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# LOOKOUT

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

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## Fleet Dive Unit (Pacific)

Sailor First Class Marketa Lund demonstrates lazy shot procedures, where a down-line that does not reach the bottom has a weight hanging suspended from the surface. The line provides a decompression station, used during the deep diving phase of the Recertification Course at Fleet Diving Unit (Pacific), CFB Esquimalt on Nov. 2.

Photo: Master Sailor Valerie LeClair, MARPAC Imaging Services

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# New initiative from Soldier On

**Ryan Cane**  
Senior Manager Recreation  
Program and  
Community Services,  
PSP HQ

Soldier On is launching an initiative that provides new opportunities for ill and injured serving and Veteran soldiers, sailors and aviators. Soldier On members and their family and friends can participate in different events, ranging from bowling to skating and even horseback riding!

"Military families are the strength behind the uniform," Joe Kiraly, National Manager for Soldier On, says. "Soldier On Family and Friend Days presented by The Personal Insurance Company will bring together the Soldier On community. We hope it will offer everyone a chance to connect and experience the wider benefits of the program."

Since 2007, Soldier On has supported over 10,000 ill and injured members using sports, recreational, and creative activities to enable social support, build confidence in their abilities and realize their full potential. Soldier On provides members with a safe environment to challenge themselves and become inspired in ways they may not have thought possible, contributing to and providing a gateway to

enhance one's well-being. This re-introduction to an active lifestyle offers opportunities to develop new skills, build confidence and meet peers with similar challenges.

"We hope these events will help Soldier On families to build the connections that will be helpful for the long haul. We are so grateful to our sponsor The Personal Insurance Company," Joe Kiraly added.

Personal Insurance has been the official home and auto insurance provider for Canadian Forces Morale and Welfare Services since 1986. It continues to deliver a partnership beneficial to those who serve – CAF members, Veterans and their families. Personal Insurance offers customized home and auto insurance options specific to the needs of the Canadian Defence Community.

"The Personal Insurance Company is proud to continue supporting the Defence community by giving ill and injured members a fun, interactive way to spend time with their family and friends," says Tiffany Marinacci, Senior National Manager – Partnership Development, The Personal Insurance Company.

For any Soldier On members interested in participating in their region, please contact your Regional Coordinator for more information.



## NEW DATE: February 21 from 10 –11:30 am New virtual format on MS Teams.

**Elin Kelsey, PhD**

### Climate Emotions and Evidence-Based Hope

**Eco-anxiety is one of the most pressing mental health concerns of our time and impacts young people in particular.**

Please join the MARPAC Health & Wellness Strategy (MHWS) as we host Elin Kelsey, PhD, for a special 90-min MS Teams presentation on Tuesday, 21 February 2023 from 10:00–11:30 am PST. Elin Kelsey will speak about "Climate Emotions and Evidence-Based Hope".

Elin Kelsey, PhD, is an international thought-leader for the evidence-based hope and climate solutions movement. Her best-selling book for adults, *Hope Matters: Why Changing the Way We Think Is Critical for Solving the Environmental Crisis*, was published by Greystone Books (2020). She co-created #OceanOptimism,

a Twitter campaign to crowd-source marine conservation solutions which has reached more than a hundred million shares since it launched in 2014.

Elin has history of effecting positive change. She wrote the scientific brief for Pew Global Oceans that led to the dedication, in 2009, of what was then the world's largest marine protected area, the Marianas Trench Marine National Monument. As an Adjunct Faculty member of the University of Victoria, School of Environmental Studies, and Western Washington University's partnership in the Redfish School of Change, she is helping to forward a solutions-oriented paradigm for educators,

environmental scientists and social scientists.

Elin is a popular keynote speaker and media commentator. She regularly serves as an author/artist in residence, leading workshops with kindergarten to university students across North America and around the world. Her newest film, *Breathe*, which was commissioned by award-winning filmmaker Marc Silver, is being distributed globally through Amnesty International. Elin is an award-winning children's book author. Her newest book for children, *A Last Goodbye*, was published in 2020.

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## Women in the Canadian Armed Forces



### Sailor Third Class Robyn Oliver

When I was growing up in Edmonton, Alta, my next-door neighbours were in the Canadian Armed Forces (CAF). As a child, watching them come home in their uniforms every day was equal parts intimidating and awe-inspiring. One of them was a woman.

One time, as my sister and I picked strawberries from her yard, she approached unnoticed and picked us up by our ankles. The moment, filled with giggling and sheer surprise, is a very wholesome memory. It was also a nod to her incredible physical strength. For lack of a better word, she was a total 'badass'.

She was strong, kind, hard-working, and well-known throughout my neighbourhood. She was an Infantry Officer in the Army, a position typically held by men, especially at that time. But she kept up. She did just as many push-ups, lifted just as many sandbags, and outdid some of her coworkers in the number of pull-ups she could do. She was strong.

I joined the Royal Canadian Navy

(RCN) two years ago, and am continually inspired by the awesome, hard-working women I work with. Women are now able to enroll in any position or trade in the CAF and RCN, but it wasn't always that way.

