

# The Yardarm



**Fall Edition - 2015**



# The Yardarm

## Fall 2015 Edition

### Yardarm Fall 2015 Edition

The Yardarm is published bi-annually - the Spring Edition is circulated 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.

Although the Yardarm is best read on a personal computer or e-reader, there is a local print capability, please check with your Branch. As well, members are welcome to visit the full-time Yardarm website at [www.yardarm.ca](http://www.yardarm.ca) for current and back editions.

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

### Cover Photo—HMCS Bras D'Or

The cover of the fall 2015 Yardarm is a continuation of the last edition's cover photo of the HMCS Bras D'Or. The modern version was an ocean going hydrofoil originally conceived for anti-submarine warfare. The Bras d'Or is seen here undergoing sea trials in Halifax harbour in 1969. The ship, as usual, is the subject of Jim Lapp's Naval Historical article on page 10. **Source: photo courtesy of DND archives—researched and submitted by Jim Lapp.**



Contents	
The Yardarm	2
From the Helm	3
National Secretary	4
Contributors	5
RCNA News	6
Veterans News	10
Notes & Reminders	11
Naval History	12
Items of Interest	13
Korea Veterans	14
Healthy Eating	15
Healthy Aging	16
Padre's Corner	17
Crossed the Bar	18
National Executive	20
Last Word	21
Web and Supply	22







# The Yardarm

## From the Helm



**National President**—It has been a busy year in for the executive with a continued problem satisfying Revenue Canada's Changes to "Not for Profit" corporate registrations. They have completely revamped the rules for associations such as ours. We managed to meet their deadline, but then came the problems of not having dotted all the "I's" where they wanted them. We had to submit a revised copy of our Constitution and By-laws before getting approval from them. All branches incorporated went through similar processes.

This year I managed to attend five Legion Remembrance Services throughout the area and several snow storms. Only one was indoors.

I attended a Change of Command at CFB North Bay the home of Canada's "Aero Space Command" a joint venture with our southern partner (USA) before heading to Ottawa at the invitation of the French Ambassador for a medal presentation to the French "Legion Medal of Honour" to one of our Members at Large, William Gunter who navigated a landing craft on D Day onto Juno Beach. (We did ask for names) There were a number other members who qualified for the medal as well however they were presented in their own provinces. I do not have a list of names but wish to recognize there achievements. Branches who had members receive the award please let us know their names and a bio of their exploits.

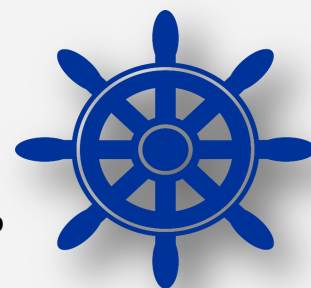
Ottawa was a busy destination for me as I attended the National "Battle of the Atlantic", Veterans Consultation Group Meeting at Legion Dominion Command Headquarters, where we conspire to deal with Veterans Affairs and the implementation of additional benefits for all veterans along with an assorted number of problem areas such as PTSD. It seems like we are playing the "shell game" with Veteran Affairs as they keep changing the minister or the civil servants. This returns us to square one each time. We are making progress albeit slow going.

I also had the honour of attending several cadet inspections on behalf of the association. The cadets were smartly turned out.

As this is an election year I would hope all branches will send their representative to the AGM in Windsor ON in Sept. We have managed to stave off the wolves with the interest rates remaining so low and without having to increase dues. Thanks to all the additional support MALs and several branches have made over and above the call, it has been most appreciated.

Last I want to thank our Supply Officer and our Secretary for following through with the service awards now available to branches and the National Executive. The rewards go to the workers both National and at the Branches. Rewarding your own will hopefully foster your members to get involved your branch.

We need our Branches to step forward to host a reunion or the Annual general meeting in the next year onward. Please consider the request. ***Your President Aye, Blaine Barker***





# The Yardarm

## Fall 2015 Edition



### A few words from your National Secretary

I would like to offer my opinion on the state of the RCNA today and some of the problems we are all faced with. These are my opinions only, and I bring them forth to stimulate thought, creativity and conversation amongst our membership.

We all recognize that when our Association was in its heyday we had an abundance of members who served in the Navy in both war and peace times, and fully understood our Aims and Objectives. That allowed us to maintain our clubs and maintain a large membership, and over the years we all enjoyed the camaraderie between us.

As the years have slipped by, we have lost most of our Vets and that is reflected in our dwindling membership. It is now time to review how we do things and bring our plans and ideas to the new world that we live in today.

It is time to realize that we need an outreach program of some kind that will allow us to connect with both the young and old in our various communities.

We need to involve ourselves with Cadets, Scouts, Guides, Cubs, Little League Teams, Senior Centres, charity drives and municipal special events. We must visit schools and talk to students, teachers etc. That is just to name a few areas we can work in. We need to tap into the social life of our young people. What interests them? How do they spend their free time?

Bear in mind that we are "old geezers" to them and in general, a lot of them do not relate to us and in most cases, we to them. We must change that somehow.

