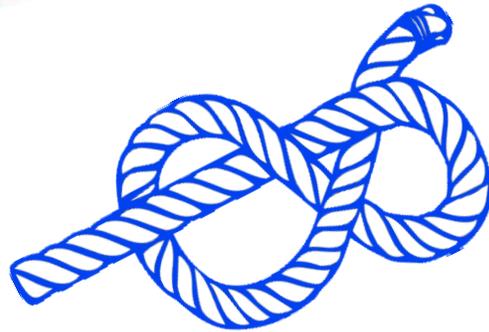

NAVY LEAGUE OF CANADA – NEWMARKET BRANCH

ORDINARY CADET WORKBOOK

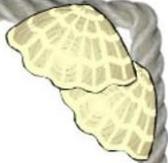


NAVY LEAGUE  **LIGUE NAVALE**
Oceans of Opportunity *Une mer d'opportunité*

NLCC Carinthia Version:2018-01-06

THIS WORKBOOK IS BASED ON THE “NL221_2006_JULY13.PDF”
WORKBOOK DISTRIBUTED BY THE NAVY LEAGUE OF CANADA. AT
TIME OF PUBLISHING, THE COMPLETE NAVY LEAGUE WORKBOOK IS
AVAILABLE AT <HTTPS://NAVYLEAGUE.CA/PUBLICATIONS/>.

MORE INFORMATION ABOUT THE NAVY LEAGUE OF CANADA – NEWMARKET
BRANCH, CAN BE OBTAINED BY VISITING OUR LOCAL CADET CORPS WEBSITE
<HTTP://WWW.NLCCCARINTHIA.COM/>.



MEMBERS OF MY CORPS

Name of Corps: _____

Commanding Officer: _____

Executive Officer: _____

Training Officer: _____

Supply Officer: _____

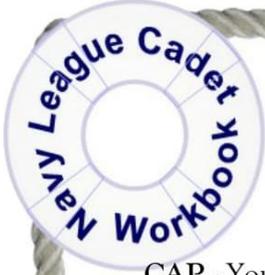
Administration Officer: _____

My Division: _____

My Divisional Officer: _____

My Divisional Petty Officer: _____





UNIFORM MAINTENANCE INSTRUCTIONS

CAP - Your cap should be cleaned with a soft brush, warm or hot water and detergent such as Ajax, Comet or dish soap. Liquid shoe polish should not be used as it runs when it rains. After your cap is clean it should be placed in a bag and stored where it won't get crushed. The top of a closet is a good place.

Note: Your shirt and trousers should be washed in warm or cold water and can be washed with all dark clothes when a laundry is done. They can be machine dried and then both need to be pressed.

TROUSERS - Turn inside out and press with a damp lint-free cloth over the seams. DO NOT put a crease down the front of your trousers. In most cases each side must be done separately, as the seams at the sides do not usually line up. When finished leave them inside out and place on a pant hanger or a hanger that will not leave a crease through the middle.

SHIRT - If you iron your shirt on a high temperature inside out (all except the sleeves) it will come out nicely. For the sleeves, place them on the ironing board with the seam to one side. Iron each sleeve flat and ensure that **there are no creases**. The sleeve will have to be rolled on the board in order to ensure that the entire sleeve has been pressed. Make sure no threads (Irish pennants) are sticking out. If so, clip them off with a pair of scissors.

Press your collar, epaulettes, and cuffs.

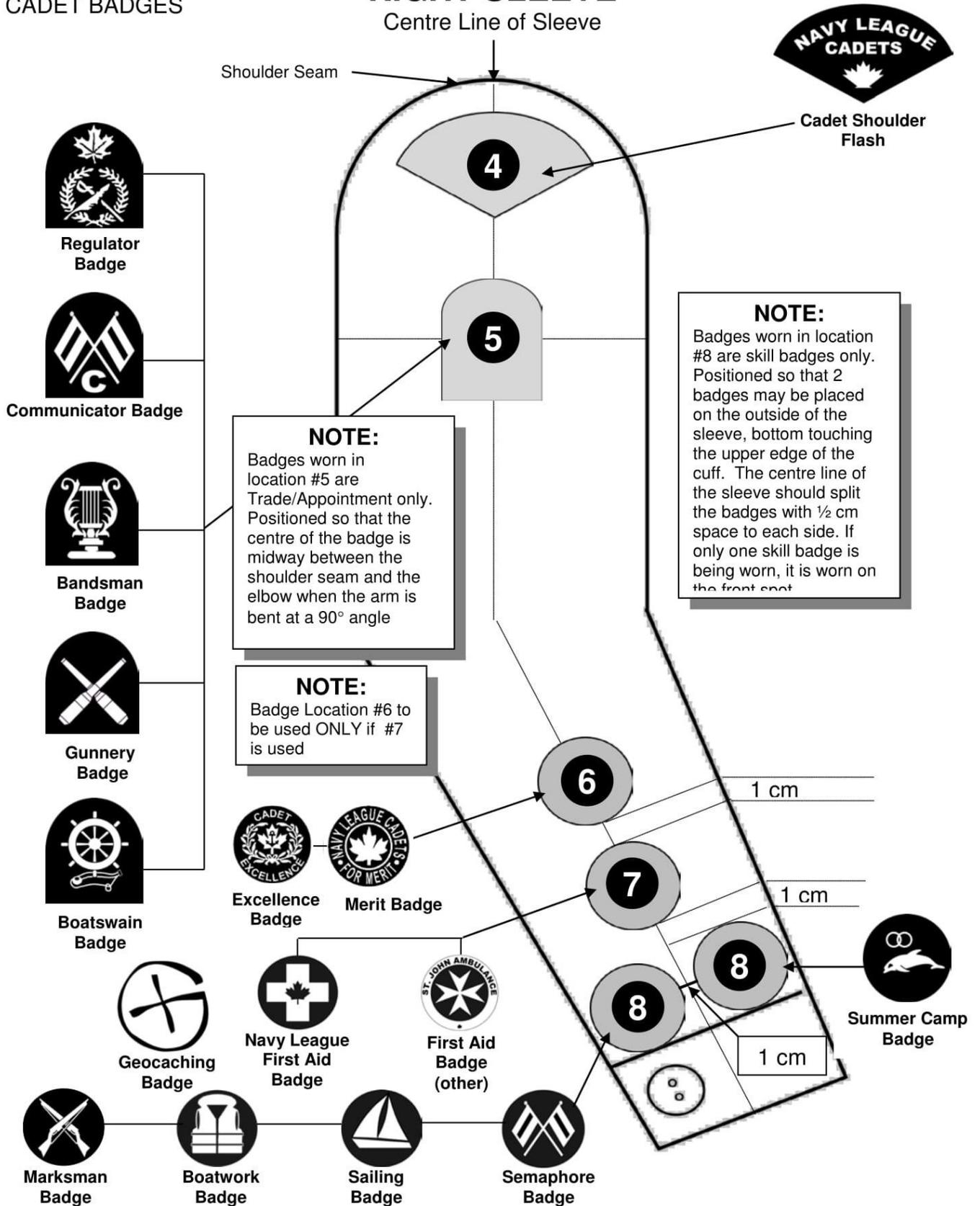
WEB BELT - Remove the buckles and wash in hot soapy water. If the belt is extremely dirty, (it shouldn't be if it is being cleaned regularly) you may wash it using bleach. **Ask an adult to help you.**

