili Cook-Off.

With several different varieties of hot chili and sides to sample from different units, the Wardroom buzzed with the Defence team sampling chili, making donations to the NDWCC, and thoughtfully voting for their favourite chili.

Congratulations to winner Jason Glawson for his winning dish of BLOG's Smokehouse Chili, and the NDWCC for raising over \$500 in funds.

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PULL OUT SECTION
SECTION À RETIRER

Quote:

"We must open the doors, and we must see to it they remain open, so that others can pass through."

— Rosemary Brown

Citation :

« Nous devons ouvrir les portes et veiller à ce qu'elles restent ouvertes, pour que d'autres puissent les franchir. »

— Rosemary Brown



Word of the Month:

Executive Functioning:

Definition: Executive functioning is a set of mental skills like working memory, flexible thinking, and self-control. These skills help you plan, stay organized, manage time, and control behaviour.

Why It Matters: People with ADHD or anxiety may struggle with these skills, which can be mistaken for laziness. Understanding this helps us offer better support at school, work, and in daily life.

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Definitions of 2SLGBTQIA+

2S – Two-Spirit

A term used by some Indigenous peoples in North America to describe a person who embodies both masculine and feminine spirits. It reflects a sacred and spiritual role in Indigenous cultures and is not directly equivalent to Western LGBTQ+ identities.

L – Lesbian

A woman who is emotionally, romantically, or sexually attracted to other women.

G – Gay

A person who is emotionally, romantically, or sexually attracted to people of the same gender. Often used to describe men attracted to men but can be used broadly.

B – Bisexual

A person who is emotionally, romantically, or sexually attracted to more than one gender.

T – Transgender

A person whose gender identity differs from the sex they were assigned at birth. This includes trans men, trans women, and non-binary individuals.

Q – Queer or Questioning

Queer: A reclaimed term used by people who identify outside of the heterosexual and cisgender norms.

Questioning: Individuals who are exploring or unsure of their sexual orientation or gender identity.

I – Intersex

People born with physical sex char-

acteristics that don't fit typical definitions of male or female. This can include variations in chromosomes, hormones, or anatomy.

+ – Plus

Represents all other identities not explicitly listed, such as asexual/aromantic/agender, pansexual, demisexual, genderfluid, non-binary, and more. It's a symbol of inclusivity and recognition of the evolving nature of identity.

Each letter in 2SLGBTQI+ affirms diverse identities, promoting visibility and inclusion. The acronym's evolution, from LGB to today, reflects a commitment to equity and intersectionality.

Maintenant vous le savez :

Définition de 2ELGBTQIA+

2E : Bispirituel(le)

Terme utilisé par certains peuples autochtones en Amérique du Nord pour décrire une personne qui incarne à la fois les esprits masculins et féminins. Ce terme reflète un rôle sacré et spirituel dans les cultures autochtones et n'est pas directement équivalent aux identités LGBTQ+ occidentales.

L – Lesbienne

Une femme qui est attirée émotionnellement, romantiquement ou sexuellement par d'autres femmes.

G – Gai(e)

Une personne qui est attirée émotionnellement, romantiquement ou sexuellement par des personnes du même genre. Ce terme est souvent utilisé pour décrire des hommes attirés par les hommes, mais peut être utilisé de façon générale.

B – Bisexuel(le)

Personne qui est émotionnellement, romantiquement ou sexuellement attirée par plus d'un genre.

T – Transgenre

Personne dont l'identité de genre diffère du sexe qui lui a été assigné à la naissance. Cela comprend les hommes trans, les femmes trans et les personnes non binaires.

Q – Queer ou en questionnement

Queer : Terme adopté par des personnes qui s'identifient en dehors des normes hétérosexuelles et cisgenres.

En questionnement : Les personnes qui explorent leur orientation sexuelle ou leur identité de genre ou qui n'en sont pas certaines.

I – Intersexué(e)

Personnes nées avec des caractéristiques sexuelles physiques qui ne correspondent pas aux définitions typiques d'un homme ou d'une femme. Il peut s'agir de variations chromosomiques, hormonales ou anatomiques.

+ – Plus

Représente toutes les autres iden-

tités qui ne sont pas explicitement énumérées, comme asexuel(le), aromantique, agendre, pansexuel(le), demisexual(le), non binaire et plus encore. C'est un symbole d'inclusion et de reconnaissance de la nature évolutive de l'identité.

Chaque lettre dans 2ELGBTQI+ affirme des identités diverses, favorisant la visibilité et l'inclusion. L'évolution de l'acronyme, de LGB à aujourd'hui, reflète un engagement envers l'équité et l'intersectionnalité.

How Faith Shapes the Lives of Canadian Armed Forces Members

With additions from LCol/Lcol (Padre) Jim McCorriston; Formation Chaplain; Maritime Forces Pacific & Joint Task Force (Pacific)

Between long deployments, high-stress environments, and time away from loved ones, military life is demanding. For many Canadian Armed Forces (CAF) members, faith provides strength and guidance through these challenges. Spiritual beliefs can often serve as a compass, especially in moments of challenge or uncertainty.

Prayer, meditation, and sacred teachings can help members cope with fear and isolation.

One soldier may recite scripture before missions to give him courage; another may find peace through traditional smudging ceremonies while deployed. Both sharing in appreciation of the chaplain on their deployment even though the chaplain may be of a different faith. These practices remind members of their values and offer hope when circumstances feel overwhelming.

The CAF supports spiritual well-being through chaplaincy services available on bases, ships, and in operational theatres. Chaplains provide confidential counseling, organize worship, and create spaces for reflection, serving members of all faiths and those with none. They are often a lifeline during grief, ethical dilemmas, and the emotional strain of service.

Deployment can make observance difficult, but the CAF strives to accommodate diverse needs, providing halal or kosher meals, supporting fasting during Ramadan, and enabling Indigenous ceremonies. These efforts reflect a commitment to inclusion and respect. Faith in the CAF is deeply personal yet profoundly communal. It strengthens individuals, fosters unity, and reminds members of the higher purpose behind their mission.

