

Yardarm



HMCS Oriole



2022 Fall Edition

www.yardarm.ca

Yardarm Fall 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 Fall 2022 Edition cover page features the HMCS Oriole (KC 480).

The sailing vessel is the longest serving commissioned ship in the Canadian Navy.

For more information on the HMCS Oriole, please see Ron Sitarz's article and Scott C. Ferris' article in this edition.

Photo—Public Domain.

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National President



From the Helm:

February 6, 1952, marked the accession of Her Majesty Queen Elizabeth the Second to the throne. Eleven years later in 1963 she bestowed upon the RCNA her Royal Patronage. A distinction that sets us apart from other Naval Based Veterans Associations. We are proud to boast of it, proud to be the recipient of it and proud to be part of the past, present and the future naval traditions of Canada.

Although it's been just a year since my last contribution to this very professional and worldly publication it feels to be much longer. The lengthy pandemic and the agonizingly slow recovery make days seem like weeks and months like years. It's no secret that I too have had some bouts with poor health like other comrades in our group. Very pleased to say that a remarkable recovery appears to be underway, and a full health diagnosis is near. I pray that all members begin to sense the surge of new health. I must say that through it all the association is maintaining. Yes, we've lost members due to attrition but over-all we are in great shape.



We are blessed with a National Office of executives who are dedicated, bright, eager, professional and hard working. Our Area Vice Presidents and National Directors are all top notch and our clubs have elected well. We are beaming with talent at every level. The tools for our advancement are at hand: We have the Yardarm, we have Zoom once again, we have a Facebook Page, and we will soon have a presence on the worldwide web with our new website. The future my good shipmates is bright and welcoming.

Submitted by Jack Angus Chapelle, RCNA National President.

Editor's Note: Shortly after our National President submitted the above article for the Fall Edition of the Yardarm—Her Majesty Queen Elizabeth II passed surrounded by her family. God Bless, and may she R.I.P.



The personal standard of Elizabeth II, Queen of Canada - Created and approved in 1961 - Royal Standard of Canada - Royal standards of Canada.
Source, Wikipedia. Editor.



National Secretary

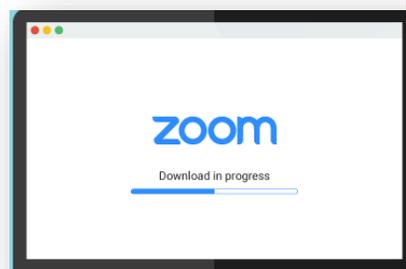


Shipmates:

Hopefully, we have seen the COVID Pandemic slip further astern, and it will soon disappear in our wake.

Our Clubs, in many instance, have been hit quite hard by the Pandemic and are just starting to climb out of the sinkhole it has created. Bravo Zulu to all of you for having weathered the storm.

We will be having our AGM on ZOOM again this year on Saturday 15 October 2022. The reason it is a little later that we wanted to give our Clubs a few extra weeks to get things going. By the time you read this you will have a lot of information on the AGM (Times; agenda; previous minutes; etc.). Please make sure that your Club is represented at this meeting. If your Club National Director is unable to sign on have someone else weighed off to do it. Your Clubs participation is extremely important.



Also, by the time of publication the National Executive will have held some ZOOM meetings to discuss items of interest and concern to our Association. These include membership recruitment and ways to do it; fund raising; better communication between all levels of our Association; increased use of ZOOM to help facilitate some of the previous concerns mentioned; new website and our Facebook page and how they may be used; a possible RCNA Challenge Coin?; etc..

It is important that our Clubs and the National Executive work to enhance our community identity. This will show the public and potential RCNA members that we are a viable, legitimate organization that has a lot to offer to both the Country, community and potential members. Having your Clubs volunteer and take part in community events and programs will go a long way to do this.

One thing that has happened due to the Pandemic is the problem caused by decreased income for those Clubs that have their own facilities. This is understandable. Some Clubs received financial assistance from applying to the Federal or their Provincial Governments. Hopefully, your Club is now open again and you will be working to get back on a pre-pandemic footing. There always seems to be a scramble to find the funds for National dues each year. This can be managed by simply setting the amount required for those due out of each annual members dues and placing it in a separate account until needed. Putting it into the Club's General account is usually where the problem arises.



If I may be of assistance to you and/or your Club, please do not hesitate to contact me.

Wishing you calm seas and following winds!

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



National Treasurer



RCNA Ongoing Costs:

As you can see it does cost to run this organization. However, your President and I are keeping a close eye on our income and expenses.

We ask that you do your part and if you have not paid your dues, please do so ASAP. If your club has a major financial problem and you find yourself strapped for cash to pay your Per Capita etc. Please reach out to Verne our National Secretary, he will in turn reach out to the President to try to find a solution to help your club even if it comes down to suspending your dues for a year or decrease your payments for a time. Please do not talk of closing your club without asking for help.

We have invested funds to try to increase our assets, but as you know by now the banks have not helped us since the pandemic started March 11, 2020. We will watch the rates carefully and reinvest as we need to. The assets in our Investment Portfolio are a buffer for us in case we need to use them and so we rely on your club paying on time, so we do not have to touch the assets. Your President has changed the way we hold meetings and so now the Executive and Directors meet once every two years in person and we hold a zoom meeting in the off year, this has kept our costs down and keeps us in a better financial position

Yours in Comradeship. Submitted by Chuck Johnston, Executive Treasurer .

