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OUT

NEWSPAPER & PUBLISHING | JOURNAUX ET ÉDITION



RIMPAC 2026

Page 3 for more

The Commanding Officer's Bravo Zulu Patch.

Photo: Avr Rebecca Mainardi, MARPAC Imaging



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NEWSPAPER & PUBLISHING



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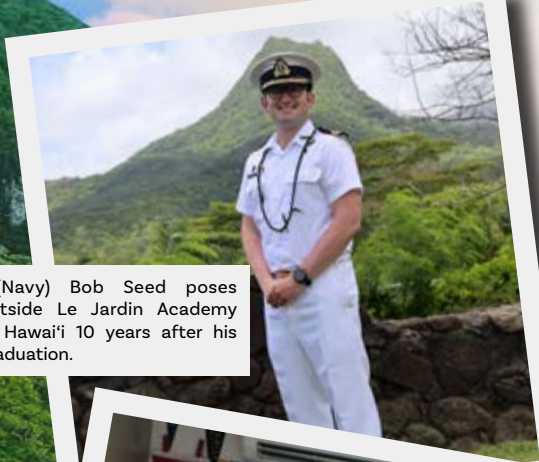
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RCN Officer Returns to Hawai'i Roots During RIMPAC 2026

CAF members hold a Canadian flag on Canada Day during RIMPAC 2026 at Joint Base Pearl Harbor-Hickam on July 1.
Photos: Courtesy of Le Jardin Academy



Lt(Navy) Bob Seed poses outside Le Jardin Academy in Hawai'i 10 years after his graduation.



Lt(Navy) Bob Seed (centre) reunites with two past educators at Le Jardin Academy in Hawai'i during RIMPAC 2026.

Archana Cini
Lookout Newspaper
Contributions by MARPAC Public Affairs

For Lieutenant(Navy) (Lt(Navy)) Robert (Bob) Seed, participating in Exercise (Ex) Rim of the Pacific (RIMPAC) 2026 has been more than contributing to the world's largest multinational maritime exercise. It has also been a homecoming.

More than a decade after living on the Hawai'iian island of O'ahu as a teenager, Lt(Navy) Seed returned to familiar ground as a Royal Canadian Navy (RCN) officer, reconnecting with the school and community that helped shape the path leading him into service.

"This summer I had the fortunate opportunity to participate in the 30th iteration of RIMPAC 2026 based out of Joint Base Pearl Harbor-Hickam," said Lt(Navy) Seed. "This is particularly special for me, as I graduated from high school on the Windward side of O'ahu in 2016."

Lt(Navy) Seed's connection to Hawai'i began in 2014 when his family relocated to Kailua after his father accepted an exchange posting at Pearl Harbor. He spent his final two years of high school at Le Jardin Academy (LJA), a K-12 school nestled beneath the Ko'olau mountain range.

As a teenager attending LJA, Lt(Navy) Seed both joined the school's varsity cross-country team and embraced Hawai'i's paddling culture as a member of the outrigger canoe team.

"This is where I learned my love for water," said Lt(Navy) Seed. "Some of the most exhilarating moments [while canoeing] were found at the end of a race, neck in neck with another boat returning to Magic Island. Everyone was exhausted but clutched in as the steersman would increase the team's tempo, alter the boat to catch some surf, and secure our position ahead."

Such experiences, shared Lt(Navy) Seed, left a lasting impression. Following his 2016 graduation from LJA, Lt(Navy) Seed joined the Canadian Armed Forces (CAF) as an Officer Cadet at the Royal Military College of Canada (RMC) to study history.

Since becoming a Naval Warfare Officer in 2021, Lt(Navy) Seed has served aboard Canadian warships along the West Coast, participated in Operation (OP) CARIBBE, and now works at HMCS *Venture* as part of the first generation of Naval Warfare Officers (NWO) working under the Strategic Capability sub-occupation. This summer, his career has brought him back to Hawai'i as part of RIMPAC 2026.

