

The Yardarm



2019 Spring Edition

www.yardarm.ca

Spring 2019 - Yardarm



The Yardarm:

The Yardarm is published in the Spring (End March) and the Fall (End-September). The editor, LCdr (Ret) MP (Pat) Cornect, volunteers as editor and producer on behalf of the Royal Canadian Naval Association (RCNA - incorporated in 1959). The Yardarm is non-profit and provided free to all RCNA Branches and related associations. For more information and back issues, please visit our website www.yardarm.ca or contact the editor directly at pat@cornect.com.

Sourcing: The material in the Yardarm and on the website has been submitted and sourced by our members, and/or available in the public domain. If we missed something, please let us know. Remember this is a free service to our veterans. *Ed.*

RCNA Branches are encouraged to distribute the Yardarm to as many of their members as possible. Editions can be forwarded as an attachment via email or downloaded and printed locally.

Cover Photo—SS Beaverton.



For more information on the SS Beaverton, see Jim's article on page 14.

Above photo selected by: Jim Lapp.

Source: Public Domain.

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National President



From the Helm:

Well it's that time of year when we expect to be in the sunny climes of the Deep South. The roads still plugged over the mid-continent which made me happy to stay home. This year there will be an AGM held in Brantford ON. Jim Crow has kindly agreed to undertake the hosting. Further information will appear shortly. Last fall an executive meeting was held in lieu of the AGM due to a lack of a host along with few items for the agenda. The one item dealt with holding a fund raiser with National and the branch's soliciting the public across the country. The branches indicated their aging membership were unable to participate. Three branches thought they could. The fall meeting was cancelled, and a National Executive meeting was held instead.

The main item to be discussed was an increase in dues of \$2.00 or hosting an Anchor Day the fundraiser nationally. One hundred percent participation was required by the Branches. Three Branches said "no" while several others were unsure voted "yes". Fairness required all Branches to participate. At the executive meeting it was discussed and agreed upon that we would increase the National Dues by \$2.00 per member. Annual dues have not been raised for ten years. The National Executive felt that this was fair as it is difficult to run our organization of two thousand plus members across the country on such a low dues structure. We have not solicited businesses as most Branches do to support their Bulletins. We have two exceptional Branches that have contributed over six thousand dollars for the last two years. This is what has allowed us to stay afloat without dipping into our reserves.



Aging and illness are the number one reasons for the lack of participation. Also, it does not look like Military people are interested in preserving comradery or honouring those who made the supreme sacrifice. As General MacArthur once said, "Old soldiers never die but just fade away."

There is a benefit in numbers when dealing with Governments, the Military and Veterans Affairs and we would encourage smaller Naval Associations to maintain their own identity while amalgamating with the RCN association. Another benefit would be combined reunions and special functions such as Sports Competitions.

We all need new members and I seriously suggest looking at all non-military who have an interest in Maritime Affairs and festivities. Please give us your ideas and suggestions on this matter so that we may be stronger and more successful.

B. Barker, National President.



National Secretary



Ahoy Shipmates:

I hope you all had an enjoyable Winter and are all looking forward to spring and a warm summer.

Our AGM this year will be held at the Brant Naval Veterans Association in Brantford Ontario. The Executive Meeting is on Friday Sept. 27, 2019 and the AGM on Saturday and Sunday Sept. 28, 29, 2019.

Please note that this is an elections year and all positions are open. Anyone that has been on the RCNA National Executive or were an RCNA Director at any time, past or present are eligible to put your name forth for nomination. If you would like to seek nomination or nominate someone, please contact me and I will advise you of the necessary process.



Please feel free to contact me at any time should you have any questions. I will do my best to answer your inquiries. *Yours aye, Steve Willar, Executive Secretary.*

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

The Brant Naval Veterans Association:

Address: 54 Wadsworth St, Brantford, ON N3T 3V7

Phone: (519) 752-2658

Website: <http://www.bnva.ca>

Hours: Mon - Fri, 12:00 PM - 11:00 PM



THE ROYAL CANADIAN NAVAL ASSOCIATION (Edmonton Branch)

Meets Second Tuesday of the Month
September - June
c/o HMCS Nonsuch
11807 Kingsway
Phone: 780.973.4011 Ext. 7135

Dave Pagee, President
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Email: dlpagee@telus.net

June Greig, Secretary/Treasurer
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THE ROYAL CANADIAN NAVAL ASSOCIATION Admiral Hose Branch



2090 Brant St
Windsor, Ontario
N8Y 1C6



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Reminders and Notices



AGM 2019:

The Brant Naval Veterans Association in Brantford Ontario has agreed to hold this year's AGM. The dates are Friday Sept. 27, for the Executive Meeting and Saturday Sept. 28 and Sunday Sept. 29 for the General Meetings. More information to follow when plans are finalized. **Source: Steve Willar.**

Sports Day 2019:

For the last several years five Branches sent teams to the annual RCNA Sports Day; Oxford Naval Vets—Woodstock, Kitchener Waterloo, Sarnia and Brantford. It's a great day and Branches rotate hosting the event each year—following an alphabetical order—this year it is Brantford.



Sports' Day is always on the 3rd Saturday of Sept—this year Saturday, Sept 21st. It is the responsibility of the host Club to call a meeting of the Sports' Chairmen from participating Branches - late April to early May. At the meeting information is provided to the participants including reserved hotel rooms for the convenience of out of town guests and all pertinent registration information.

