

The Yardarm^{Free}



Spring Edition - 2017

www.yardarm.ca

Yardarm - Spring 2017

About the Yardarm: The Yardarm is published in the Spring and the Fall. The editor, LCdr (Ret) MP (Pat) Cornect volunteers as editor and producer on behalf of the Royal Canadian Naval Association (RCNA - 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 published electronically to reduce associated printing and mailing costs. It is best read on a personal computer or e-reader. Individual members can print copies from the Yardarm website: www.yardarm.ca You can also access back copies of the magazine on the site.



Sourcing: Most of the material in the Yardarm Magazine and on the website has been submitted and sourced by our members or available in the public domain. If we missed something, remember this is a free service to our veterans.

New Contributor: In this edition we are introducing a new contributor. **Shawn Russell**. Shawn will hopefully continue writing financial advice articles geared toward Naval and military veterans. Welcome Aboard.

Cover Photo:

The cover for this edition of the Yardarm features the HMCS Magnificent (CVL 21). The **Maggie**, as she was affectionally known, was a Majestic-class light aircraft carrier and served the Royal Canadian Navy from 1948 to 1957. The vessel was originally scheduled for service with the Royal Navy during WWII, delays resulted in the Royal Canadian Navy acquiring the carrier to place the HMCS Warrior also on loan from the Royal Navy. On leaving the RCN, the Maggie returned to Britain as a reserve vessel and was scrapped in 1965.



To learn more about the HMCS Magnificent, please read Jim Lapp's article under Naval History.

Photo selected by Jim Lapp - HMCS Magnificent approaching Port Said, Egypt, January, 1957. Photo credit: Canadian War Museum.

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From the Helm



More Reasons to Join the RCNA:

(Continued from the Fall 2016 Edition)

- (10) The RCNA provides a ready source of regalia items flags, certificates and medals as well as access to National club and or Member of the Year awards.
- (11) The RCNA provides a current list of all clubs, contacts and current events of prime interest to the maritime community on our National website "rcnahq.com"
- (12) The National website will publish any material your branch may wish to post on site to promote an individual branch and their events.
- (13) National has also undertaken to obtain honours and awards that are promoted by the government for veterans and branch members that are deemed worthy by their branches. An example is the Jubilee awards.
- (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

Always remember "United we stand as loyal shipmates, bound in unity, while marching on to victory over adversity."

Yours Aye, your President Blaine Barker.





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A word from your National Secretary:

Ahoy Shipmates, I hope you all had an enjoyable winter and are all looking forward to spring and a warm summer.

At our last AGM there was some discussion on what is the official flower of the RCNA. It was suggested that it is the Blue Cornflower. The general consensus at the meeting was that we adopted it sometime in the 1990's.

I was tasked with reviewing all the minutes from the 1990's AGM's and I found it in the AGM Minutes dated Oct. 3, 4, 1998. The meeting was at the Niagara Region RCNA.

The Motion to accept the Cornflower as the official flower of the RCNA was made by S/M Richard "Doc" Halliday and seconded by S/M Marion Bradley.

The Cornflower is the official ALS (Lou Gehrig's disease) Symbol of Hope. It was chosen to symbolize ALS.

S/M Marion Bradley from RCNA Sarnia was on the ALS Committee and gave reports to the National Executive at every AGM throughout the 1990's. Many RCNA branches sold cornflowers to solicit donations for the ALS Society of Canada.

This year's AGM will be held in Sarnia on September 22, 23, 24, 2017. It is an election year. All positions are open. If you served on the RCNA National Executive or were an RCNA Director at any time in the past you are eligible to put your name forth for nomination. If you would like to seek nomination, please contact me and indicate the position you would like to fill.



THE ROYAL CANADIAN NAVAL ASSOCIATION Admiral Hose Branch



2090 Brant St
Windsor, Ontario
N8Y 1C6



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

Please feel free to contact me at any time should you have any questions. I will do my best to answer your inquiries.

