



# the LOOKOUT

NEWSPAPER & PUBLISHING

VOLUME 71 NUMBER 13 | JUNE 29, 2026

MORALE & WELFARE NEWS

CFB ESQUIMALT, VICTORIA, B.C.

**COS?**  
Let's get your home  
**SOLD!**

Chris  
**Esbati**



**REMAX**  
CAMOSUN

250.744.3301    victoriaforsale.ca



A sailor aboard HMCS *Montreal* raises the Canadian flag during colours in Rota, Spain during Op REASSURANCE in Feb 2022.

Photo: Cpl Braden Trudeau,  
Canadian Armed Forces

Page design elements via iStock / Getty Images Plus

# O Canada!

See pages 2-4 for more on Canada Day



# Beneath the Maple Leaf

Archana Cini,  
Lookout Newspaper

Every day at Canadian Forces Base (CFB) Esquimalt and at Canadian Armed Forces (CAF) units around the world, members of the Defence

Team serve under a symbol recognized by Canadians from coast to coast: the maple leaf. While for some Canadians the national flag takes centre stage

at celebrations and national events, for members of the Defence community, it is part of daily life.

The national flag can mean many things: a symbol of service flying on a pole above; a reminder of home; a familiar sight on both ordinary and extraordinary days; a witness to acts of dedication and sacrifice; a piece of Canada carried far into distant waters. It is always present, watching through both moments of ceremony and moments of routine, times of war and times of peace.

The images here capture this enduring connection, between service and country, between each CAF member, the families and communities that stand with them, and the flag that flies above us all. They are a reminder: behind every Canadian flag, beneath every maple leaf, are a

group of people who stand, together, dedicated to something much larger than themselves.

Happy Canada Day.



HMCS Charlottetown, Flagship of Standing NATO Maritime Group Two (SNMG2), conducts a Remembrance Day ceremony in the Mediterranean Sea while the ship is deployed on Op REASSURANCE in Nov 2024.

Photo: Avr Gregory Cole, Canadian Armed Forces



HMCS Moncton exits Miami, Florida on their way to the Caribbean Sea during Op CARIBBE in Jan 2021. Photo: Canadian Armed Forces



CPO1 Patrick Mackey, Coxwain and Cdr Andrew Graham, Commanding Officer of HMCS Fredericton, salute the Canadian flag on the flight deck during the Battle of Britain ceremony in Sept 2021.

Photo: Cpl Laura Landry, Canadian Armed Forces



A member from the ships company aboard HMCS Summerside (MM 711) brings in the bumpers as the ship slips from the Jetty at Portsmouth, United Kingdom in July 2023.

Photo: PO2 Roxanne Wood, Canadian Armed Forces



MS Steven Pelletier, a member of HMCS Montreal's Force Protection Component closes up during their transition to Catania, Italy during Op REASSURANCE, in the Mediterranean Sea in Feb 2022.

Photo: Corporal Braden Trudeau Canadian Armed Forces photo



Chief Admin Anders Fredenksen and Sgt Henning Jensen fold a Canadian Flag on the bridge of Her Danish Majesty's Ship ESBERN SNARE after conducting a sail past with HMCS Regina during Op REASSURANCE in June 2014 in the Mediterranean Sea.

Photo: Cpl Michael Bastien, MARPAC Imaging Services

HAPPY  
CANADA  
Day

### How to Celebrate Canada Day 2026

Here's some of our favourite ways to celebrate Canada Day across southern Vancouver Island.

- **CFB Esquimalt Canada Day Celebrations:** An annual all-rank military, civilian Defence Team, and family-friendly event, join the local Defence community from 5:30 to 10:30 pm at the Gunroom, Work Point for food, face painting, music bingo, and community connection.
- **Victoria's Canada Day Celebrations:** An annual celebration presented by the City of Victoria, head to the Inner Harbour for a day-long celebration featuring live music, cultural performances, family activities, food vendors, community displays, waterfront festivities, and a popular fireworks show.
- **Gorge Canada Day Picnic:** A favourite among many military families for its proximity to CFB Esquimalt, this community celebration along the Gorge Waterway features a family parade; pancake breakfast; voyageur canoe rides; classic car show; kids' zone; local artisans; food trucks; live entertainment; and community exhibits.
- **Fort Rodd Hill and Fisgard Lighthouse:** Just west of Esquimalt, this historic military site offers spectacular ocean views; coastal history; heritage exhibits, and one of Canada's most iconic lighthouses — a fitting Canada Day outing for anyone seeking deeper connection to the naval community.
- **Canada Day Drumming:** Visit the B.C. Legislature at 11:30 a.m. for a multicultural drumming celebration that brings Canadians together with rhythm and unity.
- **Canada Day at View Royal:** Visit the Craigflower Manor from 10 a.m. to 4 p.m. for a celebration that includes traditional highland games; dance; guided tours of the historic Craigflower Manor and a View Royal Fire Department firetruck; community stands; and more.
- **Indigenous reads at the Greater Victoria Public Library:** If you prefer to stay indoors this year, visit a library near you and pick up a book from the Indigenous collection to read. Featuring Indigenous authors from coast to coast, this collection is split into fiction and non-fiction stories appropriate for all ages. ■



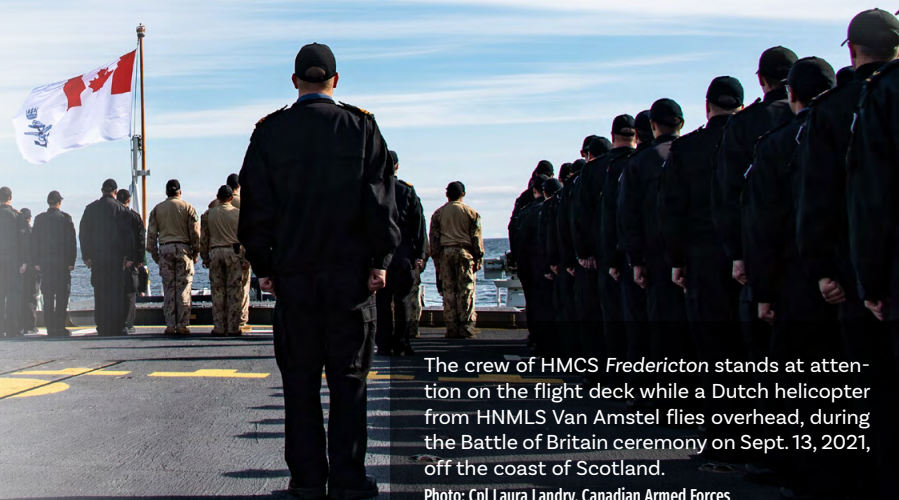
S1 Pat Rabosa and Cpl Diane Lacadin, prepare the Canadian Flag upon arrival in Kure, Japan, as HMCS Ottawa conducts a port visit in Nov 2023. Photo: Avr Gregory Cole, Canadian Armed Forces

## NATIONAL INDIGENOUS PEOPLES DAY

National Indigenous Peoples Day (NIPD), observed annually on June 21, recognizes and celebrates the cultures, histories, languages, and contributions of First Nations, Inuit, and Métis Peoples across Canada. While this year's official celebrations have concluded, the opportunity to learn, listen, and engage does not end with a single day. As Canadians gather to mark Canada Day, consider taking time to explore Indigenous stories, perspectives, art, culture, food, and history as part of an ongoing commitment to understanding the full story of Canada.



HMCS Summerside departs for Op CARIBBE for a nine weeks.



The crew of HMCS Fredericton stands at attention on the flight deck while a Dutch helicopter from HNMLS Van Amstel flies overhead, during the Battle of Britain ceremony on Sept. 13, 2021, off the coast of Scotland.

Photo: Cpl Laura Landry, Canadian Armed Forces

# the LOOKOUT

NEWSPAPER & PUBLISHING

YOUR #1 SOURCE OF NEWS FOR MARITIME FORCES PACIFIC AND CFB ESQUIMALT

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

The Lookout Newspaper and Publishing provides morale and welfare news to CFB Esquimalt, Maritime Forces Pacific, and is nationally distributed bi-weekly online at [lookoutnewspaper.com](http://lookoutnewspaper.com) with social media updates on Facebook, Instagram, and LinkedIn.

