

# The Yardarm



**Fall Edition**  
**September 2013**





# The Yardarm

Fall 2013 Edition




**The Yardarm**  
 M.P. (Pat) Cornect - Editor  
 www.yardarm.ca  
 Phone: 519 882-0484  
 EMail: pat@cornect.com

The Yardarm is published bi-annually – spring and fall – by LCdr (Ret) Pat Cornect, on behalf of the Royal Canadian Naval Association (RCNA—incorporated in 1959). You can contact Pat Cornect via email: pat@cornect.com or by phone at: 519 882-0484. All sources cited when possible.

The electronic magazine is free to all RCNA members and related associations. It is supported by a local print capability and a full-time up-to-date website [www.yardarm.ca](http://www.yardarm.ca).

## Forecastle

**Forecastle** refers to the upper deck of a sailing ship forward of the foremast, or the forward part of a ship with the sailors' living quarters.

In medieval shipbuilding, a ship of war was usually equipped with a tall, multi-deck castle-like structure in the bow of the ship. It served as a platform for archers to shoot down on enemy ships, or as a defensive stronghold if the ship were boarded.



## The Cover Photo—HMCS Crusader



Cover Photo: HMCS Crusader, on patrol “with a bone in her teeth.” See full 3-page article by Jim Lapp under Historical Fiction on Page 11. Follow the story of CPO2 Bell as he serves on the HMCS Crusader.

**Source: Painting by Pat McDonald , story by Jim Lapp**

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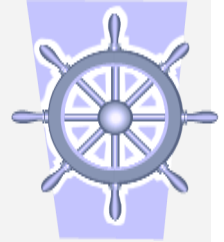
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## From the Helm

I am regretful to say that our 2013 Annual Reunion was cancelled as no club agreed to host the event. Having the reunion in May is not compatible with sight-seeing elsewhere as most attractions are not yet open. I think we should consider moving the reunion time to mid-June to accommodate our bunch. This is usually a super fund raiser for those branches who have a facility to host such an event. (Dinner, dance, entertainment, raffles and draws.) Registration fees are adjusted to suit the event. Most reunions have been held in Ontario but any branch is eligible to host. If you feel your club would consider hosting contact the National secretary for further info.



This is an election year (two year term) and we are always looking for new ideas on the national executive. The only criteria for standing for office is that the individual be a former member of the service and have spent at least one term on the national board of directors. Those interested should apply through the National secretary prior to our AGM.

Our national finances are minimal with no indication of growing at present except through annual dues assessments. Membership is not expanding and we have not received any substantial donations. Interest rates have been very low for the past decade and will continue for another few years. We will most likely end up eating into our contingency fund in the near future unless we come up with some revenue making schemes. I am asking everyone to consider our future.

I personally want to thank Pat Cornect, the new editor of the "Yardarm", for producing a superb quality electronic version this spring. Most branches have by now made copies for club members who are not on the internet. At the same time National has made copies for "Members at Large" and mailed them out. This is their only way of staying in tune with happenings. This method has reduced our costs by 70% for which we are appreciative. Bravo Zulu to Shipmate Pat for a job well done. A copy of the current Yardarm will be posted on our national website "rcnahq.com" for reference purposes.



*I wish to acknowledge the sudden passing of Ruth Sigrist this spring. She was the soul-mate of our Executive Secretary G. "Jerry" Sigrist. Our hearts and prayers are with you.*



I look forward to seeing all club directors at our AGM in Waterloo the end of September. Bring your branch requests along with ideas on improving our finances and National image. ***Yours Aye, Blaine Barker, National President***



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## The National Secretary

**Shipmates**—I extend my apologies if this is not exactly what I had promised for my column in the Yardarm. Some problems with my vision have deteriorated and I am unable to read very well. Glaucoma which has been operated on has returned. Therefore my wishes to write Naval Trivia are not forthcoming unless things improve.

I plan on stepping down from the Executive Secretary position at the AGM but will be running for another position that is opening up. We shall see what the election results tell us.

After my time in the RCN, I stepped right into RCNA business being the founding President of the South Shore Naval Association and serving a second term as President after the name change to Admiral Desmond Piers Naval Association, as well as every other position in between. For several years now I have been involved with the RCNA in different positions, the longest being Executive Secretary. So after more than 30 years it is hard to leave the job, so I won't, and hope to stay on as long as possible.

This has been a hard year for myself and family. We lost my beloved wife and mother in April very suddenly due to complications from surgery. We were married 55 years and did everything together, so learning to live alone is not easy. I am sure there are many out there who know exactly what I mean. I met her in Naval uniform as I was her instructor on a course and she in the Naval Reserve. Ruth was a great Navy wife and Navigator. We travelled a lot and she loved it. Three children were born in three different countries. We lived in England and Scotland for almost 8 years while I served in British submarines. When our Navy days were finished we purchased a truck and fifth wheel trailer and carried on travelling the USA and Canada for many more years. We did a lot of unusual things but loved to see what was around the next corner.

***Now for a little trivia*** — At the AGM banquet this year some attendees will be - my son Mike Sigrist, 27 years Navy, My Nephew Glen Sigrist, 25 years Navy, Glen's wife Julie, 22 years Naval Reserve, and myself 32 years Navy. This represents 106 man years of Naval Service from the Sigrist family. I also have a grandson Tyler Rideout serving on HMCS Charlottown with about 3 years in. To think this all started with an immigrant from Switzerland, a country without a navy.



