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LOOKOUT

NEWSPAPER & PUBLISHING | JOURNAUX ET ÉDITION



A fond farewell

Captain(N) Kevin Whiteside, outgoing commander of CFB Esquimalt, arrives at the July 21 Change of Command ceremony alongside wife Lesley Whiteside and children Liam, Laurel, and Norah.

Photo: MCpl William Gosse, MARPAC Imaging

A Farewell Message

FROM THE OUTGOING BASE COMMANDER OF CFB ESQUIMALT

Dear Members of the Defence Team,
Families, Veterans, and Readers
of the *Lookout*.

As I prepare to proceed to my next assignment, I would like to take a moment to reflect on my time as your Base Commander and to express my sincere gratitude to the people who make this community exceptional.

Serving as the Commander of CFB Esquimalt, alongside an incredible Command Team including CPO1 Susan Frisby and Ms. Danielle Smith, was one of the greatest privileges of my naval career. Every day, I had the opportunity to witness the professionalism, dedication, and resilience of the military members, public servants, contractors, and families who collectively enable this Base to fulfil its mission. Our success was never been the result of any one individual; it has always been the product of a committed team working together in service of Canada.

During my tenure, I was continually impressed by the way our Defence Team has adapted to evolving operational demands while maintaining a steadfast focus on supporting the Fleet, enabling operations, caring for our people, and strengthening our relationships with the communities that surround us. Whether supporting the readiness of ships and submarines and their crews; advancing key infrastructure projects; responding to emerging challenges; establishing and delivering on family support programmes; or giving back through volunteerism and community engagement, you demonstrated the very best of what service represents.

A major honour of being Base Commander was the opportunity to engage with our

Indigenous partners, municipal leaders, community organizations, veterans, and supporters throughout the region. These relationships are foundational to our success and reflect the trust and respect that have been built over generations. I am grateful for the warm welcome and collaboration that I experienced throughout my time in this role.

I also want to recognize the families of our Defence Team. Behind every successful sailor, soldier, aviator, public servant, and civilian Department of National Defence (DND) employee is a network of support that often goes unseen. Your sacrifices, patience, and understanding enable us to fulfil our responsibilities, and for that you have my deepest appreciation.

It is also important to note the important role the *Lookout* has played in our Defence community throughout my tenure. For more than eight decades, the newspaper has chronicled the achievements, milestones, challenges, and stories of the people who serve at CFB Esquimalt and across Maritime Forces Pacific. As one of the enduring institutions of this Base, the *Lookout* not only informs but connects our community, preserving our history while highlighting the dedication and professionalism of those who contribute to our mission every day. During my time as Base Commander, the *Lookout* also successfully navigated a historic transition from a traditional print publication to a digital-first platform, ensuring it remains relevant, accessible, and sustainable for future generations of Defence Team members and their families.

I am grateful to the editorial team and contributors who work tirelessly to ensure the

accomplishments and experiences of our Defence Team are shared, celebrated, and recorded for future generations.

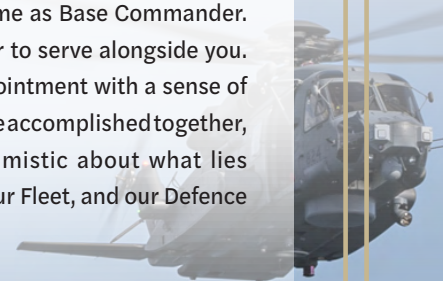
To the readers of the *Lookout*, thank you for your continued interest in the stories of our Defence community. The *Lookout* plays an important role in connecting our people, celebrating achievements, preserving our history, and sharing the contributions of the people who serve at CFB Esquimalt.

As I depart, I do so with great confidence in the future of CFB Esquimalt. I am pleased to welcome Capt(N) Douglas Layton as the Base Commander. Capt(N) Layton brings extensive experience, strong leadership, and an unwavering commitment to the people who serve at this Base. I know he will continue to build upon the remarkable work already underway and guide the Defence Team through the opportunities and challenges ahead.

To Capt(N) Layton, I offer my congratulations and best wishes as you assume command. You inherit an extraordinary team of professionals whose commitment to excellence is second to none. I know they will support you as wholeheartedly as they have supported me.

Finally, to all of the Defence Team and our surrounding communities, thank you for the trust, support, and friendship you have shown me throughout my time as Base Commander. It has been an honour to serve alongside you. While I leave this appointment with a sense of pride in what we have accomplished together, I am even more optimistic about what lies ahead for this Base, our Fleet, and our Defence community.

