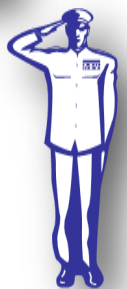


The Yardarm



Fall Edition - 2014





The Yardarm

Fall 2014 Edition



Yardarm Fall 2014 Edition

The Yardarm is published bi-annually; the Spring Edition in early March and the Fall Edition in September. The editor, LCdr (Ret) Pat Cornect, produces the newsletter on behalf of the Royal Canadian Naval Association (RCNA) which was incorporated in 1959. The Yardarm is non-profit and is provided free to all RCNA Branches and related associations.

Although the Yardarm is best read on a personal computer or e-reader, there is a local print capability. As well, members are welcome to visit the full-time Yardarm website at www.yardarm.ca for current and back editions. All material in this newsletter has been sourced whenever possible. **Editor**



Cover Photo—This Edition's cover features the HMCS Ojibwa entering Halifax Harbor.

The cover photo was selected by Jim Lapp. Please see Jim's Historical Fiction on page 10 showcasing the Bell family as the famous submarine makes its way to Port Burwell via the Welland Canal.

Photo by John Webber.

Naval Terms

Ahoy—This old traditional greeting for hailing other vessels was originally a Viking battle cry.

Between the Devil and the Deep—In wooden ships, the **DEVIL** was the longest seam of the ship. It ran from the bow to the stern. When at sea and the "devil" had to be caulked, the sailor sat in a bo'sun's chair to do so. He was suspended between the "devil" and the sea -- the "deep" -- a very precarious position, especially when the ship was underway.

Source: <http://www.navy.mil/navydata/traditions>



Contents

The Yardarm	2
ACPOA	3
National Secretary	4
Contributors	5
RCNA News	6
Veteran News	8
Historical Fiction	10
Korean War	11
Healthy Eating	12
Healthy Living	13
Padre's Corner	14
Crossed the Bar	15
National Executive	17
Naval Trivia	18
Last Word	19
Our Sponsors	20



Ready, Aye, Ready!



The Yardarm

Fall 2014 Edition



Atlantic Chief and Petty Officers Association

In 1987 four retired CPO's, living in the Halifax area set out to organize a group with the mission statement: "To preserve the unique relationship and mutual respect of those who have served and are serving as Chief Petty Officers and Petty Officers in Her Majesty's Canadian Ships (HMCS) and HMC establishments" The group soon developed into an association with a worldwide membership. While its primary purpose was to support its members, it has provided aid to other organizations and charities under the skilled tasking from the direction of its nominated committee members and the general members at large. Camp Hill Memorial Hospital and Sea Cadet Corps in Nova Scotia soon became first and foremost in the concerns of the ACPOA. Requests from far and near that would ring the bell of a sailor's heart always went to committee for consideration and discussion at monthly general meeting in Halifax or the monthly newsletter.



The major project undertaken was the creation of the "Sailor" statue that stands on the waterfront in downtown Halifax at Sackville Landing. Financed solely through the members' fund raising efforts the statue was unveiled in 1991 at a cost of \$300,000. The dedication ceremony was attended by people from around the world and to this day is a point of attraction for visitors to the naval city of Halifax.

The ACPOA equipped two rooms in the IWK Children's Hospital with furnishings and equipment. This generosity and love for children led the ACPO to send clothing and school books to Bosnia in their time of need Donations were received from all over Canada for a total of eight 20 foot container loads of supplies that were sent to the relief effort. The "Feed The Children" organization looked after the distribution of the supplies. With the amalgamation of the hospitals in Halifax, a surplus of medical supplies became available. The provincial Minister of Health,

the Honourable R.D. Stewart, MD agreed that the surplus supplies could be sent to Bosnia as long as the ACPOA could manage to direct the supplies over there and so it was done followed by a letter of appreciation that said in part; "Your initiative deserves recognition in that it sets an admirable standard for all Nova Scotians to aspire to..." "Thank you for demonstrating that caring and acting know no borders" At this point, six more containers were shipped to Bosnia. The goods included everything from gurneys and blood machines to operating gowns and prosthetic limbs. The ACPOA again contributed to disaster relief when, in September 1995, the Caribbean was clobbered by hurricanes Luis and Marilyn. Two container loads of the remaining medical supplies were sent to Antigua in the West Indies. Enis Roberts of the Antigua Christian Council wrote: "Your expression of Kindness and Concern for the people of our nation has provided encouragement and hope for the future".

Throughout all the above projects and others the ACPOA was assisted by all its members and especially those who served on committee's answering the call to duty providing the backbone of the Association from beginning to the end in fine Naval Tradition.

While we lose members who have "Crossed the Bar", we still remain a viable organization that is quite capable of carrying on with our credo "Service and Friendship To Others ". Our community involvement is always under consideration in that we may keep our military and civilian contacts aware of our activities, while inviting their input for any way that we may be of service to them, (list of achievements).

Our membership (\$ 25.00 annual dues) is open to serving or retired Chief and Petty Officers by contacting our office, phone: 1 902 420 0370, email: acpoa@eastlink.ca.