***By: Gerald W. "Jerry" Sigrist, National Secretary***





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## Regular Contributors



*Blaine D. Barker, CD  
National President:  
From the Helm*



*Gerald "Jerry" Sigrist, CD  
National Secretary  
Naval Trivia*



*Jim Lapp  
RCNA Sarnia  
Military History*



*Dr. Shauna Phillips  
Medical Doctor – Toronto  
Healthy Living*



*Kevin Phillips, CD2  
Personal Chef—Oakville  
Healthy Eating*



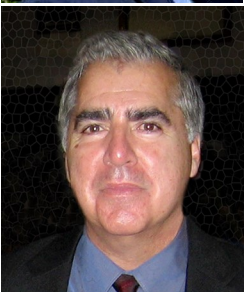
*Dr. Gordon Simmons  
Padre RCNA Sarnia  
Padre's Corner*



*Joan Balch  
Items of Interest*



*HooJung Jones  
Korea Veterans  
Association of Canada*



*Pat Cornect, CD2  
RCNA Sarnia Director  
Yardarm Editor*

*Thank You!*





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## RCNA NEWS

“RCNA NEWS” will be featured on at least two pages of each edition of the Yardarm. Items must be submitted by the appropriate Branch representative. Items should not be time sensitive as they may be carried forward to the next edition if they are submitted to late for the current release.

### New Webmaster



The MNSNVA has a new Web-Site and Webmaster. A former serving member of the Royal Canadian Navy and member in good standing of the MNSNVA and the RCNA: S/M Gary

Biesinger. Gary's Email address: garyb@capreolonline.com.

[www.capreolonline.com/NavyVets/Home.html](http://www.capreolonline.com/NavyVets/Home.html)  
**Submitted by: Jack Chapelle**



Veterans Affairs Canada: Proudly Serving Canada's Veteran Community 2013

### Veterans Affairs Canada

Web site: [veterans.gc.ca](http://veterans.gc.ca)  
Email: [information@vac-acc.gc.ca](mailto:information@vac-acc.gc.ca)

**To request a review or an appeal?**  
Call the Bureau of Pensions Advocates (BPA) at: 1-877-228-2250

**Do you need information on remembrance programming?**

Phone: 1-866-522-2122 (English)  
Phone: 1-866-522-2022 (French)  
Phone: 1-800-465-7735 (Hearing Impaired)

### Reminder from the Membership Chair

IT IS REQUESTED THAT 2014 DUES MAY BE FORWARDED TO:

**CHAIRPERSON JOHN CHAPMAN,**  
24 HOBART ROAD SW, CALGARY AB, T2V 3K1  
**BEFORE THE END OF JAN 2014.**

***It is appreciated how dedicated you Sailors are to belong to the finest organization existing! ( R.C.N.A.) John***

### Scholarship Awards for 2012

**Stephanie Bennett**  
#351 RCSCC Llewelyn, attending St Mary's University in NS

**Justin Cottreau**  
#327 RCSCC Unicorn, attending Memorial University in NL

**Brett Nickerson**  
#327 RCSCC Unicorn, attending Ravensberg College in NS

**Jennifer d'Eon**  
#92 RCSCC Cheboque, attending Memorial University in NL

The Admiral Desmond Piers Naval Association gives scholarships to deserving Sea Cadets from Sea Cadet Corps situated on the South Shore of Nova Scotia—paid for by the Admiral Piers Bursary Trust fund. The fund was set up by the late Janet Piers.

**Source: RCNA National Website**





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## **Setting the Record Straight: Bill C-428 No Longer Exists**

By circulating inflammatory emails regarding Private Member's Bill C-428, the Minister of Human Resources and Skills Development's office continues to knowingly misinform constituents, increase their anxieties, and fuel resentment toward new Canadians. It is important to set the record straight. Here are the facts:

1. Former Liberal MP Ruby Dhalla introduced Private Member's Bill C-428 to reduce old age security wait times for immigrants from certain countries (to be consistent with existing wait times for immigrants from other countries). This Bill never got beyond First Reading. There was never a single vote on it.
2. The Bill died on the Order Paper when the 40th Parliament was dissolved and the recent federal election was called.
3. Bill C-428 and its proposal no longer exist. It will not be coming forward for Second Reading.
4. Introducing a Private Member's Bill in an effort to address the concerns of constituents is the right and responsibility of individual Members of Parliament, and these Bills sometimes do not reflect Party policy.
5. Liberal MPs discussed Ms. Dhalla's Bill and decided they did not support it.
6. No Liberal MP will be re-introducing Bill C-428 in the House of Commons.
7. In light of Conservative misinformation and fear-mongering, the former Liberal Party Leader held two separate public press conferences in 2010 to clarify that the Liberal Party of Canada and Liberal MPs did not support the Bill, and if it should ever come forward for debate, Liberals would vote against it. The Conservatives are well aware of this.
8. The Liberal MP responsible for Seniors and Pension issues at that time, MP Judy Sgro, proceeded to consult widely with Canadians on an array of retirement security issues, and prepared a Liberal platform of targeted pension improvements – one that did not include the changes being proposed by Ms. Dhalla.
9. Support payments for genuine refugees have nothing to do with old age security payments for Canadians or for immigrants; this point of comparison is proven false on the Citizenship and Immigration Canada website here. Let's put an end to this myth!



***Best regards, Joyce Murray, MP Vancouver Quadra***



Victory Services Club is a UK All Ranks Service Club located just off Edgeware Road [Seymour Street] near Marble Arch in London England. Individuals/families may join- with proof of service- to use the Accommodation the club has to offer. Membership does allow NATO or Commonwealth Service Personnel to join. Excellent club type facilities, bar, restaurant, breakfasts, left luggage, and a variety of rooms, and packages, events hosting, and a place to drop in.

