

The Yardarm



HMS CORNFLOWER

Spring Edition - 2016





Yardarm - Spring 2016



Yardarm: The Yardarm is published bi-annually: 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 through the internet.

A reminder to our members: the Yardarm is being published electronically to cut serious printing and mailing costs. Also, it is best read on a personal computer or e-reader, full colour and all the links are live. However, there is also a local print capability, most branches have computers and printers. So please check with your Branch RCNA Director if you require a locally printed copy.

A very limited number of printed copies are available to MALs. However, these are coordinated through the Vice President—Membership (VP Membership), please ensure your contact information is current, see contact information for the VP Membership under **Notes and Reminders—page 12**.

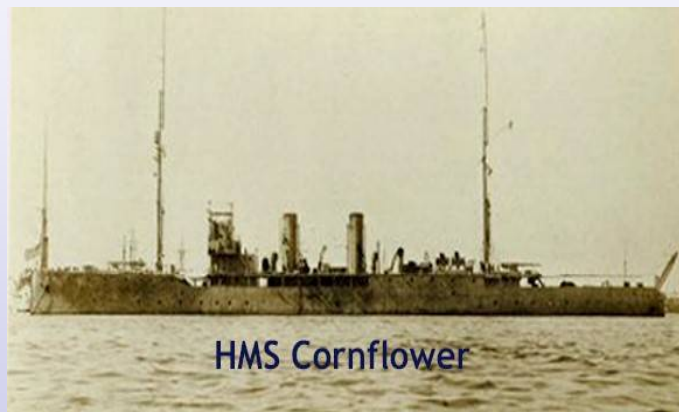
As well, members are welcome to visit the full-time Yardarm website at www.yardarm.ca for current and back editions.

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

Cover Photo—The Cornflower:

During the 2015 AGM we had a discussion on the relevance of the Cornflower to the Royal Canadian Navy. Like others, I thought there was a connection or some link. But after my basic research and a call to all members for supporting documentation—we still

had no real connection. So our Historical Contributor, Jim Lapp, agreed to take on the case. His findings, with full diligence and his considerable research skills, are on page 13.



HMS Cornflower

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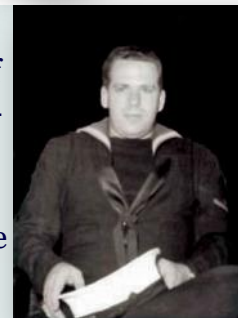


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From the Helm



National President: Shipmate John Chapman: Mates, our great friend and shipmate has crossed his last sandbar before meeting his master (photo right). Copies of his obituary has been sent to all RCNA Branches. In accordance with family wishes a donation in lieu of flowers is requested to the: "The Lung Association, Alberta & NWT, P.O. Box 4500, Station South, Edmonton, AB T6E 6K2." The National Executive is leading the way. As no funeral arrangements have been finalized expressions of sympathy can be made through the funeral home.



I am very proud of the current executive and how they have carried out their duties during the past years of my tenure. They have been prepared to make sound recommendations all for the benefit of the membership. They have kept me abreast of all areas of concern along with advice in handling delicate matters. In particular Shipmates Steve Willar and Ray Thomson, both were quick to complete a plan I had brought forward several years ago—recognition of service to both branch and the national executives. They undertook to research and complete a system of awards for service that was badly needed to recognize the individual efforts of our members. Without their effort these awards would not exist. This now allows individual branch executives to make choices for their own members to be awarded for their service at the branch level. The same is true for those who have dedicated service to the RCNA National Executive on behalf of all branches.

I want to recognize Pat Cornect, Irene and the contributors for their dedication to the Yardarm. There have been trying times in keeping the Yardarm going, and the new method of delivery not only has reduced our costs while continuing to provide a bond between our members. If you have a computer you can read it on-line in colour. I would hope each branch would consider a short article twice yearly for submission detailing some aspect of the branch or one of their members. I would also encourage every branch and their members to seek out advertisement to support the National cause as well as the Yardarm. If we are successful it will save us from having to ask for an increase in National dues. Please give this your best shot. Interest rates on our investments do not appear to be on the rise, and as such we are limited in what we can do. Any individual who wishes to make an endowment to the RCNA will be recognized and it will certainly go a long way toward maintaining our longevity as former members of the senior service. We hope to be able to preserve in some fashion a corner of our time as sailors past.

I also want to thank the branch executives who devote a considerable amount of their time in maintaining viable branches across this country. Your service should not go unrecognized, and I thank each of you for all your efforts. Next year is also an election year for the national executive, and I would ask everyone to consider running for National Office. New blood and ideas are needed to continue moving our dynamic organization forward. I wish you all well in the 2016 season.

There is a move afoot to get our webpage up and running again so that all branches can list their info and events. A webmaster is needed and we are closing in on one. We do have a couple of individuals in mind, hopefully in the near future. More to follow. At the time of this writing it appears that an attempt to host a reunion in North Bay is under way and hopefully some info will make this issue. ***Yours Aye, your President Blaine Barker.***



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A Word from your National Secretary

Ahoy Shipmates: With the 2015 AGM behind us and your new National Executive in place it is time to look at 2016 and plan on what direction we want our Association to go.

As we are all well aware we are slowly losing members. As the years passed by we lost most of our Veterans, and our Association must look for other ways to increase membership. I had made some suggestions in the 2015 Fall Edition of the Yardarm.

The National per capita dues at \$6.00 per year has made it quite a task for our Treasurer to make sure we keep our expenses in line. At the AGM your RCNA National Executive voted and agreed to hold the per capita dues at \$6.00.

