

The Yardarm



Spring Edition - 2015



The Yardarm

Spring 2015 Edition



Yardarm Spring 2015 Edition

The Yardarm is published bi-annually; the Spring Edition in 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.**

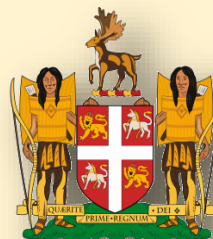
New Feature—I am introducing a new page to the Yardarm—TRAVEL. See page 11. Submit your latest travel adventure—under 200 words –and I will select one for each edition of the Yardarm. Not an advertisement, just a few pros and cons and the name of the recommended travel agency.



Cover Photo—HMCS Bras D'Or

The cover of the Spring 2015 Edition features a photo of the HMCS Bras D'Or. The ship is the subject of Jim Lapp's Naval Historical article on page 10.

The photo is courtesy of *The Canadian Naval Chronicle 1939-1945* by Commander F McKee and Captain R Darlington. **Submitted by Jim Lapp**



One hundred years ago—spring of 1915—Newfoundland lost 60 of its young Royal Naval Reservists when the **Viknor**, **Clan MacNaughton** and the **Bayano** were sunk in the space of a couple of weeks.

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From the Helm—RCNA National President

I would like to extend a happy New Year to all our members and let you know that your National Executive has been hard at work on your behalf. In particular our New Secretary and our Stores Officer Shipmates Steve Willar and Ray Thomson have completed the task of bringing on stream New Medals for service to both Branches and the National Executive. Details and applications have been sent to all branches along with the procedure to follow when applying. This has been a long time in the making. My congratulations to these two individuals. In addition several of our members were submitted for and have been awarded the French Legion Medal of Honour for their efforts in Liberation of France on D-day. Congratulations to them as well.



The current executive have worked very hard on your behalf while at the same time attempting to maximize earnings and reduce costs. Under the current market conditions we have persevered in holding the line. I have managed to attend a number of meetings with the Legion, the National Council of Veterans Associations with the approach to ensuring pressure is maintained on Veterans Affairs in providing increased benefits to veterans and in supporting our present day military personnel. On the home front I have restricted visits to branches and events (unless necessary) in an effort to reduce spending what little resources we have. I am always available to receive your phone calls or e-mail requests for guidance and or assistance.

With the blatant murder of forces people in Quebec and Ottawa, I am greatly concerned with the threats being made against our country and people. Now they are threatening our Malls and Public events. Our government is trying its best to deal with what is shaping up to a crisis situation and I am referring to terrorist activities. Listening to the news reveals that this is an ongoing threat that will likely increase in time in our country. Apparently most of the organizing and planning takes place at cafes, parks, and bars in the open. There is a need to observe and report to authorities all unusual activity that you may see or hear taking place.

Sailors with their training in watch keeping and lookout duties are aptly trained to observe and report what they see. In order to nip many of these items from occurring requires immediate action. Our Enforcement Agencies are stretched to the limit with routine duties and limited resources. They require public assistance if terrible harm is to be prevented. You will have to use some common sense—I am not talking about intervention—but a quick response to advise authorities with a simple call to “Crime Stoppers” 1 800 222-8477. Remaining anonymous prevents retribution. It is a service we can provide for our country as we carry on our daily activities. Give it a thought and discuss it with members at your branch and become “Pro Active” against terrorism.

Lastly, this is an election year for the National Executive, and I ask you to seriously consider running for an office. New blood and sound ideas are needed if we are to survive. Presently we need someone to step up and organize “Advertising” for our web sites and in the Yardarm, right across the country. We can issue a tax receipt for all contracts. It will take more than one person to make this work. We certainly do not want to ask for an increase in dues and so we need your help to make our organization prosper. You are never too old to help out.

We certainly need our branches with facilities to take on our annual re-unions. It is a reasonable money maker that can help a branch’s financial situation while providing a service to all members. Re-unions can be run anywhere in the country, so if your branch is interested a letter to the National Secretary would be greatly appreciated. Have a Great summer and we will see you at the next AGM. ***Your President Aye, Blaine Barker***



The Yardarm

National Secretary



A Word from your National Secretary

Ahoy Shipmates,

As I start my second year as your Executive Secretary, I must say that last year has been rewarding and challenging and I look forward to the coming year.

From the input and questions I have received on our new medals it seems that the idea of the RCNA National adding two new medals has been well received by our members.

Medal applications and the medal criteria has been sent to your RCNA Directors for distribution within your branch. If you have any questions or need more information, please feel free to contact me. My phone number and email address can be found elsewhere in the Yardarm.

We did not get a response from any clubs that would willing to hold a reunion, that being the case there will not be any RCNA Reunion for 2015.

The RCNA Annual General Meeting will be hosted by RCNA Admiral Hose Branch in Windsor Ontario on September 25, 26, 27, 2015. More details will be sent to your RCNA National Directors.

At this coming AGM we will be holding elections for a new RCNA National Executive. I would like to remind you that that any RCNA Directors that represented your branch, past and present are eligible to hold office. Please give this some thought and consideration should you like to hold office.

On the subject of elections, it is important that you advise myself and our Vice President(Membership) John Chapman of your change in Branch Executive as soon as possible after your elections.