We should tap into the social and family life of our youth, if they are a young married couples amongst us, include their kids, as well as their parents and grandparents.

Let's take the example of our young sailors serving today. How do we connect with them? If you did a

survey across Canada of our RCNA Associations and asked, how many young serving sailors joined one of our Associations. It is a sure bet that you could talk them into joining in the beginning but most did not renew their membership after a year. The reason being that we don't have anything to offer them and they cannot see the benefit of staying a member while they are serving. Their idea of a good time is so different than ours. Not unlike a lot of our Veterans that only got involved after they retired from the service or after they were resettled in their civilian jobs and wanted the camaraderie of like minded Naval Vets, and are able to devote more time to the goals of the RCNA.

A start would be a Yardarm in every mess, afloat and ashore. That by itself will not let them know what the RCNA is all about, it would just be another magazine or newsletter that will be placed in the mess.

Therefore, we must find a way to get their attention, and let them know that we are here for them, as an extension of belonging to the Naval Family in Canada, and would like to offer support and/or assistance of some kind.

What that would be should be our focus. Are there any ideas out there. Any volunteers to work on some kind of campaign. (Continued on page 11).

***Submitted by Steve Willar, Executive Secretary RCNA National***

### THE ROYAL CANADIAN NAVAL ASSOCIATION Admiral Hose Branch



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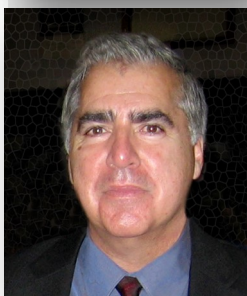
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## RCNA News



*Don Decoteau/News Gazette staff*  
Royal Canadian Legion Prince Edward Branch 91 members Fred Seeley, left, and Bob Campbell pose for photos with their latest decorations, the French Legion of Honour medal, presented Sunday at the Langford Legion. The award, shown in detail, inset, is in honour of Canadians' efforts on D-Day.

### French Legion of Honour

The French Legion of Honour medal is presented to Canadian soldiers, sailors and air force personnel who participated in the D-Day operation in 1944.



In March 2015, Fred Seeley (opposite left) and Bob Campbell (right) were recognized for their service during the D-Day assault that led to the liberation of France.

Most deservedly, these two Second World War veterans were presented with their medals at the

Prince Edward Legion. Both members were nominated for the medal by Branch 91—Langford Legion.

***Original photo and article published in the Goldstream News Gazette 4 March 2015.***

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# The Yardarm

## Fall 2015 Edition



### RCNA Niagara Region Battle of the Atlantic

Shipmate Cam Scott, President of the Niagara Region Branch, coordinated the event held 3 May 2015 at Port Dalhousie and sent this report:

*"We had a beautiful day and approximately 200 people attending our service at waterside in Port Dalhousie*

*We had a parade that included Commander Hugues Canuel, a director at the Canadian Forces College in Toronto and a 28 year veteran, who had many different commands including Captain of the supply ship HMCS Protector and several other important posts .*

*He gave a great speech with reference to the Battle of the Atlantic. We also had a speech from S/LT Zadlo from HMCS Star. Followed by speeches from MP for Niagara Region the Mayor of St Catharines, two city councillors from St. Catharines, one city councillor from Niagara-on-the-Lake and one from Niagara Falls. A colour guard from the US Naval Reserve and US Coast Guard from Buffalo.*

*Alongside by the service location The Cape Storm with the Captain Dave McGinnis, the Niagara Falls Concert Band, the St Catharines Pipe Band, five members from the CAVUNP ( the Peacekeepers), media coverage by Cogeco. Legion Members from Branch 350 Port Dalhousie, RCNA Members from Our Branch, Sea Cadets, N L Cadets, Air Cadets and Army Cadets.*

*We presented the Commander a Plaque to honour his presence at our service."*

***Above articles written and submitted by Cam Scott—photos submitted by Cam Scott***





# The Yardarm

## Fall 2015 Edition



### RCNA Sports Day

Each September the various RCNA Branches in Ontario meet to play a selection of sports and card games. The event is hosted by a different Branch each year. Normally there is a meet-and-greet Friday evening, sports and games all day Saturday. Ending with a catered meal and award presentation Saturday evening.

Last year, the Sarnia Branch hosted the event—followed by the AGM one week later. As usual the Sports Day was very well attended and was highlighted by great comradery and excellent sportsmanship.

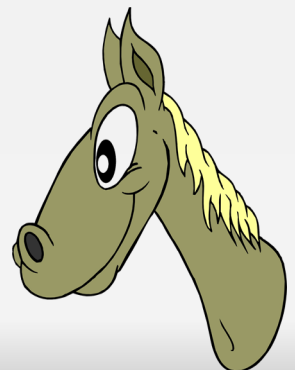
The competition was excellent on all levels with many great scores. However the Sarnia Branch managed several first and second place finishes to end up in first place overall and walk away with the coveted “Cock of the Walk” trophy. **MPC**

**A Quick Smile**—A man was sitting reading his papers when his wife hit him round the head with a frying pan. 'What was that for?' the man asked. The wife replied, 'That was for the piece of paper with the name Jenny on it that I found in your pants pocket'.