Yours aye, Steve Willar,

Executive Secretary, RCNA National,

Phone is 519-995-0589,

Email: stevewillarsr@gmail.com

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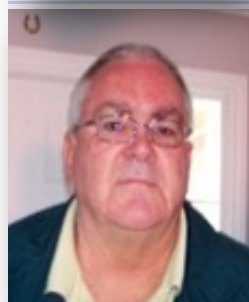
Regular Contributors



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



*Steve Willar
National Secretary
Secretary Notes*



*Jim Lapp
RCNA Sarnia
Military History*



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



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



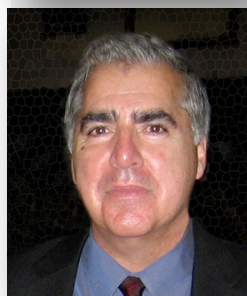
*Dr. Gordon Simmons
Padre Dir RCNA Sarnia
Padre's Corner*



*Joan Balch
RCNA Member at Large
Items of Interest*



*HooJung Jones Kennedy
Korea Veterans
Unit 26, Hamilton*



*Pat Cornect, CD2
RCNA Sarnia Director
Yardarm Editor*



*Shawn Russell
Commodities Broker
Personal Finance*

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RCNA News

Shipmate of the Year: By Jack Chapelle:

"President s/m Blaine Barker asked me (s/m Jack Chapelle) to present s/m Bryan Chapelle with his Shipmate of the Year plaque on behalf of the National and I was more than pleased to do so. Bryan received a loud round of applause. Shipmate Roy Eaton who is the publisher of a Legion News Magazine took pictures and will include the picture and article in his next issue."



Left: Bryan Chapelle with brother Jack Chapelle

Know the Ropes:

A sailor who "knows the ropes" is familiar with the miles of cordage and ropes involved in running a ship. Today, it describes someone who has expertise, however it was traditionally the reverse. It was once used to describe a novice sailor or who simply knew the names and uses of the ships ropes, but not much else. **Source:** www.readyayaready.com.

ROYAL CANADIAN NAVY BATTLE OF THE ATLANTIC MEMORIAL

DONATION AMOUNT

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_____ Gofundme

(<https://www.gofundme.com/battleatlanticmem>)

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Email _____

Please detach this section, fill in the appropriate information and submit with your donation.
Donations can be delivered to....

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19 Becher Street
London, Ontario N6C 1A4

You will receive a charitable receipt
for your donation.

Charitable Registration #119246551RR0001

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RCNA News

CF1 Appreciation Card:

Do you have questions regarding the CF1 Program? You can find answers to your questions by sending an e-mail to cfappreciation@cfmws.com, or by calling 1-855-235-3099 or by writing to:

Canadian Forces Appreciation Program
4210 Labelle Street, Ottawa ON, K1A 0K2



Cornflower—RCNA Official Flower:

The question over the official flower of the RCNA was discussed at length at the 2016 AGM. The National Secretary, Steve Willar, volunteered to look into the matter.



He discovered that the Cornflower is the “Symbol of Hope.” for sufferers of Lou Gehrig’s Disease (ALS). At the 1998 AGM it was *Motioned* and *Carried* to adopt the Cornflower as the official flower of the RCNA. Also, see Joan Balch’s article in this edition. **MPC**

Request for Help—Canadian Merchant Navy Book Research:

I am looking for photos of Canadian Merchant Sailors (Male & Female) who died while serving with the Canadian Merchant Navy from 1939 to 1947. I plan to release a 4 Volume Book set. The data in these books will contain Canadian Merchant Sailors who died while serving in the Canadian Merchant Navy. They served aboard ships from many different countries and flying under different flags.

I can be reached by the following:

Bob D’Aoust, 389 Wintergreen Drive, Waterloo, ON. N2V 1L7

Phone: 519-886-1242 Email: bdaoust@rogers.com



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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

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RCNA News

Notes from the 2016 AGM:

Host: The 2016 RCNA AGM was hosted by K-W Naval Association in Waterloo, Ontario. On behalf of the K-W Naval Association, S/M Mike Edwards welcomed everyone and hoped their stay in Waterloo would be an enjoyable one.

Dress and Ceremonies: President Blaine Barker advised that he is in the process of writing manual on dress and ceremonies, which will include a section on Funerals. He indicated that he is still working on it and it is almost complete. It will be ready for approval at the 2017 AGM.

Charity of Choice: President Blaine Barker advised the Membership that our RCNA National Charity of choice is the ALS Society of Canada.

New RCNA Constitution: The New Constitution has not yet been approved by our Members and will be put on the Agenda for approval at the 2017 AGM when all Executive members, Divisional Vice Presidents and Club Directors are in attendance.

Awards: The Club of the Year—*Oxford County Naval Veterans Association*. Shipmate of the Year—*Bryan Chapelle*.

Yardarm Sponsorship: the Editor reported that we need more sponsors and to please ask your members to see if they can approach businesses in their area to place an advertisement. Also, please note that all cheques from sponsors must be made to the “RCNA National”.



