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Members of HMCS Ville de Québec's Rapid Response Team advance towards a simulated fire while training during OP Horizon on April 9.  
Photo: Corporal Brendan Gamache, HMCS Ville de Quebec

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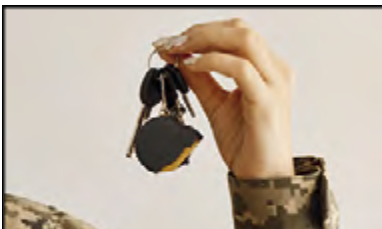
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## Demystifying Service Under the Sea with the CSF's First Female Coxswain

**Service deep beneath  
the waves is  
ANYTHING BUT QUIET.**

Archana Cini, Lookout Newspaper

To Chief Petty Officer Second Class (CPO2) Patricia Inglis, supporting emergency responses; maintaining morale in a confined environment; serving as a communication hub; upholding discipline; participating in briefings; and managing administrative tasks are just some of what keeps a submarine deployment fast paced.

CPO2 Inglis is currently posted to HMCS Windsor as the Canadian Submarine Force's (CSF) first female coxswain. The coxswain is especially vital on submarines where communication with the outside world fades underwater, space grows tight, and tensions run high.

Though her appointment as the first female coxswain of a submarine carries historical significance, CPO2 Inglis

remains focused on the responsibilities of her job.

"I am incredibly proud to be the first woman to hold this position within the Canadian submarine community, and I sincerely hope to honour the legacy," she said.

"But importantly, I hope this reinforces that leadership within the CSF is about real competence, and the ability to connect with crew regardless of background."

To CPO2 Inglis, milestones like this also encourage long-term growth by demonstrating how diverse perspectives and approaches enhance team effectiveness.

When it comes to the life of a submariner, what surprises people the most is lack of internet access beneath the surface. "While those serving

on ships typically have access to both internal networks and the internet, the experience on a submarine is very different," said CPO2 Inglis. "We have no access until we return to port, making even checking in with loved ones or reading the news impossible."

Raised in Nova Scotia, CPO2 Inglis didn't always envision herself in a naval uniform. She first explored a career in tourism and hospitality; however, the sea called. After deploying aboard HMCS Winnipeg for anti-piracy operations in the Gulf of Aden, CPO2 Inglis found herself increasingly curious about the submarine force. Conversations with submariners, stories of camaraderie, and the notion of high-impact work in confined spaces sparked something within her. She first volunteered for submarine service in

2011, advancing through operational roles such as Electronic Warfare Supervisor, Chief of Operations, and Submarine Sea Training Chief before her current appointment as coxswain.

To CPO2 Inglis, the foundation of a successful naval career isn't just about technical expertise—it's also built on deep human values. She credits traits like curiosity, resilience, and independence as cornerstones of growth.

"Resilience isn't just a trait, it's a necessity. You need to be able to adapt, recover, and push forward when conditions are hard and unpredictable. What matters is that you show up curious, ready to grow, and willing to push past your comfort zone."



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

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# In Celebration of the **MARITIME FORCES PACIFIC** *Honours & Recognition Ceremony*



MARPAC's Honour and Recognition recipients stand alongside Rear-Admiral Christopher Robinson, Commander Maritime Forces Pacific and Joint Task Force Pacific and Wendy Lisogar-Cocchia, B.C. Lieutenant Governor at Government House. **Photo:** Corporal Conor R.G. Munn, Canadian Armed Forces Imagery

Compiled by Archana Cini

On April 2, a Maritime Forces Pacific Honours & Recognition Ceremony was held at Government House and presided over by The Honourable Wendy Cocchia, C.M., O.B.C., LL.D. (Hon) Lieutenant Governor of British Columbia, and the Commander Maritime Forces Pacific/Joint Task Force Pacific Rear-Admiral Christopher Robinson, OMM, CD.

Congratulations to all our incredible recent Kings Coronation Medal, Chief of Defence Staff Commendation, Canadian Joint Operations Command Commendation, Commander Royal Canadian Navy Commendation, Maritime Component Commander Certificate of Achievement, and Maritime Forces Pacific Bravo Zulu Certificates of Achievement recipients.





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# HMCS ESQUIMALT COMMEMORATION UNITES COMMUNITY *in Remembrance*

Archana Cini, Lookout Newspaper

April 16 marked exactly eighty years since the sinking of HMCS *Esquimalt*, the final Canadian warship lost to enemy action during the Second World War.

In tribute, a public remembrance ceremony was hosted by the Township of Esquimalt and CFB Esquimalt. The afternoon commemoration was held at Esquimalt Memorial Park, bringing together Canadian Armed Forces (CAF) members, Royal Canadian Navy (RCN) representatives, veterans, township officials, and community members who stood shoulder-to-shoulder in shared reflection of

the warship's legacy. Among those present were Township of Esquimalt Mayor Barbara Desjardins and Captain(N) Kevin Whiteside, Commander of CFB Esquimalt both of whom paid powerful tribute to the ship and its company.