The man then said 'When I was at the races last week, Jenny was the name of the horse I bet on.' The wife apologized and went on with the housework.

Three days later the man is watching TV when his wife bashes him on the head with an even bigger frying pan, knocking him unconscious. Upon re-gaining consciousness the man asked why she had hit again.

Wife replied. 'Your horse phoned'.





# The Yardarm

## Fall 2015 Edition



**Battle of the Atlantic Point Pleasant**—leading Seaman Karl Racine stands vigil during ceremonies commemorating the Battle of the Atlantic Sunday at Point Pleasant Park. (Ted Pritchard/Staff). Part of a larger article “*Battle of the Atlantic: Be Proud of Canada’s Naval Prowess*” by Ted Kelly and Hugh MacPherson, published 5 May 2015 . **Submitted by Verne Lunan, President ADPNA.**



**NAC BOA GALA** - the event was well attended/ particularly large number of veterans. Also a busy week of BoA activities/events in Canada's wartime East Coast Port with a number of activities supported by the Canadian Naval Memorial Trust/HMCS Sackville. These included a Government House reception for veterans, BOA Commemorative Concert (full house), HMCS Sackville BoA Dinner and today's memorial service (May 3) at Sailors' Memorial, Point Pleasant Park and a committal service at sea. Special guests included a delegation from the Royal Naval Association, Londonderry, Northern Ireland. Among the veterans from across the country that participated in the events and service was Larry Hartman, 91, of Vancouver who served as a telegrapher in Sackville 1942-44 and whose story in the May 2 Chronicle Herald may be of interest.

**Submitted by Len Canfield, Halifax.**

### RCNA Medals

Since our last AGM, where we have approved the idea and criteria for the issuing of RCNA

Branch and National Medals, certainly has been welcomed by all our branches.

The feedback and response I have received has

been positive. It took awhile to clarify to the membership the different criteria for Branch & National Medals. That being said, I am pleased to say that to my knowledge, every inquiry has been answered satisfactorily and I do get fewer and fewer enquiries every day. I would still encourage any members or clubs that have questions about our medal program to contact me so that I can answer any of your questions. As we are in the early stage of the medal program, we want to make sure the correct information is being passed to our membership.

You can order your Branch RCNA Medals from our Supply Officer S/M Ray Thomson. Our President S/M Blaine Barker will be approving the first issue of RCNA National Medals at our Annual General Meeting being held in Windsor ON 25-27 September 2015. Hosted by RCNA Admiral Hose Branch.

**Submitted by Steve Willar, Executive Secretary RCNA National.**



# The Yardarm

## Veterans News

### Corporal Wojtek of the Polish Army

Wojtek (Voytek) was a bear cub found in Iran in 1942 and adopted by soldiers of the 22nd Artillery Supply Company of the Polish II Corps.



Soldiers fed him with condensed milk from an emptied vodka bottle. The bear was subsequently fed with fruit, marmalade, honey and syrup, and was often rewarded with beer, which became his favourite drink. He also enjoyed smoking and eating cigarettes.



Over the long journey from Iran to Palestine, the bear quickly became the unofficial mascot of the 22nd company. The bear would sit around the campfire with the men, eating, drinking, and sleeping in tents with the rest of the soldiers.

*Submitted by Cam Scott and Milt Williams.  
Source: Public Domain.*

### Veterans UK and Canada



**Our mission**—The UK and Canada are close allies with strong historical ties. We work together on many bilateral and international initiatives, including the G7, G20, NATO, and the Commonwealth. The UK is also one of Canada's largest trading partners.

**British High Commission Ottawa**—We work closely with the Canadian government and partners across the country to develop and maintain a wide range of substantive partnerships of real value to both countries. These partnerships cover business, defence, science and innovation, education, and culture. We also support the large number of British nationals who visit or live in Canada.

#### **Contact—British High Commission:**

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Ottawa Ontario K1P 5K7 Canada

Email ; [ukincanada@fco.gov.uk](mailto:ukincanada@fco.gov.uk)

Telephone: +1 613 237 1530

**Emergency** consular assistance following the death, hospitalisation, arrest, or other serious incident involving a British national is available 24 hours by calling +1 613 237 1530

*Submitted by Duncan McNeill.*



# The Yardarm

## Fall 2015 Edition

### Notices and Reminders

**Per Capita Dues**—Branch membership totals must be submitted by 31 December 2015. Per Capita dues must be received by the Membership Chairman by 31 January 2016. For Members-at-Large, the dues must be received for the year 2016 by 31 March 2016. If these dues are not received on time, you will not receive the Yardarm. All dues must be forwarded to:

**John Chapman, Membership Chairman, 24 Hobart RD, SW, Calgary AB, T2V 3K1. Membership Chair.**

**Requests for Hosting**—the RCNA National Executive is looking for Branches to host the National Reunion, the upcoming AGM and Annual Sports Day. As an association it is very important to keep these events going. Please contact the National Secretary if interested.