RCNA National on the Web:

The RCNA is in the process of setting up a Web Site to provide up-to-date information to our members, members-at-large and the general public —more to follow. Meanwhile, please feel free to visit us on Facebook—[CLICK HERE](#). ***Editor.***

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Chuck Johnston



The Royal Canadian
Naval Association
offers its most sincere
condolences to
His Majesty King Charles III
and the Royal Family
on the passing of
Her Majesty Queen Elizabeth II

~ God Bless Her ~



RCNA News



Proposed RCNA Challenge Coin:



RCNA National is looking into having its own Challenge Coin—a must have if you are a Collector or just an RCNA Shipmate who wants a keepsake and to support the Association.

RCN challenge coins have played an important role in morale building; celebration of achievement and pride of service.

The coins, if approved, would also be great for presentations to Guest Speakers; Community VIP's; and/or as recognition awards for Clubs Members.

The Challenge Coin was design by Shipmate Steve Willar of the Admiral Hose NVA.

Membership Report by June Greig:

Hello Shipmates—As of today we have 19 Clubs registered, however, one Club has not paid their 2021 dues and their numbers are NOT included in this report.

- 18 Clubs have paid a total of - \$12,616.00
- This amount @ \$8.00 per member - 1,577 current members
- Also two clubs made donations - Totaling \$7,292.00

Members at Large—We have 24 MALs registered, however dues for 12 only have paid. Unfortunately one member “Crossed the Bar”. New applications recent sent to 8 individuals. If you know anyone that has an interest, please use my email address:

junegreig@shaw.ca

Membership for MAL is \$16.00 annual, MALs receive a copy of both the Spring and Fall Yardarms. They also receive by email a copy of “Today’s Navy” – very interesting information as well.





RCNA News



RCNA National Club Directors 2021-2022;

RCNA CLUB	Position	Member
RCNA Admiral Desmond Piers	RCNA Director	Frank Wells
RCNA Windsor	RCNA Director	Ron Sitarz
RCNA Admiral Murray Branch	RCNA Director	William Echlin
Brant Naval Veterans Association	RCNA Director	Fred Beale
Calgary Naval Veterans Association	RCNA Director	Eric Kahler CD
RCNA Comox Valley Branch	RCNA Director	Don Knight
RCNA Edmonton Branch	RCNA Director	June Greig
RCNA Kelowna	RCNA Director	Michael Henderson CD
RCNA Kitchener-Waterloo	RCNA Director	Mike Moore
RCNA Manitoulin-Northshore	RCNA Director	William Ranich
RCNA North Bay	Interim Director	Blaine D. Barker CD
RCNA Niagara Region	RCNA Director	Robert Coles
RCNA Oshawa	RCNA Director	E.J. "Ted" Kibby
RCNA Oxford County	RCNA Director	Robert Greenwood
RCNA Peregrine	RCNA Director	Keith Estabrooks CD
RCNA Penticton	RCNA Director	William Hood
RCNA Sarnia	RCNA Director	Pat Cornect CD2
RCNA Vancouver	RCNA Director	Rich Scheller

RCNA Zoom Meetings:

Saturday 01 October - 1300hrs EDT - ZOOM TOWNHALL Meeting - Open discussion of things of interest and/or concern to all RCNA Shipmates.

Saturday 15 October - 1100hrs EDT - RCNA AGM ZOOM Meeting - Agenda and 2021 AGM minutes to be circulated prior to the meeting.

Please plan on attending these meetings as your participation is valuable to the Association.

National Secretary.



The Royal Canadian Naval Association

Edmonton Branch

**Meets Second Tuesday of the Month,
September – June**

c/o HMCS Nonsuch, 11607 Kingsway

Ph: 740.073.4011 Ext 7135



Veteran Affairs



Rehabilitation Services and Vocational Assistance Delivery:

Today, the Rehabilitation Services and Vocational Assistance Program is delivered under two national contracts:

- The Federal Health Claims Program Services (FHCPS) contract with Medavie Blue Cross administers medical and psycho-social rehabilitation services; and
- Canadian Veterans Vocational Rehabilitation Services (CVVRS) administers vocational services.

Beginning in November 2022, PCVRS will be responsible for the assessment, coordination and administration of all medical, psycho-social and vocational rehabilitation services. PCVRS will collaborate with VAC Case Managers and existing health professionals to deliver personalized services to eligible Veterans and their families.



What will stay the same—the role of VAC Case Managers is not changing. Case Managers will still approve rehabilitation plans, monitor rehabilitation progress, and coordinate participants' case management needs. Case Managers will work with PCVRS Rehabilitation Service Specialists, Rehabilitation Service Professionals and existing Medavie Blue Cross health care providers during the migration to PCVRS.

Medavie Blue Cross, under the FHCPS contract, will continue to administer all Programs of Choice within our Treatment Benefits Program.

Some of the improvements will be:

- Services that are customized to each Veteran and family member's unique background and needs, and strive for Indigenous or culturally sensitive approaches and methods.
- Continued access to rehabilitation services in your language of choice.
- 24/7 access to an online portal, where Veterans and family members can submit claims, manage appointments and access resources and training.
- A trained Rehabilitation Service Specialist (RSS) to support Veterans, family members and Case Managers throughout the rehabilitation journey by coordinating appointments, processing claims for rehabilitation expenses, and gathering documentation for Case Manager.
- Veterans and family members will have the chance to share their experiences and satisfaction with the program – input that will help us make sure that the Rehabilitation Services and Vocational Assistance Program is the best it can be.

