

The Yardarm



Fall Edition - 2016



Yardarm - Fall 2016



Yardarm: 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 completely non-profit and is provided free to all RCNA Branches and related associations.

A Reminder to our Members: The Yardarm is being published electronically to cut serious printing and mailing costs. It is best read on a personal computer or ereader—in full colour with live links.

Unfortunately, the editor does not have the budget to provide printed copies of the Yardarm. However, there is a local print capability, check with your RCNA Branch Director. MALs requiring a printed copy are reminded to contact the Membership Chair directly.

As well, members are welcome to visit the full-time Yardarm website at www.yardarm.ca for current and back editions.

All material in the Yardarm Magazine and on the Yardarm Website has been sourced whenever possible.



The HMCS Skeena:

The Skeena is featured on the front page of this Edition of the Yardarm. She was a River-class destroyer and served in the Royal Canadian Navy from 1931-1944.



She was similar to the Royal Navy's A-class and wore initially the pennant D59, changed in 1940 to I59. She was built by John I. Thornycroft & Company at Woolston, Hampshire and commissioned into the RCN on 10 June 1931 at Portsmouth, England. Skeena and her sister HMCS Saguenay were the first ships specifically built for the Royal Canadian Navy. She arrived in Halifax on 3 July 1931.

Read more about the wartime activity of the HMCS Skeena in Jim Lapp's Naval History article on page 13.

Source: Wikipedia.

Contents

The Yardarm	2
From the Helm	3
National Secretary	4
Contributors	5
RCNA News	6
Valleyfield	9
Veterans News	10
Notes & Reminders	13
Naval History	14
Items of Interest	15
Korea Veterans	16
Healthy Eating	17
Healthy Aging	18
Padre's Corner	19
Crossed the Bar	20
National Executive	22
Last Word	23
Web and Supply	24





Yardarm - Fall 2016



From the Helm:

Reasons Branches should continue their Membership in the RCNA

The aims and objectives of the RCNA are to bring about a union of former members of the Canadian and Commonwealth Navies in Canada. This union is to encourage and foster camaraderie

- (1) The RCNA gives every branch a National voice speaking on common issues, affecting all sailors. This is provided a branch makes their issues known in writing to the National executive. Like any other organization, consensus and negotiation are requirements that take time. In addition we have an established web site RCNA HQ www.rcnahq.com that promotes all clubs and their activities, in conjunction with the Yardarm whose website for submissions is pat@cornect.com The Yardarm web site is www.yardarm.ca where you can download your own copy of our periodical.
- (2) Branches will receive the RCNA's bi-annual bulletin, the "Yardarm" in electronic format for their membership and they may download a copy, or the individual branch may make a copy if they do not have a computer. It promotes contact between old mates publishing a list of e-mail addresses, members who have crossed their final sandbar as well as those who are missing shipmates.
- (3) The "Yardarm" permits access to large numbers of shipmates when branches hosts ships reunions, anniversaries or other events. This may include a copy of their application.
- (4) Membership in the RCNA appraises branches of what is happening in reference to maritime affairs, Veterans Affairs and government as well as events across the country.
- (5) All branches have one vote on the governing board of directors, providing their director attends the meetings. A branch's "per-capita dues" pays a good portion of your director's expense to attend these meetings.
- (6) A branch director has the right to speak on the concerns of a branch to the National board for support. National will assist in supporting causes for the common good of all shipmates. A large branch has no advantage over smaller branches due to the one vote system.
- (7) As a "fund raiser" branches may vie to host annual RCNA reunions. They may also be able to host AGMs and or Executive meetings which are presently restricted to Ontario branch's due to limited resources nationally.
- (8) Membership in the RCNA promotes branches with club room facilities to shipmates nationally through our club list and bar hours. Traveling shipmates are encouraged to drop in when in a branches area. You can use all the media outlets directly to promote your facility to all readers as well
- (9) The RCNA will provide sufficient membership cards of all categories Honourary, Life, Regular, Associate and Social to all clubs on request and at "No cost".

Yours Aye, your President Blaine Barker.





Yardarm - Fall 2016



A word from your National Secretary:

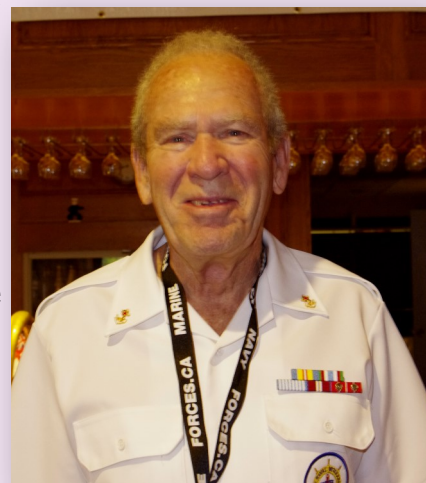
Ahoy Shipmates, I hope you and your family had an enjoyable summer and hope the upcoming Fall and Winter will be good to you and your families.

Lately, I have been busy with paperwork for our AGM in late September. The work has been a little lighter this year, as only the Executive and Divisional Vice Presidents are required to attend.

You may recall at the 2015 AGM it was decided that in an election year the full Executive, Divisional Vice Presidents and Club RCNA Directors would attend our AGM. In the off year only the Executive and Divisional VP's would attend.

RCNA North Bay has agreed to host an RCNA National Reunion on June 9th, 10th, 11th, 2017. The application will come up for approval at this year's AGM. I will pass on more information as it becomes available to me.

As most of you already know that our Vice President (Membership) S/M John Chapman has passed away. John did a fantastic job and took his responsibilities very seriously. He will be missed.



**R.I.P. S/M John Chapman
V-President Membership**

Our National President Blaine Barker has assumed the responsibilities until the AGM, at which time he is asking for someone to take on the position and its responsibilities.

