

# The Yardarm



## HMCS Calgary



## 2020 Spring Edition

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

# Spring 2020 - 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](http://www.yardarm.ca) or contact the editor directly at [pat@cornect.com](mailto: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 remember this is a free service to our veterans. **Editor.**

## **Cover Photo—HMCS Calgary**



**HMCS Calgary—a Royal Canadian Navy revised Flower-class corvette that took part in convoy escort duties during the Second World War. She fought primarily in the Battle of the Atlantic. She was named for Calgary, Alberta.**

**Source: Wikipedia.**

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# National President



## From the Helm:

In my capacity as your new National President, and on behalf of our entire ship's company I want to thank the Brant Naval Veterans' Association for their warm hospitality and for the professional manner in which they hosted the 2019 Annual General Meeting. It was a splendid experience. Thank you again.

Very considerable admiration is extended to the outgoing executive: Past President Blaine Barker; Past Vice President Mike Edwards; returning Vice President Membership June Greig; Past Executive Secretary Steve Willar; Past Executive Treasurer Art Caravan; Past Parliamentary and Veterans Affairs Liaison Terri-Leigh Saunders. They successfully and masterfully maneuvered our ship through storm and smooth waters for many years, always keeping the wind firmly in her sails. Editor of the Yardarm Pat Cornect and Supply Officer Ray Thompson deserve many thanks for their exemplary work.



I'm humbled to have been elected National President. I'm also very enthused. My heartiest congratulations go out to our shipmates who were nominated, stood and were elected: Bravo! Vice President Terri-Leigh Saunders; Vice President Membership (returning) June Greig; Executive Treasurer Charles (Chuck) Johnston; Executive Secretary Verne Lunan; Parliamentary and Veterans Affairs Liaison Bryan Chapelle; our new Officer of Supplies Rick Simons is already making a profound impression. Yardarm Editor Pat Cornect continues to inspire us with his valuable contribution.

We are a noble and worthy association. We've earned the patronage of Her Majesty the Queen. Our members have exhibited exemplary lifestyle standards in peace time and in conflict with resolve and respect for humanity not easily equaled. We are a strong voice and a strong union of people. A seam of dedicated loyal Canadians and steadfast shipmates stretching through miles, history and the soul of our nation.

So my shipmates; it continues to be: 'Steady As She Goes'! **Submitted by Jack Chapelle, National President.**

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## Black Tot Day:

The name given to the last day on which the Royal Navy issued sailors with a daily rum ration, which was 31 July 1970. In the RCN, this day came two years later, on 30 March 1972. **Source: Jack Speak.**





# National Secretary



## Greetings from your new National Secretary:

I was taken by surprise when Shipmate Frank Wells phoned me last September from the AGM and asked me if I would let my name stand for Executive Secretary, RCNA National. With Frank still on the phone, I quickly discussed it with my Commander and Chief (aka the wife) and with her blessing said I would.

With Shipmate Steve Willar stepping down due to health reasons, I realized that I had some big shoes to fill. As they say in show business, he is a tough act to follow.

I also noticed that there will be some other new members on the Executive and I am sure we OJT's will strive to meet the Standards of those that had the Watch before us. Bravo Zulu to them.

A little about myself for those of you who do not know me. I joined the RCN in the early 60's in Calgary. I served on the Columbia; Athabaskan (briefly) and the Gatineau. I was a Firecontrolman. I only served one hitch and left primarily because of Unification. I returned to Calgary and went back to school and graduated in Journalism Administration. I worked mostly in advertising and marketing before retiring.



My association with the RCNA started in Bridgewater, NS when I joined the Admiral Desmond Piers Naval Association. I had the privilege of serving as Secretary; First VP and as President for six years, leaving the position when I moved back to Alberta. I was honoured to be made a Life Member of the ADPNA of which I am still a member.

I look forward to continuing my association with the RCNA by serving you in the position I now hold. If you need to contact me my information is below. I wish you calm seas and following winds.

**Verne Lunan—Executive Secretary, RCNA National**  
**PO Box 2085 - 314 - 50 Avenue W. Claresholm, AB T0L 0T0**



### 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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June Greig, Secretary/Treasurer  
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### THE ROYAL CANADIAN NAVAL ASSOCIATION

*Admiral Hose Branch*



**Ron Sitarz, CD**  
President

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# National Treasurer



## **Newly Elected Treasurer:**

As your newly elected treasurer I thought I might introduce my self. I am a Navy Veteran I joined the navy in 1966 and was discharged after a couple of years without ever having been put to sea all my service was on land. I was discharged as an ordinary seaman cook, which my wife likes because she likes to work outdoors and takes care of everything regarding gardening, grass cutting etc. And in exchange I do all or most of all the cooking.