Women originally served in nursing positions as civilians during the Northwest Rebellion in 1885. In 1942, female paramilitary groups were created. New divisions such as the Women's Royal Canadian Army Corps (WRENCs), Women's Canadian Army Corps and Royal Canadian Air Force Women's Division allowed women to serve and fulfill positions in the CAF. They were limited to jobs in medicine, administration, cooking, and cleaning – acceptable jobs for gender-specific roles. As the war continued, other positions became necessary to fill, including radar operators, laboratory technicians, and mechanics.

When the war ended, all three women's branches were disbanded. In 1968, the CAF reorganized to allow women and men to serve in the same units. By the late 1980s, women could serve in any job or

branch except on the submarines, until 2001. The Canadian Charter of Rights and Freedoms, adopted in 1992, was a great step for the CAF as it created further opportunities for women to make history. Women now make up around 16 per cent of the CAF and are working in all jobs as Commissioned and Non-Commissioned Members.

Continuing to promote and retain women in our organization is vital. We are driven to be here, whether it's to serve our country, have job security, travel and see the world a bit, or try out a new career that we otherwise would not have the opportunity to. We are assets to the CAF, whether that be on land, at-sea or in the air.

Women have a great history in the CAF and I am proud to say that I have been a part of it. I've been inspired by women in the Canadian Armed Forces (CAF) since a young age, and I am grateful for those before me that have cleared the way for myself and the next generation of inspired women. I am proud to put on my uniform each day.



**Above:** Leading Seaman Justine Boivin (left) and Leading Seaman Alexy Thibault pose for a photo onboard HMCS Kingston before deployment in 2018. Photo: Sergeant Shilo Adamson, Canadian Forces Recruiting Group Headquarters;

**Right:** Corporal Lisa Kim of the 25 Field Ambulance prepares a C-7 rifle for firing during an Exercise. Photo: Corporal Igor R. Korpan



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# THE BOATSWAIN'S CALL

*"This pipe is very long and drawn out, and is the pride of any sailor who can do it absolutely perfectly."*

~ Mark Nelson, Chief Petty Officer Second Class (Retired)



*Piping* is a traditional method of passing orders in a naval setting. A verbal pipe is often replaced with the sound of a *boatswain's call*, which can convey specific orders.

Naval lore states the use of a boatswain's call in English ships can be traced back to AD 1248. The call can be worn as a symbol of rank, mainly because it can be used for passing orders. Until 1562 it was worn as a badge of office of the Lord High Admiral of England. In today's navy, the boatswain's call and chain are worn by the Chief Boatswain's Mate, Quartermaster, and Boatswain's Mate.

A boatswain's call is played by holding it between your index finger and thumb, the latter laying along the bottom of the pipe, referred to as the *gun*. The orb-shaped *buoy* rests against the palm, and the fingers are used to throttle the air exit from the *hole* in the top of the buoy.

The boatswain's call is relatively easy to master, as there are only two main notes; *low* and *high*, and three tones; *plain*, *warble* and *trill*. The low note is produced by blowing steadily into the gun with the hole of the buoy unobstructed by the fingers. The high note is made by moving the fingers over the buoy and partially throttling the exit of air. A *warble* is produced by repeatedly moving the fingers from the high to the low position. The *trill* is produced by vibrating the tongue, similar to how you roll the letter 'R'.



*Pipe the side* is a 12-second pipe with very smooth transitions from low to high and back to low. It is used when a Commanding Officer arrives onboard, for Royalty, the accused when entering a Court Martial, or for the Officer of the Guard when the guard is formed.

The *still*, a high note held for eight seconds, calls all hands to attention as a mark of respect or to order silence. If done correctly, it should end very

abruptly. The *carry-on* pipe is used to negate the still.

The *general call* is used to get the ship's company's attention and is used preceding a broadcast order.

A complex pipe consisting of all notes and tones a sailor might produce on a boatswain's call is the pipe *Hands to Dinner*. Made daily at 1200, the pipe is an order and does not require verbal elaboration. This pipe is long and drawn out, and is the pride of any sailor who can do it perfectly.

Made to mark the beginning of the daily ship's routine, the *wakey-wakey* pipe is a flourish of notes and tones designed to awaken even the deepest sleeper. In contrast, *pipe down* is used at the end of the ship's daily routine, marking the time to adopt silent hours.

To a salty dog, the *boatswain's call* is seldomly referred to as a pipe or whistle. As was often heard in my day, 'A boatswain's pipe is what the buffer smokes on the quarterdeck'.

You will find over 4,000 examples of Jackspeak in my book *Jackspeak of the Royal Canadian Navy* (2<sup>nd</sup> ed.).

The author of 'Jackspeak of the Royal Canadian Navy' and 'Whiskey 601', Mark Nelson developed a love of the Navy's language and lifestyle over his 26-year career in the service. After retiring as a Chief Petty Officer Second Class, he now works as a Library Systems Specialist at Red River College Polytechnic in Winnipeg, Man.

Follow Mark on Twitter @4marknelson



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*"I do not see reconciliation as the goal;  
I see it as the outcome after the work has  
been done."*

~Lisa deWit, former national and local  
Defence Aboriginal Advisory Group civilian co-chair



## Chief of Defence Staff congratulates dedicated DAAG co-chair

**Peter Mallett**  
Staff Writer

A Senior Project Manager at CFB Esquimalt has been hailed by the Chief of Defence Staff.