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

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

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

## THE LOOKOUT TEAM

### CORPORATE SERVICES MANAGER

Lindsay Groves  
[lindsay.groves@forces.gc.ca](mailto:lindsay.groves@forces.gc.ca)

### PRODUCTION

Leslie Eaton  
[eaton.leslie@cfmws.com](mailto:eaton.leslie@cfmws.com)

Teresa Laird  
[laird.teresa@cfmws.com](mailto:laird.teresa@cfmws.com)

### WRITER/DIGITAL MEDIA COORDINATOR

Archana Cini  
[archana.cini@forces.gc.ca](mailto:archana.cini@forces.gc.ca)

### ADMINISTRATION AND ACCOUNTS

Andrea Modesto  
250-363-3127  
[andrea.modesto@forces.gc.ca](mailto:andrea.modesto@forces.gc.ca)

### ADVERTISING

Lindsay Groves  
[lindsay.groves@forces.gc.ca](mailto:lindsay.groves@forces.gc.ca)

### EDITORIAL ADVISORS

Lt(Navy) Wilson Ho  
250-363-4006

Rodney Venis  
250-363-7060

### QUICK LOOKOUT LINKS:

THE LOOKOUT ONLINE

CLASSIFIEDS

BEHIND THE LOOKOUT

THE LEGACY OF THE LOOKOUT

MARPAC ACTIVITY GUIDE

Digital reach: 12000+ Defence community members

Join the community and follow us for more:

Facebook: @LookoutNewspaperNavyNews

Instagram: @lookoutnewspaper

LinkedIn: Lookout Newspaper

[lookoutnewspaper.com](http://lookoutnewspaper.com)



THIS IS AN ALL RANK MILITARY, CIVILIAN DEFENCE TEAM, FAMILY FRIENDLY EVENT!  
IL S'AGIT D'UN ÉVÉNEMENT FAMILIAL QUI S'ADRESSE AUX MILITAIRES DE TOUS GRADES ET AUX ÉQUIPES DE DÉFENSE CIVILE.



## Canada Day Fête du Canada

**JULY 1, 5:30-10PM**  
**1ER JUILLET, DE 17H30 À 22H**  
**GUNROOM, WORK POINT**



**Food Provided!**

*1830 while supplies last*



**Balloons & Face Painting**

*1730 - 2030*



**Music Bingo 1900 - 2200**



**Nourriture fournie 1830**

*jusqu'à épuisement des stocks*



**Ballons et peinture sur visage**

*17h30 - 20h30*



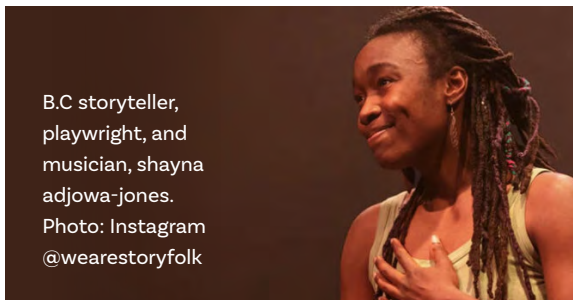
**Bingo musical 19h - 22h00**

**Bring your lawn chairs and don't miss out!**

**Apportez vos chaises de jardin et ne manquez pas cette occasion !**



# The Bugle Called and Forth They Went



B.C. storyteller, playwright, and musician, shayna adjowa-jones. Photo: Instagram @wearestoryfolk

## Multimedia Performance Brings the History of No. 2 Construction Battalion to CFB Esquimalt

One of the most selfless things a person can do is stand up and volunteer to fight for their country – it is an act of extraordinary bravery, honour, sacrifice, and loyalty. At the onset of the First World War, many Black volunteers were turned away when they offered to sacrifice their lives for us all.

The No. 2 Construction Battalion, Canadian Expeditionary Force (CEF) was formed in 1916 as a segregated unit, since many Black service members were not permitted to fight alongside their white compatriots. It was the first and only all-Black battalion-sized formation in Canadian military history, formed only after Black communities across Canada put pressure on the government and military officials.

While the contributions of No. 2 Construction Battalion members to the war effort were invaluable – they cut the lumber that was used in the trenches, railways, and even aircraft – they faced systemic anti-Black racism throughout the war.

Following the end of the First World War, the unit was officially disbanded without recognition for their service or sacrifices on behalf of the Government of Canada.

- Government of Canada

Archana Cini  
Lookout Newspaper

On June 4, Canadian Forces Base (CFB) Esquimalt became a space for remembrance and learning as audiences gathered for a powerful multimedia storytelling honouring the service and sacrifice of the No. 2 Construction Battalion. Written and performed by B.C. storyteller, playwright, and musician shayna-adjowa-jones, *The Bugle Called and Forth They Went* traced the story of Canada's first and only all-Black battalion, formed during the First World War. This event was made possible by D.L. (Door) Gibson, Vice-President of the BC Black History Awareness Society and Project Manager for the No. 2 Construction Battalion's Legacy in BC, with support of the Commemorative Partnership Program of Veterans Affairs.

Authorized in July 1916, the segregated, non-combatant unit of more than 600 men served in France building, maintaining, and repairing roads, rail lines, and critical wartime infrastructure – labour often overlooked in historical record, though essential to the Allied war effort. The battalion also included 12 men from B.C., three of whom came from Salt Spring Island, with the youngest, 18-year-old James Douglas Whims, never returning home. The No. 2 Construction Battalion was disbanded in 1920.

*The Bugle Called and Forth They Went* unfolded as a layered narrative, weaving together historical fact that challenged audiences to sit with the truth

of Canada's past alongside fictional storytelling told through song; narration; spoken word; and sound. Audience members were invited into the lived realities of Black Canadians navigating the contradictions of service to a country that, at the time, denied them their human right to serve in combat roles. The multimedia storytelling went on to then reveal the formation of the segregated No. 2 Construction Battalion comprised of the Black Canadians who chose to enlist, serve, and sacrifice in spite of the systemic barriers against them.

Jones' narration did not shy away from the emotional weight of the historical material.

"It has been a massive journey holding the story of these men in my spirit. I labour with the complexity of honouring what it was for these Black men to be finally sent to war in a segregated labour battalion, never being allowed to lay down their lives for this land," said Jones. "Still, I labour with the complexity and irony that right here in Canada our own deaths were rated as second class, as inferior to the service and deaths of white lives. What an immense and complex honour it is to bring a window into this history to life. I give thanks for this gritty and noble opportunity."

These reflections were echoed in the performance's central storytelling of two fictional brothers inspired by real brothers James Douglas and Robert Clark Whims from Salt Spring Island, through whom the audience was guided

from the outbreak of the First World War to its end.

The event also honoured descendants and community members connected to the battalion's legacy, including families whose ancestors served, and individuals involved in preserving and restoring the memory of the unit through archival work and commemorative initiatives.

Speaking during the event, Kenny Craig, engagement lead of the B.C. Black History Awareness Society, emphasized the importance of remembering ancestry and shared legacy. "We have many roots of arrival and ways of coming to these lands and territories," said Craig. The Black Anthem was also sung by Tekea Ogoh, award-winning Nigerian-born Singer/songwriter who performs under the name TK the Artist.

On July 9, 2022, The Right Honourable Justin Trudeau, then Canadian Prime Minister, issued a formal, public apology alongside The Honourable Anita Anand, then Minister of National Defence, on behalf of the Government of Canada for the systemic anti-Black racism that members of No. 2 Construction Battalion endured before, during, and long after the First World War. The apology was conducted in Truro, Nova Scotia, on the very same ground that the battalion was first formed upon.

Jones noted at the conclusion of *The Bugle Called and Forth They Went*, "Until the tale of the hunt is told by the lion, it will always glorify the hunter." ■

## In Memory and Honour of the Brave Black Soldiers Who Enlisted in B.C. and Served in the No. 2 Construction Battalion Canadian Expeditionary Force from 1916 to 1920:



Members of the No. 2 Construction Battalion. Photo: Government of Canada Archives

- 931612 Private Roy (Edward) Alexander
- 931349 Private Norman Bowden
- 931615 Private Arthur Burns
- 931350 Private Joseph Gilkes
- 931583 Private Arnold William Harris
- 931330 Private Ernest Hutcheson
- 645263 Corporal Daniel Livingstone
- 931617 Private David Redman
- 931614 Private James Douglas Whims
- 831613 Private Robert Clark Whims
- 2063 Sapper James Edward Wintworth
- 931615 Private Harry Wright



Moments from the 2026 CFB Esquimalt Navy Run. Photos: Joseph Camilleri



## Annual Navy Run Celebrates 20 Years and Draws Hundreds to CFB Esquimalt

### Archana Cini

Lookout Newspaper

More than 550 participants and supporters filled Canadian Forces Base (CFB) Esquimalt this weekend as the 20th anniversary Navy Run returned with a new starting location at Work Point.

For the first time, event registrants took on a new scenic race route, a change that quickly became a highlight of the day. Set alongside a waterfront backdrop and the local Esquimalt community, the course brought both challenge and beauty as participants noted that the shift added fresh energy.

“Watching everyone come together with a positive attitude

and such good energy was a highlight of the day,” said Gillian Larsen, Co-Race Director of Navy Run and Personnel Support Programs (PSP) Manager Community Recreation. “We also had a special naval addition this year with the ringing of the bell to officially start the run – that felt really meaningful.”