***Yours Aye,
Steve Willar
RCNA National—Executive Secretary***

THE ROYAL CANADIAN NAVAL ASSOCIATION
Admiral Hose Branch



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**Art Caravan and Steve Willar
AGM 2014 - RCNA Sarnia**



The Yardarm



Regular Contributors



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From the Helm*



*Steve Willar
National Secretary
Secretary Notes*



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RCNA Sarnia
Military History*



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*Kevin Phillips, CD2
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Healthy Eating*



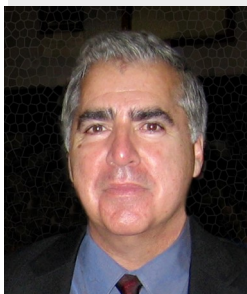
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Padre RCNA Sarnia
Padre's Corner*



*Joan Balch
RCNA Member at Large
Items of Interest*



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

BRIDGEWATER - Navy Veteran Trio accepts Commemorative Watches

A trio of navy veterans who served during World War II savoured the acceptance of specially marked wrist watches commemorating service time spent on the water.

The April 17 presentation, during a meeting of the Admiral Desmond Piers Naval Association, was unexpected recognition, said Frank Hammond, 91.

Mr. Hammond, who served with a volunteer reserve special combined operations unit, was in a landing craft that set down on Juno Beach on June 6, 1944. Mr. Hammond plans to proudly

wear his new watch to France this June during ceremonies acknowledging the 70th anniversary of D-day. He said he was happy to be in Lunenburg, while a refit was taking place, when the war ended.

Maxwell Croft, 90, spent 30 years with the merchant navy, starting his time on the water at age 16. He said he'll always wear the timepiece. "I'm lost for words," he said when asked what the watch meant to him. "It means a lot to me. I'm very pleased to accept this watch."

Elmer Mason, 87, served in the merchant navy for 12 years and was a deck officer when he retired. "It's a good memory of times past," he said of the watch, noting it was great to be a part of the presentation with his fellow shipmates.

The watches are part of a Time is Ticking project, designed to see Second World War veterans receive special timepieces that also honour the 100 anniversary of the Canadian Navy. **Source: Keith Corcoran, submitted by Doc Halliday.**



Frank Hammond

Elmer Mason

Maxwell Croft

Atlantic Chief & Petty Officers Association



2830 Admirals Way
Halifax, NS B3K 2X3

(902) 420-0370

RCNA Reunion 2016—North Bay

Ahoy shipmate Officers, senior NCOs, and lower deckers—start to make plans to attend the reunion in North Bay, Ontario. The reunion will be held 17-19th June 2016 at the Nipissing University. A short executive meeting will be held on the 17 June. We are working on the costing so we can give you the best bang for your buck, stay tuned there will be more to come on the web site as we come towards the AGM this fall. More to follow. **Submitted by: Ray Thompson**

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RCNA News



AGM 2014—RCNA Sarnia

In September 2014, the RCNA Sarnia Branch had the privilege of hosting the RCNA AGM . The meetings were well attended and the event ended with a catered dinner on Saturday . Our guest speaker for the evening was Dr. Gordon Simmons—pictured below left. Besides being the RCNA Sarnia Branch Padre, Gord is also a Director and Secretary for the Branch.

Notes:

- The National Secretary's proposal for two service medals to be awarded by the RCNA National (one at the National level and one at the Branch level) was approved.
- Congratulations to Shipmate of the Year June Greig, and to the Club of the Year Admiral Hose Branch in Windsor.
- The National President encouraged more Branches to come forward and volunteer to host upcoming AGMs, Reunions, and Sports Days.
- The RCNA Annual General Meeting will be hosted by RCNA Admiral Hose Branch in Windsor Ontario on September 25, 26, 27, 2015. More details will be sent to your RCNA National Directors.

More details regarding on issues discussed at the 2014 AGM is available from the minutes which were submitted to all RCNA Branches in October 2014. **Editor**





The Yardarm Veterans News



Peregrine Branch—Shipmate of the Year



Last summer David Porter (above left) was presented with the "Shipmate of the Year" award for 2013 by then Branch President Keith Estabrooks (above right). David spent 27 years serving in the RCN and has been a member of the Peregrine Branch since the early 1980s. The award was in appreciation of his many years of volunteering in the community and service to the Branch. **Submitted by Keith Estabrooks**

Merchant Navy Service in Halifax



Pictures from the Merchant Navy Service in Halifax. The Admiral is the ADPNA's Honorary President. The Memorial Club from Yarmouth are the young folk with all the flags. **Submitted by Milt Williams**



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



The Yardarm Veterans News



Recipients—National Order of the Legion of Honour Medal



Shipmate Frank Hammond and Shipmate Andre Rousseau of the Admiral Desmond Piers Naval Association were recently presented the Knight Medal of the French Légion d'honneur in recognition of their efforts in the liberation of France during the Second World War.



S/M Frank Hammond with Mr. Vincent Hommeril - Consul General of France in Moncton and Halifax
15 December 2014 in Bridgewater, NS

S/M Hammond was a RCN Signalman Combined Operations. On D-Day, he was part of a landing craft crew with 2nd Canadian (262nd RN) Flotilla that ferried Allied troops to the Normandy beaches. That day, his landing craft struck a mine. They had to stay on the beach until later that day, in order to get a tide off. They were able to limp across, back across the Channel in the dark of night.