I live in St Catharines Ontario, a ten minute ride from Niagara Falls Ontario. If you travel to Niagara Falls from Toronto you have to drive right thru our city, so you can picture where we are) I own and operate my own Bookkeeping and Income Tax Office which I have been doing for the past twenty years and will use this experience in my position as your Executive Treasurer.



I am married to Patricia these past 45 years and we have six children, three boys and three girls. They in return have given us 15 grandchildren and we are awaiting our first great grandchild. My wife and I both love with the sea and we cruise at least once a year and sometimes twice, so the Navy in their wisdom transported me around the country from Cornwallis to Halifax to Montreal to Nanaimo, but I had to wait until I started to pay the bill myself to travel the world aboard ships. This love of sailing has allowed my wife and I to travel around the globe and our love of the sea has infected our children and grandchildren who like to cruise also.

I am the President of the Royal Canadian Naval Association Niagara Region, a member of the Royal Canadian Legion for over 38 years and I sit on the Tri District ABC Hospital Committee as the past chairman, a committee that collects funds from our legions and distributes the monies to our veterans in Sunnybrook Hospital Toronto and Parkwood Hospital in London Ontario. I am a member of the Knights of Columbus.

That's me in a nut shell and over time I hope to meet a few of you and I hope that you will take time to attend the AGM meetings either as a delegate or an observer as in the long run this organization is yours and you should have a say in how things are run. Happy sailing to each and everyone of you

Before closing I would like to say a Bravo Zulu to the outgoing executive members who have stepped down and who gave many dedicated hours in running the organization.

***Submitted by Chuck Johnston, RCNA National Treasurer.***



# RCNA News



## **The Corona Virus and the Kelowna BGM:**

***The proposed Kelowna mini ‘off year’ bi-annual meeting***—As many of you know S/M Dick Fletcher and I have been working on putting together a mini BGM to be hosted by the Kelowna, B.C. Club. Unfortunately due to a couple of glaringly major obstacles the plan must be postponed. It cannot go forward at this time.

The two fold obstacles work together: One side being the Corona Virus which is spreading world wide. It has taken root in British Columbia, Ontario and Quebec. The State of Washington has declared a state-wide emergency, the Louvre Museum in Paris is shut down. This is a very dangerous and easily transmitted disease with ever growing & far reaching tentacles. Travel in confined places is hazardous.



‘From the Globe and Mail’ The virus has prompted businesses across Canada to alter plans to avoid the illness’s transmission. For example; Shopify Inc. cancelled the “In-person element” of a yearly conference, and Bank of Nova Scotia suspended all non-essential business travel.

We have no idea what the state of the epidemic will be by September. Therefore, anything we plan long term contains a precarious degree of risk. Older folk have less vigorous immune systems being a worry. And in the mix are the thousands of dollars the association would be have committed. Should the virus proliferate requiring a late cancellation the devastation to our funds and strength would be disastrous.

Also, in reading minutes of past annuals I have been reminded of what I had forgotten, ‘that if a club sponsors an off year BGM it means that Divisional Vice Presidents are required’. That would mean at least twelve people & possibly thirteen. Many more than first envisioned. A preliminary costing of flights, shuttling, lodging, catering, facilities and so on revealed costs way beyond what the association can reasonably be expected to expend. We simply can’t afford it. We’ll discuss this on and on.

“If it is safe to do so” a 2020 biennial will be held somewhere in Ontario. Only executive members will attend. If the peril is still high a phone conference will do. With a danger to member health and the viability of our association at stake it makes no sense to pursue Kelowna this period; Our western and eastern clubs are vital to us. We will work this out but please be patient just a little longer.

***Submitted by Jack Angus Chapelle, National President.***



# RCNA News



**Front Row:** Jim Ilinitzki, Bill Ranich, Secretary/Treasurer, Brian Chapelle, President, Jack Chapelle RCNA President. **Back Row:** Jim Dowall, Master At Arms, Claire Chapelle, Ed Duncan, Ed Coupal, Roy Eaton Vice President.  
**Source: Jack Chapelle.**



## **RCNA Club of the Year 2019:**

MNSNVA President Bryan Chapelle, far left, receiving the National Club of the Year award from RCNA National President, Jack Chapelle. **Source: Jack Chapelle.**

Branches are encouraged to submit their Branches for this award—check with your RCNA Director for details. **Editor.**



# RCNA News



**Above Photo: Larry Jamieson (Left) and Duncan McNeill—both Directors at the RCNA Sarnia Branch—receiving their well deserved Branch Volunteer Medals. Photo by: Joanne Lavigne.**

## Parliamentary and Veterans:

**Shipmates:** I want to take time to say thank you for electing me Parliamentary and Veterans Affairs for the Royal Canadian Naval Association. I have been busy building up contacts with our elected officials to promote our organization with our federal government. I have been organizing a plan to try and get our elected officials to support a medal for all who have served in the Canadian Arm forces.



