The next General Meeting will be held Sunday, October 10, 2010, at 10:00 in the Mess.
Our Guest Speakers will be Fred Rideout of the Joint Personnel Support Unit. Visit our web-site at http://www.acpoa.ca

From the President  
By J. Gaylord Kingston

As we get back in the proper order of things, I am pleased to inform you that Fred Rideout of the Joint Personnel Support Unit will be our Guest Speaker at the October General Meeting. Due to unforeseen circumstances, we were unable to listen to his presentation last month. Fred is suffering the effects of a traffic accident, but he assures me that he is able to handle your most pertinent questions.

I trust that many of you have taken the opportunity to have a look at our floral carpet in the Public Gardens as it is really quite beautiful, but, unfortunately, it will be closing soon, so perhaps this weekend would be the final look see available. Our Warship Memorial continues to draw the attention of literally thousands of people, particularly the visitors from the cruise ships. It has to be one of the most photographed sites in Halifax.

In November there is a good possibility that we will have Don Creighton make a presentation on his field of expertise, which is tax relief for disabilities. There will be more details in next month’s C and A.

Quote of the Month: “Life well spent is long.”
Sick & Visiting Committee Report
Chair – Albert Bishop (902) 469-2829

Bridgewater
Doc Halliday Téle (902) 685-2342
FAX 685-3452

Fishermans Memorial
Maurice Legault (902) 527 2912

Liverpool
Larry Truelove (902) 354-2901

Shelburne,
Fred Molyneau (902) 875-4271

Truro
Joe Fillion (902) 662-2459

Annapolis Royal and Valley
Doug Moore (902) 638-8700

Springhill & Area
Richard McCormick (902) 597-2090

Yarmouth
Gerry White (902) 742-6888

Windsor & Area
Spike Sullivan & the Missus (902) 798-3580

Middleton
George Thomson (902) 847-3308

St. John's, NF
Ron Coles (709) 834-4751

Charlottetown, PEI
Hari Boggs (902) 368-2248

Petit de Grat & Isle Madam
Robbie Roberts 226-3476

Moncton, NB
Carl (Pete) Petersen (506) 384-8984

Fredericton, NB
Rev. Reg Miller (506) 457-1118

Quebec Area
Frank Cholette (450) 699 6770

Montreal
Frank Cholette (450) 699 6770

Ottawa, ON
P.J. (Peter) Wilkins (613) 832-3761

Brockville & Area
Rev. Paul Gordon (613) 865 8378

Etobicoke, ON
Alan Leslie

Kingston, ON
Carmen Smith (613) 376-6791

Omemee, ON
George ’Josh’ Warner (705) 799-2863

Camp Hill Veterans Memorial Building
5955 Veteran’s Memorial Lane,
Halifax, NS, B3H 2E1

3rd Floor West
G. Jamieson - 3223
John Kehoe - 3235

4th Floor East
Jack McMahon - 4427
Cornelius Sampson - 4433
Donald B Dixon - 4524

Lewis Huc - 4525
Thomas Gilford - 4227

4th Floor West
Bernard Churchill - 4231
Ernest Finter - 4128

5th Floor East
Charlie Hall - 5421
John Duncan - 5435

5th Floor West
Bennett Barrett - 5126
John Lipton - 5130

6th Floor West
Frank Hansen - 6127
Gordon Tomlinson - 6235
Reginald Pitts - 6120

6th Floor East
Lesley Henderson - 6524
Thomas Tonks - 6429

Queens Elizabeth II Health Sciences Centre
Bill Comeau - Call Patient Switchboard (902) 473-1510

Ocean View Manor, 1909 Caldwell Road
Eastern Passage NS B3G 1M4

Soldiers Memorial Hospital, Middleton NS B0S 1P0
Harold Jackson Rm. 263
Curtis McKinnon Rm. 262

Fishermen’s Memorial, Lunenburg NS B0J 2C0
Harold Lohnes
John James Kinley

Oakwood Terrace
10 Mount Hope Ave. Dartmouth NS B2Y 4K1
Joseph Hecimovich - Home Phone - (902) 434 5558

