

Volume 68 Number 3 | January 23, 2023

# LOOKOUT

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

f LookoutNewspaperNavyNews @Lookout\_news LookoutNavyNews

newspaper.com

Buying or Selling?

I CAN HELP! CHRIS

**ESBATI**

Knowledgeable, Trustworthy  
and Dedicated Service



**RE/MAX**  
CAMOSUN

250.744.3301  
chris@victoriaforsale.ca

[www.victoriaforsale.ca](http://www.victoriaforsale.ca)

## CANADIAN RANGERS

Gerald Azure, a member of 4th Canadian Ranger Patrol Group, and his dog Bannock conduct polar bear patrol in Churchill, Man. in September 2022.

Photo: Sailor First Class Valerie LeClair, MARPAC Imaging Services



**babcock**

Proud to support  
Canada's fleet

Marine >  
Land >  
Aviation >  
Cavendish Nuclear >

[babcockcanada.com](http://babcockcanada.com)

**CANEX**  
A division of CEMWS  
Une division des SBMFC

CANADA'S  
MILITARY STORE

**CANEX**

**CANEX.CA**

1343 Woodway Rd., Esquimalt

250.388.6428



ISLAND OWNED AND OPERATED  
SINCE 1984.

**VIEW OUR FLYER  
IN THIS PAPER WEEKLY!**





**Interested**  
in participating / vending in the expo?  
Please reach out to Jazmin.Holdway@forces.gc.ca

**LOOKOUT**  
Newspaper and Publishing

PRESENTS:

# HEALTH & WELLNESS expo



**EVERYONE IN THE DEFENCE COMMUNITY IS WELCOME!**



**THURSDAY**  
**MARCH 2 2023**

**NADEN GYM 10AM - 2PM**

Health, Fitness, Wellness,  
Education, Recreation & more!

*Free*  
**COFFEE & PRIZES**  
BY SERIOUS COFFEE

**MORE THAN**  
**130 VENDORS**

**CATCH A  
SHUTTLE BUS**

#### SHUTTLE BUS 1

To and from Dockyard main gate to Naden Athletic Centre. Picks up every 30 mins starting at Dockyard at 1000 hrs with last pick up at 1400 hrs at Naden Athletic Centre.

#### SHUTTLE BUS 2

Picks up at Colwood Building 66 – main warehouse at 1000 hrs and picks up from Naden Athletic Centre at 1300 hrs to return to Colwood Building 66 – main warehouse.

Brought to you by

CFB ESQUIMALT  
**LOOKOUT**  
NEWSPAPER & CREATIVE SERVICES



**Sunshine Coast  
Health Centre**

A Non-12 Step Mental Health Program





(Left) Sergeant Martin Ouellet; Jennifer Bolster, Paramedic Practice Leader; Sergeant Sonya March; Warrant Officer Nicolas D'anjou; Warrant Officer Scott Rose; Chris Millar, Advance Care Paramedic; Jennifer Taronga, Honour Guard.

Photo: Acting Sub-Lieutenant Ty Pellerin, Base PA

**Peter Mallett**  
Staff Writer

Warrant Officer (WO) Nicolas D'anjou is convinced real-life superheroes walk among us.

His comments come while recalling the fateful moment when three colleagues from 443 Maritime Helicopter Squadron rushed to his aid and performed lifesaving Cardiopulmonary Resuscitation (CPR).

"My heart would stop beating on three separate occasions that night, but I was in the right place at the right time," WO D'anjou, 49, said. "Although my friends will say the opposite, they are my personal superheroes, my Batman, Superman and Wonder Woman."

WO D'anjou previously worked as a maintenance manager at the helicopter squadron and was on hand to congratulate his friends at a Jan. 15 awards ceremony at Victoria's BC Emergency Health Services (BCEHS) headquarters. The ceremony honoured his co-workers WO Scott Rose, Sergeant (Sgt) Sonya Marchand and Sgt Martin Ouellet with a BCEHS Vital Link Award.

The award his friends received recognizes the skilful actions of one or more bystanders during a cardiac arrest emergency.

"It's nice to be recognized with this award, but the greatest reward for us is to spend time with our friend, Nicolas," said WO Rose, who works as an Air Maintenance Superintendent.

#### SPRINGING INTO ACTION

During a telephone interview, D'anjou recalled the night of Jan. 10, 2020, when all four friends had gathered at a local pub in Esquimalt. Soon after arriving, Nicolas collapsed in his chair and went into cardiac arrest. He says that moment would change his life forever.

It was the quick action of WO Rose and his fellow 443 Squadron members who performed CPR and helped save his life.

"Nick was telling a story to us, and he is fairly animated so when he stopped talking at first, I thought he was joking around," said WO Rose.