Comment la foi façonne la vie des membres des Forces armées canadiennes

Ajouts de la part du lieutenant-colonel Jim McCorriston, aumônier de la formation, Forces maritimes du Pacifique et Force opérationnelle interarmées (Pacific)

Entre les longs déploiements, les environnements très stressants et le temps passé loin de ses proches, la vie militaire est exigeante. Pour de nombreux membres des Forces armées canadiennes (FAC), la foi constitue une source de force et d'orientation qui les aide à surmonter ces défis. Les croyances spirituelles servent souvent de boussole, surtout dans les moments de défi ou d'incertitude.

La prière, la méditation et les enseignements sacrés peuvent aider les membres à composer avec la peur et l'isolement.

Un soldat peut réciter des passages de textes sacrés avant une mission pour se donner du courage; un autre peut trouver la paix en participant à des cérémonies traditionnelles de purification par la fumée pendant son déploiement. Tous deux partagent un sentiment de reconnaissance envers l'aumônier durant leur déploiement, même si celui-ci peut appartenir à une autre tradition religieuse. Ces pratiques rappellent aux membres leurs valeurs et leur apportent de l'espoir lorsque les circonstances deviennent particulièrement difficiles.

Les FAC appuient le bien-être spirituel de leurs membres grâce aux services d'aumônerie offerts dans les bases, les navires et les théâtres d'opérations. Les aumôniers offrent des consultations confidentielles, organisent des services de culte et créent des espaces de réflexion pour les membres de toutes confessions, ainsi que pour ceux qui n'en ont aucune. Ils sont souvent une bouée de sauvetage en période de deuil, face à des dilemmes éthiques et lorsque la tension émotionnelle liée au service se fait sentir.

Les déploiements peuvent rendre la pratique religieuse difficile, mais les FAC s'efforcent de répondre à des besoins variés, par exemple en offrant des repas halal ou casher, en soutenant le jeûne pendant le Ramadan et en permettant la tenue de cérémonies autochtones. Ces efforts reflètent un engagement envers l'inclusion et le respect. La foi dans les FAC est profondément personnelle, tout en étant profondément collective. Elle renforce les personnes, favorise l'unité et rappelle aux membres le sens plus élevé qui guide leur mission.



Indigenous Veterans Day ceremony held at the Victoria Cenotaph on Nov 8 2025.
Photo: Corporal Conor R.G. Munn, Canadian Armed Forces Imagery Technician.
Beaded poppy on cedar. Photo: Lindsay Groves, Lookout Newspaper

Beaded Poppies: Honouring Remembrance Through Indigenous Tradition

Written by EmJay (Marjolaine) Bailey

MARPAC's Defence Indigenous Advisory Group saw an opportunity to provide a meaningful way to honour Canada's fallen while celebrating Indigenous artistry and resilience through beaded poppy crafting. Like-minded folks gathered in beading circles, eager to learn about beading through an Indigenous lens to create poppies adorned with intricate beadwork. This practice has transformed a symbol of remembrance into a bridge between cultures.

Beading holds deep roots in Indigenous traditions around the world. For generations, beadwork has been storytelling, identity, and ceremony. Patterns often carry spiritual significance, representing cultural art protocols, connections to land, family, and community. Historically, beading was used by various Indigenous peoples to adorn regalia, moccasins, every day utilitarian objects as well as sacred items to be used in ceremony, reflecting both beauty and cultural continuity. Today, it remains a powerful expression of heritage and pride.

Incorporating beadwork into the poppy acknowledges Indigenous contributions to Canada's military history and honours those who served. It also creates space for dialogue and learning, inviting CAF and Defence Team members, both Indigenous and allies, to reflect on our shared history, while engaging in this hands-on craft with intention and shared cultural understanding. Each bead in the poppy becomes a quiet act of remembrance, of soldiers lost, of traditions preserved, culture honours, and of the ongoing journey toward healing.

The beading circles align with the Defence Team's commitment to truth and reconciliation by fostering cultural awareness and respect, as well as making space for Indigenous team members to gather, share and honour their ancestors. It has encouraged dialogue, sharing the growth, allowing Defence Team members to come together and stand in solidarity. Through these efforts, remembrance becomes more than ceremony. It becomes a shared path toward healing and unity.

RY GROUP
U PACIFIQUEInset: Beaded Poppies. Photo supplied
Coquelicots perlés : Photo fournie

Coquelicots perlés : honorier le Souvenir par la tradition autochtone

Par Emjay (Marjolaine) Bailey

Le Groupe consultatif des Autochtones de la Défense des Forces maritimes du Pacifique a vu l'occasion d'honorer de façon significative les Canadiens et les Canadiens tombés au combat tout en célébrant l'art et la résilience autochtone grâce à la confection artisanale de coquelicots perlés. Des personnes animées par les mêmes idées se sont réunies en cercles de perlage, désireuses d'apprendre l'art du perlage dans une perspective autochtone pour créer des coquelicots embellis d'un travail de perlage finement exécuté. Cette pratique a transformé un symbole du souvenir en un pont entre les cultures.

Le perlage est profondément enraciné dans les traditions autochtones du monde entier. Depuis des générations, le perlage est porteur d'histoires, d'identité et de cérémonie. Les motifs portent souvent une signification spirituelle et représentent des protocoles artistiques culturels et les liens avec la terre, la famille et la communauté. Historiquement, le perlage était utilisé par divers peuples autochtones pour orner des vêtements traditionnels, des mocassins, des objets utilitaires quotidiens ainsi que des objets sacrés destinés aux cérémonies.

ies, reflétant à la fois la beauté et la continuité culturelle. Aujourd'hui, cet art demeure une puissante expression de patrimoine et de fierté.

