

Yardarm - Spring 2023



HMCS FRASER



RCNA Yardarm - Spring 2023

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.rcnayardarm.com or contact the editor directly at cornect@gmail.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.

Correction: in the Fall 2022 Yardarm I mistakenly listed Ron Sitarz as RCNA Director for the ADM Hose Branch in Windsor - Steve Willar is the RCNA Director for Windsor. **Editor.**



Spring 2023 Cover:

The cover for this edition features the HMCS Fraser (DDH 233). The second Warship with the same name to be commissioned into the Canadian Navy - the Fraser was in service from 1957 to 1994.

For more information on HMCS Fraser please read Ron Sitarz's article on Naval History in this edition.

Spring 2023 Edition

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National President



From the Helm:

Shipmates, I've asked our esteemed editor Pat Cornect to publish our letters to the King and to the Governor General in the Yardarm. The Executive Secretary and I are many miles apart so his signature doesn't appear in the version you see but the final letter to the Vice Regal contains his signature right next to the R.C.N.A. Official Seal. Like you, I am very proud of our association, every member in it and all of the activities taking place. We're especially proud of our history and the honour of having received our Royal Patronage from Her late Majesty Queen Elizabeth 11. Now we ask her son His Majesty King Charles 111 to continue that honour. Thank you shipmates for your loyalty and dedication to our great organization.

Jack Angus Chapelle, RCNA National President.

ROYAL CANADIAN NAVAL ASSOCIATION

L'ASSOCIATION ROYALE CANADIENNE DE LA MARINE

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Supply Officer Wanted:

A great opportunity to join the RCNA Executive Team as an appointed member. There is an opening on the National Board for a National Supply Officer RCNA.

If interested, please contact the Executive Secretary - Verne Lunan at:

vernelunan@yahoo.ca
phone 403-625-4843.

Submitted by Jack Chapelle, RCNA President.

Monday, 9th January 2023

Sir Clive Alderson, Private Secretary
Clarence House, London,
SW1A 1BA

Your Majesty King Charles 111

The executive and the entire ship's company of the Royal Canadian Naval Association wish to express our deep sadness and extend our profound condolences to the Royal Family for the loss of Her Majesty Queen Elizabeth, our former Patron-in-Chief. Please sir, accept my apologies for being so late in writing. Shut downs and illness have caused so many interruptions in Canada as I'm sure they have in many other places. As you know we are an assembly of Navy Veterans and their Associates with members and affiliates spread across Canada. Our admiration for you and the entire Royal Family knows no bounds. We were loyal subjects to Her Majesty as we are now to you. We know that you will carry the heavy burden of being King to Canada and to the rest of the Commonwealth with dignity and grace.

Your Majesty I remain your loyal and humble servant
Royal Canadian Naval Association

Jack Angus Chapelle
National President





National Secretary



Shipmates:

We now are into 2023, a new year that has seen many changes not only for the RCNA but our country and the World in general.

We lost our beloved Patron-in-Chief, Queen Elizabeth II in the year of her Platinum Jubilee. Rest in Peace your Majesty. We will soon be petitioning his Highness King Charles III to see if he will honour us with his Patronage.

This will be a rebuilding year for us in the RCNA if we wish to be a viable organization. At our Biennial AGM in Kelowna, we received some excellent information from S/M Rich Scheller on how to go about increasing our Club membership. It is going to take some work but if we get up off our butts and follow and apply his information we should see some good results. It stresses the importance of both our Clubs and National Executive getting out in the community. We need to be involved in community events and activities and invite the community to be involved in our organization and events. We have to ask people to become involved in the RCNA and let them know what we have to offer them and the community. The worst they can do is say no.

We will soon have a new RCNA website to go along with our Facebook page assist us in getting our recruitment message out there. Use them in your membership drives. Our RCNA Challenge Coin will be available around the first of March. It will be a great keepsake for our members and may be used for presentations to guest speakers; VIP; and Shipmates who perform outstandingly for their Clubs.

New recruitment will require us to all bear down and give a little bit extra to make it successful. Remember when you bring new people in you must have something for them to do and be involved in. It must be something that interests them, or they will soon lose interest and go adrift.

If I may of assistance to you and/or your Club, please do not hesitate to contact me at vernelunan@yahoo.ca or 403-625-4843.

Ready aye!

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



Photo left, Shipmate Verne Lunan, being presented with the Queen's Platinum Jubilee Medal - Alberta. In appreciation for his many years as a volunteer and his service to the community. Congratulations Verne from the RCNA.



National Treasurer



Ahoy shipmates, as your treasurer, I again put pen to paper to let you be aware of this Great Organization's Finances. As of February 01, 2023, our bank balance is \$ 70,099.55. Our investments for 2022 are not as much as we would have liked but we can not tell banks what we want. So, we have two investments and remember even though they show we have a certain amount of money, that is only if you sold them on the day, it shows what our balance is.

The RBC Select Portfolio shows we made interest that was reinvested in the amount of \$1,730.61 for a total investment of \$47,061.83. Our Guaranteed Income GIC was worth on December 31, 2021, a total of \$20,120.00, we made \$30.24 which was reinvested, and they mature on January 11, 2023, and January 11, 2024, when we will make a total of \$352.10 interest.

During these tough times of Covid 19, the SARS Respiratory Virus and the Flu which has kept us down this past year, I hope you stay safe and your loved ones also. By now we are certain that all of us have had a family person out of commission from the Viruses. My wife and I both had Covid 19, mine progressed to pneumonia and a 5-day stay in the hospital, a knee replacement in August 2022 for another 5 days, and recently Pneumonia which they had me on antibiotics for 24 days and I am still fighting a cough that keeps me down. But we will stand ready and come thru it in better shape. Lets all get better and meet at the fall AGM in good health.

