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MORALE & WELFARE NEWS | CFB ESQUIMALT, VICTORIA, B.C.

lookout

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THERE IS NO BETTER FUEL THAN PURPOSE

The Wounded Warrior Run 2025 BC team set off from CFB Esquimalt on Sunday, Mar. 2 during the penultimate leg of its eight-day, 800-kilometre journey through Vancouver Island.
Photo: CFB Esquimalt Public Affairs – photo edited.

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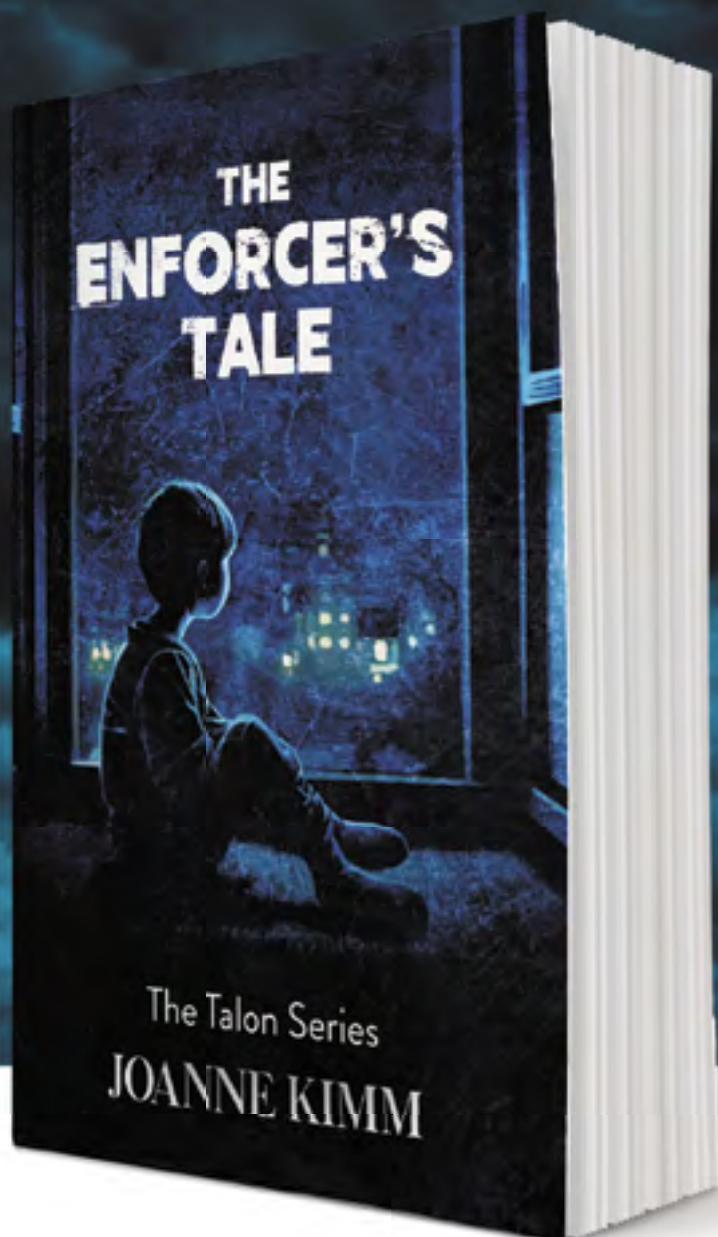
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THE ENFORCER'S TALE

Canadian author Joanne Kimm's award-winning YA Dystopian novel, *The Enforcer's Tale*, embodies a coming-of-age story that deals with loss and betrayal.

Joanne is an award winning, Canadian author who has published books in varying genres. Her love of writing was sparked when she was young. Growing up in a military family inspired her love of travel and culture, which is infused in much of her writing. She feels at home when creating new worlds for readers to enjoy.

Her children's book, *George: A Memoir* has helped many grieve pet loss. She supports several causes, notably animal rescue and child sponsorship in impoverished countries. Joanne lives outside Halifax, Nova Scotia with her family and two cats.