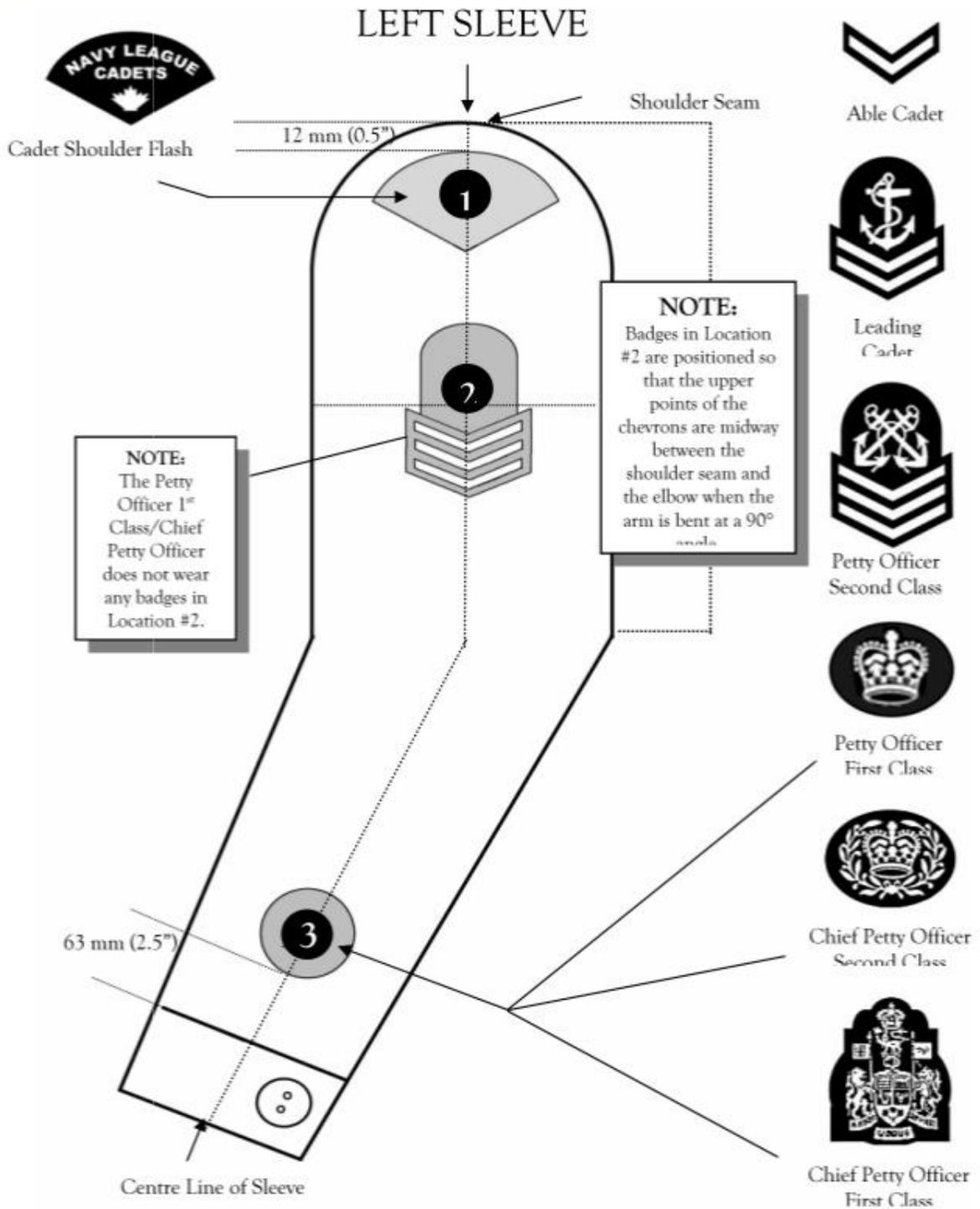
LANYARD - Made of cotton, it is machine washable DO NOT DRY IT IN A DRYER. To dry, place some tape on a nail somewhere so rust will not get on the lanyard and then tie a shoe to the other end for weight. If it is done this way it will look new for years. It is worn around your neck, through the epaulets with the knot at the second button, looped at the fourth button and the remainder tucked neatly in the left breast pocket.

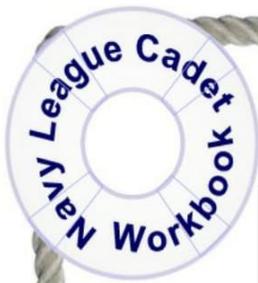
BOOTS - Place a LIGHT coat of black shoe polish (Kiwi works best) on the boots let it dry for 15 to 20 minutes, then using cold-water rub in small circles until a shine can be seen. When finished the boots can be buffed with an old nylon. Do not use a shoe brush, it works fine for normal shoes, however, it is next to impossible to get a high gloss shine using a brush. Your boots should be polished after every time you wear them. When finished put them in a place where they will not get scuffed.

RIGHT SLEEVE

Centre Line of Sleeve







NAVY LEAGUE CADET RIGHTS AND RESPONSIBILITIES

RIGHTS	RESPONSIBILITIES
<ul style="list-style-type: none"> • Be treated fairly and with respect • Be included • Seek help • Make decisions • Use the law • Feel safe • Learn • Be heard • Say “NO” to unwelcome behaviour • Be protected from all forms of abuse and harassment 	<ul style="list-style-type: none"> • Show support for Canada, your community, and your corps • Treat Officers and other cadets fairly and with respect • Attend parades regularly – and be on time • Present oneself in an appropriate manner while in uniform and at all NL Cadet activities • Wear and maintain the uniform and equipment in your possession • Actively participate during lessons • Participate in NL branch fund-raising endeavours • Perform duties as they are assigned



ORDERS AND THE FOOT THEY ARE CALLED ON

<u>COMMAND</u>	<u>FOOT</u>
"HALT"	LEFT
"LEFT - TURN"	RIGHT
"RIGHT - TURN"	LEFT
"MARK - TIME"	RIGHT
"FOR - WARD"	LEFT
"TO THE RIGHT (LEFT) - SALUTE"	LEFT
"EYES - RIGHT / EYES - FRONT"	LEFT



Drill Word Search

C O A D V A N C E G T R
 P O N Z M V F O U U I S
 L O L A K O D N R G E E
 W E R U R G N N H C U Y
 U C F W M E M T A W N E
 H F A T R N A P X H P S
 N R C Y V E R S W A Y R
 D D R I L L K A E L E I
 S A L U T E T Y T T L G
 P I B T E O I S U T F H
 M C R L B X M Y O V K T
 R M B M I A E E R F Z W

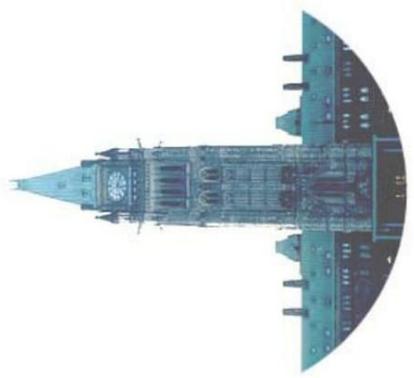
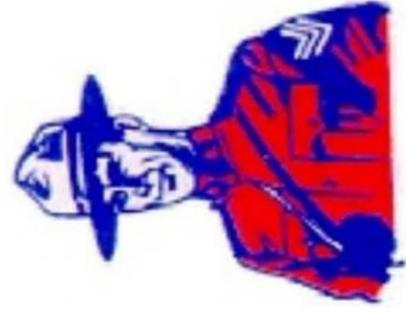
ADVANCE
 EYESRIGHT
 HALT
 MARKTIME
 ROUTE

COLUMN
 FORWARD
 LEFT
 PACES
 SALUTE

DRILL
 GUNNERY
 MARCH
 RIGHT
 TURN



CANADIAN SYMBOLS





The Arms of Canada

After the First World War, Canada chose an official **Coat of Arms**. The national motto (expression) is **A Mari Usque Ad Mare**. This is a Latin expression which means **from sea to sea**. It refers to the large size of Canada from one ocean to another. The arms also contain symbols of England, France, Scotland and Ireland, as well as red maple leaves. You can find this coat of arms on dollar bills, government documents and public buildings. It is also called the **Royal Arms of Canada**.

The Canada Flag

The Canadian flag we use today was first **raised on a flagpole on February 15, 1965**. Red and white became Canada's **official colours in 1921**.

The Maple Leaf

Canada's most well known and most respected symbol is **the maple leaf**. It has been used as a symbol of this country for a long time. In the 1700s, French Canadians used the maple leaf as a symbol. In the 1850s, the maple leaf was used on Canadian uniforms and also put on the headstones of soldiers who died in war.

Parliament Buildings

The people who built the **parliament buildings** used architecture from French, English and Aboriginal traditions. They also have a Gothic style of architecture which was popular during the time of Queen Victoria.



CANADIAN OATH OF CITIZENSHIP

I swear (or affirm)

That I will be faithful

And bear true allegiance

To Her Majesty Queen Elizabeth the Second

Queen of Canada

Her Heirs and Successors

And that I will faithfully observe

The laws of Canada

And fulfil my duties

As a Canadian citizen.



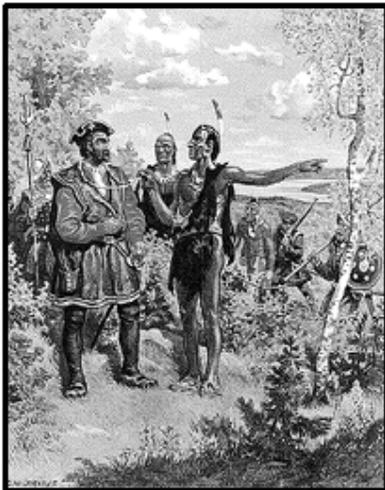
Definition of a Citizen

Citizenship is everything that has to do with being a citizen, or full member, of a country. Citizens have the right to be protected by a country's laws. In return, citizens have duties that they owe to the country.



Examples of what good citizens do...

- Be a good neighbour
- Know difference between right and wrong
- Respect other nationalities and differences
- Be loyal to your country
- Respect other people's property
- Care for Canada's heritage
- Attend Remembrance Day, Battle of the Atlantic, and Canada Day celebrations
- Volunteer to the benefit of the community (Poppies, Tagging)

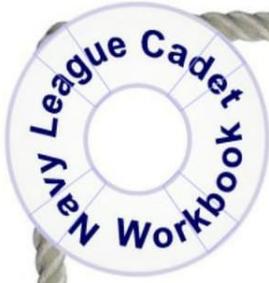


Where does the name "Canada" come from?