Learn about [eligibility](#) or get information on the [Rehabilitation Program](#). If you have more questions about the Rehabilitation Services and Vocational Assistance Program updates, please [call us at 1-866-522-2122](#).

Submitted by Bryan Chapelle, Parliamentary and Veteran Affairs.



Veterans' News



Subject: War Museum Project:

Mr. Jack Chapelle
National President
Royal Canadian Naval Association

Dear Sir,

The War Museum is undertaking a project to document the life experience of veterans during their years of service including the transition back to public life. They have asked NCVA to assist them identifying individuals willing to be interviewed for this project. The end result will depend on the results of the interviews. This could range from a museum display up to a book or video.

If you, or can suggest a comrade(s) willing to be interviewed, please forward the name(s) to me and a better explanation will be provided to obtain their consent before forwarding them to the War Museum.

Best regards,

Derrill Henderson, Vice Chairman, 75 Priam Way, Nepean, ON K2H 8S7



SUPRAD Website:

Following a week or so of testing, the SUPRAD Site is back operational, and being hosted by the FastComet web hosting service. Take a few minutes to review the site to ensure that it is functioning properly:

<https://supradoldtimers.ca/>. Thanks.

Submitted by Dave Berry.



Steward Occupation Done:

The RCN has announced that the Steward occupation is being eliminated. The announcement was made at a virtual Town Hall held on June 13, with currently serving Stewards from across the country.



The occupation will phase out over the next three years. The only immediate change is that recruiting new stewards will stop as of this month. Those who are already serving will continue to be employed in all the jobs that they've been doing and it will take at least three years to complete the transition. Each individual will be managed separately.

Source, Your Navy Today. Editor.



Veterans' News



Non-Gendered Dress Code:

Major changes to the Canadian Forces Dress Instructions will go into effect in early September. Non-gendered DEUs, face tattoos, and beards are just a few of the changes Canadian Armed Forces (CAF).

Changes to Hair - *There are several changes made to both hair and facial hair. These changes include:*

- Recruits don't need to shave their heads.
- There is no maximum length for hair, with a caveat for safety, but hair must be tied for ceremonial occasions when it is longer than the shoulders.
- Any braids are allowed as long, with a caveat for safety.
- Any hair colour is allowed as long as it does not impede operational capabilities. For example, bright hair that could pose as a target in an operational environment.
- Beards, sideburns, moustaches, and goatees are now allowed with no minimum or maximum length as long as they are well-maintained. However, members can be asked to shave if they need to meet safety and operational requirements.



Tattoos & Jewelry - *Specific requirements for tattoos and jewelry include:*

- Tattoos to the face are allowed as long as they do not associate with a criminal organization, are sexually explicit, or are homophobic, racist, sexist, or xenophobic.
- Piercings, hoops, and spacers are allowed as long as they are 2.5 cm in length from the bottom of the ear.
- Safety and operational requirements always must be met. Spacers must not extend 2.5 cm in diameter.
- For ceremonial occasions: two maximum rings are allowed as long as they do not impede drills or gloves.
- Necklaces and bracelets cannot be visible; only studs are allowed in the ear.
- No restrictions on how many piercings.
- Piercings can be connected with a chain in one ear as long as both piercings and chain are within 2.5 cm in diameter or length. **Source, CTV News. Editor.**

Homeless Veterans:

How many homeless Veterans are there? Accurately measuring the number of homeless Veterans is challenging. Veterans Affairs Canada (VAC) considers data from Employment and Social Development Canada (ESDC)—the federal lead on homelessness—as the best indicators:

Their 2018 "Everyone Counts" report shows that Veterans account for approximately 4.4% of homeless individuals.

In its May 2019 report on Veteran Homelessness, ACVA found that "homelessness likely affects between 3,000 and 5,000 veterans, or between 4.6 per 1,000 [0.46%] and 7.7 per 1,000 [0.77%] of the nearly 650,000 veterans living in Canada". **Source, Veterans Affairs Canada. Editor.**



Naval History



HMCS ORIOLE (KC 480):

HMCS ORIOLE is a tall-ship and the sail training vessel of the Royal Canadian Navy (RCN) based at CFB Halifax. She is a sailing ketch, currently the oldest commissioned vessel in the Canadian Navy and the longest serving commissioned ship.



Originally the yacht Oriole IV, the vessel was originally laid down by Dominion Shipbuilding in Toronto, Ontario, ordered by George Gooderham, the Commodore of the Royal Canadian Yacht Club of Toronto. The ship was launched on 4 June 1921. The ketch served as the Royal Canadian Yacht Club's flagship from 1924 to 1928.

In 1941, Oriole IV was sold to the Navy League of Canada for use in training Sea Cadets. In 1943, during the Second World War, she was chartered by the RCN as a training vessel. Following the war, the ship was returned to the Navy League, then she was again chartered by the Navy as a new recruit training vessel in 1950. Oriole IV subsequently moved to Halifax, Nova Scotia, in 1951. Her first year, the ketch was assigned to HMCS CORNWALLIS before transferring to HMC Dockyard at Halifax for training cruises. She was officially commissioned as HMCS ORIOLE on 19 June 1952, and two years later, the Navy moved her to CFB Esquimalt to become a training vessel attached to the Naval Officer Training Centre. In 1956, she was purchased outright and attached to HMCS VENTURE at Esquimalt.