I ask that any RCNA Member who has been an RCNA Club Director to step up to the plate and submit your name. The National Executive will review all applicants.

Please contact me at Email: stevewillarsr@gmail.com or call me at 519-995-0589. I look forward to hearing from you.

Yours aye, Steve Willar Executive Secretary RCNA National.

THE ROYAL CANADIAN NAVAL ASSOCIATION Admiral Hose Branch



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*Kevin Phillips, CD2
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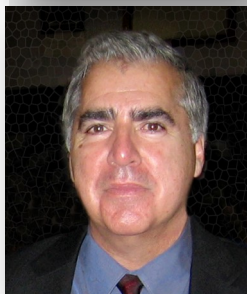
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Padre Dir RCNA Sarnia
Padre's Corner*



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RCNA Member at Large
Items of Interest*



*HooJung Jones Kennedy
Korea Veterans
Unit 26, Hamilton*



*Pat Cornect, CD2
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Yardarm Editor*





Yardarm - Fall 2016



RCNA News

RCNA Reunion 2017:

**Royal Canadian Naval Association
Reunion June 9-11, 2017
North Bay Ontario**

Greetings to all Shipmates!

The North Bay Association is pleased to announce will be hosting an annual reunion in June 2017.

The Reunion will be hosted at the Pinewood Clarion Resort with optional tours and excursions available to those who wish to explore The Gateway City of North Bay and surrounding areas.

All registration will be handled by the Clarion Hotel. However, questions may be directed to Lorie Hall at (249) 358-0634 or Lorie.Hall@bell.net Complete registration packages will be mailed to individual associations during the fall of 2016 or for those who wish they can be downloaded from our website at www.rcnanorthbay.com

Participants are responsible for arranging their own travel from their home to city to North Bay. However we have arranged a group code with Air Canada, which will provide a 10% discount on certain airfares. Simply enter the following code when you book or provide it to your travel consultant D276WUM1. Airport shuttle service can be arranged via the planning committee if needed.

All inclusive registration includes two nights' accommodation, Friday night welcome reception, and breakfast on Saturday & Sunday, Saturday night dinner, Saturday activities and entertainment.

Double occupancy \$350.00 per person

Single occupancy \$450.00 per person

There are package options to meet the needs of local and out of town participants, complete package details and pricing will be provided in the registration package mail out.

We look forward to seeing you in June.





Yardarm - Fall 2016



RCNA News

RCNA Niagara Region—Battle of the Atlantic Service:

Our service was held indoors at RCL branch 350 in Port Dalhousie (St. Catharines) as we had rain and wind outside. We had a good turnout there was standing room only.



For the second year in a row we had Captain Hugues Canuel as our key speaker. Also in attendance the Canadian Coast Guard vessel **Cape Storm's** Captain Steve Cooper and crew. Visitors included; Lt Ryan Flanagan from the US Coast Guard and crew members, Lt Rene Brochu from HMCS Star, Sea Cadets from Niagara Falls, and Cadets from the Navy League.

Also in attendance were the US Sea Cadets, the Niagara Falls Concert Band, and the St Catharines Pipe Band. The service was led by our Padre Major Duncan Lyon. We listened to speeches from our MP, the Regional Chair, as well as Councillors from Niagara Falls, Thorold, and St Catharines.

On completion of the service we were treated to lunch and refreshments inside the Legion.



Source: Article and Photos submitted by Cam Scott President RCNA Niagara Region.

New Command Chief: The Royal Canadian Navy (RCN) has a new Command Chief Petty Officer.

Chief Petty Officer 1st Class Michel Vigneault took over the position from CPO1 Tom Riefesel during a Change of Appointment ceremony in Ottawa on August 17, 2016.

The Command Chief Petty Officer is the RCN's senior non-commissioned sailor. His primary role is to provide the Commander of the RCN with the non-commissioned member's (NCM) perspective on behalf of all NCMs. In addition, the Command Chief is the senior NCM advisor on dress, discipline, professional development, administration, morale, training, welfare, conditions of service and quality of life.

Source: Navy News, article by Darlene Blakeley.





Yardarm - Fall 2016

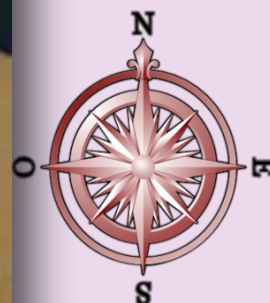
RCNA News



Mystery Item (if identified can you post in a follow-up article):

My son Bill, a 20 yr vet was an aircraft mechanic has run across an item from a American friend who's grandfather's security box contained the following item. He has told me that in the air force they would periodically play a game of "name that obscure part" the winner would receive a free coffee but the purpose was to hone skills or "stump the chump". The item below belonged to a survivor of Perl Harbor and also served as a gunner at Midway. can you help my son help his friend identify this object? It measures about 2 to 3 inches long, an inch across, there is a small needle at one end and appears to be made of brass.

Source: this article is from my dad's point of view (Ray Thomson) but written my me (Bill Thomson).



The Lighter Side:

Three friends from the local congregation were asked, "When you're in your casket, and friends and congregation members are mourning over you, what would you like them to say?"

Artie said, "I would like them to say I was a wonderful husband, a fine spiritual leader, and a great family man."

Eugene commented, "I would like them to say I was a wonderful teacher and servant of God who made a huge difference in people's lives.."

Al said, "I'd like them to say, 'Look, he's moving!'" *Submitted by Wes McLean.*





Yardarm - Fall 2016



Sinking of the Valleyfield

Timothy John Wilbert Pollock on July 7, 2006, related to his wife Rita Frances Pollock, nee Robinson, the story of how he on the Giffard and his mates rescued the only survivors of HMCS Valleyfield that had been sunk by a submarine.