The name "Canada" likely comes **from the Huron-Iroquois word "kanata," meaning "village" or "settlement."** In 1535, two Aboriginal youths told French explorer **Jacques Cartier** about the route to kanata; they were actually referring to their village, the site of the present-day City of Québec. For lack of another name, Cartier used the word "Canada" to describe not only the village, but the entire area.

The first use of Canada as an official name came in 1791, when the Province of Quebec was divided into the colonies of Upper Canada and Lower Canada. In 1841, the two colonies were united under one name, the Province of Canada.

At the time of **confederation, on July 1, 1867**, the provinces of Canada, Nova Scotia, and New Brunswick became "one Dominion under the name of Canada."



The Maple Leaf Forever
(cont...)

[CHORUS]
The Maple Leaf
Our Emblem Dear,
The Maple Leaf Forever,
God save our Queen and
heaven bless,
The Maple Leaf Forever
At Queenston Heights and
Lundy's Lane
Our brave fathers side by side
For freedom's home and loved
ones dear,
Firmly stood and nobly died.
And so their rights which they
maintained,
We swear to yield them never.
Our watchword ever more shall
be
The Maple Leaf Forever
[CHORUS]
Our fair Dominion now
extends
From Cape Race to Nootka
Sound
May peace forever be our lot
And plenty a store abound
And may those ties of love be
ours
Which discord cannot sever

The Maple Leaf Forever

In Days of yore,
From Britain's shore
Wolfe the dauntless hero
came
And planted firm
Britannia's flag
On Canada's fair
domain.
Here may it wave,
Our boast, our pride
And joined in love
together,
The thistle, shamrock,
rose entwined,
The Maple Leaf Forever.

O CANADA (en Francaise)

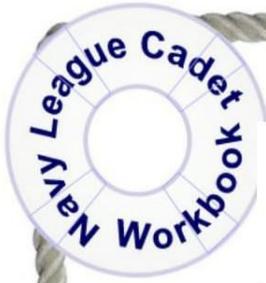
O Canada! Terre de nos aïeux,
Ton front est ceint de fleurons
glorieux!
Car ton bras sait porter l'épée,
Il sait porter la croix!
Ton histoire est une épopée
Des plus brillants exploits.
Et ta valeur, de foi trempée,
Protégera nos foyers et nos droits.
Protégera nos foyers et nos droits.

O CANADA (English)

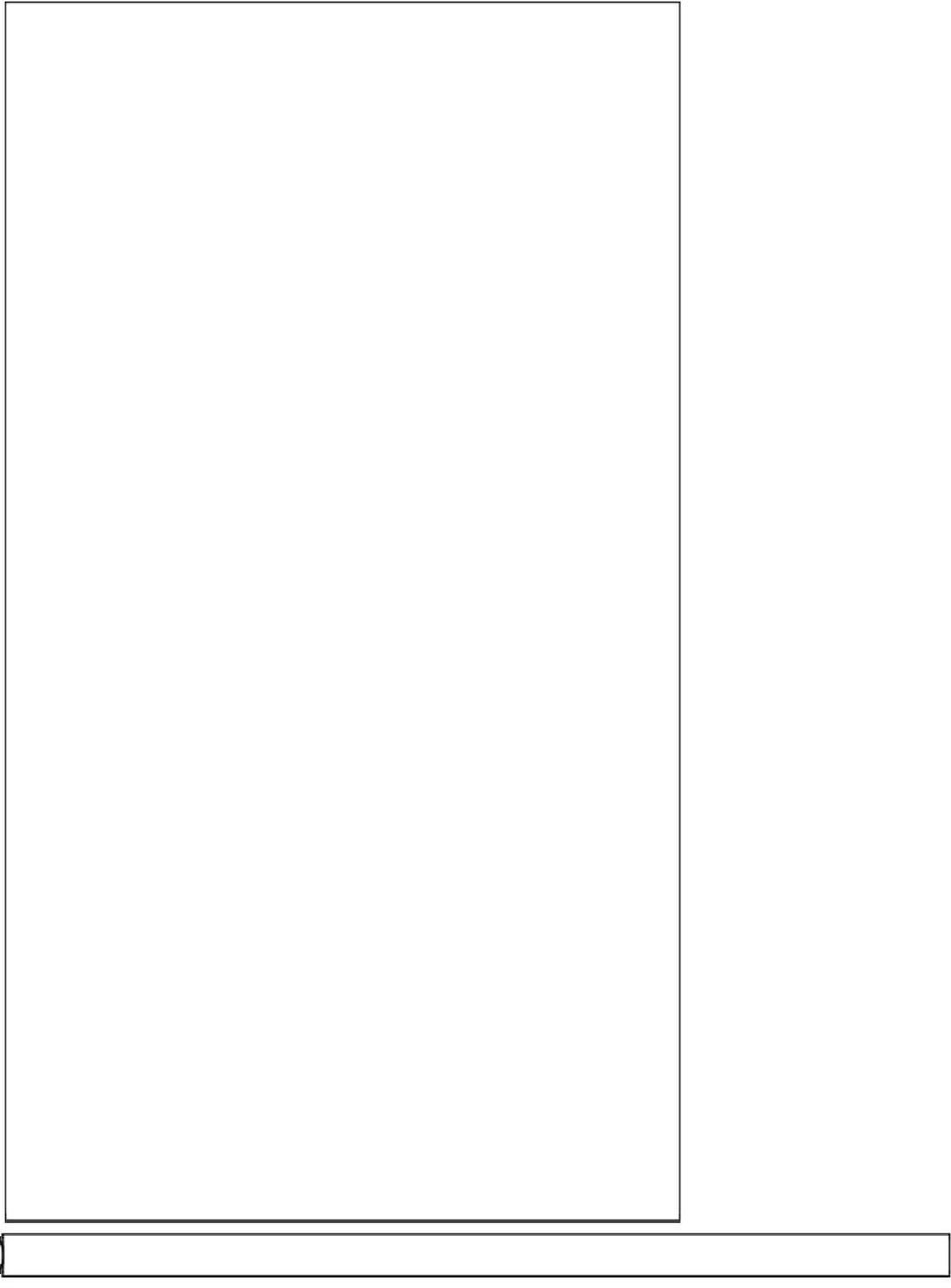
O Canada!
Our home and native land!
True patriot love in all thy sons
command.
With glowing hearts we see thee rise,
The True North strong and free!
From far and wide,
O Canada, we stand on guard for
thee.
God keep our land glorious and
free!
O Canada, we stand on guard for
thee.
O Canada, we stand on guard for
thee.

God Save The Queen

God save our gracious Queen
Long live our noble Queen,
God save the Queen:
Send her victorious,
Happy and glorious,
Long to reign over us:
God save the Queen.



Use the outline below to create a flag that represents your idea of Canada





Canadian Citizenship Word Search

S	R	K	E	G	A	L	F	C	S	I	W
S	Y	E	S	L	P	W	I	F	E	V	O
X	R	R	V	L	P	T	W	A	I	N	L
B	U	O	W	E	I	A	F	I	T	U	R
Y	R	A	S	Z	R	J	M	T	U	P	V
A	L	I	E	S	C	O	F	H	D	D	E
I	N	N	T	A	E	A	F	F	K	K	U
R	E	T	N	A	E	C	H	U	X	Z	J
U	K	A	H	L	I	T	C	L	U	G	K
X	D	L	S	E	A	N	T	U	S	O	D
A	N	M	I	O	M	V	R	U	S	K	Y
Q	U	E	E	N	S	R	I	E	H	J	T

ANTHEM
CITIZEN
FLAG
LAW
OATH

BRITAIN
DUTIES
FOREVER
LEAF
QUEEN

CANADA
FAITHFUL
HEIRS
MAPLE
SUCCESSORS

Social Issues

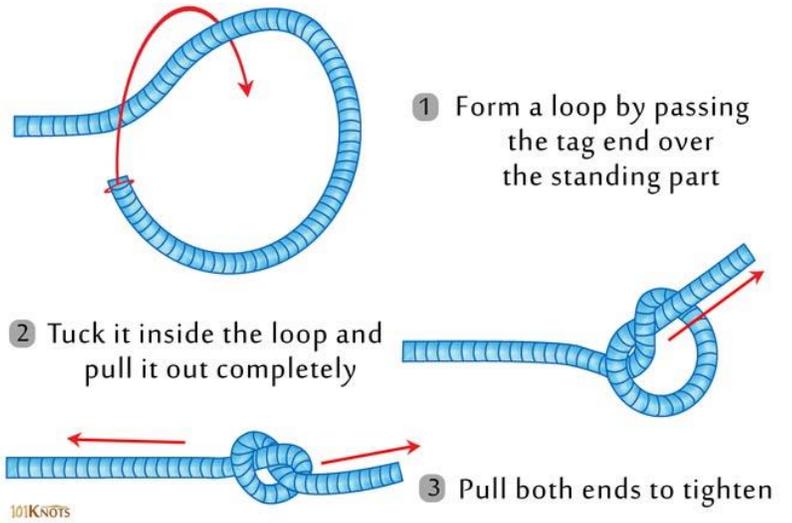


STOP BULLYING
STAND UP. SPEAK OUT.