**Submitted by Gaylord Kingston,
President ACPOA**



The Yardarm

Fall 2014 Edition



A word from your National Secretary

Shipmates—I want to thank all our branch clubs and our National Executive for helping me bring our contact lists up to date. Getting all the clubs mailing addresses, phone numbers, emails, current club Executive lists etc. has been quite a challenge.



With your help and co-operation I feel confident that the information is correct and up to date. Please feel free to contact me with current updates, and heaven forbid that I entered it wrong LOL!!

I am well into my first year as your National Secretary and I have found the job both challenging and rewarding. I have made contact with quite a few members and look forward to meeting many more during the AGM and throughout the remainder of the year.

Please don't hesitate to contact me if you need further information on any RCNA issues or have any questions about our association.

My email, home phone and address, are on the home page of the RCNA Website: <http://hqrcna.com> or simply GOOGLE Royal Canadian Naval Association and click on the appropriate site.

***Yours Aye,
Steve Willar
Executive Secretary***



Photos of the Admiral Hose Monument Dedication submitted by Steve Willar



The Yardarm

Fall 2014 Edition



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



*Steve Willar
National Secretary
Secretary Notes*



*Jim Lapp
RCNA Sarnia
Military History*



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



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



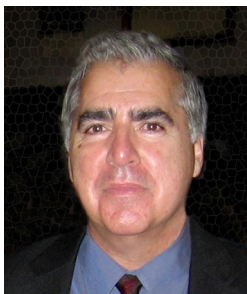
*Dr. Gordon Simmons
Padre RCNA Sarnia
Padre's Corner*



*Joan Balch
Wrens Association
Items of Interest*



*HooJung Jones
Korean Veterans
Association of Canada
Unit 26, Hamilton*



*Pat Cornect, CD2
RCNA Sarnia Director
Yardarm Editor*



*Gerald "Jerry" Sigrist, CD
Executive Vice President
Naval Trivia*



The Yardarm

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. Submissions should not be time sensitive as they may be carried forward to the next edition.

Admiral Hose Monument

During the 2010 Canadian Naval Centennial, one of the projects of the Windsor Naval Family was to tidy up the Grave Site of Rear Admiral Walter Hose which is located in Windsor, Ontario.

In being that Rear Admiral Walter Hose is the founder of the Royal Canadian Naval Reserve, we felt that a more fitting marker be placed at his grave site.

After a series of discussions between the Royal Canadian Naval Association , Admiral Hose Branch, the Navy League of Canada, Windsor Branch, the Naval Association of Canada and HMCS HUNTER, a committee was formed to look into building a fitting monument.

Is with much pride and a sense of excitement that we advise you that we have achieved that goal, and obtained permission from Heavenly Rest Cemetery to place a monument in a beautiful location next to the Admiral's Grave Site.

The monument (see below) was unveiled on Sunday, June 22, 2014. The service was held in Heavenly Rest Cemetery, 5005 Howard Ave. Windsor Ontario.

Submitted by Steve Willar, President RCNA, Admiral Hose Branch





The Yardarm

RCNA News



Memorial Cup

On Thursday, 15 May 2014, the Memorial Cup arrived at Wolsley Barracks London. Shipmate and the First Vice President of RCNA London Branch, Allan Brunsten was chosen to escort the Cup to downtown London. Allan served on HMCS Uganda during the Second World War. In the photo below, he is accompanied by his PTSD trained service dog “CPO2 Bos’n” - the only K-9 member of the London Branch. “To stand here next to this beautiful trophy is something I will never forget.” Allan Brunsten told the gathering.



*Article and photo submitted by
Gerry Coulter, CD*



Membership Reminder

Branches are reminded that dues for 2015 are payable the end of the year. (31 December 2014) payable by 31 January 2015.



Per Capita Dues for the year 2014 are also due 31 January 2015 pertaining to the year ending 2014 based on membership at year end.

Members at Large are also due by the 31 January 2015 for the year ending 2015.

All dues must be forwarded to John Chapman, Membership Chairman, 24 Hobart RD, SW, Calgary AB, T2V 3K1.

Submitted by the Membership Chairman

Points of Interest

- * **Branch of the Year**, the 2013 RCNA Branch of the Year was the Admiral Desmond Piers Branch Bridgewater, Nova Scotia.
- * **Shipmate of the Year**, the 2013 Shipmate of the Year was David Porter from Peregrine Branch.
- * **The RCNA 2014 Reunion** was cancelled due to lack of interest.
- * **The RCNA Sarnia Branch** will be hosting the Annual Sports Day 19 September and the RCNA AGM 26-28 September 2014. For more details visit the Branch website at: www.rcnasarnia.com.
- * **Veterans Affairs Services**, you can reach a counsellor at any time—24 hours a day, 365 days a year—by calling 1-800-268-7708—for the hearing impaired, dial 1-800-567-5803 (TDD).



The Yardarm

Veterans News



Ambassador for Peace Medal—If you served in the Korean War, you may be eligible for the Korean Ambassador for Peace Medal. To be eligible, the veterans must have served during the Korean War from June 25, 1950 to July 27, 1953. It is also available for the veterans who have participated in UN peacekeeping operations until the end of 1955.