RIMPAC 2026 marks the 30th iteration in the series since its beginning in 1971. This year, approximately 30 nations, 40 surface ships, three submarines, 14 national land forces, and more than 150 aircraft and over 25,000 personnel are participating in the biennial exercise in and around the Hawaiian Islands. Canada is one of only three founding nations, alongside the United States and Australia, to have participated in every iteration of RIMPAC since its inception. The CAF have deployed more than 800 personnel to this year's exercise, including His Majesty's Canadian (HMC) Ships *Regina*, *Ottawa* and His Majesty's Canadian Submarine (HMCS) *Corner Brook*; Motor Vessel (MV) *Asterix*; Royal Canadian Air Force (RCAF) aircraft, and helicopter detachments; cyber specialists; divers; medical teams; and personnel serving in shore-based roles. Lt(Navy) Seed is one of these shore-based personnel, serving throughout July at the Pacific Warfighting Center on the Combined Force Maritime Component Commander's Future Operations team.

"RIMPAC is a great opportunity for any naval officer to coordinate and operate with partners across the Pacific Rim," said Lt(Navy) Seed. "Exercises such as RIMPAC are required to test and improve the strength of Canada's interoperability with other nations across oceans, cultures, and languages."

Between exercise briefings and training seminars, Lt(Navy) Seed did just that with a return to his old high school, where he was welcomed with the same warmth he remembered as a student.

"I was overwhelmed by the warm Aloha, the lei, and even the surprise visit from my former college counselor and history teachers, who were both pivotal to getting me into RMC and supporting me to study history," said Lt(Navy) Seed. Walking through the LJA campus and revisiting familiar surroundings also prompted Lt(Navy) Seed to reflect on the decade that has passed since his graduation. "It was really great to revel in memories while taking in the views of the 'Aina around the campus."

When asked what advice he would offer to his younger self, Lt(Navy) Seed reflected on the journey that has taken him from Hawai'i to the RCN — and now back again.

"The last ten years was a lot, but if I had the chance to have a chat with a younger Bob on the beach, I would tell him to stay focused on your goals on the horizon, but also to enjoy the moment you're in and make sure you keep your 'Ohana along the journey."

As RIMPAC 2026 continues through July through the Indo-Pacific, Lt(Navy) Seed's return to O'ahu in uniform reminds us that though careers may span oceans, the places and people that first shape us are never far behind.

LANGUAGE GUIDE

- O'ahu:** One of the main Hawaiian Islands, often called "the Gathering Place."
- Kailua:** A coastal town on the windward side of O'ahu, known for its beaches.
- Ko'olau Range:** A mountain range running along the eastern side of O'ahu.
- Magic Island:** A man-made peninsula in Honolulu popular for gatherings, ocean views, and recreational activities.
- Aloha:** A Hawaiian word meaning love, compassion, peace, and greeting. Though used widely as a hello and goodbye, it carries a deeper sense of kindness and connection.
- Lei:** A traditional Hawaiian garland made from flowers, leaves, shells, or other materials.
- 'Aina:** A Hawaiian word meaning land, but more deeply understood as "that which nourishes." It reflects a cultural relationship of respect and stewardship toward the land.
- 'Ohana (ohana):** A word meaning "family," but extends beyond blood relations to include close friends and community.

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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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Esquimalt Poised for Growth

Following Canadian Submarine Bid Announcement



Stephen Fuhr, Secretary of State for Defence Procurement, shakes the hands of RCN members during the July 7 announcement at CFB Esquimalt. Photo: Cpl Brandon Beers, MARPAC Imaging

Archana Cini

Lookout Newspaper

Canadian Forces Base (CFB) Esquimalt is set to play a central role in one of the largest defence procurements in Canadian history following a recent announcement that German shipbuilder ThyssenKrupp Marine Systems (TKMS) has been selected as the preferred supplier for Canada's future submarine fleet.

Prime Minister Mark Carney announced the decision on July 6 from Halifax, confirming that the Government of Canada will now begin negotiations with TKMS to procure up to 12 submarines under the Canadian Patrol Submarine Project. South Korea's Hanwha Ocean has been named as a reserve supplier should negotiations with TKMS not result in a final agreement.

At the same time at CFB Esquimalt, Stephen Fuhr, Secretary of State for Defence Procurement, described the announcement as "an important milestone" in the Canadian Patrol Submarine Project, saying the decision ultimately followed "a rigorous, fair, and

competitive procurement process." Fuhr also said that "[t]oday's decision reflects an outcome of [a] comprehensive evaluation process to deliver the best overall capability and value to Canada."