WO D'anjou was con-

vulsing, and WO Rose determined he had stopped breathing. Sgt Ouellet checked WO D'anjou's pulse and noticed there wasn't one. They then lowered him to the floor and began CPR. WO Rose gave compressions, and Sgt Ouellet breathed air into D'anjou's lungs. Meanwhile Sgt Marchand called 911 and stayed on the line with the operator.

WO Rose, a former St John Ambulance First Aid Instructor, said all three friends were cool under pressure.

"We didn't panic because we are familiar with the CPR procedures," she said. "We were so calm and methodical that people at the bar thought we were just doing a practice scenario."

The pub they attended was crowded that night and did not have a defibrillator on-site.

Only six minutes transpired before paramedics arrived on the scene, WO Rose said. WO D'anjou would suffer two more cardiac arrests under the care of the paramedics. They would eventually stabilize him and transport him to the hospital.



#### CPR TRAINING NEEDED

During the BCEHS award ceremony, WO D'anjou and his rescuers emphasized the importance of getting proper CPR training and updating it regularly. CPR training is mandatory for Canadian Armed Forces members, who must update their training every three years.

WO D'anjou said he is living proof of its benefits.

"I am pleading with anyone who reads this story to realize the importance of getting CPR training or refreshing it if you have already had the instruction," he said.

WO D'anjou has been on medical leave since his cardiac arrest and is transitioning into a new career outside of the Canadian Armed Forces because of injuries. It is no secret that he will miss the career he started many years ago. His favourite tasks included working in Royal Canadian Air Force helicopter detachments on deployed Royal Canadian Navy ships.

"I loved my job, and I will really miss it," he said. "But this has been a new beginning for me, and I truly see each new day as a gift and am looking forward to the future with a renewed enthusiasm."

**GALAXY  
MOTORS**

**THE BEST PLACE TO BUY A NEW CAR!**

**THE LARGEST INVENTORY ON VANCOUVER ISLAND**

**5 DEALERSHIPS PLUS 2 RV LOCATIONS TO SERVE YOU**

**OVER 33 YEARS IN BUSINESS • FAMILY OWNED & OPERATED**

**WHEN YOU NEED A VEHICLE, VISIT GALAXY MOTORS!**

[www.galaxymotors.net](http://www.galaxymotors.net) 250-478-7603 4391 Westshore Parkway Langford | [www.galaxyrv.net](http://www.galaxyrv.net) 250.590.7425 4377 Westshore Parkway

DLR 30897





# LOOKOUT

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

LookoutNewspaper.com @Lookout\_news  
LookoutNewspaperNavyNews LookoutNavyNews

## MANAGER

**Jazmin Holdway** ..... 250-363-3372  
Jazmin.Holdway@forces.gc.ca

## EDITOR

**Kate Bandura** ..... 250-363-3130  
kateryna.bandura@forces.gc.ca

## WRITER

**Peter Mallett** ..... mallett.peter@cfmws.com

## PRODUCTION

**Teresa Laird** ..... 250-363-8033  
production@lookoutnewspaper.com

**Leslie Eaton** ..... 250-363-8033  
workstation3@lookoutnewspaper.com

## ACCOUNTS/RECEPTION

**Trina Winters** ..... 250-363-3127

## ADVERTISING REPRESENTATIVE

**Joshua Buck** ..... 778-977-5433  
sales@forcesadvertising.com

## EDITORIAL ADVISOR

**Katelyn Moores** ..... 250-882-0435

Published each Monday, under the authority of Capt(N) J. Jeffrey Hutchinson, Base Commander.

Le LOOKOUT est publié tous les lundis, sous l'égide du Capv J. Jeffrey Hutchinson, Commandant de la Base.

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.

Le Rédacteur se réserve le droit de modifier, de condenser ou de rejeter les articles, photographies, ou annonces publicitaires pour adhérer au Manuel des politiques des PSP. Les opinions et annonces exprimées dans le journal ne reflètent pas nécessairement le point de vue du MDN.

LOOKOUT  
NEWSPAPER

Circulation - 2,000 plus 300 pdf downloads per week

Follow us on Facebook, Twitter  
and Instagram to join our  
growing social media community.

A Division of Personnel Support Programs  
CFB Esquimalt, PO Box 17000 Stn. Forces, Victoria, BC V9A 7N2

Web: [www.lookoutnewspaper.com](http://www.lookoutnewspaper.com)

Fax: 250-363-3015

Canadian Mail Product Sales Agreement 40063331



# JOLLY ROGER

*“The phrase ‘over and out’ is something you may hear in popular culture, but it is never used in actual practice.”*

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

*Roger* is a voice communications *proword* which means ‘received and understood’, i.e., “The formation will transit Haro Strait at 0900”. Reply: “Roger”. *Proword* is short for procedures words and describes the specific words and phrases used in radiotelephone communications.