At the AGM, one of the measures to cut RCNA National Expenses was to have an AGM every two years. It was brought up that some clubs have financial difficulty sending Directors to an AGM every year.

After much discussion it was agreed to have a full AGM with RCNA National Executive, DVP's and Branch Directors every two years, but between years have a meeting of the National Executive and Divisional Vice Presidents. This will satisfy the requirement that we have an AGM to conduct any business of the Association that may come up throughout the year.

It was agreed that the full AGM would always be in an election year. To make sure your club had a voice at all AGM's it was agreed that any concerns you have can be forwarded to your DVP who in turn will bring it up at the AGM.

- **CLUB OF THE YEAR is "ADMIRAL DESMOND PIERS" Branch.**
- **SHIPMATE OF THE YEAR is "MARION BRADLEY" from RCNA Sarnia Branch.**

Elsewhere in the Yardarm you will find the necessary information to support the Parliament of Canada website e-petition c-127 for The Canadian Military Volunteer Service Medal (CMVSM) I ask that you support this medal by signing the petition for our Veterans, troops and all who volunteer to serve Canada. (*See Featured Websites, Page 22, to sign the petition.*)

As always, please feel free to contact me should you have any questions or need any additional information.

My email, home address and phone number can be found in the RCNA National Executive page.

Yours aye, Steve Willar, National Secretary.

Marion Bradley—Gerry Coulter



THE ROYAL CANADIAN NAVAL ASSOCIATION Admiral Hose Branch



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Regular Contributors



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From the Helm*



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National Secretary
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RCNA Sarnia
Military History*



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



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



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



*Joan Balch
RCNA Member at Large
Items of Interest*



*HooJung Jones Kennedy
Korea Veterans
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RCNA News

RCNA Annual General Meeting (AGM): The 2015 AGM was hosted by the RCNA Windsor Branch from 26 to 27 September 2016—President Blaine Barker presiding. It was an excellent event and many thanks to the Windsor Branch Volunteers for pulling out all the stops, B Z.

During the event the President presented the RCNA National Service Medal to members of the Executive and Directors who had met the criteria. Some of the recipients included—right photo, from top to bottom: Steve Willar, National Secretary; Jerry Sigrist, Executive VP; Art Caravan, Executive Treasurer; Mike Chaikoski, Divisional VP Manitoba.



June Greig - 2015 and 1951

Election of Officers: Most of the Officers were acclaimed as there were no volunteers to take their place. The only Officer voted-in and installed was the Divisional VP for the Prairies, S/M June Greig—photo, above left.

Reminder: RCNA members are encouraged to contact their Branch RCNA Directors for more information regarding issues discussed at the AGM. As well, they can request copies of the 2015 AGM minutes. The 2016 AGM will be hosted by RCNA K-W. **Ed**

Photos: below left, Donna Sitarz and Linda Iier (AGM coord), volunteers from the Windsor Branch at the Friday evening Meet-n-Greet. Below right, Saturday night dinner two old pals catching up—Larry Costello and Doc Halliday.





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RCNA News



Niagara Executive 2016 - Left to Right

National Director Harvey Villard, Master-at-Arms George Williams, Membership chairperson Marcia Panter, Secretary Jim Steel, Bereavement Diane Rose, President Cam Scott, Special projects Ed Wand, 1st Vice Ron Coffey, treasurer Chuck Johnston, Installing officer Leslie Bodis and 2nd Vice Jim Doherty

The above photo **submitted by Cam Scott**—Photo below **submitted by Randy Williams**.

Navy Vets from Kamloops BC splicing the main-brace at the Battle of Atlantic Sunday Ceremony last year 2015. The crowd gets smaller every year. "We will remember Them".





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RCNA News

HMCS Fraser: "In August of 2010 I became aware of HMCS Fraser finally being scrapped after several failed attempts to get support to preserve her in Nova Scotia. Following the fateful decision to scrap her, it was towed from Halifax through the Great Lakes to a scrap yard on Lake Erie near Port Dover, Ontario. I called the scrap yard after it arrived to ask if I could make a final visit. Upon a reluctant reply, I rode my motorcycle to the yard for this final visit and to take a final picture of this ship just before it disappeared forever.

I served on a sister ship in Halifax in 1969/1970 HMCS Skeena (207) and had several friends that served on the Fraser at the time. We had tied up next to her several times, walked across her brow and sailed together on exercise with her. I was allowed an escorted visit ship-side only as she was in the process of being cut up as I took the last picture. Her number 233 boldly showing defiantly on her hull. I believe this was the last picture



taken of her and I can tell you that even though I did not serve on her, I felt like I lost part of my youth as this was the last of the "Cadillac Class" that would be gone forever. I thought I would share this last picture of her as I'm sure it would bring back many fond memories for all those who actually served on her and with her." **Submitted by: Doug Dicker RCNA (Member at Large).**

CANADA HAS A NEW DRIVER





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Sinking of the Valleyfield



HMCS Valleyfield. Source: Naval Museum of Manitoba.

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: "This is my involvement with the Valleyfield although I was never on her. It began April 16, 1944 when I received a posting to the ship. However, when I started my basic training in Vancouver in January - February I was a very immature person so was held back for two months to assist with the training of the next group that came in. I was now entitled to some leave so I went home for a week.