FAIR WINDS AND FOLLOWING SEAS.
KINDEST REGARDS,
CAPTAIN(N) KEVIN WHITESIDE, OMM, CD
25TH BASE COMMANDER
CANADIAN FORCES BASE ESQUIMALT



(Left to right)
Captain(N) Douglas
Layton, incoming
Commander of CFB
Esquimalt; Rear-
Admiral David Patchell,
Commander, MARPAC/
JTF(P) and; Capt(N)
Kevin Whiteside,
outgoing Base
Commander, sign the
certificates during
the July 21 Change of
Command ceremony.
Photo: Cpl Brandon Beers,
MARPA Imaging



Capt(N) Douglas Layton Assumes Command of CFB Esquimalt from Capt(N) Kevin Whiteside

Archana Cini
Lookout Newspaper

Canadian Forces Base (CFB) Esquimalt welcomed a new Base Commander during a Change of Command ceremony held on July 21 outside the CFB Esquimalt Naval and Military Museum Square.

Presided over by Rear-Admiral (RAdm) David Patchell, Commander, Maritime Forces Pacific (MARPA) and Joint Task Force (Pacific) (JTF(P)), the ceremony marked the transfer of command from Captain(N) (Capt(N)) Kevin Whiteside to Capt(N) Douglas Layton. The event united military and civilian members of the Defence Team, veterans, local leaders, and community partners to both recognize Capt(N) Whiteside's leadership over the past three years and welcome Capt(N) Layton to the role.

In his farewell address, Capt(N) Whiteside looked back on three years as Base Commander, describing the role as "the professional honour of a lifetime." While he highlighted accomplishments ranging from new infrastructure and housing initiatives to strengthened Indigenous partnerships and environmental stewardship, he repeatedly returned to what he believed mattered most: people.

"As I look around this parade square today, one word comes to mind," said Capt(N) Whiteside. "Community."

He also offered words of encouragement to his successor.

"Doug, I cannot think of a better person to be taking the lead of Canada's finest base," he said. "This team and this community will rally with you every step of the way."

Presiding over the ceremony, RAdm David Patchell praised Capt(N) Whiteside's command.

"When I boil down your leadership into one thought, it is that you care," he said. "You care about our readiness, our community, our families, our people, our Navy, and you care deeply about our nation."

He also welcomed Capt(N) Layton into the role, noting that he assumes command at a pivotal time as the base prepares for continued growth and modernization.

Accepting command, Capt(N) Layton said he was humbled by the opportunity to lead CFB Esquimalt and acknowledged the strong foundation established by his predecessor.

"As I assume this responsibility, I do so with humility, and a deep appreciation of the trust that has been placed in me," he said.

"I have the watch," he concluded, marking the official transfer of command as his pennant was raised for the first time as CFB Esquimalt's Base Commander.





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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 with social media updates on Facebook, Instagram, and LinkedIn.

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

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The 2026 Autumn

ACTIVITY GUIDE

is now available here!



An essential resource for the Defence community of CFB Esquimalt, the guide outlines the many programs and services available through Personnel Support Programs (PSP) and the Military Family Resource Centre (MFRC) for Defence Team members, including veterans, civilian employees, and their families. Included in the guide are a variety of fitness classes, recreation opportunities, family programs, activities, and community services designed for all ages. Readers will also find information on upcoming Defence community events, registration dates, and facility rental rates.

Community members are encouraged to review the guide and register early for programs, as space may be limited for select activities.



Notice from the *Lookout* on the Naval Designator

Thank you to those who shared feedback regarding the prior use of the designator (Navy) for the rank of Captain(N) and Lieutenant(N) across our digital publication and social media channels. After hearing from members of the Defence community and conducting additional testing, we confirm that both ranks no longer display a thumbs-down emoji on social media platforms, as they did previously.

As a result, the *Lookout* will now use Captain(N)/Lieutenant(N) on first reference and Capt(N)/Lt(N) on subsequent references across our digital publication and social media channels. This change will be reflected moving forward. Thank you for your continued support and engagement.

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{ Humans of CFB Esquimalt 02: }

S1 Dongwon Shin }



Archana Cini
Lookout Newspaper

Humans of CFB Esquimalt is a series dedicated to the people who form the West Coast Defence community. It captures unique stories of service, identity, learning, and living from both civilians and military members who work and move through the base.