Purchase on Amazon at <https://a.co/d/3SXjQch>



★★★★★ page-turner

Reviewed in Canada on February 10, 2024

A fast-paced, suspense-filled page-turner with lots of twists and turns that will keep the reader guessing until the very end!

Defence Community Unites to Boost BC Blood Supply

Archana Cini
Lookout Newspaper

Blood: one of the only medical resources that cannot be manufactured—only donated.

On Mar. 3, the CFB Esquimalt Chief and Petty Officers' Mess transformed into a bustling mobile blood donation site in partnership with Canadian Blood Services. The drive brought together military members, civilian employees, and volunteers in a collective effort to boost B.C.'s blood supply, which has dropped over 40 per cent in the past two decades.

The event saw strong turnout with returning and first-time donors alike rolling up their sleeves throughout the day to contribute to the needs of the local healthcare system. Several donors expressed their motivation for giving to be quite

simple: the pure satisfaction of showing up for their community in the spaces it mattered. "It only takes about fifteen minutes, and the cookies and juice don't hurt, either," noted one returning military donor amongst shared smiles.

Kirk Stringer, supervisor at Canadian Blood Services, highlighted how B.C.'s constant need for blood can often be difficult to comprehend to those outside of the healthcare industry.

"One person could need ten units of blood from ten different donors in just twenty minutes," he said. "That's how fast units get utilized and why a consistent stream of dona-

tions like this is so vital." Stringer also shared his appreciation towards the Defence community for showing up amidst a busy workday, "After overcoming the challenges of organizing a mobile blood drive, it's so heartwarming to see people step up and donate their healthy bodies with nothing to gain. It's such a Canadian thing to do."

The event's conclusion saw donations surpassing the day's target, with over 100 units collected. Book now to donate at www.blood.ca.



Public Service Announcement Bentinck Island Range

Department of National Defence/ Royal Canadian Navy

The land-based demolition range at Bentinck Island will be in use 8 a.m. to 4 p.m. daily from Tuesday, Mar. 11, to Friday, Mar. 14.

Bentinck Island is located near Rocky Point off the southern tip of Vancouver Island in the Strait of Juan de Fuca. The site is used as an above-water terrestrial demolition range by the Canadian Armed Forces. Training events are critical to ensure military members gain core skills and maintain operational readiness. Local residents will likely be unaware of the activities except on days when atmospheric conditions affect how far sound may travel.

Training events at Bentinck Island are guided by strict mitigation measures and procedures to limit acoustic impacts to marine mammals. Operations at Bentinck Island utilize an expert third party Marine Mammal Observer to advise military staff when the range is clear of whales prior to demolitions. Events are delayed if whales are observed in or transiting towards the range, and activities do not re-commence until the Marine Mammal Observer provides the all-clear.

The public is reminded that no unauthorized person may enter this area and trespassing is prohibited.

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

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

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

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Spousal RRSPs: A Smart Move for Military Families

SISIP Financial
Esquimalt Team

Military life often means sacrifices - frequent relocations, time apart, and sometimes, one spouse stepping back from a career to support the family. For many Canadian Armed Forces families, this can lead to uneven incomes and, eventually, uneven retirement savings. That's where a **spousal Registered Retirement Savings Plan (RRSP)** can make a world of difference.

WHAT IS A SPOUSAL RRSP?

A spousal RRSP is set up in one partner's name but funded by contributions from the other partner. This arrangement is especially useful when one spouse earns significantly more than the other.

Here's the key: The contributing spouse gets the immediate tax deduction, while the funds grow in the account of the lower-income spouse. When it's time to withdraw the money in retirement, it's taxed at the lower-income spouse's rate, often saving the couple money on taxes overall.

WHY SPOUSAL RRSPS WORK FOR MILITARY FAMILIES

In military families, one spouse is often the primary breadwinner due to the demands of service. The other spouse may

have a reduced or inconsistent income due to frequent relocations or childcare responsibilities. This income imbalance can create challenges in retirement, as the higher earner's income from a CAF pension plus their RRSP could push them into a steep tax bracket.