You will note that the banks are still not being nice to us regarding paying out interest on our investments. Our year-end Profit & Loss Statement for 2022 shows a total income of \$16,543.67 and our expenses for last year were \$13,528.88 leaving us a Net Income of \$3,014.69.

***Yours in Comradeship,
Chuck Johnston, Executive Treasurer, RCNA National
Aye Ready Aye!***

Advertising Sales	300.00
Bank Interest	135.57
Donations	4,009.00
MAL Dues	330.00
Per Capita Dues	11,633.00
Sale of Memorabilia	125.00
Shipping Fees	11.00
Gross Profit	\$ 16,543.57
Office Expense	
Office Supplies	1,157.11
Bank Fees	46.12
Plaques Wreaths	221.43
Yardarm	512.00
Zoom Video Program	210.00
Postage & Delivery	174.67
AGM Registration	1,100.00
Total Office Expense	\$ 3,421.33
TRAVEL AGM MEETINGS	
Air Transportation	2,918.54
Lodging	3,582.00
Meals	357.60
Mileage	2,922.01
Taxi/Air Shuttle	327.40
Total Travel	10,107.55
Net Income	-\$ 3,014.69

Rum Tot

For those who remember the good old days. The photo is from the HMCS Sackville with our comrades who or all may have passed away. However, there may be one or two of you who took this ration. If not on the Sackville but your own ship. ***Submitted by Chuck Johnson.***

Editor's Note: the last tot - 2.5 oz of dark rum was issued 30 March 1972 - My first RCN posting at CFS Masset BC - I remember it well.



A photograph on HMCS Sackville, the last of Canada's 123 corvettes, shows sailors receiving their daily rum ration. (CP).



Past President



A Few Words from the Past President:

I want to thank the current National Executive for the superb effort in maintaining a viable and solid foundation through this pandemic time. **Bravo Zulu** to everyone that made this possible. I have heard that many of my friends have crossed their final sandbar. This is sad news to hear but we all must remember them for their dedication to the RCNA. Loyalty does not slow down time but continues on its journey

We have managed the pandemic storm and will continue our fellowships and the mourning of other friends such as John MCGovern, Doc Halliday, Gerry Sigrist, and John Chapman. Recently Gerry Coulter, Mike Edwards and Joe Duffy have crossed the bar. They will never be forgotten as well as their wives and sweethearts. Our condolences to their families.



We must thank these people for their many years of dedication to the RCNA, June Grieg, Janet Watt, Mike Chiakowski of Winnipeg, Bob Julsen, Bill Ranich, Padre Dick Fletcher and his crew in Penticton, the boys of the Naval Air Group in Comox and Courtney for keeping watch on the West Coast. Who cannot forget Ken McAskill for all the work and time he devoted to the Motor Torpedo Boats lost with lives in Europe since the war. This was a monumental task.

There are many more people across Canada whom we owe respect and thanks. They are the local Branches and Clubs. They are the ones who help make the RCNA so great.

Much gratitude to those Senior Officers who have spent enormous time serving the needs of our members big and small. Admiral John Anderson is only one of a long list of Senior Officers from Admiral Hose and Kingsmill to Larry Murray and Mark Norman, all devoted time to the membership of the Royal Canadian Naval Association.

As members, our legacy is to move the RCNA to the forefront and encourage all who cross its path to join in duty of respect in honouring our past, present and future. We must stand as one and all in unity marching to victory. Yours Aye!

Submitted by Blaine Barker CD, RCNA National Past President.

Editor's Note: I took this photo of the RCNA National Executive and RCNA Directors at the AGM hosted by the RCNA Sarnia Club in 2012. No names - no Pack Drill - but, many Shipmates mentioned by Blaine above are in this photo - may they R.I.P.



invitation from the CO - [Here for the link](#) to register for the weekend.



RCNA News



THE ROYAL CANADIAN NAVAL ASSOCIATION L'ASSOCIATION ROYALE CANADIENNE DE LA MARINE

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EXECUTIVE TREASURER

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Bryan G. Chapelle

EDITOR: YARDARM

Pat Cornect, C.D.

Royal Patronage
Office of the Secretary to the Governor General
1 Sussex Drive, Rideau Hall
Ottawa On, K1A 0A1

February 18, 2023

To whom it may concern:

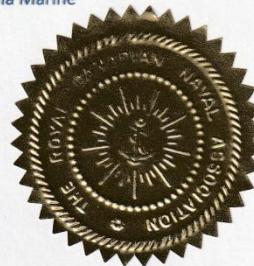
On behalf of the national executive and the ship's company of The Royal Canadian Naval Association please accept this as our official request to His Majesty King Charles 111 for his gracious continuance of the Royal Patronage that we had enjoyed under Her Majesty Queen Elizabeth 11 for many years before her passing. We have enclosed supplemental documentation relating to our original application in 1995: Letter – Rideau Hall, Letter – Secretary of State, our letter of gratitude. Please inform us of anything further that your office or the Royal Household should require.

The Royal Canadian Naval Association is an association of Canadian, Commonwealth and NATO Naval Veterans and their associates. The association boasts members and units from coast to coast in Canada. We were formed in 1956 as the Canadian Naval Association and honoured with the 'Royal' designation in 1964 becoming The Royal Canadian Naval Association. Her late Majesty Queen Elizabeth 11 bestowed her Patronage on our association in 1995. We have not requested continuance from His Majesty until now out of observance to the memory of his mother and our former Patron. Please address any correspondence to the Executive Secretary as captioned above and below. Thank you.