"At its core, this project is about sovereignty"

Rear-Admiral (RAdm) David Patchell

Rear-Admiral (RAdm) David Patchell, Commander of Maritime Forces Pacific and Joint Task Force Pacific (MARPAC/JTF(P), also spoke on what the upcoming collaboration will mean for the Royal Canadian Navy (RCN) and B.C.

"At its core, this project is about sovereignty and ensuring that Canada builds a critical military capability," said RAdm Patchell, noting that submarines provide

capabilities unmatched by any other naval platform. "They operate discreetly. They provide persistent presence. They create uncertainty for potential adversaries. They enable us to control who has access to our waters, and they give our government options in times of competition, crisis, and conflict."

The new fleet will also expand more than Canada's submarine capability. According to RAdm Patchell, the project will extend well beyond the new vessels and into major investments in infrastructure, training, and personnel at CFB Esquimalt to support the vessels' operability. Currently home to approximately 6,500 Defence Team members, CFB Esquimalt is expected to grow to roughly 9,500 military and civilian personnel over the next decade as the new submarines are built and enter service.

The new submarines will replace the Royal Canadian Navy's (RCN) Victoria-class fleet and represent a generational investment in Canada's maritime security and sovereignty.

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HMCS Max Bernays

Holds Change of Command and Change of Appointment

**Lt(Navy) Colin Lussier and
Lt(Navy) Marcus Hoszko**
HMCS Max Bernays

On March 30, His Majesty's Canadian Ship (HMCS) *Max Bernays* held its second Change of Command Ceremony and first Change of Appointment Ceremony since its commissioning into the Royal Canadian Navy (RCN) in 2024.

Commander (Cdr) Nadia Shields handed command of HMCS *Max Bernays* to Cdr Ryan Bell. Chief Petty Officer 1st Class (CPO1) Mike Umbach passed the appointment of Coxswain to CPO1 Oliver Meyer. The Presiding Officer for the Change of Command Ceremony was Captain(Navy) Capt(Navy) Samuel Patchell, Commander Canadian Fleet Pacific (CCFP). CPO1 Armand Reelick, Fleet Chief Pacific, also addressed the ship's company and welcomed the incoming Command Team.

The ceremony took place in the ship's hangar in front of the ship's company, family members, and friends. Cdr Shields and CPO1 Umbach recounted their experiences leading *Max Bernays* both at home and abroad – from fostering ship camaraderie to executing daily tasks and exercises. This change of command marks the end of an exciting chapter for *Max Bernays*, and Cdr Bell and CPO1 Meyer both expressed how they are prepared to continue from where the previous Command Team completed their service.

Cdr Bell previously served as the Executive Officer of HMCS *Harry DeWolf*, an east coast Arctic Offshore Patrol Vessel (AOPV). Most recently, he completed a posting as Director of Naval Requirements (DNR) 3 Section Head. As such, Cdr Bell brings an extensive knowledge of the AOPV platform, and a focus on future capability development for Arctic Naval

Operations. CPO1 Meyer previously served as the Coxswain of Naval Fleet School Pacific (NFS(P)). As such, he is well versed in managing personnel, sailor conduct, and an expert in force generation. The ship's company was in high spirits as Cdr Bell and CPO1 Meyer assumed their new roles.

The ceremony concluded with the ship's company forming up on the flight deck to give Cdr Shields a traditional RCN send-off. The outgoing CO was rowed ashore onboard the HMCS *Max Bernays*' Landing Craft. The crew saluted as the outgoing CO landed from the ship to jetty – for the final time.

Fair winds and following seas to Cdr Shields and CPO1 Umbach. Thank you for your service.

A warm welcome to both Cdr Bell, CPO1 Meyer, and both your families.



(Left to right) Cdr Ryan Bell, Incoming CO, Capt(Navy) Samuel Patchell, Presiding Officer, and Cdr Nadia Shields, Outgoing CO, sign the Change of Command certificates.



(Left to right) CPO1 Olive Meyer, incoming Cox'n, Cdr Nadia Shields, and CPO1 Mike Umbach, outgoing Cox'n, sign the Change of Command certificates.

Photos: MCpl William Gosse, MARPAC Imaging



The company of HMCS *Max Bernays* cheering as Cdr Nadia Shields, outgoing CO, is rowed ashore.