The group from Vancouver went to Victoria. When I came back I went to Victoria and joined the next group that came in. That group had come in from Edmonton so I took my basic training in Naden with them. In it were five school friends who had been together all through public school and high school. I was posted to Halifax with them and then to St. John's, Newfoundland. We did shore duty together and then received our postings. Four of those people were posted to the Valleyfield with me and one was posted to the Giffard. I was approached by the lad who was posted to the Giffard and asked if I would change postings with him so they could be together.

I'd never been to sea before so, to me, one ship was the same as another. I agreed to exchange postings. But before they would allow that they advised me that the Valleyfield was a new ship and had only made one trip. This would be her second run so she was a large clean ship, much larger than the Giffard. The Giffard on the other hand held a crew of about 68 and was a recycled British Navy Corvette, very rough in the water. Well, I really didn't mind which ship I went to. One was the same as the other. So I took the change of posting.

We did our trip to the west approaches off Europe and turned the convoy over. We refueled on the Foyle River; stopped at Londonderry, then back out to join a West moving convoy off the approaches to the West Atlantic. We turned it over to the Triangle Escort Group headed for St. John's, at about 2:30 in the afternoon.

I was going on watch at Midnight so had just got out of my kip at about a quarter to midnight, May 6th. It was ten minutes to midnight when I felt the shock wave of the torpedo hitting. Didn't know what it was about, so got ready and went up on watch. It was later I found out that the Valleyfield had been torpedoed. The bow went down in about one and a half minutes then the stern went down. The ship was gone in nine minutes. " *(Continued in the Fall Edition)*

Submitted by Don Knight with permission from the Halifax Maritime Museum.



Veterans News



Battle of the Atlantic Place project update: The ongoing struggle to make Canadians aware of their heritage took another step in January 2014, when the Battle of the Atlantic Place Design Concept was unveiled to the general public. This proposed facility, is designed to tell the story of extraordinary achievement of Canada's decisive contribution to the Battle of the Atlantic.

The Battle of the Atlantic Society is the organization pursuing the support to bring this facility to fruition. It is actively seeking the participation of the Government of Canada in making this facility a legacy project of the 150th anniversary of Confederation.

The Society has launched a new web site, which can be viewed at <http://www.battleoftheatlanticsociety.ca>.

We would request that you circulate this link to family, friends, and acquaintances and ask them to encourage the support of their MP. Bringing it to the attention of anyone who might be in the position to help or influence the advancement of this project would be much appreciated. The project office can be reached at battleoftheatlanticsociety@gmail.com.

Submitted by: Bill Gard, Director—CNMT Halifax.

NEW Wine for Seniors (I kid you not): A glass of wine at night could mean a peaceful, uninterrupted night's sleep. Clare Valley vintners in South Australia, which primarily produce Pinot Blanc, Pinot Noir, and Pinot Grigio wines, have developed a new hybrid grape that acts as an anti-diuretic.

It is expected to reduce the number of trips us "older" people have to make to the bathroom during the night. The new wine will be marketed as: **P-No-More.**

Source: through the Grapevine, submitted by: Wes McLean.



Your VAC Account: Accounts are available to any Veteran, member of the Canadian Armed Forces or RCMP. Through Your VAC Account you can:

- use a Benefits Navigator to help you learn more about VAC benefits and services.
- apply online for VAC benefits and services
- upload documents to support your applications.
- track the status of your applications
- view a summary of your VAC benefits.
- sign up for direct deposit or change your banking information.
- update your contact information.
- communicate with VAC through secure messaging.

www.veterans.gc.ca/eng/e_services



Veterans News

Sovereign's Medal for Volunteers :

Announced by His Excellency the Right Honourable David Johnston, Governor General of Canada on July 15, 2015, Her Majesty Queen Elizabeth II has approved the creation of the Sovereign's Medal for Volunteers.



Starting in Spring 2016, this new medal program will incorporate and replace the Governor General's Caring Canadian Award (CCA). The medal will carry the same values as the CCA, continuing to recognize volunteers who have made a significant, sustained,

unpaid contribution to their community, in Canada or abroad.

As an official honour created by the Crown, the new medal will be part of the Canadian Honours System. It will elevate the way we recognize volunteers and provide a more comprehensive means of celebrating the full breadth of Canadian achievements through the Honours System.

Until the inaugural presentation ceremony of the Sovereign's Medal for Volunteers is held in 2016, presentations of the CCA will be ongoing. Nominations for this award will continue to be accepted throughout the year by the Chancellery of Honours and reviewed by an advisory committee, which will make recommendations to the governor general. Existing CCA recipients will subsequently receive the medal to complement their award. For more information check the links on page 22.

Submitted by: Murray Lee.

Fundraising: The Metro Vancouver Naval Monument Society plans to erect a commemorative sculpture of three individuals symbolic of the West Coast rich ship-building history, to enlighten and inspire present and future generations.

The proposed statues will depict two workers, a female "Shipyard Sally" and a riveter, from the ship-building trade and a naval petty officer to honour the association between the various navy/private industry partnership in bringing jobs and prosperity to the North shore and Metro Vancouver.



We are now fundraising to complete this project. In this respect, the Metro Vancouver Naval Monument Society is partnering with the Vancouver Naval and Heritage Museum and other naval affiliates on the West Coast. Donors will receive tax receipts for the amounts donated to be issued by the Museum Society. In addition, we are also developing a sponsorship package with appropriate appreciation items at various levels of contribution. Please support this statue project to showcase our Canadian naval and maritime heritage.