CFB Esquimalt leadership and community members also took part in the race, including Captain(Navy) (Capt(Navy)) Whiteside, Commander of CFB Esquimalt, and Mayor of the Township of Esquimalt Barbara Desjardins, reinforcing the strong connection between the base and surrounding community.

On the course, both the 5K and 10K race options saw strong performances, with medals awarded to the top three finishers in each category. (Podium finishers listed below.)

Beyond the race itself, a free pancake breakfast was served by the Esquimalt Military Family Resource Centre (EMFRC). This new addition to the event fueled participants and families with over 1,000 pancakes.

The family-focused atmosphere was central to the Navy Run. A dedicated kids' run saw young participants cross the finish line to receive medals of their own, while free childcare and a bouncy castle kept energy high and

accessible for families attending the event. Peri, the official PSP Recreation mascot, added to the celebration, cheering runners on and engaging with all throughout the morning. A range of sponsors and local businesses were also set up throughout the outdoor event space, offering participants a chance to connect and linger with key community participants.

Marking its 20th annual edition, this year's Navy Run also included some special touches that helped celebrate the milestone in a tangible way for participants. All registrants received complimentary commemorative socks provided in partnership

with OUTWAY, which quickly became a visible feature of the day as participants crossed the finish line. Registrants also had the option to purchase custom-designed 20th anniversary medals created by 'N Ember, which proved to be a popular take-home keepsake beyond the finisher experience.

From its beginnings in 2006 to its 20th anniversary in 2026, the annual CFB Esquimalt Navy Run continues to remain rooted with a sense of community that has only strengthened with every finish line.

Thank you for moving with us. ■

The event was made possible by our generous sponsors. Thank you for your continued support.



Babcock

BMO



Official bank of the  
Canadian Defence Community



FINANCIÈRE  
SISIP  
FINANCIAL



Royal Roads  
UNIVERSITY

Thank you to our community partners for their support: Seeshell Consulting, MAPLE3, OUTWAY, Domino's Pizza, Startline Timing, and Serious Coffee and Tea.

Bravo Zulu to those who finished on the podium.

### 5K WINNERS

#### Men's

**1st Overall:** Neil Dawe — 0:15:54  
**2nd Overall:** Liam Gilchrist — 0:17:36  
**3rd Overall:** Geoff McKinnon — 0:18:08

#### Women's

**1st Overall:** Aisling Wydysh — 0:18:46  
**2nd Overall:** Katrina Potts — 0:20:36  
**3rd Overall:** Gillian Mills — 0:22:32

### 10K WINNERS

#### Men's

**1st Overall:** Thomas Andersen, 0:34:21  
**2nd Overall:** Adrian Thow, 0:36:02  
**3rd Overall:** Clarence Choy, 0:37:00

#### Women's

**1st Overall:** Cara Macrae, 0:43:19  
**2nd Overall:** Margreet Dietz, 0:43:54  
**3rd Overall:** Nicole Gros, 0:44:26

### UNIT CHALLENGE WINNERS

**Reigning and defending champions of the Small Unit:**  
CDAO South Africa

**Reigning and defending champions of the Medium Unit:**  
CANSUBFOR

**Reigning champions of the Large Unit:**  
Base Logistics



NATIONAL PUBLIC SERVICE WEEK

# BBQ Brings Defence Team Together



Lisa Church, Community Engagement Manager of the EMFRC cooks burgers during the NPSW barbecue.



Capt(Navy) Kevin Whiteside serving members of the Defence Team during the NPSW barbecue.

**Archana Cini**  
Lookout Newspaper

More than 1,000 military and civilian Defence Team members gathered at Fleet Maintenance Facility (FMF) Cape Breton on June 18 for a sunny afternoon of food, music, and appreciation during the annual National Public Service Week (NPSW) BBQ.

Hosted in recognition of the ongoing contributions made by public service employees throughout the Department of National Defence (DND), the event welcomed personnel from across Canadian Forces Base (CFB) Esquimalt for

a casual opportunity to connect and celebrate each other. As such, attendees enjoyed hot burgers, chips, and cake as live music added to the festive outdoor atmosphere. The event was emceed by Matt Carlson, Projects Officer, who helped keep the energy high throughout the afternoon.

The Esquimalt Military Family Resource Centre (EMFRC) prepared food throughout the day, served more than 1,400 burgers to those working across the base. Captain(Navy) Kevin Whiteside, Commander of CFB Esquimalt, also joined

volunteers behind the serving line, helping hand out meals and thanking members of the Defence Team for the work they do every day.

NPSW is celebrated annually across Canada and recognizes the dedication and service of public servants who support Canadians in communities from coast to coast. With strong attendance and a welcoming community atmosphere, the 2026 event served as a reminder that often, the strongest expressions of appreciation are also the simplest: good food, shared laughter, and time well spent together. ■

Members of the Defence Team enjoy lunch during the NPSW barbecue. Photos: S1 Kyle Maguire

## WE SUPPORT ESQUIMALT!



**Routine Eye Exams  
Expertise and Experience  
Caring For CAF Members  
Including Divers & Aircrew  
Direct Billing  
Documentation / Forms**

**We Carry  
Prescription Safety Glasses  
and Designer Sunglasses**

- Oakley
- Armani
- Dolce & Gabbana
- Nike
- Puma
- Persol



Dr. Darcy Dennis  
Dr. Sheriden Goodmanson  
Zoë Barnhardt, Optician  
Leia, Clinic Dog (in ad photo)

**ADMIRALS WALK**  
Optometry Clinic  
106-1505 Admirals Road ••• (250) 995-0449  
[admiralsvision.ca](http://admiralsvision.ca)  
@admiralswalkoptometry

**THE DISTRICT**  
LANGFORD

**EXPERIENCE COMMUNITY LIVING AT ITS BEST**

**BRAND NEW STUDIO, 1 & 2 BEDROOM RENTALS IN LANGFORD**

**Move In now and Live Rent-Free Till August 1\***

☎ 236 707 5332  
1110 McCallum Rd, Langford, BC V9B 5Y4  
[www.thedistrictlangford.com](http://www.thedistrictlangford.com)

\*Price & Incentives are subject to change without notice. Contact our leasing team for more details. Terms & Conditions apply. E. & O.E

The CAF NAVRES conduct training on Okanagan Lake in July 2022.

Photo: St Valerie LeClair, MARPAC Imaging



## NAVRES SUPPORTING CFLTC: Reservists Needed to Sustain and Expand Training Delivery

### NAVRES Public Affairs

As the Canadian Armed Forces (CAF) continues to grow and modernize, the demand for high-quality, consistent logistics training remains essential to operational readiness. The Naval Reserve (NAVRES) is calling upon Reservists to support the continued delivery and expansion of this critical mandate.

NAVRES contributes directly to the Canadian Forces Logistics Training Centre (CFLTC) by providing permanent staff who play a central role in developing logisticians across all environments. These members deliver training in key occupations, including Financial Services Administrators (FSA), Food Services (Cooks), Human Resources Administrators (HRA), Material Management Technicians (MMT), and Logistics Officers (Log O). This mission relies on the availability of qualified personnel to instruct, mentor, and guide candidates throughout their training journey.

Instructing is more than the transfer of knowledge; it is the foundation upon which future operational effectiveness is built. Reservists bring valuable operational experience, adaptability,

and leadership that enrich the learning environment. Their presence strengthens training continuity and ensures instruction remains grounded in real-world experience. Through mentorship and professional example, instructors shape the next generation of CAF members, directly influencing their readiness, confidence, and performance in operational settings.

NAVRES has been instrumental in strengthening CFLTC's training capacity through sustained engagement, including the dedication of six permanent staff members: four Logistics Officers, one Cook, and one HRA. In addition, NAVRES continues to provide incremental personnel through short-term CFTPOs to meet evolving training requirements. This collaboration has significantly enhanced CFLTC's ability to deliver training at both CFB Borden and CFLTC Detachment Valcartier.

This enduring collaboration highlights the strength of the Total Force concept, where Primary Reserve and Regular Force members work together to achieve shared objectives. NAVRES contributions have strengthened CFLTC courses by bringing diverse perspectives, operational insight, and instructional excellence.

A range of positions are currently available to Reservists seeking to contribute to the CAF training system, including both permanent and incremental roles. Opportunities exist in instructional, course support, and administrative positions, with flexible durations to accommodate both short-term availability and longer-term commitments. These roles offer Reservists the opportunity to:

- Directly influence the readiness and professionalism of CAF personnel
- Gain valuable instructional and leadership experience
- Broaden their understanding of the CAF training system
- Participate in meaningful, high-impact employment

Short-term opportunities allow members to support peak training periods, while longer-term positions provide stability and enable deeper integration within the training framework. These roles offer a lasting opportunity to shape the capabilities and mindset of future CAF members.