Re-Opened Veteran Affairs Centres:

Charlottetown, PE

Location:

Daniel J. MacDonald Building (Atrium)
161 Grafton Street
Charlottetown, PE C1A 8M9

Media Relations

Veterans Affairs Canada

613-992-7468

vac.media-medias.acc@vac-acc.gc.ca

Fredericton NB

Regency Park Building,
65 Regent Street, Suite 130
Fredericton, NB E3B 7H8

Sarah McMaster

Press Secretary

Minister of Veterans Affairs

613-996-4649

Saskatoon, SK

Location:

5th floor
101-22nd St. East,
Saskatoon, SK S7K 0E1

Media Relations

Veterans Affairs Canada

613-992-7468

vac.media-medias.acc@vac-acc.gc.ca



For more information and news releases from Veterans Affairs, please follow this link: www.veterans.gc.ca/

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Sinking of the Valleyfield

Tim's account: (Continued from Fall 2016 Edition)

Included in this report was the fact that Lt Commander Black, Commanding Officer of the Giffard, because he stopped his ship in the vicinity of enemy submarines and endangered the ship and the life of the people on board, was demoted and lost his command.

Another fact that goes back to the sinking of the Valleyfield that has not been mentioned was the fact that there were 68 members of the Royal Navy who were residents of Newfoundland and were returning for leave. They too were on the ship and the majority of those ratings were lost with the Valleyfield. Those people should be included because although they were not Canadians at the time any survivors and the parents of those people became Canadian citizens when Newfoundland joined Canada. Although they were British at the time, they eventually were Canadians and should be honoured with the members of the Valleyfield. The total complement of the ship as I recall was 168 members and 68 Newfoundlanders for a total complement of 236 people on the Valleyfield.

Of those 236, we took 43 on board the Giffard. No other ship took any on board. When we landed in St. John the following day at just before noon we had only 38. They were the only survivors of 236 people of the Valleyfield. It was a distressing time.

After the people were taken on board there was a very substantial job of clean up. The people who came on board were soaked with bunker oil, just absolutely covered with it. They had literally swam in the bunker oil that was floating on the water. The people who assisted with the rescue, myself included, the young red head who had done the swimming, the other people who had helped on the scramble net to bring the people on board had their clothing soaked and saturated with bunker oil as well as themselves. We looked as if we were part of the people that had been rescued so there was a major cleanup for us to do on ourselves as well. This is something that I don't think I'll ever forget, the extent to which this bunker oil had spread and contaminated everything that it touched.



When I saw what had happened to the seabirds at the sinking of the Valdez I realized the fate of these birds because I had been there and experienced that.

One of the first who was rescued and survived the Atlantic was a person from Port Moody by the name of Iona. I had always intended to see if I could contact him but I never did. I don't know what happened to Iona after he came back to Port Moody. Other than that I didn't know many of the other people that were rescued. I did hear that all five of those people I took my training with that went together to the Valleyfield had lost their lives. None of them had survived.

So for this story I can just repeat the words that were spoken by the young Ensign in the Royal Navy who had been with Captain Cook, who stated when he saw the six people plucked from the Yardarm of the ship, "There, but for the grace of God, go I."

And that was one of my experiences of war. **THE END**

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.

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

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Veterans News

Polish Wartime Freighter Rescues Canadians – Again!

In Jim Lapp's article in the Fall 'Yardarm' I was fascinated to see my old friend, the Polish merchantman SS WISLA mentioned again, involving two rescues by her various masters over her wartime career. The two Jim makes mention of were almost the entire crew of survivors from the sinking of the Brit. motor ship BULYSESSES in September, 1941 in the disastrous SC-42 convoy, with U-boats milling about, and another few when the frigate HMS ITCHEN, was sunk in September, 1943. One of only three she was able to pick up was a seaman from HMCS ST. CROIX, sunk three days before, Stoker Wm. Fisher.



The Captain in this case was Captain Kazimierz Lipski. However, this very same ship had already been also involved in rescuing some VR seamen off Halifax when the Armed Yacht, HMCS OTTER caught fire and sank near the Sambro Light Ship on October 4, 1940. In that case there were serious problems, not from U-Boats but in severe weather. OTTER had been sent out to shepherd in an arriving RN submarine, a fire broke out in the engine room, engulfing the wooden decks and upperworks of this ex-American motor yacht. While two small dinghies got away, the heavy seas and high rough sides of WISLA capsized one, and she was only able to haul three seamen aboard, one of whom died shortly from exposure. But it was a valiant first of many efforts by this ship (then under Captain Pawel Traczewski).

Considering their own country was suffering under Nazi occupation, these civilian Masters were making a very real contribution to the Canadian Navy, and should be better recognized, and WISLA should as well.