Tim's account: (Continued from Spring 2016 Edition) The Giffard circled; I didn't know what had happened. We circled around again and went back to where the Valleyfield was supposed to be. The Giffard went dead in the water at seventeen minutes after midnight, May 7th. We picked up the survivors. The one thing that will stay with me until the day I die is the sound of the people, the Navy people who were in the water suffering from the cold. Their cries and pleas for help were something I had never heard before and I hope I never hear again. It was the most terrible sound I've ever heard in my life. The cry was similar to that of a group of whales or sea lions but the only thing is, you could feel the terror in these sounds. We stopped to pick up what survivors we could.



This is the method we used—we lowered the scramble net, and then ropes to the Carley float. The first person to come on board was the commander of the escort team. The rope was put around his life jacket, actually, the shoulder of his life jacket, and we lifted him clear of the Carley float. When he got against the side of the Giffard, his arms went up and he slid

out of the life jacket. He had forgotten to fasten his crotch up. He just slipped down between the Carley float and the ship and was never seen again.

Rita: *That was the commander of the Valleyfield?*

Tim: *He was Commander of the Fleet, the CIS of the Escort Group. I forget if it was the CI or the CS. His arms went up and he went down.*

We did take several people on board out of the Carley float. Myself, I went over the side and when the people would come up against the net, too exhausted to grab hold themselves, I would grab their life jacket and hold them until I got assistance to take them on board, to take them over the side, to rescue them.

There was one person of specific note, and I believe his name was McDonald. He was a red head from Nova Scotia, who actually went in the water, swam out, rescued people who were free in the water, without a Carley float and brought them into the netting where we could get them and take them onboard. Just absolutely heroic. I'm not sure of his name. I believe he was mentioned in dispatches.

Another person who I will never forget is the Cox'n/ Master-at-arms, John Armitage. He was asked by the Gunnery Officer, Lt. Belt, to come over the side and assist me to bring some of the people up from the scramble net. He stood smartly to attention, and told Lt. Belt, "as long as the skipper was in command of the ship, there was no order save the order to abandon ship, would cause him to put his foot over the side of the boat." For his dedication to duty John Armitage was mentioned in dispatches for his actions. "NO ACTIONS".

Another thing that should be said in here somewhere, is that the water that night was 32 degrees 70 miles off Cape Race where the escort group was when they were hit with the torpedo. "

(To be Continued in the Spring 2017 Edition) Submitted by Don Knight with permission from the Halifax Maritime Museum.



Yardarm - Fall 2016



Veterans News

HMCS Glace Bay:

My father Lo Stevens passed away almost 30 years ago, and while he didn't often share tales of his time of service in the RCNVR, he did leave behind a few photos and items that I count among my most treasured possessions. I have shared these with my



own children at certain times of the year (Remembrance Day, Commemoration of the Battle of the Atlantic, etc.) I still have Dad's 'torpedo history sheet', detailing the vessels he was assigned to; he joined the Royal Canadian Navy Volunteer Reserve (RCNVR) in 1939 at the outset of WWII, at the ripe old age of (almost) 18. He served on a number of ships, throughout the entire of the Battle of the Atlantic. As victory for the Allies dawned on May 8, 1945, he was on board a frigate, the HMCS Glace Bay, which was just returning from escort duty; I have the letter he wrote to his parents telling them that, although he was eligible to de-mobilize, he was

staying in – after all, he reasoned, we were still at war with Japan. (I suspect he was hoping to be transferred to the Pacific after having endured six years of the north Atlantic). Although he remained in the RCNVR, the Pacific transfer was not to be; he was assigned to a 'stone frigate' in Halifax, until after V-J Day, August 15, 1945. He was discharged as a leading seaman. Although the photos, papers and medals don't replace him, I am so very grateful that I have them to share.

My Grandfather was Capt. Frank D. Stevens who served in WWI in the RNCVR (note the different lettering) as a junior officer aboard the Naiobe - but that's another story. His father was Capt. Frank B. Stevens who skippered an armed tug in the Bay of Fundy ...bit of history there.



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***Submitted by: Deacon Chuck Stevens,
RCNA Sarnia Padre.***



Yardarm - Fall 2016

Veterans News



Women in the RCN:

Do you have a female ancestor or relative who served in the Canadian Navy between 1910 and 1946? Or know anyone else who has?

The CFB Esquimalt Naval and Military Museum in Victoria – not the Maritime Museum of BC - has a project to identify and record the names of all the women who once served in our Navy during the period noted: nursing sisters, doctors, technicians, dieticians, physios and members of the WRCNS (Wrens). This also includes those Canadian women who may have joined the WRNS during the First World War.

On completion, it is our intention to publish the information in book form.

Currently, we have some 8,000 names in our data files but a lot of the info is incomplete: e.g. we hold the married names of 200 Wrens but have no relevant maiden names; for others, we lack many married names, service numbers, ranks and trades. We wish to record the following information for each person:

1. Service number
2. Maiden name
3. Married name (s) where applicable
4. First name (s)
5. Nickname where applicable
6. Rank attained
7. For the Wrens, their Navy trade or occupation.

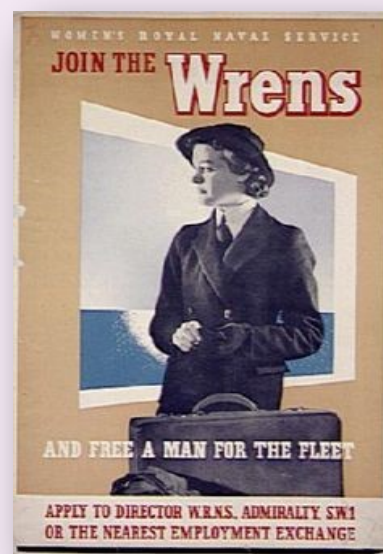
We are also looking for high definition images [300 dpi or better] of the women in naval uniform, plus copies of diaries, note books, letters, obituaries, and any naval documents like a station card, leave chit, draft order, etc.

