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

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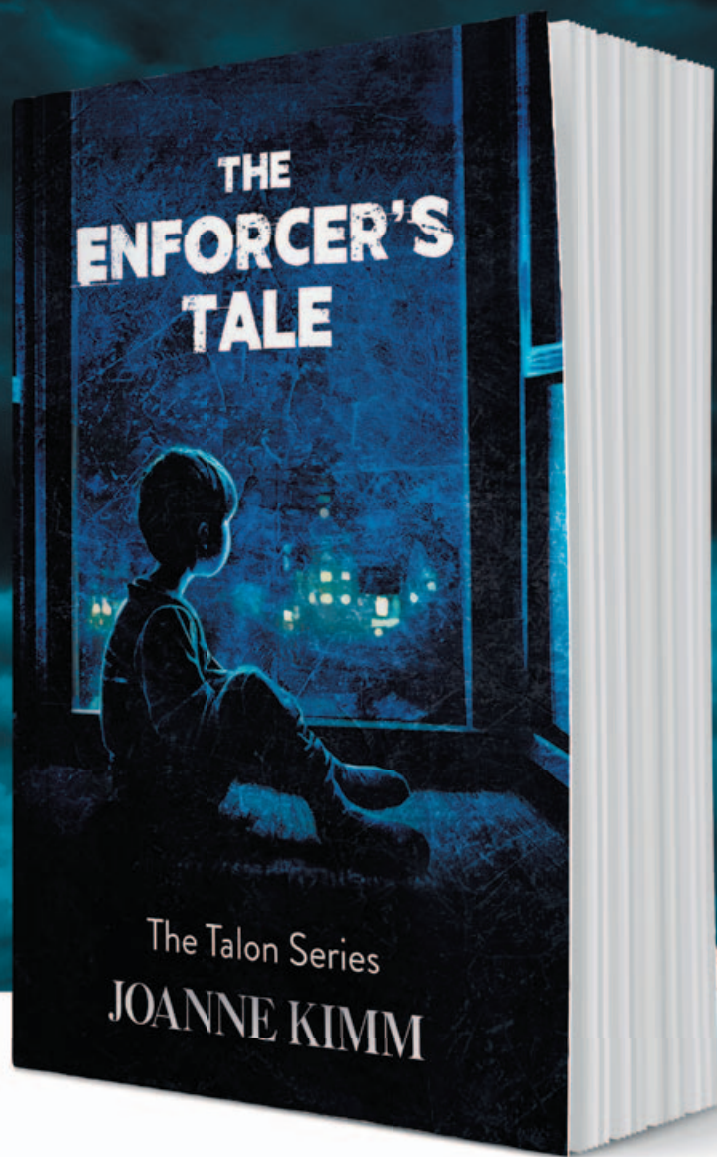
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Canadian author Joanne Kimm's award-winning YA Dystopian novel, *The Enforcer's Tale*, embodies a coming-of-age story that deals with loss and betrayal.

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.

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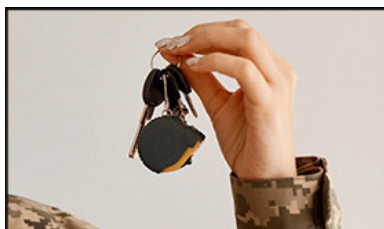
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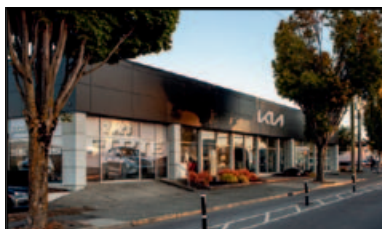
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## FROM THE EDITOR'S DESK

Jazmin Holdway  
Lookout Newspaper

**A**fter three incredible years in the managing editor's seat, it's time to send a paper to press for one last time. It's a strange feeling, typing these words – so final and full of memory, reflection, and appreciation. When I stepped into this role, I could never have imagined just how much change we would navigate. Nor could I have foreseen how deeply this publication – and this community – would mean to me.

When I first took this position, it wasn't just another job. It was personal. My two brothers were serving members of the Canadian Armed Forces, and, before them, my grandfather and uncle proudly wore the uniform. I saw this opportunity as my way of giving back – of supporting the people who serve by helping tell their stories, amplify their voices, and preserve their legacies. It was a chance to contribute, in my own way, to the Defence community that has given so much to my own family.