All positions are intended for qualified personnel, with specific requirements aligned to each role. Units are

encouraged to support members interested in applying for these opportunities, recognizing the mutual benefits to both individual professional development and institutional readiness. These opportunities are also supported by new financial measures related to instruction, aimed at recognizing the expertise of instructors and enhancing the attraction and retention of qualified personnel within the training system.

By supporting CFLTC, NAVRES contributes directly to the generation of trained and capable logisticians who will serve across the CAF, including within their own formations. This represents a shared investment in the effectiveness, resilience, and sustainability of the force.

Logisticians interested in contributing to CFLTC's mission are encouraged to consult their chain of command or unit operations staff for further information. Beyond CFLTC, NAVRES Reservists from all occupations can also contribute to the CAF training effort by supporting Basic Military Qualification (BMQ), Basic Military Officer Qualification (BMOQ), or their respective training centres or schools, thereby strengthening the CAF's institutional and training capabilities through their professional expertise. ■

**E-FILE FROM  
\$125+GST**

**Top Shelf Bookkeeping Ltd.**

Locally Owned & Operated Since 1994

**BOOKKEEPING  
& PAYROLL  
SERVICES  
AVAILABLE**

**2 CONVENIENT YEAR ROUND LOCATIONS**

101-76 Gorge Road West  
Victoria, BC V9A 1M1  
250-388-9423

1253B Esquimalt Road  
Victoria BC V9A 3P4  
250-590-4050

**Dog Daycare** **Short & Long Term Boarding** **Outdoor Adventures**

**Ruffin It** RETREAT  
& SPA

"where your best friend, is treated like ours"

8-1950 Government St.  
Victoria, BC

778-433-2267

www.ruffin.itdogcare.com

**Canine Enrichment**

**Specialty Pet Store**

**Grooming**

**10%  
Military  
Discount**

**Posted to CFB Esquimalt?**



*I can help plan  
your home search  
before you arrive*

**Payam Karimi, CD**  
REALTOR®

Call or text: (250) 580-4754  
payamrealstate.ca/relocation

**ROYAL LEPAGE**  
Coast Capital Realty

June 2026 juin



# The DAG Connection Connexion GCD



The Maritime Forces Defence Advisory Group

De la Défense des Forces maritimes du Pacifique

## Quote:

*“Inclusion is not bringing people into what already exists; it is making a new space, a better space, for everyone.”*

— Dr. George Dei, Canadian educator

## Citation :

*« L'inclusion, ce n'est pas intégrer les gens dans ce qui existe déjà; c'est créer un nouvel espace, un espace meilleur, pour tout le monde »*

— Dr George Dei, éducateur canadien

### THE MORE YOU KNOW:

## What do Defence Advisory Groups do?

The Defence Advisory Groups (DAGs) are formal advisory bodies within the Department of National Defence (DND) and the Canadian Armed Forces (CAF) that represent the perspectives of designated equity-seeking groups. The current DAGs include the Defence Women's Advisory Organization (DWAO), Defence Racialized Persons Advisory Group (DRPAG), Defence Advisory Group for Persons with Disabilities (DAGPWD), Defence Indigenous Advisory Group (DIAG), and the Defence Team Pride Advisory Organization (DTPAO).

Collectively, the DAGs provide a structured mechanism to bring diverse perspectives and lived experi-

ences forward to senior leadership to inform awareness, decision-making, and action. Their work spans issues affecting local bases and units, as well as broader national considerations, including policies and programs that may not fully reflect or support the communities they represent.

As outlined in the DND/CAF Employment Equity Program, the DAGs' mandate includes advising on the development, and, in some cases, implementation, of:

- Policies, procedures, and practices that support equitable recruitment, retention, and training;
- Employment equity and diversity initiatives, such as dress stan-

dards, equipment procurement, leave policies, mentorship programs; and

- Outreach efforts and action plans, including engagement with external communities, contributions to research, and participation in working groups and communities of practice.

While individual advocacy does not fall within their formal mandate, DAGs are often viewed as trusted forums where CAF members and DND employees can share concerns and perspectives. Drawing on these insights, DAG members identify common themes and elevate them to leadership to help inform more inclusive and effective policies and practices.

Members of the Victoria Sikh community gathered on April 26, 2026 at Gurwara Singh Sabha Victoria to celebrate Vaisakhi with a vibrant Khalsa Day event. The occasion marks the founding of the Khalsa in 1699 by Guru Gobind Singh Ji - an enduring and significant moment in Sikh history celebrated annually around the world. Photo submitted by Lt(N) Mehak Dhinsa

Les membres de la communauté sikh de Victoria se sont réunis le 26 avril 2026 au Gurwara Singh Sabha Victoria pour célébrer le Vaisakhi lors d'un événement haut en couleur à l'occasion de la Journée du Khalsa. Cette fête commémore la fondation du Khalsa en 1699 par Guru Gobind Singh Ji - un moment marquant et durable de l'histoire sikh, célébré chaque année à travers le monde. Photo fournie par le lieutenant de vaisseau Mehak Dhinsa



### MAINTENANT VOUS LE SAVEZ :

## Quel est le rôle des groupes consultatifs de la Défense?

Les groupes consultatifs de la Défense (GCD) sont des organes consultatifs officiels au sein du ministère de la Défense nationale (MDN) et des Forces armées canadiennes (FAC) qui représentent les points de vue de groupes désignés en quête d'équité. Les GCD actuels comprennent l'Organisation consultative des femmes de la Défense (OCFD), le Groupe consultatif des personnes racisées de la Défense (GCPRD), le Groupe consultatif de la Défense pour les personnes handicapées (GCDPH), le Groupe consultatif des Autochtones de la Défense (GCAD) et l'Organisation consultative de la fierté de l'Équipe de la Défense (OCFED).

Collectivement, les GCD offrent un mécanisme structuré permettant de faire valoir des points de vue diversifiés et des expériences vécues auprès des hauts dirigeants pour orienter les

activités de sensibilisation, la prise de décision et les mesures à prendre. Leur travail porte sur des questions touchant les bases et les unités locales, ainsi que sur des considérations nationales plus larges, notamment les politiques et les programmes qui ne tiennent pas toujours compte ou ne soutiennent pas pleinement les communautés qu'ils représentent.

Comme le précise le Programme d'équité en matière d'emploi du MDN et des FAC, le mandat des GCD consiste notamment à donner des conseils sur l'élaboration et, dans certains cas, la mise en œuvre :

- de politiques, de procédures et de pratiques favorisant le recrutement, le maintien en poste et l'instruction équitables;
- d'initiatives liées à l'équité en matière d'emploi et à la diversité, comme les normes vestiment-

aires, l'acquisition d'équipement, les politiques liées aux congés, les programmes de mentorat; et

- d'activités de sensibilisation et de plans d'action, y compris l'engagement auprès des communautés externes, la contribution à la recherche et la participation à des groupes de travail et à des communautés de pratique.

Bien que la défense des intérêts individuels ne relève pas de leur mandat officiel, les GCD sont souvent perçus comme des forums de confiance où les membres des FAC et les employés du MDN peuvent exprimer leurs préoccupations et leurs points de vue. En s'appuyant sur ces échanges, les membres des GCD relèvent les thèmes communs et les transmettent aux dirigeants afin de contribuer à l'élaboration de politiques et de pratiques plus inclusives et efficaces.



Credit: Rudzhan Nagiev via iStock / Getty Images Plus.

## Word of the Month:

### Engagement

(noun / gerund)

**Définition:** Active interest and involvement in an effort to better understand.

## Mot du mois :

### Engagement

(nom / gérondif)

**Définition :** Un intérêt actif et une participation visant à mieux comprendre.



# THE MARITIME FORCES DEFENCE ADVISORY GROUP DE LA DÉFENSE DES FORCES MARITIMES DU PACIFIQUE



Page design elements via iStock / Getty Images Plus.

## Pop Culture Edition

Educating ourselves about Defence Advisory Groups (DAGs) is a powerful step toward building more inclusive, informed, and equitable environments. DAGs offer insight into the lived experiences, challenges, and strengths of diverse communities, helping organizations and individuals better understand how policies, decisions, and everyday interactions can impact people differently. When we take the time to learn about DAGs, we move beyond surface-level awareness and toward meaningful engagement – gaining the knowledge needed to foster respect, allyship, and positive change.

Because people learn in different ways, it's important to share a variety of educational resources including documentaries, books, films, podcasts, articles, and more – for each topic explored by the DAGs. This variety ensures accessibility and deeper engagement. Documentaries and films can humanize issues by telling real stories and evoking empathy; books allow for deeper reflection and nuanced understanding; podcasts provide convenient, conversational learning, and articles offer quick, focused insights. By curating multiple formats, we enable individuals to connect with the material in ways that resonate most with them.