The **overhand knot** is a stopper, especially when used alone, and hence it is very secure, to the point of jamming badly. It should be used if the **knot** is intended to be permanent. It is often used to prevent the end of a rope from unraveling.

Overhand Knot Instructions



REEF KNOT

Reef: The reef knot is used to tie two lines of the same diameter or to tie the two ends of a single line together such that they will secure something, for example a bundle of objects, that is unlikely to move much. Used by sailors for reefing and furling sails.

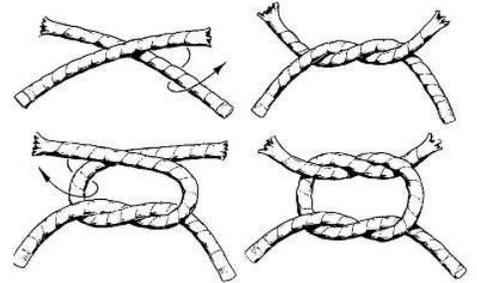
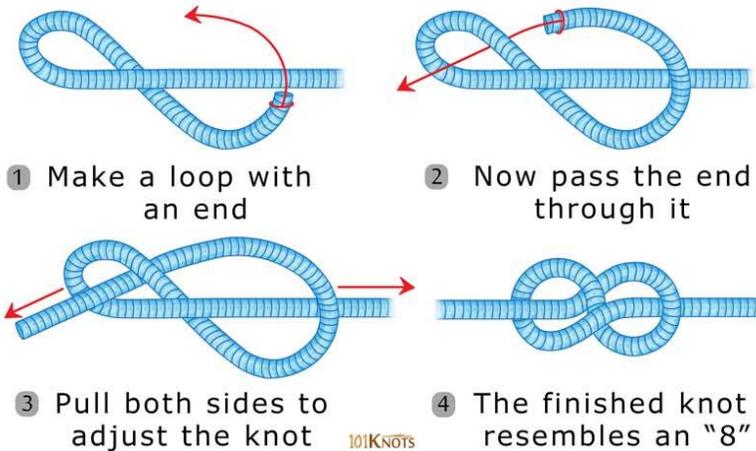
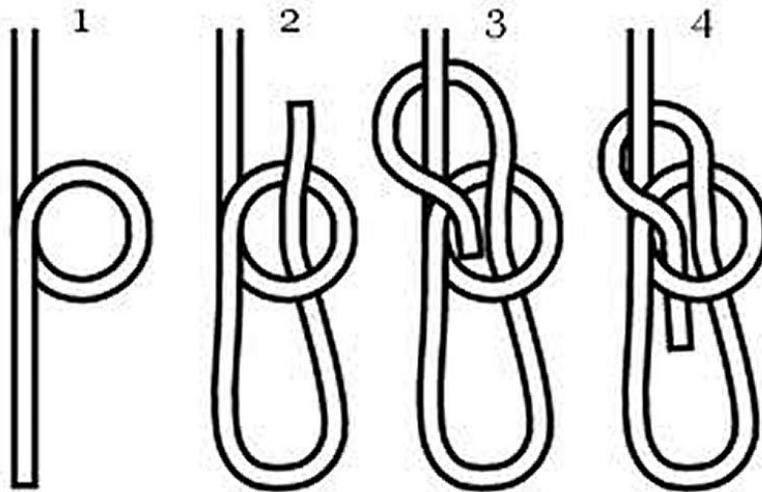


Figure 8 Knot Instructions



The **figure-eight knot** is a type of **stopper knot**. It is very important in both sailing and rock climbing as a method of stopping ropes from running out of retaining devices. Like the overhand knot, which will jam under strain, often requiring the rope to be cut, the figure-of-eight will also jam, but is usually more easily undone than the overhand knot.

BOWLINE

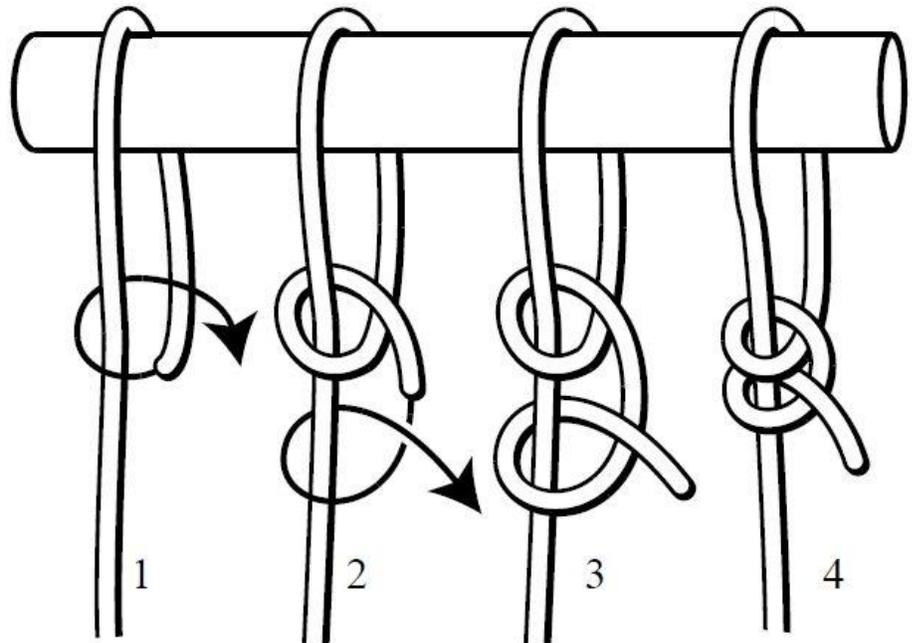


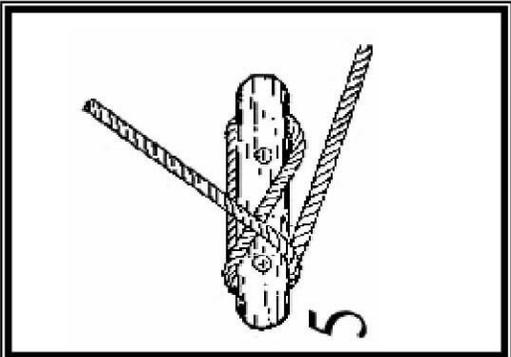
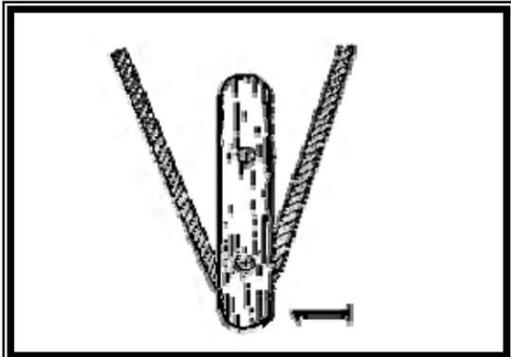
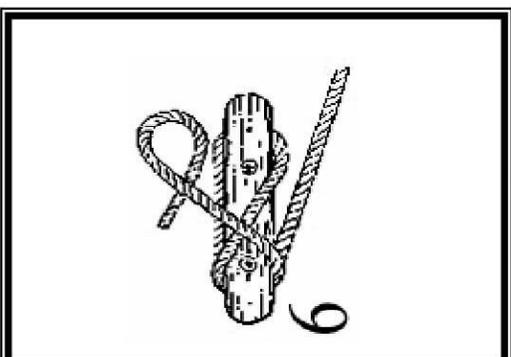
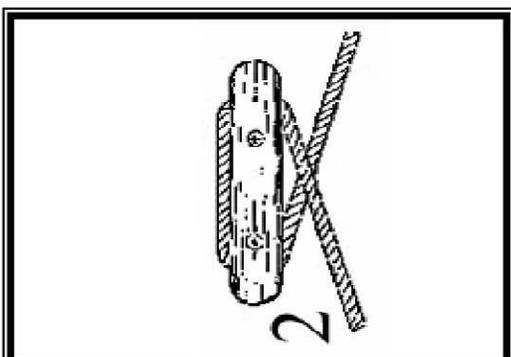
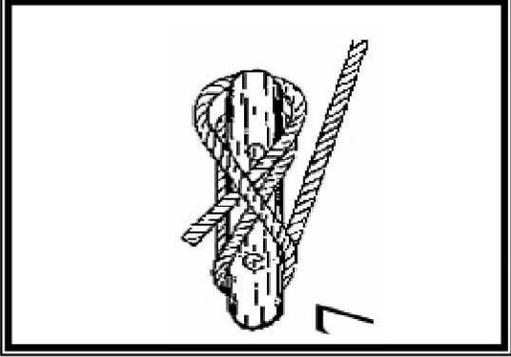
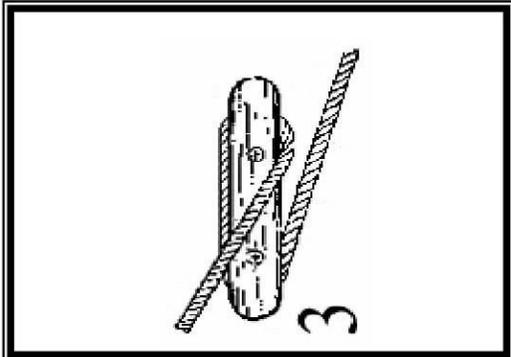
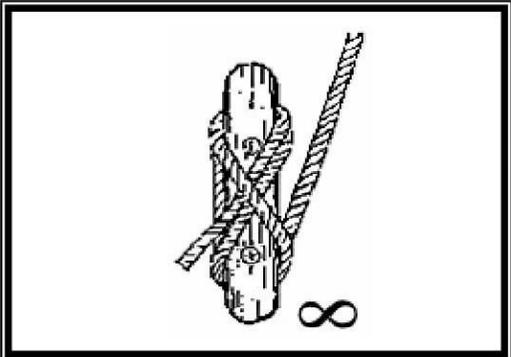
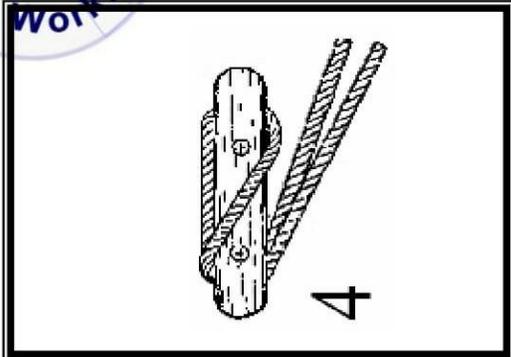
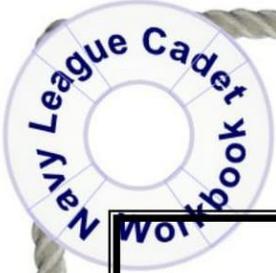
The bowline is **used to make a loop at one end of a line**. The loop may pass around or through an object during the making of the knot. The knot tightens when under load.