If you can assist, please contact me at the address below or via Clare Sharpe at clare.sharpe@forces.gc.ca .

Looking forward to hearing from you.
Yours aye

Dave Freeman, LCdr RCN Ret'd.

Naval & Military Museum,
CFB Esquimalt,
PO Box 17000 Stn Forces
Victoria, BC V9A 7N2





Veterans News

Chief of Defence Staff:

July 17, 2015 – Ottawa – Department of National Defence. General Jonathan Vance was appointed Canada's new Chief of the Defence Staff during a change of command ceremony held today in Ottawa. The event was presided over by His Excellency the Right Honourable David Johnston, Governor General and Commander-in-Chief of Canada, and marked the official transfer of command of the Canadian Armed Forces (CAF) from General Tom Lawson to General Jonathan Vance.

General Jonathan Vance joined the Canadian Armed Forces in 1982 and, in 1986, upon graduation from Royal Roads Military College, was commissioned as an infantry officer into The Royal Canadian Regiment. He commanded at all levels within the field force as well as 1 Canadian Mechanized Brigade Group in Edmonton before deploying as Commander of Joint Task Forces Afghanistan and Kandahar in 2009, and again in 2010. General Vance also completed a tour as Deputy Commander, Allied Joint Force Command Naples, in July 2014, before assuming the position as Commander Canadian Joint Operations Command later that year.

Source: www.forces.gc.ca/en/about-org-structure/chief-of-defence-staff.page



General Vance CD

HMCS Fraser's Mast:

I was re-reading the article on HMCS Fraser and it brought back memories of my time in Fraser.

I was part of the commissioning crew of Fraser in June of 1957. What I think may have been my part of the decline of Fraser's mast is as follows:



In Kodiak Alaska I, the PO Electrician looking after navigation equipment, including Navigation Lights, had a ground on the Air Craft Warning lights at the top of the mast. I had to go there with a turkey baster and remove the water and seal the fixture.

Then, between Alaska and Midway Is. we had a violent storm that whipped the mast so hard it shattered the Mast Head Steaming light, a dual filament bulb. So I had to climb the mast as high as I could with a wandering lead (a temporary light on a long lead) and secure it to the mast as the acting Mast Head Steaming light.

I replace the shattered bulb in Midway Is. Then, after going from Midway to Hawaii, when a day or so after leaving Hawaii at about 0700 on a calm morning I was getting a breath of fresh air when I heard a thud. The mast had fallen down. I immediately checked to see no one was injured and then went to tell the Chief Electrician that the mast fell down. He really didn't believe me. Same as my mess mates in the P2's mess.

So that's my side of the Fraser's mast falling.

For the complete article mentioned check out "and then Fraser lost her mast." by James Robertson. **Submitted by Bob Juulsen, still Pres. VNVA.**



Yardarm - Fall 2016



Notes and Reminders

Members-at-Large:

Membership: An announcement will be made shortly regarding the appointment of a new Vice-President Membership and this information will be passed to the Branches as well as displayed on the Yardarm website, www.yardarm.ca. In the interim, please address all matters related to membership to your National President—Blaine D. Barker.

Per Capita Dues: Please ensure your Branch Capita Dues are paid on time—first part of January each year—contact the Membership Chair for more information .

The Last Post Fund:

Funeral and Burial Program—The Veterans Affairs Canada Funeral and Burial Program ensures that eligible Veterans receive dignified funeral and burial services. The Program is administered by the Last Post Fund, a non-profit organization that has served Veterans since 1909.



Eligibility—To be eligible for the Program, Veterans must meet both military service and financial criteria.

More Info—For more information please contact this website: www.lastpostfund.ca

VAC Assistance Service:

You can reach a mental health professional at any time by calling: 1-800-268-7708 or 1-866-522-2122 (toll-free) Monday to Friday, 8:30 to 4:30, local time.

Living outside of Canada?

Monday to Friday, 8:30 to 4:30, EST

United States 1-888-996-2242 (toll-free)

United Kingdom, Germany, France, or Belgium
00-800-996-22421 (toll-free)

Any other country 1-613-996-2242 (collect)