*Roger* being as commonplace as it is today, it is strange how most people have yet to learn the derivation of the term. One explanation of its origin is a tidy piece of folklore which states ROGER is an acronym meaning ‘Received Order Given Expect Results’. Alternatively, there is a more logical explanation of how *Roger* began to be used in the 1940s when the name ‘Roger’ was the ‘spelling alphabet’ equivalent for ‘R’, the first letter in the word ‘received’.

*Roger* is a commonly used *proword* that leaks from the voice communications world to a sailor’s everyday jargon, i.e., “Bloggins, will you pass me the navy gravy?” Bloggins: “Roger”.

In voice communications, *Roger* is often combined with the *prowords* *over* or *out*, such as ‘Roger over’ or ‘Roger out’. *Over* is used when a reply is expected. *Out* is used when no response is expected or required. The phrase ‘over and out’ is something you may hear in popular culture, but it is never used in actual practice.

Other common *prowords* are *Wilco*, which means, ‘I understand and will comply’; *Say again*, used to request a message be repeated; and *Correction*, which means,

“I made an error in this transmission. Transmission will continue with the last word correctly sent”.

While *Roger* is a method of verbal acknowledgement, the correct way to respond to an order given by a superior is *Aye Aye*, which means, “I understand the command and hasten to comply with the order”. While the word *Aye* is derived from the Olde English ‘ay’, which means ‘ever’, it is thought *Aye Aye* was a derivative of the British words *Yea Yea*, and a quick-talking

Cockney accent changed the *Yea Yea* to *Y-eye Y-eye*. If said fast, you will hear “Aye Aye”.

Made famous in pirate movies, ‘Arr’ means ‘Yes’, which was likely derived from ‘Aye’. Whether pirates used ‘arr’ is a matter of debate. Of course, there are no audio records of those that sailed under the *Jolly Roger*.

Incidentally, *Jolly Roger* is the traditional name for a flag flown to identify a pirate ship, commonly consisting of a skull and crossbones on a black field. Usage of this flag began in the 1700s by pirates Black Sam Bellamy, Edward England and John Taylor. The title *Jolly Roger* is thought to be derived from the French phrase ‘joli rouge’, meaning ‘pretty red’, and used about a red flag used initially by French privateers. The colour red was used to reference violence once associated with bloodshed and pirate activities.

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



**FREE ENTRY FOR CAF AND VETERANS**

**NAVAL MUSEUM**

The Largest RCN Museum in Canada!

**Naval Museum of Alberta**  
at The Military Museums 4520 Crowchild Trail SW, Calgary, AB  
Open Daily 0900 to 1700  
Virtual Tour: [ValorCanada.ca/vr/NavalMuseumofAlberta](http://ValorCanada.ca/vr/NavalMuseumofAlberta)

**First Responders & Military: \$20.00 Every Day!**

**Sullivan's BARBER SHOP**

Appointments Not Necessary **250 478 9424**

**Seniors \$18.00 Regular \$23.00**

**756 Goldstream Ave.**  
NOW OPEN: MON 10 – 4 PM; TUES – FRI 8:30 AM – 5 PM; SAT 8:30 – 3 PM

**I Stage and I Sell!**

**SHELLY REED** Associate Broker  
Direct: 250-213-7444 Email: [sr@shellyreed.com](mailto:sr@shellyreed.com)  
[www.shellyreed.com](http://www.shellyreed.com)

**PEMBERTON HOLMES**  
#150-805 Cloverdale Ave.,  
Victoria, B.C. V8X 2S9  
250-384-8124



# Worried about a RECESSION?

## SISIP can help relieve financial anxiety

**Shannon Childs**  
Personal Financial Planner  
SISIP Financial

A weight lifted in 2021 when individual investors saw a rebound in their portfolios from the downturn of 2020.

With a sense of normal returning to the world, people started to feel at ease: unknowing that 2022 would bring strong headwinds. Seeing the largest rate hike in over 40 years caused even

risk-averse individuals to feel significant losses. It felt as if no one's investments were safe. The volatility seen in 2022 is a good reminder of how quickly and drastically the market and funds can change.

With losses in our portfolio, we saw substantial cuts to transfer values upon early release. Cash values were nonexistent or reduced to minimal amounts. Many of us rely on these values as a buffer in the transition to the next stage, as a down payment for property or retirement, as other employers

may not provide retirement plans. For some, postponing release can be an option; for others – current opportunities or challenges can force our hand. A stressful process now turns into a larger, more complicated decision. Knowing the pension options and benefits and understanding your immediate and future tax consequences will assist you in making informed decisions.