Please send your completed application form to the Defence Attaché Office, Embassy of the Republic of Korea in Ottawa (150 Boteler Street, Ottawa, ON. K1N 5A6). If you have any other questions or

concerns, please contact the Defence Attaché Office at the Embassy of the Republic of Korea at TEL 613-244-5027, FAX 613-244-5034 or email at defenceaide@koreanembassy.ca.

Remembering Canada's Heroes

The group organizes a School Visit Program which takes WWII, Korean War, Cold War and Peacekeeping Veterans into High School History Classrooms to speak with the students. If you are interested in joining this program in Ontario, Nova Scotia or SouthEast New Brunswick, please contact Bill by email: weg000@eastlink.ca.

Submitted by W. (Bill) Green, Director

The Prairie Sailor Monument

The Prairie Sailor Statue was sculpted by Winnipeg artist Helen Granger Young. The sailor symbolizes the many young men and women from the prairies who served in the Navy, Navy Reserve and Merchant Navy during the Second World War.



Photos submitted by Allen Smith




Jim Karygiannis for Councillor
Scarborough-Agincourt Ward 39

Hon. Jim Karygiannis
Privy Councillor

Dear Neighbour,

I am sure by now you are aware that I have resigned as the Member of Parliament for Scarborough-Agincourt. I thank you for giving me the opportunity to have represented you for over eight terms close to 26 years .

I have made the decision to step down as your MP and be closer to my family and especially be able to see my mother on a daily basis that is close to 85 years old.

I have registered to run as Councillor for Ward 39 Scarborough-Agincourt. I can be contacted by email: jim@jimkarygiannis.net, website: www.jimkarygiannis.net.

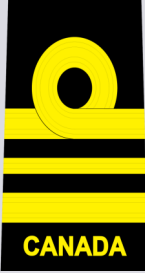


The Yardarm

Veterans News



The RCN and the Executive Curl



On 5 March 2010, the Canadian House of Commons passed a motion (moved by Guy Lauzon[13]) recommending the executive curl be reinstated on the Canadian navy uniform. Subsequently, in recognition of the Canadian Naval Centennial, Peter MacKay, Minister of National Defence, authorized the use of the executive curl for the Canadian Navy on 2 May 2010. The insignia became effective on 11 June 2010, on the occasion of the Pacific Canadian Naval International Fleet Review parade of nations in Victoria, B.C.[14][15]

More than 54 countries including Canada and 18 other of the 22 Commonwealth navies use the insignia. Most navies that do not use the executive curl insignia substitute a star or other national device above the top row of lace such as the United States Navy and the French Navy. **Source Wikipedia**

The Canadian Forces Income Support

CFIS is a tax-free monthly benefit to help low-income CAF Veterans. As a Veteran, you may qualify if you have a low household income, have successfully completed the rehabilitation program, and:

- you are currently looking for suitable gainful employment; or
- you no longer qualify for the Earnings Loss Benefit because you are 65 years old.

As a survivor, you may qualify if you were in receipt of the Earnings Loss Benefit.

To apply, your VAC case manager can assist you with your application. If you do not have a case manager, the staff at any VAC office or Integrated Personnel Support Centre (IPSC) can assist you. See link below for more information.

Source: www.veterans.gc.ca

Looking for Your Help

I am doing research for a book about Canadian Merchant Sailors who died while serving in the Merchant Navy from 1939 to 1945. If anyone has any information on these sailors, please contact me. The type of information I am looking for is the following:



- Name: Age:
- Birth Date: Sailor Photo:
- Grave Information: Personal Information:
- Family Information: General Information:

If you are interested in helping me out, please contact me: Bob D'Aoust, Waterloo, ON, 519-886-1242, bdaoust@rogers.com



HMCS Skeena I — October 1944. Copy Photograph courtesy Ken Macpherson. National Archives, Ottawa



The Yardarm

Historical Fiction



Dec, 1969. PO2 Bell shivered as he watched his Bonnie circle Bedford Basin to fly off her last 4 Trackers. Bell, an ASW expert, was in training at the Submarine Section of the Canadian Forces Fleet School Halifax (CFFS(H)). Bell knew how to find submarines. Now he was learning how to hide them. Bell was about to join the crew of HMCS Ojibwa on her next operation, a “mystery” or “sneaky” intelligence-gathering mission. Ojibwa watched and listened as Soviet Navy ships and submarines transited to their operational areas in the western Atlantic. New construction Soviet warships and ballistic missile carrying submarines were specific targets for sneakies.

Nov, 2012. CPO John Bell, RCN, retired, shivered as the leading tug approached. November chill or memories? Thousands lined the Welland Canal to watch HMCS Ojibwa on her final journey. Freshly painted, Ojibwa was magnificent and sinister. Almost 50 years old, she looked new. Bell smelled exhaust from the tugs, triggering memory of the pong of diesel fuel and stale shipmates. He remembered telling time by food; eggs and bacon meant morning, leftovers at midnight. Lining up to use a toilet. Water rationing although surrounded by water. Aching joints from constantly twisting and bending while moving around the boat. MT plates from dodging sharp objects in the black light control room. Constant drills for fires and flooding and hydrau-

lic failure. Noise from fans and generators and engines and motors. Ultra-silent when the Russians were looking for Ojibwa.