With deep respect,
The Royal Canadian Naval Association/L'Association Royale Canadienne de la Marine

Jack Angus Chapelle
National President

L. R. Verne Lunan
National Executive Secretary



Left

Letter drafted by the RCNA National President and Secretary to the GG requesting the continuance of the Royal Patronage and the continued use of the "Royal" designation.

Submitted by Jack Chapelle and Verne Lunan.

Jack Angus Chapelle National President

1503-130 Eglinton Ave. E
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Royal Canadian Naval Association

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Admiral Hose Branch Windsor



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Peregrine Co-Shipmates of the Year:

Photo left - 2022 S/M Robert Lawlor, President Peregrine and S/M Lorna D'Orsay are the reason the Peregrine RCNA is still an active, functional and growing Club. Hit hard by the COVID pandemic, their expertise with finances helped keep the Club going. When the old Club house was sold to a developer they were instrumental in not only the sale negotiations but in spearheading the arrangements for the new Club locations and all the necessary permits; licensing; leasing; renovations and physical movement to the new location. Bravo Zulu Pat and Lorna.

Submitted by Verne Lunan.



Above photo - Ken and Jollean Sivertsen from CNVA Calgary. They were nominated as shipmates of the year for the Calgary chapter and also co-share the award for National Shipmates of the Year. This was for their many hours of volunteering in the galley to keep food preparation and delivery running smoothly.

Submitted by Eric Kahler.



Above Photo - Navy PO (ret) Rob Sipe being presented with a cheque for \$5K - from the Edmonton Branch by Judy Krupp (left) and Faye Stewart (right). The money will go to the Veterans food bank in Edmonton.

Rob joined the forces in 1982 in Nav Sigs. He later remustered to Medic, as such he served at various sites including the Gulf War 91, 93 Calgary 1 Fd Amb, in 94 with UN mission Croatia 94 with 1 CER/1PPCLI. When Bob retired he went to college in Edmonton to become a Social Worker and was later employed with Boyle Street and the Bissell. While there he set up a victim services program to assist Inner City victims.

Submitted by June Greig, photo by Lesle Couie.



RCNA NEWS



During the 2022 Biennial AGM in Kelowna BC, we were guest of the R.C. L. Branch #26 Kelowna and their President Comrade Darlene McCaffery at their Veteran's Dinner on 26 October.

Picture:

Front: Chuck Johnston RCNA Treasurer; Jack Chapelle, RCNA President; Dick Fletcher, President, Kelowna NVA; Verne Lunan, RCNA Executive Secretary

Back: Terri-Leigh Saunders, RCNA Executive VP; Rich Scheller, Area VP B.C.; Doug Ewing, VP Calgary NVA and Bryan Chapelle, RCNA Parl. & Vet. Affairs Liaison.

RCNA Niagara Report:

RCNA Niagara has had a good first quarter. We have gained a couple new members and are in the planning stages for the Coronation and the Battle of the Atlantic.

We plan on holding a Coronation Service with a 21 Gun Salute on May the 6th at Navy Hall in Niagara on the Lake, Ontario. On Sunday we will be conducting our Annual Battle of the Atlantic Ceremonies. All the local Legions and Sea Cadets, as well as Navy League Cadets and United States Sea Cadets will be taking part. We are also including cadets of the other Elements. If the workload permits we will also see the CCGS.

We are actively involved in raising funds for the Niagara Military Museum, which is where we hold our meetings.

We welcomed a new Chaplain to our ranks, the Reverend Lois Dix.

Late 2022 we were involved in a Fund Raiser for Veterans Canada which was very successful and will be doing it again next year. **Submitted by Robert Coles, Niagara First Vice-President.**



Super Seniors:



JAMES A. ROBINSON:

Above photo, celebrating 100 years -Jim served in the RCNVR on the Minesweeper HMCS Quatsino in Prince Rupert in 1941, HMCS Halifax - Corvette 1941 to 1943, HMCS Coaticook - frigate 1943 to 1945, and the HMCS Ontario 1948. Jim celebrated his 100th birthday on February 5th with family and friends. Jim is a long standing RCNA member in Alberta.

Submitted by Rhonda Moravec (Jim's daughter).



HELEN O'REILLY:

Helen is also a centenarian and also a WWII Veteran. She served in the Army and completed a tour of duty in Korea. Helen was a member of the Edmonton Wrens Association and a long standing member of the RCNA in Alberta.

Submitted by June Greig.

Unfortunately there was no photo available of Helen for this edition. Editor.



Janet Watt:

Janet will be 103 years old in December 2023. She served in WWII as a Wren.

Janet was a member of the RCNA National Executive and was the National Secretary for many years. She resides at Sunnybrook Veterans Hospital in Toronto. *Submitted by Joan*

Balch.



Happy 98th Birthday to S/M Fraser McKee - Navy League of Canada - ON Div.

Submitted by William Gard - Eastlink.



RCNA NEWS



The RCNA Challenge Coin - Now Available:



The RCNA now has it's own Challenge Coin that is a must have if you are a Collector or just an RCNA Shipmate who wants a keepsake and to support the Association.

Challenge coins play an important role in morale building; celebration of achievement and pride of service. RCNA members have this Pride of Service, and they should be Proud.

The coins are great for presentations to Guest Speakers; VIP's; and/or as awards for Clubs Members.