History has shown periods of volatility run short. If we hold strong, avoid looking at our state-

ments and continue our contributions, we will benefit from the discounted prices and rebound that follows volatility patterns. Automatic contributions over time provide the benefit of *dollar cost averaging*, the practice of investing a fixed dollar amount at regular, pre-determined intervals. Since the amount is fixed, you buy fewer units when the prices are higher and more units when prices decrease. This provides the benefit of growth over time, a consistent plan and spreads funds

over multiple pay periods.

As uncertainty in the markets continues and the cost of living rises, ensure you and your family are well-prepared for the future. A strong foundation begins with protective measures in place, such as insurance products, emergency savings and future forecasting expenses, strategies for reducing debt, and keeping a consistent budget. Being consistent through changing circumstances or uncertain markets will help you reach your goals.

FINANCIÈRE  
**SISIP**  
FINANCIAL

Visit SISIP Financial to speak to one of our advisors. We are here to help you create budgets, develop a solid plan and stay on track to make your goals a reality. We are located in the CANEX Building and by phone at 250-363-3301.

LookoutNewspaper.com



Breaking News • Announcements  
Back Issues

**What Now?** Contact us with your scoop!  
kateryna.bandura@forces.gc.ca

**SPECIAL MILITARY PRICE!**



**2012  
VOLKSWAGEN  
GOLF  
SPORTWAGEN**  
**\$11,831**  
110,601 kms  
Stk 2345

### ATTENTION MILITARY!

Ask about our exciting new financing options, with a down payment of \$1000 or even less, and bi weekly payments of \$129! No credit or bad credit? Not a problem.

### THEY SAY NO, WE SAY YES!

We do things differently. We always work to get you the best financing with the best lenders with the lowest rates.



sales@usedcarcentre.ca

### OPEN 7 DAYS A WEEK

9:30am – 7pm Mon-Sat  
Sunday from 11am – 3pm

1671 ISLAND HWY

**250-590-8221**

We are ready for the new normal! Find out more at:  
**www.usedcarcentre.ca**

NDP

## Here to provide the assistance you need.

Contact my office with your questions about:

- Phoenix payment issues
- Veterans Affairs Canada
- Service Canada and CRA
- Local and provincial contacts
- Immigration-related issues
- Federal COVID-19 benefits for individuals, businesses, non-profits.

**Laurel Collins**  
MP for Victoria

Laurel.Collins@parl.gc.ca  
250-363-3600



f /CollinsLaurel  
@Laurel\_BC  
@laurelndp



# VETERAN'S ARTWORK PROVIDES *seascape escape*

**Peter Mallet**  
Staff Writer

After recently launching her *Pacific Seascapes* exhibit at Gallery Splash in Esquimalt, painter Sergeant (ret'd) Susan Kruzel admits she is swimming in her art, literally.

As patrons at a nearby coffee shop exit into the lobby, they appear drawn to her paintings. As an artist, Kruzel takes extreme gratification in this.

"I hope that if one person sees my art, it will at least bring a little bit of beauty, tranquility and relief from the everyday grind," she said.

This is the first time a large-scale art gallery has dedicated an entire exhibit to her paintings. Her artwork has previously appeared in multiple art-friendly coffee shops across the city since 2018, an exhibit at the Victoria International Airport in 2019, the Saanich Library, the Coast Collective Art Centre in 2020, and most recently at the Art Faire Urban Arts Tour in June 2022.

Kruzel says she wanted the viewer to be transported with her painting, feel one with nature and forget about their problems and the busy city life.

She draws inspiration from photographs and walks along the seaside at the first light of day, a moment which she describes as truly magical.

Since growing up in Hungary, Kruzel had always been drawn to the water but lacked the swimming skills to immerse herself in it.

"I struggled in my personal journey of learning how to swim but I have always been drawn to water, if not mesmerized by it," she said.

Kruzel served 28 years in financial for the Canadian Armed Forces. She took photography courses in her spare time during her military service.

Her postings took her across the country, but she ended her career in Esquimalt where she worked in the Base Orderly Room (BOR) in claims and as a cashier. She says she delighted in her time and chance to serve in Royal Canadian Navy vessels as they traversed the high seas

including a deployment as a Senior Pay Writer aboard *HMCS Vancouver* in 2011 for Operation Mobile.

Following her medical release in 2016, she spent three years developing her art skills at the Victoria College of Art.

Now, Kruzel creates all types of art in her Victoria home, including landscape portraits, still life, linocut, textiles and photography. Painting oil on canvas and capturing the supernatural coastlines in her self-described "romantic, old-world style" is her favorite thing to do.

"Art has given me a renewed perspective on life and has helped me push aside the physical and mental pain and share the beauty I see in the world," she said.

