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# Republic of Korea Navy Arrives on West Coast

*Read more on pages 4-5*



Korean war veterans, members of the Canadian Armed Forces (CAF), and members of the Republic of Korea Navy (ROKN) attended a wreath laying ceremony held on May 24 in remembrance of those who served in the Korean War. Photo: S1 Kyle Maguire, MARPAC Imaging

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A Division of Personnel Support Programs

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

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# West Coast Foreign Service Attachés Tour Comes to CFB Esquimalt

## Lindsay Groves

Lookout Newspaper

The west coast tour for foreign service attachés made its way to Canadian Forces Base (CFB) Esquimalt on May 12 and 13 for a closer look at Royal Canadian Navy (RCN) operations and the evolving maritime region.

"It's been a fantastic tour," shared Örjan Ström, Swedish Armed Forces (SAF) Defence Attaché. "So well planned."

Part of an annual program designed to showcase defence and regional capabilities that align with Canadian Armed Forces (CAF) and Government of Canada priorities, this year's tour spanned one week. As such, it began in Calgary before moving through Banff and Vancouver and then Vancouver Island. The attachés came from 20

nations along with 13 accompanying spouses.

The visit to CFB Esquimalt included a morning gathering at the Admiral's Residence, where Rear-Admiral (RAdm) David Patchell, Commander of Maritime Forces Pacific and Joint Task Force(Pacific) (MARPAC/JTF(P)), and his wife Christian Patchell welcomed attachés and their spouses for presentations

and discussions followed by a luncheon at the Chief and Petty Officers' Mess.

"These tours are important. They [attachés] can have a better understanding of our challenges and a better understanding of Canada," said RAdm Patchell.

RAdm Patchell also shared insight regarding some of the discussions around the future of maritime growth and the importance of western ports. "Prince Rupert is the fastest way to get goods from China to Chicago," he said. "We'll see what Prince Rupert looks like in a few years."

While last year's tour itinerary focused on the northern region of Canada and this year's the west, next year's program will shift to the east.



A foreign service attaché connects with a member of the RCN at CFB Esquimalt on May 13.  
Photo: Lindsay Groves, Lookout Newspaper

“THESE TOURS ARE IMPORTANT. THEY [ATTACHÉS] CAN HAVE A BETTER UNDERSTANDING OF OUR CHALLENGES AND A BETTER UNDERSTANDING OF CANADA.”

– Rear-Admiral (RAdm) David Patchell,  
Commander of Maritime Forces Pacific and Joint Task Force(Pacific)



Foreign service attachés pose for the luncheon group photo with family members alongside RAdm David Patchell, Commander of MARPAC/JTF(P), on May 13 at CFB Esquimalt.  
Photo: Avr Rebecca Mainardi, MARPAC Imaging



Final renderings of the new Work Point MFRC and Community Centre location. Assets provided.

## New Work Point MFRC Location

### TO BRING SUPPORT CLOSER TO DEFENCE FAMILIES THIS WINTER

**Archana Cini**

Lookout Newspaper  
Contributions by Jackie Carlé, EMFRC

After more than a decade of advocacy, planning, and community discussion, military families in Esquimalt will soon have a new dedicated space to connect, access support, and build community close to home.

Construction is now underway for a brand-new Military Family Resource Centre (MFRC) and Community Centre location on Anson Street in Work Point, with the facility expected to open in late Fall 2026. The project marks a significant milestone for military families across Esquimalt, Greater Victoria, and the surrounding region.

On May 22, the Esquimalt MFRC (EMFRC) hosted an outdoor barbecue celebration for those in the Defence community and revealed signage for the new location alongside Maritime Forces(Pacific)/Joint Task Force(Pacific) (MARPAAC/JTF(P)) and Canadian Forces Base (CFB) Esquimalt leadership.

“The event was an opportunity to

formally announce this project and let our community members know about it,” said Jackie Carlé, Executive Director of the EMFRC. “We are so excited to be able to extend service delivery to the Esquimalt and Greater Victoria area. Families living throughout Esquimalt, Greater Victoria and beyond will now all be able to receive services and support in this fully accessible and inclusive new space.”

The new modular facility was officially approved in February 2024 by Captain(Navy) (Capt(Navy)) Kevin Whiteside, Base Commander of CFB Esquimalt, after years of identified need within the local military family community. According to the MFRC, demand for additional meeting and program space in the Esquimalt area has been consistently raised by families and has been a strategic priority of the organization’s board for many years.

“Modular builds are not what they used



to be; they are beautiful, viable buildings. Additionally, if there was ever a requirement to relocate the facility, this could happen with a modular build,” shared Carlé. “The construction

timelines are also very good, and with a modular there is no requirement for any deep digging or foundation work, and this is very important to us from an Indigenous perspective. Our Base Commander supported the build on this site and secured First Nations approval for use of this land to support services to military connected families.”