Should you be planning a trip or visiting London England soon ...take a look at [www.vsc.co.uk](http://www.vsc.co.uk)

***Submitted as an item of general interest by:***





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## Veterans' News

### VOLUNTEER SERVICE MEDAL

Sign the petition at:

<http://www.gopetition.com/petitions/volunteer-service-medal-for-our-veterans.html> or Google volunteer service medal for our troops and veterans

More info is available from Dave Palmer at: [dave.w.palmer@rogers.com](mailto:dave.w.palmer@rogers.com)

Note: Dave handles upwards of 100 Emails a day and if it takes a while to get back to you please be patient.

**Source: John Labelle—Veterans Annuity Campaign Coordinator—"Support the Dignity of Veterans"**

### Battle of the Atlantic 70th Anniversary Commemorative Brochure

We have a limited number of Commemorative Souvenir Brochures available from the 70th Anniversary of the Battle of the Atlantic. As well as information and pictures on the Vessels that visited Liverpool, there is a history of the battle itself. They are priced at £2.00, with monies raised going to RN and MN Charities.

Postage and Packing to any mainland UK address will be £2.50. Cheques to made payable to Barbers Media Limited. For multiple or overseas copies, please EMail us your requirements and we will let you know by return, the extra postage costs.

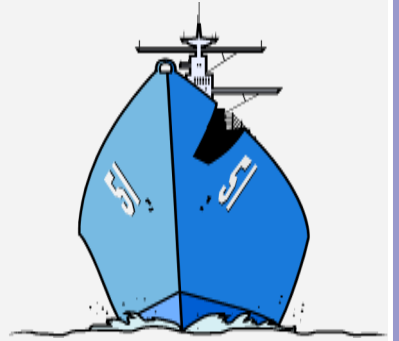
Our EMail address is [info@barbersmedia.co.uk](mailto:info@barbersmedia.co.uk) If you prefer to telephone us, our number is 0151 944 4334.

**Source: Gina Whitfield**

### Joint Support Ship Design Decision

BG-13.017 - June 2, 2013

The Government of Canada has selected a ship design for the Royal Canadian Navy's future Joint Support Ships. This represents a major milestone within the Joint Support Ship project, and it is indicative of the Government's commitment to moving the project forward, and to making an investment in Canadian shipbuilding. Read more on subject at the source website: <http://www.forces.gc.ca/site/news-nouvelles>



### October 1 is National Seniors Day.



Announcement: "The Government of Canada is proud to pay tribute to the seniors who have helped build our country and continue to make valuable contributions to Canadian communities, workplaces and society.

National Seniors Day is an occasion for all Canadians to appreciate and celebrate seniors. Below you will find tips and resources to celebrate the day and commemorate the seniors in your life."

For more details visit this site:

<http://www.seniors.gc.ca/eng/pie/nsd/index.shtml>





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## Veterans' News

**Long Term Care**—Canada's commitment to care for injured, disabled and aging Veterans is a long-standing priority, dating back to the First World War. In 2012, over 9,000 Veterans are cared for in approximately 1,750 nursing homes and other long term care facilities in communities throughout Canada.

Financial support for long term care is provided in three long term care settings:

- Community beds are in community facilities with beds that provide nursing home care to Veterans as well as other provincial residents
- Contract beds are in community facilities that have beds designated for priority access for eligible Veterans
- Departmental beds are located at St. Anne's Hospital
- Some nursing homes and other residential or long term care facilities provide care to Veterans in "contract" as well as "community" beds within the same facility.



**US President Barack Obama declared July 27th as the Korean War Armistice Day** and stated that;

*"So as we mark this milestone, let us offer a special salute to our Korean War veterans. Let us renew the sacred trust we share with all who have served. And let us reaffirm that no matter what the future holds, America will always honor its promise to serve our veterans as well as they served us -- now and forever."* [Presidential Proclamation -- National Korean War Veterans Armistice Day, 2013-](#)

We send our sincere thanks to the US and Canadian Korean War veterans. Without heroes like them, my mother would not be saved, I would not be born and my son also would not be born and living in a peaceful country like Canada. My mother's story was in the Hamilton Community News: [www.hamiltonnews.com/news/a-1950-christmas-miracle-for-refugees/](http://www.hamiltonnews.com/news/a-1950-christmas-miracle-for-refugees/)

**By: HooJung Jones**



**The Korean War Monument to the Canadian Fallen stands in the United Nations Memorial Cemetery in Busan.**



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## Canadians Our Heroes 1950-1953 Korean War (Continued - spring edition)

The Hungnam evacuation of the US Merchant Navy SS Meredith Victory was a miracle saving 14,000 refugees including my mother during the Korean War. Another Christmas miracle was five new born babies born in the ship during the harsh voyage to the South Korea island called Koje. My grandmother helped to deliver one of the babies. Captain Leonard LaRue named them Kimchi (Korean spicy pickled cabbage). Last month, in a very miraculous way, I was able to connect with three surviving crew members of Meredith Victory and was able to send the special "60th Anniversary of the Korean War" medallion (US and Korean Flags on it) from the National Unification Advisory Council. I was appointed to serve the President of Republic of Korea as a special advisor a few years ago. The President is the chairman of the National Unification Council. One of the crew members, Rear Admiral (Ret'd) Robert Lunney, sent me a heartfelt message that made my mother cry:

*"Ms. HooJung Jones,*

*Many thanks for your very kind note together with the fine medallion, "We will never forget" which arrived today. It must be remembered that it was Captain Leonard P. LaRue, Master of the Meredith Victory, who once said, "I think often of that voyage. I think of how such a small vessel was able to hold so many persons and surmount endless perils without harm to a soul. And as I think, the clear, unmistakable message comes to me that on that Christmastide, in the bleak and bitter waters off the shores of Korea, God's own hand was at the helm of my ship." However it would be Captain LaRue (later Brother Marinus) who would be the first to say that the real heroes of the Hungnam Evacuation were the Korean refugees who sacrificed everything to obtain their freedom. Respectfully and many thanks for your good work to commemorate the service of all who helped preserve the integrity and freedom of Korea."*