L'incorporation de perles dans le coquelicot reconnaît les contributions des Autochtones à l'histoire militaire du Canada et rend hommage à ceux qui ont servi. Elle crée également un espace de dialogue et d'apprentissage, invitant les membres des FAC et de l'Équipe de la Défense, autochtones et alliés, à réfléchir à notre histoire commune tout en s'adonnant à cet artisanat concret avec intention et compréhension culturelle partagée. Chaque perle du coquelicot devient un geste silencieux de souvenir : pour les soldats disparus, pour les traditions préservées, pour la culture honorée et pour le cheminement vers la guérison qui se poursuit.

Les cercles de perlage s'inscrivent dans l'engagement de l'Équipe de la Défense envers la vérité et la réconciliation en favorisant la sensibilisation culturelle et le respect, ainsi qu'en créant un espace où les membres autochtones peuvent se réunir, partager et honorer leurs ancêtres. Cet atelier a encouragé le dialogue, favorisé la croissance et permis aux membres de l'Équipe de la Défense de se réunir et de faire preuve de solidarité. Grâce à ces efforts, le souvenir va au-delà d'une simple cérémonie. Il devient un chemin partagé vers la guérison et l'unité.

How to Join a DAG

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

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

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

Comment se joindre à un GCD

Initialement créés en 1994 pour appuyer la nouvelle Loi sur l'équité en matière d'emploi, les GCD se sont développés au fil des ans et ont aidé l'Équipe de la Défense à favoriser un environnement de travail plus diversifié et plus inclusif. Au niveau des politiques et des programmes, les GCD contribuent à cerner les obstacles systémiques à l'emploi, offrent des perspectives uniques pour favoriser le changement et conseillent directement les directions locales et nationales sur les enjeux qui touchent négativement leurs communautés.

Les groupes consultatifs de la Défense (GCD) jouent un rôle important, car ils soulèvent des préoccupations au sein de l'organisation pour que la haute direction les examine et prenne les mesures qui s'imposent. Ces préoccupations peuvent aller de questions propres à notre base à des questions d'ordre national, notamment sur des politiques ou des programmes qui ne sont pas à l'avantage des communautés qui sont représentées.

Tous les membres des FAC et les fonctionnaires du MDN, quels que soient leur origine ethnique, leur sexe, leur orientation, leur handicap, leur âge ou leurs antécédents, sont les bienvenus dans n'importe quel GCD. Les GCD sont à la recherche de personnes qui s'engagent à respecter les principes d'équité en matière d'emploi, de diversité et d'inclusion. Si vous souhaitez vous joindre à un GCD, veuillez communiquer avec :

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

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

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

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

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

CALENDAR:

International Day of Persons with Disabilities	Dec 3
Krampusnacht	Dec 5
National Day of Remembrance and Action on Violence Against Women; St. Nicholas Day	Dec 6
Bodhi Day	Dec 8
Human Rights Day	Dec 10
St. Lucia Day	Dec 13
Hanukkah	Dec 14 – 22
Las Posadas	Dec 16 – 14
Saturnalia	Dec 17 – 23
Winter Solstice; Yule	Dec 21
Christmas Day	Dec 25
Boxing Day	Dec 26
Kwanzaa	Dec 26 – Jan 1
New Year's Eve	Dec 31
New Year's Day	Jan 1
World Braille Day	Jan 4
Three Kings Day	Jan 6
Tamil Heritage Month begins	Jan 8
National Day of Remembrance for Victims of Air Disasters	Jan 11
Martin Luther King Jr. Day (US), Blue Monday	Jan 19
International Holocaust Remembrance Day	Jan 27
National Day of Remembrance of the Quebec City Mosque Attack and Action Against Islamophobia	Jan 29
Black History Month (Canada & US)	Feb 2026
World Interfaith Harmony Week	Feb 2026
International Day of Zero Tolerance for Female Genital Mutilation	Feb 6
International Day of Women and Girls in Science	Feb 11
World Day of Social Justice	Feb 20
Pink Shirt Day (Anti-Bullying)	Feb 26

CALENDRIER :

Journée internationale des personnes handicapées	3 déc
Krampusnacht	5 déc
Journée nationale de commémoration et d'action contre la violence faite aux femmes; Saint-Nicolas	6 déc
Jour de Bodhi	8 déc
Journée des droits de la personne	10 déc
Jour de la Sainte-Lucie	13 déc
Hanouka	Du 14 au 22 déc
Las Posadas	Du 16 au 14 déc
Saturnalia	Du 17 au 23 déc
Solstice d'hiver; Yule	21 déc
Jour de Noël	25 déc
Lendemain de Noël	26 déc
Kwanzaa	26 déc au 1er jan
Veille du jour de l'An	31 déc
Jour de l'An	1er jan
Journée mondiale du braille	4 jan
Jour des Rois	6 jan
Début du Mois du patrimoine tamoul	8 jan
Journée nationale de commémoration des victimes de catastrophes aériennes	11 jan
Journée Martin Luther King fils (É.-U.), lundi bleu	19 jan
Journée internationale dédiée à la mémoire des victimes de l'Holocauste	27 jan
Journée nationale de commémoration de l'attentat à la mosquée de Québec et de lutte contre l'islamophobie	29 jan
Mois de l'histoire des Noirs (Canada et États-Unis)	Feb 2026
Semaine mondiale de l'harmonie interconfessionnelle	Feb 2026
Journée internationale de tolérance zéro à l'égard des mutilations génitales féminines	6 feb
Journée internationale des femmes et des filles de science	11 feb
Journée mondiale de la justice sociale	20 feb
Journée du chandail rose (Journée contre l'intimidation)	26 feb



Martin Luther King Jr.: Lessons for Canadian Anti-Racism Work

Every January, we honour Dr. Martin Luther King Jr., whose vision of justice and equality reshaped history. While rooted in the American civil rights movement, his message resonates deeply in Canada, reminding us to confront racism and build an inclusive society.

King championed peaceful action, warning that “injustice anywhere is a threat to justice everywhere.” Canada celebrates diversity, yet systemic racism persists. Indigenous peoples and racialized Canadians still face barriers, and the work to dismantle inequity is far from complete.

