

Yardarm



HMCS Rainbow



2022 Spring Edition

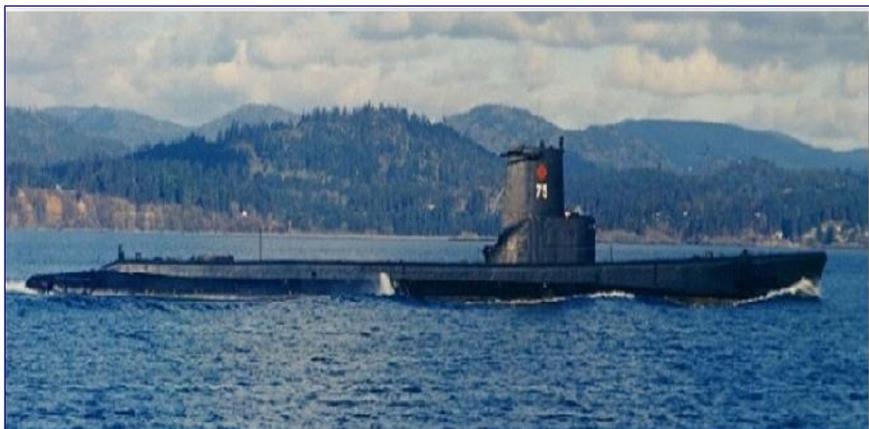
www.yardarm.ca

Yardarm Spring 2022

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 to view 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, most if not all of the material is also available in the public domain. If we missed something, please let us know—remember this is a free service to our veterans. ***Editor.***



The Spring 2022 Edition cover page features the HMCS RAINBOW (II), (SS75).

Canada's history with submarines has not been stellar — the trend continues today — unfortunately.

For more information on the Rainbow, please see Ron Sitarz's article in this edition.

Photo Source —Public Domain.

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National President

From the Helm:

Shipmates; one and all from coast to coast I greet you. Our distinguished Executive Secretary has recounted eloquently the difficulties of the past couple years and our strong motivation to right the ship and to move ahead in unison, with zeal and energy.

We are honoured my shipmates to be celebrating the platinum anniversary of our Sovereign. The very same sovereign who soon after the second war, conferred upon us her Royal Patronage. Like her we have survived through many wonderful and yet some difficult years.

We will continue and we will grow in stature and in numbers. Our association is stronger than many give it credit for and through increased awareness campaigns, we will continue and we will grow.

I salute the members we have lost through attrition, each and every one a patriot. I admire and respect all of you for your resolve and strength. Let us sail out of the vanishing fog into the bright light of tomorrow together stronger than ever.

Submitted by Jack Angus Chapelle, RCNA National President.



Queen Meets the Gov-Gen:

Queen Elizabeth II welcomes the new Governor General of Canada, Mary Simon and her husband Whit Fraser for tea in the Oak Room at Windsor Castle in Windsor, England, Tuesday, March 15, 2022.

Source, the Canadian Press/Steve Parsons/PA via AP.





National Secretary

From the National Secretary:

Shipmates—Well, it finally looks like we are seeing a light at the end of the COVID 19 Tunnel and lets hope that it is not another COVID Train.

COVID has hit our Organization pretty hard over the last two years but in true Naval fashion we have weathered the storm and kept our vessel afloat.

Now it is time to put our ship into refit and get Her back fully seaworthy for the coming years ahead. It may not be an easy job, but I am sure that you, my RCNA Shipmates, are up to the task.

We have lost some of the members of our Ship's Company through the inactivity forced on us by the Pandemic. Hopefully, we get our Clubs back fully operational they will again sign on and rejoin us. RCNA National will be working on recruiting ideas; etc. and will soon be putting together a program for our Clubs throughout the Country to get their recruiting going. It is up to all of us to do our best to increase our membership and grow our National stature.

Communication will play a major role in our Organization's future. This means communication at all levels of the RCNA. It is up to us to get the message out to prospective members and inform them as to why they should become members of the RCNA. We have to let them know what our Organization is; what it stands for; and what is in it for them and what are the advantages of joining. *"We must sell the Sizzle as well as the Bacon."*

When I was in sales, I would use the Three Foot Rule to promote my business. In short, anyone within three feet, I let them know what my business did and what it had to offer. You would be surprised at the number of people out there that may be interested in joining your Club, but no one has ever talked to them about it or they did not know it even existed. The most someone can say is no, but you might be surprised by the number that may say yes or want more information.

The Royal Canadian Naval Association is not a dying Association. We have just been put on hold by a Pandemic. We must now ready ourselves to come out of that Pandemic harbour ready; seaworthy and able to take on all the challenges that will face us in building us back to the RNA of bygone years. With your support, the RCNA Executive is ready to get things going. Bravo Zulu to all our Clubs for weathering the Pandemic.

Submitted by L.R. Verne Lunan, Executive Secretary, RCNA National.





RCNA News

Queens Platinum Jubilee Medal:

It makes me wonder about things as time goes by as we have spent the last two years in isolation living with Covid 19. I think of all the individual Canadians that helped people across this great country providing food, cloths and medical assistance and all the volunteers who gave up their time.

To our great Military that provided medical services across the country that helped our hospitals, as they were above their capacity with Covid 19. The fact our military will travel this great country to help Canadians in need shows their greatness.

To our doctors and medical staff who worked tirelessly with short staff as our hospitals were filled beyond capacity. The Medical Association should be proud of its achievements.

The Canadian Government has decided not to celebrate Queen Elizabeth 11 Jubilee Platinum Medal to honor her majesty seventy years on the throne. There will be no medal for Canadians who were vital in their support in fighting this virus. I personally feel there are many Canadians who qualify for this honor and what a way to say. **Thank You.**



Submitted by Bryan Chapelle Parliamentary & Veterans Affairs.