*-Bob Lunney-*

Eight Canadian destroyers (**HMCS Athabaskan, HMCS Cayuga, HMCS Sioux, HMCS Nootka, HMCS Huron, HMCS Iroquois, HMCS Crusader, HMCS Haida**) also fought during the Korean War. They are famous for destroying enemy supply trains and are known as members of the "Trainbusters' Club". As the fundraising director of Friends of HMCS Haida. It was my pleasure to raise the funds for a D-Day Gala dinner and school project bringing our Naval veterans of WWII and the Korean War to classrooms and making history alive for many students. Our KVA Unit 26 ROK Memorial project committee is raising funds to erect a memorial to the eight Canadian destroyers deployed in the Korean War. It will be located at the "Naval Veterans Promenade" in Burlington to honour nine seamen without graves. Bill S-213 proposed by HMCS Haida's honorary patron, Senator Yonah Martin, passed and received royal assent from Right Honourable David Johnston on June 19th. July 27th is now "Korean War Veterans Day". We will remember 516 Canadians who gave their lives in the Korean War. Prime Minister Stephen Harper stated, "Let us never forget those who served Canada with pride, nor the men and women who continue to serve our country today." **By: HooJung Jones, Project Coordinator of Korea Veterans Association of Canada Unit 26, Hamilton and Co-Author of "Canadians Our Heroes 1950-1953 Korean War".**





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## Historical Fiction

### Credits:

Canadian Naval Operations in Korean Waters 1950-1955, Thor Thorgrimsson and E.C. Russell

Thunder in the Morning Calm, Edward C. Meyers

Three Books of Colloquies Concerning the Art of Shooting in Great and Small Pieces of Artillery," Nicholas Tartaglia, translated into English by Cyprian Lucar

The Crowsnest; RCN News; Wikipedia; Canada Gazette; YouTube

### **The Properties, Office and Duty of a Gunner (circa 1588)**

*A Gunner ought to be sober, wakeful, lusty, hardy, patient, and a quick-spirited man; he ought also to have a good eyesight, a good judgement, and a perfect knowledge to select a convenient place in the day of service, to plant his ordinance where he may do most hurt unto the enemies, and be least annoyed by them.*

*Also a Gunner in time of service ought to forbid with meek and courteous speeches all manner of persons other than his appointed assistants to come near his pieces, to the end that none of his pieces may be choked, poisoned, or hurt; and he ought not for any prayers or reward to lend any piece of his gunmatch to another person, because it may be very hurtful to him in time of service to lack the same.*

*Also every Gunner ought to know that it is a wholesome thing for him to eat and drink a little meat before he doth discharge any piece of artillery, because the fume of saltpetre and brimstone will otherwise be hurtful to his brains, so it is very unwholesome to him to shoot in any piece of ordinance while his stomach is full.*

*Every Gunner which shall serve upon the sea in any ship ought before his going to sea to write with good advertisement in a paper book for the owner or captain of the vessel in which he shall serve the weight and price of so much gunpowder, and of so many fit pellets, as will be enough to charge all the pieces in his vessel forty times over, and also the price of ten barrels of more gunpowder, which he ought to have for the only making of fireworks.*

HMCS Crusader (R20/228) was a C class destroyer capable of making 31 kts at flank speed. She had a complement of 14 officers and 230 men when deployed to Korea.

***(continued on the next page ...)***





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Along the Korean east coast, the rugged terrain forced railroads to skirt the shore in many places. Enemy trains on the Songjin-Hungnam railroad became a favourite target for naval guns and carrier planes. When a **"Trainbusters' Club"** was formed in mid-1952, the Canadian ships willingly participated. HMCS Crusader distinguished herself with a record four trains to her credit. Altogether, Canadian ships accounted for eight of the 28 trains destroyed – an amount out of proportion to the number of Canadian ships and their length of service in that area. On station 15 April 1953 near Tanch'on, HMCS Crusader targeted a train at 0400 and opened fire with four 4.5" guns from 12,000 yards (11 km).

Mechanical and Precision Ranging Panels continuously provided the correct range rate to the fire control computer as long as the target maintained a steady course and speed. The Gunnery Fire Control Radar Console, Clock, and Predictor were near the Transmitting Station or Gun Plot. This was the domain of Chief Petty Officer 2nd Class William Bell. Midship, and below Crusader's waterline, CPO2 Bell and his team solved the Fire Control Problem of Range Present (where the target is now) and Range Future (where the target will be when the 57 lb HE bricks hit). Although Crusader was anchored, the blind firing decisions by the Control Officer, Gunnery Officer Lt(N) Sean Power, were complicated by darkness and lack of aircraft spotters.

The skill of the Gunners was reported in Canada Gazette of 5 February 1955: Bronze Star with "V" Combat Distinguished Device (United States of America)

RCN / HMCS Crusader

*"For meritorious achievement in the performance of outstanding duties to the Government of the United States, while serving with the United Nations Blockading and Escort Force as Commanding Officer of HMCS Crusader (DDE 228). On 15 April 1953, HMCS Crusader, under the outstanding leadership of Lieutenant-Commander John Bovey, was positioned and controlled so as to inflict great damage to the enemy while interdicting the North Korean coast rail supply route. A record to date was established in the number of enemy trains stopped and the amount of damage inflicted by any one unit of the interdiction forces in a single day. Stopping one northbound train in the morning, the accurate guns of HMCS Crusader destroyed three cars, damaged five cars and caused secondary explosions. Later on the same day, the Crusader continued her outstanding performance and destructive gunfire effect by stopping two southbound trains causing considerable damage. In addition to the constant threat of enemy shore battery fire, the additional hazard of mines was brought to mind rather sharply when Crusader sank a Mark 26 type mine."*

*(continued on the next page ...)*



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Signals received from Vice Adm. R. Briscoe, USN, Commander in Chief of Naval Forces Far East hail Crusader for “displaying the finest gunnery seen in Korea on either coast.” A signal from the Commander Task Force 96 authorized a code name change for Crusader, from Leadmine to Casey Jones.