High Crest Nursing Home
11 Sproule St. Springhill NS B0M 1X0
Victor Vincent Ward - (902) 597 2797

Windsor Elms, 590 King Street, Windsor NS B0N 2T0
Alice Sullivan - Wife of Spike Sullivan - (902) 798 3580

Sunnybrook Veteran’s Hospital, K2C23
2075 Bayview Ave. Toronto ON M4N 3M5
James (Tug) Wilson - (416) 488 8550

At Home
Larry Truelove - Milton NS - (902) 354 2901
Cec Cruickshank - (902) 798 3517
Iris Johnson - (902) 443 7683
Kenneth Peach - (780) 727-2747
MEMBERSHIP REPORT

Membership Chairman: Ray Harvie (902) 462 7633
E-Mail: r.harvie.home@eastlink.ca

MEMBERSHIP STATISTICS
Total Membership – 738
NEW MEMBERS
0 New Members
RE-ENGAGED MEMBERS
0 Re-Engaged Members

Membership dues are $25 per year

SUBMARINERS’ ASSOCIATION OF CANADA

For information contact:
East (Halifax)—Buster Brown at 902 477-9148
http://www.sacoeast.com
Last Wednesday of every month in Halifax Dockyard in the MOG-5 Messes
Central (Ottawa)—Bob Wallace, 819 994-4931
http://www.sao-central.com
West (Victoria)—Jim Scott, 250 370-2359
http://members.shaw.ca/saucwest

Admiral Desmond Piers Naval Association

(A Branch of the RCNA)
Secretary/Memberships – Martin Field
Phone: 1-(902) 527-2660
E-mail: adpna@bwr.eastlink.ca
Mail: ADPNA
450 LaHave St., Unit 17, Suite 121
Bridgewater, Nova Scotia B4V 4A3

RCN Benevolent Fund

East 1-902-423-8561 Central 1-888-557-8777
West 1-250-383-6264

RCNA Peregrine Branch

2623 Agricola St., Halifax, 454-4385
Open to Veterans & Members
Bar hours 1300 to 1900 or later

CANADIAN NAVAL AIR GROUP

Shearwater C&POs Mess 1st Sunday each month

Naval Weapons Association (Ottawa Chapter)

Meet: Third Wednesday of the Month HMCS Carleton
Chief’s & PO’s/ WO’s & Sgt’s Mess Dows Lake
79 Prince of Wales Drive Ottawa
President: Ron Robertson
Vice President: Ross Raymond
For Information Contact:
Hazen Harris 613-738-2880, OR
Ross Raymond 613-834-0105
ross.raymond@forces.gc.ca

NB Naval Association

President: Claude Smith - 506 633 0655
Secretary: Terence M. Dexter - 506 357 8158

For though from out our bourn of time and place
The flood may bear me far,
I hope to see my Pilot face to face
When I have crossed the bar.
Alfred, Lord Tennyson
HMCS FRASER is unusual (Barrie and Macpherson, 1996) in having been laid down and launched in one yard and completed in another. On 11 December, 1951, construction of the ship commenced at Burrard Dry Dock Company Limited, Vancouver, B.C. After being launched, she was taken to Yarrows Ltd., Esquimalt and completed. The sixth of her class, she was commissioned at Yarrows on 28 June, 1957. On 12 January, 1965, she left Esquimalt to participate in a blast test off the Hawaiian Island of Kahoolawe. On 6 February, along with USN warships, she was subjected to a first test and then returned to Esquimalt. On 16 April, she returned to the area to undergo another such test, easily withstanding both of them. These tests were designed as a means of assessing the RCN1s nuclear defence capability. FRASER then proceeded to Canadian Vickers Shipyard, Montreal, and upon arrival on 2 July, 1965, was decommissioned for conversion to a helicopter-carrying destroyer. The seventh and last of her class to be converted, she was recommissioned on 22 October, 1966 for service with the east coast fleet.