The *Lookout Newspaper* has represented so much more than ink on paper or pixels on a screen. For the past 81 years, it has been a bridge between ships and shore; history and the present; and the Royal Canadian Navy and the wider Defence community. It's helped us recognize achievements, mark milestones, share stories, and preserve a legacy that continues to evolve. To have played a part in this ongoing story has been a true honour.

We've ridden the waves of transformation over the past three years. From expanding into a new digital space to embracing a bi-weekly and bilingual publication model, we've worked hard to ensure that the spirit of this publication has stayed true even as its form changes. And now, as we officially launch our brand-new website, I'm proud to say we're stepping confidently into the digital future. This move is more than a facelift – it's a commitment to accessibility, inclusivity, and adaptability. It's about meeting our readers where they are while con-

tinuing to stay anchored to the traditions that have defined us for generations.

Sharing our stories – whether in the shape of journalism, Bravo Zulu announcements, or as an internal communications channel to keep teams informed – has never been more important. In a world that moves fast, clarity and connection mean everything. Telling our stories helps us remember who we are, and why we serve those who serve. Whether it's highlighting a ship's deployment, celebrating a sailor's promotion, or shedding light on people working tirelessly behind the scenes, every story is a thread in the fabric of our shared identity. These stories matter. Every reader matters.

I leave this role with deep respect for the dedication, integrity, and camaraderie I've seen every day from the Defence community. Thank you for trusting me with your stories, voices, and time. Thank you to the contributors, readers, behind-the-scenes heroes, and leaders who have supported the evolution of the Lookout in tandem with the preservation of the traditional print newspaper.

As I hand over the helm, I do so with full confidence that this publication will continue to function as an integral communication tool for the Defence community – more agile, interconnected, and representative of the incredible people who serve and support those who serve. I can't wait to see where it goes next.

*Fair winds and following seas,*  
Jazmin Holdway

*Fair Winds & Following Seas*

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

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

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## CHAPLAIN'S CORNER



# Building a CAF Culture of Mutual Respect

**Padre Peter Han**  
 Contributor

As a CAF Chaplain, I've had the privilege of standing alongside you through both triumphs and trials, from bustling bases to quiet moments of reflection. Today, I write from the heart about something that defines who we are: creating a workplace where every member is valued, respected, and safe. This isn't just about policies. It's about the soul of our community and our shared commitment to lift each other up.

Recent history, including the Canadian Armed Forces Racism Class Action, reminds us of the pain caused when we fall short of our values. That settlement acknowledged systemic racial discrimination, offering recognition and compensation to those harmed. But healing doesn't end with apologies, it calls us to act, to prevent harm, and to build a culture where harassment, violence, and prejudice have no place. Together, we can make that vision a reality.

The Workplace Harassment and Violence Prevention policy (DAOD 5014-0), updated on Mar. 1, is our guide. It's practical and purposeful, equipping us with training, assessments, and clear reporting tools to stop harm before it takes root.

Harassment has no home in our ranks. Here are a few ways we can turn that principle into everyday reality:

**1. Training Builds Our Strength:** Courses like Workplace Harassment and Violence Prevention Training (WMT101 & WMT102) are more than just requirements, they're opportunities to grow as allies and leaders. They teach us how to recognize risks, intervene with courage, and lead with compassion. If you haven't already completed them, I encourage you to do so as soon as possible. Remember to refresh regularly and let this learning shape how we care for one another.

**2. Assessments Keep Us United:** We check the pulse of our workplace regularly in collaboration with the unit health and safety teams. These assessments help identify stressors such as isolation, power imbalances, or underlying tensions. They are valuable moments to realign with our shared purpose and to take meaningful steps toward a healthier, more supportive work environment.

**3. Support Is Always Available:** If crisis strikes, you are not alone. The MARPAC Chaplain Team is available at 250-363-4106 during working hours, or 250-363-4032 after hours. The Canadian Forces Member Assistance Program can be reached

at 1-800-268-7708. Your well-being matters.

**4. Reporting Is Safe and Straightforward:** The Notice of Occurrence form allows you to report incidents confidentially to your Chain of Command (CoC) or designated recipient. Your CoC and the Chief of Professional Conduct and Culture are there to guide you toward resolution – whether through informal discussions or formal processes. Your voice is powerful, and it's protected.

This is about more than rules, it's about who we choose to be. Canadian Armed Forces (CAF) values and ethos, and our diversity and inclusion initiatives, call us to reject old shadows and embrace a culture of mutual respect.