We welcome any and all Branches that wish to renew participation to contact me, Bob Sedman, Sports' Chairman, Brantford Naval Veterans' Association, bobsedman@hotmail.com or phone 519-756-1179. **Submitted by: Bob Sedman.**

Supply System Update:

Shipmates: the supply system needs to be updated. As the National Supply Officer, I would like to hear from each Branch what is required to fulfil the needs of their Members. The reason for the request is to reduce the inventory of items that we have carried and are just collecting dust. The reports I receive will allow me to order items that will be in stock to assist in quick response to club orders and reduce redundant items.

In doing this I will be able supply all clubs with an up to date list of items and prices for items you tell me you need. The sooner I get the reports the sooner you will receive an up to date list.

It is all our responsibility as an organization to do what ever we can to preserve our existence and keep us strong.

Submitted by: Rick Simons.

Membership Status:

As of 8 March 2019,

1 Club returned its Charter

14 Clubs have paid their 2018 National Dues

7 Clubs have NOT paid their dues.

8 MALs have paid their 2019 dues.

Submitted by: June Greig.

New Website and Web Master:

The RCNA's new website is up and running, and the Web Master, Don Garvey, is looking for feedback/content. Please visit the site at: www.rcnahq.ca

Veteran News



Veteran's Service Card:

The new Veteran's Service Card (VSC) helps you stay connected to military and veteran support programs during your transition from military to civilian life. This card also recognizes your service as a Canadian Armed Forces (CAF) member.

Who is eligible: As of September 2018, all eligible members will automatically receive a Veteran's Service Card when they release from the CAF. You will receive your card during your final release interview.

You're eligible to receive a Veteran's Service Card if you've:
completed basic training
been honourably released from the CAF

CAF members and veterans released between February 2016 and September 2018 can apply online for their VSC starting December 1, 2018.

CAF members and veterans released before 2016 can request their card after summer 2019. Contact us: For more information or for assistance, *contact VSCQuestions.EnquetesCSAC@forces.gc.ca*. **Source: Veterans Affairs Canada.**



Veteran Affairs Revolving Door:

Did you know that since the 2015 election we have had seven Ministers of Veterans Affairs:

- Julian Fantino (PC)—July 2013 to Jan 2015
- Erin O'Toole—Jan to Nov 2015
- Kent Hehr—Nov 2015 to Aug 2017
- Seamus O'Regan—Aug 2017 to Jan 2019
- Jody Wilson-Raybould—Jan to Feb 2019
- Harjit Sajjan (acting) - Feb 2019
- Lawrence MacAulay—Mar 2019 to ???

Four ministers just in the first three months of 2019 alone, simply ridiculous. Little wonder none of these ministers have done anything worthwhile for the veterans. **Ed.**

Public Service Health Care Plan:

To view the PSHCP Bulletin:

Visit sunlife.ca/pshcp

Click on PSHCP Bulletin under tab **my plan**. You do not need to sign-in to view your bulletin.

Previous PSHCP Bulletins can be viewed at any time from the Bulletin Library.

If you encounter any difficulties, please contact our Customer Care Centre toll free at 1-888-757-7427 (in North America) or at 613-247-5100 (in the National Capital Region).

Source: Sunlife Financial.

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November 11th as a Provincial Holiday:

To Whom It May Concern:

I am writing to inform all Military Veterans that I am continuing my battle to have Remembrance Day reinstated as a holiday in the Province of Ontario.

To that end, I have been working with Bob Bailey, MPP for Sarnia/Lambton, to introduce a Private Member's Bill in the Legislature to reinstate November 11th as a provincial holiday. He indicated during the election that he would bring the issue forward if the PC party formed the government with a majority.

During the election, I also spoke with Doug Ford and asked if he would support Bob Bailey when (not if) he became Premier, he said he would take it into consideration. Now that the PCs have a majority government - I believe they should take action on this file as promised.

My intention is to reach out to as many veteran organizations and individuals as possible because there is growing support for this initiative in the greater Sarnia area and across Ontario. The largest Province in Canada should be doing more to support our veterans.

Ontario should follow the lead of the Federal Government, as well as some of the other provinces, and reinstate Remembrance Day as a legal holiday. If the government took away Family Day, there would be no extra cost associated with declaring November 11th a provincial holiday. **Submitted by: (Mrs) Wilma McNeill, Supporter for Remembrance Day.**

Editor's Note: Wilma McNeill has been working on this initiative for some 29 years. The above input is an update to the article she submitted in the Spring 2018 Edition of the Yardarm. You can view the article and past editions through our website www.yardarm.ca.



Remembrance Day in Canada:

As a point of interest, seven out of the ten Canadian provinces currently observe Remembrance Day as a statutory holiday. Three provinces do not observe the statutory holiday: Nova Scotia, Ontario and Quebec. As well, the North West Territories does not recognize November 11th as a paid holiday. **Ed.**

Oshawa Naval Veterans' Club

320 Viola Avenue
Oshawa, Ontario
L1H 3A8



Phone: (905) 723-0871
Email: oshawa.navy.club@hotmail.com
Web: www.onvc.tripod.com

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We Need Your Help:

One of the fellows in the portrait is John Mooney, who was my Grandmother's oldest brother. He was born 8 June 1889 in Whitehaven, England. He married Jane Choyce in 1911. He joined the Royal Navy Reserve in 1914 and was a second hand on the HMS Dreele Castle. He died 26 April 1919 of pneumonia. His number was 6297/A. He is buried in Whitehaven Cemetery in a Commonwealth War Grave. Would anybody know who I could contact to get a list of the names of the men who served on this boat or get a photo of it. You can pass any information to me through the Yardarm Editor—Thank You. **Source: Gladis Hayward.**



Sailor Shortage Causing Headaches:

Many Veterans appreciate and support Commodore Steve Waddell's comments printed in The Chronicle Herald on Feb 15, 2019 and it should cause alarm bells to ring. We believe that our main mandate is to train our Canadian Forces and prepare them for war. The opinion of many Veterans is that the Navy needs to review its Mission. Recently they send HMCS Toronto on a 6 months mission. This ship's commitment could be replaced in 3 months. In peace time, they should not be expected to leave their Families for such a long period of time.