Email: information@vac-acc.gc.ca

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Yardarm - Fall 2016



Naval History

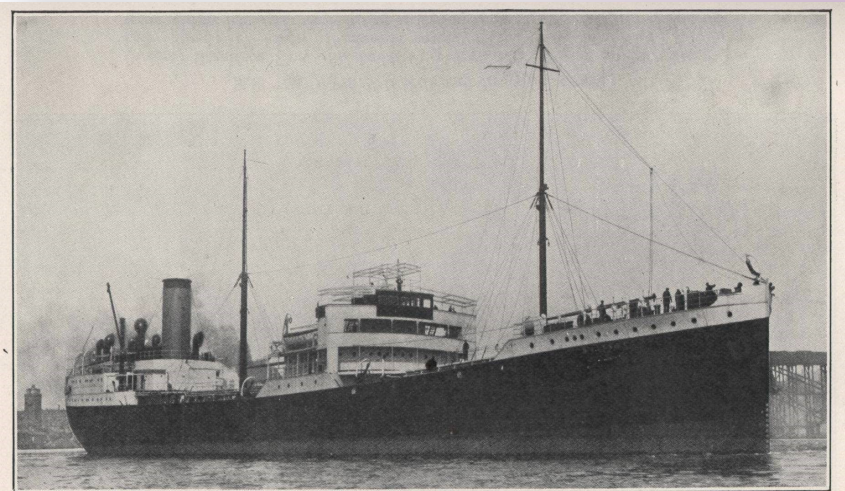
75 YEARS AGO, 1 September, 1941

Temperature: 55F, dropping to 37F over the next 2 weeks

Wind: 20 kn increasing to 40 kn in 2 days

Sea: waves 5-7' increasing to 20' in 2 days, water temperature 36F

Slow Convoy SC42 steamed from Sydney, Cape Breton, on 30 August, 1941. 67 merchant ships were led by the Canadian 24th Escort Group comprised of destroyer HMCS Skeena and 3 corvettes: HMCS Alberni, HMCS Kenogami, and HMCS Orillia. An easterly gale struck the convoy on 3 September, with headwinds and heavy seas that slowed the convoy to 2.56 kn as it approached Greenland on 8 September. The Markgraf wolf pack of 14 U-boats waited east of Cape Farewell. On 11 September, U-82 torpedoed British Motor Tanker MS Bulysses. The ship exploded, 1,000' flames from 9,300 tons of fuel illuminating the disaster. How did 50 of the 54 crew survive this catastrophe? In the middle of the U-boat attack, Polish MV Wisla stopped to save 50 men she safely delivered to Liverpool on 20 September.



M.S. "BULYSSES." (Oil Tanker.)

Owners: Anglo-Saxon Petroleum Co. Shipbuilders: Hawthorn, Leslie and Co. Engine builders: Hawthorn, Leslie and Co. Speed: 12½ knots. Deadweight capacity: 10,000 tons. Machinery: Single-screw Hawthorn, Leslie Werkspoor-type four-cycle double-acting engine. Output: 3,500 b.h.p.

The wolf pack, aided by a combination of bad weather, slow ships, insufficient escort, and late intelligence, sank 16 merchant ships with the loss of 279 men.

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U-82, on her first patrol, sank 5 ships in SC42. Five months later, returning from her third patrol, U-82 was sunk off the Azores by HMS Rochester and HMS Tamarisk.

MV Wisla sailed in 17 Slow Convoys from North America. The Polish merchant, in Outbound Convoy ONS18 to North America, saved 3 sailors when frigate HMS Itchen was torpedoed and sank on 23 September 1943.

Researched and submitted by Jim Lapp—photo source; public domain.



Yardarm - Fall 2016

Items of Interest



In Memoriam:

No one hears the doors that open
When they pass beyond our call,
Soft as the dropping petals of a rose.
One by one, our loved ones fall.
But the memory of each loved one
Like the fragrance of the rose,
God sends to linger with us
Till our own life's door shall close.

Source: Unknown: Wren Newsletter :
Volume 1 No. 5 –Halifax 1951 Page 47



Janet Watt
Photo by JC Bakker Wholesaler

Anniversaries come and go as do Remembrance Days and Commemorative events but slowly our histories are receding into mists of time. There are many reminders and fewer persons to be reminded. Now is the time to honour our comrades by reminding others.

No stone marks a sailor's grave is true of any battle or life lost at sea no matter what the war or the reason for the loss. Those who joined the Navy in First World War were fighting for an ideal and country returned home every bit as shaken as those of the Second World War. Those of the Second World War in any area of conflict had their share of loss and battle fatigue and continue to be affected. Those of other later naval engagements and overseas tours down the ages would echo the trials and tribulations.

Not everyone went to sea, not everyone died at sea, not everyone came home from the sea. Many Naval personnel did return and just got on with their lives. All who joined followed their own ideals and served so that the sea going element actually went to sea. Each deserves time on shore aided by a thankful country.

It is time to honour them all, by yourself or your community, in that the mist of time can be parted to note not necessarily Remembrance but Respect for a job well done. The Wren Association of Toronto was pleased to be lead on the sponsoring of the 1910-2010 Canadian Naval Centennial Rose, and to name it Navy Lady with the Wrens in mind. During the Second World War many persons signed for the hostilities or the duration. Duration- a word not heard of in these days.

So for the duration we have to step up to be counted to be the Reminders of the past to the present. We hoped that Navy Lady, a dark red rose with a golden heart, would be planted everywhere as a reminder of all the gallant men and women of who served or are serving the Navy and before the next door closes. **Submitted by: Joan Balch.**



Korea Veterans Unit 26, Hamilton

The Korean War Photo Exhibition:

The Korean War Photo Exhibition was held at the Toronto City Hall from July 27 to July 31. It was organized by the Korea Veterans Association of Canada (Heritage Unit), Korean Veterans Association of Canada Eastern Chapter, National Unification Advisory Council, Toronto Chapter and the Korean Canadian Cultural Association. The main objective of the Exhibition was to honour and remember the 26,791 Canadians who fought during the Korean War and the additional 7,000 Canadian UN Peacekeepers 1953-1955. In total 516 brave Canadians were killed including 9 sailors from RCN Destroyers, 1,558 wounded and 21 missing in action.

The Korean War caused over 3 million casualties and separation of many families including our family. Thanks to the sacrifices of the Korean War Veterans, over 50 million South Koreans now enjoy Freedom, Peace and Prosperity as the Republic of Korea has become the 12th largest economic power in the world. Even though the Korean War Armistice was signed on July 27 1953, South and North Korea are technically still at war and South Korea is consistently threatened by North Korea's nuclear weapon tests. As one of the Exhibition Organization Committee members, it was my pleasure to provide the photos. Over the past 17 years, I collected over 20,000 Korean War photos that I have personally scanned from local Korean War Veterans. The majority of these photos are from the US Combat photographer, WWII, Korea and Vietnam Veteran, Peter Ruplenas who I met at the US Korean War Veterans Convention last year. He recently passed away at age 98 years after visiting Korea one last time. Of these photos 200 were selected for the exhibition.

Romeo Daley - PPCLI looking at Korean War Photos. Photo by: Elizabeth Daley.