HMCS *Esquimalt* was among the final casualties of a war that reached Canadian shores much closer than many often realize. While on routine anti-submarine patrol on April 16, 1945, the *Esquimalt* was ambushed and torpedoed by German submarine U-190 in the approaches to Halifax Harbour. The warship later sank just five miles off Chebucto Head. Forty-four of the ship's 71-person crew died in the attack, many succumbing to exposure as they awaited rescue.

As Canada prepares to commemorate the Battle of the Atlantic and the 115th anniversary of the RCN in May, events like the *Esquimalt's* commemoration remind communities of the many lasting effects of the Second World War. A local attendee at the ceremony emphasized that paying tribute boosts the morale of current service members and reinforces the values of sacrifice, duty, and national pride that are central to the RCN's history. They also mentioned that such ceremonies create a tangible connection to the sacrifices of sailors, offering a deeper understanding than what can be gained from reading history books alone.



Captain (Navy) Kevin Whiteside, Base Commander, CFB Esquimalt, addresses the congregation, during the memorial service. Photo: Sailor First Class Brendan McLoughlin, MARPAC Imaging Services

Barb DeJardins, Mayor of Esquimalt, lays a wreath during the HMCS Esquimalt Memorial Service held at the Memorial Park Cenotaph. Photos: Sailor 1st Class Brendan McLoughlin, MARPAC Imaging Services



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April 2025 avril



The  
**DAG**  
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PULL OUT SECTION

The Maritime Forces Defence Advisory Group

De la Défense des Forces maritimes du Pacifique

## Quote:

*"Every time someone steps up and says who they are, the world becomes a better, more interesting place."*

– Captain Raymond Holt, Brooklyn 99

## Citation :

*« Chaque fois que quelqu'un ose dire qui il est, le monde devient meilleur et plus intéressant. »*

– Capitaine Raymond Holt, Brooklyn 99



## Word of the Month:

### Diversity

di-ver-si-ty | /dəˈvɜːsədē, dīˈvɜːsədē/

**noun** The practice or quality of including or involving people from a range of different social and ethnic backgrounds and of different genders, sexual orientations, etc.

## Mot du mois :

### Diversité

di-ver-si-té | \di.vɛʁ.si.te\

**non** Pratique ou qualité consistant à inclure ou à faire participer des personnes issues de différents milieux sociaux et ethniques, ainsi que des personnes de sexes différents et d'orientations sexuelles différentes, etc. [Traduction]

## Advocacy vs Advisory

Chris Kachanoski

In the Government of Canada, particularly within Employment Equity, advocacy groups and advisory groups have distinct roles that shape policy and decision-making. The Defence Advisory Groups focus on advising over advocacy.

### ADVOCACY GROUPS

Advocacy groups are organizations that work to influence policy and often look to champion individual issues. Activities for these groups include lobbying, outreach, mobilizing support with public campaigns to align national defence policies with their mission, values or societal goals. For example, Unions advocating for better healthcare or mental health services for defence community members work to ensure the government addresses the needs and concerns of those affected.

### DEFENCE ADVISORY GROUPS

Defence Advisory Groups are formal bodies that provide expert advice and recommendations to the Canadian government and military leadership. They help guide decisions affecting defence issues, challenges, and opportunities.

Advisory groups are often tasked with presenting objective, evidence-based insights rather than advocating for a particular policy change. For instance, the MARPAC Defence Advisory Groups consulted on design aspects of Canada's new River-Class Destroyers.

### KEY DIFFERENCE

Advocacy groups continue to focus on promoting specific causes and pushing for changes, while advisory groups provide a personal lens to decision-makers without directly lobbying for change. While advocacy groups are more action-oriented and driven by specific causes, advisory groups offer strategic guidance, often through consultations requests at the national and local level, to help shape more effective and inclusive defence policies.

The role of the Defence Advisory Groups is to focus on advising over advocacy but collaboration between these groups should be encouraged and celebrated. The focus for both Regional and National DAG members should remain with advising leadership on policies through the incredibly valuable lens of our lived experience.

### The more you know:

## Groupes de revendication ou groupes consultatifs

Chris Kachanoski

Au sein du gouvernement du Canada, en particulier dans le domaine de l'équité en matière d'emploi, les groupes de revendication et les groupes consultatifs ont des rôles distincts qui façonnent les politiques et la prise de décision. Les groupes consultatifs de la Défense ont pour mission d'offrir des conseils plutôt que de faire de la revendication.

### GROUPES DE REVENDICATION

Les groupes de revendication sont des organisations qui s'efforcent d'influencer les politiques et cherchent souvent à défendre des causes personnelles. Ces groupes mènent des activités de lobbying, de sensibilisation, de mobilisation et de soutien au moyen de campagnes publiques visant à aligner les politiques nationales en matière de défense sur leur mission, leurs valeurs ou leurs objectifs sociétaux. Par exemple, les syndicats qui militent en faveur de meilleurs services de santé ou de santé mentale dans le secteur de la Défense œuvrent pour que le gouvernement réponde aux besoins et aux préoccupations des personnes concernées.