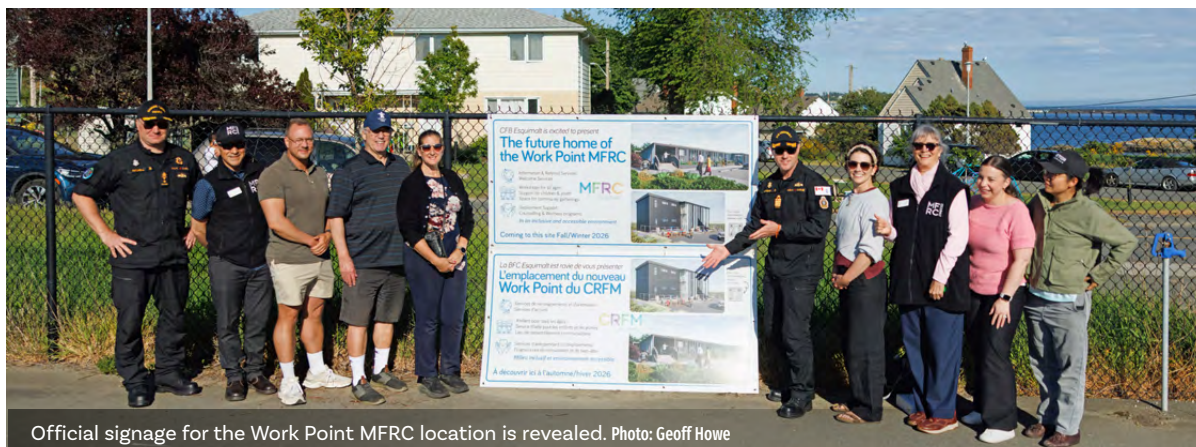
Once complete, the new Work Point location will expand access to family-focused programming and services in one of the region’s key military communities. The facility will offer information and referral services, deployment support, counselling and wellness programming, workshops for all ages, and supports specifically designed for children and youth. It will also serve as a community gathering space and

a morale mail drop-off location for deployed members and their families. MFRC programs and services will continue to be offered at the Colwood Pacific Activity Centre (CPAC) location in Colwood.

The barbecue celebration was also an opportunity for the EMFRC Board of Directors to thank Capt(Navy) Whiteside for his dedication and efforts regarding the new EMFRC prior to his departure later this year.

“I was so pleased to be able to present the Base Commander with a Military Family Coin to commemorate his stalwart support and leadership during the event,” said Carlé. “It was a great opportunity to acknowledge his dedication to this community, and specifically his care and concern for military connected families.”

As construction progresses towards a winter 2026 opening, the new location is more than a building. For many local military families, it is the realization of years of advocacy and a long-awaited investment in the wellbeing, resilience, and connectedness of the Defence community in Esquimalt.



Official signage for the Work Point MFRC location is revealed. Photo: Geoff Howe



Capt(Navy) Kevin Whiteside, CFB Esquimalt Base Commander (left) and Jackie Carlé, EMFRC Executive Director, chat during the May 22 community barbecue. Photo: Geoff Howe

Questions on the new Work Point MRFC and Community Centre?  
[Learn more and contact the EMFRC here](#)

# Republic of Korea Navy Arrives at CFB Esquimalt

**Archana Cini**  
Lookout Newspaper

After nearly two months spent crossing the Pacific Ocean, the longest submarine voyage in South Korean history has officially brought two allied navies together in Esquimalt.

ON MAY 23, visiting vessels and naval personnel aboard ROKS *Dosan Ahn Chang-ho*, a Dosan-ahn Changho-class submarine, and ROKS *Daejeon*, a Daegu-class frigate, arrived in Esquimalt as part of an international engagement with the Royal Canadian Navy (RCN) and Maritime Forces Pacific (MARPAAC). The two-week Republic of Korea Navy (ROKN) visit will deepen the pre-existing partnership between the two navies and reinforce Canada's continued role as a reliable international ally. The arrival of ROKS *Dosan Ahn Chang-ho* was also historic with its 14,000-kilometre trans-Pacific crossing representing the longest voyage ever undertaken by a South Korean submarine.

The spirit of international collaboration was evident even before ROKS *Dosan Ahn Chang-ho* reached Canadian waters. For the final leg of its journey from Hawaii to Esquimalt, ROKN sailors were joined by RCN sailors Lieutenant-Commander (LCdr) Brittany Bourgeois and Petty Officer 2nd Class (PO2) Jake Dixon as part of a bilateral exchange opportunity through Operation (Op) REGULUS. While onboard ROKS *Dosan Ahn Chang-ho*, the Canadian sailors participated in training evolutions, operational routines, and communications exercises with MARPAAC using combined command, control, communications,

computers, and intelligence (C4I) systems. The experience offered a rare opportunity for direct operational integration between the two navies and reinforced the growing level of interoperability between Canada and the Republic of Korea.

"Petty Officer 2nd Class Jake Dixon and I were incredibly excited and honoured to sail aboard ROKS *Dosan Ahn Chang-ho* as part of this exchange," said LCdr Bourgeois. "This was a rare opportunity to learn firsthand from a highly capable partner navy, operate in a different submarine environment, and exchange tactics and perspectives that will directly strengthen our effectiveness."