She firmly believes her paintings will provide a sense of relief and calm.

*Rhapsody in Blues* is her vision of a sunrise over the Strait of Juan De Fuca. She drew from a wide range of colours such as titanium white, lemon yellow, cadmium orange, perm rose, vermillion hue, primary red, alizarin crimson and Prussian blue.

"The blues and cardinal red and golden light of the rising sun below the hills captured and stirred my creative senses," she said. "I intended it to be 'outer worldly'; one can turn it upside down and it can become another painting."

She also mastered the art of swimming. She recalls thinking she was a good enough swimmer when arriving for basic training at Cornwallis, but quickly realized she did not even have the basic skills to survive in the water.

"I learned to swim during my posting in Chilliwack as I went to the pool every day for one year and I now consider myself a good swimmer and artist too."

The exhibit concludes Feb 6. The gallery opened in 2021 and is located inside the lobby of Esquimalt Town Square. It features many of Kruzel's favorite landscape paintings that capture the beauty of the sea and Pacific Coast.

Ten per cent of proceeds of art sales from the exhibit will go to Canadian Forces Morale and Welfare Services (CFMWS) support program, Soldier On.



**1** *Rhapsody in Blues* painting (above) is a view overlooking the Strait of Juan de Fuca from her apartment in downtown Victoria.

Photo: Susan Kruzel and Peter Mallett Lookout Staff



**2** Susan Kruzel shows off some of her artwork on display in her *Pacific Seascapes* exhibit at the Gallery Splash located in the main entrance of the Esquimalt Town Square. Photo: Peter Mallett Lookout Staff



**3** Top inset: This photo of a wide sandy beach was used to create Kruzel's *Shores to Sky Series 4* painting (top background). The photo was taken at Cannon Beach in Oregon in 2019 during a family vacation. Kruzel says when she painted it she was transported back to the beach. Photo: Susan Kruzel





# Veterans Association renews *spirit* at Broadmead



Members of Broadmead's Veterans Memorial Lodge's Veterans Association include: (left) Paul Newcombe, Vice President; Lloyd Liesch, President; and Bruce McShannon, Social Justice Executive, say its encouraging to see the progress of their organization in giving a voice to residents at the long-term care home. Photo: Peter Mallett, Lookout staff

**Peter Mallett**  
Staff Writer

An advisory group at Broadmead's Veterans Memorial Lodge has given former military members a more prominent decision-making voice while encouraging camaraderie.

Resident's councils are not uncommon at long-term care homes across the province, but one made up exclusively of veterans is unique, said Janet Power, Executive Director of Veterans Lodge.

"It gives them a voice and they use this group to express themselves and share their experiences with other veter-

ans," Power said. "They also help other residents and help improve their lives."

The Veterans Association is a resident's council representing 115 veterans at Broadmead Care's 225-person long-term care home in Saanich. The Association was formed in May 2021 amid the COVID-19 pandemic.

The Association was helping its members end isolation. Now, it has also become a valuable resource for healthcare staff for a more comprehensive sense of issues concerning residents.

Power said the group has contributed to significant improvements at the Lodge.

Some of their accomplishments include organizing Remembrance Day ceremonies during the pandemic, creating a Celebration of Life book that holds the legacy of past Lodge residents, and designing a Veterans Recognition Wall made up of military memorabilia, which will be prominently displayed. Over the holidays, Association members formed a carolling group and serenaded residents who were isolated in their rooms.

The Veterans Association is run by a seven-member Executive headed by Lloyd Liesch, Association President and a former Royal Canadian Air Force member. Liesch,

98, served Canada during the Second World War.

"I am not only happy about being part of this organization but am excited about it too," Liesch said. "It hasn't been too long since we formed the Association but we have already accomplished so much."

The group meets twice a month and sees approximately 10-20 residents. The meetings follow Robert's Rules of Order, a parliamentary procedure for meetings founded by Henry Martyn Robert, U.S. Army Officer.

Master Sailor (ret'd) Bruce McShannon, 89, is the Association's Social Justice

Executive. He served 25 years in the Royal Canadian Navy (RCN) as a Weapons Technician and later as a Commissionaire at CFB Esquimalt before his retirement in 2019. McShannon said joining the Association has helped him end the feeling of isolation brought about by the COVID-19 pandemic.

"Taking part has been a big help in overcoming this isolation because we are all working together as a team, getting to have our say, and helping each other out," he said.

The Association's Vice-President is Paul Newcombe, who served the RCN as a Naval Cadet during the 1950s

and retired as a Lieutenant. He said he is 'highly impressed' with the teamwork aspect of the Association.

Chaplain Francis Welch, Broadmead Care's Spiritual Care Coordinator, attends most meetings. He said its creation had provided many residents with renewed hope.