The Korean War Photo Exhibition opening ceremony was well attended by the local Korean War Veterans and their family members and dignitaries including; John Tory, Toronto Mayor, the Honourable Senator Yonah Martin, Jeong Sik Jang, Consul General of Republic of Korea in Toronto and Jung Hoon Kim, a member of National Assembly of R.O.K. who presented a \$10,000 cheque for scholarships for Korean War Veterans' grandchildren or their descendants. Over 3,000 visitors viewed the Korean War photos and saw the horrible conditions, the suffering of many refugees, especially women and children. Many Veterans looked at battlefield photos of their comrades photos with tears in their eyes. At the opening ceremony, the Korean choir beautifully sang "Our Wish is Unification" and Korean folk song called "Arirang". We all wished for the peaceful unification of the two Koreas while avoiding a terrible War.

On July 31st, the Korea Veterans Association Unit 26, Hamilton, Burloak Naval Veterans Association, City of Burlington, Halton Naval Veterans Association and Hamilton Naval Veterans Association organized the RCN Korean War Veterans Commemorative service at Spencer Smith Park in Burlington and the Korean War Veterans Appreciation Luncheon at the Halton Naval Veterans Association—sponsored by the Consulate General Office of Republic of Korea. We also played the special Korean Movie "Northern Limit Line" with English subtitles—based on the true battle between North and South Korean ships in 2002 near the dividing line. Vice-consul General Jae Yong Lee attended our ceremony and delivered a heart-felt speech honouring the Korean War Veterans. One of his dear friends was killed in the battle. There were not many dry eyes when the movie was over.

Submitted by HooJung Jones Kennedy.



Healthy Eating

Bucatini & Bologna Rings in Garlic Sauce—Makes 4 servings:

INGREDIENTS

1 Yale bologna ring
1 pkg (450g) bucatini pasta, uncooked
1 lg onion, cut 1/2 inch rings
12 sm cloves garlic
12 whole cashews
1 sm red, yellow & orange pepper, cut in rings
1 tbsp ground oregano
1 tbsp ground parsley
1/2 cup olive oil
Salt and pepper
Grated parmesan cheese, for garnish



METHOD

Cut bologna ring into 1/2 to 3/4 inch widths. Carefully insert 9 pieces of uncooked bucatini through each bologna piece. Place bologna and pasta in boiling water, cook until al-dente (approx 15 minutes). Drain and set aside.

In a large non-stick skillet over medium heat, sauté onion, garlic, cashews, peppers, dried herbs in olive oil until onion is translucent. Season to taste. Stir frequently. Place cooked pasta and bologna in skillet and toss lightly until heated through. Serve on pasta plates and garnish with parmesan cheese.

The bologna used in this dish is a Yale Bologna Ring, it is perfect and absolutely delicious.

Submitted by K.J. Phillips

Ten Commandments—Newfie Bible

- (1) Der's jus' one Lard.
- (2) Honor yer Mudder 'n Fadder.
- (3) No tellin' jigs 'n yarns.
- (4) Go on ta deh Sundee meetin' bye.
- (5) Dere's nuttin' afore deh 'oly Lard.
- (6) No friggin' 'round wit yer buddy's missus.
- (7) Don't go killin'.
- (8) Mind yer mout.
- (9) Never mine 'bout whut t'ain't yers.
- (10) Never mine 'bout yer buddy's stuff.

Source: www.saltjunk.com





Healthy Aging

“Osteoporosis: Sticks and Stones May Break my Bones”

Osteoporosis is a medical condition where your bones become brittle causing them to lose strength and become very fragile. This leads to an increase risk of fracture (broken bones), especially in the hip, spine, shoulder and wrist. One in three women and one in five men will experience an osteoporosis-related fracture their lifetime.

Our bone strength is built during childhood and reaches its maximum density between the ages of 16-20 for women and 20-25 for men. By mid-30's men and women begin to lose bone mass. Menopause further increases bone loss in women due to the decrease of estrogen. Osteoporosis is often called the “silent thief” because there are typically no symptoms associated with bone loss until a fracture occurs. To help prevent bone loss, there are 3 key elements:

Diet – Ensuring you are getting enough calcium and vitamin D are essential. Protein, which helps you build and maintain muscle, is also important.

Exercise – Weight-bearing activities to improve muscle mass and strength.

Fall prevention – This includes exercises to improve coordination, using a walking aid (ex. cane, walker) if needed, and ensuring a clear path (ex. putting salt on icy walk ways and removing rugs that you can easily trip over).

AGE	Daily Calcium	Daily Vitamin D
19-50	1000mg	400-1000IU
50+	1200mg	800-2000IU **
Pregnant or lactating	1000mg	400-1000IU

www.osteoporosis.ca is a great resource and has a link to “calculate my calcium”.

** Applies to anyone who is at high risk of developing a fracture

There are a number of factors that can increase your risk of developing osteoporosis, including:

a parent with a hip fracture

prior fracture with minimal trauma/injury

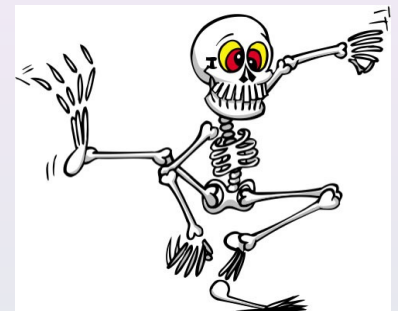
three months or more of taking steroid pills (ex. prednisone)

current smoker

medical conditions like rheumatoid arthritis

three or more alcoholic drinks per day

weight loss greater than 25% since age 25



Bone density can be measured and there are a number of medical treatments for people who have low bone mass or osteoporosis. If you are over the age of 50 and said yes to any of the risk factors noted above, you should speak with your doctor. **Submitted by Shauna Phillips, M.D.**



Padre's Corner

Christening a Ship:

Recently I was invited to christen a ship. Later I received three emails suggesting alternate dates and finally it was cancelled because it had already been christened in China. There was no need to hold another ceremony and indeed it would have been considered unlucky.