ORIOLE is a sturdy ocean cruiser and valuable for teamwork and seamanship training. Its participation in racing is primarily to give inexperienced crews further opportunities for training. Ketch-rigged, ORIOLE is a near relative to a schooner, but differs in that its mizzen mast is smaller than its mainmast and is stepped further aft. When fully rigged, HMCS ORIOLE set 13,133 square feet of Dacron sail. These tremendous sails are manhandled; there is not a winch on the ship. ORIOLE's hull is steel, however its decks, cabin house, skylights and hatches are all made of teak. The vessel is equipped with an auxiliary Cummins diesel engine driving one shaft, creating 165 horsepower and has a maximum speed of 8 knots (15 km/h) while under power, exceeding this speed under sail if conditions are right. The vessel has a complement of one officer and crew of five with the capacity for 18 trainees.

In 1984, ORIOLE returned to the East Coast of Canada, taking part in the 450th anniversary of Jacques Cartier's arrival in Quebec. In March 2017, ORIOLE sailed for the East Coast of Canada to participate in the Tall Ships Regatta in Quebec and the Maritimes as part of Canada's 150th anniversary celebrations. Afterwards ORIOLE underwent a refit at Lunenburg, Nova Scotia.



On 29 May 2018, ORIOLE officially changed homeports, returning to Halifax. In 2018, ORIOLE deployed to the St. Lawrence River and Great Lakes on a training tour, visiting several Canadian and American ports. In 2019, 2020 and 2022, the vessel returned to the Great Lakes for its annual three-month training deployment.

HMCS ORIOLE celebrated her 100th anniversary in 2021 by making a series of port visits in Atlantic Canada. ***Submitted by Ron Sitarz.***



HMCS Oriole



HMCS ORIOLE took part in the Great Lakes Deployment 2022 (GLD) which will see the Royal Canadian Navy (RCN) visiting communities along the St. Lawrence Seaway and Great Lakes. GLD provides Canadians with a unique opportunity to tour one of Canada's naval ships and to learn about life in the Royal Canadian Navy from our sailors.

It also provides an opportunity to speak with our sailors and recruiters to find out more about a career in the RCN. Or, if you have already an application submitted online, you can come see the RCN in-person to learn more about your future career in the RCN.

Her Majesty's Canadian Ships (HMCS) Oriole (May to August) and Glace Bay (June 24 to July 29) are this year's GLD ambassadors. If you want to learn more about the Navy, come and **#SeaForYourself** this summer.



Key Facts:

HMCS ORIOLE is the Royal Canadian Navy's Sail Training, public outreach vessel and longest-serving commissioned ship. Oriole was built for the Gooderham family and launched in 1921. During the Second World War the ship was loaned to the Navy for training purposes, and later commissioned into the service in 1954 based out of Esquimalt, B.C. In 2017, Oriole sailed around through the Panama Canal and back to Halifax where it is now stationed. Oriole has served continuously since 1921 in both private and military roles, and is celebrating 101 years in service this year. **Article and Photos submitted by Acting Sub-Lieutenant Scott C. Ferris, Public Affairs Officer HMCS ORIOLE - Royal Canadian Navy.**





Toronto WREN Association



The Toronto WREN Association held their final major event on 4th of August 2022 at the Old Mill Restaurant in Toronto to celebrate the 80th Anniversary of the WRCNS. Forty (40) people celebrated this momentous occasion.

Rear Admiral Jennifer Bennett, CMM, CD (Ret'd) and Cdr Paul Smith, CO of HMCS YORK were in attendance as our Guest speakers. RAdm Bennett gave an exceptional speech on the founding of the WRENS. Cdr Paul Smith is the first black Commanding Officer who started his career at HMCS YORK as an Ordinary Seaman. He is the 33rd Commanding Officer to be appointed as CO at HMCS YORK.



The Association invited Women Veteran residents from Sunnybrook to attend the luncheon. Six Veterans arrived with 3 carers and they came in style on the Sunnybrook Veteran Legion bus. Victoria



Armstrong, Mary Bell, Alison Carter, Suzie Stohn, Janet Watt, who were WRENs and Dorothy Gummersall who was a Nurse. Just to note, Janet Watt will be 102 years old in December. Other WWII Vets included Betty Hart, Nancy Robinson and Sheila Kingsley (a WWII naval cadet) were in attendance and 1 other WREN from California Clarine Jackson, who will turn 100 years old in September attended with her daughter.

A delicious lunch was well prepared by the Old Mill which included Classic Caesar Salad, California

Baby Lettuce with White Balsamic Vinaigrette, Butternut Squash soup, Slow roasted Bone-in Chicken Breast in Red Wine Reduction, Maple Ginger Glazed Salmon Fillet with Mango Salsa, Green beans with buttered shallots, Roasted fingerling potatoes, and dessert was mini cheesecakes and Artisan Homemade Ontario Apple Caramel Braided Strudel. Wine and port were compliments of the WRENs Association.

A static display was provided by HMCS YORK by CPO Maggie Birtch and PO Lisa Amorin and Diane Huba, President.

HCol Nancy Siew, (Ret'd) provided complimentary copies of her book to all the WRENs which she co-authored titled, "Fight for Freedom and Peace". All WRENs and members of the Association were given gift bags on their departure from the luncheon. The gift bag included a 70th Anniversary Jubilee pin, assorted other WRENs pins, a canvas shopping bag decorated with Poppies and WRENs stationary.