Throughout the visit, sailors from both the RCN and the ROKN have the opportunity to participate in joint operations,

professional exchanges, cultural activities, and community-facing engagements intended to strengthen cooperation and mutual understanding. Key events are highlighted below:

ON MAY 24, a wreath laying ceremony was held at the Victoria Cenotaph where members of the RCN and the ROKN gathered to honour their shared naval history. With members from the Naden Band providing musical support, the event paid tribute to the service and sacrifice of sailors from both nations with Korean War veterans in attendance.

ON MAY 25, an official welcome ceremony was held at His Majesty's Canadian (HMC) Dockyard, CFB Esquimalt. During the event, members of the ROK embassy, navy, ambassadors, media and community members

were officially welcomed to the military base by RCN leadership and other key community members. The morning included: a traditional performance by Lekwungen Indigenous dancers; the presentation of flowers to Korean naval leadership by Korean-Canadian children and RCN cadets; a traditional Korean water-mixing event; and leadership addresses from both nations. Following the formal event, Canadian media were also invited aboard ROKS *Daejeon* and ROKS *Dosan Ahn Chang-ho* for tours of both vessels.

"It is my privilege to formally welcome you to Canada and the Pacific Coast. It was inspiring to witness the arrival of your ships on Saturday, and I am so grateful that we have this time together here," said Rear-Admiral (RADm) David Patchell, Commander of

Maritime Forces Pacific and Joint Task Force(Pacific) (MARPAAC/JTF(P)). "We are honoured to have you here, and your presence reflects a deep and important relationship between our nations."

Radm Patchell reiterated the importance of interoperability, sharing, "[t]ogether, we must absolutely increase strength and understanding, and prepare for bilateral and multilateral operations at sea. To our Korean allies, your professionalism, capability, and commitment are exceptional. We value the opportunity to work beside you."

ON MAY 27, the Naden Band of the RCN joined forces with the ROKN band for a formal performance at the Royal and McPherson Theatres. With more than 250 attendees eager to witness the rare collaboration, the evening featured classical music by naval instrumentalists from both nations; an opera arrangement; a ROKN B-boy and beatboxing set; a K-Pop medley; a solo Taepyeongso performance on the traditional Korean double-reed instrument; and a blended samulnori, beona-nori,



Photo: Avr Rebecca Mainardi, MARPAAC Imaging



Photo: S1 Kyle Maguire, MARPAAC Imaging

and Korean lion dance performance. All proceeds from the evening supported Wounded Warriors Canada.

As sailors from both navies continue training, sharing knowledge, and building connections

with each other, one thing remains certain — the RCN continues to foster meaningful international partnerships that will endure the global scale.

Members of the CAF and members of ROKN take part in a wreath laying ceremony to honour members who served in the Korean war at the Cenotaph in Victoria on May 24.  
Photo: Pte John MacKay, MARPAAC Imaging