To make the most of these learning mediums, consider exploring them with intentional practices, such as:

- **Active reflection.** After consuming the material take notes or journal key takeaways and personal reactions;
- **Group discussions.** Use book clubs, lunch-and-learns, or team debriefs to share perspectives and build collective understanding;
- **Application exercises:** Identify one actionable change inspired by what you've learned and implement it in your work or daily interactions;
- **Content sharing.** Recommend resources across teams or social channels to spark broader awareness and dialogue; and
- **Cross-medium learning.** Combine formats, such as watching a documentary and the reading a related book, to reinforce and deepen insights.

By engaging with DAG content through multiple channels and encouraging others to do the same, we create a culture of continuous learning and shared responsibility – one where awareness turns into action, and knowledge drives inclusion.



Participants gather at Clover Point Park on May 5, 2026, for the Movement is Medicine Walk/Run/Wheel event in recognition of Red Dress Day, raising awareness of Missing and Murdered Indigenous Women, Girls, and 2SLGBTQIA+ people (MMIWG2S+) and honouring those impacted by this ongoing national crisis. Photo submitted by CFB Esquimalt Public Affairs

Les participants se sont rassemblés au Clover Point Park le 5 mai 2026 à l'occasion de l'événement « Movement is Medicine Walk/Run/Wheel », organisé dans le cadre de la Journée de la Robe rouge, afin de sensibiliser le public au sort des femmes, des filles et des personnes 2SLGBTQIA+ autochtones disparues et assassinées (MMIWG2S+) et de rendre hommage à celles et ceux touchés par cette crise nationale persistante. Photo fournie par le service des relations publiques de la BFC Esquimalt

### STORIES THAT OPEN THE DOOR

#### Defence Indigenous Advisory Group (DIAG)

##### Films / Documentaries

- *Atanarjuat: The Fast Runner (2001)* \*\*
- *We Were Children (2012)* \*\*
- *Incandescence (2022)*
- *Kanehsatake: 270 Years of Resistance*

##### Books

- *21 Things You May Not Know About the Indian Act* – Bob Joseph
- *Indigenous Relations: Insights, Tips & Suggestions to Make Reconciliation a Reality* – Bob Joseph
- *From the Ashes* – Jesse Thistle
- *Truth Telling* – Michelle Good

##### Podcasts

- *CBC: Unreserved – Indigenous voices across Canada*
- *Telling Our Twisted Histories*
- *The Secret Life of Canada*

#### Defence Women's Advisory Organization (DWAO)

##### Films / Documentaries

- *A Better Man (2017)* \*\*
- *Because We Are Girls (2019)* \*\*
- *The Breadwinner*
- *Picture a Scientist* \*\*

##### Books

- *Invisible Women* – Caroline Criado Perez \*\*
- *They Said This Would Be Fun* – Eternity Martis

##### Podcasts

- *The Big Story* \*
- *Women of Impact*
- *Front Burner* \*

#### Defence Advisory Group for Persons with Disabilities (DAGPWD)

##### Films / Documentaries

- *Crip Camp* \*\*
- *Gabrielle*

##### Books

- *Disability Visibility* – Alice Wong
- *About Us: Essays from the Disability Series of CBC*
- *Care Work* – Leah Lakshmi Piepzna-Samarasinha

##### Podcasts

- *The Pulse* \*
- *Disability After Dark*
- *Breaking Barriers*

\*\* Some content addresses trauma and may be difficult for viewers.  
\* Select episodes relevant to the topic.

#### Defence Racialized Persons Advisory Group (DRPAG)

##### Films / Documentaries

- *Rumble: The Indians Who Rocked the World*
- *The Skin We're In (2020)*
- *Riceboy Sleeps (2022)*
- *Meditation Park (2017)*

##### Books

- *The Skin We're In* – Desmond Cole \*\*
- *They Said This Would Be Fun* – Eternity Martis
- *Policing Black Lives* – Robyn Maynard
- *The Boat People* – Sharon Bala

##### Podcasts

- *The Secret Life of Canada*
- *The Colour Code*
- *At The Intersection*

#### Defence Team Pride Advisory Organization (DTPAO)

##### Films / Documentaries

- *Kimmapiiyipitsini: The Meaning of Empathy (2021)*
- *Portrait of a Serial Monogamist*
- *Closet Monster (2015)*
- *No Ordinary Man (2020)*

##### Books

- *Jonny Appleseed* – Joshua Whitehead
- *We Have Always Been Here* – Samra Habib
- *A Safe Girl to Love* – Casey Plett

##### Podcasts

- *The Village (CBC)*
- *Queerly Canadian*
- *Two Spirited People*



Credit: Cristina Gaidau via iStock / Getty Images Plus

### DES HISTOIRES QUI OUVERT DES PORTES

#### Groupe consultatif des Autochtones de la Défense (GCAD)

##### Films et documentaires

- *Atanarjuat : la légende de l'homme rapide (2001)* \*\*
- *Nous n'étions que des enfants... (2012)* \*\*
- *Incandescence (2022)*
- *Kanehsatake : 270 ans de résistance*

##### Livres

- *21 Things You May Not Know About the Indian Act* – Bob Joseph
- *Indigenous Relations: Insights, Tips & Suggestions to Make Reconciliation a Reality* – Bob Joseph
- *From the Ashes* – Jesse Thistle
- *Truth Telling* – Michelle Good

##### Balados

- *CBC: Unreserved – Indigenous voices across Canada*
- *Telling Our Twisted Histories*
- *The Secret Life of Canada*

#### Organisation consultative des femmes de la Défense (OCFD)

##### Films et documentaires

- *Un homme meilleur (2017)* \*\*
- *Parce qu'on est des filles (2019)* \*\*
- *Le soutien de famille*
- *Et pourtant, elles existent!* \*\*

##### Livres

- *Femmes invisibles* – Caroline Criado Perez \*\*
- *They Said This Would Be Fun* – d'Eternity Martis

##### Balados

- *The Big Story* \*
- *Women of Impact*
- *Front Burner* \*

\*\* Certains contenus abordent des thèmes liés aux traumatismes et peuvent heurter la sensibilité des spectateurs.  
\* Choisissez des épisodes en rapport avec le sujet.

#### Groupe consultatif de la Défense pour les personnes handicapées (GCDPH)

##### Films et documentaires

- *Crip Camp* \*\*
- *Gabrielle*

##### Livres

- *Disability Visibility* – Alice Wong
- *About Us: Essays from the Disability Series of CBC*
- *Care Work* – Leah Lakshmi Piepzna-Samarasinha

##### Balados

- *The Pulse* \*
- *Disability After Dark*
- *Breaking Barriers*

#### Groupe consultatif des personnes racisées de la Défense (GCPRD)

##### Films et documentaires

- *Rumble: The Indians Who Rocked the World*
- *The Skin We're In (2020)*
- *Riceboy Sleeps (2022)*
- *Parc de la méditation (2017)*

##### Livres

- *The Skin We're In* – Desmond Cole \*\*
- *They Said This Would Be Fun* – d'Eternity Martis
- *Policing Black Lives* – Robyn Maynard
- *The Boat People* – Sharon Bala

##### Balados

- *The Secret Life of Canada*
- *The Colour Code*
- *At The Intersection*

#### Organisation consultative de la Fierté de l'Équipe de la Défense (OCFED)

##### Films et documentaires

- *Kimmapiiyipitsini : La voie de l'empathie (2021)*
- *Elsie, Monogame en série*
- *Un monstre dans le placard (2015)*
- *Un vrai gentleman (2020)*

##### Livres

- *Jonny Appleseed* – Joshua Whitehead
- *We Have Always Been Here* – Samra Habib
- *A Safe Girl to Love* – Casey Plett

##### Balados

- *The Village (CBC)*
- *Queerly Canadian*
- *Two Spirited People*



Credit: Radoman Durkovic via iStock / Getty Images Plus

Film screening – *The Cowichan Sweater – Our Knitted Legacy*. In recognition of Indigenous Awareness Week, members gathered for a screening highlighting the cultural significance, artistry, and enduring legacy of the Cowichan sweater within Coast Salish communities. Thank you to all who attended and participated in this opportunity for learning and reflection in support of ongoing reconciliation. Photo submitted by CFB Esquimalt Public Affairs

Projection du film – « The Cowichan Sweater – Our Knitted Legacy » À l'occasion de la Semaine de sensibilisation aux cultures autochtones, les membres se sont réunis pour assister à une projection mettant en lumière l'importance culturelle, le savoir-faire artistique et l'héritage durable du pull Cowichan au sein des communautés des Salishs de la Côte. Merci à tous ceux qui ont assisté et participé à cet événement, qui a été l'occasion d'apprendre et de réfléchir en faveur d'une réconciliation continue. Photo fournie par le service des relations publiques de la BFC Esquimalt

## Édition sur la culture populaire

Se renseigner sur les Groupes consultatifs de la Défense (GCD) constitue une étape importante vers la création d'environnements plus inclusifs, informés et équitables. Les GCD offrent un aperçu des expériences vécues, des défis et des forces des diverses communautés, aidant ainsi les organisations et les individus à mieux comprendre comment les politiques, les décisions et les interactions quotidiennes peuvent avoir des répercussions différentes selon les personnes. Lorsque nous prenons le temps de mieux connaître les GCD, nous allons au-delà d'une prise de conscience superficielle pour favoriser un véritable engagement – acquérant ainsi les connaissances nécessaires pour promouvoir le respect, l'alliance inclusive et des changements positifs.