Over the years I have been involved with the Manitoulin North Shore Naval Veterans Association, president for many years continuing to add as many more members into our organization to keep it viable. I have

been a member of the Navy League of Canada (Sudbury Branch) and have held every position on the branch. President for at least ten years, Director for Ontario Division, and a member of the Veterans Committee for the city of Greater Sudbury.

Please if you need any assistance please contact me at;  
bryan.morley.chapelle@gmail.com or  
by phone at 705-690-1551.

***Thank You, Bryan Chapelle  
Parliamentary and Veteran Affairs.***

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# RCNA News



## Al Tustian:

The above “Shipmate of the Year 2019” award was presented to S/M Al Tustian during the 35th anniversary of the Manitoulin North Shore Naval Veterans Association. Al was one of the Branch’s WWII veterans. It was also his 100th birthday—the members held a ceremony and party for him. Unfortunately, Al Crossed the Bar later that year R.I.P.

Also see the photo on page 7 of this edition and Crossed the Bar on page 21. **Editor.**  
**Photo: Jack Chapelle.**



Don Kennedy with Governor General Julie Payette . **Photo by: MCpl Mathieu Gaudreault.**

## Don Kennedy—Sovereign’s Medal:

Don Kennedy’s many years of work with the Métis Nation of Ontario, Canadian Armed Forces, St. John Ambulance and Korean War Veterans Association of Canada, as well as his efforts to welcome new Canadians at citizenship ceremonies, have been officially recognized.

On Nov. 12, Kennedy received the Sovereign’s Medal for Volunteers from Governor General Julie Payette. **Source: Mark Newman Hamilton Mountain News.**



**K-W NAVAL ASSOCIATION**  
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Email: oshawa.navy.club@hotmail.com  
Web: www.onvc.tripod.com**



# RCNA News



## Veterans Independence Program:

The Veterans Independence Program provides funding for services such as grounds maintenance, housekeeping, meal preparation, personal care, and professional health and support services.

This program does not replace other federal, provincial or municipal programs. Instead, it is intended to work with those programs to help meet your needs.

**Note:** If you think you may have a need for these services, be sure to complete the Veterans Independence Program application at the same time as your Pain and Suffering Compensation application. If approved, this will allow you to access support at the earliest possible date.



### ***Do you qualify?***

You should apply for the Veterans Independence Program if you need home care services and you:

- have qualified for a disability benefit, or
- have qualified for the War Veterans Allowance, or
- receive Prisoner of War Compensation, or
- are eligible for, but can't access, a Contract Bed (also known as a Priority Access Bed) in a long term care facility.

**Source: Veterans Canada.**

## Retiring Executive Members:



**Left to Right:** Blaine Barker, Steve Willar and Art Caravan. **AGM 2019 photo.**

Definitely the end of an era when you see three senior members of the RCNA National Executive retire at the same time. Blaine—National Present, Steve—National Secretary and Art—National Treasurer, served for many years in what are arguably the most challenging positions on the Executive.

Blaine will move into the position of Past President, and no doubt, all three will be available to lend some advice in the upcoming years. As Yardarm Editor, it was a pleasure to have met these gentlemen, to have chatted over a refreshment, and to have them assist me whenever required. I'm sure I speak for the entire membership when I say—Shipmates—Well Done and Thank You for Your Great Service. **Editor.**



# Naval History



## Windsor Naval Monument Project to Recognize Canada's Merchant Navy:

May 3rd, 2020 will mark the 75th Anniversary of the end of action in the Battle of the Atlantic. This significant milestone will provide Canadians and the world an opportunity to commemorate our navy's past while celebrating its bright future.

The Battle of the Atlantic – the longest continuous battle of the Second World War – raged from September 1939 to May 1945 and was one in which Canada played a central role. During those 2,075 days, over 4,600 Canadian and Newfoundland sailors, merchant mariners and airmen lost their lives.

The Merchant Navy of Canada was called “the fourth arm” of Canada's fighting services during the Second World War, along with the Navy, Army and Air Force. Canadian Merchant Navy ships delivered troops, munitions, food and fuel around the world, keeping the Allied war effort alive. They paid a terrible price: one in seven merchant mariners died at sea – a higher casualty rate than any other armed forces. The Merchant Navy grew from 38 ships in 1939 to 410 by wars' end. Some 72 Merchant Navy ships from Canada and Newfoundland were lost during the war. Of Canada's and Newfoundland's 12,000 merchant mariners, approximately 1629 were killed. Most have no known graves. But when the war ended the mariners were left high and dry by the governments of the day – they were not considered veterans – until 1992 when Merchant Mariners began receiving disability pensions, allowances and health care and were granted official Veterans status. But they were not compensated for loss of benefits from 1945 to 1992.