Lisa deWit of Formation Review was recognized for her contributions as National Civilian Co-Chair to the Defence Aboriginal Advisory Group (DAAG) in an open letter dated Dec. 16 from General (Gen) Wayne Eyre, Chief of Defence Staff, and Bill Matthews, Deputy Defence Minister.

"I recognize the importance of communicating how volunteers of this organization are being change-makers and was glad the other Defence Advisory Groups (DAGs) were also highlighted," deWit said about the recognition.

Gen Eyre said deWit was being recognized for her work toward building a more inclusive Defence team and "steadfast advocacy, providing voice, counsel and support to leadership and helping foster deeper relationships between the Indigenous community and the Department of National Defence Canadian Armed Forces".

deWit has worked as a Department of National Defence (DND) civilian employee since 2010, beginning her DAAG membership in 2011. She is a proud member of the Wet'suwet'en First Nation of British Columbia. Both deWit and military co-chair Master Warrant Officer (retired) Simon Linklater, a former DAAG Military

Co-Chair, completed their terms on the national DAAG in December 2022.

*In reaction to the General's congratulatory letter, the Lookout engaged deWit for her thoughts on being recognized and the scope of her work involving the DAAG and the military's senior leadership.*

**Q: What specific projects or tasks have you been involved in that led to this recognition?**

**A:** Both Linklater and I were conduits for the DAAGs across the country as we aimed to raise the voices of Indigenous Peoples in DND/Canadian Armed Forces (CAF).

Typical engagements included meeting with heads of various departments, sitting in on Indigenous-related events hosted by political dignitaries, and advising all levels of leaders across the country. We met annually with other National DAG leaders and hosted an annual gathering of our local DAAG Co-Chairs from across the country.

We also advised on the dress manual policy, Anti-Racism Secretariat, and engagements on creating the Directorate General Indigenous Affairs (DGIA).

**Q: Do you think the level of communication and understanding between the CAF and Indigenous Communities improved in recent years?**

**A:** The consultation and communication process has increased significantly during my tenure.

**Q: Has your involvement in the DAAG provided some difficult moments?**

**A:** Yes, I have had many moments of exasperation with the system regarding improving Indigenous people's rights. But my generation is beginning to define those rights and is educating society while building skill capacity for our Nation building.

My DND/CAF colleagues are willing to listen through challenging ordeals. The DAAG provides a safe space to discuss these issues, too. I met leadership that would give their time; one of them told me, 'This institution needs your voice. It's hard because it's creating change. Keep going.'

**Q: In your mind, what big objectives still need to be achieved?**

**A:** Continue to transform narratives told only from a dominant perspective.

Colonial systems and individuals can undertake awareness, education, self-interrogation, and action and engagement. The benefit of these steps, in this order, is reconciliation. I do not see reconciliation as the goal; I see it as the outcome after the work has been done.

**Q: Do you have any recommendations for the DND/CAF Community?**

**A:** Be both the person that contributes your Indigenous voice to change this system, and be the colleague that is encouraging and recognizes the courage it takes to do so, regardless if you are in a position of power.

It takes strength for an Indigenous person, or member of any of the DAGs, to show up in the DND/CAF and be unapologetically themselves. Gone are the days I have to leave my Indigeneity at the door to be here. Our voices can make this an institution we are proud to contribute to.

**Q: What can the average person do to understand Indigenous issues better?**

Read the Truth and Reconciliation Commission's 94 Calls to Action;

Learn about murdered and missing Indigenous women, but also get curious about why Indigenous women are at much higher risk for violence and death.

When you see my fellow Indigenous change makers in your workplace, encourage them, and respect some may be reconnecting to their culture due to the Indian Act, Residential Schools or the Sixties Scoop.

Recognize that there are more Indigenous children in care today than during the Sixties Scoop and get curious as to why that should be unacceptable today.

Hold space for us when our children are found at schools they should have come home from.

Recognize some of us just want to do our job and need a rest. Others have the energy to do this hard work on top of family, jobs, connecting to the Creator, Elders and being in our communities in the best way we can.



MYSTERY EXPLAINED

Canadian flags on war graves in England

Peter Mallett  
Staff Writer

A long-standing mystery of who has been placing Canadian flags on the graves of First World War soldiers in Southern England has been solved.

For the past ten years, tiny maple leaf flags have been appearing at the headstones of two 1<sup>st</sup> Canadian Tank Battalion members at Holy Rood Church in Wool around Remembrance Day. Lance Corporal Vernon Ward and Private Ivan Tremayne Green were buried in the churchyard in Dorset, England, in October 1918.

The Canadian flags first caught the attention of Lieutenant-Commander (ret'd) Rick Wall of Campbell River, B.C.

“My brother-in-law and I were amazed that someone continues to care for and place small Canadian flags in front of the graves, even though these soldiers died over a hundred years ago and

were buried five thousand kilometres from Canada,” Wall said.

He sent pictures of the flags on the graves to *The Trumpeter*, a Royal Canadian Hussars Association newsletter. Current and former members of the armoured reconnaissance regiment of the Canadian Army Reserves publish it. They issued a story in their December 2022 edition and asked their readers who were behind the good deed.