More info contact:

King Wan, Project Lead

(Work: 604-871-6506)

Email: king.r.wan1@gmail.com

Donations to:

Vancouver Naval Museum & Historic Society
P.O. Box 43595 RPO Alberni Street

Vancouver, BC V6G 3C7

Attn: Metro Vancouver Naval Monument Society

We need your support. Thank You!

Submitted by: Vancouver Naval Veterans Association S/M Bob Juulsen.



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Notes and Reminders

Per Capita Dues: Branch membership totals must be submitted to the Membership Chair (see below) by 31 December of each year.

Members-at-Large: the dues must be received by the VP Membership for the by the 31 March of each year. Please ensure your contact information is up-to-date. If these dues are not received on time, you will not receive the Yardarm.

Note: 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.

RCNA Branch Information: Members are reminded that contact information for all RCNA Branches is available through the Yardarm website www.yardarm.ca top right sidebar.

AGM Attendees: In order to reduce the cost to individual Branches associated with sending extra representation to the AGM each year. It was decided that effective this year only the Executive and DVP's will meet—Branch RCNA Directors are exempt'. However, next year, in 2017, the meeting will include all Executive, DVP's and Branch Directors. The cycle will continue from there, i.e., a full Executive meeting every election year. Please check with your RCNA Director for more details.

ADMIRAL DESMOND PIERS NAVAL ASSOCIATION

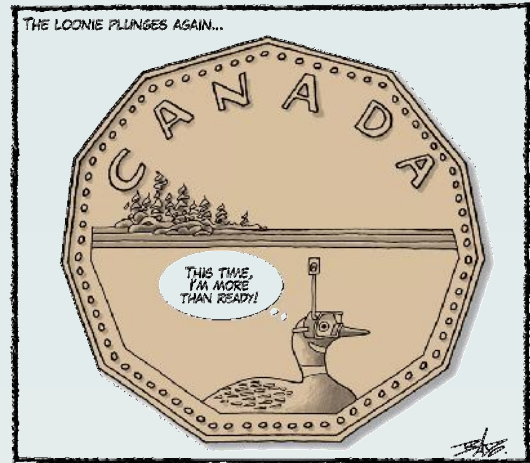
450 LaHave Street, Unit 17, suite 121
Bridgewater, NS, B4V 4A3



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



Low Loonie: How low will the Canadian dollar drop, will it recover? Every bank and financial institution has their own projections and spin which they revise frequently. All we know is that it is sinking fast.

Annual Sport's Day: We hope everyone arrived back home safely after BNVA Sports Day in Brantford. Also hope all had a great time despite the weather. Brantford Naval Vets had a wonderful day and we thank you, your clubs and your participants for your support. We deemed the day a *Great Success*.

We wish KW success with Sports Day in 2016

I've attached (for each Branch) the list of the successful participants who accomplished Gold Silver or Bronze in each event. You may wish to post on your bulletin board or in your next Bulletin. Congratulations to all winners and participants and thanks again for your wonderful support! See you in September at the KW. **Submitted by: Ethel Goble, BNVA Secretary.**





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Naval History

Cornflower: Following the 2015 AGM, Yardarm Editor Pat Cornect asked me to look for an RCN connection to a cornflower. I found there were no Canadian ships named Cornflower. Why Cornflower? At the AGM one of the discussions for fundraising focused on an RCN activity similar to the Royal Canadian Legion Poppy Campaign and Poppy Fund. In 1948 an Act of Parliament granted the Royal Canadian Legion trademark copyright of the Poppy symbol in Canada, around 30 years after the poppy was used as a form of remembrance in many Allied Countries.

Editor Pat reached out to the Yardarm community looking for a cornflower Canadian connection. One response indicated the cornflower was appropriate because RCN veterans experienced a high incidence of ALS, amyotrophic lateral sclerosis, and the blue cornflower is an international symbol for the ALS society. I learned that veterans of all services apparently have a higher incidence of ALS than the general population. In France, the cornflower, or *Bleuet de France*, is a symbol for veterans, and used for remembrance.



The Ships: **HMS Cornflower**, a Flower Class Arabis-type sloop/minelayer, was launched exactly 100 years ago in March 1916 at Barclay, Curle & Co, Whiteinch, Glasgow. With a complement of 79, the 260' 1,250-ton ship served as a mine sweeper (fleet sweeping vessel), transporter for personnel and cargo, and as a patrol ship. HMS Cornflower served in the East Indies Station, Mediterranean. Log books may be viewed here: http://www.naval-history.net/OWShips-WW1-18-HMS_Cornflower.htm

Patrols over 90+ years ago included ports and areas familiar in recent news: Aden, Akaba, Jidda, Said, Sudan, Suez. 90+ years later and some of the same problems are unresolved. Renamed **Tai Hing**, HMS Cornflower was the HQ vessel of the Hong Kong Royal Navy Volunteer Reserve. HMS Cornflower was sunk during a Japanese air raid in December, 1941, a week before Imperial Japanese forces occupied Hong Kong.

Canadian ties to the name Cornflower exist. The third RN ship named **HMS Lysander** J379 was an Algerine-class minesweeper launched in 1943 as **HMCS Hespeler**. HMCS Hespeler ended service in 1945, and was renamed Chilcotin in mercantile service. Another source states HMCS Hespeler was renamed **Cornflower** in 1956, and broken up in 1957.

Hull M379, in another source, is named as HMS Lysander. This HMS Lysander, according to the source, was renamed Cornflower 1950-1951 and broken up in 1957. Hull M379 was photographed in 1952 in Hong Kong, and identified as HMS Cornflower.