From the Supply Officer:

All RCNA Clubs are encouraged to submit a list of supply items required to serve their members. Ordering just what the Clubs want would be great for inventory control and would prevent getting items that will just collect dust. The Supply inventory is very low at this time, for example: epaulettes, anchors, black berets, and any of the normal items that be may need—again the goal is to purchase only needed items to reduce the cost. Clubs can submit their requirements directly to the RCNA National Supply Officer via email: rick.simons@sympatico.ca.

On the right top-trade badge, Storesman, bottom, Petty Officer rank badge.

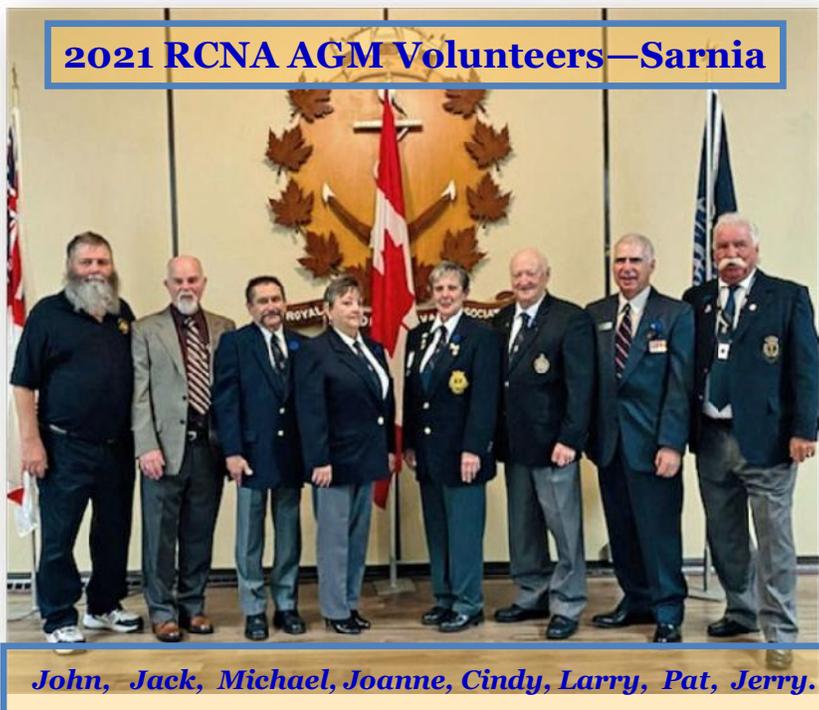
Source, Rick Simons, Supply Officer. Editor.





AGM 2021 Notes:

The RCNA Sarnia Club hosted the 2021 AGM in October. It was a real challenge as the club had been closed for two years—there was a lot of preparation on short notice to make the event happen. Many of the Pandemic restrictions were still in place, especially regarding size of gatherings, wearing masks, and food handling. Consequently, the AGM had to be streamlined in many areas. God Bless all RCNA Clubs and their representatives for attending—and thanks for being so understanding. The photo below show most of my volunteers (Duncan and Fred are missing in action). As Committee Chair, I want to Thank You All. **RCNA photo. Editor.**



Goodie Bag Contributors:

Michael and Joanne Lavinge looked after the “Goodie Bags”. Recruiting sponsors is a difficult task at the best of times, but with COVID it must have been especially challenging. Thank you both for volunteering. On behalf of Michael, Joanne, and all AGM attendees, a special thank you to all the Sarnia area businesses and groups who contributed—a very special mention and thanks to **Shelley Ambrose and her team at Tourism Sarnia-Lamton and Doug Wallers from the Country Butcher for their contributions.**



In closing—the RCNA National President, Jack Chapelle, thanked the Sarnia RCNA Club President, Cindy Vandenberghe, the AGM Chair, Pat Cornect, and all of the Sarnia volunteers for arranging and hosting the 2021 RCNA National AGM on such short notice.

For more details, you can access a full copy of the AGM 2021 minutes through your Club or by contacting the RCNA National Secretary. **Editor**



AGM 2021 Notes:

As 2021 was an election year, the installation of Officers performed by Nomination Committee Chair Pat Cornect:

Executive Secretary - S/M Verne Lunan
Executive Treasurer - S/M Charles "Chuck" Johnston
VP Membership - S/M June Greig
Executive VP - S/M Terri-Leigh Saunders
President - S/M Jack Chapelle

The following appointments were made:

Parliamentary and Veterans Affairs Liaison - Bryan Chapelle
Supply Officer - Rick Simons
Yardarm Editor – Pat Cornect
Fund Raising Chair – Jack Chapelle

Source, AGM 2021 Minutes.

Club Dues Update:

As of March 2022

The RCNA has 19 Active Clubs.

To-date 13 RCNA Clubs have paid their 2021 dues, for a total of 629 members out of 1179 members.

16 MALs - \$16 DUES are outstanding for 2021.

Source, June Greig, membership VP.

S/M and Club of the Year:



Congratulations to S/M **Ron Sitarz** from Admiral Hose Naval Veterans Association, on being voted S/M of the Year. Ron produces a monthly magazine out of Windsor and is a regular contributor to the Yardarm. Ron also did an excellent job on the RCNA Badge—graphic right, Old Badge Top and New Badge bottom.

Admiral Hose Naval Veterans Association was selected. Club of the Year. Well deserved! **Source, AGM 2021 Minutes.**



WRENS 80th Anniversary:



In July 2022, the WRENS will be celebrating their 80th Anniversary. A luncheon is tentatively to be held in July. Location, date and time are still being planned. Stay tuned for more details.

www.thewrens.ca

Source, Donna Murakami, CD, LCdr (Ret'd) . Editor.

Condos at Juno Beach D-Day site?



The site of the proposed condo development at Juno Beach, with the Juno Beach Centre museum visible near the bottom-left of the frame.