“We do not know who is following the tradition of placing flags on the graves in Wool churchyard but if we did, we would commend them for this act of remembrance,” wrote Master Corporal (ret'd) Louis Lamarre.

**CANADA CONNECTIONS**

The mystery has since unravelled. The flag placer is Rod Webb, a retired Royal Fleet Auxiliary Senior Radio Officer. He and his late wife Gill Webb started placing the flags on the Canadian soldiers’ graves in 2013.



Royal Fleet Auxiliary  
Senior Radio Officer,  
Rod Webb

The churchyard’s 72 graves for service members are maintained by the Commonwealth War Graves Commission (CWGC). The family has no connection to Lance Corporal Ward and Private Green.

Rod has a personal connection to Canada and Vancouver Island. He previously served aboard the helicopter Training Ship Engadine of the Royal Fleet Auxiliary. In 1974, he and his shipmates were stationed at Nanoose Bay, where they tested torpedoes.

“I still remember we were made to feel very welcome by the locals and that really stuck with me,” he said.

**THE STORIES OF THE SOLDIERS**

The mystery of the flags led *The Trumpeter* to find more information about the deceased soldiers.

The 1<sup>st</sup> Canadian Tank Battalion was formed in 1918 by university students, Royal Northwest Mounted Police Cavalry mem-

bers and mechanically-inclined volunteers from across Canada.

“The unit underwent initial training in Canada, and then in June 1918, was sent to England for training on tanks which were very new at the time,” Lamarre said. “The war was over on Nov. 11, 1918, before the battalion was deployed to France.”

Before enrolling, Lance Corporal Vernon Ward was a banker from Regina who had prior service in the Reserves with the 35 Alberta Horse and the 19<sup>th</sup> Canadian Dragoons. He was 27 years old when he died on Oct. 29, 1918.

Private Ivan Tremayne Green was a teacher from Toronto with no prior military service. He was 20 years old when he died on Oct. 21, 1918.

Both soldiers died of pneumonia as the global flu pandemic (Spanish Flu) swept England. Pneumonia was also a leading cause of death before Penicillin was discovered in the 1940s.

COMMONWEALTH/MILITARY WAR GRAVES IN WOOL CHURCHYARD

The following is a list of military graves in Wool Churchyard:

Tank Corps/Tank Regiments

30222 Private J R BADCOCK Tank Corps. October 1918  
2684288 Lance Corporal V WARD First Canadian Tank Btn Oct 1918  
2365804 Private IT Green First Canadian Tank Btn Oct 1918  
Second Lieutenant G McCORMACK Tank Corps Oct 1918  
320530 Private P S SHAW Tank Corps Dec 1920  
Boy C H W SAMPSON Tank Corps 1921 (aged 16)  
Private R E Ryder Tank Corps May 1923  
Sergeant W G K MILNE Royal Tank Corps 1935  
Major W S STYLES Royal Tank Regiment 1945  
Second Lieutenant H R COOKE Royal Tank Regiment  
Fredrick VINES Royal Tank Corps 1924  
Private J INNES Royal Tank Corps 1925  
Private J KERNAN Royal Tank Corps 1925  
Sergeant H F KINGABY Royal Tank Corps 1927  
786758 Private N ADAMS Royal Tank Corps 1926  
Private T E FISHER Royal Tank Corps 1925  
23891135 Trooper M DALEY Royal Tank Regiment 1964  
7884474 WO1 (RSM) E WALL Royal Tank Regiment 1957  
Private A E PARSON Royal Tank Corps 1927  
Private H GATEHOUSE Royal Tank Corps 1928  
Private G Horsley Royal Tank Corps 1929  
7871245 WO11 (CSM) D BLACK Royal Tank Corps 1933  
Lance/Corporal F D McFARLANE Royal Tank Corps 1929  
Corporal C W WALLACE Royal Tank Corps  
Corporal W SHARP Royal Tank Corps 1929  
7884480 Sydney POLLEY Royal Tank Corps 1934  
5495381 WO1 H W C GOWER Royal Tank Regiment 1954  
Private H H J SIMKINS Royal Tank Corps 1934  
Private T H GRAINGER Royal Tank Corps 1932  
7877449 Bandsman J ANDREWS Royal Tank Corps 1932

Royal Armoured Corps and Mounted Regiments

318967 T/Sergeant John A S BARKBY 12<sup>th</sup> Royal Lancers 1939  
7942961 Trooper S C NORTHFIELD Royal Armoured Corps October 1941  
7888714 Trooper I DOLMAN Royal Armoured Corps November 1939  
Lieutenant L B E LLOYD First Canadian Mounted Rifles Oct 1918  
Trooper J W CARTER Royal Armoured Corps 1941  
7872216 L/Sergeant E H WELLER Royal Armoured Corps 1942  
7871351 WO11 (QMS) A S G LOWE Royal Armoured Corps 1947  
25662887 Junior Trooper J M S SAUNDER Royal Armoured Corps 1960  
7887619 J L TAGG Royal Armoured Corps 1939  
14278495 Trooper J S DAY Royal Armoured Corps 1943  
5584354 Corporal A A LESTER Royal Armoured Corps 1945  
Captain A A G ASHTON First Royal Dragoons 1956  
7900351 Officer Cadet P A WADE Royal Armoured Corps 1940  
Second Lieutenant M C NIVEN Eleventh Hussars Royal Armoured Corps 1940  
14684269 Trooper T TELFORD Royal Armoured Corps 1944