From the Chaplain's Desk

Support Through the Sailing Season

July 2026

Padre Capt Justin McNeill

Welcome to From the Chaplain's Desk, a new feature series that will showcase reflections from chaplains serving at Canadian Forces Base (CFB) Esquimalt. Each installment will offer personal perspectives from those who work closely with members of the Defence Team in times of challenge, transition, and everyday life. These contributions will shed light on the role of spiritual and emotional support within the Defence community, and offer guidance, listening, and presence across all stages of life spent in service.

As the weather continues to warm and the summer months start to peak over the horizon, preparations are once again underway to set sail into another busy season. With this time comes a renewed sense of vigilance for both our frigates and families.

Sailing doesn't just take time, energy, and effort on the part of our sailors and other support staff, but also on all those that continue to support the work we do as members of the Canadian Armed Forces (CAF). Our friends and families, both near and far, also feel the weight of what we do. In addition to service, roles and responsibilities can

also increase during this time with children on summer break, tasks arising at home, and pets and plants require nurturing.

As a result, it's important to be reminded of the value of support. It's also important to remind those that continue to offer support that they don't have to do these things alone.

One of the benefits of life with the Defence Team is that we often train with the mentality that we never do these things alone or in isolation. Even when the thought of having a bit more space might be nice on occasion, there are always fellow sailors at our side,

"[T]here are teammates and supports ready and willing to both step up and step to make life a little bit better."

training, fixing, and fighting with us and for us. We are a team, and this goes for those that continue to support us when we leave for sailing or training as well. From the support of friends and neighbours to the Military Family and Resource Centre (MFRC) and chaplains, there are teammates and supports ready and willing to both step up and step to make life a little bit better. So reach out, pick up the

phone, or drop by and say hello. We all know how vulnerable it can feel to ask for what we need. In a day and age where vulnerability can sometimes feel like weakness, we have the power to counter this inaccurate narrative with the reality of who we are called to be: a community.

Chaplains are here to help. We sail with our ships, we live in our communities, and we are here to help

whenever and however we can. There is a duty chaplain available 24 hours a day, every single day of the year right here at CFB Esquimalt to offer a helping hand and a listening ear. We care for all members and all families, regardless of what might be happening, without judgement. We are just one part of a larger team that is dedicated to providing care for all. In the Defence Team, we never do things alone, and our families and communities shouldn't either.

Fair winds and following seas to all those setting sail this season and blessings on all those that continue to make what we do possible.



Photo: Cpl Morgan LeBlanc, CAF Imagery

Chaplains can be reached through a call to the Naden Chapel at 250-363-4106 during regular office hours. For after-hours support, call the Military Police dispatch at (250) 363-4032 to connect to a duty padre.

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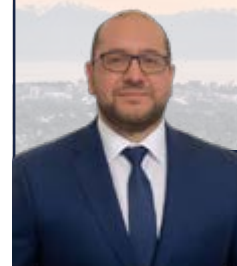
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The Life of Royal Canadian Navy Veteran William (Bill) McIntyre

Archana Cini
Lookout Newspaper

At 82 years old, William (Bill) McIntyre speaks about the Royal Canadian Navy (RCN) with a clarity that suggests the sea never fully left him. Now attending the Veterans Health Centre day program at the Veterans Memorial Lodge, a Broadmead Care Home, McIntyre carries with him 32 years of service and an RCN career full of purpose.

Bill grew up on a farm in Prince Edward Island (P.E.I.) as one of seven siblings in a rural household. Life there was shaped by early mornings, physical work, and the rhythm of a large, busy family. His father both farmed and fished, as did his brothers, but Bill was looking for something different. That difference came early, in July 1965, when he enlisted in the RCN at 19 years old.

"I didn't like farming very much," said Bill plainly. "The navy was a good way of making a living, and I liked the work."

What began as a decision to leave farm life behind as a young adult then slowly became a career that would span more than three decades. Almost immediately, Bill entered an apprenticeship program in marine engineering, a structured but demanding path that would define the rest of his working life.

"It wasn't just a short course," he recalled. "You went to school for years — machine shop, steam equipment, diesels — all of it." From auxiliary machinery

and boiler room certification to engine room qualifications and eventually charge tickets, Bill worked his way through each stage without pause. By the time he completed his training, which took him through both land and sea, he had built a technical foundation that made him a vital part of every vessel he served on.