If interested in sharing your story, please email archana.cini@forces.gc.ca.

For Sailor 1st Class (S1) Dongwon Shin, his decision to join the Royal Canadian Navy (RCN) was rooted in values carried with him since childhood: honour, service, and a desire to protect the people around him.

Born and raised in South Korea, S1 Shin spent his early years surrounded by the love of his family and a curiosity for understanding how things worked. His father, an electrical communications engineer, passed down both technical knowledge and a love for working with his hands. At 16 years old, S1 Shin moved to Canada, settling in Calgary, Alta, where he completed both his high school and post-secondary education. While South Korea's education system emphasized competition and achievement, S1 Shin found that Canada encouraged exploration and individuality.

"I don't think I would be as happy if I had stayed in my homeland," said S1 Shin. "Here, I've found that you can explore yourself more and find out where you would like to fit."

When an economic downturn led to widespread layoffs in Alberta's aviation industry, S1 Shin's path unexpectedly shifted following his own layoff. Rather than standing still, he returned to school to study electrical engineering while also submitting an application to

join the Canadian Armed Forces (CAF). On Aug 16, 2018, S1 Shin joined the RCN.

"I remember saying it all the time as a kid; 'I want to be a soldier. I want to protect,'" said S1 Shin. As a young boy, learning about Canada's role in helping defend South Korea had left S1 Shin with more than gratitude — it had also granted him a sense of duty.

After completing his Basic Military Qualification (BMQ) in Saint-Jean-sur-Richelieu, Québec and his trade training at Canadian Forces Base (CFB) Halifax via an accelerated QL3 bridging course, S1 Shin eventually arrived at CFB Esquimalt in late 2019.

S1 Shin's early years in the navy looked much different than he had imagined. Shortly after arriving in Victoria, the COVID-19 pandemic brought operational changes across the Defence community, while a previous back injury placed him on medical restriction. The pandemic, alongside the injury, meant that S1 Shin had to adjust his expectations of what service would look like.

After eventually being cleared from medical restriction, S1 Shin returned to active work and continued pursuing his qualifications. He served aboard multiple ships, including His Majesty's Canadian (HMC) Ships *Winnipeg* and *Vancouver*, participating in smaller sailing opportunities before taking part in a workup sail, a major milestone designed to prepare a ship and its crew for a deployment. For S1 Shin, the sail was an opportunity to prove himself

and then participate in his first international deployment.

"People always talk about the workup sail being one of the hardest sails we can get because they really drill you down," said S1 Shin. "I was really proud of my performance, and how I was able to complete that without injuring myself. I saw people work together

as a team and together we prepared the ship for deployment."

Despite successfully completing the demanding training period, S1 Shin's hopes of deploying were impacted once again by medical restrictions. Although previously cleared by a physician of his old back injury, the administrative process required to update his medical status in Ottawa had not been completed.

"I was getting ready to go," he said. "All the paperwork for being away for six months was prepared. Then, just days before the deployment, they told me I couldn't go. At that moment, all the willingness and excitement was just gone."

During this time, S1 Shin considered pursuing a Voluntary Occupational Transfer (VOT) to the Royal Canadian Air Force (RCAF), drawing on his previous education and experiences working in aircraft maintenance before joining the CAF. However, navigating the process while carrying medical restrictions proved challenging, and the transfer is still pending.

Ultimately, S1 Shin noted that this period of time reinforced the importance of focusing on what he could control. "As difficult as it undoubtedly was, you don't want to compare yourself to others, because everyone really has different timelines," said S1 Shin. "I will still get to where I want to go, so I just try to focus on what I'm doing right now and being the best I can be."

S1 Shin's medical challenges continued when he later developed injuries in both hands that he attributes to years of physically demanding work with tools and equipment. The condition eventually required surgery on three fingers of his right hand, once again affecting his ability to perform his usual duties and complete QL5 training. Recovery brought familiar challenges:



A photo of S1 Dongwon Shin. Photo: Archana Cini, Lookout Newspaper

another pause in his training, another period of waiting, and another reminder that his career would not always follow the timeline he imagined. Still, S1 Shin remains grateful — for the people around him, and the support he has received.

"I'm so grateful I'm here," said S1 Shin simply. "I don't think you can receive even close to this level of support in other careers. This is one of the great things about our navy."