"The Veterans Association gives them a greater sense of meaning and the greatest thing is seeing this fire, discovery and spirit in them," Welch said. "They have been through so much and in many ways they have taught me how to look at life through the COVID-19 pandemic lens."

## Join us for a special summit especially for Veteran Families!

On January 27 and 28, 2023, the Atlas Institute for Veterans and Families is hosting a free, two-part virtual summit, "Empowering Families through knowledge, community and hope," dedicated to sharing information, resources and inspiration about Veteran Family mental health.

This event will feature presentations from service providers, researchers, and people with lived experience who will share their knowledge and insights on issues of critical importance to the Families of those who have served with the Canadian Armed Forces and Royal Canadian Mounted Police.

The summit is a unique opportunity for participants to learn and to share their own experiences with topics including compassion fatigue, resiliency, and the impacts of an operational stress injury on children and on relationships.

**Join the conversation:**

[bit.ly/veteran-family-virtual-summit](https://bit.ly/veteran-family-virtual-summit)

**A** ATLAS INSTITUTE FOR  
VETERANS AND FAMILIES





CFB Esquimalt Naval & Military Museum  
**From the Archives:  
 Stories from the CFB Esquimalt  
 Naval and Military Museum**



## A Little Ditty: Sailors put a personal spin on prized possessions

**Clare Sharpe**  
 CFB Esquimalt  
 Naval and Military Museum

One of the most prized possession in the belongings of ships' ratings in years gone was the ditty box.

A 'ditty box' (or bag) was a small, usually lockable receptacle every sailor made to store and protect treasures such as letters, photos, and mementoes of loved ones. In addition to holding personal memorabilia, keepsakes and souvenirs, it had practical articles such as sewing supplies and soap. These could also house specialized work tools of the sailor's trade, such as a bosun's call (whistle) or a fitting or accessory needed to complete routine shipboard tasks.

The need for such an item likely arose due to the lack of personal space aboard ships, where living was essentially communal, and privacy was at a premium.

A few theories float around about the name. Ditty bags and boxes date as far back as the 1600s, if not earlier, and were made

of cotton known as 'dittis', thus the name 'ditty box'. Another theory is from the word 'ditto' or 'the same thing' as a ditty box held two of everything – two sewing needles, two spools of thread, and so forth. Yet another possibility is that 'ditto' was short for either 'commodity' or 'oddity'. Still, another suggestion is that 'ditty' has its roots in the ancient term 'dight', meaning to clean, repair or make good.

Some containers were round, and others were square; some were plain, while some were decorated. Favourite motifs were diamond shapes, stars, names and initials. Some ditty boxes were embellished with coins, medals, anchors and other paraphernalia carved or burned into the wood, especially on the lid. Wood was the most common material, while whalers sometimes used baleen from the jaws of the prey they hunted.

Whatever the origins or what they were composed of, ditty boxes reflected personalities and interests, and were as unique as the individuals who made them.

**To see examples of ditty boxes and how they were used,  
 visit the CFB Esquimalt Naval and Military Museum,  
 open Mon-Sun from 10 am–3:30 pm**

[www.navalandmilitarymuseum.org](http://www.navalandmilitarymuseum.org)



## WE'VE GOT DINNER COVERED

### DELICIOUS, STRESS-FREE MEALS YOU SIMPLY TAKE & BAKE!

Now you can have home-cooked meals in the comfort of your home, expertly prepared by certified Red Seal Chefs.

Refire *take n' bake* entrees are available at our either of our storefront locations or order online for pick-up.



[refirekitchen.ca](http://refirekitchen.ca)



2 Locations: 843 Fort St., Victoria or 100 Aldersmith Rd., Victoria

## Eye care for your family!

- Eye Health Examinations
- Contact Lens Specialists, Dry Eyes, Allergies, Eye Injuries
- Designer Eyewear Boutique
- Aircrew cyclo exams
- Sunglasses: Prescription & Non-Prescription