S/M Andre Rousseau of La Minerve, PQ
With Herve Gobillard (SMLH) General of the French Army at the Montreal Presentation
10 November 2014

S/M Rousseau served on M.T.B. 464 with the 29th Canadian Flotilla of Motor Torpedo Boats in the English Channel off the coast of France prior to D-Day. The 29th Canadian Flotilla of MTB's was assigned the job of protecting the flanks of the Allied Invasion Forces during the 6 June D-Day Landings and the days following 6 June.

Submitted by: L.R. Verne Lunan, President Admiral Desmond Piers Naval Association

30th Anniversary SSNA/ADPNA



This year is the 30th Anniversary of the SSNA/ADPNA. To Celebrate, we will be holding a Reunion at Cornwallis NS on 18 19 and 20 September 2015. This is not an RCNA Reunion but is open to any Shipmate from across the country who would like to attend. Non-Navy friends are welcome. Our past Reunions at Cornwallis have always been a lot of fun and a chance to meet old friends and make some new ones.

Registration Forms are also available for download at:
www.adpna.com and
www.yardarm.ca

Submitted by Al Cox



**Man the
GUNS**
Join the NAVY

1942



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Sarnia Sting—Veterans Way Program

The Sarnia Sting, along with a number of other OHL teams, have started a very well received program to honour local Veterans and members of the Canadian Armed Forces who served in past conflicts, peacetime operations or are still serving in the military today.

A couple of Veterans are honoured each month. After the first period of play, the Veterans are escorted onto the ice, introduced, and the announcer reads a brief biography of their service. Afterwards, the Sting representative presents a letter of appreciation along with a lifetime pass to all Sting games. A gallery of Veterans' pictures is also being planned for the RBC Centre.

Pictured above are two long serving Executive Members of the RCNA Sarnia Branch; Marion Bradley currently serving as an Active Director of the Branch, and John (Doc) Docherty the current Past-President. Making the presentation is the Sting's president, Bill Abercrombie (far right).



Just last month, my wife Irene and I were also given the same honour—it was a great gesture from the Sting organization and from the City of Sarnia. **Source: Terry Bridge, Sarnia Observer, submitted by the Yardarm Editor**

From 'slops' to bell-bottoms...

ROYAL Navy uniforms were first issued to officers in 1748, although it was more than a century before they were given to lowly ratings.

Until 1857, crew wore 'slops', ready-made clothing sold to them by a naval contractor.

There was little or no uniformity between ships, and in 1853 the commanding officer of HMS Harlequin paid for his crew to dress as harlequins – a move said to have contributed to the Admiralty's decision to introduce a standard uniform. Meanwhile,

officers – many of them wealthy – wore a 'best uniform' for ceremonial occasions of an embroidered blue coat with white facings, white breeches and stockings.

By 1795, because of the French Revolutionary wars, a plain blue working uniform, or 'rig,' with epaulettes was everyday wear.

In 1825, white breeches were replaced by trousers for officers, but their uniforms varied greatly – officers paid for their own and often



adapted them to mirror the civilian fashions of the time.

A white tunic and trousers introduced in 1877 for serving in tropical climates were replaced in 1938 by a white shirt and shorts.

In the Second World War a blue working battledress was brought in along with white-topped caps all year round. In 1977, bell-bottomed trousers were replaced by flares for ratings, but few changes have been made to uniforms since.

CF Appreciation Program

Is someone you know a Reservist and not a member of the CF One Program? They are eligible for their own CF-One card and may use the discounts on www.cfappreciation.ca. Do them a favour, pass along the great news! Have them register at www.cf1fc.ca today!





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Travel and Notes



Cruising the Atlantic Coast

Last September my wife and I took a cruise on Holland America's Five-Star-Service down the St. Lawrence and along the Eastern Seaboard. The trip started in Sarnia, from there we coached to Kingston for an overnight stop, and on to Montreal where we boarded the ship, *Maasdam*. Ports visited included Montreal, Quebec City, Charlottetown, North Sydney, Halifax, Bar Harbour, and Boston.

Overall the trip was a great experience. The ship was not too large - just over 1,200 passengers. As a result the service was excellent from the 500 crew and hotel personnel. The entire onboard staff were always friendly and willing to go the extra mile to please their guests. Activities and the onboard entertainment were many and varied—something for everybody. The food onboard was always available, plentiful and prepared to perfection.

A few minor issues, the busses, although new, were cramped. The boarding process in Montreal was very chaotic—a Montreal issue—which should be addressed. The cruise line had a tendency to nickel-and-dime the guests once at sea. There was a miscommunication as to whether or not the declaration slips were to be completed on disembarkation in Boston.

For the added convenience, we decided to use a retail travel agency, in this case Beyond Borders located in Sarnia. The travel coordinator and owner was available at all times and was able to handle the few minor issues as they occurred. Highly recommended.

Editor

Worth Noting for 2015

2015 is the international year of “Light and Light-based Technologies”, other notable dates:

15 February—fifty years earlier the Canadian flag flew over the Peace Tower for the first time.

19 February—start of the Chinese new year—year 4713—the year of the Sheep or Ram.

May—105th anniversary of the formation of the RCN. You can buy the Naval Centennial Rose Bush 1910-2010, to plant as a commemoration—suppliers are on the Wrens' web site www.theurens.ca

18 June—marks the 200th anniversary of the Battle of Waterloo and the defeat of Napoleon.

10 September—is when Queen Elizabeth will surpass Queen Victoria as the UK's longest reigning monarch.

20 October—marks the 100th year since the death of Canada's shortest-serving Prime Minister, Sir Charles Tupper, just 68 days.