In this year of the 75th Anniversary of the Battle of the Atlantic, the Royal Canadian Naval Association Admiral Hose Branch in Windsor, Ontario has initiated a project to commemorate the contributions and sacrifices made by the Merchant Navy of Canada as “the fourth arm” of Canada's Armed Forces during the Second World War with the addition appropriate plaques to the Naval Monument which is located in Dieppe Gardens along the Windsor riverfront. The plaques will be consistent with the ongoing theme of the Naval Monument plaza which is to ensure that the role of Windsor and Essex County and “Canada and the War at Sea” is not forgotten. ***Photo and article submitted by Ron Sitarz.***



# The Funny Page



## Aging Issues:

- \* When I say, "The other day," I could be referring to any time between yesterday and 15 years ago.
- \* I had my patience tested. I'm negative.
- \* Remember, if you lose a sock in the dryer, it comes back as a Tupperware lid that doesn't fit any of your containers.
- \* If you're sitting in public and a stranger takes the seat next to you, just stare straight ahead and say "Did you bring the money?"
- \* When you ask me what I am doing today, and I say "nothing," it does not mean I am free. It means I am doing nothing.
- \* I finally got eight hours of sleep. It took me three days, but whatever.
- \* I run like the winded.
- \* I hate when a couple argues in public, and I missed the beginning and don't know whose side I'm on.
- \* When someone asks what I did over the weekend, I squint and ask, "Why, what did you hear?"
- \* I don't mean to interrupt people. I just randomly remember things and get really excited.
- \* When I ask for directions, please don't use words like "east."
- \* Spend 30 seconds in my head. That'll freak you right out. **Submitted by Wes Mclean.**



# Items of Interest



## Ahoy Old Wrens and New Navy Ladies:

The email set up by the Wren Association of Toronto is “[navylady@thewrens.ca](mailto:navylady@thewrens.ca).”

It is managed by our Honourable webmaster and all emails get answered — if possible. The website came into being to promote the 2010 Naval Centennial Rose—now 10 years old.

On email odd requests still come from various people and sources with queries such as;

“my mother was a wren...” or “informing you Wren X has died” or “or “my sister needs some Veterans care” or “can you identify this wren” and so on.. Sometimes there are other requests re events, attendance, videos, programs, and special occasions.

During this time we have been asked about a wartime embroidered hanky, found photos of unidentified wrens, Canadian women enlisting in WRNS in Wars, post war wrens, Bletchley Badge persons, odd trades, and interspersed with CFMC including RCN and RCNR queries.

Our new RCN naval women are much different from those earlier called Wrens.

Women Service personnel today, with the advent of high technology, service at sea, and equal responsibility in the forces: may look on the older group as full ancient fossils.

However WRCNS women, including Wrens as designated, were part of the early history for women in Canada. Wrens of the Navy have been followed in good order by the new service women today. History is still in the making.

**FYI:** The Wren website is [www.thewrens.ca](http://www.thewrens.ca) and has some specific information re WRCNS/ Wrens.



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## Ocean War Graves and Battle of the Atlantic Update:

The Battle of the Atlantic ceremony is held every year on the first Sunday in May. One of the most poignant moments is the slow tolling of the bell when each Lost Ship name is read out. Ships names are read not individual names.

2020 a year of Hindsight Foresight and maybe an Eye to the Future.

The Ocean War Graves Project is in regulation stage with this new Parliament...i.e. the Wrecked Hazardous and Abandoned Vessels Act for which no rules and regulations are made yet re protection of all oceans war graves...and in this act for only Canadian Waters. Nothing has been done about our Lost in International waters Sailors and Ships protection in the High seas.

We look forward to your individual request for International regulations ---keep asking your local MP regarding the issue of Ocean War Graves and the need for International Treaties to protect the water graves of our Lost at Sea. **Both items submitted by Joan Balch.**



# Korea Veterans Unit 26, Hamilton



## The “19<sup>th</sup> Korean War Veterans Appreciation Luncheon”:

On 16 November 2019 the “Korean War Veterans Appreciation Luncheon” was held at the Holiday Inn & Parkway Convention Centre in St. Catharines. 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 (\$11 Billion Bilateral Trade) that has impacted largely in 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 9—25 February 2018.)



Consul General Tae-In Chung (left) and Carsten McKay.



Korea War Veterans and dignitaries at the “Korean War Veterans Appreciation Luncheon”. Photo by Elizabeth Daley.