For Members in Ontario and Maritimes, Contact Steve Willar, 1646 Westminster Blvd, Windsor, ON N8T 1X1, Email: stevewillarsr@gmail.com, Phone: 519-995-0589.

For Members in Western Canada, Contact Verne Lunan, PO Box 2085, Claresholm, AB T0L 0T0, Email: vernelunan@yahoo.ca, Phone: 403-625-4843.

RCNA CHALLENGE COIN PRICING

# of Coins	Cost	Postage; Shipping; etc.	Total Cost
1	\$16	\$4.00	\$20.00
2	\$32	\$5.00	\$37.00
3	\$48.00	\$5.00	\$53.00
4	\$64.00	\$7.00	\$71.00
5	\$80.00	\$7.00	\$87.00
6	\$96.00	\$8.00	\$104.00
7	\$112.00	\$8.00	\$120.00
8	\$128.00	\$8.00	\$136.00
9	\$144.00	\$8.00	\$152.00

10 or more - \$14. per coin

10	\$140.00	\$21.50	\$161.50
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If ordering over 10 coins get a quote
 Payment may be made by E-Transfer to either Email address or
 send cheque to either mailing address.

Coins will be shipped upon receipt of payment.



RCNA NEWS



The Battle of the Atlantic:

The Battle of the Atlantic was the longest battle of the second world war and was fought at sea from 1939 to 1945. Much of the burden of fighting the battle fell to the RCN which, at the outbreak of the war, was comprised of only six destroyers and a handful of smaller vessels.

Over the course of 2,075 days Allied naval and air forces fought more than 100 convoy battles and performed as many as 1,000 single ship actions against submarines and warships of the German and Italian navies. Primary targets for the Germans and Italians were the convoys of merchant ships carrying vital, life-sustaining cargo from North America to Europe.

Canada's navy was instrumental in the turning the tide of the war, and by the conflict's conclusion had grown to become one of the largest in the world. The RCN destroyed or shared in the destruction of 33 U-Boats and 42 enemy surface craft. In turn, it suffered 2,210 fatalities, including nine women and lost 33 vessels.

Today, our sailors continue to proudly represent Canadians at home and on the world stage.

The Royal Canadian Navy has become the country's force of first resort in response to world crises. As a result of its performance during the Battle of the Atlantic, the RCN has been deployed into harm's way as a vanguard Canadian military response since 1945. It was deployed in the Korean War, the Suez crisis, the Cuban missile crisis, the First Gulf War, following the events of 9/11, the humanitarian relief effort following Hurricane Katrina in 2005, and in response to devastating 2010 earthquake in Haiti.

We honour our past by remembering the tremendous efforts Canadian sailors made in fulfilling their commitment to secure Allied victory, and we salute the RCN'S resolute path forward in remaining committed to the safety, security and defence of Canada at home and abroad.

Submitted by Brian Chapelle.



Above Photo - Honourable Former Premier of Alberta Jason Kenny (left) Salma Lakhani, LGov of Alberta (right), and Dusty Rhodes - front and centre - receiving the Alberta Queen's Platinum Jubilee Medal. Dusty is a military veteran with service in both the Navy and Army. He is the current Master-at-Arms for RCNA Calgary.
Submitted by Eric Kahler.



HMCS Drumheller plaque, 8.5 inches or 21.5 cm across the top and 10.5 inches or 26.5 cm top to bottom. ***Providence unknown, submitted by William Gard.***



Healthy Eating



Cod au Gratin:

This is a classic Newfoundland recipe that we still enjoy today. Back in the day, the original recipe consisted of cod, butter, flour, milk, onion, breadcrumbs, and salt & pepper to taste. The dish was garnished with breadcrumbs and baked.

There are many variations of this dish utilizing different cheeses, breadcrumbs, percentages of milk, cream, spices, or a combination thereof. Here is my version of the recipe - makes 4 servings:

Prep: 20 min - cook: 25 min - pre-heat oven to 375° F.

- 2 lb fresh cod, cut in sm cubes
- 1 c finely chopped onion
- 1/4 c butter
- 1/4 c all-purpose flour
- 2 c hot milk
- Salt & pepper
- 1 c fresh breadcrumbs
- 1/2 c cheddar cheese, grated



Method:

- Place cod into well-greased ramekins or a casserole dish.
- In a skillet on low to medium heat, cook onion in butter until it becomes translucent.
- Add flour and stir for 3 minutes (do not brown).
- Pour in milk and whisk until mixture thickens and season to taste.
- Pour mixture over cod in ramekins or a casserole dish and sprinkle with breadcrumbs.
- Bake uncovered for 20 to 25 minutes or until sauce starts to bubble and breadcrumbs brown.
- Serve and enjoy!

Submitted by Kevin J. Phillips.



Korean War Veterans of Canada Unit 26, Hamilton

Korean War Ceremonies:

On November 8th 2022 (Aboriginal Veterans Day), the “Korean War Photo Exhibition and Reception”, “Ambassador for Peace Medal” and “The Republic of Korea Presidential Citation” ceremonies were organized by the Korean War Veterans of Canada Unit 26, Hamilton and Korean War Veterans Advocates of Canada at the RCAFA 447 Wing to honour and remember Korean War Veterans. 26,791 Canadians served during the Korean War (June 25 - July 27, 1953) and additional 7,000 served during the UN Peace Keeping Mission (1953 - 1955). 516 were killed, 1,588 were wounded and 21 were missing in action with 32 taken prisoner. Over 2.5 million civilians also died during the Korean War and among them were many elderly seniors, women and young children. We are grateful for all Korean War Veterans of the 16 UN countries including Canada and the US. Most risked their lives and were separated from their loved ones and family members to fight for a country that they had never heard of before.