### GROUPES CONSULTATIFS DE LA DÉFENSE

Les groupes consultatifs de la Défense sont des organismes officiels qui fournissent des conseils et des recommandations d'experts aux dirigeants du gouvernement et des Forces armées canadiennes. Ils orientent les décisions concernant les questions, les problèmes et les possibilités en matière de défense. Les groupes consultatifs sont souvent chargés de

présenter des points de vue objectifs et fondés sur des preuves plutôt que de plaider en faveur d'un changement dans une politique donnée. Par exemple, les groupes consultatifs de la Défense des FMAR(P) ont été consultés au sujet de certains aspects de la conception des nouveaux destroyers canadiens de la classe FLEUVES ET RIVIÈRES.

### DIVERGENCES PRINCIPALES

Les groupes de revendication continuent de se concentrer sur la promotion de causes précises et de faire pression pour obtenir des changements, tandis que les groupes consultatifs fournissent un point de vue personnel aux décideurs sans faire directement pression pour obtenir des changements. Les groupes de revendication sont davantage axés sur l'action et motivés par des causes précises, tandis que les groupes consultatifs offrent des conseils stratégiques, souvent en répondant à des demandes de consultation à l'échelle nationale et locale, afin de contribuer à l'élaboration de politiques plus efficaces et inclusives en matière de défense.

Le rôle des groupes consultatifs de la Défense est d'axer leurs efforts sur les conseils plutôt que sur la revendication, mais la collaboration entre ces groupes doit être encouragée et reconnue. Les membres des GCD régionaux et nationaux doivent continuer à mettre l'accent sur la formulation de conseils sur les politiques à l'intention de la direction, en s'appuyant sur l'expérience vécue, qui est un atout inestimable.

### Maintenant vous le savez :



# The DAG Connexion GCD

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

### Fierté de servir

L'histoire des personnes bispirituelles, lesbiennes, gaies, bisexuelles, transgenres, queers, intersexuées et autres (2ELGBTQI+) dans les Forces armées canadiennes (FAC) est une histoire de résilience, de progrès et de transformation. Pendant des décennies, les membres 2ELGBTQI+ des FAC ont été victimes de discrimination, de renvois forcés et d'exclusion systémique dans le cadre de ce que l'on a appelé la « Purge LGBT ». Des années 1950 aux années 1990, les politiques des FAC interdisaient aux personnes ouvertement homosexuelles de servir, et beaucoup d'entre elles ont dû subir des tests effrayants et des conséquences mettant fin à leur carrière simplement en raison de leur identité.

Cependant, le changement est venu à force de courage et de militantisme. En 1992, à la suite d'une poursuite judiciaire historique, le gouvernement fédéral a officiellement levé l'interdiction d'employer ouvertement des personnes 2ELGBTQI+ dans les FAC. Depuis, les FAC ont continué d'évoluer, s'efforçant de favoriser une

culture inclusive. Des mesures, telles que l'établissement de groupes de la Fierté, l'amélioration des politiques de lutte contre la discrimination et la reconnaissance des couples de même sexe, ont constitué des étapes importantes vers l'égalité. En 2017, le gouvernement a présenté des excuses officielles aux personnes touchées par la Purge, reconnaissant les torts causés par le passé et s'engageant à les réparer.

Aujourd'hui, les membres 2ELGBTQI+ servent fièrement à tous les échelons, mettant leurs compétences, leur dévouement et leur leadership au service de la défense du Canada. Grâce aux efforts de reconnaissance, de représentation et de défense des droits, les FAC deviennent un espace où tous les membres, quelle que soit leur identité, peuvent servir avec dignité et fierté.

En nous remémorant ce passé, nous célébrons la force de ceux qui se sont battus pour le changement et l'avenir prometteur qui nous attend. Chaque pas en avant prouve que la diversité renforce l'armée canadienne.

### Pride to Serve

The history of Two-Spirit, Lesbian, Gay, Transgender, Bisexual, Queer, and Intersex (2SLGBTQI+) individuals in the Canadian Armed Forces (CAF) is one of resilience, progress, and transformation. For decades, 2SLGBTQI+ service members faced discrimination, forced discharges, and systemic exclusion under what became known as the "LGBT Purge." From the 1950s to the 1990s, CAF policies banned openly queer individuals from serving, with many subjected to invasive investigations and career-ending consequences simply for their identity.

However, change came with courage and advocacy. In 1992, following a landmark legal challenge, the federal government officially lifted the ban on 2SLGBTQI+ personnel serving openly. Since then, the CAF has continued to evolve, striving to foster an inclu-

sive culture. Efforts such as the establishment of Pride communities, better anti-discrimination policies, and recognition of same-sex partnerships signified important steps toward equity. In 2017, the government issued a formal apology to those affected by the Purge, acknowledging past harms and committing to reparations.

Today, 2SLGBTQI+ members proudly serve at all ranks, bringing their skills, dedication, and leadership to Canada's defense. Through recognition, representation, and continued advocacy, the CAF is becoming a space where all members—regardless of identity—can serve with dignity and pride.

As we reflect on this history, we celebrate the strength of those who fought for change and the hopeful future ahead. Every step forward proves that diversity makes Canada's military stronger.