One of King's enduring lessons is courage and persistence. Change requires sustained effort and uncomfortable conversations. In Canada, this means moving beyond symbolic gestures and listening to marginalized voices and acting on what we hear. Anti-racism is not passive; it demands chal-

lenging policies, practices, and attitudes that perpetuate inequality.

King also taught the power of solidarity. Progress depends on collective action. For Canadians, this means standing together, advocating fair hiring, supporting Indigenous sovereignty, and confronting hate speech. Solidarity is active. It is showing up, speaking out, and working alongside those most affected.

Finally, King's vision was rooted in hope and the belief that a better world is possible. For Canada, hope looks like classrooms where every child feels valued, workplaces that celebrate diversity, and communities built on equity. Hope fuels action.

As we honour Dr. Martin Luther King Jr., let act, speak, and lead with courage toward a society where everyone truly belongs.

Martin Luther King fils : leçons pour la lutte contre le racisme au Canada

Chaque année, en janvier, nous rendons hommage à Martin Luther King fils, dont la vision de la justice et de l'égalité a transformé l'histoire. Bien qu'ancré dans le mouvement américain des droits civiques, son message résonne profondément au Canada, nous rappelant d'affronter le racisme et de bâtir une société inclusive.

M. King prônait l'action pacifique et rappelait qu'« une injustice commise quelque part menace la justice partout ». Le Canada célèbre la diversité, mais le racisme systémique persiste. Les peuples autochtones et les Canadiens et les Canadiens racisés se heurtent encore à des obstacles, et le travail pour éliminer l'injustice est loin d'être terminé.

L'une des leçons durables de Martin Luther King est le courage et la persévérance. Le changement exige un effort soutenu et des conversations inconfortables. Au Canada, cela signifie qu'il faut aller au-delà des gestes symboliques et écouter les voix marginalisées et agir en fonction de ce que nous entendons. La lutte contre le racisme n'est pas passive; elle exige de remettre en question les politiques, les

pratiques et les attitudes qui perpétuent les inégalités.

M. King enseignait aussi le pouvoir de la solidarité. Le progrès s'appuie sur l'action collective. Pour la population canadienne, cela signifie faire front commun, promouvoir l'embauche équitable, appuyer la souveraineté autochtone et lutter contre les discours haineux. La solidarité implique une approche active. Elle implique de faire sa part, de prendre la parole et de travailler aux côtés des personnes les plus touchées.

Enfin, la vision de M. King était enracinée dans l'espérance et la conviction qu'un monde meilleur est possible. Pour le Canada, l'espérance prend la forme de salles de classe où chaque enfant se sent valorisé, de milieux de travail qui célèbrent la diversité et de collectivités fondées sur l'équité. L'espérance est le moteur de l'action.

Alors que nous rendons hommage à Martin Luther King fils, agissons, prenons la parole et ouvrons la voie avec courage vers une société où chacun a vraiment sa place.

Seamless Canada Commits to Easing Relocation Struggles for CAF Members and Families

Government of Canada

Over the past five years, the Canadian Armed Forces (CAF) has navigated a rapidly shifting global landscape marked by the COVID-19 pandemic, rising geopolitical instability, and domestic labour shortages. These challenges tested operational readiness and recruitment, but the CAF responded with resilience and reform. Today, equipment and maintenance issues are being actively addressed, and recruitment has rebounded, with Regular Force enlistments for the 2024/25 fiscal year surpassed annual targets and reached a 10-year high.

Seamless Canada was first launched by the Defence team in June 2018 when a group of representatives from Canada's provinces and territories came together at a joint Department of National Defence (DND) and CAF conference at Toronto's Canadian Forces College. The representatives' mission was to collaborate as federal, provincial, and private sector partners to improve service coordination and ease relocation burdens for CAF members and their families. As such, a link was also formed with the Canadian Forces Morale and Welfare Services (CFMWS), a social enterprise that provides programs and ser-

vices for CAF members, veterans, and their families.

Since then, the initiative has steadily progressed with a formal Seamless Canada Steering Committee (SCSC) established in 2021 and ratified in 2022. This further strengthened the joint commitment to ease relocation for the Canadian Defence community.

Sherry Romanado, Parliamentary Secretary to the Minister of National Defence, is the incoming federal co-chair of the SCSC. Romanado brings both professional dedication and personal insight.

"I am honoured to take on the role of co-chair of the Seamless Canada Steering Committee. My family's military connection is a story I proudly share, and I recognize the sacrifices made daily by Canadian Armed Forces families," said Romanado. "With both my children and my daughter-in-law serving in the CAF, I understand the reality and the challenges military families face while serving our country. I look forward to working with my provincial and territorial partners as we join forces to deliver results for military families."

Barbara Adams, Deputy Premier of Nova Scotia and Minister responsible for Military Relations, continues her role as provincial co-chair of the SCSC.

Adams stated, "It is a great honour to be the current co-chair of the Seamless Canada Steering Committee. CAF members and their families dedicate so much of themselves for us all, and it is critical that we make the relocation process more seamless for them. Nova Scotia remains eager to work with our federal, provincial, and territorial counterparts on removing issues and barriers that members face in areas like childcare, youth education, spousal and partner employment, housing, and accessing healthcare."

Ultimately, Defence community families are experts on their own relocation experiences and are encouraged to complete feedback forms on subjects relevant to their posting and move, including child-care, child and youth education, healthcare, and spousal employment.

The next biannual Seamless Canada steering committee virtual conference and roundtable is scheduled to take place on Dec 1. Committee members from across Canada will come together to find ways to improve services to CAF members and their families when they move to a different province or territory.



Photo: Getty Images/iStock Photo: monkeybusinessimages

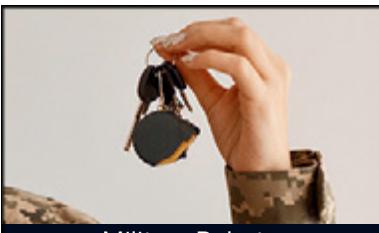
The Kia Niro EV

A white Kia Niro EV is parked on a paved area in front of a modern building with large glass windows. The car is shown from a three-quarter front angle. The Kia logo and the slogan "Movement that inspires" are visible on the bottom left of the image.