If we wish to have more people re-engaging and spend many years serving in our ships, we will need to do more training in Halifax with less time visiting the world. We can train, protect in our local Seas, return home and spend more time with their Families. We have no doubt that today's Sailors will perform as well in other wars as they did in previous wars. The CDS position needs to follow a fix term of office with no political appointments. A Navy, Army, Air Force rotation of the most Senior Officer must be followed. The new recruits are seeing the constant broken promises to our Veterans by the Liberals and Conservatives Leaders. The readiness of our Forces was very well stated by Commodore Waddell and is supported by all Forces personnel. **Source: John Labelle.**



John Labelle

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Quilts of Valour:

Quilts of Valour Canada was founded in 2006 by Lezley Zwaal. As of 2009 Quilts of Valour became a Registered Charity and a Federal not for profit corporation.

Quilts of Valour's mission became the driving force behind the Society. Our mission is to ensure that injured Canadian Armed Forces members are recognized for their service and commitment to our country. We give this support through the presentation of Quilts to comfort our past and present Canadian Armed Forces members.

Since 2006 Quilts of Valour representatives have presented 12,314 quilts (6 Mar 19) to injured military members past and present. Our goal is 20,000 by 2020.

If you would like to help our mission or would like to nominate an injured military member for a quilt, please go to our website. quiltsofvalour.ca. You can contact the area representative to make a nomination, join our team or make a donation. **Submitted by: Mary Ewing.**

For more information, visit <https://www.quiltsofvalour.ca>



Left, Irene Cornect being presented with her Quilt of Valour at the RCNA Sarnia Branch by the volunteer quilters.

Photo by Bert Phillips.

From Left to Right:

**Alice King, Marilyn Jenner,
Jack Stewart, Irene Cornect,
Jan Matthews, Cheryl McDonald,
Gladis Hayward and Laverne Phillips.**



K-W NAVAL ASSOCIATION
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www.rcnasarnia.com - Email: rcnastaff@hotmail.ca

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Hometown Heroes Event:

This year, on 22 June 2019, Parks Canada and the Royal Canadian Navy are sponsoring the Hometown Heroes Event which will recognize Rear-Admiral Walter Hose as a Hero of the Royal Canadian Navy.

This event will take place at the Admiral's gravesite in Heavenly Rest Cemetery, Windsor and will be attended by Royal Canadian Navy personnel, the RCN Band, Royal Canadian Naval Association members, Royal Canadian Sea Cadets, the Navy League of Canada and Royal Canadian Legion, as well as community leaders. A naval flag officer is also expected to attend.

Invitations will be sent to all Royal Canadian Naval Associations when plans are complete.

Submitted by: Ron Sitarz.



Tall Ship Challenge 2019:

The tall ships return to the Great Lakes! Join us as the tall ship sail and race throughout the Great Lakes during the summer of 2019. As part of the TALL SHIPS CHALLENGE® Race Series, the tall ships will visit ports in the United States and Canada. Join us as we celebrate the rich maritime history of this extraordinary region and help to bring awareness to the largest body of fresh water in the world. Check the source website to see if the tall ships are coming to a port near you. ***Source: www.tallshipschallenge.com***

Protecting Ocean War Graves:

Royal assent has been given to the amended Bill C-64, the Wrecked, Abandoned or Hazardous Vessels Act, which will allow Parks Canada to begin work on regulations to deal with wrecks and – thanks to amendments from the Senate -- Ocean War Graves which contain the remains of fallen sailors.

Stand alone legislation and diplomatic outreach is needed to ensure full protection of lost ships and members belonging specifically to Canada's warships, merchant navy ships and aircraft from the First and Second World Wars in international and foreign waters of other nations. We encourage everyone to write to their local MPs and political candidates to extend full protection to Ocean War Graves anywhere these ships or aircraft have sunk with loss of life to be included in party platforms for the October 2019 election. Project Naval Distinction - navaldistinction.com ***Submitted by: Joan Balch.***



ALS - AWARENESS



ALS CANADA—New Name, Same Great Event:

The Walk for ALS is now the Walk to End ALS—ALS Societies across Canada began 2019 by unveiling a new name for their largest volunteer-led fundraising event. The “Walk for ALS” is now the “Walk to End ALS” and has a bold new look and feel that captures the collective determination and drive we all share for a future without ALS.

Family-friendly and fun, the Walk to End ALS brings communities together to celebrate hope for a future without ALS, support those living with the disease, and honour those we have loved and lost. Fundraising efforts and generous donations support the best ALS research in the country and enable ALS Societies to provide community-based support to people and families living with the disease.