### Name Change for Visible Minority DAG

The Defence Visible Minority Advisory Group has undergone a significant name change to become the Defence Racialized Persons Advisory Group (DRPAG). This transformation signifies a strong commitment to reflecting societal progress, promoting an anti-racism agenda, and fostering a refined understanding of ethics and cultural discrimination.

The primary role of the DRPAG is to represent the communities of racialized persons within the Defence team.

By serving as a vital link, DRPAG members facilitate dialogue among racialized Defence team members and personnel. They share invaluable insights with leadership regarding challenges related to employment equity and ongoing issues affecting racialized individuals in the Defence community.

Leading the DRPAG are two committed individuals: Colonel Sylvestre Bishop, who serves as the National Military Co-Chair, and Andrew Au, the National Civilian Co-Chair (Local co-chairs are: Military – PO1 Yevrag Evans and Civilian – Alex Lee). Together, they exemplify the group's dedication to equity and inclusion, working tirelessly to amplify the voices of racialized persons and foster a more inclusive environment within the Defence community.

### Changement de nom du Groupe consultatif des minorités visibles de la Défense

Le Groupe consultatif des minorités visibles de la Défense a changé de nom pour devenir le Groupe consultatif des personnes racisées de la Défense (GCPRD). Cette transformation témoigne d'un engagement ferme en faveur des progrès sociaux, de la promotion d'un programme de lutte contre le racisme et d'une meilleure compréhension de l'éthique et de la discrimination culturelle.

Le rôle principal du GCPRD est de représenter les personnes racisées au sein de

l'Équipe de la Défense. En agissant comme lien essentiel, les membres du GCPRD facilitent le dialogue entre les membres racisés de l'Équipe de la Défense et le personnel. Ils fournissent à la direction des avis précieux sur les difficultés liées à l'équité en matière d'emploi et sur les problèmes persistants auxquels sont confrontées les personnes racisées au sein de la Défense.

Deux personnes engagées dirigent le GCPRD : le colonel Sylvestre Bishop, qui est

le coprésident militaire national, et Andrew Au, le coprésident civil national. (Les coprésidents locaux sont : le M1 Yevrag Evans, coprésident militaire, et Alex Lee, coprésident civil.) Ensemble, ils incarnent l'engagement du groupe en faveur de l'équité et de l'inclusion, travaillant sans relâche pour faire entendre la voix des personnes racisées et favoriser un milieu inclusif au sein de la Défense.

### How to Join a DAG

All CAF members and DND public service employees, regardless of their ethnicity, gender, orientation, disability, age or background, are welcome to join any DAG. DAGs are looking for people committed to the principles of employment equity, diversity and inclusion.

### Comment se joindre à un GCD

Tous les membres des FAC et fonctionnaires du MDN, quels que soient leur origine ethnique, leur sexe, leur orientation sexuelle, leur handicap, leur âge ou leur histoire personnelle sont les bienvenus dans n'importe quel GCD. Les GCD sont à la recherche de personnes qui souscrivent aux principes d'équité en matière d'emploi, de diversité et d'inclusion.

**If you are interested in joining a DAG, please contact:**  
**Si vous souhaitez faire partie d'un GCD, veuillez communiquer avec l'un ou l'autre des groupes suivants :**

Defence Women's Advisory Group (DWAOG)  
Organisation consultative des femmes de la Défense (OCFD)

+DWAOG-MARPAC@MARPAHQ@Esquimalt

Defence Racialized Persons Advisory Group (DRPAG)  
Groupe consultatif des minorités visibles de la Défense (GCMVD)

+Defense Visible Minorities Advisory Group  
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Groupe consultatif de la Défense pour les personnes handicapées (GCDPH)

+MARPAHQ DAGPWD@MARPAHQ@Esquimalt

Defence Team Pride Advisory Organization (DTPAO)  
Organisation consultative de la Fierté de l'Équipe de la Défense (OCFED)

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# New Co-chairs Needed in the DWAO

The Defence Women's Advisory Organization (DWAO) requires both a civilian and military co-chair.

Leadership within the DWAO is essential for creating an inclusive and supportive environment for women in the defence sector. Effective leadership ensures that the voices and concerns of those who identify as women are heard, promotes equality in decision-making, and drives policies that support career advancement and personal growth. Strong leadership serves as a role model, empowering women to pursue leadership positions themselves, thereby creating a more diverse and dynamic defence force.

The DWAO provides insight and develops policies, procedures, and mechanisms to support fair and

equitable recruitment, retention, and training. This includes issues such as dress standards, equipment procurement, leave policies, and mentorship programs. They help carry out outreach programs and action plans by connecting with outside communities, taking part in academic research, and supporting key working groups and committees.

Strong leadership is crucial for guiding a team that represents those who identify as women in the Canadian Armed Forces and in the Defence sector. The DWAO ensures that women have the equal opportunities and rights as their counterparts.

### ABOUT THE POSITION:

- Participation is voluntary and you must have supervisor and/or manager approval.
- Candidates must be a CAF/DND member that lives in the Greater Victoria region.
- This is an elected position so candidates will be voted in.