**MILITARY DISCOUNT  
 AND DIRECT BILLING**

**OAKLEY, ARMANI,  
 RAYBAN, PRADA,  
 AND MORE!**

**CLOSE  
 TO BASE!**

**ACCEPTING NEW PATIENTS -  
 BOOK AN APPOINTMENT TODAY!**

**Admirals  
 Walk**  
 OPTOMETRY CLINIC

Dr. Rachel Rushforth,  
 Dr. Nicole Sehn  
 and Dr. Darcy Dennis

**NEAR BASE**  
 106-1505 ADMIRALS ROAD  
**(250) 995-0449**

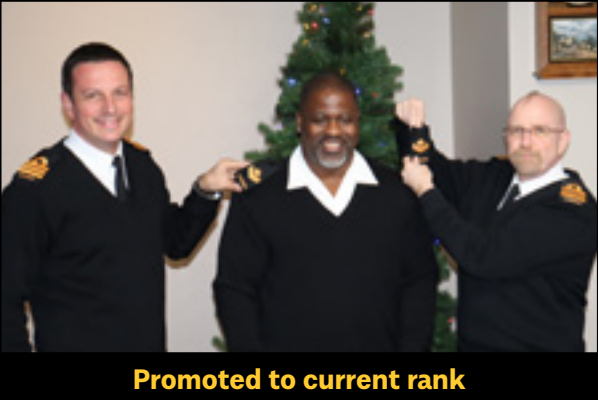


# BRAVO ZULU

The Trinity detachment (Whidbey Island) recently had their holiday all hands dinner. During the dinner they had the pleasure of promoting four individuals, as well as handing out two Canadian Forces Decoration medals.

Photos: Petty Officer Second Class McDonald

MASTER SAILOR BLAKATA



Promoted to current rank

MASTER SAILOR FORTIN



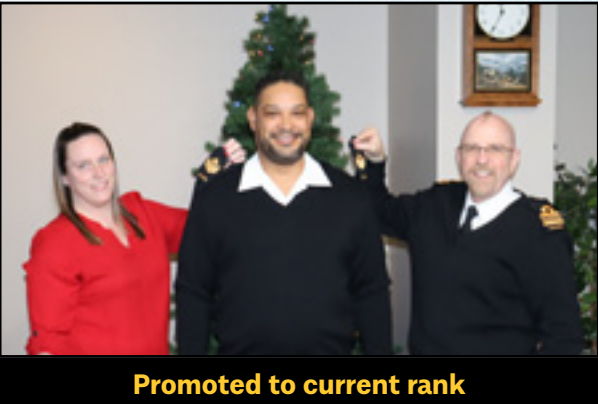
Promoted to current rank

MASTER SAILOR MOJICA



Received Canadian Forces Decoration

PETTY OFFICER SECOND CLASS BALBUENA



Promoted to current rank

MASTER SAILOR MORRIS



Promoted to current rank

SAILOR FIRST CLASS WRIGHT



Received Canadian Forces Decoration

Lieutenant (Navy) Owen Murphy, Course Officer presented Certificates of Military Achievement to the following individuals who passed their Integrated Platform Management System Maintainer Course Session 0016. Photos supplied.

MASTER SAILOR PRESSENGER



SAILOR FIRST CLASS DEO



SAILOR FIRST CLASS DESFOSSES



SAILOR FIRST CLASS GAGNON



MASTER SAILOR COYNE





# Canadian soldier of the First World War identified

**“Time and distance do not diminish the courage Corporal Howarth brought to the battlefield in service to Canada. His family should trust that I and all Canadians will remember the ultimate sacrifice he made. Lest we forget.”**

*The Honourable Anita Anand,  
Minister of National Defence*



## DND Canadian Armed Forces

The Department of National Defence and the Canadian Armed Forces (CAF) have confirmed that remains recovered in Vendin-le-Vieil, France, are those of Corporal Percy Howarth, a Canadian soldier of the First World War.

The identity was confirmed through historical, genealogical, anthropological, archaeological and DNA analysis.

“Time and distance do not diminish the courage Corporal Howarth brought to the battlefield in service to Canada. His family should trust that I and all Canadians will remember the ultimate sacrifice he made. Lest we forget,” said The Honourable Anita Anand, Minister of National Defence, in a statement.

On June 9, 2011, human remains were discovered during a munitions clearing process for a construction site in Vendin-le-Vieil, France. Alongside the remains were a few artifacts, including a digging tool, a whistle and a pocket watch.

Percy Howarth was born Aug. 16, 1894, in Darwen, Lancashire, England, one of eight children of Richard and Margaret Howarth (née Dearden). He immigrated to Canada in 1912 and worked as a sailor in Vancouver before enlisting with the 121st ‘Overseas’ Battalion, Canadian Expeditionary Force (CEF), at age 21. After training in England, he was sent to France and was promoted to the rank of Lance Corporal and then Corporal.

Corporal Howarth fought with the 7th Canadian Infantry Battalion, CEF, in the Battle of Hill 70 near Lens, France, which began on Aug. 15, 1917. He was reported missing and then presumed to have died that day. He was 23 years old.

The Battle of Hill 70 exacted a heavy toll over ten days, with over 10,000 Canadians killed, wounded or missing, including over 1,300 with no known grave. More than 140 men of the 7th Canadian Infantry Battalion were killed, and 118 were missing with no known grave.