At the luncheon, there were over 173 guests including 22 Korean War Veterans, 70 Veterans and Serving members, including a RMC cadet. Our special guests were Tae-In Chung, Consul General, Hyeon Mi Lee, Vice Consul, Bob Bratina, MP Hamilton East, Jennie Stevens, MPP St. Catharines, Mayor Wayne Redekop, City of Fort Erie, Councillor Carols Garcia City of St. Catharines and Deputy Chief Ryan Diodati of Hamilton Police Service. After the luncheon,

there were video presentations (Thank You Korean War Veterans, and Canadians Our Heroes). Consul General Tae-In Chung presented the Ambassador for Peace Medal to Carsten McKay who served in the RCN on HMCS Cayuga, George Charles, CD who served in the Royal Canadian Corps of Signals (RCCS), Jessie Green, a Six Nations Veteran, who served in the US Army, 25th Infantry (he received the USA Presidential Citation, Bronze Star and Purple Heart) and Ewen MacDonald who served with the Royal Electrical and Mechanical Engineers (REME) in the British Army.

Prime Minister Justin Trudeau sent his greetings stating that “*Today, you have gathered in solidarity to reconnect with friends and to honour all Canadians who answered the call to serve Korea. I join with you in paying tribute to all Veterans of the Korean War. We will never forget the 516 Canadians who died in that conflict or the 1,558 who came home wounded. I would like to thank the Korea Veterans Association of Canada Unit 26, Hamilton and Unit 15 Niagara for organizing this event and fostering fellowship amongst Veterans*”. The 19th Annual Korean War Veteran Appreciation luncheon was organized by the Korea Veterans Association of Canada Unit 26 Hamilton, Unit 15 Niagara and The Roast Beef luncheon was sponsored by the Consulate General of the Republic of Korea in Toronto and the entertainment was sponsored by Veterans Affairs Canada. **Submitted by HooJung Jones Kennedy.**



# Healthy Eating



## **Baked Cod Roe:**

- **Ingredients:**

- 1½ -2 lbs cod roe
- ¼ cup butter
- Ground garlic to taste
- Salt & pepper

### **Method:**

Preheat oven to 350°F. Clean cod roe with running cold water, carefully not breaking the sac. Season to taste. Place cod roe on a greased or parchment lined cookie sheet and bake for 20-25 minutes. Spoon butter (mid-way) on roe. Garnish with spinach and quartered lemon. Cod roe can be eaten as is or on crackers with a little mayonnaise.

**Tips:** If using frozen cod roe, ensure you thaw completely in refrigerator prior to baking. Use vegetable oil instead of butter. *Submitted by Kevin Phillips.*

*NL Slang: run like a scal'd cat – run fast!*

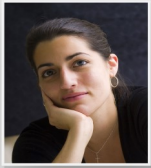


### **NL Caribou:**

NL Caribou resting in the sun and deep snow. The photo was taken on 1 February 2020 at Gull Pond on White's Road, West Coast of NL.

*Photo by Meline Felix-Foley.*





# Healthy Aging



## **COVID 19 Pandemic FAQ\*:**

### ***What is COVID 19?***

COVID 19 (coronavirus disease 2019) is a respiratory illness caused by a new coronavirus called severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2).

### ***What are the symptoms of COVID 19?***

The most common symptoms are fever (above 38C), dry cough and shortness of breath ranging from mild to severe. A small percentage of people experience sore throat, runny nose, and headache.

### ***Who is more susceptible?***

People over the age of 60 and/or with chronic medical conditions (asthma/COPD, cystic fibrosis, diabetes, heart failure, pregnant or immunocompromised from a medical condition or medication).

### ***Are there any severe complications?***

80% of infected people will experience mild symptoms and recover quickly. In more severe cases, people need to be intubated and ventilated (breathing tube down the throat where a machine breaths for you). More severe complications include pneumonia, multi-organ failure and in some cases death.

### ***How does COVID spread?***

It spreads between people who are in close contact (within 2-meters or 6-feet) with the respiratory droplets of an infected person when (s)he sneezes or coughs. To a lesser extent it can spread through contact with contaminated surfaces (i.e. touching a contaminated surface and then touching your eyes, mouth and/or nose).

### ***How long does it last on surfaces?***

The virus is detectable up to 3 hours in aerosols (in the air), up to 4 hours on copper, up to 24 hours on cardboard, and up to 2-3 days on plastic & stainless steel surfaces.<sup>1</sup>

### ***What is the incubation period?***

The incubation period is the time between coming in contact with the virus and when you start to have symptoms. The incubation period for COVID 19 ranges from 2-14 days.