HMS Guildford Castle K378, a Castle Class corvette, according to another source, was transferred to Canada as HMCS Hespeler.

It's confusing. Not all records are digitized. The Admiralty records must have information to answer the questions. *Researched and submitted by Jim Lapp.*



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Items of Interest

First World War Item-WRNS: NEWS TO ME...DID YOU KNOW? In the book "Blue Tapestry" by Vera Laughton Mathews, it is noted no services existed for women in 1914. WRNS, Women's Royal Naval Service, existed 1917-1919. At its peak there were 7000 personnel.

No service existed in between until 1939 when the WRNS unit was revived. However a query from Mr Michael Fish, has located at least 6 WRNS Officers First World War, who had Canadian Roots.

- ♦ E Kirby: b Fort William (now part of Thunder Bay Ontario)
- ♦ A MacLennan: born in Canada
- ♦ C Layard: gave her permanent address as British Columbia
- ♦ E Matheson: born in Toronto
- ♦ E Ross: file notes that she had worked in Canada
- ♦ I Reynolds: born in Winnipeg



If there were Officers then there may be other rank and file from Canada. As British Subjects and having no Canadian WRNS Service any of these women may have volunteered overseas. Have you a Grandma or female family member who served in Britain in the WRNS during World War One? Mr Fish would like to know.

Website Search: *"wordpress wrnsofficersofworldwarone wrensproject"* The Canadian specific item is at Women of the World? *"The Women's Royal Naval Service officers and the world."*

Note: Our WRCNS were formed in 1942 in Canada based on the WRNS Service.

Submitted by: *Joan Balch.*

Kelowna Naval Veteran's Association



Leo R. (Dick) Fletcher

**313-1975 Bernard Ave
Kelowna, BC V1Y 6P7**

Ph: 250-762-4112, Email: leorfletcher@aolo.com

Reasons to Join the RCNA (to be continued):

(14) National has undertaken to request an allocation of spots on all pilgrimages that Veterans Affairs undertakes for deserving members.

(15) Branch directors' travel expenses (some restrictions) are paid for by the National Association to attend meetings.

**Submitted by the National President,
Blaine Barker.**



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Korea Veterans Unit 26, Hamilton

To Honor and Remember the Forgotten Heroes: We are very blessed and pleased to meet many Veterans' advocates over the past years—their dedication and passion helps us remember the forgotten heroes of WWII, the Korean War and the Afghanistan War.

On November 2, 2015, we attended the “12th Annual Veterans’ Appreciation Luncheon” at the Oakville Convention Centre. The event is organized by Kristin Courtney and her dedicated volunteers, and we always attend these luncheons. In attendance: over 1,000 Veterans, family members, CF members, RCMP, Police officers and dignitaries. The Korea Veterans Association of Canada, Unit 26 Hamilton and the Friends of HMCS HAIDA Association, the Hamilton Signal Association all had displays. The miniature HMCS HAIDA model caught the curious minds of many young students.

The annual “Host a Vet Salmon Fishing Derby” is now in its 8th year. Hosted by retired LCol Guy Smith, it is open to all military members and retirees—at no cost. The event takes place in June and starts out in Bronte Harbour near Oakville. The boat Captains generously donate their boats and all gear required for a morning of fishing. All salmon are weighed and prizes are awarded afterwards at the post-event BBQ. For all involved it is a fantastic event to not only honour the Veterans, but it also helps dispel any stress relating to PTSD. Special mentions: Keven, Wendy and Roy Ellis of the North Wall Riders Association; and the “Candle Light Vigils”.

On Jan 12, 2016 we attended a special dedication ceremony at the Royal Canadian Legion 144, Pinellas County, Florida. The event was held to honour the 13 fallen pilots from Florida who served in the RCAF during WWII as Halifax Bomber Airmen.



Special Mentions: RCL 144 Commander Gordon Bennet who is a Canadian Korean War Veteran; Vice Commander Dann Oliver who conducted a wonderful memorial ceremony; Karl Kjarsgaard, director of the Bomber Command Museum of Canada; John Stemple of the Nanton Lancaster Society; and JR Hafer of 20th Century Aviation Magazine. All are great advocates of the RCAF fallen veterans. The WWII flying heroes had been forgotten over 70 years until the dedication plaque was donated to the Winter Haven Airport—where they trained to fly. As John read their names, with a song called “Miles Away” written by a son of the Korean War Veteran, their spirits finally came home and they will be remembered.

Several days later, we carried the Korean and Canadian flags as members of the colour party for the 16 Allied UN Korean War Veterans’ commemorate service at Largo, Florida. We all agree that it is never too late to honour the forgotten heroes who gave their lives for our freedom. We Will Remember Them.

Submitted by: *HooJung Jones Kennedy.*



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Healthy Eating



Salt Cod & Potatoes:

Makes 4 servings

Ingredients:

- 1 lb salt cod, pieces or boned
- 2 lbs potatoes
- 1/2 lb salt pork (sliced)
- 1 lg onion (med chopped)

Method

Soak salt cod in cold water overnight (approx 6-8 hours). Drain and replace with cold water. In med-size pot, bring potatoes to slow boil and simmer for 20 minutes. Add fish and cook until tender (approx 15-20 minutes).



While cod is cooking; in a skillet, med heat, fry salt pork until all fat is extracted. Remove salt pork and add onions. Cook onions until golden brown and remove from heat. Spoon onions and pork fat over fish and potatoes. Garnish with rendered fried pork. This is excellent with homemade fresh bread and molasses.