**Request for Donations**—the Burlington RCNA Branch is struggling to keep afloat and needs the assistance of any club able to help.

Any amount will be greatly appreciated. The contact at Burlington is the Branch President, Rosemary Trevena, email: Trevena@simpatico.ca or Email: mwedwards@execulink.com. **Submitted by Shipmate Michael Edwards, Divisional VP, South Central Ontario**



### National Secretary—Continued from page 4)

I doubt that we would add to our membership at this time but if we work with these young sailors now, it will translate in future members, as was with the case of a lot of our current members who joined a little later in their life.

I write the above to help try to get a positive perspective of our dwindling membership and to stimulate some ideas as to how we can keep it a “going concern” and not give up. The fact is that we knew many years ago that as our massive pool of Navy Vets would eventually dry up, (unless of course if we had another world war). We must accept the fact that we will have smaller numbers. Just like in the business world, downsizing is not the end of the business.

Lets not be alarmed that we do not have large memberships, lets work to keep the members we have and re-arrange how we do things. If we don't have the funds to do the things we historically spent money on, accept that fact and get creative. We are all sailors and have overcome many obstacles in our lives. Let us use that experience to rebuild our Association. Don't be alarmed that it may take on a different form than what we are used to.

**THINK POSITIVE & HELP STIMULATE CREATIVE WAYS TO ACHIEVE OUR OBJECTIVES.**

**By Steve Willar, Executive Secretary RCNA National.**

### ADMIRAL DESMOND PIERS NAVAL ASSOCIATION

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ADPNA meets at 1400 every 3rd Thur  
(except July, August & December)  
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# The Yardarm

## Naval History



### HMCS Bras d'Or

Built as a prototype for a new class of open ocean anti-submarine warships, Bras d'Or, hull 400, was laid down in 1960 and launched in 1968. The trial program was halted in 1971 by the Liberal Government Minister of National Defence, and then cancelled by Prime Minister Trudeau in 1976. Unlike the AVRO Arrow prototypes, Bras d'Or was not destroyed. Bras d'Or was donated to Musée maritime du Québec, 160 NM downstream from the Sorel shipyard where Bras d'Or was assembled. <http://www.mmq.qc.ca/>

It was a shift in government policy from anti-submarine warfare to sovereignty protection that doomed Bras d'Or, not a failure of design or construction. *"The hydrodynamic design of the foils, intersection pods and foil-borne propellers was superb and were completely devoid of cavitation damage. Bras d'Or met her performance requirements. All the development problems would have been resolved if a second ship had been contracted,"* stated foil design engineer T. E. Bennett.

Bras d'Or flew on a set of surface-piercing foils in a canard configuration (a small foil forward and a larger load-bearing foil aft). The foils were made of low-carbon ultra-high-strength steel coated in neoprene to prevent corrosion. However, the neoprene coating did not work adequately and the foils suffered corrosion.

The main foils featured several parts: two anhedral foils, two anhedral tips, two dihedral foils, and a centre high-speed foil. The steerable front foil featured two anhedral sections and two dihedral sections with a strut down the middle, resulting in a diamond shape.



Bras d'Or had two propulsion systems: one for foil-borne operation and one for hull-borne operation. Foil-borne power was provided by a gas turbine developing 25,500 horsepower at 21,500 rpm through General Electric gear-boxes to a pair of three-bladed supercavitating propellers. Hull-borne propulsion was driven by a sixteen-cylinder diesel engine to a pair of variable-pitch propellers. Auxiliary power and electrical power while foil-borne was provided by a gas turbine powering an auxiliary gearbox. Both of the turbines were built by United Aircraft of Canada. A gas turbine supplied power for essential ship electrical requirements during emergencies.

Sea trials confirmed her design. Bras d'Or, 164', was stable at 40 knots in rough weather, and exceeded 63 knots in better sea conditions.

<https://www.youtube.com/watch?v=XVYSUWEi-WQ>

<https://www.youtube.com/watch?v=sWv05rPSwhw>

The US Navy M80 87' Stiletto prototype launched in 2006 makes 50 knots.

<https://www.youtube.com/watch?v=e-iH8GMri2I>

Launched thirty years after Bras d'Or, the Norwegian Navy Skjold class corvettes at 156' and 60+ knots are close to the size and performance of Bras d'Or.

<https://www.youtube.com/watch?v=c3YEoLP36AM> **Submitted by Jim Lapp.**





# The Yardarm

## Items of Interest



### Aging in Place:

By the time the WRCNS enters its 75th year of formation the majority of Wrens alive will be minimum of NINETY THREE, that is, if entered service at age 18. September 1942 to perhaps September 1945 comprises the wartime years. Very few Wrens are pensioned or live in Veterans Homes.

It appears only those who served overseas or were injured as result of service, qualify.

The rules are stacked against not only Wrens but also Navy Personnel who served at home. One of the items is the lack of access to medical and service personnel records in Government sources.