Since ancient times the naming of a ship has been accompanied by a religious ritual and most ships had some kind of shrine or religious artifact on board that was there for the protection of the ship and the crew as well as the worship of the god or gods. In the first chapter of the book of the prophet Jonah we are given a description of the crew praying to their gods as they fear for their lives during a great storm. Similarly, In Acts chapter 27 there is a vivid description of a ship wreck in which Paul gives assurance that God will protect the ship's crew even when all else has failed.



While not every ship had a priest or other religious leader on board the captain usually had some responsibilities with regards to ritual etc. When books appeared, especially after the printing press was invented, the captain or a delegate would have a bible or a prayer book handy. When Jacques Cartier arrived on the shores of the Gaspé in 1534, he and the crew went ashore and erected a cross said prayers, and claimed the land for France. On September 3, 1578, an Anglican priest, Martin Wolfall, a chaplain on Sir Martin Frobisher's ship celebrated Holy Communion aboard ship in Frobisher Bay.

These latter two stories are related in numerous history books, atlases encyclopedia, and even in some prayer books and illustrate the importance of faith and ritual in sailors' lives.

The importance of acknowledging the spiritual relationship between mariners and their creator is to acknowledge the dangers inherent in their lives and work. It is also to acknowledge the really deep fears and the often deep sense of loneliness and isolation that one feels on a vessel far from home and loved ones even when on board a ship that seems crowded with other personnel.

Modern day chaplains are often faced with counseling seafarers who face these same fears and concerns. It is common for chaplains in seafaring facilities to listen to the stories of men and women who are far from home for months at a time and need to be assured that their concerns are addressed. Often times a telephone call home, an opportunity to use SKYPE, and the ability to come ashore and socialize with others helps to satisfy some of the needs. The opportunity for prayer and to participate in a different community is often one that is unrecognized by people that have never gone to sea or lived in confined conditions.

The religious rituals associated with the naming and commissioning of a ship are more than symbolic as they remind all of the importance of the spiritual side of life to the morale and the safety of a ship and its crew. My 1950 chaplain's manual from the DND has a service and prayers for ships and crews that reflect this understanding. May God grant us all smooth sailing and safe anchorage. Amen.

Submitted by Dr. Gordon Simmons, Padre & Director RCNA Sarnia.



Yardarm - Fall 2016

Crossed the Bar



Baker, Wilmer Glenn. 4 April 2016 at the age of 91. Bill was a veteran of the RCN and served in World War II in the Atlantic. He was also a member of the RCNA Sarnia Branch.

Blochiinger, Gustave Adolf. 30 December 2014. Born 31 October 1915, he served in the RCNVR from 1939 to July 1945 on HMCS Pictou. He was a member of the RCNA Edmonton Branch.

Brownlee, Annette (nee Hopkins). 20 July 2016. Born 13 November 1927, she was a member of Edmonton RCNA and a tireless Volunteer at the Royal Alexandra Hospital Edmonton.

Crothers, Thomas (Tom). 31 March 2016, at the age of 91. Tom served in the RCNVR 1943–1945 and in the Navy Reserve 1948–1959 as a PO1. He was a former member of the Winnipeg Club.

Doolittle, Frank. 25 June 2016. Frank served in the RCN and RCNR from 1951 to 1972—retired as a CPO1. He was a member of RCNA Windsor Admiral Hose Branch.

Gagnier, Camille. 16 July 2016. Camille served in the RCN from 1951 to 1955 and was a member of RCNA Windsor Admiral Hose Branch.

Gaskin, Paul. 30 July 2016. Born 18 December, Paul served in the RCN from June 1941 to November 1945 on HMC Ships the Pas, and Buctouche.

Hayes, George. 13 April 2016 at the age of 89. A member of RCNA London, George served with the Pictou Highlanders from 1944–45, and in the RCN, 1945–47, on the HMCS Uganda.

Jacobs, Nancy-Lee. 15 July 2016 at the age of 69 years. Nancy was a long-time member of the RCNA Sarnia Branch. She was an avid volunteer and served on several Executive positions.

Johnson, Russell (Logie). 25 August 2016 at the age of 92. During WWII, he served on Atlantic and Murmansk convoys—he was a long time member of the Winnipeg White Ensign Club.

Jukes, Arthur. Spring 2016. DOB 14 October 1921. Arthur served in the RCNVR from January 1940 to October 1945 on HMC Ships Amherst, Hespeler and Eastview.

Leigh, David Michael (Cdr). 29 June 2016. Born in 1938, he joined the Sea Cadets, attended Venture Naval College and retired at HMCS Nonsuch in 1993 as Cmdr—Edmonton RCNA.

Liddell, Enid Anne (nee Langston). 5 January 2014. Born 1 Sept 1924, she joined the WRCNS in 1943, served during WWII—a member of the Ex Wrens Association and Edmonton RCNA.

Marles, Ruby Christina (nee Aspeslet). 26 July 2016. Born in 1925, served as a WRCN during WWII and was discharged as a Leading Wren. Ex-Wrens Association and Edmonton RCNA

Murdoch, John. 14 July 2016. DOB 18 March 1927. John served in the Merchant Navy from January 1945 to September 1949 on the tankers Mount Maxwell Park and LaSalle Park.

Nash, Frederick William. 4 April 2016. Born in 1922, he joined the RCNVR in 1945, served on HMCS Ettrickin—Canadian Volunteer; Arctic Medal & Bar: Atlantic Star and WWII Medal.

Plank, George. 21 July 2016 at age 88. A life Member of the Comox Valley RCNA, George joined the Merchant Navy in 1945 and served on several vessels during and after the WW II.



Yardarm - Fall 2016

Crossed the Bar



Pressey, Leslie, CD. 31 July 2016. Born 22 December 1928, Leslie served with the Sea Cadets as a Lt(N) from 1941 to 1955 and from 1968 - to 1969 on HMCS Prevost, Star, Hunter, York.