11 November—is the 70th anniversary of the end of the Second World War. *Source: Public Domain and Harrowsmith's Almanac 2015.*

New Location—the Calgary Naval Veterans' Association is now located at: 2402 2A St, Calgary, AB, T2G 4Z2.

ADMIRAL DESMOND PIERS NAVAL ASSOCIATION

450 LaHave Street, Unit 17, suite 121
Bridgewater, NS, B4V 4A3



ADPNA meets at 1400 every 3rd Thur
(except July, August & December)
at the RCL Branch # 24 Bridgewater, NS

Phone: President – 902-543-5826

Email: adpna@bellaliant.net Web: www.adpna.com



The Yardarm

Naval History



HMCS Bras d'Or

Bras d'Or, a Cape Breton Island lake, was the last home of inventor Alexander Graham Bell. In 1919, Bell's hydrofoil boat, HD4, set a world speed record at 71 mph on Bras d'Or Lake.

She was Hull 18, 265 tons, to be Edouard Houle, a French commercial fishing trawler. Incomplete when the shipyard declared bankruptcy, the Canadian government ordered her to be finished in Sorel. Lightship No. 25, she toiled for the Department of Transport in the 1930s. Fitted out as a minesweeper for WW II, HMCS Bras d'Or patrolled the approaches to Halifax to detect German submarines operating in the area.

A collision with destroyer HMCS Fraser, and subsequent Board of Inquiry, proved the competence of Bras d'Or's Captain Lt A K Young and crew. It was a validation of the skill of the merchant marine "Wavy Navy" reservists, the "amateurs".

Bras d'Or was next assigned to patrol the St Lawrence between Rimouski and the Saguenay River. She steamed 6 days a week. During a patrol, she was ordered to capture an Italian freighter on the day Italy entered the war.

After 10 months of continuous patrols, Bras d'Or was refitted and back on station when ordered to escort a Romanian freighter to Sydney. In the Gaspé passage the ships were hit by the worst storm in twenty years.

On 19 Oct 1940, Bras d'Or disappeared. No radio signal, no flares, no trace, 30 men gone. The young, such as Telegraphist I. Korning, 19 yrs old, and the "uncles" like Engineering Lt M. Cumming, a 45 yr old immigrant from Paisley, Scotland.



Two days later, the naval officer in charge at Quebec asked his Sydney counterpart to instruct Bras d'Or to return to Rimouski. He was told Bras d'Or had not reported. Because Bras d'Or was neither instructed to stop in Sydney nor contact authorities there, her disappearance was not evident until 26 Oct 1940.

Again, Bras d'Or became the subject of a Board of Inquiry. Factors examined by the Board included operational organization, grounding on a shoal prior to her last voyage, engine and pump problems, and overall seaworthiness of auxiliary ships for war time duty.

Was she sunk by a U Boat? Did the Romanian ship ram her? Did she break apart due to hull damage? Did she founder because of engine or pump failure?

She served and was lost. No definite cause was identified. **Submitted by Jim Lapp**

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Items of Interest



HMCS Coverdale Monument

In October 2014 members of the Riverview Veterans & Armed Forces Association were honored to have Rear-Admiral Jennifer J. Bennett, Chief Reserves and Cadets, in attendance at the unveiling of the HMCS Coverdale Monument. The monument commemorates the 70th anniversary of the Coverdale Naval Station's opening by the Women's Royal Canadian Naval Service (WRENS) in January 1944.

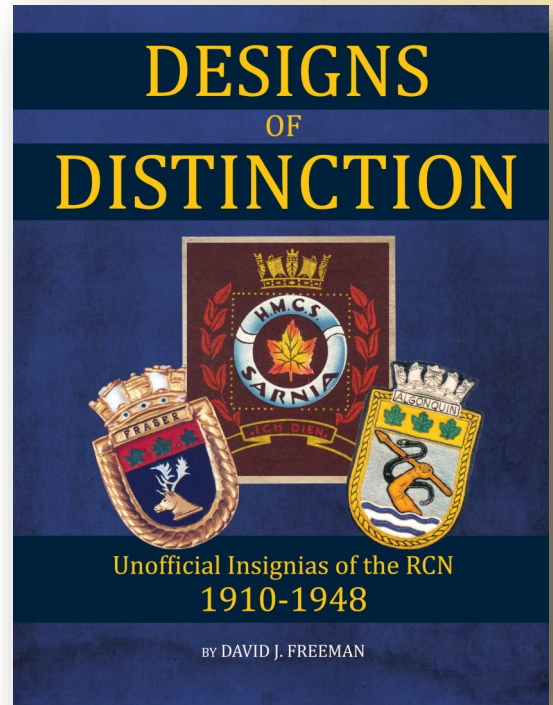
The six-foot monument includes three stones from the former Gunningsville Bridge which were donated by the Town of Riverview. There is also a script recognizing the Naval Station and the women who served there—they were trailblazers for future career opportunities in all aspects of naval operations.