In 1965, Bill found himself aboard, at the time, His Majesty's Canadian Ship (HMCS) Saskatchewan on the East Coast training route. Not long after, he was posted to Canadian Forces Base (CFB) Halifax, beginning a long stretch of service that would include both East and West Coast assignments and eventually a posting in Ottawa. Like many in the engineering trades, Bill moved frequently, adapting to new crews, ships, and demands.

"I went wherever I was posted," he said. "That's just how it was." His career included time aboard several minesweepers, destroyers, and support vessels, including His Majesty's Canadian (HMC) Ships Kootenay and Provider. To Bill, one of his most memorable postings was aboard a minesweeper he served aboard for a year and a half.

"It was really busy," said Bill. "A lot of work, a lot of responsibility. But I liked it."

Life at sea was defined by routine and readiness with engine checks, maintenance cycles, and the constant expectation that something might need fixing at any moment. On smaller vessels especially, the workload was

intense. "You're looking after everything, and there's not many of you doing it," shared Bill.

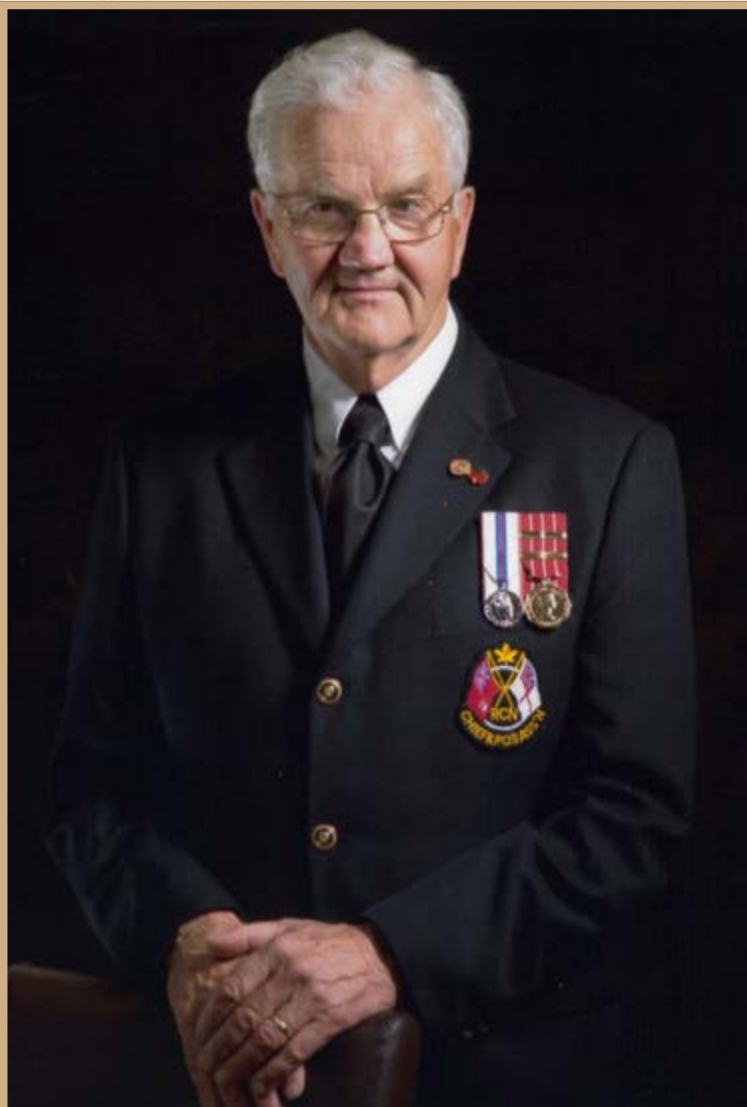
During one of his postings in the North Sea, Bill recalls a significant gearbox failure while the vessel was alongside in Plymouth with a breakdown serious enough to take the ship out of regular operations for nearly a month. The crew was reorganized into shifts as engineers and technicians worked continuously to diagnose and repair the system, rotating through demanding schedules that kept the ship in a constant state of partial readiness. What stood out to Bill wasn't just the scale of the repair, but the persistence it required: long days in the engine spaces and problem-solving under pressure for over three weeks.

"You just worked through it," he said, reflecting on the period. "Different shifts, different hours... you did what had to be done until it was fixed."