### ***What do I do if I am sick or have recently travelled?***

Travelled outside of Canada in the last 14 days: self-isolation for 14 days. Close contact with someone who has COVID 19: self-isolation for 14 days. Sick with mild symptoms: self-isolate for 14 days<sup>2</sup>. Sick with severe symptoms: go to your local emergency department. Sick and unsure what to do: see your provincial public health website for their self-assessment tool or call your family doctor's office. Diagnosed with COVID 19: Isolation/quarantine until no longer a risk to the public. ***(continued on the next page.)***





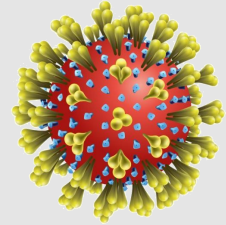
# Healthy Aging



## COVID 19 Pandemic FAQ\* (continued):

### **What is the difference between isolation/quarantine, self-isolation, self-monitoring and social or physical distancing?<sup>3</sup>**

Isolation/quarantine – Stay at home until your Public Health Authority states you are no longer at risk of spreading the virus. You must avoid the public, so have your groceries, etc delivered to you, no public transit or taxis, do not go to work and no visiting friends. Stay in separate rooms from other people at home and wear a mask if in a shared room. STAY HOME!



Self-isolation—Stay at home and monitor yourself for 14 days. You must avoid the public as noted above. You may have visitors IF necessary, but keep visits short and practice physical distancing. STAY HOME!

Self-monitoring—Monitor yourself for signs of COVID 19 symptoms for 14 days. May go outside, but avoid large crowds and practice physical distancing. Social or physical distancing – keeping 2-meters or 6-ft between yourself and other people

### ***What can I do to prevent infection?***

**KEEP YOUR HANDS OFF YOUR FACE!!!**

Wash your hands with soap often for at least 20 sec (sing Happy Birthday twice). Use alcohol-based hand sanitizer (60% alcohol minimum). Sneeze/cough into your sleeve or tissue (be sure to wash your clothes often). Disinfect spaces and clothing regularly<sup>4</sup>, especially high-contact areas like door-handles, phones, computer/tablet, kitchen appliances, etc). Practice social/physical distancing and stay away from people who are sick.

### ***Is there a vaccine or treatment?***

No and no. Research is currently being conducted for a vaccine. Current “treatment” is for symptom relief only. **Submitted by Dr. Shauna Phillips.**

#### ***Sources:***

\* Knowledge of this virus continues to develop. Information provided is up to date as of March 23, 2020.

1 N van Doremalen, et al. Aerosol and surface stability of HCoV-19 (SARS-CoV-2) compared to SARS-CoV-1. The New England Journal of Medicine. DOI: 10.1056/NEJMc2004973 (2020).

2 Different sources site a range of time for self-isolation (7-14 days). To err on the side of caution, 14 days is currently recommended.

3 <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/self-monitoring-self-isolation-isolation-for-covid-19.html>

4 For instructions on proper disinfection techniques, please refer to the CDC: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html>



# Financial Issues



## **Confidence and Market Timing:**

There's a lot of fear and uncertainty in the world at the moment given the Covid19 pandemic, and it's not limited to health matters. It's not a stretch to say that the economic consequences resulting from the pandemic will be severe. How severe remains to be seen. But when entire industries are shut down for an extended period of time, it's easy to see the devastating consequences (at the time of writing it's only been a week, but it is sure to be much longer.) Consider the ripple effect of a cease in operations of the restaurant, hotel, real estate, and airline industries just to name a few.

Forget the sophisticated math, algorithms, and analysis that professional investors use to determine what securities to purchase. Economies, financial markets, and credit markets operate on the basic principle of confidence - from packing a lunch instead of eating out because you fear you'll be out of a job next week, to large banking institutions failing to extend credit to automotive companies so they can make payroll because they fear default. These decisions magnified around the world can put economies into a tailspin. When confidence has been shattered like it has been over the past couple weeks, and the world becomes more uncertain, it leads to significant market losses, much like we have witnessed. The Dow Jones Industrial Index is down roughly 34% from its highs. The TSX is down 33%. The speed in which these losses occurred is staggering.



From an economic perspective, the future looks dire. But the truth of the matter is that nobody has a crystal ball. Nobody can predict how severe the fallout will be, and how long it will last. From an investment portfolio standpoint, nobody can predict with any certainty how long it will take for global markets to recover.

You'll read many articles over the next little while from analysts and pundits telling you to "sit on cash, because the market hasn't hit bottom yet." The research and evidence is clear that trying to time the stock market is a mug's game. Never mind being right once. You need to be right twice. You need to be right when to get out, and when to get back in. It's been proven over and over that it is incredibly difficult to do this consistently over the long term. Many end up buying high, and selling low. This is not a recipe for consistent, strong long term returns.