Last year the Walk took place in more than 90 communities, bringing together nearly 9,000 participants who raised more than \$4.1 million. In 2019, Walks take place across the country between April and September. Find a Walk near you www.walktoendals.ca



More than 2,300 Canadians participate in ALS letter-writing campaign

In January 2019 a community-led letter-writing campaign started by two inspiring Canadians living with ALS came to an end.

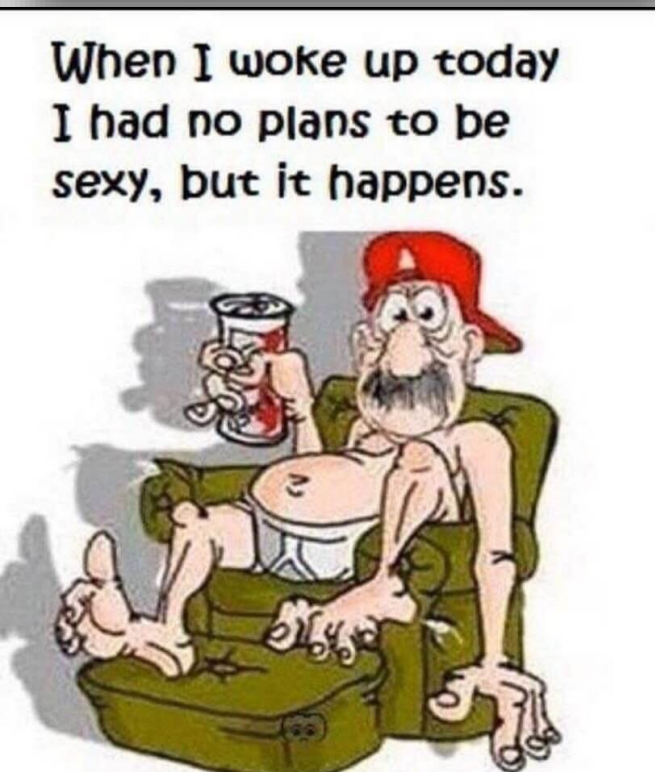
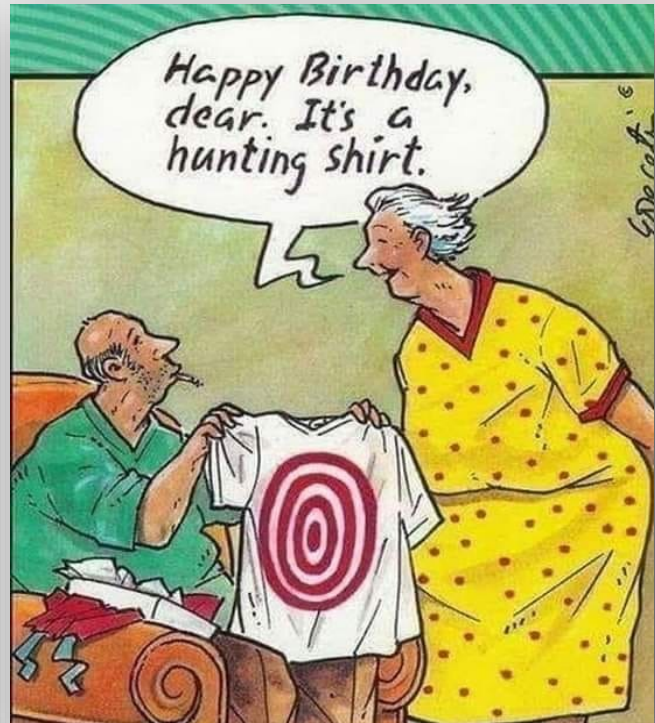
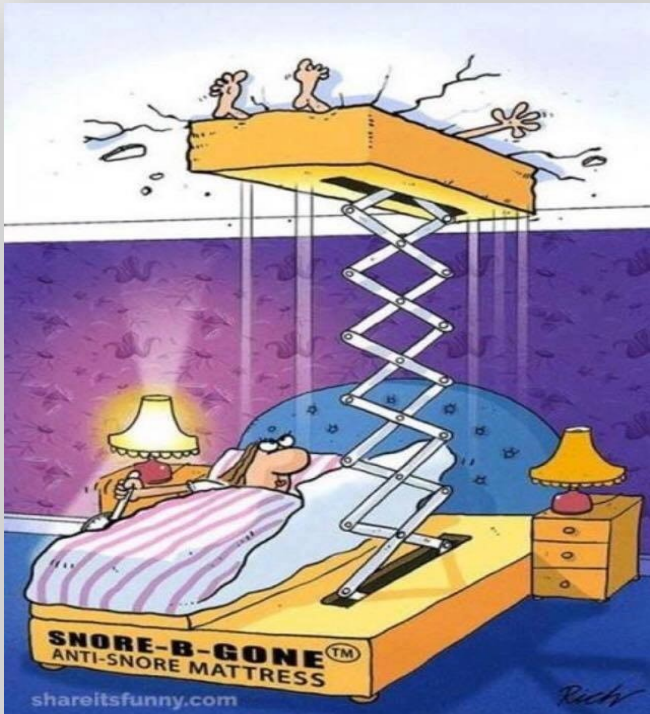
The campaign encouraged Canadians to send a letter to their elected federal representative about the need for dedicated federal funding for ALS research following a motion that was unanimously approved in the House of Commons in 2017. Motion M-105 called upon the federal government to play a leadership role in supporting ALS research and to support national efforts to find a cure for ALS at the earliest opportunity.