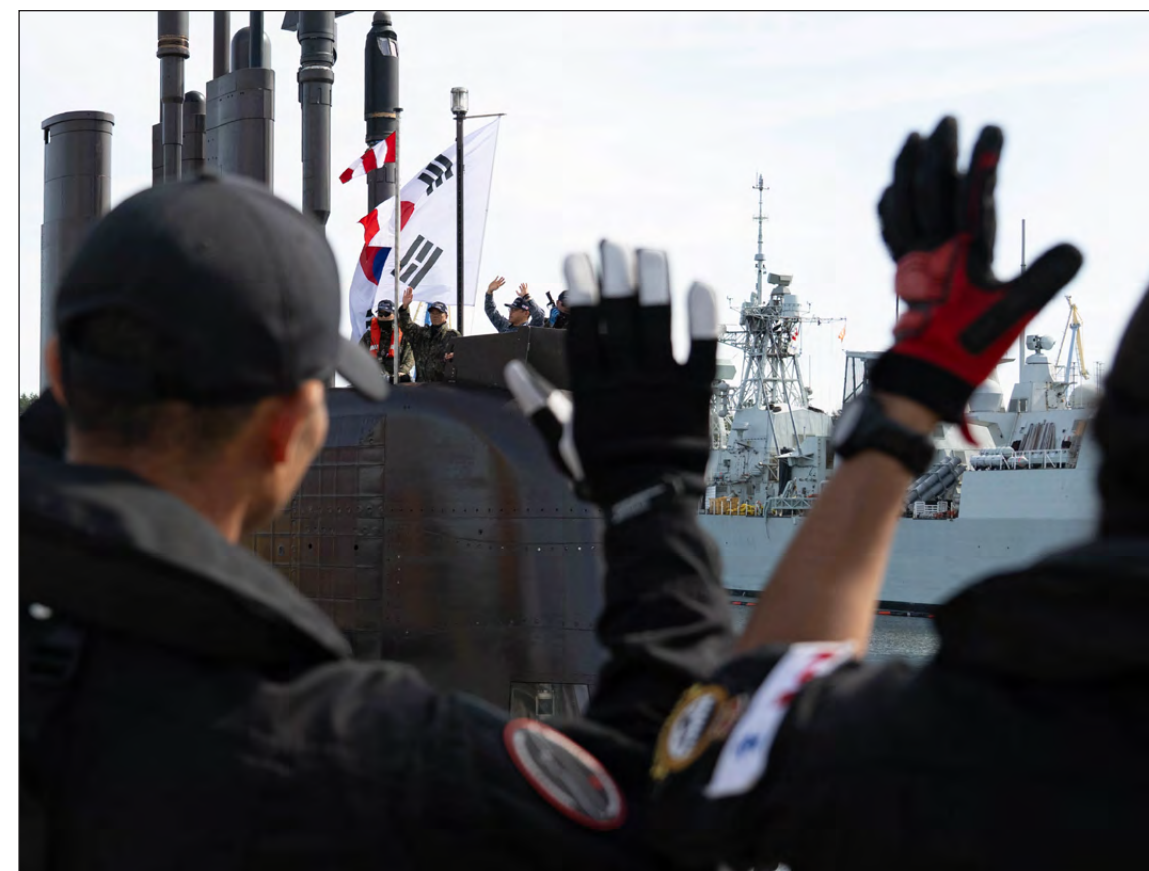
Photo: S1 Kyle Maguire, MARPAAC Imaging



Photo: Pte John MacKay, MARPAAC Imaging



Korean war veterans, members of the RCN and members of the ROKN saluting during a wreath laying ceremony at the Victoria Cenotaph on May 24 to honour members who served in the Korean war.  
Photo: Pte John MacKay, MARPAAC Imaging



Moment from the Republic of Korea Navy port visit.

Photo: Avr Rebecca Mainardi, MARPAAC Imaging

# Sub-Lieutenant Samuel Knowles Receives Chisholm Sword Award

Lookout Newspaper,  
With contributions by the Naval Association of Canada (Vancouver Island Branch)

Bravo Zulu to Sub-Lieutenant (SLt) Samuel Knowles, recipient of the Merritt Chisholm Sword for Espirit de Corps and Perseverance.

Awarded to SLt Knowles on May 12, the sword was presented by Reverend Captain(Navy) (ret'd) Dr. Harvey Waddel of the Naval Association of Canada (Vancouver Island Branch) and reviewing officer Commander (Cdr) Tyson Bergmann, Commanding Officer of Sea Training(Pacific).

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 been nominated by peers for their ability to generate morale, camaraderie, inclusion, resilience, conflict resolution, perseverance, adaptability, and resilience.

SLt Knowles first enrolled in the Royal Canadian Navy (RCN) following his graduation from King's College, Ontario, with a Bachelor of Business Management undergraduate degree. He is the son of Mary McBeath of Ingersoll, Ontario and Michael Knowles of the Bahamas. Following his graduation from the Naval Officer Training Centre, SLt Knowles will continue his training with the Canadian Atlantic Fleet in Halifax, Nova Scotia. ■



SLt Samuel Knowles receives the Merritt Chisholm Sword for Espirit de Corps and Perseverance from Reverend Doctor Harvey Waddel (right) and Cdr Tyson Bergmann (left).  
Photo: Gerald Pash

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Minister of Veterans Affairs Jill McKnight (pictured right both photos) presents award recipients LCdr (ret'd) Paul Seguna (photo left) and Reverend Brian Evans (photo right) with the Minister of Veterans Affairs Commendation on May 11.  
Photos: S1 Jordan Schilstra, MARPAC Imaging

## Annual Minister of Veterans Affairs Commendations Presented at CFB Esquimalt

### Archana Cini

Lookout Newspaper  
with files from the Government of Canada

Canadian Forces Base (CFB) Esquimalt welcomed Minister of Veterans Affairs Jill McKnight on May 11 for the presentation of two Minister of Veterans Affairs Commendations. The commendations were presented to Reverend Brian Evans of Nanaimo and Lieutenant-Commander (LCdr) (ret'd) Paul Seguna of Victoria.

The Minister of Veterans Affairs Commendation, which includes a certificate, a lapel pin for civilian wear, and a bar for formal decorations, is awarded to individuals who have made outstanding volunteer contributions supporting veterans or preserving the memory of their service and sacrifice. The commendation was first established in April 2001, with awards presented annually to selected recipients.

For both recipients, the recognition reflects decades of work rooted in service long after their formal careers ended.

Commendation recipient Reverend Evans has served as chaplain to multiple Royal Canadian Legion branches since the early 1990s, including Tisdale, Yorkton, ON, and Nanaimo. Over the years, his presence has become a constant at remembrance ceremonies, funerals, and memorials, offering comfort and prayer in moments of loss or reflection. Beyond the Legion, he also serves as a chaplain to the Royal Canadian Mounted Police (RCMP), where he provides emotional and spiritual support to members during critical incidents and periods of high stress. He is also a frequent speaker at schools, where he speaks about remembrance, service, and the human cost behind uniformed duty.