The play for the long term investor is to put money into the market on your regularly scheduled intervals, regardless of how high or how low the market appears to be. If your age dictates that you are not a long term investor, the recommended guideline is that you should have a more conservative asset allocation, that being a higher portion of bonds than stocks. Bonds are less risky than stocks, and will protect you from sudden downturns in the stock market, much like we have seen the past couple weeks. Bonds help preserve capital.

***Submitted by Shawn Russell.***



# Members at Large (MALs)



## Members at Large (MALs):

As President, I would like to embark on a plan to increase the participation of our MALs in the day-to-day affairs of the RCNA. Along with the Membership Vice President and the Yardarm Editor, we have decided to include one full page in each edition of the Yardarm to this important group of members. This page will include direct input for a MAL along with an update from the Membership Vice President.

MALs are important members. There is no secret about some clubs folding because of aging and 'moving away' members. Thunder Bay is a prime example. Aging members moved away from the city, some to warmer climates and some to relatives. But wherever they went it meant that not enough members remained to keep the club viable. Our Membership Vice President hopes to sign a few of these members up as MALs— the more the better! Remember it is much better to convert them to MALs than to lose them altogether. **Submitted by Jack Chapelle, National President.**

## Dave Freeman—Member at Large:

Dave came from a Navy family: father, two uncles and two cousins. He served from 1960 to 1996: UNTD Cadet, RCNR, RCN and CF(N), retiring as a LCdr. Served in HMC Ships NONSUCH, DISCOVERY CORNWALLIS, FORT ERIE, BONAVENTURE, STADACONA; HM Ships VICTORY and NELSON; CF Bases Borden, Trenton, Toronto and Esquimalt.

Dave has published two books on Naval history: *Canadian Warship Names* in 2001 and *Designs of Distinction: Unofficial Insignia of the RCN 1910 to 1948* in 2015. The former is out of print; the latter is available directly from him.

He is currently working on a two volume history about all the women who joined the Navy between 1910 and 1946: Wrens, Nursing Sisters, Surgeons, Physios, Dieticians and Lab Techs. He is collecting info, documents, memoirs, stories and photos.

Dave has been a volunteer at the CFB Esquimalt Naval & Military Museum for over 25 years. He has lived in Victoria since 1993 with his wife Marion and two cats. **Submitted by Dave Freeman.**



## The RCNA is looking for Members at Large.

If you are interested, please contact the Vice President (Membership).

**June Greig**

Email: [junegreig@shaw.ca](mailto:junegreig@shaw.ca)



# Chaplain's Corner



## Navy Chaplains:

The history of Navy Chaplains is lost in the mists of time, but we can be certain of one thing –men that go down to the sea in ships have a close relationship to their creator. This is evident from the proliferation of cultic figures, incense pots and inscriptions that feature prayers etc. The writer of Psalm 107 gives an accurate picture of sailors turning to their God in the midst of a storm. The story of Paul breaking bread aboard a ship in the midst of a storm, as recounted in the book of the Acts of the Apostles, is often used as an example of his unofficial role of chaplain as he seeks to calm the fears and to instill discipline into his captors and the crew.

According to the Torpedo Bay Naval Museum in New Zealand's History of Chaplains there were chaplains in the kings' ships as early as Edward 1's time (1272-1307). The Anglican Church of Canada's article on Naval Chaplains recounts that as early as the 10th century the Saxon King Athelstan, sent a priest to serve on his ships, and in 1147 an expedition to Lisbon sailed with articles that stated that "aboard each ship should be priest to dailykeep such observances as held in parishes and to celebrate communion every Sunday."

In 1534 a priest on Jacques Cartier's ships celebrated mass on the Gaspé and presided at the erection of a cross as Cartier claimed the land for France. In 1578 a chaplain on Martin Frobisher's ship celebrated the first Anglican Communion held in Canada in Frobisher Bay. In the years leading up to the formation of the R.C.N in 1910 Royal Navy chaplains or local

Anglican or Roman Catholic parish priests would be appointed as chaplains.

If a chaplain was to serve on board a ship he had to often find a place for his bed or hammock. Unlike army chaplains the chaplain navy did not hold a rank and his pay was often drawn from the sailors' wages or sometimes from the Treasury (A History of Naval Chaplaincy). The duties and unofficial expectations of the chaplain depended on the captain and sometimes the chaplain himself.

The chaplain was expected to help the crew to maintain a level of morality and loyalty by setting an example and leading in prayer and through his preaching. The preaching was expected to be sound but not "too painful". More importantly the chaplain was expected to "exemplify the duties that he recommended to his flock by the sobriety, decency and regularity of his own private conduct....every chaplain should be careful to gain the approbation of those with whom he serves both high and low." (A chaplain of the Navy after the French Revolution as quoted in a History of Naval Chaplaincy.) **Note:** This will be followed by another bit of history on Navy Chaplains.