Her missions were known to only a few senior members of government and defence staff, and remain classified. Technologically advanced for its time, quiet and difficult to detect, Ojibwa was

ideal for covert operations. The new Soviet Lira/Alpha with 40 kn submerged speed meant better weapons for Ojibwa. Mark 48 torpedoes had an effective firing range of 23 miles at 55 kn. Ojibwa could watch and wait undetected, and kill from a distance.

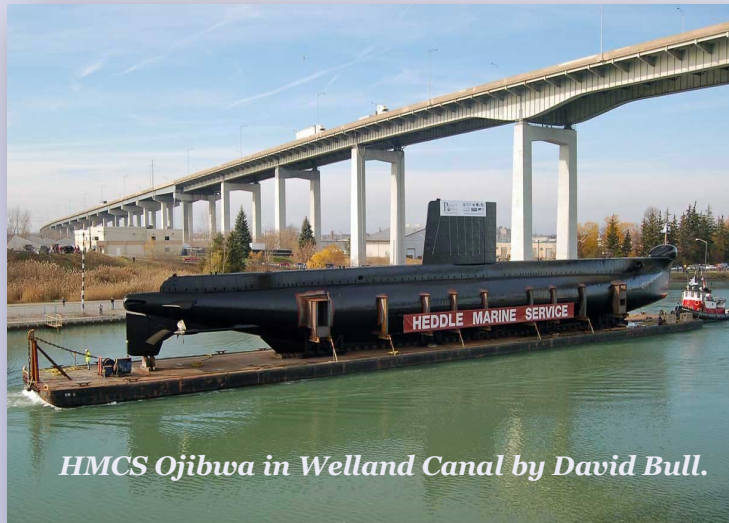
Beside Bell, a young lad asked his father,

“Where are the guns?” “Maybe they were removed for the barge trip.” Bell turned to the pair and said, “No guns. Torpedoes. Big ones.” “How do you know?”, asked the lad. Bell pointed to the ship’s badge on his cap. “I lived and worked on that boat.”

Port Burwell is Ojibwa’s final berth. 30 minutes south of Tillsonburg, 40 minutes east of St Thomas, ON, Ojibwa is now part of the Elgin Military Museum. It’s not lamp black and linseed oil, she shines with pride.

<http://projectojibwa.ca/>

Written and submitted by Jim Lapp



HMCS Ojibwa in Welland Canal by David Bull.



The Yardarm

Korean Veterans Association of Canada Unit 26 Hamilton



RCN Ships in Korea Monument Dedication Ceremony

As the fundraising director and the designer of the RCN Ships in Korea Monument, I have witnessed the most memorable event on July 28th, at the Spencer Smith Park in Burlington. A year ago, our KVA Unit 26 ROK Memorial project committee (Andy Barber, a Korean Naval veteran who served on HMCS Haida, Ron Kirk, a Korean War Naval veteran who served on HMCS Iroquois, Major (Ret'd) Don Kennedy, Gerry Trudell, Rev. Bill Thomas and myself) formed a committee to raise the funds to invite Korean War veterans from Korea to Canada to participate in the commemorative events of the "Year of Korea 2013" and "Year of Korean War Veterans".



Our project also included the idea to erect the Royal Canadian Naval Ships monument to commemorate the Destroyers that served during the Korean War and the UN Peace Keeping from 1950 to 1955. Our monument is to honour the 8 Canadian Destroyers (H.M.C.S. Athabaskan, HMCS Cayuga, HMCS Sioux, HMCS Crusader, H.M.C.S. Nootka HMCS Huron, HMCS Iroquois, HMCS Haida) that served during the Korean War and UN Peace Keeping duties and the 9 Crew Members who were either Killed in Action, Lost at Sea or Died in Service. The names of the Sailors are: LISKA, Vince, A.B. HMCS Cayuga, GAUTHIER, Leon Armand, O.S. HMCS Nootka, LAKER, Frank Richard, A.B. HMCS Sioux, MOORE, Robert John, A.B. HMCS Sioux, SKAVBERG, Robin Jensen, HMCS Athabaskan, A.B. BAIKIE, Elburne Alexander, A.B. HMCS Iroquois, BURDEN, Wallis McBurnie, A.B. HMCS Iroquois, QUINN, John Louis, MiD, Lt .Cdr, HMCS Iroquois, TORRAVILLE, Ian Thomas Lang, A.B. HMCS Iroquois.

There were over 200 guests that attended the ceremony including Defence Minister, Rob Nicholson, Veteran Affairs Minister, Julian Fantino, Senator Yonah Martin, Mike Wallace, M.P. Burlington Mayor Rick Goldring, Rear Admiral Jennifer Bennet, R.O.K. Defence Attaché Jang Min Choi, Deputy Speaker of R.O.K. National Assembly Kap Yoon Jeong, R.O.K.

Consul Sang Soo Lee, 24 Korean students from Korea and Korean War veterans and their family members. We were worried about the heavy rain in the morning, however, as soon as Rev. Bill Thomas blessed the monument, a stream of light came from the sky and shone upon the monument stopping the rain like a miracle. The 9 sailors' spirits were with us and their names will be remembered for many generations. They now have a resting place at home.