If you are lucky enough after all the years of moves, family and changing houses to have your service records that is a bonus. If you have a friend in the service that can corroborate your fall, sickness or service related injury that is a bonanza. Then, you have to find someone to navigate the Veterans worksheet, in order to qualify at the end for priority bed in a local nursing home.

When the Wrens disbanded in 1946 it terminated any future obligations from the Government, i.e. future pension build up/entitlements.

The qualifying time from request for Veterans Homes or priority beds does not account that aging in place may be a limited time i.e. medical/mental condition deteriorating , and cannot take months to solve.

Perhaps DND and VAC should help for all our living World War Two Veterans by pro actively noting their entitlements even at this late time.

And of course! VAC and DND know where they all are and what is available for each.

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**Wren**—The actual name Wren and how it came about is in the book “Blue Tapestry” by Vera Laughton Mathews: Director of the WRCNS 1939-1946—page 53- restarting the WRNS : ‘it was discussed ... and unanimously agreed ... to keep the name WRNS....[to] emphasise the traditions ... Mr. LeMaitre\* thought of officialising the word ‘Wren’ as the name for the individual member. 'Wren' was used shortly after the outbreak of war.

\*Head of Civil Establishment --- at a meeting in the Admiralty office.

**Submitted by Joan Balch.**





# The Yardarm

Korea Veterans Unit 26, Hamilton



## Ambassador for Peace Medal Presentations

This year, we commemorated the 65th Anniversary of the outbreak of the Korean War (June 25, 1950), 20th Anniversary of the Korean War Veterans Memorial in US, and 1st Anniversary of the RCN 8 Destroyers of the Korean War Monument in Burlington, Ontario, erected July 28, 2014. Several Canadian Korean War Veterans attended the Convention in Washington D.C. with Hon. Senator Yonah Martin, Deputy Leader of the Senate Chamber, and Hon. Parton of the Friends of HMCS HAIDA. Senator Martin's private Bill S-213 recognizing July 27 as the "Korean War Veterans Day" was passed in 2013.

At the KWVA convention, we met Mr. Peter Ruplenas, a 96 Year old WWII Korean War, a Vietnam Veteran, and combat photographer. He recently published the "2 Cameras and 3 Wars". In the book he says "The most powerful weapon in the war is a camera". It was our honour to present the Ambassador for Peace Medal to him with special assistance from Lt. Col. Hong Jong Seok, Assistant Defence and Marine Attaché in Korean Embassy.

We also visited Arlington Cemetery and found the Cemetery for the US citizens who served with the Canadian Forces during WWI, WWII and the Korean War. The KWVA commemorative committee are working hard to build a Glass Panel Wall of Remembrance listing fallen US Korean War Veterans—with a section dedicated to the 16 allied Nations, including Canada, that participated in the Korean War and the UN Peace Keeping Mission.

On July 28, we commemorated the 1st Anniversary of the RCN 8th Destroyers of the Korean War Monument and paid a special tribute to the nine Sailors who were killed, lost at Sea or died of wounds. The same day, we organized the Ambassador for Peace Medal ceremony to honour 16 Korean War Veterans and their next of kin including a luncheon sponsored by the Toronto Consulate General of the Republic of Korea.

Among the 16 Ambassador for Peace Medal Recipients, John Richard Toole from Hamilton—still Missing in Action. We hoped the Medal provided some comfort to his family who never had closure. Kenneth Erb and Herbert Erb—brothers joined the Canadian Army and US Army. Kenneth Erb was killed during the Korean War, and Herbert Erb was badly wounded and received the Bronze Star for his Valour. Their youngest brother, Robert Erb, followed his brothers' footsteps and joined the Canadian Army and fought during the Korean War. The three Erb brothers' story needs to be told as they gave their tomorrows for our todays. It also represents a brotherhood between Canada and the US. Another notable recipient was, Sgt. Floyd Jackson, who died as a POW in North Korea. After 65 years later, his body was identified by a DNA, his family recently held a funeral service in Denver, Colorado. We salute them and we will remember them. *Submitted by HooJung Jones Kennedy.*



**Left—LCol Hong Jong Seok, Assistant Defence Attaché, HooJung, Don Kennedy, Peter Ruplenas.**

**Right—HooJung with David Sweet, MP at the RCN 8 Korean War Destroyers Monument.**





# The Yardarm

## Healthy Eating



### Bologna and Avocado Sandwich—Makes 1 sandwich

#### Ingredients:

- 1 tbsp mayonnaise
- 1 tsp mustard
- 2 slices sourdough bread, toasted
- 2 leaves romaine lettuce
- 3 slices bologna (1/8" thick)
- 2 slices salami cheese
- 2 thin slices avocado
- 2 slices tomato
- Salt and pepper
- Sweet pickle onion, for garnish



#### Method:

Spread mayonnaise and mustard on toasted bread. On bottom slice, place lettuce, bologna, cheese, avocado, and tomato. Top with lettuce. Season to taste. Garnish with onion.

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

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#### NL Slang—Mother-in-Law's

**Door** – referring to the front door on a Newfoundlander's house. Back in the day the front door was very seldom used by regular folk or family—it was mainly used by strangers.