The bowline is **commonly used in sailing**. The bowline is well known as a **rescue knot** for such purposes as rescuing people. This knot is particularly useful in such a situation because it is possible to tie with one hand.

ROUND TURN AND TWO HALF HITCHES

The round turn and two half hitches is used to **secure the end of a rope to a fixed object** (such as a spar, a rig, or a loop).





The Cleat Hitch





Phonetical Alphabet

Alpha	Bravo
Charlie	Delta
Echo	Foxtrot
Golf	Hotel
India	Juliet
Kilo	Lima
Mike	November
Oscar	Papa
Quebec	Romeo
Sierra	Tango
Uniform	Victor
Whiskey	X-ray
Yankee	Zulu



Naval Time

Convert the following times into the 24 Hour Clock

12:54 p.m. _____

3:23 a.m. _____

5:08 a.m. _____

8:35 p.m. _____

11:17 p.m. _____

Convert the following times into the 12 Hour Clock

0055 _____

0342 _____

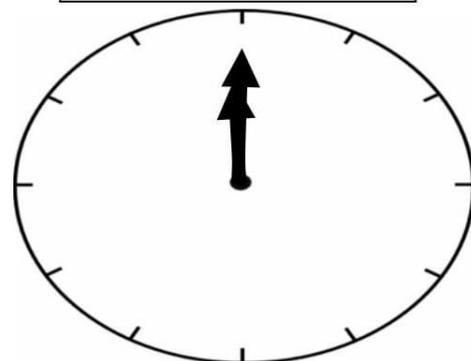
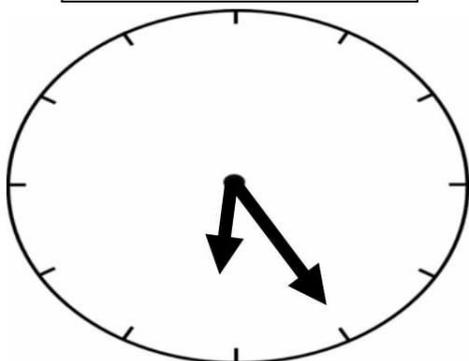
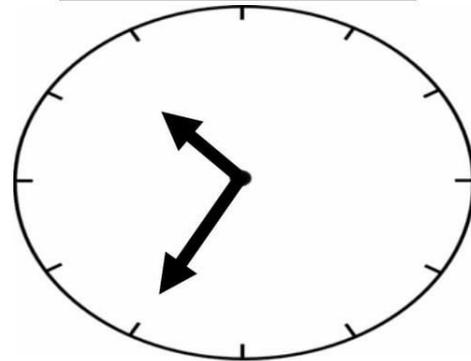
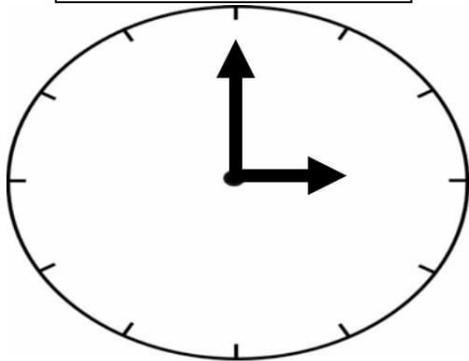
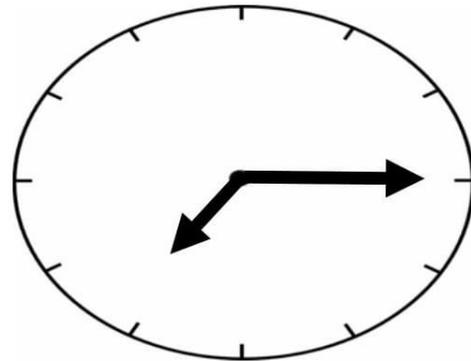
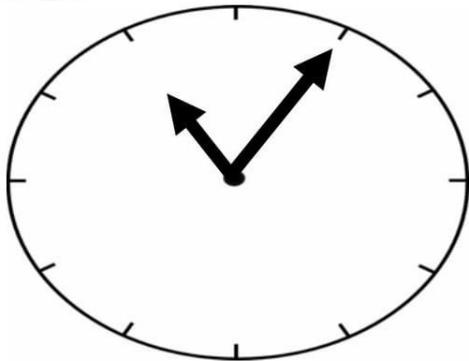
1111 _____

0001 _____

1229 _____

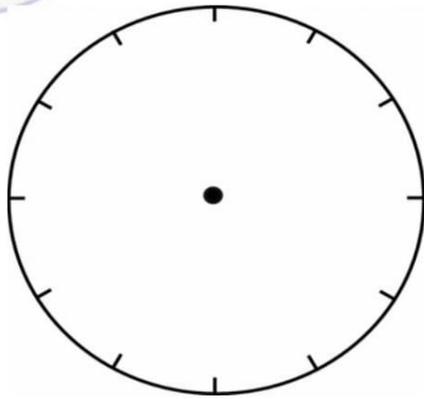


Write the proper military time for the following clocks

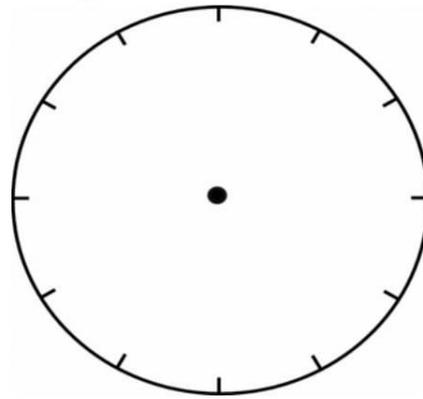




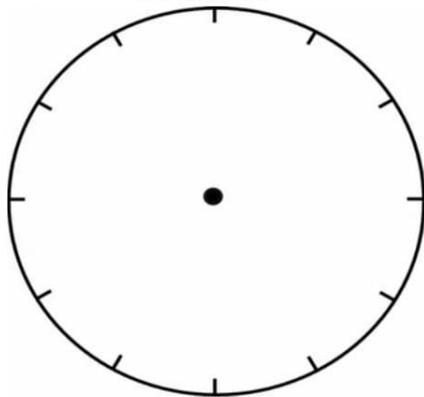
Draw the hands on the clock
to match the military time



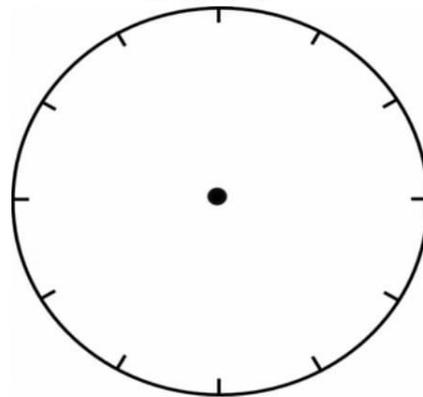
1630



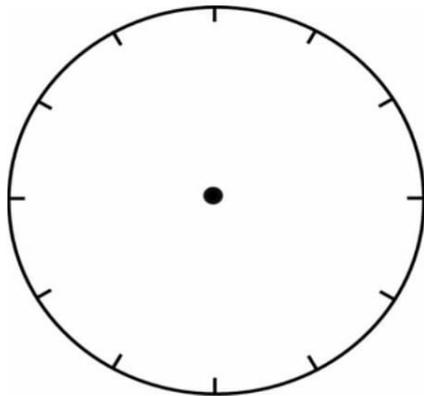
0850



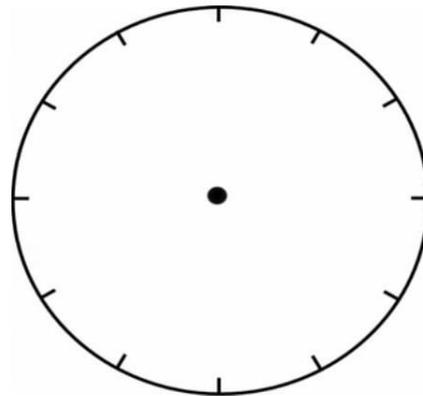
2359



0015



1210



2145

NAVY WATCH SYSTEM



In the traditional Royal Navy watch system (a system used by most Commonwealth navies), 'watch' refers to a period of time and to a grouping of personnel.