Her first landing of a Sea King helicopter took place on 15 June, 1967. Early that October, FRASER was alongside in Washington, D.C. to demonstrate the Beartrap, the Canadian-designed helicopter haul-down system. In May, 1973, FRASER entered Category "C" reserve, but was reactivated on 11 March, 1974. After undergoing most of a major refit at Davie Shipyard in Montreal, she returned to Halifax and dockyard hands for completion of the job before becoming an operational unit of the fleet once again that fall.

FRASER completed her DELEX refit at Canadian Vickers Ltd., Montreal, between 19 October, 1981 and 28 May, 1982, subsequently becoming to all intents and purposes a “test” ship. In 1986 she was fitted experimentally with the towed passive detection array system known as ETASS, and conducted tests with this equipment for the following two years. This equipment was to become known, once the trials were completed, as the CANTASS gear. In May 1987, she completed trials of the AN/SLQ-25 Nixie torpedo decoy system. This system would eventually be installed in the Canadian Patrol Frigates (CPF), the TRUMPed Tribals and the
Annapolis class ships. FRASER also trialled the URN-20A Tactical Aircraft Beacon (TACAN), which gave the ship a unique appearance, as the TACAN was fitted on a prominent lattice mast between the funnels. In 1988, FRASER was the first Canadian ship equipped for and operate with the HELTAS helicopter (a helicopter outfitted for a passive acoustic role). Trials of this system continued until the helicopter was lost in 1989.

After sailing more than 900,000 miles, FRASER made her final sail-past in Halifax on 5 October, 1994, and was decommissioned. This ceremony closed a chapter in Canadian history, FRASER having been the last of the St. Laurent class destroyers in commission.

Fraser is the sister ship to HMCS Saguenay that was sunk in 1994 to create the Lunenburg Underwater Park.

In September 2010, HMCS Fraser, the last of the St. Laurent ‘Cadillac’ class warships, made her final voyage to a scrap yard in Ontario.

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**Christmas Dinner - December 10, 2010**

We are trying something different and going to the Halifax Feast Dinner Theatre.

The show is called *A Christmas Carol- Get Scrooged!*

**Where:** Maritime Centre Level B1. Entrance off Salter St.

**Time:** 6:30 Pm. [arrive at 6:00-6:15 PM.]

**Cost:** 49.33 per person Including Taxes and Gratuities.

**Important:** Final numbers must be confirmed by Nov. 18

**Menu:** Salad & Freshly Baked Rolls, Bread or muffins

Choice of: Turkey Dinner with all trimmings; Roast Beef Dinner: Seafood Dinner (to be determined)

Dessert, coffee or tea

Individual bills for your drinks

Wheelchair access through the corner entrance off Maritime Centre & Salter St.

We Hope to see you all there!