The two stories of the RCN losses, OTTER and ST. CROIX are more fully covered in my book 'The Canadian Naval Chronicle' (Vanwell Publishing, St. Catharines, 1998), co-authored with CAPT. Bob Darlington, RCN. Funny the connections that turn up.



Submitted by: Fraser McKee (CDR; RCNVR, RCN(R), RCNR, CF(R), ... long retired!

Kelowna Naval Veteran's Association



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Kelowna, BC V1Y 6P7**

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Veterans News

Tall Ships Visit Quebec City 2017:



Dozens of tall ships will be sailing Eastern North Atlantic waters this summer, visiting ports along the St. Lawrence River for weeks and gathering en masse in Quebec City July 18-23.

40 ships will participate to celebrate Canada's 150th birthday, including; the U.S. Coast Guard's Eagle, Germany's Alexander von Humboldt II, Spain's El Galeon, the reconstructed War of 1812 warship Niagara, the 1928-built Picton Castle barque, and the Peruvian Navy's four-masted BAP Union.

There will be music, fireworks and a parade of over 3,000 sailors. Quebec City Tourism, says to book early because the hotels could be full.

Editor—Photo: Tall ship Empire Sandy (Canada), Source: Desjardins—RDV 2017



Newfoundland Chainsaw:

**Source: Forest Machine Magazine.
Submitted by: Wes McLean**

Excise gasoline tax refund:

If you have a permanent mobility impairment and cannot safely use public transportation, you can ask for a refund of part of the federal excise tax on the gasoline you buy. A qualified medical practitioner must certify the impairment.

For more information, see Form XE8, Application for Refund of Federal Excise Gasoline Tax on Gasoline.

Forms and publications:

Guide RC4064, Disability-Related Information.



K-W NAVAL ASSOCIATION
315 WEBER STREET NORTH
WATERLOO, ONTARIO N2J 3H8
(519) 884-8731 KUNA@GOLDEN.NET

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Sunday 11am 'till 7pm*

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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.

2017 RCNA Reunion—Cancelled: Due to the lack of interest, it is with regret, the 2017 RCNA reunion scheduled to be held in North Bay, had to be cancelled.

MALs: please ensure that the Vice President Membership is aware of any change to your contact information. As well, as a MAL you are entitled to a printed copy of the Yardarm, please inform the VP Membership.

Join the Walks for ALS:

June 3 – Niagara Region
June 24 – North Grey-Bruce
June 24 – Wingham
Sept 23 – London
Sept 24 – Mt. Elgin

www.walkforals.ca

ALS Society of Canada | www.als.ca
393 University Avenue, Suite 1701
Toronto, ON M5G 1E6
T 416-497-2267 ext. 217 | TF 1-800-267-4ALS
(4257)

RCNA AGM 2017:

The 2017 AGM will be hosted by the Sarnia Branch on 22, 23 and 24th September 2017. As a reminder, this will be a full meeting with the election of officers. Members are encouraged to review last year's AGM minutes. Some of the highlights are included in this edition of the Yardarm.



The Sarnia Branch will be mailing out information packages to all Branches in the early spring—after the Battle of the Atlantic weekend. Up-to-date information will also be available on the Sarnia Branch website: www.rcnasarnia.com under the link “AGM 2017.” In the interim, RCNA Directors are encouraged to contact the National Secretary should they have any questions.





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Naval History

HMCS Magnificent:

On loan from the RN, HMCS Magnificent was commissioned into the RCN in March, 1948. Operating from Halifax, Maggie was cold climate capable, and originally embarked with Sea Furies and Firefly IVs. Grumman TBF Avengers, Sea Furies, and dunking sonar Sikorsky HO4S helicopters were flown by the squadrons in 1955.

While on fleet manoeuvres in the Caribbean on 20 March 1949, HMCS Magnificent experienced a work stoppage, which in certain conditions is considered by the RCN as a mutiny. When we read “mutiny”, we think about HMS Bounty, Captain Bligh, and the leader of the mutiny A/Lt Christian.

