

Media Release

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For Immediate Release

Submariner's wartime memoirs a first

The wartime memoirs of Canada's most highly decorated submariner will be launched at 2:30 p.m. on August 6, 2014, at the Royal British Columbia Museum in Victoria, B.C. The event is part of "West Coast Submarine Week," commemorating 100 Years of Canadians in submarines. *It's Not the Ships* recounts the experiences of Ottawa native the late Frederick H. Sherwood, Lt Cdr RCNVR, DSC & Bar, from the time he joined the RCNVR in 1933 until 1946. During World War II, Sherwood served in the Royal Navy's submarine service for five years and became the first Canadian to command a RN "boat."

It's Not the Ships has drawn enthusiastic reviews from Canadian submariners and naval historians. "Only a few Canadians have commanded a submarine during wartime," explained Commodore Larry Hickey RCN (Ret'd), a former submariner. "As such, Sherwood is an important part of Canadian submarine history. His memoir fills a void — it's the first one ever of a wartime Canadian submarine commander, and it's well told." Naval historian Captain Wilf Lund RCN (Ret'd), also a former submariner, describes *It's Not the Ships* as an invaluable contribution to the history of the RCN / RCNVR in World War II. "It is compelling, technically precise, honest, humble, personable, and in many places humorous."

"My father often said that the war left its stamp on him," said publisher and co-author Philip Sherwood. "He liked to talk about his experiences, and as he was an engaging raconteur, we eventually persuaded him to commit his story to print. We supplemented his manuscript with material gleaned from several primary sources — his wartime correspondence, patrol and log reports from the UK Archives, photos from the Imperial War Museum and the Royal Navy Submarine Museum, and newspaper reports. It all comes together as an engaging account of one of the trailblazers of Canada's submarine service."

Seating is limited. Please RSVP by email at _____

It's Not the Ships is published by lifewriters.ca. 8 x 10 | 156 pages | 75 illustrations | index | casebound | ISBN 9 780993 790003 www.its-not-the-ships.com