A spousal RRSP helps balance this disparity by allowing the lower-income spouse to build retirement savings in their own name. Here's why this matters:

- **Lower Overall Tax Burden:** Income splitting in retirement means less tax paid as a couple.
- **Greater Financial Independence:** The lower-income spouse has their own source of retirement income.
- **Flexibility for Life's Changes:** If the lower-income spouse re-enters the workforce later, they can still decide to open an individual RRSP.

HOW SPOUSAL RRSPS WORK

- **Contributions:** The higher-income spouse contributes to the spousal RRSP.
- **Tax Deduction:** The contributor gets a tax deduction for the amount contributed, the same as they would with their own RRSP.
- **Investment Growth:** The investments grow tax-deferred, just like in a regular RRSP.
- **Withdrawals:** When funds are with-

drawn in retirement, they're taxed at the lower-income spouse's rate.

Keep in mind that the contributions count against the higher-income spouse's RRSP contribution room, and if funds are withdrawn within three calendar years of a contribution, the contributor may face taxes on the withdrawal.

It's also good to know that contributions can continue until the recipient spouse turns 71. This means that, if the contributing spouse is older, they can keep saving taxes even when they are past the age limit.

Every family's situation is unique. A SISIP advisor can help you understand how a spousal RRSP fits into your overall financial plan. Together, you can crunch the numbers, consider the options, and find the best strategy for your family.

Whether it's reducing your tax bill now or setting up a smoother financial future, a spousal RRSP could be the missing piece of your retirement plan.



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Congratulations to the Tritons Men's and Women's Volleyball team for an incredible fight at the 2025 Canada West Volleyball Championship in Edmonton.

Both teams succeeded in the round robin and semi-final to just fall short in the final match to 19 Wing (Comox) in both instances.

Bravo Zulu to all who won Player of the Match throughout the tournament.

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In loving memory of
SILVESTER, James "Jim" Clark
April 7, 1923 - February 13, 2025

Dad quietly crossed the bar at home to be with the Lord Jesus in the early hours of February 13, with his daughter, son-in-law, and trusted dog companion Rocky, closely by him. Just about making his goal of 102.

Dad was born in a suite on the top of King Edward School in Winnipeg. He was the second son for Henry and Ellen Silvester. Later on, he was graced with another brother and a sister. Dad joined the RCN at the age of 16, and served in WW11 in the Pacific and on convoy duty in the North Atlantic. He moved up in ranks from Seaman to Petty Officer 1st Class. The war ended, and he was honorably released from service in 1946. That is when he married the love of his life, Gwen, on June 29, 1946. They were married for 62 years till Mom's passing in 2008. They had two sons, Brian and Dale, born in Montreal, and one daughter, Brenda, born in Winnipeg. Dad had rejoined the RCN Reserves in 1955, and served as an instructor to young cadets at HMCS Chippawa in Winnipeg. He was released from that duty in 1965.

Dad had many hats with jobs, but settled as an Office Machine Technician at Great West Life in Winnipeg. Retirement came after 28 years with the company, and then Dad and Mom became snowbirds. They would travel to Texas from October to April each year, and enjoyed that for many years until they moved to BC to be with their daughter and family. After losing Mom, Dad stayed for a bit on his own, before moving into a suite below his daughter and son-in-law. That was his final destination.

A sport enthusiast and loving the Blue Jays, he was also very proud to complete quite a few 5k walks and being awarded many medals for his efforts. Dad enjoyed fishing, golfing, bowling, and was a handy man in many crafts. A life-time member of Chief and Petty Officers Association in the HMCS Chippawa as well as in Esquimalt. Dad was always full of laughter and jokes to anyone who would listen. He was caring, loving, and a superhero to his daughter.

Dad is predeceased by his parents Henry (1968) and Ellen (1976) Silvester; brothers Harry (2013) and Thomas (2013); sister Mary (2011); the love of his life, Gwendoline (2008); and by his son, Brian (2010). He is survived by son Dale (Val) of Lawrencetown, Nova Scotia; his daughter Brenda (Joey) of Shawnigan Lake, BC; as well as 7 grandchildren and 17 great-grandchildren.