Comme chacun apprend différemment, il est important de proposer une variété de ressources éducatives, notamment des documentaires, des livres, des films, des balados, des articles et bien plus encore, pour chaque sujet abordé par les GCD. Cette diversité favorise l'accessibilité et un engagement plus profond. Les documentaires et les films peuvent humaniser les enjeux en racontant des histoires vraies et en suscitant l'empathie; les livres permettent une réflexion plus approfondie et une compréhension nuancée; les balados offrent un apprentissage pratique et conversationnel, tandis que les articles fournissent des renseignements concis et ciblés. En proposant plusieurs formats, nous permettons à chacun de se connecter au contenu de la manière qui lui convient le mieux.

Pour tirer le meilleur parti de ces ressources, envisagez les pratiques ciblées suivantes :

- **Réflexion active.** Après avoir pris connaissance du contenu, prenez des notes ou consignez dans un journal les points importants et vos réactions personnelles;
- **Discussions de groupe.** Participez à des clubs de lecture, à des diners-causeries ou à des séances d'information d'équipe pour échanger des perspectives et renforcer la compréhension collective;
- **Exercices d'application.** Trouvez un changement concret inspiré par ce que vous avez appris et appliquez-le dans votre travail ou dans vos interactions quotidiennes;
- **Partage de contenu.** Recommandez des ressources auprès des équipes ou sur les réseaux sociaux pour susciter une prise de conscience et un dialogue plus larges;
- **Apprentissage multimédia.** Combinez les formats, par exemple en regardant un documentaire et en lisant un livre sur le même sujet, pour renforcer et approfondir vos connaissances.

En explorant le contenu des GCD à travers plusieurs canaux et en encourageant les autres à faire de même, nous créons une culture d'apprentissage continu et de responsabilité partagée – une culture où la prise de conscience se transforme en action et où la connaissance favorise l'inclusion.

As part of Indigenous Awareness Week, personnel came together to share food and celebrate community at the Defence Indigenous Advisory Group's Annual Bannock Bake Off. The event supports ongoing efforts toward reconciliation, fostering respect, strengthening relationships, and deepening understanding of Indigenous cultures, histories, and contributions. Photo submitted by CFB Esquimalt Public Affairs



Dans le cadre de la Semaine de sensibilisation aux cultures autochtones, le personnel s'est réuni pour partager un repas et célébrer l'esprit communautaire lors du concours annuel de bannock organisé par le Groupe consultatif autochtone de la Défense. Cet événement soutient les efforts continus en faveur de la réconciliation, en favorisant le respect, en renforçant les relations et en approfondissant la compréhension des cultures, de l'histoire et des contributions autochtones. Photo fournie par le service des relations publiques de la BFC Esquimalt

## CALENDAR

## JUNE

	National Indigenous History Month
	Pride Season (2SLGBTQIA+)
	Italian, Filipino, Portuguese Heritage Months
19	International Day for the Elimination of Sexual Violence in Conflict
20	World Refugee Day
21	National Indigenous Peoples Day
27	Canadian Multiculturalism Day

## JULY

1-12	Victoria Pride Week
28	Day of Commemoration of the Great Upheaval (Acadian Deportation)
	Public Service Pride Week (varies; often Aug but sometimes late July overlap)

## AUGUST

1	Emancipation Day
9	International Day of the World's Indigenous Peoples
15	National Acadian Day
17-21	Public Service Pride Week
26	Women's Equality Day

## SEPTEMBER

	Arthritis Awareness Month
	Gender Equality Week (4th week of September)
	Mennonite Heritage Week (2nd week of September)
23	International Day of Sign Languages (often recognized in BC calendars)
23	Gender Equality Week, Bi Visibility Day, International Day of Sign Languages
28	British Home Child Day
30	National Day for Truth and Reconciliation, Orange Shirt Day

## CALENDRIER

## JUIN

	Mois national de l'histoire autochtone
	Saison de la Fierté (2ELGBTQIA+)
	Mois du patrimoine philippin, italien et portugais
19	Journée internationale pour l'élimination de la violence sexuelle en temps de conflit
20	Journée mondiale des réfugiés
21	Journée nationale des peuples autochtones
27	Journée canadienne du multiculturalisme

## JUILLET

1-12	Semaine de la Fierté de Victoria
28	Journée de commémoration du Grand Déplacement (déportation des Acadiens)
	Semaine de la Fierté à la fonction publique (variable; souvent en août, mais commence parfois à la fin juillet)

## AOÛT

1	Jour de l'émancipation
9	Journée internationale des peuples autochtones
15	Journée nationale des Acadiens
17-21	Semaine de la Fierté à la fonction publique
26	Journée de l'égalité des femmes

## SEPTEMBRE

	Mois de la sensibilisation à l'arthrite
	Semaine de l'égalité des genres (4e semaine de septembre)
	Semaine du patrimoine mennonite (2e semaine de septembre)
23	Journée internationale des langues des signes (souvent reconnue dans les calendriers de la C.-B.)
23	Semaine de l'égalité des genres, Journée de la visibilité bisexuelle et Journée internationale des langues des signes
28	Jour des petits immigrés britanniques
30	Journée nationale de la vérité et de la réconciliation, Journée du chandail orange

How to Join a  
DAG

Initially established in 1994 to support the implementation of the *Employment Equity Act*, the Defence Advisory Groups (DAGs) have grown and evolved over the years, contributing significantly to fostering a more diverse and inclusive Defence Team. At the policy and program level, DAGs help identify systemic employment barriers, provide unique perspectives to drive meaningful change, and offer direct advice to both local and national leadership on issues that affect their communities.

The importance of the DAGs lies in their ability to elevate concerns through the organization for senior leadership to consider and act upon. These concerns may range from issues affecting the local base to broader, national-level matters, including policies or programs that may not fully support the communities they represent.

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

Comment se joindre à un  
GCD

Créés initialement en 1994 pour soutenir la mise en œuvre de la *Loi sur l'équité en matière d'emploi*, les groupes consultatifs de la Défense (GCD) ont pris de l'ampleur et évolué au fil des ans et contribuent de manière importante à favoriser une Équipe de la Défense plus diversifiée et inclusive. Sur le plan des politiques et des programmes, les GCD aident à cerner les obstacles systémiques à l'emploi, apportent des perspectives uniques pour favoriser des changements importants et fournissent des conseils directs aux dirigeants locaux et nationaux sur les enjeux touchant leurs communautés.

L'importance des groupes consultatifs de la Défense (GCD) réside dans leur capacité à soulever les préoccupations au sein de l'organisation pour que la haute direction les examine et y donne suite. Ces préoccupations peuvent aller de questions touchant la base locale à des enjeux plus larges, de niveau national, y compris des politiques ou des programmes qui ne soutiennent peut-être pas pleinement les communautés qu'ils représentent.

Tous les membres des FAC et les fonctionnaires du MDN, peu importe leur origine ethnique, leur genre, leur orientation sexuelle, leur handicap, leur âge ou leur parcours, sont les bienvenus au sein de n'importe quel GCD. Les GCD recherchent des personnes engagées à promouvoir les principes d'équité en matière d'emploi, de diversité et d'inclusion. Si vous souhaitez vous joindre à un GCD, communiquez avec :

Defence Women's Advisory Group (DWAOG)

L'Organisation consultative des femmes de la Défense (OCFD)

+DWAOG-MARPAC@MARPAHQ@Esquimalt

Defence Racialized Persons Advisory Group (DRPAG)

Le Groupe consultatif des personnes racisées de la Défense (GCPRD)

+Defence Racialized Persons Advisory Group Esquimalt  
@MARPAHQ@Esquimalt

Defence Indigenous Advisory Group (DIAG)

Le Groupe consultatif des Autochtones de la Défense (GCAD)

#ESQ MARPAHQ EST DIAG-GCAD EST FMAR P  
+ ESQMARPACESTDIAG-GCADESTFMAR@forces.gc.ca

Defence Advisory Group for Persons with Disabilities (DAGPWD)

Le Groupe consultatif de la Défense pour les personnes handicapées (GCDPH)

+MARPAHQ DAGPWD@MARPAHQ@Esquimalt

Defence Team Pride Advisory Organization (DTPAO)

L'Organisation consultative de la Fierté de l'Équipe de la Défense (OCFED)

+ESQ MARPAHQ DTPAO@MARPAHQ@Esquimalt



Scott Pay receives a Bravo Zulu from Capt(Navy) Kevin Whiteside.