Commendation recipient LCdr (ret'd) Seguna has dedicated his post-military life to preserving and sharing Canada's military history. Following a 46-year career in the Royal Canadian Navy (RCN), he has become a driving force behind remembrance and education initiatives

across Vancouver Island. LCdr (ret'd) Seguna has spent the past eight years contributing to the University of Victoria's Royal United Services Institute Oral History Project, which now houses more than 700 recorded interviews with veterans and service members. He also volunteers with the Naval Association of Canada and the CFB Esquimalt Naval and Military Museum, where he supports commemorative events, public outreach, and historical education.

Together, Reverend Evans and LCdr (ret'd) Seguna represent two distinct, complementary forms of service — one grounded in spiritual care, the other in historical preservation. Both continue to strengthen the connection between veterans, their communities, and the stories that define them. Bravo Zulu to both recipients on this significant honour.



Capt(Navy) Kevin Whiteside, Base Commander of CFB Esquimalt, gives a formal address during the May 11 Minister of Veterans Affairs visit.  
Photo: S1 Jordan Schilstra, MARPAC Imaging

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## THE LIFE OF CANADIAN ARMY VETERAN

# Alan (Jim) King

*"A good soldier has to be understanding. It's not just about his side of the story. He must understand all sides, and its context."  
- Alan (Jim) King*

Meet Alan (Jim) King, Canadian Armed Forces (CAF) veteran and current resident at the Veterans Memorial Lodge, a Broadmead Care Home. From joining the cadets as a young boy to pursuing work in animal welfare following his retirement, Jim's life is one defined by service and care for all those around him.



A formal military portrait of Alan (Jim) King taken during his time in service to Canada. Photo supplied.

**Archana Cini**  
Lookout Newspaper

When Jim speaks about life, it rarely unfolds in long statements. Instead, he often speaks in small, vivid moments – memories of meeting his wife with a fence between them, the first pair of pants he ever wore as a young boy. Together, these fragments build a full life, one shaped by duty and his enduring belief in understanding others.

Jim was born in the spring of 1936 in Uckfield, England. His father, a carpenter, died of tuberculosis when Jim was only eight weeks old. Not long after, Jim and his mother made the long journey to Canada, settling in Kelvington, Saskatchewan.

The transition was not simple. Jim still remembers the early days in Canada with striking clarity – not because of hardship alone, but because of what change felt like through a child's eyes.

"The first few months I cried my eyes out," he recalled, laughing softly.

But Jim was also excited to learn and explore. "I got long pants then, and I wore them to bed."

In England, boys wore shorts well into childhood. To Jim, long pants meant something else entirely. "It was a big thing," he said. "It meant I was grown up." The symbolism of those pants stayed with him all his life, a powerful marker of

belonging in a new country.

Soon after, Jim joined the Canadian Army Cadets.

"I loved being a cadet," said Jim. "I remember being so proud becoming the head cadet in my hometown, for a while, of course."

By 18, Jim was enlisted in the Canadian Army with his mother's full support. To him, his enlistment didn't feel like a leap into the unknown. Instead, it felt like continuity.

"It was exciting," he said simply.

Jim's early training took him to Calgary, Alta, where he served within the Queen's Own Rifles before the regiment transitioned into the Princess Patricia's Canadian Light Infantry (PPCLI), where he would remain throughout his career. The Korean War had recently ended in the summer of 1953 and so much of his service became rooted in what Canada was increasingly becoming known for: peacekeeping.

"We were trained by the nation as a peacekeeping force," he said. "But we were prepared to go the other way on a moment's notice."

This duality defined much of Jim's

service as he continued to complete two tours in Cyprus, served three years in Germany during the Cold War, and took part in several exercises across Canada. When asked about any friendships formed overseas, Jim paused.

"It's hard to put into words," he said. "We were soldiers. Our aim in life was to promote peace. Anything we could do that promoted peace, we did.

At the same time, I did meet people overseas I considered friends."

In Germany, the complexities of a peacekeeping role became even more apparent. Not long after the Second World War, Jim was one of many Canadian soldiers stationed in West Germany as part of Cold War operations.

"At first, Germany was the enemy," said Jim. "It always had been that way to us. And then you get to know the people, slowly ... and surprisingly enough, they're the same as you and me."

He described this shift in his mindset as something both gradual and profound, a slow undoing of expectation.

"There's a very fine line," explained Jim. "At first, you're there to watch over them. And then after a while, it begins to

change. You're not there to watch over them anymore – you're there to be with them."

After retiring from the Canadian forces, Jim continued to carry his sense of service into a very different role: working as an SPCA inspector in Victoria. In this new role, Jim spent years working with animals, visiting shelters, responding to incidents, and speaking about the importance of animal care at local schools.

"I think very highly of animals," said Jim. "...but I've learned to live with people, too," he said with a chuckle.

When asked to distill his life experiences thus far into a single idea, Jim responds simply, with "friendships". This is a reminder that whether in or out of uniform, what endures most is not the mission itself, but the people you carry with you long after it ends.

Special thanks to Shannon Donnelly, Broadmead Care, for her contributions to this story.