Tip—Ensure water is two inches above fish prior to boiling.

"I wus walkin' on da gunnel, nex ting ya knows I was tits-up! – I fell in the water."

Submitted by: K.J. Phillips. Source: www.saltjunk.com

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www.rcnasarnia.com - Email: rcnastaff@hotmail.ca

On the fiddle (Gaining illegally):

Fiddle was the name given to the raised rim on a sailor's square wooden plate. Not only did the fiddle keep food on the plate, it marked the limit as to how much of a helping a sailor was entitled to. If his helping touched or overlapped the fiddle, therefore 'on the fiddle', a sailor was said to be 'fiddling', depriving another sailor of his share of food, which was an offence punishable by flogging. **Open Source.**





Healthy Aging

The Itchy and Scratchy Article: Itchy skin or pruritus is that uncomfortable, sometimes overwhelming, sensation that reflexively makes you scratch. It ranges from affecting a small area of the body to the entire body and can be associated with redness, lumps, blisters and changes to the texture of the skin.

A very common cause of itchy skin is simply dry skin. Hot or cold temperatures with low humidity, washing/bathing too frequently, and continuous use of air conditioning or central heat can all contribute to dry, itchy skin. However, there are a number of other causes leading to itchy skin, including:

Skin conditions: psoriasis, eczema, chicken pox, hives. Allergic reactions: environmental, animal, food, clothing, chemical. Medical diseases: liver disease, kidney failure, thyroid problems (These issues often cause itching over the entire body, without any associated lumps, redness, etc.). Nerve Disorders: diabetes, multiple sclerosis, shingles. Drugs: reactions to antibiotics and narcotics (Ex: Percocet, Tylenol #3) are common. Pregnancy: itchiness to the abdomen, breasts and thighs are common.

To help relieve the irritation of itchy skin there are a number of options:

- Hydrate, hydrate, hydrate! Your skin will thank you for the extra water.
- Moisturize, moisturize, moisturize! Using hypoallergenic, non-perfumed creams like Aveeno* and Eucerin* (among many others) can be helpful.
- Avoid scratching. Try covering the area and keeping your nails short.
- Apply cool, wet compresses.
- Have a lukewarm bath: add baking soda and uncooked oatmeal.
- Wear loose, cotton-based clothing.
- Use mild soaps with no perfumes or dyes. Wash soap completely off your skin and then see #2 (yes, moisturize).
- Try mild, unscented laundry detergents with an extra rinse cycle.
- Avoid substances that irritate your skin like perfume, cleaning products, jewelry (nickel is common irritant used in jewelry).
- Relax. Stress can make itching worse.



A physician may recommend a steroid-containing cream or an antihistamine (Claritin*, Reactine*, Benadryl*, etc).^T Although itchy skin is common and often self-limiting, you should see your doctor if the itchiness lasts longer than 2 weeks with no improvement, prevents you from sleeping, cannot be easily explained, affects your entire body and/or is accompanied by fatigue, weight loss, fever or redness.

** Common products I suggest to my patients. I have no financial ties to these companies.*

^T Antihistamines are over the counter products, but should be taken in consultation with a physician if you have any medical conditions because it can make your condition worse.

Submitted by Shauna Phillips, M.D.



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Padre's Corner

Seafarer's Welfare: In the last issue I wrote about Seafarer's Welfare and the need for the establishment of facilities or local committees to see that seafarers entering our port facilities receive the proper shore leave and legal protections to which they are entitled by international treaties and protocols. It was pointed out that Canada is a signatory to these treaties and that every community that has a port has an obligation to provide the necessary facilities and protections.

Access to Port Welfare is covered under Part 4.4 of the International Labour Organization's Maritime Labour Convention 2006 and is furthered detailed under Guideline B4.4.3. Under the International Maritime Organization's Convention on 'The Facilitation of International Maritime Traffic 1965' provision for proper shore leave is mandated. Unfortunately the events of the past decade have impacted negatively on the rights of seafarers to appropriate shore leave and welfare facilities within certain jurisdictions.

Sarnia is a small port that has no harbour commission and the Mission to Seamen St. Clair Region operating as the Mission to Seafarers / Stella Maris has been responsible for providing the necessary care for seafarers from all over the world for the past 30 years. On occasion the mission has been involved in assisting crews and individuals with filing accident reports, the reporting of unsafe conditions, and suggested infractions of international labour regulations. The mission has also provided free transportation to crew members to hospitals and medical clinics for treatment etc. and also to the malls, and other attractions. The volunteers have often welcomed crew members into their own homes. A supply of warm clothing, books, magazines, videos and warm clothing has often been on

hand for those requesting them or seen to need them.

This is the work that the seafarer missions around the world have been mandated to provide. Many ports have facilities where crew can relax, have a beer, play cards, pool, or sports, and perhaps call home or access the internet. Spiritual care is available if they desire and sometimes counseling. Due to the stressors resulting from isolation, hazardous working conditions, and piracy a number of seafarers are exhibiting symptoms of P.T.S.D. and readily seek spiritual or counseling services.

The R.C.N.A. can play a part by joining other volunteers in advocating the establishment of Port Welfare Authorities in local ports across the country. These authorities would involve representatives of local government agencies, labour and industry groups etc. The International Seafarers' Welfare and Assistance Network (ISWAN) and the U.K.'s Merchant Navy Welfare Board have launched an international effort to establish these authorities.