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MEET THE DEFENCE TEAM

Behind the Lens:
Image Tech S3 Saunders



Meet the Defence Team like never before. Our new series spotlights the trades and talents that power CFB Esquimalt with a more personal look at the sailors, technicians, and specialists who shape Canada's Pacific naval presence.



Archana Cini
Lookout Newspaper

When Sailor Third Class (S3) Jacob Saunders first joined the Royal Canadian Navy (RCN) in June 2023, he didn't expect his first two years of service to unfold at such a remarkable base. From basic training to his first deployment aboard His Majesty's Canadian Ship (HMCS) *Ottawa* on Operation (Op) HORIZON, the MARPAC Imagery Technician has already sailed across the waters of the Indo-Pacific, documented international exercises, and captured moments that will forever live in the RCN's visual history.

Photography has been part of S3 Saunders' life even longer than the navy uniform. His creative roots trace all the way back to high school, where he co-founded a videography company that expanded into a multimedia operation working alongside U.S. music industry clients.

"When I applied to the CAF and saw Imagery Technician on my qualified trades list, it felt like the perfect match between my skills and a sense of purpose," said S3 Saunders. "I listed it as all three of my choices."

Today, his workflow involves a blend of storytelling, preparation, and adaptability. Before any task, he studies the client's needs — the story, key moments, and safety considerations. Once at the scene, S3 Saunders works in fast-moving, unpredictable environments,

capturing authentic moments that reflect naval life. "The finished images are only a small part of the work behind the scenes," he explained, noting the detailed editing, captioning, metadata, and quality control required before imagery even becomes official.

One of S3 Saunders' standout moments from his ongoing service includes photographing from the back of a CH-146 Griffon helicopter during a joint exercise with a U.S. Navy's Carrier Strike Group. "What made it so memorable was the coordination behind it — working with the pilots to safely position the aircraft while capturing a perspective you rarely get to see," he said. "It was a moment that reminded me how unique this trade is."

Some missions, however, test both composure and skill. A nighttime Rigid Hull Inflatable Boat (RHIB) evolution with HMCS *Vancouver* to retrieve equipment remains his most challenging assignment, with rough seas, darkness, and a demanding mission pace that pushed his limits. "What many don't see is the constant pressure and planning it takes to succeed as an Image Tech," said S3 Saunders. "The trade is heavily relied on during deployments, and the role often demands long hours, technical ability, and adaptability."

Ultimately, S3 Saunders' advice for future Image Techs is simple: "If you want a career that pushes you, shapes you, and gives you something real to stand behind, this is it."

S3 Saunders, camera in hand, gets his photo taken in a rare moment of photographer being photographed.

Take Your Kid to Work Day Aboard HMCS *Calgary*



Archana Cini
Lookout Newspaper

Take Your Kid to Work Day looked a little different this year at Canadian Forces Base (CFB) Esquimalt.

The 31st annual iteration of the nationwide event, young participants from the Defence community climbed aboard His Majesty's Canadian Ship (HMCS) *Calgary* on Nov 5 for a day of discovery. Once onboard, participants learned to hold service weapons used by members of the Royal Canadian Navy (RCN); try on diving equipment, firefighting equipment, and dry suits; attempt line-handling; operate a fire

hose; and more.

For many participants, it was their first time stepping foot aboard a Canadian vessel — an experience that quickly turned into a moment of meaning. Importantly, the activities emphasized not only the excitement of naval life, but also the teamwork and readiness required aboard a Canadian warship. Students were given an appreciation for the complexity of day-to-day operations aboard *Calgary*, where members of the ship's Company received the chance to inspire future generations of RCN sailors.

Sailor First Class (S1) Noah Natividad helps a participant try on the firefighting protective equipment used aboard His Majesty's Canadian Ship (HMCS) *Calgary* on Nov 5. Photo: Corporal (Cpl) Conor Munn, Canadian Armed Forces



Archana Cini
Lookout Newspaper

The holiday season has officially returned to Canadian Forces Base (CFB) Esquimalt — and with it, the magic of the annual Base Light Up.

An initiative led this year by Leah Pokocky, Event Coordinator for the Lookout Newspaper as part of the Personnel Support Programs (PSP) team, the project required weeks of planning, logistics, and team management to execute a single week of outdoor decoration. By Nov 28, the lights turned on for a special moment of morale and magic on base.

This year's Base Light Up includes a variety of familiar, ornament, and icicle shaped string lights, in addition to a new, more special addition that provides a nod to Victoria's own local geese and deer.

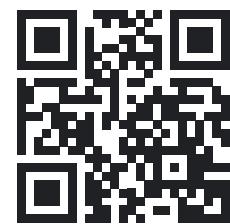
A special thank you to Real Property Operations (RP Ops) and all the Royal Canadian Navy (RCN) members involved with supporting and executing this initiative. We couldn't have done it without you!