We want to thank the Cowichan Palliative Hospice team for their support and having him enjoy his days at home. Thank you also to Dr. Jody Anzarut for her care over the many years.

Dad is now at peace. A memorial service will be held at the Shawnigan Alliance Church (1603 Wilmot Ave) on March 22, 2025, at 1400hrs (2pm). Donations can be made to Chief and Petty Officers Veterans Assistance Society, or to a charity of your choice in Dad's honour.

Dad has requested a burial at sea, which will be done at a later date.

Remember to love and hug your family and friends. Treasure all moments you have with them, for time goes by way too fast, and then they are gone.

We Salute Our Fleet



MARPAC Health and Wellness Expo Empowers the Community



Laurel Koslowski and Gillian Larsen from PSP Community Recreation promoting the upcoming Navy Run at the MARPAC Health and Wellness Expo on Mar. 6.

Archana Cini
Lookout Newspaper

The Naden Athletic Centre came alive on Mar. 6 as the annual MARPAC Health & Wellness Expo returned to CFB Esquimalt. With a lively crowd, engaging demonstrations, and a BBQ lunch fueling the fun, the event brought the Defence community and vendors together to celebrate the power of well-being. Visitors walked away with an array of prizes, valuable products, and meaningful insights to enhance their holistic health.

Among the businesses in attendance was Saje Natural Wellness who displayed immersive healing and self-care products. "Ultimately, we're here to spread well-being to a community that deserves to be healthy and happy," said Kristina Thiele, Victoria store manager. "It's rewarding to connect with people who are as excited about wellness as we are."

Throughout the event, Saje fostered conversations around self-care, encouraging military members and civilian employees to unapologetically prioritize themselves and their healing.

Mā Wellness & Yoga also inspired attendees with their mind-body approach to health. Captivating attendees with a soothing booth design, the local holistic wellness studio highlighted the value of preventative measures to the community.

Stacy Picard, manager, shared how the MARPAC Expo provided the studio with an opportunity to show up for "those around us."

"People have the power to look after themselves, and we're here to help them unlock that," she said.

The studio not only engaged visitors in conversations about movement and mindfulness, but also offered acupuncture demonstrations.

Wellness vendors extended to include

financial services with the attendance of BMO and SISIP, base clubs encouraging new registrations with CFB Esquimalt's Garden Club, Golf Association, and Model Railroad Club, and base resources including Base Fire Prevention, the Dental Unit, Formation Safety and Environment, Complaint and Conflict Management Services, Defence Advisory Groups, and the Employee Assistance Program.

Other notable attractions included an exciting technical shirt debut for the upcoming Navy Run on June 21, the Navy Bike Ride, and a blended keynote and watch-party on the power of radical self-care with Dr. Taslim Alani-Verjee for International Women's Day.



Captain(N) Kevin Whiteside, CFB Esquimalt Base Commander, gives PSP staff a thumbs up at the MARPAC Expo on Mar. 2.

The Lookout would like to thank Costco Langford and Tim Hortons Esquimalt for the generous donations to the event, all vendors who contributed to door prizes, giveaways, and resources for attendees, and to all the base support who made this event a success.

See you in the Fall for the Ship-to-Shore Industrial Trade Show on Oct. 7!



Lookout Photo of the Issue

The Wounded Warrior B.C. Run concluded with a performance by the Naden Band at the finish line where children were encouraged to participate in the fun on Mar. 2. Photo: Derek Switzer, Lookout Contributor

800 km, 8 days, and \$235,000



The 2025 Wounded Warriors B.C. Run Concludes

Archana Cini
Lookout Newspaper

There is no better fuel than purpose when running 800 kilometres in just 8 days.

An unforgettable adventure across Vancouver Island, the Wounded Warrior Run BC 2025 brought together a team of 18 Canadians (eight runners and ten support staff) to raise funds for trauma-exposed professionals in the community. The team's efforts began in Port Hardy on Feb. 23 and culminated in a spectacular finish in Victoria's Market Square on Mar. 2.