We send our deepest appreciation to them and their families from the bottom of our hearts. Over 110 guests attended the luncheon including Korean War Veterans and their family members, other Veterans who served with the RCN, the Army, the RCAF - the USAF, US Navy - the Korea Army, Korea Air Force and Korean-Canadian Community members. Lisa Hepfner, MP, Consul General Deuk Hwan Kim, Hon. Raymond Choi, Minister of Seniors and Accessibility, Donna Skelly MPP and Tom Jackson, City Councillor, attended the ceremony and delivered their heart-felt speech thanking Veterans.

At the ceremony, Consul General presented the “Ambassador for Peace Medal” to Commander (Ret’d) Richard Beresford. He received the medal on behalf of S/Stg. Joseph Henry Willison, Jr. who served with USAF and died in Daegu, Korea in a fatal plane (Beech C-45) crash on February 8, 1951 during the Korean War (Bronze Star). Consul General Deuk Hwan Kim also presented “The Republic of Korea Presidential Citation” to me for 20 years of advocacy for the Korean War Veterans on behalf of President Yoon Suk Yeol. It was my great honour.



**Commander (Ret'd) Richard Beresford and
Deuk Hwan Kim Consul General,
Photo by Will Cho.**

www.thespec.com/local-hamilton-mountain/life/2022/11/18/hamilton-mountain-resident-honoured-by-republic-of-korea.html

As Co-Chairs of the event, it was our pleasure to see our Korean War Veterans and family members enjoying the delicious reception food, Korean-Canadian Entertainment and various gifts. We would like to send our special thanks to the Consulate General office of the Republic of Korea in Toronto and the Veterans Affairs Canada for sponsoring the Korean War Photo Exhibition and Reception. We also want to send our thanks to the RCAFA 447 Wing, American Legion Post 18, the Royal Canadian Legion Branch 163 Hamilton Mountain, Royal Canadian Legion Post 144, all the entertainers and volunteers.

Submitted by Hoo Jung Jones Kennedy.



Healthy Aging



Kicking Gout to the Curb

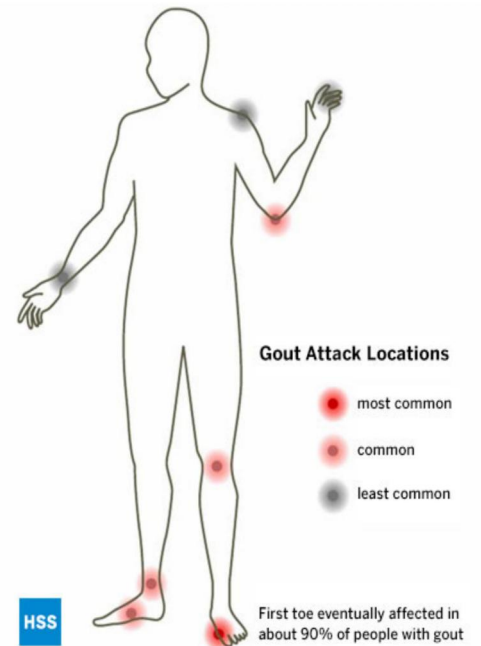
Gout is a common form of arthritis that is associated with sudden, severe flare-ups of pain, redness and joint swelling. It can occur in any joint, but the most common joint affected is the big toe, followed by ankles, knees, elbows, wrists and fingers. The most intense joint pain typically occurs between the first 4 -12 hours after the pain begins and may be accompanied by a lack of mobility in the affected joint. Once the severe pain subsides, some discomfort may continue for days to weeks.

What causes gout?

Too much uric acid in your body can cause gout. Uric acid is made when your body breaks down purines, which are natural substances found in certain foods/drinks. Normally your kidneys will filter out uric acid, which is then removed with urination. However, if you make too much uric acid or your kidneys are not able to filter it out quickly enough, uric acid builds up causing urate crystals to form in your joints. These urate crystals cause the pain, swelling and inflammation.

What the risk factors for developing gout?

- Purine-rich Diet: eating a diet high in red meat, organ meat (ex. liver, tripe), game meat (venison, veal, goose), seafood (anchovies, sardines, mussels, trout, scallops, tuna), processed deli turkey, beer, sugary drinks and foods containing high fructose corn syrup
- Being overweight
- Age and sex (at birth): men between 30 and 50, as well as post-menopausal women are at higher risk
- Family history of gout
- Medical conditions: untreated high blood pressure, diabetes, heart and kidney diseases
- Medications: lose dose aspirin, certain blood pressure medications, certain anti-rejection drugs after an organ transplant



How is gout diagnosed?

Your physician may diagnose gout by simply examining you and possibly testing your blood uric acid levels. Other diagnostic tools may include: draining fluid from the joint to be tested for urate crystals, xray and ultrasound.

How is gout treated?

Not everyone who has high uric acid will develop gout. However, reducing your risk factors can help prevent a gout attack. Once an attack starts, anti-inflammatory medications are the first-line treatments. For those who have recurrent attacks, there are other medications to help reduce the flare-ups. If you believe you are experiencing gout or are having recurrent attacks, please speak with your doctor to find out the treatment that is best for you.

Submitted by Dr. Shauna Phillips.