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
21 Dec	22 Dec	23 Dec	24 Dec	25 Dec	26 Dec	27 Dec
NAC 0800-1800 hrs Pool CLOSED ARENA 0800-1800 hrs CPAC CLOSED DKYD CLOSED	NAC 0800-1800 hrs Pool CLOSED ARENA 0800-1800 hrs CPAC 0830-1600 hrs DKYD CLOSED	NAC 0800-1800 hrs Pool CLOSED ARENA 0800-1800 hrs CPAC 0830-1600 hrs DKYD CLOSED	NAC 0800-1300 hrs Pool CLOSED ARENA 0800-1500 hrs CPAC 0830-1300 hrs DKYD CLOSED	CHRISTMAS DAY ALL FACILITIES CLOSED	BOXING DAY ALL FACILITIES CLOSED	NAC 0800-1800 hrs Pool CLOSED ARENA 0800-1800 hrs CPAC CLOSED DKYD CLOSED
28 Dec	29 Dec	30 Dec	31 Dec	1 Jan 2026	2 Jan	3 Jan
NAC 0800-1800 hrs Pool CLOSED ARENA 0800-1800 hrs CPAC CLOSED DKYD CLOSED	NAC 0800-1800 hrs Pool CLOSED ARENA 0800-1800 hrs CPAC 0830-1600 hrs DKYD CLOSED	NAC 0800-1800 hrs Pool CLOSED ARENA 0800-1800 hrs CPAC 0830-1600 hrs DKYD CLOSED	NAC 0800-1300 hrs Pool CLOSED ARENA 0800-1500 hrs CPAC 0830-1300 hrs DKYD CLOSED	NEW YEARS DAY ALL FACILITIES CLOSED	NAC 0800-1800 hrs Pool CLOSED ARENA 0800-1800 hrs CPAC 0830-1600 hrs DKYD CLOSED	NAC 0800-1800 hrs Pool CLOSED ARENA 0800-1800 hrs CPAC CLOSED DKYD CLOSED
4 Jan	5 Jan	6 Jan	5 Jan 2026 All Facilities are back to regular business hours except Pool (reopens on 6 Jan 2026)			
NAC 0800-1800 hrs Pool CLOSED ARENA 0800-1800 hrs CPAC CLOSED DKYD CLOSED	NAC 0530-2130 hrs Pool CLOSED ARENA 0700-2330 hrs CPAC 0830-1600 hrs DKYD 0530-1800 hrs	NAC 0530-2130 hrs Pool RE-OPEN ARENA 0700-2330 hrs CPAC 0830-1600 hrs DKYD 0530-1800 hrs	Please see our website for regular programming schedule or call for assistance: CFMWS.ca / NAC Facebook / MARPAC Notice Board USEFUL NUMBERS: Naden Athletic Centre Kiosk - 250-363-5677; Wurtele Arena - 250-363-4391; CPAC - 250-363-1009			

*Naden Athletic Centre & Wurtele Arena facility hours only - Program schedules / Facility Rentals in calendar below. ** The pool will be closed 7 Dec 2025 - 5 Jan 2026 for annual pool maintenance:

CAF members and PSP Plan members can use the Esquimalt Recreation Centre Pool free of charge by showing your valid Mil ID or Gym Membership

*** The upper and lower gymnasium floors, along with the black matted floor, will be closed 15 to 28 December for resurfacing. They will reopen on 29 December after 10:00 AM

DROP-IN PROGRAMS

NADEN ATHLETIC CENTRE (BLUE)

* & WURTELE ARENA (RED)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
14 Dec	15 Dec	16 Dec	17 Dec	18 Dec	19 Dec	20 Dec
Casual Skate 1430 - 1600 hrs	FORCE PT (Strength) 0630 - 0715 hrs Cardio HIIT 1205 - 1250 hrs	FORCE PT (Cardio) 0630 - 0715 hrs	FORCE PT (Strength) 0630 - 0715 hrs Functional Strength 1205-1250 hrs	FORCE PT (Strength) 0630 - 0715 hrs	FORCE PT (Cardio) 0630 - 0715 hrs Mobility 1205-1250 hrs	Casual Skate 1430 - 1530 hrs Sticks and Pucks 1530 - 1630 hrs
21 Dec	22 Dec	23 Dec	24 Dec	25 Dec	26 Dec	27 Dec
Casual Skate 1430 - 1600 hrs Sticks and Pucks 1600 - 1730 hrs	FORCE PT (Strength) 0830-0915 hrs Cardio HIIT 1205-1250 hrs	FORCE PT (Cardio) 0830-0915 hrs Functional Strength 1205-1250 hrs	FORCE PT (Cardio) 0830-0915 hrs Functional Strength 1205-1250 hrs	CHRISTMAS DAY ALL FACILITIES CLOSED	BOXING DAY ALL FACILITIES CLOSED	Casual Skate 1430 - 1530 hrs Sticks and Pucks 1530 - 1630 hrs
28 Dec	29 Dec	30 Dec	31 Dec	1 Jan 2026	2 Jan	3 Jan
Casual Skate 1430 - 1600 hrs	FORCE PT (Strength) 0830-0915 hrs Cardio HIIT 1205-1250 hrs	FORCE PT (Cardio) 0830-0915 hrs Functional Strength 1205-1250 hrs	FORCE PT (Cardio) 0830-0915 hrs Functional Strength 1205-1250 hr	NEW YEARS DAY ALL FACILITIES CLOSED	FORCE PT (Cardio) 0830-0915 hrs Mobility 1205-1250 hrs	Casual Skate 1430 - 1530 hrs Sticks and Pucks 1530 - 1630 hrs
4 Jan	Naden Athletic Centre* The upper and lower gymnasium floors, along with the black matted floor, will be closed from December 15 to 28 for resurfacing. They will reopen on December 29 after 10:00 AM. During that time, all classes are offered in the Reconditioning room. 5 Jan 2026 All Facilities are back to regular business hours except Pool (reopens on 6 Jan 2026) Please see our website for regular programming schedule or call for assistance: CFMWS.ca / NAC Facebook / MARPAC Notice Board USEFUL NUMBERS: Naden Athletic Centre Kiosk - 250-363-5677; Wurtele Arena - 250-363-4391; CPAC - 250-363-1009					
Casual Skate 1430 - 1600 hrs						



Bay Street Armoury Photo: Michal Klajban via Wikimedia Commons

Lieutenant-Colonel (hon) John Ducker 5th BC Artillery Regiment

The weekend of Dec 5 and 6 marks the 150th anniversary of the birth of General Sir Arthur William Currie (1875-1933), a soldier, educator, and British Columbian whose leadership helped define Canada's role in the First World War.

To mark this historic moment, Victoria's iconic Bay Street Armoury will be formally renamed as the General Sir Arthur Currie Armoury, honoring both his legacy and deep British Columbian roots.