With all my respect, leaders: you set the tone. Model empathy, step in when it matters, and create a culture where trust can grow. Members: You are the heartbeat. Stand by your teammates, speak out when something's not right, and stay grounded in what is good and just.

We don't just endure, we thrive when we choose respect over resentment and action over apathy. Let's commit to a CAF where every soul is valued – not because we're told to, but because we believe it's right. That's the mission worth fighting for. ■

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# CFB ESQUIMALT CURLING LEAGUE

## Sweeps the Season



The 2024/2025 CFB Esquimalt curling league winners, led by skip Lieutenant-Colonel Andrew Currie (far-left), friends Stacy and Chris with Major Bill Belamy.

**Archana Cini**  
Lookout Newspaper

To those who play every Wednesday at CFB Esquimalt, curling isn't just a winter sport – it's a way to build lifelong friendships and foster morale. Ever since its establishment over two decades ago, the CFB Esquimalt Curling League has functioned as a cornerstone of spirit and camaraderie, welcoming curlers of all levels and backgrounds into the local sports scene. While priority is generally given to past and present Defence community members, the league has always remained proudly open to all – creating an incredible blend of local and

military friendships that extend well beyond the rink every year. Teams typically compete Wednesdays at the Archie Browning Sports Centre, with perks including over ten engaging club events per season. When asked on the goals of the league, President Dave Hickey drew attention to the club's culture, said that, 'honestly, our main goal for the league will always be to promote genuine friendship and fun – if you happen to win, that's a great bonus too.' It's common for curlers to support each other off the ice too, with Hickey sharing, 'the camaraderie

among these people is awesome. If anything happens to anyone – no matter what league they curl in – the whole community coming together to help.' After managing the CFB Esquimalt league and its players for over four years, Hickey also noted that the past 2024/25 season saw 13 teams competing across six sheets of ice. Following an exciting late March

*“Our main goal for the league will always be to promote genuine friendship and fun – if you happen to win, that’s a great bonus too.”*

finale, the season's aggregate title was awarded to a team of first-time winners led by skip Lieutenant-Colonel (LCol) Andrew Currie, his wife Stacy, friend Chris Raines, and new-to-the-island Major Bill Bellamy. Unsurprisingly, curling isn't just a sport to LCol Currie, either. “Curling is a very welcoming community,” he said. “We’ve all developed very real, lifelong friendships.” Laughing at how much the game has changed over the past 50 years, he shared, “I actually grew up playing with straw brooms on natural ice, if you can imagine!” Despite changes in equipment, ice quality, and even

brooms, the heart of curling hasn't changed for Currie – nor has its relevance for his military life. “It's a sport that can accommodate everyone, of all ages, abilities, and walks of life. Having a nearby rink and people you're excited to compete with helps our Canadian Armed Forces members stay active, de-stress, and find connection outside the Chain of Command.” To those considering curling with the league in the future, both Hickey and LCol Currie urge everyone to just 'try it!' Additionally, the league also offers both learn-to-play events and spare-lists throughout the season for those curious to get involved.

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Above: A symbolic puck-drop during the second annual Ken Gill & Forrest Owens Memorial Hockey Tournament.  
Below: Captain(N) Kevin Whiteside, Base Commander of CFB Esquimalt enjoys a moment of excitement beside the official Ken Gill & Forrest Owens Memorial Hockey Tournament scoreboard.



# LOCAL FIRE DEPARTMENTS FACE OFF FOR MENTAL HEALTH IN MEMORIAL HOCKEY WEEKEND

Archana Cini  
Lookout Newspaper

Honouring the legacies of two cherished members of the island firefighting community, the second annual Ken Gill & Forrest Owens Memorial Hockey Tournament lit up local rinks with more than slapshots and scoreboards this month.

Held on Apr. 4 and 5, ten teams laced up across two divisions, each representing a local fire department and fundraising for a charity of their choice. The Victoria Fire Department took first place in the Forrest Owens Division at Archie Browning Arena, earning over \$6,000 for the Courtnall Society for Mental Health, with Saanich placing second. In the Ken Gill Division hosted at Wurtele Arena, CFB Esquimalt Fire Rescue secured both second place and \$3,000 for Wounded Warriors Canada, while the Langford Fire Department placed second and raised over \$1,000 for the Goldstream



Food Bank with a third-place finish. In total, the tournament raised well over \$10,000 for B.C. charities, including the Peninsula Food Bank, Victoria Hospital Foundation, and Forrest Owens Memorial Scholarship Award.