The letter-writing campaign was started in October 2018 by ALS Canada Ambassadors Eddy Lefrançois and Carol Skinner, with over 2,300 people participating. Unfortunately, Eddy did not live to see the full results of his initiative – he died in early January after living with ALS for more than 25 years.

Many of the top ALS researchers in the world believe the scientific community is now poised to find treatments that can significantly alter the course of the disease, and that lack of funding is the only limitation standing in the way of effective ALS treatments being developed sooner rather than later. Read ALS Canada’s federal pre-budget submission.

Submitted by: Ryan Fedurco | Public Affairs and Communications Coordinator, ALS Society of Canada | www.als.ca

The Funny Page





Items of Interest



A question of time:

One day I was thinking of how far back in time will your memory go to people you actually knew. Not those you know of by tales or photos, but had a chance to meet...

It was quite a journey and depending on your place in your family you may have a long-time memory.

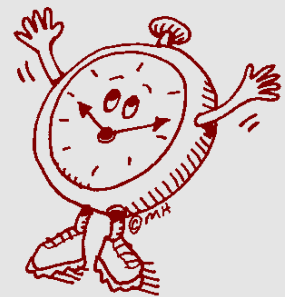
Here is a good way to while away the gloomy days of Winter and burst into Spring. Who do you remember and when were they born? Are you only able to think of Uncle Joe born in 1950 then you missed the whole WW II. If only Grandpa Bill to say born in 1920 then you have missed WW I. If you have great grandparents born in 1860s immigrated to Canada, you just made it into Canada as a Dominion.

Question is: Born before what great inventions or changes in countries, what governments, what catastrophes and what great novels, and music scores.

It is really odd to think back to one I knew - Great Grandma born in 1842 and I remember her quite well - though of course only known her during my own lifetime of a 7-year-old.

Imagine - it was 177 years ago through time and history. Can you do better?

Then cast your own mind back or discuss with your family your long-term memory—to think of the person and the world in that historical timeframe. Boggles your mind.



Ocean War Grave Project Update:

Canada does not afford protection from looting or destruction of lost Canadian Navy and Canadian Merchant Navy ships: sunk in Canadian Waters, International Waters, or Third Party protected waters as of this date.

The ships may contain Ocean War Dead who have perished in the line of duty i.e. an Ocean War Grave not protected as are Land Graves. It is not fitting that the sites have NO recognition or protection from the Canadian people for these last 100 years.

If you personally, your organization or group would like to support, or indicate support to this objective: a statement in a letter printed and given your local MP asking for consideration and assistance to move this forward would be appreciated.

The timing is critical as an Election is looming. **Submitted by: Joan Balch.**



Naval History



SS Beaverton:

On 28 Oct 1940, convoy HX-84 departed Halifax for Liverpool. On 5 Nov, the German pocket battleship Admiral Scheer attacked the convoy of 38 merchant ships that was escorted by HMS Jervis Bay, a passenger ship converted to armed merchant cruiser F40. Captain E Fegen ordered the convoy to scatter and engaged the enemy. Outgunned by Scheer's 11" guns, Jervis Bay was quickly sunk with high loss of life.

Following orders, Captain H Pettigrew of SS Beaverton disbursed from the convoy at full speed. As Scheer began to sink ships, Pettigrew ordered Beaverton to make smoke, and turned back to engage Scheer.

Beaverton was a fast and agile twin-screw Canadian Pacific cargo ship that operated between Canada and London. Captain Hugh Pettigrew was a seasoned merchant captain who also had naval service. Beaverton was modified to a Defensively Equipped Merchant Ship with the addition of 3" and 4" guns, and two DEMS gunners. Two guns, but no armour.

Beaverton turned broadside to fire the fore and aft guns and disappeared in dusk and smoke in a deadly game of cat and mouse.

In 1944, an article based on accounts from one of the other ships in Convoy HX-84 was published by journalist Norman Mackintosh in the magazine Canada's Weekly and republished in the London Evening Standard which praised the sacrifice of Beaverford: "For more than five hours she was afloat, followed by the raider, firing and fighting to the last. Using the big reserve of engine power for speed, and superb seamanship for steering and maneuvering to baffle and evade the enemy's aim, for all that time she held her own, hit by shells but firing back and delaying the raider hour by hour while the rest of the convoy made their escape." Captain Pettigrew and his crew never received military honours. They were merchant sailors. **Submitted by:**

Jim Lapp.

*Thirty-eight ships with food for you,
Thirty-eight ships that must get through
Atlantic calm and the dusk of day
And a shell screamed over the Jervis Bay*

*Thirty-eight ships full steam ahead
Off with their precious cargoes sped
But over to where the warship lay
Guns ablaze went the Jervis Bay*

*This was the end, her Captain knew
Fegen knew it and all her crew
Buying minutes with lives to pay
Lord they were men on the Jervis Bay*

*Pounded, shattered, smashed and lame
Fighting on with decks aflame
She sank with the sun at the death of day
And a gun still spoke from the Jervis Bay*

*Thirty-eight ships with food for you
Thirty-four ships came safely through
But the finest ships that docked that day
Were the Beaverford and, the Jervis Bay
By: Dick Dewsknap, HMS Shropshire. 1940.*



Korea Veterans Unit 26, Hamilton



65th Anniversary of the Korean War Veterans Appreciation Luncheon:

It was our pleasure to organize the “65th Anniversary of the Korean War Veterans Appreciation Luncheon” on 8 Nov 18, at the Michelangelo Banquet & Convention Centre. The Luncheon was to honour and remember Canadian Korean War Veterans who fought during the Korean War (1950-1953) and the UN Peace Keeping Mission (1953-1955).