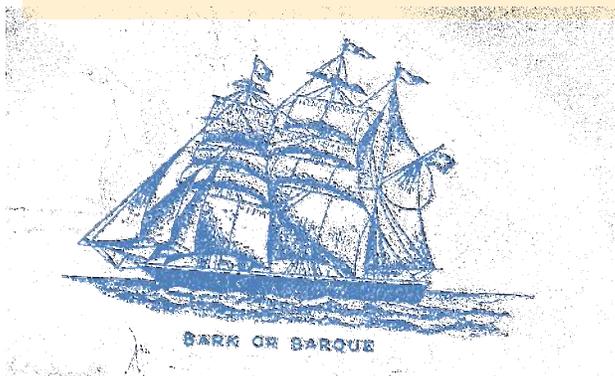
A group of Canadians is organizing to stop a proposed condo development at Juno Beach in France, the site of the D-Day landing that resulted in the deaths of hundreds of Canadian soldiers. More than 14,000 Canadian soldiers participated in the landings and 359 were killed, according to Veterans Affairs Canada.

The site is currently home to the Juno Beach Centre, a privately operated Canadian museum that has been open for nearly 20 years.

The museum has for two years been engaged in a lengthy legal battle with French developer Foncim, which plans to construct two buildings near the beach, comprising a total of 66 condos.

Robert Hage, a retired diplomat with the Global Affairs Institute, said that Canada should reach out to France at the diplomatic level to argue that Juno Beach should be preserved and the museum located there protected from the impacts of the development.

Despite the court ruling in favour of the development, she said the group still hopes the project could be cancelled if enough Canadians voice their opposition. **Source, CBC News. Editor.**



CFOne Appreciation:

CFOne members enjoy access to CF Appreciation and many other services designed to help you realize your mental, social, physical and financial goals. Discover discounts on products and services in your neighbourhood and around the world.

For more information click the cards below. Editor.



AOPS ROLETTE:

Throughout the War of 1812, Lieutenant Frédérick Rolette's decisive and daring actions served this country well. As the Arctic/Offshore Patrol Ships are being named after Canadian naval heroes who displayed outstanding leadership and heroism while serving in the Navy during wartime, Lieutenant Rolette is an excellent choice. His leadership and courage model what it means to be a member of the Canadian Armed Forces," said Vice Admiral Mark Norman, commander Royal Canadian Navy.



Lieutenant Rolette was very active in the war, conducting several daring captures of American supply vessels and participating in land battles at the Capture of Detroit, the Battle of Frenchtown, and the skirmish at the Canard River.

When the war ended, Lieutenant Rolette returned home to Québec City to a hero's welcome and was presented with a fifty-guinea sword of honour by its citizens in recognition of his service. Through the research and efforts of the Naval Museum of Québec, the Royal Canadian Navy (RCN) was able to locate the whereabouts and current owner of this sword of honour

in order to have it displayed to the public as part of the naming announcement.

In a statement his descendants Yolande, Colette, Pierre and Jean Chatillon said they were very proud to learn that a Royal Canadian Navy ship will be named after their illustrious ancestor.

The family feels that for various reasons, Lieutenant Rolette's exploits are not as well-known as those of other celebrated naval officers. But, thanks to the honour conferred on him, he will receive the recognition due to him and take his place among Canada's most famous heroes.

The family thanked the Government of Canada and the Royal Canadian Navy for choosing the name of Frédérick Rolette to join the other prestigious names given to the Harry DeWolf-class Arctic Offshore Patrol Ship.

Source, Canadian Military Family Magazine. Editor.



Lt Rolette



Naval History

HMCS RAINBOW (II), (SS75), Submarine:

USS ARGONAUT (SS-475) was a Trench-class submarine operated by the United States Navy (USN). Constructed at Portsmouth Navy Yard, Maine during the second half of 1944, ARGONAUT was commissioned in to the USN in 1945 and operated during the final year of the Second World War, although her only contact with the Japanese was when she sank a junk in August. After the war she operated out of New London, CT., from 1946 to 1955, undergoing modification in 1952 to what the USN calls Guppy configuration. She was paid off on 2 December 1968.

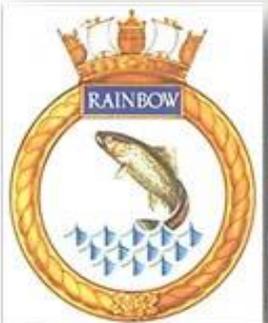
In 1968 ARGONAUT was put up for sale by the United States. The 24-year-old boat was offered to the Royal Canadian Navy, the USN gave Maritime Command five weeks to decide if they wanted the submarine. ARGONAUT was similar to the submarine already on loan from the United States, HMCS GRILSE, but significantly upgraded. The purchase was approved after Maritime Command claimed that GRILSE was no longer fit for service and Canada needed a replacement for training purposes.

Canada purchased the hull outright for \$153,000 and modernized the submarine at Esquimalt, B.C. for \$2.5 million. In November 1968, the submarine was prepared for departure from Norfolk, Virginia. ARGONAUT was in poor condition however, with only one of her four diesel engines in working condition, her electrical generator unusable and the boat was leaking.

The boat was commissioned on 2 December 1968 as HMCS RAINBOW II, (SS 75) and sailed for Esquimalt with only two engines working. The submarine caught fire twice while en route to British Columbia and upon arrival, was refused entry into port due to unpaid taxes and customs on her purchase. Once the government had paid the \$12,000 owing, RAINBOW entered Esquimalt and began her refit. The modernization took eight months to complete and following its completion, RAINBOW took up the duties of the out-of-service GRILSE of performing anti-submarine warfare training on the West Coast.

RAINBOW was decommissioned on 31 December 1974 (after 6 years in service) due to budget cuts and her need for a refit. Maritime Command kept the submarine in reserve, laid up until 1976, hoping to return her to service. However, in 1976, the boat was returned to the United States and scrapped at Portland, Oregon in 1977 for \$213,687.

Submitted by Ron Sitarz.