After the official ceremony, located at the corner of Coverdale & Runneymeade Roads, guests including a few members of the Women's Royal Canadian Naval Service, gathered at the Coverdale Rec Centre for a luncheon. The lunch was prepared by members of the Bethel Presbyterian Church and featured a cake to mark the special occasion.

Source: RCN News Magazine, submitted by Joan Balch



Designs of Distinction



LCdr Dave Freeman on the West Coast, has just finished his second book.

Designs of Distinction has eight chapters devoted to the origin and historical development of unofficial badges used by HMC Ships, Establishments and Schools between 1910 and 1948. Official RCN badges were first issued in late 1948.

His 9th chapter contains several hundred images he has located since he started research 14 years ago.

This book is self-published in a limited edition. The book consists of 624 pages, 8.5 by 11 inches, in colour with about 1,000 images. It is bound in a soft cover and costs \$50.00 plus postage.

Contact: **LCdr David J Freeman, RCN Ret'd., 992 Karen Crescent, Victoria, BC. V8X 3C6**



The Yardarm

Korea Veterans Unit 26, Hamilton



Ambassador Peace Medal

As a Presidential Advisor to the National Unification Advisory Council, I had the pleasure of witnessing the historic moment when the Canada-Korea Free Trade agreement was signed by Prime Minister Stephen Harper and the Republic of Korea President Park Geun Hye, 22 September 2014, on Parliament Hill. The Canada-Korea Free Trade Agreement, besides containing over \$11 Billion in trade, will strengthen diplomatic relations between two strategic partners on a global stage. It will also have a positive impact on national security as well as sponsor cultural and social exchanges between the two nations - with deep rooted mutual respect for each other - for many generations to come.

The true pioneers of the Canada-Korea Free Trade Agreement are the Korean War Veterans who fought during the Korean War and served during the UN Peace Keeping Mission. A total of 26,791 Canadians served during the Korean War (1950-1953) and an additional 7,000 Canadians served during the UN Peace Keeping Mission(1953-1955). Canada's losses included 516 killed and 1,558 wounded - 379 Canadians are buried in the Busan UN Cemetery. Their blood, sweat, tears and their family members' grief and hardship laid the valuable seeds for Freedom in Korea. The Republic of Korea, as a free nation with peace and prosperity, was reborn after the devastating War and soon became the world's 12th largest economic country.

The distinguished Peace Medal was designed by the Ministry of Patriots and Veterans Affairs of the Republic of Korea to honour and remember Korean War veterans. On 9 November 2014, the Korea Veterans Association Unit 26, Hamilton, organized the Ambassador Peace Medals presentation with Consul General Kang Jeong Sik, Deputy Consul General Lee Sang at the Halton Naval Veterans Association. The Ambassador Peace Medal recipients were:

Ron Joyce—RCN HMCS Iroquois, Edwin Kurtis—RCN HMCS Iroquois, Kevin Mckinnon—

RCN, HMCS Athabaskan, John Meyerstei—British Army, Joseph Hogan—RCR, Eugene Cornect (Jr) - RCN HMCS Haida, Burt Francis Fyles—RCR, Arlen Charles Lewis—PPCLI died of wounds, one of the first Canadians killed, George Alexander Gravelle—R.C.E., Donald Edgar Cosby—RCN, and John Frank MacA-leer—RCN

As a note of interest, if the Korean War Veteran is deceased the next of kin can receive the Ambassador Peace Medal on behalf of the deceased veteran.



Ron Joyce (pictured above) is a former police officer and was co-founder of Tim Hortons. He served on the HMCS Iroquois during the UN Peace Keeping Mission (1954). Since Ron was ill and could not attend the ceremony, we were invited to his office to present the Ambassador Peace Medal. He brought a thick book of HMCS Iroquois pictures and stories that he compiled and explained his time in Korea as one of the fondest memories of his youth with a smile. I said that my father spoke only one word of English for 10 years "Extra Double-Double".

It was our honour to organize and present the Ambassador Peace Medal to the Korean War Veterans and they are our heroes and true pioneers of the Canada-Korea Free Trade Agreement. **Photo: HooJung, Don and Ron. Submitted by HooJung Jones**



The Yardarm

Healthy Eating



Eggs in Bologna Cups

Makes 6 servings

INGREDIENTS

6 slices bologna (¼" thick)
2 tbsp butter
½ cup chopped mushrooms
½ cup finely chopped onion
1 clove garlic, minced
6 eggs
Salt and pepper
Paprika for garnish
Buttered toast

METHOD

Preheat oven to 350°F. Grease six ramekins or line a muffin pan with parchment. In a skillet over medium-low heat, cook bologna in 1 tablespoon of butter until centres puff. Press and guide bologna slices snugly in ramekins or muffin pan.



Increase heat under skillet to medium, cook mushrooms, onion, and garlic in remaining butter until onion becomes translucent. Season to taste. Add 2 tablespoons of mushroom mixture to each bologna cup, along with one egg (keep yolk intact). Bake for 12 to 15 minutes or to your liking. Serve on buttered toast and garnish with paprika.

Source: Excerpt from The Bologna Cookbook by Kevin Phillips (Flanker Press, 2014)

Flanker

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Publisher of

The Bologna Cookbook by Kevin Phillips

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Newfoundland Superstitions

Shoes - Do not place shoes upon a table, for this will bring bad luck for the day, cause trouble with your mate and you might even lose your job as a result. It's also bad luck to leave shoes upside down.