On a sad note, the Toronto WRENs Association will continue sending out the Jenny WREN Times until December 2022 at which time the Association will be disbanded. **Submitted by :Donna Murakami, CD, LCdr (Ret'd).**



Korean Veterans, Unit 26, Hamilton



“Remembering the Battle of Kapyong/Gapyeong”:

On July 27th, 2021, as a Monument Project director working with our committee, we erected the “Gapyeong Battle Monument” at Meadowvale Cemetery in Brampton, ON. About mid-September 2021, the Gapyeong Battle Monument Committee invited me again to help erect another monument in Niagara Falls. In the midst of the Covid-19 pandemic, erecting two monuments in Ontario were challenging projects. Nevertheless, our committee diligently worked on the design, fundraising, negotiating and creating a commemorative booklet, the monument unveiling ceremony and the “21st Anniversary of the Korean War Veterans Appreciation Luncheon”.



It was my pleasure working with the City’s event committee members; Mark Richardson, Cary Campbell, Olivia Sargeson, Kristine Elia, Tatjana Jaluvka and Alex Ruby to organize the monument unveiling ceremony. As a Monument Project Director (Government Grant and Sponsorship) for both monuments, My special thanks to Gapyeong Mayor Sungki Kim, David Suh, Supervisor of the Domestic & International Cooperation Team, dedicated city staff and the citizens of Gapyeong to facilitate the donation of the monument, Hon Yonah Martin, Senator, Veterans Affairs Canada, Consulate General of the Republic of Korea, the Royal Canadian Legion Br. 479 and the Royal Canadian Legion Post 144 and all sponsors and donors. I was most pleased to work with Mark Richardson, Manager of Fairview Cemetery and our committee members Peter Song, Co-Chair, JinWoong Kim, Co-Chair, Hong-chin Chang, Dave Lee, Min ho Lee and Major (Ret’d) Don Kennedy to help remember the brave heroes who fought the Battle of Gapyeong/Kapyong on April 23-25, 1951.

After 9 months, we erected the “Korean War Gapyeong Battle Victory Monument” on June 16th, 2022. Despite the heat wave and a chance of a thunderstorm, over 350 guests attended the monument unveiling ceremony and 320 invited guests attended the luncheon at the Delphi Banquet Hall. 4 Kapyong/Gapyeong Korean War Veterans (William J Chrysler, Carl Cardas, Douglas Keeton, Allan Boxshall), 13 other Korean War Veterans and dignitaries, retired Veterans, serving members, various Royal Canadian Legion members and Korean-Canadian Community were the invited. Darrell Samson, Parliament Secretary to the Minister of Veterans Affairs Canada, Consul General Deuk Hwan Kim, Mayor Jim Diodati, of Niagara Falls, Mayor Sungki Ki, of Gapyeong, delivered their heartfelt speeches.

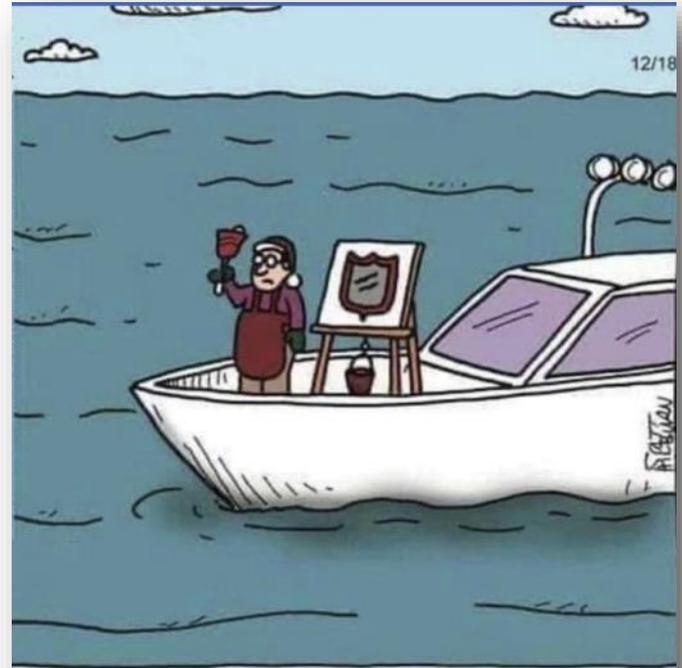
Private Maurice Sherman Carr, a WWII and Korean War Veteran who was killed at the Battle of Gapyeong (previously known as the Kapyong) was from Niagara Falls. When I researched him, I accidentally found the gravestone of his parents (James and Edith Carr) located at the Lundy’s Lane Cemetery in Niagara Falls. Maurice was killed in Korea. I hope that his spirit was united with his parents after 71 years. It was also my honour to read the 10 fallen soldiers names from the PPCLI 2nd Battalion. Their names are inscribed in the Bronze plaque, and they will be remembered for many generations. Please view the "Gapyeong Battle Victory Monument Unveiling Ceremony" <https://www.youtube.com/watch?v=Tse3Ed7YJIM>. **Article by HooJung Jones Kennedy, photo by Alex Rudy.**