The family of Corporal Howarth has been notified, and the Canadian Armed Forces is providing them with ongoing support. Corporal Howarth will be buried at the earliest opportunity in the Commonwealth War Graves Commission’s Loos British Cemetery in Loos-en-Gohelle, France.



## Classifieds

**WANT TO RENT YOUR PLACE? LOOKING FOR A SPACE? PROMOTE YOUR GROUP?**

Email your FREE CLASSIFIED\*, 50 words or fewer, to [Trina.Winters@forces.gc.ca](mailto:Trina.Winters@forces.gc.ca)

### FOR RENT

**View Royal:** Available immediately. \$2,250/month. Spacious and bright 2 bedroom/1 bath suite with own laundry, furnished with a lovely patio. Centrally located in View Royal; close to trails, water, shipyards and base. Utilities and one parking space included. No smoking or pets. Please text Erin @ 250-216-0516 for details or viewing. 01-23

**Belmont Park** Available Immediately! \$3,500/month. 4 bedroom/1 bath newly renovated house with ocean and city views. Huge windows, kitchen has quartz counters and island, bathrooms have marble and tile, all bedrooms have closets and living area has huge windows. There's a large deck and a bonus mini house (no bathroom) in back, for use as a studio for art, office or yoga. Email [david@olympicmortgages.ca](mailto:david@olympicmortgages.ca) for a viewing. 01-23

**Cook St. Village:** Available Feb 1. \$1,600/month. 1 bedroom corner suite with hardwood floors. Quiet, clean, well maintained apartment building. Heat and hot water included. No pets. No smoking. One year lease. Call 250-588-5457. 01-30

**Short term accommodation** available now in clean, quiet 3 bedroom 1 bathroom home close to CFB Esquimalt. LGBTQ2S+ friendly. \$280 per week or \$1,000 monthly includes partly furnished room, Hydro, Internet, Basic Cable and Laundry. No pets, No inside smoking. Contact Colleen at 250-885-9056 or [Cols.Jackson@gmail.com](mailto:Cols.Jackson@gmail.com) with questions or options to view. 01-23

**Near CFB Esquimalt:** Available Jan. 23 to Mar. 1. \$475/week. Spacious and comfortable two bedroom garden suite. Fully furnished and well-equipped. Wifi, cable, Apple TV, linens included. One queen bedroom and one double, separate living room, full bathroom, kitchen, dining area, brightly-lit nook. Easy walk to the base, stores, rec centre, parks. Private entrance, driveway parking, bike storage, garden access, shared laundry. Call 250-740-1300. 01-23

**LOOKOUT**  
LookoutNewspaper.com

\*The Lookout reserves the right to edit content for space or clarity.

## The Harris Dodge Military Appreciation Discount.

\$1000 OFF ANY ADVERTISED PRICE.

15% OFF ALL PARTS & SERVICE.



No Exclusions.

**HARRIS**

+1 778-561-4664

[WWW.HARRISDODGE.COM](http://WWW.HARRISDODGE.COM)

Disclaimer: DL#31254. Vehicle is for illustrative purposes only. Military employees receive an additional \$1000 off the advertised price with the purchase of a new or used vehicle from Harris Victoria Chrysler. Taxes, and admin fee of \$997 are extra. Military employees will also receive 15% off the retail price of parts and service labor. Service must be completed at Harris Victoria Chrysler. Taxes, shop supplies and environmental levies are extra. Proof of Military status may be required. Offers expire Dec 31, 2022.



# Treatment

## SHOULDN'T FEEL LIKE PUNISHMENT

JOIN US AT  
**MARPAC HEALTH  
AND WELLNESS EXPO**  
MARCH 2, 2023

*discuss our programs and  
options for active military  
members and veterans*



ACCREDITATION CANADA  
AGRÉMENT CANADA

*Driving Quality Health Services  
Force motrice de la qualité des services de santé*



## Addiction, Mental Health & Trauma Treatment

Powell River-based Sunshine Coast Health Centre and the Georgia Strait Womens Clinic provide highly personalized addiction, mental health and trauma treatment for male and female clients respectively. Get daily 1-on-1 inpatient or outpatient treatment tailored to your unique needs.

Services include 24 hour-medical service, psychiatric assessment, EMDR, rTMS, psychotherapy, hypnotherapy, a dedicated group for military clients and much more.

Serving the Department of National Defence and Veterans Affairs Canada since 2009.



**Sunshine Coast  
Health Centre**

A Non-12 Step Mental Health Program

Admissions Toll Free  
**1.866.487.9010**

[schc.ca](http://schc.ca)

**Georgia Strait**

WOMENS CLINIC

Admissions Toll Free  
**1.866.487.9040**

[georgiastraitwomensclinic.ca](http://georgiastraitwomensclinic.ca)