Today, S1 Shin serves from the maintenance cell at Naval Fleet School(Pacific) (NFS(P)), simultaneously working, recovering, and waiting to complete his QL5 training. He also shares that service has never been defined only by deployments or milestones. To him, it is also found in resilience, teamwork, and continuing to show up, even when the journey looks different.

"A good sailor doesn't focus just on themselves," he said. "They focus on their team and do their best with the hand they are dealt, knowing that every single choice and action adds up."

Read more from Humans of CFB Esquimalt [here](#).



The Team's Effort

**In Conversation (and Reflection)
with Captain(N) Kevin Whiteside, outgoing
Base Commander of CFB Esquimalt**

Capt(N) Kevin Whiteside sits with Lindsay Groves, Corporate Services Manager for the Lookout Newspaper, to reflect on leadership as he prepared for his Change of Command ceremony.

Before Canadian Forces Base (CFB) Esquimalt bid fair winds and following seas to Captain(N) (Capt(N)) Kevin Whiteside on July 21, we sat down with Capt(N) Whiteside in the run up to his Change of Command ceremony.

Earlier this year, the *Lookout* launched a series exploring leadership through themes of courage, character, and morale. Though these concepts define so much of military service, definitions and details can often change from leader to leader. We're interested in understanding these definitions and details. As such, it seems fitting that our conversation continued with the outgoing Base Commander, whose three years leading CFB Esquimalt have been defined as much by people as by projects and missions.

The Canadian Armed Forces (CAF) are experiencing a level of investment not seen since the Second World War. New ships, submarines, housing, training facilities, infrastructure, and equipment are

defining the future of the institution. Yet, as Capt(N) Whiteside reminds us, investment alone does not solve every challenge. It creates opportunity — and opportunity requires leadership.

"It sounds cliché: it's a great time to be in the Navy and the CAF," he said. "If there is something frustrating for a member of the team right now, they need to talk to somebody about it. Three years ago, I couldn't use the word 'guarantee,' but now I can almost guarantee whatever is frustrating is being talked about and a plan is being developed to improve it. I wish I was getting in now."

For Capt(N) Whiteside, leadership has never been about waiting for the perfect conditions. It is about having the courage to move forward despite uncertainty.

"Courage is what we need to harness and dig deep sometimes to pull forward when we are in situations of adversity and in unknown situations," he said. "You have to be courageous to face the unknowns."

That mindset was formed long before command appointments or executive positions. He traces

his leadership style back to his childhood.

"My leadership style was informed by my childhood — the way I was raised, the environment I was raised in," he said. "I'm the same Kevin now as I was on the ice rink as a hockey player, as I was as a football player, and in groups of friends growing up in Scarborough [Ontario]. If you grow up paying attention to what's going on around you, you will learn the key tenets of leadership naturally." He added that his leadership continues to be refined by the influences of the team and his mentors, including current MARPAC leadership.

Having joined the CAF at 18 years old, he has now spent most of his adult life in uniform. Some of his most influential lessons came aboard his first warship, where the two Operations Officers responsible for mentoring him were both women serving in what was then a predominantly male environment.

"They were incredible humans and incredible leaders," he shared. "They led with absolute confidence in everything we did. We crushed every mission set that we were faced with."

When both leaders later left the CAF, Capt(N) Whiteside questioned his own future.

"It made me question whether or not I should stay. If the best leaders I had seen so far in the CAF decided to leave, then I wondered what was wrong that I wasn't seeing?"

Over time, he came to better understand potential reasons why they had left.

"Through some of the studies that you've seen over the past couple decades, it became more clear to me why they may have left, which helped me focus on culture. Both of them leaving the CAF was my drive. Seeing the CAF and Department of National Defence (DND) put more emphasis on culture evolution, I was proud of this institution. That drove me to stay and continue pushing in the right direction."

That commitment to culture has remained central throughout his career thus far. When asked what advice had stayed with him the longest, his answer was straightforward: "I was told to know your job, know your people, and everything else will work out."

Simple advice, perhaps, but one he believes many organizations could benefit from embracing.

"A lot of people think constantly about what's next for them and they're not in the moment. If you're getting to know the people around you and understanding your purpose every day while contributing to the team effort, then it's true: everything will work out."

One of Capt(N) Whiteside's many meaningful responsibilities as Base Commander has been managing Indigenous Relations on behalf of MARPAC.