Source: www.saltjunk.com





The Yardarm

Healthy Aging



Beyond the Winter Blues: Are You Depressed?

Depression is an illness that will affect 1 in 10 people at one point in their lives. It is a common mood disorder that is characterized by persistent sadness and loss of interest. It can change the way you think, feel and act. Thus leading to emotional and physical problems that can cause significant difficulty with regular daily activities and thoughts of suicide. Depression is not a mental weakness or simply a phase where a person can “snap out of it”.

The exact cause of depression is unknown, but is often multifactorial. Blood relatives with depression, brain chemistry imbalances, hormonal changes and traumatic or stressful life events can all contribute to depression. Symptoms of depression include:

- ◆ low mood or sadness
- ◆ loss of interest in the activities you normally look forward to doing
- ◆ changes in sleep: insomnia or sleeping too much
- ◆ a decrease or increase in appetite or weight
- ◆ poor concentration or ability to focus
- ◆ feeling restless or like you are moving in slow motion
- ◆ lack of energy
- ◆ excessive guilt or feeling helpless

Diagnosis may involve completing questionnaires and blood work to rule out other medical conditions. Treatment typically includes medication, psychotherapy or a combination of the two. The length of treatment is dependent on the individual person. There are many alternative and complimentary therapies that can help, such as acupuncture, meditation and herbal supplements. However, you should speak to a medical professional regarding the risks and safety.

To help improve mental health in general, eating a well balanced diet, regular exercise, engaging yourself with family and friends, and avoiding or reducing the amount of alcohol can be beneficial. It should be noted that there are different types of depression and it can look differently between men and women, as well as young and the elderly. If you experience any of the above symptoms for over 2 weeks, it is worth talking to your doctor.

Submitted by Dr Shauna Phillips





The Yardarm

Padre's Corner



Over the years of my career, I have had several close friends who had been military chaplains. One was wounded in northwest Europe, another had been deeply affected by a confrontation with a Nazi SS officer shortly after the death of one of his men in an action against the SS. One was one of my bishops who was the Bishop Ordinary to the Armed Forces when I was the assistant at the pro-cathedral to the armed forces. All were men of faith, courage and conviction and had been recognized for their bravery.



During this past summer I came across an article about a chaplain who had won the Victoria Cross during W.W.1. Of course, most Canadians know the story of John Weir Foote our Canadian chaplain who was awarded the V.C. for his actions at Dieppe but I expect few Canadians or Brits have heard of the others who

were awarded the citation. My curiosity was aroused by the first story that I read in August of 2014, in *Anglicans Online*. It was the story of the Rev. Theodore Bayley Hardy who died of wounds on October 18, 1918. This chaplain was 53 years old when he was finally allowed to enlist in 1916 and 55 years old when he died. He was one of 179 British Chaplains killed in action during W.W.1.

It is important to recognize that while chaplains come from all walks of life and different religions

that once they put on the uniform they serve one and all regardless of rank, race, colour, or creed. A Roman Catholic priest may find himself ministering to a Jew, or a rabbi to a Christian. The chaplain ministers to all alike while sharing the danger, discomfort, and even incarceration. A Church of England priest, Canon Watt, rector of a parish church at Hambleton, Buckinghamshire was credited by Connie Smythe of Maple Leaf Gardens and Toronto Maple Leaf fame with saving his life while a P.O.W. during W.W.I. He told the story to my parents when they took a letter to him from Canon Watt who was a friend of an aunt in England.

The Mission to Seafarers together with the Apostleship to the Sea and other maritime missions carry on that tradition of service together with military chaplains and others in similar fields of work. In some ports the padres and volunteers deliver magazines, books, confectionaries etc. to ships by boat. In other places a club is made available where sailors can stretch their legs, call home; make use of internet facilities have a meal or a drink, receive counseling or attend worship. In some circumstances the padre assists with legal and labour disputes. Chaplains and volunteers have sometimes been attacked while performing their duties but nonetheless continue to work sometimes in dangerous locales while continuing to perform God's work.

Chaplains are called to serve on many fronts in many and give moral, spiritual and often mental comfort to those who serve and to victims of abuse. Chaplains and the work that they do are often unknown by those outside the institutions and the organizations in which they work. Please recognize their work and thank God for their dedication to the duty of serving others.

Source: Dr. Gordon Simmons, Padre RCNA Sarnia. Photo: Wikipedia



The Yardarm

Crossed the Bar



Boyd, George—18 January 2015. Born 4 August 1924, he served 1943-1945 as a telegrapher on the HMCS Oshawa on the “Atlantic Triangle Run.” He was a member of the North Shore Naval Veteran’s Association.

Bragg, Doug—18 July 2014. Doug served in the Royal Canadian Air Force and was a member of the Oxford County Naval Veterans Association.

Brew, Robert (Bob) - 21 October 2014. A member of the RCNA Admiral Hose Branch-Windsor, Bob served in the RCNVR.

Bridle, Clarence (Wezer) - 9 January 2015. Wezer was a member of the Winnipeg White Ensign Club. During WWII he served as a signalman on HMCS Cowichan and St Laurent.

Chamberlain, Majorie—31 January 2014. Majorie served in Britain as an ambulance driver, eventually transferring to the American Army. She was a member of the RCNA Niagara Region.