Please forward all submissions including a brief bio - approx. 500 words - to Vanessa Nicholson, Employment Equity, Diversity & Inclusion Coordinator at [vanessa.nicholson@forces.gc.ca](mailto:vanessa.nicholson@forces.gc.ca)

# De nouvelles coprésidentes doivent être nommées à l'OCFD

L'Organisation consultative des femmes de la Défense (OCFD) a besoin d'une coprésidente civile et d'une coprésidente militaire.

Il est essentiel que l'OCFD soit dotée à sa tête de personnes capables d'instaurer un milieu inclusif et favorable aux femmes dans le secteur de la Défense. Des dirigeantes compétentes veillent à ce que les voix et les préoccupations des femmes soient entendues, favorisent l'égalité dans la prise de décisions et mettent en œuvre des politiques qui soutiennent l'avancement professionnel et l'épanouissement personnel. Des dirigeantes fortes servent de modèles et donnent aux femmes les moyens d'accéder elles-mêmes à des postes de direction, ce qui contribue à la diversité et au dynamisme des forces de défense.

L'OCFD fournit des idées et élabore des politiques, des procédures et des mécanismes pour soutenir

un recrutement, une rétention et une formation justes et équitables. Cela inclut entre autres les normes vestimentaires, l'achat d'équipement, les politiques de congé et les programmes de mentorat. L'OCFD contribue à la mise en œuvre de programmes de sensibilisation et de plans d'action en établissant des liens avec des communautés extérieures, en participant à des recherches universitaires et en soutenant des groupes de travail et des comités clés.

Une direction forte est essentielle pour guider une équipe qui représente les femmes au sein des Forces armées canadiennes et du secteur de la Défense. L'OCFD veille à ce que les femmes aient les mêmes chances et les mêmes droits que leurs homologues masculins.

### QUELQUES RENSEIGNEMENTS SUR LE POSTE DE COPRÉSIDENTE.

- La participation est volontaire et doit être appuyée et approuvée par le superviseur ou le gestionnaire.
- Les candidates doivent être membres des FAC ou du MDN et vivre dans la région métropolitaine de Victoria.
- Il s'agit d'un poste pour lequel les candidates sont élues.

Veuillez transmettre toutes les mises en candidature, y compris une brève biographie, d'environ 500 mots, à Vanessa Nicholson, coordonnatrice - Équité en matière d'emploi, diversité et inclusion, à l'adresse suivante : [vanessa.nicholson@forces.gc.ca](mailto:vanessa.nicholson@forces.gc.ca)



| CALENDAR:                                                                             |             |
|---------------------------------------------------------------------------------------|-------------|
| Asian Heritage Month                                                                  | May         |
| Polish Heritage Month                                                                 | May         |
| Canadian Jewish Heritage Month                                                        | May         |
| Red Dress Day - MMIWG2S+: Missing and Murdered Indigenous Women, Girls and Two-Spirit | 5 May       |
| International Day Against Homophobia, Transphobia, and Biphobia                       | 17 May      |
| Indigenous Awareness Week                                                             | 20 – 23 May |
| National Accessibility Week                                                           | 25 – 31 May |
| Launch of Pride Season                                                                | June        |
| Indigenous History Month                                                              | June        |
| Italian Heritage Month                                                                | June        |
| Filipino Heritage Month                                                               | June        |
| Portuguese Heritage Month                                                             | June        |
| National Indigenous Peoples Day                                                       | 21 June     |
| Saint-Jean-Baptiste Day                                                               | 24 June     |
| Canadian Multiculturalism Day                                                         | 27 June     |
| Victoria Pride Week                                                                   | 1 – 6 July  |

| CALENDRIER                                                                                                       |                |
|------------------------------------------------------------------------------------------------------------------|----------------|
| Mois du patrimoine asiatique                                                                                     | Mai            |
| Mois du patrimoine polonais                                                                                      | Mai            |
| Mois du patrimoine juif canadien                                                                                 | Mai            |
| Journée de la robe rouge - FFADA2E+ : femmes, filles et personnes 2ELGBTQI+ autochtones disparues et assassinées | 5 Mai          |
| Journée internationale contre l'homophobie, la transphobie et la biphobie                                        | 17 Mai         |
| Semaine de sensibilisation aux cultures autochtones                                                              | 20 – 23 Mai    |
| Semaine nationale de l'accessibilité                                                                             | 25 – 31 Mai    |
| Lancement de la saison de la Fierté                                                                              | Juin           |
| Mois national de l'histoire autochtone                                                                           | Juin           |
| Mois du patrimoine italien                                                                                       | Juin           |
| Mois du patrimoine philippin                                                                                     | Juin           |
| Mois du patrimoine portugais                                                                                     | Juin           |
| Journée nationale des peuples autochtones                                                                        | 21 Juin        |
| Fête de la Saint-Jean-Baptiste                                                                                   | 24 Juin        |
| Journée canadienne du multiculturalisme                                                                          | 27 Juin        |
| Semaine de la fierté gaie de Victoria                                                                            | 1 – 6 Juliette |



Photo: Archana Cini, Lookout Newspaper

# Bravo Zulu!

Congratulations to Jazmin Holdway, former managing editor of the Lookout Newspaper and Creative Services, who was recently awarded with the Base Commander's Coin by Captain (N) Kevin Whiteside, Commander of CFB Esquimalt Base.