*This story is brought to you in partnership with Broadmead Care, a registered charity and non-profit care provider supporting veterans through long term care and programs that honour their life history, support their abilities, and maintain their dignity. To learn more, call 250-658-0311 or visit [broadmeadcare.com](http://broadmeadcare.com)*



A casual portrait of Alan (Jim) King today.  
Photo: Shannon Donnelly, Broadmead Care



Photo: Avr Rebecca Mainardi, MARPAC Imaging

## Base Information Services Change of Appointment

Incoming CFB Esquimalt Base Information Services (BIS) Chief Petty Officer CPO1 Rick Derkacz (left) replaced then CPO1 Lyne Edmondson (right) as change of appointment documents are signed alongside reviewing officer Commander Malcom Girard-LeBlanc (centre).



Photo: Avr Rebecca Mainardi, MARPAC Imaging

## Personnel Coordination Centre(Pacific) Change of Command

Cdr James Brun replaces Cdr Nick Kucher as Unit Commanding Officer for the Personnel Coordination Centre(Pacific) (PCC(P)) as change of command documents are signed alongside reviewing officer RAdm David Patchell, Commander of MARPAC/JTF(P).

Background Image: Leslie Eaton, Lookout Newspaper

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# The DCSRC's Growing Role in Supporting the Defence Community

Archana Cini  
Lookout Newspaper

Over the past decade, conversations around workplace culture, accountability, and support within the Canadian Defence community have evolved significantly.

This constantly progressing space is where the Defence Community Support and Resource Centre (DCSRC) positions itself.

“At its core, the DCSRC is here to provide confidential and trauma-informed support to those affected by sexual misconduct and/or racism,” shared Martin Gravel, Chief Operating Officer of the DCSRC. “We offer a safe space where individuals can access support, information, and guidance without stigma.”

Originally established in 2015 as the Sexual Misconduct Response Centre (SMRC) in response to recommendations from the Deschamps Report and growing recognition of the need for independent, survivor-centred support services for the Defence community, the organization's new name reflects an expanded mandate that now includes supporting individuals affected by racism. The DCSRC also operates independently from the military chain of command, which for some

individuals is a separation that makes the difference between remaining silent and seeking help.

Over the past decade, both the DCSRC's mandate and reach have expanded significantly. What began as a team of roughly 30 staff members has since grown into an organization of more than 275, including specialists in trauma-informed support, mental health, restorative services, anti-racism, outreach, and case coordination. Today, the DCSRC supports a wide cross-section of the Defence community, including: current and former Canadian Armed Forces (CAF) members; veterans; Department of National Defence public servants; cadets; Junior Canadian Rangers; Canadian Coast Guard (CCG) personnel; and their caregivers and family members, 16 and older.

“The wider Defence community extends far beyond CAF members,” said Gravel. “Both sexual misconduct and racism can have lasting impacts, and each group face unique barriers to accessing support. Creating meaningful cultural change requires supporting everyone affected.”

A common misconception surrounding the DCSRC's support is that those who reach out to the DCSRC must already be prepared to file a formal complaint. The reality, however, is quite different.

“People can contact us simply to ask questions, understand options, or receive support. There is no requirement to ever make a report or engage in a formal process to access support,” said Gravel. “You do not have to even share your name or identifying information when first contacting us — your safety, privacy, and sense of control always comes first.”

For many, the impact of the support and guidance provided by the DCSRC has been life changing.

“The DCSRC played a very important role in getting me the help I need and giving me the courage to come forward and report my abuse to the Military Police (MP),” shared one individual anonymously through the organization. “Honestly, it has changed my life.”

Others have found healing not only through formal

reporting, but through connection and community. One participant, whom attended a peer-support coffee chat for men affected by military sexual trauma, described the experience as “invaluable,” sharing how “[H]earing experiences and learning about resources helped me feel less isolated and gave me a better understanding of what healing can look like. I truly appreciated having a space where I could listen, learn, and feel supported.”

Beyond individual support, the DCSRC is also continuing to play an increasing role in helping leaders across the Defence Team respond more thoughtfully and effectively when difficult situations arise.