Much of the success of RCN Gunners is attributed to outstanding training and learning at HMC Gunnery School in Halifax. Both CPO2 Bell and Lt(N) Power were experts at low angle firing for engaging warships, and high angle firing for engaging aircraft. These techniques and skills were combined when firing at moving trains. Power stated simply, “We’ll stop the train. Stop it where it is. And then we’ll shoot to where it’s at.” And that is exactly what Crusader did.

From a long line of Bells who served the Admiralty and RCN for over 300 years, CPO2 William Bell was proud the legacy of the Bells would continue with his son John joining the ship’s company of The Bonnie. In this video, you will see 228 during Queen Elizabeth’s visit to BC in 1951:

<http://www.youtube.com/watch?v=q0avjOWmpFE>

Paid off in 1960, Crusader was sold for scrap in 1964.

**By: Jim Lapp**





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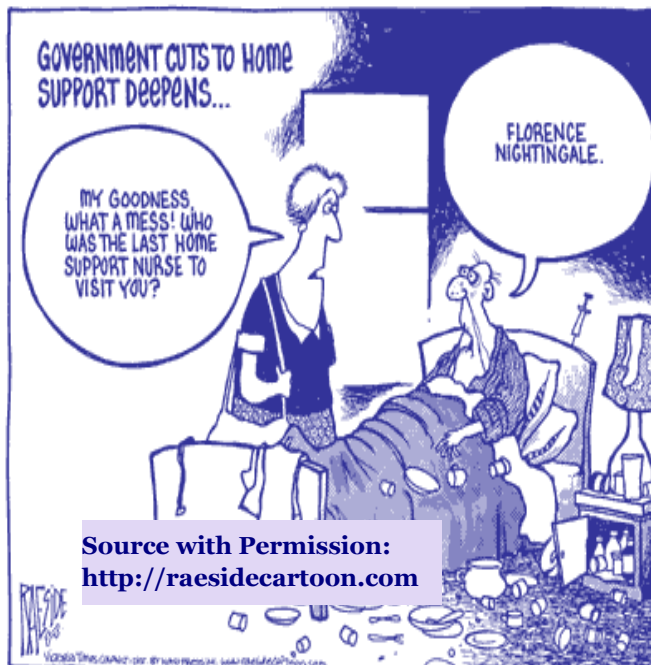


## Healthy Eating

### Leek & Potato Soup

Yield 6 servings—Ingredients:

- 2 slices salt pork
- 2 leeks (thinly sliced)
- 1 sm onion
- 1 celery stalk (diced sm)
- 1 carrot (diced sm)
- ¼ tsp salt
- ¼ tsp thyme
- 2 lg potatoes
- 3 cups chicken stock (or water)
- 2 tbsp fresh parsley (minced)
- Pepper & salt to taste



**Method**—In a lg pot (low-med heat), fry salt pork until brown (or until all fat is extracted). Remove salt pork. Add leeks, onion, celery, carrot, potato and thyme. Sweat vegetables (approx 10-15 mins) Do not brown vegetables. Add enough chicken stock to cover vegetables. Bring to a boil. Reduce to low heat, cover pot, and simmer 20 minutes, or until all vegetables are tender. Season to taste with pepper and salt.

Purée soup with a food mill or an immersion blender until smooth. Return soup to pot and *simmer*. Season to taste. Garnish with heavy cream and a touch of parsley. **Excellent with fresh buns and a good cup of steeped tea.**

**By: Kevin Phillips, CD2—[www.saltjunk.com](http://www.saltjunk.com)**





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## Healthy Living

### The Sun and ABC's of Skin Cancer

The summer months are here and with it comes the beautiful sunshine. Unfortunately, this also brings the harmful sun rays and the risk of skin cancer. Regardless, if you enjoy the sun a few months of the year or follow the sun southward during the winter months, protecting your skin is extremely important. A few simple ways to protect your skin include regularly applying sunscreen, wearing a hat and covering clothing, as well as avoiding being in the sun during peak UV hours (between noon and 4pm).

Although many types of skin cancer exist, melanomas are the most dangerous forms of skin cancer and are associated with sun exposure and tanning beds. New spots or changes to moles should be seen by your doctor. A general guideline of suspicious changes is as simple as ABCDE.

**Asymmetry:** Normal moles are usually symmetrical. Be suspicious if you draw a line through the mole and the halves do not match.

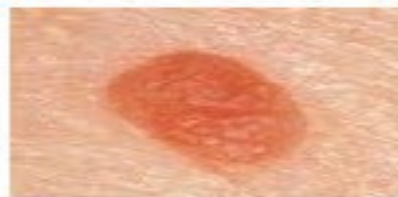
**Border:** Normal moles have a regular smooth border. The border or edge of skin cancer tends to be irregular with notches or scalloped patterns.

**Colour:** Normal moles tend to be one colour. Multiple colours (tan, brown, black, red, blue) are a warning sign.

**Diameter:** Normal moles are usually less than 6mm or 1/4 inch. Larger moles or ones that grow are suspicious.

**Evolving:** Any change in shape, color, size, elevation, or any new symptom like bleeding, itching or crusting is a warning sign.

As we age, skin changes are normal. However, if you note any of the above warning signs, it is worth having it checked out. Enjoy the sun, but remember to respect it and be safe.