The Halton Naval Veterans Association provided invaluable financial support for our project. Without their support, the monument would be a dream and another 60 years would have passed by. There was not even a single dry eye when the young Korean students read their poems, "Thank you Korean War Veterans" and delivered the signed thank you banner to the Korean War veterans. Our Committee members would like to send our sincere appreciation to Veteran Affairs Canada for the monument grant and all the donors. Together, we preserved an important part of the Royal Canadian Naval history which was forgotten for over 60 years. At the event, a Korean student whispered in my ear "God Bless You" and I would like to resend his message to all Canadian Naval veterans who served during the Korean War and UN Peace Keeping Missions and their family members. "God Bless You All!"

Written and submitted by HooJung Jones



The Yardarm

Healthy Eating



Bologna and Apple Cabbage

Makes 4 servings

Ingredients

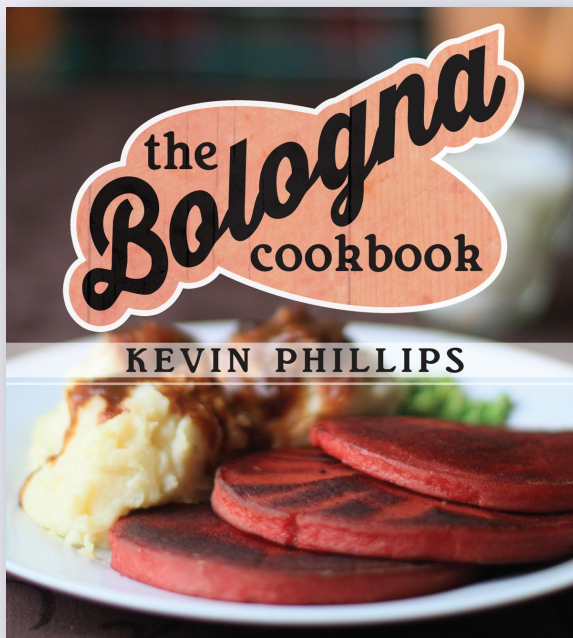
1 lb bologna, cut in 1/2" cubes
1/4 cup butter
2 apples, sliced 1/4" thick
3 cups finely shredded cabbage
1/3 cup honey
1/2 tsp nutmeg
1/4 tsp cloves
Salt and pepper



Method

In a skillet over medium heat, sauté bologna in butter until lightly browned. Add remaining ingredients and toss. Season to taste. Cover and simmer for 12 to 15 minutes, or until cabbage and apples are tender.

Except from The Bologna Cookbook by Kevin Phillips (Flanker Press, 2014)



Kevin was recently featured in the "Globe and Mail" and on the CBC program "Land and Sea". His cookbook "The Bologna Cookbook" was released mid-August 2014 and has already reached National Bestseller status. He will be hosting a book-signing at the RCNA Sarnia Branch on 25 October 2014 between 1 PM and 4 PM.

Everybody Welcome!

The Bologna Cookbook is available online through the Flanker Press website:

www.flankerpress.com

or

[CLICK HERE](#)



The Yardarm

Healthy Living



Overactive Bladder: Time to Stop Skipping to the Loo

Frequently running to the toilet can be frustrating and embarrassing. It is normal to urinate 4-7 times during the day and once overnight. However, if you are experiencing the sudden urge to urinate more than 7 times during the day or waking you up more than once at night; it is possible that your bladder is overactive. An overactive bladder is a bladder storage problem where the bladder muscles contract involuntarily. This causes the sudden urge to urinate and is often associated with involuntary leaking or incontinence. Although it is common in both men and women, it is important to note an overactive bladder is NOT a normal part of aging.

The exact cause of an overactive bladder is often unknown. However, there are several conditions that can contribute to or mimic overactive bladder symptoms. This includes bladder infections, certain medications (especially diuretics or “water pills”), diabetes, kidney problems, neurological conditions like stroke or dementia, enlarged prostate, and constipation. High fluid intake and excessive consumption of alcohol or caffeine may also contribute.

It is important to see your doctor to have the problem properly investigated. You may have blood work, urine test for infection and ultrasounds done. You may also be sent to a specialist who will test your bladder pressure (how much your bladder holds) and urine flow rate (how much and how fast you can urinate).

The treatment for overactive bladder ranges from behavioural therapies to medication, injections, nerve stimulation and surgery. Behavioural treatments can be done at home and include:

- Pelvic floor exercises (Kegel exercises) to strengthen the pelvic muscles
- Maintaining a healthy weight with regular exercise
- Scheduling how much and when you drink fluids

Taking regular or scheduled trips to the toilet (i.e. every 2-4 hours). This may include bladder training where you purposefully delay going to the toilet by starting with small delays of 10 minutes and working your way up to 2-4 hour delays.

- Double voiding: waiting a few minutes after urinating and trying again to completely empty your bladder
- Absorbent pads to protect your skin and clothes from involuntary leaking
- Reducing or avoiding caffeine and alcohol intake

Your life should not be dictated by your bladder. If you are having frequent and sudden urges to urinate, it is time to see your doctor and take back control.