They served Canada proudly and helped to secure South Korea’s Peace and Freedom saving many innocent lives including my parents. They are the true pioneers and heroes of Canada-Korea’s diplomatic and economic relations (\$11B Bilateral Trade) that has impacted various sectors such as Defence, Education, Banking, Research, Science and Technology, Agriculture, Forestry, Fishery, Arts, Culture, Heritage, Tourism and Sports. (The Republic of Korea hosted a successful 2018 Winter Olympics in South Korea on February 9 to 25, 2018).

Over 140 guests including 28 Korean War Veterans and their family members attended the Anniversary Luncheon. Our special guest speakers, Tae-In Chung, Consul General, and Lt. General (Ret’d) Michel Masionnuve, delivered their heart-felt speeches to the Korean War Veterans and their family members. We played three special videos; “The Last Ship in the Harbour”, “Thank You Korean War Veterans”, and “Canadians Our Heroes”.

Consul General Tae-In Chung presented the Ambassador for Peace Medal to Russ Falshaw a Royal Canadian Naval Korean War Veteran who served on HMCS Sioux and Claude Gaudet also a WWII and a Korean War Veteran who served with the Royal Canadian Regiment during the Korean War.

Prime Minister Justin Trudeau sent his greeting letter: “This event offers a wonderful opportunity to share memories and to reflect on the many experiences and achievements that have shaped your lives since that time. This year marks the 65th anniversary of the Korean Armistice Agreement, and I join all of you in paying tribute to the Veterans of the Korean War. We will never forget the 516 Canadians who made the ultimate sacrifice, or the 1,558 who returned home wounded”.

The Korean War Veteran Appreciation luncheon was organized by Korea Veterans Association of Canada Unit 26, Hamilton. The Roast Beef luncheon, the beautiful Korean traditional musical and other entertainment were sponsored by the Consulate General of the Republic of Korea in Toronto.

Please read the Hamilton News article about Ambassador for Peace Medal written by Mark Newman <https://www.hamiltonnews.com/news-story/9028941-peace-medals-for-korean-war-vetsregarding>

Submitted by: HooJung Jones Kennedy.



Major (Ret’d) Barbara, Lt. General (Ret’d) Michel Masionnuve, Romeo Daley, HooJung Jones Kennedy, Minji and Yun Kang, Captain Dan Rodrique. (Photo by: Elizabeth Daley).



Healthy Eating



Fish and Brewis:

Makes 4 servings

Ingredients:

4 cakes hard bread, broken in pieces

1 lb salt cod, pieces or boned

6 slices salt pork (3”L x 1/4 “ thick)

1 med onion, finely chopped

Method

In two separate containers, soak salt fish and hard bread in cold water for approx 6-8 hours or overnight. In the morning drain and replace both with cold water.

For the fish; bring to a slow boil and let simmer for approx 20 minutes. Remove from heat and drain. Skin, bone and flake fish – set-aside.

For the hard bread; in a saucepan, place hard bread and cover with enough water. Bring to a slow boil and simmer for approx 5 minutes. Remove from heat and drain. Squeeze out excess water from the hard bread and mix in flaked fish. Blend well.

In a skillet, low heat, fry salt pork until all fat is extracted. Remove rendered pork. Add onions and cook until golden brown. Spoon fat and onions over fish and brewis. Garnish with scrunchions (rendered salt pork). This meal is excellent with a cup of good steeped tea and fresh homemade bread with molasses. “Some Shockin’ Good, tell your mother...”

Tips:

Drawn butter (see Sauces) can be used instead of scrunchions and onions

Onion gives a more favorable taste to pork fat. ***Submitted by: Kevin Phillips.***



NL Slang: tuckered out – tired



Healthy Aging



Let's Talk About Prostate Cancer:

Prostate cancer is the third leading cause of cancer death in Canadian men. It is a variable disease that can range from indolent (die with, not of it) to life-threatening. Risk factors for prostate cancer include (1) Age – risk increases each decade after age 40; (2) Race – mortality highest in black men, lowest in Asian and Indigenous men; (3) Family history of prostate cancer; (4) Smoking and obesity. Prostate cancer symptoms can range from no symptoms at all to frequent urination, weak urine flow, and blood in the urine/semen. It is important to note that these symptoms overlap with other non-cancerous conditions like bladder infections and an enlarged prostate.



Early identification of cancer through screening is thought to contribute to decreasing mortality. Screening refers to testing people who are at risk of a disease, but have no symptoms (*people with symptoms should be properly investigated). A large percentage of prostate cancer does not become clinically concerning. Screening therefore becomes a problem because it over-diagnoses prostate cancer that would never have caused any harm.