NORMAL



ABNORMAL

**By: Dr. Shauna Phillips**



# Padre's Corner

Yardarm Spring 2013 Edition



The Venerable Dr. Gordon Simmons

Dr. Roald Kverndal in his book on seamen's missions *Seamen's Missions: Their Origin and Early Growth* quoted Dr. Samuel Johnson the famous 18<sup>th</sup> century writer as saying; "No man will be a sailor, who has contrivance to get himself into a jail; for being in a ship is being in jail, with the chance of being drowned."

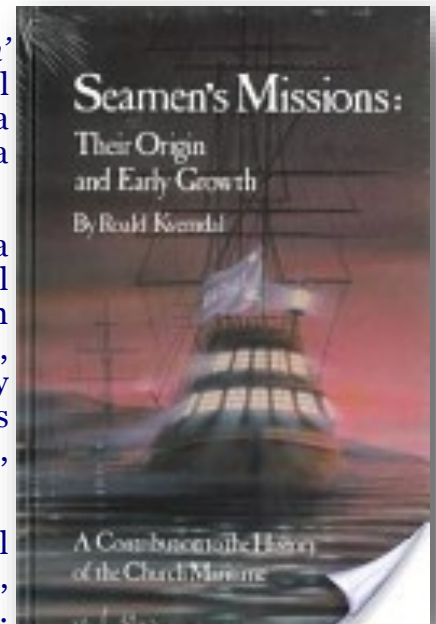
Anyone who has ever been on one of those early ships, or even a corvette, submarine or, yes, a frigate or destroyer, knows full well what it feels like to be in close quarters for days, weeks, months on end. He or she can tell you about the sickening stench of sweat, vomit, and oil often comingled. Someone can tell you about being constantly wet from the drenching spray, and having to bunk down in hammocks still damp because it was virtually impossible to dry out the bedding, and being squeezed into small spaces like sardines in a can.

Today's modern ships have much better conveniences, recreational and entertainment venues but more important much drier quarters, but one is still confined to a small space for long periods of time. There is still the risk of being hurt, or being washed overboard, fortunately the risks are far less than in the past. One is more apt to be hurt while taking a shower than doing one's duty. Still while the dangers are less inherent, the comforts increased, and the opportunities to see the world still available, one is still relegated to a small space on a small ship on a huge ocean away from family.

It is in the midst of such close quarters that conflicts can arise. It does not matter whether the crew is carefully screened before hand; or how much training the crew receives; or that most of the time it works together like clockwork, and will stand together to protect one of its own; there will still be times when conflict will arise between individuals, or someone has a need for comfort, and counselling beyond that which a friend can offer. It is in those times that the padre is needed. The padre's duty is to be there in times of crisis as well as at other times to help maintain morale and lift the spirits of the crew. He or she can act as an advocate, a conciliator, a coach, a mediator, and sometimes a healer. He or she can arrange recreational, educational and cultural programs and sometimes while in port excursions.

The modern padre is a jack of all trades from performing the aforementioned duties to christening ships, presiding at weddings, christenings and funerals. He or she is non-denominational and available to people of all religions. In future columns we shall examine some history, and try to answer any questions that one may have.

***Peace, Shalom, Salaam.***





**BUFFETT, Cliff**—25 March 2013, 90 years old. Cliff served as stoker on HMCS Vegreville in the RCNVR during WWII. He was a member of the RCNA North Bay Branch.

**CHOLMONDELEY, Don**—4 September 2013, Manitoulin Branch. Don was a member of the RCNA MNSNVA Branch.

**COLER, Milton**—27 December 2012, 90 years old. Milton served as a stoker on HMCS Teme and HMCS Towy during WWII. He was a member of the RCNA North Bay Branch.

**COOLBEAR, Ernest**—20 May 2013, North Bay ON, 93 years old. Earnest served in the RCN during the Second World War, he later moved to Canada and joined the RCAF.

**GEARY, John**—4 April 2013, Windsor ON, John served in the RCN and was a member of RCNA Admiral Hose Branch.

**GLADSTONE, Robert**—17 April 2013, Windsor ON, Robert served in the RCNVR and was a member of the Admiral Hose Branch.

**HOLLAND, Arthur Dennis**—17 December 2012, born 6 July 1925, Arthur served in WWII as a gunner, LS.

**HUGHES, William (Bill) Andrew**—11 July 2013, Victoria BC. Bill served in the RCN on a variety of Canadian and US vessels. During the Korean War he served on the HMCS Sioux and retired as a RAdm.

**LAKE, William Alvin (Al)**—St. James, Manitoba - 3 October 2013. Born 10 February 1923, Al served on the HMCS Skeena.

**McCRIMMON, William (Bill) Henry**—15 March 2013, Edmonton AB. Born 20 April 1924. A CPO1, he served on the HMCS Colborne during invasion of Normandy.

**MULLAN, John**—25 January 2013, Winnipeg Man. No additional information provided.

**NORDIN, Charles**—4 August 2013, 90 years old, Comox BC. Charlie served in the RCN 1942-45—during the Battle of the Atlantic. He was a member of the RCNA Comox Branch.

**OAKLEY, Edward (Ted)**—17 July 2013, London ON. Born 5 Feb 1917, Ted was a Gunnery Instructor during WWII.

**PIERS, Janet R.M.**—15 March 2013, born in Halifax in 1914, she was the wife of Rear-Admiral Desmond Piers. Janet was an unwavering supporter of the Admiral Desmond Piers Naval Association.

**SHILLINGTON, Fedora (Boissonault)**—6 March 2013, Edmonton AB. Born in Balmoral NB on 1 March 1922, she served as a WREN during WWII at Cornwallis, Scotland, London and Toronto.