Source: [www.saltjunk.com](http://www.saltjunk.com)





# The Yardarm

## Healthy Aging



### ABC's of Catching Some Zzz's

Sleep is an integral part of physical and mental wellbeing. Unfortunately, sleep issues are a very common problem, including difficulty falling or staying asleep, sleeping too much and restless or unsatisfying sleep. Poor sleep can significantly impair memory, mood and all the physically restorative properties.

Difficulty sleeping can result from multiple factors, such as pain, anxiety, restless leg syndrome, and lifestyle issues. Treatment for sleeping problems is likewise multifactorial and should address lifestyle factors and medical issues. The focus of this article will be on lifestyle modification or what is known as **sleep hygiene**. Below are simple tips that can greatly improve your quality of sleep.

- 1. Set a Bedtime Routine.** Having a set routine that you follow every night signals to your body that it is time to sleep. For example, showering, brushing your teeth, getting into your pj's, and reading or listening to music. Be patient, it can take time for your body to recognize the routine.
- 2. Create a Comfortable Sleep Environment.** Your room and bed is your sleep oasis. Make sure your mattress is supportive and your pillows/bedding are comfortable. Keep your room at a comfortable temperature and try to minimize noise and light.
- 3. Exercise.** Regular activity is important part of a healthy lifestyle. Exercising for at least 30 minutes in the late afternoon or early evening can help promote sleep. Exercise in the morning, while still great for your health, impacts little on sleep. On the contrary, exercising within 2 hours of bedtime can interfere with sleep.
- 4. Enjoy a Bedtime Snack.** Going to bed hungry can in fact keep you awake. Therefore, having a light snack, such as cheese & crackers or a warm glass of milk, can be beneficial. Heavy meals or spicy/greasy/sugary foods before bed can keep you awake.
- 5. Limit Caffeine.** Avoiding caffeine at least 2-3 hours before bed can help promote sleep. Remember, coffee, tea, pop, and *chocolate* all include caffeine.
- 6. Avoid Alcohol.** Alcohol may help you get to sleep, but acts as a stimulant and can wake you up later on once it starts metabolizing. Try to avoid alcohol 4 hours prior to bedtime.
- 7. Have a Set Wake-up Time.** Waking up the same time everyday (yes, even on the weekends) can keep your sleep rhythm regular.
- 8. Just for Sleeping.** Keep your bed strictly for sleeping (sex being the only exception). Watching tv, studying, working, playing video games keeps your mind active. Also, the bright lights from your tv, phone, computers, ipad, etc actually interfere with the production of your natural sleep hormone called melatonin. Turn off the bright lights at least 45 minutes before bed.



**(Continued on page 17)**





# The Yardarm

## Fall 2015 Edition



### ABC's of Catching Some Zzz's (Continued from page 16)

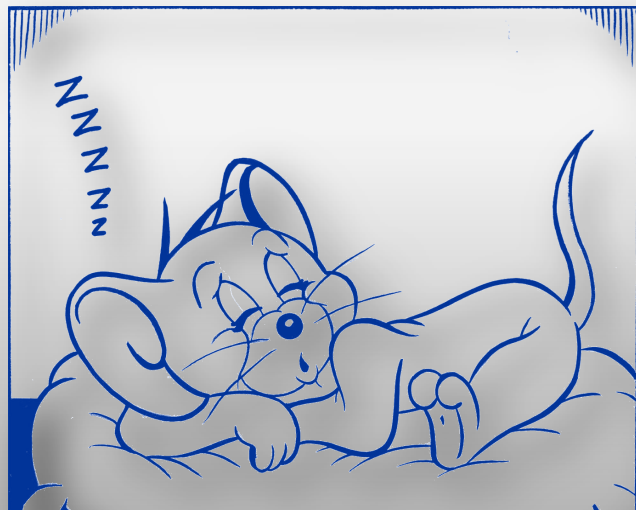
**9. Avoid Napping.** Having a 20-30 minute power nap in the early afternoon is ok. Longer naps especially later in the evening can interfere with your regular sleep cycle.

**10. Get out of Bed.** If you are still awake after 20-30 minutes, get out of bed. Have a snack, read a boring book or do some relaxing breathing in another room until you feel sleepy and then try going back to bed. Tossing and turning leads to sleep anxiety, which will only make things worse.

Adding these strategies gradually into your routine is more effective than trying to implement them all at once. It will take time, but it is important to stick with it.


There are many over-the-counter and prescription medications that can help for one or two nights. However, these treatments can be habit-forming. If you continue to struggle with sleep, there may be an underlying medical condition and should be discussed with your physician.

**Submitted by Shauna Phillips, M.D.**



**Source: Tom & Jerry TV Series.**

**RETIRED  
SAILOR**



**BEEN THERE - DONE THAT  
AND DARN PROUD OF IT**

**Navy Cooks**—An admiral visited one of the ships of the line under his command. While eating breakfast with the crew he was impressed to see the Naval insignia stamped on every biscuit.

He went to the Chief cook to ask how this feat was done, so it could be used on other ships under his command.