SEARCH REQUEST



JUNE GREIG - This Vancouver Sunday Sun from February 1952 (laminated) contains many memories of when I joined the Navy in 1951 in Ottawa. There are about 4 pages with pictures of my Wren's class in Moncton and it is very special to me. For years now I have taken it to every Reunion and AGM. Last AGM in Sarnia, October 24, 2021 was the last time I had it. If you have it or know who does, let me know and I will pay for postage to have it returned. Thank you very much.

June Greig 780 469-0733 - #212 6303 - 104 Avenue, Edmonton, AB T6A 0X9





Naval History



HMCS FRASER 2nd (DDH 233) was a St. Laurent-class destroyer that served in the Royal Canadian Navy (RCN) from 1957 to 1994. FRASER was the last survivor of the St. Laurent-class of destroyers, which were the first Canadian designed and built warships.

The need for the St. Laurent-class came about in 1949 when Canada joined NATO and the Cold War was in its infancy. The RCN was assigned responsibility for anti-submarine warfare and controlling sea space in the western North Atlantic.

The St. Laurent-class were built to an operational requirement that included the rounded deck-edge which was adopted to prevent ice forming while operating in harsh Canadian conditions. They were built to counter nuclear, biological, and chemical attack conditions, which led to a design with a rounded hull, a continuous main deck, and the addition of a pre-wetting system to wash away contaminants. The living spaces on the ship were part of a “citadel” which could be sealed off from contaminants for the crew safety. The ships were sometimes referred to as “Cadillacs” for their relatively luxurious crew compartments: these were also the first Canadian warships to have a bunk for every crew member since previous warship designs had used hammocks.



FRASER was laid down in December 1951, launched in February 1953 and commissioned into the RCN on 28 June 1957, initially carrying the hull number DDE 233 as a destroyer escort, joining the Second Canadian Escort Squadron at Esquimalt. In 1965, FRASER underwent two shock tests (February and April) off the coast of Hawaii, passing both.

FRASER began conversion to a destroyer helicopter escort in July 1965, the last of her class to undergo the transformation. The refit finished, she was reclassified with hull number DDH 233 in October 1966 and performed her first CH-124 Sea King helicopter landing in June 1967. In October 1967, she demonstrated the new Canadian “beartrap” helicopter haul-down system to the U.S. Navy during a visit to Washington, DC and in 1969 represented Canada during the Spithead Review in the UK. Placed in reserve in 1973, she was reactivated in 1974 and returned to operational service in fall 1974. In 1981, FRASER underwent the DELEX refit and returned to operations in 1982.

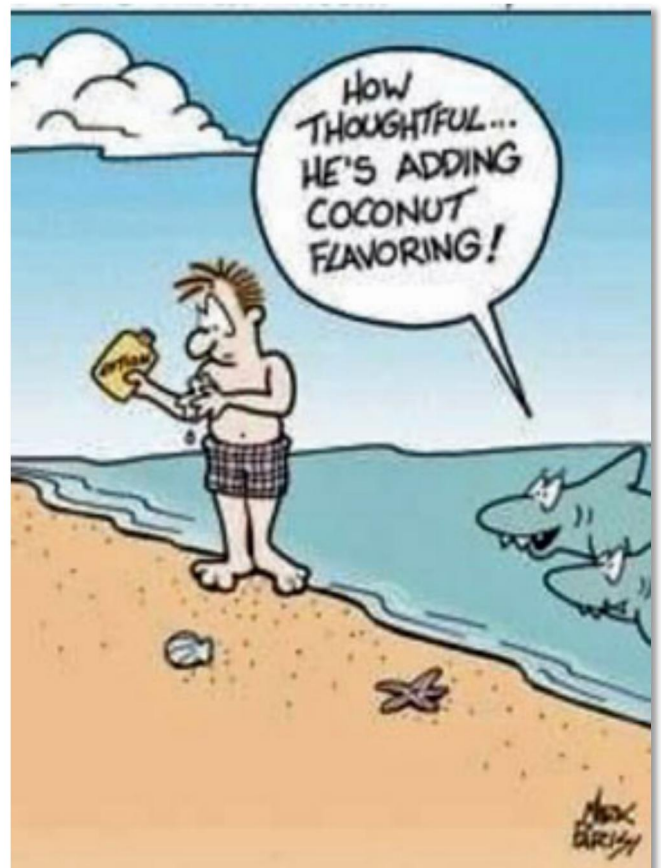
Following the refit FRASER became a test ship for the Experimental Towed Array Sonar System, the NIXIE torpedo decoy system, the TACAN antenna for operating jointly with aircraft in combat areas and the HELTAS Sea King helicopter equipped with passive array sonar.

In 1993 and again in 1994 FRASER deployed off the coast of Haiti to enforce UN sanctions. While performing fisheries patrols in 1994, she intercepted and seized two American fishing trawlers illegally fishing on the Grand Banks of Newfoundland and aided a sailing vessel that floundered at sea.

The destroyer was decommissioned on 5 October 1994 after 37 years of service, placed in reserve, used as a floating classroom in Halifax and then declared surplus in the 1990s. In 1998, she was towed to Bridgewater, NS where she was stored for possible use as a museum ship, which never materialized. FRASER was sold for scrapping in Port Maitland, ON and the scrapping process was completed in 2011. **Submitted by Ron Sitarz CD.**



The Funny Page





Items of Interest



Time has come: the Party Ended:

At the End of December 2022 the Wren Association of Toronto formally closed and there ended 76 years of association. Only one group is meeting now from time to time and that is the Nova Scotia wrens [it has a connection with the Naval Museum in Halifax].