**SMALL, Robert Johnson**—10 July 2013, Edmonton, AB. Robert was born on 31 December and served in the RCN between 1943 - 1945 on the HMCS Stormont.

**SOBKOW, Walter Joseph**—31 December 2012, Edmonton AB. Born on 25 June 1921, he served on the HMCS Timmins.

**STABLES, John Stirling**—2 May 2012, Edmonton AB. John was born in Newcastle, NB, 12 June 1924, a member of the RCNVR he served on HMCS the Pas, HMCS Westmount & HMCS Ettrick.

**STOUT, George**—25 July 2013, Edmonton AB. George served on the HMCS Nonsuch in 1942 and was posted to Halifax and Vancouver, he was a member of the Edmonton RCNA for many years.

**WRIGHT, Gordon Henderson**—15 March 2013, Carstairs AB. Born 12 April 1923, he served on the HMCS Swansea and was a Past President of the Edmonton Branch of the RCNA.





# The Yardarm

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## Wren Association of Toronto Book of Remembrance

Last	First	Maiden	City	Date of Death
Ames	Ann H.M.	Walker	London, Ontario	18 Oct 12
Aubrey	Sylva	Sinclair	North Vancouver, BC	9-Feb-13
Bell	Johan (Joan)	MacKenzie	Toronto, Ontario	22-Jun-13
Buchard	Joyce	Mitchell	Toronto, Ontario	23 Jul 12
Cadan	Madge	Beeley	Bowmanville, Ontario	16-Jul-13
Campbell	Kay	Brewster	Ottawa, Ontario	20 Oct 12
Coles	Isabell	Gillespie	Toronto, Ontario	18-Apr-13
Fretz	Carolyn	Thompson	Trenton, Ontario	20-Jun-13
Harling	Kathleen	Henderson	Windsor, Ontario	13-Feb-13
Jarvis	Dorothy	Young	Oakville, Ontario	1-Feb-13
Jones	Lorraine	Gibson	Langley, BC	10 Nov 12
McLaughlin	Barb	McCuaig	Schrieber, Ontario	19-Sep-12
Parrott	Florence M.	McMillen	Toronto, Ontario	17 Jul 13
Seller	Joan E.	Dobson	White Rock, BC	27 Feb 13
Todd	Gladys	Agla	Halifax, Nova Scotia	30-Apr-13
West	Elizabeth		Bedford, Nova Scotia	27-Jan-13

### BOOK OF REMEMBRANCE

Ann Ireland collected the names of departed Wrens from about 1958 and up to 1990 when Muriel McAlister took over and later in 2002 Muriel passed the Book and various computer files to Joan Balch who has kept the book since then. These files had been printed prior to each Reunion. The Final Reunion was in Winnipeg 2006.

The Yardarm has printed the list of departed Wrens twice a year. We appreciate the co-operation from Yardarm Editors and take this opportunity to say **Thank You**.

2012 was the 70th Anniversary of the founding of the WRCNS and a good time to check, correct and consolidate the information into an Archive Copy and re- print the book. The Book of Remembrance will remain Open; continued and maintained in a NEW FILE 2013 onward by Donna Murakami.

The Wren site [www.thewrens.ca](http://www.thewrens.ca) has a notification 'Book of Remembrance Form' which can be sent in...past or present. If we are not notified we have no way of knowing who has died.

**By: Joan Balch and Donna Murakami**





# The Yardarm

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## The Contact Page

### National President

Blaine D. Barker CD  
Ph: 705-472-5621, Email: rcna@vianet.ca

### Executive Vice President

Kenneth M. MacAskill  
Ph: 807-983-2173, Email: lakemac@tbaytel.net

### Vice President (Membership)

John Chapman CD  
Ph: 403-255- 5643, Email: suenjohn@telusplanet.net

### Executive Secretary

Gerald W. "Jerry" Sigrist CD  
Ph: 902-543-6763, Email: jerry.sigrist@eastlink.ca

### Executive Treasurer

Art Caravan CD  
Ph: 519-539-8991, Email: caravan@rogers.com

### Supply Officer

Ray Thompson  
Ph: 705-474-6763, Email: thomsonwr@yahoo.ca

### Parliamentary & Veterans Affairs Liaison

Richard "Doc" Halliday CD  
Ph: 902-685-2342

### Yardarm Editor

Pat Cornect CD2  
Ph: 519-882-0484, Email: pat@cornect.com



### Useful WebSites

#### **Canadian Veterans Advocacy**

canadianveteransadvocacy.com

#### **Chief and PO's Association**

http://acpoa.net

#### **Marine Traffic**

http://www.marinetraffic.com

#### **Mission to Seafarers**

http://www.missiontoseafarers.ca/

#### **Naval Association of Canada**

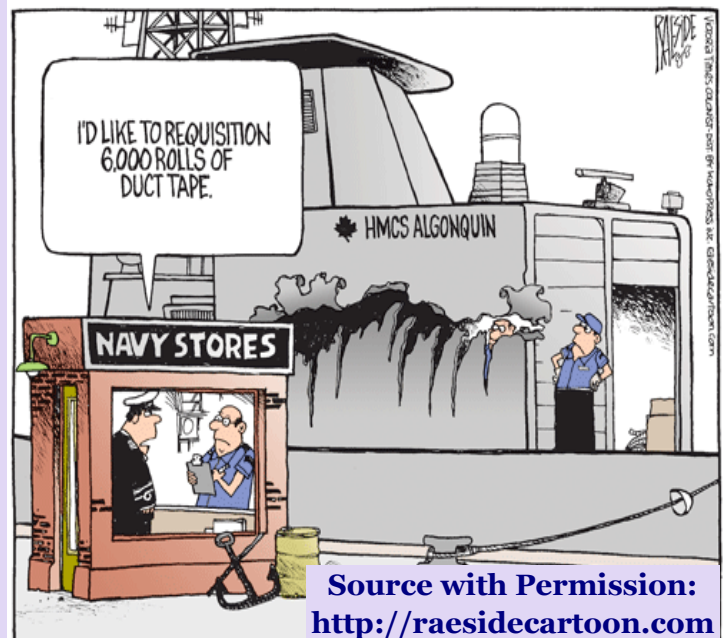
http://www.navalassoc.ca/

#### **Veterans of Canada**

http://www.veteransofcanada.ca/

#### **Victory Service Club UK**

http://www.vsc.co.uk/



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# The Yardarm

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## THE LAST WORD FROM THE EDITOR