For Tickets Call Vince Carr 466-6756 or E-Mail vincecarr@ns.sympatico.ca

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**Promotions**

**October 1956**

Dawson, Walter J. . . . . . . . . . . . . . P2QR

Estabrooks, Thomas J . . . . . . . . . . . . . P2RP

Howard, John . . . . . . . . . . . . . . . . . LSEM

Michael E . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . LSAR

Turner, Bruce A . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . C2ER

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**Honour Roll of Age**

(Happy Birthday To All Concerned) October, 2010

William Anderson 82 Dartmouth 11-10

Don Blackbeard 78 M undeleville, NB 09-10

James Brannen 66 Cambridge, NS 10-10

Ken Brown 80 Riverview, NB 26-10

Ken Burley 71 Burlington, ON 01-10

Paul Cadeau 74 Dartmouth, NS 06-10

Robert Chalmers 80 Malagash, NS 17-10

George Chase 71 Debec, NB 14-10

Rolfe Clark 78 Kingston, NS 02-10

Charles Colwell 64 Moncton, NB 31-10

Doug Cox 78 Truro, NS 05-10

John Dawson 77 Lower Sackville, NS 27-10

Fred Dubinsky 84 Victoria, BC 10-10

Ron Dunbar 82 Nanaimo, BC 28-10

Harry Dunfield 70 Rothesay, NB 19-10

William Edison 71 Richmond Hill, ON 03-10

Roger Ellsworth 69 Ottawa, ON 29-10

Richard Ferrand 75 Windsor, NS 11-10

Martin Field 72 Bridgewater, NS 29-10

Peter Foote 82 Bedford, NS 13-10

John Freeman 82 Margaretsville, NS 30-10

J. Andre Gingras 73 Saint Bruno, QC 1-10

John ‘Nobby’ Hall 88 Dartmouth, NS 14-10

Daniel Hannah 62 Lawrencetown, NS 31-10

Ken Harrison 79 Nanaimo, BC 12-10

Wally Hood 76 Sorel/Tracy, QC 02-10

Ray Houle 77 Entrelacs, QC 16-10

Jean-Jacques Joly 83 Gloucester, ON 18-10

Guy Joudrey 77 Dartmouth, NS 29-10

John Labelle 71 Lower Sackville, NS 10-10

Ray Lawrence 80 Dartmouth, NS 21-10

Brian Loughnan 76 Halifax, NS 18-10

Charles MacDouggall 65 Halifax, NS 31-10

Owen MacLean 77 Stittsville, ON 07-10

John MacLeod 75 Dartmouth, NS 04-10

Paul Malette 71 St. Jean sur Richelieu, QC 05-10

Dennis May 70 Halifax, NS 15-10

Thomas Mayne 89 Port Colborne, ON 21-10

Keith McDougall 69 Victoria, BC 12-10

Ron Miller 69 Springfield, NS 09-10

Marvin Mitchell 76 Deep Brook, NS 09-10

James Moran 89 Pincourt, QC 29-10

Harold Morrison 84 Mahone Bay, NS 06-10

Fred Newey 70 Elmsdale, NS 14-10

David Porter 78 Dartmouth, NS 08-10

Gerald Robitaille 78 Halifax, NS 07-10

William Roski 78 Halifax, NS 18-10

Cliff Sackfield 81 Stewiacke, NS 08-10

Dennis Shaw 88 Dartmouth, NS 09-10

Ray Shedlowski 86 Anaheim, Calif., USA 01-10

Gerald Soucy 83 Halifax, NS 20-10

Frank Stafford 86 Nepean, ON 15-10

Larry Truelove 76 Milton, NS 05-20

Merrill Waugh 71 Nine Mile River, NS 22-10

Joseph Whyte 64 Victoria Mines, NS 29-10

Ron Wilcox 79 Westphal, NS 31-10

Robert Williams 78 Truro, NS 28-10

James Woodley 7 Eastern Passage, NS 18-10

(These figures are taken from application forms when submitted. Discrepancies are to be forwarded to gaylordk@yahoo.com or the office 1 902 420 0370)
I liked standing on the bridge wing at sunrise with salt spray in my face and clean ocean winds whipping in from the four quarters of the globe. I liked the sounds of the Navy - the piercing trill of the boatswain's pipe, the syncopated clangor of the ship's bell on the quarterdeck, harsh, and the strong language and laughter of sailors at work.

I liked Navy vessels -- plodding fleet auxiliaries and sleek submarines and steady solid aircraft carriers. I liked the proud names of Navy ships: Athabaskan, Fraser, Restigouche, Tribal class, Town class, Bird class city class.

I liked the tempo of a Navy band. I liked liberty call and the spicy scent of a foreign port.

I even liked the never ending paperwork and all hands working parties as my ship filled herself with the multitude of supplies, and to cut ties to the land and carry our her mission anywhere on the globe where there was water to float her.

I liked sailors, officers and enlisted men, from all parts of the land, farms of Upper Canada, small towns of Nova Scotia, from the big cities, the mountains and the prairies, from all walks of life. I trusted and depended on them as they trusted and depended on me -- for professional competence, for comradeship, for strength and courage. In a word, they were "shipmates"; then and forever.