Holdway received both the coin and official recognition on Apr. 16, 2025 for over three years of incredible work serving those who serve.

From all of us at the Lookout, Bravo Zulu! We wish you all the best for the future.

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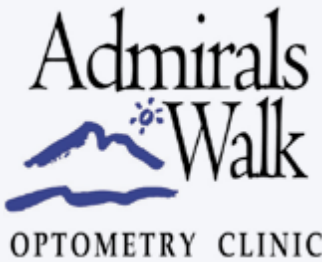
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#### THE FRIENDS OF THE ASHTON ARMOURY MUSEUM

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](mailto:info@witsprogram.ca) for more information!

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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](mailto:volunteer@habitatvictoria.com) or 250-480-7688 ext. 105

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## Naval Association of Canada Sword presented to HMCS Malahat officer

Compiled by Archana Cini

Bravo Zulu to Lt(N) Bryn Stevenson, Deck Officer at Victoria's Naval Reserve Division, HMCS *Malahat*, recipient of the 2025 Chisholm award.

To celebrate this momentous occasion, Stevenson was awarded the traditional Naval Association of Canada Sword, which is awarded to the HMCS *Malahat* officer that best exemplified the overall leadership qualities expected of their rank and who represented the ship in an outstanding manner.

The trophy is an RCN naval sword first issued in 1985 to commemorate the 75<sup>th</sup> anniversary of the RCN. It was originally owned and donated by now 96-year-old former reserve naval officer and past president of the Naval Association of Canada, Merrit Chisholm.

**Photo:** Lt(N) Bryn Stevenson, Deck Officer at Victoria's Naval Reserve Division, HMCS *Malahat*, receives the Naval Association of Canada Sword from Lieutenant-Commander (retired) Gerald Pash on behalf of the Vancouver Island Branch of the Naval Association. Master Corporal William Gosse, MARPAC Imaging Services

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# Easter Extravaganza

## Brings Creativity, Chocolate and Colour to Defence Community



Archana Cini  
Lookout Newspaper

### There's nothing like the sights and sounds of a forest full of Easter eggs being discovered

Joy and festivity echoed through the Colwood Pacific Activity Centre (CPAC) on April 17 as Defence Team families celebrated Easter. Hosted by the Personnel Support Program (PSP) Community Recreation department and the Chief and Petty Officers' Mess, the annual Easter Extravaganza event brought together Canadian Armed Forces (CAF) members, veterans, families, and Greater Victoria locals in a true gathering of seasonal spirit and connection.

With over 230 attendees filling the space with a sense of wonder, smiles were abundant throughout the evening as every corner of CPAC brimmed with people enjoying Easter-themed games, crafts, photo booths, activities, pizza, and more. The event concluded with the most anticipated activity of the night: an Easter egg hunt that breathed life into the nearby forest as gleeful children dashed between trees, pocketing candy and chocolate-stuffed plastic eggs.

Seasonal gatherings like these often represent far more than the chocolate found and crafts taken home—they are crucial moments of connection that nourish the morale and welfare of our local Defence community. With colourful booths promoting upcoming initiatives like the Navy Bike Ride and Navy Run, families left the celebration with ideas for staying active and engaged as a community in the months ahead. SISIP Financial added an extra layer of meaning to the night by hosting a kid's colouring contest that awarded one lucky military child \$250 towards an RESP. With more events on the horizon, PSP continues to remind us that bringing our Defence Team and local families together in unity is a mission worth celebrating.

A special thanks to the sponsors of the event: Seaspan Victoria and Domino's Pizza!

# Boxing Event

## LIGHTS UP CPAC



CFB Esquimalt Grappling team members during the opening ceremony of the sold-out, Be First Boxing event. Photo: CPO2 Lee James Thibault

**Archana Cini**  
Lookout Newspaper  
with contributions by  
Petty Officer 2nd Class Lee James Thibault

On Saturday, March 29 a sanctioned boxing card illuminated the Colwood Pacific Activity Centre (CPAC) gymnasium in Belmont. Aptly named the 'Be First Boxing Event,' the sold-out evening delivered waves of excitement, pride, and a fresh sense of tradition for the Defence community.

Held at CPAC and organized by Crusher Combat Sports (CCS) of Langford, the event showcased athletic talent while highlighting links between combat sports, the Royal Canadian Navy (RCN), and the Vancouver Island community. The event commenced with an opening ceremony led by members of CFB Esquimalt's Triton's Grappling Team.

Petty Officer Second Class (PO2) Lee James Thibault, who coaches the CFB Esquimalt Triton's Grappling team and has a passion for combat sports, said: "It was a moving moment of community and Canadian Armed Forces pride, and I truly have no words to describe the honour I felt."

Throughout the night, attendees enjoyed a dynamic lineup of athletes featuring prov-

incial- and national-level fighters; first-time ring entrants; and youth members that are new to the sport. "Our collection of island athletes did not disappoint," said Danny Proulx, CCS boxing coach and former RCN sailor. "When we realized the amount of hard-working youth and senior boxers we have on Vancouver Island, there was absolutely no question about organizing an incredible event to show off all the talent we have."