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



**RCNA Sarnia's Padres: left, Deacon Chuck Stevens, right-Reverend Dr. Gord Simmons.**



# Crossed the Bar

**Dowall, Jim.** Crossed the Bar 12 February 2020. Jim was the Master At Arms for the Manitoulin North Shore Naval Veterans Association. See photo on page 7 of this edition.

**Edwards, Michael (Mike).** Crossed the Bar 19 March 2020. Mike was a strong supporter of veterans in general and the RCNA in particular. He served on the RCNA National Executive and was President of the RCNA Kitchener-Waterloo Branch.

**Fletcher, Peter.** Crossed the Bar in 2019. Peter was a long time member of the Manitoulin North Shore Naval Veterans Association.

**Leiever, Gail.** Crossed the bar on 21 October 2019. Gail was a long standing member of the RCNA Sarnia Branch, an active member on many committees and a avid volunteer.

**MacAskill, Ken.** Crossed the Bar 12 November 2019. Born 1 April 1924, Ken served in the RCN during WWII. As a veteran, he also served on several committees and was a member of RCNA North Bay Branch.

**MacDonald, Percy (Dud).** Crossed the Bar in 2019. Bud was a long time member of the Manitoulin North Shore Naval Veterans Association.

**Tustian, Allan.** Crossed the Bar in 2019 at the age of 100 years. Allan, a WWII Veteran, was the 2019 "MEMBER OF THE YEAR" for the Manitoulin North Shore Naval Veterans Association. See page 9 of this edition.

## WRENs Association of Toronto period ending March 2020

Last Name	First Name	Maiden Name	City	Date of Death	Service
Edwards	Nancy Christine	Whitehead	Toronto, ON	20-Jan-20	WWII
Greer	Rosamond Mildread	Fiddes	Vancouver, BC	1-Jan-20	WWII
Harrison	Isabel (Ibby)	Hay-Roe	Pointe Claire, QC	4-Jan-20	WWII
Kendall	Dorothy		Montreal, QC	12-Jan-20	WWII Dental Asst
MacKenzie	Mary Elizabeth		Liverpool, N.S.	9-Mar-20	Post War
McKelvey	Margaret Elizabeth	Never Married	Toronto, ON	20-Jan-20	WWII
Porter	Jessie	Pearson	Vancouver, BC	10-Jan-20	WWII
Wallace	Jean		Toronto, ON	4-Jan-20	WWII - British WREN

*Submitted by Donna Murakami-Fujimoto.*

# 2020 National Executive

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# The Last Word



## Thank You:

This is the Spring 2020 Edition of the Yardarm. With my rapidly advancing age, I'm starting to forget how many issues are out there and how many volunteers have contributed material over the years. But I do remember my strong team of dedicated contributors who always manage to provide interesting material for every edition. Of course hats off to the many RCNA members across Canada for their contributions as well. A special mention to **Joan Balch** for stepping up and volunteering to help me proof read the Yardarm and **Ron Sitarz** for taking on Navy History. **Well Done and Thank You all for your continued support. Editor.**



## Info to Sponsors:

We are looking for Sponsors – \$50.00 for Branches/members; and \$100.00 for other agencies/non-members—per year. Your advert will be featured for one year on the website and one year (two editions) in the magazine. All sponsor funds will go to National HQ. For more info contact — pat@cornect.com or visit the Yardarm website—www.yardarm.ca. Please make the cheque payable to “**RCNA National**” and address it to the Yardarm Editor at:

**549 First Ave, Petrolia ON N0N 1R0.**

## Wilma McNeill (nee Jenkins):

We lost two very good friends in recent months; Wilma right and Gail below. Wilma was a staunch supporter of Veteran causes. Her life time goal was to have the Federal/Provincial governments recognize 11 November as a holiday. The Federal Bill passed in the House of Commons in February 2018. To the very end, she continued the fight to have the province of Ontario follow the lead of other provinces and declare that date a Provincial holiday. One week prior to her passing, I accompanied Wilma at a meeting with our local MPP (Bob Bailey) and the Ontario Minister of Labour (Monte McNaughton) to discuss that very issue. Unfortunately, Wilma passed on 4 February 2020. **R.I.P. Dear Friend. Editor.**



## Gail Leliever:

Gail was a long standing member of the RCNA Sarnia Branch. She held positions on several committees including the Battle of Atlantic and always volunteered for the many activities hosted by the Branch in support of Sarnia area seniors. She was especially keen on supporting the ALS of Canada fund-raising drive in May of each year. Gail was a great friend to all members of the Branch and will be deeply missed. She Crossed the Bar on 21 October 2019. **R.I.P. Dear Friend. Editor.**





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