While wins were celebrated, the real triumph was the community impact made in the names of both Gill and Owens. "It wasn't just about playing hockey," said Mike Gordon, a tournament organizer. "It was about honouring the memory of Ken and Forrest, two brothers in the service who left behind a legacy. Seeing everyone come together reminded us of what this community is really about: having each other's backs, both on and off the job."

Members of both the Gill and Owens families partici-

pated in the ceremonial tournament puck drop, symbolizing their enduring connection to both the firefighting community and the tournament.

"Seeing them on the ice, surrounded by firefighters and friends, was a powerful reminder of why this tournament exists," said Gordon. "It's about legacy, connection, and never forgetting."

The weekend also worked to promote mental wellness initiatives. Registered Clinical Counsellor Julie-Anne Richards led a well-attended talk during the tournament, Beyond Mental Health and Towards Mental Thriving, on post-traumatic strategies for first responders. Mental health resource booths also lined both hockey arenas offering tools, resources, and valuable insight.

"The tournament is really helping shift the conversation," said Gordon. "It brings PTSD and mental health out of the shadows, and into the open. Talking about it isn't weakness – it's part of the job."

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The MHWS is excited to host a Spring Clothing Swap on May 13th. This year's event will focus on **athleisure wear**. Clothing donations will be accepted from April 23<sup>rd</sup> to May 2nd at both Naden and Dockyard Gym, CPAC and Nelles.

We welcome donations of items such as shorts, t-shirts, tank-tops, leggings, sweatpants, sweatshirts, sports-bras, hiking pants, jackets, snow gear, running shoes, sandals, hiking boots and more. Please ensure all items are clean and in good condition (free from holes and stains).

The swap event is **FREE** and open to all CAF and DND employees. Come refresh your wardrobe in a fun, sustainable, and budget-friendly way!

For more information, contact: [jessica.wyllie@forces.gc.ca](mailto:jessica.wyllie@forces.gc.ca)





Members of the Naden Band and UVic Symphony preparing to perform their next fantasy-inspired piece together in the Farquhar Auditorium on Apr. 4.



## Naden Band Brings Legends to Life with Compelling UVic Collaboration

**Archana Cini**  
Lookout Newspaper

When fantasy meets the Fleet, the unforgettable happens.

On Apr. 4, the Farquhar Auditorium at the University of Victoria (UVic) swelled with music during the much-anticipated Fantasy, Myths, & Legends concert – a professional collaboration between the Naden Band of the Royal Canadian Navy (RCN) and the UVic Wind Symphony. An engaging program featuring music from *Moby Dick* and *Mordor* to works inspired by Peter Pan and Firebird, locals agreed on the significance of experiencing military and student musicians performing side-by-side with camaraderie.

To many, the evening was a moment of music, connection and mentorship – a testa-

ment to the powerful role our military musicians play in shaping future professionals.

“The joint concert between the Naden Band and UVic’s Wind Symphony has long been a way to perform outstanding repertoire, provide guidance and mentorship to university students, and showcase a side of the Canadian Armed Forces (CAF) that isn’t often seen,” said Lieutenant (Navy) (Lt(N)) Benjamin Van Slyke, Naden Band’s Commanding Officer and one of the night’s conductors.



When asked what it meant to play with talented university-level musicians, Lt(N) Van Slyke shared, “students get a chance to ‘level up’ their playing. They’re already at the university level and developing into wonderful players, but there’s nothing like the adrenaline surge of playing next to working professionals at the highest level.”

The Naden Band performs across Canada and internationally in support of military and community events and has developed a strong reputation for collaborative outreach over

the years. When it comes to supporting young musicians, the band prefers to tap into the power of shared performance and scholarships. In this case, proceeds from the evening funded the official Naden Band of Maritime Forces Pacific Scholarship in Music Performance, awarded annually to UVic music students demonstrating excellence in brass, woodwind, and percussion.

Collaborating with young musicians was an opportunity to make a huge impact, according to Chief Petty Officer Second Class (CPO2) Brayden Wise, Unit Chief and Naden Band member.

“We get to show what’s possible in the professional realm of being a musician,” he said. “It helps frame music as a viable job opportunity, not just something you do in school. Many of us in the Naden Band were drawn to the CAF because of interactions we had with military bands in our youth like this.”