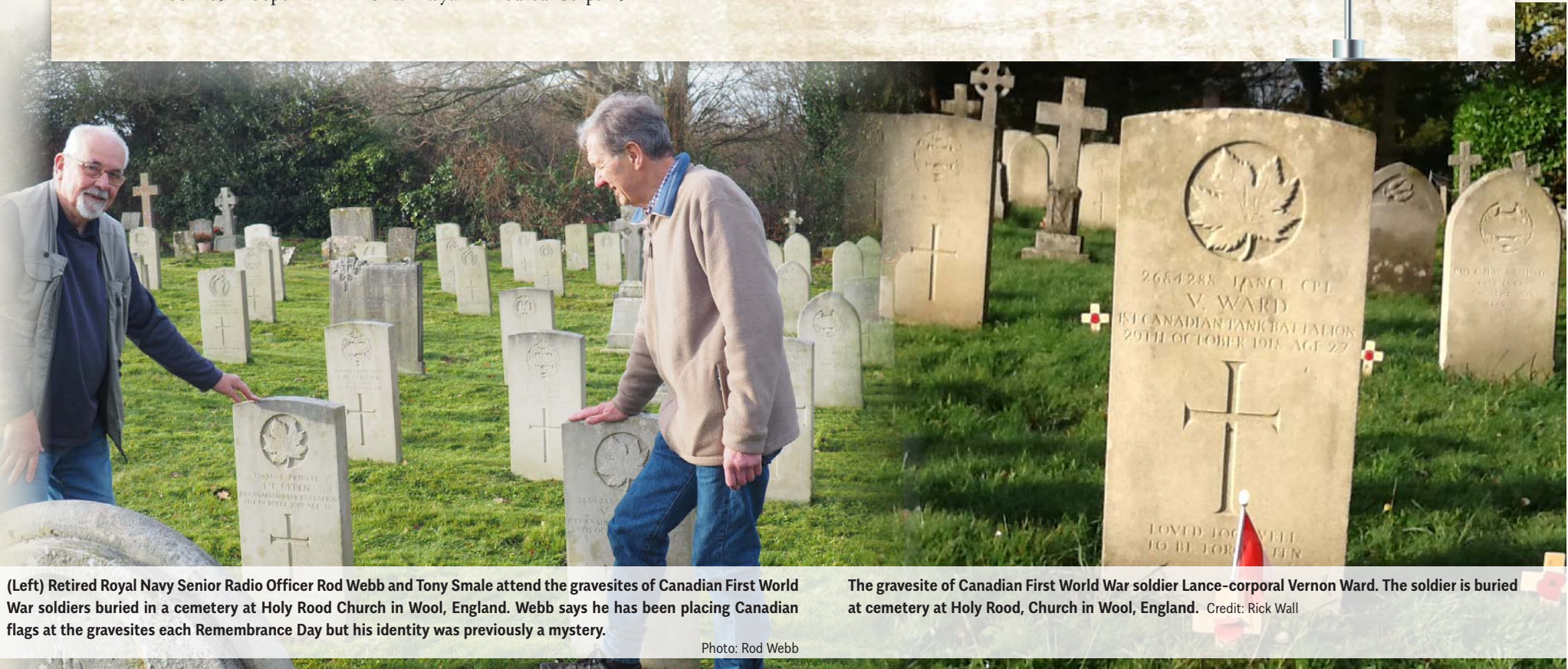
Military Personnel of other Regiments  
*but who presumably served at Bovington*

*(of note some of these date to World War One and may have been billeted there or in Wareham)*

20966 Private RICHARDSON Ox and Bucks Light Infantry 1915  
5970 Private LEONARD Lancashire Fusiliers 1915  
4355 Private WATTERSON Manchester regiment 1914  
16652 Private BROWN Royal Berkshire Regiment 1915  
23706 Private AYERS Wiltshire Regiment 1916  
23084 Private ROSE Ox and Bucks Light Infantry 1916  
18755 Private CONIBERE Royal Warwickshire Regiment 1916  
WR/337640 Pioneer ROUTLEDGE Royal Engineers 1918  
91868 Gunner SOIZANO Machine Gun Corps 1917  
25062 Private MERRYWEATHER Royal Berkshire Regiment 1916  
10992 Lance/Corporal SLATER Ox and Bucks Light Infantry 1916  
7014010 Rifleman BAXTER Royal Ulster Rifles 1939  
5028 Private HAYES Sixteenth Royal Australian Infantry 1916  
34757 Private H HAYWARD Royal Defence Corps  
*(originally 3972 Gloucestershire Rgt)* 1917  
52130 Private WELLER Devonshire Regiment 1918  
5725218 Private SIMMONDS Dorset Regiment 1939  
13095403 Private Mc TAGGART Pioneer Corps 1942  
6912978 Rifleman CAVE Rifle Brigade 1939  
1401344 Bty Sergeant Major SIMMONDS Royal Garrison Artillery  
7575160 Lance/Corporal LOWE RAOC 1924  
527112 Private EAST  
46641 Private ROOKE Dorset Regiment 1920  
5731334 Gunner MARCANTONIO Royal Artillery 1942  
Major C T WALLINGTON RAOC and REME 1943  
Captainain GA STRACHAN RAPC 1971  
7401074 Corporal JARRETT RAMC 1945  
14637074 Driver G J WIDOWS Royal Signals 1944  
Lieutenant A HURRELL RASC  
JCA/193148 Craftsman CABBELL REME 1947  
1555545 Private BICKEMAS REME 1943  
C BULL RAOC 1932