Quilts of Valour - Canada



Quilts of Valour Canada Society:



**Linda Gerein
President**

Through the encouragement, support and enthusiasm of quilters, the Quilts of Valour - Canada Society was formed as a registered national charity in 2009.

The Quilts of Valour – Canada Society has presented quilts to thousands of recipients who are coping with injuries both visible and invisible. These quilts are made by volunteer quilters from across the country who wished to show their appreciation to our injured Canadian Armed Forces members, past and present for their bravery and commitment to Canada and its citizens. The quilts come from individuals, groups and guilds, men and women, young people, retired armed forces members themselves and many others with no connection to the military.



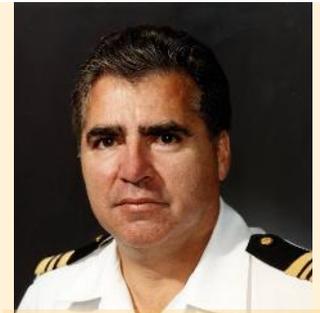
**Lezley Zwaal
Founder**

Source, Quilts of Valour website <https://www.quiltsofvalour.ca> Editor.

Quilt of Valour Presentation:

On March 22, we had the pleasure and honour to present a Quilt of Valour to M. Patrick Cornect, Lieutenant Commander (Retired). He spent 35 years with the Navy Branch of the Canadian Armed Forces. He was stationed at various places across Canada and enjoyed seeing the signed “Hug Blocks” from the various places. He continues to serve others by volunteering to be the Newsletter Editor for the “Yardarm” for retirees of the Navy across Canada. His wife and mother were present and happy to be included. The quilt maker, Cheryl McDonald was also present. Everyone thought the quilt was beautiful. Cheryl used the “hug Blocks” from across Canada and spaced those blocks with a patriotic “four patch” design. ON6-2022-001 . This beautiful quilt was made by Cheryl McDonald of Brigden.

Submitted by Laverne Phills, ON6.



**LCdr Pat Cornect
spent 18 years in the
ranks and 17 as an
Officer—Regular
Force.**



Photos:

Photo Left; Pat receiving the Quilt of Valour From Laverne.

Photo right; L to R Pat Cornect (recipient), Cheryl McDonald (quilt maker) and Laverne Phills (Rep).

Photos by Bert Phills.



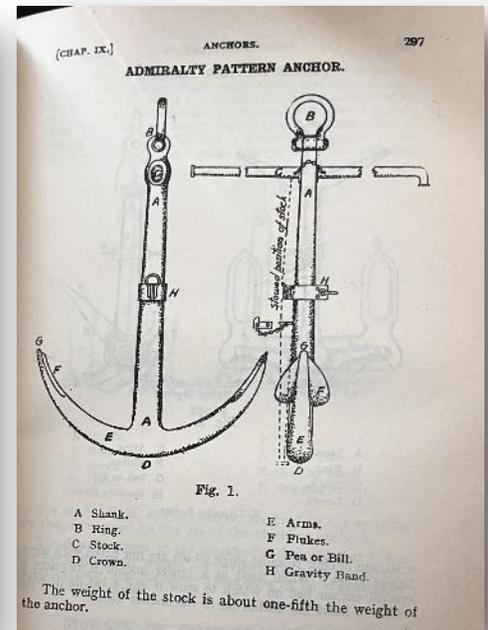
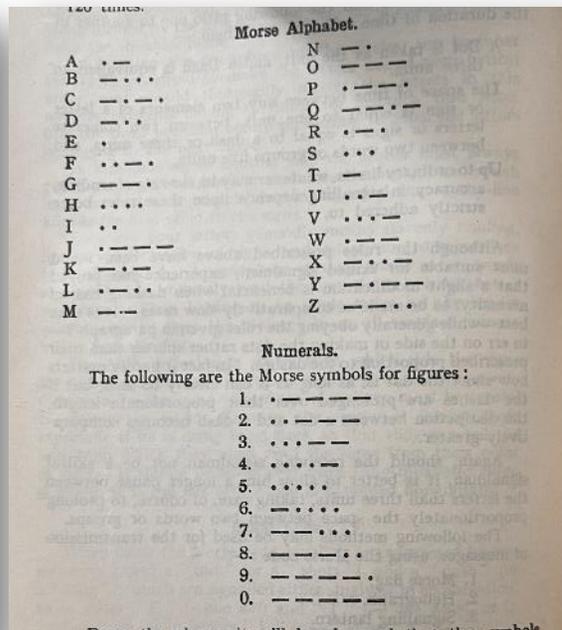


War Veterans

Estimated Veteran Population by Average Age

Type of service	Average Age	March 2021
Second World War Veterans	96	20,300
Korean War Veterans	89	5,200
Total: Estimated War Service Veteran Population	94	25,500
Canadian Armed Forces - Regular Forces	62	315,000
Canadian Armed Forces - Primary Reserves	57	277,300
Total: Estimated Canadian Armed Forces Veteran Population	59	52,300
Total Estimated Canadian Veteran Population	n/a	617,800

Source, Chief Financial Officer and Corporate Services Branch.



Graphics from "Manual of Seamanship 1937—Vol 1". Source material from Jane Regnier .



War Heroes



A Word of Thanks to a War Hero:

Thank you very much for sending your personal handwritten "Thank you" card and it is greatly appreciated. Your dedicated staff always helped to honor and remember the Korean War Veterans who are our heroes. Sadly, we learned that our associate, Rear Admiral (Ret'd) Robert Lunney has passed a few days ago.

He served in WWII and the Korean War. As a crew member of the US Merchant Navy, SS Meredith Victory, he helped to save 14,000 Korean refugees including my mother, grandparents, uncles and aunts and 5 new born babies named Kimchi1,2,3,4 and 5 born on the ship on the Christmas Eve (Hungnam Evacuation) during the Korean War. Bob and I are the members of the Guild and friends for The Cause for Servant of God Brother Marinus, O.S.B. (Captain

Leonard LaRue, a captain of US Merchant Navy Ship, Meredith Victory became a monk, Brother Marinus.)