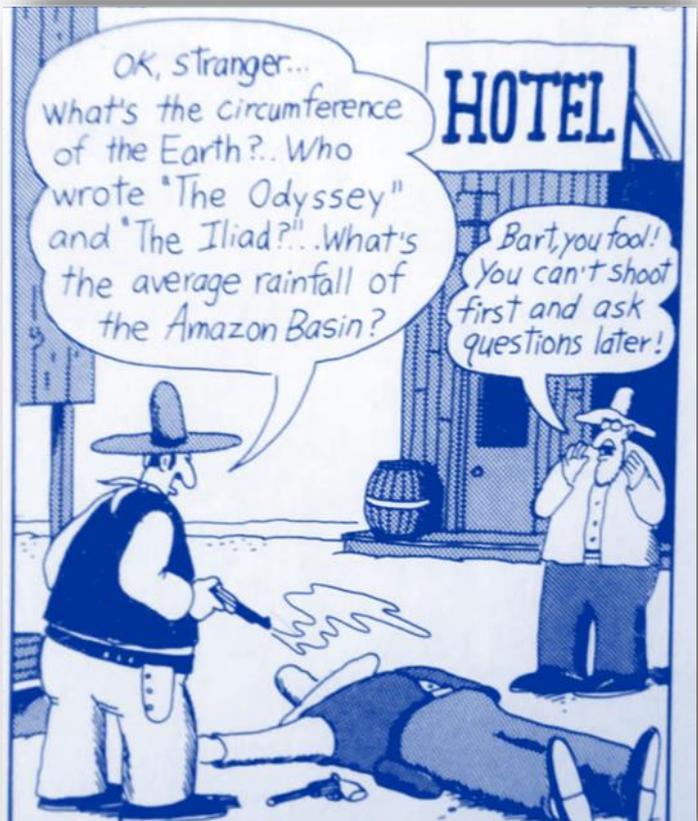
The Funny Page



"Where'd I learn to make coffee? Navy. Why?"



CAL HAD SECOND THOUGHTS ABOUT JOINING THE SALVATION NAVY.





Items of Interest



80th Anniversary of WRCNS, Second World War:

80 years ago in 1942 the RCN asked Britain for a few WRNS staff to form the newest members of our military.

This resulted in the Women's Royal Canadian Naval Service a formed unit of the RCN. The Wrens WRCNS patterned on the British auxiliary however became a full part of the Canadian Military.

Those women who joined at 18 in 1942 are aging in their late Nineties.

One of the Associations created after the war and in 1946 was the Wren Association of Toronto. There were a number of Associations in various cities and each separate until a number of them hosted Wren Reunions. Most have folded

Few reunions or meetings take place now but still the Wrens meet if possible and then there are the photographs, stories, laughter, and memories which surface.

The photographs show older ladies. Of course they would show older ladies,

I wonder Why not as we all grow older,. Though, it is possibly because we see ourselves each day in the mirrors and do not notice the changes.

This original cohort of Naval Ladies remaining, treasure their photos and their memories of good friends and service plus a time when they answered the call.

They still will have that spark that somehow as each merges into old photographs and old memories live in the faded story land of RCN History.



Ocean War Graves:

The Ocean War Graves Project was asked for by Petition to the Government in Winter of 2018 and the Bill C64 was passed by Royal Assent Feb 28 [one year]to Parks and Transport Canada to write the rules, regulations and penalties to protect Ocean War Graves and Lost Ships MN and RCN.

This has to be done for Canadian Waters before the Government will use Global Affairs to protect our Lost Ships in International Waters.

Now August 2022 and nothing has come forward for us to see and comment re Canadian Waters. (February 2019 to September 2022 approx 30 months.)



Both items submitted by Joan Balch.



Healthy Eating



Roasted Cod Fillets:

Makes 4 servings.

Ingredients:

- 4 fresh cod fillets, 8 oz ea
- Salt & pepper
- ¼ c melted butter

Preparation:

- Rinse fillets with cold water and pat dry with paper towels.
- Season to taste.
- Brush melted butter on both sides of the fish.
- Place on a well-greased or parchment-lined baking sheet.
- Bake for 12 to 15 minutes or until flesh is opaque.



Submitted by Kevin Phillips.



Veterans' Graves Repair NL:

In June 2022, the Honourable Lawrence MacAulay, Minister of Veterans Affairs and Associate Minister of National Defence, provided an update on the ongoing work to repair an estimated 1,130 Veteran grave markers in more than 400 cemeteries in Newfoundland and Labrador—a total investment of more than \$590,000.

Today's announcement comes as Minister MacAulay visits St. John's Mount Carmel Roman Catholic Cemetery, where Veterans Affairs Canada is responsible for maintaining approximately 180 Veteran grave markers.

The repairs in Newfoundland and Labrador are part of the ongoing grave maintenance work taking place across the country. The work, which began in 2018 after the Government of Canada announced an investment of \$24.4 million to address urgently needed repairs, will continue into 2023.

Source, Veteran Affairs. Editor.



Healthy Aging



Monkey Business: The New Pox:

Monkeypox is an infection caused by the *Orthopoxvirus*. It is in the same family as smallpox and coxox. The first known case in Canada was reported on May 19, 2022 in Montreal. There are 2 subtypes (or clades) of monkeypox: clade I (previously known as the Congo Basin Clade) and clade II (previously known as West African Clade). Clade II is predominant in the 2022 outbreak and the infection is typically less severe.

Transmission is thought to be through close direct contact with the sores or blisters of an infected person. While a high proportion of cases are in people who self-identify as men who have sex with men, monkeypox is not known to be sexually transmitted. Animal-to-human transmission can occur from being bitten, scratched or licked by an infected animal.