"You read about it, you hear about it, you understand the Government of Canada has a priority for reconciliation. You want to be a part of it, but you don't really understand how."

Rather than arriving with all the answers, he thought carefully about his approach. "I decided I was going to be the best human that I could be and see how that worked out."

Throughout our conversation, one idea surfaced often: leadership begins with what you bring to others every day.

"Character, in my words, is what you present every day," he said. "How do I define my character? My character is defined by my team and those around me."

One saying has followed him through multiple command appointments: "Never pass a water fountain without taking a sip." He adapted the saying into his leadership philosophy. "Never pass someone without smiling, looking them in the eye to see how they are doing, or giving them a high five."

Those seemingly small moments, he believes, are directly connected to morale. "I switched about 10 years ago to say happiness is a key component of morale."

Happiness, however, cannot be assigned by leadership.

"It's not a leader's responsibility to make you happy. You, as a member of the team, have to understand what makes you happy and try to build that into your every day."

He continues to say that the strongest teams are inspired not from the top down, but by one another.

"I think the greatest teams are the

teams that are inspired. Elements of happiness, inspiration and focus on mission — those are the three elements I think are most important. When you have those, you will have that thing called morale."

He also spoke warmly of Chief Petty Officer 1st Class (CPO1) Sue Frisby, the Base Chief, and Danielle Smith, the Base Chief of Staff, as well as labour leadership, branch leadership, and the Defence Team writ large.

"[We] have faced a lot together over the last few years. There was not one challenge that we did not know we could figure out because of the incredible team we have here. The Defence Team has never failed us."

As our interview ended, Capt(N) Whiteside smiled before saying: "You didn't ask me about my regrets."

His answer came quickly.

"It was a tough decision to take the *Lookout* out of print. I wish I could have progressed security improvements in a more timely fashion. I wish I could have brought more housing and accommodations up to current standards in a more timely fashion, but it's coming! I wish I could have

had more time to interact with the Defence Team."

Then, before departing for his next appointment, he offered this message to the Defence Team.

"First, I want to say thank you. I would love to sit down with every member of the Defence Team because I would learn a lot more from them than they ever would from me."

He added, "Keep going. Canada needs us and they need more of us."

Capt(N) Kevin Whiteside's legacy at CFB Esquimalt will not be measured solely by infrastructure projects or operational milestones. It will be found in the people he invested in, the culture he helped shape, and the reminder that leadership often begins with something as simple as a high five and the courage to step forward into the unknowns rather than away.

Thank you, Capt(N) Whiteside. Onwards into the awesome future.

Fair winds and following seas

"I decided I was going to be the best human that I could be and see how that worked out."
— CAPTAIN(N) KEVIN WHITESIDE



Public Invited to 34th Annual Peacekeepers Memorial Parade



Members of the Defence Team stand in silence. Photo: Avr Rebecca Mainardi, MARPAC Imaging

The Lookout Newspaper
with LCdr (ret.) Gerald Pash

The public is invited to gather at Esquimalt Memorial Park at 7 p.m. on Sunday, Aug 9 for the 34th annual Peacekeepers Memorial Parade, an evening of remembrance honouring Canadians who served and sacrificed in peace support operations around the world.

The ceremony will unite

veterans; members of the Canadian Armed Forces (CAF) and Royal Canadian Navy (RCN); first responders; dignitaries; and members of the public to reflect on the contributions of those who served in international peace support missions. Organized by the BC Veterans Remembrance Association with the assistance of Canadian Forces Base (CFB) Esquimalt, the annual event commemorates

the more than 125,000 CAF members who have participated in international peacekeeping missions since 1948, including approximately 125 who never returned home.

Members of the Defence Team will join federal, provincial, and municipal representatives, veterans' organizations, and families of the fallen for the ceremony. Following the reading of the names of those who

died, attendees will observe a moment of silence before dignitaries place poppies into a wreath at the cenotaph.

The Peacekeepers Memorial Parade is held each year on Aug 9, which is Canada's National Peacekeepers' Day and marks the anniversary of the 1974 loss of nine CAF members when their United Nations (UN) Buffalo aircraft was shot down over Syria.

While peacekeeping missions often take place far from home, their legacy and that of those who served belongs to all Canadians. Members of the community are encouraged to attend and take part in this year's ceremony to help ensure that the sacrifices of Canada's peacekeepers continue to be recognized, remembered, and valued for generations to come.