Several years ago, Bob asked me to join as a guild member and asked me to write a support letter to Father Sinclair Oubre. I gladly wrote the support letter and became a member of the guild, Friend for the cause and a donor. Here is his video "Last Ship in Harbour" from the Korea Society and I have been playing this video at our annual Korean War Veterans Appreciation Luncheons.

<https://www.koreasociety.org/policy-and-corporate-programs/item/1085-last-ship-in-the-harbor>

Here is the YARDARM (Royal Canadian Naval Veterans Newsletter) 2013 newsletter. My article is about the Meredith Victory and the Bob's message is in page 10. I have been a contributing author for 9 years for the YARDARM regarding the Korean War Veterans and events. [2013-2.pdf \(yardarm.ca\)](https://www.yardarm.ca/2013-2.pdf) .



Rear Admiral (Ret'd) Robert Lunney.

May God embrace him with his divine love. I would like to echo your "Thank you" to all Korean War Veterans including Bob. **Submitted by HooJung Jones Kennedy.**

From the Editor—a special Thank You to HooJung for her continued support—it is much appreciated by all our readers.



Senator Rick Scott's Note



Korea Veterans, Unit 26, Hamilton

20th Anniversary of the Korean War Veterans Appreciation Luncheon:

The “20th Anniversary of the Korean War Veterans Appreciation Luncheon” was organized by the Korean War Veterans of Canada Unit 26 Hamilton and the Hamilton-Halton Korean Cultural Association at the Michelangelo Banquet Centre in Hamilton on 5th November 2021. Over 180 guests attended the luncheon including Korean War Veterans, family members, serving members, Veterans, Consul General Deuk Hwan Kim, Hon Raymond Cho-Minister of Seniors and Accessibilities, Paul Miller-MPP, Defence Attaché Col Keun Sik Moon, Hamilton Police Chief Frank Bergen, Deputy Police Chief Ryan Diodati and Korean-Canadian Community members.

I began organizing the “Korean War Veterans Appreciation Luncheon” 20 years ago to honour and remember Korean War Veterans with dedicated volunteers and supporters. Since then, sadly many Korean War Veterans have passed. As Co-Chair of the event, it was my honour and pleasure to see our Korean War Veterans and family members enjoying a delicious Roast Beef Luncheon, Korean-Canadian Entertainment and various gifts; Korean War ball caps, the Royal Canadian Legion Branch 153 Hamilton blanket, Tim Hortons gift card, and the 100th Anniversary of the Poppy pin.

2021 marked the “70th Anniversary of the Battle of Kapyong/Gapyeong, 23 - 25 April 1951”. The Princess Patricia’s Canadian Light Infantry (PPCLI) 2nd Battalion received the “United States Presidential Unit Citation” for their gallant bravery. At the luncheon, Consul General Deuk Hwan Kim presented 4 Ambassador for Peace Medals.

Our associate, Douglas (Bud) Keeton who fought at the Battle of Kapyong/Gpayeong received the Ambassador for Peace Medal. Another recipient was Urban Leonard Vermette a WWII Hong Kong Veteran and also a Korean War Veteran. He spent 4 years in a Japanese POW camp with his two brothers who fought with him. After overcoming pain and suffering, he joined the PPCLI 3rd Battalion to fight again during the Korean War. William Bruce Marshall and Lloyd George Wary also received the Ambassador for Peace Medal and they both served with the PPCLI 2nd Battalion. Mr Vermette and Mr Marshall’s Ambassador for Peace Medals were awarded posthumously to their family members.

To date, my husband Maj (Ret’d) Don Kennedy and I helped to present over 210 Ambassador for Peace Medals from the Korean government to Korean War Veterans in Canada and the U.S.A. We would like to send our special thanks to the Korean War Veterans, their family members and other Veterans. Thanks as well to the Consulate General office of the Republic of Korea in Toronto and the Veterans Affairs Canada for sponsoring the luncheon. Also thank you to; the Royal Canadian Legion Br. 153 Hamilton Mountain, Royal Canadian Legion Br. 142 Dunnville, Royal Canadian Legion Post 144 Pinellas County, the all entertainers, donors and volunteers. Please view the video <https://www.youtube.com/watch?v=SP8P2AmsVIA>

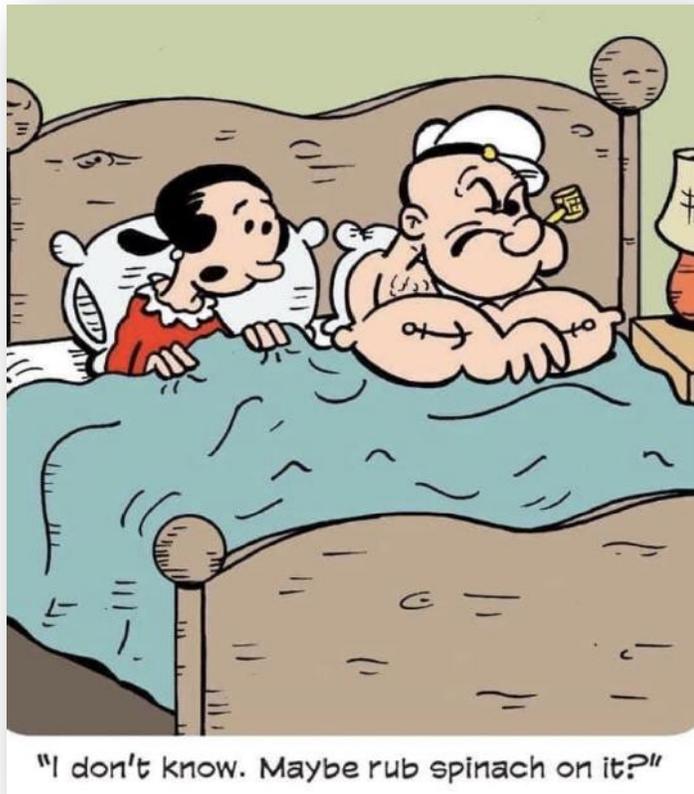
If you are a Korean War Veteran or a deceased Korean War Veterans’ family member, please email me at hjjones@bell.net for the Ambassador for Peace Medal information. We will remember our brave heroes who gave their todays for our tomorrows. **Article by HooJung Jones Kennedy, photo by Elizabeth Daley.**



Left to Right: Consul General Deuk Hwan Kim and Douglas (Bud) Keeton



The Funny Page





Items of Interest

UPDATE Covid -19 Second Year:

Things noticed during the pandemic: How are YOU doing?