Coleman, Brent—22 August 2014. Brent served in the RCAF Sea Search and Rescue Halifax and was a member of the RCNA North Bay Branch.

Cook, William J (Bill) - 3 March 2014. Bill served in the Royal Canadian Army and was a member of the Oxford County Naval Veterans Association.

Coward, Peter—31 August 2014. A former CPO in the Naval Reserve, Peter also worked for the BC Coast Guard. He was a member of Winnipeg White Ensign Club

Crough, Raymond J. (Ray) - 18 January 2015. Ray was a Honorary Life Member of the RCNA Admiral Hose Branch-Windsor and served in the RCNVR .

Dolman, Harold (Reverend) - 14 September 2014. A member of the RCNA Admiral Hose Branch-Windsor, Harold served in both the RCN and RCNVR.

Dopp, Gwen—31 December 2014. Gwen saw service as a WREN and was a member of the Oxford County Naval Veterans Association.

Downing, William (Bill) - Bill served in the Royal Canadian Air Force and was a member of the Oxford County Naval Veterans Association.

Egglenton, Jeffery O—11 January 2014. Jeffery served as an electrician in Portsmouth UK on ships and air-sea rescue launches. He also served in the Coast Guard in Halifax—a member of the RCNA Niagara Region.

Fisher, William H—21 September 2014. William was a member of the RCN and served on HMCS Prestonian and Hunter. He was a member of the RCNA Niagara Region.

Gagne, Laurie (Larry) - 12 July 2014. Larry served in the RCN, he later joined the American Army and served as a sharpshooter in Korea. He was a member of the RCNA Niagara Region.

Gillies, Alice G—19 May 2014. Alice served as a WREN on HMS Spartiate II, Var Bell, Eaglet and Britannia. She was a member of the RCNA Niagara Region.

Goddard, Gerald Everett—22 September 2014. Gerald served in the RCN during the WWII from 1943 to 1945. He was one of the few remaining Life Members of the MNSNVA.

Holliday, William (Bill) K—6 December 2014. Bill served in the RCN on the HMCS Micmac and HMCS Haida. He was a member of the RCNA North Bay Branch.

Holt, Edgar (Ed) - 3 May 2014. Ed served on HMCS Prince Robert, Edmunston, Blairmore, Warrior and Hallowell—served in the South Pacific and Atlantic 1940 - 1947—a member of the RCNA Niagara Region.

Hotham, George—7 September 2014. Born 3 August 1931, George served in the RCN Air from 5 February 1951 to 5 Febru-

Jones, Herbert W—21 September 2014. Herbert was a Life member of the RCNA Admiral Hose Branch-Windsor and

Kookla, John—21 October 2014. John served in the Royal Canadian Army and was a member of the Oxford County Naval Veterans Association.



The Yardarm

Crossed the Bar



Marshall, William J—19 January 2014. William served on HMS Royal Arthur, Manchester and Indomitable and was a member of the RCNA Niagara Region Branch.

Morrison, Rod (Moe) - 2 November 2014. Moe served in the RCN on the HMCS Haida G63 and was a member of the RCNA North Bay Branch.

Morrison, William (Bill) - 29 September 2014. Born 9 October 1925, Bill served in the RCNVR 1944—1946 onboard the HMCS Protector and HMCS Scotian. He was a member of the RCNA London Branch.

Oleksuik, Charlotte—29 September 2014. Charlotte was an Associate member of the RCNA Niagara Region.

Onley, George E—20 December 2014. George served in the RCN as a Ships Diver, Shipwright and was a Ships Modeler extraordinaire. He was a member of the RCNA North Bay Branch.

Rose, Douglas L—15 December 2014. A Life member of the RCNA Admiral Hose Branch-Windsor, Douglas served in the RCN and RCNVR.

Tuck, Larry—26 February 2015. Larry served in the RCN 1953-58 at Shearwater and on the HMCS Magnificent and Bonaventure. He was a Past-President of the CVRCNA and a former member of the Penticton Branch.

Sly, William Morley—7 December 2014. Bill served in the RCN and at age 42 graduated from McMaster with a degree in Labour Studies. He was a member of the Manitoulin North Shore Navy Veterans Association.

Virgin, Bertha—19 September 2014. Bertha was an Associate member of the RCNA Niagara Region and served as Membership Chairperson for several years.

Williams, Leslie Francis (Les) - no date given. A member of Winnipeg White Ensign Club. Les served in the RCN during WWII on HMCS Long Branch and Ribble. He later served in the RCAF and the Navy League Cadets.

Woltz, Mark C—29 January 2015. A member of the RCNA Admiral Hose Branch-Windsor, he served in the RCNR.

Woods, Frank D—15 April 2014. Frank was a member of the RCN and served on HMCS Hunter, St. Francis and Quinte. He was a member of the RCNA Niagara Region.