I liked the surge of adventure in my heart, when the word was passed: "Do you hear there - Hands to stations for leaving harbour." and I liked the infectious thrill of sighting home again, with the waving hands of welcome from family and friends waiting pier side.

The work was hard and dangerous; the going rough at times; the arting from loved ones painful, but the companionship of robust Navy laughter, the "all for one and one for all" philosophy of the sea was ever present.

I liked the fierce and dangerous activity on the flight deck of aircraft carriers, Warrior, Magnificent, Bonaventure sadly scrapped.

I liked the names of the aircraft and helicopters; Sea King, Avenger, Sea Fury, Banshee, that bring to mind offensive and defensive orders of battle.

I liked the excitement of the almost daily at-sea replenishment as my ship slid in alongside an Oiler and the cry of "Standby to receive shot lines" prefaced the hard work of rigging span wires and fuel hoses echoed across the narrow gap of water between the ships and welcomed the mail and fresh milk, fruit and vegetables that sometimes accompanied the fuel.

I liked the serenity of the sea after a day of hard ship's work, as flying fish flitted across the wave tops and sunset gave way to night.

I liked the feel of the Navy in darkness - the masthead and range lights, the red and green navigation lights and stern light, the pulsating phosphorescence of radar repeaters - they cut through the dusk and joined with the mirror of stars overhead.

I liked drifting off to sleep lulled by the myriad noises large and small that told me that my ship was alive and well, and that my shipmates on watch would keep me safe.

I liked quiet mid-watches with the aroma of strong coffee -- the lifeblood of the Navy permeating everywhere. I liked hectic watches when the exacting minuet of haze-gray shapes racing at flank speed kept all hands on a razor edge of alertness.

I liked the sudden electricity of "Action Stations, hands to action stations," followed by the hurried clamor of running feet on ladders and the resounding thump of watertight doors as the ship transformed herself in a few brief seconds from a peaceful workplace to a weapon of war -- ready for anything.

I liked the sight of space-age equipment manned by bright young sailors clad in dungarees wearing sound-powered phones that their grandfathers would still recognize.

I liked the traditions of the Navy and those who made them. I liked the proud names of Navy heroes: Officers Mainguy, DeWolfe, Budge, Landymore and the Lower Deck legends. Wolfpack MacLeod, Gunboat Smith, Moose Book, and so many others.

A sailor could find much in the Navy: comrades-in-arms, pride in self and country, mastery of the seaman's trade. An adolescent could find adulthood. In years to come, when sailors are home from the sea, we will still remember with fondness and respect the ocean in all its moods the impossible shimmering mirror calm and the storm-tossed green water surging over the bow. Then there will come again a faint whiff of stack gas, a faint echo of engine and rudder orders, a vision of the bright bunting of signal flags snapping at the yardarm, a refrain of hearty laughter in the wardroom and Chief and Petty Officers messes and mess decks.

Once ashore for good we grow humble about our Navy days, when the seas were a part of us and a new port of call was ever over the horizon.

Remembering this, WE stand taller and say, "I WAS A SAILEOR ONCE."
**Days of Yore**