The Chief replied, "I'd be glad to share that with you, Admiral. After each biscuit is cut, I just slap it here against my belt buckle which bears the Navy insignia."



Horried the Admiral exclaims, "That's very unhygienic!" The Chief shrugs and replies, "Well, if that's the way you feel, Sir, I suggest you avoid the donuts." **Submitted by Andy Caines. Source: Public Domain.**



# The Yardarm

## Padre's Corner



**Dr. Gordon Simmons**—In June of this year I was in Halifax for an important meeting of the Missions to Seafarers Canada. At this meeting we finalized the constitution and by-laws for Missions to Seafarers Canada and at the same time had two important presentations, one was from Professor Hugh Williamson on piracy and the other was on the new international protocols on seafarer's welfare. Both presentations provided information on the Canadian government's role in anti-piracy legislation and the definition of piracy and other criminal acts that are often mistakenly identified as piracy but are defined differently under maritime law and criminal law.

Seafarer's Welfare has become an issue as many of the signatories to the international convention have not implemented or monitored the implementation of the protocols. The various seafarer centres including the Missions to Seafarers, Apostleship to the Sea and many other have been tasked by several international bodies to ensure that the various levels of government, labour and shipping industry bodies implement these protocols. The protocols are designed to protect and help mariners when they arrive in port by providing the necessary facilities and services for their physical, mental and spiritual well being.

Recently port security has increased the need for port welfare facilities. This is because sometimes international regulations respecting international law with respect to shore leave etc. have sometimes been ignored. We heard several cases wherein seafarers who had been victims of piracy, victimization by employers or others have arrived looking for legal, mental and spiritual support. The point was made that while our government has signed the protocols it and the various labour and industry groups have done little to support or to ensure that the protocols are implemented.

Professor Hugh Williamson served in the R.C.N.R. as a diving officer, intelligence, and naval shipping of-

ficer, and as commander of Naval Commercial Shipping Unit 3. He has written articles for the Canadian Naval Review. He is currently adjunct professor for the Marine Affairs Program at Dalhousie University. He has served on the faculty of the World Maritime University in Malmo Sweden, and the University of the South Pacific in Fiji as well he has taught Canadian naval staff courses.

Professor Williamson in his presentation on piracy described the difference between piracy and other forms of criminality at sea and the importance of understanding the differences. He advised that the current situation in the Middle East has heightened the awareness for possible terrorism linked piracy in the Mediterranean and drew attention to increased piracy in other areas. The current situation has and will lead to more P.T.S.D. victims amongst commercial seafarers.

Seafarers Centres around the world have noticed an increase of sailors suffering from P.T.S.D. as the result of pirate attacks and the sometimes unlawful and harsh working conditions that some have been exposed to while at sea. The work of the centres has always been important but no more important than now. Next issue I will provide details of what is involved and ways in which Navy Clubs may be of help.

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







# **The Yardarm**

## **Crossed the Bar**



**Aucoin, George Gabriel:** 19 May 2015 at the age of 83. Born in 1931, George retired from the RCN as a CPO2 and was the longest running CO of the Cheticamp 2940 RCACC—from 1984 to 1996.

**Bell, Donald:** 7 July 2015. Donald served in the RCAF and was a social member of RCNA Windsor-Admiral Hose Branch.

**French, Vincent Gordon:** 28 February 2015. Gordon served in the RCNVR and was a member of the RCNA Windsor-Admiral Hose Branch.

**Gardner, Marjorie:** 6 August 2015 at the age of 94. Marjorie was a WREN—served during WWII and was a long time member of the Manitoulin - North Shore Naval Veterans Association (RCNA).

**Gilboe, Olga:** 27 March 2015. Olga was an Honorary Life Member (Former Ladies Auxiliary Member) of the RCNA Windsor-Admiral Hose Branch.

**Grant, Harold (Bryce):** 12 April 2015. Born 1 December 1927, Bryce served in the RCN (Atlantic and Pacific Fleets) and also served on HMCS Crusader during the Korean War. He retired as a WO.

**Guinard, Fernand Joseph (Pedro):** 18 June 2015. Born in Montreal, Pedro served in the RCN and was a Veteran of the Second World War.

**Hughes, Donald:** 17 April 2015. Donald was born 23 December 1924, served (1943-45) and was torpedoed 24 December 1944 while serving onboard HMCS Clayoquot.

**Kift, Edwin Arthur:** 23 April 2015 at the age of 89. Born 22 November 1925, Ed was a proud World War II veteran and founder of the Royal Canadian Sea Cadet Corps 348 Manitoulin.

**Leslie, Allan:** 6 March 2015 at the age of 80. Born in Invernesshire, Scotland, Allan was a member of the ADPNA

**Main, Hugh John:** 7 April 2015 at age 97. He served on HMC Ships Dundas and Owen Sound during the Battle of the Atlantic and was an active member of the RCNA Comox Valley Branch.

**Manifold, Charles Robin (Rob):** 28 April 2015. Born 11 July 1925, Rob graduated from the RCN College Royal Roads, served in the RCN during WWII and retired in 1971 as a LCdr.