Thirty-two of the Maggie’s aircraft handlers refused to fall in for duty. Magnificent was not a happy ship when the incident occurred, and the aircraft handlers, who ‘tended to consider themselves separate and distinct from the rest of the ship’s company’, felt that they were subjected to heavier demands than their crew mates. According to investigators, this made them ‘somewhat “sorry for themselves”’. The mutineers were also unhappy over more mundane matters like inadequate leave and entertainment, living conditions in their mess, and a lack of consideration shown to them by the captain and executive officer. This incident was quickly resolved by their captain Commodore G.R. Miles, who warned the men that collective action to present grievances would not be tolerated, but agreed to meet with men individually to discuss their complaints. The men promptly returned to duty and were never disciplined for their actions. (Mutiny and the Royal Canadian Navy, CHRISTOPHER M. BELL, p20; Mainguy Report, pp. 9-12)



In June, 1949, Maggie went aground off Port Mouton, NS, and required repair at St John, NB.

Due to NATO commitments, Maggie remained in the Atlantic theatre, with training exercises including Mainbrace and Mariner, and port visits from the Caribbean to northern Quebec and Portsmouth.

In June, 1953, Maggie was moored off Gosport/Portsmouth for the Coronation Review of the Fleet, launching Sea Furies and Avengers for the fly past honouring Queen Elizabeth II.

Following her return from the UK with surplus F86 Sabres in November 1956, Maggie’s weapons were stripped, and her complement reduced from 1,100 to 600. Supporting Canada’s role in the Suez Crisis, Maggie transported a large part of the Canadian peacekeeping force to Port Said, Egypt.

In June 1957, HMCS Magnificent returned to the UK for decommissioning.

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



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Amyotrophic Lateral Sclerosis (ALS)

Amyotrophic Lateral Sclerosis (ALS), Sailors and “One who lives it”:

Scuttlebutt has it that many of our Sailors seem prone to ALS and whether these are those who served at sea or on shore is unknown. With the closing of Veterans Hospitals or specific beds—especially if the service time did not warrant a Vets bed—it will be the Provincial Health Care systems looming in the dark.

For your interest these are some comments from a person who lives with ALS today.

“I can’t talk but I have been able to train most of the nurses looking after me. I can only use two fingers to run my computers to communicate. I am dependant on a ventilator. I can move my hand a little and some fingers for my wheelchair. You get very little personal care and you have to ask for it. I’m spending most of my effort trying to get out of this 24 hr a day hospital.

CCAC look after you when you get out of the hospital however you have to apply for direct funding. I should have less care-giver’s problems because I will get more round the clock personal care and they all will answer to me.

The most important thing for quality of life is to have care workers who know you.

I thought of this when the hospital decided to reduce staff trying to make up for a \$3 million deficit. The Hospital’s decision for care was to move people and machinery into smaller rooms, increase the patient load, and dismiss some RNs. Our ward of 30 patients was already running short staffed. In December the Hospital increased the patient ratio to a 50 person ward and less staff”.

If your organizations and groups are aware of anyone with ALS [sailors or others] then take a moment to see they have the necessary Quality Long Term Care.

ALS is a Motor Neuron disease with loss of movement requiring Complex Care for Chronic Health Problems, and includes 24 hrs mechanical and critical body assistance machines. **Submitted by: Joan Balch. Quoted personal comments are real.**



Study: American Academy of Neurology 56th Annual Meeting in San Francisco:

Military service in any branch or during any period may increase the risk of ALS. Researchers found that men who served in the military were 60% more likely to develop ALS, than men who did not serve in the military.

The exact cause of ALS is unknown. The disease causes a gradually weakening of the muscles and usually leads to death within three to six years. Men are affected slightly more than women and ALS is most common among middle-aged and older adults.



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Korea Veterans Unit 26, Hamilton

RCN Korean War Veterans and the Korean War Veterans Appreciation Luncheon:

It was our pleasure to organize the “RCN Korean War Veterans and the Korean War Appreciation Luncheon” at Kings Buffet, Hamilton, Ontario – 23 Nov 16. Over 232 guests attended the luncheon including Korean War Veterans, family members, WWII Veterans, CF members, Veterans’ advocates and Korean community members. The Consul General, Deputy Consul General, Deputy Mayor, Police Chief, Deputy Police Chief and former Member of Parliament also attended. Our luncheon was generously sponsored by the Republic of Korea Consulate General in Toronto - Consul General Kang Jeong Sik and Vice Consul General Lee Jae Yong are staunch supporters of the Korean War Veterans.

Since 2015 all of the RCN Korean War Veterans organizations have disbanded, this luncheon provides ex-members the opportunity to meet, including; RCN Naval Veterans who served on HMC Ships Iroquois, Huron, Nootka and Haida. Special mention to WWII veterans Bill Eisen, Ken Gawthorn and Morley Balinson.



Photo by: Elizabeth Daley.