The work that is performed by seafarers missions and clubs around the world to care for seafarers regardless of race, colour or creed greatly helps not only the seafarers but also helps the governments and regulatory authorities to fulfill their obligations to the maritime industry under the various United Nations conventions. As those who have an interest and connection to the sea we can be involved in a real and meaningful way.

Submitted by: Dr. Gordon Simmons.





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Crossed the Bar

Blackwell, Eugene "Blackie" CD1: 14 December 2014. Born in 1924, Eugene served in the RCNVR, 1943-1945 on HMC Ships Lockeport, St. Stephen. He also served in the RC Artillery 1947 -1976.

Bramwell, Paul Gornell: 28 February 2016 at the age of 89. Paul served during the 1950s and was among the first Canadians to undergo Submarine training in England in 1954. He served on the *Amphion*.

Brooke, Margaret LCdr (Ret): 9 January 2016, at the age of 100 in Victoria, BC. A RCN Nursing Sister during WWII, then-SLt(N) Brooke was named a Member (Military Div) of the Order of the British Empire.

Brown, Raymond H (Ray): 12 December 2015. Ray served from 1955 to 1960 in Naden, Stettler and Ottawa and he was a member of the Winnipeg White Ensign Naval Club.

Buss, Ken: 30 January 2016 at the age of 91. Ken served in the RCN during WWII, he was also the Past-President of the KWNA and RCNA Sarnia. He was also a member of the Lambton Shrine Club.

Chapman, R John: 9 March 2016 at the age of 83 years. John joined the RCN in 1950 and was a veteran of the Korean War. He was a very active member of the RCNA National Executive and served as Vice President—Membership up to his sudden passing. Also, see National President and editor's remarks.

Cole, Clarence (Clare): 16 September 2015 at the age of 92. Clare served in the Air Force during WWII. He was a member of the Woodstock Legion #55 and the Oxford County Naval Veteran's Association.

Fisher, Joseph A: 19 December 2015 at the age of 87 years. Joe served in the RCN for 5 years, he was also a Past President and Lifetime Member of the RCNA Sarnia Branch.

Gardiner, William H (Bill): 21 July 2015 at the age of 92. Bill served in France during WWII (#2 Wing), 20 years in the peacetime military and a member of the Oxford County Naval Veteran's Association.

Griffin, Donald: 10 June 2015 at the age of 91. Donald was born in 1924 and served in the RCN during the Second World War. He was a member of the Oxford County Naval Veteran's Association.

Girolodi, Victor: 10 June 2015 at the age of 92. Victor was ex-Army and a member of the Oxford County Naval Veteran's Association.

Haycock, James (Jim): 5 October 2015 at the age of 84 years. Born in 1931, Jim was an Army Veteran and a member of the Oxford County Naval Veteran's Association.

Hill, Kenneth: 22 June 2015. Born in 1936, Kenneth was an Army Veteran and a member of the Oxford County Naval Veteran's Association.

Hill, William C: 19 February 2015. Born in 1921, William served as a Stoker on HMCS *Hespeler* 1942-45. He was a member of the Oxford County Naval Veteran's Association.

Lane, George Raymond: 21 December 2015 at the age of 90 years. George served in the RCN during WWII. He was a Lifetime Member of RCNA Sarnia and served for many years as the Master-at-Arms.

MacDonald, Marion: 23 November 2015. Marion was an Honorary Life Member and a member of the Ladies Auxiliary at the RCNA Windsor- Admiral Hose Branch.

Mater, Ivan: 16 February 2016 at the age of 96 years. Ivan served in the RCN during the Second World War and was a member of the RCNA Sarnia Branch.

McGee, Earl: 12 January 2015, at the age of 89. Born in 1926, Earl served in the Navy during the Second World War. He was a member of the Oxford County Naval Veteran's Association.



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Crossed the Bar



McWhinney, Earl: 10 October 2015. Earl served in the RCN and the RCNR, he was also a member of the RCNA Windsor- Admiral Hose Branch.

Pickering, Betty: 10 August 2015. Betty was an Honorary Life Member and member of the Ladies Auxiliary of the RCNA Windsor- Admiral Hose Branch.

Robson, Donald (Don): 13 January 2016. Don was a wartime sailor serving on HMCS St. Boniface and Micmac—North Atlantic Convoys. He was a member of the Winnipeg White Ensign Naval Club.

Ross, Rose Emma: 24 August 2015. Born in 1925, Rose served with the WRENS during the Second World War and a member of the Oxford County Naval Veteran's Association.

Steel, Desmond (Des): 22 February 2016 at the age of 90 years. Des was a RCN and RN veteran. He was an executive member of the ONVC and a past editor of the Yardarm. (*See editor's comments.*)

Timoney, Maire: 25 January 2016 at the age of 91. Born in Scotland, Maire served in the RCN 1962-76. She earned the Noble Peace Prize and was a member of the Winnipeg White Ensign Club.

Upton, MC (Mac): Mac served in the RCNVR during WWII, during operation Neptune—D-Day, served on the *Namcamo*, and *Woodstock*. He was a member of the Oxford County Naval Veteran's Association.