Wrens

Last Name	First Name	Maiden Name	City	D of D
Blishen	Ruth Edith	Popkin	Ottawa, ON	08-May-13
Burgess	Jessie	Sutcliffe	Toronto, ON	02-May-14
Clarkson	Freda	Brett	Toronto, ON	17-Feb-14
Cook	Agnes	Gemmell	Victoria, BC	20-Sep-14
Craig	Frances	Patten Morrison	Winnipeg, MB	07-Mar-14
Dodd	Magdalene	Easson	Toronto, ON	21-Aug-14
File	Sheila Marion	Tombs	Napanee, ON	13-Nov-14
Haliburton	Margaret	Los	Toronto, ON	8-Feb-14
Hemphill	June B.	Beasley	Calgary, AB	1-Feb-14
Hildred	Marjorie	Flynn	Regina, SK	15-Nov-14
Hocking	Doris		Mitchell, ON	14-Dec-14
Jatiouk	Constance		Toronto, ON	25-Mar-14
Jones	Carol	Bodnarchuk	Winnipeg, MB	12-Sep-14
Kelley	Marie Catherine (Kitty)	Houde	Ottawa, ON	19-Mar-14
Kleinsteiber	Marianne (Gigi)	Thomas	Cape Town, South Africa	6-Jun-14
Mayo	Elizabeth (Bessie)	Bass	Grand Manan, NB	13-Feb-14
Price	Joan Grace		Toronto, ON	31-May-14
Scott	Margaret	Miller	Calgary, Alta	27-Aug-14
Sellar	Joan	Dodson	White Rock, BC	27-Feb-14
Tuson	Ruby Grace	Fletcher	Strathroy, ON	9-Jul-14

Submitted by Donna Murakami-Fujimoto



The Yardarm

National Executive



National President

Blaine D. Barker, CD

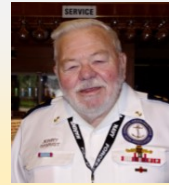
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Steve Willar

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Vice President (Membership)

John Chapman CD

Phone: 403-255-5643, Email: suenjohn@telusplanet.net



Executive Treasurer

Art Caravan CD

Phone: 519-539-8991, Email: acaravan@rogers.com



Supply Officer

Ray Thomson

Phone: 705-474-6763, Email: thomsonwr@ontera.net



Parliamentary & Veterans Affairs

Richard "Doc" Halliday CD

Phone: 902-685-2342

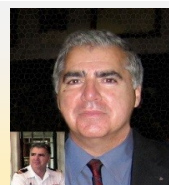
Email-VIA jerry.sigrist@eastlink.ca (Attn: Doc Halliday)



Yardarm Editor

Pat Cornect CD2

Phone: 519-882-0484, Email: pat@cornect.com





The Yardarm

Editor's Last Word

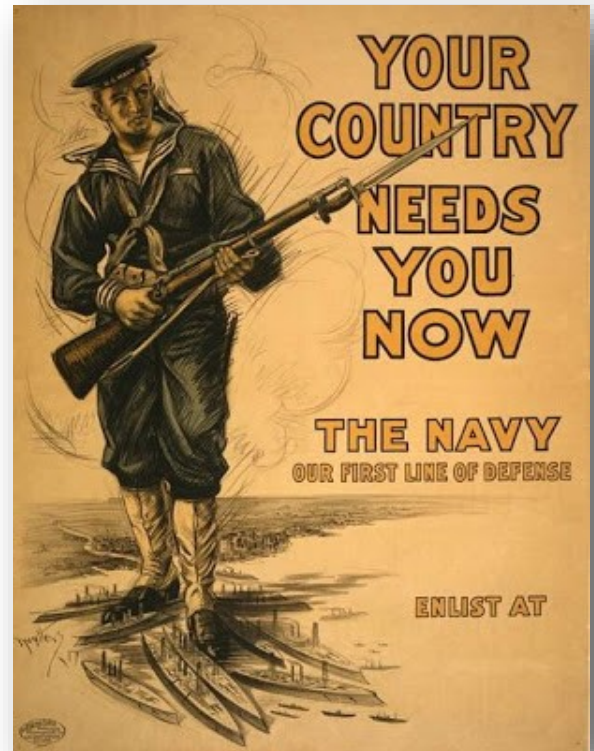


Thank You—First of all, I wish to once again thank all of you who took the time to submit material for this edition of the Yardarm. As always I extend a special note of appreciation to the regular contributors listed on page five.

Jerry Sigris—Unfortunately, one of our regular contributors, Jerry Sigris, can no longer provide input to the Yardarm. As many of you know, Jerry is experiencing eye issues making it extremely difficult for him to deal with correspondence. I will miss Jerry's insight, support and contributions—we all wish him a full recovery.

Volunteers—Anybody out there willing to replace Jerry as a Regular Contributor—Naval Trivia—please contact me.

Submitting Input—I will also take this opportunity to provide some direction on submitting input to the Yardarm. As you know designing, formatting, and inputting data in the Yardarm and website is pretty much a one-man-show. Consequently, all submissions should be forwarded to me electronically—either as an email, an email attachment, or a web link. It is also preferred if all submissions are original, timely, and of interest to RCNA members. Finally, please provide *source* information whenever possible. If you have any questions, do not hesitate to contact me. Thank You—**Editor**



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.



RCNA - NORTH BAY BRANCH

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Blaine Barker*

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Spring 2015 Edition

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Per Capita and MAL Dues for 2014 and 2015



Branches are reminded that Per Capita Dues for 2014 should have been paid by 31 January 2015. Dues for 2015 must be received by the Membership Chairman by 31 January 2016.

Members at Large (MALs) fees remain at \$16 and should have been paid by the 31 January 2015 for the year ending 2014 and by 31 January 2016 for the current year—2015. Unpaid MALs will no longer receive a copy of the Yardarm.

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

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) \$25.00 to clubs -\$30.00 to members.

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.