Pipe Major John Terrence led the Korean War Veterans into the hall as everyone applauded. This was followed by a special awards presentation to the Korean Veterans’ Advocates who held commemorative events in the past; Hamilton Naval Veterans Colour Party, and the North Wall Riders Steel City Chapter Association. Also mentioned were individuals such as; Fern Viola - 40 years with Veterans Affairs Canada, and Wayne Marston - former MP. We presented the “Appreciation Certificate” to Ken Griffith, President of the Korean War Veterans Association of Canada Unit 26, Hamilton, on behalf of David Sweet, MP. Our special appreciation went out to Michael Bowman who suffers from autism and handmade the 30 walking sticks for the Korean War Veterans as appreciation gifts – it took him 3 months.

Many of the Korean War Veterans sang along with the Korean singer, Young sil Lee, when she sang “Arirang”, the Korean folk song. With help from a generous private donor, we were able to play “Thank you Korean War Veterans”, “Canadians Our Heroes” and “God Bless Canada” videos - many attendees were in tears. Sejun Park, a RCAF Air cadet, delivered his heartfelt speech about how he will always remember the Korean War Veterans’ sacrifices. We are sure that he will carry the torch for the Korean War Veterans as he enters RMC as a Cadet Officer in Sept 17.

Unfortunately, Bill Eisen, a WWII and Korean War Veteran passed away in January. This was his last luncheon with his comrades. We will remember him. **Submitted by: HooJung Jones Kennedy.**



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Healthy Eating



Chef's Bologna Pizza:

Makes 1 pizza

Preheat oven to 400°F

Ingredients:

5 slices bologna, 1/8" thick

1 artisan pizza crust, approx 8"x 12"

1/2 cup garlic & basil pizza sauce

1/4 cup shallots, thinly sliced

1/2 cup sliced cremini mushrooms

1/2 cup red peppers, diced

1 1/2 cups shredded mozzarella cheese



Method:

Using 1 inch cookie cutter; cut out circles in each bologna slice (approx 7 per slice). Remainder of bologna, cut in small pieces and add to sauce.

Spread garlic & basil sauce evenly over crust, leaving a 1/4 inch border. Top sauce with shallots, mushrooms, red peppers, bologna and sprinkle with mozzarella cheese. Bake for approx 15-20 minutes or until cheese melts. Cut in 4 pieces, serve with your favorite beverage.

Submitted by : K.J. Phillips.

Newfoundland Royal Naval Reserve Loss Remembered:

The HMS Viknor was built in 1888 as the Atrato for the Royal Mail Steam Co. Ltd. At the beginning of WWI, she was requisitioned by the Admiralty, equipped with armament and renamed HMS Viknor. She was mainly used as a cruising patrol ship.

On 13th January 1915, while on patrol, she sank in heavy weather without any distress call. It was assumed that she was sunk by a mine belonging to a minefield laid by the Germans. Not a single soul of the 295 crew was saved. Many of the bodies were washed ashore days after the sinking.

Among the crew were 25 Newfoundlanders—24 bodies were never found. The names of the Newfoundland Division of the Royal Naval Reserve lost in HMS Viknor are recorded at Beaumont Hamel. **Source: NL Archival Collection, Newfoundland Royal Naval Reserve.**





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Healthy Aging

As The Heart Burns:

With the melting of snow and BBQ season gearing up, so too does GERD (gastroesophageal reflux disease) rear its unpleasant head. When stomach acid or sometimes stomach content flows back up the esophagus (the tube linking the mouth and stomach) more than twice a week or when it interferes with your daily living, you may be diagnosed with GERD. Common symptoms include heartburn, dry cough, acid or sour taste in your mouth, sore throat, difficulty swallowing and/or a lump sensation in your throat.

There is a sphincter or ring of muscle that separates the stomach and esophagus. It relaxes to allow swallowed food to enter the stomach and then closes. However, when this sphincter does not work properly or weakens, it allows for stomach acid/content to flow back up. There are a number of risk factors that can contribute to GERD such as obesity, diabetes, pregnancy, smoking, asthma, and delayed stomach emptying.

Treatment of GERD involves lifestyle changes, as well as over-the-counter and prescription medication. Lifestyle changes include:

Maintaining a healthy weight;

- Avoid foods/drinks that trigger heartburn: Common triggers are fried/fatty foods, acidic foods (tomatoes, citrus, etc), alcohol, chocolate, mint, onion and garlic;
- Eat smaller meals;
- Wait at least 3 hours after eating before lying down or going to bed;
- Avoid tight fitting clothes;
- Avoid smoking; and
- Raise the head of your bed: Let gravity help by using extra pillows to rest more upright.