**October 19, 1940**  
HMCS Bras D’Or. Lost as unknown. 30 crew lost

**October 22, 1940**  
HMCS Margaree. Collision. 142 lost. Including Fraser survivors

**October 21, 1943**  
HMCS Chedabucto: collision. 1 lost

**October 25, 1944**  
HMCS Skeena. Storm wrecked. 15 lost

**October 23, 1969**  
Explosion and fire aboard HMCS Kootenay. 9 lost

**October 2, 1952**  
HMCS Iroquois suffers only RCN Korean casualties. 3 lost

**October 28, 1955**  
HMCS St. Laurent commissioned

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**GOTTA PEE**

Two women friends had gone for a girl’s night out. Both were very faithful and loving wives, however they had gotten over-enthusiastic on the Bacardi Breezers. Incredibly drunk and walking home they needed to pee, so they stopped in the cemetery. One of them had nothing to wipe with, so she thought she would take off her panties and use them. Her friend however was wearing a rather expensive pair of panties and did not want to ruin them. She was lucky enough to squat down next to a grave that had a wreath with a ribbon on it, so she proceeded to wipe with that. After the girls did their business, they proceeded to go home. The next day one of the woman’s husband was concerned that his normally sweet and innocent wife was still in bed hung over, so he phoned the other husband and said: ‘These girl nights out have got to stop! I’m starting to suspect the worst... my wife came home with no panties!’ ‘That’s nothing’ said the other husband, ‘mine came back with a card stuck to her ass that said... “From all the crew of HMCS Montreal. We’ll never forget you.”’

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**NOTICES**

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**RCNA New Brunswick**

The association, which encompasses all of New Brunswick, is seeking new members for its ranks. Plans and financing for the new Legion building to replace the original destroyed by fire are well in hand and the present membership would like to enlarge their numbers in order to carry on with their community and Legion agendas. Interested persons, male and female, can contact the appropriate Committee listed on page three of C and A.

**HMCS Uganda / Quebec Veterans Association**

Fee $20.00 (2 years)  
4 SIGNALS newsletter per year

Fred Bradley-Secretary  
30 Pippy Road, RR#5, Mount Herbert, Charlottetown, PEI.C1A7J8  
Email:fwgmeeastlink.ca
A Letter from Wayne...

It is important for men to remember that, as women grow older, it becomes harder for them to maintain the same quality of housekeeping as when they were younger. When you notice this, try to show some understanding. My name is Wayne, and let me relate how I handled the situation with my wife, Beverly.

When I retired a few years ago, it became necessary for Bev to get a full time job along with her part-time job, both for extra income and for the health benefits that we needed.

Shortly after she started working, I noticed she was beginning to show her age. I usually get home from the golf course about the same time she gets home from work. Although she knows how hungry I am, she almost always says she has to rest for half an hour or so before she starts dinner. I don't yell at her. Instead, I tell her to take her time and just wake me when she gets dinner on the table. I generally have lunch in the Men’s Grill at the country club, so eating out again at night is not reasonable. I'm ready for some home-cooking when I hit that door.

She used to do the dishes as soon as we finished eating, but now it's not unusual for them to sit on the table for several hours after dinner. I do what I can by diplomatically reminding her several times each evening that the dishes won't clean themselves. I know she really appreciates this, as it does seem to motivate her to get them done before she goes to bed.

Another symptom of aging is complaining. For example, she will say that it is difficult for her to find time to pay the monthly bills during her lunch hour. But, boys, we take 'em for better or worse, so I just smile and offer encouragement. I tell her to stretch it out over two or even three days. That way she won't have to rush so much. I also remind her that missing lunch completely now and then wouldn't hurt her any (if you know what I mean). I like to think that this is one of my strong points.

When doing simple jobs, she seems to think she needs more rest periods. She had to take a break when she was only half finished mowing the yard. I try not to make a scene. I'm a fair man. I tell her to fix herself a nice, big, cold glass of freshly squeezed lemonade and just sit for a while. And, as long as she is making one for herself, she may as well make one for me, too— or just bring me a cold beer in a frosted mug.

I know that I probably look like a saint in the way I support Bev, and I'm not saying that showing this much consideration is easy. Nobody knows better than I do how frustrating women get as they get older, but, guys, even if you just use a little more tact and less criticism of your aging wife because of this letter, I will consider that writing it was well worthwhile. After all, we are put on this earth to help each other.

Signed,
Wayne

EDITOR’S NOTE:
Wayne died tragically on March 1st of a perforated rectum. The police report says he was found with a Calloway extra long 50-inch Big Bertha Driver II golf club jammed up his rear end, with barely 5 inches of grip showing and with a sledge hammer lying nearby.

His wife Beverly was arrested and charged with murder. The all-woman jury took only 15 minutes to find her Not Guilty, accepting her defense that Wayne somehow, without looking, accidentally sat down on his golf club.