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# Canadian Ships, Stories, and Brush Strokes at the Maritime Museum



John Horton speaking at the opening of his exhibition at the MMBC, surrounded by his own Canadian Navy-related paintings.



"Guardians of the North" by celebrated marine and naval war artist John Horton, showcasing HMCS Harry deWolf in the Northwest Passage.



John Horton (bottom-left), enjoying the beach as a young child with sail-boat in hand.

Archana Cini  
Lookout Newspaper

As a 90-year-old marine and naval artist, John Horton's canvas is one soaked with decades of service and saltwater. Open until June 1, Victoria's Maritime Museum of BC (MMBC) is presenting a rare exhibition celebrating Horton's rich naval life and artistic career. The showing features over 30 renowned marine paintings, including those of commissioned Royal Canadian Navy (RCN) vessels, tactical aircraft, cargo ships, and intricate coin designs developed for the Canadian Mint. Both a recipient of the Order of British Columbia (2020) and a founding member of the Canadian Society of Marine Artists, Horton's career is as ever shifting as the seas he's painted. "My mother often used to say that when

other children had teddy bears in hand, I had a little boat under my arm instead," Horton shared. Also featured at the exhibition is Horton's first oil painting of a ship at sea, proudly painted when he was just a nine-year-old boy captivated by the ocean. At 16, Horton joined the Royal Naval Volunteer Reserve, where he trained extensively in both seamanship and minesweeping. Over the decades, he developed a celebrated relationship with the RCN by joining several deployments and patrols aboard HMCS Terra Nova, Algonquin, and Ottawa, in addition to connecting with the sea through Canadian search and rescue. These engagements informed dozens of carefully researched and rendered naval paintings currently on display at the MMBC. "There's never been a deployment I haven't sketched or painted on when I had the chance," Horton explained. "I love to look for

a significant story, get there, photograph it, soak up the atmosphere... really understand what it is that's going to get created." Some of his most notable works include those of Canada's first submarines C1 and C2, a portrait of HMCS Algonquin, and an icy depiction of HMCS Harry deWolf transiting the Northwest Passage. A lifelong learner, Horton continues to create marine and naval war art in his studio, known for informally tutoring young creatives. When asked what wisdom he'd like to impart to upcoming generations of artists, Horton advises, "Never stop trying to be better. Most importantly, don't fall into the trap of being fully satisfied with what you've done, because there is always more to learn." He continues to remain steadfast in the value of one simple trait to hold onto through life – curiosity.

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## IN A WORLD OF UNCERTAINTY

# Your Money Needs a Plan

SISIP Financial Esquimalt Team

There's no sugarcoating it: this is a time of uncertainty. Headlines are full of global tensions and economic concerns. While challenges like these can feel overwhelming, they're not unprecedented – and history shows us that markets have weathered difficult times before.



For CAF members and their families, the key is not to panic, but to plan. And the best way to protect your future isn't to react in fear – it's to follow a strategy that is built for times like these.

### Talk to Your Advisor

In times of crisis, emotion often overrides logic. But your investments should be based on strategy, not stress. Just like you wouldn't head into a mission without a game plan, you shouldn't navigate financial uncertainty alone.

A SISIP advisor can help you:

- Separate noise from reality in the markets
- Keep your long-term goals on track, no matter what's happening
- Avoid costly mistakes made out of emotion or misinformation
- Find opportunities – even in downturns

In times of economic uncertainty, sticking to financial fundamentals is more important than ever. By talking things over with a SISIP advisor, you can be sure that you're making moves that serve your future – not just reacting to the headlines.

### Stick to Your Plan

When markets swing wildly, it may feel like everything has changed. But a good financial plan isn't designed just for the easy times – it's built to handle the volatile ones too.

A well-structured plan accounts for:

- Market swings and economic uncertainty
- Your future goals, not just today's news cycle
- Strategies to grow your money over the long term

If you don't already have a financial roadmap, now is the time to sit down with a SISIP advisor and draw one up. And if you do have a roadmap, now is not the time to abandon it – it's the time to trust it.

### Stay Invested

When the world feels chaotic, it's natural to want to "do something" – but history tells us that reacting emotionally to market turmoil can lead to the biggest financial mistakes.

During previous crises – such as recessions or the pandemic – investors who sold their holdings locked in losses and missed out on the inevitable market recovery. It was a costly mistake.