The experience, like many at sea, underscored the unpredictability of naval engineering work, where a single mechanical failure could ripple through an entire crew's routine and demand huge collective effort to bring a ship back to operability.

Beyond Canada's coasts, Bill's service took him through much of the globe. He travelled to Europe, Australia, New Zealand, and the Caribbean, sometimes on naval duty, sometimes through later travel.

"I've been lucky that way," he



A formal portrait of RCN veteran Bill McIntyre. Photo: John W Penner.

said. "Seen a lot of the world."

After 32 years in uniform, Bill retired in 1995, leaving behind a career that had shaped most of his adult life. Looking back, he doesn't dwell on rank or accolades, but on the work itself.

"I liked what I did," he said simply. "That's very important."

When asked what makes a good sailor, Bill's answer was immediate: "You've got to do your job. That's it. The ship depends on it!"

Today, Bill reflects on a life spent largely at sea with a sense of quiet

satisfaction. While ships may have changed and systems may have modernized, the core of his service remains the same: showing up, doing the work, and keeping things running when it mattered most.

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



Bill McIntyre receiving awards and promotions during his time in service to Canada. Photos supplied..



"There's a lot of pride in doing your job properly. That was always the standard."

– William (Bill) McIntyre

Help Improve Childcare in Your CAF Community!



Photo: Cpl Antoine Brochu, CAF Imagery

The Maple Leaf & Director General Military Personnel Research and Analysis

Canadian Armed Forces (CAF) members with children aged 12 and under have an opportunity to help inform childcare services in their local communities. By completing the Child Care Needs Assessment, you can share your experience and help identify gaps in access to reliable, quality childcare for CAF families.

Your input will inform future planning, improvements, and investment decisions so that services better reflect the needs of CAF families. Supporting CAF families remains important to operational readiness and overall well-being.

This survey is your opportunity to share your views on topics such as:

- your use of childcare services and any challenges experienced
- your satisfaction with available options, including quality, access, and reliability
- how childcare affects your work, career, readiness, and work-life balance
- the types of services you would like to see in the future

The survey has been sent to Regular Force and Primary Reserve members with children aged 12 and under. If you received a survey link, we encourage you to complete it by July 31. If you believe you should have received a link but did not, please contact: ChildCare-ServicesDeGarde@forces.gc.ca

Questions? Please contact DGMPRA at: ChildCare-ServicesDeGarde@forces.gc.ca

This research is being conducted by Director General Military Personnel Research and Analysis (DGMPRA) on behalf of the CAF. It has been approved by the Department of National Defence/Canadian Armed Forces Social Science Research Review Board (SSRRB) in accordance with DAOD 5062-0 and DAOD 5062-1. The SSRRB approval number is 2289/25N.

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Big wins, big plays, and even bigger team spirit. Here’s a look at some of the teams and athletes from Canadian Forces Base (CFB) Esquimalt who made waves in June.

- Bravo Zulu to CFB Esquimalt Base Logistics (BLog) for winning the annual Slo Pitch Intramural Tournament against Naval Fleet School(Pacific) (NFS(P))
- Four Defence Team members competed in Quebec City’s Triathlon National Tournament from June 27 to 29. Thank you to S1 Kyle Reyes, PO2 Bailey Toupin, OCdt Alex Labrie, and SLt Alyssa Roberge for representing CFB Esquimalt at the event
- Seven Defence Team members attended the Golf Regional Championship held at CFB Wainwright from June 14 to 19. Thank you to MCpl Kyra Clarke, LCdr Mohammed Gudal, Cpl Jason-Lee Cannard, LCdr Edric Lim, S1 Derek Cheetham, PO2 Matt Arnold, and S3 Karson Gibson for representing CFB Esquimalt at the event



CFB Esquimalt Defence team members at the Golf Regional Championship held at CFB Wainwright from June 14 to 19. Photo supplied.

Why and How to Conduct an Investment Review

The logo for SISIP Financial, featuring a stylized red maple leaf with a white outline and the text "FINANCIÈRE SISIP FINANCIAL" to its right.

SISIP Financial
Esquimalt Team

With postings, deployments, family, education, and other responsibilities keeping Defence families busy, it’s easy for months or even years to pass without reviewing investments. The investment landscape also evolves constantly, with new products, changing markets, and shifts in personal goals. Ultimately, it’s important to revisit investments regularly. An investment review doesn’t necessarily mean making change; rather, it’s ensuring everything still works for you.