Citadel Hill was a song parody sung by the former Jenny Wren Chorus of Toronto. In it are the sounds of the times of wartime Halifax such as the Gottingen Cars, the Clock and the Fog including “ghosts of the Wrens and the Tars”. It concludes with ‘When you and I were young’ Jenny.

‘Aye’ they were young but answered the call to the Navy in service and affection.

Every member of RCNA could keep a lookout for former and living WRCNS they know or recall, plus those called Wrens up to amalgamation Canadian Forces as that part of the Naval Service has also ended.



Send any history, info, tidbits or scanned photos - if available - to www.thewrens.ca or navylady@thewrens.ca - and we will send it on to the best repository.

They were great gals!...and to paraphrase Adelaide Sinclair the Director of WRCNS as she said at one reunion, “There may always be women in the Canadian Naval Service but never again will there be Wrens as we knew them.”

For those who former living Wrens you find who may wish to join the RCNA please pass along the closest Club’s contact information or suggest each joins as Members at Large.

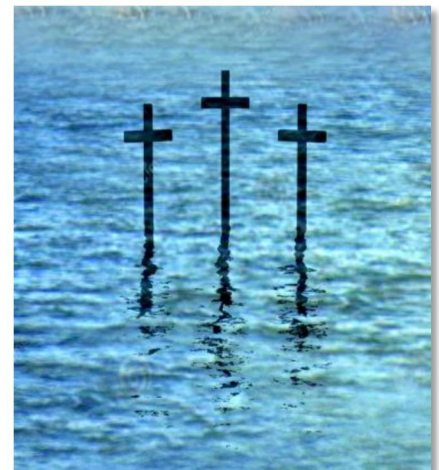
Ocean War Graves Update - Canada and International:

The Ocean War Graves Project is going into its 4th year since the passing of C 64 to Parks Canada Ministry for legislation. It is unclear if the bill is standalone or part of the Wrecked Hazardous and Abandoned Vessel Act, a subsection of Heritage Vessels in Canadian waters. Only after the passage of this Act, it indicates, the International Vessels protection will be attempted.

The latest email, February 14, from Parks says “Parks Canada has no shareable update for you at the moment”. The outstanding question is would anyone be able to comment on draft legislation. There appears to be no draft yet.

By treaty, there is no Canadian protection for sailors and ships lost at sea during World War 1 and 2 - either in Canadian Waters or in International waters. Unfortunately, the same applies to "Other Counties" coastal waters.

Both items submitted by Joan Balch.





WRCNS



Book of Remembrance Submission for March 2023:

Last Name	First Name	Maiden Name	Date of Death	Service
Dunn	Gladys Helen		3-Oct-22	WWII
Kingsmill	Allison Briston	Foster	16-Sep-22	WWII
Mauro	Gloria Rose		10-Feb-23	Post War
Stohn	Susie	Hass	28-Feb-23	WWII

*Unfortunately, the Wren Association of Toronto was disbanded in December 2022 - Donna Huba was president. Consequently, this will most likely be the last list from the **Book of Remembrance** to be posted in the Yardarm.*

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

A Note on Wrens (Women's Royal Canadian Naval Service):

The WRCNS were a formed unit of the RCN during the Second World War. Although they were part of RCN and came under the RCN - they were not called RCN WRCNS. The members would have referred to themselves as WRCNS and not RCN. They were under the discipline and orders as RCN and ranked as RCN but called WRCNS - meaning women. Within the RCN, WRCNS were considered Separate but Equal, whereas their Army and Airforce counterparts were Auxiliary. After the war the designation was dropped and both male and female members were referred to as RCN. This trend continued on into the CF and recently back again to the RCN.

Submitted by Joan Balch.



In early 2021 following grassroots efforts by the ALS community that resulted in support from all Major League Baseball teams, the MLB announced that it will be recognizing Lou Gehrig Day every year on June 2, starting in 2021 – exactly 80 years after his death. It's a fitting start to ALS Awareness month in each year.

Today, there is still no cure – but there are more therapies than ever in the pipeline and organizations like the ALS Society of Canada and many others that provide services and support, fund research, and advocate for change to the status quo. Read on to learn how you can join us in recognizing Lou Gehrig Day!
www.als.ca



PADRE'S CORNER



***"Others went down to the sea in ships; they were merchants on the mighty waters" Psalm 107
v.23. .N.I.V.***

Canada has long had a relationship with the sea. In the 19th century, Canada had a reputation for its merchant vessels and its ship building industry. Canadian clippers were famous for their speed and carried tea, silk, and other merchandise from the Far East, to Vancouver and from the East Coast to the U.K., Europe and beyond. There were dedicated express trains to carry the cargo from Vancouver to the East Coast.

During W.W.II, Canada became a major supplier of food, planes, tanks, trucks, guns and ammunition. Sailors, both merchant and naval, endured unimaginable hardships as they endured the fierce north Atlantic storms, the icy winds and constantly damp beds that tortured the body, distressed the soul and led to tormented sleep.



In recent decades crews must endure the storms, but conditions on board ships have improved considerably. Some seafarers still suffer from loneliness, stressful work conditions and trauma that results from piracy or accidents.

For the past 35 years, my teams and I have dealt with crews that have witnessed tragic accidents, denial of shore leave, illegal extension of their contracts, and medical issues. We have been able to provide legal assistance, help with filling out accident reports, and the supply of warm weather clothing, toiletries, reading materials, and spiritual support. I have rechristened 7 ships, both Canadian and American, and my team has supplied treats and gifts to crews at Christmas. These services and the provision of both physical and spiritual care continue a service that dates back over 150 years and is provided free regardless of race, colour or creed.