Prostate cancer screening traditionally involved a prostate exam and/or a simple blood test, the prostate-specific antigen (PSA) test. A high PSA result increases the concern for prostate cancer. False positives (the test says you have cancer, but you actually do not) are common with PSA testing. Elevated PSA levels can be caused by:

Bacterial prostatitis: wait to do PSA testing 6-8 weeks after infection resolves

Ejaculation: wait 48 hours prior to test

Prostate surgery/biopsy: wait at least 6 weeks (*prostate exam does not affect PSA test)

Testosterone replacement therapy

Vigorous cycling: wait at least 24 hours

A low PSA result can be reassuring, but there is no value that can consistently exclude prostate cancer. The Canadian Task Force on Preventative Health does not recommend using the PSA test as a screening tool for the general population. The benefit of the test is questionable and it can do more harm than good. For example:

If 1000 men have a screening PSA test:

720 will have a negative test

178 will have a positive test and not have prostate cancer after further investigation

4 will experience biopsy complications (infection, erectile dysfunction and bleeding requiring hospitalization)

102 will be diagnosed with prostate cancer

33 will not have caused illness or death

5 will die despite the screening

1 man's life will be saved from prostate cancer (*continued on page 18*)



Financial Issues



Old Age Security (OAS):

In this edition I'd like to talk about the Old Age Security (OAS) program, and in particular OAS clawbacks.

OAS is a Canadian government pension program available to those over the age of 65. However, those who earn more than the maximum allowed annual income will have to return a portion of or their entire OAS pension. One possible way around this is to delay receiving the pension, for up to a maximum of 60 months, until you have a lower income. This will also result in a higher pension amount because the government will increase your pension amount by .6 percent for every month you delay it up to a maximum of 36 percent at age 70.

Of course, delaying payment depends on a variety of factors. For example, your current employment status, your current and future sources of income, plans for retirement, and health should all be taken into consideration. Quickbooks and the Moneysense websites provide us with ways to decrease the clawback. You can share your pension with a spouse to reduce your overall income. Assets that trigger a capital gains tax can be sold before



turning 65. Make withdrawals from TFSA as these are not taxable and not included in your taxable income. Or as mentioned above, delay receiving OAS until your income level is lower.

If you want to put more money in your pocket, have a more detailed look at these strategies. A little research goes a long way. **Submitted by: Shawn Russell.**

(continued from page 17)

Unfortunately, there is no gold standard for prostate cancer screening yet. The decision to undergo screening PSA testing should be made after a discussion on individual risk factors, as well as benefits and potential complications of the test. Should you have any symptoms or concerns, please speak with your family doctor to have the proper investigations completed.

For more information, please see:

Canadian Urology Association (www.cua.org/en/guidelines)

Canadian Task Force (<https://canadiantaskforce.ca/guidelines/published-guidelines/prostate-cancer/>) **Submitted by Dr. Shauna Phillips.**



Chaplain's Corner



The Padre's War Diary:

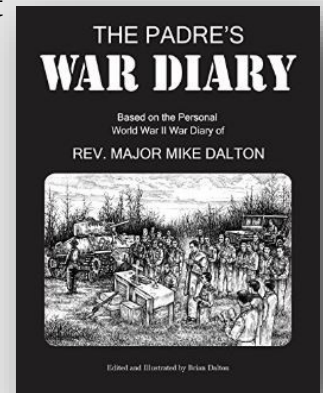
Recently I was fortunate to buy a graphic biography of a Second World War Roman Catholic Padre who had served with the Essex Scottish Regiment. It was written and published by the Padre's nephew, Brian Dalton, and is based on Rev. Major Mike Dalton's war time diary. It is titled, *The Padre's War Diary*. It is an excellent presentation of the life of a padre throughout the course of a war. It gives an idea of the emotional and spiritual toll that war has on the participants both behind the lines and in the fore front of battle. It explores how the role of the padre helps the men deal with the experiences and the challenges that they face on a daily basis.

This story of Fr. Dalton reminded me of many other chaplains who I had the privilege of knowing and who like the Rev. Michael Dalton, M.B.E., served with courage and devotion. The Rt. Rev. Harold Appleyard M.C., is mentioned by Padre Dalton in his diary, and it was Bishop Appleyard who had a big influence on me. As a newly ordained deacon I was assigned to the Pro-Cathedral of the Armed Forces, St. John the Evangelist, in Kitchener, Ontario in 1975. Bishop Appleyard was the Bishop Ordinary to the Armed Forces at the time and had named the church as his cathedral for the time that he served in that role.

I had known Bishop Appleyard as a student, while at university in London, and had gained a respect for him as he always had a warm smile and encouraging advice. He had been awarded the Military Cross for bravery in Europe and was loved by *all* who knew him. He

is perhaps best known for getting permission to collect broken pieces of stained glass and then having them made into stained glass windows which now grace the Anglican Church, in Meaford Ontario.

The thing that stands out in all the stories that I have read or heard is the role that cigarettes played in the work that the padres performed. From the Rev. Geoffrey Studdert Kennedy known as "Woodbine Willie" who served as a padre in the First World



War to Fr. Mike, and all the other padres. Cigarettes were the salve that often helped to settle the nerves of the men and women who faced the privations and the horrors of war. The padres often used their sense of humour and their discretion to advise or counsel the men and women who came to them. They also ignored some of the barriers that separated them in civilian life. The padre was there for anyone regardless of unit, branch of service, or rank who sought spiritual, moral or practical advice.

In his diary, Padre Dalton reveals his Irish sense of humour, his devotion to his regiment, and care for his men; his love for his family and above all his faith and devotion to his God and Saviour. A typical chaplain, an ordinary priest called to duty and to do the atypical.