Proulx proudly shared how the sold-out venue "kept new and old fans on their feet and cheering loud all night long!"

An extension of CCS efforts to give back to the community, the evening was about more than competition. Over the past year, CCS and the Defence Community within the sport have raised over \$5000 worth of funds, non-perishable food, and toys which were donated to the Goldstream Food Bank, Soldier On Foundation, and more.

Following the success of this inaugural boxing event for CCS, the next local combat showcase is anticipated to occur on June 28, promising even more Defence pride, cheer-worthy competition, and community fun.

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# CFB ESQUIMALT Lost and Found



| Item # | Description .....            | Quantity | Item # | Description .....         | Quantity | Item # | Description .....                                     | Quantity |
|--------|------------------------------|----------|--------|---------------------------|----------|--------|-------------------------------------------------------|----------|
| 23-001 | Bike, Men's .....            | 1        | 24-060 | Knife .....               | 1        | 24-119 | T-Shirt .....                                         | 1        |
| 23-004 | Earphones, Black.....        | 1        | 24-061 | Knife .....               | 1        | 24-120 | Liquid Chalk.....                                     | 1        |
| 23-005 | Mask, Gas .....              | 1        | 24-062 | Syrim Bundle.....         | 1        | 24-121 | Weight Wraps.....                                     | 1        |
| 23-006 | Cutters, Bolt .....          | 1        | 24-063 | Gaming System.....        | 1        | 24-122 | Weight Wraps.....                                     | 1        |
| 23-007 | Bike, Men's .....            | 1        | 24-064 | Gaming System Gun.....    | 1        | 24-123 | SD Card .....                                         | 1        |
| 23-008 | Bike, Men's .....            | 1        | 24-065 | Backpack.....             | 1        | 24-124 | Backpack.....                                         | 1        |
| 23-009 | Bike, Men's .....            | 1        | 24-066 | Jacket .....              | 1        | 24-125 | Cellular Phone.....                                   | 1        |
| 24-001 | Knife .....                  | 1        | 24-067 | Leggings .....            | 1        | 24-126 | Credit/Debit Card .....                               | 1        |
| 24-002 | Multitool .....              | 1        | 24-068 | Pants .....               | 1        | 24-127 | Earbud .....                                          | 1        |
| 24-003 | Lighter.....                 | 1        | 24-069 | Hoodie .....              | 1        | 24-128 | Cellphone.....                                        | 1        |
| 24-004 | Can, Aerosol.....            | 1        | 24-070 | Fleece Top .....          | 1        | 24-129 | E-Goggle.....                                         | 1        |
| 24-005 | Can, Aerosol.....            | 1        | 24-071 | Purse .....               | 1        | 24-130 | Duct Tape .....                                       | 1        |
| 24-006 | Plant Grinder .....          | 1        | 24-072 | Pants, Track .....        | 1        | 24-131 | Ratchet Wrench .....                                  | 1        |
| 24-007 | Rolling Papers.....          | 1        | 24-073 | Jacket, Track .....       | 1        | 24-132 | Tablet.....                                           | 1        |
| 24-008 | Case, Plastic.....           | 1        | 24-074 | T-shirt, Cropped.....     | 1        | 24-133 | Knife .....                                           | 1        |
| 24-009 | Knife .....                  | 1        | 24-075 | Ring, Gold.....           | 1        | 24-134 | Call Box .....                                        | 1        |
| 24-011 | Cable, Black.....            | 1        | 24-076 | Pants .....               | 1        | 24-135 | Beard/Hair Trimmer.....                               | 1        |
| 24-017 | Plant Grinder .....          | 1        | 24-077 | Vapourizer .....          | 1        | 24-136 | Knife .....                                           | 1        |
| 24-018 | Radio, Portable .....        | 1        | 24-078 | Various Clothing .....    | 1        | 24-137 | Virtual Reality Headset.....                          | 1        |
| 24-019 | Backpack.....                | 1        | 24-079 | Knife .....               | 1        | 24-138 | Headset.....                                          | 1        |
| 24-021 | Hammer .....                 | 1        | 24-080 | Bicycle, Men's.....       | 1        | 24-139 | Drone.....                                            | 1        |
| 24-022 | Magnifying Glass.....        | 1        | 24-081 | Bicycle, Men's.....       | 1        | 24-140 | Purse .....                                           | 1        |
| 24-023 | Screwdriver.....             | 1        | 24-082 | Tools.....                | 1        | 24-141 | Controller.....                                       | 1        |
| 24-024 | Hatchet.....                 | 1        | 24-083 | Connectors .....          | 1        | 24-144 | Lighters, Assorted .....                              | 1        |
| 24-025 | Tape measure.....            | 1        | 24-084 | Ratchet Strap .....       | 1        | 24-145 | Lockbox.....                                          | 1        |
| 24-026 | Pliers .....                 | 1        | 24-085 | Gloves.....               | 1        | 24-146 | Knives.....                                           | 1        |
| 24-027 | Ashtray .....                | 1        | 24-086 | Tow Lights .....          | 1        | 24-147 | Breadknife .....                                      | 1        |