Stewart, Donna. 26 June 2016 at the age of 62. A member of the RCNA Sarnia Branch, Donna was very well known in the Sarnia area for her volunteer work.

Williams, Frank Ernest. 21 June 2016. Born in 1923, Frank joined the Navy at the age of 17 and spent 5 years on corvettes escorting Atlantic convoys. He was a member of the Winnipeg Branch.

Windibank, Thomas Wilmont. 19 June 2016. Tom served in the RCN and RCNR from 1955 to 1960. He was a member of RCNA Windsor Admiral Hose Branch.

Naval Prayer: *O Eternal Lord God, who alone rulest the raging of the sea; who has compassed the waters with bounds until day and night come to an end; be pleased to receive into Thy almighty and most gracious protection the persons of us Thy servants, and the Fleet in which we serve. Preserve us from the dangers of the sea, and from the violence of the enemy; that we may be a safeguard unto our most gracious Sovereign Lady, Queen Elizabeth, and her Dominions, and a security for such as pass upon the seas upon their lawful occasions; that the inhabitants of our Commonwealth may in peace and quietness serve Thee our God; and that we may return in safety to enjoy the blessings of the land, with the fruits of our labours, and with a thankful remembrance of Thy mercies to praise and glorify Thy Holy Name. Amen.*

Remembrance for the WRENs Association of Toronto

Last Name	First Name	Maiden Name	City	Date of Death
Cooper	Margaret	Douglas	Hamilton, ON	18-Jul-16
Davis	Iona M.K.	Bailey	Victoria, BC	8-May-16
Devereaux	Eva Veronica	Culligan	Ottawa, ON	28-Mar-16
Donalda	Brekeimans	O'Connor	Winnipeg, MN	10-Mar-16
Evans	Verna Mae		Watford, ON	18-Jan-16
Forest	Nellie (Jean)	Lloyd	Halifax, NS	14-Jan-16
Frank	Marion Ursilla		Thornhill, ON	7-Apr-16
Haid	Gladys		Vancouver, BC	29-Jun-16
Ketchum	Nonie	Nixon	St Thomas, ON	20-Jun-16
Lalonde	Loretta	Armstrong	Thunder Bay,	24-Feb-16
MacLachlan	Enid Rae		London, ON	13-Mar-16
Morris	Gladys Helena	Davis	Tobermory ON	6-Feb-16
Stewart	Vivia		Dartmouth, NS	12-Apr-16
Timoney	Marie		Winnipeg, MN	25-Jan-16

Submitted by: Donna Murakami-Fujimoto.

Yardarm - Fall 2016



RCNA National Executive

National President

Blaine D. Barker, CD

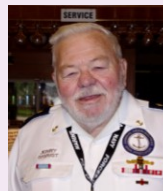
Phone: 705-472-5621, Email: rcna@vianet.ca



Executive Vice President

Gerald W. "Jerry" Sigrist CD

Phone: 902-406-6098, Email: dexhall@msn.com



Executive Secretary

Steve Willar

Phone: 519-995-0589, Email: stevewillarsr@gmail.com



Vice President (Membership) - Vacant

In the interim, please contact the National President, Blaine D. Barker. See above for contact info.

Executive Treasurer

Art Caravan CD

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Supply Officer

Ray Thomson

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Richard "Doc" Halliday CD

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Yardarm Editor

Pat Cornect CD2

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



Yardarm - Fall 2016

The Last Word



Thank You:

As I publish the Fall 2016 Edition of the Yardarm, I once again wish to pass on my sincere appreciation for those who took the time to submit material—especially those early submissions. As always a very special **Thank You** to my **Regular Contributors** listed on page five—without your efforts this magazine would probably not make the deadline. A special “shout out” to **Jim Lapp** for reviewing the final text—prior to release—his outstanding editing skills gives the Yardarm that extra polish.

Notes on Input—As you well 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.
- submissions should be original, timely, and of interest to all RCNA members—provide source information whenever possible. .
- as I cannot publish everything, when possible, I will carry material forward to the next edition.

Sponsors: The Yardarm is always looking for Sponsors – advertisement fees are very reasonable: \$50.00 for Branches/members; and \$100.00 for other agencies/non-members—per year. All sponsor generated funding will go to National HQ. For more info contact the editor via email: pat@cornect.com or visit the Yardarm website at: www.yardarm.ca.

As I will be winding down my business over the next couple of years, please make your check payable to the “RCNA National” and address it to the National Treasurer.

A Good Idea: Having passed the enlistment physical, Jon was asked by the doctor, "Why do you want to join the Navy, son?" "My father said it'd be a good idea, Sir." "Oh? And what does your father do?" "He's in the Army, Sir."

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RCNA Branches with WebSites

Kelowna Naval Veteran's Association: <http://knva.ca/index.html>

KW Naval Association: <http://kwnavy.net/>

Manitoulin Naval Veterans Association: <http://capreolonline.com/NavyVets>

Oxford County Naval Veterans Association: <http://www.ocnva.com>

RCNA Admiral Desmond Piers Branch: <http://adpna.com>

RCNA North Bay: <http://www.rcnanorthbay.com/index.html>

RCNA Peregrine Branch: <http://rcnaperegrine.com>

RCNA Sarnia Branch: <http://www.rcnasarnia.com>

Thunder Bay Naval Association: <http://navalassoc.ca/branches/thunder-bay>

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

Please Note: RCNA and Branch medals are \$25.00 + shipping. Checks are made out to RCNA National.

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.

If you have any questions related to items from the Kit Shop or need info on pricing, please contact Ray directly. Also, 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**.



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

Confucius Proverbs

Problem Solving

A man who has committed a mistake and doesn't correct it is committing another mistake.