More than \$235,313 was raised for Wounded Warriors Canada, funds that will stay local to the island and support recovery, counselling, training, and education efforts for trauma-exposed professionals, including Canadian Armed Forces (CAF) members, veterans, first responders, and their families.

Among this year's runners was Kevin Whiteside. Many would know him as Captain(N) Kevin Whiteside, Base

Commander of CFB Esquimalt, but he chose to run as himself, of his own volition, because he believed in supporting Wounded Warriors Canada and the programs they and other such organizations offer to trauma-exposed professionals. Surrounded by the community, his daughters, and a 'D.I.Y. Go Dad!' poster after the journey, Kevin stressed that it was ultimately family that fuelled him through the eight strenuous days of running.

"The toughest moment of the past week was leaving my family on Saturday, and the best moment was getting to see them again now, along with the incredible support from our community," he said. "It's beyond special to support Wounded Warriors Canada—an organization that doesn't just help trauma-affected individuals, but also their families and their communities. As a leader, to support that and become a runner this year, assisting to raise awareness across the island of programs available to those in need gave me a real sense of purpose." Kevin also stressed the incredible efforts

of the run director, a fellow CAF member, Capt Jacqueline Zweng in enabling this run to happen.

Matthew Carlson, Projects Officer at CFB Esquimalt, was also among the team as the 2025 backup head runner.

"It was just so rewarding to be a part of," he said. "As tough as it was to feel the running add up, visiting each community as we made our way through the island was even more uplifting. It made the challenge worthwhile to see the people and purpose behind our efforts."

Action Stations!, a pop sub-group of the Naden Band of the Royal Canadian Navy, also made an appearance at the finale with a set of pop-funk tunes charged with energy. Following a chorus of cheers, Master Sailor Zack Everett said, "Music has a way of making moments feel more special, and we in the Naden Band recognize how important it is to celebrate when achievements have been made."



Matt Carlson, Projects Officer at CFB Esquimalt, celebrates as the Wounded Warrior Run BC 2025 concludes at Market Square on Mar. 2. Photo: Archana Cini



Family members displayed homemade signs to cheer on their loved ones returning from the 8-day Wounded Warrior Run BC. Photo: Archana Cini, Lookout Newspaper



Flags were raised at the finish line as runners concluded the Wounded Warrior Run BC 2025, run at Market Square in downtown Victoria. Photo: Derek Switzer, Lookout Contributor

Joint Task Force Pacific supports the 2025 Invictus Games

The Invictus Games Vancouver Whistler 2025 (IG25), held from February 8-16, celebrated resilience and recovery, uniting injured and ill service members and veterans through the power of sport.

Joint Task Force Pacific (JTFP) played a crucial role in the event's success, contributing roughly 450 Canadian Armed Forces (CAF) members from 46 units across Western Canada, with a few augmentees joining from as far east as Quebec City.

"The Invictus Games 2025 afforded the CAF the opportunity to provide support to serving members and veterans from 23 nations who were injured in service to their country. It was JTFP's IG25 team's pleasure and privilege to fulfill this role," said Lieutenant-Colonel David Proctor, Officer in Charge, Invictus Games 25, JTFP.

Founded by Prince Harry, Duke of Sussex, the Invictus Games use sport to aid the recovery of wounded service members and veterans. Ahead of the Games, Corporal Dalip Shekhawat, a Medical Technician from 17 Field Ambulance (Winnipeg) and adventurer, was selected to represent the CAF as part of the IG25 Expedition team. Beginning on February 4, the expedition carried the Invictus Flag through the Four Host First Nations—Tsleil-Waututh, Squamish, Musqueam, and Lil'wat—before delivering it to BC

Place for the Opening Ceremony. The team snowshoed, skied, camped, and learned about the traditions of the host First Nations as they participated in community events along the way. The expedition brought together veterans from militaries across the world, current serving military members, and First Nations communities in a shared journey of healing meant to complement the spirit of the Invictus Games.

JTFP personnel further contributed to the Games by providing medical care, logistics support, and ceremonial duties, showcasing the CAF's professionalism on an international stage. A standout moment was the Opening Ceremony, where The Naden Band of the Royal Canadian Navy and The Royal Canadian Artillery Band performed alongside musical artists Katy Perry and Chris Martin.