Various Governments -Local, Provincial, and Federal say their staff are working sometimes from home but most of the time nothing seems to come out of the working days that is relevant to past two years... So what have they done?

TV programs use a lot of non professional persons who mumble the language and if not mumbling speak gibberish.

TV 'Experts' who webcam or video conference, zoom or facetime need some professional guidance to show how to display themselves and to indicate they are not broadcasting from a cardboard box with rebound sound.

Speaking to the Mailman and the delivery driver counts as a social conversation even if it is Sign Here.

No one tells you if the store, restaurant, event place, Vaccine location, highway location or Mall has usable washrooms and that they are open should you attempt to go to one..

How many persons have got Covid from lawful paper money and coins and from unsprayed shopping bags, or delivered newspapers?

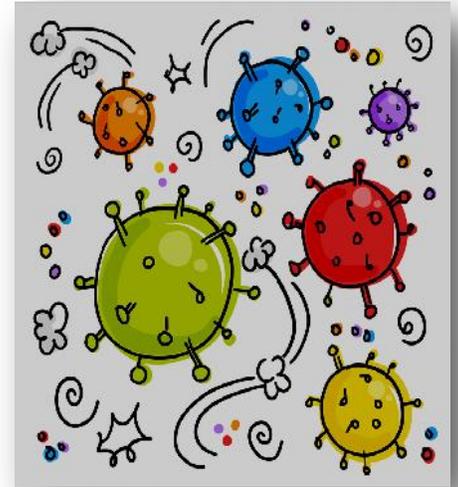
TV programs use a lot of talking heads in which the sound does not match the lip movement so luckily you can reject the info

Where did all the local post boxes on the various corners go?

Being locked down is similar to being confined to Barracks only the time seems longer.

People have gone from being funnily confused to being seriously confused.

What made sense yesterday and should make the same sense today means one of the senses is considered a falsehood. ***Want to add any of your own?***



Real News:

- Ocean War Graves: Federal Bill passed Feb 28 2019 and is now 2 years stuck with not one draft regulation and rule in sight. No Canada protection. No International Protection.
- July 31 2022 is 80th anniversary of the founding of the Wrens ' Women's Royal Canadian Naval Service'.
- 2023 will be 100th anniversary of the Canadian Reserve Bases.
- Homeless Veterans may soon receive help for Tiny Homes via www.homesforvets.ca
- J.C. Bakker and Sons Ltd of St Catharine's Ontario, indicates that the Navy Lady Rose Bush should be available for Spring 2022 at some selected Retail Nurseries.

Submitted by Joan Balch.



Healthy Eating

Cod Fish Pie:

Prep: 20 min in a pre-heat oven 425°F, makes 4 servings.

- 6 cooked mashed potatoes
- 2 lb cooked fresh cod
- Salt & pepper
- 1 c drawn butter

In a well-greased uncovered deep-pie dish, layer bottom with half of mashed potatoes and fish. Spread half of the drawn butter.

Repeat with another layer and remaining drawn butter. Bake for 20 minutes.



Drawn Butter:

Prep: 10 min, makes 1½ cups.

- 1 lg onion, thinly sliced
- 2 tbsp butter
- 2 tbsp all-purpose flour
- 1 c boiling water
- Salt & pepper

In a skillet on medium heat, sauté onions in butter until golden brown.

Sprinkle flour over onions and blend thoroughly.

Stir in water and bring to a boil; stir constantly until you have reached desired consistency.

Season to taste. Simmer for 2 to 3 minutes.



Submitted by K.J. Phillips.



The Gravels Walking Trail:

Port au Port NL

February 19 2022.

***Photo by:
Meline Felix-Foley.***





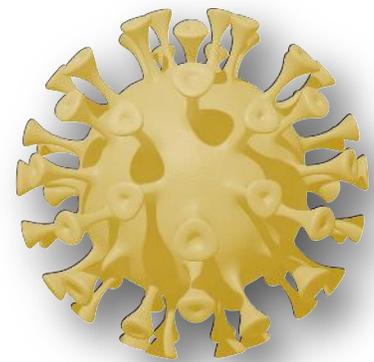
Healthy Aging

Long COVID - The Short of It:

It has been 2 years and over 3.4 million reported cases of COVID in Canada. The majority of people will fully recover within 5 weeks. However, for many unfortunate people, their covid symptoms will persist for months or longer. This is known as post-COVID-19 syndrome or long COVID and can occur regardless of the severity of the initial covid illness.

This syndrome is still poorly understood and the exact definition in terms of timing is currently being debated. Common symptoms that are reported include:

- ◆ extreme fatigue
- ◆ shortness of breath
- ◆ brain fog (difficulty with memory and concentration)
- ◆ cough
- ◆ headache
- ◆ joint or muscle pain
- ◆ dizziness
- ◆ digestive system issues (stomach pain, diarrhea)
- ◆ mood changes
- ◆ palpitations (fast heart rate or hear pounding)
- ◆ changes to menstrual cycle.



Part of the challenge in studying this phenomenon is the multiple variables involved from medication/treatments, multifaceted effects of the corona virus itself on the human body, and underlying medical conditions. This is further complicated by health problems that were present but not noticed until COVID symptoms started.