Originally born near Strathroy, Ontario, Currie first moved to Victoria in 1894. He was not a career military officer by either upbringing or profession; rather, Currie began his working life as a schoolteacher and businessman. During this time, joining the local militia was an excellent way to expand one's social and business connections — however, military discipline and study genuinely fascinated Currie. He quickly distinguished himself amongst peers with a remarkable capacity to think clearly, learn rapidly, and lead by example. With no formal military academy training in his background, Currie rose through the ranks by his own merit, intelligence, and determination — qualities that would come to reflect Canada's own growing confidence on the world stage.

During the First World War, Currie served first as a brigade, and then as a divisional commander, demonstrating a consistent commitment to both strategic preparation and the

protection of soldiers' lives. In 1917, he became the first Canadian-born officer to command the 100,000-strong Canadian Corps, leading it through some of the most significant operations of the war. Under Currie's leadership, the Canadian Armed Forces (CAF) earned a reputation as one of the most effective, respected formations on the Western Front. Currie's meticulous planning and insistence on realistic training also played a central role in the Canadian success at Vimy Ridge, a battle that has now come to symbolize Canada's emergence as a nation. His leadership during the Hundred Days Offensive in 1918 also helped bring the war to its conclusion, with the Canadian Corps often assigned the most difficult and strategically vital objectives.

After the war's end, Currie continued his service to Canada as Principal and Vice-Chancellor of McGill University, working to expand educational opportunity, strengthen academic excellence, and support returning veterans. Throughout the rest of his life, he remained a respected public voice for preparedness, accountability, and national service.

In renaming the Bay Street Armoury, we honour a local son who rose to become one of the most respected military leaders of his time. But we also honour what he stood for: thoughtful leadership, responsibility in command, and the belief that Canada could and should define its own destiny.



Bay Street Armoury Renamed in Honour of Canadian War Hero

Activities:

Friday Dec 5 10:30 a.m. - 3:30 p.m.:

Open question and answer forum at the 723 Field St Armoury in Victoria. Historic exhibits, displays from the 5th (BC) Field Artillery Regiment and The Canadian Scottish Regiment (Princess Mary's) will be present, alongside seminar presentations highlighting Currie's historical role.

A birthday tribute reception to General Sir Arthur Currie will also occur, with the unveiling of the official renaming plaque and a ceremonial cake cutting by Alan Lowe and John Ducker - honorary colonels of The Canadian Scottish Regiment and 5th (BC) Field Regiment RCA.

Guests will include Brigadier-General (ret'd) James Patterson, Colonel-Commandant of the Royal Regiment of Canadian Artillery, historians Eric Tolman, Colonel (ret'd) Jim Kempling, noted Canadian author Mark Zuehlke, Dr. David Zimmerman, and Sergeant Arthur Currie (RCAF), General Sir Arthur Currie's great grandson.

Saturday Dec 6:

Professional Development (PD) day for the soldiers of the Armoury's two regiments and a gala dinner/dance in honour of General Sir Arthur Currie's 150th birthday.



General Sir Arthur Currie and staff during a planning exercise on the Western Front in September 1917.
Photo supplied.

Merchant Navy Presentation Provides Powerful Insight into Naval Service During WWII

Archana Cini
Lookout Newspaper

History took the spotlight at Canadian Forces Base (CFB) Esquimalt on Nov 20 during Merchant Navy Talks, a speaker's lecture from author Chris Wren, son of Second World War veteran Louis E. Wren.

Hosted at the CFB Esquimalt Naval and Military Museum, the mid-day presentation brought attending Defence team and community members deep into the lived experience of a wartime mariner. The talk centred around Chris Wren's learnings from his recently published novel, *The War Diaries of Louis E. Wren: One Man's Journey in the British Merchant Navy and Royal Air Force (RAF) in WWII*, and the realities of his late father's service.

"I didn't know he [Louis Wren] kept journals during the war until after he passed away," said Chris Wren to the Guelph Mercury Tribune. "He did talk a little bit about the war, but these shed a whole new light on what he had seen and done." The handwritten diaries, meticulously kept over a period of six years, revealed accounts of convoy duty about the Merchant Vessel (MV) Corbis, an oil tanker tasked with transporting fuel across the Atlantic.

The talk offered a rare, deeply human perspective of service throughout the Second World War, shedding light

on the thousands of lives lost to violent storms and German U-boat attacks — including a night when 11 of the 40 ships in the late Louis Wren's convoy were sunk in spite of the navy's zigzagging evasion techniques.

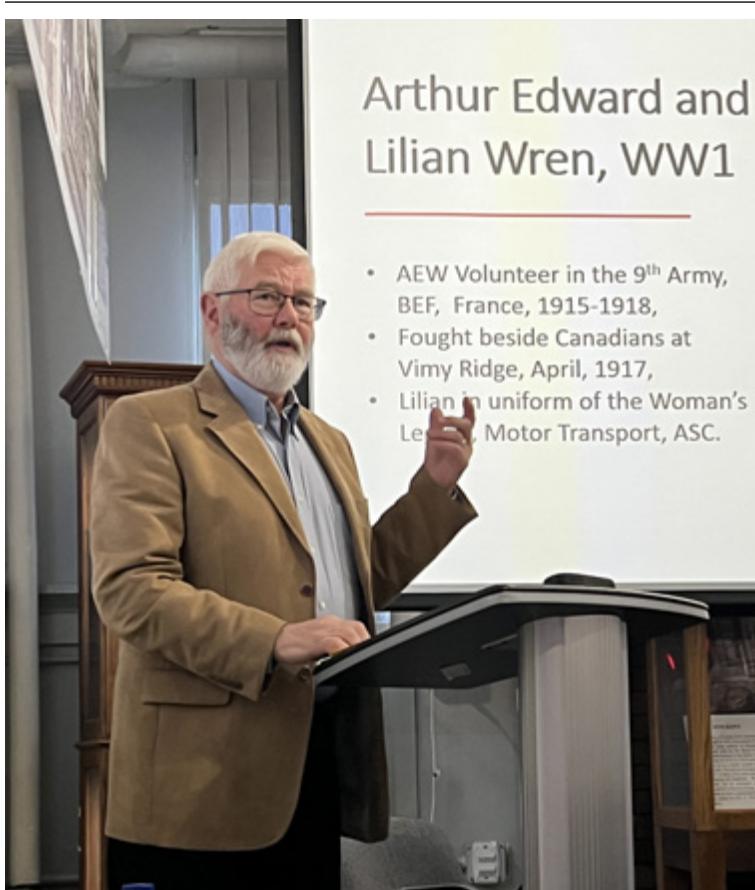
"The Germans sank hundreds and thousands of ships during the Battle of the Atlantic," said Chris Wren. "My father's ship wasn't even allowed to pick up sailors from the sinking ships, because then they would become targets themselves. It was horrific."