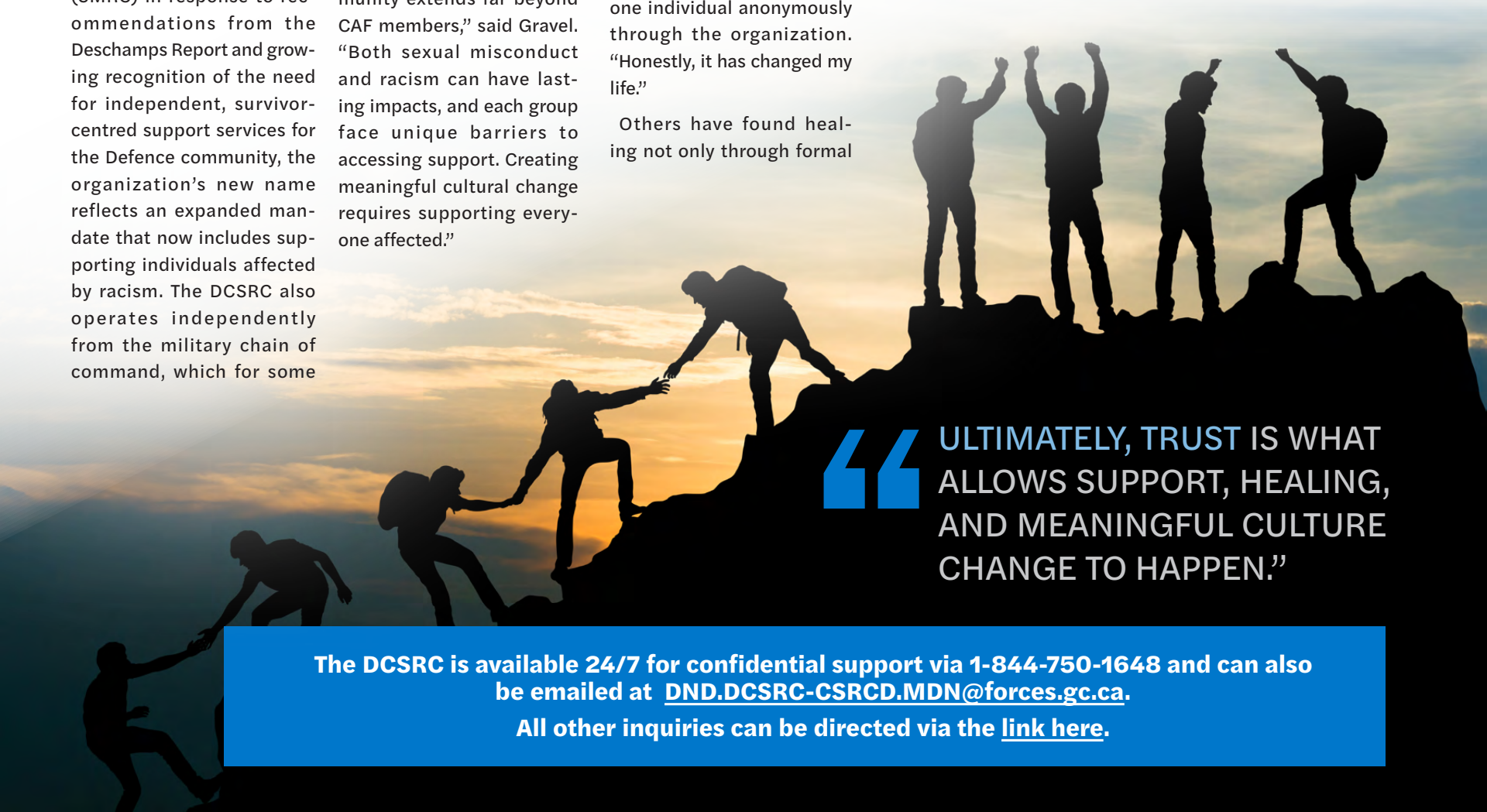
“One of the themes that emerged [in a recent discussion hosted by the DCSRC with senior Defence leadership] is that leaders often want to do the right thing

but may worry about saying the wrong thing,” shared a member of the DCSRC. “How leaders listen, respond to difficult conversations, acknowledge harm, and create space for trust can have an impact that policies alone cannot achieve.”

Trust — the one word that Gravel believes describes the DCSRC and its efforts.

“Everything we do depends on building trust,” said Gravel. “Ultimately, trust is what allows support, healing, and meaningful culture change to happen.”

As conversations around culture and inclusion continue to grow across the Defence community, the DCSRC's role remains rooted where it began a decade ago: that everyone deserves to be treated with dignity, respect, and care. ■



“ULTIMATELY, TRUST IS WHAT ALLOWS SUPPORT, HEALING, AND MEANINGFUL CULTURE CHANGE TO HAPPEN.”

The DCSRC is available 24/7 for confidential support via 1-844-750-1648 and can also be emailed at [DND.DCSRC-CSRCD.MDN@forces.gc.ca](mailto:DND.DCSRC-CSRCD.MDN@forces.gc.ca).

All other inquiries can be directed via the [link here](#).

## ANNUAL BELMONT PARK COMMUNITY

# YARD SALE

## RETURNS!

Join us from 10 a.m. to 1 p.m. on Sunday, June 14 for an exciting community yard sale. Located in Colwood near the JDF Recreation Centre, this annual event will include the participation of multiple families and homes through several streets in the Belmont Park neighborhood, with lots of furniture, books, clothes, and more to be discovered.