Holy Rood Church in Wool, England  
Photo: englandexpected.wordpress.com



(Left) Retired Royal Navy Senior Radio Officer Rod Webb and Tony Smale attend the gravesites of Canadian First World War soldiers buried in a cemetery at Holy Rood Church in Wool, England. Webb says he has been placing Canadian flags at the gravesites each Remembrance Day but his identity was previously a mystery.

The gravesite of Canadian First World War soldier Lance-corporal Vernon Ward. The soldier is buried at cemetery at Holy Rood, Church in Wool, England. Credit: Rick Wall

Photo: Rod Webb



# Set your 2023 up for financial success

**Craig York**  
Financial Counsellor,  
SISIP Financial, CFMWS

If you fear the arrival of your January credit card bill after purchasing Christmas gifts and Boxing Day sales, now is the time to make a resolution to improve your financial well-being in 2023 and avoid a 'holiday hangover' in the future.

**First, it's important to separate wants from needs, and clearly define what it means to 'save' money.**

The sales in January can be tempting. Before you start shopping, consider if what you plan to buy is a 'want' or a 'need', and whether you can afford it. If you are putting 'that great deal' onto a credit card that you are unable to pay off immediately, the amount you are saving on the item quickly disappears with any interest that accumulates.

Consider how your shopping affects

your long-term financial goals. Your spending habits should reveal what you value most. If you want to buy a house in the future, ask yourself if you would rather put that money into the down payment fund.

**Second, start your savings plan now.**

Include two types of savings into your monthly expenses to create a more sustainable budget:

Expenses you know will happen throughout the year. Start planning now by putting aside money every paycheck for gifts – Christmas will always be in December. It is much easier to put aside a little bit every paycheck than trying to afford everything all at once. Automate your savings to save time and money. With better preparation, financial emergencies become only financial inconveniences.

Expenses that are likely to come up throughout the year, such as vehicle

repairs, home maintenance, clothing, shoes, vet bills, etc. You may have to estimate how much you should save, but it will lead to being better prepared for the unexpected.

**Third, understand that change is difficult.**

New Year's resolutions are rarely successful because, despite our best intentions, maintaining motivation is difficult. Give yourself the best chance to reach your financial goals with a solid budget, the support of SISIP and a plan for the unexpected.

At SISIP, we can help you keep your 2023 *Money Resolutions* and put you on the path to financial wellness. We offer free and confidential financial counselling to help you stick to a budget and equip you with strategies to become debt-free. Give us a call at 250-363-3301 and make financial worries a thing of the past.



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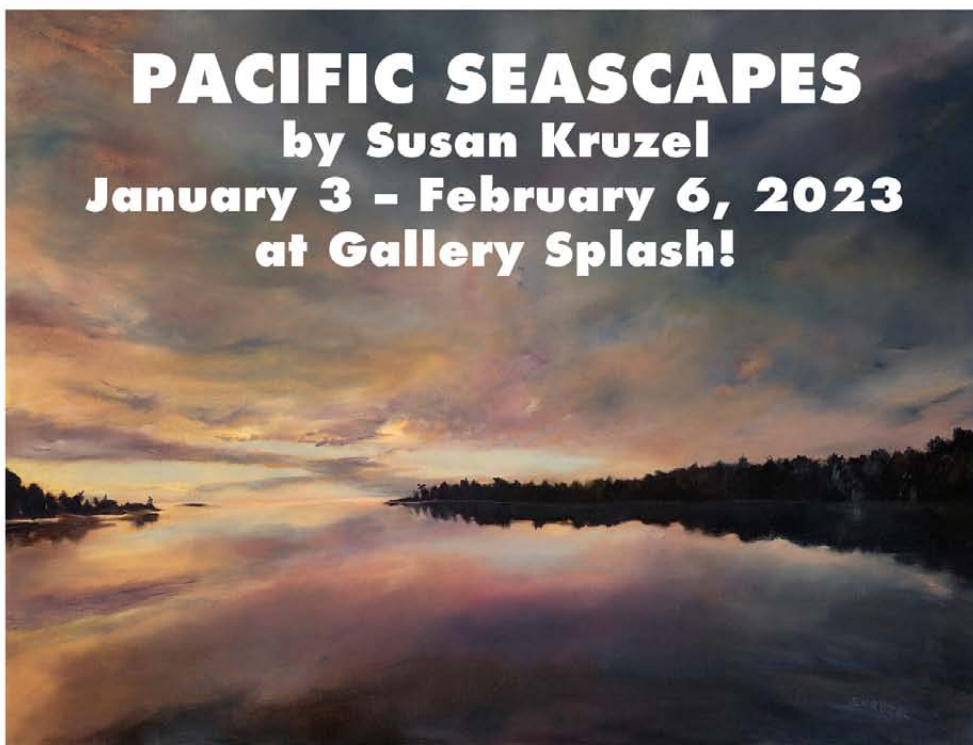
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QA