The incubation period (time of initial infection to when symptoms first appear) is typically 6 to 13 days, but can range from 5 to 21 days. Infection occurs in 2 stages:



Prodromal

- lasts up to 5 days
- symptoms include: fever/chills, headaches, swollen lymph nodes**, muscle/joint aches, weakness, and fatigue

Rash

- begins 1-5 days after fever, lasts 2-4 weeks and goes through a series of stages:
- Flat lesion -> Raised lesion/bump -> Blister or fluid-filled bump -> Pustule or pus-filled bump (the pustule will crust over and the scab will eventually fall off)
- lesions are often painful and itchy, and can be found all any part of the body (the genitals, anus and mouth are the most common areas in the current outbreak)

** Monkeypox has similar features to chicken pox and hand-foot-and-mouth. However, swollen lymph nodes are more commonly seen in monkeypox.

Monkeypox is diagnosed by swabbing one or more of the skin lesions. Each province/territory has criteria on who should be swabbed. Treatment for monkeypox is supportive only (treating based on symptoms). A vaccine is available in Canada for those who are at high risk of exposure. Recommendations regarding monkeypox will continue to evolve as the virus is better understood. Please see your family physician if you have symptoms and are concerned about monkeypox. **Submitted by Dr. Shauna Phillips.**



Financial Issues



Inflation:

Inflation has been the topic du jour for the past several months. Inflation is an increase in prices which translates into a decline in purchasing power. Generally speaking high inflation is bad. It should be noted a small level of inflation is good because it helps drive economic growth.

The main tool that the Bank of Canada uses in an attempt to lower inflation is to raise interest rates. The Bank attempts to find a sweet spot where they raise interest rates, but not so much that it stifles economic growth to the point where the economy goes into recession.



When the Bank of Canada raises interest rates, the lending institutions follow. Rates lending institutions charge to lend money increase. Everything from car loans to mortgages become more expensive. However, inflation can also help borrowers. It allows borrowers to pay back lenders with money that is worth less than it was when they borrowed it.

Higher interest rates help investors who invest in interest paying investments. Guaranteed Investment Certificates (GIC) rates are higher now than they were 6 months ago. Over the long term GIC returns will generally underperform the stock market, however they are a great way to preserve capital. They are safe. GIC's can be redeemable or non-redeemable. Redeemable GICs can be cashed out anytime, but come with early redemption penalties. These will have lower interest rates. Non-redeemable GICs can't be cashed out early. You are locked in for the specified term. However, the interest rate on these is higher. Look to institutions other than the big banks to get the best rates. Shop around to find the best rates. Credit Unions generally have better rates than the banks.

Submitted by: Shawn Russell.

THE ROYAL CANADIAN NAVAL ASSOCIATION

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Padre's Corner



Remembrance:

The fall of the year is often a time of remembrance. Veterans' organizations start to gear up for Remembrance Day and other memorials. For the general public there are cemetery decoration services when people gather to pay tribute to their loved ones who have passed away. Throughout the year clergy are called upon to officiate at these events.

As a Legion padre, and an RCNA padre, I have presided at a number of these services of remembrance, and I have been both gratified and disappointed at the attendance at these services. I have been gratified when school children and cadets have joined in the community remembrance services to honour those who served their country; I have been disappointed when hoodlums have desecrated cenotaphs and cemeteries where memories are preserved or disparaged the sacrifices that were made.

In recent years, with exceptions, the attendance at these memorials has gradually fallen off, and some of the stories have been lost. With the modern tendency to scatter ashes and to not erect a plaque, a marker or some other memorial, there is an accompanying loss of history. In Europe many young people are reminded yearly of the sacrifice made by the young men and women of previous generations by being encouraged to adopt the graves of those who gave their lives and often to learn the stories of their sacrifice.

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



In some of our cemeteries there are neglected graves of veterans, and of young men and women from allied nations who died in wartime training accidents that need to be honoured, whose stories need to be told. These include the stories of sailors lost at sea, of airmen who have no known grave, of soldiers and civilians whose graves are still unknown but whose names are engraved on memorials that are often forgotten and neglected. This fall and throughout the year I encourage you to learn a story or the stories of a veteran or someone buried in one of those lonely graves and then to share it.



Crossed the Bar



Bruce, Joyce. April 2022. Joyce was born in July 1926/England. She was dedicated to all events held at the RCNA Edmonton Club since 1998 – Joyce was a singer and entertainer.

Buckingham, Bob. 17 September 2022. Bob was 94 years old. He was well known in the Veterans' community and a long time member of RC NA Sarnia.

Burkinshaw, Robert. 28 March 2022. Robert served in the Royal Canadian Navy (1961-64). He was a member of RCNA Admiral Hose Windsor and RC Legion 255 in Windsor.

Coulter, Gerry. August 2022. Gerry served in the RCN for over 20 years. He was the RCNA Divisional Vice President for South West Ontario and a long time president of RCNA London.

Legge, Kenneth L. 22 November 2020 @ 97 years. Kenneth served in the RCN 1943–1945, North Atlantic, Bay of Biscay, Eng Channel “D” Day, France-Germany Star, 39-45 Star, War Medal. He was a MAL, previously member of the RCNA Kamloops Club.

McGuckin, Dennis. June 2022 in his 86th year. Dennis was very proud of his merchant service 1955-1964 aboard 20 plus merchant ships. He was a member of the RCNA Comox Valley Club.

Milks, Charles. 26 April 2022. Chuck served in the RCN (1950-53) during the Korean War aboard HMCS NOOTKA. On discharge, Chuck enlisted in the RCAF 1953- 1969. He was a member of the RCNA Admiral Hose Branch Windsor and RC Legion Branch 255 Windsor.

Rankin, Florence Amelia. July 2000. Florence was a member of the RCNA Edmonton Club since 2005—she was a welcome addition to the Club.