Getting the first edition of the Yardarm out earlier this year, I must confess, was a bit of a challenge. As I mentioned in my last remarks, I did not have very much to go on—once again I would like to thank Jerry Sigrist for his direction and support. Nevertheless, based on the input to-date, the new revised format and expanded content were well received by the majority of our readers. This is mainly due to my regular contributors who are still onboard and are all doing an excellent job—thank you! I hope this edition receives the same positive reviews (see below).

The bigger challenge ahead will be moving more and more of our readers away from the printed copy to the more portable and less expensive digital format. To that end, I encourage all of the Branches, as well as HQ, to get onboard and promote the electronic version of the Yardarm. It costs a whole lot less to print copies locally—as required—instead of going through a print shop for an excess of copies and paying needless postage. **Editor**



### A few samples of the feedback I received :

Yo: Congratulations. We have printed off the Yardarm in colour and all has been well received. Excellent work.” **Ken**

“Good Stuff Pat, thanks for the Yardarm,” **Doug.**

“I think this looks great!” **Rosemary**

“I checked this site out and it will work very well for the VNVA. All the best!” **Garry**

“Really a no brainer to not go electronic. Everything is still available including advertising etc. You have our vote. “ **Don**

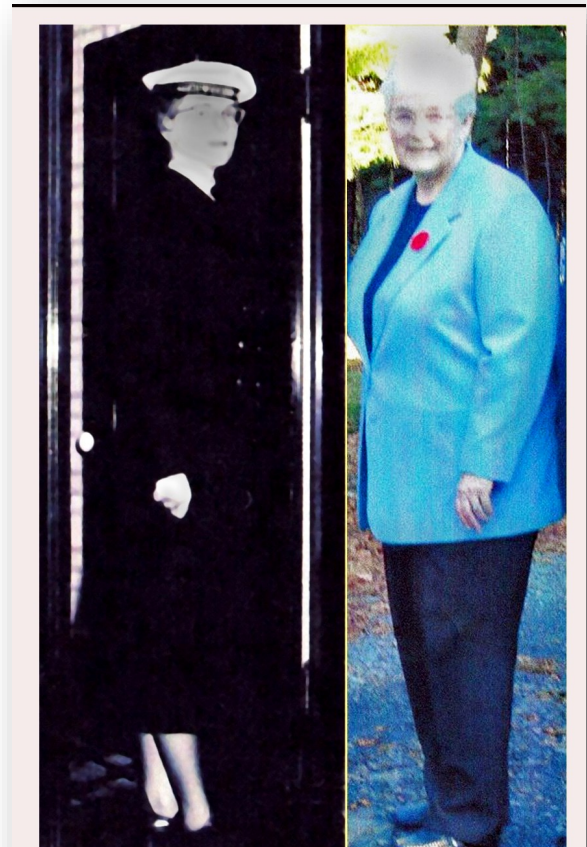
“I opened up the magazine, and looked around, and only have good things to say about it.... a great knowledge of web sites and publishing, and has done just a great job, and good ideas.”

**Glenn**

“Stellar job...very well done and thank you for this. “ **Jean**

This method has reduced our costs by 70% for which we are appreciative. Bravo Zulu to Shipmate Pat for a job well done.

**Blaine**



**Ruth (Delany) Sigrist  
R.I.P.**





# The Yardarm

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## **RCNA - NORTH BAY BRANCH**

*Home of the National President  
Blaine Barker*

**Meets the Last Wednesday of the Month  
Branch #23, Royal Canadian Legion  
150 First Ave., West  
North Bay Ontario**

**Contact: S/M Ray Thomson: 705 476-6763**



**The Yardarm**  
M.P. (Pat) Cornect - Editor  
www.yardarm.ca  
Phone: 519 882-0484  
EMail: pat@cornect.com

***The Yardarm is looking for Sponsors to help offset the costs associated with producing the newsletter and hosting the web site: [www.yardarm.ca](http://www.yardarm.ca).***

***The new advertisement fees are very reasonable: \$50.00 for Branches/members, and \$100.00 for other agencies/non-members.***

***Should sponsorship revenue exceed the costs mentioned above, all additional funds could be used to provide an expanded print capability—if required. Any surplus funding beyond those costs will go to National HQ.***

***All paid sponsors will have their business card or like-sized advertisement card (see above) displayed in both the Spring and Fall Editions of the Yardarm. As well the advertisement will be posted on the Yardarm website ([www.yardarm.ca](http://www.yardarm.ca)) for an entire year.***

***Hoping to hear from you soon—see contact info above.***

***Thank You for your continued support.***





# RCNA Kit Shop



Yardarm Fall 2013 Edition

## Supply Officer

**Shipmate Ray Thomson**  
442 Aubury Street  
North Bay ON - P1B 6H9  
Ph: 705-474-6763,

**Email: thomsonwr@ontera.net**



**RCNA BROOCHES**  
Gold and Silver-\$30.00 Each



**RCNA Medal MD**



For more items and price list—  
Please visit our page at:  
[www.yardarm.ca](http://www.yardarm.ca)