Five Questions  
with Base Tailors



Peter Mallett  
Staff Writer

After a hard day’s work, Mina and Sukhi Purewal say they are incredibly proud of their work. The two sisters and their staff operate two tailor shops, their flagship retail store A&B Tailor Shop is located in the heart of downtown Victoria. Their retail outlet at the Base, Mia’s Tailor Shop, is inside the CANEX building in Naden. It specializes in naval mess kits and provides alterations for Commissionaires, CFB Esquimalt Fire and Rescue, local police, firefighters and corrections officers, and even garment alterations to non-military clothing. “Our shops bring customers the most experienced tailors in Victoria,” Mina says. “When other tailors turn away extraordinary jobs, we take on the challenge to make it possible. We have plenty of regular customers but also see new faces in our shops every day.” The Purewals and their staff also work as contractors at the Base Logistics (BLog) Building in Dockyard, where they adjust and fit uniforms to the requirements of military personnel. They began working as contractors for BLog in January 2018 and purchased Mia’s Tailor Shop from founder Mia Larsen before her death in 2019.

Mina and Sukhi are the third generation of tailors from their family, with their grandmother starting in the trade back in 1935 in India. Their family moved to Vancouver in 1993. Mina and Sukhi have operated A&B Tailor Shop inside The Bay Centre (formerly Eaton Centre) since 2001. Their work includes everything from tapering, custom-fitting and removing pleats to altering bridal and graduation dresses and replica clothing.

**1. What are the qualities that make a good tailor?**  
Excellent hand-eye coordination and decades of experience make a good tailor. In the military, everything needs to be measured to the millimetre and precisely to regulation, but we have been doing this for years and know what we are doing.

**2. What is the most noteworthy or weirdest alteration someone has requested?**  
We have done plenty of unconventional alterations, such as repairing an RCN diver’s suit that became ripped, working on an actor’s costumes and clothing for numerous movie sets and shows, and even designing and making a competition-winning dress from scratch.

**3. What is something about your job that you wished more people realized?**

Tailoring often needs a lot more work and time than people give it credit. Sometimes a simple patch needs the clothing to be entirely unstitched to begin the work.

**4. What are some of the things that a tailor can or cannot do to clothing?**

There is plenty that can be done to clothing. Even without enough fabric, we can redesign and alter the clothing with creative methods to comply with the client’s request, whether by adding more fabric, making laces, or using the same fabric in different ways. While making loose clothing smaller is simple enough, expanding can sometimes be challenging.

**5. Is your trade under threat these days, and if so – what is impacting it in today’s world?**

People no longer have an interest in sewing or becoming tailors, so the number of new tailors is getting smaller each year. We are unsure if our children will follow in our footsteps and take over the family business, but we support them in any decision they make. Ultimately, it’s great to see how much everyone at the Base appreciates our services and how friendly everyone is to us.



LOST&FOUND

MPU ESQUIMALT FOUND PROPERTY  
January 2023

The Military Police Unit (Esquimalt) is holding various items of unclaimed found property. Items appearing on the following list are available to be claimed by their rightful owners, by contacting the Military Police Property Custodian Corporal Moore at 250-363-4032.

MILITARY POLICE GO# - Item	
GO # 22-20842 .....	Pouch and Cash
GO # 22-22749 .....	Laptop
GO# 22-25969 .....	Men’s Ring
GO# 22-3650 .....	Trail Camera with Case
GO# 23-25 .....	Black Carrying Case with Equipment
GO# 22-20763 .....	Bike
GO# 22-23249 .....	Bike

L’unité de la police militaire Esquimalt est en possession d’une variété d’objets trouvés non-réclamés. Les objets listés ci-joints peuvent être réclamés par leur propriétaire, en contactant la personne responsable, Cpl Moore au 250-363-4032.

POLICE MILITAIRE EG# - Objet	
GO # 22-20842 .....	Poche d’argent
GO # 22-22749 .....	Ordinateur portable
GO# 22-25969 ....	Anneux pour homme
GO# 22-3650 .....	Caméra de piste avec contenant
GO# 23-25 .....	Valise de transport noir avec équipement
GO# 22-20763 .....	Bicycle
GO# 22-23249 .....	Bicycle



# BRAVO ZULU

Commander Maude Ouellet-Savard, Naval Fleet School (Pacific) Commandant, presented the following individuals who attended the NCIOP RQS1, NCIOP RQPO2, NESOP RQPO2, CSQ-AWWD, Sonar Op RQPO2 and CSQ-UWWD course graduation ceremony held at Bldg. N92A on Dec. 9