Common over-the-counter medications are antacids (TUMS, Maalox, Gaviscon, etc). These neutralize the stomach acid, whereas other medications like Zantac (ranitidine) reduce acid production. Common prescription medications like Pantoloc, Nexium, and Losec can block acid production and promote stomach healing.

If lifestyle changes and medications do not help your symptoms, speak to your doctor. Ongoing GERD can cause damage to your stomach and esophagus. Also, if your heartburn is different than usual or is accompanied by shortness of breath, chest pain/tightness, and/or pain running down your arm, you should seek immediate attention since these are signs of a heart attack.

Submitted by Shauna Phillips, M.D.



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Personal Finance

Service Fees:

Nobody likes to pay more than they should for a product or a service. I've negotiated for better prices on internet service, cable, renovation work, car purchases, etc. Investment and banking fees are no exception.

With respect to investment fees, chances are you own mutual funds, perhaps through a major Canadian bank. A mutual fund is an actively and professionally managed investment vehicle. The fees on most of these funds are high, often 1% to 3%. This may not seem like a lot, but over time these fees add up. One way to lower these fees is to invest in what are called index funds. These are passively managed investment vehicles, and therefore require less management. The fees are typically between .05% and .30%, and often outperform the more expensive mutual funds.



Banking Institutions rely heavily as a revenue source on fees charged on day to day chequing accounts. These can range anywhere between \$4 and \$30 a month, depending on what type of package is purchased. The lower cost packages allow for fewer transactions, the higher cost provide for more. Most banks will waive these fees if a minimum amount is kept in the account, often between \$1500, and \$3500. Other institutions such as PC Financial offer no fee chequing accounts. PC Financial has a relationship with one of the big six banks which allows you to use their ATM's free of charge. Keep an eye on those savings accounts too. Certain banks charge a monthly fee even if no transactions occur. Most institutions will offer a seniors discount.

These fees can be negotiated. If you've been using the same company for a long time, that loyalty is worth something. And remember, a little bit of research will often lead to savings.

Submitted by: Shawn Russell.



Mystery Object:

Unfortunately, we had no response to exactly what the object opposite actually is and for what purpose—any takers?



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Padre's Corner

The Chaplain:

On February 3, as I was saying my daily prayers, I came across a commemoration of the Four Chaplains. The Four Chaplains were 4 United States Army Chaplains who gave their lives at the sinking of the USAT Dorchester during W.W. II. The Four Chaplains were Rabbi Lt. Alexander D. Goode, the Rev. Lt. George L. Fox, a Methodist, Rev. Lt. Clark V. Poling, Reformed, and Lt. Fr. John P. Washington, Roman Catholic.

They assisted other soldiers into life boats and gave away their life jackets when supplies ran out. One report said as the ship went down survivors observed the Four Chaplains praying together for the safety of the men. They were each awarded the Purple Heart, the Distinguished Service Cross and in 1960 the Four Chaplains' Medal which was established by an act of Congress. February 3 was enacted as Four Chaplains' Day by an act of Congress. **(From Wikipedia).**



When I was first ordained I was the assistant Curate at the Pro-Cathedral to the Armed Forces in Kitchener Ontario. The Bishop Ordinary to the Armed Forces was Bishop Harold Appleyard who had served in Europe during World War II and been awarded the Military Cross. I had also served with a couple of other Padres who had served on the front lines during the war and also had been decorated for bravery under fire.

Bishop Appleyard was a particular friend and also a bit of a hero of mine. He became well known about twenty years ago due to several stories in Canadian magazines about the windows in Christ Church Anglican in Meaford Ontario. While serving as a Padre in the U.K. and north-west Europe, Bishop Appleyard would ask permission of local clergy to collect pieces of stained glass from bombed out churches. He collected these pieces and at the end of the war approached a stained glass window maker to assemble them into windows which were then shipped to Meaford.

The biggest impression that all the Padres implanted in me was their dedication to those they served. I remember a close friend returning from a war graves tour of Italy and North-west Europe saying that he had never cried so much as he visited the graves of many of the young men that he had buried in the heat of battle. Whether aboard a ship, on an airfield, on the front, or on a station at home the Padre was often in the thick of things. Whether risking life and limb to help others, comforting survivors or breaking bad news to families the chaplains have been in the thick of the fray. During WWI four British Army chaplains were awarded the Victoria Cross and of course, John Weir Foote a Canadian chaplain was awarded the Victoria Cross for his actions at Dieppe.

The Chaplain is often forgotten until things turn tough it is then that the crews look for spiritual strength and guidance. Regardless of race or creed the chaplain is there for all.