Public engagement efforts included interactive military displays in Vancouver and Whistler, equipment demonstrations, CF18 flypast and ship tours, highlighting the CAF's diverse roles.

"The IG25 team performed brilliantly throughout—from planning in July 2024 to executing tasks in February. The team maintained a high tempo while staying flexible to changes," said LCol Proctor. "I was immensely proud of their efforts, which contributed directly to the success of the Games."

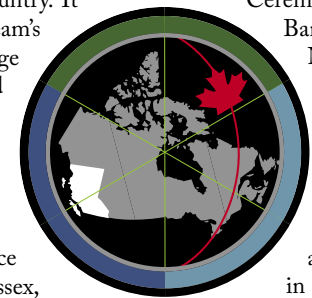
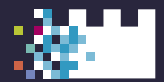


Photo: Invictus Games

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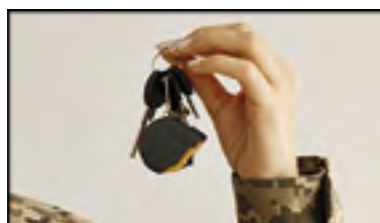
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Our family's story

A devastating loss from colon cancer

LCdr Linda Coleman
MARPAAC Public Affairs

On Sept. 20, 2024, Colonel Commandant, Colonel (Retired) Ralph Coleman died of colon cancer just five weeks after he received his devastating diagnosis. His death left his Canadian Armed Forces (CAF) community in shock and his family reeling. His daughter Lieutenant-Commander (LCdr) Linda Coleman shares this story in his memory in hopes of encouraging CAF members and their families to get early screening for this preventable disease. March is Colorectal Cancer Awareness Month in Canada.

SOMETHING FELT OFF

In July 2024, my posting to Ottawa came to an end and my family was moving to Victoria. I didn't want to leave but being an Army brat and CAF member myself, I was used to moving. This move felt different though - I was anxious.

I was sad to leave Ottawa, my hometown. I had a strong support network there - my parents lived ten minutes away, my son was born there, and I was close by to help when my Dad developed and beat lymphoma in 2023.

My parents planned to spend time with us after the move, help with childcare, then return for Christmas. But the day our moving truck arrived, Dad called to say he had to cancel their flight due to stomach pain. A few days later he was hospitalized, and early blood test results were showing cancer. We all thought the lymphoma was back.

A DEVASTATING DIAGNOSIS

The stress and guilt were overwhelming as we waited for news in Victoria. Next thing we know, my Dad is on morphine. Having witnessed my best friend die of cancer just nine months prior, I knew this wasn't a good sign. I flew home immediately and received the devastating news that Dad had Stage 4 colon cancer. We were in complete shock. How was this missed? What could he have done to avoid this? (It had been several years since his last colonoscopy.)

The cancer spread fast - Dad was going into liver failure and withering away. He opted for the Medical Assistance in Dying (MAID) program, and left this world on Sept. 20 with his family by his side. It was the most difficult day of my life losing my father, best friend, mentor, voice of reason, and my rock. He was the reason I joined the CAF and a very huge part of who I am today. The grief is overwhelming. I remember how badly I wanted to get a photo of us in our uniforms before I left - our last photo together. I'm so glad I pushed for that. It was a reminder to always follow your instincts and to never stall on doing things that are important to you.

EARLY DETECTION CAN SAVE LIVES

It had been only five weeks from the moment of diagnosis to his passing. If that's not a wake-up call to get a colonoscopy, then I don't know what is. I will be getting my first colonoscopy early, as there is a genetic factor to cancer. Any person 50 years and older should be screened for colorectal cancer. Start talking to your healthcare provider before you reach 50 to determine your risk factors and to see if you need earlier screening. Learn the symptoms and advocate for yourself. It can truly save your life.

Colorectal cancer is one of the most common causes of cancer death in Canada. However, if caught early, it is usually treatable, which is why screening is so important.