### CERTIFICATE OF MILITARY ACHIEVEMENT

Sailor Second Class Jace Bostwick  
Sailor Second Class Joseph Chung  
Sailor Second Class Amanda Giesinger  
Sailor Second Class Jeong An Jang  
Sailor Third Class Christian Tsai  
Sailor Second Class Matthew Wood  
Master Sailor Mark Gentile  
Master Sailor TJ Goodhew  
Master Sailor Jefren Liu  
Master Sailor Niels Marks  
Master Sailor Stephan Earl  
Master Sailor Daniel Gignac  
Master Sailor Jordan Murtonen  
Master Sailor Phillip Tallack  
Master Sailor Louis Buss  
Master Sailor Guillaume Durand  
Master Sailor Justin Grant  
Master Sailor Grant MacDonald  
Master Sailor James McPeak  
Master Sailor Matthew Morris  
Master Sailor Guillaume Rivard  
Master Sailor Blake Verhaeghe  
Petty Officer Second Class Andrew Boorman  
Petty Officer Second Class Nicolas Corbeil  
Petty Officer Second Class Byron Neufeld  
Petty Officer Second Class Michael Forest  
Petty Officer Second Class Herbert McDonald  
Petty Officer Second Class Sebastien St-Pierre  
Sub-Lieutenant Luc Steele  
Lieutenant (Navy) Jordan Pilon  
Lieutenant (Navy) Riley Mackin  
Lieutenant (Navy) Warner Moczulski  
Lieutenant (Navy) Lucas Morrissey  
Lieutenant (Navy) Court Pooley

### RANK PROMOTIONS

Sailor First Class Jace Bostwick, promoted to his current rank  
Sailor First Class Amanda Giesinger, promoted to her current rank.  
Sailor First Class Matthew Wood, promoted to his current rank.  
Petty Officer Second Class Jefren Liu, promoted to her current rank.  
Petty Officer Second Class Stephan Earl, promoted to his current rank.  
Petty Officer Second Class Daniel Gignac, promoted to his current rank.  
Petty Officer Second Class Jordan Murtonen, promoted to his current rank.  
Petty Officer Second Class Phillip Tallack, promoted to his current rank.  
Petty Officer Second Class Grant MacDonald, promoted to his current rank.  
Petty Officer Second Class James McPeak, promoted to his current rank.  
Petty Officer First Class Nicolas Corbeil, promoted to his current rank.  
Petty Officer First Class Andrew Boorman, promoted to his current rank.  
Petty Officer First Class Michael Forest, promoted to his current rank.  
Petty Officer First Class Byron Neufeld, promoted to his current rank.  
Lieutenant (Navy) Luc Steele, promoted to his current rank.

### TOP STUDENTS

Sailor Third Class Christian Tsai  
Master Sailor Matthew Morris

### SPECIAL RECOGNITIONS

Master Sailor TJ Goodhew, awarded the Canadian Decoration (CD).  
  
Lieutenant (Navy) Luc Steele, awarded the Naval Warfare Officer Bronze pin. *The Naval Warfare Officer Bronze pin is given when a candidate receives a bridge watch keeping certificate on board a commissioned warship.*  
  
Lieutenant-Commander Alexander Johnston, awarded the Certificate of Command Qualification.



# Classifieds

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## HMC Ships Glace Bay and Moncton Depart for Operation Projection

### Department of National Defence Canadian Armed Forces

His Majesty's Canadian Ship (HMCS) *Glace Bay* and *Moncton* departed Halifax on Jan. 9 to participate in Operation Projection (West Africa) 2023. This is Canada's sixth year sending two Maritime Coastal Defence Vessels to West Africa.

"Fair winds and following seas to the sailors of HMC Ships *Glace Bay* and *Moncton* as they depart to participate in Canada's commitment to peace and security in West Africa," said Rear-Admiral (RAdm) Brian Santarpia, Commander of Maritime Forces Atlantic and Joint Task Force Atlantic, in a statement.

During this operation, the 92 Canadian sailors deployed on both ships will conduct exercises, engagements and port visits with allies and partners.

Op *Projection* is Canada's ongoing mission to promote peace and stability in support of the rules-based international order. It includes strategic engagements with regional nations to support capacity building, foster relationships and contribute to the stability necessary to advance security goals in the region.

"This operation illustrates the Royal Canadian Navy's commitment to promoting maritime security, and nurturing our relations with allied nations," RAdm Santarpia added.

The ships will also participate in Exercise Obangame Express 2023. This multi-national exercise, led by U.S. Naval Forces Africa, will focus on counter-piracy, counter-terrorism, and counter-smuggling operation and engagements to build partner capacity and foster regional security partnerships. The word 'obangame' comes from the Fang language of southern Cameroon and other parts of Central Africa and means 'togetherness', which is symbolic of the spirit of this significant exercise.

Port visits by HMCS *Glace Bay* and *Moncton* during this West Africa deployment aim to improve cooperation among participating nations to increase maritime safety and security in the Gulf of Guinea. They will include interactions with the navies of our African partners as well as stakeholder engagement and community relations activities.

"To our families and friends; thank you. We wouldn't be able to achieve operational success if it wasn't for your commitment to your sailor and the sacrifice you face while we're away," RAdm Santarpia said.

HMCS Glace Bay.  
Photo: Wikimedia Commons



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