10 AM - 1 PM  
SUNDAY JUNE 14

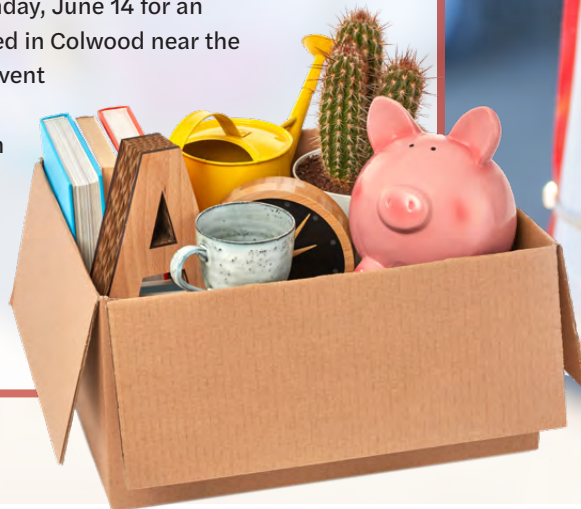


Photo: goir, iStock / Getty Images Plus via Getty Images

Photo: Steven White, iStock / Getty Images Plus via Getty Images

## Eye care for your family!

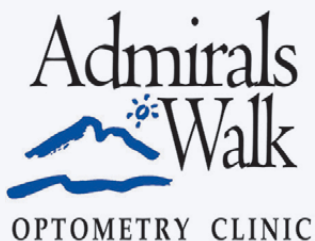
- Eye Health Examinations
- Contact Lens Specialists, Dry Eyes, Allergies, Eye Injuries
- Designer Eyewear Boutique
- Aircrew cyclo exams
- Sunglasses: Prescription & Non-Prescription



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Dr. Rachel Rushforth  
**NEAR BASE**  
106-1505 ADMIRALS ROAD  
**(250) 995-0449**

## Classifieds

### REAL ESTATE FOR RENT

**APARTMENT FOR RENT IN A CONVERTED MANSION - UPPER QUADRA ST:** High Quadra \$1800 character mansion suite. Second floor, 2 bedrooms, living room, kitchen, 3 piece bathroom. Modern, tasteful decor. Suitable for one quiet couple or single parent with small child who plan on staying for the long term. Heat and hot water included. One parking space. Coin operated washer and dryer. Quiet neighbourhood. Close to amenities. Close to bus. One block to Thrifty Foods. References required. Absolutely no smoking, no pets. One year lease. Phone 778-350-1952. No emails or texts please.

### SERVICES OFFERED

**HAVEN:** What We Do: Haven Pregnancy Support Clinic provides whole-person care that includes the physical, mental, social, financial, intellectual and spiritual needs of our clients. If you are in an unexpected pregnancy our qualified

healthcare personnel can equip you with the free services you need to make an informed decision. We provide decision-making resources, pregnancy tests and support to allow you to make your best decision around your sexual health and unexpected pregnancy, and support after abortion. You are not alone! Contact us today. [www.havenpsc.ca](http://www.havenpsc.ca)

**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](mailto:commodore@vypc.ca) or (250) 744-8543

**VOLUNTEERS NEEDED - ASHTON ARMOURY:** "The friends" of the Ashton Armoury Museum is a non-profit society made up of volunteers with a passion for military history. We assist the Museum by promoting the collection and display of Logistics, Medical Service, Military Police, and

Communications Branch history. At present we are seeking volunteers interested in becoming Executive Board members, particularly serving in the capacity of Treasurer and/or Secretary. If you have the passion and are interested in helping out please contact Chris Preston, at (250) 479-7634, or [prestoncm@shaw.ca](mailto:prestoncm@shaw.ca) for details.

**BECOME A NETWORK FRIEND:** Make a difference, become a Network Friend. You would be matched according to shared interests to build a long term friendship with an individual who experiences a disability or mental health issue. Contact: [volunteer@lnv.ca](mailto:volunteer@lnv.ca) Learn more at [www.lifetimenetworks.org](http://www.lifetimenetworks.org)

**BIG BROTHERS BIG SISTERS** of Victoria and area. Free clothing collections services. Protecting the environment and supporting local kids for over 20 years! Reduce, repurpose, do good. Drive thru donation station open 7 days a week, 10am-6pm at 230 Bay St. Visit [bbbsvictoria.com](http://bbbsvictoria.com)

To upload your classified to our online classified section, [click here](#)



# Did You Know?

## COME RUN WITH YOUR NAVY

Build community, support military families, and be part of a 20-year legacy.

### CHOOSE YOUR CHALLENGE

10K Run, Walk, Stroll

5K Run, Walk, Stroll

Kids Fun Run

In-person or virtual participation available wherever your duties take you.

### FAMILY-FRIENDLY EVENT

Open to all ages and abilities

Participation matters more than pace.

### FREE CHILDCARE

available with pre-registration, so parents can take part worry-free.



### UNIT CHALLENGE

Rally your unit for bragging rights!

Units compete based on participation per capita. Includes runners, walkers, kids, volunteers, and virtual participants. Family members and supporters can count toward your unit. It's not about speed — it's about showing up together.

If your unit doesn't have a rep/ team captain to reach out to us [recreationCPAC@forces.gc.ca](mailto:recreationCPAC@forces.gc.ca)

CFB / BFC ESQUIMALT NAVY RUN / COURSE DE LA MARINE



## Run With Purpose

Proceeds from the Navy Run go directly toward programs and services that support military members and their families in Esquimalt.

[www.cfmws.ca/esquimalt/esquimalt-navy-run](http://www.cfmws.ca/esquimalt/esquimalt-navy-run)