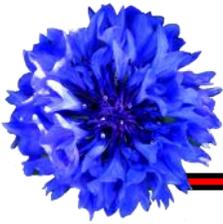
Tyler, John Richard. July 2021. Born in May 1928, a member of the Edmonton Club and an Officer with the CB Hill Sea Cadets 1960-1984, HMCS Nonsuch, a man of many skills and full of humour.

Tyler, Edna Ann, (John's wife). August 2021. Born in January 1932, Edna was also a member of the RCNA Edmonton Club and attended monthly meetings regularly.

Smith, Janice. 14 June 2022. Janice was a member of RCNA Admiral Hose Branch Windsor, Legion Branch 12 Windsor and Windsor and the Veterans Memorial Service Committee.

Last Name	First Name	Maiden Name	City	Passed	Service
Birnie	Helen Margaret		Collingwood, ON	8-Jul-22	WWII - W3024
Cervin	Joan Congrave	Dobson	Oakville ON	28-Jun-22	WWII
Conlon	Evelyn Jane		Peterborough, ON	11-Feb-22	WWII
Knot	Georgina Rose	Consoul	Toronto, ON	6-Jan-22	WWII W5940
Lang	Frances Elizabeth	Shields	Toronto, ON	22-Aug-11	WWII W3133
Mitchinson	Helen Betsy Dakers	Low	Chathan, ON	19-Apr-22	WWII W5842
Pond	Esther Annabelle	McPhail	Halifax, NS	22-Apr-22	WWII W2225
Sim	Janet	Milne	Red Deer, Alta	8-Feb-22	WWII W349
Tippett	Frances(Fran) Marietta Malins	Alley	Ottawa, ON	2-Apr-22	WWII - W14
Wellein	Mary		Picton, ON	22-Jan-22	WWII

WRENS' Crossed the Bar list submitted by Donna Murakami, LCdr (Ret'd).



ALS Canada



Creating a Pipeline for ALS Changemakers:

The ALS Canada Canadian ALS Learning Institute (CALI) is back! Launched last year, this program is informed by and developed for people affected by ALS. It provides participants with an online, small-group learning experience to understand the Canadian ALS landscape, clinical research and therapy development, and how new therapies become approved and accessible to Canadians.

Nobody understands better the need to access effective ALS treatments than those who are living with the disease right now. With many promising ALS therapies currently in clinical trials, there is increasing interest from families affected by ALS to learn more about the research landscape and how new therapies become available to Canadians. Building on our successes last year, we're reserving 25 spots for people who are interested in becoming leaders and change agents. [Find out more about this innovative program.](#)



**Submitted by Jennifer Asselin, Director, Strategic Communications
ALS Society of Canada | www.als.ca**



"Canadians have, by their own endeavours, built a country and society which is widely admired across the world. I am fortunate to have been witness to many of the developments and accomplishments of modern Canada. As Queen of Canada for nearly six decades, my pride in this country remains undimmed."

Her Majesty The Queen, Halifax, Nova Scotia, June 28, 2010



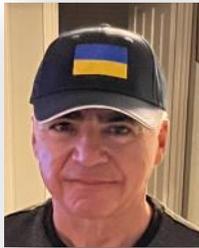
« Les Canadiens ont, à force d'efforts, bâti un pays et une société largement admirés dans le monde entier. J'ai eu la chance d'avoir été témoin de nombre de progrès et de réalisations du Canada moderne. À titre de reine du Canada depuis presque six décennies, ma fierté en ce pays n'a pas diminué. »

Sa Majesté la Reine, Halifax (Nouvelle-Écosse), 28 juin 2010

Canada ¹⁵¹

Left: À gauche: © Government of Canada, Chris Jackson/Getty Images • Gouvernement du Canada, Chris Jackson/Getty Images
Right: À droite: © Estate of Youngal Karsh • Successeurs de Youngal Karsh

Source, Public Domain. Submitted by HooJung Jones Kennedy.



The Last Word



We are still standing!

Life is not back to what it was before COVID, and in reality, it never will. COVID is still very active and the flu season is just around the corner. So be safe, get vaccinated, and follow your doctors' advise.

Thank You All: On a brighter note, the RCNA is still afloat and so is the Yardarm. Once again, I want to extend a special **Thank You** to all who contributed to this Edition— especially my regular contributors and our proofreader—**Joan Balch**.

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



Info to Sponsors:

As you know because of the COVID-19 shut-downs, we decided to not request payment for advertising until the last edition—Spring 2022.

Now that the Pandemic restrictions are mainly behind us, we will continue to request sponsorships each spring. I will send a reminder prior to the Spring Edition. 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 the magazine. All funds will go to National HQ. For more info contact — pat@cornect.com or visit the Yardarm website— www.yardarm.ca. Please make your cheque payable to “RCNA National” and address it to the **Executive Treasurer:**

Charles (Chuck) Johnston
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St. Catharines, ON L2N 2E2
Email: sumitup@cogeco.ca



Earlier this summer the HMCS Oriole made a tour of the Great Lakes—Sarnia was one of her many stops. I had the pleasure of visiting the vessel during the stopover. The vessel is in great shape with a top-notch crew. **Editor.**



The logo consists of a central gear-like emblem with a circular pattern of small dots. The word "CONTEMPORARY" is written in a bold, serif font across the top of the gear. Below it, in a smaller font, are the words "PRINTING SERVICES INC." and "SERVICE D'IMPRIMERIE". The entire logo is set against a dark background with a gold border.

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