First watch: 2000 to 0000

Middle watch: 0000 to 0400

Morning watch: 0400 to 0800

Forenoon watch: 0800 to 1200

Afternoon watch: 1200 to 1600

First dog watch: 1600 to 1800

Last dog watch: 1800 to 2000

The shorter dog watches gives each watch-stander the opportunity to eat the evening meal.



Match the times with the proper watches

1200 – 1600	Last Dog Watch
0400 – 0800	First Watch
2000 – 2359	Forenoon Watch
2359 – 0400	First Dog Watch
1600 – 1800	Afternoon Watch
0800 – 1200	Morning Watch
1800 – 2000	Middle Watch

HOW TO RING THE SHIP'S BELL

The bell is rung with two strokes of the clapper in quick succession, followed by a one second pause between rings. For example, five bells will sound “ding-ding”, pause, “ding-ding”, pause, “ding”.

This is done to make it easier to count the number.

On the hour, the bells are rung in even numbers; on the half hour the bells are rung in odd numbers as follows:

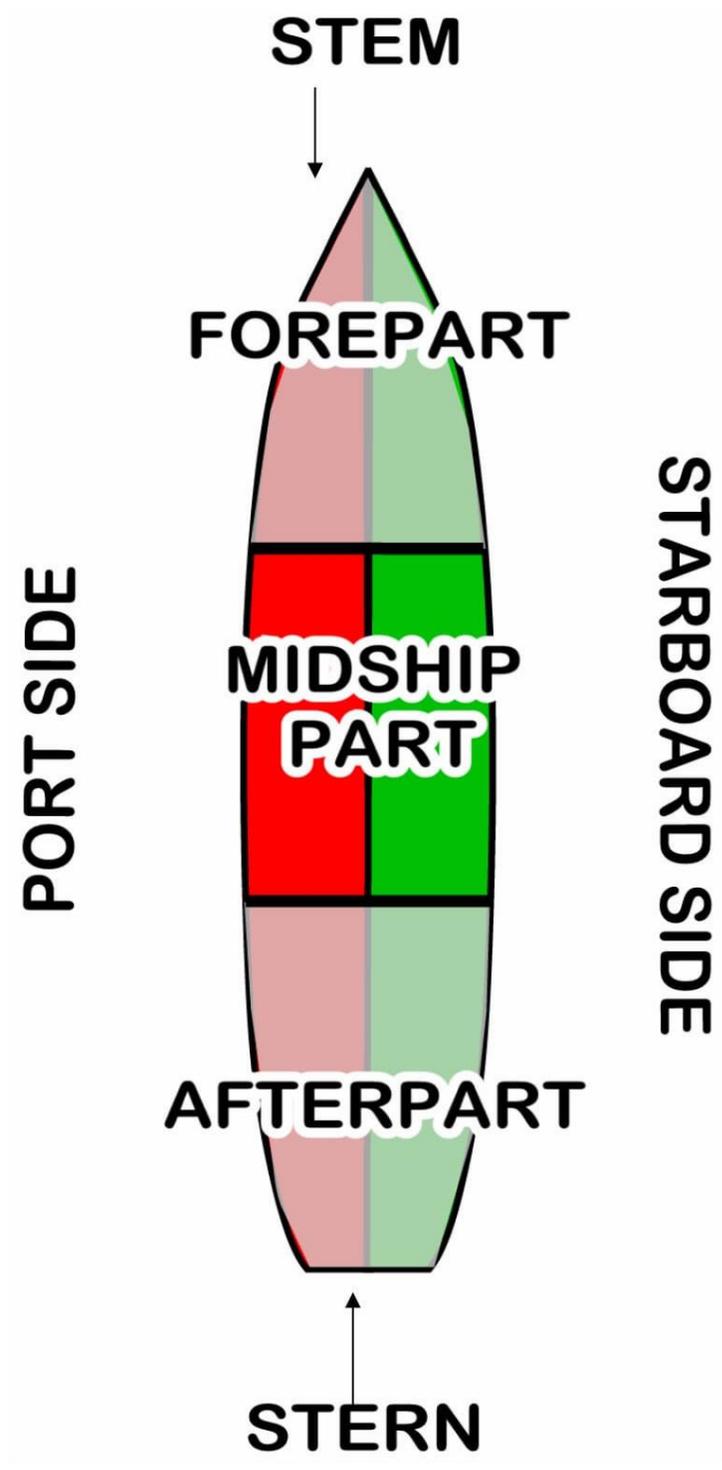
- eight bells at 0800,
- one bell at 0830,
- two bells at 0900,
- three bells at 0930,
- four bells at 1000,
- five bells at 1030,
- six bells at 1100,
- seven bells at 1130, and
- eight bells at 1200 at which point the cycle repeats itself.

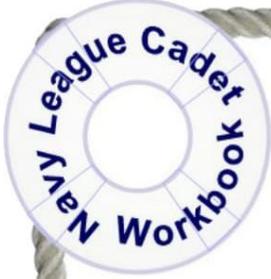
It is not common practice for bells to be used to indicate time aboard a ship today, as it was in the past. Currently the bell is only struck at colours, at anchor in fog/bad visibility, or to sound the general alarm in the event of an emergency.

Mid	Morning	Forenoon	Afternoon	Dogs	First
0030 - 1 bell	0430 - 1 bell	0830 - 1 bell	1230 - 1 bell	1630 - 1 bell	2030 - 1 bell
0100 - 2 bells	0500 - 2 bells	0900 - 2 bells	1300 - 2 bells	1700 - 2 bells	2100 - 2 bells
0130 - 3 bells	0530 - 3 bells	0930 - 3 bells	1330 - 3 bells	1730 - 3 bells	2130 - 3 bells
0200 - 4 bells	0600 - 4 bells	1000 - 4 bells	1400 - 4 bells	1800 - 4 bells	2200 - 4 bells
0230 - 5 bells	0630 - 5 bells	1030 - 5 bells	1430 - 5 bells	1830 - 5 bells	2230 - 5 bells
0300 - 6 bells	0700 - 6 bells	1100 - 6 bells	1500 - 6 bells	1900 - 6 bells	2300 - 6 bells
0330 - 7 bells	0730 - 7 bells	1130 - 7 bells	1530 - 7 bells	1930 - 7 bells	2330 - 7 bells
0400 - 8 bells**	0800 - 8 bells	1200 - 8 bells	1600 - 8 bells	2000 - 8 bells	2400 - 8 bells