Submitted by Dr. Shauna Phillips





The Yardarm

Padre's Corner



Seafarers' Missions

It is that time of year again when one prepares for the fall shipping season and sailors prepare for the hurricanes and storms of fall and the approaching winter. It is a matter of ensuring that all the hatches are battened down, that weather gear is readily available; the survival suits are handy and life rafts/life boats are in proper working order. Everything is double checked to make sure that everything is mechanically in top shape and all safety procedures and equipment is ready if needed.

Of course most ship owners and masters require daily checks of most systems and regular drills are part and parcel of a sailor's life. Ongoing maintenance is a necessity of doing business whether it be a naval vessel or a commercial vessel. There is also another necessity that must not be ignored and that is the physical, mental, and spiritual health of the crews. When a crew is on board a ship for months on end, especially if it is a merchant ship, sometimes not all of the individual crew member's needs are met and occasionally the whole crew may be neglected or treated harshly.

The seafarers' missions around the world are there to support sailors regardless of race, colour or creed. They supply spiritual, physical, advocacy and sometimes legal support. The missions are most frequently Christian, but treat everyone the same. Their main mandate is to provide for the care and comfort of the seafarers. To this end, the missions are usually ecumenical and provide, when available, the amenities of life in the shape of telephone and internet connections, clothing when requested, books, magazines, religious services, counseling, and help in filling out legal and medical forms.

As chaplain/president of such a mission it has been

my honour to christen seven ships both Canadian and American for two great lakes fleets. More importantly over the years my crew of volunteers has entertained sailors from the four corners of the globe. They have often provided these sailors with warm weather clothing when requested, books, magazines, bibles in their own languages when requested, as well as transportation to shopping, entertainment and medical clinics or hospitals. I have assisted in filing reports to the appropriate authorities if there has been a complaint about unsafe conditions, or ill treatment of a crew member.

My volunteers are from several different denominations but recognize that they are there to serve the needs of the crews. Prior to 9/11 they often entertained crew members in their own homes. During the outbreak of the Serbian / Croatian conflict one of my volunteers whose forebears came from that part of the world welcomed the crew of a ship that consisted of members from both sides of the conflict. He was able to provide them with the means to call to their homes and to provide a place of solace during a time of distress.

The R.C.N.A. has a unique opportunity in port cities to reach out to serving naval personnel and vets, but also to merchant mariners who are far from home. There are stories to share, unique opportunities to meet new ship mates and to establish life time connections to other parts of the world. Hospitality is an essential component of our clubs and by welcoming others we can grow our organization while maintaining our connection to the sea.

May the Lord God continue to bless the R.C.N.A., our fleet, and all who go down to the sea in ships.

Submitted by Dr. Gordon Simmons, Padre RCNA Sarnia





Yardarm Fall 2014 Crossed the Bar



Atchison, Francis (Frank) Stanley: 27 June 2014. Served on HMCS Lockport and Courtenay. Member of Winnipeg White Ensign Naval Club.

Brown, Lorenzo: 5 July 2014. Lorenzo served with the RCNVR and was a Life Member of the RCNA Windsor—Admiral Hose Branch.

Covan, M. John: 23 March 2014 in Truro, NS. MN Retired, Captain John was a member of the Winnipeg White Ensign Naval Club.

Creighton, William (Bill) Allen: LCDR Ret'd—8 June 1932 - 13 April 2014. Bill served with the RCN with the University Naval Training Division aka the *Untidies* - he belonged to the HMCS Discovery and HMCS Malahat.

Friend, Jack: 2 March 2014 - Jack served in the RCNR and was a member of the RCNA Windsor—Admiral Hose Branch.

Georgeson, William (Bill): 11 June 2014 aged 89, Bill served during the Second World War mainly on Arctic convoy escort duty on the Murmansk run. He was awarded the Russian Ushakov Medal and the British Arctic Star. He was one of the founding members of the CV RCNA Branch.

Grant, Sheldon (Shelly): 2 May, 2014, Shelly was the RCNA National President from 1989 to 1992.

Jordan, Patrick: 21 May 2014. Served in the Merchant Navy then with the Winnipeg Grenadiers. Member of MN Association and former member of Winnipeg White Ensign Naval Club

Knowles, Murray: 3 June 2014. Born in Saint John on 2 July 1916, he joined the Royal Canadian Naval Volunteer Reserve at HMCS in 1940. He survived the sinking of HMS Rajputana and went on to serve on HMCS Suderoy, HMCS Louisburg II, and as Staff Officer (Operations) at HMCS Scotian.

Lake, Merton: 1916 - 2014. Merton was a Lieutenant with the Royal Canadian Navy, serving in the North Atlantic aboard the HMCS Levis as a Gunnery Officer with Escort Group 27.

McPhail, Kaye: 26 June 2014, Kaye was an Honourary Member of the RCNA Sarnia Branch.

Mitchell, George CD: born 4 Jan 1922, passed 17 Jun 2014. Served in the Army Apr.17/41 - Sept 27/45 and in the Navy May 27/46 - July 12/66 on HMC Ships Portage, Magnificent, Bonaventure, Haida (in Korea), Iroquois, Quebec, Crescent, & Assiniboine.