The sailors of the 19th century not only built ships and sailed them, but often times built spiritual homes ashore. Today over 90% of the world's commerce is carried by ships and sailors continues to experience the terrors of the sea. The scriptures remind us that in times of trouble when sailors cry out, God hears their prayers and calms the storms of life.

May our heavenly captain always hear their cries and may they depend on the pilot for guidance.

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

Photo. Public Domain, HMS Rose.




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Chuck Johnston



Crossed the Bar



BATSON, Dennis. 5 January 2023. Dennis was a member of the RCNA Admiral Hose Branch Windsor, served in the Colour Guard and on the Executive. He was a member of Legion Branch 644 and served in the Corps of Royal Canadian Electrical and Mechanical Engineers – 31 Service Battalion.

CAIRNS, Peter William. 18 February 2023. Born in 1938, VAdm (ret) Cairns joined the RCN in 1956 and went on to have a distinguished career. Peter served on many ships and was the driving force behind establishing the Shipbuilding Association of Canada.

CHAIKOSKI, Michael. March 2023 at the age of 98. Michael was very involved with the White Ensign Club and a long time Executive member and a keen supporter of the RCNA.

DRAPER, Christine. 12 July 1924 to 16 August 2022 at the age of 98. Christine was a long-time members of RCNA Niagara. She was a RCN WWII Veteran, WREN.

FERNETTE, Louis Joseph (Lo). 11 October 2022. Lo was a former RCNA member and a-service officer in Niagara Region - he helped many veterans get back on their feet.

FOOTE, Michael. 1952 to 2022 at the age of 70. Michal retired from RCN as a Petty Officer, 2nd Class (PO 2). He was a member of RCNA Niagara.

GOATHE, Lynda. 19 March 2023. Lynda was a member of the RCNA Admiral Hose Branch Windsor. She served in the RCNRoy for eighteen years retiring as Petty Officer 2nd Class.

HASTINGS, David. 6 December 2021 at he age of 81. David retired as a CPO1 after 36 years in the Navy. He was a member of RCNA Peregrine in NS.

HODGSON, Michael, Cdr(Ret'd). 25 December 2022. Born in 1938, Michael joined the RCN in 1956 and his career spanned 42 years. After retiring from the RCN in 1998, he went on to serve as a Justice of the Peace in NS. Michael was a member of the RCNA in NS.

KOLLEN, John William CD. 1949-2022 at the age of 73. John was a member of RCNA Niagara.

LALONDE, Hubert. 1931 to 2022 at age of 91. Hubert was a long-time veterans advocate, a WW 2 veteran and a member of RCNA Niagara.

LARMET, Richard (Kerry). 31 July 1941 - to 26 August 2022 at the age of 81. Kerry was a past member of RCNA who was thinking of returning to the association.

MARTIN, Fred. 2023 at the age of 96 years. Fred was a WWII Veteran and a member of RCNA Niagara.

REGIMBAL, Josette. 1 September 2022. Josette was a life member of the RCNA Admiral Hose Branch Windsor and a member of the RCNA Windsor Ladies Auxiliary.

STEEL, Robert James (Jim). 4th February 2023 at the age of 78. Jim joined the RCN at a young age and sailed on the HMCS Madeline during the Cold War. He was a member of RCNA Niagara and served as Secretary for a number of years.

STOKES, Richard Malcolm. 19 March 2022. Born in 1932, Richard was a member of the RCNA Peregrine Branch in NS.

WOODS, Hank. 22 February 2023 at the age of 86. Hank was a life-time member of RCNA Sarnia. Over the years Hank served as a volunteer and a member of the Executive. He was recently awarded the RCNA Branch Volunteer Medal for his many years of service.



The Last Word

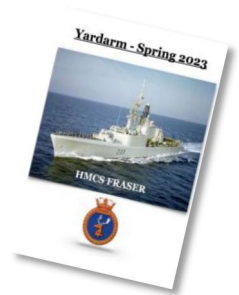


Hi and I hope you are all doing well. Winter is almost over and soon it will be summer and golf season.

Once again, I would like to thank everyone who provided input to this Edition and a special *Thank You* to my regular contributors and our proofreader—
Joan Balch.

As always, I encourage all RCNA Branch Directors to pass on the electronic version to their members or print copies for those members who do not have access to a computer or e-reader.

I am currently working on a new website which will feature information from RCNA HQ as well as back issues of the Yardarm - you can visit the site at www.rcnayardarm.com. Its up and running, but I have lots of input to add before its finished - my RCNA project after this Edition is complete.



Also, I would like to congratulate one of our regular contributors - **HooJung Jones Kennedy** - she does an excellent job keeping our readers abreast of events concerning the Canadian Korea War Veterans. Hoojung was recently presented with “The Republic of Korea Presidential Citation” for 20 years of advocacy for the Korea War Veterans. It was presented by Consul General Deuk Hwan Kimb on behalf of President Yoon Suk Yeol. For more info [CLICK Here](#). Also please visit the Korean War Veterans Advocates of Canada website [CLICK Here](#). **Editor.**



My younger brother, Shawn Cornect, served on the HMCS Fraser from 1977 to 1983 as a Boatswain and Ship’s diver. He currently lives in Turo NS. **Editor.**



Above is a screen shot of the New RCNA YARDARM Website - www.rcnayardarm.com
Please feel free to visit and give feedback as I add and update content over the next few months.

Editor.



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