Ian Wiggs receives a Bravo Zulu from Capt(Navy) Kevin Whiteside.



Kharla Simmonds receives a Bravo Zulu from Capt(Navy) Kevin Whiteside. Photo supplied.

# Members of POESB Recognized with Base Commander's Bravo Zulus

In June, members of the Port Operations Emergency Services Branch (POESB) received Base Commander's Bravo Zulus during a ceremony hosted at Naval Fleet School(Pacific) (NFS(P)). The honours helped pay tribute to POESB's response during a multi-agency Search and Rescue (SAR) operation for a sailor overboard led by the Joint Rescue Co-ordination Centre (JRCC) in December 2025.

Bravo Zulu to those recognized.

## Scott Pay

For their exemplary seamanship and professionalism as a deckhand aboard CFAV *Tillicum* during the SAR operation. In conditions of severe weather and darkness, Pay consistently maintained safe vessel handling while demonstrating exceptional vigilance and situational awareness throughout the JRCC-coordinated mission. Pay's actions directly contributed to the success of the operation.

## Scott Landry

For their exemplary technical skills, professionalism, and unwavering readiness as Engineer of CFAV *Tillicum* during the SAR operation. In the face of severe weather and darkness, Landry's expertise ensured the vessel's immediate operational availability and sustained effectiveness throughout the mission. Landry's decisive actions and technical proficiency were instrumental in enabling the success of the operation.

## Kharla Simmonds

For their outstanding leadership and seamanship as Master of CFAV *Tillicum* during the SAR operation. In severe weather and darkness, Simmonds directed their ship throughout the JRCC-coordinated mission, contributing directly to the success of the mission. Simmonds' actions reflect great credit upon themselves, the crew and the Royal Canadian Navy (RCN).

## Jim Wilson

For their exemplary performance as Harbour Operations Officer during the SAR operation, during which their exceptional situational awareness and coordination were critical to mission success. Wilson ensured clear, effective communication with Command and partner agencies, and rapidly deployed *Tillicum*, strengthening the JRCC-coordinated search effort. Wilson's decisive actions directly contributed to the success of the mission.

## Ian Wiggs

For their exemplary judgment and decisive action while serving as Harbour Control Officer during the SAR operation. Demonstrating exceptional leadership and situational awareness, Wiggs maintained full operational readiness, effectively coordinated communications, and expediently dispatched CFAV *Tillicum* in support of a JRCC-coordinated search effort, directly contributing to the success of the mission.



# Kickstands Up for Veterans

## Unites Community During PTSD Awareness Month

Archana Cini  
Lookout Newspaper

June marks Post-Traumatic Stress Disorder (PTSD) Awareness Month, a time dedicated to increasing understanding of the invisible injuries that can affect Canadian Armed Forces (CAF) members, veterans, and their families after military service has ended.

For many within Canada's Defence community, PTSD and other operational stress injuries can impact daily life in ways that are often unseen. For CAF members and veterans, PTSD can manifest in many forms, including anxiety, sleep disturbance, hypervigilance, emotional numbness, or difficulty reintegrating into civilian life. Effects often extend beyond the individual, impacting families and support networks as well. While clinical treatment and professional support remain essential to the recovery process, community connection and peer support also play an important role in helping veterans navigate life after service.

This message was at the heart of the inaugural 'Kickstands Up for Veterans' charity motorcycle ride, held June 20 and organized by the League of

Veterans Canada under the theme *Life After Service*. As such, more than 100 riders and approximately 120 participants, volunteers, veterans, family members, and community supporters gathered for the event, which began at the Veterans Food Bank before following a self-guided route across Vancouver Island and concluding at Barnes Harley-Davidson.

Created as a way to support veterans while raising awareness of the challenges many face after leaving the military, all funds from the event will be donated to two charities: Vancouver Island Service Dogs, and the Veterans Food Bank. Both organizations provide practical assistance to veterans facing challenges during their transition to civilian life.

"The League of Veterans Canada wanted to find a way to give back to the veteran community," explained Yance Sheehan, event organizer and CAF veteran. "*Kickstands Up for Veterans* came to be as a way to ride, raise awareness regarding PTSD, support two important causes, and remind veterans that they have not been forgotten."

For Sheehan, the ride grew from years of participating in veteran motorcycle events

across Canada and the United States while navigating his own recovery from PTSD.

"I have ridden across Canada twice with The Rolling Barrage and across the United States with Run for the Wall," he said. "The ride brings us together, but the brotherhood, the conversations, and the shared experiences are what help us heal."

Throughout the day, participants gathered not only to ride, but to reconnect with one another. Live music from Fly Trapped, presentations from Quilts of Valour, community organizations, and volunteers contributed to an atmosphere Sheehan described as emotional and joyful. This sense of connection reflects an important learning when it comes to PTSD recovery.

"When the uniform comes off, many veterans lose more than a job," said Sheehan. "We lose the daily structure, the sense of purpose, and the brotherhood that came from serving beside people who understood us without needing everything explained. Not every veteran is ready to walk into a clinic or sit in a circle and talk about trauma," he said. "Sometimes healing starts by getting on a motorcycle, riding beside another veteran, sharing a coffee, and laughing at



Moments from the inaugural Kickstands Up for Veterans charity ride. Photos: Jenna Franklin

## Defence Community Resources for PTSD Support

- **Canadian Forces Member Assistance Program (CFMAP):** 24/7 confidential counselling and crisis support for serving members and families. Dial 1-800-268-7708.
- **Veterans Affairs Canada (VAC) Assistance Service:** 24/7 mental health crisis support for veterans and families. Dial 1-800-268-7708, press 1.
- **Operational Stress Injury Social Support (OSISS):** Peer support program for CAF members, veterans, and families that offers confidential mentoring and support.
- **Veterans Affairs Canada (VAC) Mental Health Benefits:** Coverage for counselling, treatment, and rehabilitation services for veterans with PTSD or OSIs.
- **Wounded Warriors Canada:** Clinical counselling funding and peer support programs for veterans and first responders.

the same old military stories we've told a hundred times."

As PTSD Awareness Month draws to a close, the success of *Kickstands Up for Veterans* serves as a reminder that supporting veterans with invisible illnesses extends beyond treatment programs and awareness campaigns. It also happens through community.

"This ride was for every veteran who is still isolated, struggling, or wondering whether life can ever become meaningful again," said Sheehan. "My message is simple: get out of the house when you can. Take one small step. Show up for a ride, a coffee, or a conversation. Good things can still happen when we allow ourselves to be seen." ■



# Classifieds

## FOR SALE

### FREE RANGE CHICKEN EGGS:

A dozen eggs \$7. I can deliver within CFB Esquimalt during lunch or before/after business hours. Eggs come from happy, well loved hens located in Cobble Hill. Contact 250-580-5093 or email [lorraine.crinkley@forces.gc.ca](mailto:lorraine.crinkley@forces.gc.ca).

## REAL ESTATE FOR SALE

### 4 BED 4 BATH LANGFORD TOWNHOME:

Discover this charming home in the heart of Happy Valley, Langford! This 4-bed, 4-bath townhome features a versatile flex space – ideal as a rec room, den, or 4th bedroom – with a carport for convenient parking. Tucked on a quiet cul-de-sac, enjoy safe, connected community living that's perfect for growing families. Steps from Happy Valley Elementary and the Galloping Goose Trail, morning routines are effortless and weekend adventures are endless. Tree-lined streets, nearby parks, shopping, and dining round out everyday convenience, while surrounding nature offers a serene retreat from city life. The flex space doubles as a home office for today's remote professionals. Whether it's after-school adventures or weekend trail rides, this home puts your family at the centre of everything that makes Happy Valley special. In one of Greater Victoria's fastest-growing communities, homes like this rarely come to market – don't miss your chance. 250-715-5414, [brock@webbers.ca](mailto:brock@webbers.ca).