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



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Crossed the Bar

Armstrong, Betty Mable. 12 November 2016, 86 years old. A member of the Canadian Corps and Eagles Club, Betty was also a long standing member and volunteer at the RCNA Sarnia Branch.

Bennett, Fred. 10 March 2016, 90 years old. Fred served in the RCNVR 1942–45; a Stoker on HMCS Matane—North Atlantic, D-Day and Murmansk. He was a founding member of the OCNVA.

Benson, Ernie. 29 November 2016. Ernie served in the RCN and was a member of the RCNA-Windsor-Admiral Hose Branch.

Costello, Lawrence (Larry). 16 January 2017, 92 years old. Larry joined the RCN in 1941 and saw action in WWII and the Korean War. He served onboard HMCS Ottawa during the Bay of Pigs. After retiring in 1963 as a PO1, he continued his service toward promoting the welfare of veterans.

Cribb, John (Jack). 10 January 2017, 88 years old. Jack was an PO1 (EA4), served on HMC Ships Maggie, Bonnie, Shearwater and various Naval Air Sqns—member of the Comox Valley RCNA.

Elford, Robert. 25 December 2016. Robert served in the RCN and was a member of the RCNA-Windsor-Admiral Hose Branch.

Halliday, Richard (Doc). 21 November 2016, 80 years old. Doc was a long serving member of the ADPNA and the RCNA Parliamentary Vice President.

Mitchell, Cameron Eugene (Gene). 10 December 2016, 92 years old. Gene served during WWII as a Naval Telecommunications Operator. He received four medals for his service. OCNVA.

Newman, Stanley E. (Stan). 16 January 2017. Stan was born 6 April 1922, he served in the RCN during WWII and was a long time member of the Winnipeg White Ensign Club.

Simpson Thomas J. 28 January 2017. A recipient of the DSM, Thomas served in the RCN and was a member of the RCNA-Windsor-Admiral Hose Branch.

Steele, James C. 15 April 2016, 91 years old. James served in the RCNVR 1942-45 and saw action in the North Atlantic and the English Channel. OCNVA.

Tino, Gerald Jr. 31 July 2016. Gerald was a member of the RCNA-Windsor-Admiral Hose Branch.

Benediction:

The Lord bless thee and keep thee, the Lord make His face to shine upon thee and be gracious unto thee, the Lord lift up the light of His countenance upon thee and give thee peace. Amen.

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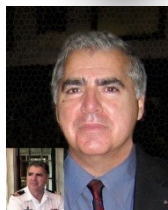
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The Last Word

Thank You: The Spring 2017 Edition of the Yardarm is the 9th published edition since I was “volunteered” to take over as editor in 2013. I can safely say that none of the editions would have made it to distribution without input from the many RCNA members scattered across Canada and beyond. Key to this whole operation are definitely my **Regular Contributors** listed on page five—amazing dedication—a very special **Thank You** for your continued support.

Good Bye to a Great Friend: It is with a very heavy heart I mention the passing of **Doc Halliday**. Doc knew my dad and my uncles, having served in the RCN at the same time. Doc often joked to me about having “survived” a few trips to the West Coast of NL to visit those old shipmates.

I first met Doc at the Sarnia AGM when I took over as Yardarm Editor. He and I, his wife and Irene, quickly became friends. Doc and I always sat together during the AGMs, exchanged stories and enjoyed each other’s company—and a few jokes. When moving between venues, he always insisted on driving—as his “party days were over”.

The last time I sat with Doc was at last year’s (Sept 2016) AGM. Looking back, I remember him saying to me that he was not looking forward to the next go in the hospital. For good reason. Our hearts go out to Doc’s wife, his family, his many friends, and all his shipmates in the RCNA. RIP old friend.

Larry Costello: I was introduced to Larry Costello at the 2015 AGM in Windsor. Most RCNA members knew Larry - a real-life wartime hero, a strong voice for veterans, and a gentleman in every respect. We chatted about the Navy/Yardarm, and he gave me a copy of the magazine he had spearheaded—which I still have. He was one of our few remaining WWII heroes—may he RIP.

I took this picture at that AGM dinner in 2015– Windsor. We were sitting with Doc and his wife, and Larry (left) came over to say hi to his old pal Doc (right).



Larry Costello and Doc Halliday

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

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WebSites Associated with this Edition:

AGM 2017: www.rcnasarnia.ca/AGM2017/

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RCNA - NORTH BAY BRANCH

*Home of the National President
Blaine Barker*

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