I'm sharing my story not only to raise awareness for colon cancer screening, but to reassure CAF members who may have gone through a similar experience that they are not alone. I went to CAF Mental Health Services during this extremely difficult time and continue to benefit from their services today. I'm so thankful for the Mental Health services provided by the CAF and to my Branch for their support.



Father-daughter photo of Colonel Commandant, Colonel (Retired) Ralph Coleman, OMM, CD, and LCdr Linda Coleman, CD on July 14, 2024. This was their last photo together before Colonel Commandant Coleman passed away on Sept. 20, 2024. Photo: Master Corporal Mark Wanzel



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The “chocolate loving nutritionist”, Andrea Holwegner, RD, is back for another interactive, action-packed speakers bureau focused on a lighthearted discussion to make **food your friend**.

Andrea Holwegner is the founder and CEO of Health Stand Nutrition Consulting Inc. established in 2000. Her mission is to empower people to create a healthy and joyous relationship with food and their body.

She leads a team of experienced dietitians that help busy families with meal planning success, weight concerns, eating disorders, digestive issues, sports nutrition, heart health, diabetes and more. She is an online nutrition course creator, professional speaker and regular guest in the media. Andrea is the recipient of an award by the Dietitians of Canada: The Speaking of Food & Healthy Living Award for Excellence in Consumer Education.

In her spare time, she enjoys skiing, mountain biking and sipping wine with her husband over a delicious meal. Most of all, she loves being a mom and playing in the dirt in the vegetable garden she grows with her son.

Thursday, March 20
10:00-11:30 am PST

Meeting ID:
262 804 536 610

Passcode:
Gr6Ek3y8

*This session will be recorded and available on the CFB Esquimalt DWAN.

For more information, please contact Vicky Doucette:
Vicky.Doucette@forces.gc.ca / (250) 363 -5567



Invitation to Participate:

ASD Inclusive Research into Disaster Risk Reduction

William Sparling
Royal Roads University



The Ultimate Question

How to ensure and facilitate inclusion in BC's public policy and planning, including Disaster Risk Reduction Planning and Preparedness, for the Neurodiverse?

Volunteer

Be part of the research and make your voice heard

START

Focus Groups

Discuss with your peers what inclusion means to you

Contribute

Discuss what **you** can offer your community

Inclusion

It's a balance between people and the community

The Findings

Create recommendation for community level inclusion in planning & preparedness

FINISH

More information

This research into inclusion at the community level for public policy & planning is focused on disaster risk reduction for persons on the autism spectrum.

*** Participation in focus groups and interviews to develop ways to foster inclusion in public policy planning and disaster preparedness. *** Your contribution to the community is important.

Seeking English speaking adults who self-identify as being on the autism spectrum, including Asperger's Syndrome.
Your voice and experience matters!

For more information, please review the detailed information outlined in the Research Consent Form
Email: bill.sparling@royalroads.ca



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BEHIND THE DESIGN

2025's Navy Run Shirt

Archana Cini
Lookout Newspaper

Ready to race? The eagerly awaited technical shirt design for the upcoming Navy Run has just been revealed.

This year's shirt carries meaning well beyond the event, capturing the spirit of the Canadian West Coast, strength of the Royal Canadian Navy (RCN), and energy of the Defence community all in one form. At the heart of the design is Leslie Eaton, a talented graphic designer with the Lookout Newspaper whose work reflects both artistic vision and deep personal connection to the RCN.

In this exclusive interview, Eaton details her creative process, discusses hidden symbols found within the shirt's details, and reveals what it means to design something that will resonate with the local community for years to come.

Q: As an experienced designer, what was the process to creating a Navy-centered event design that is so appealing for participants?

A: We worked as a team and started by coming up with many ideas that celebrated the presence of the RCN here on the island. It then became a process of trying an idea and adding to that concept. We decided to focus on the idea of celebrating our country very early on, hence the design's iconic red maple leaves. Then, the softly focused trees and HMCS *Ottawa* coming through the mist began to bring together a beautiful vision of the Pacific Coast and fleet into the design.

Q: Are there any design elements on the shirt that have special meaning?