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



Supply Officer



Supplies RCNA National

<u>Inventory List</u>	<u>In Stock</u>	<u>Price</u>	
Berets XL	None in stock		
Berets Large	4	12.00	
Medium	16	12.00	
Small	28	12.00	
RCNA Berets Badges	72	10.00	
Past President Metals	0	28.50	40 on order
RCNA Ready Knot Ties	4	20.50	
RCNA Regular Ties	116	20.50	
RCNA lapel Pins Large	15	4.50	
RCNA Lapel Pins Small	36	4.50	
RCNA Belt Buckles	5	10.75	
RCNA Web Belts White	5	6.00	
RCNA Web Belts Black	2	6.00	
Brass Buttons Large	73	1.00	
Brass Button small	42	.75	
Lapel Anchors (L&R) Large	15	25.00	
Lapel Anchors (L&R) Small	15	24.75	
White Gloves	6	7.25	
Life Membership Badges	36	8.00	
Services Bars	76	4.00	
RCNA Blazer Badges	41	12.50	
RCNA Colour Guard Badge	22	8.00	
White Shirts	5	25.00	
Windsor Decals	0		
Broches Gold	17	17.00	
Broches Silver	17	17.00	

Note: *There are items that are not in stock but as orders come in, I will order accordingly to help maintain an even balance. My mailing address is 215 Dubois PO. BX. 322, Emeryville Ontario, N0R1C0, 519-727-4150.*



Crossed the Bar

Fairthorne, Gary. 3 March 2019. Gary served in the RCNR and was a Life Member-as well as the Past President/Director of the Windsor Branch of the RCNA.

Dassy, Gary. 14 September 2018. Garry was born in 1942 and served in the Army 1959-1965. Peacekeeper in Egypt, Cyprus, and Germany—Oxford County Branch of the RCNA.

Dorrell, Walter. 14 August 2018. Born 8 July 1934, Walter was a Navy Veteran and a member of the Oxford County Branch of the RCNA.

MacDonald, Percy (Bud). March 2019. Bud served as a Paywriter on HMCS Columbia , HMCS Bonaventure and HMCS Shearwater with HU 21. He was a member of the Manitoulin North Shore Navy Veterans Association.

Mero, Armand. 13 September 2018. Armand served in the RCNR and was a member of the Windsor Branch of the RCNA.

Wrens Association of Toronto, submitted by: Donna Murakami-Fujimoto.

<i>Last Name</i>	<i>First Name</i>	<i>City</i>	<i>Date</i>	<i>Service</i>
Davis	Betty Irene	Toronto, ON	19-Feb-19	WWII
Hamilton	Margaret Claire	Douglas, NB	23-Jan-19	WWII
Malcolm	Aimee Denis	Toronto, ON	29-Jan-19	WWII
Murray	Roberta Heenan	Vancouver, BC	20-Feb-19	WWII
Sinclair	Mary	Ottawa, ON	10-Jan-19	WWII
Stewart	Beatrice Margaret	Kenora, ON	18-Mar-19	WWII
Willams	Sarah(Sally)Elizabeth	Inglewood, ON	26-Feb-19	WWII

Paris SAHLEN:

Paris Kemp Sahlen (Smiley) of Calgary, beloved husband to Peggy Sahlen (née Milligan), passed away at the Chinook Hospice on December 29, 2018 at the age of 74. The family then moved to Springbank where they started the Bronze Acres Turkey Farm. Paris left home to join the Royal Canadian Navy at the age of 18 which, in his heart, he never left. After the Navy, he settled in Calgary where he raised his family, ran his contracting company, and volunteered with various naval organizations. He was President of the CNVA and Calgary's liaison to the frigate HMCS Calgary since its commissioning in 1995. His was honoured with the Governor General's Caring Canadian Award and QEII's Diamond Jubilee Medal in 2012 and was extremely proud to be appointed Honorary Coxswain of HMCS Calgary FFH 335 in April 2018 by her Commanding Officer and Crew. **Submitted by: Blaine Barker.**



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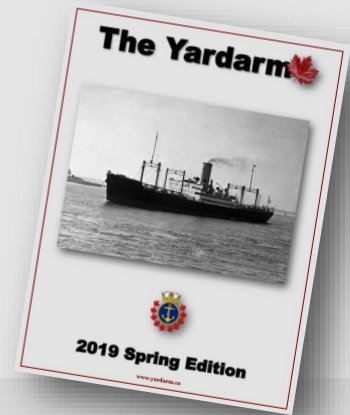


The Last Word



Thank You for your Continued Support:

This is the Spring 2019 Edition of the Yardarm—the 13th Edition since I took over as editor in 2013. Once again I can safely say that none of the editions would have made it to distribution without input from the many RCNA members across Canada—a special mention to my Regular Contributors—**Well Done and Thank You** for your continued support. Remember, earlier editions of the Yardarm are available from our website: www.yardarm.ca **Ed.**



On a Personal Note:

Further to Dr. Shauna Phillips’ article on page 17—I wanted to pass on that I was diagnosed with cancer last year—May 2018. Since that time I’ve had four surgeries to remove 20 percent of my prostate and a tumour and ring from my bladder. Without getting into too much detail, I am currently on a ten-year protocol, and during my February checkup the prostate was healing okay and the bladder was “coming along”.



If I had not gone in for what I considered a routine checkup, and if the Dr. had not taken the time to do a full inspection, I can definitely say that I would not be writing this article or editing any more editions of the Yardarm.

So for all of you guys out there—**get out and get checked. Ed.**

Info to Sponsors:

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A Reminder to our Members:

Individual Branch RCNA Directors are encouraged to provide local access to the Yardarm by informing their members of the availability of the magazine electronically—website:

www.yardarm.ca

or by direct email from the editor ***pat@cornect.com***. Branches are also encouraged to print copies locally for those members who do not have access to a computer.



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