What should you do instead? Stay invested, stay diversified, and trust the process. The economy may be facing turbulence, but rash decisions could create long-term financial damage that outlasts today's headlines.

### Have Faith in History

This isn't the first time the world has seen uncertainty, and it won't be the last. In the past, markets have faced just about every issue that we're facing today – and they have always rebounded.

Below is a look at the 10 of

the largest market downturns in history, and the rate of return one and two years after the market low.

Even when the future looked bleak, those who stayed the course emerged stronger. Your best move isn't to predict the future – it's to trust that markets recover, economies adapt, and disciplined investors have always come out ahead.

### Avoid Market Timing

Everyone loves a good sale. In theory, it would be great to buy at the market bottom and sell at the peak. In practice, not even Wall Street firms with teams of PhDs and data scientists can consistently do it. This is where dollar-cost averaging (DCA) comes in – it's a strat-

egy that thrives in uncertainty.

Here's how it works: Instead of investing a lump sum at once, you invest a fixed amount at regular intervals, such as monthly. By doing so, you buy more when prices are low and less when they're high. This way, even if one investment is poorly timed, it won't matter – all your purchases will balance out over time.

When markets are bumpy, don't stop investing and don't try to time things perfectly – just keep investing consistently and accumulating more assets that will grow in the long run.

### Four Things You Can Do Right Now

We all want to protect our families from threats – includ-

ing economic ones. Here are four proactive steps you can take to navigate today's uncertainty:

1. **Create or update your financial roadmap:** Focus on your long-term strategy and refuse to let fear dictate your future.
2. **Work with a SISIP advisor:** It pays to work with somebody who can crunch the numbers and provide an expert perspective on what's happening.
3. **Keep investing regularly:** Don't stop investing or sell what you have out of fear. Use dollar-cost averaging to keep building your financial power while reducing risk.
4. **Trust the market:** When in doubt, remember that the stock market has produced wealth throughout every crisis in history. As long as people are buying and selling goods and services, the market will eventually prevail.

Uncertainty is real, but so is resilience. The best investors aren't the ones who react fastest – they're the ones who trust the process and stay the course.

If you have questions or concerns, reach out to a SISIP advisor in confidence – because making smart financial moves today sets you up for a stronger tomorrow.

EVENT	LOSS	DATE OF MARKET LOW	RETURN 1 YEAR LATER	RETURN 2 YEARS LATER
2009 Financial Crisis	-56.8%	Mar 2009	68.6%	95.1%
2000 Dot-com Bubble	-49.1%	Oct 2000	33.7%	44.5%
1973 to 74 Market Break	-45.9%	Dec 1974	33.5%	59.3%
1969 to 70 Market Break	-36.1%	May 1970	43.7%	59.7%
2020 COVID Pandemic	-33.9%	Mar 2020	74.8%	99.2%
1987 Stock Market Crash	-33.2%	Oct 1987	23.2%	54.4%
1962 Cuban Missile Crisis	-26.4%	Oct 1962	36.5%	59.2%
2022 Stock Market Crash	-25.5%	Oct 2022	21.6%	62.6%
1990 Desert Storm	-19.9%	Oct 1990	29.1%	36.3%
2018 Recession Scare	-19.8%	Dec 2018	37.1%	57.5%

Source: Morningstar Direct / Bloomberg. As at Dec. 31, 2024. Snapshots in time of significant negative impact international events from 1950 to March 2020, and the subsequent change in market value from the S&P 500 Index

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Chief Petty Officer 1st Class Sue Frisby, Base Chief CFB Esquimalt, speaks to Primary Leadership Qualification Graduates.



Commodore David Mazur, Commander Canadian Fleet Pacific, inspects Primary Leadership Qualification Graduates on parade.  
Photo: Sailor 2nd Class Jordan Schilstra, MARPAC Imaging Services



Primary Leadership Qualification Course 0624 graduates march on parade.

# Congratulations!

## Primary Leadership Qualification (PLQ) 0624 Graduation

The ceremony took place Feb. 28 at HMCS Venture, Nixon Gym.