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Persistent Cyber Training Environment personnel from Australia, United States, Germany, Canada, the Philippines and Republic of Korea conduct training during RIMPAC 2026.

RCN Cyber Team Strengthens Interoperability During RIMPAC

LCdr Linda Coleman
MARPAF Public Affairs

More than 30 cyber specialists from six nations gathered at Pearl Harbor, Hawai'i, for advanced cyber warfare training conducted during Exercise (Ex) Rim of the Pacific (RIMPAC) 2026, the world's largest international maritime exercise. Participants from Canada, Australia, the United States, Germany, the Philippines, and the Republic of Korea worked together in a Persistent Cyber Training Environment to enhance multinational cooperation and cyber readiness.

The Royal Canadian Navy (RCN) was represented by Lieutenant(N) (Lt(N)) Charles Mottet, Chief Petty Officer 2nd Class (CPO2) Gavin Flannigan, Petty Officer 1st Class (PO1) Nicholas Fenton, Master Sailor (MS) Steve Gosling, MS Chris Harris, Sailor 1st Class (S1) Alexander Reed, and S1 Jeff Tsang. The exercise provided an opportunity for Canadian personnel to strengthen professional relationships and exchange expertise with allies and partners.

Conducted during RIMPAC's harbour phase, the training

immersed participants in realistic cyber scenarios requiring integrated multinational teams to respond to simulated threats.

"This exercise is designed to challenge personnel in a dynamic environment, requiring them to coordinate responses, share information, and solve complex cyber threats collaboratively," said CPO2 Flannigan. "By working together in these scenarios, we gain valuable experience operating across national boundaries while improving our collective ability to defend critical military networks and systems."

A key objective was to identify

best practices and lessons learned that can be shared among participating nations. These outcomes will help inform the development of common procedures, reporting standards, and operational frameworks for future multinational cyber operations.

Lt(N) Mottet highlighted the value of the RCN's Fleet Cyber Teams participation.

"Fleet Cyber Teams (Pacific and Atlantic) participation in the exercise at RIMPAC has been a great opportunity to learn and build on each other's experiences in Defensive Cyber Operations," he said. "The

close ties we are deepening with our allies have been invaluable for Canada's reputation as a global player in the cyber domain."

The exercise also emphasized the importance of relationship-building alongside technical training. Participants developed trust, communication, and collaboration skills that will support future joint operations and responses to shared cyber challenges.

"It's been an amazing opportunity to collaborate with multiple nations to share diverse experiences and knowledge within the Cyber Warfare Domain," noted PO1 Fenton.



RIMPAC brings together naval, air, and land forces from around the world to strengthen partnerships and enhance collective security. For Canada, participation reinforces relationships with key allies while improving operational effectiveness in both traditional and emerging domains. As cyber threats continue to grow in complexity, multinational initiatives such as this demonstrate a shared commitment to maintaining a secure and resilient international security environment. ■



Members of MARPAC/JTFP and the Naden Band of the RCN march in the annual Victoria Pride Parade on July 12.
Photo: Cpl Brandon Beers, MARPAC Imaging



Defence Team Marches in Annual Victoria Pride Parade

Lookout Newspaper
with extractions from the
Victoria Pride Society

The Defence Team from Canadian Forces Base (CFB) Esquimalt and Maritime Forces Pacific (MARPAC) participated in the annual Victoria Pride Parade on July 12 – and for the first time in years military members were allowed to march in uniform.

Members of the Royal Canadian Navy (RCN),

Canadian Armed Forces (CAF), and civilian employees demonstrated celebration, allyship, and solidarity as the parade marched through downtown Victoria – with the additional joy and privilege of being able to do so in service attire thanks to an ongoing dialogue with organizers.

“On 12 July, you’ll see something many of us never thought we would again: CAF members in uniform,” said Lieutenant-Colonel

(LCI) (ret.) Steve Deschamps in a social media post reported by outside media organizations.

Senator Kristopher Wells, reported Victoria’s CHEK News, said the issue is tied to moments in Canadian history such as the LGBT Purge. “In the 1950s all the way up until the 1990s there was what was called the LGBT Purge, where the federal government tried to root out and fire gay, lesbian individuals from the federal

civil service, from the RCMP and from the Canadian military,” Wells told CHEK.