### BEAUTIFUL CONDO FOR SALE DOWNTOWN VICTORIA BC:

Welcome to the Executive 21st Floor at 777 Herald Street, offering lovely water, city, and mountain views. This executive 2-bed, 2-bath home includes the rare bonus of 2 side-by-side secure underground parking stalls. Thoughtfully upgraded with custom touches, the home features built-in closet organizers, a custom desk/workspace, and stylish deck flooring. Custom built Restoration Hardware furnishings and 2022 Jeep Rubicon are available for purchase, offering a turnkey opportunity. The layout is perfect for entertaining, with a large island, quartz countertops, built-in appliances, and floor to ceiling windows. Exceptional amenities including a gym, yoga studio, sauna, lounge with full

kitchen, business centre, hobby room, and a landscaped outdoor terrace with BBQ, dining area, children's play space, and fire pits. A private guest suite is also available for visiting family and friends. Located just steps from a grocery store and within easy walking distance to all downtown amenities. 250-744-0505

### CONDO FOR SALE 103-1351 ESQUIMALT RD \$399 900:

Strata fees prepaid until end of december 2026!!! This unique ground-floor 2-bedroom, 1-bathroom condo offers a rare blend of residential comfort and future potential. Originally a commercial space and thoughtfully converted into a home, it remains the only unit in the building with its own in-suite washer and dryer—a true standout convenience. The beautifully updated kitchen features granite countertops and stainless steel appliances, while the bathroom is finished with beautiful Quartz and tile for a clean, modern feel. Ideally located along Esquimalt Road, this unit also presents an exciting opportunity for investors or entrepreneurs, as it may be converted back to commercial use (with municipal approval), offering excellent storefront exposure in a high-visibility location. Enjoy the convenience of being just a short stroll to the ocean and nearby parks, and close to shopping, restaurants, bus routes, and the Esquimalt Recreation Centre. (30756336)

### 103 1351 ESQUIMALT RD, ESQUIMALT:

Esquimalt Condo for Sale, minutes to CFB, Price reduction \$344,900  
Unit 208 - 109 Lampson Road | 1 Bedroom, 1 Bath Condo Recent Price Reduction: \$344,900 Step into comfort and contemporary living in this thoughtfully designed condo, where every detail has been curated for ease and enjoyment. The modern kitchen is both stylish and functional, showcasing Whirlpool appliances, a tiled backsplash, and a smart bar seating area that invites casual meals and conversations. The bathroom features a tiled shower complemented by in-floor heating—perfect for slow mornings and relaxed evenings. Full-size stackable laundry, air conditioning, and window screens add everyday convenience, while blackout

blinds in the bedroom create a peaceful retreat for restful nights. Step outside and take advantage of the excellent gym and inviting courtyard—ideal spaces to recharge, socialize, or simply enjoy a quiet moment outdoors. Located in the heart of Esquimalt. The ocean, downtown area, Naval base and shopping are nearby. This home effortlessly blends comfort, function, and lifestyle, offering a welcoming space you'll be proud to call your own. Reach out for more information! 250-220-9557 Michael Smith.

## REAL ESTATE FOR RENT

### VIEW ROYAL TOWNHOUSE FOR RENT:

For rent end unit, 3 bedroom, 2 bathroom townhouse with garage and driveway parking. Located close to the Galloping Goose Trail, Thetis Lake, shopping, recreation centres, bus stops. Beautiful ocean views, including all appliances, washer/dryer and 2 decks. Non smoking, damage deposit, last months rent and references required. Monthly Price \$3200. Contact: [Gordonhodson84@gmail.com](mailto:Gordonhodson84@gmail.com) or 778-535-5631.

### 1 BEDROOM, 1 BATH AT CUSTOMS HOUSE:

For rent: \$2500 per month. Available as early as July 1, 2026. 1 bedroom Suite at Customs House Residences in a century-old heritage structure located at the heart of Victoria's world-famous inner-harbour. It's walking distance to restaurants, public transit, and local attractions nearby such as the Royal BC Museum, Empress Hotel, and Miniature World. The suite is inspired by European design with imported Italian-cabinetry, Quartz countertops, and high-end appliances. The suite is fully air-conditioned that provide comfort all-year round. Approximately 620 sf. The amenities include concierge service, yoga and steam room, full gym, pre-wired for high speed internet, storage locker, 1 secured parking space. 1 year lease. No pets/no smoking/ no vaping. Credit & reference check, letter of employment are required with application. [garyko21@telus.net](mailto:garyko21@telus.net)

### 2010 FAMILY HOME FOR RENT - LANGFORD LAKE

2010 family home in quiet neighborhood with three bathrooms and three bedrooms, also has den on the main floor. \$4,000 plus utilities. New home

just minutes from Langford Lake and a short walk to schools, soccer field, recreation centre and YMCA. Master bedroom has lake views. Two car garage available. 220 Amp plug in for electric cars, washer & dryer, dishwasher microwave and lots of storage. Cats OK. Dogs maybe. Available July 1 2026. Text: or call Scott at 250-208-5454 and leave message; or email me at [scottaitkenbc@gmail.com](mailto:scottaitkenbc@gmail.com)  
Postal code for house is V9B 0L9

### 1.5 BEDROOM SUITE

Newly renoed Bright and specious basement suite. This 850 sq ft unit, sits at the end of a quiet cult de sac. In suite laundry, parking, A/C, fire place, shared back yard. Military preferred. 1700/mo, plus shared utilities. 250-885-6352 or [Hectorladron@yahoo.ca](mailto:Hectorladron@yahoo.ca)

### WEST BAY QUAY - STREET LEVEL 2 BEDROOM 1 BATHROOM - FOR LEASE

Seaside community. Rare ground floor walk out space with private access and patio in the West Bay Quay development. Concrete and steel construction and built October 2022. Across the street from the Westbay Marine Village, walking distance to numerous amenities. Ideal space for a couple (as a residence) or home occupation tenant used as a tax write off.

The #25 bus stop (30 meters from unit) takes you to Douglas and Johnson Street in 9-12 mins. Nestled in a quiet neighbourhood mere steps away from the inner harbour and boardwalk, with Marina Bay Cafe only steps from this unit.

INCLUDED IN RENT: Natural Gas and Parking. FREE: -1 secured underground garage parking stall. 1 large secured storage locker. NOT INCLUDED: (tenant to set up): Utilities (on AVG \$30/mth), Wi-Fi, Tenant Insurance.

Unit Specific:  
- +/-700 SQFT of space  
- +/-280 square foot private patio area  
- 2 bedrooms  
- 1 bathroom (shower/tub)  
- New Samsung Washer/Dryer in unit

- New Fisher Paykel: DW, Range, Gas Stove, Oven,  
- Modern roller shades with integrated valance  
- Variable refrigerant flow heating and A/C  
- LED pot lights with dimmer controls  
- Electric floor heating in the bathroom underneath tile

floor  
- 1.5 inch quartz counters in the kitchen and bathroom  
Development Specific:  
- 3 additional storage rooms for bike and kayak storage  
- 5 free (2 hour) parking stalls directly in front of the space  
- 31 covered visitor parking stalls  
- outdoor common areas with ocean views  
One dog, or one cat and one dog, or two cats allowed per Strata Bylaws and at the discretion of landlord. 250-634-4947 or [jones.harry3@gmail.com](mailto:jones.harry3@gmail.com)

### 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

### VANCOUVER ISLAND CHOICE CLINIC

offers a range of professional specialized services to meet the healthcare needs and experiences of our patients. We are an inclusive clinic available to patients of all orientations and gender identities. Our physicians offer early pregnancy ultrasounds, Rh testing, IUD insertions, contraception, vasectomies covered by MSP, PAP smears, STI screening, endometrial biopsy, pregnancy prevention and bleeding control. For your comfort, you are welcome to bring a support person with you, or a member of our staff to join you in the exam room. [www.vichoice.ca](http://www.vichoice.ca)

**HAVEN:** 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. 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@vypp.ca](mailto:commodore@vypp.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](#)





COMING SOON

# CF ONE DAY

Free BBQ

July 8, 2026

1100-1300

**CF One Exclusive Savings**

CANEX PARKING LOT, ESQUIMALT



## Desk to Dock

We're here to support with:

- Documents ◊ Posters ◊ Stickers
- Signage ◊ Certificates ◊ Banners
- Booklets ◊ Programs ◊ Business Cards
- Greeting Cards ◊ Morale Badges

and more!



# Formation FUN Day

STEP RIGHT UP!



**SATURDAY, SEPT. 12 FREE!**  
1200 - 1600 WORK POINT  
NIXON BUILDING AND SURROUNDING GRASSY AREA

- MARKET PLACE
- BBQ
- RIDES
- FOOD & DRINKS
- GAMES
- PRIZES
- ATTRACTIONS
- COTTON CANDY!
- BALLOONS
- SUPER HEROES
- PRINCESSES!

Open to the Defence community including CAF members, veterans, base employees, and their families for their support and sacrifice.

[lookoutnewspaper.com/formation-fun-day/](http://lookoutnewspaper.com/formation-fun-day/)

THANK YOU TO OUR SPONSORS:



Official bank of the Canadian Defence Community