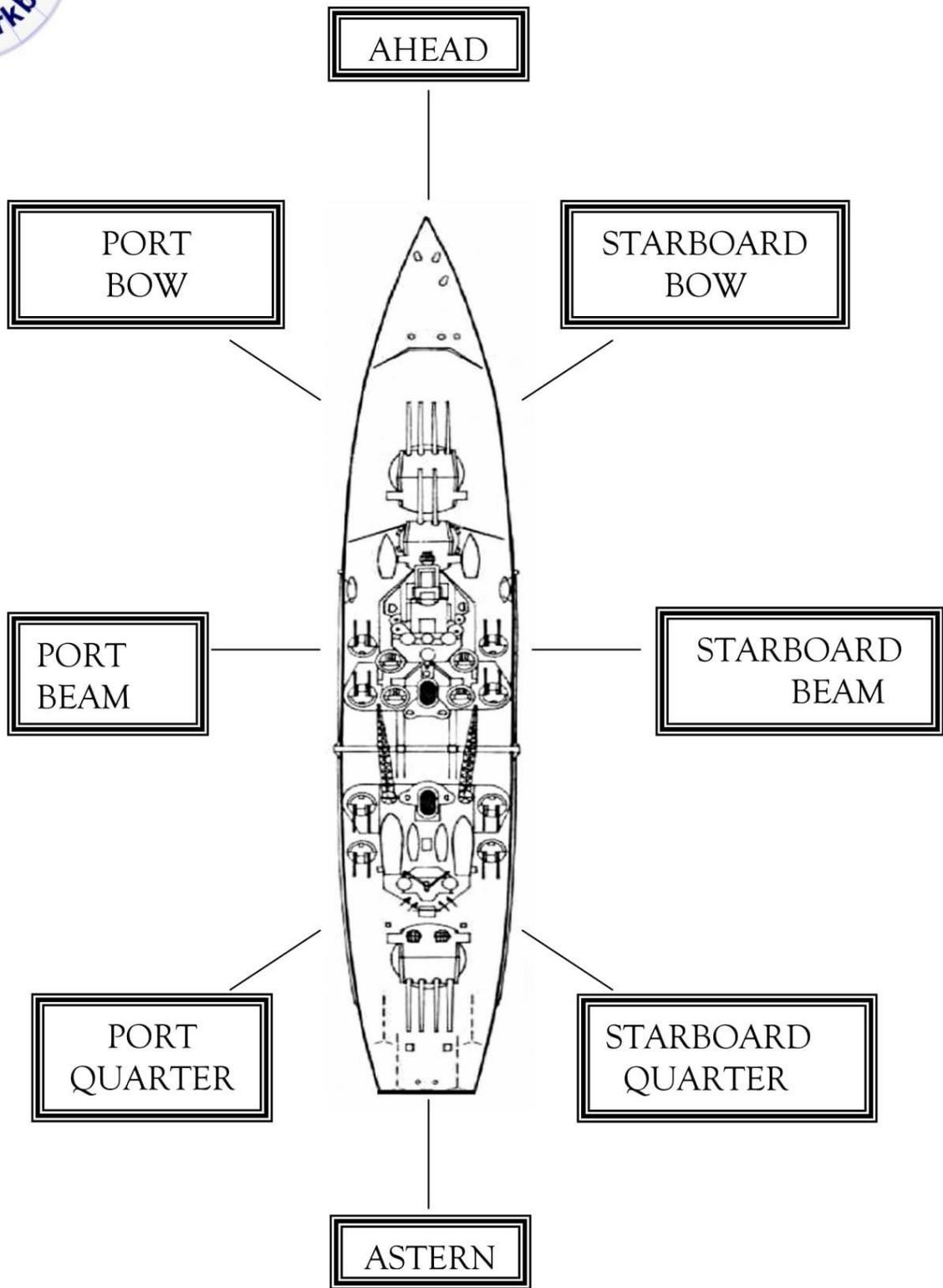


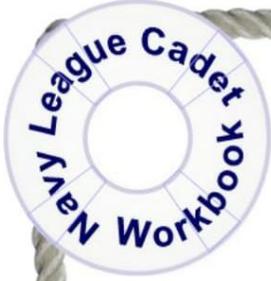
SECTIONS OF A SHIP



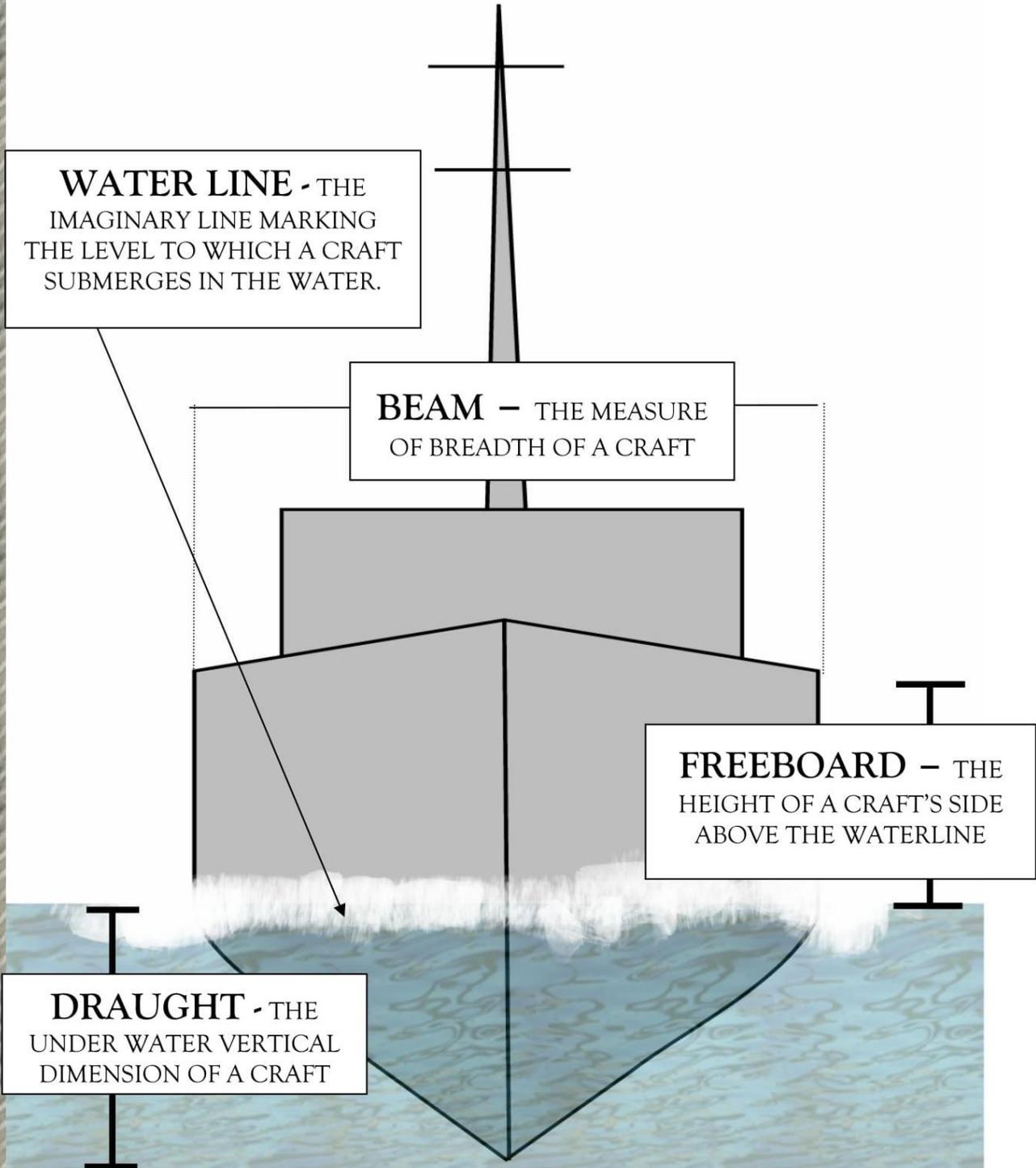


SHIP DIRECTIONS





SHIP DIMENSIONS

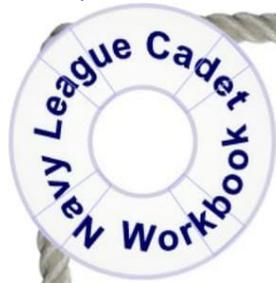


WATER LINE - THE IMAGINARY LINE MARKING THE LEVEL TO WHICH A CRAFT SUBMERGES IN THE WATER.