The most recent evidence suggests women tend to be at higher risk of developing long COVID. However, it is unknown why some people are affected and others are not. Generally speaking, people with long COVID are not contagious, but a worsening of symptoms may indicate re-infection and that may cause a person to become contagious again.

Although there have been cases of long COVID in people who are fully vaccinated, vaccination is still considered a protective factor in preventing both COVID and long COVID. If you have long COVID, it is safe to receive a COVID vaccine booster. However, if you are under active investigation or are acutely ill, it would be best to defer your booster until feeling better.

Long COVID is an evolving diagnosis and resources are being updated accordingly. For up to date information and patient resources, please see:

<https://www.ontariofamilyphysicians.ca/tools-resources/covid-19-resources/long-covid>.

If you are concerned about possibly having long COVID, it is worth discussing this with your family doctor and determine if you are eligible for a referral to your local COVID-19 Rehabilitation Program.

Submitted by Dr. Shauna Phillips.



Financial Issues

Treatment Benefits Program:

We all need healthcare services. The Treatment benefits program provides coverage for a variety of benefits and services to help you get—and stay—healthy.

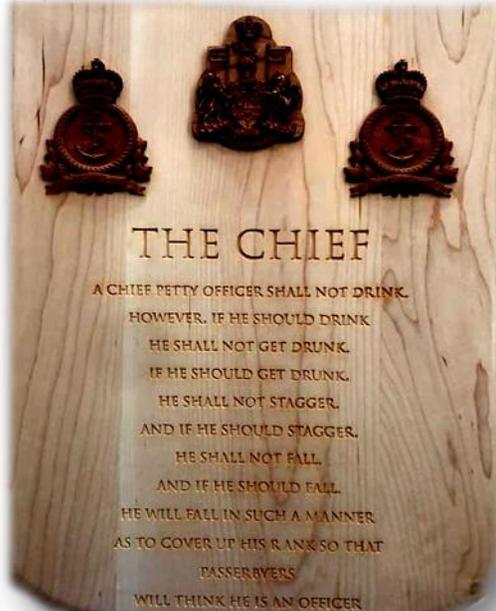
If you qualify for the Treatment Benefits program, you will receive a VAC healthcare card.

This healthcare card provides coverage for such things as home health or hospital services, nursing services, appointments with specialists (such as physiotherapists, audiologists, and mental health providers), medical equipment, prosthetics, and prescriptions.

The extent of your coverage will depend on a number of factors, including how you qualified, your health needs and your individual circumstances.

During the COVID-19 pandemic, we have made temporary changes to the Treatment Benefits program to ensure you receive the treatment and services you need. Learn more.

You do not need to apply for the treatment benefits program or for a VAC healthcare card. A card will be sent directly to you after you have received one of the benefits listed above.



If you are a still-serving member of the Canadian Armed Forces or the Royal Canadian Mounted Police, you will typically receive your card after you release from service as these benefits will be provided by your home organization, not by VAC.

Get help—If you have questions about your health coverage or about VAC’s treatment benefits program, visit any VAC office or call us at 1-866-522-2122. You can also contact Medavie Blue Cross. **Source, Veteran Affairs, Canada. Editor**



Pictured above— Ace Concordia— President of the Sarnia Kinsmen presenting the RCNA Sarnia Club President-Cindy Vandenberghe—with a generous donation of \$2,500. Thank You.

Source and Carver unknown ATT.

Contact Veterans Affairs
Email: information@veterans.gc.ca
Please do not e-mail personal or confidential information



Padre's Corner

Past Two Years and Conflict:

The past two years have played havoc with our “normal” way of living. One has had to deal with “lockdowns”, masks and vaccine mandates, “vaccine passports”, and just when we thought it was all about to end, Russia attacked the Ukraine.

Over the years, we have had the opportunity to meet many Russian and Ukrainian sailors, who often sailed together on the same ships. In the late 1980s and through the 1990s we would often get requests for bibles in the Russian and Ukrainian languages. We tried to keep a supply on hand and would purchase them from the Canadian Bible Society or ask for donations of Bibles from the local Ukrainian Catholic parish. Sometimes we would get the priest to help us out.



On one occasion I presented the “top hat” to the Russian captain of the first “saltie” to arrive after the canals opened and “salties” could enter the Great Lakes. He received a gold hard hat with his name and the name of the ship, plus the date engraved on it. The ceremony of presenting the hats took place on the bridge of the ship and everything went well, until the next day when the reporter of the local paper wrote a disparaging description of the ship. This resulted in the ship becoming off limits.

The current situation in Europe has made Russian flagged ships or Russian crews “off limits”. In the past couple of weeks, I have received reports of chaplains having to deal with conflict between Russian and Ukrainian crew members on board ships that were docked. Similar conflicts happened back in the 90’s at the time of the Serbo/Croatian conflict.

At that time, we had a ship in port with a mixed crew, and of course there was animosity, but a volunteer invited them into his home and enabled them to call their homes, and to entertain them. There was tension but peace was maintained, and they were able to play together, pray together and continue to work together.

At times such as these we need to remember that the average Russian does not want war. War is the vehicle of a despot’s dream of creating an empire on the blood and soil of others. By reaching out to those impacted by the conflict, one may be the instrument of peace, reconciliation and the catalyst to a better world. Our navy and our allies are on alert, while merchant seafarers have fallen victim to the sanctions that have resulted from a despot’s attempt to rewrite history and to attack an innocent nation and its citizens.

O’ Eternal Lord God, we ask your blessing on the Royal Canadian Navy, and all merchant mariners in this time of turmoil. We ask for courage and compassion as the world searches for peace and for the victims of war and the pandemic. Grant us faith and hope as we move forward to serve our nation and the cause of peace in the world. Amen.