**Moody, Harold:** 28 August 2015 at the age of 96. Born in South Wales, he joined the RCN in 1937 and served on many ships, he retired in 1962 as a CPO. Harold was a member of the Chief and PO's Association.

**Owens, Howard Keith:** 21 February 2015. Keith served in the Merchant Navy and was a member of the RCNA Windsor-Admiral Hose Branch.

**Publicover, Donald:** 4 May 2015 at the age of 83. Born 27 December 1931, Hemford served on the HMCS(s) Ontario, NewLiskeard, Magnificent, Shearwater, Bonaventure, Haida and Coast Guard Ships.

**Revely, James:** 17 April 2015. James was born in 1926 and served with the Royal Marines from April 1940 to August 1946.

**Tessier, Paul Joseph:** 1 May 2015 at the age of 85. Paul was a Chief Petty Officer First Class in the RCN.

**Wilson, Anne Mary (née Anne Mary Gascoyne Cecil):** 6 February 2015 at the age of 96. Born 29 July 1918 at Exeter, England, Anne Mary was a WWII veteran, she served in the WRNS.

**Winslow-Spragge, Edward:** 14 April 2015 at the age of 100. Born 25 September 1915, Edward served in RCNVR during the WWII he in the North Atlantic (1941-1945) and retired as a Lt(N).

# **The Yardarm** **National Executive**

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# The Yardarm

## Editor's Last Word



**Thank You**—Once again, I wish to thank all of you who took the time to submit material for this edition of the Yardarm. As always I extend a special note of appreciation to the regular contributors listed on page five. I feel as though we are a team. Its hard to believe this is our third year as editor/contributors and this is the sixth Edition under our watch.

**Submissions**—It was great to have a few new articles from different Branches for the Fall Edition. My plan is to fill a couple of pages with items of interest to all RCNA members from Branch events. Although I cannot publish everything, when possible, I will carry material forward to the next edition. I prefer articles that have not been previously published at the Branch level.

**Volunteers**—I am still looking for somebody to replace Jerry Sigrist as a Regular Contributor—Naval Trivia—if you are interested or require further information, please contact me.

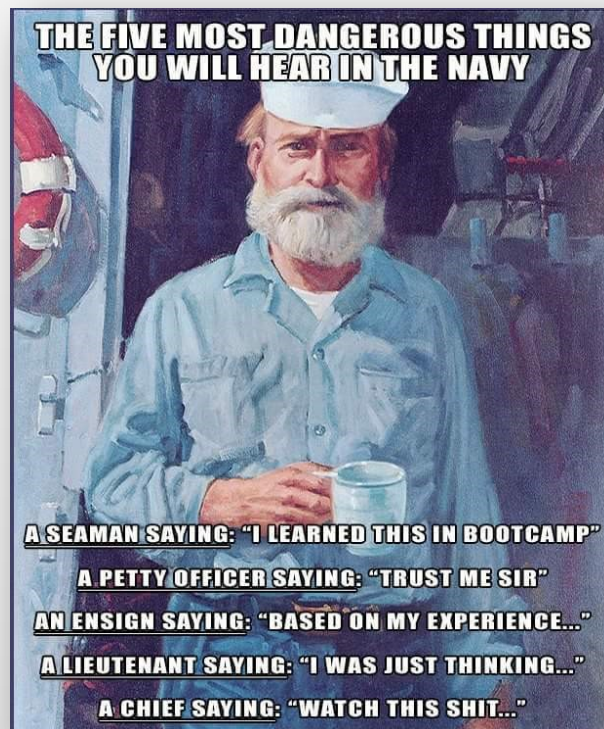
**Notes on Input**—As you well know designing, formatting, and inputting data in the Yardarm and website is pretty much a one-man-show. Consequently:

- 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.
- crossed-the-bar items should provide key information such as DOB, date passed, type and dates of service, and any RCNA association.

If you have any questions, do not hesitate to contact me. Thank You—**Editor**

**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. Sponsor generated funding will go to National HQ. For more info contact the editor via email:

[pat@cornect.com](mailto:pat@cornect.com)



*Source: Copied from Facebook, Public Domain.*



**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**

# The Yardarm

## Fall 2015 Edition

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Garlock—[www.GarlockNotice.com](http://www.GarlockNotice.com)

Lee's Medal Mounting—[www.leemedals.com](http://www.leemedals.com)

Saltjunk—[www.saltjunk.com](http://www.saltjunk.com)

Submarine Matters—[www.gentle seas.blogspot.ca](http://www.gentle seas.blogspot.ca)

Veterans Affairs Canada—[www.veterans.gc.ca](http://www.veterans.gc.ca)

Veterans UK—[www.gov.uk/government/organisations/veterans-uk](http://www.gov.uk/government/organisations/veterans-uk)

War Amps—[www.waramps.ca](http://www.waramps.ca)

Yardarm—[www.yardarm.ca](http://www.yardarm.ca)



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**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.**



They say “as you grow older you need three wheels to get around”. I’m okay with that. **Submitted by Wes McLean. Source: Internet Public Domain.**