Prosper, William: 21 May 2014 - William served in RCNR and was a member of the RCNA Windsor—Admiral Hose Branch.

Sheldon, Arthur (Shell): 2 May 2014 at the age of 87. Shell joined the RCN at the age of 16-1/2 to serve overseas during the Second World War. He served 31 years as Branch Director, 9 of those years were served as the Sault Ste. Marie Branch President.

Smith, Edward Stanley (Ted): Commander RCN—23 May 1920 - 16 April 2014. A veteran of the Battle of the Atlantic, Ted was born in Saskatchewan and served in the Militia Signal Corps from 1939-1943.

Waldron, William: 14 February 2014 - served in RCN, RCNR and , RCNVR - he was a Life Member of the RCNA Windsor—Admiral Hose Branch.



Yardarm Fall 2014

Crossed the Bar



WRENS Who Crossed the Bar in 2014

Last Name	First Name	Maiden Name	City	Date of Death
Burgess	Jessie	Sutcliffe	Toronto	02-May-14
Clarkson	Freda	Brett	Toronto	17-Feb-14
Craig	Frances	Patten Morrison	Winnipeg	07-Mar-14
Haliburton	Margaret	Los	Toronto	8-Feb-14
Hildred	Marjorie	Flynn	Regina	15-Nov-14
Jatiouk	Constance		Toronto	25-Mar-14
Kelley	Marie Catherine (Kitty)	Houde	Ottawa	19-Mar-14
Kleinsteiber	Marianne (Gigi)	Thomas	Cape Town, SA	6-Jun-14
Mayo	Elizabeth (Bessie)	Bass	Grand Manan, NB	13-Feb-14
Price	Joan Grace		Toronto	31-May-14
Sellar	Joan	Dodson	White Rock, BC	27-Feb-14

Submitted by Donna Murakami, LCdr (Ret'd)

Canadian Women Mariners Killed on Merchant Ships—First and Second World War

Eliza Kennedy. Stewardess aboard the Hesperian, September 4, 1914.

Jane Johnstone and Mary Elizabeth Oliphant. Stewardesses aboard the Missanabie, 9 September 1918.

Hannah Baird, Stewardess aboard the Athenia torpedoed on 4 September 1939, the first Canadian killed in the Second World War.

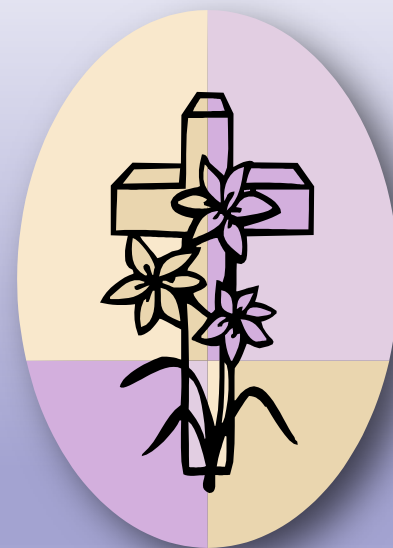
Lillie C. Cook Gorbell, Stewardess aboard the Lady Hawkins, 19 January 1942.

Eileen Pomeroy, Second Cook aboard the George L. Torian, 22 February 1942.

Bride Fitzpatrick, Stewardess aboard the Caribou, 14 October 1942.

Maude Elizabeth Steane, Second Radio Officer aboard the Viggo Hansteen, 14 August 1944, killed during an air attack at Naples, buried in Florence, Italy.

Submitted by Joan Balch





Yardarm Fall 2014

National Executive



<p>National President Blaine D. Barker, CD Phone: 705-472-5621, Email: rcna@vianet.ca</p>	
<p>Executive Vice President Gerald W. "Jerry" Sigrist CD Phone: 902-543-6763, Email: jerry.sigrist@eastlink.ca</p>	
<p>Executive Secretary Steve Willar Phone: 519-995-0589, Email: stevewillarsr@gmail.com</p>	
<p>Vice President (Membership) John Chapman CD Phone: 403-255- 5643, Email: suenjohn@telusplanet.net</p>	
<p>Executive Treasurer Art Caravan CD Phone: 519-539-8991, Email: caravan@rogers.com</p>	
<p>Supply Officer Ray Thomson Phone: 705-474-6763, Email: thomsonwr@ontera.net</p>	
<p>Parliamentary & Veterans Affair Richard "Doc" Halliday CD Phone: 902-685-2342 Email: jerry.sigrist@eastlink.ca (Attn: Doc Halliday)</p>	
<p>The Yardarm Editor Pat Cornect CD2 Phone: 519-882-0484, Email: pat@cornect.com</p>	



The Yardarm

Naval Trivia



Naval Toasts—Jerry Sigrist: In the past I have attended more than a few Naval functions and discovered that the Naval toasts of the day are not always what they should be. At times the toasts are altered to the liking of the Shipmate making them. The Naval toasts of the day originated in the Wardrooms of the Royal Navy. While they reflect some timeless values they also reflect the values of another age.