| 24-028 | Tape.....                    | 1        | 24-087 | Para Cord.....            | 1        | 24-148 | Cleaver .....                                         | 1        |
| 24-029 | Metal Bar .....              | 1        | 24-088 | Tire Repair Kit.....      | 1        | 24-149 | Flashlight / Glove.....                               | 1        |
| 24-030 | Chalkline .....              | 1        | 24-089 | Shrink Tubing.....        | 1        | 24-150 | Knife .....                                           | 1        |
| 24-031 | Tire Fix Kit .....           | 1        | 24-090 | Carrying Case.....        | 1        | 24-151 | Knife .....                                           | 1        |
| 24-032 | Knife .....                  | 1        | 24-091 | Cables.....               | 1        | 24-152 | Gate Latch .....                                      | 1        |
| 24-033 | Knife .....                  | 1        | 24-092 | Bike Lock .....           | 1        | 24-153 | Jeans.....                                            | 1        |
| 24-034 | Glove.....                   | 1        | 24-093 | Bike Lock .....           | 1        | 24-154 | E-Lock .....                                          | 1        |
| 24-035 | Spatula .....                | 1        | 24-094 | Bike Lock .....           | 1        | 24-155 | Boots .....                                           | 1        |
| 24-036 | Knife .....                  | 1        | 24-095 | Bike Lock .....           | 1        | 24-156 | Rifle Mount.....                                      | 1        |
| 24-037 | Box of Painter Supplies..... | 1        | 24-096 | Bike Lock .....           | 1        | 24-157 | Camera.....                                           | 1        |
| 24-038 | Steering Wheel Airbag.....   | 1        | 24-097 | Bike Lock .....           | 1        | 24-158 | Veh Winch.....                                        | 1        |
| 24-039 | Sweater, Hooded.....         | 1        | 24-098 | Bike Lock .....           | 1        | 24-159 | Screwdriver Bits .....                                | 1        |
| 24-040 | Shorts / Running Shoes.....  | 1        | 24-099 | Gym Bag.....              | 1        | 24-160 | Blueray Player .....                                  | 1        |
| 24-041 | Nails for Nailgun.....       | 1        | 24-100 | Shoes.....                | 1        | 24-161 | Crowbar.....                                          | 1        |
| 24-042 | Knife .....                  | 1        | 24-101 | Headphones .....          | 1        | 24-162 | Wire Cutter .....                                     | 1        |
| 24-043 | Knife, Plastic .....         | 9        | 24-102 | Flannel Top.....          | 1        | 24-163 | Bicycle Pump .....                                    | 1        |
| 24-044 | Gloves.....                  | 1        | 24-103 | Power Bank .....          | 1        | 24-164 | Items, Assorted (scissors, rope, headlamps, etc)..... | 1        |
| 24-045 | Pliers .....                 | 1        | 24-104 | Receiver .....            | 1        | 24-165 | Duffle Bag.....                                       | 1        |
| 24-046 | Sharpie Marker.....          | 1        | 24-105 | E-Device Wire.....        | 1        | 24-166 | Boat Hook .....                                       | 1        |
| 24-047 | Flashlight .....             | 1        | 24-106 | Purse .....               | 1        | 24-167 | Padlock .....                                         | 1        |
| 24-048 | USB Cords .....              | 2        | 24-107 | Laptop Computer.....      | 1        | 24-168 | Screwdriver .....                                     | 1        |
| 24-049 | Designer Bag.....            | 1        | 24-108 | Ring, Men's .....         | 1        | 24-169 | Trailer Hitch .....                                   | 1        |
| 24-050 | Hand Bag.....                | 1        | 24-109 | Trail Camera.....         | 1        | 24-170 | Utility Blade.....                                    | 1        |
| 24-051 | Sunglasses, Various.....     | 5        | 24-110 | SD Card .....             | 1        | 24-171 | Knives.....                                           | 4        |
| 24-052 | Flashlight/Utility Tool..... | 1        | 24-111 | Wallet with Contents..... | 1        | 24-172 | Steel Snake Cord .....                                | 1        |
| 24-053 | Bicycle Screwdriver .....    | 1        | 24-112 | Ring, Woman's .....       | 1        | 24-173 | Backpack and Contents .....                           | 1        |
| 24-054 | GPS.....                     | 1        | 24-113 | Earbuds.....              | 1        | 24-175 | E-Scooter.....                                        | 1        |
| 24-055 | Charger/Speaker .....        | 1        | 24-114 | Keys .....                | 1        | 24-176 | Ballcap.....                                          | 1        |
| 24-056 | Glasses, Kit .....           | 1        | 24-115 | Wallet.....               | 1        | 24-177 | Helmet.....                                           | 1        |
| 24-057 | Emergency Kit.....           | 1        | 24-116 | Barbell Strap .....       | 1        |        |                                                       |          |
| 24-058 | Plastic from Vehicle.....    | 1        | 24-117 | Body Spray.....           | 1        |        |                                                       |          |
| 24-059 | Multitool Case.....          | 1        | 24-118 | Stapler.....              | 1        |        |                                                       |          |

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