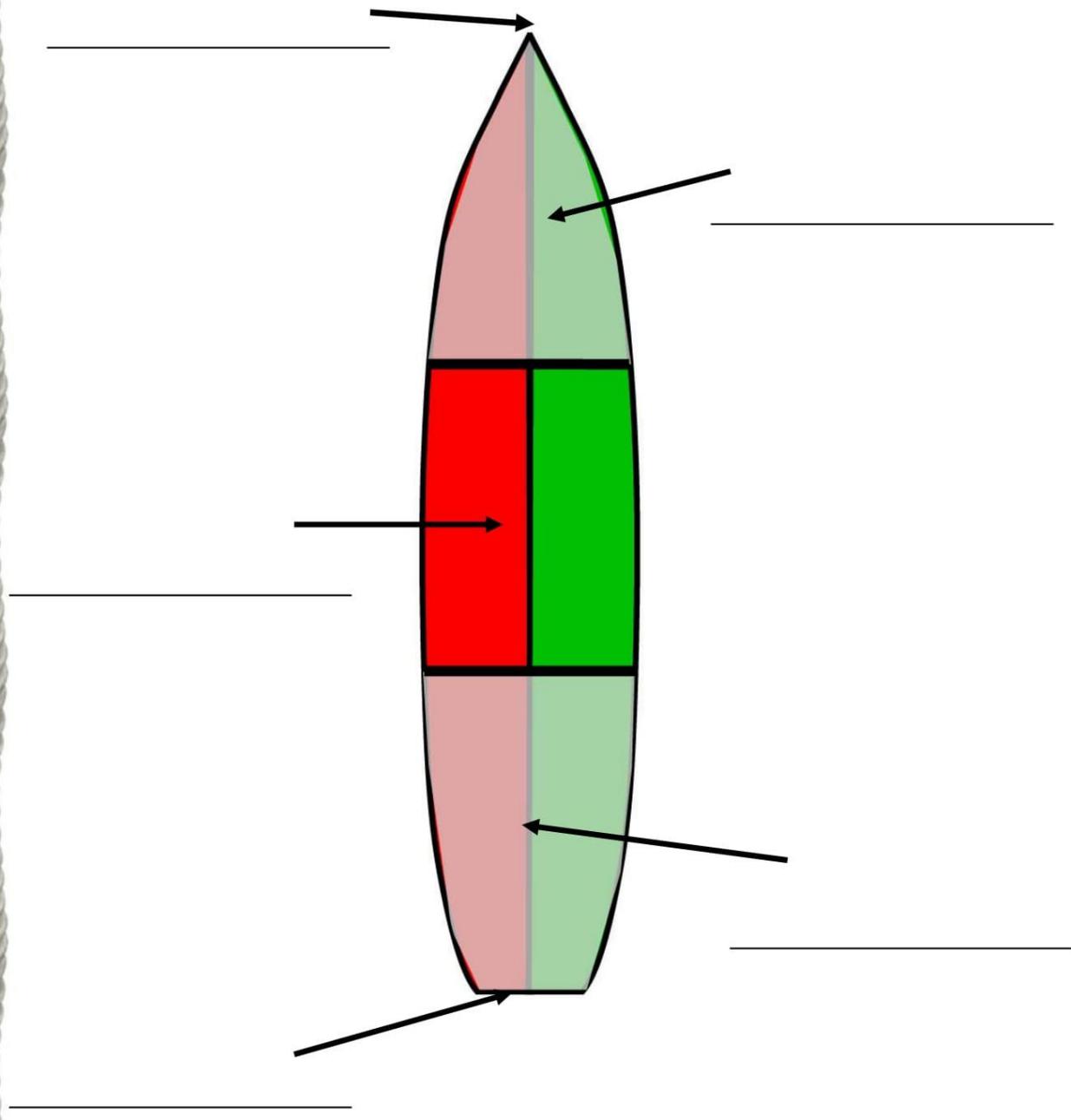
BEAM - THE MEASURE OF BREADTH OF A CRAFT

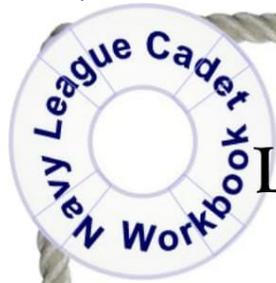
FREEBOARD - THE HEIGHT OF A CRAFT'S SIDE ABOVE THE WATERLINE

DRAUGHT - THE UNDER WATER VERTICAL DIMENSION OF A CRAFT

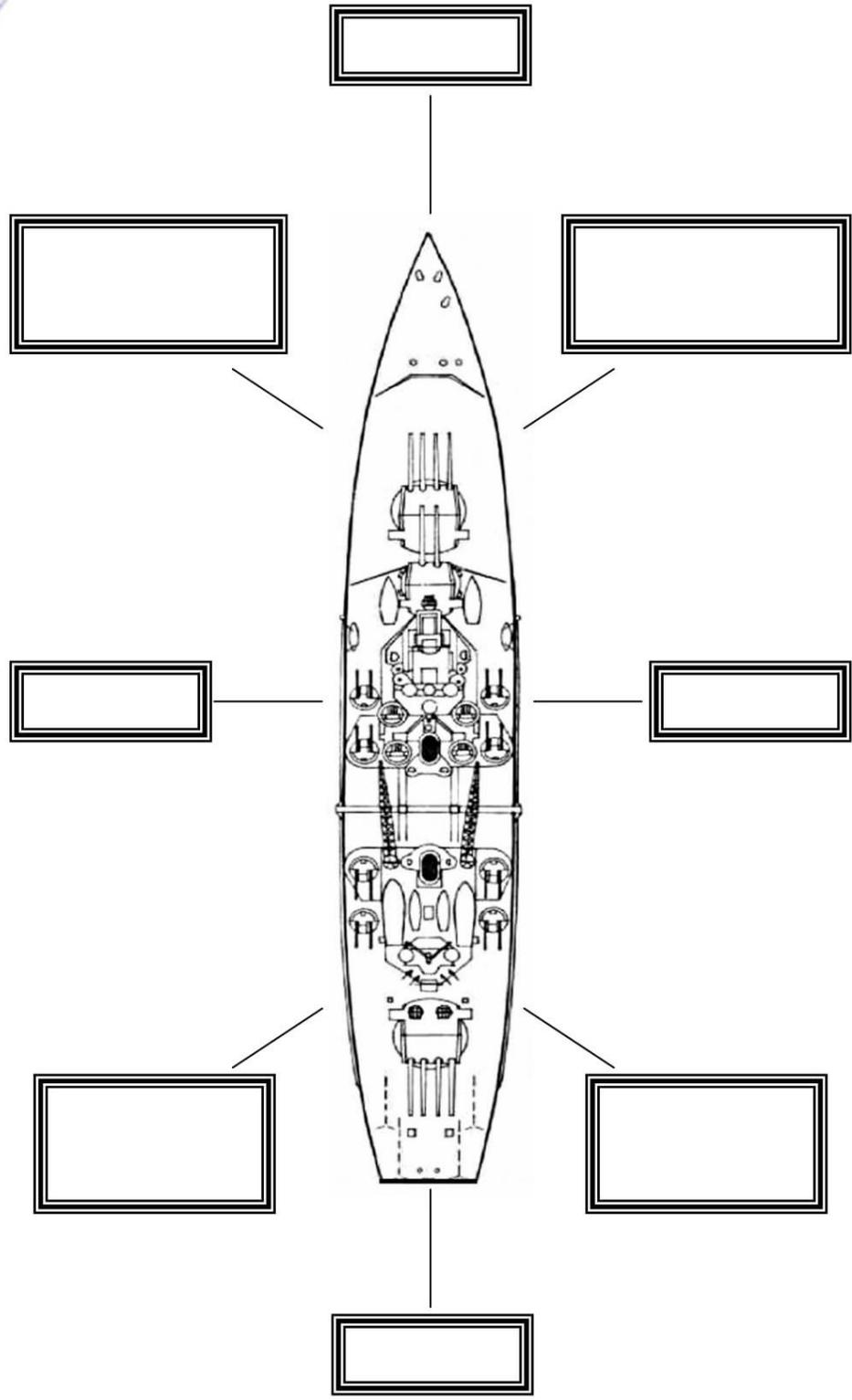


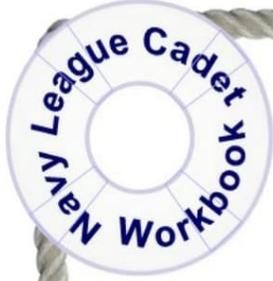
LABEL THE SHIP PARTS





LABEL THE SHIP DIRECTIONS





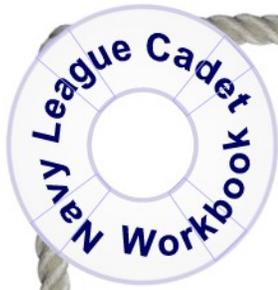
Naval Knowledge Word Search

N	H	F	A	C	V	G	S	N	C	M	L
S	I	O	T	O	M	D	M	O	Y	I	L
T	F	A	Z	S	A	G	L	T	S	D	I
O	I	A	W	E	O	O	B	F	H	S	T
W	M	K	H	S	U	J	O	I	A	H	S
M	A	E	B	R	X	G	W	R	C	I	J
D	K	V	S	A	K	O	A	S	K	P	S
T	O	R	T	X	O	F	C	T	L	D	Z
W	A	T	C	H	E	S	O	D	E	M	A
N	R	E	T	S	W	R	H	O	A	F	T
K	P	B	K	M	I	B	C	G	K	O	P
T	H	G	U	A	R	D	Z	R	P	K	B

AFT
COLOURS
FIRSTDOG
MIDSHIP
STILL

BEAM
COXSWAIN
FOXTROT
SHACKLE
STOW

BOW
DRAUGHT
HEADS
STERN
WATCHES



Naval Terms

Naval Term	Translation
aft	in the direction of the stern (rear) of a ship
aye aye	means "order understood and I will follow"
boatswain's stores	storeroom for cleaning gear
bulkhead	wall
colours	ceremony of hoisting the National Flag
coxswain	the senior petty officer on a ship
deck	floor
duty watch	division selected to look after corps preparation and clean up
fore	in the direction of the bow (front) of a ship
galley	kitchen
gangway	passageway (like a hallway)
gash-can	garbage can
heads	toilets
kye	hot chocolate
liberty boat	after being dismissed and are free to go "ashore"
out pipes	a pipe indicating the end of stand easy
pipe	sound produced from a Boatswain's Call; all pipes have meaning
pipe down	keep quiet
port	the left side
scran locker	lost and found
secure	to close up, put away gear
ship's company	refers to all personnel on a ship, or at a corps
stand easy	a break
starboard	the right side
stow	to put away
sunset	the ceremony of lowering the National Flag