Among those taking part on behalf of the Defence Team were Captain(N) (Capt(N)) Kevin Whiteside, Commander of CFB Esquimalt, and Chief Petty Officer 1st Class (CPO1) Susan Frisby, the Base Chief. The atmosphere throughout the event was one of celebration, with thousands of participants and spectators lining the streets in support

of Victoria’s 2SLGBTQIA+ community. The Defence Team’s participation aligns with the Canadian Armed Forces’ broader commitment to equity, diversity, and inclusion, recognizing that operational effectiveness is strengthened by a workplace where all members feel respected, valued, and empowered to serve authentically.

The first Victoria Pride Parade was held in 1994 when organizer Barb

McLauchlin phoned the City of Victoria for a permit; though the permit was approved, it was only for marching on the sidewalk. On June 25th, 1994, the first Victoria Pride Parade marched down Government Street to the legislature. The following year, the parade ended with a Pride Festival in Fisherman’s Wharf. Since then, the parade has grown every year and now boasts over 120 entries and 40,000 spectators. ■



YOU'RE INVITED!

Pacific Fleet Club Summer Fest on Aug 1



The Pacific Fleet Club (PFC) is inviting members of the local Defence community and their families to celebrate the season at Summer Fest from 1200 to 1700 on Saturday, Aug. 1.

Hosted at the PFC at Canadian Forces Base (CFB) Esquimalt,

the family-friendly event will feature live music by Downtown Mischief, inflatable attractions, children’s activities, games, and refreshments. Attendees can enjoy a pirate-themed bouncy castle, test their aim at a dunk tank challenge station, and take

part in a variety of seasonal activities designed for all ages. Food and beverages will also be available throughout the afternoon.

The PFC has opened this event up to all ranks for an afternoon of summer fun, connection, and celebration. ■

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DAOD on personal relationships revised

Department of National Defence

in formal response to recommendations made within the Arbour Report

The Department of National Defence (DND) and Canadian Armed Forces (CAF) Defence Administrative Order and Directive (DAOD) 5019-1, *Personal Relationships* policy has been revised and updated as a formal response to one of the recommendations made in the Report of the Independent External Comprehensive Review (Arbour Report, 2022). This DAOD applies to Regular and Reserve Force, as well as DND employees who act as managers/supervisors of CAF members. Practically speaking, it requires that, in specific circumstances, any existing or new personal relationships

be disclosed to the chain of command.

The policy update implements Recommendation No.4 of the Report, which counsels better articulating, clarifying, and regulating personal relationships within the CAF. It accomplishes this by addressing power imbalance, privacy, and oversight.

CAF policies and instructions must balance personal freedoms with professional conduct. While the updated DAOD clarifies that CAF members have the right to form personal relationships with other CAF members or

DND employees without fear of reprisal or discrimination, it requires fostering a professional, respectful, and supportive work environment. To that end, the updated policy provides amplification and clarity on how personal relationships

are managed within the CAF context, and places integrity and fairness as core values of the approach. It clarifies that, in undisclosed personal relationships which involve a power imbalance, a rebuttable presumption will apply that the relationship was not consensual.

This approach recognizes the inherent difficulty of ensuring genuine consent when one party holds authority over the other. The intent is to protect DND and CAF members from exploitation and uphold trust, professionalism, and fairness within the chain of command.

In addition, references to "fraternization" were removed from the DAOD. The term is replaced in DAOD 5019-1 with clear, respectful language focused on professionalism and integrity, which are principal aspects of the Arbour Report direction. The updated DAOD 5019-1, *Personal Relationships* is tangible evidence of the CAF's constant evolution and its ongoing efforts to improve the quality of the professional and personal lives of CAF members. ■

This means that the onus is on individuals with the higher rank, authority, or influence to report such relationships to their chain of command.



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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 ROAD \$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 con-

temporary 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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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,

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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

VICTORIA YOUTH PADDLING CLUB (VYPC)

we have programs as well as summer camps for youth to learn paddling techniques, try different types of water craft and generally have some fun with a good sweat. Contact Marianne at commodore@vypc.ca or (250) 744-8543

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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Highlights from previous years include over 50 vendors featuring underwater drill demos, ready-to-use rust and corrosion samples, customized tools kits display, the latest in safety mask technology, and more!



This year, the upper gym will feature an Industry Connect Hub as a space designed to connect industry and military skills.

Join us and discover what happens when the right people meet at the right moment to open new possibilities for professional growth.

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