The Royal Canadian Navy discarded the traditional toast in May 1999 and created new ones authorized to better reflect the current Royal Canadian Navy. In the navy there is a toast for each day of the week. Normally these toast are used for special occasions and mess dinners, but they may be used at any time. They are printed here for your use. The new ones became effective May 1999 and it is hoped you will use them properly.

DAY	CURRENT	TRADITIONAL
Monday	Our Ships	Our Ships at Sea
Tuesday	Our Sailors	Our Men
Wednesday	Ourselves	Ourselves
Thursday	Our Navy	A Bloody War and Sickly Season
Friday	Our Nation	A Willing Foe and Sea Room
Saturday	Our Families	Our Wives and Sweethearts (may they never meet)
Sunday	Absent Friends	Absent Friends



Submitted by Jerry Sigrist

The Gazebo at Veteran’s Park, Langford BC—dedicated as a Women’s Memorial and is the location for the plaques. There are three plaques:

- 1. Women Mariners**
- 2. Ex Service Women**
- 3. Nursing Sisters**

In 2010 three 1910-2020 Canadian Naval Centennial Rose ACTM Navy Lady rose bushes were planted near the Gazebo by Victoria WRCNS.

Source: Victoria Wrens Association—submitted by Joan Balch





The Yardarm

Editor's Last Word



Once again as editor I will take this opportunity to thank all of you who took the time to submit material for this edition—a special **Thank You** to the regular contributors listed on page five.



It is important to remember as we move forward our primary goal which is to connect with RCNA members across Canada and overseas. To that end, I will strive to select articles that are not already distributed by the various Branch newsletters and at the same time still be relevant to the majority of our members.

Based on the feedback received since I was volunteered (thanks again Jerry) for this job, I sincerely believe that while we are not yet there—we are making progress. With your input and continued support, the Yardarm will achieve its goal of providing a meaningful link to all RCNA members.

Finally I would like to thank our sponsors for their support—remember, all funds collected from advertisements go back to RCNA HQ. The funds are used to help offset the cost of printed copies for those members who do not have access to a local Branch or do not have access to a computer. **Editor**

Featured WebSites

Franker Press—www.flankerpress.com

Naval Terms—www.navy.mil/navydata/traditions

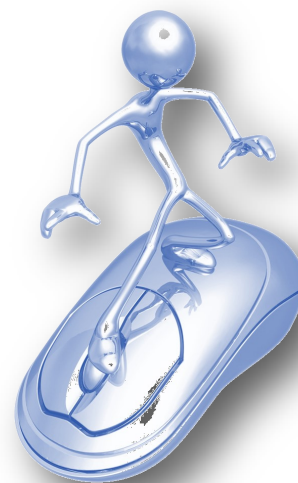
Project Ojibwa—www.projectojibwa.ca

Ready Aye Ready—www.readyayeready.com

Saltjunk—www.saltjunk.com

Veterans Affairs Canada—www.veterans.gc.ca

Yardarm—www.yardarm.ca



Supply Officer—Kit Shop

Shipmate Ray Thomson
442 Aubury Street
North Bay, ON P1B 6H9
Ph: 705-474-6763, email: thomsonwr@ontera.net

Price Changes—lapel pins \$5.00, new medals \$25.00, life membership badges \$6.00, cardigan sweaters \$66.02, arctic knit military vest \$71.27, polo short sleeve sweaters \$98.00, brooches (gold & silver) \$35.00 club - \$37.00 member.

Please visit the Yardarm website at www.yardarm.ca for an up-to-date listing of supplies (and pricing) available through the RCNA Kit Shop.



Our Sponsors



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

Royal Canadian Naval Association

Peregrine Branch



2623 Agricola Street
Halifax, NS B3K 4C1
Phone: 902-454-4385

www.rcnaperegrine.com

Hours: Tues-Thurs 1 – 7 pm; Fri 1-9 pm; Sat 1-7 pm; Sun 1-6 pm

Client Services Representative

TaxWise

Canada's most established Medical & Disability Tax Professionals

1-866-448-2188

613-733-2188

613-733-2131 Fax

dcreighton@taxwise.ca

www.taxwise.ca

200-2520 St. Laurent Blvd, Ottawa ON K1H 1B1

Royal Canadian Naval Association Banquet Hall Rental

Ideal for your wedding reception,
catering, full bar service
seating for up to 300 guests.



1420 Lougar Ave, Sarnia 519-344-0331

Flanker

FLANKER PRESS • PENNYWELL BOOKS

Publisher of

The Bologna Cookbook by Kevin Phillips

To order, please contact Randy Drover

Phone: 709.739.4477 ext. 22

Toll-free: 1.866.739.4420 ext. 22

Fax: 709.739.4420

Email: rdrover@flankerpress.com

PO Box 2522, Station C

St. John's, NL

A1C 6K1 Canada

Website: www.flankerpress.com

Please Sponsor the Yardarm

The Yardarm is looking for Sponsors—all funds raised will go directly to RCNA HQ for RCNA related programs, and to help offset the printing costs for Members at Large.

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) for an entire year.

Please forward payment payable to: M.P. Cornect—

549 First Ave, Petrolia ON N0N 1R0

Thank You for your continued support.

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