Yet amidst the danger, Louis Wren's war journals showed empathy for German submariners.

To better understand his father's journeys during the war, Chris Wren even sailed the Halifax-to-Liverpool route himself aboard a merchant container ship, retracing the same waters his father crossed under fire 80 years ago. The presentation then concluded with an open Q&A forum where attendees engaged with Chris Wren's insights and learnings from his late father's journals.

Ultimately, the event underscored how personal narratives can illuminate the vast, often unseen sacrifices of our veterans from the past.

Ultimately, the event underscored how personal narratives can illuminate the vast, often unseen sacrifices of our veterans from the past.



Chris Wren speaks on Louis E. Wren's naval experiences during the Second World War at the Canadian Forces Base (CFB) Esquimalt Naval and Military Museum on Nov 20. Photo: Acting Sub-Lieutenant (A/SLt) Michael Samuels



Annual CAF Appreciation Hockey Game Returns

Archana Cini
Lookout Newspaper

The Victoria Royals Hockey Club hosted the annual Canadian Armed Forces (CAF) Appreciation Night at the Save-On-Foods Memorial Centre on Nov 5, bringing together Defence community members, hockey fans, and local community members for an evening of joy and CAF spirit. The event also featured a centre-ice tribute to hockey at CFB Esquimalt throughout the years and to Lieutenant-Commander (retired) Bill Ansell, a member of the Blues and Tritons as well as the Regina Pats and University of Alberta Golden Bears, who passed away from cancer in June of this year.

A yearly tradition for the team, the Royals used CAF Appreciation Night to

honour both veterans and actively serving Defence team members. "The Canadian Armed Forces night represents a meaningful opportunity for our team and our city to come together in a shared expression of gratitude," said Joey Poljanowski, the Royals' Vice-President of Hockey Operations. "We are proud to honour the service of the Canadian Armed Forces and their families. We are privileged to have such strong partnerships in Victoria with the Canadian Armed Forces and to host an evening that brings people together in support of those who serve."

Established in 2011 and based in Victoria, the Victoria Royals are a major junior ice hockey team in the Western Hockey League that also holds a deeply rooted passion supporting the community.

The rink saw the Royals facing off

against the Kelowna Rockets with a 7:05 p.m. puck drop. The experience also extended beyond the ice, with military units including Fleet Diving Unit (Pacific) (FDU(P)), Military Police Unit (Esquimalt) (MPU(E)), Canadian Submarine Force (CANSUBFOR), and the Naden Band of the Royal Canadian Navy (RCN) keeping energy high with performances, interactive displays, and other opportunities to engage throughout the night.

Adding to the spirit of supporting the Canadian Defence community, The Victoria Royals wore custom military-inspired jerseys on the ice that were auctioned off in support of the Esquimalt Military Family Resource Centre (EMFRC).

Members of the Victoria Royals watch as they prepare to take to the ice for the puck drop on Nov 5. Photo: Sailor Third Class (S3) Jacob Saunders, MARPAC Imaging

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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 Mens 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

WOMAN'S MESS KIT - \$100 Dark Blue woman mess kit. Measurements - Skirt - waist 27 inches, hip 38 inches, length 39 inches. Jacquet - length 21 inches, shoulder width 15 inches. Blouse size 12. Asking \$100. Text 250 886 2361 if interested.

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@vypc.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

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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Transgender Day of Remembrance and Transgender Awareness Week

Extracted from an official statement by Brigadier-General James Hawthorne and Lara Rooke, 2SLGBTQI+ Defence Team Champions, Government of Canada

Each year, Transgender Awareness Week (November 13 – 19) leads up to the Transgender Day of Remembrance, which is observed on November 20. These important dates offer us a chance to reflect, honour, and take meaningful steps in support of our transgender, non-binary, and gender-diverse colleagues, as well as all members of the 2SLGBTQI+ communities.

The Transgender Day of Remembrance was founded in 1999 by activist Gwendolyn Ann Smith in memory of Rita Hester, a transgender woman who was murdered in 1998. Rita's death highlighted the alarming rates of violence faced by transgender people and compelled the community to recognize and remember victims of transphobic violence. Twenty-five years later, what began as a vigil to honour Rita has grown into an annual, global observance dedicated to memorializing all those who have lost their lives to such violence and reaffirms the need to create safer, more inclusive spaces.

While efforts are underway to foster inclusivity across our organization, within Canadian society detrimental legal and social barriers that inhibit trans persons being able to live as their authentic selves persist and, in many cases, are growing. Now, more than ever, allyship is of utmost importance.

This year, the Defence Team Pride Advisory Organization (DTPAO) organized flag raisings at several bases and wings across the country on November 20; this included Canadian Forces Base (CFB) Esquimalt, where the Transgender Pride Flag was raised to honour transgender, Two-Spirit, and non-binary lives lost to intolerance and discrimination.

We encourage everyone to reflect on how we can collectively champion diversity, equity, and the well-being of all in the Defence Team.

Photo and Images:
Getty Images/iStock Photo: nito100

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Help is at hand: Powell River-based Sunshine Coast Health Centre and Georgia Strait Women's Clinic—Western Canada's only trauma program exclusively serving women—provide highly personalized addiction, mental health and trauma treatment for male and female clients respectively.

Services include 24-hour medical service, psychiatric assessment, EMDR, rTMS, psychotherapy, a dedicated group for military clients and much more.

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