Why a Review Can Be Valuable
Over time, your portfolio may benefit from adjustments such as:

- Reducing overall fees, including management expense ratios (MERs) or advisory costs
- Improving diversification across sectors, regions, and asset classes
- Simplifying holdings to make your investments easier to understand and manage
- Ensuring investments still align with your current goals and risk tolerance

One of the most powerful concepts in investing is compounding: earning returns not only on your original investment, but also on the growth over time. Even small differences can have a meaningful impact, since lower fees mean more of your money stays invested and continues to grow; a slightly better return, compounded over years, can significantly increase overall outcome; and consistency and time in the market can often be

more important than trying to time it. A review helps ensure you’re not unintentionally slowing down your long-term growth.

What to Look for When Reviewing Your Investments
When exploring your portfolio or comparing different platforms, here are a few key things to consider:

- Total cost: Look beyond just MERs and consider advisory fees and overall expenses too
- Diversification: Are you spread across different regions, sectors, and asset classes?
- Simplicity: Is your portfolio easy to understand and aligned with your comfort level?
- Flexibility: Can the strategy adapt as your needs change (income, home, retirement)?
- Access to advice: Do you have someone you can turn to for guidance and questions?

Whether your investments are held through a workplace plan, a financial institution, or independently, having access to advice and support can make a meaningful difference.

A review provides an opportunity to:

- Better understand what you own
- Explore new investment options or approaches
- Learn about strategies that can support your broader financial goals

This may include tax-efficient strategies (such as income splitting), planning for major life goals (like purchasing a home), supporting family members through tools like Registered Disability Savings Plans (RDSPs), and structuring income as you move closer to retirement.



jabkitticha

If it’s been a while since your last review, consider connecting with a qualified investment advisor. Whether you’re looking to learn more, validate your current approach, or explore new opportunities, the experience and advice of a professional will bring clarity and confidence to your investment portfolio and strategy.



The Base Rounders Pilot starts July 20, 2026. In support of the Base Commander's intent, Transportation, Electrical, and Mechanical Engineering (TEME) has developed the Base Rounders Pilot, which is scheduled to run for up to one year, subject to adjustment based on performance and operational effectiveness.

The pilot aims to improve connectivity across CFB Esquimalt by providing shuttle service between key locations, including the Base Clinic, Naden, Signal Hill, Dockyard, Work Point, and Colwood.

Throughout the pilot period, daily ridership data will be collected to assess utilization, effectiveness, and long-term viability. (Please note that the Colwood stop will be closely evaluated during the initial phase of the pilot.) User feedback is encouraged to support performance validation and identify opportunities for improvement.

For more information including schedules, maps and feedback forms, visit:

lookoutnewspaper.com/base-rounders

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FORMATION

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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 lorraine.crinkley@forces.gc.ca.

REAL ESTATE FOR SALE

NEW HOUSE FOR SALE IN EAST SOOKE:

We have 4 new build houses for sale in East Sooke off Kangaroo Rd. 3 BDRM, 2 BATH, \$850,000-\$900,000. We are selling \$200,000 BELOW appraised value. As a veteran I am offering this deal to military members first, 6 weeks before it gets listed on the MLS, open to the public. Make \$200,000 equity as soon as you buy, can't find a better deal. 250-619-8694 or email waynepaul1971@gmail.com

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.

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

BRIGHT BACHELOR SUITE ON MAIN FLOOR, COOK STREET VILLAGE, FAIRFIELD

Bright, clean, cozy, west facing bachelor suite on main floor. Newly painted with hardwood

floors in kitchen and living area, coved ceilings, large windows. Quiet and well-maintained apartment building. Heat, hot water and parking included. No pets. No smoking. One year lease. \$1,520 per month. Available July 1, 2026. 250-588-5457.

SUITE FOR RENT, ESQUIMALT

Suite for Rent: 1 bed, 1 bath furnished suite in Esquimalt, B.C. \$1900 + utilities. Available Sept 1, 2025. Private laundry, Close to CFB Esquimalt. No pets, no smoking. Contact Peter at 250-580-6252, Petevanb@gmail.com for more information and photos.

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 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

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 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 cul 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

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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

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@vyppc.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 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 Learn more at www.lifetimenetworks.org

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