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





Crossed the Bar



Crouse, Gordon. 2 December 2021 at 82 years. He was a Life Member of Canadian Legion BR 143 Halifax and Life member Admiral Desmond Piers Naval Association. Gordon served as an Officer J.C.I. Senator 9046. He was also an Officer with the Royal Canadian Sea Cadets for over 35 years.

Hiller, Adrienne. 6 November 2021. Adrienne was a Life Member of the RCNA Windsor Ladies Auxiliary, the RCNA Windsor and Legion Branch 143.

Kirkwood, Mike. 26 August 2021, aged 94. Born in London UK, at the age of 16, he enlisted in the Royal Marines. He served as a gunner in WWII and on light cruisers HMS SCYLLA and HMS CLEOPATRA at Normandy D-Day and the East Indies Fleet. He immigrated to Canada in 1953 and joined the RCAF as a Bandsman. Mike was a Life Member of the CVRCNA.

Lavoie, Ruth. 16 February 2022. Ruth served in the Women's Royal Canadian Naval Service (1951-1956). She was a member of Legion Branch 143 and the RCNA Windsor Club.

McCullough, Andrew CD. Lt(N) (Ret'd). 19 November 2021. Andrew served in the RCN and the RCNR. He was a Life Member of the Navy League of Canada and a Member of RCNA Windsor.

Ridgewell, Marjorie. 5 January 2022. Marjorie was a Life Member of the RCNA Windsor Ladies Auxiliary and the RCNA Windsor Club.

Stokes, Rick. 19 March 2022. Almost 90 years old. Rick joined the RCN in 1954, serving as LS AV Tech on both coasts, on HMCS Buckingham, Athabaskan, Magnificent, Bonaventure, and at Patricia Bay Air Station and Naval Air Downsview. He joined the RCNA Niagara Club in 1987. Rick was "happiest in service to others".

Taylor, Gerald CD. CPO1 (Ret'd). 11 January 2022. Gerry served in the RCN (1958-1984), on HMCS CHAUDIERE during the Cuban Missile Crisis, as Coxswain of HUNTER, Barracks Chief of CFB Windsor and Command Chief for Commanding Officer Naval Divisions (COND). He was a Member of Legion Branch 201 and RCNA Windsor.

Last Name	First Name	Maiden Name	City	Date of Death	Service
Conlon	Evelyn Jane		Peterborough, ON	11-Feb-22	WWII
Davis	Barbar	Chilcott	Toronto, ON	1-Jan-22	WWII
Knot	Georgina Rose	Consoul	Toronto, ON	6-Jan-22	WWII W5940
Sim	Janet	Milne	Red Deer Alta	8-Feb-22	WWII W349
Wellein	Mary Ileene	Minnikin	Picton, ON	22-Jan-22	RCN(R)

Wren list, submitted by Donna Murakami, LCdr (Ret'd).



To Our Sponsors

Info to Sponsors

As you know because of ongoing COVID-19 shutdowns, we have decided to not request payment for advertising until this edition—Spring 2022.

Its good timing because as the Pandemic restrictions are lifting and as the RCNA Clubs reopen, its time to request sponsors fees for the Yardarm. Paid sponsors will have their business cards displayed in two editions of the Yardarm will also be displayed on the website

(www.yardarm.ca).



The rates remain the same; \$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 this 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:

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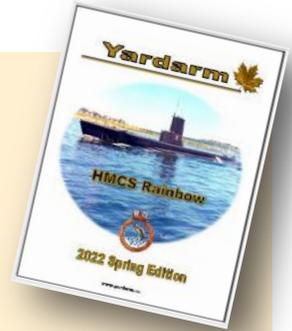
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The Last Word

Thank You All:

It's nice to see a light at the end of the tunnel that was COVID-19— two long years. Happily things are slowly getting back to what is now the New-Normal. Despite the challenges, in October 2021, the RCNA Sarnia Club managed to host the AGM. We had to make some cuts and make adjustments to stay within the provincial pandemic guidelines—but we managed to pull it off. See **RCNA News** in this edition.



Once again, a special **Thank You** to all who contributed to this edition of the Yardarm— especially to my regular contributors and my proofreader—**Joan Balch**.

As always, I encourage RCNA Club reps to make copies or pass on the electronic version of the Yardarm to as many contacts as possible and also visit our website (www.yardarm.ca) for back issues. **Editor.**

Quilts of Valour Canada:



On 22 March 2022, I had the great honour of being presented with the Quilt of Valour.

The area rep, Laverne Phills, quilter, Cheryl McDonald, and photographer, Bert Phills, visited our home and made the presentation.

The presentation was especially special because my 90 year old Mom, Helen, was visiting for a few days. Thanks to my wife Irene for submitting my name for this great recognition.

The Quilt itself is outstanding—the quilters do an extraordinary job. Each Quilt has a patch with details regarding the quilt and quilter—simply unbelievable.

I highly recommend everyone who have veterans or serving members in their family to contact these fantastic volunteers—see page 11 for more details.

Again many thanks and my sincere appreciation to all the volunteers who make “Quilts of Valour Canada” happen. Thank You.

Photo—Editor

Finally A Prayer for All Ukrainians:

LORD—We thank you that in every situation, every dark moment, you are active and working among us. Even when things seem at their bleakest, we trust in your sovereignty and strength. In John 16:33 you said, “in this world you will have trouble. But take heart! I have overcome the world.” We embrace the fact that this world and the troubles we face in it have been overcome, and rest in the knowledge that you have the power to move in any and every situation. As we watch war unfold in Ukraine, we ask for your grace and peace to rule in the hearts and minds of all involved. Source, Crosswalk.com.



The logo consists of a stylized printer's tray with a circular perforated pattern on top. The word 'CONTEMPORARY' is written in large, bold, black letters across the tray. Below it, 'PRINTING SERVICES INC.' and 'SERVICE D'IMPRIMERIE' are written in smaller, black letters. The entire logo is set against a white background with a gold border.

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