Group photo of Primary Leadership Qualification (PLQ) 0624 Graduation. Photo: Sailor 3rd Class Lucas Augustyn, MARPAC Imaging Services

## THE LOOKOUT CLASSIFIEDS

### FOR RENT

#### HOUSE FOR RENT

3 bed, 1 bath located in Esquimalt, B.C. \$3950 + utilities. Available July 1, 2025. Great location, large backyard. Close to CFB Esquimalt. Contact Peter 250 580 6252. Petevanb@gmail.com. for more information and photos

#### 2 BED 1 BATH APARTMENTS

Available now - \$2200/month, 2 apartments available in 4-plex on second floor. 700+ sq ft. with storage, shared coin laundry, includes gas, heat, water, parking, no smoking, no dogs, no aquariums, cat negotiable. Walking distance to CFB Esquimalt, on base route. Call Donna - 250-812-6753.

#### 1 BEDROOM SUITE IN ESQUIMALT

\$1700 + utilities (Hydro and Internet), Full kitchen, dw, in-suite laundry. Close to Esquimalt town square and high rock park. Contact Peter at 250-580-6252 or email Petevanb@gmail.com

#### 1 BED, 1 BATH CONDO - 826 ESQUIMALT ROAD

\$2,100 per month, utils not inc. Built in 2019, new appliances. Amenity room, bike lock up. In

suite laundry, Walk-in closet, 1 dog or cat friendly, 680 ft.<sup>2</sup>, east-facing patio. Any interest can be directed to whitlo.forde@gmail.com

### FOR SALE

#### CANADIAN SAILCRAFT 22

For sale, has all sails and equipment for sailing. Needs an out-board motor or carburetor repair to existing motor. To be gifted to a serving military member with membership to CFSA. Otherwise, price is negotiable or trade. Contact at 250-208-4845.

### VOLUNTEER

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#### MAKE A DIFFERENCE

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volunteer@lnv.ca Learn more at www.lifetimenetworks.org

#### FOSTER HOMES ARE NEEDED -

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

Need to rent, buy, sell, or announce something?  
Contact Andrea.Modesto@forces.gc.ca



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# 1.49% APR includes a 1.0% loyalty rate reduction. The 1.0% loyalty rate reduction is available on the purchase of selected new, unregistered Mitsubishi 2025 Outlander PHEV models to current owners and eligible others. The loyalty rebate applies to vehicles purchased and delivered between April 1, 2025, and April 30, 2025. Other conditions apply. See dealer for details.

1 All rebates will be deducted from the negotiated price after taxes for cash and finance purchases and before taxes for lease purchases. Conditions additional to the requirements listed below may apply. See your dealer for complete details. The Military Rebate is not stackable with the Mitsubishi Motors First Responder Rebate Program. Rebate available with the purchase of most new Mitsubishi vehicles for current members (including reservists) of the Canadian Armed Forces and veterans. Proof of status will be required.

2 Subject to approved credit and eligibility. Terms and conditions apply. Offer expires April 30, 2025. See dealer for details.

3 EV range varies by model. Model shown has an estimated battery range of 61km and is calculated via peak performance of the electric motor(s) at peak battery power. Actual range varies with conditions such as external environment, vehicle use, driving behaviours, vehicle maintenance and lithium-ion battery age and state of health.



CHANGE OF COMMAND



Lieutenant-Commander Stuart MacDonald, Outgoing Commanding Officer of HMCS *Edmonton*; Commodore David Mazur, Commander Canadian Fleet Pacific; and Lieutenant-Commander Jason Pike, Incoming Commanding Officer of HMCS *Edmonton*, attend a Change of Command ceremony for HMCS *Edmonton* on HMCS *Yellowknife* on Mar. 25.  
Photo: Sailor 1st Class Brendan McLoughlin, MARPAC Imaging Services Esquimalt



Lieutenant-Commander Bucky Branscombe, Outgoing Commanding Officer of HMCS *Yellowknife*; Commodore David Mazur, Commander Canadian Fleet Pacific; and Lieutenant-Commander Jeff Smith, Incoming Commanding Officer of HMCS *Yellowknife*, attend a Change of Command ceremony on HMCS *Yellowknife* on Mar. 25.  
Photo: Sailor 1st Class Brendan McLoughlin, MARPAC Imaging Services Esquimalt



(From left to right) Commander Jason Bergen, Outgoing Commanding Officer, MARPAC/JTFP HQ, Captain(N) Jeff Hopkins, Maritime Pacific Chief of Staff, and Commander Dan Saunders, Incoming Commanding Officer, MARPAC/JTFP HQ, participate in a Change of Command ceremony held at Maritime Pacific Headquarters, Canadian Forces Base Esquimalt on Apr. 3.  
Photo: Master Corporal William Gosse, MARPAC Imaging Services

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