A: The shirt shows HMCS *Ottawa* in the mist. I chose this ship because it's named after our nation's capital city—but I admit it was also a personal touch. My partner is an active service member and was deployed on *Ottawa* a few years ago. Since then, I have a soft spot for that specific ship since he travelled thousands of miles in it and still came safely back home to me.

Q: What is your favorite part of the design or design process, and why?

A: It's seeing people wear the shirts! It

feels like so many designs we create seem to go out into the ether (i.e. social media), serve their purpose, then unfortunately kind of disappear. Event shirts stay around for a long time and when I see them around town, my hope is that what I have helped create is something people will genuinely love to use for years to come.

Q: What does it mean to you personally to design something that represents the Navy Run and brings excitement to the Defence community and public?

A: Now, more than ever, I am deeply happy it features our Canadian red maple leaves. Our nation has widely come together in the last couple of months, and my hope is that we can all wear the maple leaves, and this shirt, with pride at the Navy Run.

Q: Finally, what do you hope people will really see when they look at the official 2025 Navy Run shirt?

A: I hope they can see a beautiful West Coast morning on Vancouver Island!

NAVY RUN RETURNS for the 19th Year this June

Archana Cini
Lookout Newspaper

Excitement is building for the 2025 Navy Run scheduled for Saturday, June 21. Hosted at CFB Esquimalt, this annual community event welcomes all with a 5km and 10km walk or run, virtual race, and kids event options.

While the Navy Run is traditionally rooted in the Defence community, it continues to welcome all families, civilians, and fitness enthusiasts looking to join in on the fun. Even more than a race, this inclusive summer event will provide everyone with the opportunity connect with the Defence community.

Family will be at the heart of the Navy

Run experience with the event once again offering free childminding services, a children's event, post-race celebrations, and refreshments. Other highlights will include a family-friendly photo booth, expo giveaways, and live music performed by the acclaimed Action Station Brass Pop Group from the Naden Band of the Royal Canadian Navy (RCN) and cheer stations positioned along the route to support run participants.

"The Navy Run is always such a fun June morning," said Gillian Larsen, Navy Run Race Director and Manager of Community Recreation with Personnel Support Programs at CFB Esquimalt. "We look forward to focusing on enhancing the experience for all participants with a focus on supporting local companies and taking

pride in our country."

With early bird pricing available only until March 31, Larsen is encouraging all interested participants to secure a spot now and claim one of 2025's exclusive, limited-quantity technical race shirts. Whether you plan to run for fun, set a record, support the Defence community, or simply enjoy the sun with loved ones, CFB Esquimalt is ready to welcome all participants to one of the year's most anticipated local events.

Registration is available now via navyrun-esquimalt.com. The Navy Run is also welcoming teams interested in setting up a cheer station. Contact recreationCPAC@forces.gc.ca if interested.



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Visit www.fosterhope.ca

THE FRIENDS of the Ashton Armoury Museum is a non-profit society made up of volunteers with a passion for military history. We are seeking volunteers. If you are interested in helping out please contact Chris Preston, at (250) 479-7634, or prestoncm@shaw.ca.

The WITS Programs

Foundation is looking for a volunteer who is fluent in French with a background in elementary education to edit and review French translations of materials. Please contact us at info@witsprogram.ca for more information!

HABITAT FOR HUMANITY AND THE RESTORE are seeking volunteers to help out with customer service, warehouse and driver assistants. We are also looking for ambassadors for special events. Please contact Nancy at volunteer@habitatvictoria.com or 250-480-7688 ext. 105

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| 4..... | Bicycle / 21 -speed / Men's |
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Naval Fleet School Pacific MARTECH Graduation

Presented by Commodore David Mazur, Commander,
Canadian Fleet Pacific on Mar. 4.

Photos: Sailor 1st Class Alexander Koller, MARPAC Imaging Services



Chief Petty Officer 1st Class Aubry speaks to graduates at Naval Fleet School (Pacific).



Commodore David Mazur, Commander Canadian Fleet Pacific and Master Sailor Sayers hold up a commemorative plaque honouring the first serial of CSQ-S2 MARTECH Roundsperson.



Graduates wait to receive certificates at the graduation ceremony.



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