WRCNS—Crossed the Bar: Below are the names of Ladies who served or were associated with the Canadian Armed Forces—most in the Navy—although these ladies were not members of the RCNA—it is more than fitting that they have some mention for their service and dedication. *Submitted by: Donna Murakami-Fujimoto.*

Last Name	First	Maiden N	D-of-D	Service
Bowie	Elizabeth Veronica	-	31-Jan-15	RCN - WWII
Chadwick	Mary Mabel Bernice	-	13-Apr-15	RCN - WWII
Cole	Nancy Ingram	Carroll	17-Mar-15	RCN
Colson	Eloise	Bourgeois	16-Jul-15	Unknown
Eddis	Rita	Anderson	19-Sep-15	RCN
Gee	Joan	-	22-Jan-15	Unknown
Harrison	Barbara Galt	Wilson	6-Sep-15	RCN - WWII
Hird	Dagmar Jean	Chipcase	4-Feb-15	RCN WWII
Hunter	Irene Josephine	-	2-Apr-15	RCN - Halifax
MacNeil	Anita Irene	Baribeau	3-Dec-15	RCN - Halifax
McBryde	Ada	Roe	13-Feb-15	RCN
Powell	Jean Winnifred	Tackaberry	3-Jul-15	WRCNS - Bletchley Park
Stiles	Margaret	Buckley	9-May-15	WRCNS - WWII
Quick-Green	Jean Patricia Mary	Bapty	11-May-15	RCN WWII
White	Margaret Elizabeth	Smith	3-Oct-15	WRCNS - WWII



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Executive Secretary

Steve Willar

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Vice President (Membership) - John Chapman

It was with great sadness we were notified of John's sudden passing this week. Our deepest condolences go out to all his family and many friends. RIP.



Executive Treasurer

Art Caravan CD

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Supply Officer

Ray Thomson

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



Parliamentary & Veterans Affair

Richard "Doc" Halliday CD

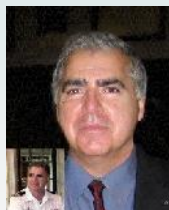
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The Last Word

Thank You: As I publish this Edition of the Yardarm, I want to pass on my sincere appreciation for those who took the time to submit material. As always a very special **Thank You** to the **Regular Contributors** listed on page five—without their efforts this magazine would probably not make the deadline.

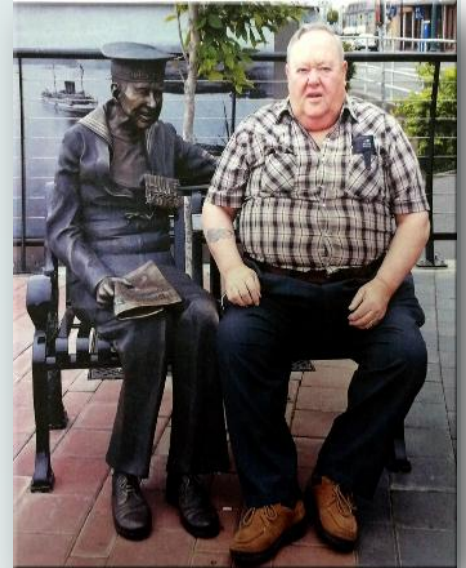
Doc: A quick shout-out to my great pal Doc (photo right). Doc has had a terrible time health-wise during the winter, hopefully my friend you will be on the mend soon. Cheers from all of us in the RCNA, and we hope to see you at the next AGM.

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:

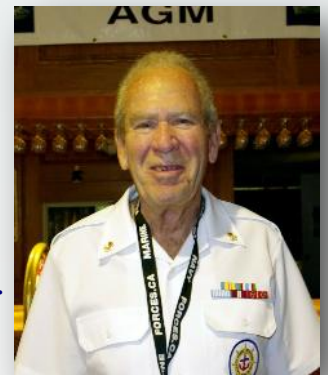
- all submissions should be forwarded to me electronically—either as an email, an email attachment, or a web link.
- submissions should be original, timely, and of interest to all RCNA members—provide source information whenever possible. .
- as I cannot publish everything, when possible, I will carry 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.

John Chapman: I would also want to mention our Shipmate John Chapman (photo right—I took that photo is Sarnia 2013). I've known John since I took over the duties of Yardarm editor some four years ago. During that time I worked closely (mostly electronically) with both him and Mike Chaikoski as they coordinated the printed copies of the Yardarm for the MALs. I often communicated with John and looked forward to chatting with him at the AGMs. He was fun to be around, and I considered him a friend. He will be sadly missed by us all. Our sincere condolences to his family and many, many friends. **RIP**



Des Steel: On a final note, I would also like to mention Des Steel, my predecessor as Yardarm editor. Although I never had the opportunity to meet Des, he was very well known within the RCNA as a member of the National Executive and editor of the Yardarm. I took over the position from Des some four years ago because of his health issues. Up to that point he and his wife Joy had produced the hard-copy version of the Yardarm. As the current editor, and on behalf of all Yardarm readers, and members of the RCNA, I would like to pass on our sincerest condolences to all his family and friends. **RIP.**





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Featured WebSites:

Battle of the Atlantic Society: www.battleoftheatlanticsociety.ca

Crowsnest: www.navy-marine.forces.gc.ca/en/news-crowsnest

Lee's Medal Mounting: www.leemedals.com

RCNA Branch Addresses: www.yardarm.ca

Saltjunk: www.saltjunk.com

USA Navy Week: www.navy.mil/index.asp

Veterans Affairs Canada: www.veterans.gc.ca

Volunteer Service Medal: www.petitions.parl.gc.ca/en/Petition/Sign/e-127

Women of the World: www.wrnsOfficersofWorldWarOne.wordpress.com/2015

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**.



Famous Quotes:

I left Scotland when I was 16 because I had no qualifications for anything but the Navy, having left school at 13.

Sean Connery.

I'm glad I was in the Navy.

Yogi Berra.



RCNA - NORTH BAY BRANCH

**Home of the National President
Blaine Barker**

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